

L.J. BARON
EST. 1953
Realty
The *Claudette*
GRIFFIN
Group

Matt McSherry, REALTOR®
204-886-7585 (cell)
888-629-6700 (office)
Matt.ljbaron@gmail.com
www.ljbaron.com (web)

Multi-Award
Winning
Realtor®



ST. LAURENT \$349,900
318 Acres w/older 30x40 barn w/30x33
ext; Older garage; Fenced & Cross Fenced.
House AS IS, has no value.



FISHER BRANCH \$169,900
Starter/Retiree/Investment Property - 846
sf 2 BR 1 Bath, Recently Renovated
w/HUGE Yard!



GIMLI - \$539,900 IMPRESSIVE 4
br 2.5 Bath *Well Designed* 2398 sf, 2
Storey Family Home on 5 ACRES! w/Dble
Att'd Insul Garage w/220 wiring.



NEW PRICE
GUNTTON - \$279,900
1100 sqft 4 BR home just Minutes to city.
Ideal Rural Escape!

THE EXPRESS

www.expressweeklynews.ca

VOLUME 10 EDITION 9

THURSDAY, MARCH 2, 2023

WEEKLY NEWS

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



ALL IN STOCK NOW

2023 Honda CRF50
Air cooled single-cyl.
49cc
\$2,149⁰⁰
PLUS FREIGHT AND PDI **HONDA**

Honda XR150
Single cyl., Air cooled,
150cc
street
legal
\$4,589⁰⁰
INCLUDES FREIGHT AND PDI **HONDA**

Honda CT125
125cc, fuel inj. Eng,
street legal
\$5,639⁰⁰
INCLUDES FREIGHT AND PDI **HONDA**

2023 Honda TRX420FM
420cc Rancher
toe shift
1 yr
warranty
Red
\$8,669⁰⁰
PLUS FREIGHT AND PDI **HONDA**

SHACHTAY
SALES & SERVICE
Arborg, MB
204-376-5233



**Sweden
bound**

EXPRESS PHOTO BY CURLING CANADA

Gimli's Kerri Einarson and her team have captured their fourth consecutive Scotties Tournament of Hearts after a 10-4 victory in Sunday evening's final over Jennifer Jones. Left to right: Kerri Einarson, Val Sweeting, Shannon Birchard, Briane Harris, Krysten Karwacki and Reid Carruthers.

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD



Kawasaki
Let the good times roll



700cc 2023 KAWASAKI MULE PRO MX LE

The 700cc 2023 Kawasaki Mule Pro MX EPS LE starts at JUST \$17,199**, and with the help of Kawasaki's Good Times Financing Promo, you can take it home for only \$117**/Bi-weekly!

The mid-size Kawasaki MULE PRO-MX EPS LE side by side offers a comfortable fit for two passengers with the muscle to cover more ground in less time, and the versatility and capability to have some fun when the work is done.

(**plus fees and taxes, OAC)

FISHER POWERSPORTS

63 MAIN ST, FISHER BRANCH, MB
www.fisherpowersports.com

1-204-372-6648

GHS students' creativity and design skills tapped for chamber card

By Patricia Barrett

A Gimli High School student with a sharp eye for design will be the first to have her work displayed on a membership card that's being created by the Gimli Chamber of Commerce.

Sammie Liebrecht, who's in Grade 10, came up with a stylish tableau of ice fishing on Lake Winnipeg. It shows anglers' colourful fishing shacks, moody lighting and snow-drifts and ice fissures.

The chamber had reached out to visual arts, computers and humanities teacher Allyson Giardino to have her students come up artistic works for its membership card, and there were 12 submissions.

Giardino said the chamber's design contest was valuable as it gave added meaning to students' assignments and connection to the community.

"I'm really proud of the students for applying their graphic design skills to create images that are all unique and different but reflective of Gimli and our surrounding area," she said.

The students conceptualized, drew and painted a scene using an open-source digital illustration program called Krita that's similar to Adobe programs, she said. They have the skillset to make ads, logos and other designs and it was fun for them to undertake the chamber's challenge.



Liebrecht's rendition of winter angling on Lake Winnipeg was drawn and coloured using design software that Gimli High School teacher Allyson Giardino incorporated into her visual arts and computer class.

Giardino said she imagines Sammie's design was chosen to grace the membership card this year because ice shacks on Lake Winnipeg are such a defining feature of Gimli in the winter.

"And Sammie's graphic style has a lot of clean lines; it really stands out," said Giardino.

Like most young people, the students took to the computer program like ducks to water, with a little assistance at the outset from Giardino.

"They said to me, 'Here's my idea. How do I can create this in the program?' Once I showed them, they



EXPRESS PHOTOS BY ALLYSON GIARDINO

Grade 10 Gimli High School draftsman Sammie Liebrecht (holding her design) will be the first student to have her picture grace the Gimli Chamber of Commerce's membership card for a year. Liebrecht drew a drafty-looking day of ice fishing on Lake Winnipeg, just off the shore of Gimli.

were pretty good at using the tool. It was just more translating what was in their head into the computer," said Giardino. "Once they did that, they were good to go."

The *Express* reached out to the chamber for comment on the contest and the membership card.

The chamber singled out Sammie

on its webpage, saying "we appreciate your hard efforts and can't wait to display your artwork for the next 365 days."

It also said the winner was selected by draw and each year will feature a new design on its membership card,

Continued on page 4

Baker Law CORPORATION

Providing full time legal service to families and small businesses in Gimli and the Interlake.

If you are buying or selling real estate now or in the near future, call us to discuss the important legal issues that you will need to know about. Call us for more information and to find out how we can help you. ***We are here when you need us.***

Grant D. Baker
Barrister, Solicitor and Notary

Our office is open 9-5 Mon to Fri
72 Centre Street, Gimli, MB
204-642-8681 or
1-866-487-5688

Take on the Trades | Apprenticeship Support Project

Shape the Future of Trades.

Do you dream about working in trades?

The Apprenticeship Support Project was created to help businesses grow while giving first-year apprentices their foot in the door to the trades industry.

Invest in yourself.
Join the Red Seal trades.

Visit takeonthetrades.ca to learn more.

Funded by the Government of Canada's Apprenticeship Service **Canada**

*Hire up to two, first-year apprentices per fiscal year for a potential incentive of \$20,000. Open to all small to mid-sized employers in Canada.



Lundar Motor Hotel break-in causes over \$15,000 in damages

By Autumn Fehr

On Sunday, Feb. 19, Albesh Patel, owner of Lundar Motor Inn, walked into a devastating, ransacked scene that could have been from the movies.

The front entrance door of the building had been pried open, lifting the bottom front end of the building.

But the damage didn't stop there.

When Patel walked into his building, he uncovered another substantial loss.

The ATM in the front entrance of the building had been broken into and the \$7,000 cash had been stolen. Patel owns the machine, so the cash belongs to him.

Patel said those who broke in through the front door used a crowbar and tried to pry open the ATM but were ultimately unsuccessful. The thieves left and returned 10 minutes later with a chain. They wrapped one end of the chain around the crowbar this time, and the other was attached to a truck. They ripped the ATM door open and stole the cash.

Damages to the front of the building and the hallway incurred by the break-in are estimated to cost \$10,000 to \$15,000.

Patel said he had lost the money and incurred the damages at the busi-



EXPRESS PHOTOS SUBMITTED

Thieves used a crow bar and a chain to pull the door off the ATM machine and the front door of the Lundar Motor Inn on Feb. 19. They made off with \$7,000 cash and caused \$10,000 to \$15,000 in damages to the building.

ness's slowest time of the year, making this a severe loss.

"It's a major loss to us. We have to

block off the front entrance so the insurance company and RCMP can investigate. We cannot fix it, which

affects our clientele. January and Feb-

Continued on page 5

We want to hear from you!

Gimli Waterfront Master Plan Open House

WHEN?

WHERE?

WHY?

Sunday, March 5, 2023
2:00 - 5:00 p.m.

Johnson Hall (Gimli Waterfront Center,
5th floor)
106-94 1st Avenue, Gimli MB

We want the community's input on the vision for future development of Gimli's Waterfront. Stop by for coffee and dainties while you explore the ideas being put forth, collaborate with other community members, and leave us your valuable feedback!

SCATLIFF + MILLER + MURRAY

Get ready for Spring with
our in-store Easter Colour
Collection!

PURCHASE 2 CANS IN THIS COLOUR COLLECTION IN THE PURE EGGSHELL OR VELVET PAINT AND RECEIVE A FREE 3.6-4L CAN OF SILVER GREY BARN PAINT!

NOTE: PAINT CAN ALSO BE TINTED TO A LIMITED AMOUNT OF OTHER COLOURS. PROMOTION RUNS FROM FEBRUARY 28 TO MARCH 28.
DISCLAIMER: PROMOTION APPLIES ONLY TO THE GALLON SIZE CAN OF PAINT, NOT THE QUART SIZE. *BARN PAINT SKU: RW85-SG

Arborg Home
hardware
building centre

Here's How.
451 Main Street, Arborg
204-376-3090
sales@arborghhbc.com

Gimli's Einarson wins fourth straight Scotties

By Ty Dilello

Gimli's Kerri Einarson has captured her fourth consecutive Scotties Tournament of Hearts after a decisive 10-4 victory in Sunday evenings championship final over Manitoba's Jennifer Jones.

For the second straight year, Einarson (representing Team Canada), and her teammates Val Sweeting, Shannon Birchard and Briane Harris, rallied from an early loss in the playoffs to come back and win the championship with a record of 11 wins and one loss.

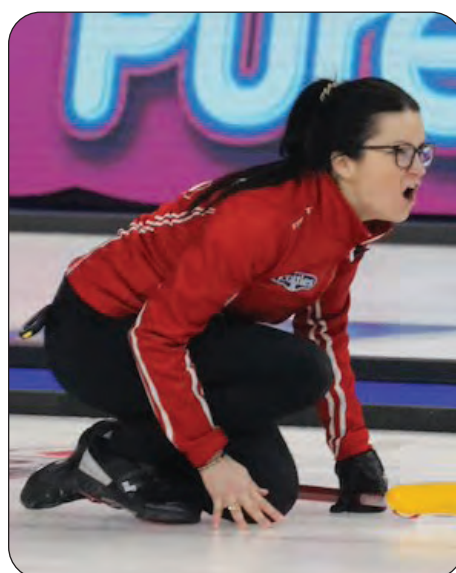
"To win four straight means so much," said Einarson. "I think this one was better than our first. This team never gives up, and that makes us who we are. So much great determination. We just go out there and enjoy every single minute and have fun."

In the final, Einarson broke a 2-2 tie in the fifth end when they stole two points after Jones' final draw came up light of the eight-foot. Manitoba conceded the game after Einarson had an open hit for five in the ninth end to win 10-4.

The fourth national Scotties put Einarson and her rink into elite company, along with Nova Scotia's Team Colleen Jones, who had also won four in a row from 2001 to 2004. It was also the fifth Scotties win for Shannon Birchard, as she previously won the 2018 Scotties with Jennifer Jones when she filled in for Kaitlyn Lawes, who was playing mixed doubles at the Olympics that year.

"The girls played fantastic with their backs up against the wall," said Team Einarson's coach Reid Carruthers. "It was very impressive to see them perform at the level they did in the semi-final against Northern Ontario and then in tonight's final. I'm so proud of them all."

The Jennifer Jones rink (Karlee Burgess, Mackenzie Zacharias, Lauren Lenentine, Emily Zacharias) out of the St. Vital and Altona Curling Club had a solid week representing Team



Einarson encouraging her sweepers.

Manitoba as they compiled a 10-2 record on the week.

Also representing Manitoba at the Scotties was Team Kaitlyn Lawes of Winnipeg (Wild Card #1), who lost a tiebreaker game to Nova Scotia, which saw their event end early. East St. Paul's Meghan Walter featuring Sara Oliver, Abby Ackland and Mackenzie Elias played as Team Wild Card #3 and missed the playoffs with a 3-5 record.

Einarson, Sweeting and Birchard were all named to the First Team All-Star at the conclusion of the event, while Harris was named a Second Team All-Star.

Einarson was also awarded the Sandra Schmirler Award for the fourth-consecutive year for being the most valuable player in the playoffs. After receiving the award, Einarson then gave the MVP honour to her teammate and lead Harris, who competed at the Scotties while five months pregnant with her first child.

The Einarson team will now represent Canada at the 2023 World Women's Curling Championship at the Göransson Arena in Sandviken, Sweden, from March 18 to 26.

"I'm so looking forward to wearing the Maple Leaf in Sweden," said Einarson.



Einarson, Sweeting, Birchard and Sarah Potts of Northern Ontario were all named First Team All-Stars while Harris, Rachel Homan (Ontario), Laura Walker (Wild Card 1) and Emma Miskew (Ontario) were named Second Team All-Stars.



Einarson, who won the Sandra Schmirler Award (most valuable player in the playoffs) for the fourth-straight year, gave it to her teammate Briane Harris.



EXPRESS PHOTOS BY DERWIN FARMER AND CURLING CANADA

Gimli's Kerri Einarson, Val Sweeting, Shannon Birchard and Briane Harris look forward to representing Canada in the women's world championship March 18-26 in Sandviken, Sweden.

> CREATIVITY AND DESIGN, FROM PG. 2

which will provide chamber members with discounts at different businesses.

The chamber said it's giving the high school design class "a pizza lunch, slushy, and a pass each to

the Gimli Ice Festival" as they did a "fantastic job" and it couldn't reward just one person.

The membership card is scheduled to be distributed at the chamber's April 14 stir event.

Local family shares cautionary tale about Lyme disease

By Jennifer McFee

A Marquette family cautions others in the area to be vigilant about ticks after their young daughter contracted Lyme disease.

It all started in September when Krysta and Keith Prevost noticed their four-year-old daughter Leighton started getting large red rashes and complaining about sore legs.

"For about an eight-day stretch, she had these rashes all over her body. They were red rings with a clear centre and her knees hurt so bad that she could barely walk," Krysta said.

"We took her to three doctors and they all diagnosed it as a virus that just had to run its course."

However, over the next month or so, she continued to experience on-and-off pain in her knees, along with flare-ups of the rash.

"She also pulled or pinched a nerve in her neck and jarred her hip, which both lasted for about five days of being in pain. We took her back to the doctor and explained what has been going on and she agreed that it wasn't normal," Krysta said.

"She then ordered blood tests, and that's when it was discovered that she had inflammation in her body. She was referred to a rheumatologist at the Children's Hospital and another set of blood tests were ordered, including the Lyme disease test."

At the end of January, the Lyme disease test came back positive.

"Now she is on a heavy dose of antibiotics for four weeks and is expected to be symptom-free afterwards," Krysta told the Express in mid-February.

"Since starting the antibiotics, she hasn't had any symptoms of the disease."

Although they don't know for certain where Leighton contracted Lyme disease, the Prevosts think a tick likely bit her in September in the Marquette area where they live.

"We don't recall taking one off of her, but she could have scratched or taken it off herself. Some Google searching on the symptoms she was experiencing was what convinced us it may be Lyme disease. We also have an influx of deer ticks in our area in the fall, with dogs that carry them in," Krysta said.

"I think that because she didn't have the classic bull's-eye rash that people associate Lyme disease, it wasn't seen as a possibility that it could be it. She was referred to numerous doctors before they figured out what it was."

Krysta suggests that everyone become familiar with symptoms of Lyme disease, such as expanding rashes, headache, fatigue, chills, fever, muscle aches, joint pain, stiff neck or swollen lymph nodes.

"If you check off multiple symptoms on the list, ask to be tested for it," she said.

"If you live in an area with a high tick population, let your doctor know that whatever may be going on with you or your kids could be Lyme disease."

Now that Leighton is being treated for Lyme disease, she is on the road to recovery.

"She's doing great, back to her typical four-year-old self," Krysta said.

"She is on antibiotics for four weeks and has been symptom-free since starting it."

For more information about Lyme disease, visit <https://www.gov.mb.ca/health/publichealth/diseases/lyme.html>.



EXPRESS PHOTO SUBMITTED
Four-year-old Leighton is recovering from Lyme disease, which she might have contracted in September near her family's Marquette-area home.

Primary care in the community

By Jennifer McFee

Primary care providers are available throughout the region to help meet the health-care needs of community members closer to home.

Primary care providers are generally the entry point into the health-care system and include physicians and nurse practitioners, said Connie

Nixon, director of primary care health services for Interlake-Eastern Regional Health Authority.

"They provide preventative care,

teach healthy lifestyle choices, identify and treat medical conditions, and

Continued on page 9

> BREAK-IN, FROM PG. 3

ruary is the slowest time of the year for any business, so it is also for us. That money comes from our pocket because we aren't making that much," he said.

To try and prevent another break-in like this in the future, Patel said they might remove the ATM from its current location so it isn't as visible.

Patel said the break-in is under investigation by the RCMP in Ashern to find who is responsible for the crime.

Despite the financial loss, Patel said it's still business as usual at the hotel. The only difference is that customers must enter the hotel from the back of the building.

What's *Your* story?

We want to hear from you.

The Express Weekly News connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

THE EXPRESS
WEEKLY NEWS

Take care of details so they don't have to. **Just ask Ken.**

KL
KEN LOEHMER
FUNERAL SERVICES



55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

THE Flicks
CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:

Please check individual listings
Due to various picture lengths showtimes vary

204-467-8401

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

FRI-THURS MARCH 3-9

CLOSED TUESDAY

**MAGIC MIKE'S
LAST DANCE**

at 7:30 pm Each Night

Coarse Language;
Sexual Content

PG

FRI-THURS MARCH 10-16

CLOSED TUESDAY

CREED III

at 7:30 pm Each Night

Coarse Language;
Violence

PG

THE **EXPRESS**
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



REPORTER/PHOTOGRAPHER
Jennifer McFee



ADMINISTRATION
Carrie Sargent



REPORTER/PHOTOGRAPHER
Patricia Barrett



REPORTER/PHOTOGRAPHER
Ty Dilello



REPORTER/PHOTOGRAPHER
Autumn Fehr



PRODUCTION
Debbie Strauss



DISTRIBUTION
Christy Brown



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta



PRINT
Dan Anderson



ADMINISTRATION
Allana Sawatzky

OUR SISTER PUBLICATIONS

Tribune
Stonewall Edition
Selkirk Record
The Carman-Dufferin
STANDARD
Winkler & Morden
Voice
New Brunswick
Voice

get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

Election campaign has begun

By Cam Dahl, general manager, Manitoba Pork Council

Sometime before Oct. 24, Manitobans will go to the polls to elect the next provincial government. While we don't know the election date, the campaign has already begun or, at least, it should have started for farmers if we want to see agriculture's needs reflected in the parties' policies.

The political parties are all getting prepared for the campaign to come. All are drafting their election platforms. All are setting up candidate briefings on key election issues. But, will the aspirations and concerns of the province's farmers matter to the drafters of the party platforms? Will agriculture policies be based on the science that supports modern agriculture or be influenced by some of the misinformation floating about on social media? The answers to these questions largely depend on farmers and farm organizations.

Manitoba's agriculture community must engage with political parties now to ensure we see our needs reflected in every election platform. We also need to provide our input while policies are being drafted because reacting after the election is called or after the policy platforms are published is too late.

What is on the policy wish list for Manitoba's hog farmers? Right at the top is the need for recognition of the pork sector's role in driving the provincial economy and developing communities in every part of Manitoba. Rural communities like Neepawa, Roblin, Killarney, Steinbach and Notre Dame de Lourdes are socially thriving and becoming more diverse because of investments in hog farming and pork processing. Our large urban centers like Brandon and Winnipeg

are adding jobs and seeing economic growth because of the pork sector. Also, 14,000 Manitobans from across the province depend on the hog sector for a well-paying, high-quality job. We want to see the party platforms take pride in these developments and commit to policies supporting this ongoing growth and development.

Economically and environmentally sustainable agriculture growth depends upon science-based policies and regulations. This sounds straightforward and uncomplicated, but often political discourse can be influenced by misinformation on modern agriculture that is spread through social media and even picked up by mainstream broadcasting and print publications. How do we prevent misinformation from becoming a party's policy and eventually legislation and regulation? The most important way is to have every party commit to effective and meaningful consultations with farmers and their associations before implementing a change in policy direction. Commitment to science-based policies and promises of effective consultation are key elements we all need to see in election platforms.

Every party will have policies related to greenhouse gas reductions and sustainability. Most Manitobans expect this, and candidates will need to address these issues if they expect to be elected. Like all of Manitoba's agricultural producers, hog farmers need to see environmental and animal care policies which acknowledge the fact that modern agriculture provides the roadmap for achieving society's sustainability objectives. Reverting back to the farm practices of Ol' McDonald is not an ecological solution but an unsustainable path that will lead to reduced efficiency, increasing



**Cam Dahl, general manager
Manitoba Pork Council**

environmental footprint, and the rural poverty of days gone by. Building upon modern agriculture's research and technological advances will ensure the sector is economically and environmentally sustainable for generations to come.

What can individual farmers do to advance these policy objectives? The answer is simple but requires a time commitment to carry out. We need farmer engagement if we are going to see political platforms that reflect the needs of our sector. Most candidates for the upcoming election have been nominated. The agriculture community needs to get out and meet with them. I would like to see every pork producer adopt two candidates, one in rural Manitoba and one in a major urban centre. Ask to meet with candidates with differing political perspectives (you don't need to convince someone who agrees with you). Dis-

Continued on page 7

ADVERTISING OR PRINT CONTACT INFORMATION

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

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca
Autumn Fehr - Reporter/Photographer
204-998-1993

PAPER DELIVERY OR FLYER CONCERNS

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

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper view any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we connect people through stories to build stronger communities.



> EMAIL US

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

ADDRESS

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

**Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication**

View the Express Weekly News online at
www.expressweeklynews.ca



Funded by the Government of Canada



getinformed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



EXPRESS PHOTO BY CHERYL LAW

The night sky in Eriksdale was alive with dancing Aurora Borealis through the night of Feb. 26 and into the early morning of Feb. 27. The Aurora Borealis activity is currently moderate and a display of the Northern Lights may be visible for the next few nights. If curious as to when the light show may occur, you can check auroraforecast.com or informative Facebook pages such as Manitoba Aurora and Astronomy and Aurora Borealis Enthusiasts. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

> ELECTION, FROM PG. 6

cuss with them the key request from the sector and do this before they are committed to a particular policy platform.

We also need to listen to candidates. Listening is just as critical as delivering a set of requests. Listen to any concerns they may have about agriculture and commit to getting responses back to them. Provide this feedback to your farm organizations like Manitoba Pork and Keystone Agricultural Producers. Getting answers back to candidates is one way in which farm organizations like Manitoba Pork will help deliver common messages to all parties and candidates.

Political activists often say that "public policy is set by those who show up." What does this mean? It means that if we don't engage politicians, our voices will not be heard and our needs will not be reflected in party platforms. Now is the best time for individual producers to influence policy. Now is the time for farmers to actively participate in the political process.

Funding announced to support quality, inclusive and sustainable child care

By the Manitoba government

Manitoba early learning and child-care providers will be able to make targeted investments in infrastructure, diversity and inclusion, and in workforce recruitment and retention strategies to better position facilities for the future, federal Minister of Northern Affairs Dan Vandal, minister responsible for the Canadian Northern Economic Development Agency and the Prairies Economic Development Agency of Canada, on behalf of federal Minister of Families, Children and Social Development Karina Gould, and Manitoba Education and Early Childhood Learning Minister Wayne Ewasko announced last Thursday.

"Today's funding announcement means increased support to Manitoba's early learning and child-care providers, children and families," said Vandal. "Our government will continue to make progress with partners toward a better, more inclusive and affordable early learning and child-

care system for families in Manitoba and across Canada."

The governments of Canada and Manitoba are providing \$45.9 million in one-time funding under the Canada-Manitoba Canada-Wide Early Learning and Child-Care Agreement to support the implementation of quality enhancement grants to fund programming for children under the age of seven. The Manitoba government is contributing an additional \$14 million to ensure equitable support is available for school-aged programming within the sector that serves children ages seven to 12.

"Our government is committed to making quality child-care more accessible for Manitoba families," said Ewasko. "These grants will help early learning and child-care providers make immediate investments into facilities and staff to support high-quality learning for children across the province and a stronger, more responsive early learning and child-care system for Manitoba families."

There are three streams of grant funding:

Quality Early Learning and Environments Grant: \$33.8 million to help improve aging infrastructure, equipment and materials;

Enhancing Diversity and Inclusion Grant: \$18.7 million to ensure children of all backgrounds and abilities feel a sense of belonging and have the ability to participate in programming through enriched curricula, space adaptations and staff-development opportunities; and

Innovative Recruitment and Retention Grant: \$7.4 million to implement creative and innovative strategies to recruit, retain and support a high-quality workforce and meet the demands of a rapidly growing sector. This includes a Registered Retirement Savings Plan (RRSP) top-up of \$500 per child-care space to provide recognition for the dedication of home-based providers to the child-care sector.

Funding is available to all licensed

non-profit child-care centres (including infant, pre-school, nursery, and school-aged programs) and home-based providers, that must opt-in to the grant program before March 13. Quality enhancement grants support the principles of quality, inclusive and accessible child care and fund eligible expenses from April 1, 2022, to March 31, 2024.

With the exception of the Retirement Enhancement and Retention Benefit, eligible facilities will be required to accept or decline each funding stream through their weekly reporting update in Manitoba Child Care Search between Feb. 27 and March 13. The RRSP contribution is topped up automatically for any provider that contributes to RRSPs.

For more information about the Canada-Manitoba Canada-Wide Early Learning and Child-Care Agreement and the quality enhancement grants, visit www.manitoba.ca/childcare.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Gimli mayor and council pay increases seem unnecessarily high

In this day and age with everyone struggling, it seems like a huge increase for nothing done. No one gets that big of a raise in the real world, unless you're in government.

It sure hasn't taken the new council and new mayor long to go to the money trough for themselves. To some, that shows they don't care about Gimli and surrounding areas, just their wallets!

A per diem of \$100 per day for meals is way more than anyone needs in Gimli. That's \$33 per meal. Who

needs \$30+ for breakfast, lunch or dinner? Unless your having steak and lobster ever meal!

They'll be so full they won't be able to do any work, but it seems like they don't want to anyway. Complaining about how much extra time they have to put in already. One extra meeting, really?

The average worker has to work 8-12 hours a day, with very little to show for it.

This new council seems to feel very entitled despite the economy and inflation being so out of whack.

Very disappointed in this new council.

We hope they come to realize we are living in the real world and they are not!

- Ted and Gwen Deresh
Spruce Sands

Manitoba government's lease policies cripple family farms

Well, the Manitoba government held its second Crown land lease auction last week.

What a travesty!!!!

They are going to spin the auction as a success because of a few high-priced parcels.

But, because of their outlandish changes to Crown land policy (one being the total removal of the AUM cap), they opened the door to the sale of the vast majority of leases to three large businesses !!!

One company took 20 parcels, one took 17 (every acre of Crown land that was up for auction in the Ste. Rose/Eddystone/Rejavik area!!), and the Southern Chiefs purchased over 10,000 acres.

Is this good for the Manitoba cattle

industry? Absolutely not!

Family farms are the backbone of rural Manitoba and the cattle industry. Lease-land pasture has always been an integral part of ranching in the "north."

Four young producers in our area, wanting to expand, were outbid by a corporation! Investors might have deep pockets, but they are not cattlemen.

Brian Pallister, Ralph Eichler, Blaine Peterson and the countless bureaucrats that bull-headedly took Manitoba down this terrible path ... there will be blood on your hands.

The money brought in by this auction was "stolen" from Manitoba ranchers who in good faith had been stewarding the land, some for generations (by disallowing the unit transfer!!).

It is a pittance, compared to the damages done to the people and the ranching industry in this province.

Shame on you!

- Shelley Dyck
Ste. Rose du Lac

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

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

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.



EVERGREEN SCHOOL DIVISION JUNIOR KINDERGARTEN and KINDERGARTEN REGISTRATION for the 2023 – 2024 school year

Schools:

Arborg Early Middle School
Riverton Early Middle School
Sigurbjorg Stefansson School (Gimli)
Winnipeg Beach School

Dates: Monday, March 20 to Friday, March 24, 2023

Times: 9:00am – 12:00pm and 1:00 – 3:00pm

Children born in 2019 are eligible for JUNIOR KINDERGARTEN

(Tuesdays and Thursdays; half days)

For new registrations, please register at the school and come prepared to provide the following: child's birth certificate, child's health number, parent(s)/guardian(s) name(s), phone numbers, email, mailing and physical address, as well as an emergency contact name and phone number.

Children born in 2018 are eligible for KINDERGARTEN

(Mondays, Wednesdays, Fridays; full days)
Please note: If your child attended a school in Evergreen School Division for Junior Kindergarten, you need to simply drop by your child's school office for a few minutes to confirm your child will be attending there for Kindergarten and to update your file. For new registrations, see above.

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

Diagnostics Temporary Service Changes

E.M. Crowe Memorial Hospital

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

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

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

To confirm physician availability in Interlake-Eastern RHA's emergency departments, please visit

<https://www.ierha.ca/emergency-department-schedules/>



Shared health
Soins communs
Manitoba

Diagnostic Services



Interlake-Eastern
Regional Health Authority

www.ierha.ca

Laboratory and diagnostic imaging services within Interlake-Eastern Regional Health Authority are a Shared Health service. For more information about Shared Health, visit sharedhealthmb.ca

What's *Your* story?

We want to hear from you.

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



GoFundMe page set up to save Eriksdale community space

By Autumn Fehr

The Eriksdale Memorial Community Centre has been the hub or place where the community could come together for the past 100 years.

With over a century of memories and history, the community centre may only be around for a bit longer.

Last month, the Rural Municipality of West Interlake announced that they purchased the land next to the Interlake Co-op grocery store where the Eriksdale Community Centre is located. Therefore, the centre needs to be moved, or it may be demolished.

Due to the sale, the Eriksdale Community Centre board was left with two options: provide the funds to move the building or have the council decide whether the building will be demolished.

The estimated cost to move the building to a new location is over \$100,000.

Unfortunately, with the board's small size, they don't have the financial means to move and set up the building in another location.

In October 2021, the RM first approached the Eriksdale Community Centre board. They were asked to attend an in-camera meeting. In that meeting, the committee first heard that the RM had been approached to buy the land the community centre

sits on, said Cheryl Watson Law, treasurer for the community centre board.

Law said the RM wanted to let them know what was happening and get their feedback on the situation and whether they would be open to moving the centre if they could make the arrangements.

"We said yes if the centre could be moved and set up somewhere else," said Law.

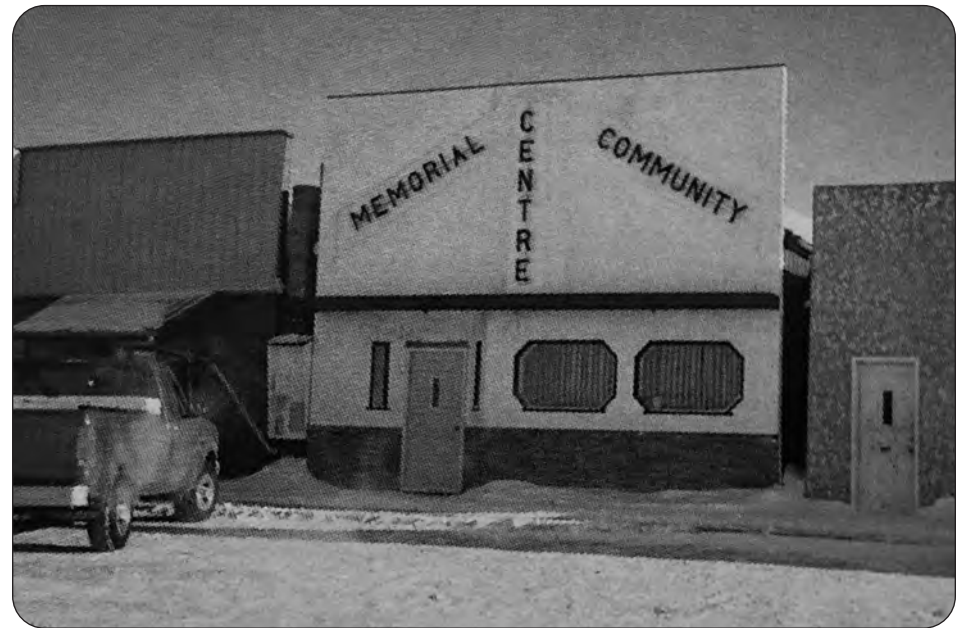
It was the best they could make out of the situation at the time.

"As far as we are concerned, we run the building, but it's a community building. We felt that the community should have input on the whole situation, but the meeting was in-camera, so we weren't allowed to tell anyone about it," said Law.

Since that meeting, the board hadn't heard anything until another meeting in January and was brought up to speed on the situation and told that the centre would be tendered.

On Feb. 13, the RM posted an invitation to tender for the removal/demolition of the building.

RM of West Interlake CAO Courtney Roehl said if there are no tenders by the deadline, the council will have the final say on what the next course of action is for the community centre. The RM will entertain any ideas to get the building off that lot.



EXPRESS PHOTO SUBMITTED

The Memorial Community Centre has been the community hub for more than 100 years. The building is now up for sale.

When this article was written, the CAO could not disclose information on tender applications.

The tender closed on Feb. 27 at 4 p.m.

Roehl said that one way or the other, the building has to be off the site by May 15.

With that, the community centre board has found itself at a stalemate.

As a last effort to see if they can save the community centre, on Feb. 24, the board created a GoFundMe page.

To donate funds to save the centre, go to <https://www.gofundme.com/f/please-help-save-our-heritage-community-centre?>

If you want to help but prefer e-transfer instead, donations can be sent to Erikcommcentre@gmail.com.

> PRIMARY CARE, FROM PG. 5

refer to other health-care providers and specialists when needed," she said.

"Primary care teams in our region may include clinicians such as primary care and chronic disease nurses, dietitians and mental health workers to assist in providing comprehensive health care."

Primary care providers conduct physical exams including regular screening and provide patients with immunizations, prescriptions and renewals as needed. They provide care for most common illnesses and injuries, such as cold and flu symptoms, stomach aches, mild or chronic headaches, chronic back pain, and minor cuts and burns.

"Data shows that half, if not more, of our emergency department visits are for things that are non-urgent and could be seen in a primary care setting," Nixon added.

"By setting up an appointment with your primary care provider, it can help the emergency department focus on those patients that are seeking life-sustaining care. It also can help to save a lot of your time waiting."

Anyone who has a medical emergency that can't wait should call 911

or visit their closest emergency room. Examples of situations that require a visit to the emergency department include sudden or new chest pain, numbness, loss of vision, slurring of speech or an object in the eye or ear. Other emergency situations include loss of consciousness, severe injury, severe back pain, pregnancy complications or suicidal thoughts.

"Since your primary care provider knows the most about your history," Nixon said, "it is of benefit to use them for this continuous ongoing care so that they can help you navigate your health needs and make decisions with you that best work for you since each client is individual."

If you are currently looking for a regular primary care provider, contact Family Doctor Finder at 1-866-690-8260 or visit <https://www.gov.mb.ca/health/familydoctorfinder/>.

If you're not able to access a primary care provider in a timely way, Interlake-Eastern RHA offers a QuickCare clinic in Selkirk with a primary care team that can address non-urgent health concerns. Visit ierha.ca, and under the "Programs and Services" tab, select "QuickCare Clinic."

Helping Manitobans Make Ends Meet

Carbon Tax Relief Fund

CHEQUES ON THE WAY



The Manitoba government is helping Manitobans ease the financial strain they are facing this winter.

As part of ongoing efforts to help Manitobans make ends meet, the Manitoba government is providing a much needed financial benefit cheque.

To see how the new Carbon Tax Relief Fund will help you and your family, visit:

Manitoba.ca/helpingMB

Manitoba 

COVID hospitalizations remain elevated; provincial government releases seniors' strategy

By Patricia Barrett

Manitoba hospitalizations for COVID remained fairly elevated in mid-February, according to the provincial government's respiratory surveillance report for Feb. 12-18 (reporting week 7).

There were 44 new hospitalizations for COVID with two people requiring intervention in the intensive care unit, according to differences in severe outcomes between weeks 6 and 7. There were 61 new hospitalizations with eight ICU admissions reported the previous week.

Four people died from COVID in week 7, compared to the 17 deaths reported the week before.

Manitoba's COVID death toll was 2,456 as of Feb. 11, according to the federal government's COVID webpage, and Canada's death toll now stands at 51,061.

There were 94 new COVID cases detected by PCR testing in week 7, a slight decrease from the 108 reported the previous week.

Provincial COVID data are an undercount of the true number of cases as the government restricts PCR testing and rapid antigen tests aren't tracked. The provincial government also no longer provides in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Wastewater surveillance data for Winnipeg and Brandon up to Feb. 14 once again showed sustained activity of the virus.

The week 7 report shows one new case of influenza A and one new case of influenza B. There were no new hospitalizations and deaths reported.

New respiratory syncytial virus (RSV) cases continue to hold strong. There were 61 new RSV cases reported in week 7, down 3 cases from the 64 reported the previous week. The week before that saw 75 cases.

Other health news:

The Interlake-Eastern Regional Health Authority's webpage shows no outbreaks of COVID or other respiratory viruses in long-term care facilities (viewed Feb. 26).

- Over the space of 28 days, from Jan. 23 to Feb. 19, there were nearly 5.3 million new COVID cases reported worldwide and over 48,000 new deaths, according to the World Health Organization's epidemiological report published on Feb. 22.

At the country level, the highest numbers of new 28-day COVID infections were reported from the United States (1,113,288 new cases), Japan

(1,095,815 new cases), China (635,433 new cases), the Republic of Korea (430,042 new cases) and Germany (329,229 new cases).

The highest numbers of new 28-day COVID deaths were reported from the U.S. (13,517 new deaths), China (9,945 new deaths), Japan (6,536 new deaths), Australia (2,179 new deaths) and the United Kingdom (2,063 new deaths).

The WHO continues to monitor seven omicron subvariants: BF.7, BQ.1, BA.2.75, CH.1.1, XBB, XBB.1.5 and XBF.

"These variants are included due to their observed transmission advantage relative to other circulating variants and additional amino acid changes that are known or suspected to confer fitness advantage," states the report.

- Canada's National Advisory Committee on Immunization (NACI) released recommendations in January in response to requests from provinces and territories for additional guidance on COVID vaccine booster doses in 2023.

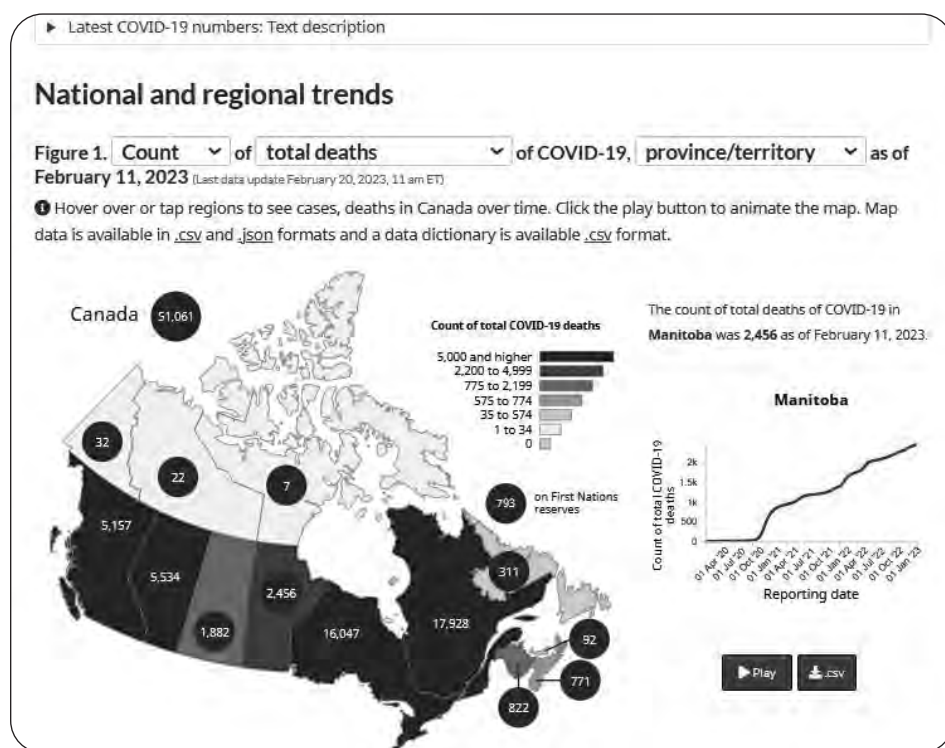
NACI recommends COVID vaccinations continue with a bivalent omicron-containing mRNA vaccine for people aged five years old and older.

COVID is expected to continue to evolve and is showing no evidence of a seasonal pattern, whereby it increases in the fall and winter and drops off in spring and summer. The virus continues to infect and kill people in all four seasons.

NACI says COVID hospitalizations, ICU admissions and deaths "continue to occur at a higher baseline frequency since the appearance of Omicron in late 2021 compared to the pre-Omicron period," and with more immune-evasive sublineages increasing.

As far as the duration of vaccine protection, there is a decline against infection but some lasting protection against severe disease. However, the duration of protection conferred by new vaccine formulations against new COVID variants is still unknown.

"Thus far, vaccine protection has been shown to wane over time, with protection against severe outcomes persisting longer than protection against symptomatic disease. For BA.1 and BA.2 sublineages of Omicron, the duration of protection against severe disease such as hospitalization has remained high, with most estimates above 70% out to 26 weeks following receipt of an original (non-bivalent) COVID-19 vaccine booster dose," states NACI's report. "Duration of protection against se-



EXPRESS GOVERNMENT OF CANADA

Manitoba's COVID death toll continues to climb, with 2,456 people having died from the virus as of Feb. 11, while Canada's death toll was 51,061.

vere disease for more recent variants and new vaccine formulations is not known at this time and continues to be monitored."

- The Manitoba Conservative government announced on Feb. 22 the release of a seniors' strategy titled "Manitoba, A Great Place to Age: Provincial Seniors Strategy," which contains initiatives to support seniors at home and in the community.

"Our government's plan is based on the vision that older Manitobans are valued and empowered to live healthy and productive lives in our communities, making Manitoba an ideal place to age," said seniors and long-term care minister Scott Johnston in a Feb. 22 news release. "This new seniors strategy maps out a plan to support older Manitobans through filling gaps in services, making it easier to navigate services and supports, finding affordable options, supporting unpaid caregivers, and reducing ageism and ableism."

Among the initiatives announced are funding for a self- and family-managed care program, whereby people can arrange their own home care service, the provision of \$1.3 million in 2023-2024 for palliative care starting in the Southern health region, and the provision of \$200,000 in 2023-2024 for the Rainbow Resource Centre to serve seniors 55 years and older who identify as 2SLGBTQ+.

The opposition NDP's health critic Uzoma Asagwara said the PC government's track record on seniors

includes the disposal of affordable housing for seniors, privatized home care services and the loss of long-term beds.

"The PCs promised a strategy for seniors years ago, and in that time they have sold off affordable housing for seniors, cut and privatized home care services, transferred seniors hundreds of miles away from their families for hospital care and actually cut long-term care beds," said Asagwara in a statement. "They have also refused to create an independent Seniors' Advocate, which we believe is critical to giving seniors the dignity and respect they deserve."

Asagwara went on to say that as of August 2022, there were 193 fewer personal care home beds in Manitoba; former premier Brian Pallister had promised in 2016 to build 1,200 new PCH beds. The PCs also raised fees for seniors living in personal care homes by up to \$1,600 a year.

In addition, the PCs showed little recognition of COVID's ability to kill seniors in personal care homes.

"A former PC Health Minister said deaths of seniors in personal care homes during the pandemic was 'unavoidable' and he 'questioned the motives' of health care professionals who spoke up," said Asagwara in their statement.

Cottage Country's Lake and Cabin Show on March 17-19

By Autumn Fehr

In just a few weeks, the No. 1 event in Manitoba for cabin-goers will return to the Red River Exhibition Park.

The 14th annual Cottage Country's Lake & Cabin Show will be held from March 17 to 19 at the Red River Exhibition Place at 3977 Portage Ave., Winnipeg.

If you are a cottage owner, buyer or plan on to building or renovating your dream staycation spot, this event is the perfect one-stop shop. Everything you need for your cottage project will be in one place. Meet top local companies to help you build, renovate, upgrade, decorate and enjoy your Manitoba cottage retreat.

And a few familiar faces from Oak Bluff and Petersfield will be there to help you along the way.

Arctic Spas in Oak Bluff has participated in the cottage show for a number of years and is looking forward to this year's show.

The business provides high-quality, efficient, easy-to-maintain hot tubs and arctic spas for all of Manitoba,

perfect for any cottage lover.

Arctic Spas have spent about 27 years caring for Manitoba's cottage country.

"Virtually everything that a person needs for their cottage or is thinking about for their cottage under one roof. It gives you a different idea for whatever you are doing, whether it's on the water or in the home. We add a bit of a different accent to create a bit of that outdoor experience at the cottage," said Dustin Last, sales manager at Arctic Spas.

Horizon Storage Sheds from Petersfield will also be at the event to help you with your cabin storage needs.

The business builds storage and garden sheds in various building styles to fit the needs of any cottage or home owner, or prospective buyer.

They have nine standard styles to choose from: the Ranch Style, Big Ranch, Low Barn Style, High Barn Style, Cottage Style, Platinum Style, Urban Style, Workshops, and Greenhouses. In addition, each style has a variety of customizable options.



EXPRESS PHOTO SUBMITTED

Arctic Spas will have a booth at the 14th annual Cottage Country's Lake & Cabin Show March 17-19.

The show's hours are Friday, March 17 from 2 to 9 p.m., Saturday, March 18 from 10 a.m. to 8 p.m. and Sunday, March 19 from 11 a.m. to 5 p.m.

Tickets at the door can be purchased for \$12 for adults, \$10 for seniors, and

kids 13 and under are free.

There is free parking available on location.

This year's event is presented by Aviva Insurance Canada.

Red River Co-op's annual equity cheques are in the mail

Submitted by Red River Co-op

Red River Co-op is pleased to announce a \$38.1-million equity return to its members for the 2022 fiscal year.

The Red River Co-op's board of directors approved an allocation to its membership of:

- 6.24% on fuel purchases or 10 cents per litre,
- 2% on food purchased, and
- 4% on the full price of pharmacy prescriptions purchased.

The local co-operative has over 319,000 members and are sending out cheques totalling more than \$34.1 million in cash to its membership in Winnipeg and surrounding communities. The remainder of equity earned stays in members' equity accounts with Red River Co-op.

"The 2022 operating year for Red River Co-op was very positive. As a result, the board and management are pleased to reward our loyal members with this significant allocation for supporting us this past year," said Doug Wiebe, CEO of Red River Co-op. "Red River Co-op is a different kind of business, and this year's equity return and the sharing of our profits with our members is just another way we differentiate ourselves from the competition."

It's been another year of growth for the co-operative with the acquisition

of thirteen Husky gas bars in Winnipeg and northwestern Ontario, which will begin their conversion to the Co-op brand this spring. Red River Co-op opened their much-anticipated Lagimodiere gas bar in September and the revitalization project at their Selkirk gas bar was completed with their first multi-bay wand wash facility. Their energy division also introduced four electric vehicle charging stations in the Winnipeg area. In the food division, Red River Co-op is currently completing the modernization project at their Selkirk food store. This includes the introduction of a brand-new pharmacy for the community.

Giving back to communities is another pillar that makes Red River Co-op a different kind of business. In 2022, Red River Co-op contributed \$1,640,218 in cash and in-kind donations to the communities they operate in. This includes \$51,480 to Klinik Community Health with proceeds from Fuel Good Day and \$30,000 to Norwest Co-op Community Health for their urban community farm through from the Co-op Community Spaces grant program. This past year Red River Co-op donated funds to over 80 non-profits and charities doing great work in the communities their members live through their Community Investment program.



DON'T PAY TO HAUL AWAY.

With **Efficiency Manitoba's Appliance Recycling Program**, we'll pick up, recycle, and give you \$30 for your old working fridge or freezer.

There are lots of benefits to participating:

- You'll save on your monthly energy bill.
- You'll get \$30 for each working fridge or freezer you recycle.
- We'll recycle up to 95% of your appliance and you'll feel good knowing it doesn't end up in the landfill.
- While we're at your home, we can also haul away your old dehumidifier, window air conditioner, bar fridge, or bar freezer for free.

Book your pick-up today.
efficiencyMB.ca/appliancerecycling
 1-844-944-8181



**EFFICIENCY
MANITOBA**

Fun doesn't stop in Gimli just because its winter

By Patricia Barrett

Gimli has never had any trouble attracting thousands of visitors to its beaches, festivals and events in the summer, but winter has traditionally proceeded at a much slower pace.

But that's starting to change now that a number of organizations have teamed up to showcase Gimli's winter attributes and proclaim that fun doesn't stop just because things get icy.

To share the story of how various organizations worked together to increase winter tourism, Cheryl Buhler, Julianna Roberts and Kim Giesbrecht — who make up the Gimli Chamber of Commerce's Destination Brand Committee — presented an upbeat session titled Migrating Fishing Villages at the Winter Cities Shake-Up Conference on Feb. 16 at the Fort Garry Hotel in Winnipeg.

The annual conference brings together a diverse group of winter enthusiasts such as business owners, artists, cultural and community organizers, urban planners and people who enjoy the cold and its unique opportunities for recreation and expression. It was hosted this year by Travel Manitoba and Tourism Winnipeg.

"Winter Cities is a concept for communities in northern latitudes that encourages them to plan their transportation systems, buildings and recreation projects around the idea of using their infrastructure during all four seasons, rather than two seasons (summer and fall)," states the conference website.

The most popular piece of infrastructure in Gimli is Lake Winnipeg, and the destination committee and its partners are putting it to good use in the winter.

Like other beachside communities, Gimli would see its population bloom

in the summer with the return of cottagers and an influx of tourists, said Buhler. But in the fall, the cottagers would pack up and the town would lose some of its residents to temperate climes when Manitoba's deep freeze set in.

"We wanted to stop that loss and bring our numbers up in the winter," said Buhler.

To that end the chamber's destination committee, the Gimli Community Development Corporation (CDC), the Rural Municipality of Gimli's tourism and recreation department, local businesses, and organizations such as the Gimli Ice Festival and Interlake Snow Trackers started working together to enhance the town for icy pursuits. The destination committee also tapped into Travel Manitoba's marketing know-how to get people pointed in Gimli's direction.

The Gimli CDC started off by building a road on the lake so that anglers could easily access the ice. The road was expanded during the pandemic to include lots of branching streets and bays so that anglers could move around to find the fish.

The destination committee then got a winter sports and recreation park (called the Gimli Harbour Trail) built inside the harbour walls that includes a one-kilometre-long skating trail, rinks, a warm-up hut, snow sculptures and decorative lighting.

"The satisfaction of seeing local residents enjoying winter in our community was awesome. On Saturday I was at the skating trail and I thought, 'This is so amazing.' I was feeling emotional because so many families were out enjoying themselves on the trail, and that's a huge reward," said Buhler, who owns the Gimli Robin's Donuts. "And seeing the influx of guests coming to our community to explore Gim-



EXPRESS PHOTO SUBMITTED

Conference attendees received fish-shaped snacks for getting the trivia questions correct.

li — that's the reason why we did this in the first place."

The COVID pandemic gave rise to a pent-up demand for outdoor leisure pursuits, said Julianna Roberts, who's the executive director of the New Iceland Heritage Museum, a year-round museum showcasing Icelandic history and culture. It has been a "struggle" in the winter to attract visitors even though Gimli is only about an hour from Winnipeg and is a perfect day-trip location.

But that's changing. Angler numbers grew from 100,000 pre-pandemic to over 160,000, she said. About five to seven years ago, you'd see the odd shack on the lake outside Gimli, accessible to those who could drive there on a snowmobile, then after the CDC took the concept of an ice road and further developed it, more anglers arrived.

The fishing village is spread out along Lake Winnipeg in front of the town of Gimli. It has a main road

(called Greenback Road) that leads onto the ice near the Gimli Library and then branches out, creating little fishing neighbourhoods on streets with name such as Burbot and Sturgeon.

"We've had ice villages over the years, a shack here or there, but now they've started to congregate," said Roberts. "They'll move with the fish. They're always chasing the fish."

For people who like to eat fish, Gimli is the place to get it — whether straight out of the lake (with a fishing licence, of course) or at one of the local restaurants.

When she was growing up, Roberts said ice fishing shacks were "old, rundown buildings." Anglers still use shacks — some sumptuously decorated with curtains and a stove or propane heater — but many use retrofitted campers, pop-up tents or just sit out on the ice on a lawn chair.

Continued on page 14



Kim Giesbrecht



Cheryl Buhler



Julianna Roberts



RM of Gimli councillors Thora Palson and Richard Petrowski

Arborg and municipal partners update emergency preparedness plan

By Patricia Barrett

The Town of Arborg updated its emergency response plan to deal with weather-related disasters and other emergency events.

Council passed a resolution at a special meeting held Jan. 25 to establish a preparedness program for the town.

Chief administrative officer Cindy Stansell said the town, the Municipality of Bifrost-Riverton and the Rural Municipality of Fisher share an emergency measures board and an emergency co-ordinator, Warren Toderan, and the updating of the plan also came with training.

"We engaged the services of Napier Consulting to update our emergency plan and program," said Stansell. "Because we just had an election in October, we held an elected officials training session and also included some of our staff. We wanted to make sure new members were trained as well as update long-time members on our plan and response."

Municipal councils have the power to appoint qualified people to the position of emergency co-ordinator and to an emergency response group, as well as community members to an emergency preparedness advisory committee. During emergencies, municipalities oversee the restoration of critical services, acquire and distrib-

ute necessary resources to deal with an emergency, co-ordinate with other levels of government and agencies and provide authority — including financial authority — to carry out duties.

The updated emergency preparedness plan will be submitted to the province's Emergency Measures Organization for approval.

The town and parts of Bifrost-Riverton battled flood water in the spring of 2022. They had to quickly sandbag or pump water away from some properties and place tiger dams around the hospital and personal care home. Local and area residents supplied tractors that were hooked up with pumps to help mitigate overland flooding south of Highway 68. They pumped water over the highway into the Icelandic River.

"We had an amazing group that came together and worked well together to protect our communities," said Stansell.

The town will be holding some open houses to find members of the public willing to help in some capacity during an emergency or disaster.

"We are looking for volunteers and we will be holding some sessions in the near future to reach out to the general public to find volunteers for emergency response," said Stansell.



EXPRESS FILE PHOTO BY JEREMIAH DUECK

The Town of Arborg and parts of Bifrost (looking to the west) were inundated in May 2022 after receiving excessive snow in winter and rain in the spring.

"We're looking for assistance in different roles. At the open house, we're going to ask the public to identify

themselves so that we can call them when we need assistance."

VIRTUAL PUBLIC MEETING

Tuesday, March 14 at 7:00 p.m.

Join us to discuss our work to deliver reliable, affordable energy today and into the future.



Register and send in your questions today at hydro.mb.ca/publicmeeting

Manitoba Hydro
energy for life

Available in accessible formats upon request.

MEMBERS SAVE EVERY DAY!

10¢ on **FUEL**

2% on **FOOD**

4% on **PHARMACY**

including portion paid by third party

RETURNED TO OUR MEMBERS IN 2023:

*Based on the 2022 fiscal year



Red River

Become a member today.
Online or in-store.

redriverco-op.crs



Online registration for Arborg-Bifrost recreation programs

By Patricia Barrett

If you've had a hectic day and forgot to call the Arborg-Bifrost Parks and Recreation Commission to register your kids or yourself in a program or book a facility for an event, don't worry because you'll soon be able to book online from the comfort of your sofa long after the commission's office has closed for the day.

The rec commission is getting set to launch an online system that will streamline the registration and facility-booking process and let people to pay online.

"The software will allow people to register online for all the programs we offer and to make a booking to rent a facility like the arena, the Arborg hall or the curling rink for events like meetings, weddings, birthday parties and socials. People can also book

the baseball diamond, soccer fields and the pool. All the schedules will be online and people can see what's available and make a booking," said recreation director Tom Chwaliboga. "We'll also be able to take payments online. In the past people had to call or drop in to pay. This will allow us to be a little more user-friendly."

People who don't have the Internet or who prefer not to use online registration will still have the option of making inquiries and registering in person or by phone, said Chwaliboga.

The online registration system is expected to be launched in April. The commission will alert the public when it's operational.

For more information about programs and facility rentals, call the recreation commission at 204-376-5576.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Arborg-Bifrost residents will soon be able to register from the comfort of home for recreation and sport programs, as well as book a facility for an event such as a wedding, social or meeting. An online registration system is expected to be up and running sometime in April.

> GIMLI, FROM PG. 12

There are even overnight ice campers that can be rented from a business in Gimli.

To warm up conference attendees on a what was a bitterly cold day, Roberts incorporated into the presentation some fun fish- and lake-themed

trivia that netted those with the correct answer a package of fish-shaped cheese snacks. Questions included mariah's alternative name (burbot), the most abundant fish in Lake Winnipeg (pickerel), the minimum ice thickness to support vehicles (14 inches) and anglers' daily catch limit (six fish).

"When I was growing up, my dad was a fisherman and mariah would never have graced our table, so we're kind of shocked that people eat it," said Roberts. "I've never tried it."

She had people scratching their heads when she asked what hard fish is.

"Hard fish is an Icelandic delicacy. In Iceland they use cod, which are very smelly, but in Manitoba we use pickerel and we hang it to dry in the fall or spring because that's when the least amount of flies are on it," said Roberts, prompting much laughter from the audience. "It's delicious!"

Luckily, RM of Gimli councillors

Thora Palson and Richard Petrowski were attending the conference and supplied some of the answers to the trivia questions. Hard fish is dehydrated fish or fish jerky and people shouldn't turn their noses up at mariah because it tastes like lobster.

Kim Giesbrecht, who owns Right Choice Realty and the Inn on Centre in Gimli, said there's lots to do in town in the winter besides ice fishing. That includes using the free harbour skating trail and hockey and crokicurl rinks.

The destination committee is looking at bringing new winter events to Gimli, as well as expanding services, which could include having a food truck set up on the ice at the fishing village.

"We would like to see even more active participation opportunities. Some of the ideas we have in mind are a toboggan hill, a snowshoe course, the creation of itineraries for people coming to the community; these can

be winter sport-related or shopping," said Giesbrecht. "We'd also like to encourage community groups or sports organizations to host weekend events. Maybe every couple of weekends we can host something that will bring tourists into the community. Perhaps a hockey tournament on real ice, a snow-carting competition or our local Interlake Snow Trackers providing short rides for people who've never experienced sledding before."

The destination committee would also like to enhance its harbour trail. It added a large light tunnel this year that really dazzles at night, but it could perhaps add trees and benches along the trail. And lengthening the trails might attract outdoor runners, racers or adventurers.

"I went to the Forks yesterday and got to use a kick-sled," said Giesbrecht. "I would be so thrilled if we could increase the number of visitors to Gimli on a regular basis so that there was an opportunity for an entrepreneur to start a business and rent things such as fat bikes, ice bikes, kicks-sleds or snowshoes. There are so many options for us to consider."

Councillors Palson and Petrowski said they were pleased that so many different groups in Gimli have come together to encourage more visitors to enjoy winter along the shore of Lake Winnipeg.

"I soaked it in through the lens of an outsider and was in awe of all the collaborative efforts that come together to make the Gimli winter experience a unique Manitoba destination for all of us to enjoy," said Palson.

Petrowski said Julianna, Cheryl and Kim "did an excellent job showcasing Gimli in the winter."



Lic #318

Fraserwood Hall

Friday Nights 7:15 PM
March 3, 2023
 Breakopens 50/50
5 Share The Wealth Games
15 Regular Games @ \$60.00
(reduced games with low attendance)

JACKPOT	\$2,075.00
FIRST SPECIAL	\$104.00 +
BONANZA	\$3,584.00 +
LUCKY 7	\$177.00 +
STAR	\$397.00 +
WEEHOUSE	\$2,779.00 +
HOUDINI	\$1,839.00 +
LOONIE POT	\$96.00 +

(Estimated amounts at time of publication)

CASH BAR
"CHASE THE ACE"
 Lic # LGA 318-RF
 Tickets sold 5:00 - 7:00 PM
 with draw to follow
\$2.00/ticket Current Accumulator - \$673.00+
CANTEEN - OPENS @ 5PM
 Perogies, hamburgers, hotdogs, desserts, etc
INFORMATION - 204-642-9392 or
204-643-5541 or www.fraserwoodhall.com

Hall Rental & Commercial Kitchen Rentals
 Please contact Amanda at 204-847-0677

Sunday Dance March 12th
Just for Fun Social March 25th
All You Can Eat Perogies April 2nd
Garage Sale April 22
Dine Dance and Win April 29th
"Roaring 20's Theme"



ENJOY GIMLI'S ANNUAL ICE FESTIVAL

MARCH 3 - 5
A CELEBRATION OF COMMUNITY, CULTURE & HERITAGE

Derek Johnson
 MLA for Interlake-Gimli
interlakegimli@lga.com
 Gimli 204-641-8525 | Arborg 204-376-3401

Lundar to host annual Winter Carnival March 17-19

By Autumn Fehr

There will be lots of friendly competition at the annual Lundar Winter Carnival.

The annual ice carnival has been running since 1948, and the traditions and activities will continue again this year from March 17 to 19 at the Lundar Arena.

Various activities will be enjoyed throughout the weekend, from sporting events to good food and live entertainment.

"The event focuses on families and provides activities to bring people out to enjoy the winter season. It is a great way to end the winter season," said Carla Sweetland, one of the event organizers.

The carnival will kick off St. Patrick's Day with

Irish stew at Lundar Legion Branch #185 during Chase The Ace from 6 to 8 p.m. Starting at 6:30 p.m., a broomball tournament will end the night. Registration is \$100 per team. Contact Breanna Rae at 204-739-3459 to register.

On Saturday, March 18, a rec hockey tournament will kick off the day at 9 a.m. Contact Marc Desjarlais at 204-739-3099. The Lundar Pool Fundraising Dinner will follow at 6 p.m. and a pie throw auction at 7 p.m.

Sunday is the most packed carnival day, with activities from 9 a.m. to 6 p.m. It will start with a pancake breakfast sponsored by the RM of Coldwell and LUD of Lundar. Throughout the

Continued on page 18



EXPRESS PHOTO SUBMITTED

The Lundar Winter Carnival will kick off Friday, March 17 with an Irish stew and bun dinner at the Lundar Legion Branch #185 during Chase the Ace from 6 to 8 p.m.

Interlake Real Estate is celebrating another year of AWARD-WINNING SERVICE!

Winnipeg Regional Real Estate Board 2022 Medallion Award Recipients:



SELKIRK
1-888-482-5806
GIMLI
1-888-642-5801
ARBORG
1-877-376-3401



We've had the Interlake covered for over 60 years!
If you're thinking of buying or selling in 2023, put our experience to work for you.
www.interlake.mb.ca

Gimli's proposed waterfront development plan open house welcomes public feedback

By Patricia Barrett

A proposed development plan for Gimli's waterfront is ready for review and the general public is invited to stop by the Waterfront Centre on Sunday to share their feedback.

Scatliff + Miller + Murray, an urban design and landscape development firm hired last year by the RM of Gimli to come up with a plan, will be on hand to provide the public with information and discuss ideas.

The RM's Waterfront Advisory Committee, which was formed in February 2022 and made up of seven people with knowledge of Gimli and a vested interest in the municipality, has been helping inform and guide the planning and design process.

Advisory committee member and Gimli resident Erik Arnason said the landscape design firm has "really driven the bus" in terms of developing the proposals set out in the initial draft. The firm is ready to share that draft and everyone is welcome to of-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The harbour master office and finger docks along parts of the Gimli waterfront are seen in 2022. The RM's Waterfront Advisory Committee is working with landscape firm Scatliff + Miller + Murray to propose a plan to enhance the harbour area and the beach.

fer any ideas on how the waterfront can be enhanced.

"The firm has come forward with what I'd say is a relatively complete, long-term concept with a series of actionable recommendations, and this initial draft is going to be reviewed," said Arnason. "I believe this will be the first time the public will be able to see the results of the multi-step process they've been working towards."

Both permanent and seasonal Gimli residents have been calling for the enhancement of the waterfront, he said because "Gimli has a magic to it" and its waterfront is such a draw to residents and tourists alike.

"There has been a growing voice that recognizes there's so much potential at the waterfront that's not being tapped into. It's a beautifully functioning waterfront and well used, but it can be so much more," said Arnason. "It's at the point where we're asking what it actually takes to make some changes. Talking about it is one thing, but what are the first steps to take to start realizing what we can call the dreams of residents in town?"

One of the aspects of the plan is to find easier ways of moving pedestrians through the harbour. Because it is

Continued on page 18

BINGO!

Poplarfield Community Centre
Wednesday, March 15, 2023
 at 7:00 pm
GAMES:
REGULARS - \$30 - \$40 POTS
Jackpot - \$1400 starting at 49 #'s

SPECIALS -
 Loonie Pot;
 Lucky Star;
 Lucky 7

Others - 50% of Pots
NEW GAMES!

Licence # 1224

**Friendship,
 Fun, Food**

**Come enjoy our Community
 BINGO every Wednesday!**

**SECOND ANNUAL
 VOLUNTEER
 RECOGNITION
 GALA**

**PRESENTED BY:
 VIDIR SOLUTIONS**

SATURDAY, MARCH 18, 2023
 ARBORG BIFROST COMMUNITY CENTRE

**COCKTAILS, DINNER,
 ENTERTAINMENT
 AND LIVE AUCTION**

Black Tie Event

**HOSTED BY:
 ARBORG BIFROST PARKS AND RECREATION COMMISSION**

TICKETS \$125.00 A PERSON | TABLE OF 8 FOR \$1000.00

CALL FOR TICKETS: 1-204-642-2168

**PROCEEDS TOWARDS
 THE PHIL BAUERNHUBER ACCESSIBILITY FUND**

Scenic Flight Tour

\$119 FOR A 3 PERSON FLIGHT TOUR
Book Today!

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

GIMLI Ice festival

A Celebration of Community, Culture & Heritage

FIRE ON ICE

Car Racing On The Lake



KITE-BOARDING

Demo On The Lake



FISHING DERBY

\$50,000+ Cash & Prizes!



ICE MAN MOTORCYCLE

Racing Demo On The Lake

For All Festival Event Info Visit: www.gimliicefestival.com

FRIDAY, MARCH 3

GIMLI RECREATION CENTRE

7:00pm Start Time	Gimli Ice FESTISPIEL Doubles Curling Bonspiel At the Gimli Recreation Centre
-------------------	---

SATURDAY, MARCH 4

EVENTS ON THE LAKE

10:00am – 3:00pm	Fire on Ice Car Racing Practice from 10am - 11am Racing 12pm - 3pm
11:00am – 2:00pm	Ice Fishing Derby - \$50,000+ in Cash & Prizes! South of the Gimli Harbour
Mid-Day Arrival	A Viking's Challenge - 30k Lake Wpg Run Finish Line

EVENTS AT OTHER LOCATIONS

9:00am Start Time	Gimli Ice FESTISPIEL Doubles Curling Bonspiel At the Gimli Recreation Centre
10:00am – 3:30pm	Gimli Metis Watershed Festival At the Lakeview Resort – Ballrooms A-C
10:00am – 4:00pm	Embracing Truth & Reconciliation Art Exhibit & Film At the New Iceland Heritage Museum (Film Rated "R" at 1pm)
11:00pm – 3:00pm	Face Painting & Festival Mural Creation At the Gimli Art Club by the Harbour
11:00am – 3:00pm	Hands of Lugh Viking Age Living History Reenactors At the Gimli Harbour
11:00am – 3:00pm	Bannock & Tea on Open Fire Near the Visitor Centre by the Harbour
Variable Times	Cooley's Outdoor Fun-Time Activities At the Gimli Harbour after 11am
Variable Times	Frozen Fish Toss At the Gimli Harbour after 11am
6:30pm	FIREWORKS! At the Gimli Harbour
7:00pm	Saturday Night Entertainment At the Lakeview Resort \$10 admission or \$5 with festival pass

EVENTS LISTED ARE SUBJECT TO CHANGE HAVE FUN EVERYONE!

SUNDAY, MARCH 5

EVENTS ON THE LAKE

10:00am – 3:00pm	Fire on Ice Car Racing Practice from 10am - 11am Racing 12pm - 3pm
12:00pm – 3:00pm	ICE MAN Motorcycle Ice Racing Demo

EVENTS AT OTHER LOCATIONS

9:00am – 11:00am	Kiwanis Pancake Breakfast At the Gimli Rec Centre \$2 with Festival Pass (\$7 without Pass)
10:00am – 3:30pm	Gimli Metis Watershed Festival At the Lakeview Resort – Ballrooms A-C
10:00am – 4:00pm	Embracing Truth & Reconciliation Art Exhibit & Film At the New Iceland Heritage Museum (Film Rated "R" at 1pm)
11:00am – 2:30pm	Face Painting & Festival Mural Creation At the Gimli Art Club by the Harbour
11:00am – 2:30pm	Bannock & Tea on Open Fire Near the Visitor Centre by the Harbour
11:00pm – 3:00pm	Hands of Lugh Viking Age Living History Reenactors At the Gimli Harbour
Variable Times	Cooley's Outdoor Fun-Time Activities At the Gimli Harbour after 11am
Variable Times	Frozen Fish Toss At the Gimli Harbour after 11am
2:00pm Start Time	Frozen T-Shirt Competition Info & Registration at Visitor Centre - Festival Headquarters

ONLINE FESTIVAL ACTIVITIES

Register At:
www.gimliicefestival.com

5K or 10K WALK
INVITATION

WINTER EXPRESSION
PHOTO INVITATION

KID'S CREATIVE
DRAWING INVITATION

GET YOUR \$5 PASS
To Participate In The Festival



FIREWORKS!

March 4th 6:30pm
Gimli Harbour
Indigenous
Ceremony
5:45pm



BANNOCK
& TEA
On Open Fire



HANDS OF LUGH

Viking Age Living
History Reenactors



TRACY MARTIN & BAND

"Without A Trace"
Plus Surprise
Opening Act
March 4th 7:00pm

ELITE BREEDER™

ELITE BREEDER™ MINERALS
If you are not feeding minerals to your cattle year-round, you could inadvertently be causing mineral or vitamin deficiencies. Ultimately, you pay the price through lost production in your cattle. A vitamin and mineral program is an inexpensive way to prevent costly problems and get the most out of your herd. Elite Breeder Minerals are designed to support health and reproduction in highly productive beef herds.

We Stock:

- TUBS
- MINERALS*
- T-M SALT
- BLOCKS (20 kg size)

SWEET CATTLE BLOCK 20% & SWEET SUPP 32 CATTLE BLOCK
Co-op Sweet Cattle Block provides a protein, mineral and vitamin supplement suitable for free choice feeding to beef cattle on range or forage. No other supplement need be fed.

ELITE BREEDER™ TUB

- Palatable molasses-based lick tub for cattle
- Contains Zinpro Performance Minerals® (cobalt, copper, manganese and zinc) and organic selenium
- Contains Cel-Max™ yeast culture to regulate intake, improve fibre digestion and support gut health
- High levels of calcium, magnesium and vitamin E
- Low 250 gram intake
- Ideal for calving, breeding or weaning, or for when water quality is poor

CO-OP® 2:1 SUMMER MINERAL TUB is designed to be self-fed to beef cattle on pasture. This palatable, molasses-based tub manufactured by Uniblok has an expected daily intake of 120-180 grams per head per day for mature cattle.

Featuring GARLIC ESSENCE™
Garlic Essence™ is a palatability enhancer and will help drive mineral intake as animals love the taste. Including Garlic Essence™ in a mineral program improves consumption and performance of cattle*. Garlic Essence™ has also been observed as a deterrent for flies in the summer months. Simply begin feeding Garlic Essence™ a minimum of three weeks prior to fly season.

Specializing in Animal Nutrition Solutions. It's just what we do!

MINERALS

MINERALS ARE IMPORTANT

If you are not feeding minerals to your cattle year-round, you could inadvertently be causing mineral or vitamin deficiencies.

Ultimately, you pay the price through lost production in your herd. A vitamin and mineral program is an inexpensive way to prevent costly problems and get the most out of your herd.

Problems Associated with Nutrient Deficiencies	Mineral Nutrient Deficiencies															
	Vitamins			Macro								Trace				
	A	D	E	Ca	P	Na	K	Mg	S	Fe	Zn	Mn	Cu	I	Co	Se
Abortion	•										•		•	•		•
Anemia													•			
Bone Deformity	•	•		•	•						•	•	•			
Depressed Appetite/Pica					•	•	•									
Grass Tetany								•								
Impaired Vision	•															
Infertility	•	•	•		•						•	•	•	•	•	•
Muscle Incoordination	•			•				•			•	•	•			•
Poor Growth	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Poor Body Condition	•															•
Poor Productivity	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Reduced Feed Intake		•			•	•	•	•			•				•	
Retained Placenta	•		•	•							•		•	•		•
Scouring	•		•								•		•			•
Skin/Hair/Coat Abnormalities	•										•		•		•	
Weak Hoofs/Foot Rot											•		•			

CO-OP Responsibility • Integrity • Inclusion Interlake Co-op - Eriksdale Hardware Ph 204-739-2634

> OPEN HOUSE, FROM PG. 16

a working harbour, entering and exiting from certain areas may be confusing to visitors.

There's a lot going on in the harbour area, said Arnason, with vested stakeholders such as the federal, provincial and municipal governments (all of which own portions of land there), commercial fishers, recreational boaters and businesses, as well as tourists who have a "presence" there. The design firm incorporated those different voices into its draft plan to see how they aligned on the subject of waterfront development.

The original area targeted for enhancement was slightly smaller from what is now envisaged.

"At initial meetings a key strip of the waterfront involved the harbour and the beach and how that area was connecting to the town. But throughout conversations between us, and the process of public engagement, the borders slowly expanded," said Arnason.

"You'll now find that the footprint includes street avenues that connect to the waterfront. And the length of the coast itself has expanded to the north shore and wraps around Viking Park [in the south]."

After the open house, the next steps will likely entail forming committees and finding governing bodies to take on a stewardship role and ensure that the plan gets followed through and "not left on the shelf," said Arnason.

The open house is scheduled during the last day of the Gimli Ice Festival. There is no formal presentation; it's a "come and go" event where people can drop in for however long they like, warm up with some hot coffee and dainties and view the proposed plan.

The open house will be held on Sunday, March 5 from 2 to 5 p.m. in Johnson Hall at the Waterfront Centre on First Avenue.

> FAIR, FROM PG. 15

day, families can enjoy skating, hockey, face creations by Laurel, a wiener roast and hot chocolate sponsored by the Lundar fire department, and on-ice activities.

There is no admission fee to watch any of the events. Events are free unless otherwise noted at the carnival.

The crowning of the carnival king and queen will end the weekend of festivities.

This year's queen candidates are Mya Beaman, sponsored by Grettir Co-op, and Rayne Chartrand, sponsored by Lundar Legion Ladies Auxiliary #185. The king candidates are Jesse Bindle, sponsored by the Lundar Agricultural Society, and Arden Miller, sponsored by the Lundar Gooseshoot Committee. Tickets are \$5 for each draw during the crowning.

The Lundar Skating Club will also perform an ice show. Admission is free, with the opportunity to donate through the silver collection at the door.

Lundar Grettir Co-op organizes the carnival. Other carnival sponsors include Sigfusson Northern, BTT Construction, Randy's Tire and Lundar Legion Branch #185.

Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA. RECREATIONAL, PRIVATE AND COMMERCIAL LICENSE. AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?

RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.



LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

Baltic Brothers offers 'four generations of family flavours'

St. Andrews family's Polish heritage inspires vodka infusions

By Kaitlin Vitt

St. Andrews business Baltic Brothers pays homage to Bernard Pacak's Polish culture and family roots while also winning awards and giving back.

"It's a beautiful culture to be a part of, and we want to showcase it to the world," 38-year-old Bernard said.

In 2018, Bernard, along with his brother Martin Pacak and friend David Moskiewicz, founded Baltic Brothers, which creates infused vodkas, known as "nalewki" in Polish.

Bernard's parents and brother moved from Poland to Canada in 1981, leaving through the Baltic Sea, which is the inspiration behind the name Baltic Brothers. The family first lived in Winnipeg and within a couple years moved out to St. Andrews.

The family would celebrate their Polish heritage in many ways, including through folk dance, food and traditions.

"Slavic culture is pretty amazing. It's more than just pierogies and kielbasa," Bernard says. "It's folklore. It's colour. It's everything — the embroidery, the stitchwork on the clothing. Everything has a meaning and purpose, and it's a beautiful thing."

Bernard's and Martin's dad has always made nalewka (singular for nalewki) for Christmas, birthdays and other holidays.

In 2017, their dad served the drink to family at Christmas. A cousin who married into the family was so impressed with the taste, saying it was unlike anything he had ever tried.

This got Bernard and his family thinking about how more people could get a taste, leading to the launch of Baltic Brothers.

Before selling their own infused alcohol produced at Winnipeg's Capital K Distillery, Baltic Brothers first released dry infusion pouches that people could use to flavour their alcohol.

Each pouch is named after something important to their family or to Manitoba. For example, Bernard's uncle immigrated to Pine Falls from Poland in the 1950s, inspiring the name of the Pine Falls Gin.

Baltic Brothers follows Bernard and Martin's great-grandfather's handwritten recipes, the same recipe that their dad uses.

"It's four generations of family flavours," Bernard said.

The original recipes use measurements like "scoops" and "handfuls," which the Baltic Brothers adapted to more standard units, even measuring

the exact amount of their dad's handful of ingredients. This allowed them to consistently replicate the recipe on a bigger scale.

Bernard said his dad comes by for quality checks, making sure the recipes are on the right track.

"We're just the caretakers of the recipe. My dad is the one that kept it alive," Bernard says.

"That's why my mom and my dad's signatures are on the bottle because we wouldn't have Baltic Brothers, or the recipes, or the idea or anything without them."

Baltic Brothers have a range of infused vodka flavours, including the Manitoba Mule and Baltic Bison. The brand offers cocktail recipe suggestions on its website and social media.

The Bomba series of Baltic Brothers nalewki are the more "easygoing, sipping vodkas," Bernard said. His late mother would use the word bomba to describe the explosion of flavours you get from this style of drink.

When launching the Blueberry Lavender Lemonade Bomba, Baltic Brothers released a special Ukraine-inspired label. Through proceeds from this bottle, as well as a scarf featuring iconography representing Ukraine and Canada, Baltic Brothers raised more than \$10,000 that supported newly arrived Ukrainians in Manitoba.

"Not too long ago, what's happening in Ukraine happened to Poland," Bernard said. "It's an extreme stress to go through anything like that, and to be able to support a fellow country or somebody so close to your roots is just the thing you have to do."

A couple flavours from the Bomba series have won notable awards. The Honeyberry (haskip) Bomba recently won best in class at the 2022 Canadian Artisan Spirit awards. The Sour Cherry Bomba, or wiśniówka (sour cherry vodka in Polish), won gold at the San Francisco World Spirits Competition in 2022.

"Wiśniówka to Poland is like as tra-



EXPRESS PHOTO SUBMITTED

From left: David Moskiewicz, Bernard Pacak, Mieczyslaw Pacak, Barbara Pacak, and Martin Pacak, Baltic Bros. owners and the parents who inspired them.

ditional and cultural as it can get," Bernard said. "Every family has their own version, their own recipe, their own nuance to it. So this is ours."

From following family recipes to incorporating Polish culture into the design of labels, Bernard said Baltic Brothers is ultimately a way to celebrate his family's past and share about the diversity of Slavic culture.

"Every culture is so unique and so fun," he said. "It brings to the forefront how important it is to keep yourself rooted in your traditions and culture, but always with an eye on the future

and how you can preserve and protect these gems [like nalewki]."

Baltic Brothers products are available at Manitoba Liquor Marts, Lockport Grocery and other retailers. For the full list, visit balticbros.com.



The Westshore Community Foundation

is accepting applications for grants from eligible registered charities.

Applications can be made online or downloaded & printed at

www.westshorefoundation.ca

Printed applications can be mailed to

Box 395, Gimli, MB R0C 1B0 or

emailed to admin@wcf-foundation.ca

APPLICATIONS ACCEPTED
from February 15th to March 15th

For more information email

admin@wcf-foundation.ca

"Building a Lasting Legacy"

Walk-in Clinic

Open Monday, Tuesday, Thursday 9 to 5
Friday 9 to 4

OPEN LATE WEDNESDAY TO 7 PM

Easton Place
15 Wersch St. Selkirk
204-482-4044

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs lead Satelites in playoff series

By Brian Bowman

The North Winnipeg Satelites kept their season alive with a 5-4 overtime victory over the Arborg Ice Dawgs on Saturday evening.

Aden Asham scored the game winner in OT.

Kaydyn McMahon led the Ice Dawgs with a goal and two assists while Michael Crave and Tyson Barylski each had a goal and a helper.

Dylan Woytowich scored Arborg's other goal. Jake Plett had two assists in the game.

North Winnipeg's goals were scored by Daniel Gutknecht (two), Ronin Kubrakovich and Max Goulden.

Despite the loss, Arborg still leads the best-of-five playoff series 2-1.

Last Friday, the Ice Dawgs shut out North Winnipeg 2-0 in Arborg.

Pierce Beardy scored a first-period goal and then Mark Hamrlik tallied in the third.

Tre Strachan stopped 17 North Winnipeg shots for the win.

On Feb. 21, the Ice Dawgs blanked the Satelites 3-0 at Billy Mosienko Arena.

McMahon and Woytowich scored second-period goals and then Noah Johnson tallied in the third.

Strachan made 30 saves for the shut-out.

Game 4 of the series was played Tuesday in Winnipeg but no score was available.

If necessary, Game 5 is set for Wednesday (8:15 p.m.) in Arborg.



EXPRESS PHOTOS BY RAYME THOMSON

Ice Dawgs' goaltender Tre Strachan made 30 saves in Arborg's 3-0 road win over North Winnipeg on Feb. 21.



Arborg's Michael Crave (9) looks to pounce on a loose puck against North Winnipeg.



The Ice Dawgs' Tyson Barylski (16) moves the puck up ice against the Satelites.

U17 AAA Lightning swept by Brandon

Staff

The Interlake Lightning U17 AAA hockey team's season is over.

Interlake was dumped 3-0 by the Brandon Wheat Kings Sunday in Arborg.

The Wheat Kings won the best-of-five series 3-0.

Loughlan McMullan scored a first-period goal and then Liam Puchailo tallied in the second. McMullan closed out the scoring in the third.

All three goals were scored on the power play.

On Saturday, Interlake was doubled 6-3 by the Wheat Kings in Brandon.

Brandon snapped a 3-3 third-period tie with three unanswered goals.

Austin Loewen, Cole Swanson, and Dainen Jacobson scored for the Lightning.

Brandon goals came from Puchailo (three), Lucas Newman, Jackson Aldcroft and McMullan.

Last Thursday, the Lightning lost 6-2 to the Wheat Kings in Brandon.

Carter Green and Evan Deprez scored for Interlake.

Brandon goals were tallied by Newman (two), McMullan, Quinn Schutte, Nash Stone and Aiden Laing.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's Lott duo wins mixed doubles provincials

By Ty Dilello

Gimli's Colton and Kadriana Lott won the 2023 Manitoba Mixed Doubles Curling Championship after winning the final on Feb. 20 at the St. Vital Curling Club in Winnipeg.

The Lott couple, Colton and Kadriana, who had previously won the Manitoba Mixed Doubles title in 2018, defeated Pembina's Lisa McLeod and Lyall Hudson 10-4 in the final to complete an undefeated six-game run through the championship.

"The event was great," said Kadriana Lott. "We're very pleased with how it ran so smoothly. Everyone involved made it a huge success, and it was nice to get back to playing mixed doubles as it has been a while."

Team Lott/Lott won five games throughout the provincials to reach the final, including a tight 7-6 win in the semifinal over Winnipeg's Team Lyburn/Lyburn.

In the final against Team McLeod/Hudson, the Lotts were down 2-0 after two ends of play. Fortunately, they scored five unanswered points to take a 5-2 lead after five ends. In the sixth end, Team McLeod/Hudson fought back with two points to cut the deficit to 5-4. However, a five-spot in the next end for the Lotts ended the game



Kadriana and Colton Lott

10-4 in their favour.

"We're beyond thrilled to win another Manitoba buffalo for mixed doubles, as our first was in 2018. We're always so excited to play with one another and experience all of it together. It's a thing we can do together as well, which makes it more special. And we can't wait to give it our all in Sudbury for the Nationals," said Kadriana.

Team Lott/Lott will now advance to



EXPRESS PHOTOS SUBMITTED

Gimli's husband-wife duo Colton and Kadriana Lott won the 2023 Manitoba Mixed Doubles Curling Championship after winning the final on Feb. 20 at the St. Vital Curling Club in Winnipeg.

the Canadian Mixed Doubles Cham-

pionship in Sudbury, Ont., which will be taking place in late March.

Ladies hockey tournament in Gimli returns March 24 and 25

By Autumn Fehr

Ladies, it's time to lace up your skates and grab your sticks for a good old hockey game.

It's been a long time coming for a ladies hockey tournament in Gimli, and after many years without one, it's finally here.

The sold-out tournament will start on the evening of March 24 and continue all day on March 25.

After the last games finish on Saturday, ladies are welcome to head upstairs to the lounge for dinner, drinks and a good time!

There will be an A side, a B side and consolations.

Event organizer Allison Magnusson said she hopes the tournament goes

well and that they can grow it in the coming years.

Although Gimli hasn't had a ladies hockey tournament in many years, they had run a few about 15 to 20 years ago when there were ladies teams in Gimli, Riverton, Arborg, Lundar and Fisher Branch.

Back then, women travelled all over to play, but as the years passed, numbers dropped in all the communities, and most teams dissolved, including Gimli's.

In 2019, Magnusson started a pickup ladies league in Gimli.

She said they struggled to get women out for a while, but this year they've had a phenomenal turnout.

They have a roster of around 35 la-

dies and consistently get about 15 to 20 out to scrimmage.

The group has girls with a range of backgrounds and abilities. Some joined, brand new on skates, some past figure skaters, ringette players and some who play competitively.

"I come from a ringette background myself. When I was young, it wasn't very common for girls to play hockey. There were a few that did, but not many. Times have changed though, and there are so many more opportunities for young girls in hockey. These women may not realize it, but they are playing a part in the growth and acceptance of young girls in hockey as well. They are giving our little girls role models and they are normaliz-

ing the idea of women in hockey for our little boys. It's such a great thing to see all these ladies coming out and finding their love for the game!" said Magnusson.

The entry fee per team for the tournament is \$500, which includes three games, dinner and prizes.

Eight teams have signed up, which is all the event can handle with the layout they are going with, said Magnusson.

She said spots for the tournament filled up quickly.

Those hoping to join will have to wait until next year.

Tigers win U11 Rural C female provincial title

By Brian Bowman

The Teulon Tigers are the U11 Rural C female provincial hockey champions.

The Tigers defeated Brandon 6-3 in the gold-medal game on Sunday in Teulon.

Teulon snapped a 3-3 tie with three unanswered goals.

"It was a really good game," said Tigers' head coach Kyle Willis. "The girls worked super hard and they were excited to win it."

Last Friday, the Tigers shut out Grunthal 10-0 and defeated Brandon

3-1 to begin the provincials.

On Sunday, Teulon blanked Grand Plains 3-0.

The Tigers were exceptional defensively, allowing just four goals in four games.

"It is probably the best defence that I have coached in that age group for female hockey," Willis said. "They were relentless on the puck and they wouldn't let any shooters come to the middle of the ice. All the girls checked hard."

Teulon's players come from various locations throughout the Interlake.



EXPRESS PHOTO SUBMITTED

The Teulon Tigers, which included players from all over the Interlake, doubled Brandon 6-3 to win the U11 Rural C female provincial banner. Pictured, coaches Kyle Willis, Tyler Tataryn, and Allison Pylypjuk. Back row, Haelyn Cantwell, Lucia Borkowsky, Piper Tataryn, Allyson Keck, and Samara Pashe. Middle row, Hailey Powroznik, Quinn Enstrom, Fallon Spence, Kendra Spence, and Jocelyn Hueging and front row Deklynn Gottfried, Brooke Powroznik, Abigail Osborne, Lilyanna Kotelko and Emery Johnson.

Falcons sweep playoff series against Comets

By Brian Bowman

The Lundar Falcons' playoff series with the Beausejour Comets was an exciting one.

But it was also a very short one.

Lundar swept the best-of-five series with a solid 4-2 home win over the Comets in Game 3 on Friday.

"It was a really good series and it was a challenge for us," said Falcons' head coach Tyler Medeiros. "It was fun hockey to be a part of. (The sweep) is good for the confidence of the guys. We're ready to go for the next round."

Aidan Ticknor gave the Comets a 1-0 first-period lead with a power-play goal.

Riley Zdan tied the score at 1-1 when he tallied with the man advantage midway in the second. Lundar's power-play struck again when Zachary Halldorson scored to give the home side a 2-1 lead.

Special teams continued to play a big part in the game as Beausejour's Luke Tyslau netted a shorthanded goal in the second period.

Lundar iced the win, though, with

third-period goals from Zdan and Ryan Benson.

The Falcons' Jayden Timlick had two assists in the game.

Jordan Armstrong made 27 saves for the win.

Last Thursday, the Falcons edged the Comets 3-2 in Beausejour.

Logan Miller and Halldorson scored first-period goals for Lundar and then the Falcons' Bryce Allary tallied in the third.

Comets' goals were scored by Riley Tirschman and Merrick Hurcut.

Armstrong stopped 28 Beausejour shots for the win.

On Feb. 21, Lundar defeated Beausejour 3-2 in overtime.

Ryan Benson scored the game winner in OT.

Cody Procter and Riley Wirgau scored third-period goals for the Falcons.

Beausejour's Erik Gillies replied with a power-play goal in the second period and then the Comets' Carter Reid tallied in the third.

Benson and Carter Gudmundson

each had two points in the game.

Armstrong made 34 saves for the win.

Defensively, Lundar was very good the entire series, allowing just six goals in three games.

"I would say it was by committee. Everyone knew their role — it was a group effort," Medeiros said.

At press time, it was not known who Lundar will play in the second round of the playoffs.

Lakers win zones



EXPRESS PHOTO SUBMITTED

The Gimli Lakers won the Zone 5 AA varsity boys' basketball title after defeating Teulon Collegiate 85-54 last Wednesday. Pictured back row, left to right: Chad Heminger (coach) T.J. Sanderson, Blaze Benediktson, Carter Bomberak, Owen DeMeyer, Luke Hjordleifson, Ian Gray, Adam Vigfusson, Ethan Yablonski, Jacob Senga and Luke Robinson. Front row: Haden Magnusson, Wyatt Langlois, Tucker Knutson-Black, Leif Robak, Noah Demeyer and Cayden Storozuk.

To see more photos
of your favourite
Interlake Athletes

GO TO **Stonewall Teulon Tribune | flickr**

Copyright Stonewall Teulon Tribune. To be used for personal use only.



get inspired

> MEAL IDEAS



Sweetpotato Power Salad

1/4 cup red onion, chopped
1/2-3/4 cup feta or goat cheese
Dressing:
2 tablespoons pure maple syrup
2 tablespoons olive oil
1/4 cup balsamic or white vinegar
Preheat oven to 375 F.

Place sweetpotatoes in large bowl. In small bowl, lightly whisk 2 teaspoons olive oil, 1/2 teaspoon salt and pepper. Toss on sweetpotatoes and place potatoes on large sheet pan. Bake 35-40 minutes until tender, flipping once during baking.

Place chopped kale in large bowl. In small bowl, lightly whisk remaining olive oil, remaining salt and lemon juice. Pour over kale and massage with hands until mixed, about 1 minute.

To make dressing: In bowl, whisk syrup, olive oil and vinegar.

In bowl with kale, add garbanzo beans, avocado, cranberries, almonds, red onion, sweetpotatoes and cheese. Toss with salad dressing and serve.

Note: Sweetpotatoes can be baked and refrigerated 1 day in advance.

Recipe courtesy of Carol Brown on behalf of the North Carolina Sweetpotato Commission

Servings: 6
4-6 North Carolina Sweetpotatoes, peeled and diced (6 cups)
2 teaspoons, plus 1 tablespoon, olive oil, divided
3/4 teaspoon salt, divided
1/4 teaspoon pepper
1 1/2 bunches curly kale, rinsed and chopped (7-8 cups)
1/2 large lemon, juice only
1 can (15 ounces) garbanzo beans, rinsed and drained
1 large avocado, pitted and diced
1/2 cup cranberries
1/2 cup coarsely chopped almonds



Gimme S'mores Trail Mix

3 cups graham crackers, assorted flavors
1 1/2 cups colored mini marshmallows
2 cups slivered almonds
1 cup chocolate chips

In large bowl, mix raisins, graham crackers, marshmallows, almonds and chocolate chips.

Serve immediately, or store in airtight container up to 1 week.

Prep time: 5 minutes
Servings: 6
1/2 cup Sun-Maid Vanilla Yogurt Covered Raisins



Breakfast-to-Go Grape Smoothie

1/2 cup grape juice
1/4 cup wheat flake cereal
In blender, blend grapes, banana, yogurt, grape juice and cereal 1 minute. Serve immediately.

Nutritional analysis per serving: 251 calories; 6 g protein; 57 g carbohydrates; 1.5 g fat (5% calories from fat); 2 mg cholesterol; 47 mg sodium; 3 g fiber.

Servings: 2
1 1/2 cups frozen California grapes
1 banana, sliced
1/2 cup vanilla or honey low-fat Greek yogurt



Exercise for a stress-free life

By Health Expert Julie Germaine Coram

Life is back to a bustling pace (which is something to celebrate!) however it's easy to take on too much and end up stressed out. Burn-out is a concern not only for your mental health and financial well-being, but high stress levels can cause problems physically as well.

The best place to start when it comes to managing stress levels is with exercise! I know what you're thinking, "I don't have time to add a workout to my day!" The reality is, even fifteen to thirty minutes, a few times a week can have a dramatic impact on the quality of your sleep, your happy mood, and overall energy levels.

Moving your body releases natural chemicals called endorphins that give you a good feeling and sense of calm. Another interesting fact about these peptides is they have anti-inflammatory effects that aid us in managing pain, from injury or chronic issues such as arthritis.

The same exercise plan isn't going to work for everyone, so take time to try different activities and chose a workout schedule that fits into your lifestyle. I used to spend hours in the gym as a competitive pro fitness model, however after becoming a parent, I prefer to compact my weight training into only 30 minutes, which is very effective for me. Cardiovascular activity like biking, rollerblading, or hiking is something I incorporate outdoors as much as possible, so I can include my minis and help encourage exercise into the lives of my loved ones.

The fact is that life is always going to have some stress. Many people opt to lean on quick fixes like fast food or alcohol to deal with tough



Health and Wellness Fitness expert Julie Germaine Coram

emotions, but I promise you that attempting to change your habits and choosing to get in a workout when stress levels soar will leave you feeling happier, healthier, and way more Zen. (Yes, yoga in the evening counts as exercise.)

It's never too late to start, remember that! You can thank me later – or reach out to me if you want help getting things moving.

Coach Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. She has helped tens of thousands of men and women improve their health since 2005. Improve your health with coach Julie: juliegermaine.com or book a FREE DIET CONSULT: www.calendly.com/juliegermaine



Apple Nachos

2 tablespoons peanut butter
1/2 cup Sun-Maid California Sun-Dried Raisins

Wash and slice apples. Arrange one layer of sliced apples on serving plate. To keep apples from browning quickly, squeeze lemon juice on top, if desired.

In microwave, melt peanut butter about 30 seconds until smooth.

Drizzle 1 tablespoon peanut butter over first layer of apples. Sprinkle with 1/4 cup raisins.

Repeat with remaining apples, peanut butter and raisins.

Prep time: 10 minutes
Cook time: 1 minute
Servings: 4
5 sweet apples, such as Honeycrisp
lemon juice (optional)

Do you have a Health or Wellness Business?
Call 204 467-5836 to advertise

Classifieds

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



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.



*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

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

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstand-secondmortgages.ca

LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

WANTED

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

WANTED

WANTED/BUYING 1950's-70's Scandinavian, Danish, Canadian Mid-Century Modern Furniture (Teak, Walnut, Rosewood), lighting, ceramics, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

LIVESTOCK

F Bar Ranch Angus bulls for sale. Choose from 20 two-year-old and yearling Red and Black Angus bulls. Great genetics and quiet, easy-handling stock. Bulls are semen-tested, delivery is available. For further info, contact Allen or Marilyn Staheli, Eddystone, MB (Hwy #481 just off Hwy #68) 204-447-0737 or 204-448-2124 or email: amstaheli@inethome.ca

LIVESTOCK

Black Angus bulls, good selection of yearling & 2 year olds. Many heifer bulls sired by P.A. Fortitude, Connealy Thunder & Musgrave Colossal, for calving ease. Also, 85 – 90 lb. B.W. bulls for cows by Kilroy, Networth, P.A. Merit & Legend. Will have 4 yearlings & 4 two year olds at Lunder Bull Sale April 1st. Semen tested. Delivered & guaranteed. For info. or videos, Ross Jerney, Spruce Ridge Stock Farms, 204-768-0333, Ashern.

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

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

Please support our advertisers
SHOP LOCAL



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
 - o 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
 - o 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.

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

The Carman-Dufferin
STANDARD

Classifieds

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



NOTICES

BOOK YOUR SPRING 2023 CLASSIFIEDS NOW!
Be seen in the 32 Weekly Manitoba Community Newspapers to get your messaging all over the province! Need drivers? Have a service to offer? For sale? New service? Having an on-line meeting? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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

FULL & PART TIME EMPLOYMENT

at **TEULON**

Email resume to:
7service@mymts.net
or in person Attn:
Dave or Ann

HIP/KNEE Replacement?

Other medical conditions causing
TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for
\$2,500 yearly tax credit and up to \$30,000 Lump sum refund.

Apply NOW; quickest refund Nationwide!
Providing assistance during Covid.

Expert Help:
204-453-5372

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Marine
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Phones *Computers
*Solar Systems & design
* Everything Else!

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

CLASS 1 TRUCK DRIVER To run Canada

- Paid pick, drops, layovers and stat pay
- Multi drop runs
- Benefit package
- Dedicated truck
- Sign on bonus
- Annual bonus
- Reset at home
- Weekend home time
- Paid training
- Referral program

Derek (204) 793-7465
CENTENNIAL TRANSPORT
& LEASING LTD.

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

Derek (204) 793-7465
CENTENNIAL TRANSPORT
& LEASING LTD.

NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING

MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION VOTING FOR BOARD OF DIRECTORS

TAKE NOTICE THAT the Annual General Meeting of the members of Access Credit Union will be held on Tuesday, April 18, 2023, at 7:00 p.m. CDT via virtual means, for the following purposes:

1. 2022 Financial Statements
2. Board of Directors Report
3. Appointment of Auditors
4. Announcement of Patronage Allocation and Cash Redemptions
5. Director Elections

All eligible members wishing to participate in the General Meeting are required to register online at www.accesscu.ca prior to April 18, 2023, at 4:00 P.M. CDT. More information about the virtual General Meeting can be found at: www.accesscu.ca.

DATED this 2nd day of March 2023
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



RURAL MUNICIPALITY OF GIMLI

INVITATION TO TENDER

CLOSING DATE: Thursday, March 9, 2023 at Noon

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

1. **SUPPLY & DELIVERY OF LIMESTONE AGGREGATE:** for the supply and delivery of limestone aggregates; to be deposited on municipal roads throughout the RM of Gimli, or hauled to stockpile at the Public Works Shop yards, as directed by the Municipality. The material to be applied in one main haul approximately during the period of June 1, 2023, until completed. Additionally, there may be spot hauling continuing until December 31, 2023.
2. **GRAVEL HAULING & LOADING:** for the hauling of gravel to be deposited on municipal roads throughout the RM of Gimli from the pit located in SW25-20-3E. The material to be applied in one main haul during the period of June 1, 2023, until completed. Additionally, there may be spot hauling continuing until December 31, 2023, approximately 12,000 cubic yards. While the Municipality would normally be responsible for loading, contractors are asked for the option of supplying a loader.
3. **GRAVEL CRUSHING:** for the gravel crushing and stockpiling at the pit located in SW25-20-3E. Traffic Gravel to Department of Highways Specifications, approximately 14,000 cubic yards.
4. **2023 EQUIPMENT RATES:** the RM of Gimli is seeking proposals from qualified bidders for hourly rates on various types of privately owned equipment for the purpose of establishing pay rates and hiring order of private equipment for the 2023 works season ending March 31, 2024. Contractors who do not submit pricing and/or do not hold a valid business licence or business tax will not be considered for municipal projects.
5. **DUST CONTROL:** Application of Magnesium Chloride or Calcium Chloride dust control product. Product must be Magnesium Chloride Liquid or Calcium Chloride Liquid with a 30% to 35% Brine Solution and an Anti-Corrosive Inhibitor to meet Corrosion Rate of less than 4.0 mils per ASTM G 4-84. Bidders may provide a quote for one or both. The product shall be available for delivery to various locations in the Municipality from June 1, 2023 to October 31, 2023, as required by the Municipality.
6. **GRAVEL SCREENING FOR WINTER SAND:** for the screening of gravel for winter sand from the pit located in SW25-20-3E. Screened Gravel for winter sand must be to Department of Highways Specifications. Approximately 2,000 cubic yards required. Gravel Screening is to be 25% complete by June 30th, 2023 and 100% complete on or before August 31, 2023 weather permitting.
7. **FUEL:** for the supply of fuel for the period of April 1, 2023 to March 31, 2024, for municipal equipment. The tenders are for approximately 40,000 litres of gasoline, approximately 50,000 litres of clear diesel fuel, approximately 90,000 litres of purple diesel (at pumps, card lock system). To be delivered to the Public Works Yard in the Gimli Industrial Park.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Any questions or concerns related to the tenders can be directed to:

Kevin Franz
Public Works Coordinator
Rural Municipality of Gimli
Phone: (204) 642-6688
publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

SALES CAREER OPPORTUNITY

BigandColourful 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.

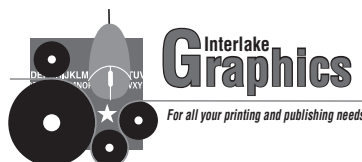
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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



Classifieds

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



ReVolution Trailers

RVs Reimagined

- Renovated RV Sales
- Custom Renovations
- Service and Repair

Manitoba's Premier RV Renovator

1480 Springfield Rd
Winnipeg, MB
www.revolutiontrailers.ca

Call now:

204-955-7377

The Aurora Plus 1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, island, 9ft walls, double cathedral ceiling and an abundance of natural lighting. James Hardie Siding. Pictures available www.wgiesbrechthomes.ca

Taking orders for Summer / Fall Delivery 2023

204-346-3231

Zag Fab Boats

is looking to fill the following full time positions.

WELDERS

For more information contact
Jim (204) 378-5314 or
email jim@zagfab.com



ATTENTION FARMERS AND RANCHERS

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

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
cylence 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

FIRST NATION AUTO REMOTE-MOBILE SALES PERSON



Territory: Manitoba

We are looking for a person who enjoys building relationships, is comfortable attending social events in various areas of Manitoba and Northwestern Ontario, demonstrates a strong work ethic, and excellent communication skills.

ABOUT US

First Nation Auto is proud to serve ALL TERRITORIES. It is our goal to ensure that everyone has the opportunity to drive a safe and reliable **vehicle**!

We offer the widest selection of vehicle makes, models and rebates!

We have access to a vast array of lenders to cater to your specific needs.

We believe in giving our customers the best service possible, and we firmly support the standpoint that **"OUR reputation is YOUR guarantee!"**

At First Nation Auto, we are dedicated to serving our customers with respect and full transparency.

QUALIFICATIONS

- ✓ Experience in sales
- ✓ Valid drivers license
- ✓ Excellent communication and relationship building

WHY US?

The opportunity to be part of a growing business and team

Competitive overall compensation package

Should you be interested in this position, please message michael@firstnationauto.ca



Rural Municipality of FISHER

Box 280, Fisher Branch, MB ROC OZO
Tel: 204-372-6393, Fax: 204-372-8470

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING ZONING BY-LAW 1055/00 ZONING VARIANCE

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

APPLICATION FOR ZONING VARIANCE under the RURAL MUNICIPALITY OF FISHER ZONING BY-LAW 1055/00 as amended.

HEARING: RM of Fisher Council Chambers
Fisher Branch, Manitoba

DATE & TIME: Thursday, March 16, 2023 at 6:00 pm

APPLICATION: V 2023-01

**OWNERS/
APPLICANT:** Patricia Wishnowski

PROPOSAL: Vary the site area for the residual lot from the minimum 80 acres to 67.65 acres

AREA AFFECTED: SE 22-24-2W

FOR INFORMATION

CONTACT: Kelly Marykuca, Chief Administrative Officer
Rural Municipality of Fisher
Phone (204) 372-6393

A copy of the above proposal and supporting material may be inspected at the Municipal Office, 30 Tache Street, Fisher Branch, MB during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

EMPLOYMENT OPPORTUNITY



Position: Summer Location Assistant
Location: Arborg, MB
Company: Foster Ag Services
Job Type: 6-month term
Start Date: April 1, 2023
Salary: Based on experience

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.



RURAL MUNICIPALITY OF GIMLI

DIESEL-HEAVY EQUIPMENT JOURNEYMAN MECHANIC

The Rural Municipality of Gimli is accepting applications for the full-time position of Journeyman Mechanic. This position is under the direct supervision of the Public Works Foreman and is responsible for performing various tasks necessary for the repair, maintenance, and operation of all the municipal equipment. The successful candidate will be required to:

Duties included, but not limited to:

- Make recommendations regarding the extent of repairs and suggest methods of improvement.
- Repair the equipment in a timely and financially responsible manner.
- Think logically and keep up with changes in technology.
- Interpret work orders and technical manuals.
- Have a strong awareness and attitude towards workplace health and safety.
- Be motivated and able to work in a challenging environment with minimal supervision.
- Providing and maintaining a set of tools required to perform required functions.
- Performing other tasks related to his/her classification.
- Keep maintenance reports, inventory and documentation up to date.
- Keep a tidy workplace free of any hazards.

Applicants are required to have a Journeyman Mechanic Certification, interprovincial Red Seal is preferred, min 5 years' experience and have a complete set of mechanical tools for use during employment. Experience operating heavy equipment and trucks is also required. Welding experience will also be an asset.

The incumbent will be required to hold a valid class one with air endorsement Manitoba driver's license. The incumbent will be required to work 40 hours per week and to be available for any call out emergencies that may arise from time to time. Salary range \$39.83 per hour and will be administered in accordance with the current Collective Agreement.

Resumes complete with a minimum of three references and a copy of related education transcripts will be received at the Municipal Office, 62 2nd Ave, until 4:00 pm on March 15th, 2023.

Kelly Cosgrove, CMMA
Chief Administrative Officer
Rural Municipality of Gimli
PO Box 1246
Gimli, MB R0C 1B0
Email: kcsgrove@rmgimli.com

We thank all candidates for their interest, however, only those individuals considered for an interview will be contacted.

Classifieds

Book Your Classified Ad Today - Call 467-5836 or
Email classifieds@expressweeklynews.ca**THE EXPRESS**
WEEKLY NEWS

EMPLOYMENT OPPORTUNITY ADMINISTRATIVE ASSISTANT

Future Mechanical Systems Ltd is seeking full time administrative assistant to coordinate office activity and all communications, both print and digital, including website and quick books software. Will perform routine office functions, coordinate program calendars, and serve as the assistant to the manager.

Duties include, but are not limited to...

- Answering phone, handling mail, filing, greeting guests
- Maintaining electronic bulletin boards, website, and social media
- Coordinating program calendars and scheduling work
- Administratively assisting the staff
- Preparing mailings, billings, accounts payable/receivable and emails
- Using office equipment such as computer and copier

Candidate must be self motivated with good public relation and communication skills. Both written and verbal.

Wage depending on experience.

Employee benefit package.

Hours are Monday-Friday 8:00 am to 4:00 pm

Email resume to futuremechanicalsystems@hotmail.com

ARBORG BIFROST PARKS AND RECREATION COMMISSION

Summer Employment Opportunities

Lifeguards & Swim Instructors -
Access Aquatic Centre
Summer Camp Leaders
Green Team Student

Please contact Recreation Office at 204-376-5576
or tom.abprc@mymts.net for more information.
Please forward resume to: tom.abprc@mymts.net

FIND THE RIGHT PERSON FOR THE POSITION

with an

EMPLOYMENT/ CAREERS AD in

THE EXPRESS
WEEKLY NEWS

204-467-5836

Everything you need to promote your business

FLYERS
BROCHURES
BUSINESS CARDS
STICKERS
WINDOW DECALS

SOCIAL TICKETS
DOOR HANGERS
LETTERHEAD
ENVELOPES
INVOICES

ESTIMATE SHEETS
POSTERS
MEMO PADS
POST CARDS



Call Today!

204-467-5836

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	I	D						
A	T	T	N	V	A	R	E	S
D	N	V	T	S	I	E	U	S
E	N	I	V	A	T	L	V	E
M	T							
V	T	V	D	D	R	A	V	E
N	O	T	E	O	M	E	M	D
G	H	N	S	R	V	A	V	S
E	V	S						
D	E	R	V	N	S			
V	N							
C	W	R	T	V	A	S		
S	E	I	T	I	C	I		
R	E	R	M	O	C	H	O	V
W	O	S						

Crossword Answer



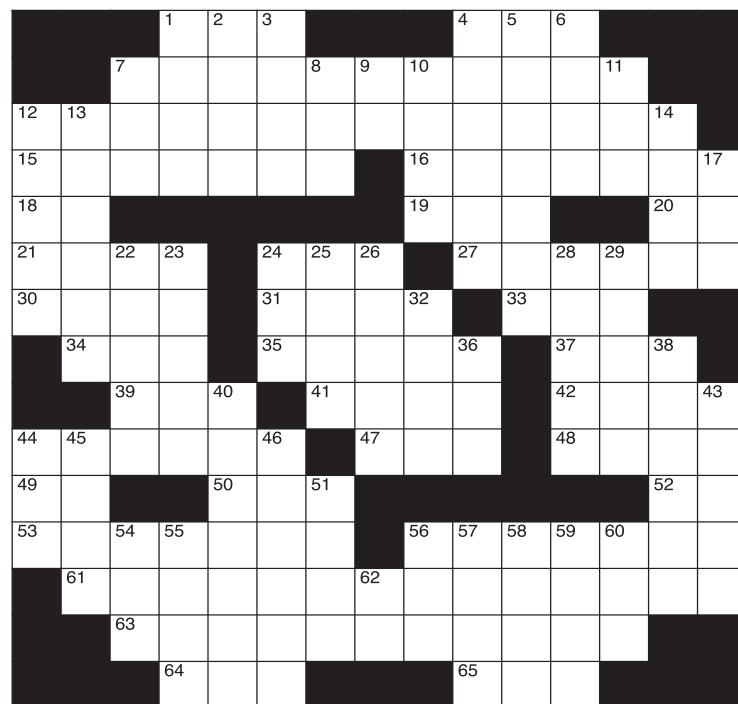
CROSSWORD

CLUES ACROSS

1. Relaxing place
4. Plant by scattering
7. A type of explorer
12. Unique traits
15. Lady
16. Dismayed
18. Railway
19. Type of whale
20. Sodium
21. Manning and Lilly are two
24. Where golfers begin
27. Entrapped
30. Influential punk artist
31. Hebrew calendar month
33. Car mechanics group
34. Undesirable rodent
35. Minneapolis suburb
37. Witch
39. Get free of
41. A written proposal or reminder
42. British School
44. Country on west coast of Africa
47. Cool!
48. Information
49. ___ route
50. Jim Nantz's network
52. Something to register (abbr.)
53. Give cards incorrectly
56. One who's learning on the job
61. Stevenson adventure novel
63. Taking careful notice
64. CNN's founder
65. Speak badly of

3. Portrays a character
4. Expresses happiness
5. Acquires
6. "The Martian" author
7. Degree
8. 60-minute intervals
9. A detective's pal
10. Group of nations (abbr.)
11. Popular Georgia rockers
12. Fencing swords
13. Basement
14. Samoan monetary unit
17. Male parent
22. Finnish lake
23. A smooth fabric
24. Arctic explorers (abbr.)
25. Mild yellow Dutch cheese

1. A person with unusual powers of foresight
2. Single sheet of glass



29. Lasso
32. Hindu model of ideal man
36. Move your head in approval
38. Ill-___: gained illegally
40. Die
43. Accused publicly
44. Precious stone
45. Individual thing or person
46. Behaved in a way that degraded
51. Derogatory term
54. No seats available
55. Liability
56. Popular beverage
57. Tough outer skin of fruit
58. ___ Spumante (Italian wine)
59. Troubles
60. Negative
62. Camper

Announcements Classifieds

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

BRIDAL SHOWER



Please join us for the Bridal Shower in honour of Amandine Sigurdson bride-elect of Dylan Orbanski on Saturday, March 11 at 1 p.m. at the Arborg Community Hall. Social evening to follow at 8 p.m. Ami and Dylan are registered at Arborg Home Hardware and would also welcome gift cards from Home Hardware, Home Depot, Canadian Tire, HomeSense and The Bay. Donations are being collected at Arborg & Riverton Co-op Grocery stores.

IN MEMORIAM



In Loving Memory of
Stephanie Ann Hyde
May 7, 1943 - March 7, 2018
To hear your voice, to see your smile,
To sit and talk to you a while;
To be together in the same old way,
Would be our dearest wish today.
-Love Rick and family

BIRTHDAY



Happy 95th Birthday to
William Kostyshyn
on March 4th
A family birthday celebration in Lundar was enjoyed by Dad. His kids, their families and his seven great-grandchildren joined him to make his day complete.

IN MEMORIAM



Lawrence (Lorne) D. Park
March 2nd, 2021
A day we remember so sad
Lost our brother, husband, father and grandad.
Don't think we're far apart
For every time we think of you
You're right here in our heart.
-Love and hugs
Linda, Crystal,
James, Shirley,
Alexandria and Seraphina

IN MEMORIAM



Captain Clifford
December 1936 - February 2017
and
Beverley Stevens
December 1936 - March 2020
Watching from Heaven above -
Those we love don't go away...
They walk beside us every day;
Unseen, unheard but always near...
So loved, so missed and so very dear.
-Love Thor (Linda), Stefan (Donna),
Sylvia, Susan (Terry)
and families

IN MEMORIAM

Ed Sielski
December 7, 1918 - March 8, 1996
No matter how life changes,
No matter what we do,
A special place within our hearts,
Is always kept for you.
-Loved and missed by
Olive and family

WHY CLASSIFIEDS WORK

Classifieds are inexpensive.
This is perhaps the biggest advantage of using this form of advertising. Payment is generally based on the number of words or the lines of copy used in the ad. Given the low cost, you can actually run an entire series of classifieds ads. The inexpensive nature of the ad means you can reach out to your prospects on a regular basis without breaking your bank account.

Classifieds are great for generating leads.
You invite them to contact you by phone, mail, or e-mail, etc. When the contact is made, you simply follow-up with a sales call or email.

Classifieds can be used for local and regional audiences.
It's been said that the classified is the one tool that allows the little guy (or gal) to be more competitive. It enables the small businessperson to reach his or her audience on a small budget, no matter where they live.

**MAY 1, REAL ESTATE AUCTION
FOR MACK LOVE, 204-981-2827.
FISHER BRANCH MB
160 ACRES HUNTING LAND WITH
YEAR ROUND 30 X 70 BARN,
INSULATED AND TOP LOFT
FINISHED FOR VERY
COMFORTABLE WEEKEND LIVING.**

**ALSO SELLING 337 ACRES,
260 CULTIVATED AT CLARKLEIGH,
MB, 3 MILES OFF HWY 6
FARM AND INDUSTRIAL
EQUIPMENT WILL SELL OFF THE
CLARKLEIGH FARM CLOSING ON
MAY 10. BOTH AUCTIONS
ARE TIMED ON-LINE.**

For more complete listing www.billklassen.com



Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484



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



Mobile Forklift Mechanic Wanted

\$30 - \$40 based on experience
Full Time, Benefits, DPSP, Gas Card, Van
204-663-9325
HR@indtruck.com
89 Durand Rd, Winnipeg, MB

Classifieds Announcements

THE **EXPRESS**
WEEKLY NEWS

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

**Remember
Your Loved
Ones**

**with an Announcement
in the**

THE **EXPRESS**
WEEKLY NEWS

Call 467-5836 or
classifieds@expressweeklynews.ca



WE ARE HIRING!
RCMP DETENTION GUARDS



- CASUAL/PART TIME - UP TO 12HR DAY/NIGHT SHIFTS
- TRAINING PROVIDED INCLUDING EMERGENCY FIRST AID/CPR C/AED
- DUTIES INCLUDE MONITORING OF CELLS
- ABILITY TO LIFT 50LBS
- NO GANG AFFILIATION, ABILITY TO OBTAIN CLEAR CRIMINAL RECORD

APPLY NOW

Gimli Area RCMP Detachment 204-642-5106
RCMP.DGimliDet-DDetGimli.GRC@rcmp-grc.gc.ca

OBITUARY



Clayton Brown

Peacefully on February 20, 2023 after an extremely courageous battle with cancer, with his loving wife by his side, Clayton Brown age 52 of Stonewall.

Cherishing Clayton's memory are his wife Leanne and children Liam (Alyssa), Annika, Kael and Sari. His parents Colin and Florence; sister Brenda (Ron); brothers Rodney (Stephanie) and Craig (Lenore). His in-laws Elmer and Linda Nickel and brothers-in-law Dan, Jason (Tamsyn) and Kevin (Kerri-Jo) as well as numerous nephews, nieces and great-nephews.

Clayton was born December 22, 1970 and grew up on the family farm near Moosehorn. He attended school in Moosehorn up to grade 9 and completed high school in Ashern. It was during these school years that he first met Leanne.

While attending high school Clayton worked part-time at the Texaco gas station in Ashern. Even at this young age Clayton's infectious personality was winning people over. His boss often remarked what an asset Clayton was for business and how the customers appreciated the time Clayton took to interact with them – something not always done by kids his age.

Clayton was always a good student but his marks were not high enough to win any awards at graduation. However, the vice-principal saw something in Clayton that so many more people throughout Clayton's life would see, and that was his special gift of being able to connect with people. So much so that the school created and sponsored the one-time only "People Person Award". Clayton was rightfully very proud of that award, and he never did cash that cheque!

After graduating, Clayton moved to Winnipeg where he worked for a short stint at Safeway Cold Storage followed by a year and a half at Boeing.

Although Clayton had the ability to squeeze every ounce of fun out of a day, he was never in a rush to greet a new one. (When he was younger) his ability to stay in bed until the last precise second without actually being late became an exact science.

Clayton was never much of a worrier either, believing that things would always work themselves out. True enough, on the very same day that Clayton received his lay-off notice from Boeing, he came home to find out he had been accepted into the RCMP.

Clayton and Leanne married in August 1992. At this time, he was still completing language training in Montreal and then went on to Depot (training) in Regina after that. His first RCMP posting was in MacLennan, AB, living there for five years followed by another five years in Manning. Eventually the pull of family was just too strong, and Clayton, Leanne, Liam and Annika came back to Manitoba where Kael and Sari were born. Working first in Swan River, then Teulon-Gimli, Selkirk and D Division headquarters in Winnipeg. Many lifelong friendships were formed in each of these postings and Clayton was thankful for the opportunity to reconnect with so many of these friends in the past few months. Clayton took great pride in his law enforcement career. His diligence and dedication earned Clayton the respect of his peers and saw him rise to the rank of Staff-Sergeant. Clayton enjoyed all his postings, but it was his work in Major Crimes that he enjoyed the most.

Clayton was a dedicated father, covering countless miles shuttling the kids to their various sporting activities. Whether it was hockey, baseball, swimming, lacrosse or dance, Clayton was always there. He treasured these times with his kids and took great pride in their accomplishments. It was also through these activities that Clayton formed some of his strongest friendships with the parents of the other kids.

Clayton loved a good argument. He had thick skin and could take a joke better than most. You always knew when he entered the room, as the volume level would go up a notch or two! A lot of that was Clayton but a good part of it was also the ribbing and jabs directed his way. And he loved every minute of it. The only topic off limits was his beloved Chicago Blackhawks. If you wanted to dump on the Hawks, you'd better be prepared for 101 reasons why you were wrong!

One of Clayton's favorite pastimes was spending time with friends. He was the glue that held so many groups together, often planning the next get-together before the current one had hardly got started. Be it a golf week-end, a concert, poker game or family firepit, he lived to be surrounded by those he loved. A rum, some laughs and some music, and don't forget the ice! and Clayton was content.

Clayton also enjoyed spending time in the kitchen, carrying on many of his Mom's recipes. He also acquired her love of canning, each year making several dozen jars of dill pickles. But it all took a backseat to making buckwheat sausage. So much so that it became an annual event with family and friends. Oh, how Clayton loved an event and an excuse to get together!

Clayton was thankful he was here to see Liam get his real estate license this year. He knew Liam could accomplish anything he set his mind to and recognized that Liam inherited his gift of connecting with people.

Clayton was also grateful for the chance he had this past spring to drive Annika and Sari to Michigan to see a music concert. Being the protective father that he was, Clayton refused to let the girls drive themselves. Truthfully, he was thankful for the opportunity to let the girls know there was nothing he wouldn't do for them.

Clayton enjoyed hunting, but again it was more the social side of the activity he enjoyed the most. An excuse to spend a few days with friends was more important than having a successful hunt. He was especially pleased that Kael took an interest in hunting. This past fall Clayton was insistent that he have one more hunt with Kael. Even though his health was hindering his ability to take part in the hunt as much as he would have liked, the opportunity to do it one more time made it the most successful hunting trip he ever had.

Clayton and Leanne were fortunate to do some travelling with their children. Camping trips and trips with family and friends to Mexico, The Black Hills, Disney World and weekends to the cabin were cherished by all. Clayton was especially excited to spend some time at our newly purchased home in Steep Rock where plans were made to reconnect with his home roots, family and friends.

The courage with which Clayton faced his illness was truly inspirational. He saw it as an opportunity to let those closest to him know how much he loved them and he was grateful that it gave those around him a chance to do the same. He was a believer and took comfort knowing we will one day meet again.

We'll miss you, Clayton. You left us way too soon, but we are forever thankful for the years we had together. True wealth is not measured in dollars and cents, but by friendships created, laughter shared and memories made. By this standard Clayton left us as the wealthiest man in the world!

Until we meet again Clay.

Memorial Service was held on Tuesday, February 28, 2023 at New Life Church, Stonewall. The service may be viewed at <https://www.youtube.com/c/newlifestonewall>

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

MacKenzie
FUNERAL HOME

Classifieds Announcements

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

OBITUARY



Kenneth Frederick Bishop

June 18, 1958 – February 25, 2023

Suddenly on February 25, 2023 at the Lakeshore General Hospital in Ashern, MB, Kenny Bishop aged 64 years of Eriksdale, MB passed away.

In keeping with his wishes, cremation has taken place and a service will be held at a later date.

Thank you to the doctors, nurses and staff of the Lakeshore General Hospital for the care they provided.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1.866.323.3593



Inez Lorraine Harrison

After suffering a stroke Inez Lorraine Harrison passed away on February 26, 2023 at Red River Place in Selkirk, MB, at the age of 90.

She was predeceased by her husband Lee Harrison and daughter Brenda Hoffman.

Inez leaves to mourn her daughter Debbie (Omer) Carriere, son Terry (Jane) Swintak, daughter Susan (Rick) Goett and their families. She is also survived by her brothers, Lynn (Linda) Hokanson, Charles (Valerie) Hokanson and sister Lillian Firman as well as numerous grandchildren, great-grandchildren, nieces and nephews.

Mom and Dad raised their four children in Gimli, Red Deer and Winnipeg.

Mom met Lee in the mid 1970's while they were working at Hecla Island. They both had an interest in commercial fishing as well as trapping in winter and summer. They were married in 1984 and spent the next few years living in Riverton. Eventually Mom and Lee purchased Wellman Lake Lodge and enjoyed operating it. They sold the business and built their famous log house in Riverton. After enjoying many years in Riverton, it was time for a move to Lac du Bonnet. They settled in a beautiful house on the Winnipeg River. Between great fun fishing and Mom's cooking their house was a popular place for friends and family to visit.

Mom, Lee and their dog Freckles enjoyed many winter getaways to Mercedes, Texas. They would return home with stories of their adventures. After Lee became ill the decision was made to sell the Lac du Bonnet house and move to Selkirk. Shortly before Lee passed away Mom moved to Woodland Courts assisted living. Over the next 4 1/2 years she enjoyed herself, meeting friends for coffee and playing bingo. Once Mom required additional assistance she moved on to Red River Place.

As per Mom's wishes, a memorial service will not take place at this time. A private family gathering will take place at a later date.

The family would like to thank the staff at Woodland Courts and Red River Place for taking such good care of mom.

In lieu of flowers, donations in Inez's name can be made to the Heart and Stroke Foundation of Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Remember Your Loved Ones
with an Announcement in the

EXPRESS WEEKLY NEWS

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

Biz Cards Get The Job Done!

To Book A Biz Card Call 204-467-5836

CONVENIENCE

Grocery • Drinks • Snacks
• Coffee to Go • Ice • Firewood
• Fireworks • ATM • Greeting Cards
• Newspapers • Books • Pet Food
• Toys & more

LOTTO

**20088 First Ave,
Sandy Hook**

**OPEN YEAR ROUND 10am - 6pm
7 DAYS A WEEK**

PharmaChoice LUNDAR

You have QUESTIONS, We have ANSWERS!

• Prescriptions • Liquor Store
• Home Health Care Aids
• Snacks and more!

Advice for Life

LUNDAR PHARMACY 204-762-5431
18 Main St., Lundar

Glass Specialists

- Sealed Units
- Flat Glass
- Mirrors
- Laminated
- Tempered
- Plexi/Lexan

Construction

- Windows & Doors
- Siding
- Custom Cladding
- Decks
- Construction/Renovations

19046 Ukrainian Park Road
Camp Morton, MB
204 376 5177
204 642 2980
info@mymts.net

Interlake Glass
WINDOWS, DOORS & MORE

Innovative Electric

Ph: 204-641-5266
Url: www.innovativeelectric-mb.ca
Email: matthew@innovativeelectric-mb.ca

BNS EXCAVATING

- Design Services
- Soil Analysis
- Well & Septic Repairs
- Frozen Lines
- Driveways
- Culverts
- Trenching
- Auger Drilling
- Ice Dam Steaming
- Septic Fields

Residential, Commercial & Industrial
Member of Manitoba Onsite Wastewater Management Assoc
BNSexcavating@hotmail.com (204)461-2856

NEW OR USED SEA CONTAINERS FOR SALE 20' or 40'

Countryside Home building centre Can deliver anywhere in the Interlake.
Ph: 204-739-3392

NEW VALLEY ROOFING & RENOVATIONS
Serving The Interlake

Henry Reimer 204-642-2551
BP & IKO Certified Roofer
henry.reimer@newvalleyroofing.com
newvalleyroofing.com

Everything you need to promote your business

FLYERS
BROCHURES
POST CARDS
STICKERS
BUSINESS CARDS

PRESENTATION FOLDERS
SIGNS
SOCIAL TICKETS
DOOR HANGERS
LETTERHEAD

ENVELOPES
INVOICES
ESTIMATE SHEETS
POSTERS
MEMO PADS
And MORE...

Interlake Graphics
For all your printing and publishing needs
467-5836

FUTURE MECHANICAL Heating & Cooling Commercial & Residential

- Electric & Gas Furnaces
- Air Conditioning & Refrigeration
- Heat Recovery Ventilators
- Geothermal Heat Pumps
- Custom Sheet Metal
- Electrical

YORK HEATING AND AIR CONDITIONING

Serving the Interlake for Over 25 Years!
24 Hour Service 1.204.642.5600
futuremechanicalsystems@hotmail.com

BESMAN Industrial & Automotive Coatings

Auto Body Supplies Paint & Supplies

email: info@besman.ca 1000 Dugald Road
www.besman.ca 204-615-3050 (One block west of Lagimodiere)

POWER UP.



EU1000i

EU2000i

EU3000iK

EU3000is

EU7000is

A back-up plan you can count on.

Don't worry about getting left in the dark when you've got a Honda EU series generator. Easy to use, portable and with long running times, they are a back-up power source you can count on. From the lights to the fridge or even your air conditioning, we have a generator with the wattage to meet your needs. And with very little operating noise, you'll enjoy peace and quiet as well as peace of mind.

HONDA

honda.ca

Make your life easier. Visit honda.ca



Honda ATVs & Power Equipment Canada



@HondaATVPECA

For optimum performance and safety, please read your owner's manual carefully before operating your Honda Power Equipment

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233
Arborg, Manitoba
Family Owned
Servicing the Interlake for 54 Years!