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EXPRESS PHOTO BY JO-ANNE PROCTER

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Gimli Ice Festival's inaugural fishing derby will be quite a catch with over \$57K in prizes

Fundraiser for Marymount and Fish Futures

By Patricia Barrett

Gimli Ice Festival's upcoming inaugural fishing derby is shaping up to be quite a catch with over \$57,000 so far in prize giveaways and guaranteed cash prizes.

Proceeds from the derby will be going to two charities, Marymount, a social services organization that helps children and families across Manitoba, and Fish Futures, which enhances the province's freshwater fishery.

This is the first year the ice festival has held a fishing derby. The two charities approached the festival to see if it was possible to team up, and they're taking care of organizing the derby and attracting sponsors. GIF is providing the manpower and other logistics.

"So far, Marymount and Fish Futures have been able to get over \$50,000 in cash and prizes to be won as part of the fishing derby. That's a big deal," said GIF co-chair Peter Holfeuer. "We are assisting them with cleaning off the lake and helping with some of the logistics but, overall, they're organizing it."

The derby fundraiser is a first for Marymount, said Mardy Yager, Marymount's director of operations and fund development. As of Feb. 8, the derby had over \$57,000 in prize giveaways and is continuing to grow.

"We have about 350 people already registered and I'm anticipating anywhere from 500 to 750 people will register," said Yager last week. "We want this to be an annual event within the Gimli Ice Festival."



EXPRESS PHOTO BY PETER HOLFEUER

Bruce Huynen caught a pickerel last Saturday in the area where the Gimli Ice Festival's inaugural fishing derby is set to take place on March 4.

The derby will help raise awareness of what the social services organization does for vulnerable children and their families throughout Manitoba, he said.

"Marymount is 112 years old. It runs a residential

program, therapeutic programs, crisis intervention programs and educational programs. We have five community group homes for children and youth in Winnipeg. We also run the only voluntary and involuntary addictions service for youth under the age of 18 inside the city of Winnipeg. We have about 350-400 employees. We're a big agency."

In Winnipeg, Marymount operates a school for children who struggle in the public school system because of family breakdowns, mental health issues, sexual abuse or other challenges that prevent them from being successful at school, said Yager. Marymount also has an off-campus school called Pathways that helps older adolescents and young adults obtain their Grade 12 diploma.

In Thompson, Marymount runs a School's Cool program to help pre-schoolers and their families prepare for the educational system and a program called Daddy and Me, which helps fathers coming out of the correctional system reintegrate with their families. To help with food insecurity in Thompson, Marymount started a food pantry program during COVID.

Children in crisis from across the province can be referred to Marymount for programs, and that includes referrals from Indigenous agencies. The school has an elder on staff and incorporates Indigenous practices.

Yager said Marymount and Fish Futures are very appreciative of the help they've received from the Gimli Ice Festival, the RM of Gimli and the sponsors.

"We've received unwavering support from the

Continued on page 7

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Ice fishing program offers land-based learning for Indigenous children

Selkirk Onashiwini Aboriginal Head Start Program helps preserve traditional knowledge

By Kaitlin Vitt

A group of children and their families are out on the frozen Red River. Some kids are chasing each other, and some are building a snow fort. A few are snowshoeing, while others are roasting wieners and bannock over a fire.

But the real reason they're here is to learn how to ice fish.

The Selkirk Onashiwini Aboriginal Head Start Program received funding through the Public Health Agency of Canada and Cabela's to put on a weekly ice fishing program, which started Jan. 9.

"Traditional knowledge has been lost, and we are trying to bring that back to families in order for them to embrace their cultural heritage," said program co-ordinator Kathy Duncan.

Thanks to the funding, the Head Start Program has purchased supplies such as ice fishing shelters, portable heaters, fishing rods, an ice auger and other tools required for ice fishing.

"Our goal is to incorporate [a] land-based curriculum, providing and retaining culturally relevant education, which has the capacity of empowering our children by developing their own connections with the land and nature," Duncan said.

Two fishing facilitators, Trevor Rundle and Seth McMahon, helped launch and implement the weekly fishing program. Each week, they set up the fishing area by putting up the shelters, drilling holes and getting the rods ready for when the kids arrive.

Rundle's daughter and McMahon's sister went through the Head Start Program.

"With both having such a strong previous connection to Head Start,



it feels like we have come full circle with their involvement back in the program," Duncan said.

Most of the kids taking part haven't been ice fishing before, so the facilitators show the kids fishing tips and tricks, like how to bait a hook. They also talk about what kind of fish are in the river. And while in the shelters, people share stories.

"We want to instil a love of culture when it comes to fishing," Duncan said. "We want [the children] to be excited when they know it's a fishing day."

The Onashiwini Aboriginal Head Start Program is a school-readiness program for Indigenous three- and four-year-old children. The program is funded by the Public Health Agency of Canada and sponsored by the Selkirk Friendship Centre. There is no cost to families, besides putting in



EXPRESS PHOTOS SUBMITTED

Students of the Selkirk Onashiwini Aboriginal Head Start Program learning to fish on the Red River. Pictured: Jayce and Meadow getting ready to reel in some fish.

volunteer hours.

Onashiwini means to mentor and guide in Ojibway. Through the Head Start Program, children take part in

cultural activities, such as Indigenous drumming, powwow lessons and fid-

Continued on page 11

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Ashern Early Years School fosters the importance of reading

I Love to Read month offers activities to get kids excited about reading

By Autumn Fehr

I Love to Read Month is in full swing at Ashern Early Years School for the month of February.

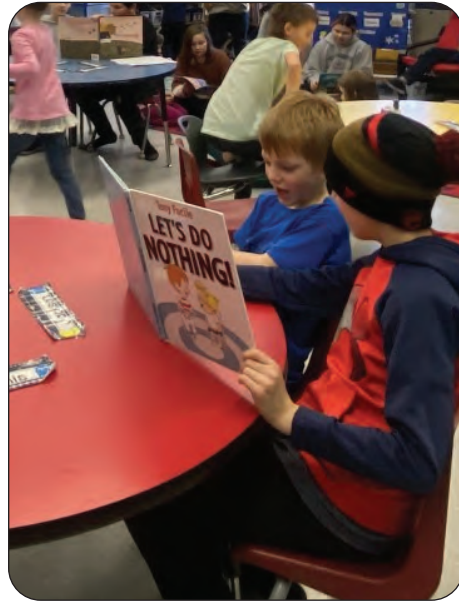
The school has a variety of activities set up for the kids to foster the importance and love of reading as the month goes on.

"It's important to have I Love to Read Month to foster a love of reading in all of our students," said Erin Bay, Grade 4 teacher at Ashern Early Years School.

The school has guest readers to read the kids a few stories every Monday.

Guest readers that the school plans to bring in to read to the students include superintendents Darlene Willetts and Donald Nikkel, along with other school staff and some community members.

On Wednesdays, various events are planned for the kids to get excited about reading.



Another photo of Buddy Reading.

To have a little fun dressing up, there are different themed days planned on Wednesdays throughout the month.

Dr. Seuss-themed dress-up days for I Love to Read Month include "Dress like your favourite book character day," "Cat in the Hat Day," which is wear your favourite hat day, and "Green Eggs and Ham Day," which is wear a green shirt day.

They are also having "Buddy Reader



EXPRESS PHOTOS SUBMITTED

Ashern Central School Grade 5 to 8 students came to the elementary school last Wednesday and buddied up with the kids to read a few stories to them. Pictured left to right: Brooklyn, Jessica and Teresa.



Students at Ashern Early Years School listen to guest reader Ms. Short.

days" every Wednesday. Grade 5 to 8 students come in from Ashern Central School and pair up with kindergarten to Grade 4 students in groups of two or three and read stories to them. The school's first Buddy Day was Feb. 8.



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Gimli to Winnipeg commuter survey shows 88 per cent in favour

By Patricia Barrett

The results of a commuter service survey launched last year by the Gimli Environmental Advisory Committee (GEAC) shows a majority of respondents in favour of using such a service.

GEAC wanted to gauge interest in a commuter service between Gimli and Winnipeg, which the town and communities south of it lack, as well as find out how many people would use it and what they'd be willing to pay.

GEAC secretary Rosemary Dzus said a majority (88 per cent) of the 123 respondents from Gimli and adjacent communities said they'd use such a service, but they wouldn't use it on a daily basis.

Those respondents were 55 years of age and older, from two major age groups: 55 to 65 years of age and 65 years of age and older. Together, the two groups represent 77 per cent of the respondents.

"The majority of respondents said they'd likely take advantage of a commuter service a few times per month," said Dzus. "There were very few people interested in using it as a way to get to work."

It's unsurprising that people in this age range would find little need for a daily commuter service because many might be retired, she said, or they might find the service inadequate as far as getting to a specific location in Winnipeg; the service would likely drop off/pick-up point from which they would then have to make their

way through the city by transit bus or other means.

The major reasons cited for using a commuter service were attending medical appointments (70 per cent) followed by shopping (64 per cent) and entertainment (51 per cent).

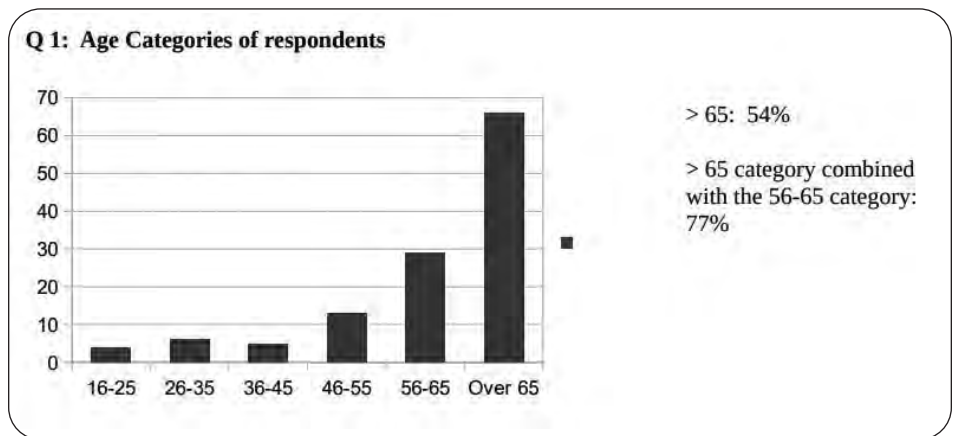
Those who said they wouldn't use it cited extra costs involved in getting around the city and "skepticism" about how long such a service would last.

Greyhound used to provide transportation to and from the Interlake, but the company ended its bus services in western Canada in October 2018, leaving rural communities without affordable transportation or without any means of travelling between towns and cities.

GEAC posted its survey on local social media websites and made it available at the New Horizons Centre in Gimli between July and September 2022.

The survey asked respondents to choose what fare — \$20, \$30, \$40, \$50 or other — they'd be willing to pay for a return trip to Winnipeg. Fifty-seven per cent indicated they'd pay \$30 or more.

"I know \$20 is not enough to make a go of it. And with gas prices going up pretty dramatically in the past year, I don't know what it would cost now to make a service viable," said Dzus. "But it is encouraging to see that people would be willing to pay more than \$20. Right now, for example, with gas prices as they are, it would probably cost \$30-40 to get to the city



GIMLI ENVIRONMENTAL ADVISORY COMMITTEE

Respondents 16 years of age and older from Gimli and communities south of it, including Winnipeg Beach and Matlock, completed the survey, with the majority of people being in the 55 years of age category and older. A majority of the respondents expressed interest in using a commuter service a few times a month.

and back. If there was a bus service, people might be paying just as much but wouldn't be wearing out their vehicles or having to pay for parking."

A large number of people (41 per cent) indicated they'd use a commuter service as a way to reduce the environmental impacts of carbon emissions, and 42 per cent said they'd use it because of financial concerns.

"There were a significant number of people who picked the environment as a concern for them," said Dzus. "It's encouraging to see that people in the area have concerns about fossil fuel use and their carbon footprint."

Dzus said the results of the survey were presented to GEAC and a copy was sent to RM of Gimli council.

What comes next is discussion about

the survey with council and possibly making it available to companies running a bus service to see if it could be viable.

"I think it would be a good idea to talk this over with council, then possibly talk to some other organizations in the area as well as making the report available to companies that are already running bus services. Our survey will provide useful information to anybody considering opening a bus route," said Dzus. "If somebody is going to offer a service, they'll have to be sure it will make sense financially for them to do it."

For more information about the survey, contact GEAC by email: geac@rmgimli.com

Steps for design of Chief Peguis monument announced

Submitted by Manitoba government

Work continues toward the design, construction and installation of a historic monument on the legislative building grounds commemorating the bicentenary of the Peguis-Selkirk Treaty, Consumer Protection and Government Services Minister James Teitsma and Indigenous Reconciliation and Northern Relations Minister Eileen Clarke, alongside Friends of the Peguis-Selkirk Treaty Inc., announced on Feb. 7.

"The historic Peguis-Selkirk Treaty was the first instance of a formal written agreement recognizing Indigenous land rights in Western Canada," said Teitsma. "This new monument will serve as an important reminder of the historic spirit of sharing, co-operation and conciliation between Chief Peguis, the allied chiefs and Lord Selkirk."

The Manitoba government previously announced a signed agreement with Friends of the Peguis-Selkirk Treaty Inc. and its contribution of \$500,000 toward the monument. The monument will feature a statue of Chief Peguis and inscriptions commemorating all five treaty signatory chiefs, as well as King George III and Lord Selkirk. The monument will be installed on the north lawn of the Legislative Building grounds between the existing Next of Kin monument eastward toward the former location of the

Queen Victoria monument.

"As the first monument on the legislative building grounds to recognize the contributions of First Nations people, it is intended to promote reconciliation between First Nations and non-Indigenous Manitobans," said Clarke. "We would like to thank the Friends of the Peguis-Selkirk Treaty for their work and dedication in advancing this important project."

"Our sincere thanks to the Manitoba government, the As-

Continued on page 8

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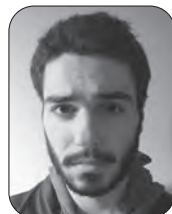
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Manitoba's COVID hospitalizations rise significantly

By Patricia Barrett

Manitoba hospitalizations for COVID significantly increased around the beginning of this month, according to the provincial government's respiratory surveillance report for the period Jan. 29 to Feb. 4 (reporting Week 5).

Fifty-three people were hospitalized, with 10 people needing treatment in the intensive care unit. The previous week's report showed 11 hospitalizations with two people admitted to the ICU.

Eleven more Manitobans died from COVID in Week 5. There were 10 deaths reported the previous week, and 15 deaths reported the week before that.

There were 65 new cases of COVID detected by PCR testing in Week 5, a slight increase from the 62 new cases reported the previous week. Provincial data are an undercount of the real number of infections as the province restricts access to PCR testing and rapid antigen tests aren't tracked.

Wastewater surveillance data for COVID for Winnipeg and Brandon to the end of January show sustained activity.

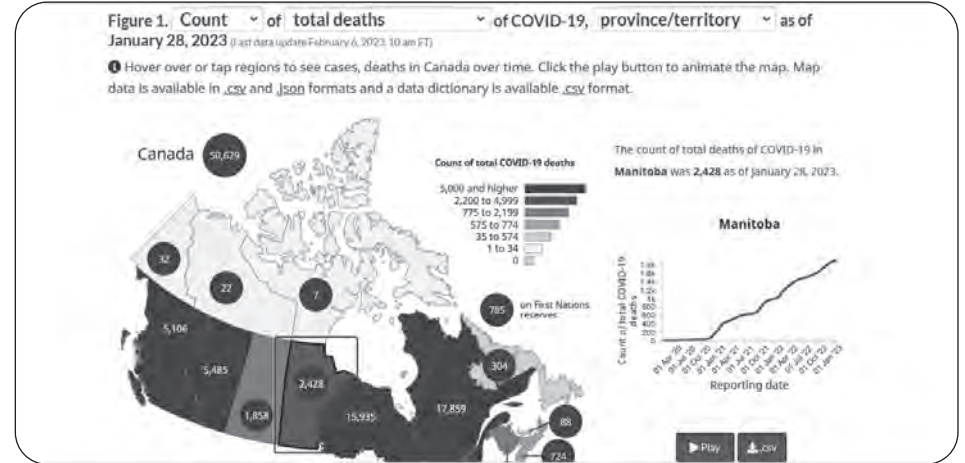
The provincial government no longer provides in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Manitoba's COVID death toll was 2,428 as of Jan. 28, according to the federal government's COVID webpage, and Canada's death toll now stands at 50,629.

The Week 5 report shows no new cases, hospitalizations and deaths from influenza, but there were 75 new respiratory syncytial virus (RSV) cases reported, down one case from the 76 reported the week before.

Other health news:

- The Interlake-Eastern Regional Health Authority (IERHA) declared



on Feb. 6 a gastrointestinal outbreak at the Ashern Personal Care Home, according to its outbreak webpage (viewed Feb. 10). A gastrointestinal outbreak that had been declared on Jan. 31 at the Selkirk Betel PCH continues.

- Eriksdale hospital's ER will be available for two out of 13 days (on Mondays) for the period Feb. 16-28, according to the ER schedule posted online. Ashern's ER shows 24-7 availability for the entire period. Arborg's ER shows five days with partial or 24-7 coverage. Gimli and Selkirk's ERs show full availability while Stonewall shows 11 days of full coverage and two days of half coverage. The schedule is subject to change.

- Manitoba Nurses Union launched a new campaign last week that aims to raise public awareness of the "extremely fractured" health-care system and exhort people to vote this year with health-care in mind.

The union's campaign, called out-RAGEous, comes after more than three years of COVID plus other respiratory viruses overwhelming hospitals. Nurses are upset about the failing health system, being unable to provide safe levels of care, working extreme overtime and watching an exodus of their colleagues from the

profession. "At this point we are living in a world that is flooded with apathy and a health care system that cannot even keep its head above water," said the union in a Feb. 6 statement. "If it weren't for agency [nurses] and overtime, this system would have collapsed."

Taking a shot at "smooth-talking politicians" with "empty promises" and "big announcements," the union says the health-care system is broken and exhorts the public to "vote like your life depends on it" in the upcoming provincial election. The issue is not only a nurses' issue, but a Manitoba issue and "sitting back and watching our system crumble is completely unacceptable."

- The World Health Organization's latest epidemiological update says almost 10.5 million new cases of COVID were reported globally over the past 28 days (Jan. 9 -Feb. 5), as well as over 90,000 new deaths from the virus.

- The WHO had declared at the end of January that COVID still constitutes a worldwide public health emergency and that surveillance by countries has dropped off, making it difficult to get a full picture of the virus' evolution.

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PHOTO BY MALLORY KMET

The Kmet family finished off a hockey tournament on Sunday and decided to have supper on the open fire with family in Fraserwood. The beautiful weather was a perfect way to end the day after being inside all day.

Fire causes minimal damage to the Eriksdale Inn

By Autumn Fehr

On Tuesday morning at approximately 2 a.m., the Eriksdale Fire Department responded to a call at Eriksdale Inn.

It appears the fire started in the southeast corner of the building. Nobody was in the building at the time of the fire, but workers were in residence.

Fortunately, there were no injuries or fatalities.

The building received minimal damage. The most significant area affected was the beer vendor, cooler and storage portion, where they kept the empties.

To stop the loss to the building,

the firefighters removed the tin on one side of the building, spreading the walls out and opening them up to get to the root of the fire.

Currently, there is no insight into the cause of the fire, and it is undetermined where it started, said Chief Randy Mason.

The insurance company has fire investigators inspecting the scene to determine the fire's cause and origin, he said.

The chief said he has no insights into when the inn will be up and running again but will surely need re-wiring, painting and a good clean up.

> FISHING DERBY, FROM PG. 2

RM of Gimli. Because sponsorship is very important to make this event successful, Darin Lemieux from Rona in Gimli got on board and took the host sponsorship right off the bat," said Yager.

Besides Rona, the two charities have attracted a number of sponsors including Red River Co-op, Danny's Barbecue & Smokehouse, Harvester Outdoors, City Cats, The Fishin' Hole, Prairie Helicopters and Rapala (fishing gear).

Prize giveaways include a helicopter ride and two-night stay at the Elkhorn Resort, a thermal shelter, gas grill, barbecue, augur, Co-op gift card, Gimli Rona gift card, a guitar, case and lesson package, men's and ladies' ice suits, a guided ice fishing trip, a half day on the Red River in summer to catch catfish, tickets to a Winnipeg Jets hockey game and a mountain bike.

In addition to the prizes, the derby has guaranteed cash prizes: first prize is \$15,000 cash, second prize is \$3,000 cash, third prize is \$2,000 cash and smallest fish is \$1,000 cash.

Jerry Kruczek, president of Fish Futures, said the derby will help the organization enhance the fishery in Manitoba.

"The derby will allow us to carry out some resource-related projects," he said. "What we'll probably do in this case is put out a call for a project that fits our corporate mission statement."

Fish Futures is focused on the conservation and enhancement of freshwater fisheries in Manitoba, as well as educational programs. Its province-wide projects have included upgrades to docks and boat launches, shoreline clean-ups, research on fish passageways and ladders, spawn projects, fish stocking and support for the Lake Winnipeg Research Consortium and the Namao research vessel.

Since 2007 Fish Futures has received more than \$435,000 in funding from the Fisheries Enhancement Fund for projects such as a Red River creel survey, a children's book about fish and fishing, hiring a provincial youth angling coordinator, providing angling opportunities to kids in northern Manitoba and visiting schools to promote angling.

Kruczek said he and Yager have known each other for a long time, and Fish Futures had in the past helped set up an ice fishing program for students at Marymount. After Yager spoke with GIF organizers about holding a fishing derby, he contacted Kruczek to ask if the organization wanted to partner on the event.

The prize giveaway pot is continuing to grow, said Kruczek, and the prizes rival those that can

be found at other derbies.

"Prize-wise I think we're very comparable to other Manitoba fishing derbies that have been around for a while. This speaks to the amazing sponsors we've got," said Kruczek. "And the town of Gimli and the Gimli Ice Festival have been incredible in helping us putting it together."

There are a few things that will set the Gimli derby apart from other events, he said. First, all the proceeds will be going to the two charities, and second, there will be lots of free parking on the lake close to the derby site.

"There's space for 750 vehicles right now at the derby site," said Kruczek. "We have approvals already for vehicles to park on the ice. To get to the derby site, there is an ice road that runs through the harbour and the RM is cleaning the snow for us."

Derby participants can drive down the launch ramp between the harbour master office and coast guard buildings and follow the road to where it exits out to the lake.

Because the derby takes place during the festival, anglers are entitled to use their registration to take part in the festivities.

The derby will be held on Saturday, March 4 with ice access at 9:30 a.m. The derby runs from 11 a.m. to 2 p.m. For derby rules and to purchase tickets, visit www.gimlifishingderby.com. Tickets can also be purchased in person at Rona in Gimli, Harvester Outdoors in Selkirk and The Fishin' Hole in Winnipeg.

Beaver Creek Bible Camp

AGM

Sunday, February 26th at 5pm

Hosted at Mennville EMC

Faspa will be served

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

New Iceland Heritage Museum launches first phase of fisherfolk memorial project

By Patricia Barrett

The New Iceland Heritage Museum in Gimli has embarked on the first phase of a project to erect a memorial to commercial and Indigenous fishers who died while working on Lake Winnipeg.

NIHM executive director Julianna Roberts said the idea for a tribute to fishers came from a local resident who saw a memorial dedicated to ocean fishers on Canada's east coast.

"A local resident had been to Lunenburg, Nova Scotia, where there's a big memorial for fishers that lost their lives on the ocean," said Roberts. "We live in a community where fishing is a major part of the economy. Fishing supported Icelandic settlers to the area, as well as the Indigenous people. Fishing has always been a huge part of New Iceland and a way of life for all the Indigenous communities along the lake. Our local resident said a memorial here would be a great way to pay tribute to those who worked on the lake and lost their lives."

The fisherfolk memorial will honour both men and women who made a living from fishing on what can be a dangerous lake and died while either fishing or transporting fish.

"We know that women would fish alongside their husbands or their brothers or had their own [fishing] li-



A Lake Winnipeg fisher.

cences," said Roberts.

The NIHM showcases the history of New Iceland, a colony created on land the government offered to Icelandic settlers in the late 19th century along the western shore of Lake Winnipeg. It also includes some Indigenous cultural history as the Indigenous people played a vital role helping the first Icelandic settlers survive a harsh winter.

The museum operates the Lake Winnipeg Visitor Centre by Gimli Harbour. A former fish plant, the centre contains a wealth of fishing memorabilia and information, including an original whitefish boat, a diorama of fisherfolk and a 30-foot-long mural depicting the Lake Winnipeg watershed and the lake's ecosystem. A bollard from the Suzanne-E., a fish freighter that capsized in September 1965 during a fierce storm, sits outside the centre.

The fisherfolk memorial will also be located outside the centre, but Roberts said they don't know exactly what it will look like because a list of names has first to be compiled to gain some understanding of how large the memorial will need to be. It will also have to incorporate space for the names of fishers who might get overlooked in the research phase of the project.

"We don't know [what it will physically look like]. There's no central registry of all the people who died. We're gathering names in Phase 1 of the project, and in Phase 2 we'll be looking for someone to come up with a design for the memorial," said Roberts. "It will have to be a memorial we can add names to later on because we



EXPRESS PHOTOS COURTESY OF HEATHER HINAM

Lake freighters such as the Lu-Berc, the Goldfield and the Suzanne-E seen here in this historical photo would pick up fish from various communities and fishing stations around Lake Winnipeg.

know we're going to miss people."

After receiving a grant from the Westshore Community Foundation, Roberts said the museum hired Heather Hinam of Second Nature Creative Interpretation to compile a list of fishers.

Hinam has a personal connection to the lake through her childhood ties to Hecla and to the fishers she has known and still knows.

"I have very strong ties to the lake. I've grown up surrounded by the lake and know a lot of commercial fishers both in Gimli and Hecla and further north, so this project is something I can step into really easily. It's very much a meaningful project for me. I've always felt close to the lake and to fishers on the lake," said Hinam.

She'll be combing through a number of sources such as archival documents, newspapers, obituaries and community history books for the names of fishers who died on the lake.

"I'm at the very beginning stages and there are a lot of archives I have to dig through yet," said Hinam, whose company creates interpretative exhibits including the mural in the visitor centre and interpretive panels for the East Interlake Watershed District's nature garden. "I've already had several people emailing me with stories and we're making progress. We don't know how many names there are.

They're scattered about in newspaper articles and books and people's own memories. We have no idea whether there are one hundred or one thousand."

She'll also be reaching out to Indigenous communities for names of fishers who died on the lake.

"A lot of people lost on the lake were Indigenous so we're communicating with First Nations around the lake to try to get those stories because they might not be recorded anywhere else," said Hinam.

She started researching at the beginning of January and plans to wrap up by April or May.

Although it's fascinating to learn about fishers' history and their work on the lake, Hinam said it's difficult to hear of the tragedies and losses that affected the families and communities.

"It's difficult because these are tales of loss of people's loved ones. It's their family and it must be hard to think about that sometimes," said Hinam. "I'm grateful to them for being willing to share that with me. It's not always easy."

People who lost a fisher on the lake are encouraged to call Hinam to get that person's name added to the memorial. Hinam can be contacted by email at fisherfolkmemorial@outlook.com or by phone at 204-619-4119.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-8pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Winnipeg Beach

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

**Meetings are Saturdays
between 7 and 8 p.m.**

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

**Fri & Sun Mtgs at 7:30 pm
Womens Mtgs Thurs at 10:30 am**

Al-Anon

Gimli and Winnipeg Beach

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

> CHIEF PEGUIS, FROM PG. 5

sembly of Manitoba Chiefs, the Treaty Relations Commission of Manitoba, the Southern Chiefs' Organization and all the members of our Peguis-Selkirk organization for their support of this historic initiative," said Bill Shead, co-chair, Friends of the Peguis-Selkirk Treaty Inc. and a member of Peguis First Nation.

The next step for the design of the monument will be through a competitive process initiated by a formal request for proposals.

"We are hopeful the design and construction phases will lead to the unveiling of the monument on Sept. 28, 2024 — the 160th anniversary of the death of Chief Peguis," said John Perrin, co-chair, Friends of the Peguis-Selkirk Treaty Inc. and president of

the Scottish Heritage Council of Manitoba.

The Peguis-Selkirk Treaty was signed by Chief Peguis, allied chiefs Mache Wheseab, Mechkaddewikonaie, Kayajieskebinoia, Ouckidoat and Thomas Douglas, the fifth Earl of Selkirk, on July 18, 1817, at Fort Douglas in Winnipeg with the goal of ensuring peace between predominantly Scottish settlers and local First Nations people.

Manitoba government offers free winter family fishing weekend

By Manitoba government

Manitobans are encouraged to get outside and explore fishing opportunities throughout the province during this year's Winter Family Fishing Weekend, Natural Resources and Northern Development Minister Greg Nesbitt announced Monday.

"Everyone can enjoy ice fishing for free this weekend without requiring an angling licence," said Nesbitt. "There's no better way to spend a winter day in Manitoba than ice fishing with family and friends, while also enjoying free admission to provincial parks during the month of February."

From Feb. 18 to Feb. 20, anglers may fish without a licence in the province, except in national parks where a federal angling licence is still required.

Anglers may retain up to a conservation licence limit of fish, which includes four walleye/sauger, four northern pike, two smallmouth bass, one lake trout, one channel catfish and two stocked trout. Regular limits apply for those who already have a regular angling licence and all other angling regulations apply during this weekend, including regulations for individual waters.

For more information on all provincial angling regulations, refer to the 2022 Manitoba Anglers' Guide at www.manitobafisheries.com.

To ensure ice fishing is safe and enjoyable, anglers should always check ice conditions before travelling onto ice, wear weather-appropriate clothing and advise someone where they will be fishing.

Anglers are also reminded that aquatic invasive species (AIS) requirements are in effect year-round. To review the winter (ice-covered) season checklist, a step-by-step resource to ensure compliance with AIS regulations, visit: <https://www.gov.mb.ca/stopais/checklist/winter.html>.

Anglers cannot remove live bait from aquatic invasive species control zones and retain for future use.

Bait taken into an AIS control zone must be discarded before leaving shore, if it:

- is live bait,
- has been handled (e.g. hooked), or
- has come into contact with surface water from the control zone.

The requirements apply even with a valid three-day live bait fish transfer and use receipt. Additionally, all water from bait containers must be



EXPRESS PHOTO BY MORGAN BJORNSSON

Manitoba families are encouraged to get out and explore fishing opportunities throughout the province during this year's Winter Family Fishing Weekend Feb. 18-20.

drained before leaving shore. For more information, visit: www.Manitoba.ca/StopAIS.

Manitoba government extends clinic hours, adds 80 physician-training seats

Significant investments to retain, train physicians part of health human resource action plan

By Manitoba government

The Manitoba government is helping heal the health-care system by launching a new premium for physicians who offer extended hours in family medicine and pediatric clinics, adding 80 physician-training seats, and providing mental-health supports to doctors, Health Minister Audrey Gordon and Advanced Education and Training Minister Sarah Guillemard announced Monday.

"Our government is making significant investments to heal health care and we know that physicians will be essential in that healing process," said Gordon. "We recognize the enormous contributions of primary-care providers and pediatricians and the care they provide to Manitobans. Providing an incentive to extend clinic hours will make accessing care more convenient and timely, while taking pressure off emergency departments and urgent

care centres so the health-care system functions more efficiently overall."

Gordon noted the changes announced today fulfil promises laid out in the Health Human Resource Action Plan.

Effective Feb. 1, family medicine and pediatric clinics offering extended hours can receive a 20 per cent premium on extended hour billings. This change will help ensure primary-care providers and pediatricians are readily available, Gordon noted. Eligible extended hours, which can be used to see existing patients or take walk-ins, are considered weekdays from 6 a.m. to 8 a.m. and 5 p.m. to midnight, and weekends and recognized holidays from 7 a.m. to midnight.

Participating clinics have been asked to advertise or promote extended hours and availability, Gordon said, adding that the Manitoba government will work with Doctors Manitoba to ensure the new premium will help increase overall capacity in the health-care system.

"The actions the government is announcing today all directly respond to advice we've offered on behalf of physicians," said Dr. Candace Bradshaw, president, Doctors Manitoba. "From an innovative and unique-in-Canada approach to help clinics with

extending their hours, to a significant expansion in medical training, to new resources for supporting physician wellness and avoiding burnout, all three of these actions will help to support better access to medical care for Manitobans."

The Manitoba government will also provide funding for 40 new undergraduate physician-training seats, a 10-seat increase in the one-year international medical graduate program and 30 seats in the two-year post-graduate medical education program for internationally educated medical students.

"This is an incredible opportunity for Manitoba, so prospective physicians can find a place to learn and grow in their chosen career path in the province," said Guillemard. "The Manitoba government will be investing in the education of those who will provide care to Manitobans for years into the future, recognizing that our workforce needs to attract students from Manitoba, across the country and around the world. This work will also support the overall goal of adding 2,000 health-care providers as part of our government's Health Human Resource Action Plan."

This funding will ensure access to undergraduate medical education

programs will keep pace with Manitoba's population growth, while supporting a sustainable and growing number of physician graduates able to work in the province's health-care system, Guillemard added.

Additionally, the Manitoba government is investing in physician retention by supporting overall physician health and wellness through a \$450,000 contribution to the Physician Peer Support program run by Doctors Manitoba. The program offers peer support networks and training for peer supporters, as the support of colleagues has been shown to improve overall wellness and help reduce the risk of burnout. This funding will help ensure the program can continue and expand to meet the changing needs of physicians, the ministers noted, as recommended at a rural and northern summit hosted by Doctors Manitoba and the Manitoba Chambers of Commerce last fall.

These investments are part of the Manitoba government's Health Human Resource Action Plan, a \$200-million initiative announced in November 2022 to help retain, train and recruit 2,000 health-care workers.

get inspired

> MEAL IDEAS



Crunchy Salad Pizza on Cauliflower Crust

salt, to taste
freshly ground black pepper, to taste
1 ounce fresh goat cheese, crumbled
Heat oven to 400 F. Place frozen crust on large, parchment-lined baking sheet and brush top lightly with 2 teaspoons olive oil. Bake until crust is lightly golden, about 10 minutes. Transfer to cutting board and cut into quarters.

Using mandolin, peeler or large, sharp knife and cutting board, thinly slice carrots, fennel, bell pepper and onion. Transfer to mixing bowl and add grapes and 1/2 cup chickpeas. Add parsley, pesto and 1 tablespoon olive oil; toss well. Season with salt and pepper, to taste.

Using fork, coarsely mash remaining chickpeas and remaining oil; spread among pieces of crust. Mound grape-vegetable mixture on top. Dot with goat cheese and serve.

Nutritional information per serving: 490 calories; 9 g protein; 66 g carbohydrates; 22 g fat (40% calories from fat); 4 g saturated fat (7% calories from saturated fat); 30 mg cholesterol; 380 mg sodium; 4 g fiber.

Prep time: 20 minutes
Cook time: 10 minutes
Servings: 4

1 frozen cauliflower pizza crust (11 ounces)

1 tablespoon, plus 4 teaspoons, extra-virgin olive oil, divided

2 medium carrots, peeled and trimmed
1 medium fennel bulb, quartered and trimmed

1 medium yellow bell pepper, halved and trimmed

1/2 medium red onion

16 black California grapes, halved

1 cup canned or cooked chickpeas, drained and rinsed, divided

2 tablespoons finely chopped fresh parsley

2 tablespoons pesto



Roasted Salmon and Grapes with Pistachios Over Fresh Greens

Pat fish dry and place skin side down in pan. Brush fillets lightly with 1 tablespoon olive oil and sprinkle with salt and pepper, to taste. Pour wine in pan, scatter grapes around and sprinkle pistachios and parsley on fish.

Roast salmon 7 minutes for medium-rare; 8 minutes for medium.

In large bowl, toss spinach, onion, remaining oil and vinegar. Season with salt and pepper, to taste; toss again and divide among four plates.

Place fish on top of greens. Spoon roasted grapes around fish.

Nutritional information per serving: 360 calories; 31 g protein; 12 g carbohydrates; 19 g fat (48% calories from fat); 3 g saturated fat (8% calories from saturated fat); 65 mg cholesterol; 105 mg sodium; 2 g fiber.

Prep time: 15 minutes
Cook time: 7-8 minutes
Servings: 4

4 wild sockeye or coho salmon fillets (about 5 ounces each)

3 tablespoons extra-virgin olive oil, divided

salt, to taste

freshly ground black pepper, to taste

1/3 cup dry white wine

1 cup green California grapes

1/4 cup shelled, unsalted pistachios, coarsely chopped

2 tablespoons finely chopped Italian parsley

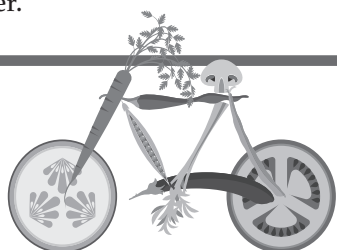
5 ounces baby spinach

1/4 red onion, thinly sliced

1 tablespoon white wine vinegar

Heat oven to 400 F. Lightly oil shallow, 9-by-13-inch baking dish.

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Expert patient here to help!



Susie Schwartz

By Susie Schwartz

So your throat gets itchy and your legs don't work and you have no energy and your 'daily constitutional' is weekly at best. You've been to your GP who sent you to a specialist and then another and another and still no answers. My advice?

Don't give in.

The above symptoms sit randomly in that sentence with no obvious links to each other. But in my case, they are linked, and it took about seven years and a female hormone specialist to suggest a possible explanation: Histamine intolerance.

Huh?

Yup, not her area of expertise, but Dr. Ladybits had heard that sometimes, oestrogen supplementation can exacerbate a histamine intolerance wreaking havoc on one's health. What is a histamine intolerance, you ask? Well it's when the body stores or intakes too much histamine (usually from food sources) causing body-wide allergies. She suggested I research the problem and make some dietary changes and

see if it helped. It did.

Over the last year I've gotten lazy with my eating in this department. (Try being Diabetic, gluten-free, dairy free, low-fodmap, low histamine and vegetarian with gastroparesis. It is no 'picnic'.) And guess what? My symptoms have gotten worse again. I also just found a histamine intolerance blood test through an online lab that confirms I have it. What does this mean? Power. (And a lot of blueberries. But hey, who needs spinach and nuts and avacados and all those 'healthy' food options, anyway? Sigh.) At least now I can do something to feel better.

My point is, I had given in to feeling awful all the time, thinking it was hopeless. And then Dr. Ladybits took a long shot and suggested something most people have never heard of and even more don't believe to be a thing. (She wasn't even sure herself.) So keep asking questions and do your own research on the scary web. (But be smart. Only reputable sites. If you are the type to get wound up and worried and jump to the 2% worst case scenario, ask a loved-one or friend to do some digging for you. Maybe they might even see some possibilities through their fresh eyes.

So don't give in to the non-answers and vague explanations like, 'It's probably the diabetes'. Sometimes it's not, and there is help to be had.

Going to eat some blueberries.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com where you can sign up for 'Convos with Carlos - 1 Care, 1 Quote, 1 Question' to get weekly support to your inbox.

Warm-Spiced Chickpeas and Couscous with Grapes and Arugula

Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4

2 tablespoons extra-virgin olive oil

1 small onion, chopped

1 1/2 teaspoons ground cumin

1/2 teaspoon kosher salt, plus additional, to taste, divided

1/8 teaspoon ground allspice

1 cup Israeli pearl couscous

3/4 teaspoon ground turmeric

1 1/2 cups water

1 can (15 ounces) no-salt-added chickpeas, drained

1 cup red California grapes, halved

2 tablespoons chopped fresh cilantro or parsley

freshly ground black pepper, to taste

4 cups lightly packed baby arugula

lemon wedges

In large saucepan over medium heat, heat oil. Add onion, cumin, 1/2 teaspoon salt and allspice; cook, stirring, until onion is softened, about 3 minutes. Add couscous and stir 1 minute to toast lightly. Add turmeric and water; bring to boil. Reduce heat, cover and simmer until couscous is tender, about 15 minutes.

Stir chickpeas, grapes and cilantro into couscous then season with salt and pepper, to taste. Transfer couscous-grape mixture to large bowl, add arugula and toss well. Serve warm or at room temperature with lemon wedges.

Nutritional information per serving: 370 calories; 12 g protein; 61 g carbohydrates; 9 g fat (17% calories from fat); 1 g saturated fat (2% calories from saturated fat); 0 mg cholesterol; 160 mg sodium; 8 g fiber.



Gimli lights up Lake Winnipeg skating trail

Travel Manitoba puts town on romance list

By Patricia Barrett

As if there wasn't enough fun to be had on the Gimli Harbour Trail during daylight, the Destination Brand Committee of the Gimli Chamber of Commerce added decorative solar lighting and nautical-themed structures around its winding one-kilometre skating trail on Lake Winnipeg last weekend.

Committee chair Cheryl Buhler said skaters were thrilled with the lights beaming down upon them last Saturday night, along with the moonlight reflecting off the ice. The 18 light installations depict anchors, waves and helms (the wheel of a ship). Set against the backdrop of the town, the picturesque trail is drawing people



One of the nautical-themed lights is in the shape of a helm.

from far and wide.

"There was a couple skating under the moonlight and the solar lights on Saturday night after we went down there to turn on the lights," said Buhler. "They were enthralled."

In addition to the decorative lighting, the trail has a large Viking ship



Skating and strolling on Lake Winnipeg just got a lot brighter thanks to the Gimli Chamber of Commerce's Destination Brand Committee, which installed lights along its skating trail last weekend.

snow sculpture, three ice rinks for sports enthusiasts and a warm-up hut. The committee also commissioned the construction of a light tunnel near the Lake Winnipeg Visitor Centre.

The committee's efforts have paid off, catching the eye of visitors and also of Travel Manitoba. The Gimli

Harbour Trail made the organization's list of the province's Top 15 romantic spots that are perfect for popping the question.

But those planning on doing the popping should first practise "getting down on one knee while on skates ahead of time," says Travel Manitoba.



EXPRESS PHOTOS BY CHERYL BUHLER

Jett was out for a skate last Sunday, zipping past one of the nautical-themed light installations.

> HEAD START PROGRAM, FROM PG. 3

dle lessons.

The families of the Head Start children have the opportunity to take part in activities as well, such as the fishing program.

Duncan said parents, grandparents, siblings, aunts and other family members have been joining the three- and four-year-olds on the ice. The response from families has been

positive.

"It's about the whole family and enjoying a good quality children's activity," she said.

For those who would like to learn more about the Onashiwini Aboriginal Head Start Program, contact Duncan at 204-482-6419 or sfcchs@mymts.net.



Community Services Recovery Fund








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

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

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

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

Gimli RCMP make arrest in arson investigation

Staff

Gimli RCMP responded to a report of a residential fire at a property lo-

cated on Lilac Drive in Okno on Jan. 20 at approximately 1:15 a.m.

Upon arrival, officers observed ex-

tensive damage to the property as the fire department continued to extinguish the blaze. No injuries were reported.

With the assistance of the local fire department, the cause of the fire was determined to be arson.

The investigation into this arson led to the Feb. 8 arrest of the property owner, 28-year-old Stacy Irvine,

who has been charged with arson for fraudulent purpose and fraud over \$5,000.

Irvine was remanded into custody for a court appearance scheduled Feb. 9, where she was later released for her next court appearance scheduled March 20 in Gimli.

Gimli RCMP continue to investigate.



EXPRESS PHOTO SUBMITTED

The property owner Stacy Irvine was arrested and charged with arson for fraudulent purpose and fraud over \$5,000 on Feb. 8.

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Selkirk to experience an evening with William Prince

Holiday Alley has invited Juno Award winning singer-songwriter William Prince to Selkirk ... and he said yes

Submitted by Holiday Alley

William Prince returns to Selkirk for an intimate evening at a 200-seat venue. Prince, a Canadian folk music icon and a Peguis First Nation member, was born in Selkirk and has taken his music around the world. In the last year, he's performed on stages from England to Nashville and in every corner of Canada.

Since his Juno Award win in 2017, Prince's momentum has continued to build, with each new album adding depth and dimension to an exceptional body of work that has received international acclaim. From national network television appearances, top-tier media coverage, and performances at The Grand Ole Opry and at major international festivals, William Prince has become one of Canada's most respected and celebrated songwriters.

Holiday Alley has provided a stage for hundreds of local acts in its six years, but this is the first year it has

attracted a headliner of international renown like William Prince. It's a welcome opportunity to fundraise for Holiday Alley's festival of art, lights, sound, culture and creativity hosted in November every year.

"When we launched in 2017, Holiday Alley was Selkirk's platform to celebrate and showcase local arts and culture. But we've grown. And so has Selkirk's appetite for great music and outstanding performers. We want to continue to promote our city as a destination for artists and audiences. What better way to do this than presenting William Prince, live and in concert," said Shirley Muir, Holiday Alley co-founder.

There are only 200 tickets on sale for this rare intimate evening with William Prince. The event takes place at 7 p.m. on March 3 at Christ Church, 227 McLean Ave., Selkirk. Tickets go on sale on Feb. 10 and can be found at <https://holidayalleywilliamprince.eventbrite.ca>.



EXPRESS PHOTO SUBMITTED

William Prince will be coming to Selkirk March 3.

Community thank you



EXPRESS PHOTO SUBMITTED

Morweena Christian School wishes to thank the Icelandic River Community Foundation for the grant they received to purchase a new swing to make the playground more accessible.

Chatting with a champion



EXPRESS PHOTO BY JO-ANNE PROCTER

Gimli's Sigurbjorg Stefansson Early School students and staff enjoyed listening to guest reader Catherine Wreford Ledlow, the 2022 Amazing Race Canada champion, via Zoom last Wednesday during I Love to Read Month. Wreford Ledlow, originally from Winnipeg, and her teammate Craig Ramsay, both Broadway performers, appeared on Season 8 of the Amazing Race Canada. The two had been friends for more than 25 years. Wreford Ledlow is living with brain cancer and was told nine years ago she had two to six years to live and she has defied the odds. Students enjoyed listening to Wreford Ledlow and were able to ask her questions about her life. Pictured left to right: teacher Stephanie Mills, Blair, Scarlette, Lucy and Gwen.

Your FARM



Egg farming a sustainable, stable way to diversify, says one local farmer

By Lorne Stelmach

Jason Thiessen is a third generation farmer growing crops such as grain, millet and sunflowers.

He's now also a first generation egg farmer, with hopes his children will become the second generation.

His family operates Schoen Eggs in the Schoenwiese area, and he has no regrets about having added it to their operation over a decade ago.

"We felt it would be good for our family. It gives you a bit more stability, and it's just sustainable, I think, not driven so much by markets or weather.

"We still are grain farming. We just adapted where we added this to our existing farm," Thiessen added. "Diversification is probably the word that we often think of in terms of why we would go this route."

Thiessen and his wife Esther decided to diversify their operation in 2010, and it was through the quota draw that Manitoba Egg Farmers offered that they began the process of becoming egg farmers.

The decision of course brought with it a substantial investment and a willingness to learn.

"Like all livestock, there is different level of commitment compared to grain farming, so another challenge is

to make sure we are available 24/7 to ensure that things run smoothly so the hens are cared for properly," Thiessen said. "Grain farming is very intense during certain seasons, whereas this is a 24/7 commitment. You don't get those off-seasons. It's every day; it's night and day.

"We have had to learn a lot ... it's been constantly growing and learning. But at the same time, I think the industry is really good that way. We get a lot of support, something we maybe don't really experience as much in the grain farming end of things.

"When we first started, we did not know much about egg farming. So the support we received from the board, industry partners as well as other egg farmers has been a great asset for us.

"We learned everything from how many eggs a hen lays in a year to the importance of good nutrition by monitoring and assessing biweekly the health of the hen in order to make necessary adjustments in the nutrition. We do this in partnership with the nutritionist and feed provider."

Thiessen particularly cited the importance of the whole area of animal health and welfare.

"That has been something that, maybe before we got into it, we didn't really see it. We didn't understand all



SUPPLIED PHOTO

Jason Thiessen and his family have operated Schoen Eggs in the Schoenwiese area for the past 13 years.

the different types of systems in the egg industry.

"It's something that we have to deal with every day. It's not just the birds and how they're housed. It's temperature, water quality, the bird health. We have a nutritionist come to check the birds to make sure they're getting the right diet.

"The environmental conditions in the barn are very critical for the animal health," Thiessen noted. "When

we first started, we were packing the eggs by hand. Since then, we have added a packer, a misting system and a controller which monitors the level of water, feed, temperature in the barn as well as in the egg cooler.

"Our latest addition has been the grain mill. Because we are grain farmers, we decided to use some of the grain we grow, like corn, in the diet for our hens."

Some of the challenges, especially during spring and fall, include maintaining tighter bio-security protocols to ensure the safety of the hens from viruses that can be fatal.

"Every day we check that the hens are content and that their behaviour is normal. We check the water and feed level in the controller as well as the temperature of the barn and cooler, and then we begin sorting and packing the eggs."

They are always keen on adopting new technology for better farm management, so their egg barn has an enriched housing system, and their egg fa-



SUPPLIED PHOTOS

It's a round-the-clock job to be an egg farmer, Thiessen shares. "We are available 24/7 to ensure that things run smoothly so the hens are cared for properly."



All
from
a good
place

**DAIRY
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Your FARM



Program allows residents to find environmentally conscious products at grocery store

Ecolabel program advocates for better habitats for local wildlife

By Katelyn Boulanger

Some farmers in the region are making changes to better coexist with our region's wildlife, and those efforts are being acknowledged through the Habitat Friendly Winter Wheat Ecolabel Program.

bel Program.

This program was created by Cereals Canada, Ducks Unlimited and prairie winter wheat producer groups and allows people at the grocery store to find and purchase products that



Planting winter wheat provides benefits for wildlife like a duck and her ducklings.



PHOTOS SUBMITTED

Look for the ecolabel to support winter wheat production and wildlife habitat conservation.

have been given the ecolabel. When residents purchase those products, they know that they are made using up to 30 per cent Western Canadian winter wheat, which, because of the way it is farmed, is much better at providing suitable habitat for pintail duck populations when compared to spring sown cereals.

"We've been developing this program for probably two to three years.

It was something that Ducks Unlimited has brought to the table and got all the players involved to try to develop a label that recognizes winter wheat as an environmentally friendly cereal grain, that creates an environment that's beneficial to wildlife, especially to ducks," said Doug Martin, a fourth generation farmer from the East Selkirk area who has been farming himself for over 35 years.

He says that winter wheat is different from spring wheat because it is sown in the fall and this provides benefits for wildlife.

"You sow it in the fall and then it grows a little bit in the fall. Then it goes into dormancy, and then it starts growing again in the spring, and so you don't do any tillage or any movement of soil in the spring. This actually creates an ideal environment for ducks and other wildlife because there's no disturbance in the spring. It creates an environment that allows for ducks, especially their nesting habitats to increase the success rate of ducks hatching in the Prairies," said Martin.

He says that ducks are very good at hiding.

It's quite difficult to spot them in the fields and whether it's tillage, seeding or other types of equipment that is



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Your FARM



Cleanfarms speaks at Manitoba Beef Producers AGM

By Ty Dilello

Manitoba Beef Producers hosted its 44th annual general meeting and president's banquet at the Victoria Inn Hotel & Convention Centre in Winnipeg Feb. 2-3.

The AGM had over 200 people in attendance, which was the goal that Manitoba Beef Producers sought.

Carson Callum, general manager of Manitoba Beef Producers, noted that folks from all over the province made the trip and that many directors and past directors were also in attendance.

"It was great to be back in person as it was the first real one since 2020," said Callum. "Overall, it was a very positive event. There was a good vibe throughout the day-and-a-half session, plus the banquet. We heard many great speakers, including Tim Hague Sr., who was the first winner of the *Amazing Race Canada*. So he provided a good message to end Day 1 on perseverance and living your best."

One of the local speakers at the AGM was Serena Klippenstein on behalf of Cleanfarms, a non-profit environmental stewardship organization. Cleanfarms is in Year 2 of a three-year transition timeline to move the collection of pesticide and fertilizer jugs 23 litres and smaller from municipal collection depots to collection sites at ag retailers.

"I was excited to have this opportunity to speak at the Manitoba Beef AGM. I'm keen to help build awareness of Cleanfarms and the Cleanfarms agriculture plastics collection and recycling programs

among beef producers and other agriculture producers in Manitoba," said Klippenstein, Cleanfarms' Manitoba program co-ordinator.

Cleanfarms operates collection programs across the province for crop input containers, crop input bags, grain storage bags, twine and silage plastics, and old and unwanted pesticides and livestock medications. Details about the programs and how to participate can be found online at cleanfarms.ca.

These materials can only be recycled successfully when they have been appropriately prepared, including separating them by material type and keeping them as clean as possible — for example, putting only one material type in each Cleanfarms collection bag or bundle.

"It was encouraging to see that my presentation sparked producers' interest in the Cleanfarms programs. Some producers asked questions at the presentation, and others visited the Cleanfarms booth during the remainder of the trade show to bring their questions forward," said Klippenstein.

It has been a couple of years since members of the Manitoba Beef Producers have been able to meet for their annual meeting due to the pandemic, so last week's AGM was a chance for everyone to get together and network. It's something that Callum and the rest of Manitoba Beef Producers did not take for granted.

"It was just a fantastic couple of days getting to see everyone again," said Callum. "It's going to be a busy rest of the year for us, but once we take some



PHOTO SUBMITTED

Manitoba Beef Producers hosted its 44th annual general meeting and president's banquet at the Victoria Inn Hotel & Convention Centre in Winnipeg from Feb. 2 to 3.

time to breathe, we'll start planning next year's AGM in the next couple of months."

> ECOLABEL, FROM PG. 16

used, there is the risk of accidentally disturbing a nest should a farmer have to do work in a field during their nesting season.

Planting crops that require less disturbance of the area is not just good for ducks, however. It really benefits many types of wildlife to have an area that is disturbed less by people.

"Whether it's pollinators or whatever [other animals are out there], I think it's just good to have that crop in your rotation and it just helps leave the land alone for a while. It allows wildlife whether it's beneficial insects or ducks or [other animals] to use the land," said Martin.

He feels that being conscious of what plants go into their fields on an environmental level makes sense for farmers as they are all dependent on the soil and what the soil can do as stewards of the land.

"Growing winter wheat or winter cereal, it just puts you up on the next level and does just does that little bit extra. ... I think all farmers are very environmentally conscious. This is the next level," he said.

Farmers in our area can put winter wheat

into their crop rotations. It is typically sown on canola stubble, which, when the snow falls on it, insulates the winter wheat from winter kill.

As for residents in our community that would like to support a crop that is more sustainable, they can look out for the ecolabel on grocery store products in order to support businesses that are buying winter wheat for their products.

Some of these products are Coyote Pancake Mix, Les Moulins de Soulanges, which provides flour to bakers in Canada, and Beam Suntory, which distils the Northern Keep vodka brand.

"Winter wheat's always been a sustainable crop, but it's just tying the sustainability to flour or to a sustainable product that consumers can buy and maybe feel good about what they're buying for the environment," said Martin.

More information about the Habitat Friendly Winter Wheat Ecolabel Program can be found at <https://cerealscanada.ca/habitat-friendly-winter-wheat-ecolabel-program/>.

> EGG PRODUCER, FROM PG. 14

cility has consistently attained a superior rating under the national on-farm food safety and animal care programs over the years

"It gives the birds more freedom to move, access to water all the time and feed and also a nesting area ... this is something that is working well for us and seems to be the way of the future," said Thiessen.

He also noted an example of how they benefit now from technology improvements.

"We can find out the conditions in the barn just with apps on our phone. That has been a good thing," he said. "For the most part, we always have been able to adapt and keep learning and keep moving forward."

As egg farmers, they take pride in what they provide to our province.

"Eggs are a nutritious and affordable food. Here in Manitoba, 99 per cent of the eggs in the store come from our own province," Thiessen said. "Supply management ensures that, as farmers, we get a fair return for our investment, and it also makes sure the consumer pays a fair price, levelling the volatile changes in the economy."

"I think there's a steady growth in terms of eggs being consumed."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Trio graduating from U18 AAA female Lightning

Submitted

The Interlake Lightning U18 AAA female hockey team will have three players graduating from the league after this season.

Warren's Tessa Stewart, Gimli's Veronica Asquith and Arborg's Kylee Emms-Finnsson will be moving on after this year's playoffs.

Stewart played ringette from the age of four until she was nine when she turned to hockey. Stewart played both ringette and hockey for one year.

She won a U12 A1 Winnipeg championship in 2019 with the Stonewall Blues and was an A1 captain and Bantam MVP in 2020. That same year her team won gold at WickFest.

She was named the most improved player for the U18 Lightning in 2022 and was the team captain this season.

She played on numerous spring teams and played for the Phillies and ran cross country and track pre knee injuries.

Stewart is very active in her high school community at Warren Collegiate Institute.

She signed with the University of Regina women's hockey team for the 2023-24 season and will take Bachelor of Arts, focusing on pre-law.

Asquith put on her first pair of hockey skates at the age of two. She immediately fell in love with the game and joined her first hockey team with the Gimli Vikings at the age of three. Asquith continued to play for the Gimli Vikings and finished her second year

for the U15s and was an AP for the U18 Vikings.

During those years, she brought home numerous first-place trophies, banners and awards for most dedicated and Gimli's very first top female player. Her love, dedication and respect for the game, coaches, managers, players and referees will never fade away, and she quickly became a true leader both on and off the ice earning her captain or assistant captain for many years.

Asquith registered for her first AAA female tryouts in 2020 and has been playing with the Interlake Lightning U18 AAA female team since.

In the 2021-22 season, she received the Interlake Lightning female U18 AAA Top Defence award and finished that year off as an AP for the Manitoba Blizzard in the MWJHL.

In 2022, she earned a spot in the Manitoba Female Top 68 POE. Asquith is finishing her last year with the Interlake as an assistant captain and will start her education in psychology and criminology while playing the sport she loves.

Emms-Finnsson, meanwhile, has played hockey for nine years. She started in Arborg with the Falcons and tried out for the Stonewall Peewee A1 team, was selected for the Peewee all stars and Peewee prospects.

She has been playing south ever since. In Bantam, she was also an AP with the Midget AA team in Stonewall and in Midget was an AP with



PHOTO SUBMITTED

The Interlake Lightning's Kylee Emms-Finnsson, far left, Tessa Stewart, middle, and Veronica Asquith will be graduating from the Manitoba U18 AAA Female Hockey League after this season.

the Silvertips in the MWJHL.

Emms-Finnsson played on many provincial teams, bringing home silver and bronze medals. She was an assistant captain in Bantam and Midget and was a Female top defence in Bantam. She was selected to the provincial team for track and field, bringing home two silver medals. Emms-Finnsson also participated in school sports, winning gold med-

als in track and field and badminton. She's played volleyball and basketball throughout high school earning school banners.

Emms-Finnsson has always maintained honours with distinction in school and has earned female athlete of the year many times.

She plans to continue onto university or college and play hockey at that level.

U18 AAA Lightning pound Parkland on Sunday

Staff

The Interlake Lightning's U18 AAA male hockey team's playoff chances are still alive ... but barely.

Interlake has 39 points heading into this Saturday's road game against the Winnipeg Bruins to wrap up its regular season. Puck drop at the Southdale Community Centre is 4 p.m.

The Lightning trail Southwest by one point for the eighth and final playoff spot but the Cougars have three games remaining on their schedule.

Interlake kept its slim playoff hopes alive with a solid 8-4 road victory

over the Parkland Rangers on Sunday afternoon.

Lightning forward Adam Vigfusson had a great game with a natural hat trick and four points while Nicholas Carlson, Morgan Waddell, Joel MacMillan, Ian Buors and Wylie Garchinski also tallied.

Interlake's Gavin Holod had three assists while Aiden Miller and Kai Smith each had two assists.

Hayden Seib, Dru Mushumanski, Cash Clarkson and Madden Murray replied for the Rangers.

Alex Myers made 30 saves for the

win.

On Saturday, Interlake lost 3-1 to Parkland.

After a scoreless opening period, Mushumanski scored to give the Rangers' 1-0 second-period lead.

Buors tied the score at 1-1 at 4:11 of the third period but Parkland's Sam Swanton replied about seven minutes later.

The Rangers iced the win with an empty-net goal by Havryil Simchuk with seven seconds remaining in the game.

In Manitoba U18 AAA Female Hock-

ey League action, Interlake lost 3-1 to the Winnipeg Ice at the Scotiabank hockey for all centre on Saturday.

Kylee Emms-Finnsson scored a first-period goal for the Lightning.

Ava Bergman, Stephanie Jacob and Annika Russell replied for the Ice.

The Lightning will begin their playoffs on Friday at 7:30 p.m. when they host the Winnipeg Ice in Warren.

Both teams will then play Feb. 24 at the Scotiabank hockey for all centre. Puck drop is 7:15 p.m.

Dunstone wins first Viterra Championship

By Ty Dilello

Team Matt Dunstone captured their first Viterra Championship Sunday afternoon at the Yellowhead Centre in Neepawa.

The Dunstone rink, which features Gimli's B.J. Neufeld and Colton Lott, was victorious after defeating Reid Carruthers in a nail-biting 8-7 championship final. Fort Rouge's Matt Dunstone will now represent Manitoba at the 2023 Tim Hortons Brier.

For Dunstone and Lott, it was their first Manitoba men's provincial curling championship and one they'll savour for the rest of their lives.

"It means everything. You grow up watching Jeff Stoughton and Vic Peters and Kerry Burtnyk in their heyday, doing exactly that, so to have your name on the same trophy as them is pretty damn cool," said Dunstone.

It would never be easy to win your first, and Sunday's final was an extremely tough battle against a pesky three-person Team Carruthers of the Morris Curling Club.

It was a game of critical shots and key misses by both teams. After nine ends of play, Carruthers led 7-5. However, in the end, Dunstone capitalized on a burnt stone by the Carruthers team in the dying stages and could score three points without throwing their final stone to win 8-7.

"It's a super unfortunate situation and circumstance as a whole. I talked it over with Reid a bit, and Reid did insist that we take the rock off. I hope that situation does not cloud over what was a phenomenal game by both teams."

It was a long road to the championship for Dunstone. After losing a playoff round game to Braden Calvert on Saturday morning, they had to come through the B-side to win the event after rattling off four straight elimination games over Ryan Wiebe, Steve Irwin and Calvert in the semifinal Sunday morning and then beating Carruthers.



PHOTO SUBMITTED

Team Matt Dunstone captured their first Viterra Championship in a stunning 10th end comeback on Sunday afternoon at the Yellowhead Centre in Neepawa. Left to right: Skip Matt Dunstone, third B.J. Neufeld, second Colton Lott, lead Ryan Harnden, coach Adam Kingsbury with Curling Canada representative.

"It was do-or-die, and we had to rebound against good opponents," said Dunstone. "It's a tribute to how good this team is, and I'm proud of them for sticking with it in a super difficult situation, having your backs against the wall with four more games that you have to win."

Despite losing the final, The Carruthers rink will join Dunstone at the Brier as Team Wild Card #2.

"I can't say I've ever lost one quite like that before. But hey, we were lucky to get where we were, too and put up a good fight," said Carruthers. "We will

now look ahead to try to continue playing well at next month's Brier."

Winnipeg Beach's Justin Reynolds also represented the Interlake well by going 2-2 at the provincials. David Hamblin of Morris finished his event with a 1-2 record.

Dunstone and Carruthers will now head to the 2023 Tim Hortons Brier, which will be held at the Budweiser Gardens in London, Ont., from March 3 to 12.

Arborg Ladies Bonspiel gets the girls together, Feb. 17-19

By Autumn Fehr

Ladies, grab your brooms, and let's curl!

This weekend, the annual Arborg Ladies Bonspiel is back with an ode to warmer weather.

For over 70 years, Arborg has hosted a ladies bonspiel. This year's theme "Life's a Beach" is sure to brighten up every curler's weekend as the tradition continues. The bonspiel will take place from Feb. 17 to 19 at the Arborg curling rink.

"This event is so important to the

community because of the sense of camaraderie that comes about in bringing teams in from the surrounding area, and maybe we only get to see these ladies once a year at this occasion. The games and costumes are always a lot of fun and laughs and can brighten up any cold winter day," said Kimberly Masiak, chair of the ladies' curling group, under the umbrella of the curling club main board.

There will be a supper on Saturday at the Arborg legion, where teams are encouraged to get dressed up in

costumes relating to our theme. There are games and prizes for the best costumes during the supper break.

In addition, there will be a fundraising raffle for a "Make the Shot" basket, and all entrants into the bonspiel get their name entered into a free elimination draw for an MMF Kerri Einarson team broom signed by Kerri herself!

There are currently 16 teams participating, but they are still looking for more. Last year, due to COVID-19 restrictions during their regular date,

they held a more minor, 12-team bonspiel in mid-March but are looking to return to normal numbers this year, which is usually 18 to 20 teams. The entry fee per team is \$200.

The ladies at the curling club look forward to seeing everyone there. If anyone's looking to stay in town, there are a few places to choose from. To enter or if anyone has any questions, please Shannon Brown at 204-641-0832 or Cindy Stansell at 204-641-3521.

U17 Lightning wrap up regular season this weekend

Staff

The Interlake Lightning were blanked 8-0 by the Winnipeg Bruins in U17 AAA male hockey league action on Sunday.

Bruins' goals were scored by Shea Chornley (two), Lukas Mager, Brody Green, Connor Vandal, Caden Gordon, Tyler Free and Mikey Thomas.

Last Thursday, Interlake was dou-

bled 6-3 by the Winnipeg Thrashers in Stonewall.

Troy Johannesson scored a first-period goal for the Lightning and then Cole Swanson tallied twice in the

third.

Thrashers' goals came from Carter Anderson (three), Branden Watson,

Continued on page 20

Ice Dawgs dump first-place Fishermen

Staff

The Arborg Ice Dawgs erased a 2-0 deficit to defeat the Selkirk Fishermen 3-2 on Saturday.

Cadrick Dueck led Arborg with a goal and an assist while Jake Plett and Noah Johnson also tallied.

Raymond Hefferman and Seth De La Ronde replied for the Fishermen.

Dylan Johnson stopped 29 Selkirk shots for the win.

Last Thursday, Arborg beat the Lundar Falcons 6-1.

The Ice Dawgs broke the game open with four third-period goals.

Dueck (two), Kaydyn McMahon (two), Dylan Woytowich and Brody Maxwell scored for Arborg.

Riley Zdan replied for Lundar.

Tre Strachan made 34 saves for the win.

Arborg will wrap up its regular season this Friday (8 p.m.) when it hosts the Beausejour Comets.

Lundar, meanwhile, defeated the North Winnipeg Satellites 4-1 last Friday.

Falcons' goals were scored by Jayden Timlick (two), Riley Wirgau and Gavin Miller.

The Satellites' goal was tallied by Ronin Kubrakovich.

The Falcons will host the St. Malo Warriors on Friday. Game time is 7:30 p.m.

Curling reunion champs



EXPRESS PHOTO SUBMITTED

Arborg's Tim Johnson, reunited with his former junior team, to sweep the A-side of the Winkler Men's Spiel this past weekend. The team was down 5-0 after two ends of play and clawed back to win 9-8 in the final. Pictured left to right: Emerson Klimpke, Reece Hamm, Tim Johnson and Jayden Rutter.



EXPRESS PHOTO BY RAYME THOMSON

The Ice Dawgs' Brody Maxwell scored a goal in Arborg's 6-1 win over the Lundar Falcons last Thursday.

> WRAP UP, FROM PG. 19

Gavin Ulrich and Adam Hryhoruk.

On Feb. 8, the Lightning defeated the Brandon Wheat Kings 3-2.

Dainen Jacobson led Interlake with a pair of goals and an assist while Johannesson also tallied.

Interlake's Preston Crate had two assists in the game.

Brandon goals were scored by Liam Puchailo and Aiden Laing.

Braedan Cormack made 38 saves for the win.

Interlake will host the Eastman Selects on Friday (7:30 p.m.) in Teulon and Brandon Saturday (5:15 p.m.) in Warren.

The U15 AAA Lightning, meanwhile, lost 11-1 to Brandon on Sunday.

The scoring summary was not posted on the league website at press time.

Last Friday, Interlake was defeated 8-1 by the Winnipeg Thrashers White.

Interlake's Damon Marquart scored a power-play goal in the second period.

Winnipeg goals came from Prabh Bhathal (three), Lucas Thomas (two), Tyler Cordoviz (two) and Lincoln Black-Greaves.

Interlake teams compete at MHSAA curling provincials

Staff

The Interlake was well represented at the Manitoba High Schools Athletic Association's provincial curling championships last Thursday through Saturday.

The Teulon Collegiate Saints' rink of Hannah Spence, Sarah Simcoe, Jessica Shelest, Mhea Reed and Teagan Price finished the girls' provincials with a 2-2 record.

Teulon defeated the William Morton Warriors 9-8 before losing 10-4 to the Swan Valley Tigers.

Relegated to the B-side, the Saints crushed the Strathclair Nighthawks 12-0 but were then defeated 8-6 by the River East Kodiaks.

At the provincial mixed doubles championship, the Lundar Kodiaks' duo of Jersi Godfrey and Aiden Spalding were eliminated after an 8-5 loss to the Nellie McClung Stingers.

Lundar earlier beat the Neelin Spartans 8-7 in a playoff game.

The Kodiaks posted a 2-1 record in pool play. Lundar blanked the Pierre-

Elliott-Trudeau Canadiens (12-0) and the Prairie Mountain Predators (6-0) but was defeated 7-6 by the Garden Valley Zodiacs.

The Ashern Cobras' team of Warrick Gunther and Kierra Hickman were eliminated from the mixed doubles provincials after a 7-2 loss to the Garden City Fighting Gophers.

Ashern started the playoffs with a 10-3 victory over the Killarney Raiders.

The Cobras finished pool play with

a 1-2 record. Ashern downed Brandon's Vincent Massey Vikings 8-1 but lost to Nellie McClung (6-5) and the Morden Thunder (8-4).

At the MHSAA boys' provincial curling championship, the Gimli Lakers' rink of Mitchell Baker, Brady Michaluk, Ryan Hoplock, Ben Cherlet and Rylan Graham finished with an 0-2 record.

Gimli lost 7-5 to the Dauphin Clippers and 7-3 to the Pilot Mound Pilots.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Laxdal coaching in Oshawa

By Ty Dilello

After spending the past three years as an assistant coach for the NHL's Dallas Stars, Stonewall's Derek Laxdal now has a head coaching gig with the OHL's Oshawa Generals.

The 56-year-old Laxdal had his start in hockey as a youngster in Stonewall and never looked back.

"Just like any Canadian kid, we loved Hockey Night in Canada on Saturday night. I began skating at three or four and just started going from there. Back then, that's all we had was hockey. I was playing road hockey every night, so it was in your blood right from the get-go," said Laxdal.

"I was pretty good in Stonewall and was playing senior hockey at 14, but you don't realize there's much bigger fish when the pond gets smaller. Until you get outside Stonewall, you don't realize what's really out there."

Laxdal was one of the few players of his era to play in the NHL at just 18 years old. At the time, the right winger was playing junior hockey with the Brandon Wheat Kings. From there, he was called up to the AHL's St. Catharines Saints and was then called up to the Toronto Maple Leafs.

"I think my first game was in Buffalo, but that's all I can remember. All I can say is it was special to play in the NHL at 18, and then I got a chance to break in full-time in the NHL at 21 or 22 years old."

The following year, Laxdal repre-

sented Team Canada at the 1986 World Junior Championships in Hamilton. He scored five points in seven games as Canada took home a silver medal.

Laxdal went on to play 67 games in the NHL, spread out between the Toronto Maple Leafs and New York Islanders. Although he wished he had given more effort and played longer in the National Hockey League, Laxdal went on to play pro hockey for over 15 seasons spread across several leagues all over North America and Europe.

"You have to work every day once you make it, and that's something I preach to junior and pro players as that's something that I had trouble figuring out there during my own career. You're not given anything, and you have to work to stay."

Throughout his playing career, Laxdal was often a captain or assistant captain, and so coaching was something that he was always interested in getting into when he retired.

After being an assistant coach with the NHL's Dallas Stars for the past three seasons, Laxdal joined the OHL's Oshawa Generals as their head coach for the current 2022-23 season.

Before joining the Dallas Stars, Laxdal spent six seasons with the AHL affiliate Texas Stars as the head coach from 2014 to 2020, which included a run to the Calder Cup final in 2018, losing in seven games to the Toronto Marlies.



EXPRESS PHOTO SUBMITTED

After spending the past three years as an assistant coach for the NHL's Dallas Stars, Stonewall's Derek Laxdal now has a head coaching gig with the OHL's Oshawa Generals.

His other professional coaching experiences include a five-year tenure in the ECHL with the Idaho Steelheads, winning a championship in 2007. He also coached the WHL's Edmonton Oil Kings for five seasons and won league championships in 2012 and 2014 and the Memorial Cup as well in 2014.

Now with the Oshawa Generals, Laxdal is happy with where he's at, but he would also like to get back to the NHL while he's still in the coach-

ing realm.

"The goal is to get back and stay in the NHL. I tried getting an NHL job in the summer, but it didn't work out. This opportunity came up to coach the Oshawa Generals, which was a pretty good chance for me, so I jumped at it. We're a rebuild type of team, and it's been a real good experience for me so far."

The Oshawa Generals have a record of 21 wins, 23 losses, one overtime loss and four shoot-out losses.

To see more photos of your favourite Interlake Athletes

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BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW in the 32 Weekly Manitoba Community Newspapers! **NEED SEASONAL DRIVERS?** Having an AGM, online meeting or conference? Let people know in the Blanket Classifieds! Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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204-467-5836

WANTED

A purebred West Highland Terrier puppy. Will consider non-purebred if available.

**Contact Dennis
204-745-8811 Carman.**

Please support our advertisers
SHOP LOCAL



EMPLOYMENT OPPORTUNITY 2 POSITIONS

Full-time Manger and Full-time Chef
For the Narrows Sunset Lodge

Living quarters available, Above average wage for the right person or couple, Seasonal or Yearly employment
Please email office@narrowsunsetlodge.com or Call Irv at 204-981-2831.

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



*Heavy Truck and Trailer
Sales & Service*

EMPLOYMENT OPPORTUNITY

Office Administrator & Marketing Manager

Full Time, Permanent

J. Brandt Enterprises is currently seeking a full time Office Administrator & Marketing Manager.

Duties include, but are not limited to, answering calls, assisting customers & receiving payments, managing online advertising platforms, preparing paperwork for units sold in Canada and the U.S and a variety of other general office responsibilities.

The successful candidate should possess the following qualifications:

- Strong customer service & communication skills
- Computer knowledge
- Organizational skills & attention to detail
- Time management

Interested applicants can send their resumes to:

marketing@jbrandtent.com

Only applicants selected for an interview will be contacted



Employment opportunity

Heavy truck and trailer sales consultant

Full time, permanent

J. Brandt Enterprises is looking for a dedicated, organized and self-motivated sales representative. Your responsibilities will include assisting customers, answering sales calls & emails and following up with leads.

Job requirements:

- strong verbal and written communication skills
- computer knowledge
- past sales experience and knowledge of heavy trucks and trailers is an asset
- excellent time management and prioritization skills

The successful candidate will receive competitive wages & benefits package.

sales@jbrandtent.com

Call 204-364-2775 for more information

McSherry Auction Service Ltd

McSherry Online Auction for Cheguis Plumbing + Heating

Closing Time of Thursday March 2nd at 6 PM
Location: Stony Mountain, Mb
2 Miles North on HWY #7 - East on 75N
Driveway Marker #10037E

Featuring: '51 Chevy 1420 Step Side Truck - Runs, '13 BH Hyd. Tilt Tandem 14' Gravel Trailer, '17 BH 16' Tandem Flat Deck Trailer, Car Dolly, J.D. 155 R. Mower, (2) 40' Containers, Sky Jack 26' Lift, Pallet Racking, Plumbing Related Tools, Power Threader, Pallets of New Plumbing/ Heating Items, 5 Portable Toilets, Coke Cooler + Signs, Office Furniture.

for complete detailed listing with viewing details, pictures + online bidding - Go To www.McsherryAuction.com
204-467-1858 or 204-886-7027 mcsherry@mymts.net

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: BARBARA GWEN MURPHY, late of the Town of Arborg, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500 – 360 Main Street, Winnipeg, Manitoba, R3C 4H6, on or before the 17th day of March, 2023.

DATED at Winnipeg, Manitoba, this 7th day of February, 2023.

PITBLADO LLP

Attention: Leith Robertson
Solicitors for the executor

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

HOBBY FARM FOR SALE

124.61 acre hobby farm near Arborg. Well kept 1.5 storey home with hip roof barn and insulated machine shed. 60 acres tilled, 100 cultivated acres.

Contact agent Stacey Hiebert at 204.371.5930

BEEF FARM FOR SALE

1110.17 acre beef farm for sale near Arborg. 1200 sq ft bungalow with numerous outbuildings, calving facilities with well and heated waters.

Contact agent Sheldon Froese at 204.371.5131



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with an **EMPLOYMENT/CAREERS AD** in **THE EXPRESS**
204-467-5836



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- GET SEEN by over 360,000 Manitoba Homes!
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- Showcase your info, business, product, job, announcements or event
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- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 32 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

FULL TIME HEAVY DUTY MECHANIC OR TRAILER MECHANIC

- Benefits Package (full time only)
- Competitive wages
- Valid driver's license
- Class 3 an asset
- Ability to perform MGI Safety an asset

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- *Phones *Computers
- *Solar Systems & design
- * Everything Else!

THE BATTERY MAN
1390 St. James St. Winnipeg
TF 1-877-775-8271
www.batteryman.ca

EMPLOYMENT OPPORTUNITY

Riverdale Place Workshop Inc. requires a **SPECIAL CARE SUPERVISOR**
Monday, Tuesday, Thursday 8:30a.m. to 3:30p.m. and Wednesday 8:30a.m. to 4:00p.m.

Pension plan and benefit plan 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. R0C 0A0
Tele- 1-204-376-5584
Fax- 1-204-376-5584
email riverdalew@mymts.net

EMPLOYMENT OPPORTUNITY



Foster Ag Services is an independent crop inputs retailer located 15 minutes Northwest of Arborg, MB and we are currently looking to fill a 6-month term position for Summer Location Assistant

Duties and Responsibilities for this position include, but are not limited to the following:

- Administration • Warehouse and inventory management
- Shipping and receiving crop inputs
- Seed dispersal and treating • Yard Maintenance

Required Skills and Experience:

- Organized, self-motivated, and positive attitude
- Ability to work independently and as part of a team
- Be flexible in work hours and days throughout the busy season (May-June)
- Have a valid Class 5 driver's license
- Ability to drive a forklift
- Previous experience is an asset, but not required

Qualified candidates may submit a cover letter and resume in confidence to:

Kyle Foster, Kyle@fosterag.ca

Deadline to apply is March 10th, 2023

Thank you to all those who apply; however, only those selected for an interview will be contacted.

Classifieds



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

Eddie's Gravel Supply Ltd. is Hiring SHOP/MECHANIC HELPER/ APPRENTICE

- \$17-\$28 based on experience
 - Benefits • Full Time Permanent
- 204-389-2023
info@eddiesgravel.com
102086 Hwy #9 Winnipeg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring MECHANIC/ APPRENTICE

- Truck/Trailer/Equipment Repair
 - Wage of \$70,000 - \$100,000
 - Benefits • Experience required
- 204-389-2023
info@eddiesgravel.com
102086 Hwy #9, Wpg Beach, MB

The Aurora Plus

1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island. 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available
www.wgiesbrechthomes.ca

Taking orders for Summer / Fall Delivery 2023
204-346-3231



204-467-5836



Municipality of Bifrost-Riverton INVITATION TO TENDER

The Municipality of Bifrost-Riverton invites tenders for the following;

Construction of a 910 Sq. Ft. new addition for the Riverton Transportation and Heritage Centre (RTHC) located in Riverton, MB.

Tender documents are available from the Municipal Office. Sealed and clearly marked submissions will be accepted by the undersigned until 12:00 p.m. on March 14, 2023. The Municipality reserves the right to reject any or all bids, waive irregularities and informalities therein, and award the tender in the best interest of the Municipality in its sole discretion.

All inquiries related to the above tender should be directed to Jason Comeau at 204.641.2167.

SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

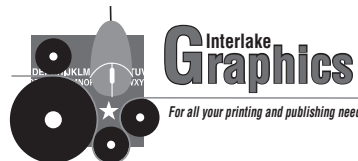
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



EMPLOYMENT OPPORTUNITY



Sun Gro Horticulture is currently accepting applications for full time **Maintenance Mechanic** at the Ramsay Pt. Bog facility.

RESPONSIBILITIES:

- Perform standardized quality control checks
- Use manual and powered hand tools
- Perform a variety of housekeeping duties
- General maintenance of equipment, Oil changes Bearing changes / trouble shooting tractors when required
- Hands on working with tools

QUALIFICATIONS:

- Welder experience
 - Positive, safety-conscious attitude
 - Able to work with others in a team
 - Punctual and willing to work
 - Must be in good physical condition, able to lift 50 lbs.
 - Able to climb stairs, ladders, and rough terrain
- We offer a comprehensive benefits package and competitive compensation based on experience and knowledge.

Please submit resumes no later than February 18, 2023 to:

Sun Gro Horticulture Canada
Sun Gro Road, Riverton, MB
Email: brad.keller@sungro.com
Contact: Brad Keller – 204-641-4256

Thank you for your interest, however, only those selected for an interview will be contacted.



Sigvaldason Custom Application – Position Opening

Position: Water Truck Driver
Location: Arborg, MB
Company: Sigvaldason Custom Application
Job Type: 6-month term
Start Date: May 1, 2023
Salary: Based on Experience and Drivers Class

Sigvaldason Custom Application is a locally owned Crop Spraying Service located in Arborg, MB. We operate primarily in the Spring and Summer Months and are looking for a motivated individual who thrives in a fast paced, team driven environment.

Duties and Responsibilities for this position include, but are not limited to the following:

- Daily Inspections of Water Truck
- Loading and unloading of product from warehouse
- Safe Operation of Water Truck
 - To and from field locations around Arborg, Riverton and Fisher Branch

Required Skills and Experience:

- Organized, self-motivated, and positive attitude
- Ability to work independently and as part of a team
- Be flexible in work hours and days throughout the busy season (May-June)
- Have a valid Class 3 or higher driver's license
 - We are willing to train and pay the right applicant in a Class 3 License
- Previous experience is an asset, but not required

Qualified candidates may submit a cover letter and resume in confidence to:

Bailey Sigvaldason or Logan Sigvaldason
bailey@fosterag.ca logan.sigvaldason@outlook.com
204-378-0110 431-276-2000

Deadline to apply is March 31, 2023

Thank you to all those who apply; however, only those selected for an interview will be contacted.



EVERGREEN SCHOOL DIVISION

Invites applications for the following regular positions, effective ASAP:

22.OP.19 & 22.OP.20 **Bus Driver Regular**
(approx. 4hr/day) – Gimli area

See website for details and application procedures:
<http://www.esd.ca/Employment under Support Staff>.

CLOSING DATE: February 17, 2023 (3:30 pm)

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

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers.



RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of Armstrong is accepting applications for the position of Chief Administrative Officer.

Found in the heart of the Interlake region of Manitoba, northwest of Teulon on Hwy #17, the RM of Armstrong is home to a number of small hamlets offering a mix of urban and quiet country lifestyles.

Under the direction of Council, the CAO is responsible for the overall management of the operations of the municipality including: administration, supervision of staff, policies and planning and financial management.

Key responsibilities of the position include:

- Recommends new initiatives, programs, policies, and plans for Council to consider.
- Advising Council as to current and future policies, programs and budgets.
- Acting as the coordinator and team leader of the administration in areas of staff, personnel, policies, plans and programs.
- Develops and implements a process for preparation of annual capital and operating budgets.
- Assisting Council in determining the future vision of the Municipality.
- Working closely with all levels of government

Skills & Qualifications

- Ability to communicate effectively with the public, employees and external stakeholders.
- Ability to develop, interpret and administer agreements, statutes and by-laws.
- A graduate of the University of Manitoba Continuing Education Division Certificate Program for Municipal Administrators, or equivalent education.
- A background in Accounting is considered an asset.
- Ability to read and understand Municipal Financial Statements and manage a budget.
- A minimum of three years direct experience in municipal administration.
- Computer experience with a municipal software program, preferably Asyst, and demonstrated abilities with Windows, Microsoft Office 365: including Work, Excel, Power Point.

Salary is commensurate with experience and qualifications. The RM of Armstrong provides an excellent group benefits and pension program. A detailed job description is available upon request.

Please submit your resume and three reference to:

RM of Armstrong
Box 69, Inwood, MB R0C 1P0
Fax (204) 278-3437
Email: cao@rmofarmstrong.com

Deadline to apply for the position is Friday, February 24, 2023 at 4:30 P.M. If a candidate is not found by the deadline date the position will remain open until filled. We thank all that apply and advise that only those selected for further consideration will be contacted.

Classifieds Announcements



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- Referral program

Derek (204) 793-7465

CENTENNIAL TRANSPORT & LEASING LTD.



204-467-5836



ATTENTION FARMERS AND RANCHERS

February 18th at 1:00 pm

at the Ashern Auction Mart
4 complete dispersals with reputation cattle

George Bernier

87 cows 53 bred heifers
50% black sim/angus 45% red sim angus 5% tans
53 Heifers bred to easy calving black Simmental Bulls
60 2+3rd Calvers Bred to black and red simmental bulls
27 4+5th Calvers Bred to black and red Simmental Bulls
2 Simmental Bulls 5 yr old quiet sound bulls
Bulls turned out June 5th
Herd is on a full health program
(Pfizer gold, Scourguard, Ivomeced in December)

Complete dispersal Rick and Norine Yanke

100 cows 25 bred heifers
Top Charolais cows their calves top the market when they sell
70 % white , 25 % tan , and 5 % reds
25 bred heifers Bred red angus
100 cows bred Charolais Start calving March 15th
(Triple C Charolais bulls and Tee M J Charolais)
Full Health Program Pfizer and Scourguard yearly

Complete dispersal for Valarie Hallson and the estate of Harold

Approx. 50 cows
Mostly Black Angus cows Bred either Hereford or black angus
Avg age 3-10
Bulls turned out June 18th

Complete dispersal for the Basaraba Family

55 mixed cows blacks, red, tan and greys
Bred to red angus bulls
Start calving March 15th
Cow are black legged yearly and dewormed

Please contact for more information Ashern Auction Mart 204-768-2360

Buddy Bergner 204-768-0018

Kirk Kiesman 204-768-0019

License #1128

Announcements



Classifieds

BRIDAL SHOWER



Bridal Shower in Honour of Jensen Fridfinnson
Bride Elect of Donavan Ostapowich
Saturday, March 4, 2023 at 1:00 p.m.
Arborg Community Hall
 Donations can be made at Arborg Co-op and Home Hardware
 Registered at myregistry.com and Home Hardware
 Gift cards from Home Depot and Costco greatly appreciated
 Unwrapped gifts please

BRIDAL SHOWER



Bridal shower and Social in honour of Emily Bouvier and Keith Weik
Saturday, February 25th, 2023
Arborg Bifrost Community Hall
409 Recreation Centre, Arborg
Shower 1 p.m. and Social 8 p.m.
 Donations can be made at Arborg Co-op, Home Hardware and MYREGISTRY.com
 Unwrapped gifts preferred

BIRTHDAY



If you see Melvin Zalevich on Thursday, February 16th, wish him a HAPPY 80TH BIRTHDAY!
 -Love Angela, Corinne, Mike, Jaremy, and Dominique, Conrad, Naomi, Katrina, and Madison, Christopher, Samuel, and Adam, Eugene, and Eric!

Registered Purebred Polled & Quiet Yearling CHAROLAIS BULLS FOR SALE
Will be semen tested. Delivery & EPD's available
For more information call Ken at (204) 376-2418
KLCC Charolais, Arborg

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 Hwy #1, MacGregor, MB
1-888-685-3127
 www.kaldecktrailers.com

McSherry Online Auctions
 for Chequis Plumbing + Heating
Closing Thursday March 2 at 6 PM
 Location: Stony Mountain, MB
 2 Miles N. on Hwy #7 - East on 75N
 Driveway Marker #10037E
 Featuring: '51 Chevy 1420 Step Side Truck, '13 BH Hyd. Tilt Tandem 14' Gravel Trailer, '17 BH 16' Tandem Flat Deck Trailer, Sky Jack 26' Lift, Pallets of New Plumbing / Heating Items, Other Trailers, Shelving, Containers
 For Complete Detailed Listing with Viewing Details, Pictures and Online Bidding - Go To
www.McsherryAuction.com
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 mcsherry@mymts.net

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Call Today! 204-467-5836

ATTENTION FARMERS AND RANCHERS
 Plan to attend the Bred Cow sale Saturday, March 4th at 1:00 p.m.
Ashern Auction Mart

take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

H	O	I	D	T	E	F	E	E		
V	O	H	V	S	I	Z	T	E	V	
I	N	V	A	T	V	I	E	O	T	
S	T	R	Y	O	D	O	S	V	R	
E	D	E	C	S	E	R	V	N	E	S
C	I	W	S	I	S	W	V	N		
V	W	M	E	L		O	R	E	F	
D	N	E	M	E	S	T	V	S	H	S
E	H	O	S	S	O	T	E	V	H	S
H	C	I	I	T	E	V	O	V	V	N
S	S	V	B	V	W	O	N	R	V	

Crossword Answer

CROSSWORD

CLUES ACROSS

- River in Tuscany
- A way to represent
- Rocker's guitar
- Civil Rights group
- Brew
- Scratch
- W. Asian country
- The Eye Network
- Clarified butter
- Part of the Cascade Range
- Downwind
- A way to steer
- Loop
- Not ingested
- Swampy coniferous forest
- Musician
- Signing
- Containing iron
- Part of a theorem or proof
- Veterans battleground (slang)
- Of enormous proportions
- Italian city
- Come before
- Balm
- Undergarments
- Male parent
- Ropes
- Ear part
- Investment vehicle
- Dictator
- Cain and ___
- A type of code
- Border river along India and Nepal
- It's what's for dinner
- Consume
- Christian ___, designer

CLUES DOWN

- Cuckoos
- Skin issue

1	2	3	4		5	6	7		8	9	10	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						
49								50		51	52	53	54	55
56								57		58				
59								60			61			
62								63				64		

- City in central Japan
- Sorrels
- Twinned diamond
- Canadian province
- Monetary units
- Head honcho
- Goddess of wisdom
- Part of a play
- Get rid of
- Applicant
- Bowling alleys have many
- Explosive
- "The Say Hey Kid"
- Adjust
- Tattle
- Actor Pitt
- Gulls
- Within
- Exceptionally talented performer

The complete herd dispersal sale of Ron and Brenda Jonsson
 103 cows 17 heifers
 95% sim angus black cows 5% red, tan or grey
 Bred to calving ease black angus bulls
 Turned out June 16th (March 28th start date)
 Full health program: bovishield, covexin, ivermectin in June
 cylene in December, Scourbos 9 January
 23rd and heifers boosted March 3rd
 A quiet set of cows from a reputable operation.

The Complete dispersal sale of Kevin Richards
 70 cows and 12 cow calf pairs
 70 cows (black, red and tan)
 Bred to easy calving Edie creek Angus bulls
 Cows approx. 4-8 years old
 Full health program
 Ivomectin, bovishield, blackleg, vit a/d/e,
 previously scourguarded
 Have not pulled a calf in years

Farthing Family complete dispersal 40 cows
 20 blk cows
 2-5 years old
 Bred to Black angus bulls
 March 15th start calving
 20 black and Charolais cows bred later

For further information contact:
Ashern Auction Mart - 204-768-2360
Buddy - 204-768-0018
Kirk - 204-768-0019
Licence #1128

Announcements Classifieds

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

OBITUARY



Clarence Wesley Procter
May 31, 1943 - February 2, 2023

It is with very heavy hearts that we announce the passing of Clarence Wesley Procter. Suddenly, while doing a job he loved, the "odometer" ran out on February 2, 2023, at the age of 79 years, (yes, he still worked hard every day, even at that age).

Hard work was no stranger to Clare, and no job too big for him to handle. He had worked in heavy construction, and the trucking industry all his life. His strong work ethic began as a young boy in Woodlands, Manitoba, where he grew up

on the family farm. This is where Clare developed a love of animals that carried on until his last day. Many years were spent with family at rodeos and stampedes where Clare raced his beloved Thoroughbred teams. His farm and horses have always been a strong passion in his life. The laughter, smiles, generosity and welcoming, helping hand for anyone and everyone will surely be missed by all who knew and loved him.

Clare was predeceased by his parents, Herbert and Isabel Procter; brother-in-law Ron Miller and the love of his life Marlene Olsen.

He is survived by his children Marcel (Tammy), Shannon (Marc), Jamie (Dawn Rae); sister Sandra Miller; brothers Dennis (Joyce), Lynn (Krystal); as well as numerous grandchildren, nieces, nephews, great nephews, great nieces; and Marlene's daughters Tammy Boonstra and Kim Flannery.

A very special thank you to his niece Kara Laing (Ryan) – who took such loving and special care of him for many years.

As per Dad's wishes a celebration of life and interment will take place at a later date on his farm in Lundar, Manitoba.

A very special thank you to Sigfusson Northern for the care and compassion given to him during his last moments.

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



OBITUARY



George Anthony Chyzy
July 21, 1956 - February 3rd, 2023

Peacefully on February 3rd, George took his place of honor among those who had gone before – his parents, Tony and Anne Chyzy, his sister Marge and husband Ken Lichti, in-laws Roy and Louise Marchuk, sister-in-law Iliene and husband Terry Hudson, brother-in-law Mike Shachtay and longtime friend Glen Farren.

Left to cherish his memory is his loving wife Judy, his son Curtis and boys Cooper and Carver, his son Anthony and daughter Cairi, his brother Nick and wife Emma, and numerous in-laws, nieces and nephews.

We would like to thank Dr. Brett Houston, Dawn, the staff at CancerCare Gimli and Winnipeg, Health Sciences Center, Arborg Hospital, Cameron Abrey and the Manitoba Association of Fire Chiefs as well as his friends through the years at various fire departments, Fort Garry Fire Trucks and Corrections Services of Canada.

His life was the fire department and his second family. George was born in Arborg and started at age 18 on the ambulance. He spent the next 43 of his 66 years of life dedicated to modernizing the Arborg Fire Department and improving the safety of his community, training his members and being involved on the North Interlake Mutual Aid and the Manitoba and Canadian Association of Fire Chiefs.

A Celebration of Life will be held at the Arborg Hall on Thursday, February 16, 2023 at 2:00 p.m. in Arborg, Manitoba. We are planning a funeral procession, led by the Arborg Fire Truck, from George and Judy's home to the Arborg Community Centre. This will begin at 1:00 p.m.

FISHER FUNERAL HOME INC.
In care of arrangements.
204-372-6803 or 204-372-6271

OBITUARY



Steven Bruce Johnson
July 12, 1965 – January 22, 2023

Surrounded by his loving family, it is with great sadness that we announce the passing of our beloved brother, uncle, nephew and cousin, Bruce Johnson at the age of 57 years old.

Bruce was predeceased by his parents Siggi and Dorothy Johnson and his brother Dick Johnson.

Left to cherish his memory are brothers, Don (Corinne) Johnson, Bob (Donna) Johnson, and sister Sigrid (Ryan) Palsson; sister-in-law Maureen Johnson; nephews, and nieces,

Michael (Tanya), Kenny (Kyla), Kaylee, Kendra, Corey (Angie), Chad (Nikki), Derek (Krista), Jenny (Ray) and Mitch (Amanda) along with all their children. Bruce's Aunty Sella Benedictson, Uncle Danny Johnson, Aunty Darlene Johannesson (Elert), Bruce's cousin's and many friends.

Bruce took his schooling in Riverton, Manitoba attending the Special Education Class. He was very athletic and trained to compete in many events in the Olympics. Bruce was chosen to participate in Edmundson, New Brunswick for the Special Olympics winning many awards. He made his family very proud.

Bruce was born into a very musical family and music was a large part of his life. He enjoyed being part of the weekly band practices with Johnny and his Musical Mates, and attending dances, concerts, and Hootenanny's where his family and friends performed.

Bruce was also an honorary fireman with the Riverton Fire Department and could be seen riding in the fire truck at the local parades for years which brought him much joy.

He most importantly loved the time spent with family. His favorite day of the year was his birthday, surrounded by all his family and friends. His birthday was like a family reunion. He would always end the night with a speech to thank everyone for coming and say I love you all.

The family would like to extend our heartfelt appreciation to the staff at Heima Best Home in Gimli for their excellent care and respect they gave Bruce. We will forever be grateful for the loving, professional treatment he received in his home away from home. The staff and directors brought him much comfort and excellent attention. We would also like to thank Dr. Ade and the wonderful nurses, staff, and care workers at the Gimli Regional Hospital.

The family has decided to celebrate his life on his favorite day, Bruce's birthday. A private memorial will be held with family and his closest friends attending.

In lieu of flowers, donations can be made to the Riverton Fire Department in honour of Bruce. Forever in our hearts

We will miss and love you always
Góða nótt Elskan

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

Gilbart Funeral Home, Gimli in care of arrangements.



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OBITUARY



Albert Kroecker Dueck
June 18, 1947 – February 4, 2023

On Saturday, February 4, Albert Dueck, a beloved husband, father, and grandfather, passed away. He was seventy-five. Born to Peter B. and Katherine Dueck, Bert was raised in Rosenort together with his five brothers and four sisters. After moving with his parents to Fisher Branch, he became an active member in the EMC church. It was here that he met Helen Reimer, who became his devoted wife. They were together for nearly fifty years.

Bert graduated from the University of Manitoba with an agricultural diploma and went on to take ownership of Dueck Seed Farm. He loved his grain fields and spending time with family and friends. Bert was best known for his friendliness, loyalty, and a sense of humour that emerged more and more in his later years. He lived a full life, often enjoying camping and road trips with

his family, watching Jets games, making financial spreadsheets, doting on his grandchildren, appreciating time outdoors, and even until the end being a farmer at heart.

He will be greatly missed by his wife Helen; son Reg (Angela) and grandchildren Alyviah, Chloe, Mason, and Mila; daughter Shawnda (Claus) and grandchildren Adea and Evrin; and daughter Crystelle (Curtis) and grandchildren Malakai, Taleigha, and Avriel. The heavenly reunion includes his parents, two brothers, and three sisters.

The family would like to thank the staff at the heart failure clinic and cardiac wards of St. Boniface Hospital for their expertise in heart health and for caring so well for Bert. The medical staff at Percy E. Moore Hospital were also exceptional and deeply appreciated in the last days and hours; Dr. Bruin was so caring and understanding. We also want to extend our sincere gratefulness to the church community, friends, and extended family for all their prayers and support during this difficult time. Thanks as well to Friends Funeral Service for their professionalism and dignity in preparing a meaningful day.

Donations may be directed to the Canadian Foodgrains Bank, an organization that Bert was proud to support over the years.

Funeral service was held on February 10th at the Morweena EMC.

Arrangements entrusted to



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Announcements

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OBITUARY

Stewart Morton

Peacefully on February 9, 2023, Stewart Morton, aged 80 years, husband to his predeceased wife Margaret 'Peggy' Morton, passed away at the Eriksdale Personal Care Home. Cremation has taken place and a private family gathering will be held.

Arrangements by:

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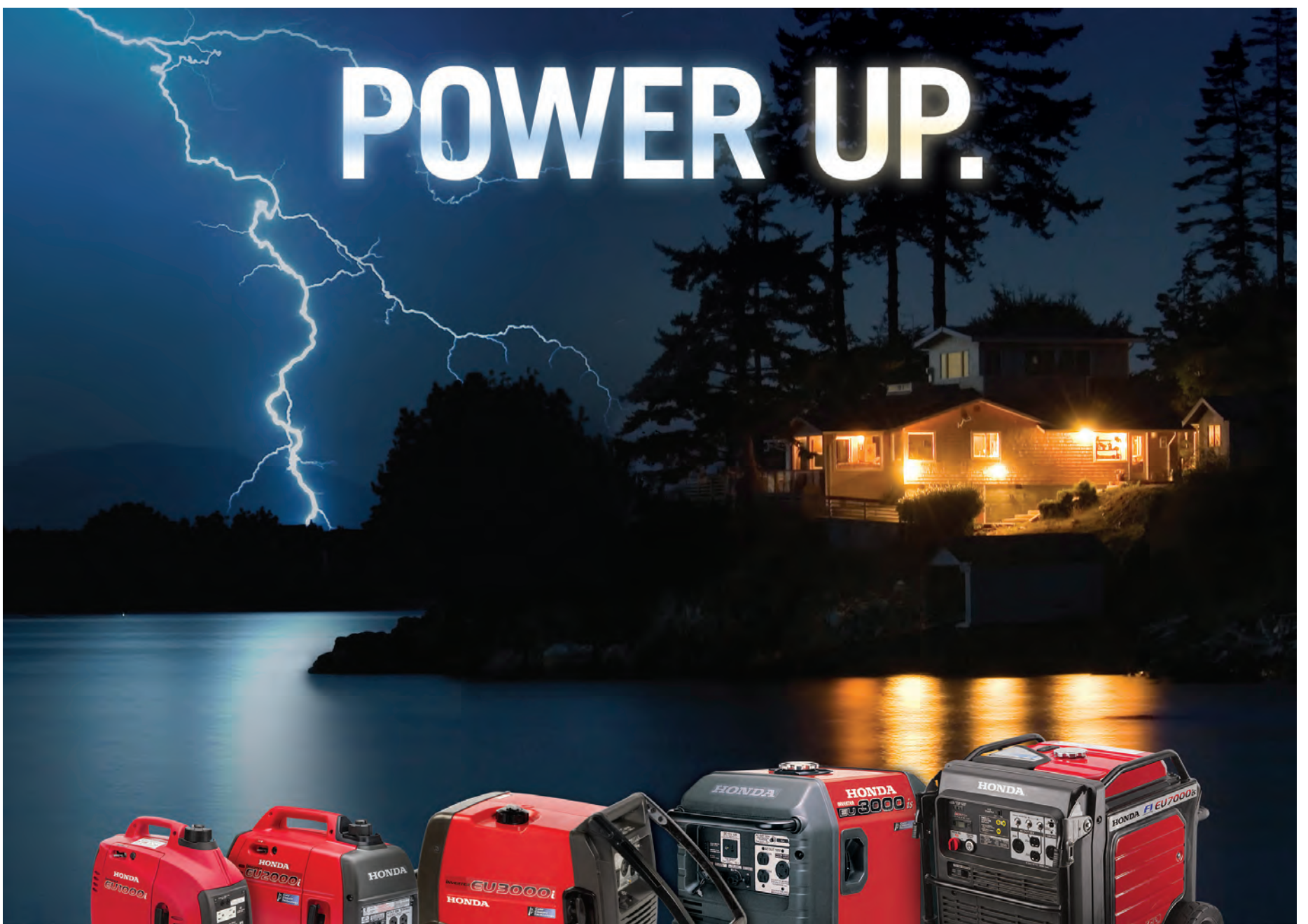
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