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## Steppin' Out

EXPRESS PHOTO BY BRETT MITCHELL

Reechka Ukrainian Dancers came together on Jan. 22 to celebrate Malanka, Ukrainian New Year. The fun-filled family celebration for all ages included a concert, dinner and dance.

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# Lake Winnipeg commercial fisher, 89, holds the line at Red River Basin Commission conference

By Patricia Barrett

Lake Winnipeg commercial fishers attended the Red River Basin Commission's 40th annual conference last week to ensure their concerns about water quality were heard, and one of them was forced to hold the line, so to speak.

Municipal officials from the Interlake also attended the conference, which was held at the Fort Garry Hotel in Winnipeg.

The 116,500-square-kilometre (45,000-square-mile) Red River basin covers parts of southern Manitoba, northwestern Minnesota, North Dakota and northeastern South Dakota. The basin commission deals with water issues on both sides of the international border.

There was a key focus on flood mitigation and the effects of climate change during the three-day conference, with some discussion of nutrients such as phosphorus, which pollutes waterways and contributes to harmful algal blooms.

One of the major concerns of people living north of the Canada-U.S. border is what gets carried up the Red River from south of the border because all those things — agricultural nutrients such as phosphorus and nitrogen, wastewater and potentially invasive species — will eventually work their way into an already degraded Lake



Nicole Armstrong, from the provincial department of environment, climate and parks, gave conference attendees an overview of Manitoba's new water management strategy.

Winnipeg. American pollutants are on top of those Manitoba itself and Canadian provinces to the west and east deliver.

A Lake Winnipeg commercial fisher told attendees on Day 1 of the conference there's a need to monitor the quality of water entering Manitoba and was admonished by an American climatologist who was presenting that day.

Robert T. Kristjanson — the 89-year-old doyen of Lake Winnipeg, the



EXPRESS PHOTOS BY PATRICIA BARRETT

Lake Winnipeg commercial fisher Robert T. Kristjanson, 89, took the mic last Wednesday at the basin commission conference to advocate for water quality improvement.

Gimli fisher who refers to the lake as a "sewage lagoon" because of all the pollutants flowing into it, one of the few dauntless fishers who directed really uncomfortable questions to those in power — was unceremoniously taken off the mic in front of a ballroom full of people.


Undeterred, Kristjanson rose again on Day 2, during questions for presenters, to remind the basin commission and conference attendees that he's a stalwart advocate for clean water — and while he was at it, take a shot at the climatologist.

"There has been nobody for 60 years that has fought and argued and made [trouble] in every way I can for water ... to fight to have Manitoba have the best water. This guy doesn't understand that. He thinks I fell off the banana wagon yesterday. I'm sorry, I

didn't," said Kristjanson, who earned the Order of Manitoba in 2018 for raising the alarm about extensive algal blooms on Lake Winnipeg. "I've been arguing since I was a very young man. ... I [say to] the Americans today, we haven't got control of all our water. That's what I have been nattering about. I am not against anybody. All I'm trying to [say is] we must manage the water that comes into Manitoba."

Nicole Armstrong, the director of the water science and watershed management branch of the Manitoba department of environment, climate and parks, was one of the presenters at the conference. She provided an overview of the recently released provincial water management strategy, which aims to conserve wetlands, improve surface water quality, reduce

Continued on page 4



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# Reechka Dance Club holds sold-out Malanka, invites Ukrainian newcomers

## Staff

Arborg's Reechka Ukrainian Dance Club celebrated Malanka, or Ukrainian New Year, last Saturday at the Arborg Community Hall, sharing food, dance and good cheer. Malanka organizers said the event was sold out and about 50 newcomers from Ukraine were invited to the celebration. The evening included an hour-long performance by the award-winning dance troupe. The 26 dancers opened the celebration by performing the pryvit, or Ukrainian welcome dance, which showcases snippets of folk dances from different regions of Ukraine, as well as the stunning costumes. Dancers dazzled the audience with their performances of the buko, the hutsul, poltava and hopak. The troupe is taught by head instructor Garrett Gottfried, pre-beginner instructor Michelle Rudnicki and junior instructor Sydney Burak. After the dance performance, Ukrainian staples such as perogies, pyrzhky, cabbage rolls and meatballs were served. A silent auction was held with prizes donated from local and area businesses. The evening was rounded out with entertainment from the band, Sloohai, and the new year rung in with the kolomayka, where dancers got to show off their technical and dramatic skills.



EXPRESS PHOTOS BY BRETT MITCHELL

The Community Centre was filled with laughter and dance on Saturday night as Arborg's Reechka Ukrainian dancers of all ages took to the stage, performing for a sold out crowd on Malanka, also known as the Ukrainian New Year. The community helps ringing in the New Year according to the Julian Calendar.



## > RED RIVER BASIN, FROM PG. 2

nutrient loading to Manitoba waterways and protect biodiversity, among other goals.

The last provincial strategy was released 20 years ago.

"A lot has changed in terms of water management, our understanding of climate change and more inclusion of Indigenous peoples in water issues," said Armstrong. "And while we had strategies on specific topics, like our drought management strategy and surface water ... Lake Winnipeg and nutrients ..., we had not done a comprehensive provincial strategy since 2003."

The new strategy is a framework containing objectives, a number of which align with those of the basin commission, including managing water in the whole watershed and collaborating across jurisdictional boundaries.

In terms of reducing nutrient loading in provincial waterways, Armstrong said Manitoba is on its way.

"We want to reduce excess nutrient loading to Manitoba's waterways. We're well advanced on this but work needs to continue," said Armstrong.

An action plan detailing what specific steps will need to be taken to meet the new strategy's objectives is

expected to be released this spring, she said.

A representative from the Rural Municipality of St. Clements asked Armstrong what funding commitment Manitoba's government has made regarding its new strategy.

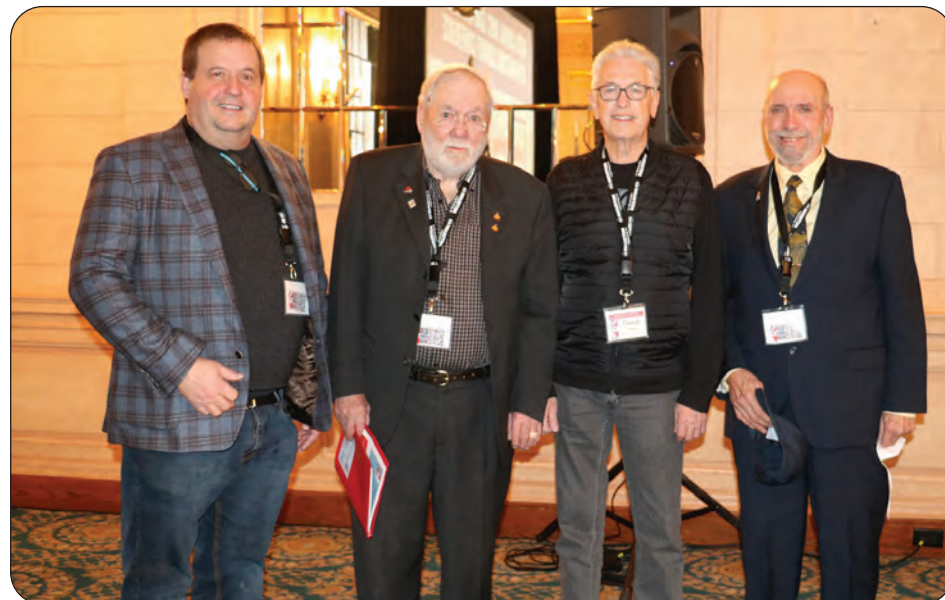
"It's good to have a management plan; it's good to see that," said the man, "but a management plan is only successful if the current government is willing to put enough funding in place to make it successful. Has the government put funding aside?"

Armstrong said they're hoping to see funding in the upcoming budget.

"Budget 2023 will be around the same time, likely, as the announcement of the action plan. We're hopeful there'll be some funding," she said. "But again, there's lots we can do even within this room with folks working together to help meet some of the strategic objectives."

After her presentation, Armstrong spoke with fishers and Gimli's mayor, telling them the federal government announced new nutrient targets [for phosphorus and nitrogen] for the Red River at the Canada-U.S. border.

"We do know how much is coming from the Winnipeg River and the Red River. We've just established new



From left: Gimli mayor Kevin Chudd, Robert T. Kristjanson, Westshore Community Foundation president David Douglas and Lake Winnipeg commercial fisher Bill Buckels.



Selkirk Mayor Larry Johannson, who sits on the basin commission board, sought clarification from a conference presenter on how a large flood diversion project (similar to Manitoba's Red River Floodway) for the Fargo-Moorhead area (North Dakota and Minnesota) might impact Manitoba. He was assured there would be minimal downstream impacts at the Canada-U.S. border.

targets at the U.S.-Canada border for nutrients," she said. "It was approved by the federal government this past fall. These are numbers Canada and the U.S. have agreed to regarding nutrient targets."

When fishers asked if the targets are "reasonable," Armstrong said "we're very happy" with them. "We started to develop these in 2011. It took us 11 years and we developed them through the International Joint Commission, the International Red River Board and ... we brought them to the commission [board] and they were approved."

A November news release from the International Joint Commission says specific levels of phosphorus and nitrogen in the water "would best be limited to 0.15 milligrams per liter



Commercial fisher Robert T. Kristjanson with RM of St. Andrews Mayor Joy Sul, who sits as an alternative on the commission board. The RM's environment manager presented an assessment of flood-prone areas and ice-jamming in St. Andrews.

(0.15 parts per million) and 1.15 mg/l (1.15 ppm), respectively."

Precisely what actions will be taken to implement those nutrient targets is unclear, said Lake Winnipeg commercial fisher and analyst Bill Buckels, who attended the conference. Everything flows into Lake Winnipeg on its way to Hudson Bay, and phosphorus is the key component in the eutrophication of the lake.

"The water authorities are focusing on flow control, holding water back and cleaning up phosphorus from the water, but there's currently no action plan in place to get meaningful results [on phosphorus] downstream on this," said Buckels. "There is some work being done by watershed districts to improve water quality and reduce nutrient levels through such things as the use of wetlands filters. Nevertheless, these nutrient targets have been set too high to achieve what we want — which is clean wa-

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# Test your home for radon this winter: Health Canada

By Ashleigh Viveiros

As we all hunker down inside during the coldest months of the year, Health Canada is working to get the word out about a hidden danger that may be lurking in your home.

The agency is urging Canadians to test their homes for radon, a radioactive gas naturally produced by the breakdown of uranium in the ground.

Living as we do on the uranium-rich soil of the Prairies, Manitobans need to be especially aware of the dangers of radon, says Eveline Schroth, senior environmental health specialist with Health Canada.

“Across Canada, about seven per cent of Canadians live in a home that is above the guidelines,” she says. “We are one of the higher countries in the world [for radon exposure].”

“In Manitoba itself ... it’s 19.4 per cent.”

That’s a sobering number, especially considering that radon is the No. 1 cause of lung cancer in non-smokers, killing more than 3,200 Canadians every year.

The gas can easily enter homes undetected through cracks and gaps in the floors and walls that are in contact with the ground.

You can’t see it, smell it or taste it, but it’s most certainly there in some amount, Schroth says.

The only question, then, is how high is that amount in your own home? For that, you need to do a simple test, one that’s best to launch during the fall or winter months.



SUPPLIED PHOTO

This little device can give you a clearer picture of just how high the radon readings are in your home — and whether or not you should consider mitigation efforts to lower them.

“Testing is pretty straightforward,” Schroth says, explaining you can simply pick up a radon testing kit from your local hardware store and follow the directions to install it somewhere it won’t be disturbed (also keeping it away from high-humidity areas like kitchens or washrooms).

“They’re just this little plastic thing, almost like a little tiny hockey puck,” she says, stressing the importance of letting it gather readings for three months to get an accurate picture of the long-term exposure in your home. You can also hire a certified professional to perform the test for you, if you’re so inclined.

Once the three months are up, you send the kit into a lab for the results.

If those results come back in the danger zone

(Health Canada pegs that at more than 200 Bq/m<sup>3</sup>), you’ll want to reach out to a certified radon mitigation professional to take steps to lower those numbers and lessen your family’s cumulative exposure to the gas.

There’s a few ways they may do that, including a method called sub-soil depressurization, which works by sucking air (and radon gas) from beneath the foundation of a home and venting it outside.

Costs for radon mitigation depends on how big your home is and what work is needed but could range from \$2,000 to \$4,000.

So it’s not cheap, but, from a health standpoint, to lessen your long-term exposure to radon, it’s most certainly worth it, Schroth says, and there are programs in place that could help defray the costs.

The Canadian Lung Association’s new nationwide Lungs Matter program, funded in part by the Take Action on Radon initiative, offers low to moderate income families grants for radon mitigation costs. Application details are available at <https://www.lung.ca/lungs-matter-radon-mitigation-support>.

Take Action on Radon also holds an annual sweepstakes where homeowners who have already paid for radon mitigation have the chance to win cash for their efforts. More information is available at [TakeActiononRadon.ca](http://TakeActiononRadon.ca)

You can find certified mitigation professionals by heading to [Canada.ca/radon](http://Canada.ca/radon) or calling 1-833-723-6600.

## > RED RIVER BASIN, FROM PG. 5

ter. And nobody has given much thought to what we’ll do with these nutrients once we take them out of the water; they’re arguing it’s too expensive to reintegrate phosphorus.”

Concerns about water quality in the world’s 10th largest freshwater lake is why Gimli Mayor Kevin Chudd attended the conference. He said council endorsed Kristjanson’s attendance because the fisher “represents us well, showing passion and foresight.”

And it’s vital that Canadians and Americans collaborate on water quality issues given our shared waterways.

“Getting all the players together — Manitoba, Minnesota, North Dakota — that’s huge and it’ll be an evolution. I would like to think we’re committed as far as Lake Winnipeg is concerned. I don’t think anybody can fool themselves on how important the environment is and managing water quality and flood mitigation. The basin commission plays an extremely meaningful role in this,” said Chudd. “But at the end of the day, we have to recognize Lake Winnipeg and try to control nutrient levels and water quality as best we can. We have to stand up together

for the environment.”

Chudd said Gimli is in the process of organizing a delegation to Fargo next year to “tell them who we are, get to know them better and continue working together” on water issues. He has already spoken with some Lake Winnipeg mayors/reeves about joining the delegation.

Westshore Community Foundation’s president David Douglas, who attended the conference, said Westshore may be part of that delegation.

Recognizing the importance of protecting the environment, Westshore created an environmental fund in 2022 that aims to conserve the natural environment, support climate change initiatives and assist projects related to the improvement of water, air and the food supply. Its focus is improving the health of Lake Winnipeg, and it’ll support organizations that advocate for the lake, conduct research

on it and provide educational activities.

“Within Westshore, we created an environmental fund and the first \$1,000 was awarded to the Red River Basin Commission because we realized they were the best organization that combines strategies from north and south,” said Douglas.

For more information about the Red River Basin Commission, visit [www.redriverbasincommission.org](http://www.redriverbasincommission.org)

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## XBB.1.5 subvariant increasing in Canada, COVID deaths closing in on 50,000

By Patricia Barrett

The number of COVID deaths in Manitoba decreased since the first week of January, in which 25 people died.

In Week 2, covering the period Jan. 8-14, there were nine COVID deaths reported, according to the provincial government's respiratory surveillance report.

There were 32 new hospital admissions with eight people needing intervention in the intensive care unit in Week 2, according to the differences in total severe outcomes between weeks 1 and 2.

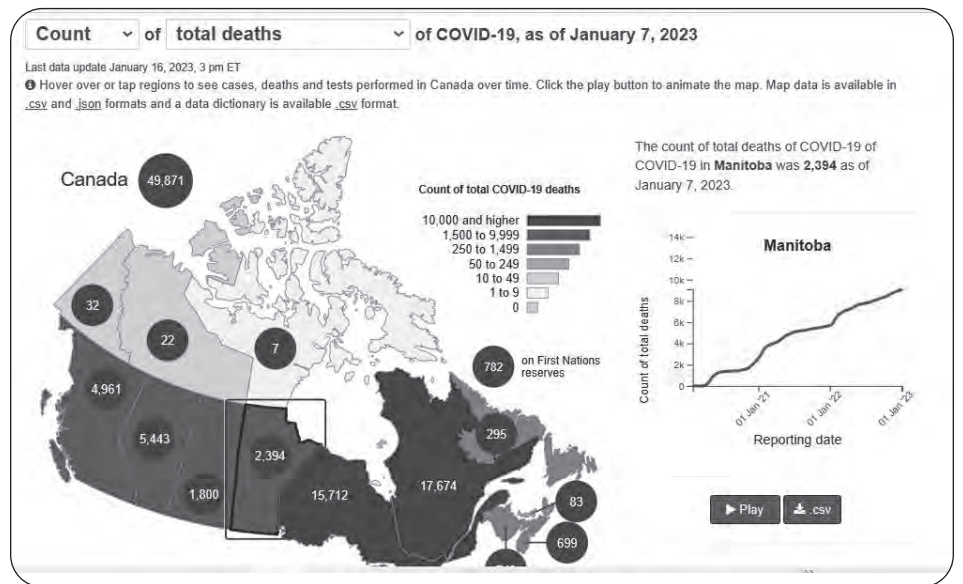
There were 122 new cases of COVID detected by PCR lab testing. Provincial data are an undercount of the true number of infections as the government restricts PCR tests and rapid antigen test results aren't tracked.

The government no longer provides in its surveillance reports the names of hospitals and personal care home experiencing COVID outbreaks.

Manitoba's COVID death toll was 2,394 as of Jan. 7. Canada has seen 49,871 people die so far, according to the federal government's COVID webpage.

Influenza cases in Manitoba have tapered off from the start of the new year. There were 18 news cases of influenza A and zero cases of influenza B in Week 2, along with two new hospitalizations. In Week 1, there were 52 cases of influenza A and zero cases of influenza B reported, along with 12 new hospital admissions.

There were also 131 new cases of respiratory syncytial virus (RSV) in Week 2, down from the 164 reported in Week 1.



GOVERNMENT OF CANADA

### Total deaths from COVID across Canada as of Jan. 7

Other health news:

- The COVID outbreak declared on Dec. 30 at the Selkirk Betel Personal Care Home continues, according to the Interlake-Eastern Regional Health Authority's outbreak webpage (viewed Jan. 22). COVID and RSV outbreaks at Stonewall's Rosewood Lodge Personal Care Home no longer appear on the webpage, suggesting they've ended.

- Worldwide, there were almost 2.8 million new COVID cases and over 13,000 deaths reported for the week Jan. 9-15, according the World Health Organization in its latest epidemiological update.

The highest numbers of new weekly deaths were reported from the United States (3,922 new deaths; +46%), Japan (2,849 new deaths; +33%), China (802 new deaths; +3%), Australia (742; no deaths reported in the previ-

ous three weeks) and France (520 new deaths; -35%).

In total, there have been over 662 million confirmed COVID cases and over 6.7 million deaths as of Jan. 15.

Since the lifting of COVID restrictions in China last year, the country has had 59,938 deaths from the virus between Dec. 8, 2022, and Jan. 12, 2023.

The WHO's assessment of studies to date on COVID vaccines' effectiveness (primary series, booster) against the omicron variant show the vaccines struggle to neutralize it compared to the original COVID strain.

"In summary, findings from vaccine effectiveness studies show reduced VE [vaccine effectiveness] of COVID-19 primary series vaccines against the Omicron variant for all

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EXPRESS PHOTO BY CORRINE EINARSSON @NEISTIPHOTOGRAPHY

On the shores along Lake Winnipeg sits a beautiful Modern Viking Cabin, named Rosa. This picture was taken early in the morning on Jan. 22 when temperatures hovered around 0 degrees C. The Weather Network predicted a high of -2 and a low of -15 for the day with a bit of snow expected in the evening.

## No amount of alcohol is good for health, says CCSA in new drinking guidelines

By Patricia Barrett

New guidelines on alcohol consumption in Canada say even a small amount of alcohol can be damaging to health, and that recommendations about alcohol use need to change.

The guideline titled Canada's Guidance on Alcohol and Health: Final Report was published this month by the Canadian Centre on Substance Use and Addiction (CCSA).

CCSA led the initiative to update Canada's Low-Risk Alcohol Drinking Guidelines with funding from Health Canada. The new report replaces those guidelines, which were released in 2011.

"Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is — wine, beer, cider or spirits," states the new report. "Drinking alcohol, even a small amount, is damaging to everyone regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle."

A standard drink in Canada is defined as 17.05 millilitres or 13.45 grams of pure alcohol, which is the equivalent of a bottle of beer (12 oz., 341 ml, 5% alcohol), or a bottle of cider (12 oz., 341 ml, 5% alcohol), or a glass of wine (5 oz., 142 ml, 12% alcohol), or a shot glass of spirits (1.5 oz., 43 ml, 40% alcohol).

Alcohol is used by three quarters of people in Canada and is a leading preventable cause of death, disability and social problems, states the new guideline. It can lead to certain cancers, cardiovascular disease, liver disease, unintentional injuries and violence.

"In 2017, alcohol caused 18,000 deaths in Canada. That same year, the costs associated with alcohol use in Canada were \$16.6 billion, with \$5.4 billion of that sum spent on health care," states the guideline.

The more alcohol that's consumed on a weekly basis, the greater the health risks.

Drinking zero drinks per week has benefits, including better health and better sleep. Drinking one to two standard drinks a week is considered low risk, with people "likely" to avoid alcohol-related consequences for themselves and others. Three to six standard drinks a week carries a moderate risk of developing several different types of cancer such as breast and colon cancer. Seven or more drinks a week carries a high risk of developing heart disease or stroke.

The health risks from alcohol increase more steeply for females than males. And more injuries, violence and death result from male alcohol use.

The CCSA provides advice on how to cut down on drinking. That includes counting the number of drinks you have per week and aim to drink fewer, picking a new weekly drinking target and sticking to the limits you've set for yourself. Other advice includes drinking alcohol slowly, drinking lots of water, eating before and while you drink and having alcohol-free weeks.

The CCSA said it hopes the new guidelines will improve Canadians' alcohol literacy. Providing information and suggestions enables people to make their own choices about how

Continued on page 11

### > COVID, FROM PG. 6

outcomes (severe disease, symptomatic disease, and infection) compared to those that have been observed for the original SARS-CoV-2 strain and the four previous VOCs," states the WHO. "Importantly though, VE estimates against the Omicron variant remain higher for severe disease than the other outcomes for Omicron. VE of primary series vaccination against symptomatic disease and infection decreased rapidly over time."

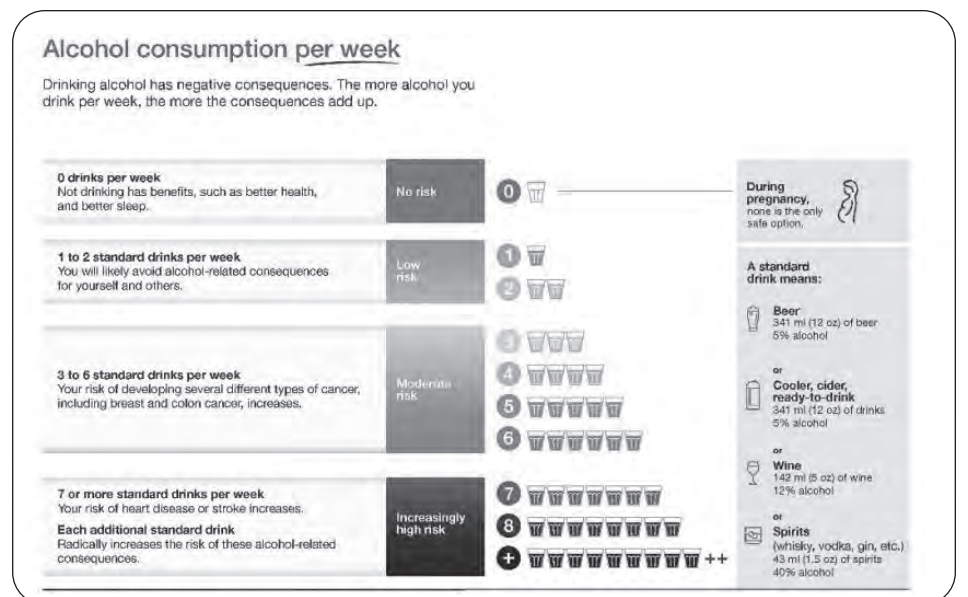
COVID booster vaccination improves vaccine effectiveness for all outcomes, but the protection against infection and symptomatic disease wanes over the course of six months. A second booster with an mRNA vaccine "showed similar patterns."

- Canada's chief public health officer Dr. Theresa Tam said the detection of XBB.1.5, an omicron subvariant, is increasing in Canada and was expected to rise to about seven per cent by the middle of the month.

"As we continue to monitor national and international data — including COVID-19 disease rates but also contextual information like the level of immunity in the population — we are seeing an increase in the proportion of sequence detections associated with the XBB.1.5 variant. Through whole genome sequencing of clinical specimens, XBB.1.5 is known to have been circulating in Canada at 2.5% during the week of December 25 to January 2. This proportion was projected to rise to approximately 7% in Canada by mid-January," said Tam in a Jan. 20 statement. "While XBB variants are expected to increase in Canada, it is not known whether they will become the dominant lineage."

There is no evidence to date that XBB.1.5 causes more severe disease, she said.

It's unclear what percentage of clinical specimens at the present time are XBB.1.5.



CANADIAN CENTRE ON SUBSTANCE USE AND ADDICTION, ALCOHOL REPORT  
 The more alcohol you drink per week, the greater your risk of poor health.

# Manitoba AgriInsurance dollar values increasing for 2023 crop year

Submitted by federal and provincial government

Manitoba's crop insurance coverage is expected to increase for the upcoming crop year, federal Agriculture and Agri-Food Minister Marie-Claude Bibeau and Manitoba Agriculture Minister Derek Johnson announced on Jan. 17.

"Climate challenges, like last spring's flooding, continue to threaten farmers' livelihoods," said Bibeau. "Enhancements to the AgriInsurance program for 2023 will bring increased value to Manitoba's producers and ensure they have fair and flexible coverage to meet their needs."

The ministers released details indicating 2023 dollar values are higher

than 2022 dollar values for most crops insured in Manitoba. Total AgriInsurance coverage for 2023 is expected to reach \$5.3 billion on 9.45 million acres. This means the average coverage is estimated at \$560 per acre, compared to \$499 per acre in 2022. This increase in coverage reflects the expectation of continued strength in commodity prices into the 2023 crop year.

"The costs and risks related to farming in Manitoba continue to climb," said Johnson. "We're increasing our support for Manitoba farmers through the AgriInsurance program because we know that adequate coverage is now, more than ever, important in helping manage that risk."

The AgriInsurance program is a risk management tool for Manitoba farmers to protect against production shortfalls and quality losses caused by natural perils. In the case of extreme weather events that impact production such as drought or excess moisture, the program provides predict-

able coverage producers can depend on when planning for the upcoming growing season. The program is administered by Manitoba Agricultural Services Corporation (MASC). Manitoba has a high level of AgriInsurance participation, with over 92 per cent of annual crop acres and more than 7,600 farms enrolled in the program.

Additional program enhancements for 2023 growing season include:

Expanding the Contract Price Option (CPO) to be available for the majority of crops (including the corresponding pedigreed and organic crop if applicable), excluding potatoes, vegetables and forages. Established in 2020, CPO was previously only available for canola and field peas. This expansion of CPO will provide flexibility for producers by allowing the price of contracted production to be blended with the base AgriInsurance dollar value (weighted by production) to better reflect expected market prices.

Amending premium rate calculations so that AgriInsurance premium rates will not exceed a 10 per cent increase year-over-year. This change will lessen the impact of disastrous growing seasons on premium rate increases.

The Canadian Agricultural Partnership (CAP) is a five-year, \$3-billion commitment by the federal, provincial and territorial governments that supports Canada's agri-food and agri-products sectors. Under CAP, AgriInsurance premiums for most programs are shared 40 per cent by insured producers, 36 per cent by the Government of Canada, and 24 per cent by the Manitoba government. Administrative expenses are shared 60 per cent by the Government of Canada and 40 per cent by the Manitoba government.

For more information, contact MASC at [www.masc.mb.ca/masc.nsf/contact.html](http://www.masc.mb.ca/masc.nsf/contact.html) or go to [www.masc.mb.ca/masc.nsf/index.html](http://www.masc.mb.ca/masc.nsf/index.html).

## Community Support Service

### AA Winnipeg Beach

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

Meetings are Saturdays  
between 7 and 8 p.m.

Contact Ann J 204-389-3417

### Gimli Group AA

Bldg 18 Municipal Rd  
Industrial Park

Fri & Sun Mtgs at 7:30 pm  
Womens Mtgs Thurs at 10:30 am

### Al-Anon Gimli and Winnipeg Beach

It takes great courage to go to that first Al-Anon meeting. It isn't easy to go against old beliefs and fears and reach out to other people for strength, guidance, and support. When we finally realize that we are sick and tired of being sick and tired, we open a door to unlimited possibilities for change, for hope, and for a happier and richer life.

Reaching out for help in Al-Anon is unlike asking for help in most other places. In Al-Anon, we do not give advice. Nobody tells anyone else what to do about their own private situation. We don't know what's best for another person. Alcoholism is a family disease. Friendships, employment, childhood, parenthood, love affairs, and marriages all suffer from the effects of alcoholism and that's why attending Al-Anon meetings is so important. Having suffered alone with the effects of this brutal disease, the Al-Anon meetings fellowship is an unexpectedly rich and nourishing source of compassion and support.

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.

## Express your creativity with art classes

By Autumn Fehr

Teens, get out your paint brushes and drawing pencils and get ready to create.

Starting Feb. 3, teens ages 13 to 18 can develop their creative voice and practise expressing their ideas through

drawing and painting.

The classes are on Fridays at the Gimli Pavilion from 4 to 7 p.m.

The teens will primarily work on guided acrylic painting exercises with different story elements of colour theory.

"I believe that artistic endeavours are just as important to a community as physical pursuits, and creative outlets can be critical to mental health," said Arthur Cain, Gimli recreation programmer.

At the end of the 10-week program, Apr. 14, the teens will have a painting to show on display in the last class with a final show, with parents invited to view.

The cost is \$150 plus GST, and students must bring their own sketchbook (9" x 12") along with pencils and pencil crayons.

In addition to the artistic techniques, they will learn from instructor Lil Goossen. She will also teach them about art history and contemporary artists and spend 20 minutes each class practising drawing in their sketchbooks.

"As someone who grew up in Gimli, I recognize the importance of having more activities and safe spaces for teens. But at any age, using art to talk about your ideas builds confidence and increases your understanding of yourself. We naturally build relationships and stronger communities when discussing the creative process. Plus, making art is fun!" Goossen said.

While registration is allowed until one day before that first class on Feb. 3, it's helpful if those interested can register before Feb. 1 so supplies can be purchased based on class size.

To register for classes, visit Gimli's recreation programming site at <https://app.booking.ca/gimlirecreation-pub/index.asp>.

If there are any other questions about the art class or any of Gimli's other programs, email Arthur Cain at [grcprogrammer@rmgimli.com](mailto:grcprogrammer@rmgimli.com).



## Arborg Agricultural Fair July 22 & 23, 2023

### Hello!

The Arborg Agricultural Society is seeking individuals who are interested in helping with the Annual Ag Fair & Tractor Pull.

If you can help in any way

**Please join us at the Arborg Legion  
on Thursday, February 9th at 7:00 pm.**

- Thank You, Board & Directors  
Arborg & District Ag Society



# Ashern couple reflects on 20 years working for Great White Bear Tours

By Autumn Fehr

With almost 20 years since their first shift at Great White Bear Tours, it's been an amazing experience for Bill and Louella McPherson.

Great White Bear Tours is the ultimate polar bear viewing experience nestled in Churchill.

The company started approximately 34 years ago by Marilyn and Donny Walkoski, designing and building their own Polar Rovers, the all-terrain vehicles that travel across the tundra.

With 12 custom-built Polar Rovers and a mobile Tundra Lodge, the tours are the place to experience the tundra like never before.

The McPhersons are both retired teachers who taught in Churchill for five years, teaching the Walkoskis' kids at the time, before coming to work for the company.

During that time, they developed a love for Churchill and its surroundings, including the polar bears.

The couple travels to Churchill no later than Oct. 1 and stays in Churchill until Nov. 22 each year, and has since starting in 2004.

Bill's role at Great White Bear Tours is driving the rover on the tundra among the bears and other wildlife.

Over the years of working with the company, he said his favourite part of the experience has been seeing the bears.

Louella wears many hats during her time working in Churchill. Her primary role is managing the Great White Bear Gift Boutique every morning. She also puts together meals for the staff.

"I love meeting people and interacting with people from all over the world," Louella said.

During their years in Churchill, first teaching for five years and then working with the tours for 20, they have learned much about the community.

The biggest takeaway for Louella during the time she's lived and worked in the small town has been

learning about its resilience.

"The people are extremely friendly. It's just a very close-knit community. For me, even though I was a teacher, it still helped me to be a little more open in talking to other people from other parts of the world," Louella said.

Living in Churchill also taught the couple to be flexible because there's a lot that can happen from one point in the day to another, such as with the climate or the animals, they said.

To offer their tourists the best experience, they have six Polar Rovers working on the tundra at all times to experience the Arctic wildlife native to the town.

There is so much excitement when people see their first bear or the northern lights — many people cry, they said.

While they had an overwhelming number of positive experiences while in Churchill over the years, the couple's biggest challenge was adapting to the lifestyle, especially concerning the change in daylight hours.

Often you go to work and come home in the dark. It can be challenging, and it's an adjustment, Bill said.

Of everything they experienced, the couple said the work environment had been the most positive experience.

Both Bill and Louella say they do not consider their work a job and find it a fun experience to come to work during the time they are there.

"It's like a family up there. There's a lot of camaraderie between staff, which makes for a wonderful experience," Louella said.

The McPhersons said they take it year-by-year when deciding to return to Great White Bear Tours, as it depends significantly on their health as they age.

They always said that if it started to feel like a job, they wouldn't do it anymore. But, to this point, they still don't see it as a job, and it's more of an experience for them, said Louella.

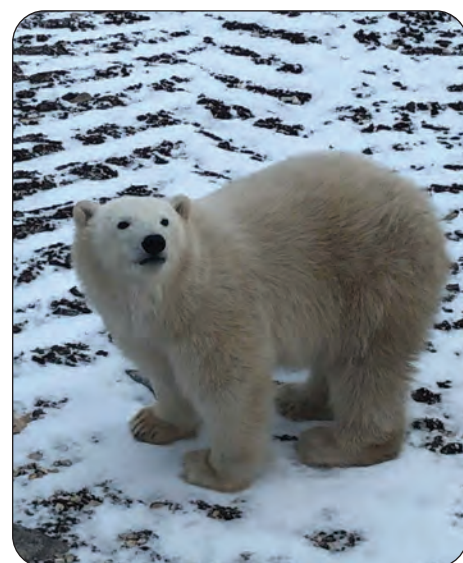


EXPRESS PHOTOS SUBMITTED

Over the 20 years working for Great White Bear Tours, Bill and Louella McPherson have worn many hats and experienced many different things as they engage with tourists worldwide.

"This job has been important to us because we've given people from around the world joy and got them to see things that very few other people get to see and to be involved with them. It's just the nature of the job.

It's such a great job to be in," Bill said. One thing the couple will surely miss when they do decide to leave is interacting with people and spreading that joy.



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# Cre8ery's 'Odds n' Ends: The Everything Show!' features local artists

By Autumn Fehr

The new exhibit at Cre8ery Gallery & Studio Inc. in Winnipeg at 125 Adelaide St. "Odds n' Ends: The Everything Show!" showcases "a little of this and a little of that."

From now until Jan. 28, the show features artwork from 75 artists, including locals Julia Penny and Marilyn Folson. Each artist in the show is exhibiting one 24" x 24" piece. From portraiture to abstract paintings and imaginary landscapes, the show has something for everyone to enjoy.

Exhibition hours are Tuesday to Saturday, 11 a.m. to 5 p.m.

"The exhibition symbolizes the diversity of our membership, how no two artworks are alike even with 75 artists in this show," Jordan Miller said, executive director of Cre8ery Inc.

## Julia Penny

Julia Penny is a fine artist from Winnipeg Beach who paints and draws, focusing mainly on portraiture and landscapes with a figurative element, usually including a person or an animal. She uses primarily oils and pencils, which she took to naturally.

As long as she can remember, Penny



Winnipeg Beach's Julia Penny's piece entitled "George" is a drawing of her partner George.

has been doing art. As a child, her mom wanted to give her something to do, so she got her into art and had her aunt come over and teach her how to draw, she said.

"I've been creating art since my mother stuck a pencil in my hand," Penny said.

"Why I create is why I've been put on this earth. I just love doing it."



EXPRESS PHOTO SUBMITTED

Marilyn Folson is an intuitive artist from Gimli, focusing on paintings with a theme of innocence and experience. The Cre8te Gallery & Studio exhibit piece is entitled "Group Hug?"

Penny uses mainly oils and pencils. She took to pencil naturally as she has been drawing since she was young. After high school, she used oils for a project in art school and loved them.

"I love the lusciousness of oils. I love the thick paint. I like nice buttery paint," Penny said.

For Cre8ery's "Odds n' Ends: The Everything Show!" she is featuring "George," a drawing of her partner.

"I was just taking snapshots of him

one day, and he was fooling around and making faces, so I took one of them and drew it, and that's how 'George' came about," Penny said.

Showcasing her piece in Miller's new exhibit was a no-brainer for Penny. When Miller told her the theme for the show, it intrigued Penny, as the format was the same that she produces her work on. Penny has been a

Continued on page 12

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(204) 768-2346 or at [montana.jones@talbotcpa.ca](mailto:montana.jones@talbotcpa.ca)

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# The Zen of Learning to Ride a Motorcycle shares liberating life lessons from the open road

By Kim Hornyak, Jenkins Group, Inc.

Her childhood was scarred by her mother's schizophrenia. But she still had fuel in the tank.

Leslie Reyes says she felt like a prisoner of trauma. At the tender age of 10, Reyes prevented her mother from committing suicide. Panic attacks soon followed, and Reyes ultimately realized that her mother's struggles with mental health had distracted her parents from teaching her the tools she needed to survive.

At age 50, Reyes decided to learn how to ride a motorcycle. Stunned by how many liberating life lessons lay within the open road, her years of living with stifling emotional pain gave way to the principle that broken things can invariably be fixed.

"I never thought a motorcycle would become the guru I needed in order to change my life habits, and learn to trust myself," Reyes writes in her new book, *The Zen of Learning to Ride a Motorcycle*.

In this raw and poignant memoir, Reyes bares her highest highs and lowest lows on the long highway of humanity. And by applying the wisdom she gained in learning to ride a motorbike to her lifelong quest to conquer fear, she offers a guiding hand along the hills and valleys of an unpredictable life.

In *The Zen of Learning to Ride a Motorcycle*, readers will learn:

- The benefits of response over reaction
- How to respect your limitations so you can excel at your own pace
- Why breaking something is bad

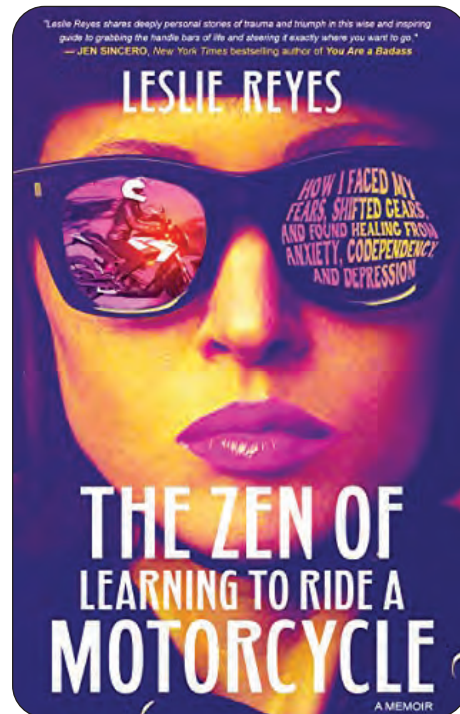
## > ALCOHOL, FROM PG. 7

much they drink. And the organization also aims to change Canada's drinking culture and curb the "normalization of harmful alcohol use in society."

The Council of Chief Medical Officers of Health (CCMOH) says it wants people to learn about the risks associated with alcohol consumption, as outlined in the new report, and make informed decisions.

"The latest evidence shows a direct link between drinking alcohol and increased risk of at least seven types of cancer," states the CCMOH in a Jan. 18 statement. "This recent evidence, contrary to common perceptions, shows that modest consumption of alcohol offers no protective effects against heart diseases, while regular and heavy consumption of alcohol increases the risk of these conditions."

The new guidance report is available on the Canadian Centre on Substance Use and Addiction at [www.ccsa.ca](http://www.ccsa.ca)



The Zen of Learning to a Ride a Motorcycle is available on Amazon.

only if you don't learn how to fix it  
 - Ways to overcome the tunnel vision of target fixation so you always end up at your destination

- The power of mindfulness, the impact of enjoying the moment and much, much more!

With humour to balance out the sometimes heavy subject matter, *The Zen of Learning to Ride a Motorcycle* shares Reyes' empowering, revved-up tale of overcoming her fears and learning to be "present" in her approach to everything in life.

"When I'm riding my motorcycle, I'm riding my motorcycle," she writes. "Practising mindfulness, and



EXPRESS PHOTO SUBMITTED

At age 50, Leslie Reyes learned how to ride a motorcycle.

responding instead of reacting, leads to peace of mind."

The book is available on Amazon: <https://www.amazon.com/dp/B09X4WCDK7/>

### About the Author

Leslie Reyes, BSN, RN, is a psychiatric and chemical dependency nurse, yoga teacher and motorcycle enthusiast. She has seen mental illness up close, first as the daughter of a schizophrenic mother and later through her

own personal mental health struggles. Reyes lives with her husband, their five motorcycles and two dogs in Northern California.

She is currently working on her second book, *Drowning Under the Spectrum: How Women Can Save Themselves from Being Misdiagnosed, Overlooked, and Abandoned*, and *Learn to THRIVE*, a book that opens a conversation about the lack of autism research involving females.

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# Smooth skating on Icelandic River in Arborg with new Zamboni

By Patricia Barrett

Manufacturers in the Arborg and Bifrost area have taken outdoor ice sports to a whole new level by purchasing a Zamboni for the skating trail and hockey rink on the Icelandic River.

The four manufacturing businesses — Vidir Vertical Storage Solutions, Romafa Metal Works Inc., Okno Manufacturing Inc. and Diemo Machine Works Inc. — teamed up to make the acquisition possible.

The Town of Arborg and community volunteers put the river to good use a number of years ago, building and maintaining a lengthy skating trail and a rink along River Road in the west end of town that attract scores of kids and families.

Town of Arborg chief administrative officer Cindy Stansell said with the generous donation, the town is now the proud owner of the ice-resurfacing machine, which scrapes the surface of the ice, cleans it of debris with water then smooths it out.

“When these companies were approached to purchase this machine, they saw the community benefit and were more than willing to team up and share the costs equally between the four companies,” said Stansell. “Now users of the skating rink and trail will benefit from the smooth ice surface and patrons of our community can enjoy the beautiful scene of skaters on the picturesque Icelandic River in Arborg.”

The manufacturing companies, or machine shops as they’re commonly referred to, design and make products such as automated vertical storage units, hard-to-find metal parts and replacement parts for



**EXPRESS PHOTO SUBMITTED BY CINDY STANSELL**  
From left: Town of Arborg Mayor Peter Dueck with Vidir Vertical Storage Solutions owner Sid Dueck, Romafa Metal Works Inc. owner Ronald Kornelsen, Diemo Metal Works Inc. owner Carlos Wiebe and Okno Manufacturing Inc. owner Norman Penner. The manufacturing shops bought a Zamboni for the skating trail and rink on the Icelandic River.

agricultural air seeders.

Arborg Mayor Peter Dueck said the town appreciates the manufacturing shops’ generosity and the fact that they oversaw the entire acquisition process.

“The businesses looked after the whole process, including delivery,” said Dueck. “I am delighted with the excitement this contribution by the manufacturers has created. They deserve all the credit

for their generosity. This outdoor space is creating community and fitness opportunity.”

The Zamboni is a gently used 2013 model, he said. Because it’s gas-powered, the machine is ideal for grooming ice outdoors as opposed to indoor arenas where carbon monoxide fumes can accumulate.

“It’s a wonderful machine, with four-wheel drive, studded tires, cold water wash and vacuum and hot water flooding,” said Dueck. “It’s very well suited for the river.”

Romafa Metal Works owner Ronald Kornelsen said his company was happy to contribute to the purchase of the Zamboni as the outdoor rink and the trail bring people together and promote healthy activities. He saw the contribution as an opportunity to benefit the whole community.

“I feel the rink and the ice trail encourage people to get out into the fresh air. They draw people out from their homes,” said Kornelsen, whose company makes stainless steel replacement parts for agricultural air seeders. “And they’re also a wonderful way to socialize with friends and neighbours outdoors.”

People from his area, north of Arborg, will travel to town to enjoy some time on the river.

“My son on the weekend got his buddies together to go to the ice. You could see the radiance and joy on their faces as they were out in the fresh air with friends, playing hockey, with others joining in,” said Kornelsen. “This is a wonderful way to get kids together, make new friends and have a friendly fun game.”

## > LOCAL ARTISTS, FROM PG. 10

member of Cre8ery since Miller opened the gallery.

Penny does commission pieces and has completed projects for clients worldwide. She is currently accepting requests.



### The Westshore Community Foundation

is accepting applications for grants from eligible registered charities.

Applications can be made online or downloaded & printed at

[www.westshorefoundation.ca](http://www.westshorefoundation.ca)

Printed applications can be mailed to

Box 395, Gimli, MB R0C 1B0 or emailed to [admin@wcf-foundation.ca](mailto:admin@wcf-foundation.ca)

**APPLICATIONS ACCEPTED**  
from February 15th to March 15th

For more information email [admin@wcf-foundation.ca](mailto:admin@wcf-foundation.ca)  
“Building a Lasting Legacy”

To check out more of Penny’s work, visit her website at [www.juliapenny.com](http://www.juliapenny.com).

### Marilyn Folson

Marilyn Folson is a painter from Gimli who paints in acrylic and oil, replicating a theme of innocence and experience through her work.

Folson has dabbled in various mediums. For many years she was a sculptor, but she now focuses on painting in acrylic and oil.

Right from childhood, Folson has always been interested in art. She started by copying the covers of cartoon magazines.

“I do it because it’s a challenge. It’s fun. I think it’s a worthwhile activity... I find it fascinating but not easy. I often re-work old pieces, and I’m always trying to learn. There’s so much to learn,” Folson said.

Her love for art led her to teach it for almost 30 years in the St. James School Division in Winnipeg.

When Folson started, she didn’t have a fine arts degree, which led her to The Nova Scotia College of Art and Design (B. FA) in Halifax (photography and printmaking).

In Cre8ery’s new exhibit, Folson features her painting “Group Hug?” Her painting is an ode to the pandemic, referencing social distancing in a cartoonish approach with dark humour. Naturally, everything is exaggerated in the picture.

“Part of this group has to back away and is trying to get away from someone who wants a group hug,” Folson said.

“I didn’t start with an idea; I started with a few marks. It’s almost an intuitive approach, where the ideas and the focus shift as I put down more

marks, and the story seems to come alive for me... I start and let the painting take me where it will.”

To view more of Folson’s work, visit her website at <https://marilynfolson.ca>.

Other artists featured in the exhibit include Amy Dubois, Angela Taylor, Ashley Segal, Audrey Dagger, Barb Watson, Bill Rademaker, Brenton Van Hussen-Olson, Bonnie Hallman, Bonnie Y. Bodnarchuk, Brian Longfield, Carla Toews, Carrie Paulicelli, David Colvin, Desiree Mendoza, Dodie Mitchell, Drew Perry, Elizabeth Macrae, Erica Holloway, Faye Hall, Gary Potter, George Tanner, Gowan Doandbe, Gwen Gill, Heather Boyd, Heather Gillespie, Helen Harper, Irene Pohorecka, Jackie Kozminchuk, Jackie Turnbull, Janis Nickel, Janet Letkeman, Jannetje VanWent, Jared Loewen, Jennifer LaBella, Jahaziel Gonzales-Mendoza, Joanne Berger, Jordan Miller, Julia Mary Langer, June Derksen, Kari Taylor Lehman, Kim Sysa, Kristina Zabawa Ryan, Laura Gross, Lee Beaton, Leslie Paulet, Linda Olzewski, Liz Leones, Lori Ferguson, Lydia Bartel, Maureen Babb, Mike Schoofs, Michelle Blackmon, Norma Jones, Olivia Leader, Pamela Desmet Franklin, Patricia Garrod, Peggy Sanders, Pink Panda, Rebecca Jewel Nicholls, Rey Fritsch, Roberta E. Sparling, Ruth Kamenev, Sandra Proulx, Sarah Collard, Sheri Turner, Susan Crawford-Young, Stephanie Westdal, Susan Hope, Tanis Gray, Terry Murray, Timothy G. Peters, Tyler Barrett, Prairie Plaster.

For more details about the show, visit <https://www.cre8ery.com/portfolio/one/>.

# Equine-assisted learning program selling calendars

By Katelyn Boulanger

Victoria Morse is setting up an equine-assisted learning program out of Hearthstone Stables in St. Andrews.

This program will start in the new year and aims to help young people by having them work with horses. Because Morse wants to be able to offer this opportunity to at-risk youth, she is selling 2023 calendars that will support more kids taking part.

"Our Equine Assisted Learning Program is going to target at-risk youth because I grew up as a person who definitely fell into the category of at-risk youth. I mean, it's a pretty wide umbrella, really, and I was blessed enough to grow up in a, as much as it was dysfunctional family, it was a family that had horses. And, to the very core of my being, I am very passionate about the healing impact horses can have on people," said Morse.

To that end, Morse has been certified as an equine-assisted learning facilitator and wants to help children who would benefit from spending time learning about and from horses.

"Everybody says, 'Oh, God doesn't make mistakes.' Well, I believe that was the only mistake God ever made and the kind of pain that goes with that, I don't think that that's something that's passed away with another generation or two. I think there are still kids out there that don't believe

they have a future; they don't believe they have any hope, and their self-esteem is low. They don't have any self-confidence, and this kind of program changes their lives. I've seen it absolutely change lives, and I think that we're at a jumping-off place in our society where people are beginning to understand that," she said.

Morse says that the whole point of the program is to have the children engage with the horses and the horse engage with them.

"We're predators, and they're prey animals, so their very existence depends on them knowing what's going on in the other beings around them. They can read us; they can hear our heartbeat from 50 feet away. They know if our breathing changes; they know what we need. If we step up to them, they will give us what they think we need," she said.

From there, Morse says that the students in the program can apply the skills they learn to their other relationships and life situations.

The program hasn't started yet. However, Morse hopes to get it up and running for its first six-week session for 11- to 16-year-olds in February.

To run a program like this, Morse says it can be too expensive for the parents of some of the kids that need it since at-risk youth come from a



EXPRESS PHOTO SUBMITTED BY TAEGAN LIPPOWAY

Photo of horses taken by Taegan Lippoway.

variety of family situations. To that end, she hopes the community can help her offer some students who really need access to the program at a reduced cost by purchasing 2023 calendars.

"We'd thrown around a bunch of ideas, and the first thing we came up with was this calendar. The calendar pictures are taken by a 15-year-old girl [Taegan Lippoway] who goes to the Comp (LSRC). They're her view

of the world, how she sees like, and she loves horses," said Morse.

The calendars cost \$20 each with a \$3.89 shipping fee for those that would like their copy(s) mailed to them or can be purchased at the Hearthstone Stables website, <https://hearthstone-stables.ca/> as well as by contacting Morse at 204-894-7595. She says that people who pick up their copies can pay cash but they also have e-transfer and PayPal options.

## Preparations to build bridge over Drunken River in Arnes set to start this week

By Patricia Barrett

Preparations to install a bridge over a washed-out section of Treaty Road (formerly called Colonization Road) in Arnes, about 20 kilometres north of Gimli, got underway this week.

RM of Gimli Mayor Kevin Chudd said the province's construction contract was awarded to Macaw MacDonald Ltd. and the site is being prepared this week.

A culvert under the road collapsed in May 2022, taking a large chunk of pavement with it as flood waters surged down the Drunken River towards Lake Winnipeg. The provincial government, which is responsible for culvert infrastructure, put repairs of the site in the queue after Manitoba received an inordinate amount of water that caused infrastructure damage across the province.

With the paved road being impassable for about nine months now, resi-

dents of Arnes and Silver Harbour have been using Boundary Road to the north to get in and out of their community and to access their mail at the post office in Silver Harbour.

Gimli council issued a press release Jan. 20 to alert residents about the reconstruction.

Construction of the bridge is scheduled to be completed by April 1 this year, and the roadway is also scheduled to be open on that date.

"The contractor will have to return in summer of 2023 to finish the roadworks portion of the project and pave the bridge approaches and over the bridge as this work cannot be completed in the winter months," states the release.

Council thanked infrastructure minister Doyle Piwniuk, his department and Interlake-Gimli MLA Derek Johnson for their assistance.



EXPRESS FILE PHOTO BY KAREN SHAFFER

Colonization Road, as it was named then, is seen in May 2022 after a deluge of water running towards Lake Winnipeg caused the culvert under the road to collapse.

# Wonderfully wintry Gimli Harbour Trail pulls visitors; surprise features coming

By Patricia Barrett

The Gimli Chamber of Commerce's Destination Brand Committee celebrated the opening last week of the Gimli Harbour Trail, which has already seen skaters and other winter sports fans take to the ice in droves to enjoy its twists and turns and Mother Nature's reasonable temperatures.

The roughly one-kilometre-long trail on Lake Winnipeg opened Jan. 15 and includes three ice rinks. The big rink has already been completed. A little rink and crokicurl (a hybrid game of curling and the board game Crokinole) rink are in the process of being built.

The ice trail, which is protected by the harbour's walls, snakes past berths, runs along the Namao research vessel that's moored in the harbour and includes a warm-up shack by the big rink and hay bales. It's part of the area's winter village, which encompasses all the entertainment offered on the lake. There are also land trails through quiet forests for skiers, snowshoers and hikers.

The chamber's Destination Brand committee chair Cheryl Buhler said the committee is partnering with the Gimli Community Development Corporation (CDC), the RM of Gimli, the Gimli Ice Festival committee and other stakeholders to bring the winter village and all it entails to Gimli.

"We all know Gimli is a wonderful place to spend the summer at the lake, as well as in the lake, and we want everyone to know it's an amazing all-year-round destination," said Buhler, who owns the Robin's Donuts coffee shop in town and is past co-chair of the chamber. "There's so much to see, experience and enjoy during the winter season on the lake that you simply don't want to miss. There's ice fishing



A child plays hockey on the "big rink" with the research vessel Namao in the background. A "little rink" and a crokicurl rink are in the process of being built.

EXPRESS PHOTOS BY CHERYL BUHLER

day or night, skating on a lighted trail on one of the largest lakes in Canada, skiing on groomed trails, playing crokicurl, shopping at local boutiques and so much more."

The Destination Brand Committee creates tourism opportunities, helping to make Gimli a first-choice destination for visitors from across the province and beyond.

An ice road from Goldfield Drive by the library leads out to the fish huts (fiski kofi in Icelandic) on the lake and includes several culs-de-sac so that you can find the "perfect ice-

fishing neighborhood," said Buhler. There are plenty of huts for rent seven days a week, including heated overnight fishing campers available from Stringer Rentals.

Visitors enjoying ice and snow sports in Gimli have plenty of restaurants and coffee shops to choose from when they get the nibbles, and boutiques and other stores for those seeking a little retail therapy.

Going forward, Buhler said there will be a number of "reveals" springing up along the skating trail and near the harbour. The top fun features are

top secret for now, but they're guaranteed to brighten up and entertain visitors.

"Every week we're going to unveil different features," she said.

A reveal got underway on Monday. Subsequent reveals are scheduled for Jan. 29, Feb. 5 and Feb. 12.

The Gimli CDC and the Gimli Ice Festival will be helping maintain the ice trails and the rinks.

Visit <https://www.facebook.com/ExploreGimli> to see the latest developments.



The winding skating trail passes close to the Namao research vessel.



The mystery box will be transformed into something wonderfully wintry to delight visitors.



On a relatively balmy weekend, visitors from Dunnottar, south of Gimli, got their skates on to try out the newly opened trail.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Falcons blanked by Selkirk Fishermen

**Staff**

The Selkirk Fishermen shut out the Lundar Falcons 4-0 in Capital Region Junior Hockey League action last Sunday at the Recreation Complex.

Kyle Folhoffer led Selkirk with a pair of goals while Gage O'Neill and Matt Brooks also tallied.

Jordan Donald had three assists in the game and Cale Jonski added a pair of helpers.

Brendon Hocaluk stopped 28 Lundar shots for the win.

On Saturday, Lundar lost 8-2 to the Comets in Beausejour.

Ryan Benson and Nicholas Fernandes scored for the Falcons.

Aidan Ticknor (three), Riley Tirschman (three), Marshall Kitley and Brady Bowes replied for the Comets.

Last Friday, the Falcons defeated Selkirk 2-1 in overtime in Lundar.

Cohen Smigelsky scored the game winner in overtime while Lundar was shorthanded.

Smigelsky gave the Falcons a 1-0 lead with a first-period goal.

Both goals were assisted by Benson.

Izzy Aime scored Selkirk's lone goal in the third period.

Jordan Armstrong made 33 saves for the win.

On Jan. 17, Lundar defeated the North Winnipeg Satellites 3-1.

Cody Procter and Christian Alli scored second-period goals and then Gavin Miller added an empty-net goal with 22 seconds remaining in the game.

Nikolas Bear replied with a second-period marker for North Winnipeg

Gabe Mondry stopped 23 Satellites' shots for the win.

Lundar will visit the Arborg Ice Dawgs on Thursday (8 p.m.) and then host the Beausejour Comets Saturday (7 p.m.).

Arborg, meanwhile, lost 3-2 in overtime to the Warriors in St. Malo on Sunday afternoon.

Aiden Peters scored the game winner in OT.

St. Malo's Radek Merasty (short-handed) and Arborg's Austin Adair (power play) traded first-period goals.

Dylan Woytowich gave the Ice Dawgs' a 2-1 lead in the middle frame but the Warriors' Ashton Dubois tied the score with a power-play goal about 12 minutes later.

Last Friday, the Ice Dawgs edged the Comets 2-1 in overtime in Arborg.

Jake Plett scored the game winner in OT.



EXPRESS PHOTO BY BRETT MITCHELL

Falcons' goaltender Jordan Armstrong made 32 saves in Lundar's 4-0 road loss to Selkirk last Sunday.

Riley Tirschman gave Beausejour a 1-0 lead with a first-period goal but Arborg's Tyson Barylski tallied in the second.

Tre Strachan was very good in goal, making 46 saves for the victory.

Arborg played North Winnipeg this past Tuesday but no score was available.

The Ice Dawgs will visit the first-place Selkirk Fishermen on Saturday (7:30 p.m.).

## U15 AAA Lightning lose to Winnipeg Wild teams

**Staff**

The Interlake Lightning AAA boys' hockey team lost 10-0 to the Winnipeg Wild Green last Sunday.

Wild Green goals were scored by Noah Madison (three), Ethan Saari (two), Anthony Bedard, Tyson

Nimetz, Jack Ross, Luca Pura and Julian Fedora.

On Saturday, Interlake was beaten 5-2 by the Winnipeg Wild Gold.

Lightning goals were scored by Mason Bernier, on the power play, and Ryder Kirk.

Connor Allison, Knox Burton, Carter Polanski, Max George and Zach Mestagh replied for the Wild Gold.

Last Thursday, the Lightning lost 5-3 to the Winnipeg Thrashers Gold.

Tallon Sutherland and Bernier scored for Interlake in the second pe-

riod and then Kirk tallied in the third.

Winnipeg goals came from Rydon Duchon (two), Davis Krut, Dixon Hartwich and Kaiden Lantican.

Interlake will host the Winnipeg Thrashers Blue this Friday in Warren. Game time is 7:30 p.m.

## Manitoba Junior Baseball League announces award winners, all stars

**Staff**

The Manitoba Junior Baseball League announced its award winners and all stars last week.

The award winners included Carey Candy MVP Trophy: Justin Scott (Elmwood), Len Gzebb Top Defensive Player Award: Isiah Letkeman (Altona), Kevin Paul Halford Baseball and

Education Award: Trent Peters (Altona), Jack Hind Top Pitcher Award: Connor Cory (Altona), Vic Bozyk Batting Champion Award: Justin Scott (Elmwood), Umpire of the Year Award: Ryan Bannerman (Interlake), Ken Prodonick Manager of the Year: Bryan Gerbrandt (Carillon) and Ed Kulyk (Elmwood), Jacobucci Domes

Sportsmanship & Ability Award: Jon Esau (Carillon), Jack Thompson Rookie of the Year Award: Kaden Siwak (St. Boniface), and Dave Bowles Scholarship: Connor Cory (Altona).

The all stars were catcher: Isiah Letkeman (Altona), right-handed pitcher: Connor Cory (Altona), left-handed pitcher: Linden Meilleur (Carillon),

first base: Zach Evanochko (St. Boniface), second base: Easton Grieve (St. James), third base: Zach Giesbrecht (Carillon), shortstop: Owen Harms (Elmwood), outfield: Justin Scott, designated hitter: Denton Mateychuk (Altona), and utility player: Dylan Duguay (Elmwood).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN



## High-flying action

EXPRESS PHOTO BY JO-ANNE PROCTER

The Gimli Lakers' Hugh Sveinson goes up for a layup against the Frontier Mosakahiken Grizzlies during varsity boys' tournament action last Friday in Warren. Gimli defeated Warren Collegiate 88-31 in the consolation final on Saturday.

## U18 AAA male Lightning split weekend games with Yellowhead

### Staff

The Interlake Lightning U18 AAA male hockey team split a pair of road games with the Yellowhead Chiefs last weekend.

Interlake was doubled 6-3 by Yellowhead on Sunday afternoon in Shoal Lake.

Adam Vigfusson and Ian Buors scored power-play goals for the Lightning while Noah Oughton tallied at even strength.

Chiefs' goals were scored by Ty Kirk (two), Bryce Bryant (two), DJ Meloney and Rory Poole.

On Saturday evening, the Lightning defeated the Chiefs 5-4 in overtime.

Blake Farthing scored the game winner in OT. It was his second goal of the game.

Ian Buors also had a strong game with a goal and two assists. Brandon Burak and Vigfusson also tallied for the Lightning.

Yellowhead goals came from Meloney, Addison McIntosh, Poole and Max Collyer.

Lightning netminder Dylan Leclair made 33 saves for the win.

Last Friday, Interlake beat the Winnipeg Thrashers 4-3 in Teulon.

The Lightning erased a 3-1 third-

period deficit with three unanswered goals.

Adam Vigfusson scored the game winner at 19:40 of the final frame.

Burak opened the scoring at 5:12 of the first period but Winnipeg replied with goals from Logan Chartrand, Carter Bear and Brandon Corda.

Buors started the Lightning comeback with a power-play goal early in the third and then Talon Hogg tied the score at 3-3 about five minutes later.

Alex Myers made 44 saves for the win.

The Lightning, now 15-18-0-3 and in ninth place in the 12-team league with 33 points, will host the Winnipeg Bruins on Wednesday (8 p.m.) and then play the Winnipeg Wild (2 p.m.) Sunday at the Hockey For All Centre.

In Manitoba U18 AAA Female Hockey League play, Interlake was defeated 3-1 by the Eastman Selects last Friday in Warren.

Camryn Falloon scored a first-period goal for Interlake, assisted by Tessa Stewart.

Ava Boily, Ginger Fast and Jenna Sellen replied for the Selects.

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Dr. Rumana Afroze

Dr. Afroze is a graduate of the International Medical Graduate program and has worked for a number of years in the region already. Dr. Afroze will be providing primary care physician services to the clinic as well as the Arborg Personal Care Home.

She is accepting new patients. To book an appointment, please contact the Arborg Primary Care Clinic at 204-376-2781.





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### NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: MICHAEL LAWRENCE ZAGOZEWSKI, late of Hnusa, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500 - 360 Main Street, Winnipeg, Manitoba, R3C 4H6, on or before the 3rd day of March, 2023.

DATED at Winnipeg, Manitoba, this 19th day of January, 2023.

PITBLADO LLP  
Attention:  
Leith Robertson  
Solicitors for the Administrator



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### NOTICES

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

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### RURAL MUNICIPALITY OF ARMSTRONG

## INVITATION TO QUOTE

### 2023/24 HOURLY EQUIPMENT RATES

The Rural Municipality of Armstrong is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the April 1, 2023 to March 31, 2024 construction and maintenance season.

Quotation packages including submission documents are available at the Municipal Office or the municipal website www.rmofarmstrong.com.

Quotations may be submitted to the Rural Municipality of Armstrong, Box 69, Inwood, Manitoba R0C 1P0.

Deadline for Quotation Packages is 4:00 p.m. Tuesday, February 28, 2023. Late and incomplete submissions will not be accepted.

Corlie Larsen, CAO

RM of Armstrong

Lot 55 Highway 17

Box 69, Inwood, MB R0C 1P0

Phone: 204-278-3377 Fax: 204-278-3437

Email: cao@rmofarmstrong.com

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## RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of Armstrong is accepting applications for the position of Chief Administrative Officer.

Found in the heart of the Interlake region of Manitoba, northwest of Teulon on Hwy #17, the RM of Armstrong is home to a number of small hamlets offering a mix of urban and quiet country lifestyles.

Under the direction of Council, the CAO is responsible for the overall management of the operations of the municipality including: administration, supervision of staff, policies and planning and financial management.

**Key responsibilities of the position include:**

- Recommends new initiatives, programs, policies, and plans for Council to consider.
- Advising Council as to current and future policies, programs and budgets.
- Acting as the coordinator and team leader of the administration in areas of staff, personnel, policies, plans and programs.
- Develops and implements a process for preparation of annual capital and operating budgets.
- Assisting Council in determining the future vision of the Municipality.
- Working closely with all levels of government

**Skills & Qualifications**

- Ability to communicate effectively with the public, employees and external stakeholders.
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- A graduate of the University of Manitoba Continuing Education Division Certificate Program for Municipal Administrators, or equivalent education.
- A background in Accounting is considered an asset.
- Ability to read and understand Municipal Financial Statements and manage a budget.
- A minimum of three years direct experience in municipal administration.
- Computer experience with a municipal software program, preferably Asyst, and demonstrated abilities with Windows, Microsoft Office 365: including Work, Excel, Power Point.

Salary is commensurate with experience and qualifications. The RM of Armstrong provides an excellent group benefits and pension program. A detailed job description is available upon request.

Please submit your resume and three reference to:

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

Deadline to apply for the position is Friday, February 3, 2023 at 4:30 P.M. If a candidate is not found by the deadline date the position will remain open until filled. We thank all that apply and advise that only those selected for further consideration will be contacted.

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Riverton Bifrost Holdings Inc.

## NOTICE OF TENDER

April 1, 2023 - March 31, 2024

RBH Inc. invites tenders for **Electrical** and **Plumbing** at the Icelandic River Lodge in Riverton. For information call 204-378-2937.

- Contract will be awarded with option for a one year extension
- Tender will not necessarily be awarded to lowest bidder
- Submission Deadline - Tuesday, February 14, 2023 at 4:00 p.m.
- Submit quotes by mail or email to:  
Riverton Bifrost Holdings Inc.  
Icelandic River Lodge  
Box 448, Riverton, MB R0C 2R0,  
[rbh.inc@outlook.com](mailto:rbh.inc@outlook.com)

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Riverton Bifrost Holdings Inc.  
RBH Houses  
Box 448, Riverton, MB R0C 2R0 rbh.  
[inc@outlook.com](mailto:inc@outlook.com)

## NOTICE TO CREDITORS

**IN THE MATTER OF: The Estate of DOUGLAS JOHANN ASHLEY BJARNASON, late of Riverton, in Manitoba, Deceased.**

All claims against the above noted estate duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2200-201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3 (Attention: DAVID C. KING), on or before the 27th day of February, 2023.

DATED this 26th day of January, 2023.

**TAYLOR McCaffrey LLP**  
Solicitor for the Executor of the Estate

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## NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING

### MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

#### TO: ALL MEMBERS OF THE CREDIT UNION VOTING FOR BOARD OF DIRECTORS

TAKE NOTICE THAT voting for the Board of Directors is open to all members who have a share at any Access Credit Union branch. Voting will be done by electronic ballot and will be tallied electronically by a third party provider. Voting will be open from 9:00 am CDT on Monday, the 13th day of March, 2023 until 5:00 pm CDT on Friday, the 17th of March, 2023. Members of Access Credit Union are invited to vote online at [www.accessvotes.ca](http://www.accessvotes.ca). Each member may vote on a personal electronic device or should any member prefer, devices for the purpose of voting will be available at all branches of the Credit Union during operating hours. Voting results will be announced at the Annual General Meeting of Members held in April, 2023.

DATED this 26th day of January, 2023  
ACCESS CREDIT UNION LIMITED  
By Order of the Board of Directors

# SALES CAREER OPPORTUNITY

## Big and Colourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded. This opportunity involves building relationships and representing our newspapers to new and existing customers. Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly. Customer service, sales experience and passion is a must.

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# Classifieds

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## RECYCLING NOTICE FOR FEBRUARY/2023

Riverdale Place Workshop Inc. will not be picking up recycling on the below mentioned dates.

Mon. Jan. 30, 2023 at Riverton business places  
 Tues. Jan. 31 at Arborg curbside pickup  
 Weds. Feb. 1 at Arborg business places  
 Thurs. Feb. 2 at Riverton curbside pickup

Mon. Feb. 13 at Riverton business places  
 Tues. Feb. 14 at Arborg curbside pickup  
 Weds. Feb. 15 at Arborg business places  
 Thurs. Feb. 16 at Riverton curbside pickup

Mon. Feb. 27 at Riverton business places  
 Tues. Feb. 28 at Arborg Curbside pickup  
 Weds. Mar. 1 at Arborg business places  
 Thurs. Mar. 2 at Riverton Curbside pickup

**Please rinse your containers  
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 25 bred heifers Bred red angus  
 100 cows bred Charolais Start calving March 15th  
 (Triple C Charolais bulls and Tee M J Charolais)  
 Full Health Program Pfizer and Scourguarded yearly

### Complete dispersal for Valarie Hallson and the estate of Harold

Approx. 50 cows  
 Mostly Black Angus cows Bred either Hereford or black angus  
 Avg age 3-10  
 Bulls turned out June 18th

### Complete dispersal for the Basaraba Family

55 mixed cows blacks, red, tan and greys  
 Bred to red angus bulls  
 Start calving March 15th  
 Cow are black legged yearly and dewormed

**Please contact for more information  
 Ashern Auction Mart 204-768-2360  
 Buddy Bergner 204-768-0018  
 Kirk Kiesman 204-768-0019  
 License #1128**



## 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)



## Now Hiring: Heavy Duty Diesel Mechanic

We are currently looking for a person for the position of heavy-duty diesel mechanic. The successful candidate for the position needs to be highly organized and communicate effectively, as they will be expected to maintain detailed records of serviced vehicles on a daily basis.

### Diesel Mechanic Responsibilities:

- Running diagnostic tests on Semis and Heavy Equipment.
- Analyzing diagnostic test results.
- Replacing vehicle engines, steering mechanisms, transmissions, and braking systems.
- Checking vehicle lighting systems.
- Test driving vehicles to gauge performance.
- Performing preventative maintenance on service trucks.
- Maintaining detailed records of serviced vehicles.
- Adhering to an inspection procedure checklist.
- Maintaining a parts inventory.
- Ensuring the cleanliness of the shop.

### Diesel Mechanic Requirements:

- Degree or diploma in heavy duty diesel mechanics.
- ASE Diesel Certification advantageous.
- Valid driver's license.
- Advanced knowledge of diesel engine components.
- Good IT and diagnostic skills.
- Attention to detail.
- Good interpersonal skills.
- Excellent verbal communication skills.
- Good organization skills.

**Please e-mail your resume to [glenko@mymts.net](mailto:glenko@mymts.net) Attention: Don  
 Or mail resume to Glenko Enterprises (1994) Ltd.  
 Box 1000 Arborg, MB R0C 0A0**

**The Express Weekly News Classified booking deadline is Monday at 4 p.m.  
 prior to Thursday's publication Please Call 204-467-5836**

## 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.*

## LIQUOR LICENCE APPLICATION

### PUBLIC NOTICE

**INTERLAKE BREWING COMPANY LTD.**  
 operating as **INTERLAKE BREWING CO.**  
 at **72 1st AVENUE, GIMLI, MANITOBA**

has applied for an **MANUFACTURER'S LICENCE WITH  
 RETAIL ENDORSEMENT**

to serve liquor from: **8:00 A.M. to 12:00 MIDNIGHT  
 MONDAY TO SUNDAY  
 1:00 P.M. to 12:00 MIDNIGHT  
 REMEMBRANCE DAY**

and **DINING ROOM LIQUOR SERVICE LICENCE  
 PATIO AREA UNDER DINING ROOM  
 LIQUOR SERVICE LICENCE**

to serve liquor from: **9:00 A.M. to 2:00 A.M. MONDAY TO SUNDAY  
 1:00 P.M. to 2:00 A.M. REMEMBRANCE DAY**

Citizen and community input is an important part of the application process.

Please contact the Liquor, Gaming and Cannabis Authority of Manitoba at 204-927-5300, If you have questions about this application.

Please contact your municipality if you have questions about zoning by-laws and requirements.

If you want to make a formal objection to this application, please send us your objection in writing by 4:30 p.m.

### 14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT.

You can email, mail or fax your objection. Please include your contact information.

Email: [objection@LGCAmb.ca](mailto:objection@LGCAmb.ca)  
 Mail: LGCA Objections  
 1055 Milt Stegall Drive, Winnipeg, MB R3G 0Z6  
 Fax: 204-927-5385

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection, including the name of the person who submits the objection, will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.



# Announcements

Book Your Classified Ad Today - Call 467-5836

## CARD OF THANKS

The family of Agnar Thorlacius would like to express their sincere appreciation to the Home Care staff, the Lakeshore General Hospital staff, and the E.M. Crowe Memorial Hospital staff for the care they provided to our husband and father over the past year. We would also like to thank all the family, friends and community members for their expressions of sympathy, and their support during this difficult time.

Thank you as well to all those people who made generous donations to the Betel Church Cemetery Fund in Agnar's memory.

We would also like to express our sincere appreciation to John and Karen Grey of Arnason's Funeral Home as well as to Dawn Tober for their care and compassion that went above and beyond.

-Gwen Thorlacius and family

## ANNIVERSARY



Mike and Irene Halabura  
Happy 50th Anniversary

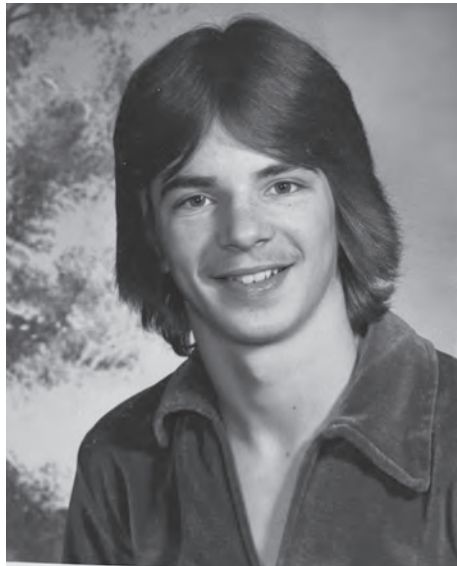
January 27, 1973 - January 27, 2023

Wishing you many more years of happiness.

-Love George, Karen, Bryanna,  
Stephanie and Angel  
Mnohaya Lyta

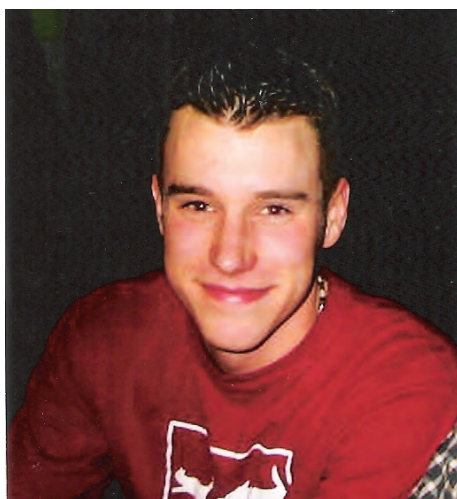
The Express Weekly News Classified  
booking deadline is Monday at 4 p.m.  
prior to Thursday's publication  
Please Call 204-467-5836

## BIRTHDAY



Happy Birthday  
January 28  
Cheers to 60 years!  
We love you!

## IN MEMORIAM



Robbie Johnson  
May 1, 1983 - January 28, 2005  
Taken from us so suddenly  
And tragically, 18 years ago

Your life was a blessing,  
Your memory a treasure,  
You are loved beyond words,  
And missed beyond measure.  
It's the heartache of losing you,  
That will never go away.

-Forever loved and deeply missed,  
Mom, Dad and brother Darrell

## OBITUARY

### Marcel Camiel Achiel Cherlet

On January 16, 2023, at home, Marcel was reunited with his beloved wife Zulma in heaven.

Marcel is survived by his children Theresa (Rheal) Collette, Catherine (David) Lyder and Michael (Janice) Cherlet; his grandchildren Rachael (Eric) O'Callaghan, Liana (Michael) Pekrul, Liam and Genevieve Lyder, and Ben, Laura, Rosa and Ella Cherlet; his great-grandchildren Aria and Mia O'Callaghan and Uli Pekrul; his younger brothers Bob (Jeanette) Cherlet and Ray (Joyce) Cherlet; sisters-in-law Anna Maes-Sarrasin, Yvonne Delichte and Janice Temmerman; his brother-in-law Raymond (Fenella) Temmerman; numerous nieces, nephews and cousins, and furry grandpets Charlie Collette, Wil Lyder, and Furio Cherlet.



Besides his wife of 60 years, who passed away on January 1, 2020, Marcel was predeceased by Angele (DeVloo), the mother who gave birth to him, and Marie (Ledoyen), the mother who raised him, his father Frank, his parents-in-law Hector and Maria Temmerman, and his brothers-in-law Maurice Maes, Frank Temmerman, Lawrence Delichte, and Phil Sarrasin.

Marcel was born on October 15, 1934 at home in Swan Lake, Manitoba, and attended Swan Lake School. With his family homestead bordering town limits, the distance to the school was a leisurely half mile walk, but in Marcel's case, it was a healthy run. Marcel contributed to the family business, but decided to leave farm life in his early twenties, joining the Royal Canadian Air Force. After training in Quebec and exploring New York City while on leave, he graduated in 1957 and was stationed at the RCAF base in Namao, now part of Edmonton. While at home on leave during Christmas 1957, he was reacquainted with his childhood friend, Zulma Temmerman, at the local New Year's Eve dance. After the dance, Marcel took Zulma for coffee, and they talked into the wee hours of the New Year. After a whirlwind long-distance courtship of a few months, they became engaged at Easter 1958, and were married in Swan Lake on May 9, 1959. After spending another four years in Namao, which saw his family expand by three children, Marcel was stationed in RCAF base Vanastra in southern Ontario. In 1966, Marcel retired from the RCAF and he and Zulma decided to settle for good in Manitoba. His first post-RCAF job was with Allis-Chalmers. Soon after, he began his career with Canada Post, first in the Winnipeg main plant, and then becoming assistant postmaster in Morris. He then became postmaster in Emerson, then Manitou, and finally Gimli. Highlights of his postmaster career included setting up a temporary post office for Emerson in Winnipeg during the flood of 1979, and having the distinction of celebrating the 100th anniversary of the Gimli post office. Every time he relocated, his priorities were to join the local church and the curling club. In every location, he served on parish councils, and was a past president of the Morris Lion's Club and Morris Curling Club, and was a former member of the Gimli Lion's Club. After 29 years with Canada Post, Marcel retired in 1995, and his call to service increased significantly. He was a charter member of the Gimli Lawn Bowls Club, and spent countless hours building and maintaining the bowling greens, fundraising for the club building, and organizing team schedules and tournaments for many years. Marcel was a member of the committee that oversaw the creation of Evergreen Basic Needs, a charitable, community-based organization in Gimli, and he was a relentless fundraiser for Evergreen's building. Marcel was a willing contributor of his time, talent, and treasure for many causes in the community. He continued his volunteer work for many years until he dedicated his time to caring for Zulma as Alzheimer's Disease began to affect her daily living.

Marcel started curling in 1947 in Swan Lake, and it became a life-long hobby. While he may have missed a season or two, he curled close to 76 years. He initially curled with his father and two brothers, making it a family affair. In his prime curling years from the late 1950's to early 1980's, and mostly as skip, he won countless bonspiels, including the RCAF national championship, the Canada Post provincial championship, and Manitoba Senior's zone championship. His trophy case was always full.

Another hobby that Marcel took up in retirement was woodworking, and he made such things as doll houses, cabinets and wall hangings, as well as the crosses that are behind each of the Stations of the Cross in St. Michael's Church. Marcel shared his love of music with Zulma, was a founding member of The Westshore Singers, and was a member of many church choirs.

He was a first-generation Canadian, proud of his Belgian heritage. He and Zulma loved to travel, especially across Canada and to Europe. Marcel appeared to be the "quiet one"...until you got to know him. He loved to joke and laugh, usually at his own expense, and enjoyed a good dirty joke and British humour, particularly Benny Hill, Mr. Bean, and the Carry On movies.

Marcel was a Millennial Dad and a feminist in the early 1960's, long before those terms were in vogue. While Zulma worked the evening shift at the local hospital, he made dinner for their kids, bathed them, changed diapers, read stories, and put them to bed. He also had a special talent as a baker.

Marcel had a special relationship with each of his grandchildren. He was Silly Grandpa, and loved to make them laugh. He was a five-time cancer survivor, and he approached each treatment with faith, courage and determination. Marcel lost his mother when he was 10 months old, and he learned resiliency at a young age. He overcame the challenges of his childhood and teen years to become the loving, generous, compassionate, and forgiving man that he was. A strong Catholic, he and Zulma were dedicated to building their family on a foundation of love, laughter and faith. He was his children's hero and a good friend to all, and will be missed.

Funeral Mass will be celebrated on Saturday, January 28, 2023 at 11:00 a.m. at St. Michael's Church, 113 7 Avenue, Gimli, MB, concelebrated by Father Stan Gacek and Father Art Seaman. Interment at Swan Lake Cemetery, located on his childhood family homestead, will occur at a later date.

The family gives heartfelt thanks to his many friends who supported him after Zulma's death, and to the folks at Robin's Donuts, Tim Horton's, The Oldie Café, Chicken Chef, the Lakeview Hotel dining room and the Country Boy and Beach Boy restaurants who put up with his corny humour and for ordering the same thing over and over again. We know he really appreciated it.

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

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

## OBITUARY

### Valerie Roseann Price (nee Kerntoph)

October 7, 1949 - January 19, 2023

We are heartbroken to announce the passing of our Mom and Nana, Valerie Price, aged 73 years of Ashern, MB on January 19, 2023 at the Lakeshore General Hospital in Ashern, MB with her loving husband Graham and family by her side.

Cremation has taken place and a gathering will be planned at a later date.

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

Your memory will live forever Engraved within our hearts

Gilbart Funeral Home, Gimli in care of arrangements.



# Announcements Classifieds

## OBITUARY



**Lorraine Barnes**

It is with great sadness that we announce the passing of our dear mother, grandmother, great-grandmother, auntie and friend at Rosewood Lodge with family at her side on January 13, 2023 at the age of 94 years.

Survived by her children Lois (Peter) Karish, Gwen (Serge) Sawrenko, Beverly Baines, Trevor (Brenda) Barnes; grandchildren Kurt Karish (Holly), Kristie Karish, Kory (Billie Jo) Sawrenko, Kim Taylor, Katherine (Mark) Tenosky, and Kyle Barnes; great-grandchildren – Karsen and Keenan Karish, Ethan and Quinn Sawrenko, Kaiden Taylor, Thomas Barnes and nieces and friends.

She was predeceased by her husband of 55 years Charlie Barnes and son-in-law Verne Baines.

Mom was born in Winnipeg July 30, 1928 and grew up in the Marquette area, where she attended school at Meadow Lea and later went to work at Safeway in Winnipeg.

Mom married Dad in August 1948 and they raised their children at Sandridge. Mom moved to Teulon in 2000 after Dad's stroke and lived there until moving to Rosewood Lodge in Stonewall in March 2020.

Mom was a mother and homemaker all her life while full time managing Sandridge General store and post office. Mom added mechanic's helper to her resume as we children left home and helped Dad in his repair shop. Later in life, she did homecare for the elderly in her community.

Mom enjoyed playing cards (we called her the crib master) and loved teaching her grandchildren and great-grandchildren how to play. She also loved music, dancing and doing crafts in her spare time and although her sandwiches were a little on the thin side at times, she was an excellent baker making the best homemade bread and pastries.

We will miss her dearly.

As per her wishes, cremation has taken place and a celebration of life was held on Thursday, January 19, 2023 at 11 a.m. at St. Peter Lutheran Church in Teulon, MB., with a private interment at Sandridge Cemetery.

In lieu of flowers, if friends so desire, memorial donations may be made to Sandridge Community Cemetery, c/o Lois Karish, Box 122, Fraserwood, MB., R0C 1A0.

The family would also like to thank staff at Rosewood Lodge for their excellent care given to Mom. We are extremely grateful for the support and comfort that you provided to all of us.



## OBITUARY



**Donna Borgford**

Once again cancer robbed a beautiful soul of her life. Donna Borgford passed away at Selkirk Regional Health Centre on January 16, 2023. She was born October 18, 1946.

She will be missed by her family, children Cherry and Tim; grandchildren Tyler, Armanda and Jonathan (Corrina); great-grandchildren, Nevaeh, Taylor and Melaysia; sister-in-law Barbara, brother-in-law Ben (Jona); sister-in-law Vangie (David); honorary family members, Pat Main, Curtis Monkman; many nieces and nephews as well as numerous other friends and family.

Donna was predeceased by her loving husband Victor; her parents, Reg and Floss Knapp; Victor's brother Steinie; and Victors parents, Gusti and Stebba Borgford.

She was instrumental in the founding of Springs Church, and involved in volunteer work, one of which was the Youth Justice Committee.

Donna taught at Red River College for two years and authored a book "Exploring Business" that was used as a text book for Red River College. After that she worked at Great West Life as an Assisting Corporate Secretary. She loved her job and was a dedicated employee for 38 years, retiring at the age of 67.

Donna had a passion for helping anyone needing help, whether it was a person or a puppy. She also loved travelling with Victor. They completed a round the world tour in the early days of their marriage, and later camping with their children. Donna lived her life to the fullest.

Donna, we will forever miss you in our lives, and so thankful that now you are safe in the arms of Jesus, and your suffering is over.

A funeral service was held on Tuesday, January 24, 2023 at 11:00 a.m. in the Gilbert Funeral Chapel, 309 Eveline Street in Selkirk, Manitoba.

In lieu of flowers, donations would be appreciated at the Youth for Christ, 426 Clandeboye Ave., Selkirk MB, R1A 0X6, or a charity of your choice.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



## Evergreen Basic Needs would like to acknowledge the following for their support in 2022:



## A Note from Evergreen Basic Needs

Evergreen Basic Needs would like to take this opportunity to say thank you to all who supported EBN through 2022: governments: federal, provincial and municipal; foundations: both national and local; and businesses, organizations and individuals. This past year brought both challenges and opportunities but with the help of all, including our dedicated volunteers and staff, we were able to meet the challenges and capitalize on the opportunities.

The challenges continue on many fronts, whether it is the increased costs of food, housing and fuel or supply chain issues. Through it all the EBN Food Bank maintains its ability to provide relief from food insecurity with healthy and nutritious food to those who need our services. Whether it is a one-time need or ongoing assistance to get through a rough patch due to job loss or health concerns, EBN will be there.

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

*Thank You*

# Announcements Classifieds

## OBITUARY



### Derek Humphries

It is with great sadness that we announce the passing of our dear father Derek Humphries on January 16th, 2023. Derek passed away peacefully at the age of 81 with his loving wife by his side.

Derek was born in Liverpool, England to his parents Sydney Humphries and Lily Warburton, and had an older brother, Reg. He loved anything with an engine; cars, boats, motorcycles, and trains. His early career at The British Railway would eventually lead to him meeting his beautiful wife, Hilda. Derek and Hilda had three beloved sons, Mark, Gary, and Simon. Their search for a better life for their family eventually led them to Canada. With their sights originally set on British Columbia, a career opportunity arose in Winnipeg where they would settle down and start their new lives. In Winnipeg, Derek and Hilda helped found "The British Winnipeg Club" which held numerous events such as socials, dances, and car rallies.

Derek worked for CP Rail for the majority of his life before retiring with Hilda to live in Arnes with their dog Chester. During retirement, they joined a camping club, "The Good Samaritans," which took them all over the United States.

Derek was blessed with five wonderful grandchildren and one great-grandchild. He will always be remembered as a hard worker and loving father. His family is grateful for the support and attendance in celebration of his life.

Memorial service will be held on Friday, January 27 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.




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Dealers may sell for less. Pricing on all chain saws, power tools and accessories will remain in effect until November 25, 2022. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only while supplies last.

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