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# The Camerons take on Churchill

By Autumn Fehr

Avid travellers Tim and Jean Cameron's experience in Churchill was one they recommend to all travellers.

The Camerons, former owners of Jeannie's Greenhouse in Ashern, finally retired last summer and dedicated their time to scratching their itch to travel.

From Europe to Mexico and the States, the Camerons got the itch in 2006 and have been travelling the world ever since.

On Oct. 7, their life of travel took a turn to new frigid heights.

That day, they drove to Thompson and, from there, they boarded the all-night train to Churchill.

The Camerons stayed in Churchill for six weeks, working for Great White Bear Tours.

Kyle Walkoski, president of the company and friend of the Camerons, invited them to come and help with the business.

On the night of Nov. 19, they headed for home. They boarded the night train, arrived in Thompson on the morning of Nov. 20, and drove back home to Ashern.

After returning from their trip in late November, the Camerons said it was better than they expected.



EXPRESS PHOTOS BY JEAN AND TIM CAMERON:

Tim and Jean Cameron were invited to Churchill for six weeks to help out their friends, the Walkoskis, with their business, Great White Bear Tours.

They both had jobs working for Great White Bear Tours, the ultimate polar bear viewing experience nestled in Churchill.

Jean worked at the gift shop, starting when they arrived and working until the day they left.

"I loved it. I met people from all over the world, and they were all so enthusiastic. Whether they saw one bear

or if they saw 20 bears, they were all just so thrilled to be there. For some, it was the first time they saw snow. I enjoyed seeing how excited they were," Jean said.

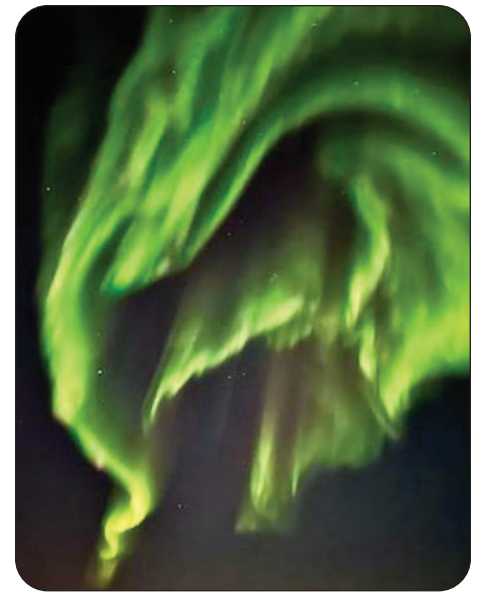
Tim was a bus driver, picking up the tourists at the airport and taking them to their hotel along with any other activities they wanted to go to.

As a bus driver, an essential aspect of the job was watching the landscape of polar bears while tourists were out of the bus taking pictures.

The Great White Bear tours started about 34 years ago by Marilyn and Donny Walkoski, designing and building their own Polar Rovers, the vehicles that go across the tundra.

They have six Polar Rovers working on the tundra all the time so tourists can experience the Arctic wildlife.

"The enthusiasm of the people there was phenomenal. Some of the things we'd take for granted, that they haven't seen, they'd get so excited



Northern lights are a sight to see in Churchill and can best be seen from 10 p.m. to 2 a.m. on clear nights, with September and March being the best for solar activity.



PHOTO BY BILL MCPHERSON

Polar bears.

about," Tim said.

Snow was a big one. Two 75-year-old ladies were lying in the snow making snow angels because they hadn't seen snow before, he said.

Another thing that tourists were excited about was the northern lights, the aurora borealis. Some sobbed when they saw northern lights, and others even sobbed when they saw their first polar bear, he added.

The Camerons met people from India to New Zealand to Africa and from all different age backgrounds.

Out of everything they experienced

Continued on page 8

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Jean Cameron worked in the Great White Bear Tours Gift Shop while in Churchill.



# Lundar personal care home celebrates 40 years of resident-centred care

By Patricia Barrett

The Lundar Personal Care Home celebrated its 40th anniversary in November last year, paying tribute to the people who advocated for its construction and to former and current staff members who've ensured the facility continues to create a homey atmosphere for residents.

The 20-bed PCH opened on Nov. 8, 1982, and was one of the first stand-alone rural care homes in Manitoba that wasn't attached to a hospital, said Linda Sigurdson Collette, who grew up in Lundar. Lundar didn't have a hospital, only a resident doctor.

Sigurdson Collette's dad, Joe Sigurdson, helped advocate for a stand-alone PCH as a way to keep residents in their home community and worked with the provincial government to get the PCH built after being inspired by a local Lundar woman who started caring for seniors in her home.

"Margret Bjornsson, who was widowed in the 1950s, was asked by some residents if they could move in with her and have her take care of them," said Sigurdson Collette. "So she started accepting people over the years. She provided a family-like home for elderly residents for 25 years. But eventually she couldn't care for people anymore."

After Bjornsson's passing in 1976, Sigurdson Collette's dad, who was



EXPRESS PHOTOS SUBMITTED

The Lundar PCH celebrated its 40th anniversary last year. The PCH was one of the first stand-alone care homes to be built in rural Manitoba.

reeve (1965-1980) of the RM of Coldwell, began thinking of a way to ensure Lundar residents wouldn't have to move away from their families and friends in order to get medical care. At that time, there was a requirement for a care home to be attached to a hospital, but Sigurdson was instrumental in promoting the idea of a freestanding facility. He collaborated with an old friend, George Johnson, who was a physician and politician.

"Dr. George Johnson was a personal long-time friend of my dad's and he had been in the government as minister of health and MLA for Gimli. He and dad had decided that [because] Lundar had a permanent doctor here — and a doctor was the equivalent of a hospital in a way — they would work at getting a freestanding personal care home built in Lundar," said Sigurdson Collette.

One of the first health-care aides hired in 1982 still works at the PCH, she said, and health-care staff today ensure there's a family-like atmosphere for the residents.

One of the first nurses hired at the new PCH in 1982 was Patty Johnson. She went on to become the PCH's director of nursing and helped form the Lundar PCH Guild, which fundraises for equipment, furnishings and other items to improve residents' comfort and health-care needs.

Johnson said her fondest memory of the care home was its family atmosphere.

"When we started, our very first director was all about creating a home-like environment and having a family atmosphere. And that's been the culture the staff have maintained and continued on with, to ensure we have a relationship-based care model with the residents and their families and being respectful," said Johnson, who worked at the PCH for 23 years.

By the mid-1980s it became clear to staff that an addition to the PCH was needed, space where family celebrations could be held or where family could gather when a resident fell ill or was dying, she said.

One of the health-care aides at the time, Betty Erickson, suggested the

PCH make a cookbook to help fundraise for the addition, and the care home administrator, Mark Balcaen, suggested staff form a charitable organization, or guild, to also help with the fundraising effort. The Lundar PCH Guild was formed in 1987 and proceeds from cookbook sales started the fund.

Johnson, who currently serves as president of the PCH guild, said they named the addition the Centennial Room as it was built in Lundar's centennial year. It's attached to the PCH's east wing.

"The Centennial Room project was probably one of the biggest projects we funded. We provided \$100,000 towards the project," she said.

The guild supports the residents through the purchase of a variety of equipment such as blood pressure machines, pressure-reduction mattresses, oxygen concentrators, bed sliders, bedspreads, a sewing machine, TVs, VCR, CD players and iPad, picnic tables and benches for the outdoor patio, and a sofa, chairs and microwave for the Centennial Room. Since 1987, the guild has been buying Christmas gifts for each resident.

"As one of the first places I worked, the PCH is always there in my heart as I go through life," said Johnson.

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# Local restaurants dish up tasty options for La Poutine Week

By Jennifer McFee

Local restaurants are serving up plates of ooey-goey goodness for La Poutine Week from Feb. 1 to 14.

To participate, restaurants across the country can create a one-of-a-kind poutine, and diners can vote for their fave at [lapoutineweek.com](http://lapoutineweek.com). The website also features a voting leaderboard that showcases the Top 5 restaurants in real time.

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

"This year we decided to go with something with pickles in it. Pickles are all the rage lately. Our dill pickle pizza went over very well with customers, and deep-fried pickle spears are one of our top sellers. After trying the McCain Spicy Pickle fries at our staff Christmas party this year, I knew I had to incorporate these into Poutine Week," said owner Kahleigh Dubois.

"Don't let the word 'spicy' scare you, though. It's a mild heat. Our Dirty Spicy Pickle Poutine is made with regular fries and spicy pickle fries topped with mozzarella and cheddar cheese, gravy and topped with some dill pickle slices and green



Kahleigh's Brew Barn, located at 40 Main St. in Riverton, is competing in this year's La Poutine Week with an entry called Dirty Spicy Pickle Poutine. onion, served with a side of ranch."

Dubois said they decided to participate again because they had so much fun last year.

"Last year, we were in the Top 5 for Canada for the first seven days of Poutine Week. Although it's awesome to be so highly rated, we do it all for the fun of it," she said.

"It really gets the creative juices flowing. We have a large variety of poutines available on our menu al-



PHOTO SUBMITTED

Gimli's Seagulls Restaurant and Lounge is featuring Kase Poutine with Pickled Steak.

ready, so it's fun coming up with something new for our customers. We call them 'Dirty Fries.' Fries loaded with toppings is definitely our main sellers. February isn't normally a busy time of the year, so it's a perfect time to drive up some business."

At Smitty's Restaurant and Lounge, located in the Selkirk Inn and Conference Centre, general manager Alana Waite shared the delicious details of their entry.

"We participated in La Poutine week to bring some excitement to our guests during the coldest time of the year, add some life to our days," she said.

Their poutine entry is called "Selkirk Pizza Poutine" featuring delicious French fries, house-made gravy, bacon, pepperoni, tomatoes and green onions, and smothered in mozzarella cheese.

"We are doing another in-house

poutine just for fun," she added. "It is not a La Poutine Week entry, but it is a breakfast poutine for Smitty's Selkirk. It is called 'JBs Breakfast Poutine' and it is French toast cut in slices, deep-fried, topped with cream cheese topping drizzled on top sprinkled with cinnamon and sugar — and topped with your choice of blueberries or strawberries and an optional scoop of ice cream."

According to the website for La Poutine Week, several more nearby restaurants have also jumped on board.

At Seagulls Restaurant and Lounge, located at Lakeview Resort, they're featuring an entry called "Kase Poutine with Pickled Steak." This delicious dish includes steak-cut Cajun fries, drenched in a four-cheese sauce, layered with caramelized onions and topped with a four-ounce pickled steak, beef demi glaze and crispy onions.

At Appy Place, located at 363 Main St. in Stonewall, poutine connoisseurs can enjoy an entry called "Pork Belly Poutine." This tasty treat features a choice of "Appy seasoned" house-cut or crinkle-cut fries topped with crispy fried pork belly, house-made bacon beer gravy, classic cheese curds and pub cheese, and finished with fresh arugula and sweet red bell pepper.

And at McGee's Original Grill at 96 Main St. in Carman, diners can enjoy a submission called "Meatball McGee Poutine" made with home-style fries, cheese curds and gravy, topped with corn and homemade sweet and sour meatballs.

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

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# Programs support services working to improve mental health, well-being of children, youth

Submitted by Manitoba government

The Manitoba government continues to make strategic investments and work collaboratively with community partners to improve the mental health and well-being of children and youth, Mental Health and Community Wellness Minister Sarah Guillemard announced today on Bell Let's Talk Day, an initiative focused on engaging Canadians to take action to create positive change in mental health.

"Mental health and wellness encompass mind, body and spirit, and are essential aspects of overall health," said Guillemard. "Our government is pleased to enhance mental health promotion and programming to help all Manitobans live their healthiest lives. Through engagement with community partners, cross-departmental collaboration and the commitment of multiple sectors, we are focused on improving the mental health of children and youth as a priority. The Department of Mental Health and Community Wellness is also working with stakeholders to develop a suicide prevention strategy."

Since 2019, the Manitoba government has invested more than \$65 million in over 52 initiatives to improve

mental health and addictions services throughout the province, noted Guillemard.

The minister highlighted some of the mental-health education, promotion, early intervention and anti-stigma programs and services that support Manitoba's children, youth and families including:

Strongest Families Institute, which provides evidence-based, bilingual emotional health services for parents and children ( <https://strongestfamilies.com> );

Kids Help Phone, which provides phone, online and text-based support to youth across Canada ( <https://kidshelpphone.ca> );

Project 11, which provides virtual and in-person lessons and activities to improve mental health awareness and positive coping strategies for students in kindergarten to Grade 12 ( <https://projecteleven.ca> );

Huddle sites, which provide low-barrier, trauma-informed and culturally appropriate health and social services in a youth-friendly atmosphere ( <https://huddlemanitoba.ca> );

Pax Dream Makers, which empowers youth to create peace, productivity, health and happiness by co-devel-

oping and implementing action plans for themselves and their communities;

The Indigenous Youth Mentorship Program, which is a communal, relationship-based after-school healthy living program that partners Indigenous high school mentors with elementary school children to promote holistic wellness;

Families and Schools Together, which is a research-informed approach to strengthening family relationships and enhancing child development ( <https://familydynamics.ca/services/families-and-schools-together> ); and

Thrival Kits, distributed through the Canadian Mental Health Association, which promote positive mental health practices to students in grades 4 to 6 through evidence-based mental-health practices such as mindfulness, meditation, personal reflection, stress reduction, coping strategies and interpersonal skills development ( <https://thrivalkits.ca/> ).

"The Bell Let's Talk campaign is about taking action to build up community resources to improve mental health and substance use issues," said Marion Cooper, CEO, Canadian Men-

tal Health Association. "These ongoing investments from the Manitoba government enhance the community mental health and addiction sector by funding grassroots organizations to provide innovative and 'made-in-Manitoba' solutions while working with diverse stakeholders and departments to make access to prevention, intervention and treatment supports possible."

The minister unveiled A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba in February 2022 to build a responsive and reliable system for mental health, substance use and addictions services as well as chronic disease prevention and health promotion. This five-year strategy focuses on system improvements and investments in five key areas, including:

- equitable access and co-ordination; mental well-being and chronic disease prevention;
- quality and innovation;
- Indigenous partnership and wellness; and
- governance and accountability.

To view the full roadmap, visit <https://gov.mb.ca/mh/roadmap.html>.

# What's new at Westshore Community Foundation in 2023

Submitted by David Douglas, WCF president

Westshore Community Foundation sees that the needs of not-for-profit organizations within their catchment area have only increased as we move from a post-pandemic period into one of recovery. With the help of generous donors, WCF could fulfill their mission in 2022 by providing \$192,500 in grants to these non-profit organizations so that they could continue to provide needed services along the west shore of Lake Winnipeg from Riverton to Dunnottar.

As WCF moves forward into 2023, it will continue to provide increased support to various community-based organizations through its strategic granting programs. For example, WCF is participating in the Community Services Recovery Fund. This fund is a \$400-million investment from the Government of Canada to support charities, non-profits and Indigenous governing bodies as they focus on how to adapt their organizations for pandemic recovery. WCF is working with Community Foundations Canada, the Canadian Red Cross and United Way to distribute funding for this granting program. We encourage you to learn about the program on the Community Services Recovery Fund website. The deadline for applications is Feb. 21, 2023.

As WCF moves into their 2023 granting cycle, the foundation continues to recognize that communities are complex and that collaboration between multiple stakeholders is needed to help everyone thrive and evolve. Last year, WCF provided \$46,400 in grants to support the projects of 18 locally based charitable and community service organizations that focused on the environment, heritage and culture, sport and recreation, youth-related, community services and health and education.

WCF will be accepting grant applications from Feb. 15 to March 15.

New this year at WCF is an online application process.

WCF continues to believe that financial circumstances should not be a hindrance to achieving a post-secondary education. To assist students in that regard, they offer a wide range of scholarships to provide students with the financial assistance required to allow them to achieve their post-secondary goals. In 2022, WCF provided \$32,171 scholarships to 16 students within their catchment area. In addition, this year, we will be offering a new scholarship, the Westshore Skilled Trades & Technologies Scholarship Fund.

WCF has 28 endowment funds available to meet charitable goals. The newest endowment fund, the Narfason Matching Fund, allows WCF to match donor funds to a particular endowment fund.

For those who choose to leave a legacy gift, WCF's goal is to tailor that gift to meet your charitable goals.

As this new year begins, WCF is pleased to announce that Trevor Stevens has joined our voluntary board of directors. Stevens has a background in finance and is a welcome addition to the board. As it has done in the past 24 years, the board is committed to both pursuing and fulfill-

ing the mission and vision of "Building a Lasting Legacy."

As WCF moves forward into 2023, the board wants to thank donors, sponsors and volunteers who supported and assisted us in 2022 in fundraising activities, such as our annual golf tournament, the EndowMB Giv-

Continued on page 8

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## New research finds 42.6 per cent likelihood of developing autoimmune disease after COVID

By Patricia Barrett

New medical research has found an association between COVID and the subsequent risk of developing an autoimmune disease, and that the more severe an infection, the greater the risk.

Although COVID is frequently downplayed by those who think it's no worse than a cold, the new findings show the virus causing lasting damage in some people after infection and having an ability to reduce people's quality of life.

The German study titled "Incident autoimmune diseases in association with a SARS-CoV-2 infection: A matched cohort study" was released Jan. 26 as a preprint, which hasn't been certified by the peer-review process and shouldn't be used to guide clinical practice.

The study compared the incidence of autoimmune disease in both COVID and non-COVID patients, finding a 42.6 per cent higher chance of acquiring autoimmunity after a COVID infection across all age groups.

"In this large matched cohort study, COVID-19 was associated with an increased risk of being newly diagnosed with autoimmune disease 3-15 months after SARS-CoV-2 infection. The strength of the association with SARS-CoV-2 infection was most pronounced for autoimmune diseases in the vasculitis group," the researchers wrote. "A more severe course of COVID-19 was associated with a higher likelihood of being newly diagnosed with autoimmune disease. Incident autoimmune diseases were significantly more common in the post-COVID-19 period in all age and sex groups."

The primary target of COVID is lung tissue, wrote the researchers, and from there the virus can enter the blood and infect cells of the heart, kidneys,

gastrointestinal tract and brain, causing a "multiorgan manifestation." As part of its antiviral response, the body recruits inflammatory cells. After a COVID infection, some people develop symptoms that can last more than 12 weeks and cannot be explained by alternative diagnoses.

Respiratory, cardiovascular, neurological and mental diseases post-COVID have been studied to date, but autoimmune diseases post-COVID (defined as three months after diagnosis) have not been given as much attention, even though autoantibodies (which cause some autoimmune diseases) can be detected in people after the acute phase of the infection.

The researchers studied German patients' health-care data from 2020 until June 30, 2021, comparing the rates of newly diagnosed autoimmune disease in those that hadn't had a COVID infection and in those who were documented by polymerase chain reaction test to have had COVID.

For each individual in the COVID group, the researchers selected three (where possible) non-COVID individuals who were identical in years and sex and "whether or not an autoimmune disease was present before the index date (three to 15 months post-COVID)." Subjects without matching partners were excluded from the study.

The final study population consisted of 641,407 individuals with COVID and 1,560,357 non-COVID individuals serving as controls in 1,907,992 control cases.

In the subject population with COVID, there were 367,539 female and 273,868 male participants ranging in age zero to 80-plus years old. The majority of cases (476,085) were 18-64 years of age. There were 60,535 people aged 0-17, 60,889 aged 65-79 years of age, and 43,898 aged 80-plus.

Three to 15 months after a confirmed COVID infection, the researchers found 41 autoimmune diseases, including Hashimoto's thyroiditis (not enough thyroid hormone produced), Grave's disease (too much thyroid hormone produced) psoriasis, rheumatoid arthritis, diabetes Type 1, ulcerative colitis, Crohn's disease, polymyalgia, alopecia (hair loss), Sjogren syndrome (attack of glands that make moisture for eyes, mouth and other body parts) celiac disease, myasthenia gravis (destruction of neuromuscular connections), autoimmune hepatitis, systemic scleroderma (hardening and tightening of the skin), and small vessel inflammatory diseases such as Wegener's disease (inflammation of blood vessels in the nose, sinuses, throat, lungs and kidneys) and arteritis temporalis (inflammation of arteries at the temples).

The most common incidence of autoimmune disease in the COVID group was Hashimoto's thyroiditis.

The absolute incidence rates of a newly diagnosed autoimmune disease for those who had COVID "increased according to the severity of the acute COVID-19 disease," wrote the researchers, and was higher among women than men.

COVID shares characteristics with other viruses that are associated with the development of autoimmunity, and the link between viral infections and autoimmune diseases is supported by medical evidence.

"There are several hypotheses regarding the pathogenesis of post-COVID-19, although different mechanisms most likely underlie the complex clinical picture involving multiple organ systems," the researchers wrote. "Drawing parallels to other post-infectious syndromes,

Continued on page 10

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# letter to the editor

Letters to the Editor: [letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)

## E.M. Crowe Hospital suffering

Medical services at E.M. Crowe Hospital in Eriksdale are in a decline. A rally to support Eriksdale hospital and ER was held Dec. 13, 2022, with a petition with over 1,000 signatures collected to re-establish full-time ER services at Eriksdale hospital. Representatives from RMs of West Interlake, Coldwell, St. Laurent, Grahamsdale, First Nations of the Interlake Tribal Council with Jerry Daniels, provincial leaders Wab Kinew, Derek Johnson, Uzoma Asagwara, Sarah Pinsent spoke of the negative impact on people's lives when Eriksdale ER not available.

In December, Marion Ellis, CEO of IERHA, said that ER and out-patient diagnostic services would resume in January 2023 once lab assistants were trained. This was misleading as lab assistants can't keep an ER open; they don't have the same training as lab X-ray technologists. The ER must be supported with a doctor and lab X-ray technologist to be fully functional. Since Jan. 9, lab assistants have been available for out-patients to draw blood, do ECGs with limited hours Monday to Friday. The first two weeks in January, the ER remained closed. The last two weeks, Eriksdale ER schedule consisted of

five days of coverage. An alarming situation in Ashern occurred Jan. 22-23 with no coverage for eight hours due to nursing shortage, no coverage in Eriksdale, no coverage from Winnipeg to Thompson. Dr. Penner, chief medical officer of IERHA, said that it is a priority to keep one ER open 24/7 consistently to maintain access to care for residents along # 6.

Now it seems we are going backwards. IERHA's Feb. 1-15 ER schedule shows Eriksdale Hospital has only two days covered. Eriksdale doctors will be doing ER coverage in Ashern. Eriksdale has 1.5 doctors; Ashern has six. This also affects Eriksdale clinic patients whose appointments will have to be rescheduled. Timely access to health care further reduced.

E.M. Crowe facility has been underserved, coping with 1.5 doctors, no lab X-ray technologists for several months, forcing closure of the ER. Doctors are hesitant to admit acute care patients without diagnostics. Patients have to search for postings to know when and where services are available.

Closing ERs in Winnipeg is not working and it won't work in rural Manitoba. Distances are too great and often not easily accessible, putting people's lives at risk. Eriksdale hospital serves communities of Highway 68 to St. Laurent, commu-

nities in Ashern area, as well as Interlake Tribal reserves.

Ashern hospital is expanding because of high volume of patients in that area. Both hospitals are necessary and can enhance and benefit access to care for many communities. Give Eriksdale hospital the resources it needs — an additional doctor and diagnostics. Open the ER, patients will come. There will be fewer ambulance diversions. Patients will have more timely access to clinic appointments. Patients will be treated locally in hospital, close to home. Nurses, who are the backbone of a hospital, are sufficiently staffed in Eriksdale.

Eriksdale hospital was established before IERHA came into being. It provided consistent, reliable care. It serves a vital function to many communities. Cottagers in summer rely on it and Highway 6 is heavily travelled

The minister of Health, IERHA, Shared Health should represent the region as a whole. They are accountable to the people they serve. We expect more transparency. IERHA, Shared Health need to look at their mission statements.

Re-establish services that once were available at E.M. Crowe Hospital!

- Donna Steinthorson and Jocelyne Cooper (Retired nurses with 68 years combined service in health care)

they changed the laws so that large corporations were able to swoop in and consolidate these ranches into huge mismanaged units. Most of these ranchers are now almost penniless after generations of back-breaking work, caring for the land and livestock.

Now that the damage has been done, we see the two former agriculture ministers and the deputy minister fleeing for the exits, too arrogant to admit their mistakes. Their lives will go on unaffected. This is in sharp contrast to the ranchers whose lives and farms have been destroyed.

The Manitoba Crown land leaseholders are calling on the premier to step up to the plate. Your gov-

ernment promised to help young farmers and increase the beef herd. Instead, you have forced a number of young ranchers to leave, never to return. However, it's not too late for you to reverse the senseless policies that your government has enacted.

It's also time for the Manitoba Métis Federation, which has been strangely silent, to get involved. After all, it was the Manitoba government and land speculators who managed to rob the Métis farmers of a million acres of land in the 1880s.

Premier Stefanson, please don't let these good hard-working citizens go down the drain.

- Dale Myhre, Crane River

## HEADLINE

It is sad and disheartening to see how the Manitoba government has treated the small cattle ranchers who are the stewards of our grasslands. They forced most of the First Nations ranchers out of business with the Portage Diversion flood of 2011. The people and the land have never recovered.

In the last three years, the provincial government has caused many of the Métis ranchers and others to go out of business by tripling their grazing fees overnight. At the same time,

## We Celebrate Anew

Dear Patricia and *The Express* staff, thank you for your lively articles in this issue — on Lake Winnipeg, the Creamery, Gimli Harbour Trail, Ukrainian Dance, The Zen of... Love it!

Sending along a poem as I celebrate you!

Richard Bredsteen,  
[richardbred@yahoo.com](mailto:richardbred@yahoo.com)

Gimli is a sleepy town  
On the shores of Lake Winnipeg,

The kids are waking us up,  
Skating on the new trail by the harbour

And ice fishing,  
Skidoos scoot to the rhythm,  
Folks bundle up  
For a fun outing  
In the depth of winter

Reclusive citizens have second thoughts:

What's going on out there?  
Robert Kristjanson (89) reminds us:

Clean up the Lake!  
Manage her well!  
Enjoy the winter activities being offered

In the coming weeks of winter,  
Stand up for Lake Winnipeg!  
She changes with the season,  
Her winter amour, crystallizes,  
And folks skate on her skin,  
In spring she thaws,  
Breaks up her outer shell  
And exhibits her feelings—  
Splashes along the beach,  
And embraces pickeral  
In their abundance,  
Other sentient beings walk  
Along her shores,  
Rainbows appear across her silver horizon

She becomes still for awhile  
As summer glistens,  
And kayaks drift into sunsets,  
Fall arrives with a breeze and chill

Driving away the bugs,  
We celebrate anew,  
And walk more briskly in anticipation

Of death/rebirth,  
occurring each and every day  
One listens to the silence,  
Hears the geese heading south,  
Their wings sweep the skies,  
Lake Winnipeg provides a cozy respite

A right livelihood for Fishers,  
A tourist attraction!  
We are grateful...

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

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



# Canada surpasses 50,000 COVID deaths; 'hoping' the pandemic ends inadequate

By Patricia Barrett

Manitoba continues to see a fairly significant number of people dying from COVID as the pandemic continues into its fourth year and fails to show a seasonal pattern of infections.

Another 15 people in Manitoba succumbed to the virus, according to the provincial government's respiratory surveillance report for the period Jan. 15-21 (reporting Week 3). There were nine deaths reported the previous week.

There were 10 new hospital admissions for COVID in Week 3, with four people needing treatment in the intensive care unit. In the previous week's report, there were 32 new hospital admissions with eight people needing intervention in the ICU.

The government reported 59 new cases of COVID in Week 3. There were 122 new cases in Week 2.

Provincial data are an undercount of the true number of infections as the government restricts PCR testing and rapid antigen test results aren't tracked.

Despite a decrease in PCR tests identifying COVID infections, the surveillance report says wastewater data for Winnipeg and Brandon show "sustained" COVID activity.

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

Manitoba's COVID death toll was 2,403 as of Jan. 14. Canada pushed past a grim 50,000 mark, with 50,135 people across the country having died from COVID, according to the federal government's COVID webpage.

Influenza cases in Manitoba are on the downswing from the start of the new year. There were 10 new cases of influenza A and zero cases of influenza B reported in Week 3. The previous week reported 18 new cases.

There also were 18 new hospitalizations for flu and two deaths in Week 3, according to the differences in total severe outcomes week to week.

There were 105 new cases of respiratory syncytial virus (RSV) reported in Week 3, down slightly from the 131 reported the previous week.

Other health news: The Interlake-Eastern Regional Health Authority declared an RSV outbreak on Jan. 18 at the Ashern Personal Care Home.

The IERHA also declared a gastrointestinal outbreak on Jan. 23 at the Goodwin Lodge Personal Care Home in Teulon.

- The COVID pandemic is far from over and the global response to manage it has been "inadequate," states a Jan. 14 editorial in *The Lancet* medical journal. The XBB.1.5 subvariant is the one to watch closely as it's spreading rapidly in the U.S.

"Despite many efforts to learn from the pandemic during the past 3 years, and discussions on international treaties of pandemic preparedness, the global response remains inadequate and fragmented," states the editorial. "In 2023, far from it being the end of the pandemic (as hoped by many and announced for the USA by President Joe Biden in September last year), there is a new, dangerous phase that requires urgent attention."

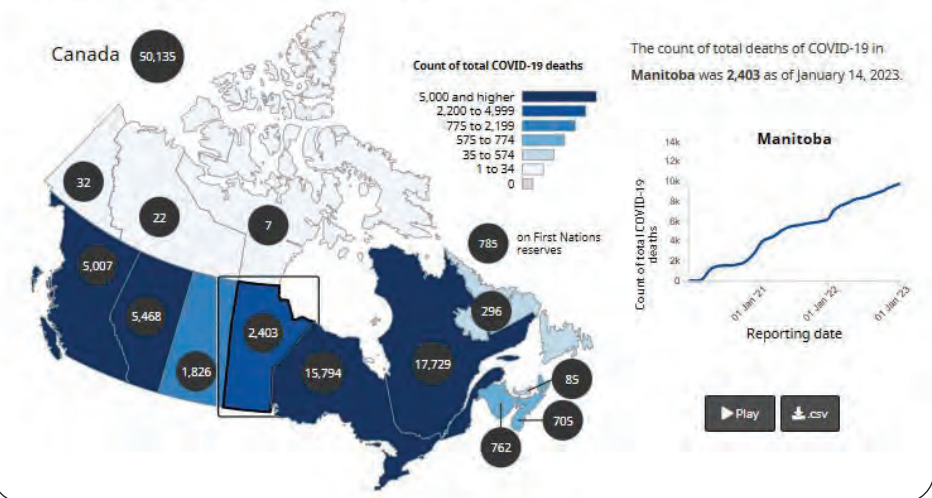
Rather than "hoping for the end," the editorial adds, everyone needs to remain alert, encourage transparency in reporting infections, hospitalizations and deaths, and accelerate collaborative surveillance.

- COVID-19 Resources Canada's Hazard Index forecast for the period Jan. 22-28 shows COVID infections across the country remaining at a severe level. Manitoba's hazard risk for the period is classed as high. Nova Scotia, Ontario and British Co-

## National and regional trends

Figure 1. Count of total deaths of COVID-19, province/territory as of January 14, 2023 (Last data update: January 23, 2023, 11 am ET)

● Hover over or tap regions to see cases, deaths in Canada over time. Click the play button to animate the map. Map data is available in .csv and .json formats and a data dictionary is available .csv format.



GOVERNMENT OF CANADA

As of Jan. 14, there have been 2,403 deaths from COVID in Manitoba and 50,135 deaths across Canada.

lumbia's hazard risks are classed as severe. The index is calculated using current infections and spread, health-care system impact and deaths.

- The World Health Organization's epidemiological update for the weekly period Jan. 16-22 reports almost 1.9 million new COVID infections and over 12,000 new deaths worldwide.

Reported COVID cases are underestimates of the true number of global infections and reinfections because countries have scaled back testing, states the update.

Since early December, reported deaths have been increasing — and that doesn't include the 72,596 deaths in China (from Dec. 8, 2022, to Jan. 19, 2023) after the country lifted all COVID restrictions.

"The highest numbers of new weekly deaths were reported from the United States of America (3922 new deaths; -8%), Japan (2779 new deaths; -2%), Brazil (952 new deaths; +108%), China (617 new deaths; -23%), and Spain (424 new deaths; +21%)," states the report.

The WHO updated its global rapid risk assessment for the XBB.1.5 omicron subvariant. Fifty-four countries have so far reported XBB.1.5 infections, the majority from the U.S. (75 per cent), the U.K. (9.9 per cent), Can-

ada (3 per cent), Denmark (2 per cent), Germany (1.5 per cent), Austria (1.3 per cent) and Ireland (1.3 per cent).

Based on growth rate estimates, XBB.1.5 is "likely to" increase infections globally. The subvariant has a higher immune escape than other omicron lineages, even in people vaccinated with three doses of an mRNA vaccine.

"Compared to early January 2023 when WHO published the first rapid risk assessment of XBB.1.5, more countries have reported an increase in the prevalence of XBB.1.5. The XBB.1.5 variant has a growth advantage compared to other circulating Omicron descendent lineages, based on reports from the United States of America, the United Kingdom and the European Centre for Disease Prevention and Control (ECDC) assessing XBB.1.5 across a number of countries in Europe," states the WHO. "Preliminary laboratory-based antibody escape studies indicate that XBB.1.5 has higher immune escape than Omicron descendant lineages prior to XBB in individuals vaccinated with three doses of mRNA vaccine, even though neutralization was restored by a bivalent booster. These findings remain to be confirmed in vaccine effectiveness studies."

## > CHURCHILL, FROM PG. 2

in Churchill, the Camerons agree that their favourite part was the people and the owners of Great White Bear Tours.

"The company, Great White Bear Tours, is like family. You meet them and everyone who works for them. We are all like one big family. ... We just felt like family right from the get-go," Jean said.

"It was not a job by any stretch of the imagination," Tim said.

With all the positive experiences while in Churchill, the couple also faced some challenges.

When they arrived, Hudson Bay was still wide open, and until the bay freezes over, the weather is

very unpredictable. The Camerons experienced weather like none they had before.

"I've never experienced wind like that. It literally could almost blow you over," Jean said.

The Camerons learned a lot about Churchill's history and how it's not just about the polar bears. They also learned a lot about what Manitoba has to offer.

"I had no idea that experience was right in our backyard. People come from all over the world to experience this, and we were a mere train ride away from it ourselves. Manitoba has a lot to offer, and that's one huge part of it," Jean said.

## > FOUNDATION, FROM PG. 5

ing Challenge and our New Year's Eve Gala. Your continued support allows WCF, through our granting and scholarship programs, to continue to improve the quality of life for everyone along the west shore of Lake Winnipeg.

For further information on Westshore Community Foundation, please visit us at [www.westshorefoundation.ca](http://www.westshorefoundation.ca), e-mail us at [admin@wcf-foundation.ca](mailto:admin@wcf-foundation.ca) or call us at 204-642-9796.



# Winnipeg Beach's Challenge for Life committee welcoming new members and ideas

By Patricia Barrett

After the smashing success of its inaugural fundraising challenge for the CancerCare Manitoba Foundation, Winnipeg Beach's volunteer organizing committee is throwing open its doors to new members and new ideas in preparation for this year's event.

The 1st Annual Challenge for Life Interlake in June 2022 raised a considerable sum for the foundation from participants across the Interlake and beyond, and the organizing committee wants to build on that success and perhaps change some aspects of the event.

"We had such an amazing event last year. It was successful beyond our expectations," said committee member Colette Banks, who oversees finances and helps with the general organization of the event. "We raised over \$63,000 when it was all said and done. That's an amazing amount of money and it was all due to our volunteers, participants and sponsors. We couldn't have done it without them."

Prior to the fundraiser for CancerCare, the organizing committee held successful fundraisers for the Canadian Cancer Society's Relay for Life, which has now been moved to major urban centres.

Banks said the organizing committee is looking for new volunteer members to join them and bring with them fresh new ideas for how to stage the event. They'd welcome people from other communities wanting to get on board.

"We've got a great group of people on the committee right now. We're very open to new ideas on how to hold the event, including changing the structure and the time and date of the event," she said. "We want new and creative ideas."

CancerCare Manitoba Foundation uses all the donations it receives for the benefit of Manitobans. The funds support prevention, early detection, state-of-the-art cancer research, treatment and vital patient programs and services.

Many aspects of Winnipeg Beach's challenge event, such as the cancer survivors' walk, are very dear to participants, said Banks, and they can keep some aspects of it while incorporating new ideas.



**EXPRESS FILE PHOTO BY PATRICIA BARRETT** Challenge for Life Interlake committee chair Betty Loewen. The organizing committee is looking for new members and new ideas for their second fundraiser this year for the CancerCare Manitoba Foundation.

"The survivors' walk is the heart of the event; it speaks to why we're doing this," said Banks. "But it doesn't have to be the same format. If somebody

new comes along with a different idea then we're open to evolving."

The committee welcomes new members of all ages. People don't necessarily need fundraising or organizing experience because Banks said the committee's current members can either train them or act as mentors.

"If people have a passion for fighting cancer and for fundraising, they're very welcome to join us. Everyone on the committee now started out as a [newbie] at one time," she said.

Serving on the organizing committee is a prime opportunity for youth and young adults who want to gain volunteer fundraising, organizing and leadership experience — as well as beef up their resumes for future jobs. They're encouraged to get in touch with the organizing committee.

Event participants/teams would be hard pressed to find a more scenic venue than Winnipeg Beach for the Challenge for Life. The committee uses the town's bandstand in its downtown park and the boardwalk that overlooks the sandy beaches along Lake Winnipeg. The town has free parking, public washrooms and plenty of restaurants and shops.

The event draws people from various Interlake communities, from the east side of Lake Winnipeg and beyond, said Banks. Participants have been very creative with team names, which have included Angels in Combat and Cancer Cure Crusaders, as well as with their outfits.

"Winnipeg Beach has always made such an effort to make our cancer fundraisers a community event, and get friends and family out. And the community has been so receptive to our events," said Banks. "It brings the community together like nothing else. Everybody knows somebody that has been touched by cancer. It's something that resonates with everyone."

For information about volunteering on the Winnipeg Beach Challenge for Life Interlake organizing committee, call the committee chair Betty Loewen at 204-641-4423 or Colette Banks at 204-229-5878.



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**MANITOBA** CANADA'S HEART IS CALLING





# Lakeshore Hospital Guild receives \$100,000

Submitted by Julie Bergner

The Lakeshore Hospital Guild executive recently received a \$100,000 donation from Narrows Sunset Lodge owner Irv Koch.

Koch explained that he was very happy with the treatment he received recently from the Lakeshore General Hospital and wanted to pay it back in some way. Monies will be spent for purchases within the hospital (approved by Mr. Koch) not normally covered by Capital expenses.

Lakeshore Hospital Guild is a volunteer group dedicated to the service in the health-care field. The objective of the organization is to support and

enhance the comfort and welfare of patients, clients and residents of the Lakeshore Health Centre and/or associated facilities/health programs that support long-term and palliative care in the guild communities. All monies raised and memorial funds received go towards the purchase of items and/or to develop resources for the Lakeshore Health Centre.

The Lakeshore Hospital Guild is very thankful for this donation and it will go a long way to fulfilling the needs of the hospital, which includes the acute, dialysis, emergency room, and personal care home.



EXPRESS PHOTO SUBMITTED

Narrows Sunset Lodge owner Irv Koch donated \$100,000 to the Lakeshore Hospital Guild after receiving excellent care as a patient recently.

## > COVID, FROM PG. 6

possible mechanisms include persistence of the virus or viral remnants, latent virus reactivation, long-lasting tissue damage due to micro-clotting and chronic inflammation, and autoimmunity."

The main strengths of the analysis include the very large number of patients studied, which improves statistical reliability, a broad pool of data, using both outpatient and inpatient data from across the country, and diagnoses that had been confirmed by medical professionals.

Weaknesses include being unable to determine a causal interpretation (where one event is the result of the

occurrence of another) because of the observational nature of the study, an inability to determine vaccinated status (COVID vaccines became available in Germany in late December 2020) and being unable to determine whether people with undocumented COVID could have been included in the non-COVID control group.

"Further epidemiologic, clinical and basic science research is warranted to determine whether SARS-CoV-2 infection triggers the onset of autoimmune disease, to identify the underlying mechanisms and persons at risk, and to investigate effective means of prevention or early treatment," the researchers wrote.

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Canadian Red Cross | COMMUNITY FOUNDATIONS OF CANADA | United Way Centraide Canada

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

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

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

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

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# Sail away with art installation on Gimli Harbour Trail

By Patricia Barrett

A Viking ship, at least 10 feet high, pays homage to Gimli's Icelandic roots on the town's ice sports and skating trail nestled in Gimli Harbour. The ship is the first of a number of surprise art installations that will be springing up on and around the Gimli Harbour Trail, a twisty skating trail on Lake Winnipeg that includes sports rinks for games such as hockey and crokicurl.

The Viking ship sculpture was created by James Culleton, a multimedia artist from Winnipeg. Culleton is well known for the floating Canada Day Viking ship he made in partnership with Gimli High School in 2017 and



the large steel guitar sculptures that grace the façade of the West End Cultural Centre in Winnipeg.



EXPRESS PHOTO BY CHERYL BUHLER

The Viking ship sculpture was created by James Culleton.



## How to pick the perfect wedding dress

Planning a wedding requires making many different decisions. The choice of wedding attire is among the most crucial decisions that couples must make. Whether the wedding is traditional or customized to suit couples' personalities, brides and grooms want to look their best when they say "I do."

Many brides-to-be spend a significant amount of time looking for their ideal wedding dresses. What defines the right gown depends on personal preference and is unique to the person doing the search. For example, a dress that sets a fairytale scene for one bride may not necessarily align with the tastes of another. According to Bridal Atelier, the average bride-to-be tries on try three to seven dresses before finding the right one. The following tips can help those shopping for dresses find a look that makes their big day even more special.

1. Don't get hung up on perfection  
Many brides get caught up as they search for the one dress, they consider perfect. No dress is likely to check every box. Getting hung up on a desire to find a dress that has it all may make it hard to see the beauty in other dresses. Remember, with the talents of an experienced tailor or seamstress, most dresses can be tweaked to suit your vision of the ideal gown.

2. Consider the season  
Getting married during the hazy and humid days of summer is an entirely

different experience than tying the knot during the heart of winter. The fabric of the wedding dress should complement the season, whether it's lightweight and breezy for a warm day, or more substantial and cozy when darting to the ceremony in snowfall.

3. Flatter your figure  
Chances are brides-to-be know which cuts and styles are most flattering. Mimic those style choices in the wedding dress. If you want to take focus off of full hips, choose a basque or asymmetrical waistline. Gowns with substantial straps or higher necklines may be better if you have a larger chest. Sheath and mermaid style gowns are options if you are confident with your figure and want to show off your curves.

4. Try a bit of this and that  
Don't go into a wedding dress appointment with firm parameters. Although you may have a ball gown style in mind, after trying on other options, something with a less voluminous silhouette may actually catch your eye. Many brides

also automatically defer to strapless gowns, when various straps and sleeves can be very appealing.

5. Arrive with a firm budget  
Weddings can be costly. It's important to set a budget for the wedding dress just as you will with other expenses. There are plenty of dress designers across a wide spectrum of price points. A willingness to consider and ultimately purchase a less costly dress can help you stay on budget.

Browsing through magazines and looking online can provide wedding dress inspiration as well. Also, when in doubt, defer to the experts at bridal shops who have experience choosing dresses that brides are inclined to love.



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 Call to reserve tickets Lois 204 643 5541 or Nancy 204 643 5133

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 Please contact Amanda at 204-847-0677

**Community Support Service**

**AA Winnipeg Beach**  
 Lady of the Lake RC Church  
 Corner of Hwy. 9 and Lake Ave.,  
 Winnipeg Beach  
**Meetings are Saturdays**  
**between 7 and 8 p.m.**  
 Contact Ann J 204-389-3417

**Gimli Group AA**  
 Bldg 18 Municipal Rd  
 Industrial Park  
**Fri & Sun Mtgs at 7:30 pm**  
**Womens Mtgs Thurs at 10:30 am**

**Al-Anon Gimli and Winnipeg Beach**

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

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

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

# Gimli Kiwanis' Aktion Club making bookmarks to raise money for Valentine's party

**Staff**

Members of the Gimli and District Kiwanis Club's Aktion Club were busy last week making bookmarks for February's I Love to Read celebration. The bookmarks, which are available at the Gimli Public Library, will help raise money for the Aktion Club's upcoming Valentine's Day party. The Gimli Kiwanis Club supports various school groups and the Aktion Club. Aktion clubs are service clubs for adults with disabilities and which help them develop leadership skills and initiatives to serve their communities.



Aktion Club members making bookmarks.

FACEBOOK



One of the members of the Aktion Club in the midst of designing a bookmark.



The bookmarks are available at the Gimli Public Library. Proceeds from the fundraiser will go towards a Valentine's party for Aktion Club members.

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 Justin 204-871-3086  
 8 Yearling Charolais Bulls  
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## Diagnostics Temporary Service Changes

### E.M. Crowe Memorial Hospital

Outpatient Lab, and ECG services are available Monday to Friday, 8:30 a.m. to 4:30 p.m. Outpatient ultrasound services continue to be available.

Outpatient X-ray services are available Mondays and Thursdays from 8:30 a.m. to 4:30 p.m. Outpatient X-ray services also continue to be available via Ashern.

Changes to availability of diagnostic services are posted at <https://sharedhealthmb.ca/services/diagnostic/locations/>

For the month of February, emergency department services will be available on Mondays.

To confirm physician availability in Interlake-Eastern RHA's emergency departments, please visit <https://www.ierha.ca/emergency-department-schedules/>



Diagnostic Services



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

Laboratory and diagnostic imaging services within Interlake-Eastern Regional Health Authority are a Shared Health service. For more information about Shared Health, visit [sharedhealthmb.ca](http://sharedhealthmb.ca)



# Barvinok Ukrainian dancers showcase talents at annual Malanka



**EXPRESS PHOTOS BY TEE-JAY FURGALA**  
Gimli's Barvinok Ukrainian Dancers celebrated the New Year with lively performances that showcased their members' accomplishments during a Malanka social at the Fraserwood Hall Jan. 28.





# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jones and young teammates win Manitoba Scotties

By Ty Dilello

St. Vital's Jennifer Jones and her rink of Karlee Burgess, Mackenzie Zacharias, Emily Zacharias and Lauren Lenentine are headed to the Scotties after winning the Manitoba provincial championship on Sunday afternoon.

In the championship final, Jones and her team capped off a perfect 9-0 week after defeating Abby Ackland's rink 10-5. They will now head to Kamloops, B.C., next month as Team Manitoba for the Scotties Tournament of Hearts.

Also with the win, the Zacharias sisters of Altona have now defended their Scotties Manitoba title, as they also won in 2022.

"The girls played as good as I've ever seen them play," said Jones. "They were on fire. They made everything. They made it real easy for me. I couldn't be more proud of them."

It was a close game for the first half of the game until Jones made a hit for two in the fifth end to take a 6-3 lead. She stole two more in the sixth, and by the time the eighth end was over, the gloves were off to shake hands with Jones winning 10-5.

For the young players on Team Jones, it will certainly help that Jennifer Jones is no stranger to the Scotties as she will be making her 17th appearance at the national championship, an event she has won six times in the past, with the most recent coming in 2018.

"Bring it on," said Team Jones third Karlee Burgess. "It just makes you more excited. Having Jenn, having the crowd, having our family there, it's going to make it better for all of us. We're going to win. It's our third time back, so we're going to make some moves."

A big consolation prize for the finalist Team Ackland rink (featuring Marquette's Sara Oliver at second) is that they will still be heading to the Scotties Tournament of Hearts as one of the three Wild Card teams.

"It's always a privilege to be at the national Scotties," said Team Ackland's fourth shooter Meghan Walter. "To be there for our first time as a new team and all of our first times at the national women's, it would be an honour, still."

Gimli's Kerri Einarson and Kaitlyn Lawes of Winnipeg will also be play-

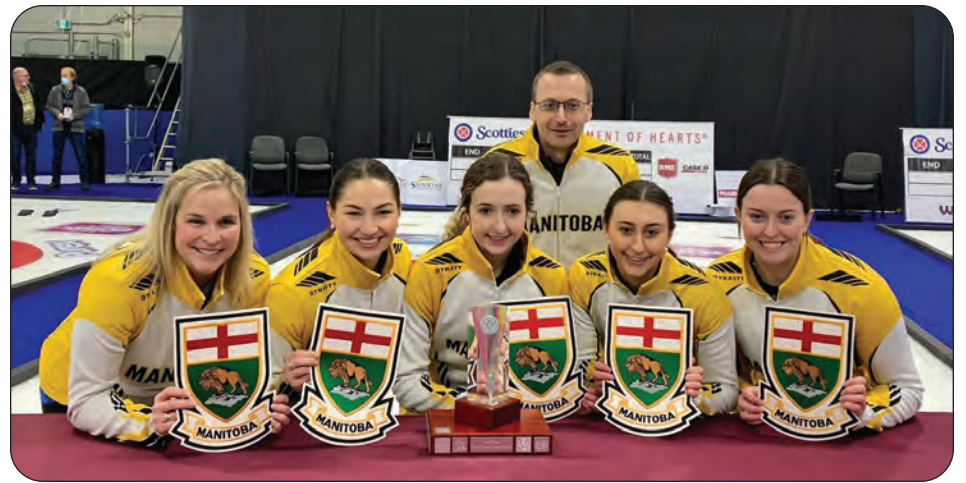


PHOTO CREDIT CURLMANITOBA

St. Vital's Jennifer Jones and her rink of Karlee Burgess, Mackenzie Zacharias, Emily Zacharias, and Lauren Lenentine are headed to the Scotties after winning the Manitoba provincial championship on Sunday afternoon. Left to right: Jennifer Jones, Karlee Burgess, Mackenzie Zacharias, Emily Zacharias, Lauren Lenentine, coach Sheldon Zacharias

ing at the Scotties next month as well to make it a record four Manitoba teams playing in the event.

The Scotties Tournament of Hearts winner in Kamloops (Feb. 12-17)

will go on to represent Canada at the World Championships, which will be running from March 18-26 in Sandviken, Sweden.

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## Falcons fly past Comets

By Brian Bowman

The Lundar Falcons doubled the Beausejour Comets 4-2 in Capital Region Junior Hockey League action last Saturday.

Zachary Halldorson and Jayden Tymlick scored first-period goals for the Falcons and then Ryan Benson made it 3-0 in the second period.

Riley Tirschman put Beausejour on the board with a power-play goal and then Brady Szajewski made it a one-goal game before the second period ended.

Benson closed out the scoring with a power-play goal in the third.

Benson finished the game with three points while teammates Riley Wirgau and Cohen Smigelsky each had two assists.

Gabe Mondry made 16 saves for the win.

The Falcons will play at the Selkirk Fishermen on Sunday for a 3 p.m. game.

On Friday, the Arborg Ice Dawgs

were defeated 3-1 by the Fishermen in Selkirk.

Arborg's Cadrick Dueck gave his club a 1-0 first-period lead but Selkirk's Kasen Andrushko responded with a second-period goal.

Fishermen forward Jordan Donald then tallied twice in the third.

Last Thursday, Arborg's game against Lundar was postponed due to poor road conditions.

On Jan. 24, the Ice Dawgs defeated the North Winnipeg Satellites 4-1.

Jake Plett, on the power play, and Brody Maxwell scored to give Arborg a 2-0 first-period lead.

North Winnipeg's Max Goulden (power play) and Arborg's Ashton Fisher (shorthanded) traded goals in the second.

Michael Crave scored in the third period.

Dylan Johnson stopped 30 Satellites' shots for the win.

Arborg will visit the St. Malo Warriors this Friday at 8 p.m.



# Lakers hoping to repeat as MHSAA boys' provincial curling champions

By Brian Bowman

The Gimli Lakers are headed to the Manitoba High Schools Athletic Association's provincial boys' curling championship.

And they are hoping to repeat as provincial champions.

"It's amazing (to win zones). I'm just walking on air but you can't do it without everybody," said Lakers' skip Mitchell Baker, a Grade 12 student, on Monday afternoon. "My entire team was making their shots and we couldn't have asked for better play, really."

Gimli clinched the zone title after defeating the Stonewall Collegiate Rams 6-3 on Jan. 23.

"It was an eventful game because it was a double knockout and they beat us and we beat them," said Baker, whose rink includes Brady Michaluk, Rylan Graham, Ryan Hopluck and Ben Cherelet.

Stonewall forced the final game after downing Gimli 10-1.

"I think our problem was that we got a little bit (over) confident coming off of a win," Baker said. "We let our guard down and they crushed us back but we turned it around in the

second game and, overall, we came out on top."

The Lakers started the zones with victories over the Warren Collegiate Wildcats (6-5) and Stonewall (7-1).

"(The Warren) game was a good game. We decided that instead of trying to rack up the points, just try to play it down," Baker said.

The MHSAA boys' provincial curling championship will take place Feb. 9-11 in The Pas.

Baker played second on last year's Lakers' team that won the provincial title.

He's looking forward to playing against the best high school curlers in the province while enjoying the festivities off the ice.

"There's still going to be nerves," he admitted. "The thing with experience ... if you have nerves, it shows that you care. We're still going to take it seriously and all that but it will be a different event because last year, coming off of COVID and stuff, we didn't have the formal stuff. Usually there is a dinner and an event but because we were coming off of COVID, you just showed up and curled."



EXPRESS PHOTOS SUBMITTED

The Gimli Lakers' team of Mitchell Baker, Rylan Graham, Brady Michaluk and Ryan Hoplock won the Zone 5 boys' curling championship after defeating the Stonewall Collegiate Rams 6-3 on Jan. 23. Missing from the photo is Ben Cherelet.



The Ashern Cobras' team of Kierra Hickman, left, and Warrick Gunther won the Zone 5 mixed curling championship on Jan. 23. Ashern defeated the Lundar Kodiaks 7-4 in its final game.

## Cobras slither to Zone 5 mixed doubles curling title

By Brian Bowman

The Ashern Central School Cobras are the Zone 5 mixed doubles curling champions.

The duo of Kierra Hickman and Warrick Gunther won the zone title after downing the Lundar Kodiaks 7-4 on Jan. 23.

"It feels pretty good (to win zones). I've been playing sports at the school for four years, curling for two years and it feels pretty good to win a title for my school," said Hickman. "It was a hard-fought win. It was a pretty tight game. In the end, it came down to the other player from Lundar making her shot and me making mine. Fortunately for us and unfortunately for them, she missed her shot and we had two rocks sitting in the house. It was a close game and Lundar is an excellent team. We've played them before and they work really hard."

Lundar, whose team consisted of Jersi Godfrey and Aiden Spalding, forced the final game after defeating Ashern 6-4 earlier in the day.

"Pretty much all of our games against Lundar are really close, (down) to the last few shots," said Gunther. "(I was) pretty nervous. I had trouble making my shots but I kind of forgot about it in the last

game. I got lucky and started making my shots."

Ashern opened play with a dominating 8-3 victory over the Stonewall Collegiate Rams and then defeated Lundar 5-2.

"It was nice to get the first win and the second win was a confidence booster," said Hickman.

"It really helped having a couple of wins under our belt, knowing that we would have had to lose two games in a row to be out," added Gunther.

Gunther said he and Hickman practiced quite a bit and that hard work paid off with the Zone 5 title.

The MHSAA mixed doubles provincial curling championship will be held Feb. 10-11 at Rivers Collegiate.

The competition will be stiff. But if Gunther and Hickman play to their potential, they can certainly win their share of games.

The Grade 12 students competed at the provincials last year after being awarded a wildcard spot. That experience should help them this year.

"I think having played there before will help us," said Hickman.

"It will take the nerves out compared to this year," Gunther agreed. "Last year, it was all new."



# U17 AAA Lightning busy on the ice

## Staff

The Interlake Lightning U17 AAA hockey team had a very busy week.

Interlake was scheduled to play four games last week, including against the Winnipeg Wild Sunday in Warren.

No score was posted on the league website at press time.

On Saturday, the Lightning lost 7-1 to the Winnipeg Thrashers in Warren.

Dainen Jacobson scored a first-period goal for Interlake.

Winnipeg goals were tallied by Branden Watson (two), Parker Carels, Shea Reynolds, Hubert Clarke, Lian Hanzmann and Nolan Fielding.

Last Thursday, Interlake was beaten 4-1 by the Eastman Selects in Stonewall.

Eastman's Adam Little and Interlake's Cole Swanson traded first-period goals and then the Selects' Nathan Forster tallied in the second.

Eastman's Calyb Moore and Easton Stoesz closed out the scoring in the third.

On Jan. 24, the Lightning were defeated 5-2 by the Thrashers in Warren.

Jaxson Grose scored both Lightning goals.



Watson (three), Carels and Reynolds replied for the Thrashers.

Interlake will play the Winnipeg Bruins on Friday (7:30 p.m.) at Southdale Arena and then host the Brandon Wheat Kings Sunday (2 p.m.) in Warren.

In U15 AAA action, Interlake lost 6-4 to the Winnipeg Thrashers Blue in Warren last Friday.

Lightning goals were scored by Ma-



EXPRESS PHOTOS BY JO-ANNE PROCTER

The Lightning's Cole Swanson scored a first-period goal in Interlake's 4-1 home loss to the Eastman Selects last Thursday.

son Bernier (two), Hudson Sigurdson and Ryder Kirk.

Mason Mykichuk (two), Carter Cabral (two), Sam Lazaruk and Crosby Harrison replied for Winnipeg.

The Lightning will host the Winnipeg Bruins Black on Thursday (7:30 p.m.) in Stonewall. The two teams will battle again on Sunday (1:15 p.m.) at East End Arena.

# U18 AAA male Lightning lose to Wild, blast Bruins

## By Brian Bowman

A rough second period against the Winnipeg Wild cost the Interlake Lightning U18 AAA male hockey team on Sunday.

Winnipeg scored five second-period goals on its way to a 9-4 victory at the Hockey For All Centre.

Interlake goals were scored by Nicholas Carlson, Nic Leclair, Adam Vigfusson and Ian Buors.

Jayden Ward (three), Cole Robertson (two), Gage Sutherland, Aidan Wuerfel, Olivier Chenier and Keaton Johnson replied for the Wild.

Last Wednesday, the Lightning blasted the Winnipeg Bruins 8-1 in Teulon.

Interlake, which held period leads of 2-0 and 3-0, received an outstanding performance from Vigfusson.

The talented forward scored twice and collected five assists for a seven-point game.

Buors also scored twice while Aiden Miller, Nicholas Carlson, Blake Farthing and Darian Sinclair added singles for the Lightning.

Nathan Brown scored a power-play goal for the Bruins at 19:37 of the third period.

Interlake netminder Dylan Leclair made 34 saves for the victory.

Interlake will play the Eastman Selects on Wednesday (8 p.m.) in Beausejour and then host the Bran-

don Wheat Kings Saturday (7:30 p.m.) and Sunday (1 p.m.).

The U18 female Lightning, meanwhile, posted a 1-2 record at a Winnipeg tournament last weekend.

Interlake started play with a 3-2 loss to the Northern Albert X-Treme last Thursday.

Tessa Stewart and Bre-Ann Windross had a goal and an assist apiece for the Lightning.

On Friday, Interlake was downed 5-1 by the Lloydminster PMW Steelers.

The Lightning goal was scored by Kylee Emms-Finnson in the first period.

Saturday saw Interlake defeat the

Northern Capitals 2-1.

Stewart and Windross scored second-period goals for the Lightning.

Rachel Halldorson made 24 saves for the win.

Interlake will play four league games in five days this week. The Lightning will take on the Winnipeg Avros on Wednesday (7:30 p.m.) at the Seven Oaks Sportsplex and then host the Pembina Valley Hawks Friday (8 p.m.) in Warren.

Interlake will then hit the road to play the Yellowhead Chiefs on Saturday (7:30 p.m.) in Shoal Lake and the Westman Wildcats Sunday (2 p.m.) in Hartney.

## Gypsumville RCMP respond to fatal snowmobile collision

### Staff

Gypsumville RCMP responded to a report of a snowmobile collision that occurred in the community on Jan. 25 at 12:20 p.m.

Officers, along with Ems, attended to the scene and determined that a snowmobile, being operated by a 26-year-old male from

Pinaymootang First Nation, had been travelling northbound when his snowmobile left the roadway at a high rate of speed and collided with a cluster of trees.

The snowmobile operator, who was not wearing a helmet, was pronounced deceased on scene. Gypsumville RCMP continue to investigate.

## Gimli RCMP investigate fatal house fire

### Staff

The Gimli RCMP received a report of a garage on fire on Viking Bay in the RM of Gimli on Jan. 28 at approximately 4:50 p.m. Officers attended with EMS and the local fire department. The fire spread quickly to the main part of the house.

When first responders were able to enter the premises, remains were discovered in the house. At this time, the identity of the remains is unconfirmed and an autopsy is taking place.

The investigation is continuing with the assistance of the Office of the Fire Commissioner.



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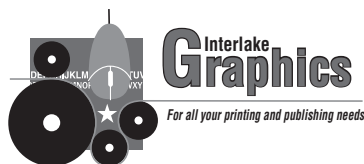
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The Estate of Krist-run Peterson, late of Ashern, Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 8th day of March, 2023.

DATED at Stonewall, Manitoba this 30th day of January, 2023.

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**IN THE MATTER OF THE ESTATE OF: ROY WILFRED OLAFSON,** late of the R.M. of Gimli, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 23rd day of March, 2023.

DATED at Gimli, Manitoba, this 1st day of February, 2023.

**BAKER LAW CORPORATION**

SOLICITORS FOR THE EXECUTORS

Attention:  
Grant D. Baker

### NOTICE TO CREDITORS

**IN THE MATTER OF THE ESTATE OF: RUSSEL ELMER GOOSEN,** late of the Village of Dunnottar, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 23rd day of March, 2023.

DATED at Gimli, Manitoba, this 1st day of February, 2023.

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Attention:  
Grant D. Baker

### NOTICE TO CREDITORS

**IN THE MATTER OF THE ESTATE OF: CLAUDE ARTHUR JOSEPH GOUGEON,** late of the Town of Winnipeg Beach, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 23rd day of March, 2023.

DATED at Gimli, Manitoba, this 1st day of February, 2023.

**BAKER LAW CORPORATION**

SOLICITORS FOR THE EXECUTORS

Attention:  
Grant D. Baker



### ATTENTION FARMERS AND RANCHERS

February 18th at 1:00 pm

at the Ashern Auction Mart  
4 complete dispersals with reputation cattle

#### George Bernier

87 cows 53 bred heifers

50% black sim/angus 45% red sim angus 5% tans

53 Heifers bred to easy calving black Simmental Bulls

60 2+3rd Calvers Bred to black and red simmental bulls

27 4+5th Calvers Bred to black and red Simmental Bulls

2 Simmental Bulls 5 yr old quiet sound bulls

Bulls turned out June 5th

Herd is on a full health program

(Pfizer gold, Scoutguard, Ivomeced in December)

#### Complete dispersal Rick and Norine Yanke

100 cows 25 bred heifers

Top Charolais cows their calves top the market

when they sell

70 % white , 25 % tan , and 5 % reds

25 bred heifers Bred red angus

100 cows bred Charolais Start calving March 15th

(Triple C Charolais bulls and Tee M J Charolais)

Full Health Program Pfizer

and Scourguard yearly

#### Complete dispersal for

#### Valerie Hallson and the estate of Harold

Approx. 50 cows

Mostly Black Angus cows Bred

either Hereford or black angus

Avg age 3-10

Bulls turned out June 18th

#### Complete dispersal for the Basaraba Family

55 mixed cows blacks, red, tan and greys

Bred to red angus bulls

Start calving March 15th

Cow are black legged yearly and dewormed

Please contact for more information

Ashern Auction Mart 204-768-2360

Buddy Bergner 204-768-0018

Kirk Kiesman 204-768-0019

License #1128

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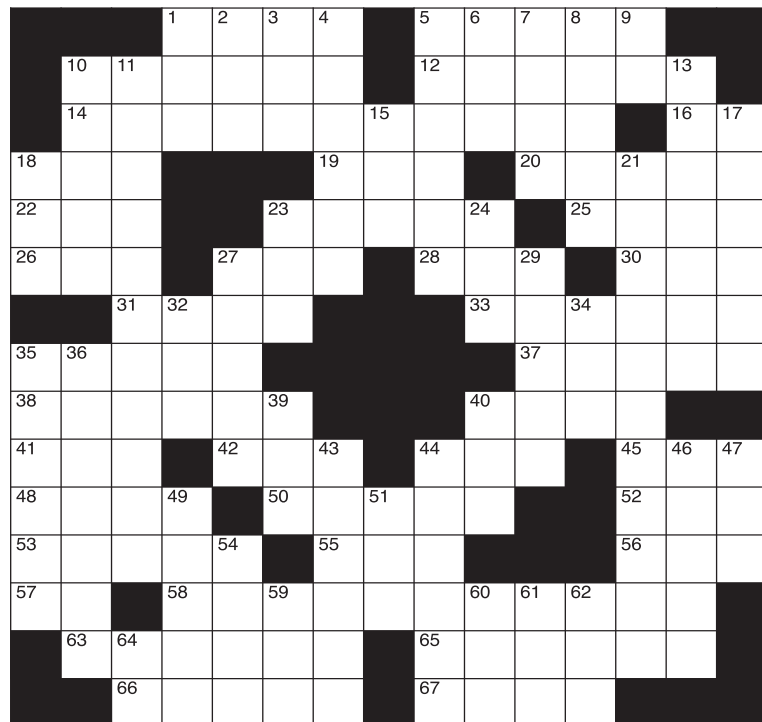


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## X CROSSWORD

### CLUES ACROSS

- 1. Shed tears
- 5. Luxury jewelry designer
- 10. Goddess of wisdom
- 12. Convert into a particular form
- 14. Working-class people
- 16. It borders Canada (abbr.)
- 18. A princess can detect its presence
- 19. Red-brown sea bream
- 20. Defunct retail empire
- 22. Vase
- 23. Demeter's equivalent
- 25. Monetary unit of the Maldives
- 26. French and Belgian river
- 27. Small amount
- 28. High schoolers' test
- 30. Animal's foot
- 31. Some is red
- 33. Per \_\_\_: each
- 35. Swedish jazz pop duo
- 37. Plate for Eucharist
- 38. Train line
- 40. Russian pop duo
- 41. Stake
- 42. Plant by scattering
- 44. Female sibling
- 45. City of Angels hoopsters (abbr.)
- 48. Popular cookie brand
- 50. Group of Niger-Congo languages
- 52. A team's best pitcher
- 53. Vomits
- 55. 19th letter of Greek alphabet
- 56. Men's fashion accessory
- 57. Its capital is Pierre (abbr.)
- 58. Expensive cut of steak
- 63. Popular James Cameron film
- 65. A \_\_\_: relating to knowledge gleaned from deduction
- 66. Kids' snow toys
- 67. Flip side to yin



### CLUES DOWN

- 1. Global public health agency
- 2. Snake-like fish

- 3. Midway between northeast and east
- 4. Dabbed
- 5. TV show
- 6. Folk singer DiFranco
- 7. Canadian flyers
- 8. Of the dowry
- 9. Commercial
- 10. The act of imitating
- 11. Equipment used to broadcast radio or TV signals
- 13. Lands of an emir
- 15. Swiss river
- 17. Island
- 18. Monetary unit of Afghanistan
- 21. One who surrenders under agreed conditions
- 23. Garfield is one
- 24. A baglike structure in a plant or animal
- 27. Small boats used in the Black Sea
- 29. Small savory Spanish dishes
- 32. Body part
- 34. Touch lightly
- 35. Popular grilled foods on a stick
- 36. \_\_\_ Hess: oil company
- 39. Antelope with a reddish coat
- 40. Pharaoh of Lower Egypt
- 43. Pink Floyd's Roger
- 44. Short and thick
- 46. Small, sac-like cavities
- 47. Performer \_\_\_-Lo
- 49. Entrails of animal used as food
- 51. \_\_\_ King Cole, musician
- 54. Where construction is done
- 59. Chap
- 60. Investment vehicle
- 61. Often mixed with tonic
- 62. Holiday beverage egg \_\_\_
- 64. Against

## MORTGAGE SALE

The land and building known as 60 – 4th Avenue South, in Lundar, Manitoba, as described in Certificate of Title No. 2793820/1 will be sold at auction on **Wednesday the 1st day of March, 2023** at 10:00 a.m. The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction. In order to participate you must pre-register at least 24 hours prior to the auction by contacting Dan Ransom at either 204-988-0443 or [dransom@tmlawyers.com](mailto:dransom@tmlawyers.com). On the date of the auction, an email will be sent to all attendees at the email addresses provided. The attendees will need to follow the instructions in the email, which will include a video link or teleconference call-in information. The successful bidder shall have a period of 24 hours to provide the deposit in certified funds payable to Taylor McCaffrey LLP and sign the auction sale conditions.

TO THE BEST of the Vendor's knowledge, the house is a Single Family One and a Half Storey, 5 bedroom, 2 bathroom house built in 1943, with approximately 1212 square feet of living space. This house has a kitchen, 2 living rooms and dining room. The house has newer windows, shingles, sundeck, vinyl siding and a shed. The house has a full mostly finished basement. There is a detached 2 car garage, which is approximately 26 feet x 28 feet and driveway for parking. The approximate lot size is 812 square feet.

PRIOR ENCUMBRANCES: NIL

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2021.

**TERMS OF SALE:** a deposit of **\$20,000.00** by way of cash, certified cheque or bank draft payable to Taylor McCaffrey LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. The property will be sold subject to a Reserve Bid of \$135,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the **26th day of January, 2023** to the date of auction and which costs will be announced prior to the commencement of the sale. The maximum amount of cash that may be provided as part of the deposit is \$7,500.00. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: [www.teranetmanitoba.ca](http://www.teranetmanitoba.ca).

FURTHER information may be obtained from:

**TAYLOR McCAFFREY LLP**  
2200 – 201 Portage Avenue,  
Winnipeg, Manitoba, R3B 3L3  
**ATTENTION:** Daniel Ransom  
Phone No.: 204-988-0443  
File No.: 114473-86

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Email your PDF Application Package with the subject line: **Manager Public Works**

### Manager Public Works Department

Applications are invited for a full-time opportunity to join our Senior Management Team as the Manager responsible for the delivery of Public Works Services.

Reporting to the Chief Administrative Officer, the Manager of Public Works plays an important role in providing value, quality and satisfaction in the delivery of efficient and cost-effective delivery of Public Works Services by the Rural Municipality. A minimum of two years, preferably in a Public Works setting combined with supervisory experience would be ideal. A certification in civil technology or management plus management experience in a Unionized environment would be an operational asset.

**Deadline to apply is 4:30 pm on Monday, February 13, 2023**

For more information visit <https://www.rmofstandrews.com/p/job-opportunities>



The Rural Municipality of St. Andrews

### How to Apply:

Completed applications, resumés and cover letters are accepted by email to: [office@rmofstandrews.com](mailto:office@rmofstandrews.com)

Email your PDF Application Package with the subject line: **Assistant Chief Administrative Officer**

### Assistant Chief Administrative Officer

Applications are invited for a full-time opportunity to join our Senior Management Team as the A/CAO responsible for the delivery of Legislative and Human Resource Services within the Senior Management Team.

Reporting to the Chief Administrative Officer, the Assistant Chief Administrative Officer plays an essential role in providing support services to the Legislative members of the corporation in the areas of Policy Development and Implementation plus supportive Human Resource Services to the members of the Senior Management Team. Graduation from the Manitoba Municipal Administrator Certification Program or equivalent is essential. A background or training in Public Administration or Business Administration with a Human Resource, policy development and implementation would be an asset.

**Deadline to apply is 4:30 pm on Monday, February 13, 2023**

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## CARD OF THANKS

Thank you to our friends, neighbours and relatives for the many acts of kindness, phone calls, cards and baking following the passing of our mother, grandmother and great-grandmother, Lorraine Barnes. Thank you as well to all those who made donations to Sandridge Community Cemetery in Lorraine's memory. We would also like to thank Shirley Williams for the lovely service and Ken Loehmer for his personal and professional assistance keeping everything very well organized and to Blue Skies for the lunch following the service. Our family appreciates your support.

-Lois, Peter and family,  
Gwen, Serge and family,  
Bev and family,  
Trevor, Brenda and family

## IN MEMORIAM



Eyjolfson, Nadine

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

Gone are the days we used to share,  
But in our hearts you are always there.

The gates of memory will never close,  
We miss you more than anyone knows.

With tender love and deep regret,  
We who love you will never forget.

Gone is the face we loved so dear,  
Silent the voice we loved to hear.

Too far away for sight or speech,  
But not too far for love to reach.

The sweet memories are so clear,  
Because in our thoughts, you are always near.

-Miss you forever,  
Love your family

## IN MEMORIAM



Derek Chudyk

April 24, 1957- January 23, 2020

It's sometimes hard to know,  
Why some things happen as they do,  
For so much joy and happiness  
Was centered around you.  
It seems so hard to comprehend  
That you're no longer here,  
But all the happy memories  
Will help to keep you near.  
You're thought about with pride Derek  
With each mention of your name,  
Death cannot change a single thing  
The love will still remain.  
Always in our hearts and missed every day.

-Love Mom and family

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## OBITUARY

### Mona Elsie Swirski (nee Hladky)



With deep sadness, surrounded by her family, Mona Elsie Swirski passed away on January 21st, 2023 at the Selkirk Regional Health Centre.

Mom was born on February 18th, 1941 in Rembrandt, MB. Mom worked at the Gimli Hospital, Red Cross, Winnipeg Beach Restaurant, Dorothy's Cafe, Winnipeg Beach Niakwa Family Restaurant, and Mr. & Mrs. T's Coffee Shop on Hwy #8 all as a cook. Mom's biggest adventure was running her own restaurant at the Winnipeg Beach Hotel. Mom called it Mona's Kitchen where she wanted people to feel right at home when they came to the restaurant.

Mom was well known for her laughter (even her smile) and definitely for her cooking. Many of you had the great opportunity to work with Mom. Over the years Mom received the nickname as Momma Mo to many. You couldn't help but be drawn to Mom, she just had that personality about herself. Her family are very honoured that you had the pleasure of knowing Mom. Mom loved everyone that she met. Mom loved talking to people, was a special lady and a wonderful friend to all. Mom had a heart of gold. Mom's heart was at her church All Saints at Whytewold, MB, where Mom and Dad renewed their vows for their 50th wedding anniversary.

Mom is survived by her husband of 58 years of marriage Tom; her children Cynthia, Tom (Susan), Donald and David. Her pride and joy, grandchildren Eric, Jonathan and Laura. Mom's sister Julie (Hjatli) Melsted and brother Don (Debbie), along with nieces, nephews, cousins, and many friends. Also, Mom's 4-legged buddy, Emily who Mom loved very much.

Purple was Mom's favorite colour. Mom loved cheering on the Winnipeg Jets and Blue Bombers, even started cheering for the Toronto Blue Jays. In honour of Mom, her family would like you to wear purple or Winnipeg Jets/Blue Bombers or Toronto Blue Jays.

Mom was very proud of being a Baba, she looked forward to seeing her grandchildren coming to the farm for a visit. Baba was proud of her grandchildren and their achievements. Mom was also proud of her children and their achievements.

A big thank you to the nurses at the Selkirk Regional Health Centre for their wonderful kindness and caring to Mom and her family. Thank you to Dr. Gillette. Thank you to the All Saints family for their prayers. Thank you to everyone for your support, prayers, love, phone calls, visits, food, flowers and cards.

Funeral Service for Mom is Saturday, February 4th, 2023 at 3:00 p.m. in the Gilbart Funeral Chapel, Selkirk with Rev. Lois Graham officiating, with a luncheon to follow in the Gilbart Reception Centre. Interment will follow the luncheon in the St. Williams Cemetery, R.M. of St. Andrews, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### James Alton Milne

May 19, 1931- January 27, 2023



James Alton Milne passed away on Friday January 27, 2023, at Percy E Moore Hospital in Hudson Manitoba. He is survived by his children, Judy Nelson, Tim Milne (Kim), Robin Milne (Margie), Sharon Shore (Doug), Diane Friesen (Mel), Eileen Lesko (Tim), Marilyn Grafstrom (Peter). He was proud of each of his 22 grandchildren, 32 great grandchildren, one great great grandchild, and many nieces and nephews. He is also survived by his siblings Barb Carlson, Gerald Milne, Marie Matthews (Denny), Peter Milne (Barb), Eunice Zoschke (Paul), and Becky Arnold (Dan). He was predeceased by the love of his life, Leona Milne, in 2016, his brother Ellis Clifford, granddaughter Richelle, and daughter-in-law Sharon.

The family would like to thank the care givers at Arborg Assisted Living and Greendale Estates in Grunthal, for the care and support they gave him. We would also like to thank Dr. Donnelly, for the time he spent giving dad dedicated care. Lastly, a special thank you to the Paramedics, Doctors and Staff at Percy E Moor Hospital for helping to make Dad's last hours the best they could be.

Funeral service to be held at Glen Lawn Funeral Home, 455 Lagimodiere Blvd. in Winnipeg, Manitoba, on Monday, February 6, 2023 at 2pm.

In lieu of flowers, please make all donations to the Sprague Community Fellowship marked to the Food Bank, PO Box 40, Sprague, Manitoba, R0A 1Z0.

In the immortal words of Alton Milne, "Love you more..."

Family and friends may sign a book of condolence at [www.glenlawn.ca](http://www.glenlawn.ca).

Glen Lawn Funeral Home  
204-982-7550



## OBITUARY

### Aleksandra Eleanor Solinski



We regret to announce the passing of Aleksandra Eleanor Solinski, 91, at the Arborg Health Centre on Sunday, January 22, 2023 at 6:30 a.m. Eleanor Solinski passed away in her sleep, peacefully.

Aleksandra Eleanor Solinski known as Eleanor and Lonka was predeceased by husband Frank Solinski; father and mother Jacob Sophie Solinski, Andriej Maria Wiktor; sisters and brothers.

She is survived by son Donald (Shannon); grandsons Jackson, Shay Solinski; relatives in Canada and Poland.

A short service will be held at 11:00 a.m. on Saturday, February 4, 2023 at St. Philip Neri Catholic Church on Gislason Drive, Arborg, Manitoba.

Thank you to the healthcare aides and the staff at the Arborg Hospital.

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Your memory will live forever Engraved within our hearts



# Announcements



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## OBITUARY



**Audrey Dorothy McDougall**  
(nee Challen)  
1937 - 2023

It is with heavy hearts that we announce the peaceful passing of Audrey Dorothy McDougall (nee Challen) on January 19th in her 85th year.

Mum was born on April 28, 1937, in Send, Surrey England to Bill and Dorothy Challen. Mum was predeceased by her brother Raymond Challen and his wife Marg, and her brother-in-law Dickie Bird. Her sister Pauline Bird still resides in New Milton, England. Mum helped out her parents in the family business, Send Service Garage, for many years.

She was a selfless and amazing mother to her three children: Janet McDougall Gudbjartson, Ian McDougall

and Beth Ohnysty (nee McDougall). She was also a cherished mother-in-law to Scott, Robin and Dean, and a remarkable Grandma to six grandsons: Brodie, Conor, and Declen McDougall; Aiden and Wilson Ohnysty; and Oliver Gudbjartson. Mum's pride in her grandsons was evident whenever she spoke of them. Mum also created family out of friends and leaves behind many in Vesterland which was her home for 46 years. The Robinson family was the most cherished and the many Christmases that Brenda and Harry hosted for us cemented a lifetime bond. Mum had so many friends but a special thank you to the ones that helped her in her final years especially Sue, Carol O., Florence, and Carol S, as well as all her neighbours at Vesterland Villa.

Growing up in wartime fuelled her fighting spirit and perseverance that defined her character. Mum trained in Plymouth as first a nurse and then a midwife working in several different districts and helping over 3,000 babies safely enter the world over her career. After immigrating to Canada in 1965 she put her education to good use working in maternity wards in St. Catherine's and then in Kenora, Ontario where she rose to become Head Nurse of Maternity. Then moving on to The Misericordia in Winnipeg and finally Thunder Bay Hospital.

Mum met and married Allan McDougall while working in Kenora and they had 19 years of marriage. Gimli became their home in 1976 and she happily enjoyed becoming a positive member of the community. Special achievements included being a life member of the Kinettes Club, becoming a board member for the Gimli Handivan and being part of the local bells group playing concerts for others in the community. Mum was an active congregation member at St Bartholomew Anglican Church in Winnipeg Beach. Our Mum's love for all animals was a keen part of our home life, whether it was a dog, cat, fish or rabbit. They all held a soft spot in her heart.

When it was time to re-enter the work force Mum was embraced by the wonderful people at the Gimli Children's Centre. When she chose to further her education, she received her certificate in Teaching Assistant and joined the staff at the Gimli High School working with students of all learning levels until her retirement.

Mum's enthusiasm for travel started early with family driving trips to Devon and Cornwall and she did a great job instilling that love in her children who follow in her footsteps by making it a priority. She felt it was the best way to understand other cultures and people. She often entertained us with her stories of hitchhiking throughout Europe. Mum enjoyed many cruises with her friend Gwen that took her to Alaska, Mexico, the Caribbean, Japan, Russia and China. As well as a family trip to Mexico for a Christmas. She never made it to her dream destination of New Zealand but her children will carry that torch for her to the finish line.

"100 years from now it will not matter what your bank account was, or the sort of house you lived in, or the kind of car you drove. But the world may be different because you made a difference in the life of a child"- Anonymous.

No truer words have ever been spoken when you look at the accomplished life of Audrey McDougall. She truly made this planet a better place and we will continue to be inspired by her example of service. She leaves as our Hero and her soul will become one with the world.

The family would like to thank Dr. Adegbesan and his staff for their wonderful care and taking a special interest in Mum's wellbeing over the years. The staff at the Health Science Centre Unit GB2 and all the support staff and nursing and aide staff led by Donna at the Gimli Community Health Centre. You all worked so hard to help us care for Mum in her final months. As well as all the Home Care workers she had.

A Celebration of Life will occur at a later date.

In lieu of flowers, please consider a donation to one of Audrey's favourite charities: CNIB Guide Dogs Program or Gimli Humane Society.

NEIL BARDAL  
FUNERAL CENTRE  
204-949-2200  
neilbardalinc.com

## OBITUARY



**Kristin Kristjanson**  
1942 -2023

It is with heavy hearts we announce the passing of our beloved mother and grandmother, Kristin Kristjanson (nee Sigvaldason), at the Gimli Community Health Centre on January 19, 2023.

She is survived by two children, Darlene (Norman) Barylski, Wes (Sheila) Kristjanson; her grandchildren, Brittany Barylski, Aaron (Averie), Jordan and Owen Kristjanson; sisters, Ellen Martin, Anna (Tryggvi) Finnson, Sylvia Gislason; brother David (Lee) Sigvaldason and sister-in-law Linda (Ken) Foster.

She was predeceased by her husband Rowland Kristjanson; son Ross Kristjanson; her parents Kristjan and Phyllis Sigvaldason; in-laws Thorsteinn and Sigridur Kristjanson; brother Raymond; sister Sigurbjorg Finnson; brothers-in-law Halldor Finnson, Robert Martin, Clifford Gislason, Magnus, Kristjan and Ingvar Kristjanson, Eric Rogers; sisters-in-law Lara Kristjanson and Gudbjorg Rogers, and Josephine Kristjanson.

Kristin was born August 8, 1942. She grew up in the close-knit community of Vidir with her six siblings and extended neighbouring family. Mom must have had a happy childhood because she loved to tell stories about growing up, getting into mischief with her brother Raymond and neighbour Clifford, going to her Granny's at Christmas by horse and sleigh. She was a real tomboy. She would much rather play baseball and hockey than play with dolls or do handicrafts. Mom was very athletic, and sports played a big part in her life throughout her lifetime. She went to the Provincials in track and field in High School (which was a pretty big deal in the 1950's). She was never happier than when she was playing sports and being part of a team. She played baseball for many years when her and Dad lived in Winnipeg and went to the Manitoba Senior Games with her baseball teams and in later years with her floor curling team. She looked forward to going every year.

Kristin married Rowland Kristjanson on June 29, 1963. They raised three children on the family farm. She was a devoted Mom and did everything she could to support her children. She was always there for us.

She was a fun Grandma, she didn't sit and watch her grandchildren play, she played with them. When the children were younger, every time we got together for a visit, you bet Gramma would be involved getting some sort of active game going or to play a board game with them. She and Afi also loved taking them camping. There were many camping and fishing trips to Hnaua, Clear Lake and Steep Rock. She loved her grandchildren dearly, she was always involved with them in their sports whether that was Brittany with her figure skating and baseball or Aaron, Jordan and Owen in hockey, baseball and football. She was their number #1 fan. She always cheered them on and hardly missed a game. She was also a dedicated driver for one or more of the grandchildren if they needed to get to a sporting activity. She made sure she was there for them if their parents could not drive as they were driving another child to a sporting activity. Gramma also loved to golf. She made sure she was golfing with one of the boys in the summer months and always challenged them to who got the lowest score. She was the most loving and caring Gramma in whatever she did with the grandchildren.

Mom was a real go-getter. If you wanted to get something done, she was the one to ask. She was a tireless volunteer. She volunteered for many organizations over the years, the Vidir Ladies Aid, Arborg Minor Hockey, Arborg Figure Skating Club, Arborg and District Hospital Auxiliary. Mom didn't do things for recognition, she did them to make a difference and she did. Mom was a hard worker. She worked at the Bank of Commerce, Johnson and Sons and managed the Arborg Co-op hardware department store for many years. When her and Dad retired from the farm they moved to Winnipeg. She started her own house cleaning business. Her and her cousin Pat had long time clients who knew they couldn't be replaced. Many of them became close personal friends.

Mom cared for Dad for many years after his back surgery and in his later years as his health deteriorated. The loss of her son Ross in 2020 was devastating for her and she never got over her heartbreak. The loss of her sister Sigurbjorg in 2021 also took its toll on her and like many seniors being isolated during COVID was very hard on her. Mom wasn't one for sitting around and over the last few months with her health deteriorating she couldn't enjoy the active lifestyle she was used to.

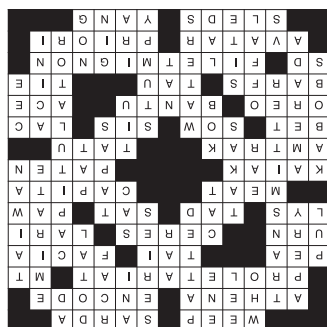
Mom cherished her friends. The family would like to acknowledge and thank her closest friends for being there for her.

A funeral service will be held at the Arborg Bifrost Community Hall on Monday, February 13th at 1:00 p.m.. A private family interment will be held at a later date.

The family would like to thank the staff at the Gimli Community Health Centre, especially Donna, Cindy, Dr. Ludwig and physician assistant William for their excellent care and kindness.

In lieu of flowers, donations can be made to the Arborg and District Ladies Health Auxiliary, Box 301, Arborg, MB, R0C 0A0.

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# Announcements



# Classifieds

## OBITUARY



**Darlene Anne Law**  
(nee Eirickson)  
December 25, 1956 - January 25, 2023

With extreme sadness, we announce the passing of our Mom, Amma and wife, Darlene Anne Law. Following a short battle with cancer, Darlene passed away with her family by her side on January 25, 2023 at the age of 66 years.

Darlene was born December 25, 1956 in Eriksdale, MB. as the first of six daughters to Frank and Marilyn Eirickson on the farm west of Lundar. The neighbors envied the hard-working farm girls, who outworked many of the neighboring sons! Darlene was the cutter on the crew, and her farming skills continued after she married Donald.

She leaves behind her loving husband, Donald Law; her daughter, Bonnie (Josh) and their children Braden (Bailey), Branden and Hannah; her son Michael (Cheryl) and their children, Nick, Matt and Icelynn; sisters, Lenore, Fran, Joanne (Bobe), Arlene (Harold) and Lana (Cory); in-laws Bruce (Brenda), Margaret (Wayne); sister-in-law Lorna, Vernon and many nieces and nephews.

Darlene was predeceased by her parents Frank and Marilyn Eirickson, her mother and father-in-law Les and Alice Law, and her brother-in-law Gerald Law.

Darlene married Donald on March 8, 1975 and they had two children, Bonnie and Michael. They made their life and raised their family just east of Lundar. Darlene worked as a health care aide for over 35 years, and was loved dearly by her work family as well.

Mom had a very full life, full of family and friends she loved so much. She loved to crack a joke and play a trick on you. If you were on the butt end of one her pranks, she never let you forget it!

She loved anything outdoors, fishing and hunting, especially if it was with her family. She looked forward to the many summer trips to Grand Rapids at Hobbs Resort with her family and seeing the wonderful friends she made there over the years at the resort. She was also very active in the community, a volunteer of the Duck's Unlimited committee, on the board of the Lundar Personal Care Home Guild, and a very active member in the Lundar Gun Club for many years which lead to many wonderful trap shooting friends throughout the province.

She loved to sit around and listen to her family strum the guitar and sing, making requests of all her favorites.

Mom loved to feed her family, always creating new recipes, and baking goodies with her granddaughters.

A Memorial Service to honour Darlene's life will be held at 1:00 p.m. on Friday, February 3, 2023 in the Lundar Legion Hall with Cindy Thorkelson officiating. A private family interment will take place with a luncheon to follow in the Hall.

Honorary pallbearers will be her grandchildren, Braden, Branden, Nick, Hannah, Matt and Icelynn.

The family would like to give their heartfelt thanks to the staff of the Stonewall Hospital and the Health Sciences Centre in Winnipeg for your kindness and compassionate care. Special thanks to John and Karen Gray of Arnason Funeral Home.

In lieu of flowers, donations can be made in Darlene's memory to The Lundar Gun Club (for The Junior Shot Gun Program) at P.O. Box 182, Lundar, MB R0C 1Y0.

Arrangements by:  
**ARNASON FUNERAL HOME**  
Ashern - Lundar  
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## OBITUARY



**Harold Walter Ernest Farthing**  
June 14, 1939 - January 23, 2023

It is with great sadness that we announce the passing of Harold Farthing, on January 23, 2023 with his family by his side.

He is survived by his brother, Donald Farthing; sisters Norma (Rowan) and Martha Farthing; his sister-in-law Lois Farthing; his nieces, nephews, cousins and friends.

He was predeceased by his parents Walter and Alice Farthing; his brothers George and Ray Farthing; and his brother-in-law Tom Rowan.

Harold was born on June 14, 1939 in Coldwell, Manitoba, where he was raised. He farmed all his life with his brothers George and Donald and his sister Martha. He loved working on the hayfield doing the bailing and teaching the younger generations how to work on the farm, but above all else, he loved taking care of his

babies (the calves).

A Celebration of Life was held on Monday, January 30, 2023 at the Oak Point Hall in Oak Point, MB. with Reverend Cathie Clow officiating. An interment was held at the St. James Anglican Cemetery, Clarkleigh, MB.

Arrangements by:  
**ARNASON FUNERAL HOME**  
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## OBITUARY



**Donald Bjornson**  
April 19, 1933 - January 21, 2023

In the early morning hours of January 21, 2023, with his family by his side, Don's 'golden heart' stopped beating.

He was born April 19, 1933 on the banks of the Icelandic River in the Vestri District. A severe flood in 1946 caused the family to move to the Framnes District settling on the corner of Highway 68 and Vidir Road. During his childhood years, Don helped on the family farm.

In 1952-53 he attended Normal School. He taught for seven years - Lowland, Arborg, Cummings, Waldersee (three years) and Geysir. In 1959-1960 he worked as a mine laborer and cage tender for Patrick-Harrison Company in Thompson. The company asked him to stay and work for them but his sights were set on getting married and he didn't want to take a young bride out to what then

was almost wilderness territory. He was always thinking of others.

Don and Hedy married on August 20, 1960 at the Arborg Evangelical Lutheran Church. He left his teaching career when he was hired as a driver salesman for the Arborg Co-op. He was quickly promoted to the position of Manager of the Farm Supply Centre. He worked diligently for the Co-op until December 1966. He had been approached and asked to apply for the position of Assistant Secretary for the Evergreen School Division and began his job on January 2, 1967. In 1969 he became Secretary Treasurer and worked faithfully for the division until his retirement in 199-3. He was a very dedicated employee, never asking for any special considerations. Being the quiet individual that he was, one school trustee from Arborg said, "Don is a man of few words, but when he speaks, we all listen".

In his retirement Don enjoyed many hobbies. Due to a severe illness he spent an entire winter indoors. At that time his dear mother taught him to knit mittens and socks on an auto-knitting machine and he still mastered this art on Hedy's grandmother's knitting machine, making many pairs for family.

Don enjoyed his woodworking hobby. He made tea carts, stools, dining room chairs, foot stools, plant stands, art easels, coffee tables, bird houses, and two amazing playhouses for the grandchildren and a beautiful dining room table for a grandson's wedding gift. He also created miniature replicas of haying equipment, a caboose, rakes etc. which he donated to the Arborg Cultural Heritage Museum. All his crafts were donated for various fundraising events, used as shower gifts, or simply given away "just because". He also completely restored the families 1939 Model H John Deere. The young grandchildren and many others enjoyed the opportunity of riding around the yard with their Afi.

Don's volunteer activities included serving as Church Council member and Board Chairman both in Arborg and Gimli Lutheran Churches; taught Sunday School and Confirmation classes; member of the Arborg Chamber of Commerce; Advisory Committee of the Arborg Credit Union; Gimli-Winnipeg Beach Planning Commission; the Icelandic Cultural Corporation - setting up the first Gimli Museum in the old fish plant building - presented with life-time membership; member for four years of the Executive Board of the Central Canada Synod; Financial Secretary for Gimli Lutheran Church; Betel Board of Directors - chairman of the Chapel Fundraising Committee when the new Betel was built; Betel Advisory Committee; member at large of the Gimli NDP Association; Kiwanis Club of Gimli; member of the Manitoba Association of School Business Officials and the Gimli and Area R.C.M.P. Community Consultation Group. In April of 2016 Don was inducted into the Evergreen School Division Hall of Fame for his "outstanding contribution to Education in the Evergreen School Division."

Don visited all the Canadian provinces and travelled to various parts of the U.S. In 2001, in celebration of their 40th wedding anniversary, Don and Hedy travelled to Iceland. Don's mother was born in Iceland and was the only one of 14 living children to come to Canada. Therefore, countless relatives opened their hearts and homes to us. It was an amazing trip.

Don's mind remained clear to his final day. He had said he would go out smiling and he not only smiled but winked. As we sat reminiscing, Don said that his greatest legacy and the most important part of his life was his family. He was a wonderful devoted husband and an amazing father to his children.

Don is survived by his loving and devoted wife Hedy, four children, nine grandchildren and five (almost six) great-grandchildren - son Don (Tanys), Spencer (Tristen), Evan, Sydney (Brandon); daughter Cindy (Randy), Angela (Andy), Oliver and Owen, Alicia (Chad); son Peter (Joanne), Kieran, Dane, Iris; daughter Judy (Derek), Cole (Rebecca), Dylan (Melissa), Lane and Noa. He is also survived by his youngest sister Margaret Tobin (Nils), sister-in-law Nell Bjornson, sister-in-law Lilja Holm (Clifford), brother-in-law, George Hay, and several nieces and nephews.

He was predeceased by his parents Gudmundur Bjornson and Ragnhildur Sigurdardottir; siblings and spouses, Jack (Sveinbjorg), Franklin (Runa), John, Thor (Kristin), Solrun (Peter), Soggi (Mary), nephew, Kris Bjornson, great nephew Braden Bjornson, Hedy's parents, Jonas and Inga Johnson, sister-in-law, Joan Hay, brother-in-law, David Johnson, and niece, Debbie Johnson.

The family wishes to thank Dr. I. Unarain, Ekosi staff and all the staff (doctor, nurses, HCAs, housekeeping and dietary) at the Gimli Hospital for the amazing care and concern shown to Don and the whole family. Donna W. you are truly incredible. Thank you also to Cary Chapnick, our doctor for over 20 years and now a family friend, for his concern.

A Celebration of Life will be held at 1:00 p.m. on Saturday, February 4, 2023 at the Gimli Lutheran Church, 53-3rd Avenue, Gimli, MB with Pastor Keith Peterson officiating. The service will be livestreamed via a link on Don's obituary at Gilbert's website.

In lieu of flowers, donations can be made to the Gimli Lutheran Church, Box 118, Gimli, Mb. ROC 1B0 or a charity of your choice.

Rest in Peace - until we meet again - Góða nótt elskan  
Condolences may be left on his tribute wall at [www.gilbertfuneralhome.com](http://www.gilbertfuneralhome.com)

Your memory will live forever Engraved within our hearts

Gilbert Funeral Home, Gimli in care of arrangements.





# Announcements



# Classifieds

## OBITUARY



**Barbara Annette Sawa (Nee Arnason)**  
April 11, 1960 - January 15, 2023

Survived by her husband Gord and her handsome boy Zak; her mother Josephine (Ken Sylvester); sister Beverly (Terry); brothers, Greg (Sheryl) Murray; and her beloved nephews and nieces, Nicky (Kelsey, Jackson, Jamie), Tasha (Cyrus), Kaden, Tiana and Tavyn. Aunty Lorraine and Aunty Jean, cousins Rosemarie, Kenny, Pat, Chris, and spouses. Her beloved Uncle Fred and Auntie Gabby and dear Auntie Anna. Dear friends, along with many Arnason cousins. Predeceased by her father Gordon Arnason; Uncle Walter, Uncle John; grandparents Mike, and Emilia, babja Rosie Kozera and amma and afie Arnason.

She spent many years of her life travelling the beautiful resort in Mesa, Arizona with her mother and Ken. Gord joined the family a few years later and was always welcome for a new adventure.

They shared many wonderful years together enjoying Arizona.

A heart of gold stopped beating, loved forever.

Barb was a very proud wife to Gord and amma of 12 beautiful grandchildren. A mother to Rhonda (Joey); Nikki (Chad); Daena; Brad (Sigrid) and Dusty (Stephanie) in her short 19 years as a Sawa.

Barb was the glue of the family always planning get togethers. You didn't have to be blood to be a family member to Barb. There are so many close family and friends to mention, and we don't want to leave anyone out, but please know that Barb cherished every moment that was spent with you.

As we all know how important family was to Barb, we will always admire the love that Barb and Gord shared. You made your Barbie happy Gord. To the future gatherings and deck visits, there are no words to describe Barb's unconditional love we hope to carry on in her Honor.

A celebration of life will be held on August 12, 2023, from 1:00 p.m.- 4:00 p.m. at the Gimli pavilion as a Come and Go.

Cheers Barbie

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

Gilbart Funeral Home, Gimli in care of arrangements.



## OBITUARY



**Henry Arthur Roehl**  
April 6, 1929 - January 26, 2023

Suddenly on January 26, 2023 at the Grandview Hospital, Henry Arthur Roehl, aged 93 years of Gilbert Plains, MB formerly of Fairford (Pinaymootang), MB passed away.

A funeral service will be held at 1:00 p.m. on Saturday, February 4, 2023 in the Peace Lutheran Church in Moosehorn, MB with Dawn Tober officiating. Interment to be held in the Peace Lutheran Cemetery with a luncheon to follow in the church.

Arrangements by:  
**ARNASON FUNERAL HOME**  
Ashern - Lundar  
1.204.768.2072  
1.866.323.3593

## OBITUARY



**Owen Victor Thorstein Eyolfson**  
April 8, 1985 - December 16, 2022

Please join us in celebrating the life of Owen Victor Thorstein Eyolfson, on Saturday, February 18, 2023, at 1:30 p.m. at the Arbog Bifrost Community Centre, 409 Recreation Centre, Arbog, Manitoba.

We will be gathering to share some of our favorite memories, our stories, to laugh, to cry and remember a wonderful person who will be greatly missed.

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