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The Arborg Reechka Ukrainian Dance Club's pre-beginner dancers stepped up last Saturday night during Malanka and entertained a crowd of almost 400 guests at the Arborg Hall.

EXPRESS PHOTO BY PATRICIA BARRETT

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# Female autobody technicians working at Ashern auto shop

## Roadrunners Auto has right women for the job

By Becca Myskiw

Roadrunners Auto in Ashern currently has three female autobody technicians working in the shop, an uncommon site in most shops across Canada.

According to Automotive News Canada, women accounted for just 24 per cent of service advisers, up slightly from 21 per cent in 2016. And one per cent of Ontario auto service technicians were female. However, 17 per cent of respondents had a female service technician on staff in 2018, up from zero per cent two years earlier.

The women at Roadrunners Auto, though, don't think about the statistics — the numbers never even occurred to them.

Dayna Kohut grew up around the shop, her parents owning it, but she didn't spend much time there.

After high school, Kohut got her culinary Red Seal, but when she moved back home after school, she decided to work at the shop instead of in a kitchen.

For the next three or four years, Ko-

hut worked in the autobody shop's office, doing paperwork and paying bills. She would see cars leave the shop looking significantly better than when they arrived and, soon enough, Kohut wanted to be the one making the cars look better.

"I'm a very hands-on person," said the 27-year-old. "I like seeing things come in and leave looking so good. It's satisfying."

Last spring, Kohut completed her Level 1 autobody technician and she's registered to take her Level 2 this fall. Until then, she'll be working on a 1970 Plymouth Road Runner, her project car and the shop's new mascot.

Kohut and her dad, Jeff Dyck, had been looking for a Road Runner to be the shop's mascot for a while when they came across one in B.C. being auctioned off by *Rust Valley Restorers*.

*Rust Valley Restorers* is a TV show that follows Mike Hall, Avery Shoaf and Connor Charman-Hall as they go through Tappen, B.C., also known as the Rust Valley, looking for and restoring old cars.

Kohut and Dyck bid on the car instantly without seeing it or knowing anything about what kind of work they'd need to do. When they won the bid, they set off to the Rust Valley to pick it up.

That car is what Kohut has been



EXPRESS PHOTOS SUBMITTED

Left to right: Leah McDonald, Dayna Kohut and Kaydence Tindall are all autobody technicians at Roadrunners Auto in Ashern.

working on for a year now. She's spent countless hours sandblasting the body, welding panels and aligning everything.

Right now, the 1970 Plymouth Road Runner is on a rotisserie in the shop with the doors, trunk and hood removed so Kohut can paint and seam-seal the vehicle.

Her next move is to take it off the rotisserie, put the rear end in, install the suspension, get the wheels on and replace the automatic transmission with manual.

"Working in a small shop every day really is an opportunity to do something different," said Kohut, noting that when she's not working on the

new mascot, she's doing everything from taking apart bumpers and door panels to putting in windshields and door glass.

"It's kind of like putting a puzzle together," she said. "It'll come in and it looks so bad, then you take it apart and put it back together. When it's all done and it looks good — that's what I like. Putting it back together and it looks even better."

That's Leah McDonald's favourite part of the job, too — she calls it the best feeling in the world.

McDonald has been working at Roadrunners Auto since 2016 when

Continued on page 3



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## > AUTOBODY, FROM PG. 2

she was a high school apprentice. She just completed her Level 3 in the trade and is hoping to pass her fourth level this year.

"I've always been interested in cars," the 25-year-old said. "I had the opportunity to do the high school apprenticeship program and get work experience here and I've been here ever since."

When she's at school getting her levels, McDonald notices she's the only woman in the room, but at Roadrunners Auto, she's just one of the techs. Like Kohut, she does a bit of everything at work; her favourite tasks include bodywork and switching over parts.

She loves learning new things and — like Kohut — enjoys how every day at the shop is different.

Last year, Kaydence Tindall shadowed McDonald for two weeks. Tin-

dall, 18, is slated to get her Level 1 as an autobody technician this spring and is getting her work experience at Roadrunners Auto.

Tindall likes that every day is different, too. She started at the shop last summer after her dad took her in to see if she'd be interested in the field. Growing up around cars and her dad being a mechanic, the job made sense.

Tindall's main interest is in glass. Her grandpa was a glass man, she said, so it runs in her blood.

Whether it's a windshield, door glass or rear window, Tindall can do it. She'll take off the towel, cut the glass out by hand, pull it out, prep it and get the new one installed with no questions asked.

She likes knowing about her own vehicle, too, now that she works at the shop. Chances are she'll know what's wrong with it, and if she doesn't, she has plenty of coworkers who will, she said.



Dayna Kohut continues to restore a 1970 Plymouth Road Runner that was purchased as a company mascot. She encourages the public to follow along on TikTok @roadrunnersauto.



Dayna Kohut with two of the Rust Valley Restorers and the shop's new mascot, a 1970 Plymouth Road Runner.

"We all work really well together," she said. "We get along with the guys really well. Being a woman just isn't something we think about."

Tindall said one of the most common things she and her female counterparts deal with is surprise when people ask what she does for a living.

Every time she tells someone she's an autobody technician, they look at her like she's crazy, but Tindall

doesn't mind. She likes telling people about what she does and talking about her love for it, she said.

Roadrunners Auto has three women working in the shop and two men. Kohut, McDonald and Tindall all agree gender has never been an issue at work, and Dyck's beyond impressed with their work, each tech digging deep to ensure they don't miss a thing on the vehicles they see.

Now open for nominations

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Interlake–Eastern RHA's Physician Emeritus Award recognizes physicians who are either retired or have reduced their practice in preparation for retirement and have provided exemplary service and expertise to their communities.

**Visit [www.ierha.ca](http://www.ierha.ca) for full nomination criteria.**

- Nominations can be submitted by either physician colleagues or by the community.
- Nominations are to be forwarded to Debbie Gregoire at [dgregoire@ierha.ca](mailto:dgregoire@ierha.ca) by February 9, 2024.
- The regional Medical Advisory Committee will consider nominations based on the criteria and will make the final decision.
- Award recipients will be recognized at the Annual Spring Physician Dinner in April.

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# Vote for local entries in La Poutine Week Feb. 1-7

By Jennifer McFee

Calling all poutine connoisseurs — it's the week you've been waiting for! La Poutine Week runs from Feb. 1 to 7 across Canada, with several entries right here in the Interlake.

To participate, restaurants across the country can create a one-of-a-kind poutine, and diners can vote for their favourite at [lapoutineweek.com](http://lapoutineweek.com). The website also features a voting leaderboard that showcases the top restaurants in real time.

At Kahleigh's Brew Barn, located at 40 Main St. in Riverton, they're serving up a creation called "Brew Burger Poutine."

"This year we decided to do a deconstructed Brew Barn burger — fries topped with cheddar cheese, gravy, bacon crumble, ground beef, tomato, pickles, lettuce and our house made burg' sauce," said owner Kahleigh Dubois.

"We wanted to do something this year that wasn't spicy so it would appeal to more customers — and when it comes down to it, burgers are the



EXPRESS PHOTOS SUBMITTED

Interlake's participating restaurants include Kahleigh's Brew Barn, Lakeview Hotel and Resorts and Shenanigans on the Beach.

most popular items on our menu. We source our beef from a local farm by Arborg called Bar Z Beef."

The local eatery has participated in La Poutine Week for several years.

"We look forward to coming up with new ideas and meeting all the new customers who come out to try our latest creation," Dubois said.

"Our Brew Burger Poutine will be available to order on our website starting Feb. 1."

Kahleigh's Brew Barn is open seven days a week from 11 a.m. to 10 p.m. Monday to Saturday and noon to 8 p.m. on Sundays. Visit [www.kahleighsbrewbarn.ca](http://www.kahleighsbrewbarn.ca) to learn more about the Riverton restaurant.

At Shenanigans on the Beach, located at 46 Main St. in Winnipeg Beach, they'll be cooking up a creation called "Shenanigan's Philly Cheese Frings Poutine."


This entry features a mixture of hand-cut double-fried Interlake potato fries and crispy onion rings, topped with slow-roasted Grade A beef, sautéed bell peppers and a blend of Saputo mozzarella and St. Albert cheese curds. To top it off, everything is covered in Montreal-seasoned gravy and sprinkled with freshly sliced green onions.

"It is very good. We had to do a lot of taste-testing," said Shannon King, one of the co-owners of the restaurant.

"This is actually our first year doing it. I figured it would be a good way to come out and try something different."

At Lakeview Hotel and Resorts, located at 10 Centre St. in Gimli, the mouth-watering entry is called "Lobster Poutine." This tasty dish features diced lobster tail, sautéed grape tomatoes and green onions smothered in lobster bisque and house three-cheese blend.

Visit [www.lapoutineweek.com](http://www.lapoutineweek.com) for a full list of restaurants participating in La Poutine Week and to cast your vote.



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## RM of West Interlake holding byelection after councillor resigns

By Patricia Barrett

The Rural Municipality of West Interlake is holding an upcoming byelection to replace a councillor who resigned last year.

Coun. Keith McClelland, who also served as deputy reeve, resigned in December, leaving a Ward 1 seat open.

"I decided to step down from council in December after I become aware of actions that I was not informed about and which I didn't feel were ethical for a body of elected officials," said McClelland last week by phone.

McClelland received the highest number of Ward 1 votes (against five other candidates) in the 2022 municipal election, with 236 votes or 36.2 per cent. Fellow Ward 1 councillor Paul Murphy was also elected with 135 votes or 20.7 per cent, according to the Association of Manitoba Municipalities' Manitoba Votes webpage.

ties' Manitoba Votes webpage.

McClelland was appointed to council's finance portfolio, the personnel and policy portfolio, the utility portfolio and the asset management portfolio. He also served on the Coldwell Eriksdale Waste Disposal Grounds committee, the cemetery board, the West Interlake CDC (alternate) and Community Futures.

McClelland said he appreciates those who chose him to represent the ward, which covers Eriksdale.

"I want to thank the people who helped elect me and support me," he said.

RM of West Interlake chief administrative officer Bernardo Pasco said he was sorry to see McClelland resign.

When asked why McClelland's resignation wasn't posted on the RM's website, Pasco said "the resignation

was in the council minutes so it didn't occur to me that an official notification is needed."

As of last week, McClelland's name and portfolio/committee responsibilities were still listed on the RM's council webpage, but Pasco said he instructed staff to update the page.

He said the senior election official, Myrna Little, told him the byelection is scheduled for March 25.

Little is accepting nominations for Ward 1 from Feb. 12 to 18. The deadline is 4 p.m. on Feb. 18. Residents wishing to add their names to the voters' list must do so before Feb. 16.

Little can be reached by email at [seo@rmofwestinterlake.com](mailto:seo@rmofwestinterlake.com) or by phone at 204-941-0156.

# Snowshoers take advantage of perfect conditions

Snowshoe club ready to welcome new members

By Emma McGill

Though the prairie weather has been more unpredictable than ever this winter season, the Winnipeg Beach Snowshoe Club managed to start off the new year right when 21 participants went out for their first adventure of the season on Jan. 21.

"It was such a beautiful day, sunny and warm," said Pat Nuspl, creator and enthusiast of the group, which she and her husband, Ron Nuspl, founded during the COVID-19 pandemic in 2020.

The couple had been looking for an activity that was safe and still brought the community together.

The snowshoeing group became something that anyone could participate in, including people of various ages, experience levels and familiarity with the area.

"We welcome anyone that wants to give it a try. Anyone can do it immediately and not feel left behind," Nuspl said.

There is, however, ideal weather for snowshoeing.

"We were waiting for snow patiently," Nuspl said. "We only realized we had enough snow a week ago."

This left them with not much time to prepare, but they were determined to get the season started, seeing as they can often start in December or even November some years.

Though a sticky layer of snow on the ground may be just right for a rousing snowball fight with friends or the creation of a happy-looking snowman for the front yard, snowshoers prefer fresh, fluffy snow. If the weather is too cold, it is not pleasant for the party, and if the weather gets warmer than -15 C, snow will stick to the shoes.

"We don't know what kind of season we're going to have," Nuspl said

in response to the temperature fluctuating between frigid winter lows and spring-like highs.

Luckily, the wind off the lake tends to blow snow onto old tracks and make the trail a bit nicer, she said.

The group ventures out every Sunday at 1 p.m. through the Winnipeg Beach Provincial Park, if the weather permits.

Their walk lasts for about an hour, but the

**"WE WELCOME ANYONE THAT WANTS TO GIVE IT A TRY. ANYONE CAN DO IT IMMEDIATELY AND NOT FEEL LEFT BEHIND."**

route is designed so that anyone can shorten the trek for themselves if they need to. As time goes on, people tend to get more conditioned and go a bit longer.

"It's kind of a come-and-go club," Nuspl said. "Every year we get a few more people coming out on a regular basis."



EXPRESS PHOTO SUBMITTED

Snowshoers enjoyed getting back into the winter activity in Winnipeg Beach.

Snowshoes are available to borrow at no cost as long as participants notify the club ahead of time. The group meets in Winnipeg Beach at the far south end of Main Street, past the Provincial Park office and sign, at the campground entrance. Anyone

with an interest in having a laid-back, snowy adventure can contact Pat Nuspl at 204-389-2303, sandyhook-soap@gmail.com, or visit the Winnipeg Beach Snowshoe Club Facebook page.

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# Arborg Reechka Dance Club hits the heights

By Patricia Barrett

The Arborg Reechka Ukrainian Dance Club kicked off its 37th year with a Malanka celebration and outstanding dance performances that really hit the heights.

About 390 people packed the Arborg Hall last Saturday for a traditional Ukrainian supper, folk dance performances, a celebration of two “Malanka babies” and their families and an energizing Kolomayka to ring in the new year.

Before dinner was served, the club performed 13 dances including the Poltava, Hutzul, Transcarpathian, Volyn, Hopak and Bukovina. The two pre-beginner groups delighted the audience with their flair for performance and abundant enthusiasm.

The club has seen a twofold increase in the number of dancers since the previous year.

“We have a large club this year, doubling in size since last year,” said club president Jenna Pearce. “We now have 34 dance families with 46 children, plus four adult dancers. This is the first year we’ve had a full senior’s group, which is made up of five girls in grades 9-12.”

The club’s long-time instructor Garrett Gottfried, who performed with the troupe, has been with the club for 26 years, she said. Dancers Michelle Rudnicki teaches the pre-beginners and Sydney Burak has taken the beginner group under her wing.

The supper was catered by Jilene’s Catering with club families also making dishes and the desserts.

The evening included a silent auction with prizes sponsored by a number of small and large local businesses.

“We have great sponsors. We got a monetary donation from Sigfusson Northern, which helped sponsor our silent auction, a monetary donation from Patterson Grain and we received \$500 from Brio Insurance,” said Pearce. “We also want to thank Foster Ag. We do a corn fundraiser with them ev-



Instructors/dancers Garrett Gottfried and Sydney Burak

ery year where they plant the corn and we pick it and sell it. It’s the biggest fundraiser we do. This past year we picked and sold 700 dozen.”

The club will be competing in Ukrainian dance competitions in Winnipeg and in Brandon in the spring.



EXPRESS PHOTOS BY PATRICIA BARRETT



Malanka babies and their families, from left: Brady, Brenna and baby Blair Collins, and Shaelynne, Taylor and baby Rowan Sigvaldason.



# Interlake Eastern Health Foundation supporting health care in the community

By Patricia Barrett

The Interlake Eastern Health Foundation is continuing to support health-care services across the Interlake-Eastern health region, with recent funding for equipment and programs.

The foundation received a number of donations that are supporting the region's communities, and it's implementing a new strategic plan to address gaps in health-care services.

Averill Stephenson, who took over as IEHF executive director in May 2023, said the fundraising organization is dedicated to improving the quality of life for residents.

"We really want to focus on advancing the health and well-being of our communities and partnerships and relationships across this large geographical region," said Stephenson, who has a background in community fundraising with organizations such as Muscular Dystrophy and the MS Society, and is a certified fitness instructor through the Manitoba Fitness Council. "There are a lot of groups that do fundraising in communities, such as ladies auxiliaries and hospital guilds, and we want to work together with them to benefit the health of the community."

With almost 134,000 people living in the Interlake-Eastern health region — plus a significant population of summer residents — the foundation makes investments in health-care equipment, facilities and projects to improve health outcomes and reduce health disparities, as well as funds projects that support recruitment, retention and staff training.

Its mission is to improve health care in the region's communities through collaboration with stakeholders so that residents can access care close to home.

When she assumed the executive director position last year, Stephenson said the board had started the process of creating a new path forward through strategic planning and re-branding to enhance the foundation's visibility among the public.

The foundation is currently identifying priorities in the health region and looking at ways to fill any funding gaps.

"We know the region right now has two expansions underway to increase the number of beds. One is in Selkirk and one is in Ashern. A big portion of that is covered through government funding, but there are things that aren't covered. We want to see how we can help fill those gaps," said Stephenson. "Staff accommodations, for instance, is a huge expense for Ashern. The number of beds at the hospi-



EXPRESS PHOTO COURTESY OF IEHF

IEHF board members, from left: past chair Ted Lewis, vice-chair Terri Otto, board member Jason Machado, chair Brent Wynnyk, board member Tracey Epp, board member (retired) DJ Sigmundson, board member Chris Saunders and executive director Averill Stephenson. Missing from the photo is board member and IERHA board liaison Judith Cameron.

tal is increasing, but we need to make sure we have resources available for staff to live in those communities. We're looking at what we can do to finding housing or rental properties for those staff. The foundation acts as a hub in the wheel, connecting all the players and finding ways we can be innovative and create solutions to problems."

At times, community groups can secure funding for certain health-related projects, but they can also work with the foundation on projects that lack funding support.

"We will work with groups to determine strategies to engage the community. The people on the ground they know their community their community knows them. And together we'll figure out how to make projects happen," said Stephenson.

One of the foundation's recent funding initiatives was the purchase of a reclining chair for the family room in the palliative care unit at Selkirk Regional Health Centre. That was made possible through a \$5,585 donation from Gerdau, a global steel producer with a mill and recycling facility in Selkirk. And an anonymous donor provided \$10,000 for the Beausejour Hospital to thank staff who gave them a "second chance at life." The hospital will be acquiring rehabilitation equipment for patients recovering from stroke and other mobility challenges.

"We also did our first-ever holiday campaign in December, and the funding from that is being used to support frontline health-care staff training," said

Stephenson. "We're providing some palliative care training for health-care workers who work directly with patients both in hospital and in communities but primarily in home care at this point. The health region does have a training budget, but often-times they can't provide the amount of training we need for the number of staff we have."

The foundation also received funding that will enable the health authority to train staff internally. The new trainers can then deliver programs to nursing staff, who typically have to go to Winnipeg for training.

To enhance donations, Stephenson said the foundation board has had a number of conversations about holding a lottery fundraiser, similar to those run by Winnipeg hospitals.

"We're probably going to do something on a smaller scale. We've never done anything like this so it would be a pilot to see what the appetite is like in our region. We probably can't get a million-dollar home [for the grand prize], but we may look at doing a 50/50 or something similar in the next six months or so," said Stephenson. "You never know, there may be a donor out there who'd be interested in getting involved with a foundation-run lottery, and we'd absolutely love to talk to them to see what's possible."

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Call Patricia Barrett  
1-204-407-6099  
patricia@expressweeklynews.ca

## Matlock Rec Club's Cookie Gram and Mix N' Mingle

### bringing community together

By Patricia Barrett

The Matlock Recreation Club is getting into the Valentine's Day spirit by hosting an upcoming Valentine's Cookie Gram and will also be holding a free dinner and dance a few days later to bring the community together.

For Valentine's Day, the club's cookie gram event will let people purchase cookies that come in a Valentine's bag and that can be delivered to someone they're sweet on or to a loved one.

The club's recreation co-ordinator Crystal Thordarson said this is the second year the club is hosting the cookie gram.

"It is something we started last year for the first time. One of the board members came up with the idea to give out cookie grams," said Thordarson. "Older people in the community or people with health issues were not going out a lot because of COVID, and she decided it would be something nice to do."

Last year, the club had about 40-50 people order cookies. Thordarson said she and a board member deliver the cookies to people living in the Matlock, Winnipeg Beach, Sandy Hook and Gimli areas. Or people can make arrangements to pick up their orders from the club or from the bakers in Gimli.

There are two cookie gram packages to choose from: cookies with a do-it-yourself decorating kit are being supplied by Kris10's Kreation (A Gimli-based home baker) for \$10 a bag, and imperial and heart-shaped cookies are being supplied by the Sugar Me Cookie Bakery in Gimli for \$10 a bag.

"You can order either package or both. The do-it-yourself decorating kit went over really well last year. Lots of parents got that for their kids," said Thordarson. "Some people also ordered both packages."

In addition to the cookie gram, the club is holding a Mix N' Mingle Dinner & Dance on Feb. 17 that will feature a free spaghetti supper, salad, garlic bread and Jell-O for dessert, as well as music by Allan Sulyma.

"The club really values our community members, and the board of directors thought it would be really nice to offer this to people in the community. For most of the club's events we do charge, but we thought it would be nice to offer a free event where all are welcome and you don't have to worry about whether you can afford it not," said Thordarson. "It will be a nice event for all people in all walks of life, whether single or married with young kids.

**MATLOCK REC CLUB PRESENTS**

**MIX N' MINGLE**

**SPAGHETTI DINNER & DANCE**

THE MRC IS LOOKING AT HOSTING AN EAT, MINGLE AND DANCE EVENING THAT WOULD BE OPEN TO ALL WHO PRE-REGISTER WITH A LIMIT OF 150 PEOPLE

THIS EVENT WOULD INCLUDE A SIMPLE SPAGHETTI DINNER WITH SALAD, GARLIC BREAD AND JELLO FOR DESSERT!

WE WANT TO BE ABLE TO OFFER A MEAL, MEET OTHERS, DANCE AND HAVE SOME FUN FOR EVERYONE IN ALL WALKS OF LIFE!

We want to offer this for FREE to include everyone! There will be a silver collection for those who are able

WHEATHER YOU'RE SINGLE, MARRIED, SENIOR, FAMILY OR A COUPLE, WE WANT TO INCLUDE YOU!

OUR BOARD OF DIRECTORS WILL BE DOING THE COOKING, SERVING & CLEAN UP!

PRE-REGISTRATION IS REQUIRED

Call/text Crystal at 204-798-6276

Music by Allan Sulyma

Saturday Feb. 17th  
Doors open 5pm  
Dinner 6pm

I've had some people call who are new to the area and they're looking forward to coming out and meeting other people."

There will be a silver collection at the door for those who can afford to contribute.

The recreation club's board of directors said the event is, to the best of its knowledge, the first free dinner for the community the club has hosted, and they're aiming to build closer ties among members of the community.

"In lieu of recent tough times — post-pandemic — for everybody, the MRC wanted to be able to offer a fun gathering and let people enjoy themselves. They might otherwise be excluded if they couldn't afford it," said the board in a statement. "Our hope is to be able to contribute in a positive way to the mental health and well-being of our community members. If this event goes well, we would like to offer it again."

Thordarson said the dinner and dance is capped at 150 people. She's had about 80 people register [as of last Wednesday].

To order cookies or to register for the dinner, call or text Crystal at 204-798-6276.

**ADVERTISING OR PRINT**

**CONTACT INFORMATION**

Lana Meier 204-292-2128  
ads@expressweeklynews.ca  
PHONE 204-467-5836  
FAX 204-467-2679

**OUR EDITORIAL STAFF**

Brian Bowman Sports Reporter  
news@expressweeklynews.ca  
Patricia Barrett - Reporter/Photographer  
Cell 204-407-6099 patricia@expressweeklynews.ca

**PAPER DELIVERY OR FLYER CONCERNS**

Christy Brown, Distribution Mgr.: 204-467-5836

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Letters to the Editor: news@expressweeklynews.ca  
Classifieds: ads@expressweeklynews.ca  
News: news@expressweeklynews.ca  
Print: igrphic@mymts.net

**ADDRESS**

74 Patterson Drive, Stonewall Industrial Park  
Box 39, Stonewall, MB R0C 2Z0

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Funded by the Government of Canada





# New campaign aims to spark a conversation in the Interlake about sexualized violence

By Raegan Hedley

Survivor's Hope Crisis Centre (SHCC) is asking a single question in its new campaign: Did You Hear About SARAH?

At first glance, it seems almost like someone's about to spread some gossip, but Sarah stands for Sexual Assault Recovery and Healing program. The program provides 24/7 crisis support, long-term counselling, support groups, advocacy and referrals to those affected by sexual violence in the Interlake-Eastern Manitoba region of Manitoba.

"Our motivation for doing this campaign were the continual stories that we heard from survivors of sexualized violence that they were being failed," says Coral Kendel, executive director of SHCC. "We designed this campaign to make sure survivors of sexual violence had a low-barrier and discrete way to contact us for support."

In 2021, Statistics Canada reported that Manitoba had the highest rate of reported sexual assaults in rural areas.

"There are definitely challenges to supporting people who live in the rural part of the province varying from just the complete lack of services out here and co-ordinating the bits and pieces to making sure people get comprehensive care," says Kendel. "There's also barriers like travel, for example. If someone needs to get a forensic kit after a sexual assault, they're potentially travelling hours if they live far up north to go to the nearest hospital."

Between trying to access care at hospitals during and post-COVID, to knowledge about compassionate care for survivors, to legal supports stalling out due to the backed-up court system, Kendel says all of these pieces come together to make people feel stuck and alone.

Kendel says another challenge in

small towns is confidentiality.

"Survivors don't want to come out and disclose that they've had this harmful experience because it's not anyone else's business, but it will quickly become that, especially if their perpetrator is someone who lives in their town or maybe is a respected figure in their town."

She explained there's a lot of weight in telling that story and not being believed or fearing that they'll get ostracized rather than uplifted if they speak.

"Experiencing sexual violence by someone who's trusted in the community, whether that's a person in a position of power, someone you thought was a friend or even a family member, can cause very conflicting feelings."

Kendel explained this can lead to internalized stigma, which is when the survivor internalizes the blame and shame from what happened to them, which can compound the harm caused.

"Many don't seek support for their experiences for that reason, and it becomes an unspoken rule to not talk about it."

The campaign is spreading the word through transit stop ads, digital ads, radio ads, posters and bathroom ads, directing people to resources where they can learn about and seek support for sexual violence. Everything leads back to the "Let's Talk About SARAH" website.

Since starting, over 1,000 people have visited the website, and nearly 50 people responded "Yes" to the questions about experiencing sexual violence firsthand or knowing someone in the community who's experienced sexual violence. These results come after less than 90 days and will only increase as the campaign continues.

"In every situation, we see the resiliency of these people who have had horrible experiences and are able to come out the other side," says Kendel. "We carry that hope for people who maybe feel like they're in a place where they can't see that hopefulness and show them how they can get to that place."

Kendel says those who engage with the SARAH program find it "incredibly impactful" because survivors don't feel so alone in navigating the process and deciding what their healing journey looks like.

"We hope to express the importance that communities come together and recognize that this isn't an anomaly," says Kendel.

"This is happening in our communities, but it's happening to our loved ones. ... Choosing not to talk about it



EXPRESS PHOTOS SUBMITTED

One of the "Did you hear about Sarah?" posters and accompanying QR codes on the Gimli Seawall.



Coral Kendel, executive director of Survivor's Hope Crisis Centre, holds up one of the fridge magnets that will be placed inside a bathroom stall to promote awareness.

is not making it go away. And so we should instead rally behind survivors to prove that we care and want to support them is one small step towards ending sexualized violence."

"Did you hear about Sarah?" was made possible by a large grant from

Women and Gender Equality Canada and a donation from UpHouse, a marketing and PR agency based in Winnipeg.

To see the campaign landing page, visit [survivors-hope.ca/lets-talk-about-sarah/](http://survivors-hope.ca/lets-talk-about-sarah/).



# A-Spire holding production call for upcoming performance

By Becca Myskiw

A local production company is aspiring to put on at least two shows a year in Gimli.

A-Spire Players Inc. recently put out a production call for an upcoming show, and it's looking for people of all abilities to join.

After electing a new board of officials late last year, A-Spire held a variety show where four performers and guest musicians took the stage — and it was a smashing success, selling out all 80 tickets more than a week before curtain call.

The current production call has the company asking for actors and backstage crew. Board chair Nathan Fletcher said A-Spire has a number of talented and experienced people to train those without experience — whether it be acting, singing or working a sound board.

Anyone over 18 years old can audition for a role in the production or work behind the scenes.

For those looking to get involved but don't have a membership with A-Spire, Fletcher said they can purchase one for \$20 upon auditioning or applying.

The upcoming production is still unknown, the director having narrowed down his seven scripts to his top two.

Fletcher said the final decision will be based on the number of cast members, and what the male/female split is.

Right now, A-Spire has 10 members, almost all of them women.

"To run a successful production, it would be nice to have at least double that," Fletcher said. "Then we know every aspect of the theatre and performance is taken care of and run smoothly."

Having a mostly female cast isn't a problem in itself, said Fletcher, but the company needs more male performers to put on a wider variety of shows.

"With more male talent it would really boost the experience for A-Spire to really be able to explore more variety and options for scripts and performances," he said.

The production call is open until Feb. 16 and is slated to happen mid-to late-June of this year, with rehearsals starting late February.

While A-Spire waits for the fun to start, the board members are making goals and plans to get their numbers back to what they were before the COVID-19 pandemic.

Fletcher said the goal is to have a minimum of two productions each year, increasing that as they grow to possibly putting on multiple shows

simultaneously.

Last summer, A-Spire put on the production *Chance Encounters*, a play that follows nine encounters taking place on a park bench over the course of one day in September. Performing that was four of the five current board members.

"We see the potential," said Fletcher. "And we want to see the growth."

He said this upcoming production will be something fun for the cast to perform and relatable for the audience, giving them something to come back to A-Spire for.

To get involved and be part of A-Spire's upcoming production (and future ones), go to [www.aspireplayers.ca](http://www.aspireplayers.ca) and fill out the registration form by Feb. 16. After that, A-Spire will reach out to everyone on the next steps.

## Community Support Service

### AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact [AAMBCO@mts.net](mailto:AAMBCO@mts.net)

### AA Eriksdale

Eriksdale United Church building  
#7 Main Street, Eriksdale (side door)

Meetings are Mondays  
at 6:30 p.m.

### AA Winnipeg Beach

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

Meetings are Saturdays  
between 7 and 8 p.m.

Contact Ann J 204-389-3417

### Gimli Group AA

Bldg 18 Municipal Rd  
Industrial Park

Fri & Sun Mtgs at 7:30 pm

### Al-Anon Gimli and Winnipeg Beach

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

All ages welcome.

### AA Riverton Group

12 Main St. at the  
Riverton Senior Centre  
Mondays 7:30 p.m.

## Manitoba's winter roads open for the season

By Lana Meier

On Jan. 29, Transportation and Infrastructure Minister Lisa Naylor declared that the Manitoba government had opened the majority of the province's winter road network. This will serve as crucial access routes for numerous northern communities who heavily depend on these

roads for both regional transportation and delivery of crucial goods.

"Manitoba's winter road system is a crucial transportation route for many northern communities," said Naylor. "Manitoba Transportation and Infrastructure is dedicated to providing safe winter road routes, as soon as weather conditions allow. Despite milder temperatures in December and January, our government is pleased to announce the opening of these vital routes."

Since 1971, the use of winter roads has been vital in enabling the transportation of goods to remote and northern communities. These roads also serve as a temporary means of inter-community travel for residents, while providing crucial access to the rest of the province. Stretching over a distance of 2,375 kilometres, these roads are built on natural terrain including muskeg, streams, rivers and lakes. Working closely with local communities, construction and upkeep of these roads create job and training opportunities for over 250 local residents.

The winter road system in Manitoba is usually open from mid-January to mid-March, but its availability is dependent on the weather. Each year, the Manitoba government and federal government jointly allocate more than \$9 million towards the construction and upkeep of these roads. They play a crucial role in serving 22 communities and over 30,000 Manitobans, supporting over 2,500 deliveries of various goods. This includes a significant amount of fuel transportation, as well as shipments of construction materials, heavy equipment and store supplies.

Timelines of completion for all roads are dependent on weather conditions. Certain sections may undergo sudden closures for repairs due to changing weather conditions, the minister noted.

Road users are encouraged to contact individual communities to inquire about potential entry requirements before travelling.

To learn more about Manitoba's winter road network, go to <https://gov.mb.ca/mti/winter/>.



### On behalf of Families and Youth Support Team (F.Y.R.S.T.) Board of Directors

Evergreen School Division invites applications for  
Families and Youth Support Team (FYRST)  
and Re-Start Coordinator  
(TERM Position)

Effective: April 1, 2024 (or sooner) – October 12, 2025

FYRST and Re-Start are client centered programs for adolescents and adults, respectively. The Program Coordinator reports to an interagency Board of Directors and supports at risk clients to identify, plan for and achieve individually set goals. Based in the North-East Interlake and inclusive of Gimli, Riverton, Arborg and Winnipeg Beach, these collaborative, consent-based and culturally inclusive programs are in search of a full time Program Coordinator.

#### Skills and Qualifications:

- Minimum 2 years relevant experience with youth / adults in social services.
- Post-secondary training in social service delivery (i.e. applied counseling certificate) and/or an equivalent combination of training and experience.
- Experience in interviewing, coordinating, and planning for clients and interagency groups.
- A clear Criminal Records Check with Vulnerable Sector Check; Child Abuse Registry Check; and Adult Abuse Registry Check.

For more information about the position and how to apply, see [www.esd.ca](http://www.esd.ca) under Employment & Human Resources, Support Staff Postings.

**CLOSING DATE: February 19, 2024 (3:30 pm)**

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



FEBRUARY 6-11 / 2024 | Stonewall, MB | viterrachampionship.ca | #Viterra2024Stonewall



# VITERRA

## Championship 2024

### STONEWALL

### A Message from CurlManitoba President Keith Johnston

On behalf of the CurlManitoba Board of Directors, staff, and approximately 100 member curling clubs across the province, it's an honour to bring greetings to all competitors, spectators, and supporters of the game.

At CurlManitoba we are proud of the accomplishments of our high-performance athletes, but recognize the foundation of curling remains at the grass roots level. Our recently developed strategic plan placed even greater emphasis on growing curling club capacity and further improving communication with our member clubs. We believe positive progress has been made in these areas with club focused newsletters, for example, as well as through conversations, shared resources, and workshops. Many clubs have also taken advantage of website and social media support through CurlManitoba.



Growing the game continues to be another high priority area for CurlManitoba. New opportunities are being discovered within our communities by partnering with groups like Winnipeg Newcomers Sport Academy.

Evolving initiatives like U15 bonspiels hosted throughout the province and inter-league play have been introduced and now join our other youth-based programs to help provide opportunity for everyone across the province.

Last season at the national level, our Manitoba athletes continued to shine. Highlighted by a fourth consecutive Canadian Women's Championship for Gimli's Kerri Einarson and for all of our athletes overall, an impressive nine medals over six national events.

The CurlManitoba Curling for Life Endowment Fund continues to grow with funds now in excess of one million dollars. This fund generates revenue in perpetuity to be used for scholarship and development opportunities all across the province.

All of our successes would not be possible without the continued support of our sponsors. I would like to extend a debt of gratitude to all of our partners with a special thank you to Viterra, our title sponsor for this great event. Our sport could not thrive without supporters like you.

We would also like to thank the Stonewall organizing committee and all of the many dedicated volunteers for hosting this year's event. We know you will provide great hospitality for all players and spectators, ensuring this event will be another success!

Good luck to all teams competing and may you be guided by good sportsmanship now and for years to come.

### Message from Viterra

Welcome to the 2024 Viterra Championship in Stonewall. This marks the eighth year we've been the title sponsor of this premier event, and we're proud to continue supporting this showcase of the best curling Manitoba has to offer.



Viterra has a long history of partnering with farm customers in this area of the province, connecting them to markets worldwide. Most recently, we were proud to open a brand new, state-of-the-art grain facility at Rosser, which will support customers in the area with superior service for many years to come.

While we continue to make investments in our asset network, it is just as important for us to invest in the communities where we live and work. Our partnership with CurlManitoba is a great way to illustrate this commitment and I would like to recognize their team for the great work they do to support local curling and help it thrive across Manitoba.

Over the last 100 years, our success has been fueled by our competitive spirit and focus on high performance, which are the same qualities that drive our curlers to achieve success here at home and around the world. I would like to wish all of the curlers participating in this week's tournament good luck as they compete to earn a spot on the national stage.

I would also like to thank the dedicated crew of volunteers who work hard to ensure that curlers and fans have a memorable and engaging experience at one of Manitoba's top sporting events.

I hope you enjoy what promises to be an outstanding week of curling.

Kyle Jeworski, CEO  
Viterra Canada

### Message from the Town of Stonewall

On behalf of the Town of Stonewall and my fellow Councilors, I am pleased to extend a warm welcome to those attending and who are participating in the 2024 Viterra Provincial Championship. We are extremely proud to host and sponsor this prestigious Provincial Championship for

the first time.

Stonewall has lots to offer and we encourage you to spend some of your downtime exploring our town. We have a variety of great places to shop, eat, and play all within walking distance of the Veteran's Memorial Sports Complex.

I would like to extend my heartfelt thanks to the Host

Committee along with those who have

made this event possible. Volunteers are the backbone of every community and events such as this could not be possible without them.

Thank you to our Parks & Arena Staff for the extra time



and effort to ensure our facility is a welcoming venue for all to enjoy.

Whether you are curling, spectating, or volunteering, we hope you have a fantastic time in Stonewall.

Mayor  
Sandra Smith

### Message from the Committee

The 2024 Viterra Championship Host Committee would like to welcome you to the Town of Stonewall.

The Town of Stonewall was founded in 1878 as a major limestone production centre and not long after the Stonewall Curling Club was established in 1888. Throughout the club's history, there have been numerous dedicated volunteers that have ensured

the longevity and success of the club.

Hosting a prestigious event such as the Viterra Championship can't happen without the support of volunteers from the club, town and surrounding communities. We want to thank each and every volunteer for taking the time to make this event a success.

The Committee also wants to give a huge thank you to all our

sponsors. Without the backing of our sponsors, we would not have been able to put on a

successful event.



**CurlManitoba thanks our Livestream Sponsors:**





**CurlManitoba**

**VITERRA**  
Championship  
STONEWALL 2024

# Come Join Us

**QUARRY PATCH**  
in the Veteran's Memorial Sports Complex in Stonewall, Manitoba throughout the event with the following talent on stage all week Wednesday to Sunday!

**TUESDAY, FEBRUARY 6th**  
6:00pm - BANQUET COCKTAILS at the Stonewall Legion (by invitation only)  
6:30pm - BANQUET DINNER at the Stonewall Legion (by invitation only)  
8:00pm - CALCUTTA AUCTION at the Stonewall Legion (open to the public)

**WEDNESDAY, FEBRUARY 7th**  
11:00am - 1:00am DJ MUSIC  
7:00pm - OPENING CEREMONIES

**THURSDAY, FEBRUARY 8th**  
11:00am - 9:00pm DJ MUSIC  
9:00pm - 1:00am NEIL KITCHING

**FRIDAY, FEBRUARY 9th**  
11:00am - 9:00pm DJ MUSIC  
9:00pm - 1:00am GRANT LEUTSCHAFT

**SATURDAY, FEBRUARY 10th**  
11:00am - 9:00pm DJ MUSIC  
9:00pm - 1:00am THE GO 2 GUYZ (Grant Leutschaft and Bruce Jacobs)

**SUNDAY, FEBRUARY 11th**  
11:00am - 5:00pm DJ MUSIC  
Approx. 5:00pm CLOSING CEREMONIES

**Arena/VIP Bar Hours: (VMSC)**  
11:00am - 11:00pm - Wed. - Fri.  
1:00pm - 9:00pm - Sat.  
2:00pm - 6:00pm - Sun.

**Quarry Patch Hours: (Stonewall Curling Club)**  
(\$20 minimum event ticket for entry)  
9:00am - 1:00am - Wed. - Sat.  
9:00am - 5:00pm - Sun.  
Minors allowed when accompanied by a parent/guardian

# 2024 Viterra Championship

## Veterans Memorial Sports Complex • Stonewall, MB

### FEBRUARY 6-11, 2024 — TEAM PERSONNEL

REGION	CLUB	SKIP	THIRD	SECOND	LEAD	FIFTH	COACH
NORTH	BURNTWOOD	GRANT BROWN	RYLAN YOUNG	TUFFY SEGUIN	BRANDON FELL		
WEST 1	DAUPHIN	GREG TODORUK	DARCY TODORUK	ROB FISHER	TERRON STYKALO		
WEST 1	GLADSTONE	JEFF STEWART	ERIC ZAMRYKUT	JASON VINNELL	ALAN CHRISTISON		
WEST 1	DAUPHIN	GLENN TOEWS	NICK OGRYZLO	CORY TOEWS	STEVE PROCYSHYN		
WEST 2	VRDEN	JACE FREEMAN	RYAN OSTROWSKY	NICK SENFF	LUKE ROBINS	BRANDEN JORGENSEN	GRAHAM FREEMAN
WEST 2	BRANDON	CALE DUNBAR	SHAYNE MACGRANACHAN	KYLE SAMBROOK	CHRIS CAMPBELL	LORNE SAMBROOK	
WEST 2	BRANDON	STEVE IRWIN	DALEY PETERS	TRAVIS TAYLOR	TRAVIS BROOKS	KELLY MARNOCH	SHAWN TAYLOR
SOUTH 1	HOLLAND	JEREMY SUNDELL	ELLIOT SUNDELL	PAUL SUNDELL	THOMAS HUGGART	DANIEL SUNDELL	
SOUTH 1	BALDUR	JESSE JANZ	RYAN THOMSON	CODY CHATHAM	SCOTT CRAYSTON		
SOUTH 1	CARMAN	DEAN NORTH	BRAD WAINIKKA	ROB VAN DEYNZE	MIKE ORCHARD	MIKE JOHNSON	
SOUTH 2	LA SALLE	MARK LOWDON	JASON YATES	ANTHONY DYCK	LAWSON YATES	CHRIS LIPPENS	
EAST	STONEWALL	LOGAN EDE	REECE HAMM	EMERSON KLIMPKE	RYAN ZAPOTOCHNY	BLAINE MALO	
EAST	WINNIPEG BEACH	JUSTIN REYNOLDS	NICK WESHNOWESKI	JOSH MAISEY	SEAN GIESBRECHT	DAN LEBLANC	
EAST	BEAUSEJOUR	JUSTIN RICHTER	KYLE EINARSON	JARED LITKE	MITCH EINARSON		
WINNIPEG	AMCC	DEREK BLANCHARD	TAYLOR MCINTYRE	DANIAL GAGNE	GREG BLANCHARD	JOEY WITHERSPOON	
WINNIPEG	PEMBINA	DANIEL BIRCHARD	KELLY FORDYCE	BRODY MOORE	ANDREW PECK	PAOLO AQUILA	
WINNIPEG	ST. VITAL	THOMAS MCGILLIVRAY	TIM JOHNSON	AARON MACDONELL	ALEXANDRE FONTAINE		
WINNIPEG	DEER LODGE	STEEN SIGURDSON	JOSH CLAEYS	SCOTT BRUCE	SCOTT PETERSON	MURRAY PETERSON	
WINNIPEG	CHARLESWOOD	DARREN PERCHE	JASON PERCHE	SHANE PERCHE	BYRCE PERCHE	CLINT STUART	
WINNIPEG	CHARLESWOOD	DEVON WIEBE	JULIEN LEDUC	THOMAS DUNLOP	ZACK BILAWKA	BRANDON RADFORD	
WINNIPEG	FORT ROUGE	HAYDEN FORRESTER	CYRUS BRANDT	BRENNAN SAMPSON	GABRIEL BRANDT	CURT BRANDT	
BERTH BONSPIEL	AMCC	BRETT WALTER	JT RYAN	GRAHAM MCFARLANE	HUGH MCFARLANE		
BRANDON MEN'S BONSPIEL	HAMIOTA	TRAVIS GREGORY	WES GREGORY	QUINN ROBINS	DALE LITTLE		
CTRS 2022-2023	GRANITE	BRAD JACOBS	REB CARRUTHERS	DEREK SAMAGALSKI	CONNOR NIJEHOVAN	ROB MEAKIN	
CTRS 2023-2024	FORT ROUGE	RYAN WIEBE	TY DILELLO	SEAN FLATT	ADAM FLATT	DON HARVEY	TOM CLASPER
MCT	AMCC	JORDON MCDONALD	DALLAS BURGESS	ELIAS HUMINICKI	CAMERON OLAFSON	WILLIAM LYBURN	
MCT	FORT ROUGE	BRADEN CALVERT	COREY CHAMBERS	KYLE KURZ	BRENDAN BILAWKA		
MCT	DEER LODGE	SEAN GRASSIE	JORDAN JOHNSON	DARYL EVANS	RODNEY LEGAULT	TYLER DREWS	
MCT	CHARLESWOOD	RILEY SMITH	NICK CURTIS	JARED HANCOX	JUSTIN TWISS		
MANITOBA OPEN	FORT ROUGE	ANDREW IRVING	BRAN VAN WALLEGHEM	ALEX FORREST	ROY JANZ	JARED BROWN	
MANITOBA OPEN	GRANITE	GREG MELNICHUK	AL PURDY	BRUCE WYCHE	SCOTT KIDD		
MANITOBA OPEN	DEER LODGE	BRAD MICHOLSON	IAN CAMPBELL	RYAN LAGACE	PAUL NEILANDS	NORM GAUTRON	

# 2024 Stonewall Viterra Host Committee

**Co-Chairs:** Fran Frederickson and Stu Brown

**Secretary:** Laurie Ellwood

**Treasurer:** Ryan Smith

**Sponsorship:** Andy Stewart

**Facility:** Fred Branscombe

**Volunteers:** Andrea Keeping and Gina Doyle

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**Concessions and Locker Rooms:** Tara Sangster and Susan Scrivens

**Bar and Entertainment:** Scott Marohn and Shane Walker

**Timers and Observers:** Laurie Deprez and Laurie Ellwood

**Fundraising:** Crystal Leochko Johnston

**Website:** Jim Saj

**Ticket and Token Sales:** Gina Doyle and Nancy Drad

**Security:** Bill Stewart

**Ice Crew:** Sam Good and Neil Kitching

**Town Representative:** Kimberly Newman

## HIT & ROLL CAFE @ STONEWALL CURLING CLUB

- Breakfast Sandwich
- Soup
- Sandwiches
- Chili
- Burgers
- Caesar Salad
- Chicken Fingers & more!

**DINNER FEATURES FROM LOCAL RESTAURANTS!**

**EVENING APPETIZERS @ QUARRY PATCH!**

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SUN 8AM-3PM**

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# Viterra Championships coming to Stonewall next week

By Ty Dilello

The 2024 Viterra Championships will be taking place in Stonewall at the Veteran's Memorial Sports Complex from Feb. 7-11.

It's going to be an exciting time as 32 of the top men's curling teams

from across the province will be competing for a chance to wear Team Manitoba colours at the upcoming Montana's Brier.

The top seeds at the provincial championships will be Granite's Brad Jacobs (Reid Carruthers, Derek Samagalski, Connor Njegovan) and

Fort Rouge's Ryan Wiebe (Ty Dilello, Sean Flatt, Adam Flatt). Rounding out the top five seeds will be Fort Rouge's Braden Calvert (Corey Chambers, Kyle Kurz, Brendan Bilawka), Assiniboine Memorial's Jordon McDonald (Dallas Burgess, Elias Huminicki, Cam Olafson) and Assiniboine Memorial's Brett Walter (JT Ryan, Graeme McFarlane, Hugh McFarlane).

Thomas Dunlop is representing Charleswood on Devon Wiebe's team. The Interlake will also be represented by Winnipeg Beach's Justin Reynolds (Nick Weshnoweski, Josh Maisey, Sean Giesbrecht), who won a spot through the same regionals as Ede. Kyle Einarson is curling with Justin Richter, Jared Litke and Mitch Einarson and are representing Beausejour.

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"Our team is very much looking forward to competing in Stonewall next week," said Wiebe, skip of the second-seeded rink out of the Fort Rouge Curling Club. "We've had a pretty good season to date, and we really want to try and peak at this Provincial Championships as the ultimate goal for our team this season is to win the provincials and play in the Brier. That would be a major accomplishment for us."

**IT'S GOING TO BE AN EXCITING TIME AS 32 OF THE TOP MEN'S CURLING TEAMS FROM ACROSS THE PROVINCE WILL BE COMPETING FOR A CHANCE TO WEAR TEAM MANITOBA COLOURS AT THE UPCOMING MONTANA'S BRIER.**

The Carman area has a pair of entries in the Viterra Championships as Carman's Dean North (Brad Wainikka, Rob Van Deynze, Mike Orchard) and Holland's Jeremy Sundell (Elliot Sundell, Paul Sundell, Thomas Huggart) each won a berth through the southern regionals event.

Team Matt Dunstone out of the Fort Rouge won't be playing in the Viterra Championships as they have been awarded a Wild Card entry to the upcoming Montana's Brier.

There will be a number of local curlers participating. The home team representing Stonewall is Logan Ede's team (Reece Hamm, Emerson Klimpke, Ryan Zapotochny) who won a spot through the regionals. Stonewall's Greg Melnichuk will skip a team after he earned a spot winning the Manitoba Open and

Full Event Passes for the championships are available for \$150 and Single Day Passes are \$50. They can be purchased here: <https://curlmanitoba.org/viterra-championship/>. The physical tickets can then be picked up at the Town of Stonewall office (293 Main Street) Monday to Friday, 8:30 a.m. to 4:30 p.m., or at the Stonewall Curling Club bar Monday to Friday from 6:45 p.m. to 9:30 p.m. They can also be mailed out, or can just be picked up at the door during the event. Tickets can also be purchased in person (cash/debit/credit card) at the Club bar.

Single Draw Admission (\$20) will only be available during the event. Children 12 and under are free.

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Good luck to all the competitors

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The draw times for the 2024 Viterra Championships are as follows:

**WEDNESDAY FEB. 7 – 8:30 A.M., 12:15 P.M., 4 P.M., 8:15 P.M.**

**THURSDAY FEB. 8 – 8:30 A.M., 12:15 P.M., 4 P.M., 7:45 P.M.**

**FRIDAY, FEB. 9 – 8:30 A.M., 12:15 P.M., 4 P.M., 7:45 P.M.**

**SATURDAY, FEB. 10 – 9 A.M., 2 P.M., 6 P.M.**

**SUNDAY, FEB. 11 – 9 A.M., 2:30 P.M.**

50/50 for the Viterra Championships is also now available online at [www.raffle.link/curling](http://www.raffle.link/curling), with the first drawing on Feb. 7 at 10 p.m. promising to be a big one.

There will be a “Quarry Patch” where fans can come out before and after games to socialize. It will be open from 9 a.m. to 1 a.m. from Wednesday to Saturday and from 9 a.m. to 5 p.m. on Sunday.

At the “Quarry Patch,” there will be

DJ music on a few of the nights, Neil Kitching performing on Thursday night, Grant Leutshaft on Friday night, and Grant Leutshaft/Bruce Jacobs performing on Saturday night. These musical performances will take place from 9 p.m. to 1 a.m. each night.

The winner of the Viterra Championships will represent Manitoba at the 2024 Montana’s Brier in Regina, Saskatchewan, from Mar. 1-10. This will be the first Brier under the sponsorship of Montana’s BBQ & Bar, following the departure of Tim Hortons as a sponsor.

A total of eighteen teams will qualify for the 2024 Brier. The fourteen Canadian curling member associations will hold playdowns to determine who will represent their province or territory. Team Canada is represented by Newfoundland and Labrador’s Brad Gushue, who won their second consecutive Brier championship at the 2023 Tim Hortons Brier.

In a change in the qualification format, the Brendan Bottcher of Alberta and Matt Dunstone rinks automatically pre-qualified for the 2024 Brier field based on their 2022-23 Canadian Team Ranking

Standings (CTRS), which meant they bypassed the provincial qualifiers. A fourth qualifying team will join the field as the top non-qualified team on the 2023–24 CTRS standings following all of the provincial and territorial playdowns.

The winning team at the Brier will ultimately represent Canada at the 2024 World Men’s Curling Championship in Schaffhausen, Switzerland.



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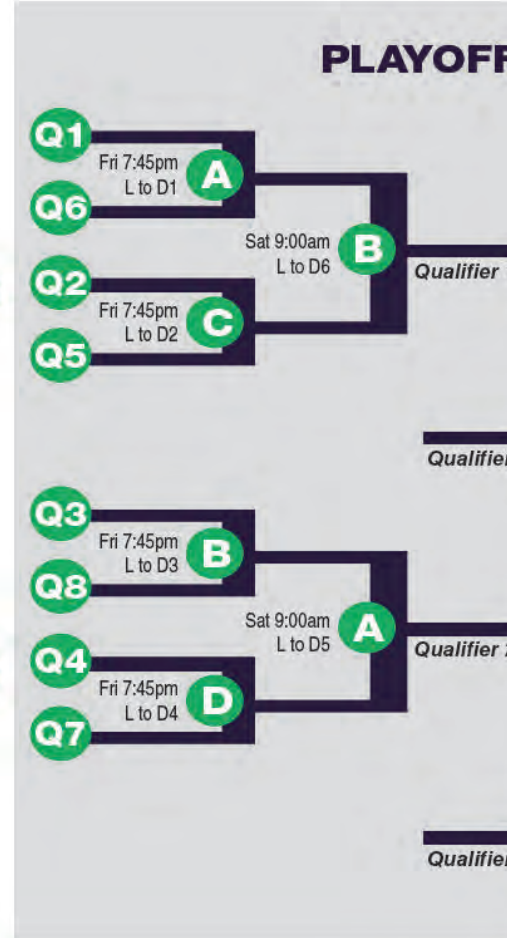
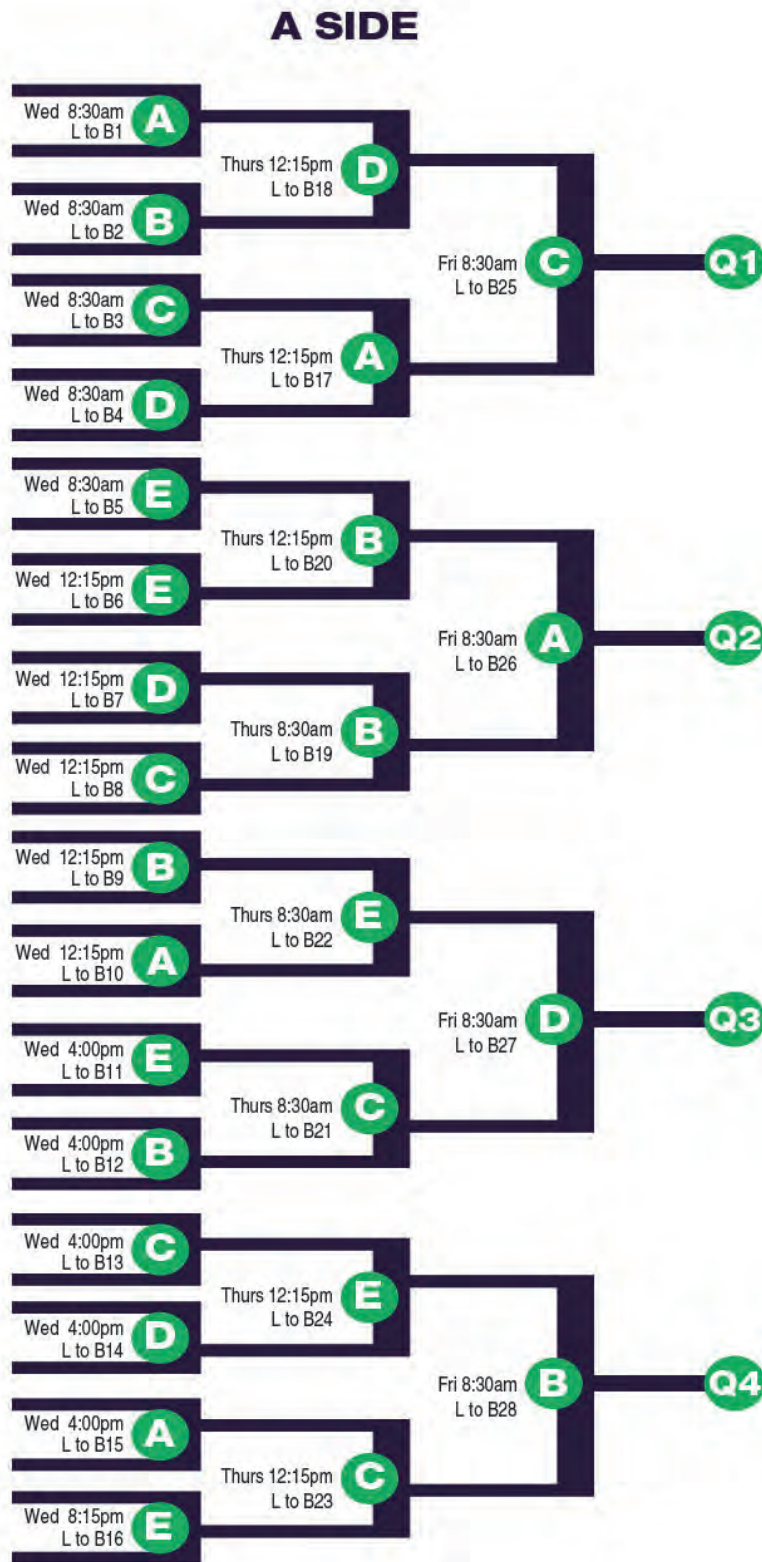


# 2024 Viterra Championship Veterans Memorial Sports Complex

## SCHEDULE



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- Freeman
- Irwin
- Todoruk
- Sundell
- Calvert
- Sigurdson
- Blanchard
- Dunbar
- Irving
- McDonald
- Toews
- Gregory
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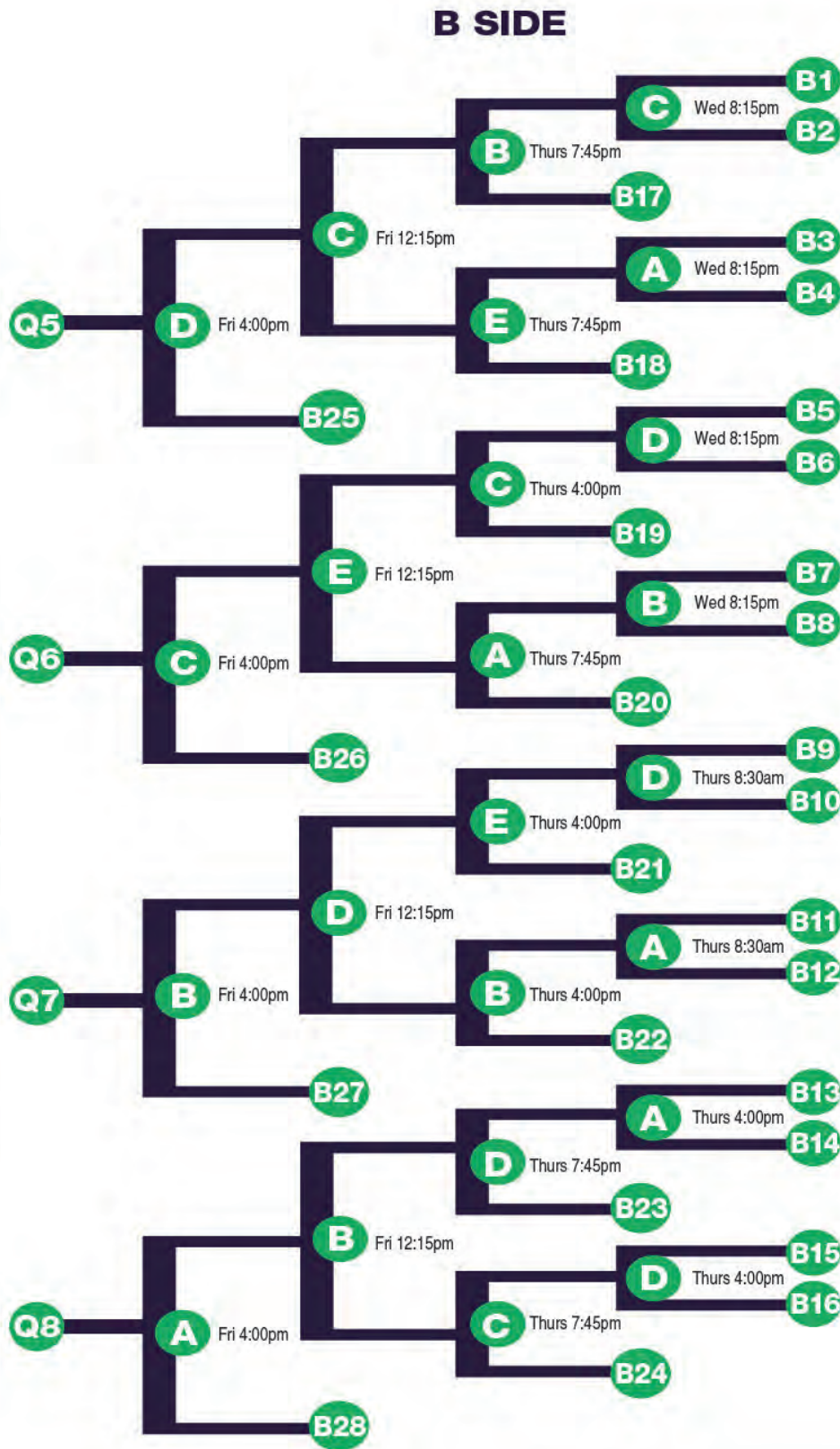
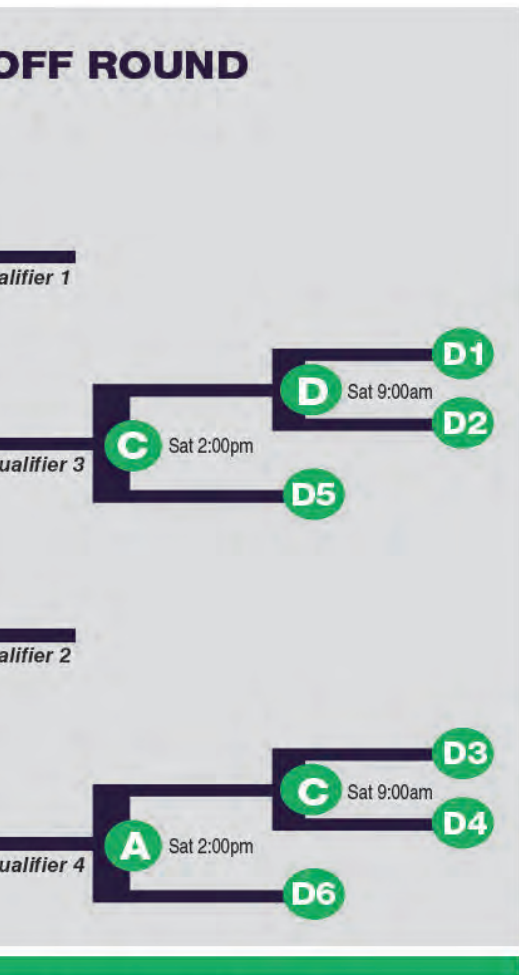
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# Manitoba Provincial Men's History

## Provincial

From 1925 to 1958 teams played a straight knockout format. This was played in conjunction with the MCA Bonspiel. In some years as many as 64 teams qualified. Exceptions to this included 1930 to 1932 where the MCA Bonspiel Grand Aggregate Winner was declared Provincial Champion. In 1949 a round robin format was used with 12 teams. In 1959 the current format of a maximum of 32 teams was started, however if a team qualified twice, the numbers were reduced accordingly. In 1965, minimum 32 teams became the yearly number to compete. There have been various types of draws used to declare the champions over the years. In 1995, the 8 team qualifier was introduced and in 2003 the Final Four or Page Playoff was introduced. In 2021 there was no playdown because of the pandemic. Jason Gunnlaugson Team being last years champion was chosen to represent the province. In 2022 only 28 teams competed in a curling club due to restrictions

## Canadian Men's

The idea of a national competition began in 1925, with the Manitoba Champion heading east to play a series of exhibition games against eastern teams. In 1927 the first Brier was held with 8 teams competing with only one team representing Western Canada. The teams played 14 ends against each of the other teams with no playoff unless the teams were tied for first place. In 1928, the games were shortened to 12 ends with 10 teams competing. In 1936, PEI and British Columbia were added and in 1951 Newfoundland / Labrador, in 1975 The Territories were added. In 1977, games were shortened to 10 ends. There was no Brier held from 1943-1945. In 1979, the last Brier was held where no playoff games followed unless teams were tied. In 1980 the play-off format was changed to the first place team receiving a bye to the final and the second and third place teams playing a semi-final game to see who would advance to the final. In 1995, the Page Playoff format was adopted. In 2018, the event was ex-

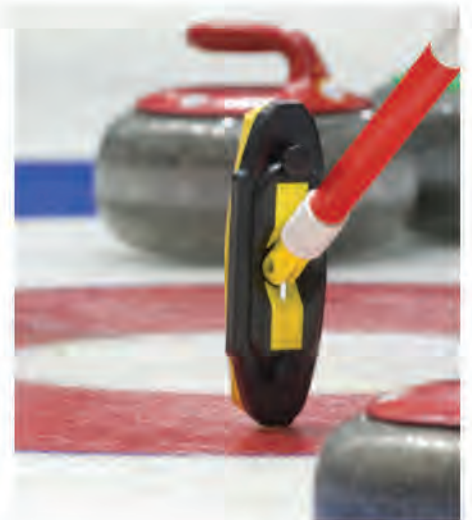
panded to 16 teams in two pools of 8 teams. A wildcard entry was added. In 2021, because of the pandemic the championship was expanded to 18 teams in two pools of nine. Two additional wildcard entries were added based on the ranking system, one of the wildcard teams was from Manitoba. In 2022, three additional wildcards were added. Two pools of 8 with top three playing down to four and page playoff final.

## Men's

In 1959, the first world men's championship was held with teams from Canada and Scotland competing. In 1961, the USA joined as did Sweden until finally 10 teams qualified in 1973. The teams played a round robin followed by a straight knockout involving the top four teams with 1 vs 4 and 2 vs 3. There are now 12 teams that compete. In 2005, the Page Playoff format was adopted. The championship was not played in 2020.

## Provincial Final

Since 2003 the Page Playoff has been used to determine the champion. In the 18 years of this playoff system, the winner of the 1 vs 2 game has gone on to win on 13 occasions. On 4 occasions the loser of the 1 vs 2 game has come back to win (2008 Burtnyk, 2010 and 2013 Stoughton, 2017 McEwen). Only once has the 3 vs 4 winner claimed the championship. (2012 Fowler).



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# Connected to our communities.

Viterra is proud to support curling for people of all ages in Manitoba. Congratulations and best of luck to all of the qualifying teams.



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# It's OK not to be OK

By Autumn Fehr

Wednesday, Jan. 24 was Bell Let's Talk Day, Canada's largest corporate campaign in support of mental health.

The initiative started in September 2020 and was built to focus on four key pillars: fighting the stigma, improving access to care, supporting world-class research and leading by example in workplace mental health.

Every year since 2020 on this day, our social media feeds and email inboxes are populated with messages reminding us to stop, think, and talk about the importance of mental health.

There's been a lot of talk since the start of this campaign, but what about taking action to create positive change for mental health care in Canada?

According to the Centre for Addiction and Mental Health (CAMH), "one in five Canadians experiences a mental illness." By the time Canadians are 40 years old, one in two has or has experienced a mental illness.

It's time we started treating our mental health to be as important as our physical health and to continue to push the narrative that "it's OK not to be OK."

Breanna Malcolm, a personal trainer living in Lundar, believes that "being 'healthy' is more than just physical health; it's mental health, too."

Malcolm works full-time as an elementary school teacher in the community, part-time as the recreation director in Lundar, and runs her Interlake-based personal training business, Fierce Interlake Training, on the side.

She said she's a personal trainer because she's always enjoyed being active and want to offer a positive service in her community.

"As a personal trainer, not only am

I able to help my client's physical health but also their mental health. Physical activity is proven to decrease stress and anxiety and provide the body with endorphins. In addition, group fitness classes provide a sense of community and socialization, which is extremely beneficial for our mental health."

Malcolm feels fortunate that some clients also reach out to her about their mental health, and she's ecstatic when they give her an update that it has improved.

"My role as a personal trainer is to support and understand my clients in all aspects of health, including both physical and mental health," she said.

When struggling with your mental health and working through those challenges, it's important to have outlets that you can rely on when things get heavy. Sometimes, that's a peer you can confide in; other times, it's habits you develop over time that are easily accessible and work for you.

"My physical health schedule is a habit and part of my routine; I continue to work on my mental health," said Malcolm.

When life gets heavy, Malcolm suggests doing these things to help improve your mental health:

Move your body with a heart-pumping workout, walk in the fresh air, journal your thoughts, talk to someone you trust, have a bath or spend time resting alone.

But she acknowledges that sometimes the simple things most accessible to you aren't enough to curve whatever hump you are going through. Sometimes we must connect with a mental health professional and allow them to help us.



As a personal trainer, Malcolm teaches weekly in-person workout classes in Lundar that offer an outlet for those struggling with mental health.

If you don't live in Lundar, don't worry; you can still participate through her online 30-minute Zoom workouts twice a week — Monday and Wednesday mornings from 6:15 to 6:45 a.m.

She records herself leading each workout and shares it with registered participants afterward.

If you can't make it live in the morning or want to do the workout again, don't sweat it; the recording is available for up to one week afterward. You can also join Malcolm at the gym on Tuesdays from 5 to 5:45 p.m. at Lundar School Gym.

In addition to these workouts, Malcolm offers six-week programs each season. The program comes with a workout geared towards your current fitness level, a recipe book she has created with sustainable, tasty meals, and access to the private Facebook group, where she posts daily for motivation, tips, recipes and encouragement. The current six-week program is in progress and will run until Feb. 25.

Stay tuned: the next program is anticipated to start in the spring.

To register, contact Malcolm through her Instagram or Facebook page Fierce Interlake Training or email fierceinterlaketraining@outlook.com.

If you, or anyone you know, is struggling with mental health, here are some external resources available:

Manitoba Suicide Prevention and Support Line



PHOTO SUBMITTED

Personal trainer Breanna Malcolm encourages everyone to stay active to support mental health.

- Phone: 1-877-435-7170
- Text: 45645
- Clinic Crisis Line
- Phone: 204-786-8686
- Toll-free: 1-888-322-3019

Or reach out to your family doctor to access help near you.

"Every single person has things going on in their lives that we know nothing about. We cannot tell what's going on in someone's body by looking at them. Be kind. A small act of kindness can go a long way. If you are struggling with your mental health, please know that you matter and are loved," said Malcolm.

## Rental accommodations needed for health-care workers

By Jennifer McFee

Rental accommodations are in demand for health-care workers coming soon to the Interlake-Eastern region.

Interlake-Eastern Regional Health Authority is reaching out to local residents to find rental properties in Arborg, Ashern, Eriksdale, Stonewall, Selkirk, Pine Falls, Pinawa and Beausejour.

Julene Sawatzky, regional lead for human resources, said optimally they're seeking small furnished rental options that are in good condition and close to health facilities.

"One of the challenges we are finding in stabilizing the workforce in our rural environment is access to affordable and appropriate rental accom-

modation," she said.

"We have numerous recruitment initiatives underway, including the Philippines recruitment effort as well as the rollout of the Provincial Nursing Float Pool. We need accommodations in order to be able to have these nurses and health-care aides actually work in the communities."

In addition, physicians often struggle to find an appropriate place to live, which is a key factor in retention.

The duration of the rentals will vary depending on the situation of the worker.

"Provincial Float Pool nurses may be coming to the community for three to six months at a time, whereas individuals and families from the Phil-

ippines will be staying in the community a minimum of several years. In both cases, having some basic furnishings in place is very helpful," Sawatzky said.

"We also have agency nurses working in many of our communities. They often seek nightly rentals as they may come and work in a community for a few shifts in a row and then drive back to where they live."

To help address the issue of accommodations, the health authority is gathering information about residents who might have short-term or long-term rentals available.

"We are finding challenges right across the region. The communities of Ashern and Pine Falls are of par-

ticular focus as their distance from a major centre makes it more difficult to support staff with accommodations. Staffing stabilization efforts are underway. We're capitalizing on Provincial Float Pool staffing and recruited workers from the Philippines," Sawatzky said.

"As we focus on improving access to care across the region, we need places for staff to live and we hope that communities take opportunities they may have to facilitate access to housing."

Anyone with a rental site that is available can contact human resources officer Susan Peitsch at speitsch@ierha.ca or 204-345-4325.

# Living Lab Manitoba project works with farmers to fix environmental concerns

By Becca Myskiw

Local farmers are working with researchers and scientists to find more sustainable agriculture practices in response to climate change.

The Living Lab Manitoba project is underway, and the farmers of the Interlake had the chance to get involved on Jan. 25. The project was initially launched in 2022 by Agricultural Climate Solutions – Living Labs, a \$185-million program that allows Agriculture and Agri-Food Canada to “build and strengthen a nationwide network of Living Labs over 10 years.”

Manitoba’s first living lab project wrapped up last year (Living Lab Eastern Prairies) and involved the Swan Lake Watershed, Main Drain Watershed, North Shannon Creek Watershed and the Upper Oak River Watershed. As that one wrapped up, Living Lab Manitoba started up with \$9.2 million in funding.

Living Lab Manitoba will build on the success of Living Lab Eastern Prairies but includes watersheds across the province and has a slightly different focus.

Since Living Lab Manitoba kicked off last year, the Manitoba Association of Watersheds (MAW) has been working behind the scenes to support the project.

Currently, there are 14 living labs across Canada, and the one in Manitoba’s Interlake will include the West Interlake Watershed District, the East Interlake Watershed District and the Westlake Watershed District.

The Living Lab Manitoba project’s purpose is to have researchers and scientists working with Manitoba farmers to develop, test and monitor management practices through enhanced land management and economically effective farming practices.

The three main priorities of the project are to sequester carbon, reduce greenhouse gas emissions and provide other benefits.

On their own farms, farmers will work with the researchers and scientists as equal partners, giving them a direct voice in the development of the project.

MAW hosted the meeting in Lundar to find local landowners willing to participate.

There, the farmers discussed their concerns, what they’ve noticed on their land and their ideas for kicking climate change. From that meeting, the organization identified their partners.

“These projects are an opportunity to work hand in hand with researchers in your operations,” said Dan Cox, MAW project manager. “So we need a partner who is open to that, one who’s interested in using this opportunity to further get some answers on their side of agriculture and one who’s just interested in being part of the process.”

Once all partnerships are made and final, the teams of landowner, researchers and scientists will design their project, present it to MAW and start their work.

The goal is for MAW and its partners

is to apply a broader lens to beneficial management practices that can be integrated into watershed management plans across the province.

Those practices are rooted in the protection and preservation of land and water health, and will have a significant impact on protecting the water and land through these research projects.

Living Lab Manitoba focuses on five research themes:

- Carbon sequestration with natural infrastructure
- Increased soil organic matter to increase water retention, carbon sequestration, crop yield and field health
- Reduced greenhouse gases
- Understanding and targeting spatial distribution and building of soil carbon
- Developing realistic scenarios for targeting of conservation efforts and restoration of natural features with modelling of implications for regional net carbon balance

The Living Lab Manitoba project is a five-year endeavour.

MAW spent the first year getting all the administrative work done and preparing, and Year 2 will start in April.

At the end of the field season, the farmers and researchers will evaluate their findings, if any are available, and make changes for next year based on them.

That process will continue throughout the project.

“We’re hoping to see some increased

adoption of some beneficial management practices that help towards better watershed health,” Cox said. “These projects, through research, can identify what will lead to better water quality, soil health, biodiversity and overall watershed health.”

After the five-year project, the adoption of the best management practices identified in the project will provide tangible environmental and economic benefits, including reduced greenhouse gas emissions, increased carbon sequestration, improved watershed health and decreased operating costs to producers.

Watersheds are affected by many environmental and agricultural factors, with their overall health constantly changing.

The clearing of trees within a watershed for crop and pasture use can degrade water quality and flow. The use of chemicals like fungicides and herbicides can contaminate water through application, runoff and deposition, which poisons wildlife, marine life, food sources and the habitat. Conventional soil tillage can cause a loss of soil moisture and can lead to an increase in wind and water erosion.

“If there are ways we can help farmers improve their soil health and improve their practices, not only for their bottom line but for the environment at the same time, that’s a success,” said Cox.

## get inspired

> MEAL IDEAS



### Lemon Garlic Tuna-Stuffed Roasted Mini Sweet Peppers

Total time: 20 minutes

Servings: 2-3

1 packet (2 1/2 ounces) Chicken of the Sea Wild Caught Light Tuna Lightly Seasoned by McCormick, Lemon Garlic  
3 mini sweet peppers, halved, seeds removed

2 tablespoons olive oil

1/4 cup shredded cheddar cheese

1/2 cup sliced green onions

fresh cracked black pepper, to taste

Preheat oven to 400 F. Lay parchment

or foil over baking pan.

Place halved mini sweet peppers on prepared baking pan and lightly brush both sides of peppers with oil.

Divide lemon garlic tuna evenly between six mini pepper halves.

Top with cheese and bake 8-10 minutes, or until peppers are tender and cheese is melted.

Allow to cool and top with sliced green onions and fresh cracked black pepper, to taste.



### Seared Salmon with Apple Slaw

seeds, plus additional for garnish

1 teaspoon black sesame seeds, plus additional for garnish

Preheat oven to 375 F using grill or broil setting and line baking tray with cooking paper.

Arrange salmon portions on paper and spread barbecue sauce over each portion.

Bake 5-8 minutes, depending on thickness and size, or until just cooked in center and caramelized on top.

In bowl, combine sliced apple sticks, cabbage, celery and red onion slices; toss lightly.

In separate bowl, whisk mayonnaise, herbs, lime juice and lime zest.

Fold dressing and sesame seeds into slaw and toss together.

Divide apple slaw between serving plates and top with glazed salmon. Sprinkle with extra sesame seeds.

Servings: 4

4 portions boneless salmon

4 tablespoons Asian-style barbecue sauce

2 Envy Apples, cored and sliced into matchsticks or julienned

1 cup sliced or shredded red cabbage

1 cup sliced or shredded white cabbage

1 celery stick, finely sliced

1/2 red onion, finely sliced

1/4 cup mayonnaise

1 tablespoon chopped fresh herbs

such as dill, parsley or cilantro

1 lime, juice and zest only

1 tablespoon toasted white sesame



# Stonewall artist competes in CBC pottery competition

Great Canadian Pottery Throw Down airs Thursdays at 8 p.m. starting Feb. 8

By Jennifer McFee

A Stonewall artist is showcasing her pottery skills in Canada-wide competition that will air on CBC next week.

Jen Sonnenberg is sharing her talents with the nation on *The Great Canadian Pottery Throw Down*, a new CBC series hosted by Jennifer Robertson of *Schitt's Creek* and *Ginny & Georgia*.

Seth Rogan serves as a guest judge and an executive producer for the show, which is based on a British format created and owned by Love Productions. The other judges are Brendan Tang, a Vancouver-based artist and ceramics instructor, and Natalie Waddell, a Toronto-based ceramicist and educator.

The passion for pottery first sparked for Sonnenberg while she was a student at the University of Manitoba.

"I was taking a fine arts degree and needed a 3D course. I wanted to take sculpture but it didn't fit into my schedule, so it had to be ceramics. I loved the class so much and took all that the university offered," said Sonnenberg, who is also known in the community for her roles as a substitute teacher and hockey coach.

"I love that you can make artwork that is functional — something that you can hold and eat out of each day. I love that it's made from the earth, and when fired in a wood kiln like I do, it captures so much of the warmth and energy of the firing on each surface."

When she became pregnant with her first child, Sonnenberg stopped making pottery and firing her wood kiln. And while she was on maternity



Jen Sonnenberg and husband Ryan Frost with sons Tom and John.

leave with her second child, she came across the British version of *The Great Pottery Throw Down*.

"Watching the competitors and their challenges was a big push for me to get back into making pots. I told myself that if the show ever came to Canada, I would have to apply for it," she said.

"Well, this spring when a friend told me about the call for applications, I knew I had to follow through with that promise I had made myself."

Sonnenberg made the cut, and she's one of 10 potters who met in Vancouver to vie for the title of best at the wheel.

"The Great Canadian Pottery Throw Down is modelled after the British show where a group of amateur

potters competes over eight weeks in different challenges. There is a main make each episode, where the potters are given a theme or required item to create, and then also a second challenge that tests the potters' skills," she said.

"At the end of each episode, one potter leaves the pottery until the finale, where the final three see who will be the winner of Season 1. There are generally a lot of things that can go wrong when creating pottery, so adding in time factors definitely adds a few curveballs and surprises to the show."

Even if someone isn't interested specifically in pottery, Sonnenberg thinks the show will appeal to a broad audi-

**"A BIG PART OF THE BRITISH AND CANADIAN SHOW IS THAT IT IS A FRIENDLY COMPETITION."**



EXPRESS PHOTOS SUBMITTED

Ten potters, including Stonewall's Jennifer Sonnenberg, front left, travelled to Granville Island in Vancouver to compete in *The Great Canadian Pottery Throw Down*.



The Great Canadian Pottery Throw Down airs on CBC and CBCGem on Thursdays at 8 p.m. starting Feb. 8.

ence because of the risk involved and the competitive spirit.

"A big part of the British and Canadian show is that it is a friendly competition, unlike a lot of other reality-type shows. And the people on this show were absolutely amazing, both talent-wise and just as people," she said.

"The cast became so close, it was so hard to lose a friend each week. I think viewers will be absolutely blown away by what the potters are able to create in the timeframe. There really were so many amazing potters."

For Sonnenberg, it's been a once-in-a-lifetime experience.

"As a mom of two boys, John and Tom, the hardest part for me was

thinking of leaving them. But I thought of the lessons that I try and teach them every day, about doing your best and trying your hardest, so that helped make leaving them easier. I am a pretty competitive person, too, so having the challenges and the timeframes added such a fun element to making pots," she said.

"The best part about being on the show was definitely meeting the other contestants. They are such great people, and we still stay in touch regularly, which is amazing. I learned so much from all of them. It was such a great experience."

For those who are wondering, Sonnenberg won't reveal how she fared in the competition. Instead, curious viewers will need to tune in to the program to find out.

*The Great Canadian Pottery Throw Down* airs on CBC and CBCGem on Thursdays at 8 p.m. starting Feb. 8.

To check out some of Sonnenberg's pottery, follow along on Instagram @ jensonnenbergwoodfiredpottery. Pots are also added regularly to her website and online store at [www.woodfiredpottery.ca](http://www.woodfiredpottery.ca).



Great Canadian Pottery Throwdown hosts Jen Robertson and Seth Rogan.



Tune in to the show to see how Jen Sonnenberg fares.



Each week potters create something new for different challenges.

## Falcons flying to end January

By Brian Bowman

The Lundar Falcons shut out the first-place Selkirk Fishermen 4-0 on Sunday as Riley Zdan, Gray Ray, Daniel Masters and Joel MacMillan scored for the winners.

Kennedy Kerr made 47 saves for the shutout.

Last Saturday, Lundar edged the North Winnipeg Satellites 4-3 in overtime.

Zdan scored the game winner in OT. He finished the game with three points.

The Falcons' Liam Russell, Ray and MacMillan potted goals in regulation time.

Dylan Care, Kayden Buffalo and Bryce Raven scored third-period goals for the Satellites.

Kerr again made 47 saves for the

win.

On Jan. 23, Lundar downed the Satellites 3-1 in Winnipeg.

Falcons' goals were tallied by Zdan (two) and Morgan Mantik.

Easton Thomas replied for North Winnipeg, beating Kerr for his team's lone goal in the second period.

The Falcons will visit the Arborg Ice Dawgs on Sunday for a 6 p.m. game.

Arborg, meanwhile, lost 10-0 to St. Malo on Sunday. Saturday saw the Ice Dawgs get doubled 6-3 by the Warriors.

Ice Dawgs' goals came from Austin Adair, Perce Beardy and Mitchell Wilson.

Arborg will start its weekend with an 8 p.m. home game against the Beausejour Comets on Friday.



EXPRESS PHOTO BY JO-ANNE PROCTER

Lundar Falcons' Riley Zdan rushes past a North Winnipeg Satellites player to score his first of two goals in their 3-1 victory on Jan. 23. Zdan has scored the game winning goal in their last four wins.

## U18 AAA male Interlake Lightning on five-game losing streak

By Brian Bowman

The Interlake Lightning U18 AAA male hockey team was stopped 5-2 by the Southwest Cougars on Sunday afternoon in Teulon.

Tytan Johnson and Brandon Burak scored second-period goals for the Lightning.

Southwest goals were scored by Regan Anderson, Jack Clark, Connor Hoemsen, Tyson Draper and Kylan Anderson.

Saturday saw Interlake drop a 3-1 decision to the Winnipeg Wild.

Johnson scored a second-period goal while Hudson Kowalchuk and William Marceus replied for Winnipeg in the first period and then Jonah Vanderhorst tallied in the second.

Last Friday, the Lightning lost 3-1 at home to the Wild.

Johnson scored for the Lightning while Kowalchuk, Marceus and Vanderhorst replied for the Wild.

On Jan. 20 and 21, Interlake lost a pair of games to the Brandon Wheat Kings, including getting blanked 4-0 in the second game.

Jaxon Jacobson, Easton Odut, Ethan Stewart and Loughlan McMullan scored in the game.

Saturday saw Brandon nip Interlake 5-4 in overtime.

Jacobson scored the game winner in OT.

Ian Buors (two), Johnson and Burak

scored for the Lightning.

The Wheat Kings' other goals came from Colten Worthington (two), Declan Hoad and Stewart.

Interlake, now 19-13-3 and in fifth place with 41 points, will hit the road this weekend to play the Parkland Rangers Saturday (7:30 p.m.) and Sunday (1:30 p.m.) at Credit Union Place.

## Lightning players getting recognized



EXPRESS PHOTOS SUBMITTED

The Interlake Lightning's Vayda Rigaux was named the Manitoba Female Hockey League's U18 AAA player of the week for Week 16 while teammate Jane Sugimoto received the goaltender of the week award for the same period.

## Interlake to be well represented at the NAHC in Grande Prairie

By Brian Bowman

The Interlake will be well represented at the National Aboriginal Hockey Championships in Grande Prairie, Alta.

The male team will consist of Interlake forwards Ian Buors (St. Laurent/Sandy Bay First Nation) and Blake Farthing (Stonewall/MMF Interlake region), Selkirk Steelers' forward Nick Giasson (Winnipeg/MMF Winnipeg region), Selkirk Steelers' defenceman Luke Wagner (Winnipeg/MMF Winnipeg region), Winnipeg Freeze forward Noah Oughton (St. Laurent/MMF Interlake region) and Winnipeg Blues' defenceman Tavon McCorister (Winnipeg/Peguis First Na-

tion).

The team's trainer is Eric Favel (Peguis First Nation/Peguis First Nation).

The women's team includes Interlake Lightning forward BreAnn Windross (Grosse Isle/MMF Southeast region), Interlake Lightning goaltender Rachel Halldorson (Lundar/MMF Interlake region) and Winnipeg Avros' forward Liberty Aime (Clandeboye/MMF Interlake region).

Team Manitoba's head coach is Dale Bear (Winnipeg/Peguis First Nation) while Jacinta Bear (Winnipeg/Fisher River Cree First Nation) is the manager.

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### UPCOMING EVENTS

The Gimli Betel Recreation Department, in collaboration with the Friends of Gimli Betel, invite you to attend a Volunteer Information Meeting. The meeting will be held on February 7, 2024 at 1:00 p.m. in the Chapel at Gimli Betel Home. This will be an opportunity for anyone interested in helping out to join a group discussion about volunteer opportunities and upcoming events, ask questions, and learn more about what volunteers do at Betel Home. For more information, please contact Bryanne Hjordleifson at 204-642-5556 ext. 22356 or Pat Nuspl at 204-389-2303.

### FLIGHT ACADEMY

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

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### THE RURAL MUNICIPALITY OF ARMSTRONG

## REQUEST FOR TENDER 2024 Blast / Crush and Supply of Limestone

The Rural Municipality of Armstrong invites tenders for Blast / Crush and Supply of limestone for the 2024 road maintenance program.

Please contact the office at clerk@rmfarmstrong.com or Merx.com to obtain the mandatory tender document.

Interim CAO Nancy Howell  
RM of Armstrong  
Lot 55 Highway 17  
Box 69, Inwood, MB R0C 1P0  
Phone: 204-278-3377



### NOTICE OF NOMINATIONS BY-ELECTION R.M. OF WEST INTERLAKE

NOTICE IS HEREBY GIVEN that on the following days:  
**February 12th, 2024 thru to February 18th, 2024**  
By appointment  
I will receive nominations for the office of Councillor Ward 1

For term - March 2024 to October 2026

**The nomination deadline is February 18th, 2024 at 4:00 p.m.** Nominations cannot be accepted after this day. All nominations shall be made in writing, and shall be signed by at least 10 voters, or NOT less than one percent of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification. Nominations may be filed in person on the dates and hours specified, by an agent, or by fax or email. To obtain a nomination paper, and/ or candidate's declaration of qualification, contact the SEO at the telephone number or email listed below. Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Myrna Little  
SEO R.M. of West Interlake  
10 Main Street  
Eriksdale, Manitoba R0C 0W0  
Cell: 1-204-941-0156  
Office: 204-739-2666  
Fax: 204-739-2073  
Email: seo@rmofwestinterlake.com  
Dated at Eriksdale, MB this 22nd day of January 2024

### THE RURAL MUNICIPALITY OF ROSSEMER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser invites applications for the **Office Clerk** position. (Permanent, Full-time)

Under the direction of the Executive Assistant, the Office Clerk will oversee the front reception area and be the first point of contact for citizens and ratepayers of the municipality. Duties will include answering phones and in-person inquiries, receipting payments, preparing tax certificates, maintaining, and updating the municipal website, and maintaining the office's filing system. This position will help the Executive Assistant with various tasks when needed.

#### Qualifications - Office Clerk

- Graduation from an applicable program (college computer, accounting technician, administrative program) or equivalent combination of training and experience.
- Excellent computer skills in database management, webpage posting and electronic communication software.
- Intermediate level ability to use Microsoft 365 (Word, Excel, Outlook).
- Excellent communication skills including the ability to effectively communicate verbally and in writing with a variety of stakeholders and members of the public.
- Proven organizational skills expertise including the ability to prioritize and work on concurrent assignments to meet deadlines in a fast-paced environment.
- Class 5 driver's license.

The Rural Municipality of Rosser offers a competitive salary and benefits package including health/dental and pension.

The approved hourly wage scale for this position is \$21.28 - \$23.48.

Applications must contain a resume, covering letter and three references. **Application deadline is 4:00 pm on Friday, February 16, 2024.** Only those candidates chosen for an interview will be contacted.

Please forward application marked "Application for Office Clerk" to Ashley Campbell, Executive Assistant at:

RM of Rosser  
Rural Municipality of Rosser  
Box 131, Rosser, Manitoba R0H 1E0  
fax: (204) 467-5958  
e-mail: admin@rmofrosser.com

To view a full job description please visit <https://www.rmofrosser.com/p/job-postings> or call the Municipal Office at (204)467-5711.

The Rural Municipality of Rosser supports inclusivity and accessibility in the workplace. Reasonable accommodation is available to applicants with disabilities.

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### RURAL MUNICIPALITY OF GIMLI

## PUBLIC NOTICE

### Public Notice regarding trimming of trees and shrubs encroaching public property

The owner or occupant of a property with private trees or shrubs abutting on the right-of-way of any street, alley or sidewalk is responsible for trimming, removing, or pruning back branches or other growth which may project or exist beyond the property line. The municipality has the authority to trim and/or remove obstructions caused by the growth of trees/shrubs that are located on private property which abuts Municipal property. These obstructions shall include any impediment to street lighting, vehicular/pedestrian traffic, signage and intersection sight lines.

We ask all residents to assess their trees and shrubs encroaching on public property and prune or trim them by the end of February. Otherwise, a Municipal crew will commence trimming trees and shrubs in locations not pruned by the property owner as per Tree Control Policy #CS1.

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Brio Insurance Riverton requires the services of a contractor to provide general cleaning duties daily for the interior and exterior of the building.

**Duties include:**

- Vacuum all carpets and mop floors
- Gather and dispose of all garbage and recycling
- Dust and clean offices, staff room and public area
- Clean and sanitize washrooms
- Other cleaning requirements as necessary

Tenders or resumes, accompanied by a minimum of two references, must be received on or before **February 16, 2024, before 4:30 p.m.**

Tender information can be obtained by emailing Mike.Frost@accesscu.ca.

Tenders may be delivered, mailed or emailed to:

Access Credit Union  
PTH #14 Unit 2 - 23111 Stanley Business Centre  
Winkler, MB R6W 4B4  
Email: Mike.Frost@accesscu.ca



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# Classifieds Announcements



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## CARD OF THANKS

Bo and I, Patti Witzke would like to thank our friends and family for your support and kindness, after the passing of Sean Witzke, my husband and Bo's father as well as Betty Carson, my mother and Bo's grandmother. We appreciated the cards, calls, visits, flowers and food. We also would like to express our thanks to those who attended Sean's funeral mass in Winnipeg. All of your love has helped us to cope with our losses.

## IN MEMORIAM

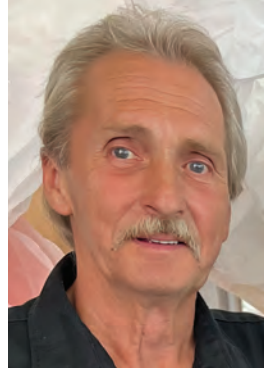


In Loving Memory of  
Nadine Eyjolfson (McNabb)  
Taken from us February 5, 2015

Remember me with love and joy,  
Let gratitude fill your heart;  
Thankful for the time we had,  
Gone...yet not apart.  
If we measured life in moments,  
Not in months or years;  
I lived a hundred lifetimes,  
Loved by all who hold me dear.  
I hope you'll always smile,  
When you speak my name;  
Share stories of our time together,  
And the memories we have made.  
Celebrate the life I lived,  
I will be watching from above;  
Remember, I am always with you,  
Sending you my light and love.  
Miss you forever.

-Love, your family

## OBITUARY



Robert James Finley  
January 17, 1957 – January 7, 2024

With heavy hearts, we announce that Rob passed away on January 7, 2024 in Health Sciences Centre, Winnipeg, Manitoba at the age of 66.

A photo-biography, as well as memories and stories published by those who knew him are available at EthicalDeathCare.com

ETHICAL DEATH CARE  
Simple Cremation & Life Celebrations  
204-421-5501 – EthicalDeathCare.com

## OBITUARY

Elma Cheyne (Johnson)

Peacefully, in her sleep, on January 24, 2024, Elma passed away at Red River Place in Selkirk, Manitoba.

As per her wishes, cremation has taken place.  
Longer obituary to follow at a later date.

MACKENZIE FUNERAL HOME TEULON  
(204) 467-2525 • info@mackenziefh.com • mackenziefh.com



## OBITUARY

Martha Cook (nee Newman)

October 28, 1929 – December 30, 2023

Martha Cook (nee Newman), 94, of Moosehorn, MB, went home to meet Jesus Christ her Lord and Savior. Mom passed peacefully on December 30, 2023 at Concordia Place Personal Care Home in Winnipeg, MB.

Martha is survived by her two children, son Lyle (Pam) and grandchildren Tyson (Christina) and Jordan; and daughter Alana; daughter-in-law Dorothy and grandchildren Drayton (Deanna) and Karissa. She was blessed with five great-grandchildren: Lydia, Isabell, Olivia, Annika and Andrew. She is also survived by her brother Norman (Janice) Newman.

Martha was predeceased by her husband Wesley, son Ralph and grandson Drew Cook.

Mom will be missed by her immediate family and friends; but we are comforted by the fact that she is rejoicing in heaven with her husband, family members, in-laws, cousins and friends that have gone on before!

The family would like to thank Concordia Place staff for their kind and compassionate care. Cremation has taken place and a graveside gathering will take place in the summer.

Arrangements Entrusted To  
ANDERSON FAMILY FUNERAL HOME  
Ashern, Manitoba  
204-768-3606

## OBITUARY

Yvonne Alice Cruise (nee Bale)

Peacefully with family at her side, Yvonne Cruise aged 70 years, formerly of Chatfield, MB, passed away on Thursday, January 25, 2024 at Goodwin Lodge Personal Care Home in Teulon.

Funeral Service will be held on Tuesday, February 13, 2024 at 1:00 p.m. at Immaculate Conception Roman Catholic Church in Fisher Branch, MB. Lunch will follow at Chatfield Community Hall.

If friends so desire memorial donations may be made to the M. S. Society.



## OBITUARY

Joyce Lorraine Morin

July 13, 1927 - January 19, 2024

It is with heavy hearts, we announce the passing of our dear mother, grandmother, great-grandmother, sister, aunt, and friend. Mom passed peacefully at the Teulon Hospital with her best friend and daughter Barb by her side.

Longer obituary to follow.

From the bottom of our hearts, thank you to all our mother's caregivers. You are all amazing angels.

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- Other cleaning requirements as necessary

Tenders or resumes, accompanied by a minimum of two references, must be received on or before **February 16, 2024, before 4:30 p.m.**

Tender information can be obtained by emailing Mike.Frost@accesscu.ca.

Tenders may be delivered, mailed or emailed to:

Access Credit Union  
PTH #14 Unit 2 - 23111 Stanley Business Centre  
Winkler, MB R6W 4B4  
Email: Mike.Frost@accesscu.ca



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## OBITUARY



**Sharon Dawn Thordarson**  
1961 - 2024

It is with heavy hearts that we announce the passing of our wife, mother, sister, amma Sharon Dawn Thordarson (Martin) at the Gimli Hospital on January 14, 2024

Sharon will be dearly missed by her husband Leslie; children Jon (Janet), Braden (Crystal) and Andrea; grandchildren, Parker, Jackson, Ryder, Oaklee, Connor and Emily; brother Glen (Lisa) and sister Sandra. All her nieces and nephews, friends and family from near and far.

Sharon was born in Winnipeg, Manitoba but resided in Gimli most of her life. She was a very well-known lady in our community, especially from her nursing and real estate days. She will forever be known for her contagious laugh and a smile that could light up any room she entered. Always ready to give a big bear hug to

everyone she saw. Her love for family and loved ones was endless.

Our family would like to thank you for all the love, thoughts and condolences throughout this very sad and difficult time.

Sharon will always hold a very special place in a lot of hearts and for that may we all find comfort in remembering. She had a heart of gold, a one-of-a-kind laugh, and could make anyone feel better with her words of wisdom, hugs and presence. All Sharon would want is for everyone to live life to the fullest, love like there's no tomorrow, lend a helping hand when it's needed, make time for your loved ones and most importantly laugh, cause its good for the soul. May your presence always live on.

The family will have a celebration of life at a later date.  
góða nótt elskan þangað til við sjáumst aftur



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## OBITUARY



**Brent Gestur Sigurdson**  
April 25, 1956 – January 25, 2024

After an almost two-year battle with cancer, Brent passed away Thursday, January 25 at the age of 67 at the Gimli Community Health Centre with family by his side.

He leaves to mourn his loving wife Kathy of 43 years; sons Steve (Stephanie), Paul, and Chris (Kirsten); grandchildren Soren, Kade, Olivia, Hayden and Sadie; sister Lorraine Sigurdson, brother Warren (Stacey), and sister Noreen (Don) Barkman; brothers and sisters-in-law Gord (Cindy) Anderson, Elin (Lawrence) Johnson, Lorraine (Hugh) Collins and numerous nieces and nephews.

He is predeceased by parents Gestur and Gudrun Sigurdson; mother and father-in-law Doris and Lorne Anderson; and brothers and sister-in-law Murray Craddock, Greg Anderson and Karen Anderson.

Brent was born and raised in Hnauasa, Manitoba. He loved the outdoors and spent most of his time outside exploring. He often talked about running cross country to Uncle Marino's house to see cousin Gary. Growing up he had many fond memories of staying at fish camps with the family and even working as a camp cook in his early teen years. He worked along side his dad farming and fishing. After graduation he spent some time in Winnipeg but was always drawn back to the Interlake. He worked along side his dad and then took over the fishing and farming when his dad suddenly passed away.

Commercial fishing was always in his blood, but he did several other jobs as well throughout his career. Many of these were between fishing seasons. Among them were at Pool Elevators, Lake Winnipeg Boat Works, Gimli Boat Works, Mulders Road Construction and various construction jobs. He also spent over 10 years with the North Red Waterway Corporation and was very proud of being a big part of developing the ice cutting program. He even took his knowledge of the ice and worked for two years for WERI when they took over the program. Brent was an avid volunteer. He was a Kiwanis member for almost 30 years and received a Distinguished President Award in 2001. He also looked after the grass cutting at Minerva Hall for many years and helped Kathy delivering Meals on Wheels.

Brent met Kathy in 1977 at an Arborg Carnival Dance. They eventually started dating and were married in 1980. Together they raised three boys. Their home was a gathering place for the boys' friends and there were many jam sessions held in the garage over the years. They spent many years travelling to curling bonspiels and events with the boys. These were wonderful times, and many new friends were made. Brent was very proud of his boys and their accomplishments. He loved his daughters-in-law as his own, he always said the boys made great choices. Afi loved his grandchildren very much and it wasn't long before his yard was turned into a kid's playground. Brent loved camping and we spent many summers camping in Lilac, Hecla, or the family farm at Svalbakka. And whether it was on camping trips or our annual Minneapolis Bus Trips to watch the Vikings, we almost always had an extra kid or two tag along (or even eight one time!).

Family would like to thank all the health care workers at CancerCare Manitoba and the Gimli Community Health Center for their care and compassion.

At this time no service will be held, a private memorial will be held in the spring.

In lieu of flowers, donations can be made in his honour to CancerCare Manitoba Foundation Inc., 675 McDermot Ave., Room ON 1160, Winnipeg MB R3E 0V9 or a community group of choice.



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## OBITUARY



**Cecilia Mary Dunphy (nee Koch)**  
January 26, 1932 - January 20, 2024

Cecilia passed away peacefully on Saturday, January 20, 2024 at the Ashern Personal Care Home where she had resided for the past year.

Cecilia spent most of her adult life living in Ashern where she worked retail part time, enjoyed visits to Jean's for coffee, and volunteering at Holy Cross Church.

Cecilia was born to Anna and Joseph Koch on the family farm near Ashern, where she was raised and went to school. Once school was

finished, she moved to Winnipeg, worked at Eatons, and was involved with the youth group at St. Mary's. She met her future husband, Amos, while visiting PEI. They were married at St. Mary's Cathedral in Winnipeg by Amos's brother, Father Peter Dunphy, on April 24, 1965. Cecilia and Amos spent time living in Peakes Station, PEI before moving back to Winnipeg. They were transferred to Montreal for a few years, then back to Winnipeg. While in Winnipeg, Amos and Cecilia purchased land from her brother to build their forever home, next to the family farm.

Cecilia is survived by sister Theresa Koch; brother Joseph Koch; niece Margaret (Glenn) Brunet; nephews Paul (Nuala Powers) Beaudry, Garry (Richelle) Hynds, Damian (Susanne) Koch; brothers-in-law St. Claire Dunphy and Tom (Marion) Dunphy; sister-in-law Phyllis Dunphy and numerous cousins and Dunphy nieces and nephews.

She was predeceased by her husband of 42 years Amos Francis Dunphy; her parents Joseph and Anna Koch; sisters Anna Koch, Mary (Winston) Hynds, Hedwig Koch, Emily (Edward) Beaudry, Anne Koch, Elizabeth Koch; brothers Lawrence Koch, Edward Koch and Henry (Aileen) Koch; Amos's siblings John (Stella) Dunphy, Fr. Peter Dunphy, Sr., Janet Dunphy, Brendan Dunphy and St. Claire (Adeline) Fisher.

We would like to thank the staff at both Ashern and Eriksdale Personal Care Homes for the outstanding care given to Cecilia these past 2 years.

In lieu of flowers, donations in memory of Cecilia may be made to the Holy Cross Catholic Church, Box 367, Ashern, MB, R0C 0E0 or the charity of your choice.

Funeral Mass will be celebrated at 11:00 a.m. on Thursday, February 8, 2024 at the Holy Cross Catholic Church, Ashern, MB with Fr. Paul Tinguely officiating. Interment will be held in the Holy Cross Catholic Cemetery with a luncheon to follow in the Ashern Legion Hall.

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern - Lundar  
1.204.768.2072  
1.866.323.3593

## OBITUARY



**Joyce Kolach**

Peacefully, and with grace we announce the passing of Joyce Kolach on January 19, 2024, at the age of 88 years.

Joyce was predeceased by her husband Adam.

Joyce will be sadly missed by her daughters, Brenda (Nick) Kochan, Tannis (Pete) Yuzwa, Lisa (Todd) Mazur; grandchildren Nathan (Janelle), Christopher, Patrick, Emily (Nolan), Olivia; and great-grandchildren Rocky, and Oscar.

A celebration of life and lunch will be held on Sunday, February 4, 2024, at 1:00 p.m. at the Arborg Community Hall.

In lieu of flowers donations may be made to Arborg Hospital Auxiliary, Box 301 Arborg, MB R0C 0A0, or Percy E Moore Hospital Palliative Care, Box 190 Hodgson, MB R0C 1N0.

I'd like the memory of me to be a happy one. I'd like to leave an afterglow of smiles when life is done. I'd like to leave an echo whispering softly down the ways, of happy times and laughing times and bright and sunny days. I'd like the tears of those who grieve, to dry before the sun; of happy memories that I leave when life is done.

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