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Triple crown

Gimli's Kerri Einarson (Team Canada), left, and Shannon Birchard celebrate their third consecutive Scotties win this past Sunday in Thunder Bay, Ont.

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Couple lures participants for fishy social

By Nicole Brownlee

A newly engaged couple is casting off a new tradition. Instead of hosting a wedding social, the pair is luring participants to their fishing derby.

Jessica Truthwaite and Cole Meisner are hosting an ice fishing contest, challenging their friends and family to catch the largest and smallest fish of the day.

"We love (fishing) as a family," said Truthwaite.

Truthwaite and Meisner got engaged on Canada Day 2021 and hope to be married in late August 2022 in Moosehorn.

Planning a wedding during the COVID-19 pandemic has been challenging for the couple with revolving changes to public health restrictions, but they've learned to go with the flow.

"We're hoping for the best. We're just going to plan it and see how it goes," said Truthwaite.

The pair adopted a similar mindset when planning their wedding social, considering the inconsistent restrictions on community halls and event spaces. Both avid fishers, the couple thought they'd organize something they knew their families would enjoy.

"A lot of people are really excited about it. Even people we don't know," said Truthwaite.

The couple printed 250 tickets and is considering printing more to accommodate more fishers.

"It really depends on the weather," said Truthwaite.

The fishing derby will start at 10 a.m. on March 5,

2022, at Sandy Bar Beach in Riverton.

"The Sandy Bar Fishing Club has done a lot to help us out," said Truthwaite.

Contestants have the chance to win prizes like an eight-person pop-up tent, a gift certificate to Danny's Whole Hog, a barbecue and smokehouse in Stony Mountain, and a snowshoe kit. Young competitors can win tackle boxes, fishing rods and more.

"We're hoping we've got enough prizes that every kid is going to win something," said Truthwaite.

Wedding socials usually rely on local businesses to donate prizes to the happy couple to raffle off, but since the COVID-19 pandemic has hit small businesses especially hard, many of Truthwaite and Meisner's prizes are coming out of their pockets.

"A lot of businesses are hurting right now, and they just can't afford

(to donate prizes)," said Truthwaite.

"We're making the best of it."

Visitors can also buy toasty chili, bannock and 50/50 tickets to support the couple.

Tickets for adults are \$25 and \$15 for kids 12 years old and younger. Each contestant can drill two holes.

While the event is weather-dependent, the couple won't lose much if they have to cancel last minute.

"If you book a social, you have to pay for a hall, a permit ... and if you can't have it, you're losing money," said Truthwaite.

"For this, worst-case scenario, we're not losing much."

"WE'RE MAKING THE BEST OF IT."

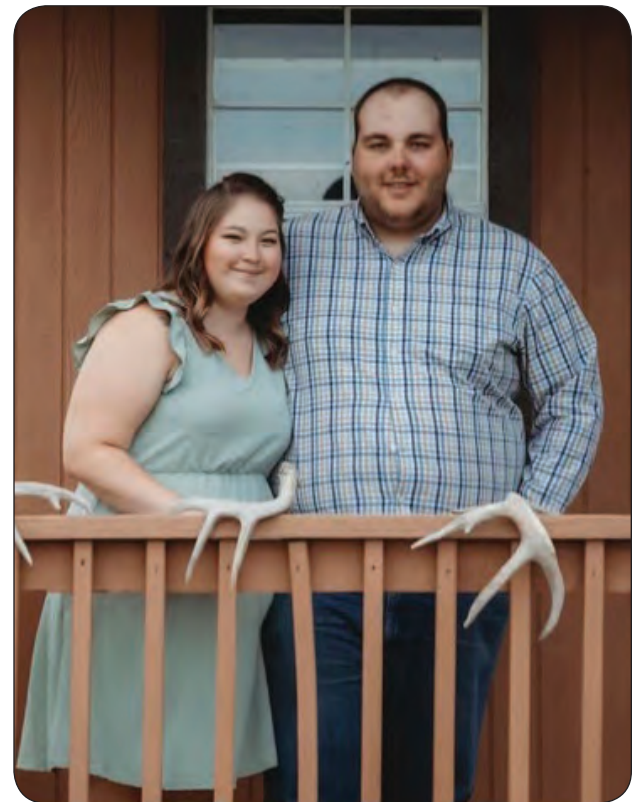


PHOTO BY SARA URUSKI PHOTOGRAPHY Interlake couple Jessica Truthwaite and Cole Meisner are hosting a fishing derby in March in lieu of a wedding social.

For more information about the derby, visit the Cole & Jessica's Fishing Derby Wedding Fundraiser event Facebook page.



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Viking passage on the lake



EXPRESS PHOTO BY SHEL ZOLKEWICH

Snow sculptures decorate the skating trail on Lake Winnipeg in Gimli. The Gimli Chamber of Commerce partnered with the RM of Gimli and its Community Development Corporation to build the trail on Lake Winnipeg. The sculptures were created by artists James Culleton and Leif Norman.

Einarson captures third straight Scotties

By Ty Dilello

Gimli's Kerri Einarson (Team Canada) held off a late-game comeback by Northern Ontario's Krista McCarville for a 9-6 victory to win her third straight Scotties Tournament of Hearts.

It came down to the wire in Sunday night's final from the Fort William Gardens in Thunder Bay, Ont.

Einarson and her team of third Val Sweeting, second Shannon Birchard, and lead Briane Meilleur, held an 8-6 lead heading into the final end, but the host rink McCarville had the hammer. Einarson had a rock on the button that was touched by a McCarville rock and another Team Canada stone.

On her final shot of the game, McCarville tried a double angle-raise takeout to score two and tie the game, but it was just slightly off course, and when the dust settled, Einarson stole one to give the Interlake squad the 9-6 win.

"It feels absolutely amazing," said Einarson. "To win once is hard, but to do it back-to-back-to-back is extremely hard. I'm so proud of my teammates. They've been unreal all week." Einarson showed lots of respect to the host McCarville rink.

"They're a wonderful team, and they make a ton of shots," she said. "We knew we had to make all of our shots."

The perennial underdog at the big events, McCarville had also previously lost the final of the 2016 Scotties and finished third at the recent Tim Hortons Canadian Curling Trials in Saskatoon. However, this may have been the most brutal loss of the bunch since it was in her hometown in front of a big home crowd that was fully supporting the Northern Ontario rink.



Gimli's Kerri Einarson captured her third straight Scotties title on Sunday night. From left to right: Kerri Einarson, Val Sweeting, Shannon Birchard, Briane Meilleur, Krysten Karwacki and Reid Carruthers.

"It's disappointing," McCarville said. "We've been here before. You don't know when you're ever going to get back. So to come up a wee bit short in the final is tough."

After losing its first game in the Page seeding round, Team Canada had to win three straight games in the Page playoffs. Einarson's rink advanced to the final with an 8-4 win on Sunday afternoon over Andrea Crawford of New Brunswick.

This third Scotties title now puts Einarson and her team into elite company, along with Team Nova Scotia's Colleen Jones, Team Jennifer Jones of Manitoba and Saskatchewan's Team Vera Pezer as other skips with at least three consecutive Scotties championships.

"They are amazing curlers, so to be in the same company as them is pretty amazing," said Einarson.

It was also the fourth Scotties win in four Scotties appearances for Shannon Birchard. Before joining the Einarson rink, she had previously won the 2018 Scotties with Jennifer Jones, who was off winning gold at the 2018 Winter Olympics for mixed doubles.

East St. Paul's Tracy Fleury (Wild Card #1) and her rink of Selena Njegovan, Liz Fyfe, Kristin MacCuish finished the round-robin with a 7-1 record. They ultimately fell in the

page playoffs to Kerri Einarson 11-6 to finish fourth.

Altona's Mackenzie Zacharias represented Team Manitoba at the event and started off strong by going 5-3 in the round-robin. However, Zacharias' time at the Scotties ended prematurely after shockingly losing a tiebreaker game to the Northwest Territories' Kerry Galusha 8-6.

Ironically enough, Einarson will now head back to Prince George, B.C., for the 2022 World Women's Curling Championship, where she was set to defend her first title in 2020. But that

Continued on page 5



Kerri Einarson, second from left, and Team Canada celebrate their third consecutive Scotties win.

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Arborg to host LPN program to help with nursing shortages

By Nicole Brownlee

The Interlake's roster of nurses has the potential to grow with the recent acquisition of a consistent licensed practical nursing program.

The province announced in late 2021 that it would increase the capacity of nursing programs throughout Manitoba.

Suzanne Nicolas, dean of Assiniboine Community College's School of Nursing, negotiated with the province to dedicate a rural rotating site for three regional health authorities: the Interlake-Eastern Regional Health Authority, Prairie Mountain Health and Southern Health.

"There is a significant shortage of nurses in the entire province," said Nicolas.

Each of the RHAs then decides which community in their coverage area could benefit the most from hosting the rotating program.

"Nurses are an aging population. There will be potential for a lot of re-

tirements in the next five years," said Nicolas.

"These new programs and seat expansions will definitely help to contribute to minimizing the nursing shortages in these regions."

Before the province's additional help, the IERHA, Prairie Mountain Health and Southern Health would compete for one rural rotating LPN program every two years, forcing rural students to transfer to another community to access training.

"Training nurses close to home allows them to learn in a familiar environment and have the opportunity to learn about and apply for jobs in their community upon graduation," said Marion Ellis, interim CEO of the IERHA, in a statement.

A licensed practical nurse is also a key component to provincial health care, said Nicolas.

"Health-care aides are absolutely critical to maintaining that equilibrium in the provision of health care to

Manitobans."

Arborg will host the IERHA's rural rotating LPN program starting September for 25 students. The deadline for applications to the Arborg class is April 18, and only applicants living in the Interlake-Eastern Regional Health Authority will be considered.

Before applications opened for the Arborg site on Jan. 31, Fieldstone Ventures Education and Training Centre Inc. received over 40 messages of interest.

The non-profit helps students from the area apply for the program and prepare the community for classes.

"Over the last two years, Fieldstone Ventures has worked with the town of Arborg to upgrade some buildings so that we can have the training facility in Arborg," said Julie Bergner, Fieldstone Ventures manager.

The province, nearby municipalities and several community organizations helped pay for building improvements to the Age Friendly Building,

the program's classroom and computer lab, and the former Kinsmen Building, the program's clinical lab space.

"Being able to host this program has been extremely valuable to not only Arborg but also the surrounding area," said Cindy Stansell, Arborg CAO.

"Training in our community (also means) graduates can find employment locally and not have to uproot themselves or their families."

Fieldstone Ventures applied to host the rural rotating LPN program for several years. The first class of Arborg's LPN students will be graduating from the two-year program this spring.

"We just feel fortunate that we can get it back into the rural area and get people trained locally," said Bergner.

Assiniboine nursing graduates make an average of \$53,000 a year and have a high rate of employment after graduation, said the community college.

Manitoba Dental Foundation supports harm reduction clients with oral health kits

Submitted

Recently, the Interlake Eastern Health Foundation was awarded a grant worth \$2,500 by the Manitoba Dental Foundation (MDF) for the purchase of oral health kits for the region's harm reduction clients. Each kit includes a toothbrush, toothpaste, floss and gum.

The Manitoba Dental Foundation was established in 2015 with its vision of serving as the heart of philanthropic giving for the dental community of Manitoba. The Manitoba Dental Foundation is committed to funding the improvement of oral health of the underserved of all ages in Manitoba,

and supporting outreach to all communities in need.

"This year our MDF in Action initiative is will distribute 1,800 adult and 1,800 children's oral health kits to community organizations like the Interlake Eastern Health Foundation that support the underserved, homeless and vulnerable throughout Manitoba" says Frank Hechter, executive director of the MDF.

Interlake-Eastern Regional Health Authority wellness facilitator Michelle Berthelette says the oral health kits will go a long way in providing much needed oral health supplies for the IERHA's harm reduction networks.

"Good oral health care decreases the incidence of plaque, cavities, gingivitis and some other chronic health issues. A healthy smile can also improve self-esteem, confidence and self-worth. It may seem like such a simple thing, but having a healthy smile contributes to overall well-being, both physically and mentally. Everyone deserves that," says Berthelette.

Pamela McCallum, Interlake Eastern Health Foundation executive director, is thankful for this grant and appreciates all the good work the Manitoba Dental Foundation does.

"Manitoba Dental Foundation is committed to improving the oral health of all Manitobans including our vulnerable communities. We are so grateful to have been successful in obtaining this grant and being able to



EXPRESS PHOTO SUBMITTED

Dr. Peter Kowal, dentist at Interlake Dental Centre in Selkirk, shows off a few of the oral health kits going out to harm reduction clients.

help give our harm reduction clients the oral health they deserve," says McCallum.

Interlake Eastern Health Foundation's mission is to raise funds that support health care in the Interlake-Eastern health region.

For more information, visit www.ierha.ca

or contact Pamela McCallum, executive director of the Interlake Eastern Health Foundation at 204-785-7044.

For more information on the Manitoba Dental Foundation, please visit www.manitobadentalfoundation.ca.

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Meetings are Saturdays
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Contact 204-340-1855

Valentine's Day celebrates tasty specials

By Nicole Brownlee

Venues and restaurants around the Interlake are preparing for a cozy Valentine's Day, with several tasty options for couples and families.

The Ashern Motor Hotel's Good Times Bar & Grill is offering food for the whole family to enjoy.

Owner Sandee Friesen said she wanted to create an inclusive menu for more than just couples to enjoy on Valentine's Day.

"We want to show our customers some love, so it's not just them showing us love for a change," said Friesen.

The hotel's restaurant is serving Italian-style meals on Feb. 14, with shrimp or chicken alfredo for parents and pizzas and macaroni and cheese for children.

All patrons will also receive a Valentine and be entered to win a prize. Prizes will range from complimentary cocktails to coupons and gift cards.

The recently opened Eriksdale Music and Picture Framing Shop is hosting two Valentine's Day-themed shows on Feb. 12 and 14.

Dave Greene will join Derrick McCandless at the Feb. 12 show, and Neil Thornham will croon to the crowd on Feb. 14. Tickets for the shows are \$12.

Audience members can also purchase tea, coffee and treats from local vendors while watching the performance.

Both Seagulls Restaurant & Lounge locations in Gimli and Hecla are offering four-course meals for \$50 at the Lakeview Resorts from Feb. 12 to 14, 5 p.m. to 9 p.m.

The Gimli location is serving an appetizer of beef tenderloin carpaccio, with a choice of lentil and chickpea soup or baby kale salad.

For the entrée, diners can choose from roasted AAA short ribs, stuffed chicken breast, open-faced seafood ravioli or moussaka, accompanied by creamy garlic mashed potato and balsamic asparagus. They also offer a choice of creamy raspberry cheesecake or lemon chiffon cake for dessert.

Gimli's Seagulls Restaurant Valentine's Day special is available for dine-in and takeout.

In Hecla, Seagulls Restaurant is serving an appetizer of chef's amuse-bouche, which is a cucumber bowl stuffed with roasted garlic and brie cheese mousse, topped with crispy prosciutto and accompanied by homemade tomato jam and crostini.

Diners have the choice of a roasted red pepper and tomato bisque or arugula salad for their second course.

For the entrée, the restaurant offers crab Oscar beef tenderloin, smoked salmon escargot, wild mushroom ravioli with tofu bites or hickory-smoked half chicken accompanied by twice-baked horseradish infused potato or a blend of white and



PHOTO SUBMITTED

Crab Oscar beef tenderloin is one of the Valentine's Day specials at Seagulls Restaurant in Hecla.

wild rice pilaf and sautéed asparagus.

A choice of a white chocolate mousse with sugared ladyfingers, fresh cut strawberries in a chocolate cup or a red velvet torte finishes the meal.

The Hecla Seagulls Restaurant Valentine's meals are only available for dine-in or room service.

Scott Lenahan, general manager of the Lakeview Hecla Resort, said the hotel is fully booked for Valentine's Day weekend and expects to sell around 100 Valentine's Day specials.

\$280-million initiative to strengthen fire safety measures

Submitted by Manitoba government

The Manitoba government is making progress on a \$280-million initiative to enhance fire and life safety at personal care homes, hospitals and health-care facilities, Health Minister Audrey Gordon and Seniors and Long-Term Care Minister Scott Johnston announced last week.

"These fire and life safety upgrades highlight our government's commitment to doing all we can to keep all Manitobans and especially vulnerable populations safe from harm — even when undertakings require significant effort and resources," Gordon said. "We are truly pleased to be making significant progress on this important project."

As part of the fire and life-safety project led by Shared Health, all hospitals, personal care homes and health centres in Manitoba will have full or

partial sprinkler systems installed over the next six to eight years with work prioritized to facilities that benefit most from upgrades. While the pandemic has impacted the timing of some upgrades, progress continues to be made on the initiative with full or partial sprinkler systems now installed in 74 per cent of all health-care and personal care home facilities.

"Vulnerable Manitobans and their loved ones rightfully want to know that we are providing them with the highest level of safety we can," Johnston said. "While the measures already in place offer substantial protection, we are committed to moving forward with improvements that will enhance safety and minimize risk for residents, patients, staff and visitors across Manitoba."

Projects currently underway include:

- sprinkler installations or retrofits

at Victoria General Hospital in Winnipeg and on the Health Sciences Centre (HSC) campus at 735 Notre Dame Ave., the site of the former Women's Hospital;

- sprinkler installations at facilities in Arborg, Whitemouth, Carman and Gladstone;

- fire separations in the Minnedosa Health Centre and Ste. Rose General Hospital; and

- alarm repairs and upgrades at facilities in Reston, Erickson, Souris, Elkhorn, Deloraine, Virden, Arborg, Fisher Branch, Oakbank, Flin Flon and Winkler, as well as HSC, St. Boniface Hospital, Seven Oaks Hospital and Holy Family Home in Winnipeg.

Shared Health signed a multi-year agreement in December 2021 with a group of engineering firms to help manage upgrades to ensure an appropriately high level of fire preven-

tion and safety measures are in place at 193 health-care facilities across the province.

The group, collectively known as Project Engineering and Management Services (PEMS), includes SMS Engineering along with other sub-specialty consultants. PEMS is tasked with ensuring work is completed in compliance with provincial standards set by Shared Health and in order of priority following the recommendations of RJ Bartlett Engineering, an independent third-party fire and life safety engineering firm.

The hiring of PEMS follows initiatives that began in 2014, following a tragic fire at a seniors' residence in L'Isle-Verte, Que.

> SCOTTIES, FROM PG. 2

event was cancelled just prior to starting due to COVID-19, and Team Canada was denied a chance at a world title.

"When I found out it was in Prince George, I said I want to get back there," said Einarson. "I said, 'Girls, we need to get back there and play in Canada at the worlds.' Hopefully there will be fans. It was pretty disappointing when we were unable to compete last time."

The 2022 World Women's Curling Championships will run in Prince George, B.C., from March 19 to 27.

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Manitoba second-highest nationally in per-student school spending

Funding increased for school operations and cost pressures by more than \$120 million

Submitted by Manitoba government

Funding for the Manitoba school system will increase by \$120 million in the upcoming school year, including \$43 million increase in annual funding and additional one-time funding of \$77 million to address incremental wage costs and other pressures, Education Minister Wayne Ewasko announced Friday.

"Manitoba has the second-highest spending per student in Canada after New Brunswick at \$15,412 and we are maintaining this position at the national level with a further investment of \$120 million this year," said Ewasko.

"School divisions have told us that COVID-19, inflation and other costs have increased financial pressures, and this has been taken into consideration in this year's public school funding. These increases will ensure that school divisions have the resources they need to help students succeed."

The annual funding includes an increase of \$18 million for public schools, \$2.2 million for independent schools and a \$23.2-million increase to the Property Tax Offset Grant. To reduce the burden from ratepayers, education property taxes will remain frozen and the increase to the Property Tax Offset Grant is equivalent to two per cent.

"School divisions continue to receive the full value of the education property taxes collected as the rebates to Manitobans are funded from gen-

eral provincial revenues," said Ewasko. "The increase in the Property Tax Offset Grant ensures that school divisions do not lose out on revenue that they would have raised by increasing property taxes."

The \$77 million in one-time funding next year is based on feedback from school divisions on their anticipated incremental costs over and above the regular annual increases in funding.

While these financial pressures faced by school divisions are ongoing, only one-time funding has been announced this year as a new education funding model is being developed in consultation with school divisions for the 2023-24 school year. The new funding model, a recommendation of the Commission on Kindergarten to Grade 12 Education and supported by key sector stakeholders, will ensure the creation of a fair and sustainable model that provides equitable funding so all students succeed regardless of their location, their background or their individual circumstances.

Earlier this year, the Manitoba government provided an additional \$63 million to schools across the province to address COVID-19 needs. The minister noted the government will continue to assess needs related to the pandemic response and will provide additional safe schools funding as required.

"Manitoba is committed to investing in education with the funding ad-

justed based on enrollment increases and accounting for COVID-19 related impacts," said Ewasko. "We will continue to consult with school divisions, school staff, parents and students to hear what is working and what we need to do to support them as we move forward to continuously improve and strengthen the education system."

The minister noted today's announcement builds on other recent investments to strengthen Manitoba's education system with a focus on continuous improvement including:

- additional one-time funding of \$80 million for incremental operating costs in public school divisions in 2021-22;
- investments in a new pilot program that will support engagement with elders and knowledge keepers in schools to promote the inclusion of First Nations, Métis and Inuit histories, culture, traditional values, contemporary lifestyles and traditional knowledge in the provincial curricula;
- a total investment of \$260 million in capital funding to build new schools and renovate others; and
- more than \$1 million in additional funding for mental health supports including:
 - mental health supports for the education workforce,
 - the French translation of materials,
 - peer-programming training for educators, and
 - further professional development for educators and leaders that is trauma-informed and culturally relevant to address the effects of long-term trauma caused by the pandemic.

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NACI releases COVID vaccine guidelines for previously infected

By Patricia Barrett

Canada's National Advisory Committee on Immunization (NACI) released new recommendations last week on vaccination intervals for people infected with COVID-19.

The recommendations come as the surge of omicron infections continues to put people in hospital and/or critical care units across the country. The variant is able to dodge the body's first line of defence – antibodies – and spreads like wildfire. Despite its so-called milder effects than other COVID strains, it has led to record-setting hospitalizations and continues to kill.

People who contract COVID-19 before they're vaccinated or are in between doses should be eligible to get a vaccine eight weeks after their COVID symptoms started or after testing positive for the virus, according to NACI's rapid response recommendation released Feb. 4.

"Individuals who experienced SARS-CoV-2 infection before starting or completing their primary COVID-19 vaccine series may receive their next dose 8 weeks after symptoms started or after testing positive (if no symptoms were experienced)," states

the guideline.

NACI also recommends that people who get COVID after their primary series of vaccination receive a booster dose "3 months after symptoms started or after testing positive (if no symptoms were experienced) and provided it is at least 6 months after completing a primary series."

Canada's chief public health officer Dr. Theresa Tam said people previously infected with COVID can benefit from getting vaccinated, and that a booster dose for the already vaccinated significantly increases the chances of avoiding hospitalization or death.

"What the latest data show is that while two doses of COVID-19 vaccine offer reasonably good protection against severe disease, receiving an mRNA booster dose offers superior protection, keeping more people out of hospital or preventing more deaths. In general, data show that protection against hospitalization is over 90 per cent with an mRNA booster dose," said Tam during a news conference Feb. 4.

No vaccine is 100 per cent effective, she added, and she encourages the public to continue adhering to mea-

WHAT YOU NEED TO KNOW

- The Omicron variant continues to circulate and cause widespread infection in Canada. People who have a recent history of SARS-CoV-2 infection may be wondering how long to wait after infection before receiving a dose of a COVID-19 vaccine, either to start or complete a primary series or receive a booster dose.
- Vaccination continues to be very important, even for those with a prior SARS-CoV-2 infection. NACI continues to recommend that COVID-19 vaccines should be offered to individuals with previous SARS-CoV-2 infection without contraindications to the vaccine.

NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION

NACI's Feb. 4 vaccine update says people who've already been infected with COVID should get vaccinated to improve their odds of avoiding severe illness or death.

sures that can protect them from acquiring COVID such as wearing face-masks, practising good hand hygiene, physically distancing and avoiding large gatherings.

There have been 34,381 deaths reported across Canada, and the latest data show the "severe illness" trend continuing to rise, according to the Public Health Agency of Canada (PHAC).

The agency said in a statement posted on its website that there are "ongoing widespread" [infections] across the country based on data between Jan. 26 and Feb. 1. Those infections continue to place a heavy strain on the health-care system. Severe illness trends, as well, are "elevated or still rising" in many areas of the country.

"As very high infection rates continue to challenge or exceed testing capacity, reported case numbers underestimate the true number of infections. Hence, a range of other indicators, from laboratory test positivity to daily numbers of people in hospitals and critical care continue to be important for monitoring trends," said Tam.

As of Jan. 30, 88 per cent of Canadians aged 12 and older have had one dose of a COVID vaccine and about 83 per cent have been fully vaccinated. Growing evidence shows a booster dose offers better protection against severe illness from omicron, and can "decrease your risk of infection," states PHAC.



letter to the editor

Anti-mandate rally at the Manitoba legislature

Manitoba Liberals condemn the lawless activities and disorder that have been taking place around the rally at the legislature, and the misery that the so-called protestors are inflicting on the innocent residents of the area.

It is terrible that people were injured in a car accident and we expect that the individual responsible will be held to account and face justice. We should not pretend that either side is right when both are wrong. Wrongdoing does not justify wrongdoing, and law-breaking does not justify further law-breaking.

We cannot let debate in Manitoba be defined by extremists who have shown contempt for the law and their fellow citizens.

On Reddit, a resident posted, "I had both an Instacart and a Skip the Dishes order refunded to me because the drivers can't get to my apartment because the streets are blocked by this stupid protest. I am physically unable to get groceries because of my cancer treatment, which is why I order Instacart to bring it up to my apartment unit."

MLAs received an unprecedented warning from legislative security to

stay away from the building because of the risks associated with protests. While MLAs and ministers and their staff may be able to work from home, thousands of people living downtown do not have that luxury.

Peaceful protests do not block roads and obstruct traffic, which could include fire, ambulances, paramedics and access to food.

Blaring truck horns and setting off fireworks is not an exercise in free speech; they are a disruptive act of harassment.

Parking and leaving a vehicle in the middle of the street for hours is not a peaceful protest when it blocks the delivery of emergency services and food.

We know that politicians do not direct police action. It is legitimate to ask Premier Stefanson, Mayor Bowman and Police Chief Smyth why basic bylaws and the Highway Traffic Act are not being enforced when it appears that they are being blatantly violated.

The occupiers need to go home, today.

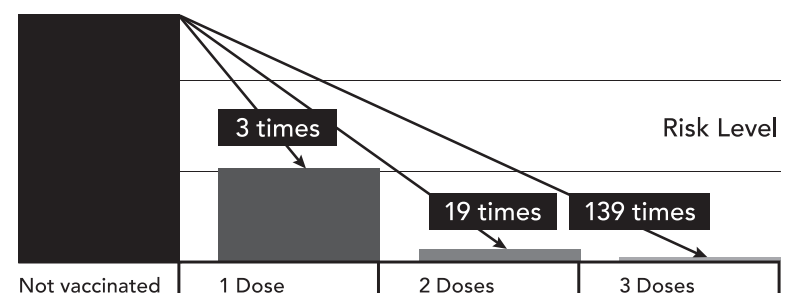
- Dougald Lamont, Manitoba Liberal Leader and MLA for St. Boniface



RECHARGE YOUR IMMUNITY

A 3rd dose is the best way to protect yourself against COVID-19. You're **139 times** less likely to need intensive care than someone who is unvaccinated.

ICU Admissions



Fight omicron and recharge your immunity with a 3rd dose. Schedule your appointment at [ProtectMB.ca](https://protectmb.ca) or call 1-844-626-8222.

#PROTECT MB

Manitoba

Running paramedics into the ground: Manitobans ‘need to be worried’

By Patricia Barrett

Paramedics working in the Interlake-Eastern Regional Health Authority say ambulance response times and transport to hospitals across the region are taking “significantly longer” than they should because of paramedic understaffing and more than half of the region’s hospitals regularly unable to accept ambulances because of physician and/or nurse shortages.

IERHA paramedics can easily drive up to 500 kilometres during a 12-hour shift, and sometimes 1,000 kilometres on overtime, as they struggle to find hospital emergency rooms with enough staff to accept patients, according to a paramedic whom the *Express Weekly News* is not naming because she doesn’t have authority to speak to the media.

Delays are not only ratcheting up paramedics’ stress levels, but they’re also sometimes resulting in bad outcomes for patients who need timely hospital care.

“Out of the 10 hospital ERs in the [Interlake-Eastern] region, more than half are closed (on redirect) to ambulances on a regular basis. Closed means not accepting ambulances due to no beds or no doctors/staff,” said the paramedic last week. “Just the other day, the only open hospital in the region was Selkirk. So if we’re doing a call in Little Saskatchewan First Nation, our closest hospital is now three hours away — that’s with good road conditions. This is a huge strain on our mental health because those patients don’t always make the three-hour drive and it hurts.”

Paramedics are working overtime on “at least half our shifts,” she said, and on the highway regardless of weather conditions. That included driving during the Feb. 1 snowstorm.

“There are many times we are responding to calls an hour or two away, especially as you get north of Ashern. There are just no available ambulances any closer,” she said. “And then finding an open ER is a challenge. Patient transport is significantly longer than it should be.”

The already dysfunctional health-care system, as well as the effects of COVID on that system, is resulting in paramedics going on stress leave or some having suicidal thoughts, she said. And management isn’t sympathetic.

“Many medics are on stress leave and most are experiencing burnout,” said the paramedic. “Mental health has been completely ignored by our management, and with the staffing shortage and increased call volume, we could be finishing a call with a tragic pediatric death and then be im-

mediately put on another call without time to process and debrief. And that second call could potentially be just as traumatic. There is currently nothing being done to address mental health in the region.”

Mandatory patient transfers, which the provincial government introduced last October, are ongoing she said. The IERHA has to make room for patients with COVID and that means sending IERHA patients out of their communities to other health regions.

“We’re taking patients out of the region almost daily to places like Brandon, Grandview, Notre Dame, etc., and many times in the middle of the night. Most of these patients are quite old and cannot understand why they’re being transported two to four hours away from their home to get care,” said the paramedic. “I have sat and cried with a patient as we transported her three hours away from her home and family shortly before Christmas. She was certain she was going to die alone during the holidays. She held my hand and asked me not to leave her there.”

In addition to stressing both the patients and the paramedics helping save their lives, the transfer protocol is taking ambulances away from the IERHA for most of a shift, she said. It has also resulted in IERHA patients not being taken to Winnipeg for tests.

“Another interesting point is that we now have Winnipeg residents in rural hospitals, and they’re being transported back and forth by ambulance to the city for consults, tests or procedures,” said the paramedic.

When asked how short-staffed they are, the paramedic said “severely,” and the shortage existed before COVID arrived in 2020. They’re down a minimum of four ambulances per shift. Sometimes that increases to 10 out of the 25 available ambulances.

She said there has been no “real” hiring over the past three years. And [management] has just started awarding internal positions to staff wanting to switch paramedic stations or go from casual to full time.

“I believe the amalgamation with Shared Health has created this pause in hiring and COVID just continued the pause,” she said. “We’re told that there’s no money for new hires or more trucks [ambulances].”

There are three levels of paramedic in Manitoba: Level 1 primary care paramedics (PCPs), Level 2 intermediate care paramedics (ICPs) who have advanced cardiac life support skills, and advanced care paramedics (ACPs), whose skills are on par with STARS helicopter medics, she said. Shared Health “won’t recognize” or



EXPRESS PHOTO BY PATRICIA BARRETT

A paramedic crew responds to a Winnipeg call.



MAHCP

A MAHCP Twitter post laments the Manitoba government’s response to the paramedic staffing crisis.

pay ACPs accordingly in the IERHA. Because of that, many paramedics aren’t attracted to jobs in the region.

“Currently, [IERHA] paramedics make significantly less than those in Winnipeg while having a much larger scope of practice — meaning the skills and interventions we are trained to do and drugs we’re able to give. We have significantly less helping hands (fire, police) in rural areas ... so we need to maintain care for potentially hours.”

She said IERHA hospital closures could be mitigated by staffing ERs with advanced care paramedics.

“I’m not sure what that would look like, but other provinces use ACPs in ERs,” said the paramedic.

Although the province announced the expansion of beds in three new rural hospitals (Selkirk, Portage and Neepawa), the paramedic said she doesn’t know who’s going to staff them because “we need to funnel some money into staffing retention and hiring.”

Bob Moroz, president of the Manitoba Association of Health Care Professionals (MAHCP), which represents rural paramedics, said last week a combination of Manitoba not having “anywhere near enough paramedics,” an omicron surge that’s increasing call volumes as well as making para-

medics ill, and interfacility transfers (IFTs) is continuing to put “enormous” pressure on paramedics’ ability to respond to calls for help.

IFTs are having a “domino effect” on Interlake communities and on communities across the province because moving a paramedic crew and an ambulance to other areas leaves the original area without coverage, he said.

“The IFTs that are continuing are putting an enormous strain on paramedics’ ability to respond ... because we’re moving them all around the province,” said Moroz last week. “Paramedics are struggling with an inability to respond to calls that they can all hear on their radios. If someone is doing a transfer from, say, Ericksdale to Winnipeg, and they hear a call on the radio that there’s someone desperately requiring an ambulance in Selkirk, they know there are no ambulances available.”

Moroz said he’s not only worried about the stress paramedics are being subjected to, but he also worries about residents living in some of the more remote areas of the Interlake should an ambulance be required.

“What happens when I need an ambulance? How long will it take if I

Government to make child care more affordable for low- and middle-income families

Submitted by Manitoba government

Manitoba expanded eligibility to its Child Care Subsidy Program on Feb. 6, resulting in nearly half of regulated spaces being subsidized.

This will reduce out-of-pocket parent fees for families with children in regulated child care by 30 per cent on average. This change ensures Manitoba is on track to achieve a key joint commitment in the Canada-Manitoba Canada-Wide Early Learning and Child Care (ELCC) agreement to reduce out-of-pocket parent fees by 50 per cent by Dec. 31, 2022.

The Child Care Subsidy Program provides assistance to eligible families by reducing child-care fees for children 12 weeks to 12 years of age. Of the 38,000 spaces available in the regulated child-care system, 6,000

children, or 16 per cent, currently receive a full or partial child-care subsidy. With the increases in eligibility, it is estimated that 12,000 additional children will receive support to access regulated child care, particularly in low and middle-income families. Triple the number of children that are currently supported in regulated child care and their families will now be eligible for a child-care subsidy.

Manitoba is increasing the net household income thresholds and allowable deductions for the Child Care Subsidy program by 45 per cent, which will range from an average net household income from \$23,883 to \$37,116 for a full subsidy and partial subsidy will range from \$37,542 to \$82,877. Child-care subsidies are based on net household income and family compo-

sition including the ages and number of children.

This moves Manitoba towards its commitment of reaching an average \$10 out-of-pocket fee per day by March 2023, allowing more Manitoba families to participate in the labour market and maintain employment while knowing their children are receiving safe and nurturing care.

To implement the new subsidy eligibility threshold, Manitoba will increase annual funding to \$82.7 million, with \$64.5 million in federal funding coming through the Canada-Manitoba Canada-Wide ELCC agreement for children ages six and under. Enhancements to the current Child Care Online system and subsidy application process will be introduced in the coming weeks.

Further to this support for families, the governments of Canada and Manitoba are also working together to conclude negotiations for the 2021-22 to 2024-25 Canada-Manitoba Early Learning and Care Agreement, which extends existing funding beyond March 31, 2021. This includes one-time 2021-22 Early Childhood Workforce funding to support the retention and recruitment of the early learning and child-care workforce. Once signed, this agreement will be complementary to the Canada-Wide Early Learning and Child Care Agreement.

For more information on the Child Care Subsidy Program and to submit an application, visit www.gov.mb.ca/fs/childcare/families/childcare_subsidies.html.



> PARAMEDICS, FROM PG. 8

have a health attack, break my leg, or whatever the case may be, and I need help from a paramedic crew? Some of our places in the Interlake are quite remote," he said. "Manitobans need to be worried about this. They really need to be asking questions of the people making these decisions. What's going to happen when I call 911 and I need an ambulance and I'm 10 miles outside Ashern or on one of the First Nations territories? That's what people have to be asking."

MAHCP has been "asking" those questions and "pushing" those concerns for ages, but they've fallen on deaf ears, he said.

"The province and Shared Health continue to ignore our paramedic staffing crisis. There's still no plan to deal with any of this. The government and Shared Health appear satisfied with running our paramedics into the ground and short-changing citizens in rural communities with no ambulances," said Moroz. "They seem to be just fine with that. They're not even acknowledging there's a crisis right now with our paramedic staffing levels."

That lack of acknowledgement and response is frustrating and demoralizing for paramedics who "give it their all every day," he said. Paramedics have told the union they feel as though they're "disposable." And paramedics don't grow on trees — it takes a number of years to train and recruit them.

Moroz said the government's geo-posting system, where ambulances are placed in area expected to get calls, is "ridiculous," and it's being used only because there aren't enough paramedics to staff ambulance stations. Even large stations sometimes have no ambulances available.

"Never mind our small stations. There are days when Selkirk, which is a major station in the Interlake, has no ambulances at all. None," said Moroz. "Selkirk is what they call a castle station, a relatively major centre with more than one crew, but they were spread out so thinly overnight [this week] there was just no coverage."

Moroz said Manitoba needs an estimated 300-400 paramedics in order to provide the service we need.

"Above all, paramedics continue to worry about their ability to be there in time for Manitobans when they're needed," he said.

Alberta and B.C. have acknowledged they need more paramedics, he added, and are stepping up with plans to address it.

A spokesperson for Shared Health said paramedic staff-

ing has been a challenge in "some rural parts of the province for many years," and that COVID has exacerbated existing staff vacancies.

"Shared Health is working to address the long-standing challenges in rural communities and has made recruitment a significant area of focus," he said. "During the pandemic, these efforts have included redeployment, engagement of relief staff and callouts for recently retired or former paramedics to rejoin the workforce as part of our COVID response."

The organization is working on a number of initiatives to improve emergency response services, he said. They include the addition of 149.2 full-time equivalent paramedic positions since

2016, working with the College of Paramedics to obtain provisional licenses for new graduates, using a flexible dispatch model [geo-posting] that allows ambulances to be strategically positioned and increasing the use of low acuity transportation options with licensed and contracted partners.

"Shared Health recognizes and appreciates the continuing efforts of all health-care staff, including the important contributions made by paramedics and first responders, who work to ensure Manitobans can receive quality care when they need it, particularly as this pandemic continues to affect all of our lives," said the spokesperson.

Support for Manitoba Livestock Producers Affected by Drought

Livestock producers affected by the drought conditions in 2021 can apply for assistance under AgriRecovery.

Assistance is available to help you recover from the extraordinary costs, such as:

- Replacing breeding animals due to winter feed shortages
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- Moving your livestock to alternate feeding locations

Deadline to apply

The deadline to apply for select programs is **April 15, 2022**. Call Manitoba Agriculture at **1-844-769-6224** or visit manitoba.ca/agriculture today for complete details.

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Federal Conservatives, Bezan, calls for lethal weapons for Ukraine

By Patricia Barrett

With Russia continuing to mass troops and military equipment along its borders with Ukraine, the federal Conservatives called on the government last Monday to provide Ukraine with weapons.

Selkirk-Interlake-Eastman MP James Bezan was among several MPs who asked the Liberal government to step up with “lethal weapons” to address the threat to Ukraine, and said Canada has been asked since 2018 to provide those weapons.

“This is about respecting international rules and not allowing one country to start invading another,” said Bezan by phone last Friday. “It’s unbelievable that here we are in 2022 and there’s still this empire-building taking place ... under the auspices of the Kremlin.”

In 2014 Russia annexed Crimea, a peninsula on the Black Sea that was part of Ukraine, and made it a federal subject of the Russian Federation. The majority of the international community regard Crimea as occupied Ukrainian territory. After the annexation, Russia was suspended indefinitely from the Group of 8 (G8) countries.

Russian began massing troops, artillery and other military equipment on its eastern and northern border with Ukraine last spring. By December it had 100,000 troops, according to U.S. intelligence. Satellite imagery last week showed an estimated 130,000 troops, weapons and troop shelters in western Russia, Belarus (on Ukraine’s northern border) and Crimea. The Russian and Belarus defence ministries are calling the deployments training exercises. The U.S. and the U.K., which are among a number of countries that have supplied weapons to Ukraine, are adamant that Russia is going to invade.

Russia has demanded that Ukraine not be given membership in the North Atlantic Treaty Organization (NATO), a defensive alliance of countries including Canada and the U.S. that was formed after the Second World War to provide collective security against the then-Soviet Union. Russia claims NATO expansion will threaten its security.

The federal Liberal government has charted a cautious approach to the tensions in eastern Europe, seeking diplomatic solutions rather than provocation, while at the same time sending a message to Russia that there will be consequences should it invade Ukraine.

“With the possibility of a further invasion of Ukraine by the Russian Federation, Ukraine is still needing

defensive weapons,” said Bezan. “Our allies — the U.S., the U.K., Poland, Latvia, Lithuania, Estonia and some others — have provided lethal defensive weapons including anti-tank rockets and surface-to-air missiles to protect from possible aerial attacks; the Russians have moved attack helicopters into the region. Ukraine still needs sniper rifles, machine guns and handguns. This is going to be a big war and Ukraine is going to have to arm up their national forces ... and militias.”

In 2018, when the Conservatives asked the government to arm Ukraine, there was a cache of weapons in storage including sniper rifles, machine guns, handguns, rocket-propelled grenade launchers. They had been destined for the Kurds to fight ISIS, but were not sent after the Kurds declared independence from Iraq, said Bezan.

“Those weapons were sitting in storage, collecting dust for a number of years, and we asked that those weapons be provided to the Ukrainian military,” he said.

NATO members can “make their own decisions” as to whether to supply weapons to Ukraine, said Bezan, and Canada has yet to act. Germany was criticized a few weeks ago by Kyiv’s mayor, Vitali Klitschko, for sending 5,000 helmets.

Bezan said he took part a briefing on Feb. 4 with the former deputy prime minister of Ukraine and current member of Parliament, who said the country is setting up regional militias (citizen soldiers) and that they need to be armed.

“The best deterrence to stopping a military invasion is to have fire power on the other side. That’s the only thing president Putin understands,” said Bezan. “He’s provoked by weakness and, unfortunately, the soft measures taken by the Liberals are only [emboldening] Putin when countries like Canada and Germany aren’t stepping up to provide the help Ukraine needs.”

Canada has roughly 1.4 million people of Ukrainian origin, and Bezan said the Ukrainian community — including those in his Selkirk-Interlake-Eastman riding — has been “very supportive” of Ukraine. Canadians generally see the country as an ally “standing on Europe’s eastern flank of the great bear that wants to expand.”

When pressed in the house by several MPs on weapons for Ukraine, Canada’s foreign affairs minister Melanie Joly said Ukraine specifically asked for a loan and for more military training.

“When I was in Ukraine a week



ONE WORLD - NATIONS ONLINE PROJECT
Map of Ukraine showing Russia-occupied Crimea on the Black Sea.

ago, President Zelensky had one ask. It was to make sure that we would help by offering a sovereign loan to the Ukraine government to deal with economic instability. Three days later, we provided \$120 million in sovereign loans,” said Joly on Jan. 31. “What I heard from the national guard on site in Ukraine was that they needed more support in terms of military training. A week later, we extended and expanded Operation Unifier.”

But Bezan says she was being “disingenuous” and cited a *Globe and Mail* story that said the federal cabinet has been debating for some time about whether to provide lethal weapons.

“They haven’t reached a consensus yet. They’re debating it because they were asked to provide military weapons,” said Bezan. “For the last number of years there has been [dialogue] between the governments of Canada and Ukraine. There’s actually a shopping list of exactly what [weapons] Ukraine is looking for.

“Despite what Joly said, when she was in Ukraine maybe there were diplomatic memos going back and forth saying, ‘We’re not giving you weapons so don’t ask for weapons when we’re here,’ but they’ve been asking for weapons for years. That shopping list is available to both National Defence and Global Affairs Canada and it’s updated on a monthly basis if not weekly.”

A spokesperson for foreign affairs told the *Express* that Ukraine requested “economic support” from Canada and its other allies in order to counteract Russian destabilization efforts.

“This is why Canada has offered a sovereign loan of up to \$120 million to Ukraine, which will support the country’s economic resilience and gover-

nance reforms, as well as \$6 million in technical assistance to support the loan,” said the spokesperson by email. “Canada has also increased our aid by \$50 million to help Ukraine deliver increased security, prosperity and freedom for all of its citizens. This assistance will also help meet the immediate and urgent needs of vulnerable populations impacted by the ongoing conflict.”

Canada has been “resolute” in its condemnation of Russia’s violations of Ukraine’s sovereignty, territorial integrity and independence, including the military build-up on the borders, he said. And from the beginning Canada has stressed that the crisis “must be resolved through dialogue and diplomacy.”

After Russia annexed Crimea, the Canadian government began providing military training to Ukrainian forces.

In 2015 Canada responded to Ukraine’s request for military training by launching a training mission called Operation UNIFIER, said the spokesperson

“Currently in its 12th rotation, the mission has trained nearly 33,000 Ukrainian security forces, helping Ukraine increase the capacity of its fighting force. We remain committed to enhancing the capabilities of Ukraine’s armed forces,” he said.

And on Jan. 26 Canada announced it would extend and expand Operation UNIFIER until March 2025. The program will provide enhanced military training and mentorship to Ukraine’s security forces.

Last Thursday the government sent Ukraine non-lethal military equipment such as spotting scopes, field

Riverton restaurant lands in poutine Top 5 with Big Dirty Parm

By Patricia Barrett

A Riverton restaurant is in the running for national poutine glory after making its way into the Top 5 of the 2022 La Poutine Week competition.

Kahleigh's Brew Barn Restaurant & Lounge owner Kahleigh Dubois entered the 10th annual competition with a Big Dirty Parm Poutine and has already made it to the No. 2 spot by last Friday.

Kahleigh's Brew Barn was a fierce competitor among hundreds of restaurants and bars vying for burger glory in Le Burger Week competition last September and ended up in the Top 5.

"My staff were so excited about Le Burger Week last year that they wanted to try something new," said Dubois last week. "We were very busy then so I decided to try La Poutine Week because fries are our specialty. It's a lot of work but it's lots of fun."

La Poutine Week is a coast-to-coast food festival that's running from Feb. 1 to 14 this year. It's showcasing restaurants with delectably indulgent poutine dishes. Poutine, a combination of French fries, cheese curds and gravy, was said to have been created in Quebec. Customers get only one chance to rate each participating restaurant's poutine offering. The highest rated dishes make it into the Top 5.

Dubois' poutine dish consists of McCain's waffle fries that she seasons with garlic and Parmesan cheese and tops with mozzarella cheese, cheese curds, gravy and parsley.

Dubois said she spent a few months in the kitchen with her team of poutine-tasters, made up of her husband, restaurant manager, Andrea, and other staff, experimenting with different combinations of ingredients, "adding and taking ingredients away" and making modifications to her popular dirty fries (French fries with various toppings).

"There was a lot of trial and error. We had lots of good ideas, but this one was definitely our favourite," she said.

For a bit more plate appeal, Dubois decided to add parsley.



The Big Dirty Parm Poutine is served in food-grade paper that has fishing stories, tips and recipes. Riverton sees a lot of traffic from ice fishers who pitch their shacks on Lake Winnipeg off Sandy Bar.

"The poutine didn't have much colour in it and I wanted to make it pop more but without giving it a strong flavour," said Dubois. "Sometimes things taste good but don't look that appealing so this adds a little colour."

Although COVID-19 and public health restrictions have put a bit of a crimp in the restaurant sector, Dubois said she's seeing an uptick in business since word got out about her poutine. Judging by its position in the Top 5, the restaurant is making a name for itself with its palette-pleasing creation and "everyone is loving it so far."

"The first two days [of the competition] were rough because of the weather [Feb. 1 snowstorm]. But we've had a lot of local support. The snow didn't stop them coming in," said Dubois. "And people [from away] are already calling and making reservations. They want to drive out here. I think the poutine will definitely bring people from Winnipeg like [Le Burger Week] did last year."

Riverton is also popular with ice fishers who set up shacks on Lake Winnipeg. That brings hungry fishers into town for a sit-down meal or a take-away.

"Ice fishing is super popular out



EXPRESS PHOTOS BY KAHLEIGH DUBOIS

Kahleigh Dubois (centre) and her staff are vying for poutine glory in Canada's La Poutine competition.

here and it has definitely changed our winters in terms of business," said Dubois. "There are avid ice fishers that come here because the fishing has been so good. It has been crazy on the lake on the weekends. There's a little ice village out there with all the ice shacks."

There are over 100 Manitoba restaurants participating in La Poutine

Week. The grand prize is glory and bragging rights.

"It's pretty hard to win when there are hundreds of restaurants competing across Canada. But hopefully I stay in the Top 5," said Dubois.

Visit Kahleigh's Brew Barn at www.kahleighsbrewbarn.com. The restaurant is located at 40 Main St. in Riverton.

> WEAPONS, FROM PG. 10

glasses, body armour and metal detectors as part of Operation UNIFIER.

In addition to Canadian military personnel in Ukraine training the country's forces, Canada also has boots on the ground in Europe.

"Canadian Armed Forces are also present with up to 915 troops in central and eastern Europe in support of NATO's assurance and deterrence

measures under Operation REASSURANCE, Canada's largest international military operation," said the spokesperson.

"This includes our leadership of NATO's enhanced Forward Presence Battle Group in Latvia, as well as our persistent rotational deployment of a frigate with the Standing NATO Maritime Groups."



New Opportunity for Farmers

Growing Outcomes in Watersheds (GROW) is a new initiative that recognizes the valuable role farmers play in improving the environmental health of the agricultural landscape.

Through GROW, local Watershed Districts provide financial incentives and technical support to help farmers implement projects that restore, conserve and enhance ecological goods and services originating from their lands.

Farm the Best, Conserve the Rest

Local watershed districts will work with you to develop a plan that is suited to the particular needs and goals of your farming operation as they align with local program priorities.

Examples of GROW projects include:

- ✓ water retention
- ✓ wetland conservation, restoration or enhancement
- ✓ multi-species buffer strips
- ✓ riparian area enhancement
- ✓ natural area maintenance and enhancement
- ✓ buffer and grassed waterway establishment
- ✓ perennial cover for sensitive land
- ✓ soil health improvements
- ✓ shelterbelt establishment

For more information on GROW or to connect with your local watershed district, visit www.manitobawatersheds.ca, or call 204.945.0002.



Historic 100-year-old Lundar car in CBC production

By Nicole Brownlee

Dave Alfred's competence behind the wheel and under the hood earned him a spot in a CBC production from the waist up.

CBC's *The Porter* is based on events in the 1920s, following the journey of railway workers from Canada and the U.S. to create the first Black union.

Alfred was scouted by CBC producers when they found his Ford Model T for sale online.

"A couple of weeks (after I listed the car), a guy phoned me and asked me 101 questions about the car," said Alfred.

After checking it out in Lundar, the producers asked Alfred if they could use the car for *The Porter*.

"They asked me if I wanted an actor to drive my car," said Alfred.

"I said no."

Alfred gave the producers an ultimatum, stating they had to take him with the car. CBC agreed, transported the Ford relic to Winnipeg and shuffled Alfred to wardrobe.

"I was only (in costume) from the waist up because they didn't want me to get out of the car."

Outfitted in a flapper hat, tweed suit jacket and dress shirt, Alfred had his show biz debut in spring 2021.

Over three months, most of Alfred's scenes were in Winnipeg's Exchange District, which features heritage buildings built between 1880 and 1920. Despite film-



Dave Alfred was featured in CBC's *The Porter* driving his dad's antique car.



EXPRESS PHOTOS SUPPLIED BY DAVE ALFRED.

Alfred's father's hidden gem, a 1920s Ford Model T, was used as a prop in the production.

ing in the prairies, *The Porter* is set in Montreal.

Additional scenes were filmed in Grosse Isle, showcasing the Prairie Dog Central Railway.

"There was lots and lots of sitting around, but you still get paid very well," said Alfred.

He expects he was included in around 25 scenes by the end of production.

"Sometimes the car would just sit on the street for background. ... I would do lots of drive-throughs," said Alfred.

Around 20 other car collectors joined Alfred on set, having made a simi-

lar deal as Alfred with the CBC.

"They all told (the CBC) the same thing I told them."

The Ford Model T was just one of the many vintage cars Alfred grew up with.

"My dad bought that car in 1966, and he did a ground-up restoration on it. He took every nut and bolt off that car," said Alfred.

Alfred's dad Leo used to bring his family to his wife Johanna's hometown of Lundar on weekends while they lived in Winnipeg. After retiring in the '80s, Leo and Johanna moved to Lundar and built a house and auto

shop on the property.

Leo restored countless cars like a 1929 Chevy, 1929 Ford and two 1955 Buicks.

"My dad would pick up and drag cars out of the bushes of some old farmyard around Lundar... and use them as parts," said Alfred.

"That was his passion."

Alfred picked up the habit helping his dad with cars and snowmobiles.

Alfred's most recent project is restoring Leo's snowmobiles from the 1960s with his brother Ryan and tracking down a 1970s Arctic Cat Pantera, known at the time as the "Cadillac" of sleds.

"It was the coolest sled that I've ever seen," said Alfred.

Leo bought his family a team of snowmobiles in 1966 that Alfred said could only get up to around 48 kilometres per hour. The Arctic Cat, which Alfred would borrow from his neighbour, could reach up to 96 kilometre per hour.

"I just loved it. You could really fly over the snowbanks," said Alfred.

Alfred is following leads throughout the community to find the noble steed.




The Westshore Community Foundation

is accepting applications for grants from eligible registered charities.

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Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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



Manitoba

Winter Explorer Ideas

Explore snowy landscapes on skates, skis or snowshoes

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↑ **Mystery Mountain Winter Park**

SWAN VALLEY AREA

☞ MANITOBA WEST

When asked about their favourite trail systems in Manitoba, snowmobilers bring up **Swan Valley** again and again. The Swan Valley Snowmobile Association takes exceptional care of 370 kilometres of trails that wind through wooded terrain, meadows, and rolling hills.

FLIN FLON TO THE PAS

☞ MANITOBA NORTH

If you're adventurous, challenge yourself with the 144 kilometre trail from **Flin Flon** to The Pas. The Border Explorers Snowmobile Club has all the information you need to take on this epic snowmobile adventure.

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Known for its ice fishing, Manitoba's **Interlake** region is also a hotspot for snowmobiling. The Interlake Snow Trackers maintain 430 kilometres of trails that will take you through Arborg, Hecla, Riverton, Gimli, Winnipeg Beach and even across frozen Lake Winnipeg to Grand Marais.

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TRAVEL SAFE IN MANITOBA

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- ➔ **Practice physical distancing**
- ➔ **Stay home when you're sick**
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- ➔ **Follow all local travel restrictions**

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↓ Nestaweya River Trail at The Forks



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Find more skiing and skating ideas at manito.ba/winter-explorer.

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.



Improved fisheries management through angling assessment and education

By Carly Deacon, MWF managing director

Manitoba has embarked on significant changes to angling regulations, coupled with an impressive increase in recreational angling popularity.

Residents and tourists flock to Lake Winnipeg to experience one of Manitoba's world-class fisheries and contribute to over \$600 million towards Manitoba's economy. A parallel relationship exists between our fisheries' economy and the science that supports its sustainability. The collection of fisheries data combined with effective angler education are critical factors in ensuring our fisheries are used and managed sustainably.

The MWF is thrilled to deliver an "Improved Fisheries Management through Angling Assessment and Education Project" on Lake Winnipeg. The project has two components: to secure a recreational angling coordinator to assist with public communication around angling awareness, recruitment and provide education to anglers on Manitoba's impending angling regulation changes; and to conduct creel surveys to improve the understanding of angler use and harvest on Lake Winnipeg. This project is proudly funded by the Fish and Wildlife Enhancement Fund (FWEF).

Angling Communication, Education and Awareness

Funds provided by FWEF will enable MWF to hire an angling coordinator who will be instrumental in delivering educational materials and implementing advanced communica-



EXPRESS PHOTOS SUBMITTED

Creel Survey card return box and sign stationed at access points around the south basin; Creek Survey signage on Lake Winnipeg where survey clerks will be interacting with anglers; Shawn Solarchuck with a Lake Winnipeg walleye.

tions to all anglers across the province. The result will be a well-informed angling community that will immediately benefit from the enhanced opportunities made possible by the future regulation changes. This new position will also lead the implementation of the creel surveys. They will build awareness of the importance of creel surveys, educate and seek feedback on the proposed regulations, communicate results of the creel surveys to key interest groups, educate anglers on numerous angling matters such as fish handling techniques, ice fishing safety, accessibility and angling opportunities in Manitoba.

The Importance of Creel Surveys

Sustainable management of fish stocks requires fisheries managers to have a comprehensive understanding of annual harvest pressure by all resource users. Angling

license sales for Manitoba Residents are up by 35% and observations indicate that angling pressure and harvest has increased dramatically. Currently, Manitoba collects biological data on an annual basis to assess fish stocks, but our understanding of angling use and harvest could be significantly improved. The goal of fisheries management is to allow resource users (i.e. commercial, recreational, and sustenance fishers) to maximize their harvest without compromising the future sustainability of fish stocks (manage towards the maximum sustainable yield). In the absence of adequate harvest information, estimating the maximum sustainable yield is not possible, thus maintaining a sustainable fishery is not achievable.

This project's objective is to provide an estimate of the total fish harvest by anglers on Lake Winnipeg by conducting creel surveys. Data obtained through these creel surveys will significantly improve the understanding of harvest by recreational anglers, thus improve Manitoba's ability to develop to calculate maximum sustainable yield. Winter creel surveys have previously been conducted on the south basin of Lake Winnipeg in 2017 and 2019. Results of the 2021/22 winter creel survey will supplement previous data and provide an indication of the overall health of recreationally targeted species.

What Can Lake Winnipeg Anglers Expect for this Ice Fishing Season

A creel survey is a tool used by fisheries managers to assess the status of fish populations in a particular waterbody. Each survey is a record of a single day's fishing effort, providing details on what an angler caught, released and how much time was spent fishing.

Anglers are asked a series of simple questions regarding their experience fishing that day. Anglers are provided with an opportunity to comment on fisheries' management decisions. Harvested fish may also be weighed, measured, sexed and aged, providing important biological data on the fishery.

Surveyors will be interviewing anglers at various access points around the south basin of Lake Winnipeg throughout the winter of 2021-22. Survey personnel will collect data from recreational anglers to capture data during peak angling activity and the data will be used to determine overall angling effort and catch per unit effort. This data will improve the estimate of overall harvest and result in improved management of this high-use fisheries.

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Contest deadline
Feb 14, 2022 at
12:00 noon

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EXPRESS
WEEKLY NEWS

Statement from the premier on the anniversary of the Queen's Platinum Jubilee

Submitted by Manitoba government

On behalf of all Manitobans, I congratulate Her Majesty Queen Elizabeth II, Queen of Canada, who today becomes the first British Monarch to celebrate a Platinum Jubilee marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth.

On this day in 1952, 70 years ago, Their Highnesses the Princess Elizabeth and the Duke of Edinburgh were staying in Kenya when they heard of the death of King George VI. Without delay, Princess Elizabeth returned home and at the age of 25, she was proclaimed "Queen Elizabeth II." The succession to the throne was proclaimed at an Accession Council, which took place in St. James's Palace and was attended by members of the Privy Council, the Lord Mayor and aldermen of the City of London.

To mark this momentous occasion, the Province of Manitoba is providing grant funding with a focus on reconciliation to Manitoba's six royally designated organizations (to a maximum of \$25,000 per organization) to facilitate the Queen's Platinum Jubilee ini-



The 70th anniversary of Queen Elizabeth II's reign is known as her Platinum Jubilee. She became Queen when she was 25 years old.

tiatives throughout 2022.

These organizations (and the date they received the Royal prefix from the Queen) are:

- Royal Winnipeg Ballet (1953),



PHOTO BY STUART C. WILSON/GETTY IMAGES

Queen Elizabeth II, Queen of Canada will spend the year celebrating this unprecedented anniversary.

- Royal Manitoba Winter Fair (1970),
- Royal Manitoba Yacht Club (1981),
- Royal Military Institute of Manitoba (1982),
- Royal Manitoba Theatre Centre (2010), and

- Royal Aviation Museum of Western Canada (2014).

The Queen's Platinum Jubilee flag were flying at the Manitoba legislative building from sunrise to sunset on Sunday to mark the occasion.

Six more weeks of winter



EXPRESS PHOTO SUBMITTED

Feb. 2 is Groundhog Day and this is the day when Manitobans find out when spring will finally arrive. Manitoba Merv, the weather forecasting puppet groundhog at Oak Hammock Marsh, came out at sunrise last Wednesday and predicted six more weeks of winter until spring in Manitoba. Groundhog Day derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on Feb. 2 and sees its shadow due to clear weather, it will retreat to its den and winter will go on for six more weeks; if it does not see its shadow because of cloudiness, spring will arrive early.



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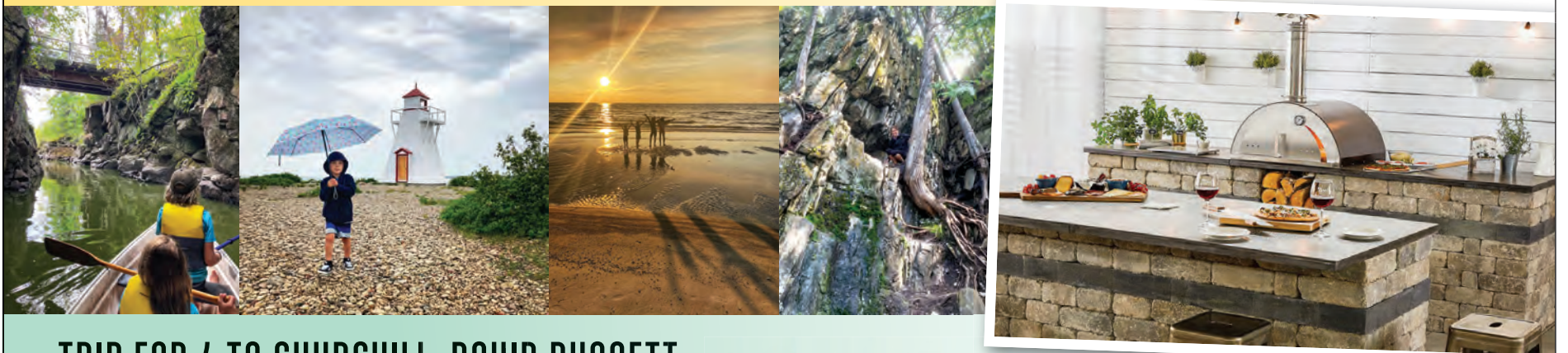
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Incredible creatures: The changing rules of romance

By John Gavloski

On Valentine's Day, people often offer presents or cards to those close to them or have a special meal. Many insects are also gift-givers. Sometimes the treats provided can help attract a partner and improve reproductive success. These are known as nuptial gifts. In honour of Valentine's Day, this month's Incredible Creatures will explore how a local species of butterfly can advertise and provide a nutritious gift for his mate, and how an altered environment has resulted in less choosy females.

Female cabbage white butterflies like their nitrogen

Cabbage white butterflies (*Pieris rapae*) are a common sight in Manitoba in late-spring and summer, although some may mistakenly think these white butterflies are moths. Larvae of this butterfly, which are called imported cabbageworms, are green with a thin yellow line down their back, and feed mainly on cruciferous plants. Male and females of this butterfly are easy to tell apart because males only have one black dot on their forewings, whereas females have two dots. Adults avidly visit flowers, and they will also feed on moist earth and mud puddles. Nitrogen plays an important role in mate selection in these butterflies. A nutritious nuptial gift containing lots of nitrogen is passed from males to females during mating and is an important source of energy for female butterflies.

What a butterfly sees in the wings

Nitrogen also affects wing pigmentation in cabbage white butterflies. They can determine the quality of a potential mate by visually assessing the pigmentation of the wings. The wings of these butterflies look different to other butterflies than they do to us though. The mostly white wings of the cabbage white butterflies absorb a lot of ultraviolet light that humans cannot see, but butterflies can see clearly. So to us the wings look white, but to a female cabbage white butterfly, the wings of the male may appear a bold violet. Females know the brighter the violet, the more his nutrient package is rich in proteins. When the male is trying to court the female, he will fly below the female, engaging in a series of pendulum like "sweeps" below her. This dance allows him to showcase the bright colours on the upper surfaces of his wings that females prefer. If his courtship flight is successful, the female will land on a plant or other substrate below and allow him to mate with her.

Nitrogen makes for less choosy females

Researchers wondered how differences in nitrogen availability, specifically due to man-made influences, might affect mating behaviour and physiology of cabbage white butterflies. To test this, they compared cabbage white butterflies from a non-agricultural population with a population from an agricultural setting where fertilizer has significantly increased nitrogen availability. Several differences became apparent between the two populations. While females from the non-agricultural site typically mated with more than one male, agricultural females tended to mate only once, thus receiving fewer of the nutritious nuptial gifts. In agricultural environments where nitrogen is abundant, female cabbage white butterflies depend less on nuptial gifts from males and were

less choosy when selecting a mate. Also, the toothed structures used to break down nuptial gifts were reduced in agricultural females' reproductive tracts, indicating a reduced need for the nutrients. In addition, both males and females from the agricultural population had increased wing pigmentation. These results suggest that changes in nitrogen availability can affect cabbage white reproductive behaviour and physiology in a many ways. As their world changes, so do the rules of romance for cabbage white butterflies.

PHOTO SUBMITTED

Pictures right: Cabbage white butterfly.



On behalf of Council, Staff and the Municipality of Gimli Community I would like to congratulate Kerri Einarson and her team on their third consecutive Scotties win.

Lynn Greenberg, Mayor
Rural Municipality of Gimli



Congratulations Team Einarson Team Canada Gimli Curling Club



Gimli's Kerri Einarson captured her third straight Scotties Tournament of Heart Championship on Sunday night.

Front row, left to right, Kerri Einarson, Val Sweeting, Shannon Birchard, Briane Meilleur. Back row, Krysten Karwacki and Reid Carruthers.

THE **EXPRESS**
WEEKLY NEWS

Snowstorm temporarily closes ERs in Interlake-Eastern hospitals

By Patricia Barrett

A heavy snowfall last Tuesday caused the temporary suspension of emergency departments in some Interlake-Eastern Regional Health Authority facilities.

A spokesperson for the IERHA said the snow and highway closures affected emergency department schedules.

"On Tuesday, Feb. 1, some emergency departments experienced temporary suspensions due to the weather and road closures," said the spokesperson.

An updated (Feb. 4) ER schedule posted on the IERHA's website showed no doctors available at the Eriksdale, Arborg and Pinawa hospitals, and no 24-hour doctor coverage in Beausejour and Pine Falls. ERs in Gimli, Selkirk and Stonewall weren't affected during the storm, according to the schedule.

The weather also caused clinic closures. The Selkirk QuickCare clinic, the St. Laurent Clinic and clinics in the eastern half of the IERHA had to close Tuesday.

Other IERHA news:

- The IERHA has beefed up physician hours in the Selkirk hospital's emergency department. It added 162.25 additional physician hours to the hospital's emergency department since Jan. 2 to "help with increased patient needs," said the spokesperson. "This additional physician staffing for Selkirk Regional Health Centre continues until Feb. 5."

Over the past few weeks, Manitoba has seen an unprecedented number of patients needing hospital care because of COVID-19. Last Wednesday saw a record-setting 744 people with COVID in hospital. That number dropped slightly two days later to 707 people, according to provincial health data. A total of 1,585 Manitobans have died (as of Feb. 4).

- Doctors employed by the IERHA have not been temporarily transferred by the province to Winnipeg hospitals to care for COVID patient. However, physician shortages do lead to temporary ER closures across the Interlake-Eastern region as do staff shortages in diagnostic departments.

"No IERHA physicians have been pulled to work outside the region outside of what they may normally work. We have full emergency department coverage on the west side [the health region west of Lake Winnipeg] and the usual gaps in coverage we have been experiencing recently on the east," said the spokesperson.

"Some of the unexpected gaps in coverage are due to staffing of the diagnostics department. If diagnostics has experienced a temporary service disruption due to staffing, then the emergency department cannot remain open. Arborg was closed on the 1st and on the 5th and Eriksdale was closed on the 1st due to temporary disruptions in staffing in diagnostics."

- The health authority reinstated acute care beds that had been tem-



FILE PHOTO BY PATRICIA BARRETT

The Selkirk Regional Health Centre's emergency department entrance is shown. The ER provided service during the snowstorm on Feb. 1 that caused the suspension of other IERHA hospital ERs.

porarily suspended in some hospitals late last year because of staff shortages. The Stonewall hospital, which had five of its 15 acute care beds suspended, has now had all of those beds reinstated.

Beds continue to be temporarily suspended in Beausejour (six beds out of 30), Gimli (11 beds out of 26) and Pine Falls (six beds out of 23).

- Despite over 700 patients in hospital because of COVID, there have been no provincially mandated patient transfers — to free up acute care bed space — from the IERHA since the end of December.

"Interlake-Eastern RHA has not transferred patients out of region since Dec. 31," said the spokesperson. "As part of the provincewide response to the pandemic, our RHA has since received a small number of acute

care patients from Winnipeg to help maximize the health system's capacity during this current omicron surge. Some of these stable patients are COVID-positive while others are not."

- In the space of about 10 weeks since the omicron variant was first identified, the World Health Organization said there have been 90 million new cases — more cases than were reported in the whole of 2020. Deaths are currently increasing, it says, despite the oft-repeated notion that omicron is a mild virus, and it warns countries about prematurely lifting public health safety measures.

Worldwide, more than 386.5 million cases of the virus have been reported and over 5.7 million people have died, according to WHO data as of Feb. 4.

Manitoba could be restriction-free by spring

By Ashleigh Viveiros

Premier Heather Stefanson and Chief Provincial Public Health Officer Dr. Brent Roussin announced last week that Manitoba will be taking a cautious but steadily increasing approach to reducing public health restrictions in the weeks ahead.

The province's COVID-19 numbers have been improving of late, Roussin said, resulting in a lessening strain on the health care system.

"As this week has passed we see that many of those indicators continue to be stable or trending in the right direction and so we are getting a better understanding of where we are in this wave," he said.

As a result, new public health orders in effect until Feb. 22 ease capacity limits slightly in several settings.

Private gatherings where everyone 12 and older is fully vaccinated are now allowed the household members plus 25 others in indoor spaces and 50 people outside (up from the previous

10 and 20-person limits)

Such gatherings with individuals who are not vaccinated are capped at the household plus 10 people inside (up from five) and 20 people outside (up from 10).

Also lifted is the 250-person capacity limit for settings like fitness centres, casinos, movie theatres, and performing arts centres, though facilities are still limited to 50 per cent capacity with proof of vaccination required.

When it comes to indoor religious services, capacity is limited to 25 per cent or up to 250 people, whichever is lower, when proof of vaccination is not required. Services restricted to fully immunized people and those under 12 not eligible for the vaccine are limited to 50 per cent capacity.

Sports tournaments are also now allowed, retail capacity limits in stores throughout Manitoba have been lifted entirely, and restaurants and lounges can sell liquor until midnight—two hours later than under the previous

orders.

Restrictions will most likely be relaxed further later this month, Stefanson said.

"Situation permitting and based off of what the data is telling us at the time, we will be looking to remove a significant amount of capacity limits and restrictions," she said. "Later this spring we hope to be in a position of relaxing nearly all restrictions and moving to recommendations."

"Given where we are right now, if we don't see anything unexpected, we're looking at a restriction-free Manitoba by spring," agreed Roussin.

Rise in incidental cases

On Monday, the province's online COVID-19 dashboard reported there were 702 people in hospital with COVID-19, including 47 in intensive care. The death toll had hit 1,600.

The day's health bulletin noted the trends for the week ending Thursday, Feb. 3 show Manitoba had 286 new

hospitalizations in the previous seven days, a 19.2 per cent decrease from the week before. ICU admissions also dropped 19 per cent to 34 new patients with COVID-19.

Dr. Roussin noted that an increasing number of hospitalizations have COVID-19 incidentally, meaning they were admitted to hospital for another reason but tested positive for the virus while there.

"It's really important for us to understand who is in hospital because of COVID, not in hospital incidentally related to COVID," he stressed. "Because omicron is so widespread, we know that every person admitted to hospital is tested for omicron, we're going to find people that were there for other reasons but happen to test positive for COVID."

Last week, about 40 per cent of the listed COVID-19 hospitalizations were there because of the virus alone. In the ICU, that number jumped to 70 per cent of patients.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Christensen to compete at 2022 National Aboriginal Hockey Championships

By Brian Bowman

The third time was the charm for Lundar's Kenady Christensen.

After failing twice to make Team Manitoba to compete at the National Aboriginal Hockey Championships, Christensen finally heard the great news that she made the team.

"It feels good, I've tried out for them a few years now so it feels good to finally make it," said Christensen, 17, on Monday afternoon.

Christensen feels she gained a lot of experience from previous tryouts and is a much better player now.

Tryouts for the team took place in the summer and then the fall. Christensen found out that she made the team last month.

This year's national championships will take place in Membertou, N.S., from May 7 to 14. Christensen, who is in Grade 12, has travelled quite a bit but has never been to Nova Scotia before.

The trip will be a cool one, she said.

In past years, Manitoba has done very well at the national Aboriginal hockey championships.

Christensen expects Manitoba to do well once again.

"I've played with a few of (the girls) before and a lot of the players I've



Kenady Christensen

heard of," she said. "I know most of the girls playing and I think the team is going to be pretty good this year. There's a lot of great players on it."

Christensen is currently a centre with the Interlake Lightning U18 "AAA" hockey team. She led the team in points with nine (three goals, six assists) heading into last weekend's final three regular-season games.

Christensen is a good play-maker who is smart with the puck.

She scored the game-winning goal for Interlake as the Lightning defeated the Eastman Selects' 3-2 in overtime on Feb. 5.

"It was pretty good because we don't



EXPRESS PHOTO SUBMITTED

Interlake Lightning forward Kenady Christensen was selected to play for Team Manitoba at the 2022 National Aboriginal Hockey Championship.

win a lot of games," Christensen said. "To win one that close was pretty exciting."

It was just Interlake's second win this season against 22 losses. But the Lightning are still having fun, she said, and improving each week.

"We've been doing better now," Christensen noted. "It's going good. I think we've been getting more offensive zone time and getting more good quality chances on net and finally capitalizing on them."

Ice Dawgs crush St. Malo

By Brian Bowman

The Arborg Ice Dawgs had a lot of fun on Sunday.

Arborg, which held period leads of 3-1 and 7-1, cruised to a dominating 9-2 home win over the St. Malo Warriors in Capital Region Junior Hockey League action.

Jack Einarson led the party with two goals and four assists while Daytona Moneas had two goals and an assist.

Other Ice Dawgs' players with nice offensive games included Cadrick Dueck (goal, two assists), Dylan Woytowich (goal, two assists), Harris Dankowich (goal, assist) and Riley Huston (goal, assist). Arborg's other goal was scored by Zach Gallinger.

Mitchell Penner and Brendan Spence replied for St. Malo.

Tr Strachan made 23 saves for the victory.

On Friday, the Selkirk Fishermen defeated the Ice Dawgs 5-1 in Arborg.

Selkirk took a 3-0 first-period lead on goals from Kasen Andrushko (on

the power play), Austin Zirk and Kyle Folhoffer.

Tyson Barylski put Arborg on the board late in the first but Selkirk replied with second-period goals by Braeden Hummel and Matt Brooks.

Folhoffer had a great game with four points while Zirk, Reece Tessier and Andrushko each had two points.

Owen Derewianchuk made 26 saves for the win.

On Feb. 1, the Ice Dawgs' road game against the North Winnipeg Satelites was postponed due to poor weather/travel conditions.

Arborg, in second place with a 15-8 record to go along with two overtime wins and an OT loss, will visit first-place Selkirk this Sunday (3 p.m.) and North Winnipeg next Tuesday (8 p.m.).

The Lundar Falcons, meanwhile, did not play any games last week.

Lundar will visit St. Malo this Friday (8 p.m.) and then host the Warriors on Saturday (7:30 p.m.).

Peguis red hot in February

Staff

The Peguis Juniors were a very busy hockey team last week.

Peguis played four games — winning all four of them — in Keystone Junior Hockey League action.

The Juniors completed the great week with a 5-3 road victory over the NCN Flames.

Lyle Murdock led Peguis with two goals while Keelian Levasseur and Nathaniel Murdock each had a goal and an assist.

Seth Stark also scored for the Juniors.

Tyrese Bear made 38 saves for the win.

Last Saturday evening, Peguis scored three third-period goals in a 4-2 road win over the Flames.

James Maytwayashing scored a first-period goal for the Juniors and then Lyle Murdoch, Sundance Paul and Lavasseur tallied in the third.

Bear made 37 saves for the win.

On Friday, the Juniors crushed the Cross Lake Islanders 10-5.

Darian Murdock had a great game with three goals and two assists while Shaydon Mousseau also had a hat trick.

Brodie McPherson (two), Keenan Woodhouse and Levasseur also scored for the Juniors.

Lyle Murdock and Levasseur each had three points in the game.

Bear stopped 21 Cross Lake shots.

Last Thursday, Peguis doubled the Norway House North Stars 8-4.

The Juniors, which held period leads of 4-0 and 7-2, received goals from Lyle Murdock (two), Stark, Kyle Cochrane, Darian Murdock, Mousseau, Dion Fontaine and Levasseur.

Bear made 35 saves for the win.

Peguis, now 15-4-0-1 and in first place with 31 points, will host the OCN Storm on Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Winnipeg makes wild comeback against U17 Lightning

Staff

Everything was going the right way for the Interlake Lightning U17 AAA team on Sunday as they built a 3-0 lead.

But then they gave up a shorthanded goal to the Winnipeg Wild's Wylie Garchinski late in the second period.

After that, everything unraveled.

The Wild scored five unanswered goals in the third period for a 6-3 comeback victory in Stonewall.

Ian Buors gave Interlake a 1-0 first-period lead and then the Lightning's Luke Sekundiak and Noah Oughton scored power-play goals in the second.

The Wild's third-period goals were netted by Parker Rolston (power play), Kai Smith, Rhylan Baxter, Garchinski and Evan Gradt.

Dylan LeClair stopped 35 Winnipeg shots.

On Friday, Interlake lost 4-2 to the Winnipeg Bruins in Warren.

Aven Cockerill gave Winnipeg a 1-0 lead and then the Bruins made it 3-0 with second-period goals from Nick Giasson and Cockerill.

The Bruins' Eric Voth then made it 4-0 with a power-play goal early in the third.

Sekundiak made things interesting

with a pair of goals, including a short-handed one at 15:36.

LeClair was peppered with 51 Bruins' shots.

Interlake will host the Eastman Selects this Friday (7:30 p.m.) in Warren and then will take on the Winnipeg Thrashers Sunday (3:15 p.m.) at the Seven Oaks Sportsplex.

Interlake's U15 AAA team, meanwhile, was scheduled to battle the Brandon Wheat Kings in Warren on Sunday but no score was posted on the league website at press time.

Last Saturday, the Lightning were edged 6-5 by the Eastman Selects in Warren.

Interlake forward Blake Farthing had a great game with three goals and an assist. Oughton had a goal and three assists while Gavin Holod chipped in with four assists.

Skylar Farrington scored Interlake's other goal.

Brek Liske (two), Calyb Moore, Zachary Lansard, Owen Martin and Reece Gault replied for Eastman.

Nathan Meisner stopped 32 Selects' shots.

On Friday, Interlake was doubled 8-4 by the Winnipeg Thrashers White in Stonewall.

Cole Swanson, Talon Hogg, Oughton



EXPRESS PHOTO BY LANA MEIER

Gimli's David Johnson controls the puck against the Winnipeg Wild in U17 action on Sunday.

and Holod scored for the Lightning. Farthing had three assists in the game while Dainen Jacobson chipped in with a pair of assists.

Winnipeg goals were scored by Ariel Shuhtin-Poushkariov (two), Draycen Ralph, Charlie Cockriell, Carter Andersson, Nolan Fielding, Ethan Elias

and Ryden Duchon.

The Lightning will host the Winnipeg Bruins Gold on Sunday in Warren and then the Winnipeg Hawks next Wednesday (7 p.m.) in Stonewall.

Viterra Championship begins Wednesday in Selkirk

By Ty Dilello

CurlManitoba announced last week that after extensive consultation, and with support from Sport Manitoba, the men's provincial Viterra Championship aligns with the current public health orders and will be proceeding as scheduled from Feb. 9 to 13 in Selkirk.

Additional safety protocols will be implemented to help ensure the safety and health of all involved. Therefore the competition will look a little different. The event is being held at the Selkirk Curling Club instead of the Selkirk Recreation Complex, where it was initially supposed to be held.

Only 20 tickets will be available per draw for purchase. If you're interested in a ticket for any of the draws, they are available for \$10 on the CurlManitoba website.

Unfortunately, Sportsnet will not be able to broadcast the semi-finals and finals as in past years. However, Curl-

Manitoba will be streaming one sheet from every draw for the whole event, including the semi-finals and finals. You can find the stream available on the CurlManitoba YouTube page.

West St. Paul's Mike McEwen enters the Viterra Championship as the top seed and overwhelming favourite at the event. McEwen, who has played at the last six Briers, is looking to get back to the national stage one more time with a squad that includes Reid Carruthers, Derek Samagalski and Colin Hodgson.

Jason Gunnlaugson of the Morris Curling Club is the second seed. However, Gunnlaugson indicated on his Twitter account last week that he isn't comfortable competing at the event because of the ongoing COVID-19 pandemic. The rest of his team plans on playing and competing in his absence.

Gunnlaugson captured the 2020 Manitoba Viterra title, the last time

the championship was staged. A year later, he was selected by CurlManitoba and wore the buffalo at last year's Brier inside the Calgary bubble.

Gunnlaugson's team might be at this year's Brier. But if they are there, they will be without their skip.

"I take my role as a teammate and a leader very seriously, and it breaks my heart to potentially let my teammates down in some of the biggest tournaments of the year," Gunnlaugson wrote. "To preserve the integrity of the Wild Card process, I will also not participate in the Brier as a Wild Card this year if I do not participate in the Viterra tournament."

Winnipeg Beach's Colton Lott (Kyle Doering, Tanner Lott, Emerson Klimpke) enter the event as the third seed and are looking to do some damage. Team Lott team started the year with Pat Simmons at skip, but after the Olympic pre-trials, Simmons left the team, leaving Colton Lott to skip

and bringing up Stonewall's Emerson Klimpke to go from alternate to lead.

"We've played against the big dogs many times over the years, so we're feeling pretty good about our chances this year," said Kyle Doering. "We've had a good year, and things will hopefully come together for us at the right time in Selkirk this week."

Rounding out the top teams in the event are fourth seed Braden Calvert, fifth seed Corey Chambers, sixth seed William Lyburn, seventh seed Ryan Wiebe (which includes this journalist throwing third stones) and eighth seed Jacques Gauthier.

The 28-team modified double knockout bracket begins Wednesday morning at the Selkirk Curling Club and goes until Sunday afternoon's final. The winner of the event will represent Manitoba at the upcoming Tim Hortons Brier in Lethbridge, Alta., from March 4 to 13.

U18 male Lightning close out weekend with a win

By Brian Bowman

The Interlake Lightning scored three first-period goals in a dominating 6-1 victory over the Yellowhead Chiefs in Manitoba U18 AAA Hockey League action Sunday afternoon in Shoal Lake.

Joel Purdom, Joel MacMillan (power play) and Hayden Wheddon (short-handed) scored for the Lightning in the first period and then Purdom and Wheddon tallied in the second.

Evan Calder added a power-play goal in the third.

Rowin Richmond scored for Yellowhead in the middle frame.

Zach Meadows made 27 saves for the win.

On Saturday, Interlake was beaten 5-3 by Yellowhead.

The Chiefs took a 4-0 first-period lead on goals from Max Collyer, Nathan Maynes, Kurt Rookes and Cooper Kasprick.

After a scoreless second period, the Lightning pulled to within a goal as Calder, with a pair, and Alexander Kaczorowski tallied. Two of those goals came on the power play.

Calder finished the game with three points.

But the Chiefs iced the win when Ty Kirk scored an empty-net goal at 18:51 of the third.

Last Friday, Interlake lost 9-1 to the Eastman Selects in Beausejour.

Wheddon scored a second-period power-play goal for Interlake, assisted by Liam Foley and Purdom.

Eastman goals came from Isaac

Gordon (two), Kaycee Coyle, Ryder McLure, Carter Johannesson, Bryce Warkentine, Braden Berube, Merik Boles and Luke Mistelbacher.

Interlake, now 8-26-1, will host the Pembina Valley Hawks on Friday (7:30 p.m.) and then the Brandon Wheat Kings Saturday (7:30 p.m.) and Sunday (1:30 p.m.) in Teulon.

In U18 AAA female action, Interlake was doubled 4-2 by the Yellowhead Chiefs on Sunday in Shoal Lake.

Sarah Shewchuk and Tessa Stewart scored for the Lightning.

Yellowhead goals were tallied by Darbi Poole (two), Hannah Reagh and Trynity Turner.

Katelyn Dorsch stopped 47 Chiefs' shots.

Last Saturday, the Lightning over-

came a 2-0 deficit to defeat the Eastman Selects 3-2 in overtime in Lundar.

Emerson McAuley and Brooke Wadge led Interlake with a goal and an assist apiece. Kenady Christensen scored Interlake's other goal in overtime, assisted by Wadge and Vern Smarz.

Rachel Halldorson made 36 saves for the Lightning.

Interlake, now 2-22, will be busy this weekend with three games, beginning with a matchup with the Winnipeg Ice on Friday (8 p.m.). The Lightning will host the Central Plains Capitals on Saturday (7:30 p.m.) and the Westman Wildcats Sunday (2:30 p.m.).

All three games will be played in Stonewall.

take a break > GAMES

SUDOKU

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

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!

Level: Intermediate

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!

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

Sudoku Answer

V	E	A	R	E	E	E	V	
T	E	R	A	K	S	V	A	
N	V	A	E	A	O	P	A	
R	I	R	I	O	I	R	I	S
E	R	B	R	O	B	E	M	A
E	T	A	T	S	O	N	S	O
G	A	B	A	V	S	O	A	L
A	R	E	S	I	S	M	S	S
E	S	T	E	P	T	H	S	
L	I	D	N	I	C	G	V	E
L	A	U	A	N	T	E	N	R
S	S	L	E	S	U	S	I	N
C	E	S	M	E	G	I	N	P
H	C	I	R	S	Y	P	R	I
R	O	G	O	B	A	N	S	B

Crossword Answer

CROSSWORD

CLUES ACROSS

- One point east of due south
- City in Maine
- Inquire too closely
- Make dirty
- Small Greek island
- Bitterly regret
- Millisecond
- the ante
- Without value
- Eurasian ryegrass
- Authentic
- Having a mournful quality
- Not out
- Salvador __, Spanish artist
- Cargo (abbr.)
- This (Spanish)
- Sino-Soviet block (abbr.)
- Slang for trucks with trailers
- Helps you hear
- Steer a boat
- British School
- Genus of olive
- Computer term (abbr.)
- Horse gear
- Give off
- A type of salt
- Exposing human vice or folly to ridicule
- One who watches birds
- Sailboat
- A major division of geological time
- Sodium
- American state
- Soak in water
- Thin decorative covering of fine wood
- Affirmative

			1	2	3		4	5	6	7	8	9			
								11							
12	13		14					15							
16		17						18				19	20	21	
22								23							
24							25	26			27				
							28	29			30				
31	32	33				34				35		36			
37			38			39									
40						41			42		43	44	45	46	47
48					49					50					
51										52					
						53				54				55	
						56				57					
						59				60					

CLUES DOWN

- One of the four seasons
- Its sultan is famous
- A lens for correcting defective vision in one eye
- College degree
- Soldiers need it
- Japanese car manufacturer
- A way to address
- Obstruct
- Atomic number 45
- Ill-mannered
- Opaque gem
- Indicates before
- Remove
- Populous Argentine city
- More cunning
- Rich dessert
- Payment (abbr.)
- Footwear
- Famed Alabama city
- Sheep's cry
- Arrogance
- Clerical vestment
- Serving no practical purpose
- An evening party
- Print errors
- Not good
- Egyptian Sun god
- Industrial German city
- Scottish island
- Early multimedia
- Atomic number 18

get inspired

> MEAL IDEAS



Thai Chicken and Pork Skewers

1 tablespoon chili oil
 1/2 tablespoon lime juice
 2 tablespoons honey
 2 tablespoons chopped cilantro
 salt, to taste
 pepper, to taste
 1 1/2 pounds boneless, skinless chicken breast
 1 1/2 pounds pork tenderloin
 In mixing bowl, combine ginger, garlic, peanut butter, broth, soy sauce, chili oil, lime juice, honey and cilantro. Mix well and season with salt and pepper, to taste.
 Cut chicken and pork into strips and thread onto skewers. In non-metal container, marinate meat in half of peanut butter sauce 1-2 hours in refrigerator. Reserve remaining sauce for dipping.
 Heat oven to broil.
 Broil skewered meats until done, turning once. In pot, bring remaining sauce to boil and serve warm as dipping sauce.

Recipe courtesy of the Georgia Peanut Commission

1 tablespoon minced ginger
 6 cloves garlic, crushed
 2 cups creamy peanut butter
 1 cup chicken broth
 2 tablespoons light soy sauce



Brussels Sprouts with Peanut Chipotle Vinaigrette

nish
 fresh orange or mandarin juice, for garnish
 nish
 crispy fried shallots, for garnish
 crumbled French feta, for garnish
 chopped fresh mint, for garnish
 Preheat air fryer to 400 F.
 Lightly brush Brussels sprouts with peanut oil and place in fryer basket. Cook 10-15 minutes, shaking halfway through.
 In small bowl, whisk peanut butter, water, champagne vinegar, honey, chipotle chili powder and 1 pinch salt until well combined.
 Once cooked, remove Brussels sprouts from air fryer and place in bowl. Toss in chipotle peanut vinaigrette until well combined. Season with salt, to taste.
 Garnish with orange segments, orange juice, crispy fried shallots, feta and mint.

Recipe courtesy of Parker Wallace (parkersplate.com) on behalf of the Georgia Peanut Commission

2 pounds Brussels sprouts, halved
 peanut oil
 2 tablespoons creamy peanut butter
 2 tablespoons water
 3 teaspoons champagne vinegar
 2 teaspoons honey
 1/8 teaspoon chipotle chili powder
 1 pinch kosher salt, plus additional, to taste, divided
 orange or mandarin segments, for gar-



Peanut Butter Cookie Oatmeal

1/2 teaspoon cinnamon
 1/2 teaspoon vanilla extract
 1/2 cup milk
 2 teaspoons maple syrup
 In medium saucepan, combine oats, water and salt.
 Bring to boil then reduce heat to medium. Cook 10-12 minutes, stirring occasionally.
 Remove from heat and add peanut butter. Stir until peanut butter melts.
 Add brown sugar, raisins, banana, cinnamon and vanilla extract; stir.
 Divide oatmeal into two bowls. Top each bowl with 1/4 cup milk and 1 teaspoon maple syrup.

Recipe courtesy of the Georgia Peanut Commission

1 cup old-fashioned oats
 2 1/2 cups water
 1/4 teaspoon salt
 2 tablespoons chunky peanut butter
 1 tablespoon brown sugar
 2 tablespoons raisins
 1 banana, sliced



Christine Ibbotson

Dear ATML Readers: I want to share a study done a couple of years ago, (pre-COVID) on why some retirees are happier than others. See if you can do these things too.

When we think about it – why aren't all retired people happy? They don't work or commute any more. They have no deadlines, commitments, angry bosses, or back-stabbing coworkers to deal with, and they can sleep in every day. To the rest of us still working, we can't imagine why they wouldn't be happy all the time? But it turns out, there are some retired Canadians that are indeed happier than others. So, let's find out why and discuss how you too can be guaranteed retirement bliss.

When we looked at the financial aspects of the happiest retirees, it was not that they had more money, but more that they viewed their money as a tool for their happiness. The happier retirees had no mortgage or consumer debt. They also stayed in the homes that they purchased and paid off while they were working. This is where it got very interesting to me. Turns out, many retirees that moved during the early years of retirement to "right-size" their life, took on home renovations, or made big purchase decisions and wound up with more debt than they bargained for; forcing them to eat into their retirement savings or carry a new mortgage that wasn't anticipated. When it came to vacations, (again please remember this study was done pre-COVID), the happiest retirees had taken two or three vacation every year, while the less happy retirees had one or none. This next discovery was something I didn't expect. Turns out the happiest retirees in the survey were not lavish spenders and seemed to be right in the middle-class with their spending especially on cars, clothing, and vacations. The unhappy retirees on the other hand were the opposite. This group had a lot more status symbol purchases and high-priced vehicles, with BMW being the most popular.

Another thing that I found most interesting was that the happiest retirees had done a lot of planning over the years. They obviously were not leaving anything up to chance. Most had financial advisors, and all had multiple sources of income in retirement, (3-5 sources funding retire-



AsktheMoneyLady.ca

ment). The unhappy participants, as you would expect, did little to no planning for their future during their working years, with most starting just five years before retirement. This group invested without financial assistance, usually day-traded on their own, and all planned to rely on one or two sources of income, such as their pensions only.

When we look at the other facets of the happiest retirees, the study showed that this group had many personal hobbies. The happiest people had four to seven hobbies versus the most unhappy retirees who had fewer than three. So, what is a hobby? A hobby is a leisure pursuit, something that fulfills and defines you. This would be something that you think about, something you do often, and is absolutely one of the key traits that will ensure your happiness. You see, those retirees that had many core pursuits were statistically happier than those that retired with only one or two things they liked to do outside work. According to the research, many Canadians with no hobbies, ended up with depression in retirement; claiming that they had never been depressed before retirement, but now without work, they felt they had lost the only identity and sense of purpose they had ever known. The number one hobby among happy retirees was volunteering of which we all know there are endless options. Happier retirees tended to be very active and social with daily exercise being a key factor as well. Please remember that this study was done pre-COVID; however, the findings are still interesting. The happiest retirees were much more involved socially (and still are, virtually). They joined clubs, played sports, attend fitness classes, volunteered, had part-time jobs, and were generally busy every day with activities. The unhappy in the study tended to prefer more solitary interests, such as, walking alone, hunting, and watching television.

So my ATML Readers: the take-away from this study is to Plan Your Life. I know we are all getting tired and discouraged with COVID, but remember, life is what you make it. Only you can make yourself happy, healthy, fit, slim, busy, wealthy, content, independent, prosperous.....you get the idea! So, no matter where you are, no matter what is going on right now in your life; change it and mix it up this year. Find your own happiness equation and just do it!

*Good Luck & Best Wishes,
 ATML - Christine Ibbotson
 Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca*

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We are looking for a dedicated, organized and self motivated individual for the position of

HEAVY TRUCK & TRAILER MECHANIC & SAFETY TECHNICIAN

Duties will include, but are not limited to performing inspections on units, mechanical repairs, and more. Must be red seal certified or eligible for certification. The successful candidate will receive training, all necessary tools, competitive wages & benefits package.

Sales@jbrandtent.com

Call 204-364-2775 for more information



RURAL MUNICIPALITY OF GIMLI TERM CONTRACT EMPLOYMENT OPPORTUNITY ASSET MANAGEMENT COORDINATOR

The Rural Municipality of Gimli invites qualified individuals to apply for the one year term contract position of Asset Management Coordinator.

Under the general direction of the CAO, the Asset Management Coordinator will be responsible for assisting in establishing and implementing the asset management plan for the municipality as well as expanding its use and understanding throughout the organization.

The preferred applicant will have the following qualifications:

- A Diploma or Degree in Civil Engineering Technology or Geographic Information Systems Technology or equivalent in related education and experience
- Five years' experience in developing, analyzing and maintaining GIS data and other GIS output products including use of software and use of GPS units for data collection
- Three years' experience in the development, maintenance and application of asset management plans within the operation of an organization

Municipal experience would be considered an asset.

All inquiries or requests for complete job description can be obtained by contacting Rural Municipality of Gimli CAO **Kelly Cosgrove** at kcosgrove@rmgimli.com or 204-642-6650.

Procedure for Applying:

Qualified Applicants are invited to submit a cover letter summarizing relevant experience, a resume, plus three (3) references to:
Rural Municipality of Gimli
Attn: Kelly Cosgrove
E-mail: kcosgrove@rmgimli.com

SUBJECT: ASSET MANAGEMENT COORDINATOR

Box 1246, Gimli, MB ROC 1B0

Deadline for applications: 4:00 PM on Friday, February 28th, 2022

Start date: as soon as possible

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call the Record
204-785-1618

204 PALLET AND PACKAGING

Like working with wood and working close to home?

204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. **Please call 204-344-5404 for more details.**



Rural Municipality of FISHER

SENIOR ELECTION OFFICER POSITION

Seeking an individual interested in being the Senior Election Official for our October 2022 Municipal Election.

This is not a full time or permanent position.

Individual would receive provincial training and receive Provincial and Municipal supports.

Responsible for the implementation of the whole election process, RM staff available to assist upon request.

Interested persons can contact the RM office, 204-372-6393 for a more detailed description.

Application Deadline is March 1, 2022, 4 p.m. Applications to be dropped off at the RM office only, 30 Tache Street, Fisher Branch, MB.

Employment Opportunity

Riverdale Place Workshop Inc. requires a SPECIAL CARE SUPERVISOR

- Tuesday, Wednesday and Thursday 8:45 a.m. to 3:45 p.m. (21 hours per week)
- Pension plan and benefits provided.
- To provide one to one care and assistance with daily activities to a person with disabilities.
- First Aid course provided.
- Criminal Record Check and Adult Abuse Check required
- Additional details and information about the job is available at the workshop.

Please send resume or drop off at the workshop to:

Alex Janower, Manager
Riverdale Place Workshop Inc.
Box 609
Arborg, MB ROC 0A0
Phone 204-376-5584
Fax 204-376-5584
Email: riverdalew@mymts.net



RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER

CLOSE DATE: February 25, 2022 at NOON

The Rural Municipality of Gimli is accepting tenders for the following:

Walkway snow removal at various locations within the Urban Centre (former town area), including removal of snow from walkways, building entrances, wheel chair ramps.

Detailed Tender packages are available to interested bidders on the RM of Gimli website at www.gimli.ca or at the Municipal Office between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "Walkway Snow Removal, submitted by _____" will be received by the undersigned at the address below until **NOON, February 25, 2022**. Late submissions will not be accepted.

Submit to:

Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246
Gimli, MB ROC 1B0
Attn: Karl Bergman, Public Works Foreman

Questions or concerns in respect to the tender can be directed to:

Karl Bergman, Public Works Foreman
Manager of Public Works
E-mail: kbergman@rmgimli.com
Phone: (204) 642-6688

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

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FULL TIME EMPLOYMENT OPPORTUNITY

We are looking for a dedicated, organized and self motivated individual for the position of

HEAVY TRUCK & TRAILER BODY TECHNICIAN

The successful candidate will work independently to complete body repair and paint jobs on heavy trucks & trailers. Experience is an asset, but training will be provided.

The successful individual will receive all necessary tools, competitive wages & benefits package.

Resumes can be sent to Sales@jbrandtent.com
Call 204-364-2775 for more information



FULL TIME EMPLOYMENT OPPORTUNITY

We are looking for a dedicated, organized and self motivated individual for the position of

HEAVY TRUCK & TRAILER SALES REPRESENTATIVE

Duties will include assisting customers, answering sales calls & emails and following up with leads. Strong verbal and written communication skills are necessary. Past sales experience and knowledge of heavy trucks & trailers is an asset. The successful candidate will receive competitive wages & benefits package.

Sales@jbrandtent.com

Call 204-364-2775 for more information



Help Wanted Full - Part Time Positions

Cashiers, stock shelves, customer service
Must be able to carry 50 lbs and able to do stairs willing to work weekends (typically every 2nd weekend)

Must have a valid driver's license

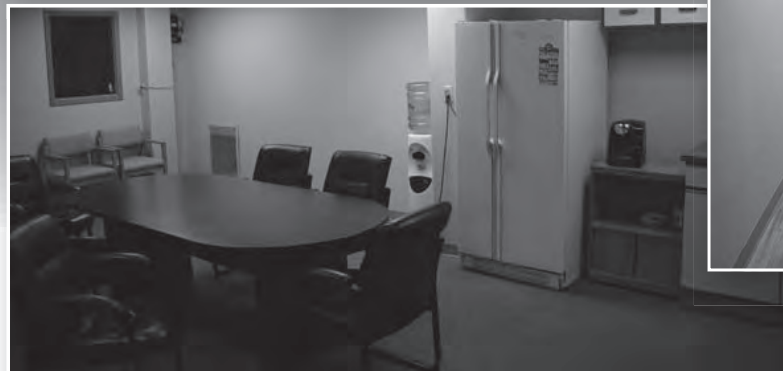
What we offer:

Health/Dental Benefits
Friendly work environment

Please drop off resume in person to:
75 Centre St. Gimli, MB

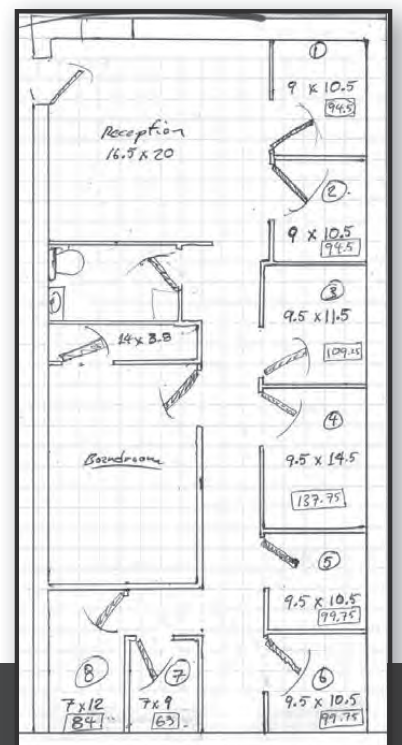
The Express Weekly News Classified booking deadline is Monday at 4 p.m.

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



Property Features

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



For information please contact:
BIG Real Estate
204-485-0010

email bigandcolourful@mts.net

Classifieds Announcements



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NOW HIRING!

The Canadian Tire Selkirk Automotive Department is now seeking staff for the following position:

EXPERIENCED Red Seal Mechanic

Strong candidates must have:

- Solid communication skills
- Problem solving abilities
- Strong interactive skills

Compensation based on experience.

Full time position includes benefit package.

Email resume and references to mick.walsh@thetire.ca



Now Hiring!

Customer Services Representative

Teulon, MB

To Apply, Visit:

www.nutrien.com/careers



CARD OF THANKS

Thank you to Dr. Donnelly and staff at Arborg Hospital. Special thanks to Thomas and Fimi who were with us at Bert's passing, you were so kind. Also, thanks to all who sent flowers, cards and phone calls. Thanks so much.

-Vera Osborne and family

The Express Weekly News apologies, in Major Hubert Nelson Osborne's obituary it should have stated that he enjoyed his chosen career of 32 years with the Royal Canadian Air Force (RCAF).

Remember Your Loved Ones

with an Announcement in the



Call 204-467-5836 or classifieds@expressweeklynews.ca

RURAL MUNICIPALITY OF GIMLI

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter(s):

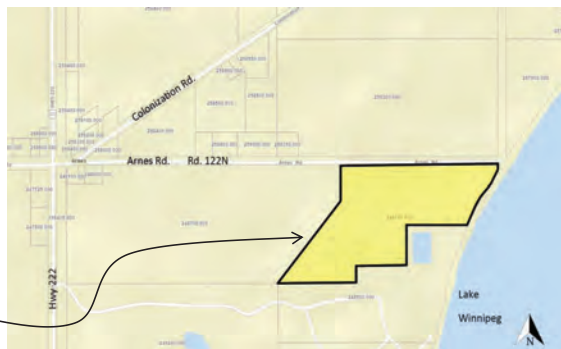
THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. 22-0001
Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

HEARING LOCATION: RM of Gimli Council Chambers
62 2nd Avenue
Gimli, MB

DATE & TIME: February 23, 2022
6:35 pm

APPLICATION: RMG-21-03R

AFFECTED AREA: Pt. NE 9-21-4E
being Parcels B & C, Plan 55782 WLTO
Roll No.: 248750



GENERAL INTENT: To rezone an area in the RM of Gimli from "O" Open Space Zone to "SRG" Recreation Resort General Zone.

FOR INFORMATION CONTACT: Nancy Thom, CAO/Development Officer, Eastern Interlake Planning District
62 2nd Ave, Box 1758 Gimli MB R0C 1B0 - Ph: 204-642-5478 Fax: 204-642-4061
Email: ejpd@mymts.net website: www.interlakeplanning.com

COVID-19 PROTOCOL: Should you wish to attend the hearing, you must PRE-REGISTER NO LATER THAN 5:00 p.m. ON THE DAY OF THE HEARING with the RM of Gimli office at 204-642-6650.

A copy of the proposal and supporting material may be provided upon request to the contact person as mentioned above.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.



We Are HIRING!

LOCKPORT COMMUNITY DEVELOPMENT GROUP (LCDG) IS LOOKING FOR A:

CASUAL MARKETING / ADMIN COORDINATOR

WE'D LOVE TO HEAR FROM YOU!

We are looking for talented and creative people for our team.

- ✓ Graphic Designer or Canva experience
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- ✓ Casual basis - approx. 3-4 hours per week - great contract or part time work!
- ✓ Really great ideas!

E-MAIL YOUR RESUME TO LOCKPORTMARKETING@GMAIL.COM

LCDG is a group of local businesses in the RM's of St. Andrews, and St. Clements that have joined forces in promoting the joint community of Lockport Manitoba.



Classifieds Announcements



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

OBITUARY

Richard Banera

November 25, 1951 – February 1, 2022

With great sadness we announce the sudden passing of Richard Banera on February 1, 2022 at the age of 70 years.

He leaves to mourn his passing sister Bernice (Don) Symington; niece Lorraine (Leo) Passaggio; great-nephew Dylan; niece Kelly Smith; great-niece Jessie as well as numerous cousins and friends.

In keeping with Richard's wishes, cremation has taken place and there will be no formal service. Private family interment will take place at a later date.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Philomena (Minnie) Snowball

Minnie passed away at the Stonewall Hospital on January 28th, 2022 of renal failure at the age of 90.

She was predeceased by her parents Georg and Ottilia, husband Leonard, son John, sisters Anna and Otti, and brother George.

Minnie is survived by one brother Clause, brother-in-law Emil, numerous nieces and nephews and many friends.

Minnie immigrated to Canada in 1956 and made Manitoba her home. Her generous nature and love of gardening and animals will always be remembered by everyone.

Cremation has taken place and a graveside service is planned for the springtime at the Arnes Cemetery.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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