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Smooth skiing

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Jan Smith of the Happy Trails Ski Club waxes skis before hitting the trails. Smith has been a volunteer with the club since the beginning four years ago and provides members with expert coaching, assistance in equipment maintenance and is the club's membership coordinator. The club provides over 23 kilometres of groomed cross-country ski trails in Winnipeg Beach, Dunnottar and Petersfield and rents equipment. Happy Trails Ski Club is a volunteer-led, amateur cross-country ski club and is a member of the Cross Country Ski Association of Manitoba & Nordic/Cross Country Canada.

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# Construction to expand Lakeshore General Hospital in Ashern underway

By Patricia Barrett

Construction on a new wing of the Lakeshore General Hospital in Ashern to meet health-care needs in the northwest part of the Interlake region got underway this month.

When the project is completed, the hospital will have a total of 26 inpatient beds and 13 emergency room treatment spots. The provincial government announced in February 2022 that it was providing \$10.8 million for 12 additional inpatient beds and seven additional ER treatment rooms.

A representative for the Interlake-Eastern Regional Health Authority said the renovation and expansion of services will bolster access for both residents and visitors in Ashern and in surrounding communities.

"The project, expected to be complete by the fall of 2024, will allow the hospital to continue to meet the growing local health needs in the northwest part of the region while supporting patient recovery closer to home when an individual's specialized inpatient care in Winnipeg has concluded," she said.

The design of the facility was created in collaboration with patients and families, clinical leaders, staff and Indigenous health leaders, she added.

Some of the highlights of the project include the new inpatient rooms hav-

ing their own bathrooms and showers, new outdoor space for patients and their families, expected space in the new inpatient area for palliative care and additional parking.

"We are working with the RM of West Interlake to find a workable solution to the project's parking needs," said the representative.

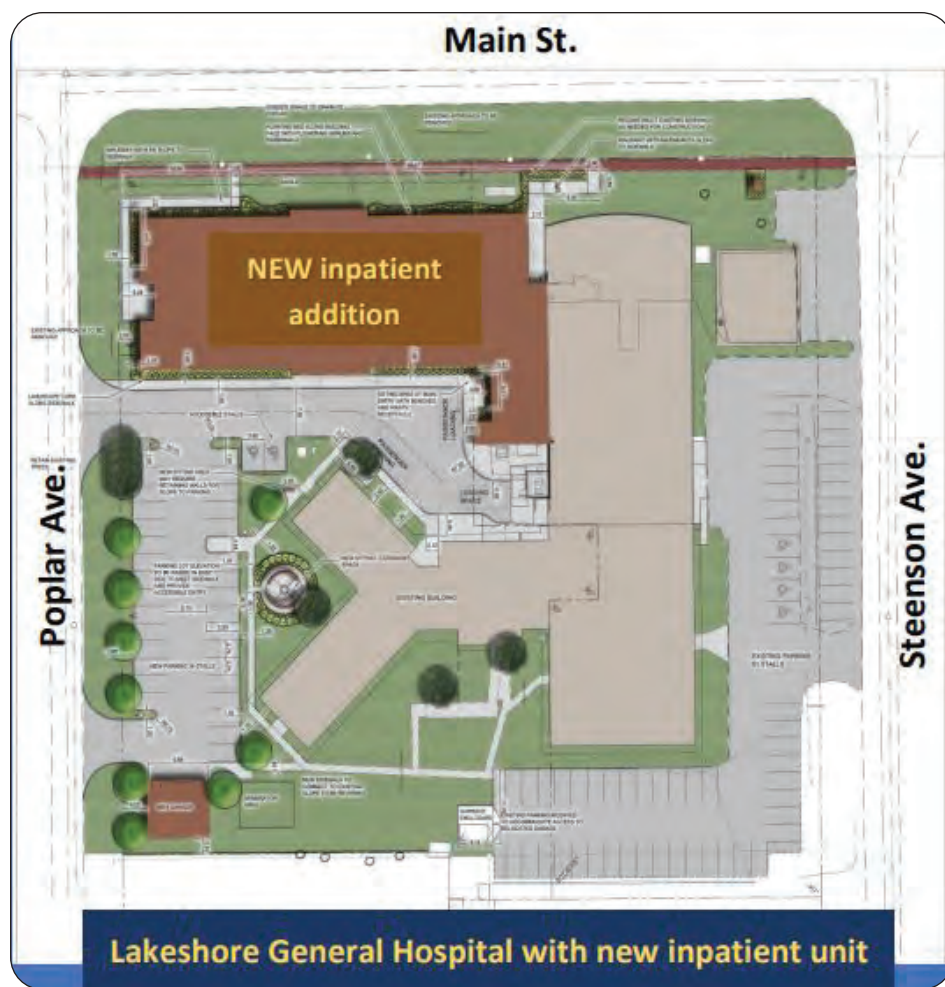
West Interlake reeve Arnthor Jonasson said that over the past two weeks, the [contractor] has been levelling off areas and digging down to create a base for the new inpatient facility.

The RM is collaborating with the IERHA to make sure there will be suitable space for parking. The RM owns a lot beside the hospital that will be turned into parking.

"We have a lot beside the hospital that we've made available to the IERHA so that they can put in new parking," said Jonasson. "We will be selling that land to the IERHA, but we haven't come to a finalized deal yet. The plan is to have parking to the south of the hospital."

The design of the project will also improve patient and visitor access to the facility. Jonasson said there is a shared entrance at present to the hospital and the emergency department, which can cause a bottleneck at times.

"They're going to separate those two entrances," said Jonasson. "It's gets



IERHA/GOVERNMENT OF MANITOBA

A schematic of Ashern's Lakeshore General Hospital expansion shows the new inpatient wing, parking stalls and sitting/ceremony spaces.

pretty busy if you're going into the hospital to see someone and there's an ambulance coming; it causes a lot of congestion at the door."

The RM is also helping the IERHA connect to sewer and water and to ensure the utilities are adequate for the site, he said.

Jonasson said the expansion of the Ashern hospital was decided by provincial Shared Health about four or five years ago after consultation with municipalities and other stakeholders and is part of its Clinical and Preventive Services Plan. The expansion will

benefit all residents in the northwest part of the IERHA.

Shared Health announced in November 2019 that it released the five-year plan outlining new approaches to health care in order to improve patient access and outcomes. The provincial government announced in December 2021 that Selkirk's hospital would be expanded by 30 acute care beds to support the Interlake-Eastern health region and to support the provincial surgery program. The Ashern

Continued on page 4

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# Family files court claim against Woodlands' Oak Parks Estates for eviction notice

## Doctor prescribed emotional support animal to help with disabilities

By Patricia Barrett

An apartment complex in Woodlands issued an eviction notice to a senior who got an emotional support animal (ESA), and that has prompted the woman's family to take legal action.

Oak Park Estates plans to evict 83-year-old Beverley Ransom from her rental suite by the end of January, according to Ransom's family, as well as her pomeranian, which is classed as a toy dog because of its small size.

Ransom's doctor had prescribed an ESA to assist with her mental health disabilities, which include depression and anxiety, said her daughter Karalynn Savoie. Before the dog arrived, Savoie sent emails to a member of the Oak Park Estates board, asking what steps needed to be taken regarding the dog. She got no response. After the dog's arrival, Oak Park responded, saying the building is a non-pet facility and the dog "doesn't qualify as a service dog."

Savoie said she and her siblings believe her mom's case represents a violation under The Human Rights Code as people cannot be penalized for having a disability.

"My mom is upset. My brother and sister and I are

trying to shield this from mom as much as we can, and that's why we're taking this on. We don't want to send her or her anxiety over the edge so we're acting as her voice. She's our mom; for everything she has done for us over the years, we need to do for her," said Savoie. "She does know she's to be evicted at the end of January, but she said, 'I'm not giving up my dog. The dog is helping me.'"

The lawyers for Savoie and her siblings filed a statement of claim with the court Jan. 10 against Oak Park Estates Inc., alleging the non-profit corporation hasn't considered accommodation of Ransom's special needs based on her disabilities, which include depression and anxiety, and asking for interim and interlocutory relief from evicting Ransom from her apartment, court costs and other relief as permitted by the court.

Ransom "relies on and/or requires a dog ... to ameliorate the detrimental impacts that her Disabilities have on her," the claim states, and that Oak Park Estates has "refused and continues to refuse to consider any reasonable accommodation of ... Ransom's disabilities and/or ... Ransom's special needs based on her Disabilities ..., or otherwise engage in the procedural or substantive aspects of its statutory duty to reasonably accommodate ... Ransom's Disabilities and her special needs based upon her Disabilities."

The claim also says Oak Park Estates has deprived or restricted Ransom's rights under The Human Rights Code to not be subjected to discrimination

Continued on page 8



EXPRESS PHOTO SUBMITTED

The family of 83-year-old Beverley Ransom is taking legal action against Oak Park Estates, a rental apartment in Woodlands, for allegedly failing to accommodate their mom's special needs for an emotional support animal. The pomeranian, shown here, has had a positive impact on their mom.



## Community Services Recovery Fund





Funded by the Government of Canada's Community Services Recovery Fund | 




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.

The Community Services Recovery Fund is a one-time investment of \$400 million that will help Community Service Organizations acquire the tools they need to adapt and modernize so they can better support pandemic recovery in communities across Canada.

Organizations can apply from **January 6, 2023 until February 21, 2023.**

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

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# Skills-period expands options and skills set for Lundar school students

By Autumn Fehr

A new initiative launched in the fall of 2019, before the COVID-19 pandemic wreaked havoc on the province and students were sent home for something we know today as remote learning.

As restrictions slowly started to lift throughout the province and kids started returning to school, so did the skills period program at Lundar School.

The skills period is about creating time during the school day to meet a wide range of student needs and interests to make time for students to work on core skills, such as numeracy and literacy, that they need to improve. It also gives students a chance to try activities that don't necessarily fit into a

course at the high school level.

"It allows us to hit different sub-sections in smaller groups of kids, whereas when you have a class of 20 who all need to do the same project or various similar projects, it's sometimes harder to get that," Lawrence Grzenda, the principal of Lundar School, said.

The skill sessions occur during a 30-minute block every day, during the mid-morning when no other classes are held.

Students rate their options for skill sessions that month, between eight and 11 possibilities offered that run for two weeks at a time.

Grade 12 students can choose the skills period as an elective.

If the students fully participate in their skills period, it can work towards hours that would be applied towards a credit, Grzenda said.

Different skills periods offered in the program have included fibre art, yoga, sewing, trying different instruments, creating a game, learning to use a sawmill, a skills period dedicated to maintaining the outdoor rink, and financial literacy.

"One of the aims here is to learn for the sake of learning. It's not geared to high academia," Grzenda said.

Students that need extra help with literacy or numeracy can sign up for one of the support sessions where they will work on math or ELA.

"We've had students improve reading levels through this, and then by the end, they are reading at a grade level more than what they were when they started, which helps them in their academic pursuits on top of that," Grzenda said.

About five years ago, the school was toying with the idea of having a learning break that would allow them to do something more pleasurable than learning in the classroom, as school isn't everyone's forte.

"The idea back then was to have this 'learning break.' We tried it, and it was a mixed success. It worked, but it also proposed some challenges, and what we tried to do was make it more learning-based rather than just free time," Grzenda said.

Their goal with the new skills period launched in 2019 was to find a time to help students struggling with

independent learning, as at the high school level, it's one of the biggest hurdles for students struggling with learning, he added.

As a rural school with a small student population, the skills period gives students more options for extracurricular activities to expand their skills and knowledge.

"The skills period allows students to get a taste of doing things they may do in other larger schools and hopefully supports their understanding that learning comes from within. As much as it's the experiences you need, with information and guidance, it's still that passion or want to learn that has to be driven from inside to be fruitful; otherwise, it becomes a task more than anything," Grzenda said.

Lundar School plans on continuing to offer the program for students moving forward.

With this program, we hope students continue finding value in experiences they participate in and, with that, knowing a bit more about themselves, Grzenda said.

## Community Support Service

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

## > EXPANSION, FROM PG. 2

hospital announcement followed two months later.

"The expansion is a positive thing for this area and for all the people who live north of Ashern that have been coming down to the emergency department," said Jonasson. "It's the first emerge coming down from the north. Ashern is a very busy emergency department."

He said there's a need not only for the expansion in Ashern, but also for the service provided by the Eriksdale hospital's emergency department.

"Because the Ashern emergency is very busy, they do go on diversion. Patients get sent to Eriksdale. Ashern also

takes emergencies from places like Lundar, Peguis and other areas," said Jonasson. "But with the two emergency departments open at the same time, we do have adequate emergency services in our area. If both are open, there's no need to divert beyond our region at this time."

Outpatient lab and ECG services were temporarily suspended at the E. M. Crowe Memorial Hospital in Eriksdale, resulting in the closure of the ER over December and half of January, but they were reinstated starting Jan. 9. People will, however, have to go to the Ashern hospital for X-ray service this month, according to Shared Health, as it's unavailable in Eriksdale.

The Eriksdale hospital's emergency department reopened starting Jan. 16. The IERHA's online ER schedule shows the hospital offering five days of 24-7 service on Mondays and Thursdays over the period Jan. 16-31.

It may be of little comfort to rural residents, but Manitoba is not the only Canadian jurisdiction experiencing temporary or sustained periods of ER closures in rural communities. ERs in rural B.C., for instance, cycled through periodic closures last year because of staff shortages, as did rural ERs in Ontario, Alberta, Saskatchewan and Nova Scotia.

Jonasson said the Ashern and Eriksdale hospitals will continue to work together to serve the residents and visitors to the area.

"Ashern and Eriksdale hospitals work in partnership as they have done in the past. The emerge in Ashern gets very busy and they have to go on diversion, and the emerge at Eriksdale can take some of that overflow," he said. "They're trying to have the ER in Eriksdale open as much as they can with the staff they have."

The IERHA representative said that as the Ashern expansion project progresses, the health authority will be updating the public. And a "formal event" is in the works to mark this stage of the development.

## 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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# Arborg-Bifrost recreation wants you to move; strollers to hit the pavement this spring

By Patricia Barrett

After a holiday filled with too many sweets, a little Netflix and plenty of downtime, The Arborg-Bifrost Parks and Recreation Commission has set its sights on getting adults out of the house and into stimulating fitness activities.

Recreation director Tom Chwaliboga said the commission is focused on providing more programs and activities for adults this winter.

"There are lots of different options in our community for youth to be active, so we decided to make sure there were options for people 18 years of age and older to register," said Chwaliboga. "All programs are led by certified fitness instructors who will work with each individual to ensure they enjoy the program."

For those who need to avoid joint-stressing activities, the commission is offering Tai Chi, which entails a series of slow movements. To get limbered up, Flow Yoga (on Tuesdays) will release tight muscles and calm the mind through stretching. To tighten and tone, Pilates, a mat-based exercise routine, uses body weight and equip-

ment like bands to improve muscle and core body strength and is suitable for people of all abilities.

For older adults, the commission is offering Silver Sneakers (on Tuesday and Friday afternoon), which uses body weight and bands to maintain strength.

For those who want to step up the pace, the commission has scheduled walking on Tuesday evenings at Arborg Collegiate, and on Mondays and Wednesdays at the Arborg Community Centre from 1 to 3 p.m.

Walking is a full body activity that helps people maintain cardiovascular health, boost energy levels, strengthen muscles and shed a few pounds.

Evening programs include public skating, Sticks and Pucks for all ages, drop-in programs such as the 40+ Rec Hockey (Tuesday evenings), and volleyball and basketball (Thursday evenings).

"We are very fortunate to have some great fitness leaders in Arborg and surrounding areas who have a passion to improve the quality of life for individuals," said Chwaliboga.

Two programs that are starting in



EXPRESS PHOTO SUBMITTED

Arborg-Bifrost Parks and Recreation Commission is providing a number of programs and activities, including pilates, for adults this winter.

April are Stroller Fit and Pole Walking, which will get people outdoors to enjoy the warmth of spring, he said.

For more information on programs and times, contact the recreation office at 204-376-5576 or register by email: tom.abprc@mymts.net

# Lieutenant-Governor requests nominations for annual historical award

Submitted by the Office of Lt. Governor

Lt.-Gov. Anita R. Neville is encouraging the public to nominate worthy Manitobans who have provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society.

"Since 2011, this award has formally recognized Manitobans who have spent countless hours preserving and promoting the history of this great province for the benefit of us all," said Neville. "I encourage you to recognize an outstanding volunteer in your community by nominating them for this award."

The Lieutenant Governor's Awards for Historical Preservation and Promotion are presented to those with experience in such endeavours as:

- writing of historical publications and documents;
- stewardship of museums and archives;
- raising of public education, advocacy and awareness;
- committee or community service;
- preservation of historic sites/buildings; and
- art and media.

As the oldest historical organization in Western Canada,

founded in 1879, the Manitoba Historical Society (MHS) presents awards to businesses, farms and organizations that have operated for over 100 years, and recognizes important historical books with its annual Margaret McWilliams Awards. It publishes the journal Prairie History and operates a comprehensive website of historical information.

The MHS will receive nominations from the public and will recommend up to five individuals to receive awards this year. Two awards will be reserved for emerging historians (mid-30s and younger). Paid professionals in the field of history and heritage will not be considered.

Nominations for 2023 must be received by Friday, April 1. The awards will be presented at Government House

later in the spring.

Nomination forms and further details of the award program are available on the websites of the Lieutenant Governor of Manitoba ([www.manitoba-gov.ca](http://www.manitoba-gov.ca)) and the Manitoba Historical Society ([www.mhs.mb.ca](http://www.mhs.mb.ca)).

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*Frightening Scenes; Violence* **14A**

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**A MAN CALLED OTTO** **FRI-THURS JAN 27 - FEB 2**  
**CLOSED TUESDAY**  
at 7:30 pm Each Night

*Violence; Coarse Language* **PG**

THE EXPRESS WEEKLY NEWS



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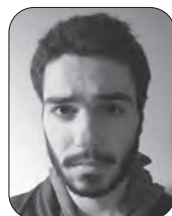
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## Twenty-five COVID deaths in Manitoba first week of year

By Patricia Barrett

Twenty-five people in Manitoba died from COVID in the first week of the new year, according to the provincial government's respiratory surveillance report for Jan. 1-7 (reporting Week 1). The government reported 38 deaths in the last week of 2022.

There were 39 new hospitalizations with seven intensive care admissions for COVID in Week 1. The last week of 2022 saw 111 new hospitalizations with 23 ICU admissions.

There were 125 new COVID infections reported in Week 1. There were 134 new COVID infections reported in the last week of 2022.

Provincial data are an undercount of the true number of infections as the government restricts access to PCR lab testing and rapid antigen tests aren't tracked.

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

Manitoba's COVID death toll was 2,369 as of Dec. 31, 2022, according to the federal government's COVID outbreak webpage. Canada, so far, has had a total of 49,566 COVID deaths.

While COVID continues its quest around Manitoba, influenza cases have decreased.

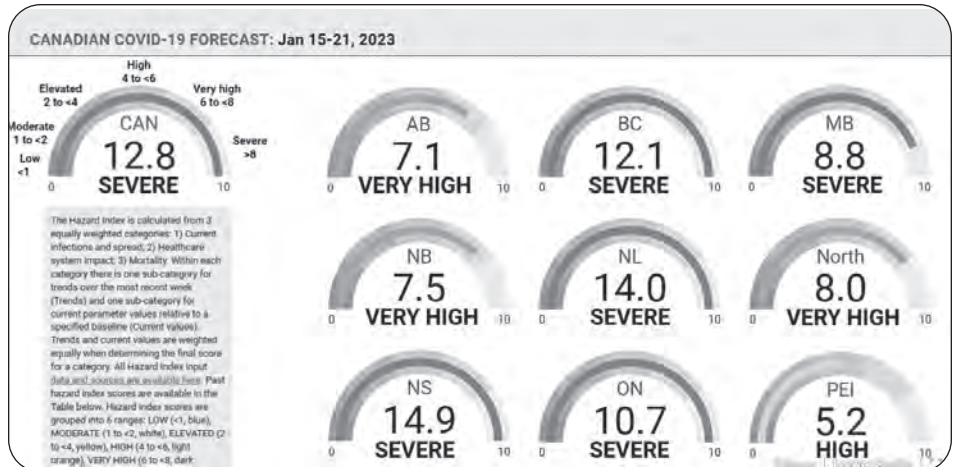
According to the surveillance report, there were 52 new cases of influenza A and zero cases of influenza B in Week 1, along with 12 new hospital admissions.

In total, there have been 2,562 cases of influenza A and two cases of influenza B so far this season, as well as 643 hospital admissions and 54 deaths.

Respiratory syncytial virus (RSV) increased in Week 1 with 164 new detections.

Other health news:

Outpatient lab and ECG services



### COVID-19 RESOURCES CANADA

COVID-19 Resources Canada's forecast for Jan. 15-21 shows Manitoba's COVID risk remaining at severe, with a score of 8.8. The hazard score is based on current infections/spread, health-care system impact and deaths.

were reinstated at the E. M. Crowe Memorial Hospital in Eriksdale, starting Jan. 9.

But outpatient X-ray service is unavailable at the Eriksdale hospital; the service is being offered at the Ashern hospital for the month of January, according to a joint Shared Health and Interlake-Eastern Regional Health Authority notice published in the *Express*' Jan. 12 edition.

Outpatient ultrasound at the Eriksdale hospital continues to be available.

The Eriksdale hospital's emergency department re-opened, starting Jan. 16, after being closed for about a month and a half because of staffing issues. The IERHA's online ER schedule shows the hospital offering five days of 24-7 service over the period Jan. 16-31. The joint notice says the ER will be open on Mondays and Thursdays for the remainder of January.

There continues to be scaled-back ER service at the Arborg hospital for the above period, with seven days on which a doctor will be available either

24-7 or half days. ERs at the Ashern, Gimli and Selkirk hospitals show 24-7 availability for the entire period. Stonewall's ER is available on a 24-7 basis for all but three days. In the eastern half of the health region, Pine Fall's ER — which had been temporarily suspended for several months — is open either on a 24-7 basis or half days on 15 days out of 16-day period. The ER schedule is subject to change.

- COVID outbreaks declared at Stonewall's Rosewood Lodge Personal Care Home (in Appleyard Bay) on Dec. 13, Selkirk's Betel Personal Care Home on Dec. 30 and Oakbank's Kin Place Personal Care Home on Jan. 3 continue, according to the IERHA's outbreak webpage (viewed Jan. 14). An RSV outbreak at Stonewall's Rosewood Lodge Personal Care Home (in Shura Lana) declared on Dec. 22 also continues.

- The World Health Organization's COVID-19 technical lead and infectious disease epidemiologist Maria

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# get informed

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EXPRESS PHOTO BY RAYME THOMSON

For those who love outdoor winter activity, now is the most fun time of the year in the Interlake. The Gimli Harbour Skating Trail is officially open and the conditions are pristine. 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](mailto:weather@expressweeklynews.ca).

## 2023 – Year of risk management

By Cam Dahl, general manager, Manitoba Pork Council

“Good riddance” is the most common response I hear to the passing of 2022. It was a year of uncertainty. We saw disruptions to supply chains, reverberations from COVID-19, the war in Ukraine impacted markets, and African Swine Fever (ASF) jolted traditional supply and demand. Will 2023 be any better? Many of the market disruptors from last year will continue. However, this year, we can see these uncertainties in advance and mitigate some of the associated risks.

What uncertainties face the pork value chain at the start of 2023? The war in Ukraine is going to continue to cause significant disruption, resulting in high feed prices and price instability. What will the price of corn or soybean meal be in six months? If someone gives you firm answers to these questions, don't believe them. Accurate prediction is challenging under the current market conditions.

Ongoing impacts of COVID-19 continue to introduce volatility. As a re-

sult of the pandemic, we shifted from a logistics system that was “just in time” to one that is “just in case.” A “just in case” logistics chain increases the cost of inputs and pushes up the cost of getting pork to market.

There are also significant economic factors building uncertainty into the global demand for pork. Rising inflation, especially for food, will impact pork demand. By how much? This is an open question that has no easy answers. Related to rising inflation is interest rate uncertainty and exchange rate volatility.

There are other market impacts to consider. To what degree has China recovered from ASF and what will this mean for their pork demand? What about other ASF impacted countries like Vietnam and the Philippines? What will happen to European production, in light of ASF pressure, escalating feed cost and restricted feed availability, driven by the war in Ukraine? These are very big market questions for 2023.

Disease will continue to be a sig-

nificant production risk in the year ahead. Will Porcine Epidemic Diarrhea (PED) be an issue this year? Will Porcine Reproductive and Respiratory Syndrome (PRRS) enter Canada in a substantive way? Outside of ASF, are there other diseases that we should be paying attention to?

Economics has been called the dismal science. Not hard to see why when reading this introduction to 2023, but the outlook is far from gloomy. The positive hog prices we see coming into the new year have support going forward. Pork consumption, both at home and abroad, remains strong. Pork supply is tight internationally, with European production slipping, U.S. hog numbers on a downward trend, and Asian production below average because of ASF. However, risks and uncertainty are real, and risk management is critical to realizing positive potential and securing profitability.

Where should producers focus their risk mitigation efforts? Currency fluctuation is one area. Ninety per cent of

### > HEALTH, FROM PG. 6

Van Kerkhove said a rapid risk assessment published on XBB.1.5, an omicron subvariant that has been reported in 38 countries to date, indicates there is no potential change in disease severity as yet.

The report dated Jan. 11 says severity assessments of XBB.1.5 are ongoing and that the subvariant “does not carry any mutation known to be associated with potential change in severity ....” However, XBB.1.5 may contribute to increases in infections.

Because infection estimates are based so far on XBB.1.5's rapid escalation in only one country — the United States — it's too early to say whether the subvariant will take off in other countries.

There is moderate confidence that the XBB variants, as well as BQ.1, are the “most antibody-resistant” variants to date, states the report.

- The WHO's weekly epidemiological update says there were almost 2.9 million new COVID cases and over 11,000 deaths worldwide from the virus reported over the period Jan. 2-8.

The WHO says infection data is likely an underestimate as countries have changed testing strategies. That has resulted in lower numbers of tests being performed and, consequently, “lower numbers of cases detected.”

Globally, there have been over 6.6 million COVID deaths reported as of Jan. 8



Cam Dahl

the 8 million pigs produced in Manitoba are exported, either as animals going into U.S. feeder operations or as pork shipped around the world. All this production is priced in U.S. dollars. International volatility, both financial and political, drives fluctuations in the spread between Canadian and U.S. currencies. If there ever was

Continued on page 8

# letter to the editor

Letters to the Editor:  
letters@expressweeklynews.ca

## Who is patrolling our highways?

Can anybody please tell me, are there any RCMP officers patrolling Highway 7 between Teulon and Arborg for speeders, impaired drivers and distracted drivers on a regular

basis? If there is, which I doubt, I sure would like somebody to tell me, speeders being the worst offenders. Not Teulon because they don't have a detachment anymore, not Stonewall because it's not their jurisdiction, not Gimli because it's not their jurisdiction, not Arborg because it's not their jurisdiction. When Teulon was a village, they

had a detachment. Now that they are a town, they don't have one.

Almost every time I travel on Highway 7 or 8, I am being passed by people exceeding the posted speed limit, even by 18-wheel semis, even on a curve where there is a double solid yellow line.

Why can't RCMP officers be parked on the side of the highway

inside their cars with their radar detectors turned on instead of half a dozen cars being parked beside the office in town? Makes me wonder, is there that much criminal activity inside the police station? Also, they should be patrolling the town streets after 6 p.m. more often.

- Respectfully your, Peter Pilatyk

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address, and phone number for confirmation purposes.

## > RISK, FROM PG. 7

a time for producers to look for advice on protecting themselves from currency risk, 2023 is that time.

Long-term hedging of inputs makes sense for 2023. Forward feed contracts are one tool that can accomplish this goal. This may be an area where individual operations can benefit from additional third-party expertise. The same comment applies to examining ways of protecting prices for future hog production. This can be achieved through forward contracting with

processors or using the futures markets. Again, there are professionals who provide advice on how best to manage anticipated price volatility and mitigate risk.

Disease pressure is one of the biggest threats to profitability. This is a risk over which we do have some control, even if that control is not complete. We mitigate disease risk through rigorous adherence to biosecurity protocols, whether that risk is from diseases like PED or PRRS, or the more threatening foreign animal diseases like ASF. Animals that are brought into barns must be screened

to be free of new diseases, as should feed. Pork producers also should restrict contact with the outside world through carefully limiting barn access to only those who provide animal care. Potential for exposure through ventilation equipment or loading facilities needs to be examined. Together with the Canadian Pork Council, Manitoba Pork is offering biosecurity evaluations for producers. Plugging potential biosecurity holes is one of the most important risk mitigation efforts that producers can undertake to prepare for 2023 (and beyond). I encourage producers to call to set up an

assessment.

There are reasons for pork producers to be optimistic for 2023, but there are also levels of risk and uncertainty that we have not seen before. Greater attention to risk mitigation, especially in terms of hedging input costs, hog prices and marketing conditions, and reducing the risk of disease spread will reduce the downside margin potential and flatten volatility. This is a year where time and attention to risk mitigation will be money well spent.

## > EVICTION NOTICE, FROM PG. 3

**"I HAVE NEVER HEARD OF ANY SENIOR BEING EVICTED BECAUSE OF A SERVICE DOG OR EMOTIONAL SUPPORT ANIMAL TO HELP WITH THEIR DISABILITY," SAID SAVOIE. "I HAVE NOT SEEN AN ORGANIZATION TAKE SUCH A HARD LINE ON SOMETHING."**

on the basis of her disabilities and her special needs.

The allegations have not been proven in court.

Savoie said the need for an emotional support animal stemmed from the death of her stepfather, who died suddenly at home and was found by her mom. The family moved their mom into a few different housing complexes after that, but the new living arrangements made her feel isolated and lonely. Nothing made her happy. After her mom's doctor wrote a letter saying Ransom would benefit from an ESA, Savoie and her siblings started looking for a suitable animal.

"She was diagnosed with depression and anxiety and the doctor also believes she has a touch of PTSD [post-traumatic stress disorder]," said Savoie. "For two years, it became very obvious to us, after my stepfather passed, that our mother had some cognitive decline."

Savoie said her mom had already been living at Oak Park Estates months before she got the pomera-

nian. The dog has had a beneficial impact on her mother and helps her keep to a routine.

"This dog got my mom going again. Mom was able to get up in the morning. There was a purpose now in her day and life," said Savoie. "Mom said, 'Something else is alive' in her apartment and it's giving her a purpose."

Savoie said she spoke with the Residential Tenancies Branch to ask whether Oak Park Estates could evict her mother for a disability and in the wintertime, and she's expecting the RTB to take up the matter.

"I have never heard of any senior being evicted because of a service dog or emotional support animal to help with their disability," said Savoie. "I have not seen an organization take such a hard line on something."

Oak Park Estates has 20 days to file a statement of defence otherwise judgment could be taken against it in its absence.

The *Express* reached out to Oak Park Estates' lawyer, who said they're not commenting at this time.

A spokesperson for the provincial department of Labour, Consumer

Protection and Government Services, which oversees landlords and tenants, said emotional support animals aren't addressed under legislation, but a tenant has the right to dispute an eviction by staying in their unit and requesting a hearing from the Residential Tenancies Branch.

"Manitoba Human Rights legislation does not allow a landlord to refuse to rent to tenants who rely on service animals. The Residential Tenancies Act (RTA) and the Manitoba Human Rights Code do not address legislation related to emotional support animals," said the spokesperson by email. "Tenants have the right to dispute a notice of termination by remaining in the rental unit and participating in the hearing process for an order of possession with the Residential Tenancies Branch (RTB)."

The RTB is an impartial office that defines the rights, responsibilities and obligations of landlords and tenants, among other duties.

The spokesperson said the tenant can also file a complaint with the Manitoba Human Rights Commission.



# Royal MTC's regional tour returns with Assassinating Thomson

On the Road Again will be in Gimli on Jan. 31

Submitted by RMTC

The Royal Manitoba Theatre Centre and PlayNow.com (Manitoba Liquor and Lotteries' online gaming site) presents *Assassinating Thomson*, marking the return of our regional tour.

Travelling to 24 communities across Manitoba and North Western Ontario from Jan. 30 to March 4, 2023, this solo show draws the audience in with a simultaneous storytelling and portrait painting experience.

In *Assassinating Thomson*, critically acclaimed legally blind performer/creator Bruce Horak paints a portrait of the entire audience while interweaving his own story and the tale of celebrated Canadian painter Tom Thomson's unsolved murder. Art, politics, grief, comedy, triumph,

ambition, love and murder are intertwined in a one-man tour-de-force as Horak tells his own fantastically inspiring tale and reveals the unique way he sees the world. Following the performance, the unique painting created during the show will be auctioned. Proceeds from the live auction will be donated to Canadian Guide Dogs for the Blind.

Having lost over 90 per cent of his eyesight to a childhood cancer, Horak has navigated the world of the fully sighted his entire life. Bilateral retinoblastoma is a cancer that appears on the retina of the eyes, the treatment of which left Horak completely blind in one eye, with extreme tunnel-vision, light sensitivity, floaters and a cataract in the remaining eye.

For the past 25 years, Horak has pursued a career in the performing arts and has won numerous awards for his performance, writing, direction and creation. He has performed across Canada, the United States and Europe and became *Star Trek's* first

blind actor when he played Hemmer on *Star Trek: Strange New Worlds* first season in 2022.

Tickets for *Assassinating Thomson* can be purchased from representatives in each community. The MTC Regional Tour is proudly presented by PlayNow.com (Manitoba Liquor & Lotteries, on line gaming site) with additional support from IG Wealth Management, Wawanesa Mutual Insurance Company, Calm Air, Fuel Sponsor Red River Co-op, and with the generous support from the Manitoba Arts Council.



## Regional Tour Schedule

Monday, Jan. 30 - Neepawa; Tuesday, Jan. 31 - Gimli; Thursday, Feb. 2 - Thompson; Friday, Feb. 3 - Snow Lake; Saturday, Feb. 4 - Flin Flon; Wednesday, Feb. 8 - MacGregor; Thursday, Feb. 9 - Minnedosa; Friday, Feb. 10 - Strathclair; Saturday, Feb. 11 - Virden; Monday, Feb. 13 - Brandon; Tuesday, Feb. 14 - Deloraine; Wednesday, Feb. 15 - Souris; Thursday, Feb.

16 - Killarney; Friday, Feb. 17 - Crystal City; Tuesday, Feb. 21 - Atikokan; Wednesday, Feb. 22 - Sioux Lookout; Thursday, Feb. 23 - Dryden; Friday, Feb. 24 - Red Lake; Saturday, Feb. 25 - Kenora; Sunday, Feb. 26 - Great Falls; Tuesday, Feb. 28 - Steinbach; Wednesday, March 1 - Carman; Thursday, March 2 - Portage la Prairie; Saturday, March 4 - Churchill.

# Survivor's Hope Crisis Centre hosts online healing group

Eight-week online healing group provides support for women and gender non-conforming people

By Katelyn Boulanger

People who've experienced sexualized violence will have a new opportunity to seek support in their own homes. Survivor's Hope Crisis Centre is hosting an online eight-week support group from Jan. 31 to March 21 for women and gender non-conforming folks who have survived sexual violence.

"Our work is really focused on recovery, healing, support and prevention for individuals who have experienced sexualized violence, or for people who support someone who has experienced sexualized violence, or people who are at risk of sexualized violence. So, we work in a number of different ways to achieve those goals, including our crisis program, our counselling program, our education program in schools, and through community outreach and networking," said Coral Kendel, executive director of Survivor's Hope Crisis Centre.

This support group is part of their Sexual Assault Recovery and Healing (SARAH) program, which provides counselling and support groups for sexual violence survivors and sup-

port for people reporting a historic or recent sexual assault.

"It's really meant to be something that folks attend on the first day, and then for all of the consecutive eight weeks so that it's really a safe and comfortable group that can be formed amongst the individuals who attend. It is being done online, partially because of the fact that we serve the entire Interlake-Eastern region and it's such a vast region, it's a little bit more accessible, and also because sometimes people find it a little bit safer and more comfortable because of the small town dynamics that can happen if you're all meeting in person," said Kendel.

During the group sessions, which take place via Google Meets, attendees will be able to share with other survivors but also have the opportunity to learn some potentially helpful strategies to deal with trauma, about self-care, mindfulness and grounding techniques, and, in general, learn a little bit more about why they might be feeling the way they are and how to hopefully improve that.

Though the current support group is for people who identify as women

and gender non-conforming people who are over the age of 13 residing in the Interlake-Eastern area, they

also have other individual counsel-

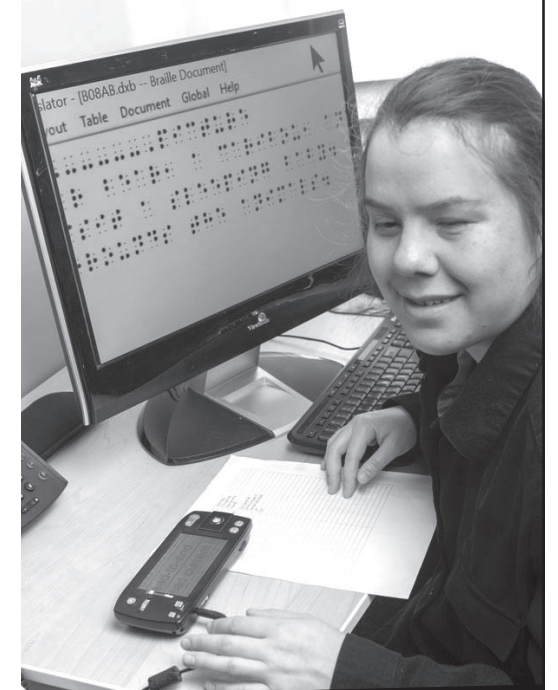
Continued on page 11



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[AccessibilityMB.ca](http://AccessibilityMB.ca)

Manitoba

# Provincial approvals required before Sandy Hook developer allowed to build condos

By Patricia Barrett

A Sandy Hook-based construction company was denied permission by Gimli council to build homes in a proposed condo subdivision as approvals from government agencies have yet to be obtained.

Sundance Construction & Safety Consulting applied to council for permission to increase the allowed number of dwellings on a single parcel of land from one to 11 (i.e., construct 10 additional homes), as well as to reduce the minimum property line setback for Lot 8's rear yard from 25 feet to 19 feet prior to the completion of the subdivision.

The proposed subdivision, which is located in Sandy Hook near the junction of PR 519 and Road 20E, had received conditional approval on May 5, 2022, from a previous iteration of council.

Council held a public hearing on the proposal at its Jan. 11 regular meeting but adjourned the hearing when additional information was obtained, said Gimli mayor Kevin Chudd. Council held a special meeting the following day and made its decision.

Chudd said council's decision to deny Sundance's request was unanimous because the company has to first obtain a number of approvals from the provincial government. There's a long process involved in putting a development together and a number of different agencies from which a developer has to obtain approvals.

"This subdivision can't be registered until all the conditions have been satisfied. One condition in particular is the province [has to issue] a licence for all drainage works under the Water Rights Act, and it's the responsibility of the applicant to meet those requirements, inclusive of loss of wetlands benefits as a result of the project," said Chudd.

The provincial agencies "need time to do their due diligence and issue their reports," he said, and that's why it takes a while for developments to get approved.

There's a requirement, as well, for the RM to have a signed development agreement with Sundance, said Chudd, and that has not yet happened.

A statement issued by the RM also notes that there are "outstanding conditions" from government agencies — notably a drainage licence under the Water Rights Act — that "need to be addressed in connection with the applicant's subdivision application. The subdivision cannot be registered until these conditions are satisfied."

Sundance Construction's senior construction manager Jocelyn Burzuik wrote in a letter to the RM that

the application was submitted in order to create a legal site, which would then allow the company to apply for building permits prior to registering the condo plan with Manitoba Land Titles. A number of condos have already been sold with possession dates attached to them.

She wrote that the company paid all capital lot and drainage levies in full. It also received confirmation from the provincial department of Infrastructure that its drainage plan was acceptable, but the provincial department of Environment, Climate and Parks has delayed the approval of building permits.

In its report to council, the Eastern Interlake Planning District said three building foundations were completed in August 2022 "without building permit approval" and it issued a stop-work order on Aug. 31.

"In an effort to move forward, the Developer and the Mayor [name unspecified] (as well as some of the home purchasers) questioned EIPD to seek options on how they could continue construction while still working on the subdivision," states the EIPD. "After consultation with our legal counsel (McCandless Tramley, Municipal Lawyers) the only way to proceed with construction legally would be to pursue variance approval from Council."

In the past, more than one dwelling on a single parcel has been approved but traditionally for existing dwellings that were grandfathered, said the EIPD. However, zoning for "part of" the Sundance parcel is already residential multiple-family.

"The stop work order cannot be lifted until the subdivision has been completed and the plan has received full registration at Teranet (land titles) OR if Council approves this variance request, then the stop work order can be lifted so that permits may be issued to proceed with construction," wrote the EIPD in its report.

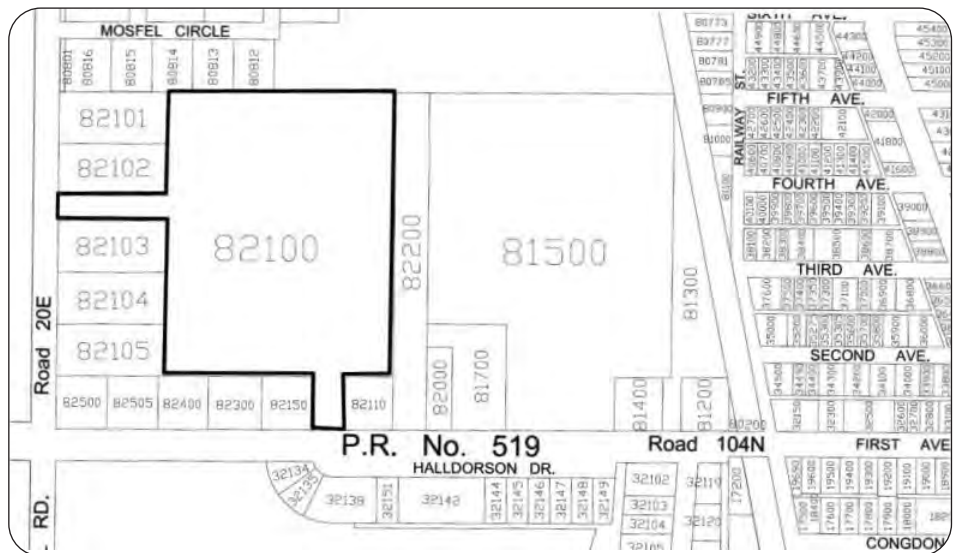
The RM received correspondence about the proposed subdivision from residents, some concerned about Sundance's request to move forward without having all permits in place and construction that had already been carried out without permits. Others were concerned about drainage issues and maintaining their rights to carry out activities on their farmland.

Patricia Simcoe-Rosenbaum said she applauds Sundance for wanting to build a subdivision, but she asked that council ensure "All permits be in place, including those from ECP [provincial department of Environment, Climate and Parks], prior to approval of expanding the housing on this



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The proposed subdivision is located near Road 20E and PR 519.



RM OF GIMLI/EAST INTERLAKE PLANNING DISTRICT

A schematic showing Sundance's proposed condo subdivision in Sandy Hook.

property from 1 to 11 dwellings, and a formal process be in place for qualified persons to ensure all policies and procedures are adhered to, including those of developing on wetlands."

K & J Maisey wrote in their letter that they have no objection to developments, but construction on this proposed subdivision had already been carried out without proper permits, and perhaps [council] should think twice about letting the development proceed without all permits in place.

Alison Robinson raised concerns in her letter about increased traffic, problems with land drainage, chemicals applied to lawns, pressure on the aquifer with more wells, increased presence of domestic animals and population pressure on small Sandy Hook beaches.

Tim Blazanovic wrote that he was concerned the activities he currently enjoys on his property might be objectionable to residents of the subdivision.

"I want something put in place to these expansion on said property be

include as a clause/caveat that my rights on my property will not be infringed upon now, or later in the future, as my property is both residential and agricultural. I wish to continue using it as such and including my rights to hunt or target shoot on my property as set forth by the Province of MB allowing me of this," wrote Blazanovic.

"I do not wish to have complaints for my legal land use coming back to bite me because suddenly the new tenants of said lots/homes don't like noise now and then. I don't ... wish to have noise complaints due to me doing operations with my tractor or that on my property during regular daylight hours as set forth in the bylaws of the RM that allow for both of these sporting and noise by way of agricultural or farm operations to exist."

Mayor Chudd said previous council's conditional approval of the subdivision doesn't expire until May 5, 2024, giving Sundance some time to obtain from the province the approv-

# Travel Manitoba unveils new brand to lure tourists

By Ty Dilello

Our province has a new marketing campaign and slogan that is aimed at bringing tourists to Manitoba with the message “Canada’s heart is calling.”

The launch of Travel Manitoba’s refreshed brand took place last Monday afternoon at the RBC Convention Centre in Winnipeg.

Manitoba’s Premier Heather Stefanson spoke at the event, as well as Colin Ferguson, president and CEO of Travel Manitoba, and Kiirsten May and Alex Varricchio, co-owners of UpHouse Inc.

“Manitoba’s tourism sector is a vital part to our economy as it employs many thousands of people,” said Heather Stefanson. “There is so much to explore in every community in this beautiful province of ours. This rejuvenated brand will help ensure that Manitoba’s tourism will continue to grow.”

Colin Ferguson noted how Travel Manitoba wanted to create a refreshed brand that meets consumers where they are and draw them in to our province. With that, Travel Manitoba teamed up with UpHouse, which worked diligently in producing this new brand.

“Courageous thinking is what Travel Manitoba and Manitoba’s tourism industry is known for. It will continue to set us apart,” said Kiirsten May of UpHouse Inc.

“Bold thinking is what will continue to make Manitoba a viable tourism destination.”

The brand and its launch campaign were unveiled through a series of videos, including new television commercials that will begin airing



EXPRESS PHOTO SUBMITTED

Manitoba has a new marketing campaign and slogan that is aimed at bringing tourists to Manitoba with the message “Canada’s heart is calling.”

this month. They focus on how travel makes us feel rather than just the places we go.

As tourism destinations around the world seek to capture pent-up demand for travel, Travel Manitoba wants to remind people that traveling in Manitoba is about more than just a place. Whether it’s viewing the northern lights dancing in the sky, participating in an authentic Indigenous experience or visiting a world-class museum, Manitoba’s refreshed tourism brand conjures up the emotions that these experiences create. With the tagline Canada’s Heart

Is Calling, the brand focuses on the feelings we have when we see or do something amazing while on holiday. The refreshed brand builds on the success of the previous Manitoba, Canada’s Heart...Beats, which redefined Manitoba in the eyes of visitors around the world.

“The Manitoba, Canada’s Heart... Beats brand changed the way people viewed Manitoba as a travel destination. We wanted to tell the next chapter of that story,” said Colin Ferguson. “We know that travellers are seeking unique experiences that they can share with their friends and

family. Manitoba is full of those experiences.”

The Manitoba Tourism Strategy targets to achieve visitor expenditures of \$1.6 billion in 2024 and \$2.5 billion by 2030.

“We are proud of this campaign not just because it shows off our province so beautifully, but also because it was created almost exclusively with local talent,” said Cody Chomiak, Travel Manitoba’s vice-president of marketing.

“That’s just one more way we can show how special this place is.”

## > HEALING GROUP, FROM PG. 9

ling supports available for men who contact them.

Kendel says that accessible resources for people in our communities not only help the individual but help our entire community.

“Sexual violence is really an experience and a topic that everyone likes to pretend doesn’t happen. And so, to be able to have these supports, in a manner that people can access them safely, confidentially and to really recover from their experiences that they may have, is so valuable, not only to that individual but to the wellness of the entire community,” said Kendel.

She hopes that attendees come

away from the eight-week group with more knowledge.

“They’re not alone in their experience. There are other folks who can understand how they might be feeling and their experience. I also hope they get a little bit of a better awareness and understanding of themselves, and how that experience can affect you really entirely. It wasn’t just a one-time event; it can be something that you really carry with you in your body and your mind, in really significant ways. If it was many years ago, to still be coping with it today is completely understandable,” Kendel said.

“And, it’s something that they can


really have the power to work on, and to improve so that they don’t have to always feel this way. There is hope and there are opportunities for recovery from that trauma they might have experienced.”

She encourages people who are interested in this support group or their other support opportunities to get in touch with them.


“We want to meet your needs, whatever they may be, and really are open to listening to that and hearing your experience and figuring out what it is that we can offer and being adaptable and flexible to each unique individual. If you reach out to us, you’re calling someone

who is going to listen and is going to be hopefully someone who can become a safe person to speak with. There’s really no downside to making that first call and taking that first step. Even though it can feel huge and scary, it can lead to really wonderful things.”

If you would like to take part in this opportunity, you can call Survivor’s Hope Crisis Centre at 204-753-5353 or contact SARAH program counsellor LP Penner at LP@survivors-hope.ca. You can also learn more about Survivor’s Hope Crisis Centre at <https://survivors-hope.ca/>.



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CONSEIL DES ARTS DU MANITOBA ARTS COUNCIL

## PROGRAMS

### Dance Little Stars (Ages 3 - 4)

**Instructor:** Miss Elena **Dates:** Tuesdays - January 31 to April 25  
Try 1st Class Before Formally Registering  
\$150 (includes costume fee & membership)

### Guitar • Vocal • Banjo

**Instructor:** Gareth McNicol-Briggs  
Monday, Tuesday or NEW LESSON DAY Wednesday  
Afternoon and Evening Lessons  
45 min class \$37.50 each 30 min class \$27.50 each  
*Membership Applies*

### Musical Theatre - Super Villains

**Instructors:** Miss Elena & Arthur **Dates:** Saturdays January 28 to April 22  
Ages 7 - 11 \* 1:00 - 3:00 Ages 12 - 17 \* 2:00 - 4:00  
FREE Registration. No Experience Necessary - not mandatory to perform, many behind the scenes jobs. *Membership Applies*

### Film Class - Wacky Adventure

**Instructor:** Arthur  
**Junior Film - Ages 5 - 10**  
**Dates:** Saturdays January 14 to April 22 **Time:** 11:30am - 12:30pm **Cost:** \$110  
**Senior Film - Ages 11 - 17**  
**Dates:** Saturdays January 14 to April 22  
**Time:** 10:30am - 12:30pm **Cost:** \$150  
No Experience Necessary - not mandatory to perform, many behind the scenes jobs. *Membership Applies.*

### Hands-on Fun Art

**Instructor:** Amanda Hepples  
**Dates:** Tuesdays February 7 - April 25  
**Ages 5-8** - 4:30 - 6:00pm; **Ages 9 & up** - 6:30 - 8:00pm  
**Location** - St. Cyprian's Anglican Church  
Member Cost \$10.00 per class Non-Member \$12.50 per class  
Walking Group from TES to the Church available



### Kids in the Kitchen (Ages 9 & up)

**Instructor:** Amanda Hepples  
**Dates:** Thursdays February 2 - 28 6:00 - 8:00pm  
**Craft & Cooking Activities**  
Member Cost \$40 Non-Member \$50 **Location** - St. Cyprian's Anglican Church

### Art for Aspiring Artists (Ages 11-17 years)

**Instructor:** Elisa Hunt **Dates:** Saturdays February 11 - April 22 - 12:30 - 2:30pm  
Members - \$100 Non-Members - \$125 (5 classes)  
**Location** - St. Cyprian's Anglican Church



### Art for Parent & Child (Ages 5 - 10)

**Instructor:** Elisa Hunt **Dates:** Saturdays February 4 - April 15 12:30-2:30 pm  
Members - \$100 Non-Members - \$125 (5 classes)  
**Location** - St. Cyprian's Anglican Church



## Preschool Programs for Parent & Child - FREE



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**Come Dance with Me (Ages 2-3)** **Instructors:** Ms Alycia & Miss Elena  
**Dates:** Saturdays February 4 to March 11 (11:30 am - 12:15pm)

This class is designed to encourage parents to introduce and experience dance movement along with their child. A wonderful introduction to gross motor skills enhanced by music and rhythm. Skills learnt in this class will provide families with many tools and techniques for movement at home.

**Location** - GAAC

**Imagine Inspire Create** **Instructor:** Elisa Hunt

**Dates:** Sundays February 5 to March 12 (2:30 - 3:30 pm)

Enjoy story time, pretend play, action games, arts & crafts with your preschooler.

**Location** - GAAC

**Launching Little Learners (Ages 4 - 5)** **Instructor:** Elisa Hunt

**Dates:** Saturdays January 28 to March 18 (10-11:30 am)

Prekindergarten Programming for getting children ready for school. The instructor will introduce letters, numbers and so much more! Parents will receive resources to take home so the educating can continue!

**Location** - St. Cyprian Anglican Church

**Growing Up Green**

**Dates:** Mondays starting January 30 (9:45 to 10:45am)

**Location** - GAAC **Contact** gaac@mymts.net

**TO REGISTER** Email - [gaac@mymts.net](mailto:gaac@mymts.net) Phone - 204-886-3192



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EXPRESS PHOTOS SUBMITTED

Mary Nicholson and her family built a curling rink in their backyard in Matlock and held a New Year's Eve bonspiel with neighbours and friends. The rink is 100 feet by 14 feet and the rings were painted with ice paint. Mary's husband, Allan, pebbles the ice with a beaver tail. The Nicholson crest, which was designed by Allan's sister, forms the button. The family curls by night using outdoor lights and hopes the weather stays cold so that they can curl until mid-February.



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# Happy retirement to a long-standing pharmacy assistant

By Jennifer McFee

A long-serving pharmacy assistant employed with Interlake-Eastern Regional Health Authority recently celebrated her retirement after an impressive career that spanned more than five decades.

Gladys Moroz worked her last day on Thursday, Nov. 17 in the pharmacy at Selkirk Regional Health Centre, back where she initially launched her career around 1970.

"I worked in Selkirk at the old hospital, then at Seven Oaks, then in Yellowknife and now have 16 years here at the Selkirk hospital," she said. "So I've come full circle. I've been in pharmacy all this time."

Prior to embarking on her career path, Moroz gained additional experience in the health sector.

"At the old hospital, I worked in the laundry part time there," she said. "They just approached me and asked me if I wanted to work in the pharmacy when the person left."

With more than 50 years of experience as a pharmacy assistant, Moroz has proven to be adaptable.

"There have been lots of changes — some good and some not so good," she said. "You've just got to go with the flow."

Kurt Schroeder, regional director of pharmacy, reflects on the positive impacts of her work.

"She's amazing from a resiliency perspective. With all the changes in technology in health care, she's been able to adapt all along — from the days when pharmacy was looking after material purchasing and doing a lot of compounding," he said.

"She's been here from when we used typewriters through all the iterations of computer systems right through to the new hospital where we have a state-of-the-art pharmacy. She's been able to roll with the changes every step of the way."

Moroz started her career at a time when drugs such as Lasix, Advil and Valium came on the market, he added.

"She's been around to see this whole explosion of new drugs and therapies. She experienced these modern marvels coming onto the market and she's been an active participant in the work to bring these to patients, which is just amazing," Schroeder said.

"When she started, we had only a handful of antibiotics on the shelf and now we have so many. As everything has gotten more complex, she's been able to effectively go about her role."

One of these roles has been to oversee orders from other hospitals and ambulance stations throughout the Interlake-Eastern region.

"She got the orders, packaged them up and got it all couriered out. I'm guessing she's handled and moved \$40-million worth of drugs around the region. She's also been a cornerstone to mentoring multiple generations of health-care leaders, pharmacists and technicians," Kurt said.

"She holds herself and others to a high level of accountability. Day in and day out, for 50-plus years, Gladys has gone about taking care of business. It's a gift to the program that she has practised this long. She's irreplaceable."

Now, for the next phase of her life, Moroz is looking forward to some down time — for a while.

"I might be back," she said with a laugh.

And for those who continue to carry on her good work, Moroz offers a few words of wisdom.

"I want everyone to know they just have to do the best they can," she said. "And don't be afraid to ask for help if you need it."



**EXPRESS PHOTO SUBMITTED**  
Gladys Moroz recently retired after working more than 50 years as a pharmacy assistant.

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CANADA'S HEART IS CALLING



# Amber's All Breed Grooming: refreshed and rejuvenated furry friends

By Autumn Fehr

A local animal self-care business is committed to offering comfort and convenience for furry friends/pet owners.

Amber's All Breed Grooming, owned by Amber Barnett, is located in Gunton and offers grooming services for dogs, cats and small animals such as guinea pigs and rabbits, boarding services for dogs and pet sitting for birds and small animals.

Barnett is pet first aid certified and a Professional Pet Groomers Association member.

At a young age, Barnett had a passion for animals and grew up with her mom showing dogs.

In 2010, she made her passion into a career and started her own business out of her home.

"Animals are my entire life. I love working with animals. This is probably my most relaxing job," said Barnett.

When grooming animals, Barnett follows a specific process to get the animals pampered and perfect.

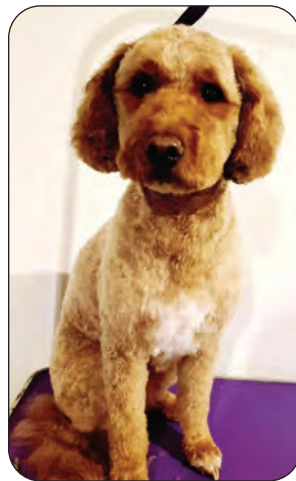
She starts by bathing the animals, then blow-dries their fur and does their trimmings to the owner's specifications.

Her favourite breed to groom is any breed with a poodle-type coat, as she said there is so much you can do with a fluffy coat.

"I work one-on-one so that I can work in a very relaxed, calm environment. I get to work with dogs with anxiety, and I can see them gradually improve with the grooming process. A lot of it is very satisfying," said Barnett.



Guinea pig haircut.



Freya the doodle.

When you come to Amber's All Breed Grooming, your pets can have their photo taken and put up on the "Wall of Fame."

Barnett's Facebook Wall of Fame is where she shows off all her furry friends after they have been completely groomed, with before and after photos to showcase the transformation and rejuvenation.

The difference between Amber's All Breed Grooming and any other pet spa or grooming salon is that her in-house services help make the process relaxing and stress-free for animals, who often feel they are going to the vet when they have to get the grooming done.



EXPRESS PHOTOS BY AMBER BARNETT

Amber Barnett, the owner of Amber's All Breed Grooming, and her horse Camel. Barnett's business offers grooming and boarding services for dogs, cats and small animals.

Continued on page 15

# AURORA

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> CONDOS, FROM PG. 10

als it needs.

**Other council news:**

- Council passed second and third reading of a new Organizational & Procedures Bylaw, No. 22-0014, and in February it will be changing its meeting times from twice a month every two weeks to three consecutive meetings a month.

The mayor said council is open to trying out a new system in order to better meet the needs of RM residents.

“With the evolution of the procedure bylaw, council is going to try three meetings once a month. There will be three days of meetings on a Tuesday, Wednesday, Thursday,” said Chudd. “We’ll go from a committee of the whole [in camera] meeting to a council meeting and address other business. We want to have enough time so that we can be a lot more efficient and effective. We want the necessary time to deal with things and make sure we give everything due diligence.”

The new procedure bylaw also includes a provision for question period after council meetings end, said the mayor. And livestreaming of council meetings is on its way because there’s “quite a demand for modernizing” the way things are done.

“We’ve signed a contract with a service provider for livestreaming, but it will take a little more time to get it going,” said Chudd.

- Council reaffirmed Gimli’s commitment to assist those fleeing the war in Ukraine and who express interest in settling in Gimli. An RM-owned building in the Gimli Industrial Park, referred to as either the Gimli Training Centre or dormitory, is being used to house Ukrainian newcomers. The building once housed cadets.

Volunteers, organizations and businesses in the municipality came together to help provide stability to Ukrainians who were forced to emigrate. They were able to find many newcomers more permanent housing and local jobs.

“The initiative has been successful. Going forward, the dormitory is still available and nobody will ever be kicked out of it. All the different volunteer groups and community organizations made this a real success story,” said Chudd. “We’re in this for the long haul. I believe council and the community are very proud of how we’ve got it to where it is right now. I think we’ve got really great new Ukrainian residents in our community. Everyone has embraced them. I’m sure we’ll be getting more people to our community. We know this kind of initiative can work. We were able to give them a re-start on their lives and hope for tomorrow.”



Dogs brought for boarding over the holidays, having a blast.

> GROOMING, FROM PG. 14

Over the past 10 years, as Barnett has expanded her business. She has added additional services, such as pet sitting in December, where she offers short- or long-term stays, daytime and overnight, for dogs and cats.

During their stay, a 15,000-square-foot play area that is fully fenced is available for pets, and a 30 x 30-foot area for dogs that need individual play.

In future years, Barnett hopes to grow her business and help the community more.

Barnett is a member of the Gun-

ton Projects Committee, which is working to continue raising money for the post office and coming together to provide events and activities for the community.

For specific service prices, visit <https://ambersallbreedgrooming.com>, and book a grooming appointment or a stay for your animal by calling 204-390-5128 or emailing [amberwood818@hotmail.com](mailto:amberwood818@hotmail.com).

Barnett said she wouldn’t be where she is today without the support of her husband, John Barnett.

Cut out this guide and post it on your fridge!

# RECYCLING GUIDE

Unsure of what can be recycled? Follow this guide to help.

### ACCEPTED MATERIALS

- Aluminum food and beverage containers**  
(e.g., soft drink cans, tuna cans, cookie tin containers)
- Cardboard and boxboard**  
(e.g., cardboard boxes, cereal boxes, paper towel roll)
- Cartons** (e.g., milk cartons, soup cartons, juice boxes)
- Glass bottles and jars** (e.g., salsa jars, wine bottles, olive oil bottles)
- Plastic packaging #1-7** (e.g., water bottles, laundry detergent bottles, margarine tubs, shampoo bottles)
- Printed paper** (e.g., newspaper, magazines, flyers)
- Steel food and beverage containers**  
(e.g., soup cans, sauce cans, pet food cans)

### UNACCEPTED MATERIALS

Please do not place any of these items in your blue cart or blue bin

- Aluminum foil, pie plates, and trays**
- Black plastics**
- Ceramics and crystal**
- Foam packaging**
- Food waste**
- Paper towels, napkins, and facial tissue**
- Plastic cutlery**
- Paper take-out beverage cups**  
(e.g., coffee cups and paper soft drink cups)

### RECYCLING TIPS

- Save space in your recycling by flattening boxes. If your boxes are too large to fit inside your recycling, break them down into smaller pieces.
- Toss your recyclables into the bin loosely. Don't stuff containers inside one another. This allows them to be sorted easily at the Material Recovery Facility.
- Ensure your containers and bottles are clean and empty. A quick rinse is always appreciated to get rid of any lingering smells or food residue.
- Leave lids and labels on your food and beverage containers.
- Don't put anything in your blue bin that your community doesn't accept. Check the Recyclepedia at [SimplyRecycle.ca](http://SimplyRecycle.ca) or download the FREE app!

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# Your FARM



## Building a microgreen business, one tray at a time

By Raegan Hedley

Five years ago, Kurtis Bouskill walked into his 4,000-square-foot barn and thought, “what a waste.” His family farm near Stonewall stopped shipping milk 17 years ago, and they hadn’t done much with the dairy barn since.

“It’s a very good building, and I wanted to use it for something other than just storage,” he says. “I felt it was a shame.”

Bouskill went to YouTube for an answer. He noticed people were using spaces like his for indoor growing. Inspired, he turned to books,



Microgreens are a great garnish and lettuce alternative for tacos, soups, sandwiches and salads.

YouTube and experience to get started.

“There’s plenty of information out there, obviously, and I just kind of follow what people have already done and succeeded at,” says Bouskill. “I had a wealth of knowledge in my back pocket even before I started, and I farm too, so there’s that business as well. I lean on that a lot.”

Bouskill owned an automotive business for a long time until he recently sold it, so building something from the ground up wasn’t new to him.

“With my other business, I’d been at it for 25 years, so I couldn’t learn any more there. I wanted to try something new, and it just made sense for how things are now,” says Bouskill. “To keep this farm rolling ... I had to come up with a different plan.”

And that’s how Jackfish Creek Gardens, a local microgreens business, came to be. Named after the river that runs through the family farm, Bouskill says Jackfish Creek Gardens is his passion project. Over a five-year period, Bouskill slowly retrofitted the barn to make it more efficient for indoor growth. His wife, Camille, works on the business, but he didn’t hire any other help, opting instead to do all the work himself on a “shoestring budget.” He was experimenting and trying to figure out what to grow during this time.

“I just started chipping away at it ... until I got good at it,” says Bouskill. “I know how to fail and I try not to let it discourage me.”

Indoor growing is all about the environment, which Bouskill says he learned quickly after experimenting with buttercrunch lettuce and basil and “failing miserably.”

“The lights are one thing, but the temperature and humidity is everything. You have to have that dialed in. So that was a big part of my learning curve. It was al-

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## > JACKFISH CREEK GARDENS, FROM PG. 16

ways cool in the barn, and I thought it would be alright. Nah. Stuff just wouldn't grow."

He saw online that microgreens, the edible seedlings of vegetables and herbs, were easier to grow, so he gave them a shot. To reach the temperature the plants need to grow properly (about 75 degrees) without heating the entire 4,000-square-foot barn. Bouskill grows in tents, so he only has to heat a fraction of the barn.

"As I grow, I'm going to lose the tents and have the heat up in the whole barn. The scalability is there. I just need more clients."

Bouskill keeps Jackfish Creek Gardens' environmental footprint low. Compared to traditional farming methods, he describes microgreens as "wildly efficient."

"You're able to get so much more out of a small piece of land and a small amount of water," says Bouskill. "My microgreens don't even require fertilization. ... I water them about three times a cycle, and I'm done."

In 2022, it was the first year Bouskill did Jackfish Creek Gardens full-time.

"This being my first year, I realized we do still farm here. ... We do 250 acres of hay and alfalfa — so from July to September, I was very busy."

Despite having a full-on farm schedule, it didn't stop him from doing the farmers market circuit throughout the summer, then continuing through the fall and winter. He says he recently purchased some new software to sell fresh microgreens directly to local consumers through his website.

"I'm not going to grow until I get the order through my website. So you'd go on my website, order what you like... and in 7-10 days, you'll pick up your very fresh food."

Jackfish Creek Gardens has four options: pea shoots, radish, broccoli and a blend of all three. Because his products are so fresh, Bouskill says his will last in the fridge for up to two weeks.

Dr. Victoria Baldwin, naturopathic doctor, says microgreens are great for people with busy lifestyles because they're very nutrient-dense, even in small quantities.

"Aside from vitamins and minerals, they contain plant substances that benefit health. They provide antioxidants and polyphenols that can lower heart disease risk, help control blood sugar, support a healthy microbiome and are great for your digestive system health."

Bouskill explained that his 143-year-old family farm is "small by today's standards," but he says niche is the way to go when you can't compete against the big 4,000-acre farms.

"You have to be specialty. I'm looking for things people aren't doing and take the non-traditional route," he says. "I saw microgreens five years ago, and they weren't a big thing, but all of a sudden, in today's day in age, with supply chains and all the shipping issues ... I just thought, why can't we grow this right here in our backyard?"

Even though growing basil and buttercrunch lettuce didn't work initially, he's "happy to report I do grow them both now."

"I now have a machine called an Omega Garden — it's a rotary garden that circles around a bright light. So on top of the microgreens, they're now part of my offering."

Customers in Stonewall, Teulon and Selkirk will soon be able to pick up their orders from a partner restaurant in each respective town. Bouskill calls this "the next chapter for this small farm."

"My goal is to fill the other nine months with growing indoors throughout the rest of the season," says Bouskill. "If I become successful, it will be a year-round venture."

Find Jackfish Creek Gardens on Instagram: @jackfishcreek.



EXPRESS PHOTOS SUBMITTED

Camille and Kurtis Bouskill. The Jackfish Creek Gardens logo pays homage to the barn where the microgreens are grown and shows Jackfish Creek, which runs through the farm and is what the business is named after.



Indoor grow tents help maintain the temperature and humidity for microgreens to thrive.



Jackfish Creek Gardens has four options of microgreens to purchase: pea shoots, radish, broccoli and a blend of all three.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lundar beats Beausejour in OT

### Free admission for Ice Dawgs game this Friday

By Brian Bowman

The Lundar Falcons needed a little extra time to take down the Beausejour Comets on Saturday evening.

The Falcons downed Beausejour 5-4 in overtime in Lundar. Lundar did a lot of things right in the win.

"We capitalized on the power play with our only opportunity of the game, that was a big one for us," said Falcons' head coach Tyler Medeiros. "Also, (we showed) perseverance. We were down 2-0 in the game and battled back and got the win in overtime."

Ryan Benson scored the game winner in OT. Benson has seven goals and a team-leading 23 points in 21 games this season.

"Ryan's played great. He's not only played great, he's been a great guy in the locker room," Medeiros said. "He's fit in well and our team values having him on the team. He's an important player and we have a lot of important players on our team."

Ethan Desautels, Bryce Allary, Christian Ali and Cody Procter scored for Lundar in regulation time.

Merrick Hurcul (two), Aidan Ticknor and Erik Gillies replied for the Comets.

Gabe Mondry made 33 saves for the win.

On Friday, Lundar was shut out 4-0 by the St. Malo Warriors.

"They played a well-structured defensive game and they had some really good goaltending that we couldn't crack," Medeiros said.

Jeremie Collette scored a first-period goal for St. Malo and then Brady Gregoire, Aiden Peters and Collette tallied in the third.

The Falcons played the North Winnipeg Satellites this past Tuesday but no score was available.

Lundar will be very busy this weekend with three games. The Falcons will host the Selkirk Fishermen Friday (7:30 p.m.) and then visit Beausejour Saturday (7:30 p.m.) and Selkirk Sunday (3 p.m.).

"It's our busiest week of the year," Medeiros said. "At this point of the year points are very valuable and we would like to get as many as we can."

The Arborg Ice Dawgs, meanwhile, lost 3-1 to the St. Malo Warriors on Sunday.

Ethan Doell and Radek Merasty scored for St. Malo in the first period and then Collette made it 3-0 in the second.

Mark Hamrlik scored a power-play goal for Arborg in the middle frame.

Last Saturday, Arborg was blanked 5-0 by the Fishermen in Selkirk.

Jordan Donald scored a first-period goal and then Peyton Moneyas and



EXPRESS PHOTO BY BRETT MITCHELL

The Arborg Ice Dawgs' Kaydyn McMahon is stopped on this scoring chance by Selkirk Fishermen goaltender Owen Derewianchuk during CRJHL action last Saturday.

Carter Courchene tallied in the second.

Julius Guimond and Matt Brooks closed out the scoring in the third.

The Ice Dawgs' next game is Friday at 8 p.m. when they host Beausejour.

Arborg will then play the Warriors on Sunday (2:30 p.m.) in St. Malo.

#### In other news:

Vidir Vertical Storage Solutions is

generously covering spectators' admission to the Arborg Ice Dawgs game at the Arborg Arena on Friday, Jan. 20 at 8 p.m. The Ice Dawgs will be taking on the Beausejour Comets. In addition to providing free admission, the manufacturer is giving away free hot dogs, chips, donuts and drinks.

"We are inviting everyone to come out and cheer on the Ice Dawgs," said a Vidir spokesperson.

## Rosters announced for MJHL-SJHL Showcase

#### Staff

The Manitoba Junior Hockey League, in conjunction with the Saskatchewan Junior Hockey

League, announced team rosters that will compete at the 2023 MJHL-SJHL Showcase Jan. 31 to Feb. 1 at the Seven Oaks Sportsplex in Win-

nipeg.

Six teams will compete in the showcase event, with three teams from both the MJHL and SJHL. All teams have been selected by the showcase coaching staff of their respective leagues forming one 18U roster and two 20U rosters.

The event provides high-performance exposure in front of NHL, WHL, NCAA and USPORTS scouts. The 2023 edition of the joint showcase is the first in Manitoba and first since 2020 in Regina after both the 2021 and 2022 showcases were canceled due to the global pandemic.

Tickets will become available for purchase online starting on Jan. 17. Walk-up tickets will also be available for purchase starting at 11 a.m. on Jan. 31 at the Seven Oaks Sportsplex.

To view the rosters, please visit [mjhlhockey.ca](http://mjhlhockey.ca).

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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# Naturopath encourages a healthy start to the new year

By Jennifer McFee

A new naturopath discovered her career path through curiosity about her own health.

Mackayla Johnson, who is originally from Stonewall, became a fully licensed naturopathic doctor in November. After graduating with a bachelor of science in biology from the University of Manitoba, she ventured to Toronto to embark on a four-year program at the Canadian College of Naturopathic Medicine, where she received her doctorate of naturopathy.

She passed her board exams and provincial licensing exams, and now she's practising her profession at Fifth, located at 1108 Corydon Ave. in Winnipeg. Her goal for 2023 is to open a second naturopathic location in the Interlake.

"I always knew I wanted to do something in health care. During university everyone always said, 'Oh, classes become so much easier after the first year' — and, for me, that wasn't the case," she said.

"I would study and study, then walk into an exam and not remember anything. I was also just not feeling my best, but I didn't have any idea what was going on."

Later, while working with a naturopathic, Johnson discovered she has celiac disease.

"The extreme brain fog was from eating gluten when I shouldn't have been. After taking nutrition courses in my undergrad, I enjoyed them and wanted to see what was out there for jobs, which is where I found out about the career mentorship program U of M offered," she said.

"I was connected with a naturopathic doctor and got to shadow her for the day and learned all about what naturopathic medicine had to offer. Pretty well after that day, I applied to the program and eventually got accepted."

During her health journey, Johnson found herself constantly trying to go deeper into the reasons why she experienced her symptoms.

"With naturopathic medicine, we dig to find the root cause of what is going on. For example, when you get your blood work back, your doctor tells you your B12 is low and tells you to supplement with B12 — but nothing else. Well, why is your B12 low?" she questioned.

"Is it because you have a leaky gut or your stomach acid isn't breaking down your food enough to allow nutrients to be absorbed properly? Are you just not eating foods that contain B12? Is your immune system attacking the cells that produce the factor that helps B12 get absorbed? Not everyone is going to have the same reason as to why they aren't absorbing that B12 properly, which is why it's so important to figure out the causing factors so we can fix it and not have you be on a supplement for the rest of your life."

Through her naturopathic practice, Johnson offers one-on-one meetings for an initial 90-minute appointment.

"We do a complete and thorough intake of health history, symptoms presenting and physical exams," she said.

"After this appointment, the patient will leave with a detailed plan that can include a variety of different aspects such as nutritional guidance, blood work requisitions, specialized testing such as food sensitivity tests or celiac panels, supplements or botanical formulations such as tincture or teas."

In addition, she also offers acupuncture, which is the insertion of thin needles into different points of the body to restore balance.

"Acupuncture can be great for people who are experiencing any type of pain — arthritis, sciatica, headaches, TMJ dysfunction, frozen shoulder or sore and tight muscles," she said.

"It is also really great for anxiety and for those who always feel like they are stressed."

Another service is cupping, which involves suctioning plastic cups to certain areas of the body to increase circulation as a way to promote healing and muscle repair.

Johnson also offers IV therapy to administer vitamins, minerals or amino acids directly into the circulatory system. In addition, she does intramuscular injections of vitamins or minerals for individuals who have known deficiencies, such as B12.

"If you are interested but unsure where to start," she said, "I offer complimentary 15-minute meet-and-greets, either in person or virtually."

## Healthy ideas to launch the new year

To ring in 2023, naturopath Mackayla Johnson offers some ideas for a health start.

"The best piece of advice for anyone is eat more veggies," she said.

A great rule of thumb is when creating your plate is to fill half of it with fruits of vegetables, a quarter with protein (such as chicken, eggs, fish or tofu) and a quarter with carbohydrates (such as potato, rice or pasta).

"If you find you're hitting that afternoon crash and want to have another coffee, replace that coffee with a cup of warm bone broth. Bone broth is full of key nutrients to give you a boost for the afternoon and soothing for your gut," she suggested.

"And drink more water. Hydration is so important for all areas of health, especially making sure your kidneys are filtering out toxins properly, keeping your cells running optimally and keeping your skin looking hydrated."

If you're feeling burned out from the holidays, Johnson shares some ideas to reduce stress, starting off with a good night's sleep.

"Sleep is so important for your body. This is the time when our bodies restore themselves by clearing out neurotoxic waste built up throughout the day and decreasing the stress response. We want to aim to hit eight hours of sleep every night," she said.

"Trying things such as reducing blue light exposure throughout the day or having some nighty night tea before bed can help calm you and promote sleep. If you are someone who constantly has thoughts racing through your mind when trying to sleep, write them down on a piece of paper before bed so they don't keep you up at night."

When it comes to exercise, Johnson recommends walking for at least 30 minutes each day to help calm the nervous system and boost happy emotions.

"Take your dogs or kids and get out to enjoy the beautiful nature our province has to offer," she said.

Box breathing is another stress-reducing technique to try.

"When you are overwhelmed or feeling anxious,



EXPRESS PHOTOS SUBMITTED

Naturopath Mackayla Johnson offers some tips for healthy suggestions to start the new year.

box breathing is an easy technique to reset your nervous system," Johnson said.

"Take a deep breath in through your nose for four seconds, hold for four seconds, then exhale through your mouth for six seconds. Repeat three to four times to feel more relaxed."

In addition to these other suggestions, Johnson emphasizes the importance of setting healthy boundaries.

"Whether it's work or pressure from other people in your life, setting healthy boundaries is a great way to minimize stress. This can include setting a time each day to shut off work-related emails or phone calls," she said.

"It's important to schedule time in your busy schedule for 'you' time, whether that includes having a spa day, spending the day for yourself, having dinner with friends, taking a relaxing bath or doing an activity you enjoy."

For those seeking more information, Johnson offers an education event called Sips & Tips, and the next edition will focus on stress.

"We will learn about stress and how it affects our bodies and then what botanicals can help with stress and how. There will also be an opportunity to try each of the botanicals we learn about, and at the end everyone gets to create their own tea to take home with them," she said.

"The next event will be coming at the end of January if anyone is interested. More details about how to purchase tickets will be on my Instagram and Facebook page in the new year."

More information is available on Instagram (@drmackayla.nd) and on her Facebook page (Dr. Mackayla Johnson, ND). To book an appointment, call 204-898-3130 or email drmackayland@gmail.com.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Basarab's Bisons play Ukraine under-25 national team

By Brian Bowman

Gimli's Noah Basarab was on the ice for a very special event on Jan. 9.

Basarab's University of Manitoba Bisons men's hockey team played Ukraine's under-25 national team in an exhibition game at the Canada Life Centre.

"It definitely was a really good experience for me seeing all of those people coming together to support Ukraine," said Basarab last Sunday afternoon. "It was definitely something special."

More than 7,000 tickets were sold with Ukrainian refugees and Canadian newcomers in attendance to watch Ukraine skate to a 5-1 victory.

"They definitely play a more skilled game," Basarab observed. "They're a lot more handsy and make more skilled passes where we're more of a physical team."

The Winnipeg Jets gave away 1,500 tickets for Ukrainian newcomers to

take in the game. There was a great atmosphere amongst the crowd.

"When they scored their opening goal, it was loud," Basarab said. "It sounded like you were at a (Winnipeg) Jets' game. It was crazy in there."

It's hard to fathom what the people of Ukraine are going through as Russia continues to attack them.

"We definitely have it good here in Canada," Basarab said.

The Jan. 9 matchup was the final game of the Ukrainian team's "Hockey Can't Stop Tour," which took them across western Canada. They played against university teams in Saskatoon, Calgary and Edmonton before ending the tour against the Bisons.

The four-game tour was aimed at helping Ukraine prepare for the World University Winter Games in Lake Placid, N.Y., while also raising money for the Canada-Ukraine Foundation and the Save Ukrainian Hockey Dream Foundation.



EXPRESS PHOTO DAVE MAHUSSIER

Gimli's Noah Basarab and the University of Manitoba Bisons played Ukraine's under-25 national team at the Canada Life Centre on Jan. 9.

## U17 AAA Lightning lose to Wild



EXPRESS PHOTO BY LANA MEIER

Interlake Lightning goaltender Owen Coe makes a save on the Winnipeg Thrashers Gold's Davis Krut during U15 AAA action last Thursday in Stonewall.

### Staff

The Interlake Lightning were defeated 6-2 by the Winnipeg Wild in U17 AAA hockey action last Sunday in Stonewall.

Winnipeg snapped a 2-2 third-period tie with four unanswered goals.

Lightning goals were scored by Bradley Kemkaren and Cole Swanson, on the power play.

On Saturday, the Lightning were beaten 8-1 the Eastman Selects in St. Anne.

Interlake's Evan Deprez scored a power-play goal in the second period.

Last Wednesday, Interlake shut out the Winnipeg Thrashers 2-0 at Gateway Arena.

Tytan Johnson, on the power play, and Justin Braid scored second-period goals for the Lightning.

Nathan Meisner was fantastic in

goal for Interlake, stopping 52 Winnipeg shots.

The Lightning's next league game is Tuesday (7:30 p.m.) when they host the Thrashers in Warren.

In U15 AAA action, Interlake was defeated 10-1 by the Yellowhead Chiefs on Saturday in Arborg.

Interlake's goal was scored by Tyson Vandesype.

Last Thursday, the Lightning lost 15-4 to the Winnipeg Thrashers Gold in Stonewall.

Interlake goals were scored by Mason Bernier, Damon Marquart, Ryder Kirk and Tallon Sutherland.

The Lightning will visit the Winnipeg Thrashers Gold on Thursday (7:45 p.m.), the Winnipeg Wild Gold Saturday (3:45 p.m.) and Winnipeg Wild Green Sunday (3:45 p.m.).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## U18 AAA Lightning split with Thistles

By Brian Bowman

The Interlake Lightning had a pair of hard-fought battles with the Kenora Thistles last weekend.

Interlake lost the first game but won the second one.

Nicholas Carlson scored the game winner at 12:41 of the third period to lift the Lightning to a 2-1 victory over Kenora in Manitoba U18 AAA Hockey League action in Teulon on Sunday afternoon.

Kenora's Landon Lowes opened the scoring just 1:09 into the game but Interlake's Joel MacMillan responded with a goal at 2:09 of the second.

Lightning goaltender Alex Myers made 32 saves for the win.

On Saturday evening, Interlake lost 4-3 in a shootout to Kenora.

Aiden Miller, on the power play, Beckham Garchinski and Gavin Holod scored for the Lightning.

Kenora goals were tallied by Nickolas Fagnilli (two) and Layne Van De Wetening.

The Lightning, now 13-17-0-3, will host the Winnipeg Thrashers on Friday (7:30 p.m.) and then play the Yellowhead Chiefs in Shoal Lake Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

In Manitoba U18 AAA Female Hockey League play, Interlake lost 5-2 to the Winnipeg Avros on Sunday in Stonewall.

Brooke Barylski and Anne Thiessen scored for the Lightning.

Avros' goals were tallied by Kahlen Wisener (two), Isabela Huculak, Maeryn Rempel and Ella Speechley.

On Saturday, the Lightning were edged 2-1 by the Westman Wildcats in Stonewall.

Camryn Fallon scored for Interlake, assisted by Bre-Ann Windross, while Sophia Anderson and Brooklyn Franklin replied for Westman.

Interlake (4-15-3) will host the Eastman Selects on Friday at 8 p.m. in Warren.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Aiden Miller scored a power-play goal from the point Saturday night against the Kenora Thistles.

## Einarson loses Grand Slam final to Japan

By Ty Dilello

Gimli's Kerri Einarson and her team had another impressive week reaching the final at the Co-Op Canadian Open Grand Slam event in Camrose, Al. However, in Sunday evening's final, Einarson came up a little short losing 5-3 to Japan's Satsuki Fujisawa.

Unfortunately, Einarson was on the other side of history as with the win, Fujisawa became the first Asian team to capture a Grand Slam title.

But the team still had lots to celebrate as it was a record sixth-consecutive Grand Slam women's final for Einarson, third Val Sweeting, second Shannon Birchard and lead Briane Harris, who won \$20,000 on the week.

Einarson's quest to complete a career Grand Slam will have to wait another year. She has won the other three majors in the series, with just the Co-op Canadian Open to check off from the list.

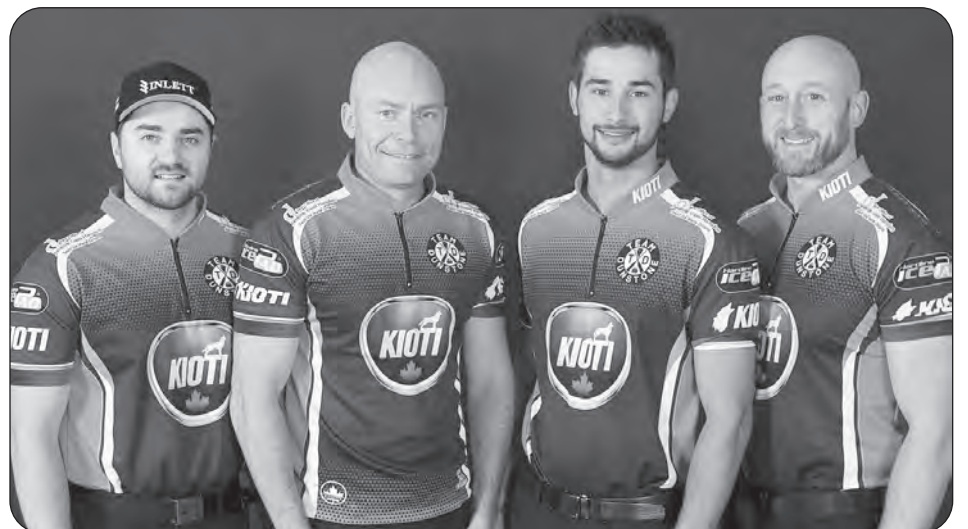
Abby Ackland of Winnipeg flew the

Manitoba flag proudly at the Grand Slam event reaching the quarterfinals. It was the maiden Grand Slam for the Ackland rink, which includes Meghan Walter, Mackenzie Elias and Marquette's Sara Oliver.

Ackland qualified for the playoffs through the B-Side after winning three games, including a 7-6 victory over the 2018 Olympic gold medalist Anna Hasselborg of Sweden. However, Ackland's run ended in the quarterfinals after a tough 6-5 loss to Eun Ji Gim of South Korea.

On the men's side at the Canadian Open, Alberta's Brendan Bottcher was victorious after defeating Niklas Edin by a 5-3 scoreline in Sunday's final.

Winnipeg's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) reached the quarterfinals after winning three games to qualify through the B-Side. Sadly, the Dunstone rink fell in the quarterfinals to



EXPRESS PHOTO SUBMITTED

Team Dunstone, left to right, Matt Dunstone, B.J. Neufeld, Colton Lott and Ryan Harnden, reached the quarterfinals of the men's side of the Co-op Canadian Open Grand Slam event last weekend in Camrose, Alta.

Italy's Joel Retornaz by an 8-2 scoreline.

The Grand Slam of Curling season

resumes with the Princess Auto Players' Championship, April 11-16, at Toronto's Mattamy Athletic Centre.

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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@rmfarmstrong.com](mailto:cao@rmfarmstrong.com)

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Jason Comeau, Public Works Manager  
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Phone: 204-376-2391 Fax: 204-376-2742  
[pwbifrost@mymts.net](mailto:pwbifrost@mymts.net)

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## McSherry Auctions

12 Patterson Dr., Stonewall, MB

## Online Timed Auctions @ iCollector.com

**Estate & Moving**  
Featuring Guns & Ammo  
Closes Wed Jan. 25 @ 7:00PM

**Estate & Moving**  
Closes Wed Feb. 1 @ 7:00PM

**McSherryauction.com**  
Consignments Welcome!



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# SHOP LOCAL

## EMPLOYMENT OPPORTUNITY



## TOWN OF ARBORG FULL-TIME, PERMANENT OFFICE CLERK

The Town of Arborg invites applications for the position of Office Clerk. As a member of our team, you will be providing a variety of administrative and financial clerical duties associated with municipal and utility services.

As the successful candidate you will possess:

- Excellent oral and written communication skills, computer skills, organizational skills and customer service.
- The ability to communicate effectively with council, staff and the public.
- Attention to accuracy and detail.
- Honesty, reliability, and the ability to work as a team and individually.
- Previous Accounting/Business knowledge is an asset

Interested persons are invited to submit a resume with three references on or before **4:30 pm, Friday, January 27, 2023**. Resumes may be mailed, e-mailed, or hand delivered to the Town of Arborg Municipal Office, 337 River Road.

Cindy Stansell, CMMA  
Chief Administrative Officer  
Box 159 Arborg, MB R0C 0A0  
Email: [caoarborg@mymts.net](mailto:caoarborg@mymts.net)  
Ph: 204-376-2647

*We thank all applicants for their interest, however only those selected for interviews will be contacted.*



RURAL MUNICIPALITY OF GIMLI  
Invites written applications for the position of

# Director of Operations

*The Rural Municipality of Gimli is an active and vibrant community situated along the scenic west shore of Lake Winnipeg. Located 90 km north of Winnipeg, in the popular Interlake Tourism region, the community is home to many growing families, retirees and cottagers.*

Under the general direction of the Chief Administrative Officer, the Director of Operations shall be responsible for overseeing the day-to-day delivery of services by the Department of Operations including the provision of leadership direction for Engineering Services, Public Works Services, Water and Wastewater Services, Municipal Building Maintenance Services plus Equipment purchasing and maintenance services.

The Director of Operations will work closely with Council, the Public Works Oversight Committee, and the CAO in the development and implementation of strategic, operational, project and financial plans. The incumbent will be expected to provide comprehensive written reports, as well as undertaking other administrative duties. The incumbent will play a pivotal role in the development, implementation, monitoring and enforcement of municipal service standards and the administration of the Municipal Asset Management Plan and Program.

## Functions

1. Leadership and Employee Development
  - Lead and cultivate the development and growth of the Department's Personnel in terms of personal growth and the maximization of service delivery opportunities.
  - Provide oversight and monitor work assignments of all Divisions within the Department in order to ensure the efficient and effective delivery of services while remaining in full compliance with all provincial, federal and municipal legislation, regulations and statutes.
  - Establish and maintain a working environment which promotes positive morale and teamwork.
2. Administrative Management
  - Provide all necessary reports and advice to Council, the Chief Administrative Officer and other Department Heads on matters impacting on services provided by the Department including as necessary communications to the public.
  - Develop and implement programs, policies and operating procedures including the development of methods, standards, scheduling and reporting systems for achievement of approved corporate objectives plus the effective and efficient delivery of Engineering, Public Works, Building Maintenance, Water and Wastewater plus Municipal Equipment and Fleet Maintenance.
  - Liaise with Departments of Senior and Regional Governments and other agencies regarding the delivery of services by the Department.
  - Prepare or assist in the preparation of short and long-term planning for all matters impacting upon the delivery of Engineering, Public Works, Water and Wastewater, Building and Equipment Maintenance Services.
  - Act as a liaison to provide direction, coordination and supervision of Engineering Consultants in the provision of required contract services
3. Financial Management
  - Prepare, and present the Department's Operating and Capital Budgets to Council
4. Exceptional Citizen Service
  - Ensure the efficient and effective provision of engineering services, public works services, water and wastewater services, and municipal building and fleet maintenance services to citizens.
5. Safety and Emergency Management
  - Perform the duties of Director of Operations as part of the Municipal Emergency Measures Response Team.
6. Capital Asset Management Program
  - Understand, fulfill, and enforce the Municipality's Capital Asset Management policies.
  - Maintain a superior understanding of asset management practices and ensure the Municipality Capital Asset Management Program reflects current trends and developments in that field.
  - Champion the Asset Management Program and act as a team lead for the Municipal Asset Management team.

For a complete Job Description please see the RM of Gimli's website

## QUALIFICATIONS

Minimum qualifications shall include  
An accredited Civil Engineering Degree or Civil Technologist Certification  
5 years progressively greater experience in a management position preferably within a municipal setting  
Demonstrated knowledge of a computerized Engineering Office Environment  
A valid Manitoba Driver's License  
Certification or Course work in Municipal Leadership  
Certification or Course work in Asset Management Planning

## Desired qualifications:

Certification or course work in a Business Management Program or Management Training Program  
Certification or enrollment in the Manitoba Municipal Administrators Certification Program.

## Salary negotiable based upon qualifications and experience.

Interested candidates should submit their Resume, including copies of applicable certificates/diplomas, with three references and salary expectations in confidence by 12:00 noon on February 3, 2023, to:

Kelly Cosgrove, Chief Administrative Officer  
Rural Municipality of Gimli, P.O. Box 1246, Gimli, MB R0C 1B0  
Email: [kcogrove@rmgimli.com](mailto:kcogrove@rmgimli.com)

*We sincerely thank all interested applicants; however only those selected for an interview will be contacted.*

# Classifieds

Book Your Classified Ad Today - Call 467-5836 or  
Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)



## EMPLOYMENT OPPORTUNITY Driving Position

We have an opening for a long-haul driver.  
No waiting for back-hauls.

Our customers are located in BC, Alberta, Saskatchewan, Manitoba, Iowa, South Dakota and Minnesota

Compensation is paid on an hourly basis. We have a health package including dental, a deferred profit sharing plan, and paid meals while outside of the province

For further information call  
Shaunne at 204-886- 2922 ext 205 or  
email resume to [shaunne@charisons.ca](mailto:shaunne@charisons.ca)



## EVERGREEN SCHOOL DIVISION

Invites applications for the following positions, effective ASAP:

- 22.OP.18 **Bus Driver Regular – Gimli area**  
(approx. 4hr/day)
- 22.SU.07 **Caretaker Regular – Gimli High School**  
(6.0hr/day)

See website for details and application procedures:  
<http://www.esd.ca/Employment under Support Staff>.

**CLOSING DATE: January 23, 2023 (3:30 pm)**

We wish to thank all applicants for their interest, however only candidates selected for an interview will be contacted.

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers.



## RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY BY-LAW ENFORCEMENT OFFICER

The RM of Armstrong is seeking a By-Law Enforcement officer, an individual who is highly motivated, confident, and organized, to be responsible for enforcing municipal by-laws and providing the public with information to ensure the protection of residents, property and employees.

The By-Law Enforcement Officer will be expected to be on-call which would include working weekends and be available for calls in the evening from time to time. The officer will keep meticulous documentation and be prepared to attend Provincial Court as required and will also be responsible for animal control in the municipality. The officer will have to use their own personal vehicle.

### Qualifications – By-Law Enforcement Officer

- \*Current criminal record check
- \*Valid Manitoba Licence
- \*Prior experience in law or by-law enforcement or security
- \*By-Law enforcement training

Applications must contain a resume, covering letter and three references. Application deadline is 4:30 PM on Friday, February 3rd, 2023 and will remain open until position is filled. Only those candidates chosen for an interview will be contacted.

Please forward applications marked "Application for By-Law Enforcement Officer" to Corlie Larsen, Chief Administrative Officer at:

RM of Armstrong  
Box 69  
Inwood, Manitoba R0C 1P0  
Fax: (204)278-3437  
e-mail: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)



## WE ARE HIRING:

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SUMMER STUDENTS

ANIMAL CARE TECHNICIANS

Full Time  
Arborg, Manitoba

Please forward your resume to Maple Leaf Foods Human Resources at: [mlafjobs@mapleleaf.com](mailto:mlafjobs@mapleleaf.com) or Text 431-279-6523  
<https://www.mapleleaffoods.com/careers>



## EMPLOYMENT OPPORTUNITY

**TDM SPORTS**  
is currently seeking

## 1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and Bell MTS services

Duties include scheduling, daily cashouts, inventories, ordering and paperwork for Bell MTS Services

Must be energetic, self-motivated, an effective problem solver & have good communication skills

Send resume to:  
Box 38, Arborg, MB R0C 0A0  
Fax to: 204-376-5836 or  
Email to: [tdmsports@hotmail.com](mailto:tdmsports@hotmail.com) or  
Apply in person at 279 Main St., Arborg

Everything you need to promote your business  
Call Today! 467-5836



# SUDOKU

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

Level: Intermediate

## Fun By The Numbers

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

### Here's How It Works:

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



## NOTICE TO CREDITORS

**IN THE MATTER OF** the Estate of FRODE PUR ANDERSEN, late of the Rural Municipality of Bifrost-Riverton, in Manitoba, deceased. All claims against the above estate, duly verified by statutory declaration, must be filed with TAYLOR McCaffrey LLP, at their offices at 2200-201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3, Attention: Diana C. King, on or before February 18, 2023. **DATED** at the City of Winnipeg, in Manitoba, the 18th day of January, 2023.

**TAYLOR McCAFFREY LLP**  
Solicitor for the Administrator  
Diana C. King

## EMPLOYMENT OPPORTUNITY

### RECYCLING DRIVER FULL TIME POSITION

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.  
Box 609 Arborg MB. R0C 0A0  
Tele- 1-204-376-5584  
Fax- 1-204-376-5584  
email riverdalew@mymts.net

## RONA

### Rona North is seeking a FULL-TIME PAYROLL AND ADMINISTRATION ASSISTANT

The successful candidate will have:

- Good organizational skill
- Experience with Microsoft Excel
- An accurate and detail-oriented approach
- The ability to work both independently with minimal supervision and within a team
- Monday – Friday availability
- Good problem-solving skills

Responsibilities include:

- Assisting and supporting the Controller
- Payroll preparation and reconciliation
- Benefits management
- Data entry

**Please submit your resume to**  
**brenda@ronagimli.ca**  
or in person to:  
**RONA GIMLI**

100-7TH Avenue | Gimli, Manitoba R0C 1B0

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## Winter Road Drivers

Experience an Asset  
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Info@eddiegravel.com  
102086 Hwy #9, Wpg Beach, MB

## Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

### Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

**Please forward your resumé along with three writing and photography samples to:**

Lana Meier  
Email: news@stonewallteulontribune.ca

The Carman-Dufferin  
**STANDARD**

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

**Sudoku Answer**

# Classifieds Announcements

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## OBITUARY

Lloyd Arnold Bonwick

March 15, 1935 – January 5, 2023

It is with great sadness that we announce the passing of Lloyd Arnold Bonwick of St. Martin, MB, on January 5th, at the age of 87.

He leaves to mourn his wife, Marian; his children Thamsin (Don), Kelly, Bentley (Carrie), and Ramona; stepchildren George, Debbie (Karen), Scott (Marla), Lori (Barry); brothers Allen, Donald (Shelley), Ricky (Phyllis); sisters Jean, Loretta (Doug); brother-in-law Eugene Syrotiuk; grandchildren Krista (Don), Don (Emily), Travis, Kristina, Lyndsay (Ernest), Sarah (Nathan), Benton, Todd, Andrew (Lauren), Brendan (Macy), Hayley and Bryce; great-grandchildren Austin, Rylee, Colton, Kaiden and Milo along with numerous nieces, nephews, cousins and many good friends.

Lloyd is predeceased by his parents George and Gertrude; step-mother Nahamia; brothers Walter, Murray, Harold, Angus, Lawrence and sisters Violet and Grace.

Lloyd was born on March 15, 1935 in Ashern, MB. His mother passed away when he was three years old, after which his sister, Violet, took on the role of raising him and his siblings. His family moved to Moosehorn when he was eight years old. He went to school in Moosehorn and spent much of his spare time working on the family farm. He began hunting with his dad at an early age, shooting his first deer at just eight years old. Lloyd moved to Winnipeg with his brother, Walter, at age 14 and began working at Canada Packers. He met his first wife Violet by chance, and they married on May 11, 1956. Together they had four children, Thamsin, Kelly, Bentley and Ramona. In 1960, they moved to Transcona to raise their family. He began his working career hauling fuel for Esso Petroleum Canada in East St. Paul, MB. In 1978, he moved to Calgary with his son, Ben where he continued advancing in his career with Esso. It was there that he met his second wife, Lillian, and they married in 1981. They relocated to Edmonton where they lived until his retirement in 1988. He retired from Esso with the job title, Senior Tank Car Loader. Lloyd took great pride in his work and was recognized for his many years of safe driving. After retirement, they moved to Drayton Valley, AB, where he built their home, doing most of the work himself including digging the basement, building the foundation, and constructing the house. He enjoyed hunting, fishing, camping, wine-making, backyard mechanics, and playing crib. In 2006, he moved back to Manitoba, taking up residence in Moosehorn. He loved being close to Violet and Eugene, as well as his nieces and nephews. After settling in his house in Moosehorn, where he had his dream garage built, he was introduced to Marian Kolomaya, who turned out to be the love of his life. They married on February 6, 2009, and he moved to St. Martin where they lived until his passing. He was welcomed by her children and grandchildren, as well as her extended family and friends in the community. While still in Alberta, he would travel to Manitoba for the annual fishing trip with Mike and Diane, Min and Larry, and Mern and Pat. He looked forward to these trips and talked about them for many years after. He had special friendships with Barb and Jim Decker, with whom he and Marian had many memorable fishing trips and visits, as well as Perry Ewasiuk, who visited and played many games of crib with him. He enjoyed the company of the many guests who came to stay at Marian's bed and breakfast, as well as the daily visits from Scott. Over the past few years, as his health began to fail, he looked forward to being at home, spending time with Marian and watching the news and Blue Bloods. The loving care that Marian provided made it so that he was able to live at home until he passed.

A memorial service will be held at 1:00 p.m. on Saturday, January 28, 2023, at the Moosehorn Community Hall with Reverend Cathie Clow officiating. A private burial will be planned for the summer. The family invites all those wishing to attend the funeral to wear blue as it was Lloyd's favourite colour.

In lieu of flowers, the family has asked that donations be made to the Lakeshore Hospital Guild c/o Julie Bergner, Box 1, Ashern, MB R0C 0E0.

The family wishes to express their appreciation to Patsy and Merle Klyne for their support to Lloyd and Marian during his final days, as well as the nursing staff at the Lakeshore Hospital for the comfort care they provided.

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

## 204 PALLET AND PACKAGING

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204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. **Please call 204-344-5404 for more details.**

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## MECHANIC/ APPRENTICE

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Experience required

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info@eddiegravel.com  
102086 Hwy #9, Wpg Beach, MB

# Classifieds Announcements



Book Your Classified Ad Today - Call 467-5836

## OBITUARY

**Vera Irene Wylychenko**

June 16, 1927 – January 10, 2023

Peacefully on January 10, 2023, Vera passed away at the Lundar Personal Care Home, MB. Vera was born in Regina, SK to Earl and Edith (Alexander) Playter. She was predeceased by her husband Metro, her parents and step-mother Violet (Spencer) and siblings Grant, Fred, Ross, Mabel and Helen.

She is survived by her son Gerald Wylychenko and wife Marlene (Byron) Wylychenko of Lethbridge, AB as well as granddaughter Keli Ryan of Bruxelles, Belgium and sister Joyce of Prince George, BC.

Vera and Metro farmed in Dallas, MB until his illness in 1985. Throughout that time she also taught school for 30 years, usually in rural one-room schools with many years spent at Northland S.D and at Hodgson, MB.

Mom was a determined and passionate woman. She took great pride in educating her students at a time when her classes were made up of children in grades one through eight, or even higher. Mom loved life, family and friends all to the fullest. She was an unfailing advocate for any cause in which she truly believed. She also had a wonderful sense of humor which stood her in good stead whenever life's times were particularly dark.

A celebration of life will be held for her at a future time. In accordance with Mom's wishes her remains will be interred in McLean SK, beside her sister Mabel.

Special thanks to the dedicated staff at Lundar Personal Care Home where Mom spent the last several years of her life.

In lieu of flowers donations in her memory may be made to Lundar Personal Care Home Guild, c/o Judy Gleich, Box 60, Lundar, MB R0C 1Y0.

ALWAYS MISSED, ALWAYS REMEMBERED

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

## OBITUARY



**Ruth Victoria Reder**

(nee Wersch)

January 8, 1930 - January 14, 2023

Peacefully on January 14, 2023, Mom completed her earthly journey and was reunited with her "Hon".

Born on January 8, 1930, Mom was the baby of the family with three older brothers. She grew up near Moosehorn, MB where she met and married the love of her life Paul. Together on their farm, they raised a family and made a home to share with their children and grandchildren for decades to come.

Mom's children were always her priority which led her to volunteer for many community organizations such as the school, church, 4H, curling club, and any other activities in which her children were involved.

In addition to farming alongside her husband, she also worked at the Credit Union and was the local postmaster for many years in Moosehorn, Ashern, and Grahamdale. After her children were grown, she loved to volunteer at bingo and the senior centre.

Mom's love of doodling evolved into a passion for painting in her retired years and she spent hours bringing prairie landscapes to life and showcasing them at local art shows. Her artwork could be found on canvases, saw-blades, rocks, and anything else that inspired her.

Mom leaves to cherish her memory her children Donald (Sue) Reder, Karen (Donnie) Nachtigall, Jeff (Carol) Reder, Susan Kolbauer (Ed), Lloyd (Judy) Nickel; grandchildren Paul, Eric, Warren (Kendra), Lara (Clair), Ryan (Kristy), Juli (Trent), Gina (Wayne), Robyn (Ryan), Courtney (Bryan), Lily (Royce); great-grandchildren Ava, North, Koen, Madison, Hayden, Adam, Elaina, Finleigh, Aiden, and Avery.

Mom was predeceased by her beloved husband Paul, daughter Lynda, and many other loved ones.

A Memorial Service will be held at 1:00 p.m. on Saturday, January 21, 2023 at the Peace Lutheran Church in Moosehorn, MB, with Dawn Tober officiating. A private interment will follow at a later date.

The family would like to thank the wonderful caregivers of the Betel Home in Selkirk for all the love and compassion they gave to Mom.

In lieu of flowers, donations may be made to the Peace Lutheran Church Memorial Fund, PO Box 68, Moosehorn, MB R0C 2E0 or the Lakeshore Hospital Guild, PO Box 1, Ashern, MB. R0C 0E0 [www.canadahelps.org/en/charities/lakeshore-hospital-guild](http://www.canadahelps.org/en/charities/lakeshore-hospital-guild).

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

## OBITUARY



**Mabel Elosina Meads**

November 20, 1928 – January 8, 2023

The family of Mabel Meads are saddened to announce her passing on January 8, 2023 at the age of 94 years, with daughter Barb and son Bill by her side, at the St. Norbert Personal Care Home.

Mom was born November 20, 1928, in Moose Jaw SK, to Gustaf and Eva Johnson. She was the eldest of six children. Mom lived her early life in Chaplin, SK, Spy Hill, SK, Victoria, BC and various farms in Manitoba.

She met her future husband Frank through her friend Winnie (Frank's sister), when he was home on leave. They were married September 25, 1948. They started their farming journey with a chicken farm in the Stonewall area. After marriage, she devoted her life to being a farmer's wife, a mother to nine children, and later

in life she helped to look after her grandchildren who lived close by. Mom and Dad loved the noise and energy of the children.

They moved from Stonewall to Golden Bay, near Beausejour, next was the farm at Hazelglen. Along the years, milk cows and pigs were added. They farmed there for some years and then moved north to Moosehorn where they continued to farm, retiring in Ashern in 1995.

Our fond memories include Mom's bountiful garden that filled the canning shelves and freezer for the winter, the smell of her homemade bread filling the house when we got home from school, the large family Boxing Day dinner with two long tables that filled the sitting room and living room and always included a turkey dinner and her delicious pumpkin pie and butter tarts (which were Dad's favourite!).

Mom was predeceased by her husband Frank in 2004, son Tom in 2018, parents Gustaf and Eva Johnson, sisters Sharon Henry and Lyla Jydstrup and brother Kent Johnson.

Mom is survived by her son Cliff (Linda), son Lorne (Lori), daughter-in-law Cindy, son Don (Cheryl), daughter Susan (Terry) McKay, son Fred (Dianne), son Bill (Linda), son Victor (Amanda), daughter Barb (Bruce) Shaw, brother Elund (Dorothy) Johnson, sister Charlotte (Don) MacDonald, and sister-in-law Janet Johnson. She is also survived by 19 grandchildren and 17 great-grandchildren who meant the world to her.

A family graveside service was held in the Stonewall Cemetery officiated by Dawn Tober.

The family would like to extend their heartfelt thanks to St. Norbert PCH. Their loving, respectful care was extremely appreciated and they made it a home for Mom where she was so happy.

In lieu of flowers, donations may be made to St. Norbert Personal Care Home, 50 St. Pierre Street, Winnipeg, MB R3V 1J6 or a charity of choice.

Mom would always say to her grandchildren, and to the staff at St. Norbert PCH, "I wish you well. God Bless the young people".

So now, Mom, Grandma, Great-Grandma, we say to you with love "We wish you well. God Bless you on your next journey".

Arrangements by:  
Arnason Funeral Home  
Ashern - Lundar  
1-204-768-2072  
1-866-323-3593



Your Interlake Ford Dealer

Is currently seeking an  
**Automotive Technician**



At Gimli Ford, we are currently seeking a certified technician who works well in a team environment, take pride in quality workmanship.

We offer competitive wages and a company benefit package which includes health/life insurance.

GM/Chrysler and all Journeyman Techs welcomed and most training recognized thru Ford. Applicants must be willing to further their automotive knowledge through on going training.

The successful applicant must be able to diagnose and repair a vehicle, which includes A/C, Transmissions, Braking Systems, Differentials, Suspension and Steering, knowledge with scan tools and experience with diesel engines would be also a definite asset.

The applicant must also own their own tools.

Contact: Warren Lahaie, Service Manager - Gimli Auto Ltd.  
Ph: 1-204-642-5137 Fax: 1-204-642-9890

# Announcements Classifieds

## OBITUARY



### Barbara Sawa (nee Arnason)

Peacefully, with her family by her side, on Sunday, January 15, 2023 at the Health Sciences Center, Winnipeg, MB, Barb Sawa, aged 62 years, of Gimli, MB, passed away.

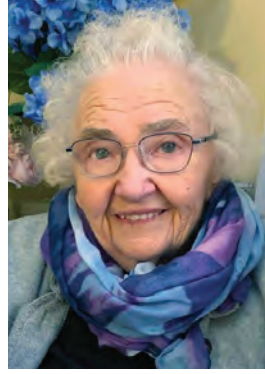
Full obituary to follow at a later date. Her golden retriever Zac was her pride and joy. She always called him "her handsome boy". He was rescued by the Flin Flon/Creighton SPCA. In lieu of flowers Barb's wishes would be to make a donation to an animal rescue of your choice.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home,  
Gimli in care of arrangements.



## OBITUARY



### Pauline Mary Golas (nee Wevursky)

April 12, 1936 - January 1, 2023

Pauline Golas, aged 86 years, went home to be with her Lord and Saviour, Jesus Christ.

Pauline is survived by her children Bernard (Donna Rae), Donna (Glen), Joanne (Lance) and David (Patty); grandchildren Brett, Cassandra, Berea, Brenton, Angelo, Kye, Anthony, and Ethan; sisters Ollie, Jennie and Lorraine, as well as cousins, nieces, nephews and friends.

She was predeceased by her loving husband Paul, parents Mary and Fred, and brother Lorne.

Mom and Dad lived on the farm until 2014 when they then moved to the Lodge in Arborg. Having lost Dad in 2017, Mom did exceptionally well living on her own. She enjoyed attending the various singing get-togethers at the Lodge, going to church, going out to Zans Family Restaurant or Chicken Chef in Arborg, eating out at Seagulls in Gimli, walking along the pier, taking summer drives to Fisher Branch, Hecla Island and spending time at Clear Lake. Mom loved flowers and her place and patio were always filled with beautiful colourful gems. Mom's pride and joy were her grandchildren whom she loved dearly.

A heartfelt thank you to the Home Care staff for their compassion and care that they gave to our Mom. No words are adequate in expressing our appreciation for everything that you folks did for her. Thank you to Dr. Donnelly and staff at the Arborg Personal Care Home for the attentive care given to our Mom.

A private service was held. We will miss you, Mom! See you in Heaven!

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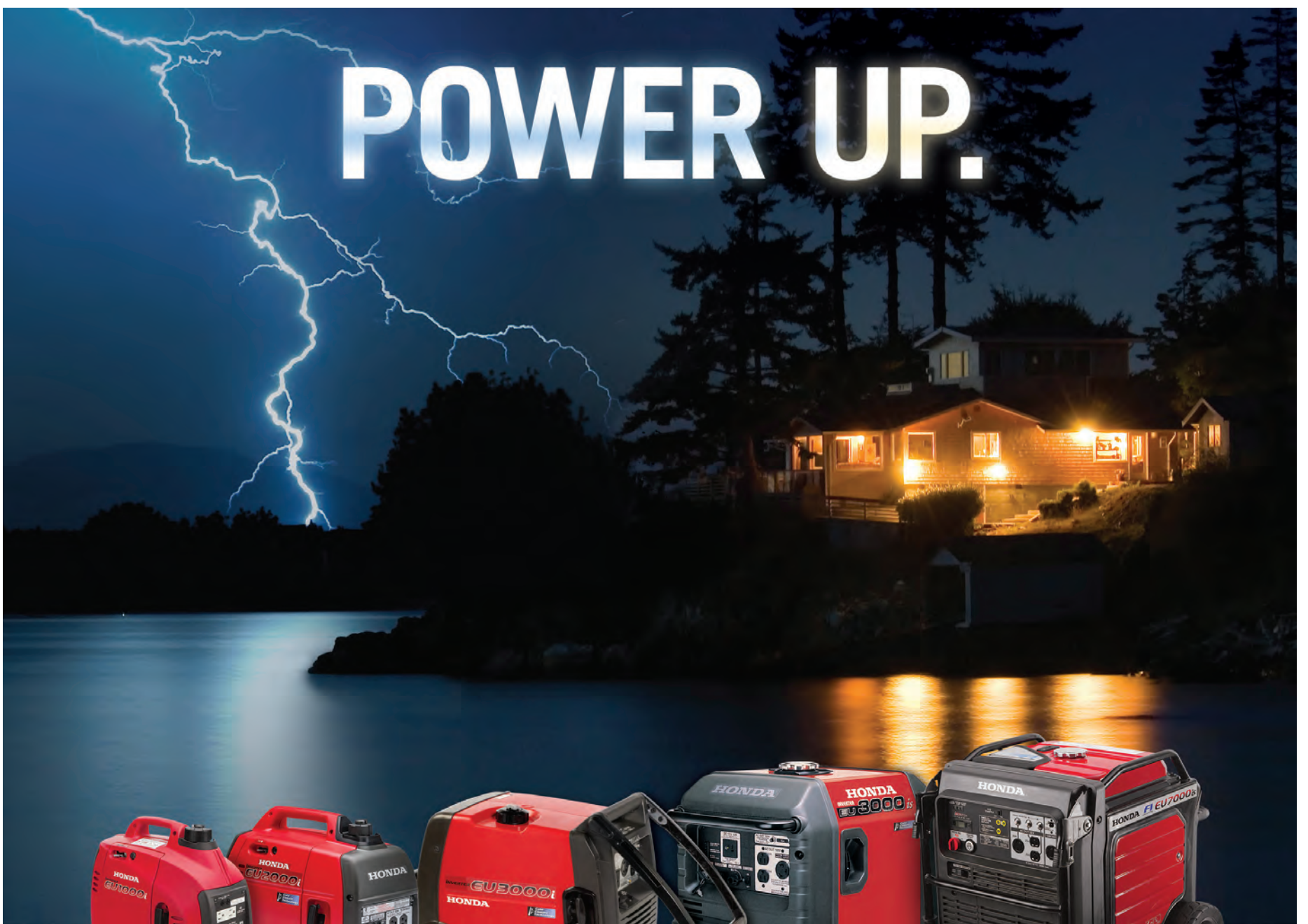
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