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Reading racers

EXPRESS PHOTO COURTESY OF JAMIE GILBERT

Students at Dr. George Johnson Middle School in Gimli celebrated the kick-off of I Love to Read month by taking part in an accelerated reading program, which motivates students to read and includes a quiz on their reading.

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Students at DGJMS accelerate their reading for I Love to Read Month

By Patricia Barrett

From feelings of excitement to tranquillity, reading books at Dr. George Johnson Middle School in Gimli runs the gamut of emotions.

And to kick off I Love to Read month, avid student readers get to vie for recognition and reward.

With an entire month dedicated to page-flipping, students in DGJMS's Accelerated Reading Program not only get to enjoy the intrinsic rewards books deliver, but they can also earn reading points for a certificate and a special outing (to be revealed) near the end of the school year.

To kick off the event, DGJMS principal Jamie Gilbert said teachers gave prizes to students who boosted their reading points.

"This reading program is motivating students to read," said Gilbert. "And students who earn over 100 points get into the 100 Club and will receive a certificate and a special field trip in June. To earn points for the 100 Club, students read a book then take an online quiz when finished."

Schools across Canada celebrate I Love to Read every year in February. Each day is dedicated to promoting reading and a willingness to explore diverse storytelling. Events can include reading games, special guest readers and reading competitions with prizes.

External rewards aside, who can resist the lure of a book's "good parts"? One DGJMS student spoke about that visceral buzz most people get when they're engrossed in story-

telling.

"I like the excitement when the book gets to a good part," said Griffin, who's in Grade 6.

Grade 5 student Zander said he brings scenes from book to life using his imagination.

"I find it entertaining, like watching a show except I can imagine what is happening," said Zander.

Grade 6 students Rilla and Orla spoke about the power which books have to create a feeling of tranquillity and which allows people to forget about their worldly cares for a while.

"It's nice and relaxing," said Rilla.

"It takes me out of my world and helps me relax," said Orla.

Reading is important, said the students, for a number of reasons, including strengthening one's vocabulary, gaining insight into different experiences and being prepared to take on bigger reading and writing duties in the workforce.

"[It] helps to learn about new things and explore different worlds," said Rilla.

"[You can] learn new words," said Orla.

Zander said practising reading will enable him to read "bigger essays" and take on reading and writing assignments for work when he's an adult.

And what book is next on his reading list?

"The next part of Wings of Fire," said Zander.



EXPRESS PHOTO COURTESY OF JAMIE GILBERT
Students say there are a number of rewards that come with reading, both external (entry to the 100 Club, certificates) and internal (excitement, relaxation and using one's imagination).

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ACC hosts luncheon to celebrate Arborg-based practical nursing program

By Patricia Barrett

Assiniboine Community College hosted a luncheon last week to mark the success of its rural practical nursing program that's currently being held in Arborg.

Nursing students attended the Jan. 31 luncheon along with staff, ACC's president Mark Frison, Interlake-Eastern Regional Health Authority CEO Marion Ellis, Interlake-Gimli MLA Derek Johnson and Town of Arborg Mayor Peter Dueck.

ACC highlighted its rural rotating training sites — which in addition to Arborg include Virden, Otterburne and Morden — and its response to the province's nursing shortage.

"Assiniboine continues to be responsive to Manitoba's labour market and support economic growth by meeting community needs. Our rural rotating Practical Nursing training sites answer the call on both of these priorities. I'm thrilled to be in Arborg today to celebrate a site that has trained and is currently training many nurses who will go on to work in this community and region," said Frison in a media release. "We thank our partners in community, healthcare and government for ensuring we can offer these training opportunities close to home for these nursing students."

To bring post-secondary training to the Interlake region, the Central Interlake Chamber of Commerce, volunteers and municipal representatives worked together to get two buildings renovated. They eventually became the Arborg Training Centre in the downtown core. In 2022 the training centre was expanded, giving it an additional 2,000 square feet of space to enhance its ability to host programs.

The training centre teamed up with Ashern-based Fieldstone Ventures, which provides educational training and employment services, to liaise with post-secondary institutions to bring programs and courses to Arborg. The centre has already trained health-care aides. The first intake of students in the two-year practical nursing program occurred in January 2021 with a second intake in September 2022.

Town of Arborg Mayor Peter Dueck said bringing post-secondary programs to Interlakers keeps them in their communities close to their supports and pays off in terms of growing the rural workforce.

"The Town of Arborg is pleased almost beyond words by the partnership created between ACC, Fieldstone Ventures, the Interlake-Eastern Regional Health Authority, the provincial government and our town," said Dueck, who brought greetings from



EXPRESS PHOTOS SUBMITTED

Staff and students in the Arborg-based Assiniboine Community College two-year practical nursing program

council during the luncheon. "When training is offered close to home, it opens it up to individuals who would not travel or move to the city for training."

By way of example, Dueck said a local nurse and mother of five children wouldn't have been able to leave to pursue post-secondary study and find housing in an unfamiliar community without "major upheaval." Because she was able to train in the community, she is now a licensed nurse with her "dream job."

"In her own words, she said, 'It would have never happened without the training being available here,'" said Dueck.

The Arborg Training Centre is currently considered a rotating site, but Dueck said they're doing their best to show ACC how enticing it is in the hopes Arborg can become a permanent training site.

IERHA CEO Marion Ellis said ACC has offered its practical nursing program over 10 times since 2010 in the Interlake-Eastern region, in communities such as Ashern, Selkirk, Pine Falls and Arborg.

"We thank the college for continuing to host these accessible nursing education opportunities in our communities," said Ellis.

Practical nursing is the largest program of study at ACC, according to the college, and all graduates surveyed said they found jobs. The college also offers practical nursing at its campuses in Winnipeg, Brandon, Dauphin and Portage la Prairie.

The Manitoba Nurses Union said last summer that the province-wide nurse vacancy rate was 21.4 per cent, and all of Manitoba's health regions had double-digit vacancy rates.



Interlake-Gimli MLA Derek Johnson attended the luncheon on Jan. 31 to mark the success of the training program in the Interlake.



Interlake-Eastern CEO Marion Ellis thanked Assiniboine for its rural rotating training programs.

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12th Gimli Ice Festival offers new events along with icy excitement

By Patricia Barrett

The upcoming Gimli Ice Festival is expanding its event offerings by teaming up with new organizations to bring more diversity to the popular wintertime festival, but keeping its fan favourites and some online content for those who can't attend in person.

Festival-goers can toss frozen fish off the Gimli Harbour wall, struggle to put on a frozen T-shirt as quickly as they can and gird their loins when the Vikings hoist their spears and swords. They can also watch daredevil drivers compete in the Fire on Ice motor race on Lake Winnipeg and motorcycle enthusiasts vie for corners in the Ice Man racing demo.

GIF co-chair Peter Holfeuer said the winter festival is celebrating its 12th year and has seen an increase in the number of organizations wanting to get involved, which helps diversify the program.

"We've seen such success in the growth of the festival as more and more organizations approach us and ask to partner and be involved with the festival," said Holfeuer. "The festival is a celebration of community, culture and heritage, and that's why it has continued to grow. There are more and more organizations saying, 'We want to be part of this.'"

New events this year include a fishing derby offering over \$50,000 in cash and prizes, a doubles curling bonspiel competition called the "Gimli Ice Festspiel" (a cross between the word festival and the German word spiel, meaning play or game) and workshops from the recently formed Gimli chapter of the Manitoba Métis



Gimli Ice Festival co-chairs Susan and Peter Holfeuer.

Federation. The program is called the Gimli Métis Watershed Festival.

"The Gimli chapter of the MMF is working in collaboration with the East Interlake Watershed District and they approached us to set up some workshops and presentations and feature Métis artisans," said Holfeuer. "Both the MMF and the EIWD share a common goal to protect the environment and Lake Winnipeg."

The New Iceland Heritage Museum will be staging an Indigenous-themed art exhibit and film. The event called Embracing Truth & Reconciliation Art Exhibit & Film will be held on both days of the festival.

Holfeuer said he and his wife Susan are motivated to increase visitor traffic to Gimli in the winter, as well as offering Gimli residents some outdoor fun and entertainment.

"We want to continue to see more



EXPRESS PHOTOS BY PATRICIA BARRETT

After disembarking from their ship at Gimli Harbour for the 2020 Gimli Ice Festival, a group of unruly Vikings kidnapped New Iceland's Fjallkona (in white gown with turquoise coat). Visitors to this year's festival should be aware that they too could fall prey to the marauders.

happening in Gimli in the wintertime because it's an opportunity for our community to grow economically. The business community really needs this support. In the summer we do attract a lot of people because of the beach," he said. "But in the winter, it's a little more challenging. This is something faced by every community that tries to attract people in the wintertime."

In addition to attracting winter visitors, the festival proves to be irresistible to the Vikings (played by a Living History Society group called the Hands of Lugh). They'll be offering plenty of action around the harbour area, where they set up an outdoor cooker and roast up some beasties and other fare from medieval times. They love to show off their combat skills and their colourful shields.

Visitors can enjoy a Kiwanis-cooked pancake breakfast to get the day going, take a bannock and tea break over an open fire near the harbour or grab a bite to eat at one of Gimli's many restaurants or coffee shops.

Once refreshed, they can get back into some icy action on the Gimli Harbour Trail by giving crokinole a try (a cross between curling and the board game Crokinole), lacing up their skates and visiting the large Viking ship sculpture. There will be plenty of action for the kids including face-painting, mural creation at the Gimli Art Club and outdoor fun-time activi-

ties with festival mascot Cooley.

GIF co-chair Susan Holfeuer said she and Peter "love winter" and they'll be building a large igloo near the harbour where people can take a break and warm up.

"We will be building an igloo by the art club and we want the community to get involved with the construction," she said. "We want to have that ready in time for the festival."

When the COVID pandemic started in 2020, she said they began offering online events. Because they were able to reach a wider audience, they decided this year to offer three online events: a kids creative drawing contest, a winter expression photo contest and a virtual five- or 10-kilometre walk. All three events open Feb. 18 and run until March 5 when the winners will be given prizes.

On Saturday night of the festival people can watch fireworks over Gimli harbour then enjoy some musical entertainment with a drum group and Tracy Martin's band, Without a Trace.

Because the festival gets over 100 volunteers every year to keep it running smoothly, the Holfeuers organize a special recognition night for them.

The Gimli Ice Festival will be held March 3-5. For a full list of events and information about festival passes, check out next week's *Express* or visit www.gimliicefestival.com

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Free provincial park entry for month of February

Enjoy winter by exploring provincial parks

Submitted by Manitoba government

The Manitoba government will once again offer free park entry for the entire month of February so Manitobans and visitors can take advantage of the many winter activities available in provincial parks, Environment, Climate and Parks Minister Jeff Wharton announced recently.

"In Manitoba's provincial parks, winter is a season worth celebrating," said Wharton. "Our government is pleased to make it easier for Manitobans to participate in invigorating, enjoyable winter experiences surrounded by our province's natural beauty."

Vehicle permits are not required in any provincial park in February, but Snopasses are still required for snowmobiles using trails. Entrance fees still apply in national parks.

Provincial parks have groomed trails for a variety of activities including cross-country skiing, fat biking,

snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also offer outdoor skating areas, hockey rinks and toboggan hills. Hecla/Grindstone Provincial Park has ice-fishing shelters on Lake Winnipeg that are free to use.

Manitobans are encouraged to check trail conditions before visiting parks. Trail maps and updated reports can be found at https://www.gov.mb.ca/sd/parks/recreation-and-activities/trail_conditions/index.html.

Trail users are reminded to only use trails for designated activities, keep dogs on leash and practise the principles of "Leave No Trace."

Park interpreters in Birds Hill, Spruce Woods and Whiteshell provincial parks offer numerous guided programs to enrich visitor experiences. Highlights for the month of February include wolf howl hikes, snowshoe treks, ski clinics, quinzhee building and ice fishing. Event details and registration information can be found at www.manitobaparks.com.

Teachers can also book free guided field trips to Birds Hill, Spruce Woods



PHOTO SUBMITTED

Manitoba provincial parks will have free entry for the entire month of February to encourage people to take advantage of the many winter activities available.

and Whiteshell provincial parks, along with virtual programs to bring park interpreters into classrooms.

Annual park vehicle permits will be available for purchase beginning on March 1. To purchase a permit, visit

www.manitobaelicensing.ca.

For more information on winter activities and interpretive programs in provincial parks, email ParkInterpretation@gov.mb.ca or visit www.manitobaparks.com.

Manitoba government launches fertilizer efficiency calculator

Submitted by Manitoba government

As part of its ongoing commitment to support the agricultural industry and help farm producers develop climate change resiliency, the Manitoba government is launching a new fertilizer efficiency calculator tool, Agriculture Minister Derek Johnson announced last week.

"Manitoba farm producers are great stewards of the land in the use of sustainable agricultural practices and work tirelessly every day to produce high-quality, affordable food while protecting the environment," said Johnson. "Our government recognizes producers face historically high fertilizer prices, highly variable grain prices, increased focus on environmental impacts of fertilizer use and the need to integrate, recalibrate and optimize all these variables in order to maintain farm profitability. We created this calculator so that producers, agronomists and industry partners can quickly and easily assess the financial benefits to improving fertilizer management practices."

The calculator uses field-specific soil test results and science-based analysis to provide application recommendations, to optimize fertilizer application on-farm. The calculator compares a producer's fertilizer plans to the most- and least-efficient fertilizer application cost per acre and net profit per acre. It also provides a user-friendly dashboard score for cost efficiency, greenhouse gas efficiency, maximum profitability and maximum yield.

The new fertilizer efficiency calculator demonstrates the value of adopting 4R Nutrient Stewardship, noted the minister, adding that the Manitoba government recently signed a fourth memorandum of understanding with Keystone Agricultural Producers (KAP) and Fertilizer Canada to reaffirm its commitment to the science-based nutrient management framework.

"Manitoba has been a longstanding champion of the 4R

Nutrient Stewardship program as a key driver for increased production and reduced environmental impact," says Karen Proud, president and CEO, Fertilizer Canada. "This calculator helps address barriers to adoption of the 4R program by helping farmers understand the value these practices can provide to their bottom line and the environment. Farmers need tools and data to better inform their decisions and we look forward to working with government and industry to build on this important work. Using the calculator is a great starting point and if growers are interested in learning more about 4Rs they should speak with their trusted adviser."

The 4R approach considers the:

- right source, which matches fertilizer type to crop needs;
- right rate, which matches the amount of fertilizer to crop needs;
- right time, which makes nutrients available when crops need them; and
- right place, which keeps nutrients where crops can use them.

"One of KAP's main goals is to ensure the perspectives of producers are included in the development of any initiatives or tools focused on supporting sustainable agricultural practices, to ensure they result in practical strategies that can be applied on-farm," said Bill Campbell, president, Keystone Agricultural Producers. "Agriculture has the solutions to many of the challenges we face, and KAP is pleased to see the fertilizer efficiency calculator come to fruition as a result of direct consultation with Manitoba farmers. This new tool will allow for farmers to better measure their fertilizer use for improved sustainability outcomes, reduced input costs, and encourage broader adoption of nutrient management strategies like

4R Nutrient Stewardship."

The Excel-based version of the calculator is now available at www.gov.mb.ca/agriculture/farm-management/production-economics/fertilizer-cost.html.

A mobile-friendly, web-based version is in development and will be available in the coming months, said Johnson.

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10 new COVID deaths in Manitoba; WHO declares COVID an ongoing public health emergency

By Patricia Barrett

Ten more people in Manitoba died from COVID, according to the provincial government's respiratory surveillance report for the period Jan. 22-28 (reporting Week 4). There were 15 deaths reported the previous week.

There were 11 new hospitalizations for COVID in Week 4, with two people admitted to the intensive care unit. The previous week's report showed 10 new hospitalizations with four people admitted to the ICU.

There were 62 new cases of COVID reported in Week 4, a slight increase from the 59 new cases reported the week before. 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 decline in new COVID cases, the surveillance report says wastewater data for Winnipeg and Brandon show "sustained" 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 2,418 as of Jan. 21, according to the federal government's COVID webpage. Canada's death toll now stands at 50,380.

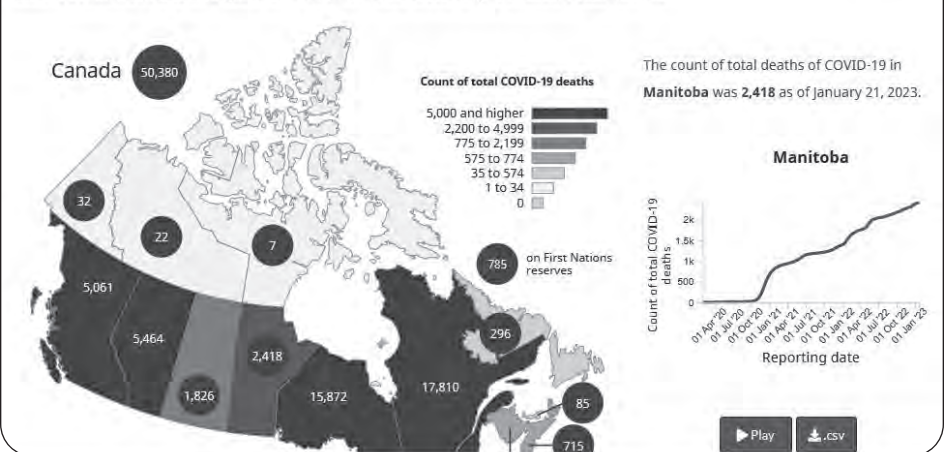
Influenza cases continue to decline. There were nine new cases of influenza A and one case of influenza B reported in Week 4. There were 10 new influenza A cases and zero influenza B reported the previous week.

One person needed hospitalization for influenza in Week 4, but no deaths were reported. There were 18 new hospitalizations the previous week, along with two deaths.

There were 76 respiratory syncytial virus (RSV) cases reported in Week 4, down from the 105 reported the week before.

Figure 1. Count of total deaths of COVID-19, province/territory as of January 21, 2023 (Last data update January 30, 2023, 9 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. 21, there have been 2,418 COVID deaths in Manitoba and 50,380 deaths across Canada.

Other health news:

- The RSV outbreak declared by the Interlake-Eastern Regional Health Authority (IERHA) on Jan. 18 at the Ashern PCH and the gastrointestinal outbreak declared on Jan. 31 at the Betel PCH continue, according to the IERHA's outbreak page (viewed Feb. 5).

- The Eriksdale hospital's ER will be open on Mondays this month, according to a joint notice from IERHA and provincial Shared Health. Outpatient X-ray is available on Mondays and on Thursdays, and lab and ECG services are available Monday to Friday.

The Arborg hospital's ER is available for six out of 15 days during the period Feb. 1-15, either on a 24-7 basis or for 10 hours, according to the IERHA's online ER schedule. The schedule is subject to change.

- The World Health Organization released a statement Jan. 30, saying

COVID continues to pose a worldwide public health emergency. The statement comes after the receipt of a report from the WHO's International Health Regulations Emergency Committee.

"The WHO Director-General concurs with the advice offered by the Committee regarding the ongoing COVID-19 pandemic and determines that the event continues to constitute a public health emergency of international concern (PHEIC)," says the statement.

The past eight weeks have seen over 170,000 new COVID-related deaths, underscoring the continuing threat the virus poses. Health-care systems are still under pressure and virus surveillance has dropped off.

"While the world is in a better position than it was during the peak of the Omicron transmission one year ago,

Continued on page 7

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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.

"MENTAL HEALTH AND WELLNESS ENCOMPASS MIND, BODY AND SPIRIT, AND ARE ESSENTIAL ASPECTS OF OVERALL HEALTH,"

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 e-mental 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-developing 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 Mental 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>.

Province expanding access to in-home sleep testing

Submitted by Manitoba government

Manitoba Health's Diagnostic and Surgical Recovery Task Force has launched a new process for individuals currently waiting for diagnostic sleep testing to find out if they are eligible for an in-home alternative.

The province has an agreement with Cerebra Medical Ltd. to provide in-home sleep diagnostic tests for up to 1,000 patients. The test records brain waves, heartbeats, breathing and other information used to diagnose sleep disorders. More than 8,000 Manitobans are currently waiting for sleep

tests, which were previously only available by attending a sleep lab in person.

The in-home test is available to eligible people at no cost.

Sleep disorders and a lack of proper sleep can have a wide range of effects on health and well-being. Undiagnosed sleep disorders can increase the risk of diabetes, obesity, hypertension and heart disease.

Cerebra is a Winnipeg-based health technology company focused on improving access to advanced technol-

ogy for sleep assessment and diagnosis. This agreement is a short-term solution to build capacity in Manitoba to deal with the backlog of sleep tests.

People waiting for a sleep study can review eligibility criteria at <https://www.gov.mb.ca/health/dsrecovery/solutions.html>. Applicants can then complete an e-form online, email inprovpatient@gov.mb.ca or call 1-888-600-0108 to move forward. Individuals may also be referred by a primary care provider.

For more information about the Di-

agnostic and Surgical Recovery Task Force, visit: www.gov.mb.ca/health/dsrecovery.

> COVID, FROM PG. 6

more than 170,000 COVID-19-related deaths have been reported globally within the last eight weeks," says the statement. "In addition, surveillance and genetic sequencing have declined globally, making it more difficult to track known variants and detect new ones. Health systems are currently struggling with COVID-19 and caring for patients with influenza and respiratory syncytial virus (RSV), health workforce shortages, and fatigued health workers."

- The WHO's epidemiological update for the period Jan. 16-22 shows nearly 1.9 million new COVID cases and over 12,000 new deaths were reported globally over that seven-day period.


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Nearly \$850 million invested to help families, communities, address health-care system pressures

\$140 million to support critical infrastructure projects across province

Submitted by Manitoba government

Winnipeg's long-awaited CentrePort Canada Airport Area West regional water and wastewater project will go ahead as part of a \$140-million investment in nine municipal projects by the Manitoba government, Premier Heather Stefanson announced last Friday.

"This new funding package builds on our government's significant measures to provide Manitobans with relief from the rising costs of living including the federally imposed carbon tax," said Stefanson. "Our government is eager to work with our municipal partners to invest in critical infrastructure projects that support the growth of our communities and our economy."

The total cost of the nine jointly funded municipal water and wastewater projects will be \$259 million. This includes a provincial investment

of two-thirds of the funding for CentrePort Canada's Airport Area West regional water and wastewater project that is critical to the growth of Winnipeg and surrounding communities. The Manitoba government will provide \$40 million of the project's total \$60-million budget and the City of Winnipeg will provide \$20 million.

"The expansion of CentrePort South is one of the most significant economic development projects Winnipeg has seen in decades," said Mayor Scott Gillingham, City of Winnipeg. "Adding servicing to this land unlocks the potential for thousands of new jobs, hundreds of millions in investment, expanded trade opportunities for Winnipeg industry and new housing to help serve our growing population."

An additional \$100 million is being invested in eight municipal projects from Brandon and Portage la Prairie to Morden and the Rural Municipality of Springfield, said Stefanson.

The funding of critical infrastructure is one component of a nearly \$850-million support package to help Manitobans make ends meet, relieve pressures on the health system and

foster economic growth across the province, the premier added.

The premier noted the measures include:

- \$200 million in cash payments to Manitobans from the Carbon Tax Relief Fund;
- \$318 million to address pressures in the health-care system;
- \$120 million for community and economic development and growth;
- \$50 million to support Ukraine relief efforts in Manitoba; and
- \$20.7 million in previously announced federal grants that the Manitoba government is allocating to municipalities for transit funding.

These recent funding commitments build on the Manitoba government's initial affordability measure that provided approximately 145,000 families with children and a household income of less than \$175,000 with a cheque for \$250 for the first child and \$200 for each additional child, and provided more than 52,000 seniors with less than \$40,000 in family income a cheque for \$300.

In addition, the 2022 program provided Manitobans receiving Employment and Income Assistance (EIA)

a long-overdue increase to the basic needs rate. EIA general assistance clients without dependent children began receiving an extra \$50 per adult each month and all EIA disability clients began receiving an additional \$25 per household each month.

The premier noted historic tax relief measures were also part of the \$2,020 Tax Rollback Guarantee, which has now exceeded the original commitment and is \$2,400 or \$4,800 for a two-income family as of 2022-23. Some of these initiatives include:

- indexing personal tax brackets and the basic personal amount;
- reducing the PST to seven per cent from eight per cent;
- exempting the costs of home insurance, personal services and preparing income tax returns and wills from PST;
- reducing vehicle registration fees; eliminating probate fees; and
- phasing out the education property tax.

To find out more about how the Manitoba government is helping Manitobans, visit <https://www.manitoba.ca/helpingMB>.

Manitoba government announces \$200-million carbon tax relief fund

Submitted by Manitoba government

As part of the Manitoba government's ongoing effort to help Manitobans make ends meet, Premier Heather Stefanson unveiled a \$200-million Carbon Tax Relief Fund aimed at helping 700,000 Manitobans cope with the negative impacts of rising winter costs, from food to fuel.

The 2023 Carbon Tax Relief Fund will provide help for all Manitobans including seniors, singles and couples with or without children who lived in the province on Dec. 31, 2021, and whose family net income that year was less than \$175,000.

"Last fall, we pledged to continue to help Manitobans as help was needed," said Stefanson. "Given the cost shock Manitobans are facing this winter from the federal carbon tax and other related increases, we believe Manitobans need our support again

now."

The premier reiterated the Manitoba government's calls for the federal government to put an immediate halt on the carbon tax and its harmful increases.

The Carbon Tax Relief Fund will provide \$225 per single person and \$375 per couple. For couples, the lower income earner will receive the payment.

"Our initial affordability package focused on helping families with children address back-to-school costs and seniors with fixed or low incomes address inflation-related challenges," said the premier.

"Our new Carbon Tax Relief Fund will broaden access to support almost every Manitoban who has to drive to work, take their kids to activities or go out to buy groceries."

Statistics Canada's Consumer Price Index reached a near 40-year high in June 2022 in Manitoba, peaking at 9.4 per cent growth year over year. In December 2022, the rate of growth was eight per cent, the highest among all provinces.

"Food and transportation costs have risen

dramatically in the last few months, putting pressure on family finances," said Stefanson. "But every family's circumstances are different, and they will know how to best spend this money to help them make ends meet."

The premier noted that the 2023 Carbon Tax Relief Fund is part of an \$850-million package that will be detailed in the coming days meant to:

- address financial pressures within the health-care system;
- support Manitoba municipalities with targeted project funding; and
- help communities and industries to continue to recover.

This funding commitment, the premier added, also builds on an initial 2022 program that provided approximately 145,000 families with children and a household income of less than \$175,000 with a cheque for \$250 for the first child and \$200 for each additional child, and more than 52,000 seniors with less than \$40,000 in family income a cheque for \$300.

In addition, the first phase of the affordability package provided Manitobans receiving Employment and Income Assistance (EIA) a long-overdue increase to the basic needs rate, the premier said. EIA general assistance clients without dependent children began receiving an extra \$50 per adult each month, and all EIA disability

clients began receiving an additional \$25 per household each month.

Stefanson noted historic tax relief measures were also part of Budget 2022 with a \$2,020 Tax Rollback Guarantee, which has now been exceeded to \$2,400 or \$4,800 for a two-income family. Some of these initiatives include:

- indexing personal tax brackets and the basic personal amount;
- reducing the PST from eight per cent to seven per cent;
- exempting the costs of home insurance, personal services and preparing income tax returns and wills from PST;
- reducing vehicle registration fees;
- eliminating probate fees; and
- phasing out the education property tax.

"Our government is committed to helping Manitobans make ends meet as they continue to face rising prices due to inflation and the largely hidden, federally imposed carbon tax," said Stefanson.

"We truly hope this new Carbon Tax Relief Fund will help ease the strain many families are facing this winter."

To find out more about the 2023 Carbon Tax Relief Fund, visit <https://manitoba.ca/HelpingMB>.

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Interlake Municipal Caucus asks for thaw of funding freeze

20 of the region's municipalities feel more provincial grant money is needed

By Katelyn Boulanger

There has been a provincial funding freeze imposed on municipal operating grants since 2016 and, with inflation rising, local municipalities are asking the Manitoba government to end the squeeze so they can put more money into our communities.

"We had written a letter to the province, probably about two years ago now, about taking off the funding freeze and we had copied AMM (Association of Manitoba Municipalities) on it and nothing has happened since," said Larry Johannson, Selkirk's mayor and Interlake Municipal Caucus chair.

Since it's been some time since that letter, Johannson and representatives from the other 19 municipalities that are part of the Interlake Municipal Caucus have penned a letter to Eileen Clarke, Manitoba's minister of Municipal Relations, with the same request to stop the operating grant freeze. They have also sent a copy to the AMM.

The Interlake Municipal Caucus is a group of 20 municipalities north of the Perimeter and west of the Red River and Lake Winnipeg. It includes Arborg, Armstrong, Bifrost-Riverton, Coldwell, Dunnottar, Fisher, Gimli, Grahamdale, Rockood, Rosser, Selkirk, St. Andrews, St. François Xavier, St. Laurent, Stonewall, Teulon, West-Interlake, West St. Paul, Winnipeg Beach and Woodlands.

The group was formed about two years ago when former Stonewall mayor Clive Hinds approached other area municipalities with the idea. The

group is not a lobbying group but brings area municipalities together to host speakers and have monthly discussions about the challenges faced in our area.

On this month's agenda was bringing to the provincial government's attention the need for an end to this funding freeze.

"Since 2016, the real value of \$1 has eroded by almost 20 per cent according to Statistics Canada. With the increase in the equalization payments from the federal government, we hope this is the time that the freeze could come off these operating grants. And, going forward, this grant could be indexed yearly, in accordance with the Manitoba GDP or rate of inflation. We hope you will give our resolution serious consideration and help all Manitoba municipalities with the support we need to keep our communities safe, healthy and growing. Municipalities are the backbone of Manitoba, and it's municipal services that citizens and local economies depend upon each and every day. So, we asked again, please remove the funding freeze, and together we'll make Manitoba stronger than ever," said Johannson reading from the letter.

The resolution to send the letter was passed unanimously by all 20 members of the group.

Johannson says that he feels it's very fair ask to ask for safe and predictable funding.

"The example I use quite a bit is gas . . . We had one price for fuel in 2016 and look at the price of fuel in 2022.



EXPRESS PHOTO SUBMITTED

Ralph Eichler, Alan Lagimodiere, Marion (Mary Anne) Ellis, Joy Sul, Larry Johannson and Sandra Smith at an Interlake Municipal Caucus meeting.

We're doing the purchasing of fuel [now] with 2016 dollars and it's getting to the point where it's really hurting us now," he said.

"It's just at the rate of inflation or GDP [that we want]. We're not asking for anything that's really out of the norm here. What's happening is it's hard on councils and administrations because trucks wear out and graders

wear out and roads have to be replaced, bridges have to be fixed. All these things come into play and we can't keep going to the taxpayer asking for increases all the time, because it's not fair to them."

He hopes that the provincial government understands the needs of the municipalities and takes this letter seriously.

Coldwell hosts March Madness Ice Fishing Tournament

By Autumn Fehr

Get out your fishing gear and prepare for a new event coming to the R.M. of Coldwell next month.

This year's March Madness will mean more than college basketball for the community of Coldwell.

Registration for the R.M. of Coldwell's month-long ice fishing tournament is now open.

From March 1 to April 2, 2023, the town will host its first March Madness Ice Fishing Tournament.

To join the tournament, download the app "fishdonkey" from the App Store. From there, click "Fish in a

Tournament" and search and join "Coldwell March Madness."

The entry fee is \$28.25 per person.

There will be local prizes and contest areas, such as the biggest walleye, biggest perch, etc.

The R.M. of Coldwell recreation department will reach out to local businesses to support them with prize donations. Follow the R.M. of Coldwell on Facebook to get updates on prize selection.

For more information, contact Breanna at rec.coldwell@mymts.net.

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GriefShare group in Riverton helps members deal with loss

By Catherine Strong

A support group is not only for the bereaved.

Grief has been described as a “tangled ball of emotions.” A new Riverton support group helps participants untangle those emotions and learn coping skills to work through grief so that they can survive and thrive.

GriefShare, the program that has recently begun in Riverton, addresses the loss of a partner, child or family member but also other kinds of loss, such as physical injury, illness, loss of a job or a home, or other circumstances that cause us to experience the sorrow of a deep and lasting kind.

Most of us think we need to suppress outward signs of grief so we don’t make others uncomfortable, but it’s essential to realize that sorrow is an appropriate reaction to life-altering loss. The program teaches that grief is an emotion everyone can understand because it is something we all experience, and none of us can escape it. The skills demonstrated can help group members know what they are experiencing, why, and how to process those emotions.

Linda Gerritsen and Ruth Dyck are the group leaders and want to welcome anyone suffering through grief, whether their loss is recent or not, no matter the type of loss experienced.

Gerritsen explained, “We can’t just set aside our grief. If we try, it doesn’t go away; it stays with us and emerges in a different form, one that we may not recognize, such as sleeplessness, irritability or illness. It can affect our job, our home life, our relationships. We have to do our grief work.”

Most people begin by wondering if what they are feeling is normal. Reactions to grief do vary, but there are some common themes. Most importantly, it’s necessary to understand that it is exhausting. Therefore, people need to give themselves time and permission to feel what they feel.

Grief Share is a 13-week course, with the group having just completed the second session. However, Dyck stresses that participants can join at any time since it can be picked up at any point, then group members can go back and attend the segments they may have missed at the beginning. “Grief itself is cyclical,” she says. “Sometimes you are feeling all right, and sometimes you need support. It’s all right to come and go, or take the course more than once if you need to.”

Each session begins with a brief video presentation, followed by an Object Lesson, then group discussion and sharing of experiences. To share or not to share is a personal decision, and no one will be pressured into speaking. However, it’s often beneficial to hear the experiences of others, as it provides an understanding that people are not alone in the challenges and emotions they are living with. There is also comfort in the support and insight of people who have walked the same path.

The GriefShare group meets on Saturday mornings from 10 a.m. to noon, at the Riverton Community Church of the Nazarene, located at 25 Main St. The group leaders want to stress, however, that you don’t need to be a member of the church to attend, nor do you have to be a member of any Christian denomination or to be religious at all. Everyone is



PHOTO SUBMITTED

Group leaders Linda Gerritsen (left) and Ruth Dyck are inviting the community to a GriefShare group in Riverton.

welcome to participate, regardless of personal belief, without restriction.

“Our door is always open to anyone who needs help dealing with grief,” says Gerritsen, who can be reached at 204-378-2172. “Or,” she says, “you can just show up.”

Happily married? Rush to the back of the line

By Shawna Howard, CLC

Valentine’s Day is fast approaching, and it gives us the opportunity to evaluate our most treasured relationship with our most treasured person.

Relationships of any kind require work, effort and selflessness. But marriage? Oh boy, it’s a BIG work! Not unlike other marriages, mine has been a beautiful mosaic of ups and downs.

Truth be told, marriage is tough. It takes perseverance and grit. Take two completely different people from different backgrounds, life experiences and expectations and now do life together! Like most solid marriages, ours has been through the fire of refinement several times. During those difficult seasons, we can be tempted to give up, rebel, retaliate and focus only on ourselves. Being a very headstrong and passionate person, I’ve had to learn a few things (OK, a lot of things) the hard way.

If your marriage is struggling, in a bad place and it feels hopeless right now, try this simple (yet often hard to follow) direction. It sums up a big part of what makes for a lasting, loving marriage.

“Rush to the back of the line.”

The culture we live in today can steer us in the “self-serving” direction. And selfishness is the surest way to damage any relationship. Does this sound like you?

- I’m not getting what I need.
- They’re not being, doing, saying _____.
- I don’t feel loved or valued.
- They don’t care about what I’m going

through.

- My dreams and desires don’t matter to them.
- I feel disrespected, rejected, neglected, invisible, betrayed.
- I’m not willing to change until they _____.
- I can’t forgive, I won’t forget.

If we look again at the above instruction, we can see that it’s within our capacity to create change! Hope is not lost. You can turn this whole thing around before it’s too late.

What does it mean to rush to the back of the line?

Rushing to the back of the line says:

- I’m here for you. (I’ll make time for you in any way you need.)
- I respect you. (Because you are my spouse, because I choose to remember and dwell on the good.)
- I love you more than anything and deeply care for you. (God gave me you. I am committed to you and our relationship.)
- I want to help you. (Whatever will make your day easier, I want to help. Even though I’m busy and have so much to do, I choose to make your needs important to me.)
- I need you. (Physically, emotionally, mentally and intimately.)
- You matter more than anyone else. (When work and daily tasks drain me, I choose to make you a priority. No one else means more to me than you.)

• You are my best friend and partner in life. (I am committed to you. No one else. Ever. Only you through thick and thin.)

• I desire you. (When the day has left me tired and all I want is my favourite pillow, I will make an effort to show my intimate desire for you.)

• I admire you. (More than anyone else, you amaze me! You are like no one else and you have my heart.)

After reading this, don’t you just wish your spouse would be this devoted? Well, they may not be right now, but you can be!

Marriage is a holy union, something beautiful and incomparable to any other relationship. With perseverance and the desire to press on, your marriage will prosper and grow deeper and more fulfilling. If we make the mistake in thinking that “I” am the centre of it, and everything should revolve around “me,” we’re in for a rough ride or a mediocre, luke-warm marriage at best.

Try out the 6 Rs and see change unfold.

1. Refresh. On purpose, choose to refresh your thinking and be grateful for the spouse God’s given you. They may not be exactly as you wish right now, but if you want change, be the change-maker!

2. Remember. Remember why you fell in love with this amazing person. What you think on has tremendous power because it predicts your actions.

> HAPPILY MARRIED, FROM PG. 12

3. **Replay.** Choose to replay the good times and memories over and over in your mind. You'll soon see a change in yourself and how you respond to your spouse.

4. **Rank.** Ask yourself throughout the day "How can I prioritize better to help/support my spouse? What can I do to make their day better? How can I make sure they feel respected, appreciated, loved and needed?" You know your spouse better than anyone. (If you need help here, I'd suggest *The 5 Love Languages* by Gary Chapman)

5. **Release.** Fear and pride can cause us to make some of the costliest mistakes in life. It's time to let go and press forward.

6. **Rely.** Rely on God. You are not alone in the journey.

And here's the best part! As you walk through these steps (super hard at first, if you're stubborn like me!), you'll see an amazing turnaround in your marriage. As you start to meet the needs of your spouse, you'll see a magnificent turn around in your own frame of mind. You won't be as focused on you! The anger, resentment and bitterness will melt away as forgiveness, mercy and compassion take over.

We all want to hold back and build walls of protection around our hearts when we've been hurt. But, dear friend, if you choose that path, you are only walling yourself into your very

own prison. So, be vulnerable, take the risk, let go of pride. Take that first step towards the back of the line. Be the one to step out in faith and show a servant heart in your marriage. Please know that each step you take in the self-serving direction is one step further away from your spouse.

Instead of building up your marriage, you are slowly tearing it down. I've heard my pastor say "If they are in the wrong and you don't respond in a loving way, you're wrong."

Above all, put your spouse first. Remember, this is the person you chose to spend the rest of your life with, to create a family with, to DO LIFE with.

May you go forward from here with fresh inspiration and resolve to be the change you're wanting to see in your marriage.

Reflect:

1. In what ways do you want to see change in your marriage?
2. Upon examining yourself, where has your focus been?
3. Where is God's place in your marriage?
4. What one thing could you do today to make your spouse's day better or easier?
5. What made the good times so good? Journal!

For more in-depth information, or if you'd like help in setting goals to restore or improve your marriage, please reach out to daretosoarlife-coaching@gmail.com.

Riverton Early Middle School brightens up reading for I Love to Read month



EXPRESS PHOTO BY REMS TWITTER

Students at Riverton Early Middle School got out their flashlights and headed to the gymnasium where they got down to some serious reading. K-12 schools across Canada celebrate I Love to Read every year in February. The entire month is dedicated to the promotion of reading and being open to diverse points of view. The event can include reading games, reading competitions and guest readers. This year's theme is "Stories Connect Us."

Jake's denture story - how he's thriving with his new smile

BY ELISHA VANDOR

I was helping a woman in her 30's at the front desk (who was on her way to get her remaining upper teeth pulled) when she yipped, "Don't say the D word!" She was of course referring to her new upper denture that I was showing her. She much preferred me to call them her new teeth rather than her new denture. As someone who's in my 30's myself, I understood where she was coming from. The word denture can come with a lot of baggage. Let me explain...

A lot of people wear dentures and everyone has their own good or bad experiences, but mostly, people like to share their bad experiences with others. Why? Because it's interesting news! Jake, had heard from his family and friends not to get dentures. Most likely because of the troubles they had experienced. Regardless, Jake decided for himself it was time to pull his remaining upper teeth and get a denture. He says, "I was petrified because I needed 10 teeth pulled. I was scared to know how much pain I was going to be

in, but zero, there was zero pain. It was amazing. I hardly felt anything. When it came to the denture, I thought I would have this giant thing in my mouth with big protruding teeth, but when I saw my smile for the first time I said, 'wow I've been missing out!'

I recall the phone conversation I had with Jake the day after he had his teeth pulled. He said he was smiling at everyone! I could hear the excitement in his voice when he talked about his new found smiling freedom. He shared with us when he came in a few days later saying "I'm definitely smiling now. I haven't smiled in the last 3 years, but I love smiling now, I can't stop. People are noticing and saying, 'wow', where did you get your smile? They want to do what I've done. It's pretty exciting."

It's been 10 days since Jake's been wearing his Immediate upper denture. We call it an immediate denture because it goes in immediately after the teeth are pulled. There are many benefits to having a denture right away. First, you get to smile! Getting

your smile back right away is a boost of confidence, especially when you look like you. Second, wearing a denture immediately after helps heal the gums faster as the denture acts like a Band-Aid over the extraction site. Finally, wearing a denture immediately after helps you eat the foods you want, faster. You get to practice and get used to wearing a denture right off the hop. Usually, the longer you wait to wear a denture, the harder it is to get used to because you've become accustomed to nothing in your mouth. Jake says, "after 10 days I don't even notice the denture is there anymore. I wear it day and night and only take it out to clean. It took me about a week to accept and get used to it. I made a decision to be positive. That's what it's all about. I can't stop smiling now and brighten up any room."

If you've lost, about to lose, or are needing to replace your dentures we would love to make you smile like Jake. Consultations are free! We look forward to hearing from you.



SENIOR PRICING - supplied photo - Jake's before and after photo's show his 'WOW' transformation from broken and failing natural teeth to an immediate denture.

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Father's late son inspires fundraising campaign for hospitals in Manitoba

By Kaitlin Vitt

In honour of his late son, a father in Selkirk is doing what he can to make children's time in hospitals more comfortable.

Joey Halldorsson is raising money to purchase gaming systems and televisions for kids in hospitals through the initiative Korbin's Wish. So far, the project has raised more than \$14,000 out of the \$100,000 goal.

Halldorsson's son, Korbin, was diagnosed with Duchenne muscular dystrophy at birth. The disease causes rapid muscle deterioration.

Korbin stopped walking when he was around nine and spent long periods of time in hospitals throughout his life.

One time, he had back surgery to correct a curve in his back, which put pressure on his lungs and heart. He had two bars put in his back to help keep his spine straight.

Another time, he had an infection, and during his last time in the hospital, he was in the intensive care unit. Korbin died Oct. 27, 2021, at age 17.

Korbin's PlayStation provided a distraction from his illness when he spent time in the hospital.

"He could still talk to people online and be part of his everyday stuff that he would do anyway," Halldorsson said.

At first, Korbin had only a Blu-ray player and television in his room. Halldorsson said it broke his heart that his son didn't have his PlayStation. Halldorsson drove home to pick up Korbin's system and bought a television to set up the system on.

"He was bedridden for most of his time," Halldorsson said. "As a teenage boy, [gaming] was his life."

Halldorsson said his son had a big heart and loved animals and people. Korbin would see other kids in the hospital who didn't have gaming systems in their rooms, and he would wonder why.

After Korbin pointed this out, Halldorsson remembers saying to his son, "Some day, my boy, once you get a little stronger, we'll figure this out. We'll do something for [the other children]."

While Halldorsson would have loved to get the chance to work on this initiative with his son, he's proud to be helping to fulfil Korbin's wish.

"He'd be mad I put his picture out there — that's a given. But, yet, he'd be excited and happy to know that we're making a difference in other kids' lives," Halldorsson said. "He knew how important gaming was to him, and he wanted that for other kids."

Halldorsson initially started work on this project, which brings together all of the equipment needed to play video games in a hospital room, after talking with Lowell Ruvinsky, who Halldorsson knew through work. Halldorsson runs the electrical company AAA Electric. Ruvinsky asked Halldorsson if AAA Electric had scrap metal that Ruvinsky could recycle.

Throughout the year, Ruvinsky collects scrap metal, brings it to a recycling centre for money and donates that money to charitable organizations.

"I took it as a sign," Halldorsson said. "I was like, 'Oh my God, this is it — this is the kick I need. It's time now.'"

The first push for donations goes until the end of the month. After Feb. 1, the Korbin's Wish team will place their first order of supplies.

Halldorsson will pick a day for volunteers to come out to



EXPRESS PHOTO SUBMITTED

Through Korbin's Wish, Joey Halldorsson and volunteers will build gaming units consisting of a gaming system, a television and a boardroom cart. Pictured: Korbin and his family.

AAA Electric to build the gaming units, which will consist of a complete gaming system. This doesn't just mean a game console like a PlayStation or Xbox but also includes the accessories needed to play the games in a health-care setting like a television and a boardroom cart.

The first supply of gaming stations will be donated to the Children's Hospital in Winnipeg. Once the hospital receives the number of stations it would like, the Korbin's Wish team will approach other hospitals in Manitoba as well as northern community nursing stations.

The fundraising won't end in February, though — Halldorsson doesn't have an end date in mind for the campaign and dreams of seeing Korbin's Wish go across Canada. Halldorsson will post updates and volunteer opportunities on the Korbin's Wish Facebook Page.

People interested in donating to Korbin's Wish can send an e-transfer to korbinswish@gmail.com, give through GoFundMe by searching "Korbin's Wish for other sick kids" or show their support through cash or cheque by getting in touch with Halldorsson.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-8pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

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

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.



Westshore
COMMUNITY FOUNDATION INC

The Westshore Community Foundation

is accepting applications for grants
from eligible registered charities.

Applications can be made online or
downloaded & printed at

www.westshorefoundation.ca

Printed applications can be mailed to
Box 395, Gimli, MB R0C 1B0 or
emailed to admin@wcf-foundation.ca

APPLICATIONS ACCEPTED
from February 15th to March 15th

For more information email
admin@wcf-foundation.ca
"Building a Lasting Legacy"

Beaver Creek Bible Camp

AGM

Sunday, February 26th at 5pm

Hosted at Menville EMC

Faspa will be served

Free will offering with proceeds going towards
the capital project of levelling the main lodge.

Fisher Branch RCMP arrest male after armed stand-off

Staff

On Jan. 29, at approximately 11:30 p.m., Fisher Branch RCMP received a report that a male had been stabbed at a residence in Peguis First Nation.

The 53-year-old male was transported to hospital in Winnipeg with serious injuries. The suspect was known to the victim.

Officers began searching for the 46-year-old male suspect. On Jan. 30, at approximately 4 p.m., RCMP located the suspect at a residence on Peguis First Nation. The male was in possession of a firearm and barricaded himself inside the residence. The scene was contained and the RCMP Emergency Response Team was called out. Shortly after, officers noticed smoke coming from the resi-

dence and saw it was on fire. Fire and EMS were dispatched immediately.

While the local fire department was attempting to put out the blaze, officers located the suspect just outside the residence lying on the ground. He was immediately placed under arrest without incident and treated by EMS on scene. He was then transported to the hospital, where he was released shortly after.

Wescott Sutherland is charged with aggravated assault, assault with a weapon, arson, possession of a weapon for a dangerous purpose and theft of a motor vehicle. Further charges may be pending in relation to the firearm. He remains in custody.

The investigation continues.



EXPRESS PHOTO SUBMITTED

A house on Peguis First Nation was on fire on Jan. 30.

Light therapy



EXPRESS PHOTO BY CHERYL BUHLER

Gimli really knows how to light up people's lives. The Destination Brand Committee of the Gimli Chamber of Commerce unveiled last Sunday yet another of its surprise Gimli Harbour Trail features. Last week, it was a 10-plus-foot-high Viking ship on Lake Winnipeg. This week, Winnipeg-based Lights Unlimited was commissioned to build a tunnel of light near the Lake Winnipeg Visitor Centre and the Gimli Art Club. Gimli resident Brittany Isfeld tried out the light installation and found it dee-lightful!

Construction Update: Ashern's Lakeshore General Hospital

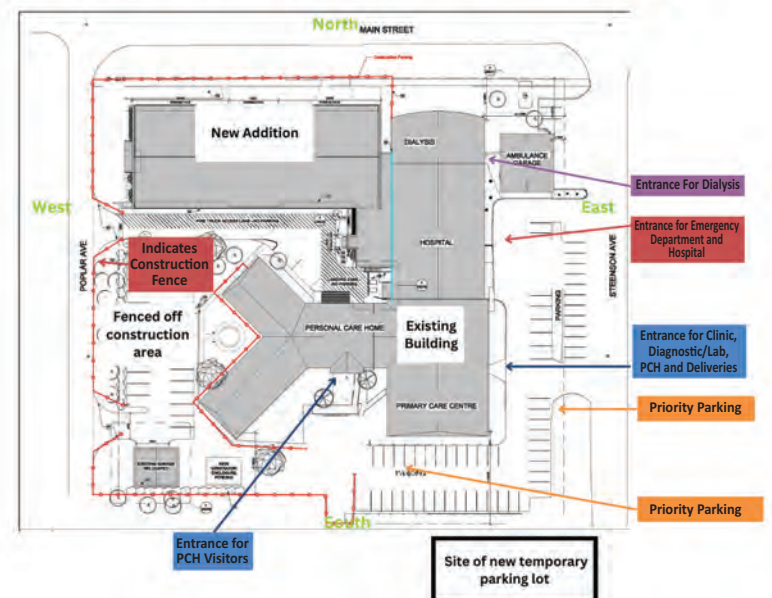
We're expanding Lakeshore General Hospital to meet the needs of the community. Workers are onsite now preparing the land for construction of the new addition. During construction, delivery of health services will not be impacted. We are now starting the phase of construction that affects parking and access to the building.

Starting Monday, February 6, the hospital's west parking lot off Poplar Ave. will be unavailable for the duration of the project.

A limited number of priority parking spots will be available at the southern part of the clinic, accessible off of Steenson Ave. We will be constructing a new parking lot to the south of the facility. Clearing on this site for the new parking lot has started. Over the next few weeks, we anticipate the need for increased street parking. Once complete, the additional parking lot will accommodate more parking on hospital grounds.

We appreciate your cooperation and understanding during the construction period while we work to expand the hospital's services. If you have questions or concerns, please contact us at 1-855-347-8500 or info@ierha.ca.

Preliminary – for discussion only. Visual representation subject to change.



BACK TO THE BEGINNING



As well as selling and servicing Ski-dos, Ray and Dennis took on the new Bombardier Sea-doo personal watercraft line up in 1990 and in 1999 the Bombardier ATV line up was added. In 2003 Bombardier became known as BRP (Bombardier Recreational Products) and Sea-doo jet boats were added to the inventory available to purchase from Gimli Snowmobile Center in 2004. In 2006 the Bombardier ATV was renamed Can-am ATV and in 2011 the Can-am Side by Side line up was taken on as well. The addition of the watercraft and off road vehicles changed the business from one season to year round. Ray retired from electrical work and he and Dennis juggled all that was required to keep up with



Dennis, Sheila and Raymond Vigfusson

In the fall of 1968 Raymond Vigfusson and his brother Gilbert started Vigfusson Bros Ski-doo Sales and Service on Kernstead Road in Winnipeg Beach. Ray did not know at the time, but it would be the beginning of a 54-year business that is still flourishing today. They had acquired the business from Richard Isfeld who owned Rent-A-Boggan in Sandy Hook and Interlake Sports in Winnipeg. Back then the snowmobile business was only seasonal as Ray who was also an electrician by trade, wanted something to keep him busy over the long winters

Ray ran the business from his family home garage in Winnipeg Beach for 17 years after Gilbert left the business in 1970. In 1974 the business name changed to Ray's Electric Ski-doo Sales and Service and was moved to the new family home on Hwy 9 in Winnipeg Beach. It was during this time Raymond's brother-in-law Lorne Magnusson joined him in the business.

By 1985 the business had outgrown the family garage

and moved to the location at 109097 Hwy 9 in Gimli and became Gimli Snowmobile Centre. In 1991 son Dennis joined, working along side his parents as wife/mother Lorraine had taken over the bookkeeping for the business from Lorne. In 1996 an addition



to the building was essential to continue to have room to grow the business and properly serve their customers.



the increased customers and service work. At this point Dennis decided to center his attention on new machine and parts sales. In 2007 daughter Sheila began working with the family dealership adding to the impeccable customer service experience. Due to the expanding business, additional staff have been hired on throughout the years. Gimli Snowmobile Centre has been very fortunate to have long time, knowledgeable employees who have contributed greatly to the success of the



of GIMLI SNOWMOBILE CENTRE

service end of the business as well. To choose to deal with Gimli Snowmobile Centre is choosing an operation that sets the standard when it comes to both customer satisfaction and after sales service. The dealership has been recognized several times by BRP as District dealer of the year and in 2003 won the highest award of National Dealer of the year.

In 2021 Gimli Snowmobile Centre purchased the former Gimli Home Hardware building next door to their shop and have completely renovated it to house their new showroom, clothing, parts and accessories. They also acquired the new Sea-doo Switch pontoon line up which is available now for 2023.

“Our customers have become our good friends and we enjoy having them come back to see us year after year”

There are not too many family-owned businesses who have been around as long as Gimli Snowmobile Centre. If you want to feel important as a customer, head to Gimli Snowmobile Centre for that good old fashioned, friendly neighborhood service you will receive from the entire team at Gimli snowmobile Centre. Call 204-642-7017 or head to www.gimlisnowmobilecentre.ca



Ray's first Ski-doo that he sold back in 1968 came back to him in 1986 and is proudly displayed inside the new showroom.



Not having a truck or trailer didn't stop an early customer from hauling his new snowmobile home... he simply put in on his car!

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GIMLI
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Gimli COC stirs up Interlake entrepreneurial community with networking event

By Patricia Barrett

The Gimli Chamber of Commerce stirred up entrepreneurs a few weeks ago when it held a networking event for its own business community and for board members from the Central Interlake Chamber of Commerce.

The event called STIR, which stands for socialize, talk, interact and reconnect, was held Jan. 27 at Flatland Coffee Roasters in Gimli.

Gimli chamber president Samantha Hampton said the event was held to help strengthen ties between the business community, exchange ideas and make some new connections.

Board members from the Central Interlake Chamber of Commerce were invited to represent businesses in the Arborg-Bifrost region. In all, about 40 people attended the event.

"We have a lot of new initiatives that we will be rolling out in the next two years that are part of a bigger plan to provide as much value to our members as possible," said Hampton. "We have a strong board and everyone brings something unique and valuable to the table. I am excited to watch our membership grow."

A new Gimli Chamber of Commerce



Gimli Chamber of Commerce president Samantha Hampton with Central Interlake Chamber of Commerce president Richard Chomokovski, who attended the Gimli chamber's networking evening.

board was elected last fall. In addition to Hampton, the 2022-2023 board is composed of Kristin Strachan (vice-president), Anita McAlinden (treasurer), Kim Giesbrecht (secretary), Cheryl Buhler (past chamber co-chair), Melanie Specula (past chamber



EXPRESS PHOTOS COURTESY OF SAMANTHA HAMPTON
Business owners from Gimli and the Interlake gathered at Flatland Coffee Roasters for a Gimli Chamber of Commerce networking event called STIR a few weeks ago.

co-chair), Norma Bailey, Rob Jantz, Kathy Sauerborn, Mike Chudd, Tanya Grimolfson, Barb Stein, Suzy Rayner, Susan Holfeuer and Damon Kennedy.

The chamber traditionally held quarterly meetings at which new business members/businesses would be featured and the business community could socialize and make new

connections.

Hampton said the next STIR event will be open to the Central Interlake chamber's membership.

The Gimli chamber's next general meeting is scheduled for Feb. 22 at 7 p.m. at the Waterfront Centre.

Postnatal group helps new parents cope with change

By Jennifer McFee

New parents can find a space to connect and share their experiences through an upcoming group.

Coping with Change is a postnatal group that focuses on mental health, wellness and education for parents with a

child under one year old. This includes both first-time parents and those who have other children. Although most attendees identify as mothers, the program is also open to fathers and other parenting partners.

The group is currently co-facilitated by Harmony Rees from Growing Years Family Resource Centre, a Selkirk-based non-profit organization that serves families with children age six and under, and Meagan Budge from Towards Flourishing, a mental health promotion program run by Interlake-Eastern Regional Health Authority.

It's important to create an opportunity for new parents to connect, Rees said.

"Being a new parent can often leave you feeling alone and isolated. It is a time that we truly need connection and support. Becoming a parent is a pivotal moment in our lives. It can shift and change our world in beautiful but difficult ways," she said.

"It's intimidating territory, even for parents who have done it before. It's a major emotional adjustment period. We need to continue to remember that it takes a village to raise a child, and it gives the opportunity to cultivate that

through community."

The pandemic added another layer of isolation for new parents, Budge added.

"For some of our participants, they are attending group with the second child born during the pandemic. Some describe actively trying to reclaim the postpartum period that they felt they missed out on with the first child by attending groups such as Coping with Change and making new connections with other parents," she said.

"Having an opportunity to share your experiences with others in a similar situation can make participants feel less alone. Ultimately, knowing that we are not alone in our experiences can help us be a little kinder on ourselves and practise self-compassion."

Anxiety and sleep deprivation are main themes in group discussions, along with relationship changes, societal pressures, and challenges with partners, friends and family. Many who are silently suffering might be unfamiliar with postpartum depression and postnatal mood disorders, Rees added.

"We can confidently state that all

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Gimli CDC organizes information session for Ukrainian newcomers in Gimli, Arborg area

By Patricia Barrett

As part of the ongoing effort to help Ukrainian newcomers settle in Gimli and other Interlake communities, the Gimli Community Development Corporation (CDC) and volunteers organized an information session last Thursday at the Waterfront Centre in Gimli.

After fleeing the Russian invasion of Ukraine in February 2022, with little more than a suitcase, and making a long, tiring journey to Canada, Ukrainians were faced with a myriad of new challenges in a unfamiliar place.

The intent of the CDC's information session was to help Ukrainians navigate everyday life in the Interlake and provide them with resources on such things as finding nearby English language classes, renting an apartment or a house, tapping into donations of clothing and household articles, creating a resume for employers, enrolling children in school, finding a health-care provider and preparing and applying for Canadian citizenship.

Melanie Specula, the current vice-chair of the CDC and past co-chair of the Gimli Chamber of Commerce, said when the Ukrainian newcomers first started arriving in Gimli last year, there were a lot of challenges that needed to be addressed and information gaps that needed to be filled. She recognized a need for a comprehensive information session.

"Our Ukrainian newcomers desperately needed information when they first arrived here and so will our future newcomers," said Specula by phone. "That's the main reason for organizing this session. There was some confusion in the beginning, and we went through a process of trying to determine which organization or group to contact so that we could get the Ukrainians information they badly needed."

To get the Ukrainians an immediate roof over their heads, the RM of Gimli offered — and newcomers are still being offered — transitional housing in the RM-owned former cadet training centre (commonly referred to as the dormitory). Some newcomers found or were offered rental housing in the community, as well as jobs at local businesses.

Through her efforts helping Ukrainian newcomers find housing and jobs in Gimli — including employing newcomers at her Chicken Chef restaurant, co-ordinating the creation of a local business job board through the chamber of commerce and having the chamber initiate a fundraiser for newcomers (which wrapped up in October 2022) — Specula became the main go-to person. As co-chair



Gimli Mayor Kevin Chudd



Catherine Chlopecki, Gimli's new settlement services staff member, will be opening an office in the community.

of the chamber last year, Specula and her then fellow co-chair Cheryl Buhler, took the lead on promoting Gimli, arranging a tour of Gimli for new Ukrainians staying in Winnipeg and helping them find housing and jobs.

By word-of-mouth, news of last week's information session made its way to Arborg, and Specula received a call from a person there, asking whether the CDC could accommodate Ukrainians from the Arborg region, said Specula. She had originally planned to hold the session at her restaurant, but the overwhelming interest in the session forced her to find a larger venue.

"I got a call from [a woman] in Arborg who said they heard about my event and asked if Ukrainians from the Arborg area could come," said Specula. "There were about 25 Ukrainians from Arborg who signed up and we've got about 40 from the Gimli area. Clearly, the Ukrainians really want this information for that number of people to attend."

Specula invited speakers from various organizations, including staff from the Manitoba Association of Newcomer Serving Organizations (MANSO), an umbrella organization for settlement service providers in Manitoba, Gimli's new settlement services staff and representatives from the Interlake-Eastern Regional Health Authority and the RM of Gimli.

"For the first time ever, Gimli has a new settlement services worker, someone who'll be working right out of Gimli to help all immigrants. She was at the event to connect with Ukrainian newcomers. And there's also a new settlement services worker for schools. She'll be working with schoolchildren and parents who don't speak English and have a hard time integrating," said Specula. "When everybody leaves the room [tonight], they'll have the names and numbers of every contact person they can possibly need."



EXPRESS PHOTOS SUBMITTED

Representatives from various organizations, including MANSO, the IERHA, Gimli settlement services and the RM of Gimli, volunteered their time to provide information to Ukrainian newcomers.

Specula said more Ukrainians will be welcomed to Gimli in the future, and that the CDC is currently in the process of creating a website that will be tailored to the information needs of the newcomers.

Gimli Mayor Kevin Chudd spoke at the session, assuring newcomers that the RM's dormitory is available (there is a rental charge) and that they will not be evicted.

He applauded Specula, Buhler and other unsung volunteers from Gimli and other communities for being indispensable at a time of need, and for continuing to help Ukrainian newcomers make a new home here.

"It's really nice to see people helping out our Ukrainian newcomers and continuing to facilitate things going forward," said Chudd by phone. "With all the volunteers helping with this, it shows that the people of the Interlake really care, that everyone rises to the occasion in an emergency situation like this to ensure Ukrainians get

a reset and an opportunity to be safe and secure in our communities."

Chudd's family-owned dealership hired several Ukrainian newcomers last year and assisted the chamber of commerce with the tour to Gimli by providing transportation.

"We want to provide our newcomers with stability and help build their confidence given the losses they experienced in Ukraine," said Chudd. "Our province has created an opportunity for them, and the Interlake region has embraced them, welcomed them to the labour force and tried to create a family atmosphere for them."

The mayor said he and council welcome more newcomers to the area and will do what they can to provide assistance.

"Our council has been extremely supportive of this and united and unanimous on supporting Ukrainian newcomers," said Chudd. "I'm proud of our council and administration. We stand with our new residents."

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Incredible Creatures: New Species Identified in 2022

By John Gavloski

One of the things I like to write about annually is some of the new species discovered over the past year. Thousands of new species are being discovered every year, from all corners of the earth. It is estimated that there are still many thousands, if not millions, of species yet to be discovered. In this month's Incredible Creatures we will explore some of the new species that have been described in 2022.

Additional Arthropods

More than a dozen scientists with the California Academy of Sciences, along with several dozen international collaborators, recorded many new species of insects and other arthropods in 2022, including 30 species of ants, four beetles, three moths, two scorpions, two spiders and one aphid. In addition to all these new arthropods, they also found 44 new species of lizards. The two species of scorpions were actually discovered by high school students with the help of scientists from the academy. Both scorpions are small, desert-dwelling scorpions from the dry, salty lake beds of Cen-

tral and Southern California. While one of the species inhabits federally protected land, the other can only be found on a narrow strip of unprotected land—about a mile long and only a few feet wide in some places—making the entire species highly vulnerable to human-driven threats. One of the high school students noted, "The entire species could be wiped out with the construction of a single solar farm, mine or housing development. Mapping the biodiversity of a given area can help build the case for why that land should be protected."

In addition to these discoveries of new arthropods, scientists with the Natural History Museum in London described 351 species new to science, including 84 species of beetles, 34 species of moths, seven species of flies, two bumblebees and 85 species of wasps. Some of these wasps are parasites of other insects and may be of importance to agriculture for the biological control they provide. There were also 19 new species of stick insects from Australia described this year.

New Geckos

Among the 44 species of lizard mentioned above, 28 were species of geckos belonging to a genus called *Bavayia*, raising the number of known species in this group of geckos from 13 to 41. *Bavayia* is a group of small forest geckos from the mountains of New Caledonia. Species are often brown with white markings. All the species in this genus look quite similar, but scientists have found that they are genetically distinct. Nearly every mountain in New Caledonia hosts a unique *Bavayia* species.

Flamboyant Fish

A colourful fish, called the rose-veiled fairy wrasse (*Cirrhilabrus finifenmaa*), was found in the Maldives' reefs. This fish is a vibrant mix of reds, yellows, purple and electric blue. It also glows in the dark, where it is dark purple with fluorescent pink around the head and throughout its fins. It can live 160 to 500 feet beneath the ocean's surface in unexplored coral ecosystems dubbed "the twilight zone," darting through the shadowy, twilight reefs off the coast of the Mal-



PHOTO BY GERMAN CHAVEZ
New species of frog from Peruvian Amazon.

dives.

Chocolate frogs

A species of small frog, that based on their colour look like they would be made of chocolate, were discovered in the Peruvian Amazon rainforest. The frog's nose is enlarged, resembling a tapir, giving it the common name tapir frog (*Synaptornis danta*). The frog's small size (about the size of a quarter) and tendency to burrow have helped hide it from scientists. Researchers followed the shrill calls and caught several specimens and confirmed their identity as a new species. So next time someone asks you what's new, you have a great answer.

Funding up to \$50,000 available through Manitoba Accessibility fund

Submitted by Manitoba government

The Manitoba government is calling for applications for grants of up to \$50,000 from the Manitoba Accessibility Fund (MAF) for organizations that will promote accessibility and remove barriers for people with disabilities, Families Minister Rochelle Squires, minister responsible for accessibility, announced Monday.

"The Manitoba Accessibility Fund was established to help organizations make changes to eliminate barriers to their services," said Squires. "The first intake last year resulted in 30 groups across the province receiving over \$750,000 in funds to promote accessibility and remove barriers for people with disabilities. Our government encourages Manitoba businesses and organizations to apply for a grant this year to help continue to increase accessibility in the province."

Applications for the 2023-24 intake period begin today and must target the three accessibility standards under the Accessibility for Manitobans Act affecting customer service, employment or information and communications. Projects must fulfil one of three objectives including:

- raising awareness about the prevention and removal of barriers;
- developing tools, resources and training to support compliance with legislated standards; or
- removing barriers to information and communications electronically, in print, and in person.

The Manitoba Accessibility Fund, managed by The Winnipeg Foundation, was launched in 2021 with a \$20-million investment. The fund promotes increased compliance with the Accessibility for Manitobans Act, which became law in 2013 to ensure accessibility in important areas of everyday life, the minister noted. The act's accessibility standards target government and public sector organizations, businesses, non-profit groups and municipalities.

"We were grateful to be a recipient of the Manitoba Accessibility Fund last year and are

excited about the upcoming launch of our new community education learning portal that our grant supported. The learning portal will help Manitobans learn about the Accessibility for Manitobans Act standards and about accessibility overall," said Samuel Unrau, acting manager, community inclusion and support services, Manitoba Possible. "This fund will make meaningful impacts for all Manitobans as we look to eliminate barriers experienced by persons with disabilities in our communities. We hope that others will apply to the Manitoba Accessibility Fund and work together to create a more inclusive and accessible Manitoba."

Eligible applicants, which must have been in operation for one year prior to application, include:

- registered charities;
- non-profit organizations incorporated and registered with the Companies Office;
- non-profit organizations that have a bank account and can verify activity for at least one year;
- local businesses or corporations based in Manitoba providing services to Manitobans that are registered with the Companies Office;
- on-reserve businesses and organizations that meet all other eligibility requirements;
- municipalities and local authorities such as planning districts and Northern Affairs Community Councils; and
- universities, colleges and school divisions.

For more information on accessibility in Manitoba and the Manitoba Accessibility Fund, visit: <https://accessibilitymb.ca>. The application deadline is March 10.



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> POSTNATAL, FROM PG. 16

new parents have experienced at least one of these struggles in one way, shape or form," she said.

Budge concurs that these situations are more common than most people know.

"While prevalence rates vary, it is commonly stated that at least one in seven women will experience depression or anxiety during the first year postpartum, with some populations experiencing this at even higher rates. One in 10 fathers are also at risk of experiencing depression in the postpartum period. In fact, according to Postpartum Support International, perinatal depression is the most common complication of pregnancy," she said.

"Needless to say, many new parents experience mental health changes following the birth of a baby. It is important to have a space to talk about these changes so the individual can know that they are not alone and have a better idea of where they can turn for help."

The regional health authority strives to offer one virtual and three in-person Coping With Change groups a year throughout the region. All registrations start with a call to Budge to gather information and review what participants can expect to talk about during the sessions.

"Both virtual and in-person are closed groups, meaning only a limited amount of people are able to register and no new participants are added after a group has started. We do this to help create a sense of safety for sharing within the group," Budge said.

"Because we accept a limited amount of people, we ask that participants only register if they think they will be able to attend the majority of the sessions. That being said, Harmony and I are both moms and understand that things come up. And, of course, there is no penalty for missing a session. We will be happy to catch up with you the following week."

Those who register for a virtual group will receive a welcome package in the mail containing a journal and some resources, as well as weekly Microsoft Teams invitations via email.

"While virtual may seem less personal to some, our experience has shown that participants still build wonderful connections with other participants. The length and content are the same as in-person and we still engage in open discussion," Budge said.

"Virtual can be a great option if the upcoming in-person session is not in your area, if transportation is a concern, during the cold winter months,

or if you just prefer to connect with other parents in the comfort of your own home."

Likewise, those who register for an in-person group will receive the same welcome package at their first session.

"The setup and amenities may change based on the venue, but we always come with comfortable mats for the babies, light snacks, refreshments and an array of resources for you to choose from," Budge said.

"At this time, child-minding for older siblings is not being offered. This is subject to change based on venue and availability."

Both virtual and in-person groups are five weeks long, with sessions happening once per week.

"Topics that are covered throughout the group include sharing our birth experiences, the importance of self-care and how we can incorporate self-care into our busy lives, postpartum emotional adjustments, managing societal expectations, the changes in relationships we can experience as new parents, and tips on how we can best communicate our needs to others," Budge said.

The response from previous participants has been overwhelmingly positive, she added.

"We do a short evaluation form at the end of each session in group to help identify any concerns within the group that participants may be experiencing. We use that information to make changes to structure and facilitation in real time to try to create the best experience that we can for all participants," Budge said.

"In a recent group, all participants selected on their final evaluation form that they were 'satisfied with the skills, resources, education and connections made by participating in this program,' and all selected that they would recommend this program to their friends and/or family."

Feedback from healthcare providers has also been positive, she said, adding that they are grateful to have a resource to send new parents to.

Reese believes Coping with Change is the type of program that should be offered to all new parents straight out of the hospital.

"It would be beneficial to everyone from all walks of life," Rees added. "We are

proud to have been able to receive the training offered through the Women's Health Clinic and be able to offer it to families throughout Selkirk and surrounding areas."

Budge welcomes people to call her at 204-785-7533 if they're interested in attending a Coping with Change group but one is not currently being advertised in their area.

"During that call, I will take down your name, number, location, age of baby and whether you are interested in virtual or in-person groups," she said.

"I will then reach out to you directly when we plan the next group. While we cannot guarantee that we will be able to offer a group in your area, it is helpful to know where the need is to inform decisions around location."

Budge also shared a few other suggestions for new parents who might be struggling.

"Ensure that your care team — such as your primary health-care provider or public health nurse — is also aware of the challenges you have been experiencing. While they are not mental health specific programs, you may find a benefit by engaging in programs such as the Our Time Healthy Baby groups and the Families First Home Visiting program," she said.

"More information on these programs is available on the IERHA

website (www.ierha.ca). Stay socially connected by attending the weekly groups offered by Growing Years Family Resource Centre. You may also wish to explore the Baby Blues and Better Days program and weekly drop-in virtual support groups offered by the Mood Disorders Association of Manitoba."

If an individual is experiencing a non-urgent mental health concern, they are encouraged to contact Community Mental Health Central Intake to discuss what resources may be helpful. They can reach Central Intake at 204-785-7752 or toll-free at 1-866-757-6205.

If someone is experiencing a mental health or psychosocial crisis, please call the 24-hour Crisis Line at 204-482-5419 or toll-free at 1-866-427-8628. For more information, visit the Mental Health and Addictions page on the IERHA website to read about available services and self-help resources.

The next five-week session of Coping With Change will be offered virtually via Microsoft Teams on Tuesdays from 1 to 3 p.m. starting Feb. 28. The registration deadline is Feb. 14, and spots are limited.

To register, call Meagan Budge at 204-785-7533. The initiative is free for participants and is open to all residents in the Interlake-Eastern region.

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

See Answers
pg 20

Here's How It Works:

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

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 AAA male Lightning in a battle for last playoff spot

By Brian Bowman

The Interlake Lightning U18 AAA male hockey team's playoff hopes are still alive.

Interlake split a pair of home games with the first-place Brandon Wheat Kings last weekend.

Brandon salvaged a split after a hard-fought 3-2 win on Sunday afternoon.

"It was back and forth all game," said Lightning head coach Aaron Kaatz. "It was a very competitive game."

Darian Sinclair and Ian Buors scored for the Lightning. Interlake's Blake Farthing had two assists.

Ekan Dhaliwal (two) and Cole Temple replied for Brandon. All three Wheat Kings' goals were scored on the power play.

On Saturday, Interlake edged the Wheat Kings 2-1 in another exciting game.

"It was a great game by our boys," Kaatz said. "It was a big weekend and we wanted to push to get into a playoff spot and we knew that (a win) would help us down the line into our final three games of the season. We knew we had to pick up a win in at least one of the two games and they were able to do that Saturday night."

The Lightning's Nicholas Carlson scored the game winner at 2:14 of the third period.

Ethan Brown gave Brandon a 1-0 first-period lead before Interlake's Adam Vigfusson tallied in the second.

Vigfusson, who had two points in the game, was recognized last weekend as being named a league second-team all star at the forward position.

Dylan Leclair made 31 saves for the win.

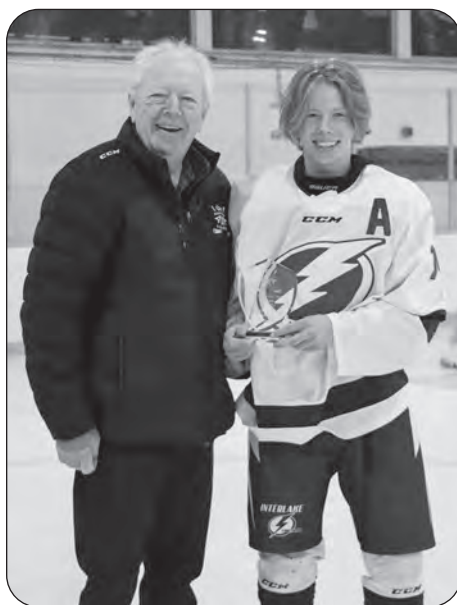
Last Wednesday, the Lightning lost 4-3 to the Eastman Selects in Beausejour.

The Selects trailed 3-2 in the third period before Haiden Willis and Luc De Gagne scored to give Eastman the comeback win.

Buors and Joel MacMillan tallied for a Interlake 2-0 lead but Eastman's Mason Hooper scored late in the first period and then he tallied midway in the second.

Brandon Burak scored at 19:01 of the middle frame to put the Lightning up 3-2.

Interlake will head north to Dauphin this weekend with very important



League president Don McIntosh presented Interlake Lightning's Adam Vigfusson with the second-team all star at the forward position plaque Sunday. Vigfusson has 63 points in 41 games, with 27 goals and 36 assists.

games against the Parkland Rangers on Saturday (3:30 p.m.) and Sunday (1:30 p.m.).

The Lightning will wrap up their regular season with a road game against the Winnipeg Bruins at the Southdale Community Centre on Feb. 18. Puck drop is 4 p.m.

The Lightning's final three regular-season games have a lot at stake. Interlake currently sits in eighth place and occupies the final playoff spot. The Lightning have 41 points, one point ahead of Southwest but the Cougars have played two fewer games.

"They have some games where they can pick up some points this weekend and so do we," Kaatz said. "It's a two-horse race now between Southwest and us. We're looking to hold on to that final (playoff) spot."



EXPRESS PHOTOS BY LANA MEIER

Darian Sinclair brought his team within one, late in the third period on Sunday. The Lightning lost 3-2 to the first place Brandon Wheat Kings Sunday but beat them 2-1 on Saturday.

In Manitoba U18 AAA Female Hockey League action, Interlake was shut out 4-0 by the Westman Wildcats in Hartney on Sunday.

Westman goals were scored by Brooklyn Franklin, Hayley Koloski, Billie Baranyk and Karlyn Gudz.

Last Wednesday, the Lightning lost 9-1 to the Winnipeg Avros.

Ireland Tymchak scored a first-period goal for Interlake.

Avros' goals came from Dessya Mosienko (two), Kahlen Wisener (two), Raya Hrankowski, Mackenzie Lizotte, Avery Shortridge, Ella Speechley and Evangeline West.

Interlake will play the Winnipeg Ice this Saturday (3:15 p.m.) at the Scotiabank hockey for all centre.

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

Sudoku Answer

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U16 Junior bonspiel curling champions



PHOTO SUBMITTED

The 17-team Stonewall Pharmacy U16 Junior Bonspiel was held last weekend for the first time since 2020. The A event winning team was Ryan Hoplock, Jake Kowalchuk, Zach Farell and Olivia Hoplock from Gimli. The A runner-up was Team Magnusson from Winnipeg.

The B event winner was Liv Leadbeater, Bronwyn Trevelyan, Calli Goethe and Lexie Leadbeater from Swan River. The B runner-up was Team Connon from East St. Paul. The team of Riley Shea, Aiden Zalondek, Austin McLean, Reese Shea from Winnipeg was the C event winner. The C runner-up was Team Schaeffer from Balmoral.

Hockey Manitoba to host Female U16 Evaluation Tournament

Staff

Hockey Manitoba will be hosting a Female U16 – Evaluation Tournament March 31 to April 2 at the Scotiabank hockey for all centre.

The registration form can be found at <https://permission.click/Ez332/ca>

The registration link will also be posted publicly on social media and the Hockey Manitoba website some-

time this week.

The Evaluation Tournament is an open registration event for 2008 and 2009 born female athletes interested in participating in the Hockey Manitoba Female U16 Program. Athletes that attend the Evaluation Tournament weekend will be placed on mixed region teams and play inter-squad exhibition games that will be

scouted by the selected Female U16 coaching staff.

Based on current projections, the cost of the Evaluation Tournament weekend will be approximately \$150 plus GST per athlete. This fee will be confirmed following the conclusion of registration and the payment link will be sent out to all registered athletes the week of Feb. 13-17.

Following the evaluation tournament, a group of approximately 60 athletes will be selected to move on to Development Camps in June and July before a competition weekend in August. Details on dates and camps can be found on the Hockey Manitoba website via the link below.

<https://www.hockeymanitoba.ca/programs/female-u-16/>

U17, U15 Lightning teams hit the ice

Staff

The Interlake Lightning were blanked 9-0 to the Brandon Wheat Kings in U17 AAA action on Sunday afternoon in Warren.

Wheat Kings were scored by Loughlan McMullan (two), Spence Mott (two), Nash Stone, Lucas Newman, Liam Puchailo, Aiden Laing and Roan Michalchuk.

Last Friday, Interlake was downed 10-1 by the Winnipeg Bruins at the Southdale Community Centre.

The Lightning's goal was scored by Tytan Johnson in the second period.

Bruins' goals were tallied by Antonio Cotronio (two), Brody Green (two), Baron Baker, Kale Chipman, Dylan Jaquet, Parker Hyra, Caden Gordon and Mikey Thomas.

The Lightning will visit Brandon on Wednesday (6 p.m.) and then host the Winnipeg Thrashers Thursday (7:30 p.m.) in Stonewall.

Interlake will then play the Bruins

on Sunday (3 p.m.) at Southdale.

The U15 AAA Lightning, meanwhile, lost 8-2 to the Winnipeg Bruins Black on Sunday at East End Arena.

Mason Bernier and Grayson Artimowich scored first-period goals for the Lightning.

Mitchell Hill (three), Karsten Woloshen, Kale Lussier, Efreem Wolitski, Kingston Gunn and Antonio Correia replied for Winnipeg.

Last Thursday, Interlake was blanked 8-0 by the Bruins Black in Stonewall.

Winnipeg goals were scored by Jamal Tasse (two), Correia (two), Drayden Uhrina (two), Woloshen and Braxten Cockell.

The Lightning will play the Winnipeg Thrashers White on Friday (8:30 p.m.) at Gateway Arena before hosting the Brandon Wheat Kings Sunday (3 p.m.) in Warren.

Falcons doubled by Fishermen

Staff

The Selkirk Fishermen remain in first place after a home win over the Lundar Falcons on Sunday afternoon.

Selkirk doubled Lundar 4-2 in Capital Region Junior Hockey League action at the Recreation Complex.

The Fishermen battled back from a 2-0 second-period deficit.

The Falcons' Ryan Benson scored in the first period and then Riley Zdan made it 2-0 with a power-play marker in the second.

Peyton Moneyas had a great game for the Fishermen, scoring three goals and adding an assist.

He started the comeback in the second with a goal and then Kasen Andrushko struck with the man advantage in the third to tie the score at 2-2.

Moneyas netted a power-play goal about six minutes later and then he added an empty-net goal with Falcons' goaltender Jordan Armstrong pulled for an extra attacker.

Lundar will visit the Arborg Ice Dawgs on Thursday (8 p.m.) and then host the North Winnipeg Satellites Friday (7:30 p.m.).

Arborg, meanwhile, lost 6-4 to the St. Malo Warriors last Friday.

Jake Plett, Cadrick Dueck and Kay-

dyn McMahon each had a goal and an assist for Arborg.

Brody Maxwell scored the Ice Dawgs' other goal.

St. Malo goals came from Dayden Collier (two), Colton Magne, Jeremie Collette, Ashton Dubois and Braeden McFarlane.

Arborg, in third place in the six-team league with 42 points, will host Selkirk on Saturday at 7:30 p.m.

In off-ice news, the CRJHL announced its 2023 all stars.

Ice Dawgs' defencemen Jake Plett and forward Tyson Barylski were selected.

Plett, a rookie, has a league-leading 10 goals from the back end along with eight assists for 18 points in 24 games.

Barylski has nine goals and 15 assists for 24 points in 24 games.

Falcons' all stars are forward Ryan Benson and defencemen Zach Hall-dorson.

Benson, a first-year player, leads his Falcons in scoring with 11 goals and 20 assists for 31 points in 27 games. Hall-dorson, meanwhile, has six goals to go along with nine assists for 15 points in 25 games.



EXPRESS PHOTO BY BRETT MITCHELL

The Lundar Falcons' Carson Gudmundson looks to pounce on a rebound during CRJHL action Sunday against Selkirk.

Viterra Championships take place this week in Neepawa

By Ty Dilello

The 2023 Viterra Championships will take place in Neepawa this week from Feb. 8 to 12 at the Yellowhead Arena.

Team Matt Dunstone of the Fort Rouge Curling Club (featuring Gimli's B.J. Neufeld and Colton Lott) will come into the event as the favourite and No. 1 seed.

After curling out of Saskatchewan for the last Olympic cycle, it's Dunstone's first appearance at the Manitoba men's curling championship since 2017. As a junior, Dunstone was a finalist at the Viterra in 2016, losing in the championship game to Mike McEwen.

The revamped Dunstone rink, which also includes former Olympic gold medalist Ryan Harnden throwing lead stones, has had a world-class season as they are currently ranked No. 2 in all of Canada. Out of the nine events that they've played this year, they have reached the playoff round in eight of them. They won a title at Red Deer and Morris, and lost a cou-

ple of finals too.

Reid Carruthers and his squad from the Morris Curling Club will enter the event as the number two seed. After booting off third Jason Gunnlaugson from the team before Christmas, Team Carruthers will be curling at the Viterra with only three players.

It should be noted that regardless if they win or lose in Neepawa, both Dunstone and Carruthers will be at the Tim Hortons Brier as either Team Manitoba or a Wild Card.

Rounding out the top five seeds at this week's Viterra Championships are Fort Rouge's Ryan Wiebe, Fort Garry's Corey Chambers and Fort Rouge's Braden Calvert.

The event has been held in Neepawa twice in the past, the most recent being in 2013.

The Viterra Championships is a modified double knockout event that begins Wednesday morning and goes until Sunday afternoon. The first round matchups are as follows:

Joey Witherspoon, Assiniboine Memorial VS (15) Daniel Birchard, Pem-

bina

(1) Reid Carruthers, Morris VS Rob Van Kommer, Carberry

Justin Reynolds, Winnipeg Beach VS (7) Steve Irwin, Brandon

(10) Sean Grassie, Deer Lodge VS Ryan Hyde, Portage

Cale Dunbar, Brandon VS (11) JT Ryan, Assiniboine Memorial

(6) Riley Smith, Thistle VS Steve Pauls, Pilot Mound

Mark Franklin, Granite VS (3) Ryan Wiebe, Fort Rouge

(14) Kelly Marnoch, Carberry VS Jeff Stewart, Gladstone

David Hamblin, Morris VS (13) Steen Sigurdson, Assiniboine Memorial

(4) Corey Chambers, Fort Garry VS Wayne Ewasko, Beausejour

Grant Shewfelt, Baldur VS (5) Braden Calvert, Fort Rouge

(12) Tanner Lott, Fort Rouge VS Richard Muntain, Granite

Justin Richter, Beausejour VS (16) Hayden Forrester, Fort Rouge

(1) Matt Dunstone, Fort Rouge VS Tuffy Seguin, Burntwood



PHOTO SUBMITTED

The 2023 Viterra Championships will take place in Neepawa this week from Feb 8-12 at the Yellowhead Arena.

Jace Freeman, Virden VS (8) Brett Walter, Assiniboine Memorial

Jay Kinnaird, Virden VS (9) Jordan Peters, Fort Rouge

The winning team will represent Manitoba at the 2023 Tim Hortons Brier in March at Budweiser Gardens in London, Ont.

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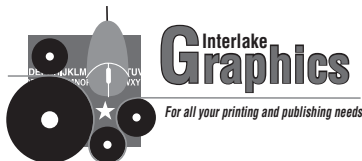
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BIRTH



It's a BOY!

Ariel Dankochik and Tyler Dey are pleased to announce the arrival of their son, Easton James Dey! Easton was born on Jan.30, 2023 at 2:35 a.m. He weighed 6 lbs, 13 oz, 19.25" long. Proud grandparents Brenda and Aaron Dankochik and Doug, Janice Dey (watching from above), all your aunties uncles and cousins!! Everyone is over the moon about the arrival of this precious baby boy!

A baby shower will be held in honor of Easton on Friday February 24, 2023 from 6:30 to 8:30 p.m. at Minerva Hall, Hwy 8 and Minerva Road. Easton is registered with Amazon and Buy Buy Baby.

We look forward to celebrating this little man!

CARD OF THANKS

We are blessed, to have family who are friends and friends who are family, for the love and support shared after the loss of Barb. It is befitting of how truly special she was.

-Sincere thanks to everyone.
The Arnason/Sawa/Sylvester families

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OBITUARY



Debrah Jean Nora Ladouceur
May 28, 1953 – January 31, 2023

In the early afternoon of January 31, 2023, Debbie Ladouceur, 69, of Matheson Island, Manitoba, passed away peacefully at the HSC in Winnipeg surrounded by her family.

Debbie leaves to mourn her passing her four children; Ramona (John), Amber (Fred), Derek, and Michelle; grandchildren Quentin, Rudy (Daley), Matthew (Sonia), Cody (Gabby), Trevor (Ivy), Nicholas, Ashton, Hannah, and Danielle; great-grandchildren Bria, Mason, Logan and Sofia. Debbie will be missed by her sister Donna (Jeff), and brothers Doyle and Timmy (Kim), and brother-in-law Stan; her nieces, nephews, cousins, and many friends.

She will be welcomed on her next journey by those who left before her, parents Roland and Doreen, sister Brenda, sisters-in-law Marilyn and Charlene, and granddaughter Colette.

Celebration of Life and Feast on Saturday, February 11th, 2023, at 12 p.m. in the Matheson Island Community Hall, Matheson Island, Manitoba.

Visit the Gilbert Funeral Home website to read her full obituary.

Gilbert Funeral Home, Gimli in care of arrangements.



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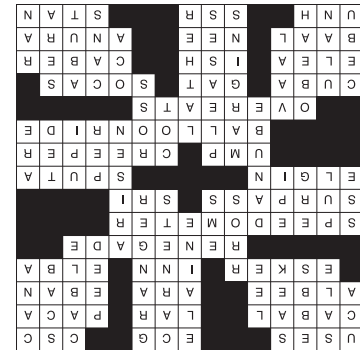
take a break

> GAME

X CROSSWORD

CLUES ACROSS

- 1. Functions
- 5. Records electric currents associated with contractions of the heart
- 8. Trigonometric function (abbr.)
- 11. Secret political clique
- 13. Type of gibbon
- 14. Nocturnal S. American rodent
- 15. Famed American playwright
- 16. Mesopotamian goddess
- 17. Abba __, Israeli politician
- 18. Long ridge of gravel and sediment
- 20. A place to stay



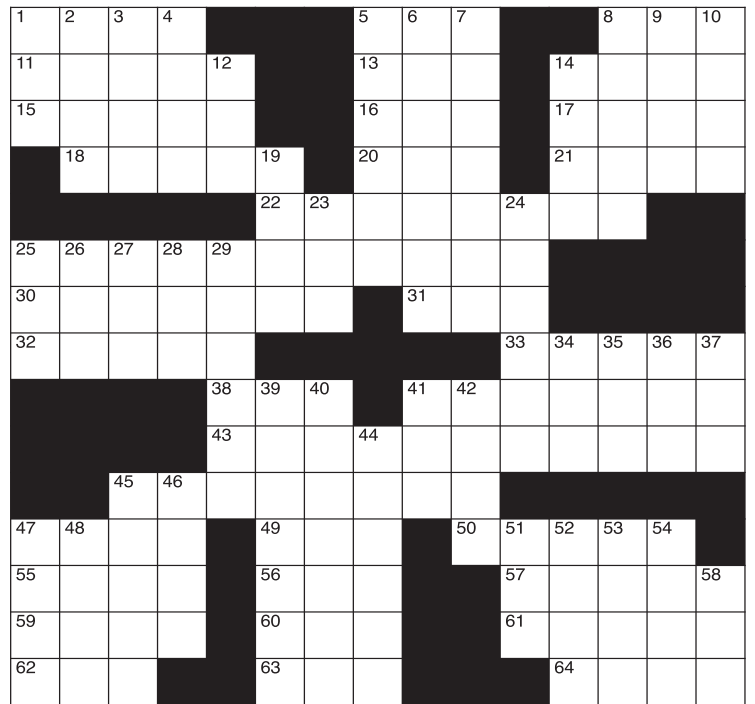
Crossword Answer

CLUES DOWN

- 1. Fiddler crabs
- 2. Discount
- 3. Partner to "flows"
- 4. Ethnic group of Laos
- 5. Beloved "Seinfeld" character
- 6. Book of tickets
- 7. The last name of "Hermione"
- 8. Type of TV package
- 9. Helps to heal a cut
- 10. Town in Galilee
- 12. Actor Horsley
- 14. "Hocus Pocus 2" actor Ed
- 19. Bird-loving group (abbr.)
- 23. They respond when someone is sick
- 24. Emerged
- 25. Midway between south and southeast
- 26. Monetary unit of Afghanistan
- 27. Unit of work or energy
- 28. Indicates near
- 29. Famed river
- 34. For each
- 35. News organization
- 36. CNN's founder
- 37. They __
- 39. Areas off to the side
- 40. Satisfies
- 21. Actor Idris
- 22. One who behaves in a rebellious way
- 25. A way to measure movement
- 30. Distinguish oneself
- 31. Type of drug (abbr.)
- 32. Basketball great Baylor
- 33. Masses of salivary matter
- 38. Calls balls and strikes
- 41. Plant that grows along the ground
- 43. A recreational activity in the air
- 45. Consumes too much
- 47. Island nation
- 49. Pistol
- 50. Mixtures of soul and calypso
- 55. Ancient Greek City
- 56. Similar
- 57. Roughly trimmed tree trunk used in a Scottish game
- 59. Semitic fertility god
- 60. Born of
- 61. Frogs, toads, tree toads
- 62. School in the northeast (abbr.)
- 63. Soviet Socialist Republic
- 64. "__ the Man" Musical, baseball player

CLUES DOWN

- 41. A spare bed
- 42. Legendary singer Diana
- 44. Frothy mass of bubbles
- 45. A kind of sorcery
- 46. River in South Africa
- 47. Philippine Island
- 48. County in China
- 51. S. American plant
- 52. Beverage containers
- 53. Edge
- 54. Protein-rich liquids
- 58. Moved quickly on foot



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> MEAL IDEAS



Feta Roasted Salmon and Tomatoes

1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces

1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

Nonstick cooking spray

3 cups halved cherry tomatoes

2 teaspoons olive oil

1 teaspoon minced garlic

1/2 teaspoon dried oregano or dried dill weed

1/4 teaspoon salt

1/2 teaspoon coarsely ground black pepper, divided



15-Minute Weeknight Pasta

2 cloves garlic, peeled and minced

1 cup reserved pasta water

1 teaspoon finely grated lemon zest

1/2 cup smoked provolone cheese, shredded

1/4 cup chopped fresh parsley (optional)

Parmesan cheese (optional)

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Saute vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 6

6 quarts water

16 ounces linguine or penne pasta

2 tablespoons unsalted butter

1/2 cup thinly sliced onion

1 cup thinly sliced carrots

1 cup thinly sliced sweet bell pepper

1/2 cup grape tomatoes, halved

1 teaspoon kosher salt

1/4 teaspoon black pepper

Ask the Money Lady

Dear Money Lady: I have life insurance and I was considering getting disability and critical illness insurance too. It's a lot more expensive, and I don't know whether I should spend the money on it. I'm self-employed. What do you think? Doug

That's a great question Doug – and my answer is a resounding Yes! I want to share with you a story about a long-time client of mine who was gracious enough to allow me to share it with you. Once you read it, you will see why any type of personal insurance is never quite enough, especially when you are self-employed. Today, income protection (disability insurance) is often overlooked and considered too costly by most Canadians, who often feel they have sufficient insurance with their employer. Instead, most people concentrate on life insurance only; however, it is important to remember that 95 per cent of accidents do not result in a death and you are more apt to be badly hurt, disabled or in some way unable to continue working as you did before.

The story begins with a past client of mine, (we will call him Dr. X) that had a very successful dental practice and after discussing his situation agreed to purchase a guaranteed renewable disability income policy that would give him income protection for his business. Dr. X would always call me and complain about the payments but knew that he had to protect his business income since he was the primary breadwinner in the family. He had four girls and a wife that did not work. Dr. X had a big Honda Goldwing motorcycle that he rode in the summers and decided to join a friend by taking a motorcycle driving course at a local college. The friend was a new driver and was not yet licensed. This course apparently had something for all – promising to provide new driving techniques for already licensed drivers, like Dr. X. So, the two men went to the course one Saturday, however they were not allowed to use their own motorcycles. The school provided learning bikes and Dr. X was given a dirt bike. Well, let's just say that didn't work out well. Dr. X flipped the bike and was badly hurt. He broke four fingers on his right hand and shattered his elbow, ulna, and wrist. With no use of his right hand or arm, Dr. X was forced into retirement at age 51 and thanks to his disability insurance could expect a tax exempted monthly income of \$18,600 until he turned 65.

The moral of the story is that you never know what will happen in



Christine Ibbotson

the future and unfortunately, no one is immune to career change or failure, personal accidents, or financial ruin. Things just happen. Life has a way of taking us on a rollercoaster ride of ups and downs and insurance is there for the "what if's" that we hope never actually materialize. Insurance is costly and I know most Canadians will often make excuses to avoid the added expenses to their already tight budgeted lifestyle. But maybe we shouldn't be so quick to decline it. Those people that live paycheque to paycheque nowadays are especially vulnerable, and could be placed in a very comprising position if they were severely hurt and could not work again. Planning for your future must include planning for possible unexpected events. I know that insurance is expensive however, I have yet to come across someone who got an insurance payout, and said: "I got too much insurance money – take some back." On the contrary, after something happens, they always wish they had more.

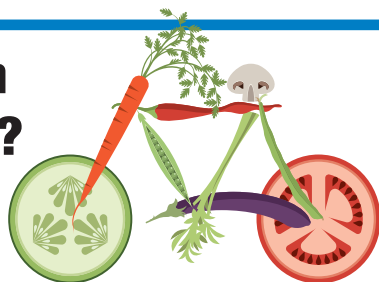
Here is an insurance stat to leave you with: one third of Canadians aged 35 or older will suffer a disability lasting at least 6 months before they reach 65. Of those who suffer a disability between age 35 and 65, 50% of them will have the disability for 5 years or more and 30% will be disabled for life. If you want to consider critical illness insurance, remember 2.4 million Canadians are diagnosed with a critical illness every year. Here are the stats: cancer affects 2 out of every 5 people in Canada, 97,000 Canadians will have a heart attack or stroke every year and 58% of critical illness claims come from men with a median age of 54. Remember, it is your responsibility to protect yourself and your family.

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, National Radio Host, YouTuber, and Author of 3 Canadian. Send your questions through the contact page at www.askthemoneylady.ca

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