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## Snow pressure

EXPRESS PHOTO BY JENNIFER JOHNSON

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# Continuous snow putting pressure on rooftops

By Ty Dilello

Our cold and snowy Manitoba winters might make most residents want to stay inside and leave some of the chores that require going outside till spring. However, one chore that is essential this season is rooftop snow removal.

Although most roofs in Manitoba are certainly designed to withstand the heaviest of snowfalls, it's crucial that you routinely remove snow from your roof to prevent ice dams, water infiltration, and even roof collapse.

"Roof top snow removal is essential to prevent ice dams, water infiltration and even roof collapse," said Mark Simard, Owner of Roof Express out of Argyle. "Snow-blocked vents can lead to frost build-up on the underside of the roof and can cause mould to your sheathing, rafters and trusses. In addition, your attic should be the same temperature as outside, or problems like ice dams or condensation might occur. Also, a lot of damage to the shingles can occur if the snow removal is done by somebody inexperienced. In over 30 years, I have seen a lot of damage done to roofs."

It's also important to remove snow and ice from your hydro meter as it can create a safety hazard. Accumulated snow and ice can put stress on



Roofmelt helps prevent damage from ice dams.

the meter piping and cause a gas leak. The build-up on the regulator can block the vent and allow excess gas pressure into your home.

"Making sure snow and ice do not build up on your natural gas meter or block exterior side vents if you have a high-efficiency natural gas furnace is critical," said Bruce Owen, media relations officer for Manitoba Hydro. "It's important to check your natural gas meter regularly for snow and ice build-up. Even though natural gas meters and pressure regulators are built to withstand extreme winter weather conditions, you need to keep



EXPRESS PHOTOS BY JENNIFER JOHNSON

Arborg Home Hardware has a wide variety of tools to help with your roof top snow removal this winter.


them clear of snow and ice."

A common question asked is when you should be removing the build-up of snow from your roof. If you have a low-pitch roof, you should regularly remove it. After a heavy snowfall, you should be out there as well. And then, when your home begins to make weird sounds, trust your home. It will start sending out SOS calls such as

cracking, creaking, popping or other unusual noises. This is a tell-tale sign that the snow on your roof is too heavy.

Stan Loewen of Arborg Home Hardware keeps a substantial stock of items to help customers not be overwhelmed with rooftop snow removal.

"We have several options for safe and effective snow removal, such as roof rakes with up to a 16-foot handle to allow you to stand on the ground level while pulling snow off the roof. We also have ice melt tablets/pucks that can be thrown on the roof and will slowly dissolve and melt snow and ice," said Loewen. "Several reasons to remove heavy snow coverage on the roof include staying safe. As snow and ice build-up, it can slide off the roof, causing safety concerns for people and objects along with the building. And then there's property damage as well. When the snow melts and freezes and melts again, it can cause water to back up on the roof, causing leaks, or freeze up and damage eavestroughs, or in worse case scenarios cause structural damage to roofs with a heavy snow load."



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# Hip hip hooray for Lundar man

By Nicole Brownlee

Despite a growing backlog of surgeries throughout the province, long-time Lundar business man praises his quick return from the hospital after a long wait.



EXPRESS PHOTO SUBMITTED

Donald Law is recovering at home from hip surgery earlier this month.

Donald Law's hip replacement surgery was delayed for two years. Finally, on Jan. 10, he was admitted to the Misericordia Health Centre in Winnipeg.

"I figured it was going to get postponed because of how COVID is right now," said Law.

The provincial government announced on Dec. 8 they created a task force to address the diagnostic and surgical backlogs across the province. The team is led by 14 people, who represent surgeons, diagnostic testing, nurses and citizens.

Doctors Manitoba estimates over 150,000 surgeries and diagnostic procedures have been backlogged because of the COVID-19 pandemic. This number increased by over 1,000 procedures from last month.

The province has spent about \$13.7 million to approach the backlog in Manitoba and has contracted out around 8,300 procedures, said Health Minister Audrey Gordon at a press conference on Jan. 19.

Law drove himself to his 6:30 a.m. surgery at Misericordia and was released by 2:30 p.m. the same day.

"It was very short and sweet."

He appreciated how quickly he was in and out because of rising COVID-19 cases in hospitals across the province.

As of Jan. 19, there are 665 people hospitalized with COVID-19 and 50 COVID-19 patients in intensive care.

"The staff at Misericordia were just excellent," said Law.

"I don't know how those people do this every day during these stressful situations."

Law can walk around with assistance, but he said that he is experiencing very little pain while recovering at home with the help of friends and family.

"I'm amazed. After five years of pain to wake up and have none."

Hip and knee replacements are two of the most common procedures in Canada, says the Canadian Institute for Health Information.

Over 63,000 hip replacement surgeries were conducted across Canada between 2019 and 2020.

**THE EXPRESS**  
WEEKLY NEWS  
204-467-5836

# Medal for Excellence



Shannon Bodnarus

Shannon Bodnarus of Arborg was awarded the Conservatory Canada Medal for Excellence for the Level 6 Contemporary Idioms piano exam recently. This award represents the highest mark in that subject and grade in the Province of Manitoba. Bodnarus attends Grade 9 at Stonewall Collegiate and studies private piano with Brenda Gulay of Arborg. All of Bodnarus's lessons and exam were done virtually.

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# Johnson appointed agriculture minister after provincial cabinet shuffle

By Patricia Barrett

Interlake-Gimli MLA Derek Johnson was appointed Manitoba's minister of agriculture last week after premier Heather Stefanson shuffled her cabinet.

Johnson, who previously held the municipal relations portfolio, is replacing Ralph Eichler as agriculture minister. He said he began reaching out to agricultural stakeholders last week to get acquainted.

The severe drought last year brought great hardship to farmers, especially cattle producers, and Johnson said the department is "laser-focused" on the agricultural sector because it's so important to the provincial economy.

"We'll work with all our stakeholders on the most effective approach to ensuring that the industry remains viable," said Johnson last Friday. "That's the goal."

The commercial fishery, which had been transferred to agriculture a few years ago from sustainable development, has now been transferred to the department of natural resources, which will be headed by Scott Fielding.

Going forward, Johnson said he'll work with the federal government to deliver cost-shared agricultural relief programs when needed. Under the Canadian Agricultural Partnership, the federal government covers 60 per cent of program costs and provincial/territorial governments cover 40 per cent. Farmers who needed disaster relief last year were happy with the supports provided under the program.

"They're very content with the programming that came out. The department and [former] minister [Ralph]

Eichler did an outstanding job of putting that program together," said Johnson. "Manitoba really relies on the agriculture sector. Eleven and a half per cent of our GDP is based on agriculture and we have just shy of 50,000 jobs that are due to the agriculture sector. When the farmers have a good year, the province has a good year."

At the moment, he said farmers are looking at rebuilding their cattle herds after having to sell off or downsize because of feed shortages resulting from the drought.

"The second part of the [relief] program — rebuilding herds — is important right now. In the Interlake and other parts of the province, there were lots of farmers that had to liquidate their breeding stock," he said. "The program will help them rebuild that stock so we can maintain our beef sector in Manitoba."

The program includes bison, elk, sheep and goats, he said.

The deadline to apply for assistance to rebuild herds is January 2023, said Johnson. He's aware that there are some farmers interested in starting recovery efforts soon. Others may hold off for a while to see how the land lies.

"If you wait to rebuild your herd, are the prices going to be higher? If you're the first one to rebuild your herd, are you going to have enough feed for them this summer?" he said. "These are tough questions farmers are going to be facing in the next while."

Johnson said he completed his five-year service on the provincial Treasury Board, which helped him understand the specific needs of departments.

He'll now be sitting on the Regulatory Accountability Committee (RAC), which reviews proposed legislation.

"Serving five years on Treasury Board benefited me. Every year departments come in with their asks, and I had a pulse on a lot of departments, including agriculture," he said. "I've had an interest in being on RAC. Any department that brings forwards legislation comes to RAC first. We'll get to see bills and be able to make changes."

In addition to assigning ministers to new departments, Stefanson appointed new ministers and created three ministries for health. She now has a cabinet of 17. Stefanson didn't offer former agriculture minister Ralph Eichler and former sport, culture and status of women minister Cathy Cox a role in cabinet.

New and continuing cabinet positions are as follows:

Alan Lagimodiere: Indigenous reconciliation and northern relations

Andrew Smith: sport, culture and heritage, Travel Manitoba, Manitoba Centennial Centre Corporation

Audrey Gordon: health

Cameron Friesen: finance, Manitoba Hydro

Cliff Cullen: economic development, investment and trade

Derek Johnson: agriculture

Doyle Piwniuk: transportation and infrastructure

Eileen Clarke: municipal relations

Jeff Wharton: environment, climate and parks, Efficiency Manitoba

Jon Reyes: advanced education, skills and immigration

Kelvin Goertzen: justice and attorney general, Manitoba Public Insur-



**GOVERNMENT OF MANITOBA**  
Interlake-Gimli MLA Derek Johnson was appointed agriculture minister last week.

ance

Reg Helwer: labour, consumer protection and government services, Public Utilities Board, civil service

Rochelle Squires: status of women, accessibility, families, francophone affairs

Sarah Guillemard: mental health and community wellness

Scott Fielding: natural resources and northern development, Manitoba Liquor & Lotteries Corporation

Scott Johnston: seniors and long-term care

Wayne Ewasko: education and early childhood learning

## Government enhancing provincial park reservation service for 2023

By Becca Myskiw

Campers will soon have an easier time booking their sites for summer getaways next year.

The provincial government is currently developing a new provincial park reservation system. While the new system is being worked on, they're also adding short-term changes to the current system to "improve users' experiences when booking campsites this spring."

The conservation and climate department is looking at major changes like a completely new software application. So while they work on finding, acquiring and implementing that, which they're aiming to have in place by 2023, the department is "addressing the major challenges users experienced in booking campsites, cabins

and yurts at provincial parks on the opening days for reservations in 2021."

Those changes include server upgrades to improve the system's performance, the addition of two opening days to five from three, a limit to the number of reservations one can book in one session for cabins and yurts to two from three, and a reduction in the maximum stay length for yurts and cabins to seven nights from 14. The last change is to give more people the opportunity to use the facilities.

Conservation and climate minister Sarah Guillemard announced on Jan. 14, that they're making the adjustments in response to public feedback.

"The improvements will help manage the load on the opening day for reservations, ease the booking process for campers and provide more

opportunities to book camping facilities in high demand and limited inventory, such as cabins and yurts."

The public feedback came from the Improving the Parks Reservation Service online survey on EngageMB. Of the 97 per cent of users who said they had used the online reservation service, 49 per cent were dissatisfied with it. Twenty-seven per cent were somewhat dissatisfied, 21 per cent were somewhat satisfied, and three per cent were satisfied with it.

Three per cent of respondents hadn't used the service, and 52 per cent of them said their impression of it was very negative. Twenty-six per cent of them said their impression was somewhat negative, 12 per cent said it was somewhat positive, and 10 per cent of them weren't sure.

In another question, the survey asked how people typically reserve provincial park sites, and 91 per cent said online. The survey found that people don't book with the service on opening day mostly due to a bad experience or the site taking too long. These answers (and more) prompted the government to make these upcoming changes to the provincial parks reservation system.

"Our government is committed to making it easier for Manitobans to reserve campsites with this short-term and long-term approach," said Guillemard.

Online reservations start April 4 this year.

# Dr. Matear joining health incident command

By Patricia Barrett

The Interlake-Eastern Regional Health Authority's chief executive officer joined the province's health-care incident command team on Monday as omicron increases hospitalizations and staff vacancies.

Dr. David Matear is joining Manitoba's chief public health officer Dr. Brent Roussin as co-incident commander to assist with the government's response to the COVID-19 pandemic.

Marion Ellis, who is the health authority's regional lead for health services-public health, acute care and chief nursing officer, was appointed acting CEO.

"Marion has 30 years' nursing leadership experience, with many of those spent in senior leadership. She is currently actively participating in provincial planning tables for COVID-19 as well as health system transformation," said an IERHA spokesperson last week. "Marion has committed to maintaining the culture of transparent communication that has been established in the regional health authority. She will continue to host elected leader briefings as information warrants."

Manitoba health minister Audrey Gordon said in a news release that Matear's past experience dealing with health-care emergencies will stand the province in good stead.

"Dr. Matear brings a wealth of incident command structure and operational knowledge to this role as Manitoba works to mitigate the risk of COVID-19 and address the ongoing capacity needs of our health-care system," said Gordon in the Jan. 19 release. "Previously Dr. Matear served as the senior operating director in Fort McMurray, Alta., and as the incident commander for Alberta Health Services during the Fort McMurray fires that swept through that community in 2016. He successfully led hospital and health services care provision during the four-month period of those devastating fires and will no doubt be an incredible asset to Manitoba."

Matear is replacing Lanette Siragusa on incident command.

The IERHA spokesperson said municipal leaders were notified last week that COVID is increasing hospitalizations and causing illness among health-care staff, which is leading to vacancies. That may cause "interruptions in local service delivery as the

health-care system works to meet essential care needs and aligns resources to greatest need."

The health authority has asked municipal officials to advise residents there will be temporary health service disruptions.

Acute care beds have already been suspended in some IERHA hospitals because of nurse shortages, and emergency rooms over the past five years or so continue to temporarily close or offer limited hours of service because of doctor shortages. The IERHA recently announced that a doctor working in Arborg left the clinic attached to the hospital.

The province has restricted access to COVID PCR testing and also restricted the use of rapid antigen tests, resulting in a lack of public health data and uncertainty as to how many people are infected and how this wave is playing out. The province is also no longer conducting contact tracing for the general public and in schools.

Hospitalization and ICU admissions over the past month have continued to climb because of omicron. On Friday, Jan. 21, there were 827 new COVID infections (an undercount), 664 people in hospital and a total of 1,492



**IERHA**  
Marion Ellis has been appointed acting CEO for the IERHA.

deaths.

Premier Heather Stefanson said a few weeks ago it's up to Manitobans to look after themselves. Last week physicians said provincial Shared Health hasn't released a triage protocol — a guideline on who should get life-saving care and who could be left to potentially die — in the event that staff and hospitals resources run dry.

The surgical and diagnostic procedures backlog is 153,320 (data as of Jan. 13), according to Doctors Manitoba's online dashboard.

# Manitoba sees 23 COVID more deaths over the weekend

By Ashleigh Viveiros

Public health officials reported 23 new deaths in people with COVID-19 on Monday, ranging in age from 50s to 90s and from all across the province.

It brings the death toll to 1,515 since the pandemic began.

The weekend saw another 52 people admitted to hospital with the virus, bringing the total of hospitalized Manitobans to 716, including 49 in intensive care.

Looking back at data for seven days ending Jan. 20, Manitoba saw 367 new COVID-19 hospitalizations, a 0.3 per cent decrease from the previous week.

On the flip side, we also had 40 new ICU cases of COVID-19 in that time, an 8.1 per cent increase over the previous week.

Health officials were also reporting 5,597 new cases for that week. It's a 24.2 per cent decrease, though the case counts are not an accurate representation of how many people actually have COVID-19, as most symptomatic Manitobans are now doing rapid tests at home, if at all, which are not included in the official case totals.

Nonetheless, on Monday the province was reporting 38,691 active cases of COVID-19 and a case positivity rate of 33.3 per cent.

The province continues to encourage Manitobans to consider getting vaccinated against COVID-19, noting that, based on the past six weeks of data, people who are not fully vaccinated are three times more likely to be hospitalized should they contract the virus, 11 times more likely to wind up in ICU, and 10 times more likely to die than someone who is fully vaccinated.

"Vaccine is still our best defence

against omicron [variant] and COVID-19. It still provides tremendous protection against severe outcomes," stressed Dr. Brent Roussin, chief provincial public health officer, in a news conference held last Wednesday. "Whichever dose of vaccine you're eligible for, please get that as soon as you become eligible for it."

At press time, 78.8 per cent of eligible Manitobans age five and up had received two doses of the vaccine (fully vaccinated). The rate for the third dose booster shot was at 38.4 per cent.

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Psychologically depressive vile odours would be reduced. Fan noise also needs muffling.

Ref: scholar.google.com Search words: swine flu virus pig endotoxin hydrogen sulphide H2S ammonia

Manure regs of 1990's omitted protection of "air". But the Environment Act still prohibits air "pollution", and Public Health Act, Negligence and Assault laws could order shutdown of fans.

Beautiful rural zones are made uninhabitable henceforth by Depts Agric and Municipal Planning's enabling of foreign investors' air pollution risk barns, creating dependant labour, via toxic odour driven exclusion of free enterprising rural residents.

Local 2005 hog barn vote: "No". Discussion: GrantRigby.ca



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## Free mental health services available for farmers

By Jennifer McFee

A new resource has cropped up to help farmers cultivate a sense of mental wellness.

Announced last week, the Farmer Mental Wellness Program will offer mental health support for farmers and their families.

Through this program, farmers and their immediate family members can access six free one-on-one counselling sessions with professional counsellors who also have a background in agriculture. These confidential hour-long sessions are funded by the Manitoba Farmer Wellness Program, a non-profit organization established in October 2021.

To accommodate farmers' schedules, the services are available days, evenings and weekends. Farmers can opt for sessions in person, by phone or by video chat, and appointments will begin in March.

"The program was designed to fill a gap. Our advisory board and people in the counselling and farming community identified that there are lots of terrific resources and supports and online forums, but at the end of the day, people wanted to have an opportunity to speak one-on-one with somebody," said board member Roberta Galbraith, who is a farmer in the Minnedosa area.

Galbraith points to studies by the University of Guelph and Farm Management Canada that draw direct links between farmers' mental health

and the profitability of their business.

"When you pause and think about it, it really makes sense that if you're not well mentally, then decisions are going to be more difficult," she said.

"You might tend to fumble and stall a bit. Your mind whirls and then you become very indecisive. You might not sell at the right time and then the price goes down, or in the case of fertilizer inputs, the price goes up."

Although the board has identified the Farmer Mental Wellness Program as a pilot project, Galbraith hopes it will continue as an ongoing resource.

"We expect that the uptake will be greater than we anticipate. This program was built on the success of similar programs in P.E.I., Quebec and Ontario, where the demand has grown," she said.

"We hope that we will morph from a pilot to an established program within the next year and then move forward with more robust fundraising and maybe some additional programming, depending on the demand and interest of the public."

Galbraith notes that she has family members that farm in the Ashern area, and she's aware of how discouraging last summer was for Interlake cattle farmers and for those who watched their crops disappear to grasshoppers.

"It was nice to see awareness from other places in the country and other corners of the Manitoba ag community that tried to help support what was



Roberta Galbraith

going on there," she said.

"Just because you might be another sector within a larger industry doesn't mean that you're not a peer. This program is designed for any farmer."

The program is currently in the final stage of development. Farmers and family members will soon be able to book a session by visiting [www.manitobafarmerwellness.ca](http://www.manitobafarmerwellness.ca) and clicking on "Book an Appointment." Through the website, they will also be able to select a counsellor that might be a good fit for them.

In addition, the website provides information about how to apply to work as a counsellor for the Manitoba Farmer Wellness Program, as well as how to donate to the cause.

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

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# get informed

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EXPRESS PHOTO BY MATT STEINER

Snowplows were busy throughout Manitoba, including this one heading south of Fisher Branch last Friday, clearing roads and highways after Mother Nature brought another 10-14 centimetres and strong winds. Schools across the Interlake were closed for a number of days last week. Help the *Express* record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [weather@expressweeklynews.ca](mailto:weather@expressweeklynews.ca).

## Gimli fish plant expected to create local jobs, expand market option

By Patricia Barrett

A fish plant that's scheduled to be up and running this summer in Gimli is expected to create jobs and additional open-market opportunities for Manitoba's commercial fishers.

Ulysses Pratas of Ontario-based Presteve Foods Limited is building the plant in the Gimli Industrial Park to serve fishers working on Lake Winnipeg and Lake Manitoba, as well as fishers who live north of the Interlake region.

"We're excited about providing an opportunity for fishers to participate in the open market," said Pratas last week. "In our first phase of operation, we're looking to have anywhere from 15-25 people at certain times of the year. During busy seasons, we will require more people."

Presteve chose Gimli because it is centrally located within the general region the company expects to serve, and the town has an established transportation corridor, said Pratas. Gimli's industrial park also has all the necessary services — water, sewer, electricity — for a food processing facility.

Pratas has owned and managed Presteve Foods since 1979. It is a vertically integrated business, meaning it manages several stages of production. It has its own Ontario-based fleet and fishers supplying freshwater fish. It also purchases fish from Great Lakes, American and Manitoba fishers. It operates a processing facility and does its own marketing, selling fish products to retail outlets and food service distributors. The company has two brand name products: La Nassa and Purepac.



EXPRESS PHOTO SUBMITTED

Presteve founder Ulysses Pratas is building a fish plant in the Gimli Industrial Park to serve commercial fishers from the Interlake and northern region.

Unlike Manitoba, Pratas said Ontario has always had an open market, allowing private enterprise to develop. Manitoba's open market was established in December 2017.

That year the provincial Conservatives removed Manitoba from the Freshwater Fish Marketing Act and launched the open market, allowing fish dealers to set up businesses and enter into private contracts with fishers.

"There was some talk over the years that Manitoba would move to an open market, so we stayed attuned to that and waited," said Pratas. "Once that came about, we started making a presence in the Manitoba market in 2018."

Pratas said Presteve has a Manitoba-government issued fish dealers' licence and has established business



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A commercial fisher brings in the catch to Gimli Harbour in September 2021.

dealings with fishers.

"We have a good number of fishers who sell their fish to us from different areas across Manitoba," he said.

The processing plant in the Gimli Industrial Park will come online in a phased approach, he said. It will serve as a drop-off depot for fishers in the Interlake. Because he understands Manitoba's challenging geography, with some northern fishing communities located hours away from Gimli, the plant will provide a pick-up service for fishers in the north.

"We will provide the fishing communities up north with an opportunity to pick up their fish and take it to our plant in Gimli," said Pratas. "Once at the plant, we will do sorting, grading, packing and some minor processing then ship the fish from there. As we develop into our second phase, we will do some additional processing."

Although the pandemic has had significant negative impacts on many businesses, Pratas said his company diversified when faced with challeng-

es such as selling fish to the North American restaurant market, which was badly hit by COVID lockdowns or reduced capacity limits.

"COVID really taught us how to be resilient and to continue on in the absence of those markets by being diverse, trying to sell into other markets and continue on," he said. "At the end of the day, we have to do our best to ensure fishers have a market because fishing is their livelihood."

Pratas said the company will break ground at the industrial park as soon as possible.

"It's winter in Manitoba; we can't get a backhoe and start moving ground right now. We're taking advantage of the winter to do some planning. As soon as we can break ground we will," he said. "We want to get the project off the ground and built so that fishers have a place to do business as early as this mid-summer."

For more information about Presteve, visit [presteve.com](http://presteve.com) or on Facebook.



# Manitoba-made Crown Royal named Canadian Whisky of the Year 2022

## Submitted

Manitoba-made Crown Royal has been named Canada's best whisky and Canadian Whisky of the Year at the 2022 Canadian Whisky Awards.

A panel of nine experts gave the awards to the brand's Nobel Collection Winter Wheat at the 12th annual event.

"This whisky won by a landslide, really," said Davin de Kergommeaux, head judge and founder of the awards.

"It's very lush in its flavour. It feels wonderful. Lots of weight in your mouth ... but the nice thing about this whisky is that it tastes most like itself. It really is synthesized into a single unit, a whole."

Crown Royal is distilled on a 360-acre property along the shores of Lake Winnipeg in Gimli.

"On behalf of our entire team at the distillery in Gimli and our blending team, and our teams throughout North America, it's an absolute honour to be named the Canadian Whisky of the Year," said Stephen Wilson, director of whisky engagement for Crown Royal.

"The Nobel Series, it's always been a chance for our blenders and our distillers to really showcase just the quality of whisky we produce at Crown Royal. So for that to come full circle and for all of those folks to get the recognition they deserve, I'll tell you, our team has been on cloud nine."

In addition to the top honours, the Manitoba product also took home Best Blended Whisky and Sippin' Whisky of the Year (multi-market).

Diageo, the beverage company which owns Crown Royal, also won Distillery of the Year for the Gimli location, and Blender of the Year for its blending lab in Montreal.

De Kergommeaux says Canada has plenty to be proud of in terms of its whiskies, which have three "touchstones" but thousands of variations.

"It generally starts sweet, like butterscotch. There's this peppery spice in the middle. Then it finishes with an almost bitterish, like grapefruit, pith at the end," said de Kergommeaux, never short of adjectives.

"It really is easy to recognize."



PHOTO SUBMITTED

Manitoba-made Crown Royal's Winter Wheat whisky was named Canada's best whisky and Canadian Whisky of the Year at the 2022 Canadian Whisky Awards earlier this month.

The Canadian Whisky Awards has over two dozen award categories, and other winners included Okanagan Spirits for Artisanal Distiller of the Year, Odd Society Maple Whisky for Best New Whisky, and J.P. Wiser's Red Letter 15-Year-Old for Connoisseur Whisky of the Year (domestic).

As for Crown Royal's Nobel Series, Wilson says each year is unique, so this year's winning Winter Wheat is only going to be available for a limited time.

"The reaction to the Winter Wheat, I haven't seen anything like that. So right now I would say there are no plans (to extend it), but I don't want to be the one that says that because you never know," Wilson said.

"For now, let's enjoy it while it's there. That's what it's meant to be. That's what it's meant for."

Crown Royal is no stranger to national or international recognition either.

Its Northern Harvest Rye became hard to find back in 2016 after being named World Whisky of the Year in Jim Murray's annual Whisky Bible.

"It was crazy," said de Kergommeaux.

"Here's a \$35 whisky that's the best in the world, and it just cleaned out liquor stores in Canada. I was in New Brunswick at the time, cleared out the liquor stores, cleared out the liquor stores in Ontario, everywhere."

Northern Harvest Rye went on to win Sippin' Whisky of the Year at the 2017 Canadian Whisky Awards, while the first iteration of the Nobel Series, Crown Royal Cornerstone Blend, was also named Canadian Whisky of the Year by Whisky Advocate in 2016.

"We have an amazing team in Gimli, and they are the heart and soul of why Crown Royal is so special," Wilson said.

The Canadian Whisky Awards are the brainchild of author and sommelier Davin de Kergommeaux, who founded the awards in 2009.

"I wanted to start the an awards program where we really evaluated the whiskies fairly and honestly, and where the judges were competent to assess Canadian whisky. Not scotch, not bourbon and not other spirits, but real Canadian whisky experts," de Kergommeaux said.

"We had, like, 65 entries the first year. We're going to cross 200 next year. So it's been growing."

De Kergommeaux says a panel of 10 judges are tasked with tasting each submission blind and giving it a score, with the highest scores taking home the hardware.

After the scores are tabulated, they're sent back to the judges to ensure their responses were incorporated correctly.

"We look for a whisky that people have really thought about. And you can tell," de Kergommeaux said.

# Moosehorn hotel owners planning for retirement

By Nicole Brownlee

Long-time owners and rebuilders of the Moosehorn Motor Hotel are handing over their keys over to their retirement.

"All my life, I always told my wife that if I ever owned a business, it'd be a hotel," said owner Roy Sveistrup.

"It was my dream."

Sveistrup grew up in Ashern while his wife Elsie lived over 50 kilometres away in Steep Rock. The couple moved away from their Interlake homes in their 20s, living in Winnipeg, Alberta and B.C. before returning to Moosehorn in 2008.

"It was like coming home," said Sveistrup.

After working in the construction industry for most of his life, Sveistrup decided to leap and buy the Moosehorn Hotel at the corner of Highway 6 and 237 when he was 53 years old.

"I wanted to try something different. I got a chance, and I bought it," said Sveistrup.

The hotel burned down seven years later because of an electrical fire, and Sveistrup and Elsie made



EXPRESS PHOTO SUBMITTED

Roy and Elsie Sveistrup are selling the Moosehorn Motor Hotel after owning the property for over a decade.

the difficult decision to rebuild the hotel from the ground up two years later.

"There was lots of hesitation. But we talked about it and decided to give it a shot again," said Sveistrup.

The Moosehorn Hotel has 12 rooms, an in-house restaurant, bar and vendor.

"It's a beautiful hotel."

His job at the hotel is different every day, said Sveistrup, but lately, he starts his mornings shovelling around the hotel, preparing orders for takeout if the kitchen is open and organizing reservations.

"It's a busy place."

The hotel has a staff of around 10 people during their busy season in the summer and fall. The staff reduces to around five people, excluding Sveistrup and Elsie, during their slowest months in December and January.

"I loved being here," said Sveistrup. "I'm here seven days a week."

The business was featured on Winnipeg radio station, KiSS 102.3, with the radio hosts broadcasting from a room at the Moosehorn Hotel over a weekend. Actors, film crews and hunters visited, and countless Halloween parties, Christmas bashes,



# Nurses asked to work when mildly symptomatic, give up vacation

By Patricia Barrett

A nurse who lives in the Interlake and works at a large Winnipeg hospital said she and some of her co-workers have concerns about the province's return-to-work policy and reduced COVID isolation time, which could see them working with potentially infected colleagues or unwittingly spreading the virus themselves.

After Christmas, the provincial government and its Shared Health organization said health-care workers can be on the job if they have COVID symptoms but haven't tested positive for the virus.

The *Express* is not identifying the nurse, who said she is sharing her personal opinions and is not representing the health authority for whom she works.

"We know [Shared Health] needs us to come back to work. But is it because they feel we are safe [i.e., no longer shedding virus] to be back at work or is it because they're short-staffed?" said the nurse. "As a nurse, you start to wonder if they're looking out for our best interests. And I don't know if this really is in the best interest of the public to have nurses and health-care aides come back when they've obviously had some symptoms. It starts to get very confusing; we don't what's safe and what's not safe."

A memo titled "Return to Work for COVID-19 Negative, Mildly Symptomatic Health Care Staff" was sent to all health-care workers on Dec. 29 from Shared Health and the province's COVID-19 Incident Command. That day saw almost 950 new infections reported.

The memo says health-care workers who've received a negative COVID test result (either one PCR test or two rapid tests) and whose symptoms are "mild/improving" can return to work. They also must have gone without a fever for 24 hours.

On Dec. 31, when almost 1,500 new COVID infections were reported and eight Manitobans died, the province slashed COVID isolation time from 10 days to five days for vaccinated people not showing symptoms and for vaccinated people whose "symptoms are improving," according to a news release issued that day.

The health minister said fewer isolation days will "reduce strain on the health-system workforce" and will protect the health-care system.

The nurse said it's not exactly cut and dried about the number of days infected people shed the virus, even if they're on the mend.

"Who knows for sure how long this virus is shedding for. Omicron is a big

shedder and a big spreader. So that's where it's kind of confusing to come back to work after three days; that seems a bit much," said the nurse. "We are worried. We don't want to be part of the spread. I don't want to spread it to my co-workers. I don't want to spread it to my patients. Some of my patients are immunocompromised."

On the plus side, she said nurses are wearing PPE during all patient contact and feels that side of things has been "managed quite safely."

Recent research released online Jan. 12 in the *International Journal of Infectious Diseases* suggests "potentially active virus can sometimes persist beyond a 10-day period" — a hitherto recommended quarantine period in many countries — and "could pose a potential risk of onward transmission." The researchers say it may be difficult to predict who will experience delay in clearing the virus.

Another concern with the back-to-work memo is that it encourages health workers to snitch on their co-workers should they have concerns about their health.

"We've had some interesting conversations about that because it works two ways," said the nurse. "You might do the report-your-co-worker bit if you're worried. But if you're stressed and busting your butt off on a ward and your co-worker says they have a bit of a sore throat, and you say, 'You should go get tested' ... and they get tested and they're positive, you're without them for the next shift. We have to bear the brunt of the work because they're not coming back to work."

On top of working when potentially infectious, nurses have also been asked to sacrifice their vacation time, which is likely their only chance to recuperate from successive pandemic waves, step away from a relentless bombardment of memos, changing policies and new information, and spend time with loved ones, she said. With many nurses already exhausted and feeling burnt out, giving up vacation would only push them that much closer to the edge.

"There was an email that came out to us where the government asked us if we'd be willing to get paid out for our vacation and not take that time off. That's happened twice now during the pandemic," said the nurse. "When they sent that out, every nurse here pretty much said, 'I feel slapped in the face that they even asked us to consider this.' It was very upsetting. This was one of their solutions to our nursing shortage."

The government has also asked



EXPRESS MANITOBA NURSES UNION TWITTER

Manitoba Nurses Union photo of a nurse's face with an imprint of tight-fitting personal protective equipment.

nurses twice to volunteer to work in another area or region of the province, such as the northern health region which is a "concern" right now, she said. She and her co-workers think that request could turn into a "mandate" should the government absolutely need to transfer staff around.

The nursing shortage in Manitoba doesn't come down to the pandemic, said the nurse. What COVID has done is expose a government that's "always trying to save money" by leaving positions vacant. "This [back-to-work] memo just shows the inadequacy of our government in managing our health-care system."

That inadequacy included "laughable" government restrictions, in the context of omicron, which allowed households to have 10 vaccinated

or five unvaccinated guests indoors. Those rules were in place before Christmas and weren't modified even though infections were spiralling upwards in the week before the holiday.

"Everyone here was confused about the rules on indoor gatherings; either you're really trying to contain this virus or you're not," said the nurse. "If there were enough beds in the system for a whole bunch of us to be sick at the same time, there would have been no restrictions; the government potentially would have let the virus run rampant, let it weed out the sick, kill X amount of people and be done with it."

When asked how much longer she thinks nurses can carry on at this pace, the nurse said if things don't improve

Continued on page 10



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# Health Canada approves Pfizer's COVID pill; safety alert issued

By Patricia Barrett

Health Canada approved Pfizer's COVID-19 oral pill on Jan. 17 but issued a warning the same day that people with compromised kidneys shouldn't be offered the treatment.

Paxlovid is composed of two antiviral pills, nirmatrelvir and ritonavir, which treat mild to moderate COVID in adults who are at high risk to have the disease progress to severe COVID, which includes hospitalization and death.

Pfizer's previously released research data showed the medication reducing the risk of hospitalization or death by 89 per cent.

But people with severe kidney impairment shouldn't be offered the treatment.

The oral medication is "not recommended in patients with severe renal impairment and requires a dosage reduction in patients with moderate renal impairment," states a Jan. 17 alert from Canada's health agency. "PAXLOVID may also interact with various medications, which could result

in serious or life-threatening adverse reactions, or a loss of therapeutic effect and possible development of viral resistance."

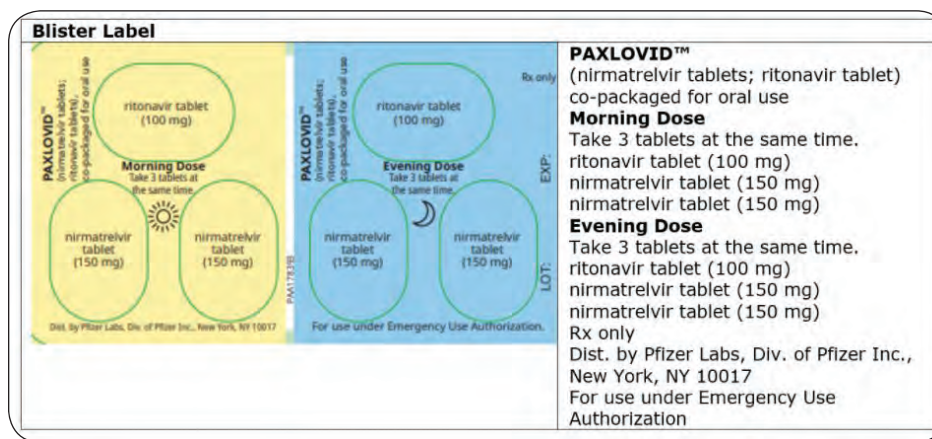
The medication is not authorized for use for longer than five consecutive days.

The drug's carton labels and blister packs will be in English only for now in order to expedite access to the medication, Health Canada said, and Canadian-specific information doesn't appear on the labels.

"To provide earlier access to PAXLOVID in the context of the global pandemic, Pfizer is providing cartons and blisters with the US Emergency Use label. This label is presented in English-only and is missing some important Canadian-specific information normally found on Health Canada approved labels," said the agency.

The medication is to be prescribed to infected people within five days of the onset of COVID symptoms.

People can take Paxlovid at home, according to Canada's chief public health officer Dr. Theresa Tam. But



EXPRESS PHOTO BY HEALTH CANADA

The blister label says Paxlovid has been approved for emergency use and is taken twice a day.

she said last week the medication might be prioritized for people "most in need" — those who haven't got vaccinated. The unvaccinated are at higher risk of developing severe outcomes from a COVID infection and needing hospital and/or ICU care.

"Treatment is not a substitute for vaccination," Tam tweeted. "Getting vaccinated, combined with public health measures, remain key to keep-

ing #COVID19 infection rates as low as possible."

Paxlovid is presently in short supply in Canada.

The federal minister of public services and procurement Filomena Tassi tweeted on Jan. 17 that the government secured 1 million treatment courses and has so far received an initial shipment of 30,400.

## > GIVE UP VACATION, FROM PG. 9

by spring, we'll likely see "a lot more" nurses retiring.

"A nurse I know in the Interlake just graduated from nursing school this past year and she wants to quit already. And I know some other nurses who are saying, 'I don't know if I can do this because I'm a new nurse and I'm having to cope with learning new things, learning a unit and now COVID on top of it and we're short-staffed and I'm burnt out.' That's heartbreaking. Nursing is a rewarding career. You can have so many good times with

your patients. You want to give everything you can every day, but when you do that through a pandemic, it leads to burnout. It's very real and very scary."

A spokesperson for Shared Health said the organization doesn't have data on the number of nurses in the system agreeing to give up vacation time and take a pay-out.

"I think we can all agree that Manitoba nurses and other health-care workers have demonstrated an incredible commitment to the care of Manitobans throughout the pandem-

ic — picking up extra shifts, coming back from retirement, volunteering for additional training to work in our intensive care units and accepting re-deployment and reassignment to areas in need of their specialized skills," said the spokesperson.

"With the onset of Omicron and Manitoba's fourth wave prior to the New Year, nurses were asked to consider being paid out for some of their booked vacation time over what was anticipated to be — and has proven to be — a very busy period. We do not have province-wide data of the uptake amongst nurses, but we thank

all those who have continued to support patient care during this time of increased demand."

The spokesperson didn't say whether nurse transfers to other areas could become mandatory, but Shared Health did have a number of nurses stepping up to volunteer for transfer.

"A call-out for nurses with critical care experience to work in Manitoba's ICUs also occurred before the holiday season. This resulted in a number of expressions of interest and voluntary redeployment of four nurses to ICU," he said. "Again, we express our sincere gratitude to nurses and all health-care workers for their significant efforts during these unprecedented times."

NDP leader Wab Kinew said nurses are the backbone of the health-care system but the governing Conservatives are ignoring their well-being as pandemic burnout continues and they exit the profession.

"Without nurses going above and beyond, our health-care system would have ground to a halt years ago. Yet the PCs have refused to acknowledge their sacrifice or give them any respect. They even refused to renew their contract for several years," said Kinew. "To stop the PCs' cuts and chaos, and start fixing health care, we need to reset the relationship with nurses. We need to do what it takes to keep nurses in the system and prevent them from leaving because of burnout, expand their training opportunities and give them more control over their schedules so they can have a good work to life balance."



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# Ashern's witches conjure a chilly treat

By Nicole Brownlee

A group of Ashern women donned pointed hats, brooms and colourful garb to perform as witches at the first annual Ida Townsend Memorial Witches Dance in October 2021.

The dedicated witches raised over \$4,000 for the Lakeshore General Hospital, which cared for Marilyn McMillan's mother, Ida Townsend, for four months before she died.

"It was all about doing something nice for the nurses and the hospital in memory of my mom," said McMillan.

Ten witches performed at the Halloween party for the Lakeshore Hospital Guild and Living Independence for Elders Inc. at the Ashern Centennial Hall on Oct. 29.

The dance troupe bopped to German music with a choreographed dance McMillan found on YouTube.

"It's a real catchy tune."

McMillan couldn't join her coven because of a sudden knee replacement surgery three days before the performance, but she enjoyed the video posted of the dance on the Witches Dance 2021- Ashern, Manitoba Facebook page.

"The witches did a great job without me," said McMillan.

"My mom would be so proud."

Townsend loved Halloween above all other holidays, which inspired McMillan to organize the Witches Dance



The late Ida Townsend loved Halloween and could often be found on the spooky day dressed up in an elaborate costume celebrating with friends.

as a fundraiser.

McMillan conferred with Dawn Schenkeveld, the clinical team manager at Lakeshore General Hospital, to decide how the money could be used.

The proceeds collected from the witches' pledges will cover the cost of a new fridge for the nursing staff at Lakeshore General Hospital.

The nurses currently share a small fridge with patient supplies, so a



EXPRESS PHOTOS BY MARILYN MCMILLAN

A group of 13 witches raised over \$4,000 at the first annual Ida Townsend Memorial Witches Dance to donate to the Lakeshore General Hospital. Here are 10 of the witches who performed on Oct. 29.

separate fridge for their lunches and belongings would be a treat, said McMillan.

The lead witch ordered a white Whirlpool French door fridge with a bottom freezer from Noordenbos Appliance in Ashern.

"We wanted to get the fridge locally to support local business," said McMillan.

"With COVID, there's such a delay with appliances, so the fridge won't

get here until May."

The witches said the fridge is worth the wait and will hopefully help the nursing staff.

"It's a step in the right direction," said McMillan.

The witches can't visit the hospital because of public health restrictions, but the remaining funds will be used to help improve the palliative care room where McMillan spent months watching over her mother.

## > RETIREMENT, FROM PG. 8

18th birthdays and socials were held at the hotel.

Before the COVID-19 pandemic, an American band would drive to the Moosehorn Hotel on Wednesday nights to perform at the in-house restaurant's weekly wing night.

"It was fun."

A lot of different people stayed at the hotel, said Sveistrup.

"We had some guys who would book a room a year in advance to stay here when they'd come up hunting."

The regulars took to calling Sveistrup's cellphone instead of the hotel line to ensure their rooms would be ready when they'd come to visit.

Despite fluctuating public health restrictions during the COVID-19 pandemic, the Moosehorn Hotel did well over the past two years, with many annual guests returning to hunt in and explore the Moosehorn area.

To follow restrictions, Sveistrup has had to close the hotel's restaurant for in-person dining and is mandated to verify all patrons of the in-house bar are double-vaccinated.

The hotel owner said he's grown tired of diligently following the rules and feels it's time to leave.

"It just gets so frustrating. I've had enough."

Maintaining the hotel has become too much for Sveistrup and his wife to manage, and they feel ready to say goodbye to their home away from home.

"It's become a job," said Sveistrup.

"We just want to enjoy some of our life now instead of waking up every morning and having to come here."

Community members have voiced their disappointment about the Sveistrups' decision to sell the hotel, but all are hopeful the community hub will remain similar.

"I hope that it's run the same ways that we run it, and it looks after the community like we do because the community looks after us."

There haven't been any offers on the property yet, but there's been a lot of interest, said Sveistrup.

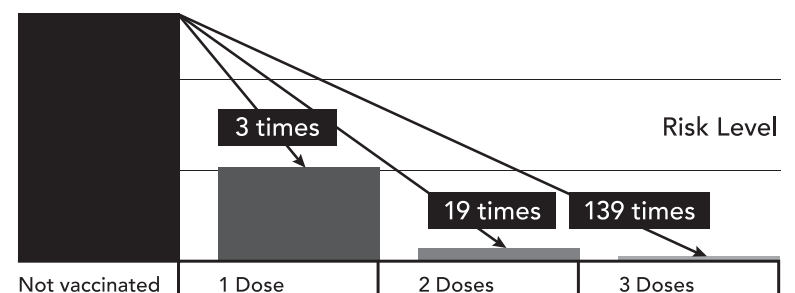
"Whoever buys it, I hope enjoys it as much as I did."



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# Ag company pitches in for fire department fundraiser

By Nicole Brownlee

A Riverton agricultural business is matching every dollar raised for the local fire department's latest step to complete their new fire hall.

ECBVerdyol, a manufacturer of re-vegetation, erosion and sediment control products, reached out to the Riverton-Bifrost Fire Department when they heard the firefighters were raising \$10,000 to pay for a set of 20 lockers at their new fire hall.

"We wanted to participate and give back to the new fire hall," said Mark Myrowich, owner and CEO of ECB-Verdyol.

"We think this is a substantial improvement to our community."

The erosion control company will match all donations up to \$10,000 to help ensure the department will reach its goal. One week after launching the fundraiser on GoFundMe, ECBVerdyol has raised \$100.

"The whole Interlake community is known for stepping up," said Myrowich.

ECBVerdyol has a history of giving back to the Municipality of Bifrost-Riverton. The company has donated to several community projects, like the local food bank and the Riverton & District Friendship Centre.

Corporations have an obligation to give back to the communities they're

in, said Myrowich.

"A good strong community looks after itself."

The least ECBVerdyol can do to support volunteer firefighters who protect the community and risk their lives is contribute to a fundraiser, said Myrowich.

"We hope this shows a little appreciation for their service."

Riverton-Bifrost fire chief, Jason Comeau, said he was surprised by ECB-Verdyol's offer to match donations but welcomed the support.

"It's very generous of them to offer this to us," said Comeau.

"It's great for the community."

The department plans to move into the Reggie Leach Drive hall in mid-March.

Construction on the fire hall has been underway since July 2021 and will enable the department to keep all of their equipment, which is currently stored in off-site facilities, under one roof.

The Riverton-Bifrost Fire Department serves Riverton and rural communities in the eastern half of the municipality and fire departments in neighbouring municipalities.

To donate to the GoFundMe, visit the Raise money for Riverton Fire Hall Lockers GoFundMe page or the ECBVerdyol Facebook page.



EXPRESS PHOTO BY RIVERTON-BIFROST FIRE DEPARTMENT

ECBVerdyol is helping the Riverton-Bifrost Fire Department fundraise to buy 20 lockers for their new fire hall in Riverton.

## Have your cake delivered and eat it too

By Nicole Brownlee

Winnipeg Beach residents and surrounding communities can now access pickup and delivery options from a local entrepreneur.

John Krysko was intrigued at the opportunity to be his own boss and supply a needed business to his community.

"I lost my job a few months ago, and I've always wanted to work around here," said Krysko.

Krysko has worked in several fields, including security, education and the film industry, but he's always been interested in owning and operating his own business.

"This whole endeavour is quite new for me," said Krysko.

"Setting everything up the way that you think will run smoothly — there's some comfort in that. You take some pride."

After spending his winters in Winnipeg Beach and around eight months in Sandy Hook for the past 10 years, Krysko found it inconvenient there were no delivery service options available.

Most restaurants in the communities didn't have enough consistent deliveries to hire a delivery driver full time, said Krysko.

"Talking with a few of my friends, we started talking about the idea of what if there was a delivery service for different things."

Krysko picks up and delivers anything from takeout and liquor to prescriptions and groceries from Tuesday

to Sunday, 12 p.m. to 12 a.m. in Winnipeg Beach, Sandy Hook and Matlock.

Since launching his business in January, Krysko said he's had a slow start, but he's meeting a lot of residents and getting to know the community more.

"Everybody around here, they all want to help each other," said Krysko.

"We all want to support local."

Krysko also helps out the community by picking up groceries and supplies for people in quarantine.

"Obviously nobody likes to be stuck at home, but they had run out of supplies, and I helped them."

A Winnipeg Beach resident who asked to be referred to as D. Hart said she found John's Pick Up and Delivery Service convenient and a helpful service to have in town.

"We have the Handi-Transit, which is good, but sometimes you could be waiting for it turn around for three to four hours," said Hart.

Tim Mullen, a friend of Krysko's, said the community benefits from the service.

"Everybody seems to like the idea. It's just taking time to catch on," said Mullen.

Krysko accepts cash, e-transfer or Bitcoin. Delivery rates are negotiable.

To access John Krysko's service, email [Johns\\_Pickup\\_and\\_Delivery\\_Service@protonmail.com](mailto:Johns_Pickup_and_Delivery_Service@protonmail.com), call 204-651-4015 or visit John's Pick Up and Delivery Service on Facebook.



EXPRESS PHOTO BY JOHN KRYSKO.

Sandy Hook and Winnipeg Beach resident John Krysko launched a pickup and delivery service for the communities in January.



# Delta marsh carp exclusion fishery returning in 2022

By Ty Dilello

Every spring, the province accepts names from interested commercial fishers from Lake Manitoba who wish to participate in the Delta Marsh Carp Exclusion Fishery.

The province holds a draw and licenses four commercial fishers annually to fish in pairs at the Crooked Creek and Waterhen Creek Exclusion screen sites on Clandeboye Bay. On occasion, it includes licences for an additional pair to fish at the Delta Channel.

Start dates vary to match when the screens are dropped each spring and generally end when the screens are removed mid-summer.

The Fisheries Department will be holding another Delta Marsh Carp Exclusion Fishery Draw in a few months. On average, they receive 30-40 fishers interested in participating in this fishery, with 4-6 fishers licensed to fish within the Marsh at the screens only.

Delta Marsh is the largest coastal wetland on Lake Manitoba and is widely known as an essential staging marsh for fall migrating waterfowl. However, the marsh had deteriorated and no longer supported abundant waterfowl over the past decades. Common carp (*Cyprinus carpio*) in high densities have been reported to be highly destructive to shallow-water ecosystems.

While carp are not officially considered an invasive species, they are certainly a problem in the Delta Marsh.

A provincial spokesman said, "During the period of 2016 and 2019, the

Lake Manitoba Commercial Fishers harvested approximately 1.4 million kilograms of carp, including 535,000 kgs harvested as part of the Delta Marsh Exclusion Fishery. However, the past couple of years have not been successful, with extremely low water levels in the Marsh and on Lake Manitoba."

With appropriate timing of exclusion screen placement and size of openings within the screens, carp numbers in the marsh have been reduced while allowing native fish species continued access to the marsh. The result has been improved habitat conditions in the marsh, including the return of submerged aquatic plants, which are an essential food source for waterfowl and habitat for spawning native fish.

This fishery has proved mutually beneficial as fishers selected can profit off them. Although carp don't have a great reputation here in Canada, they are well sought out elsewhere in the world.

Carp is a highly valued food fish in parts of Europe, the Middle East, and the Freshwater Fish Marketing Corporation (FFMC) has significant market demand. Fish bodies, heads, sperm and roe are bought from fishers and sold to separate markets worldwide. Carp licences are available as an additional licence that provides additional fishing opportunities to commercial fishers. While prices are lower than for some other species, carp can often be caught in large quantities, increasing income.

If you are interested or have ques-



EXPRESS PHOTOS SUBMITTED

A channel in Delta Marsh where a screened culvert blocked the entrance of numerous carp for research purposes.



The difference in size between a newly hatched Common Carp and an approximately one-year-old specimen.

tions regarding the Delta Marsh Exclusion Fishery, please contact Kevin Casper in Gimli at 204-642-2240 or kevin.casper@gov.mb.ca.

# Arborg-Bifrost deputy fire chief earns exemplary service medal

By Patricia Barrett

Arborg-Bifrost Fire Department's deputy chief Jeff Pearce earned a medal from the governor general last year for exemplary service.

Pearce received the medal last week, and the fire department congratulated him on its Facebook page.

The Exemplary Service Medal for fire services was created in 1985 to honour personnel who completed 20 years of service and whose service demonstrated good conduct, industry and efficiency, according to the governor general's website.

The medals are presented to Canadian Coast Guard, corrections, emergency medical services, fire services, peace officer and police personnel. They represent national gratitude for long and commendable service and recognize the men and women dedicated to preserving public safety.

The Express reached out to the fire department for comment.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Jeff Pearce earned top incident attendance for 2017.



EXPRESS PHOTO BY GOVERNMENT OF CANADA

Jeff Pearce earned an Exemplary Service Medal from Governor General Mary Simon in 2021 for his dedication to public safety.



# Manitoba Ag Days connecting agriculture to the classroom

By Jennifer McFee

Several new agriculture-related programs are sowing the seeds of knowledge for students across Manitoba.

Agriculture in the Classroom-Manitoba (AIRC-M) is a charitable organization that creates curriculum-linked programs for schools throughout the province.

The organization has launched a Manitoba Ag Days Adventure Virtual Program since the in-person event has been postponed due to pandemic restrictions.

Geared for students in Grade 7 and 8, this virtual adventure is made possible thanks to support from Manitoba Ag Days, Canadian Agricultural Partnership and Viterra.

AIRC-M usually offers hands-on, in-person programming at Manitoba Ag Days in Brandon based on the theme “think global, act local.” To adapt to the pandemic reality, the program has now gone virtual, complete with a video and gaming component that allows students to look at agriculture on a global scale. After that, they hone in on local connections and learn about the variety of careers available in Manitoba’s agriculture industry.

The virtual program has opened up the opportunity to students across the province who wouldn’t have been able to travel for the in-person event.

“Already, we have over 1,000 students registered for this virtual program from all over Manitoba. We piloted this last year and then made changes based on the feedback. The teachers who piloted the program absolutely loved it,” said executive director Sue Clayton.

“Students in Stonewall would never have come to the in-person Manitoba Ag Days program. Now they’re able to experience this. Everything we do is linked to curriculum, so teachers know that our programs are hitting the curricular targets that the provincial government sets for them.”

Teachers recently had the chance to participate in an in-person professional development session for the program. As another option, teachers can register to access online resources throughout the school year.

Taylor Studler, who teaches Grade 7 at Ecole Stonewall Centennial School, was pleased to take part in person. She enjoyed using the AIRC-M programs while teaching primary grades. Now that she’s moved to middle years, she was curious about the programs available at those grade levels. This week, she plans to introduce her Grade 7 students to their first lesson.

“It is important to me that students understand that agriculture is an essential industry that will always em-

ploy people now and in the future,” she said.

“The program explores the depth, diversity, economic impact and job opportunities in agriculture in our province and beyond.”

The program will provide Studler’s Grade 7 class with a global as well as local Manitoba perspective on the impact of agriculture on our daily lives.

“In the teacher guide that is provided in the PD (professional development) session, there is a section that clearly outlines the specific grade level outcomes in relation to the Grade 7 Manitoba social studies curriculum,” she added.

“Along with relating to three different social studies clusters, the program also offers an awareness of a variety of agricultural career opportunities for students to consider.”

From Studler’s perspective, she absolutely recommends for other teachers to get involved in this initiative.

“The Agriculture in the Classroom program provides flexibility in delivery options, which I have really enjoyed, especially during a time where we have worked with students both in the classroom as well as remotely,” she said.

“The program has different options for teacher delivery. For example, there is a teacher-led classroom experience, an in-class independent student learning experience or a remote student learning experience. The teacher can decide how to deliver the content depending on the students’ needs and circumstances.”

A few other AIRC-M programs are also accepting applications:

## Follow the Farmers

Follow the Farmers is a new virtual program that allows classrooms to connect to a live farm tour via YouTube. Although the curriculum links are geared for Grade 4 and 5 classes, any grade could sign up.

The next session is scheduled for Feb. 15 to highlight Manitoba sheep farms in partnership with video sponsor Penner Farm Services. Students will learn about the growth stages of sheep, animal care and wool. They’ll also discover everything that’s involved in raising healthy sheep to provide us with healthy food.

“We show a short video and then the farmer is there for the next half-hour or 45 minutes to answer questions,” Clayton said.

“Teachers can send in questions in advance, but the majority of questions come during that time. Teachers can type any questions into the chat box on YouTube and the farmers are able to answer some of them. It’s fantastic.”



SUBMITTED PHOTO

Student Dominic Kaemingk and teacher Taylor Studler are ready to embark on the Manitoba Ag Days Adventure virtual program.

Two sessions took place earlier this school year, with the first focused on weather and the second focused on dairy farms.

“We had over 4,200 students that participated in our very first Follow the Farmer about weather in the fall,” Clayton said.

“For this one right now, over 6,200 have registered already.”

Coming up in May, the fourth and final instalment of this school year will focus on a hog farm.

“It’s a brand new program this year and it came out of COVID. How can kids have these on-farm experiences and really connect with how their food is produced when they’re not able to go anywhere? We thought, ‘Let’s bring the farms to classrooms,’” Clayton said.

“Once teachers register, they’re able to go into this hidden page on our website for Follow the Farmers. They can see previous sessions and show their class those videos, even though it’s not live for them.”

Teachers can also access curriculum-linked resources for every video so the students can engage in pre-learning and post-learning for each session.

“It’s great because it’s so interactive for them. They’re not just sitting there receiving information. They’re engaged,” Clayton said.

“Our feedback from educators has been phenomenal.”

## Canadian Agriculture Literacy Month

March is Canadian Agriculture Literacy Month, and Agriculture in the Classroom-Manitoba is arranging

virtual visits with farmers or agriculture professionals for Grade 1 to 6 classrooms. Usually the program is conducted in person, but it has also been modified due to the pandemic. If teachers prefer to deliver the program themselves without the virtual visit, they will have resources available to them.

All teachers will receive a grade-appropriate book focused on seeds, plants and foods derived from them. They’ll also receive a teacher guide with instructions and curricular connections.

In addition, Grade 1 and 2 students will receive a mini seed-growing kit. For Grade 3 to 6 students, each class will receive the Manitoba Seed Kit, containing five sets of 15 Manitoba seeds with hands-on activities.

“The seed kit is going to be absolutely amazing. We’ve been wanting to do this for years. In this last year, we raised a lot of money to be able to make these gorgeous seed kits. Year after year, seed kits are our No. 1 requested resource by teachers across the province,” Clayton said.

“This kit will contain 15 different seeds that represent different crops in Manitoba. There will be activities to do with the kids, and we’re also producing a video to go with it where the kids can see what seed growers do. They can talk to someone involved in the science in a laboratory and understand where seeds come from. Last year, we had almost 9,000 students participate across Manitoba.”



# Gimli council to hold hearing on recreation resort rezoning in Arnes

By Patricia Barrett

Gimli council will be holding a public hearing next month to consider an application to rezone a parcel of land in Arnes to a recreation resort general zone in order to allow for a residential development.

A majority of council — Mayor Lynn Greenberg and councillors Peter Holfeuer and Thora Palson — passed first reading of a rezoning amendment (Bylaw No. 22-0001) at its regular meeting Jan. 12. Councillors Cody Magnusson and Richard Petrowski were absent.

According to the rezoning package prepared by the Eastern Interlake Planning District (EIPD), Ironclad Developments Inc, which is representing the property owner — referred to as Little Maui Inc. — is applying for an amendment to the Gimli zoning bylaw to rezone an undeveloped 42.81-acre property on Arnes Road (NE 1/4 9-21-4 EPM). The land is currently zoned open space.

The property borders the Camp Arnes wastewater treatment lagoon, a residential development, a summer camp and a golf course.

The owner proposes building a single-family residence, a secondary suite attached to a workshop/garage and a seasonal dock on Lake Winnipeg, according to a letter submitted to the EIPD by Ironclad.

The owner is also seeking variances to reduce the required setback from the Camp Arnes wastewater treatment lagoon from 1,000 to 405 feet, increase the maximum area of an accessory building from 2,000 to 4,000 square feet and permit the construction of the secondary suite before the primary residence is built.

The letter states the property owner is aware Manitoba Conservation and Climate “does not support residential development within the recommended 300 metre buffer from the lagoon” and “will not respond to any complaints” regarding potential impacts from the lagoon on the property owners.

A recreation resort general zone includes a range of uses, including residential, golf courses, campgrounds, trailer parks, summer camps and marinas.

The public hearing will be held Feb. 23.

**Other municipal news:**

- As per the provincial Municipal Act, council is enacting a bylaw (Bylaw No. 22-0002) to establish campaign expenses and contributions for the upcoming municipal election, which is set for Oct. 26, 2022.

Those running for head of council

are limited to \$7,000 in campaign expenses while those running for councillor are limited to \$5,000. Fundraising events must be held only during the campaign period, and total revenue received and incurred must be included in a candidate’s election finance statement, among other requirements.

- The RM’s bylaw officer reported that an entrance was blocked on Dec. 5 to prevent “snow machines” from accessing the entrance. A warning was issued and the RCMP contacted for support.

CAO Kelly Cosgrove said by email the issue had to do with “access to the lake.” It had nothing to do with blocking snowplows.

- The RM is maintaining a parking lot off North Colonization Road where people are allowed to park and walk to the dog park.

“The Public Works Department will clear the snow in the parking lot and the path to the dog park to ensure the public is able to access the dog park throughout the winter,” said Cosgrove.

- Snow-clearing in Gimli was “mostly completed” by last Friday after the big storm on Jan. 18, said Mayor Lynn Greenberg. Snow piles were hauled out of town to the RM’s snow-dump site south of Gimli along Highway 9.

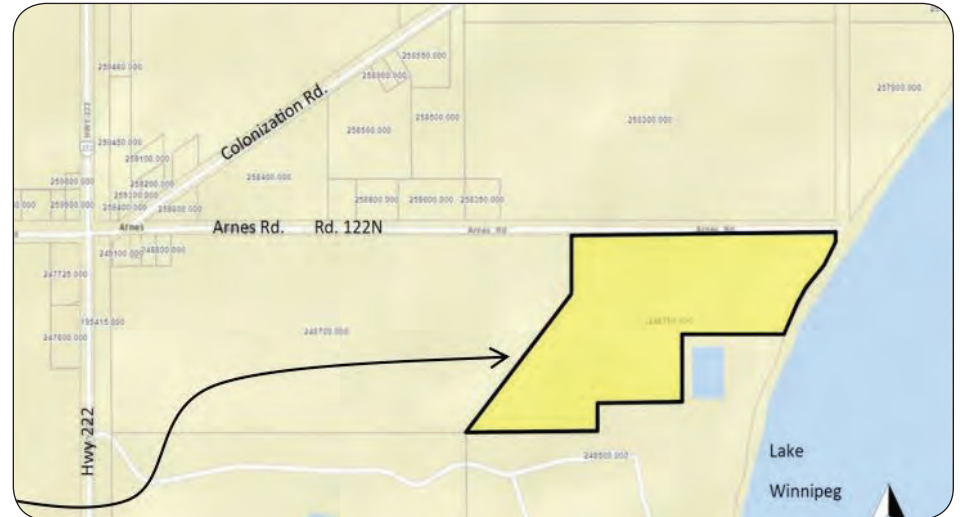
“I think this year we’ve had more snow than we’ve had for two years,” said Greenberg by phone. “But it’s a good thing; there’ll be moisture in the ground for the farmers this spring.”

- Council authorized the purchase of new fitness equipment for its fitness facility at the Recreation Centre. The RM will purchase a Matrix Endurance Upright Cycle with LED Console and a Matrix Endurance Recumbent Cycle with LED Console with options from Fitness Experience in the amount of \$5,598 plus applicable taxes.

- Council approved a phone upgrade for the RM’s public works department in the amount of \$8,802.71 plus applicable taxes from BellMTS.

Council passed a bylaw for a loan to pay for the asphaltting of Corona Crescent and Mercury Drive in Pelican Beach.

“The asphaltting project for the two streets has been completed,” said Cosgrove. “The bylaw was to issue the debenture for these two local improvement projects.”



Map showing a piece of land in Arnes that’s proposed for a residential development.



Centre Street acquired a temporary boulevard.



EXPRESS PHOTOS BEN HEWSON FACEBOOK  
It was really piling up on First Avenue in Gimli after the big snowstorm on Jan. 18.

**> AG DAYS, FROM PG. 14**

Careers program coming soon  
Agriculture in the Classroom-Manitoba has a new staff member joining the team in February to

launch a program for middle years and high school students to learn about careers in the agriculture sector.

“No matter what grade a teacher is teaching,” Clayton said, “there’s a

way to incorporate agriculture education.”

For more information or to sign up for any of the programs, visit the Agriculture in the Classroom-Manitoba website at [www.aitc.mb.ca](http://www.aitc.mb.ca).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Brandon beats U18 Lightning twice last weekend

### Staff

The Interlake Lightning battled the Brandon Wheat Kings hard twice last weekend but fell short in both games.

Brandon capped off a home sweep with a 4-2 victory in Manitoba U18 AAA Hockey League action on Sunday afternoon.

Alexander Kaczorowski scored twice in the first period to stake Interlake to a 2-0 lead. He started the game with a shorthanded tally and then added a goal while Interlake had the man advantage.

But Brandon's Clarke Caswell scored in the second period and then Braden Keeble, Callum Halls and Skylar Ramsay tallied in the third. Special teams were the difference as the Wheat Kings scored three power-play goals and a shorthanded marker.

Lightning goaltender Zach Meadows made 42 saves.

On Saturday evening, the Lightning lost 4-3 to the Wheat Kings.

Andrew Thevenot and Nic LeClair scored second-period goals for Interlake and then LeClair tallied in the third.

Brandon's goals came from Calder

Crossin, Ethan Guthrie, Halls and Jeremiah Jacques.

Meadows was busy, making 50 saves. Last Wednesday, the Lightning doubled the Winnipeg Bruins 4-2 in Teulon.

Hayden Wheddon gave Interlake a 1-0 lead nine minutes into the game but Winnipeg's Lucas Gillson replied just over five minutes later.

The Lightning took a 3-1 heading into the first intermission with goals from Kaczorowski and Joel MacMillan.

After a scoreless second period, Interlake went ahead 4-1 with a goal from Liam Cody 4:02 into the third.

The Bruins' Hayden Moore closed out the game's scoring at 14:44.

Meadows was very good, once again, stopping 55 Bruins' shots.

Interlake will host the Eastman Selects on Saturday (7:30 p.m.) and then will battle the Bruins on Sunday (12:15 p.m.) at the Southdale Community Centre.

In U18 "AAA" female action, Interlake was shut out 3-0 by the Pembina Valley Hawks on Saturday in Morden.

Hawks' goals were scored by Ab-



EXPRESS PHOTO BY RICK HIEBERT

Lightning goaltender Rachel Halldorson stopped 52 Pembina Valley shots in Interlake's 3-0 loss on Saturday in Morden.

bey Bourdeaud'hui, Anika Braun, and Mya Pearce.

Rachel Halldorson stopped 52 Pembina Valley shots.

The Lightning will host the Winnipeg Avros this Thursday (7:45 p.m.) in

Warren and the Central Plains Capitals on Saturday (7:30 p.m.) in Stone-wall.

On Sunday, the Lightning will play the Capitals in Portage la Prairie. Game time is 3 p.m.

## Basarab named Bisons' Boston Pizza Male Athlete of the Week

### Staff

Noah Basarab was named the University of Manitoba Bisons' Boston Pizza Male Athlete of the Week for the period ending Jan. 16.

Basarab, who last played for the Johnstown Tomahawks in the NAHL, had just an assist to his name heading into last weekend.

But he exploded in two wins over the MacEwan Griffins, scor-

ing three goals and adding an assist. Three of those points came in a 5-2 win on Jan. 15.

Basarab, a Gimli product, is in general studies in his first year at the University of Manitoba.

The two wins improved Manitoba's record to 5-8-1 on the season, two points back of Mount Royal.

The Bisons host the Trinity Western Spartans this Saturday (7 p.m.) and Sunday (1 p.m.).



EXPRESS PHOTO BY DAVE MAHUSSIER/BISONS SPORTS

Noah Basarab was named the University of Manitoba Bisons' Boston Pizza Male Athlete of the Week for the period ending Jan. 16.

Please share your story ideas at  
news@expressweeklynews.ca  
or Phone 204-467-5836

THE **EXPRESS**  
WEEKLY NEWS



# U17 'AAA' Lightning skate to pair of wins last week

By Brian Bowman

The Interlake Lightning U17 "AAA" hockey team has just five wins this season.

But two of them came during a three-day span last week.

Interlake capped off a great week with a convincing 7-3 victory over the Winnipeg Wild last Friday in Warren.

"It was our most successful week with two games and two wins," said Lightning head coach Aaron Kaatz. "It was a good game (Friday). We came off of a hard-fought, emotional win on Wednesday night against Eastman. We were still rolling high, feeling good, so we rolled into our game Friday night with a little bit of a high and everyone was feeling confident, feeling that they could score and we ended up putting up a touchdown against the Wild."

Interlake took a 3-0 first-period lead on goals by Noah Oughton, Talon Hogg, and Hayden Kaczorowski despite being outshot 15-11.

It was a great start to the game for the Lightning.

"Throughout the year, we've played well but we've never had the puck luck on our side," Kaatz said. "We would play some really dominating minutes of hockey but that puck just wouldn't cross the goal line. This past



Interlake forwards Ian Buors, left, and Hayden Kaczorowski celebrate a Lightning goal against the Winnipeg Wild.

week, we had a little bit more luck on our side. Pucks have been finding the back of the net and when that happens, even if we don't outshoot teams, when those pucks are crossing that line we'll take it because we've been working hard to get that luck."

The Lightning's Blake Farthing added a pair of goals in the second period while Ian Buors also tallied as Interlake took a 6-1 lead after two periods.

Luke Sekundiak scored Interlake's final goal late in the third period. Oughton and Farthing each had three



EXPRESS PHOTOS BY LANA MEIER

Lightning forwards Ian Buors (18) and Adam Vigfusson watch the puck career off the crossbar against the Winnipeg Wild during U17 'AAA' action last Friday in Warren. Interlake won the game 7-3.

points in the game.

Wild goals were scored by Parker Rolston (two) and Tavon McCorrister. Lightning goaltender Dylan LeClair was solid, making 37 saves.

Last Wednesday, Interlake edged the Eastman Selects 5-4 in Ste. Anne.

"It was similar to a playoff-style game," Kaatz said. "There was a lot

of emotion. We were up 5-2 heading into the last 10 minutes of the third and Eastman battled hard to get it to 5-4. With three minutes left, guys were diving to block shots — it was a real emotional win. Our players really

Continued on page 18

# Cvar goal featured on ESPN SportsCentre

By Brian Bowman

It's not every day someone from the Interlake makes it on ESPN SportsCentre's top 10 plays of the night.

But when you score a super slick goal like Olivia Cvar did last Friday, you're going to make that prestigious list.

Cvar, a Huskies' junior forward, carried the puck along the left side, toe dragged through a pair of defenders and was hooked from behind as she moved towards the slot and fell forward.

Incredibly, Cvar was able to flip the puck past Bemidji State Beavers' goaltender Kerigan Dowhy's shoulder as she flew to the ice.

Ironically, both Cvar and Dowhy's families live in Stonewall.

Cvar scored both Huskies goals in the 2-1 road victory over the Beavers.

Tied at 1-1 two minutes into the second period, Cvar had the puck and gained excellent position ahead of the lone defender and shook her as she entered the offensive zone, deked

into the slot and fired a wrister past Dowhy.

Cvar's outstanding performance was definitely noticed by Huskies' head coach Steve Macdonald.

"She's a difference maker," Macdonald said of Cvar. "She's had that ability since her freshman year, she's a player that can make something out of nothing. With her strength, her compete level, her willingness to win battles and stay on the puck — that's what separates her from a lot of players. She showed that on that play. Their 'D' had a good step and a good angle on her, she's all alone and by herself, then she makes that move, has the strength to stay on it. "Then there's just no quit. She's a player that's extremely competitive and plays with a lot of passion, and you see that. She's a goal scorer — goal scorers score goals. It doesn't matter how it goes in, they're going to make it happen, and she did tonight."

On Saturday, Cvar had a team-leading five shots on goal in St. Cloud's 2-1 road loss to Bemidji State.



EXPRESS PHOTO BY ST. CLOUD STATE

St. Cloud State Huskies' forward Olivia Cvar scored twice to lead her team to a 2-1 victory over the Bemidji State Beavers last Friday. Her first goal was featured on ESPN SportsCentre's top 10 plays of the night.







# get inspired

> MEAL IDEAS



## Royal Salmon with Romesco Sauce and Aioli

black pepper  
Aioli Sauce:  
1 cup mayonnaise  
1-2 cloves garlic, crushed  
1 tablespoon olive oil  
1 lemon, zest and juice  
salt  
white pepper  
lemon wedges, for garnish  
Preheat oven to 400 F.  
Place large skillet over medium-high heat and add 1 tablespoon olive oil. Season salmon portions with salt and pepper, to taste, and place skin sides down in pan. Cook 2-3 minutes until skin is crispy. Place on sheet pan, skin sides up, and bake 6-7 minutes. Remove from oven and let rest.

In same skillet, add remaining olive oil then add peppers and potatoes. Cook 6-7 minutes until peppers soften and potatoes start to caramelize.

Add paprika, cayenne and peas; stir and cook 2 minutes. Add tarragon.

To make romesco sauce: In clean pan, heat olive oil and gently fry garlic, nuts and bread until toasted.

In blender, process red pepper, tomato puree and vinegar until smooth. Add toasted nuts and bread; process to desired consistency.

To make aioli: In bowl, whisk mayonnaise, garlic, olive oil, lemon zest and juice, salt and pepper.

Place several spoonfuls of aioli on plate. Top with potatoes, peppers and salmon, skin side up. Top with romesco sauce.

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council  
Servings: 2

- 2 tablespoons olive oil, divided
- 2 Atlantic Salmon MOWI Royal portions
- salt, to taste
- pepper, to taste
- 1 red pepper, cut into long strips
- 2 cups small potatoes, cooked and cut in half
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 cup garden peas
- 1 tablespoon chopped tarragon
- Romesco Sauce:
- 1/2 cup extra-virgin olive oil
- 2 cloves garlic, smashed
- 1/4 cup slivered almonds, toasted
- 1/4 cup hazelnuts
- 1 slice white bread, crust removed
- 1 large roasted red pepper
- 1/4 cup tomato puree
- 1 teaspoon sherry vinegar
- salt



## Salmon and Shrimp Coconut Curry

chopped  
1 1/2 tablespoons red curry paste  
1/2 cup coconut milk  
1 tablespoon fish sauce  
1/4 cup tomatoes  
4 shrimp  
1 lime, quartered  
2-3 cilantro leaves, for garnish  
Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council  
Servings: 2

- 2 pieces of MOWI Pure portions salmon
- 1 cup wild rice
- 1 tablespoon coconut oil
- 1 clove garlic, sliced
- 1/4 cup red onion, diced
- 1 cup pumpkin or butternut squash, diced
- 1 tablespoon lemongrass, finely

## Expert Patient Here to Help!

By Susie Schwartz

A new year has begun. For some, January is pregnant with goals and anticipation. I am excited with you, as part of me feels the same way. (Hopefully not actual pregnancy. I'm too old and weathered to care to learn the names of the newest marvel characters, never mind push a baby out-side on a swing.) I have high hopes of more dreams coming true.

Some of you though, (and the remainder of me), feel a little (or a lot) fear or dread for whatever comes next. So what do we need to hear?

Maybe this: Sometimes, taking our next breath is all we can manage, and that is good enough.

Kate Bowler (A NYT bestseller, professor, and podcaster who incidentally grew up in Manitoba and was also diagnosed with stage 4 cancer a few years ago) said in a recent podcast that, for a while at least, she was stolen the opportunity to speak in the future tense. No more, 'Some-day let's...' or 'I can't wait until we...' Instead, she endured appointments and surgeries and chemo, never knowing if tomorrow would come.

I've never had cancer, but I have been dying before (For real, but I guess apparently also not.), and thinking of time in the block of a whole year didn't just cause overwhelm; it was literally impossible.

Some of you may feel that sounds fatalistic (Ahem, I was dying.), but you're probably one of the pregnant ones. Or maybe you are both sick and full of positivity on cocaine. (The positivity, not you - I think?) If you have a colon-removal surgery or a 7-finger amputation booked for



Susie Schwartz

January to buy you some months and are still aiming to plan an Italian holiday in February (Need I mention the pandemic?), props, friend.

There are probably a few of us who are made of different stuff. (I think it is called being human. You know... flesh; bone; a gamut of emotions.) Getting through everything takes all of our strength and courage, and unless there's a picture of pasta on the wall while our blood is being drawn (Weird. Used to be puppies.), we can't even picture that exquisite boot-shaped country.

So, as the needle goes into your arm or the doctor gives you hard test results, or you're afraid of losing your hair or a loved one, it's okay only to breathe and ignore all the days that may or may not come to pass.

Resolution it up! Or, take that next breath.

Less health stress, yes?

A published author and songwriter, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suschwa, and lesshealthstress.com



## One-Pan Japanese Salmon with Sweet Potato

brown rice, for serving  
Preheat oven to 400 F. Line tray with baking paper.

To make marinade: In bowl, whisk sesame oil, tamarind sauce, Dijon mustard, sesame seeds and honey until combined.

Place sweet potato on baking tray and drizzle with 1 tablespoon coconut oil. Toss to coat. Sprinkle with sesame seeds and sea salt. Roast 25 minutes.

Remove tray from oven and add broccolini. Drizzle with remaining coconut oil and sea salt. Place salmon fillets in middle of tray and drizzle with marinade. Bake 12-15 minutes, or until cooked to desired doneness. Serve with brown rice.

Servings: 2

Marinade:

- 1 tablespoon sesame oil
- 1/4 cup tamarind sauce
- 1/2 tablespoon Dijon mustard
- 2 tablespoons sesame seeds
- 1 tablespoon honey
- 1 sweet potato, cut into rounds
- 2 tablespoons coconut oil, divided
- 1 tablespoon sesame seeds
- sea salt
- 8 spears broccolini
- 2 salmon fillets (4 ounces each)



# Classifieds



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## NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATES FOR THE 2022 GENERAL MUNICIPAL ELECTION VILLAGE OF DUNNOTTAR

Please be advised that a general municipal election will be held on **Friday, July 22, 2022.**

Prospective candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

**NOTICE IS HEREBY GIVEN** that, by **appointment only**, I will be receiving candidate registrations at the Village of Dunnottar office, 44 Whytefold Road, during regular office hours:

For the office of **head of council**: Between February 1, 2022 and June 16, 2022

For the office of **councillor**: Between March 31, 2022 and June 16, 2022

To schedule an appointment to receive a registration form, please contact me at the telephone number below at:

David Lobban, Senior Election Official (SEO), 204-389-4980 or 204-918-7563 (cell)



## EMPLOYMENT OPPORTUNITY

### Economic Development Officer/ Municipal Recreation Facilitator

The desired applicant will perform a variety of administrative, technical and professional work to research, prepare and implement economic and community development plans, programs and services.

This is a part-time position – 3 days per week starting in February, 2022 (approximately 21.75 hours per week). This position has the potential to become a permanent full-time position.

The successful applicant will work with the R.M. of Grahamdale's Community Development Corporation (CDC), Reeve and Council and Municipal Administration.

The applicant should possess the following skills:

- A self-motivated individual, with the ability to work with minimal supervision;
- Have excellent oral and written communication skills;
- The ability to perform varied and multiple tasks within deadlines;
- Computer skills required;
- Dedicated team player;
- Willingness to attend training for Economic Development Officers as well as educational workshops and seminars.

Job Description:

- Administrative – managing the day to day affairs of the CDC (meeting agendas and minutes, correspondence, coordinating reports);
- Administer and implement the decisions of the CDC (this may require attending the occasional event or workshop in the evening or on weekends);
- Research funding opportunities;
- Proposal writing;
- Project development, management, and promotion;
- Public speaking and delivering presentations;
- Marketing and promoting the community.
- Working with community clubs and members of the community to facilitate events and activities within our Municipality;
- Providing general assistance to recreational programs being delivered within our communities;

Hours and wages are negotiable with experience and qualifications.

For more information contact CAO Shelly Schwitek, 768-2858.

**Please submit a detailed resume on or before February 1, 2022 by 4:30 p.m.** to the R.M. of Grahamdale Municipal Office, PO Box 160, 23 Government Rd., Moosehorn, MB R0C 2E0.  
Email: [rm606@grahamdale.ca](mailto:rm606@grahamdale.ca)

### SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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### APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

### WANTED

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### NOTICES

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## NOTICE OF VOTERS LIST / VOTING AS A NON-RESIDENT VOTER / PERSONAL SECURITY PROTECTION VILLAGE OF DUNNOTTAR

In accordance with Section 36 of *The Municipal Councils and School Board Election Act*, notice is hereby given that a copy of the VOTERS LIST may be reviewed, by appointment with the SEO, at The Village of Dunnottar Office, 44 Whytefold Road in the Village of Dunnottar. Updates to the Voters List can be made until June 16, 2022.

Updating of the Voters List including:

- adding names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other corrections of errors to the list, as required.

### VOTER ELIGIBILITY:

A person is eligible to have their name added to the Voters List if they are:

- 1) a Canadian Citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day; or a registered owner of land in the municipality for at least six months prior to Election Day.

### VOTING AS A NON-RESIDENT VOTER:

A maximum of two non-resident property owners per property are permitted to vote in a municipal election. In order to vote, each of these voters must obtain written consent from the majority of the registered landowners and this is to be filed with the SEO prior to June 16, 2022, for inclusion to the voters list.

Note: When voting, you may be required to provide proof of ownership to the voting official. When voting, proof of identity may be requested by the voting official.

**A voter's name must not appear on the voters list more than once.**

### APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address below) no later than June 16, 2022, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or fax and must include your name, address, and include proof of identity (an official document issued by a federal, provincial or municipal government). Any photocopies must be legible.

All changes to the voters list are to be completed by the close of business (16:30) on June 16, 2022, in preparation for municipal election to be held on **Friday, July 22, 2022.**

David Lobban, Senior Election Official (SEO) for the Village of Dunnottar  
Box 285, Winnipeg Beach, MB R0C 3G0, Phone: 204-389-4980  
Fax: 204-389-4966

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## Gimli Seniors Resource Council Inc. is seeking a full time Resource Coordinator

We are looking for a reliable, self-motivated person to join our team in coordinating and supplying support services to seniors in our communities. Programs include Meals on Wheels, Transportation, Lifeline, Housecleaning and others.

This position reports to the Manager. Requirements include good administrative skills, interpersonal skills, commitment to seniors' health and well-being, being a team player, the ability to work independently, and willingness to take on other duties as assigned.

College credentials an asset, however a combination of education and related experience will be highly considered, along with a valid driver's license, a vehicle, and all pre-employment checks. We offer a competitive starting wage which includes pension and benefits package.

Deadline for applications is: February 11, 2022  
Please submit a resume including 3 references to: [gsrc@mymts.net](mailto:gsrc@mymts.net)  
Or Gimli Seniors Resource Council Inc.  
Box 1928 Gimli, Mb. R0C 1B0



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## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: ANNE HAHLEWEG, late of the R.M. of Gimli, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, ROC 1B0, on or before the 11th day of March, 2022.

DATED at Gimli, Manitoba, this 26th day of January, 2022.  
BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS  
Attention: Grant D. Baker

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DATED at Gimli, Manitoba, this 26th day of January, 2022.  
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## Thank You

I, Valerie Swanson, have retired after 33 years of employment with the Gimli Seniors Resource Council Inc. While I look forward to enjoying my retirement I will miss being part of the Seniors Resource Team.

I would like to express my gratitude for all the great working relationships I have had with the board, staff, clients, volunteers, fee for service workers, service clubs, not for profit organizations and their staff, I.E.R.H.A staff, Municipalities, housing staff and businesses throughout the years. I hope I have not missed mentioning anyone and if so I apologize.

I sincerely appreciate the support provided to me over the years. I had amazing people to work with which in turn made my job greatly satisfying. I have enjoyed working with each and every one of you and will miss those relationships but will hopefully see you when I am running errands in the stores or attending social functions.

It is time for me to spend more time with my family, friends and hopefully sometime in the future to travel.

With sincere thanks,  
Valerie

## RECYCLING NOTICE FOR FEBRUARY/2022

Riverdale Place Workshop Inc. will not be picking up recycling on the below mentioned dates due to the small group of workers available.

Mon. Jan.31/2022 at Riverton business places  
Tues. Feb.1 at Arborg curbside pickup  
Weds. Feb.2 at Arborg business places  
Thurs. Feb.3 at Riverton business places

Mon. Feb.14. at Riverton business places  
Tues. Feb.15 at Arborg curbside pickup  
Weds. Feb.16 at Arborg business places  
Thurs. Feb.17 at Riverton curbside pickup

Mon. Feb.28 at Riverton business places

**Please rinse you containers**

**The workshop will be closed**

**Mon. Feb. 21 Louis Riel Day**

**Thank You for recycling**

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**Gimli Community Development Corporation, (GCDC)**

## ECONOMIC DEVELOPMENT OFFICER

**The Opportunity:** The successful candidate will undertake key responsibilities that will enhance Gimli and the Municipality as a whole and promote the Municipality as a place to work, live, play and grow. They will facilitate and promote community growth and economic development planning and implementation within the Municipality to be measured, in part, by securing opportunities for new economic and business development and supporting the growth and development of existing business within the community.

**Job Description:** Reporting to the GCDC board the candidate will promote the Gimli industrial park and oversee current and future operations of GCDC properties. They will also identify, develop and implement approved strategies for attracting new business to the area while facilitating growth of existing businesses. Represent the Municipality at regional and provincial meetings and conferences on economic development, which could include public speaking and delivering presentations.

**The Ideal Candidate:** The successful applicant will possess relevant post-secondary education and/or years of business and administrative experience. The candidate will be self-motivated, effective written and oral communication skills and computer skills including Excel, Word, Powerpoint. Ability to identify and promote community economic development projects and initiatives along with knowledge and understanding of the Municipality would be a definite asset. The candidate must have a valid Class 5 driver's licence and access to a vehicle for travel and be available to work flexible hours.

Hours and wages are negotiable with experience and qualifications. Please submit a detailed resume on or before January 31, 2022 by 4:30 p.m. to PO Box 1246 Gimli, MB ROC 1B0 or to [gimlicdc@rmgimli.com](mailto:gimlicdc@rmgimli.com)

## CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



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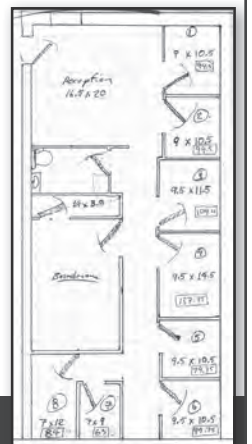
Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.

For information please contact:

**BIG Real Estate**

204-485-0010

email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)





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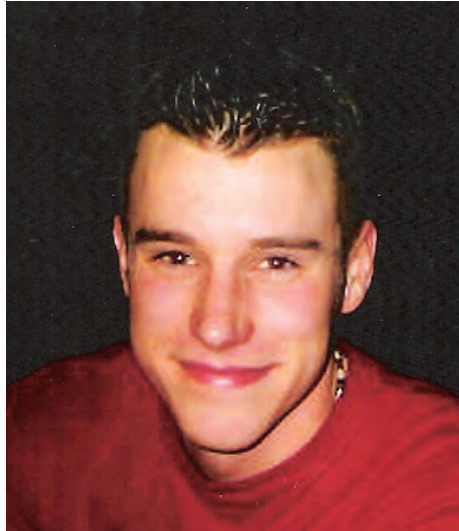
**IN MEMORIAM**



**Gordon Robert Dewald**  
April 7, 1931 – January 31, 2005  
Husband, Dad, Father-in-law, Grandpa  
As time unfolds another year,  
Memories keep you ever near.  
Silent thoughts of time together,  
Hold memories that will last forever.

-Lovingly remembered,  
wife Mary, children and grandchildren

**IN MEMORIAM**



**Robbie Johnson**  
May 1, 1983 – January 28, 2005  
Taken from us so suddenly  
And tragically, 17 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

**IN MEMORIAM**



**Edward Petrachek**  
July 8, 1948 – January 26, 2021  
One year ago today,  
A golden heart stopped beating,  
Hardworking hands at rest;  
God broke our hearts to prove to us,  
He only takes the best.  
We cherish the memories of the days,  
When you were here with us.  
Always in our hearts and missed every day.

-With love,  
Wife Diane and family

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**Career Opportunity**



**Interlake Co-op is presently recruiting for a GROCERY SUPERVISOR – Full Time at Our Food Store located in Arborg, MB**

Reporting directly to the Grocery Manager, the successful candidate will be responsible for assisting the grocery manager in all aspects of our grocery department including but not limited to; financial results, marketing, inventory control, merchandising, administrative duties, guest relations, along with talent development and performance management of our grocery team.

**Qualifications/Competencies:**

- High standards in marketing and merchandising
- Desire to work in a team setting, and networking skills.
- Exemplary guest service
- Strong leadership, and interpersonal skills.
- Knowledgeable in Microsoft Office (excel/word),
- Administration responsibilities including cashups, lotteries, till operations
- Excellent supervisory, planning and organizational skills.
- Strong work ethic with a positive and ambitious attitude.
- Possess sound leadership and decision making abilities.
- Ability to operate a forklift (training will be available)
- Previous leadership experience
- Must be available to work a variety of shifts including days, evenings and weekends.

**We offer career advancement opportunities, competitive compensation, benefits package, company contributed pension plan and learning/development opportunities.**

If you would like to work in a business who strives to make a positive difference in our members' lives, please complete an application form at our Administration Office/Website or send a cover letter and resume to:

**Attention: Jessica McCutcheon – Grocery Manager 204-376-5271**  
**Email: [grocery@interlakecoop.com](mailto:grocery@interlakecoop.com)**  
**Or mail to: Interlake Co-op, Box 40, Arborg MB, R0C 0A0**  
**[www.interlakeco-op.crs](http://www.interlakeco-op.crs)**

WE THANK ALL CANDIDATES FOR THEIR INTEREST, HOWEVER,  
ONLY THOSE SELECTED TO CONTINUE IN THE SELECTION PROCESS WILL BE CONTACTED.

Join Our Team!

**OBITUARY**



**Bert Osborne**  
Peacefully, on Thursday, January 20, 2022, at the Arborg and District Health Centre, Bert Osborne passed away.  
Due to COVID restrictions a memorial service will be held at a later date.



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## OBITUARY



**Marvin Roy Sigurdson**  
February 17, 1955 - January 20, 2022

After a lengthy battle with cancer, Roy passed away peacefully at home with his family by his side.

Roy will be lovingly remembered by his wife of 46 years Candice and their sons, Shawn (Shawna), Tyler (Stephanie), and Mark; grandchildren, Ben, Emilee, Ashlynn, Hayden, Aynslee, Athena, Skye, Theron, Anne-Drew, Tavyn, Ollie; sisters Sandra (Thor), Wendy (Kevin) Loris (Dave); brother Dennis (Charlene) and numerous nieces and nephews.

Roy was predeceased by his parents Marino and Alice Sigurdson; in-laws Philip and Joyce Zagozewski; brother Gary; brothers-in-law Dean and Duane.

Roy was born in Arborg, Manitoba and raised on the family farm in Hnaua, where his love for family and farming began. While in school, Roy fished with his uncle Gestur and after graduation, he went on to work at Gimli Boatworks. Roy had many other jobs until the time he started working on the family farm with his father. After his father's passing, Roy and Dennis took over operations of the farm. Roy could always be counted on to repair numerous equipment around the farm or home. He also enjoyed carpentry and inventing new ways to make things work. He was a man of many talents, with one of his greatest achievements building his family home. Roy was a long-standing board member of the Hnaua Cemetery board. Roy loved the outdoors and was an avid hunter and fisherman. He especially enjoyed ice fishing with his buddies and hunting and fishing with his grandchildren. Roy loved coaching and cheering his sons on in hockey and later his grandchildren. He attended almost every game and tournament and was their #1 fan. Roy had a wonderful sense of humor, and was a very dedicated husband, father, afi, and friend.

In following with Roy's wishes, a private celebration of life will be held at a later date.

In lieu of flowers, donations can be made to the Hnaua Cemetery Association, Box 716, Riverton, MB, R0C 2R0, or CancerCare Manitoba.

The family would like to send a heartfelt thanks to the numerous doctors and Palliative care unit.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Karl Larry Olson**

With his life's work well done, Larry, aged 78 years, peacefully passed away on January 21, 2022 at the Eriksdale Personal Care Home, after a lengthy battle with Alzheimer's.

Larry was born in Winnipeg, MB and raised on Peonan Point for the first eight years of his life, then moved into the town of Steep Rock, MB where he attended school and met and married the love of his life, Gail Hare. They resided in Steep Rock raising their two children, Patrick and Penny. Dad lived most of his entire life there. Dad loved hunting and fishing with his family and friends.

In earlier years he ranched with his father, uncle and brother on Peonan Point. In 1967 he started employment with Canada Cement (Lafarge). In 1982 he became the Plant Superintendent and retired in 1997. At that time he constructed a large shop in his yard where he performed mechanical and welding services for the community and area. Dad loved to manufacture many things. He was so very talented and his work came in high demand. Just ask the local farmers!!

Dad was featured in the 1982 TIME magazine by Canada Cement as an employee involved in work, hobbies and community activities. He was presented a Canadian Volunteerism award in 2013 on his 70th birthday.

Dad is predeceased by his wife Gail and sister Darlene, both passing in 2015.

Dad is survived by his son Patrick (Kathleen), daughter Penny (Kelvin) Hoppood; grandchildren Steven (Codi), Brandon (Jessica), Hayley (Nelson) and Lucas; sister Margaret (Brian) Snidal and brother Oli along with numerous nieces and nephews.

The family would like to take this opportunity to thank all the staff at Eriksdale PCH for making Dad's stay as caring, comfortable and



peaceful as possible.

In lieu of flowers, donations can either be made to either CancerCare Manitoba Foundation Inc., 675 McDermot Ave., Room ON1160, Winnipeg, MB R3E 0V9 or the Alzheimer's Society of Manitoba, 10 -120 Donald St., Winnipeg, MB. R3C 4G2.

A Memorial Service in celebration of dad's life will be held in the Spring of 2022.

Dad... "You're Simply the Best"

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