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Save our family

EXPRESS PHOTO SUBMITTED BY DARIA LUKIE

Daria Lukie runs the Ukrainian Youth Association program on Saturday mornings in Winnipeg and assisted with organizing a large-scale rally at the Manitoba legislative ground last Saturday. Her mask says "Honour to Ukraine, ready to defend." See full story inside.

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Interlake ties run strong to Ukraine

By Jennifer McFee

The Russian invasion of Ukraine is hitting close to home for many Manitobans with Ukrainian roots.

For Daria Lukie of Stony Mountain, she's doing all she can to keep connected to family members in Ukraine while also raising awareness about the perilous situation.

All four of Lukie's grandparents were born in Ukraine, and her family continues to maintain a strong connection to their heritage. Ukrainian was the first language spoken by Lukie and her cousins, who attended Ukrainian bilingual school. Growing up, they also spent three hours every Saturday at Ukrainian school in Winnipeg's North End and another two hours at Ukrainian Youth Association.

Now Lukie shares the country's history, culture, traditions and life skills by running the Ukrainian Youth Association program on Saturday mornings herself.

"For my whole life, I've learned about what Ukraine has gone through, including why we became a sovereign state in 1991 and why we had the Holodomor famine in 1932," she said.



EXPRESS PHOTO BY DARIA LUKIE

The anti-war rally at the Manitoba legislative grounds drew a massive gathering.

"Never did I think I would actually have to utilize the knowledge to educate others because we're dealing with history repeating itself again."

The Ukrainian Youth Association operates branches around the globe, with prominence in Canada due to the large Ukrainian population, she added.

"Our Ukrainian Youth Association's motto is 'Honour to Ukraine, ready

to defend,' which came out of years and years of Russian invasion," Lukie said, pausing to cry.

"Living in Canada and being Ukrainian makes us feel so helpless because we can't go there and be boots on the ground, ready to defend. I'm trying to do everything I can to feel helpful here."

In an effort to raise awareness and ward off feelings of helplessness, Lukie assisted with organizing a large-scale rally on Saturday. The

event drew an estimated 5,000 Manitobans to the legislative building, which was lit up blue and yellow to represent the colours of the Ukrainian flag.

"The Ukrainian Canadian Congress reached out to a couple of us to ask if we could plan something. So Thursday morning, we had a Zoom meeting and then it ballooned into this humongous event," she said.

"Politicians from every major party

Continued on page 3



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> UKRAINE, FROM PG. 2

came, and James Bezan spoke at it. We sang the Canadian anthem and the Ukrainian anthem. We chanted and sang traditional Ukrainian songs. We're trying to be loud so more and more people will come forward."

The purpose of the Winnipeg rally, and other similar events across the country, was to increase awareness in the hopes of affecting change.

"We'd like to see a resolution to this sooner rather than later. It's been really tough hearing people say this is going to be a long drawn-out fight, so we're trying to stay optimistic," she said.

"If there are levers that each country can pull, then there is a potential that this will be resolved sooner."

An important step is removing Russia from SWIFT (Society of Worldwide Interbank Financial Telecommunication) banking communications platform, Lukie said.

"It's also important for NATO to declare a no-fly zone over Ukraine," she added.

"Ukraine has strength on the ground, but they don't have the capacity or resources to protect the sky."

In addition to bolstering awareness efforts here in Canada, Lukie endeavours to keep in contact with her family members living in Ukraine.

"One of my mom's cousins has two sons who are around my age, so they're probably in their 30s. Both of them are staying to fight," she said.

"My mom's cousin left to go to Poland with her daughters-in-law and their babies. They all packed into a car, bringing whatever they could. They headed to the border and sat in a line for about two days with the toddlers and babies in the car. We found out that they finally got to Poland, which is awesome but it's also really scary."

Another cousin said they'd be staying in Ukraine "until the end." Lukie hopes that means until the end of the battle, but she dreads the thought

that it could mean until the end of Ukraine.

"That's what nobody wants to believe. That's why we're trying to work so hard in Canada to increase awareness and to call for further action from our government and from different organizations to do more — and even just the general public," she said.

"I sent a video of us singing the Ukrainian anthem to my cousins in Ukraine. For one of the cousins who is fighting, his job has been protecting gas stations so people can get fuel if they are fleeing and becoming a refugee. He messaged back in Ukrainian, saying, 'Well done. We are so grateful for your support. We understand more and more that we are not alone.' That's why we're doing this."

For anyone who would like to learn more about the background leading to the current situation, Lukie suggests watching the Netflix documentary *Winter On Fire: Ukraine's Fight for Freedom*.

And in anticipation of a humanitarian crisis, Lukie suggests Canadians can also consider donating funds to organizations such as the Canada-Ukraine Foundation's humanitarian appeal (<https://www.cufoundation.ca>) and Canadian Red Cross.

Likewise, Lukie and many other Ukrainian Canadians are donating to military resource groups. Ukrainian-focused options include SaveLife UA (<https://savelife.in.ua>) and National Bank of Ukraine's special fund.

Another option is to write letters to MPs through a template posted on the Ukrainian Canadian Congress website at www.ucc.ca.

At the same time, Lukie stresses the importance of sharing accurate information.

"Be very careful where your sources are coming from, especially on social media," she said. "One of Russia's tactics is to spread misinformation, including old footage to try to scare Ukrainians into thinking it's a lot



EXPRESS PHOTOS BY DARIA LUKIE

Demonstrators gathered Saturday for their part in protesting Russia's massive military operation in Ukraine.

worse than it really is."

In the face of uncertainty, Lukie feels hopeful when she sees people around the world banding together to support Ukraine.

"Ukrainians have fought so long and hard to be able to speak Ukrainian, practise their religion and continue to

uphold their traditions. The fact that it's being compromised again is hard to believe," she said.

"But Ukraine's advantage is that they have the strength and the willpower to continue. Ukraine is not stepping down."



Approximately 5,000 Manitobans gathered to show their support for Ukraine.

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By land, sea and air: Russia attacks and invades Ukraine

By Patricia Barrett

Russia attacked and invaded Ukraine by land, sea and air last week, a full-scale onslaught that hasn't been seen since the Second World War and which has already killed hundreds of Ukrainians and destroyed or damaged residential apartment buildings and infrastructure.

By last Sunday night, at least 353 Ukrainian civilians, including children, were reported dead according to Ukrainian officials. The United Nations said an estimated 368,000 people have fled to western neighbouring countries such as Poland, Hungary, Moldova and Romania.

Russia's unprovoked invasion of the sovereign, democratic nation began in the small hours of Feb. 24. The invasion goes against international law and was condemned worldwide.

Russia annexed Crimea, a peninsula in southern Ukraine on the Black Sea, in 2014. Last spring president Vladimir Putin started massing troops close to Russia's borders with Ukraine. By the time it launched missiles at several Ukrainian cities last Thursday, Russia had an estimated 150,000 troops in a sickle-like configuration around Ukraine's eastern, northern and southern borders.

Although Canada and its NATO allies issued several condemnatory statements, enacted swift economic sanctions against Russia and sent additional lethal weapons, they're not sending troops onto Ukrainian soil to



EXPRESS PHOTO BY TARA CAMPBELL

Rallies similar to the one held at the Ukrainian Catholic Parish of Sacred Heart Church in Gimli were held all around the world to show opposition to Putin's attack on Ukraine.

help repel Russian forces.

Selkirk-Interlake-Eastman MP James Bezan said Canada and NATO have taken the wrong tack with regard to Putin, whom many have likened to Adolf Hitler, and should be standing "shoulder-to-shoulder" with Ukrainians.

"One of the greatest disappointments — in addition to the weak leadership we've seen from Justin Trudeau and other NATO leaders — has been U.S. president Joe Biden. He essentially gave the green light to Putin when he said at almost every press conference

over the last few weeks that the United States wouldn't be going to war against Russia, that there wouldn't be American boots on the ground, that they wouldn't be standing toe-to-toe against the Russian military," said Bezan last Friday.

"Without that threat, it provoked Putin into invading. He saw there was going to be no military force superior to his own marching across the border. And he also knew that without the U.S. leading the charge, the rest of NATO would



EXPRESS ANITA ANAND TWITTER

Canada's minister of national defence, Anita Anand, tweeted Feb. 22 that a second shipment of lethal weapons was delivered to Ukraine, two days before Russia invaded.

step back instead of stepping forward."

Bezan said that kind of posturing is reminiscent of former U.K. prime minister Neville Chamberlain, who attempted to appease Hitler before the Second World War and even got a promissory agreement signed by Hitler that he wouldn't start a war. Less than a year later, Hitler invaded Poland.

"This is one of those moments," said Bezan. "Instead of acting like Chamberlain, we should be acting like [prime minister Winston] Churchill. And we're not."

NATO (North Atlantic Treaty Organization) is a political and military alliance of countries that was formed on the principles of democratic rule after the Second World War and provides collective defence for its members. It's currently made up of 30 countries, which include Canada, the U.S., the U.K., Belgium, Germany, France, Hungary, Spain, Poland and Iceland.

And there's nothing — including any legal rules — stopping NATO from putting boots on the ground in Ukraine, said Bezan. The United Nations, the European Union or NATO members themselves can use Article 6 of the treaty and enter Ukraine. In the past, NATO has fought in non-member countries.

"NATO jumped in to help liberate Kosovo. It was NATO that jumped in to help settle the war in Bosnia and hold the Serbs to account; those were non-NATO members," said Bezan. "And [NATO] has been outside Europe including in Iraq. Canada led the NATO mission in Iraq until two years ago."

He thinks the reasons NATO is not willing to go into battle are Putin's aggressive rhetoric and his oblique reference to nuclear weapons, said Bezan.

"I think the big [concern] is that

Russia is a major nuclear power; they have a huge arsenal at their disposal," he said. "If you followed the recent logic of how Putin is behaving, as well as his comments yesterday [on Day 1 of the invasion] that if anybody tried to intervene, they'd pay an enormous price. It almost sounds like a threat that he might use his nuclear arsenal."

On the first day of the invasion, in fact, Russian troops seized the nuclear power plant in Chernobyl, north of Ukraine's capital, Kyiv. And last weekend Putin put Russia's nuclear forces on "high alert" because he said western countries were being "aggressive." Russian ally, Belarus, also announced it will host Russian nuclear weapons in its country.

In the weeks leading up to the assault, Putin denied he was planning to attack and/or invade Ukraine. He and leaders in Belarus called the massing of thousands of troops around Ukraine's borders regular "training exercises."

There are over 1.3 million people in Canada with Ukrainian heritage. Bezan said there are about 30,000 in his riding. And he understands how worried people are by Russia's violence.

"It's a tragedy to see this happening and a shock that Belarus [a former Soviet republic along Ukraine's northern border] has joined in with Russia. It just proves that Putin is a pathological liar with all his previous comments and statements. I'm incredibly disturbed by the toxic rhetoric he was throwing around prior to the invasion," said Bezan. "And my thoughts and prayers are with the people in Ukraine as they deal with this barbaric attack."

Bezan said he has cousins in Ukraine as well as many friends and professional connections. His Baba and Guido were part of the first wave of



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Arborg transport company in Freedom Convoy waiting for release of confiscated trucks, trailers

By Patricia Barrett

The owner of an Arborg transport company is waiting for word from authorities in Ottawa as to whether he'll get his trucks and trailers back after police seized them a week and a half ago during the demonstrator-named Freedom Convoy.

Roseridge Trucking owner Elmer Penner joined a semi-trailer convoy from western Canada to apply pressure on the federal government to lift its requirement for all transport drivers be fully vaccinated against COVID-19 in order to enter Canada from the U.S. or face quarantine.

The vaccination rule came into effect on Jan. 15. A few weeks later, transport drivers began heading to Ottawa to protest and vowed to stay there until the government lifted the requirement.

The over-three-week-old protest in downtown Ottawa ended on Feb. 19 and 20 when the Ottawa Police Service, Ontario Provincial Police, RCMP and officers from other police forces moved in on the protesters, forcing them away from Parliament and downtown streets, as well as towing and confiscating semitrailers and other vehicles parked there.

Penner said he and the two other Roseridge drivers took part in the convoy. Initially, it was to remonstrate against the vaccination requirement to cross the border, but as the protest movement gained momentum and non-truckers joined in, the overall goal broadened into standing up for the rights of everyone.

"We want the mandates lifted. We're tired of the government stepping over our charter of rights and not letting us have our freedoms," said Penner by phone from Ottawa last Wednesday. "The border crossing mandate is what triggered this for me, but as we went along it became very apparent that we needed to do this for everyone — for nurses, firefighters, families. The painful stories we heard along the road made it very apparent this was not just for the truckers."

The police moved in to disperse protesters days after the federal government invoked the Emergencies Act on Feb. 14, with prime minister Justin Trudeau and other ministers calling the Ottawa demonstration and the blockade of the Ambassador Bridge between Windsor and Detroit illegal.

The police seized two Roseridge trucks and three trailers, said Penner. They were parked in a location where the police told them they could be. After police distributed notices advising truckers they could be arrested, Roseridge's lawyer told them they were OK where they were stationed.

"It was a big show for CBC [the publicly funded broadcaster] and Ottawa. Police came and arrested everyone in the block where a couple of our trucks were," said Penner. "They had a guy standing on the deck with a machine gun pointing it at our peaceful driver. They broke into the truck and dragged our driver out of there. He got hurt a bit on his shoulder but it wasn't too bad. But there were other guys that [got hurt]. Everyone got arrested very brutally. It was inhumane."

Their driver was arrested then released in what was called a "catch and release," he said.

Penner said his company is still up and running.

"We're still operating. We've had no threats [to shut down Roseridge]. But do we know the future? No, we don't because the government is acting very out of balance," said Penner, who has lodgings in Ottawa and has the support of friends. "According to the legal advice we got here, it was totally illegal."

Roseridge currently has 17 trucks and operates across North America, said Penner. The government's vaccine mandate for transport drivers has been a significant blow to his business.

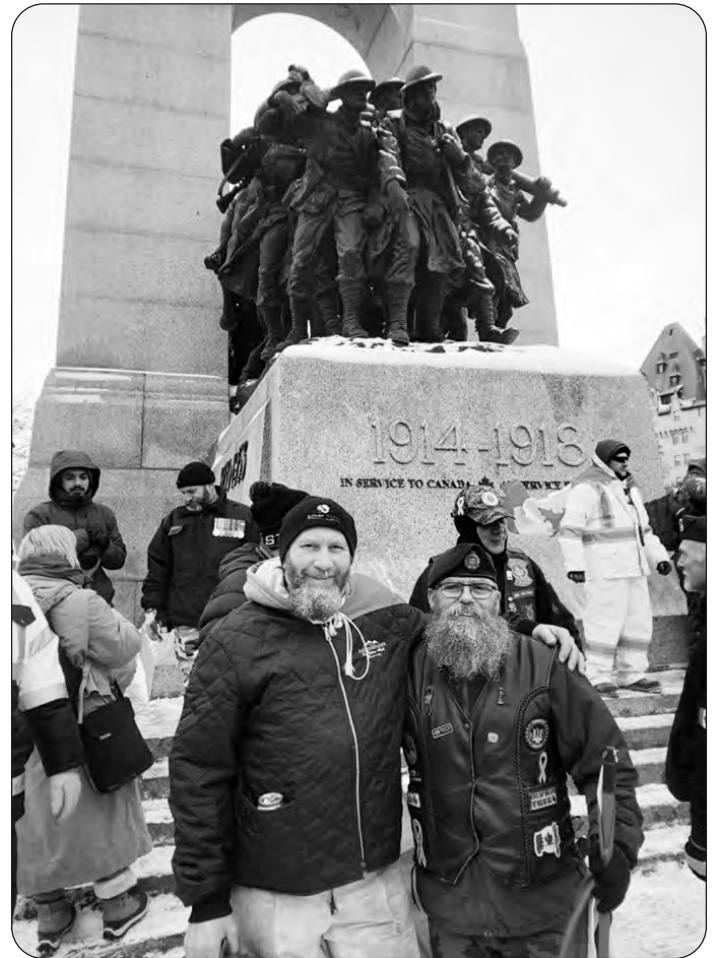
"The majority of our work is cross-border and that's why [the mandate] is affecting us so bad," he said. "It has cost Roseridge a lot of money to do this [take part in the convoy], but I was willing to back it because it was my only option."

Penner said media reports claiming a high percentage of transport drivers are vaccinated against COVID are untrue, and the mandate has hurt trucking companies, including an Ontario firm that recently closed its office.

"The trucking industry is vaccinated a lot lower than what the media portrays it to be," he said. "Schneider [Transport] closed their business in Ontario and of course the media doesn't say it's related to [vaccination] but I know it is."

The Canadian Trucking Alliance said in late January that most of the trucking industry is vaccinated.

"The vast majority of the Canadian trucking industry is vaccinated with the overall industry vaccination rate among truck drivers closely mirroring that of the general public," said CTA in a Jan. 22 statement that was specifically addressed to people engaged in road/border protests and which is posted on its website. The statement goes on to say that most truck drivers are continuing to move freight across the Can-



EXPRESS PHOTO COURTESY OF ELMER PENNER
Elmer Penner (left) with a veteran at the war memorial in Ottawa. Penner said veterans were asked by police to protect the site, but police later arrested a veteran.

ada-U.S. border and that CTA "strongly disapproves" of protests on public roads, highways and bridges.

According to federal government's vaccination coverage webpage, 80.39 per cent of the population as of Feb. 20 have been "fully vaccinated."

Throughout the protest, whether it was from the people he spoke with during stops along the road to Ottawa or with the people on the ground in Ottawa, Penner said he heard two concerns repeatedly raised: the government's COVID/vaccine mandates and mistrust of Canada's publicly funded broadcaster — which is "pushing a narrative" that fails to tell "all the truth" — along with other mainstream media outlets.

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Rules for visitors to long-term, acute health care facilities loosening

By Staff

Long-term and acute health care facilities are taking a phased approach to broadening in-person visitation in the coming weeks.

Shared Health announced on Tuesday, Feb. 22 that it was enacting Phase 1 of expanded visitor access.

In this phase, fully vaccinated general (social) visitors are allowed in long-term care and acute care facilities. Photo ID and proof of vaccination are required.

Unvaccinated visitors or those who do not wish to provide proof of vaccination are allowed to visit in designated visitor shelters and spaces (long-term care only).

In emergency departments and urgent care centres and for outpatient

appointments, patients may now identify one fully vaccinated essential care partner to accompany them. Access is subject to the ability to maintain physical distancing from all other patients and essential care partners. Proof of vaccination and photo identification is required.

"The decision to expand visitation reflects recent changes to public health orders and takes into consideration current COVID-19 hospitalization rates and the number of active outbreaks at health-care facilities," Shared Health said in a statement.

Future phases will be rolled out in the weeks ahead.

"Timing of these changes may vary by health region and individual facility," the agency noted. "As has been

the practice throughout the COVID-19 pandemic, access to health-care facilities may vary from changes to public health orders. This is due to the increased vulnerability of residents and patients to the most severe effects of the virus."

Medical masks are still required at all health-care facilities. They are provided to visitors as they arrive.

"We are very pleased to see the provincial situation stabilizing and look forward to once again welcoming family and friends for visits, celebrations and activities," those updates stated. "Visitor access will expand gradually over the next several weeks and we thank you for your patience, cooperation and respect for the guidelines as they change."

Flood outlook moderate to high for much of Manitoba

By Ashleigh Viveiros

From drought to massive snowfall to a risk of flooding in a space of just a few months — you gotta love Manitoba.

The province's Hydrologic Forecast Centre spring flood outlook released last Friday reports high risk of moderate spring flooding in most southern Manitoba basins, though just how bad it will be is very much dependant on the weather between now and spring melt.

"Due to above normal to well above normal winter precipitation to mid February, the Red River and tributaries, including the Roseau, Rat and Pembina Rivers, are at a high risk of

moderate to major flooding," reads the report.

"Due to below normal soil moisture at freeze-up and normal to well above normal winter precipitation, there is high risk of moderate flooding in the Assiniboine River and Souris River basins and along the Whiteshell Lakes areas."

The risk of spring flooding in the Interlake and northern Manitoba regions, meanwhile, is low.

Low water levels in most major lakes puts the risk of flooding in those areas as low as well.

A clearer picture of what Manitoba can expect will come in the weeks

ahead.

"The runoff potential is significantly affected by the amount of additional snow and spring rains, frost depth at the time of runoff, and timing and rate of spring thaw; and the timing of peak flows in Manitoba, the United States, Saskatchewan and Ontario," the report notes. "A late thaw and spring rainstorms could result in a rapid snow melt that increases overland flooding and flows on tributary streams and larger rivers."

The Hydrologic Forecast Centre notes that while there is a risk of major flooding along the Red River and

Continued on page 7

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Accessible employment in Manitoba is mandatory on May 1

By Becca Myskiw

On May 1, 2022, all Manitoba employers with one or more employees will be required to make accessibility a regular practice.

In 2019, the Legislative Assembly of Manitoba passed the Accessible Employment Standard Regulation, which applied to full-time, part-time, seasonal employees and apprentices. Essentially, it's to make accessibility a standard practice for employers when recruiting, hiring and supporting employees who "experience barriers in the workplace."

A few things the regulation states:

- An accommodation is reasonable for an applicant if required to access the materials or activities used in the selection process and wouldn't result in undue hardship to the employer. Accommodation is also reasonable if the employee needs it to perform their job or access the benefits.
- The employer must establish and implement measures that reasonably accommodate disabled employees and applicants.
- Large employers have to document the measures and make them publicly available and inaccessible format on request.
- When recruiting, employers have to let applicants know of accommodations available.
- Accommodation training must be provided to recruiters, managers, coordinators, supervisors, pro-

Continued on page 10



EXPRESS PHOTO BY KRISTI MCLEOD

Last Saturday Tara, left, and Payton Law, right, and Kristi McLeod and her pug Hank took in the balmy -4 degree weather snowshoeing the trails at Sugar Point in the RM of Coldwell. 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.

> FLOOD, FROM PG. 6

its tributaries, water levels are expected to remain below community flood protection levels at all locations.

Transportation and Infrastructure Minister Doyle Pivniuk said the

province is working to prepare for whatever spring melt might bring.

"Our government continuously monitors all watershed conditions across the province to remain vigilant and ready to respond to ensure that all Manitobans are protected should there be a risk for flood conditions,"

he said. "The Hydrologic Forecast Centre monitors river flows and lake levels daily throughout the year, and we work in collaboration with municipalities and communities to best prepare for potential flood mitigation operations."

MB does away with most proof of vaccination requirements

By Ashleigh Viveiros

Manitoba's return to normal sped up this week, with proof of vaccination in public spaces no longer required as of Tuesday.

Public health officials further announced at a press conference Feb. 24 that the province has also removed the proof of vaccination and testing requirements for designated public sector employees, including education, child-care and health-care workers.

Dr. Brent Roussin, Manitoba's chief public health officer, said this continued relaxing of restrictions is possible now that the fourth wave of COVID-19 in Manitoba has peaked and is on the decline.

Hospital and ICU admissions have both stabilized, he said.

"These are the projections, among other indicators, that public health continues to monitor very closely, giving us that confidence to continue on our plan to loosen restrictions in Manitoba," Roussin said.

"We are moving from public health rules to recommendations," he stressed. "We've always known that these rules were in for a temporary amount of time."

While proof of vaccination is no longer mandated by the province to eat in a restaurant or enter other public entertainment spaces, businesses and venues will still have access to the Manitoba immunization card and verifier app should they choose to continue requiring their patrons be fully vaccinated. The mask mandate in public spaces, meanwhile, is slated

to expire on March 15.

Looking forward

Health Minister Audrey Gordon said the province is working on returning the health-care system back to more normal operations in the weeks and months ahead.

"This pandemic has taken a significant toll on all Manitobans," she said. "Together, we can look forward to a co-ordinated and cautious plan to recover from the intensive demands that COVID-19 has placed on our health system."

Part of that plan is the gradual return of health-care workers who were redeployed to care for COVID patients, the minister said, allowing for a phased resumption of surgeries, diagnostic procedures, and outpatient or community services that were re-

duced as a result.

"There are currently more than 500 health-care workers across the province who are supporting COVID-related care in an area where they would not usually work," noted David Matear, health system co-lead, Unified Health Sector Incident Command. "As COVID admissions to hospital, including critical care, continue to decrease we will be able to return many of these staff to their usual duties, allowing for the quick resumption of many services that we know Manitobans have been waiting for."

On Monday, there were 474 people in hospital with COVID-19 (204 of them contagious) and 30 people in ICU (14 contagious). The number of deaths due to the virus was at 1,680, up 31 from the Monday before.

> CONVOY, FROM PG. 5

That was part of the reason he said he and his drivers came to Ottawa: “to bring some truth to our country.”

Although protesters were given opportunities to share their views with media outlets on the ground with them during the police operation, Penner said people were “so sick of them lying” and were scared to talk to them because their story would just get “twisted.”

“The mandates are killing people. It’s absolutely insane. When we were on the highway and seen the people and heard stories of what the mandates have done to the general public, it’s horrific,” said Penner. “It’s not just businesses; we have families that can’t visit sick family members and it goes on and on. I was more convicted of this being the right thing by the time we got here than I did when we left home because of the stories we heard.”

Penner said the protesters were peaceful despite how the media portrayed the situation.

The media showed people dancing in the street, the consumption of alcohol, fireworks, a bouncy castle for children, a hot tub and the incessant blaring of horns. That resulted in downtown residents and businesses launching a class-action lawsuit against convoy organizers.

Penner said he found Ottawans “very supportive” of the convoy and that they “wanted us here.”

“The hearts of the people here were golden. We talked to so many locals that supported us and showed respect, love and appreciation,” he said. “And the diversity of people from every race was represented on the ground here on Wellington [Street] and in even in our own little block. Everybody shook hands and we were all there for the same reason. It was a unity you can’t explain.”

After Ottawa Police, RCMP, Ontario Provincial Police and other police ser-

vices pushed the demonstrators away from Parliament and the downtown core, they set up fences and checkpoints to control entry to the area. Ottawa Police reported on Feb. 20 that it made 191 arrests, with a total of 389 charges laid, and had 76 vehicles towed.

The federal government said the powers under the Emergencies Act were necessary to compel towing companies to remove semitrailers, campers and other vehicles in downtown Ottawa, and that it helped police remove the blockade from the Ambassador Bridge. It also allowed the finance department to freeze bank accounts to stop the flow of donations to protesters. The government revoked the Act on Feb. 23, saying there was no longer any need for it.

Penner said he would wait in Ottawa until he learned the fate of his trucks and trailers. In an update last weekend, Penner said his equipment was released, but that they had “yanked plates off of all the equipment” and that one of the trucks had a smashed window. He returned to Manitoba last weekend.

Even if the Canadian government were to roll back the requirement for transport drivers to be vaccinated before entering Canada, Canadian truckers would still be unable to enter the United States as the U.S. government requires transport drivers entering its country to be fully vaccinated.

Neither the federal finance department, which oversaw the freezing of bank accounts, nor the RCMP answered the *Express Weekly News* questions, which included whether confiscated trucks and equipment would be sold to help the City of Ottawa recoup expenses, whether criminal charges will be coming later and the government’s resolve after the finance minister said bank accounts that were frozen would be unfrozen.

> RUSSIA ATTACKS, FROM PG. 4



EXPRESS PHOTO BY BILL MARTIN

Bill Martin from Gimli is showing solidarity with Ukraine, painting his fingernails blue and yellow, the colour of Ukraine’s flag.

Ukrainian emigres to Canada in the late 19th century.

“There are a lot of people in Ukraine I’m worried about,” he said. “And there are a lot of people here who have immediate family there and are sickened by what we’re seeing on TV and the stories they’re getting from their families as they try to fight back or flee.”

Canada has imposed economic sanctions on Russia, but that won’t stop the invasion. It also announced it’s sending \$7.8 million in lethal weapons and providing a \$500-million loan — that’s on top of an earlier pledge to provide Ukraine with a \$120-million loan. Canada will also accelerate immigration applications from Ukrainians.

Bezan said Canada, along with the U.S. and Europe, has to take national defence and collective security much more seriously and make “proper” investments in light of this invasion. And we shouldn’t forget that Russia is Canada’s neighbour; Russia has claimed the “entire Arctic” as Russian territory.

“The cost of not supporting Ukraine is far too great. This is an attack on democracy. This is a pivotal moment in history and Canada has to be on the right side of this. If we don’t [act], it’s not only Putin but the communist regime in Beijing, dictators, warlords, thugs and other despots around the world that will try to get out there and redraw the lines on the map through the use of armed violence and brutal force,” said Bezan. “And they’ll think they can get away with it because the west stood by; the west sat on the sidelines and watched it happen in Ukraine.”

The Russian invasion prompted

concern from some Manitoba politicians about the fate of Ukraine’s people. NDP MLA (Fort Garry) Mark Wasyliv said Ukrainians need our help and that we need to act immediately.

“Manitoba must be a Canadian leader in offering safety and shelter to the people of Ukraine. The Premier must take immediate action to support local Ukrainian organizations in Manitoba as they work to settle displaced families, and she must urge the federal government to immediately waive visa requirements and bring in more refugees from the Ukraine,” said Wasyliv in a statement issued Feb. 24.

Interlake resident Bill Martin said he’s also greatly concerned about what Ukrainians are undergoing. He’s “appalled by what humans do to each other,” and frightened by the threat of nuclear warfare.

“I’m concerned about the very grave danger of Putin using nuclear bombs,” said Martin, who is not of Ukrainian heritage but stands with the beleaguered democratic nation of 44 million people.

Martin added that we should be assisting and accepting refugees from Ukraine.

The provincial council of the Ukrainian Canadian Congress Manitoba organized a rally at the Manitoba legislature last Saturday “to stand united against Russian aggression.”

Large rallies were also held around the world in cities such as Budapest, London, Munich, Buenos Aires, Tel Aviv, New Delhi, New York — and in Russian cities such as St. Petersburg — to show their opposition to Putin’s attack on Ukraine.



Police in Ottawa near semitrucks.



EXPRESS PHOTO COLE BURSTON/CANADIAN PRESS

A reporter with the Canadian Press photographed police entering a Roseridge truck in downtown Ottawa.

Westshore announces two new endowment funds

Submitted by Tim Arnason

The Westshore Community Foundation (WCF) is excited to announce two new funds, which will provide additional support in the areas of community service and the arts.

The Robert Arnason Memorial Scholarship Fund has been established by his family and is designed to support community service.

Robert Arnason was a community leader and a dedicated educator serving Gimli for over 50 years as a teacher, principal and school board chair and trustee. He was active in service to his community and believed that dedication to community service was one of the most laudable characteristics that a good student should have.

The primary purpose of this fund will be to support charitable purposes and activities of the foundation and of qualified donees whose purposes are consistent with the objectives of the foundation and, in particular, to provide a scholarship for post-secondary education to a Gimli High School graduate who exemplifies a commitment to community service as did Robert Arnason throughout his life.

The Community Arts Fund has been established by Oli and Marj Narfason and is designed to support the arts. The Narfasons have had a lifelong interest in enjoying and supporting the musical and visual arts. They firmly believe that educating our young people in these essential arts is critically

important to their personal development and also a vital part of building a healthy and vibrant community.

The primary purpose of this fund is to support musical and visual arts education, specifically by assisting musical and visual arts programs and their supporting organizations maintained by designated schools within the WCF's catchment area. The initially designated schools are Sigurbjorg Stefansson School, Dr. George Johnson Middle School, Gimli High School, Winnipeg Beach School, Riverton Early Middle School and Riverton Collegiate Institute.

Generally, over the long term, first priority will be given to the musical arts with secondary consideration giv-

en to the visual arts. In the event that a suitable outlet for all the available grant money is not found under the primary purpose as outlined above, a secondary purpose for the available funds may be pursued. The secondary purpose would be to support any suitable program/organization that promotes the musical and/or visual arts within the Westshore catchment area but not contained within or connected to a designated school.

Support from both of these funds will be available in the 2022 calendar year and beyond. Further details can be found at www.westshorefoundation.ca or by contacting its office at 204-642-9796.

Eating disorders addressed in school presentation

By Nicole Brownlee

Youth can learn the importance of balanced eating and healthy eating habits in a one-hour presentation offered by the Mood Disorder Association of Manitoba.

MDAM created the disordered eating program in 2021 for people who identify as women to address disordered eating habits, low self-esteem and mental health issues during a six-week workshop.

Andrea Smith and Dana Lance adapted the program this year to address these concepts to youth.

"I got involved because I wanted to do more with youth about body image and disordered eating because that's a very vulnerable age," said Lance, MDAM's youth program coordinator.

Statistics Canada states around one million Canadians had a diagnosed eating disorder in 2016, and up to 30 per cent of girls and 25 per cent of boys aged 10 to 14 reported dieting to lose weight.

"The incidence of eating disorders in Canadian children is estimated to be two to four times greater than Type 2 diabetes," said the National Initiative for Eating Disorders (NIED).

Smith created a one-hour presentation for elementary, middle and high schools out of the six-week workshop to address concepts like beauty standards for all genders, diet culture and healthy habits. MDAM will also offer a six-week program for youth and people who identify as women.

"Disordered eating and body image issues start in kids as young as four," said Smith.

"Early intervention is imperative when you're trying to deal with eating disorders."

The Body Image Heroes presentation acknowledges the damage caused by stereotypes, disordered eating habits and the importance of self-love.

"We also let (schools) view the content in the slides beforehand because we want to make sure that it's appropriate for the kids at the school ... and the environment," said Lance.

Presentations to elementary schools focus more on body movement, nourishment and self-love, while older grades touch on more serious topics.

"Even as young as Grade 1, they do understand the concept of other people make me feel bad about my body and make me feel like I need to do something different," said Lance.

Body image issues have increased during the COVID-19 pandemic because people were forced to change their lifestyles, extracurriculars and sometimes their eating habits.

Smith also attributes body image issues to the increase in social media usage over the past decade.

"People aren't being taught how to love themselves," said Smith.

"If you ask someone, how do you work on loving yourself? Not even most adults know how to do that."

Diet culture has been glamorized by celebrities and social media influencers, which distorts children's perception of healthy eating, said Lance. Parents can also impact how children feel about their bodies if parents talk

poorly about themselves.

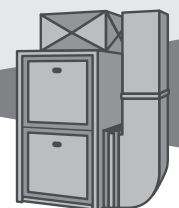
"Parents should be conscious of what their kids are listening and tuning in to because you can never know what the impact may be," said Lance.

The NIED states that eating disorders have the highest overall mortality rate of any mental illness in Canada. Interested schools can book a presentation through Dana Lance at youthprogram@moodmb.ca.



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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 204-340-1855

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Accessible help to quit smoking coming to Interlake

By Nicole Brownlee

Brenda Bracken remembers her last cigarette.

She had just finished lunch with a friend who was driving her to her first laser therapy appointment in Winnipeg. As Bracken said her goodbyes, stepping out of the car, she lit a cigarette and waited outside the clinic for her appointment to start.

"I just thought, I have to get through this next hour, and then I have to get through the next hour," said Bracken.

Bracken, who lives in Winnipeg Beach, smoked for over 30 years and tried several therapies, prescriptions and nicotine alternatives to try and quit. Nine years ago, she found that laser therapy, which hits acupuncture points with low-power lasers, was the key to quitting and not going back.

"It's very much a drug addiction," said Bracken.

Researching nicotine addiction and treating withdrawal seriously also helped Bracken face the difficult slope of quitting.

"There's a (withdrawal) period called two weeks of hell and it is," said Bracken.

"I would sooner give birth to an elephant than do that again."

During the first two weeks of quitting, smokers can feel anxious, depressed and unfocused while dealing with cravings, fatigue and a harsh cough.

"If you don't have support and you don't have any behaviour modification or anyone to help you through the really tough times, it makes it harder to be successful."

Bracken found a community through the Quit Smoking Cigarettes Support Group on Facebook.

"Every time I felt like I was going to break down and go buy cigarettes, I would stop the car and talk to someone on this Facebook page, and they were there," said Bracken.

Health Canada reports that over 45,000 people die from smoking tobacco each year in Canada. Worldwide, the death toll climbs to seven million.

Around 15 per cent of residents 12 years and older in the Interlake-Eastern Regional Health Authority currently smoke, which is two per cent lower than the provincial

average.

Some parts of the region have two to four times this usage rate, said Connie Nixon, clinical team manager of the IERHA's primary health care.

The province announced its investment of \$300,000 to programs that help people quit smoking on Feb. 22. The investment will expand the Tobacco Quit Card and Counselling Project to all regional health authorities in Manitoba to make nicotine alternatives and support more accessible.

The program targets lower-income individuals and Manitobans in rural and northern regions.

"People in a lower socioeconomic status are overrepresented as smokers," said John McDonald, executive director of Manitoba Tobacco Reduction Alliance Inc.

"Having a program like this that they can access is very beneficial."

Using nicotine replacements can increase the chance of successfully quitting by 50 to 70 per cent, said Nixon.

"In many areas, whether it's rural or urban, the lack of ability to access nicotine replacement therapy is a barrier, whether it's due to low income or a geographic inability to access."

Chuck Gosselin from Winnipeg Beach started smoking when he was 14 years old and has smoked for the past 60 years since.

After 20 years of smoking, Gosselin tried to quit the habit.

"I've tried pills. I've tried patches. I've tried mouthwashes, pretty much anything out there I've tried. And none of it worked," Gosselin.

Nicotine pills caused Gosselin to shake, and nicotine patches caused his skin to break into a rash. He said there are support groups he could talk to about quitting but hasn't reached out.

Gosselin continues to smoke about a pack of cigarettes a day but would like to quit.

"It's detrimental to your health. If I had a do-over, I wouldn't start smoking."

A three-year trial of Shared Health's Tobacco Quit Card and Counselling Project proved that nicotine replacement therapy and cessation counselling helped Manitobans quit smoking.

The trial started in the Winnipeg Regional Health Authority in 2018, while the Southern Regional Health Authority and IERHA joined a year later.

Smokers looking to quit were given a Tobacco Quit Card, which could buy up to \$300 worth of nicotine replacement therapy medications like nicotine patches, gum and inhalers. People could also access at least three counselling sessions and additional support through local resources.

Over 1,500 Quit Cards were given to Manitobans



EXPRESS PHOTO SUBMITTED

Chuck Gosselin has yet to find an effective way to quit smoking but continues to try different means.

throughout the three-year trial, said Caitlin Keyzer, chronic disease specialist with Shared Health and project leader.

While the organizations involved with the program are still waiting for a final report on the impact of the project, McDonald said 20 per cent of the participants quit smoking over the three-year trial.

The \$300,000 investment will help continue the program, expand it across Manitoba and train more staff to help provide counselling for tobacco smokers.

Another support in the IERHA is a five-week program called Commit to Quit, an online program run in partnership with Shared Health. The program will start in the spring for one hour per week and is open to all Manitobans who currently smoke.

"There's no one right answer for everyone," said McDonald.

"Having that conversation (with a health care professional) is the first step, and then you can get referred to the resources that are best suited to that individual."

For more support, visit www.smokershelpline.ca or call 1-877-513-5333.

**Gimli Legion
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starting March 4, 2022*

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Saturday meat draw 4:00 pm

Bingos
Starting Monday
March 7, 2022
7:00 pm

*Proof of vaccination is required
until further notice.*

> ACCESSIBLE, FROM PG. 7

motors, those in charge of redeployment and termination, and those implementing policies.

In a Feb. 11 letter, Kathryn Gerrard, deputy minister of the Department of Families and Director under The Accessibility for Manitobans Act, said accessible employment levels the playing field, improves productivity and makes workplaces healthier and safer for everyone at little to no cost.

According to Statistics Canada, in 2017, one in five Canadians 15 years and older had a disability. That's 6.2 million people or 22 per cent of the total population. In Manitoba, that number is one in four — 234,000 people.

The report shows that women were more

likely to have a disability than men. The most common ones were related to pain, flexibility, mobility and mental health. And among people aged 25 to 64, those with disabilities were less likely to be employed than those without.

"While Manitobans with disabilities are already an important part of our provincial workforce, they also represent a skilled segment of unemployed individuals looking for work," said Gerrard.

The entire Accessible Employment Standard Regulation can be found at https://web2.gov.mb.ca/laws/regs/current/_pdf-regs.php?reg=70/2019.

Manitoba's top event for outdoor living retreat

Submitted by Matthew Seth Ostrove

The Cottage Country's Lake & Cabin Show is back at the Red River Exhibition Park after a two-year absence due to the COVID-19 pandemic.

Aviva Insurance Canada proudly sponsors this year's show.

The 2022 event features over 160 booths with many new ideas on how to build or renovate your lakeside retreat. Cottagers can save themselves weeks of running around town by meeting all the local experts right in

one place.

The show starts again on Friday, March 18 and runs through until Sunday, March 20. Tickets are \$12 and can be purchased at the door. Seniors, respectively, get a discount and pay just \$10. Kids 13 and under can attend for free. There is no charge for parking at the event.

Hours: Friday, 2 to 9 p.m.; Saturday, 10 a.m. to 8 p.m.; and Sunday, 11 a.m. to 5 p.m.



EXPRESS PHOTO SUBMITTED

The Cottage Country's Lake & Cabin show is at the Red River Exhibition Park from March 18 to 20.



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Fisher Branch RCMP search home for the second time and recover drugs and cash

Staff

On Jan. 20, as a result of an ongoing investigation, officers from Fisher Branch RCMP executed a search warrant at a residence located in Peguis First Nation.

The search of the residence resulted in the seizure of 38 grams of cocaine, nearly \$12,000 in cash and drug-related paraphernalia.

Officers arrested two males, age 25 and 33, from Peguis First Nation as a result of the search. The two accused were later released for a court appearance scheduled March 15 in Peguis, where they will each face a charge of possession for the purpose of trafficking.

On Feb. 18, officers from Fisher Branch RCMP executed another search warrant at the same residence and seized an additional 31 grams of cocaine, cannabis and drug-related paraphernalia.

Allan Blain Porter, 25, was arrested for the second time and remanded into custody on additional charges, including possession for the purpose of trafficking, possession of property obtained by crime, possession of illicit cannabis and fail to comply with an undertaking.

Fisher Branch RCMP continue to investigate.



EXPRESS PHOTO SUBMITTED

Fisher Branch RCMP make a second arrest and seize 31 grams of cocaine, cannabis and drug-related paraphernalia.

Spring, cartwheel and leap into Lundar gymnastics

By Nicole Brownlee

Children interested in trying gymnastics have the opportunity to jump onto the mat at the Lundar Gymnastics Club's spring break day camp on April 1.

The free day camp gives children aged five to 12 a chance to practise skills, play games and learn techniques from 9 a.m. to 4 p.m. at the Lundar Arena.

"It is open to all skill levels," said Arlene

Brandson Darknell, registrar for the Lundar Gymnastics Club.

The campers will also complete a gymnastics-themed craft and use equipment like the tumble track.

This is the second year the gymnastics club has offered the day camp for families to have the opportunity to try out a gymnastics camp without committing to registering for weekly classes.



EXPRESS PHOTO SUPPLIED BY ARLENE BRANDSON DARKNELL

Arlene Brandson Darknell's daughter Frey is a member of the Lundar Gymnastics Club and is participating in the club's spring break day camp.

"This gives the non-members a chance to see what we have to offer and come and see what gymnastics is about," said Brandson Darknell.

There are 16 total spots for the day camp. Interested families can contact the gymnastics club through the Lundar Gymnastics Club Facebook page to learn more.

The club offers registered gymnastics programs during the fall and winter and hopes to run a summer camp.

Over 30 students from Lundar and surrounding communities participate in their seasonal programs.

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Regulatory changes to Manitoba real estate industry will enhance protection for buyers, sellers

By Patricia Barrett

Recent changes made to the regulation of the real estate services industry will help protect consumers and provide greater accountability, according to a Gimli-based realtor.

Kim Giesbrecht, who owns and operates Right Choice Realty and the boutique hotel Inn on Centre, said the new Real Estate Services Act, which came into effect Jan. 1, strengthens the rules governing the industry and empowers the public.

"The Real Estate Service Act has modernized regulations to improve the industry's standards and accountability, thereby enhancing consumer protection," said Giesbrecht a few weeks ago.

The new act replaces the former Real Estate Brokers Act of 1947.

The changes include a requirement for an online registry that provides the public with information about realtors and brokerages, whether they're registered to operate and any disciplinary action taken against them by the Manitoba Securities Commission (MSC), which regulates the real estate industry.

"The fines are significantly greater if somebody is found to have not met the standards and requirements laid out," said Giesbrecht.

Misconduct penalties can be assessed up to \$500,000, according to the MSC's website.

Realtors must be licensed by the MSC and they have to renew their registration every year, said Giesbrecht. The Manitoba Real Estate Association, which falls under the umbrella of the Canadian Real Estate Association, is the body that trains people who want to enter the real estate profession. After training, they have to be registered in order to practise. The association also provides ongoing education, which includes training sessions on the interpretation and clarification of the new act.

Realtors who aren't registered are not allowed to provide real estate services, said Giesbrecht. The easiest way to check right now if a realtor is licensed to practise is to visit www.realtor.ca and use its "Find A Realtor" search feature.

In any profession there might be a few bad apples who "spoil things for everybody" and affect the way the industry is perceived, said Giesbrecht, and real estate is no exception. She has no problem with "increased accountability" under the new rules.

"The MSC has expanded authority to investigate and enter brokerage premises to conduct an investigation, and the final disciplinary decisions must be posted online," said Gies-

brecht. "All registrants' information is to be organized at the MSC so that it's searchable by name. Any complaint must be acknowledged by the registrar and the complainant must be informed of the decision."

Detailed service agreements — and when those agreements need be entered into — are another feature of the modernized rules, said Giesbrecht. Service agreement forms must include a list of required points, including how to opt out of the agreement.

"The main purpose of the service agreement is to make sure that it's very clear as to what both parties can expect from a [client-realtor] relationship. Service agreements have to be written. They can't be verbal; they can't be a conversation about what we said we'd do," said Giesbrecht. "This provides clarity to the public, but I also look at it as an opportunity to provide clarity to the realtor as to what services the person can expect to receive. It clearly lays out what you can expect from me and what that's going to look like."

Disclosure about realtors' personal relationships with buyers or sellers has also been expanded to encompass a wider range of possibilities.

"If we were dealing with a spouse or a common-law partner, we had to disclose that to all the parties involved so they would know what our potential motivation could be and how it might possibly be skewed. We had to make them aware of that," she said. "That has been expanded now; it's not only spouses and common-law partners but it's also children, step-children, parents, step-parents, siblings and step-siblings."

When someone reaches out to a realtor and things progress beyond an initial conversation, as well as beyond any information about a property that is publicly available online or about advice on appropriate prices, the realtor should be having a conversation with the person about entering into a service agreement, she said. The same goes for realtors working with prospective tenants

looking for rental premises or if realtors are interpreting advertising for someone.

Clients, of course, have the option of entering into multiple service agreements with different realtors unless they've agreed to enter into an exclusive agreement, she said. Multiple agreements would make sense where a buyer is looking for property in different parts of the province or at different types of property.

Although realtors registered to work in Manitoba can work anywhere in the province, they typically stick to a region where they have expertise.

"Legally, you have the option to work anywhere in Manitoba. However, you really need to make sure that if you're representing somebody, you're able to do so in a manner that protect their interests," said Giesbrecht. "For example, I know nothing about property in Swan River. So it would be stretching it to say I have the expertise and knowledge to do that effectively. It would be the same for a realtor who has never dealt with rural property and only sold property in the Winnipeg. It might be easier to sell in the city, for example, where properties don't have wells or septic systems. There are a number of things that become so much more critical in rural real estate."

While most of Canada has allowed the use of electronic signatures for real estate transactions, Manitoba didn't. That has now changed.

"We were not allowed to do electronic signing, which was challenging



Kim Giesbrecht owns and operates Gimli-based Right Choice Realty Ltd.

when we were dealing with buyers from a distance away," said Giesbrecht. "The use of electronic signatures was on the way and COVID just sped it up."

Giesbrecht said other changes under the new rules include realtors' use of appropriate advertising and the need to keep detailed records.

"The act has expanded requirements for broker management and record-keeping. We had to keep pretty extensive records before of offers to purchase and things like that," she said. "Now we're required to maintain any records of the relationship. Realtors should have notes on texts, email messages and phone messages."

Continued on page 14

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Fundraiser for Canadian flags flown in France

By Nicole Brownlee

Canadians can show their support for veterans, first responders and their families through a flag sponsorship program co-organized by a Second World War commemoration organization.

The Juno Beach Centre is a Canadian Second World War museum and cultural centre in Normandy, France, opened in 2003. The centre commemorates the 45,000 Canadians who died during the war, of which 5,500 were killed during the Battle of Normandy on June 6, 1944.

On weekdays, the centre flies two Canadian flags and regularly replaces the flags as they become worn. Canadians now have a chance to own one of the flags flown at the centre in France.

"Very few Canadians are able to go to the museum, so we tried to come up with a way where we can bring a piece of the Juno Beach Centre to Canadians," said Alex Fitzgerald-Black, executive director of the Juno Beach Centre Association.

The sponsorship program launched in 2020 as a way for the centre to make up for donations lost during the CO-

VID-19 pandemic.

While the flag sponsorship program has been flying for two years, the JBCA wanted to expand the program to help another group in need.

The JBCA was often asked while fundraising if any proceeds go towards helping veterans.

"I would often say, 'Well, it does, but not in the way that you're probably thinking,'" said Fitzgerald-Black referring to the importance of commemorating the Second World War.

"With our flag program, we decided, wouldn't it be great to partner with some Canadian veterans facing organizations that assist veterans in the modern sense?"

Supporters can now purchase a flag that has flown at the Juno Beach Centre and contribute to Wounded Warriors Canada, which provides veterans, first responders and their families mental health resources and clinically facilitated programs.

"This is two international organizations coming together to pair commemoration to mental health service support, so it's pretty special," said Scott Maxwell, Wounded Warriors executive director.



EXPRESS PHOTO SUBMITTED

Canadians have the chance to buy a Canadian flag flown at the Juno Beach Centre in Normandy, France, while supporting modern troops.

Half of the \$500 donation to secure a flag flown at the centre in France will go towards JBCA, while the other will go to Wounded Warriors Canada.

The donation will be distributed to all programs in need at Wounded Warriors.

"I think this is going to be a long-term partnership," said Maxwell.

"The work of the Juno Beach Centre is there permanently, as is the work that we do here in Canada with respect to mental health for veterans, first responders and their families."

The Government of Canada estimates that up to 10 per cent of war zone veterans will experience post-traumatic stress disorder or symptoms associated with the condition.

"It's really important to us going forward as we're saying goodbye to those veterans that we're also engaging with modern veterans," said Fitzgerald-Black.

"We're a site of commemoration that can be accessible to them, and we care about their stories as well."

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> REAL ESTATE PROTECTION, FROM PG. 13

They'll have to record and keep those conversations on file."

The current hot housing market could change if interest rates go up

or if more housing options become available.

"If supply is down and demand is high, then prices will go up," said Giesbrecht.

Active listings in January on the MLS system were down by 30.9 per cent over 2021, she said. The five-year average is down 44.2 per cent. A drop in listings indicates a shortage of available property.

Young people looking to enter the housing market shouldn't despair about burgeoning house prices as there are interim housing options that might suffice.

"We're somewhat lucky in Manitoba that we don't see Toronto or Vancouver prices, but it's still getting very difficult," said Giesbrecht. "Maybe we can look at different types of housing for first-time buyers. That could be condominiums or attached housing [side-by-sides, duplexes] because people can usually get those properties at a lower price point."

For more information about real estate services or properties, call Kim Giesbrecht at Right Choice Realty at 204-641-8450.

B I N G O

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Manitoba

Winter Explorer Ideas

Chase the northern lights

You can witness this natural phenomenon from vantage points across the province, but one of the best places to see the northern lights is Churchill due to its ideal spot under the aurora dome.



↑ Churchill Northern Studies Centre



SCAN THIS QR CODE to open the Winter Explorer Guide on your phone.

TRAVEL SAFE IN MANITOBA

Keep yourself and others safe as you explore Manitoba. Remember to:

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Be prepared to provide proof of vaccinations at restaurants, events and museums
- ➔ Follow all local travel restrictions

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FROM AN OPERATING RESEARCH CENTRE

📍 MANITOBA NORTH

The Churchill Northern Studies Centre, situated 30 minutes outside of the town of Churchill, provides ideal conditions for viewing the night sky. There are a few options for viewing the aurora borealis, from the heated dome at the top of the centre to the outdoor observation deck.

FROM AN AURORA POD

📍 MANITOBA NORTH

Book your northern lights trip with Natural Habitat Adventures in Churchill and get exclusive access to the warm and comfortable Aurora Pod, specially designed for viewing the aurora borealis with 360-degree views of the sky via innovative glass construction and cushioned seats.

FROM A NATIONAL PARK

📍 MANITOBA WEST

Riding Mountain National Park is known for its regular aurora activity in the depths of winter. Book a stay at a hotel in Wasagaming, Elkhorn Resort or a winterized Parks Canada oTENTik and watch the night sky light up.

FROM A WILDERNESS SETTING

📍 MANITOBA NORTH

Best suited for the DIY traveller, Nanuk Operations in Churchill offers Nights Under Lights, a guided photography outing for the chance to shoot the aurora with the backdrop of a yurt tucked deep in the boreal forest. All guests get a clear view of the lights from the yurt's large, wrap-around deck.

FROM A FISHING LODGE

📍 MANITOBA NORTH

Book a stay at Baker's Narrows Lodge, located outside Flin Flon where the northern lights will be highly visible. Book an ice fishing package for a multi-night stay and hook a catch while taking advantage of the north's wide open skies.

FROM THE CITY

📍 WINNIPEG

It's possible to see the northern lights as far south as Winnipeg when the conditions are just right. Download an aurora forecasting app and keep an eye out for clear nights with a high chance of discovery. We recommend heading outside the perimeter to ensure the city lights don't impact your view.

PHOTO: ALEX DE VRIES



↓ Aurora Pod

PHOTO: @JUBUCAPTURES



↓ Churchill

PHOTO: WILDHOUSE MEDIA



↓ Poplar River

PHOTO: JIRENE MOORE



↓ Churchill

Find more ways to see the northern lights at manito.ba/winter-explorer.

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



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

GIMLI Ice festival

Celebrating Community, Culture & Heritage

For Info Visit: gimliicefestival.com

Fire on Ice Car Racing on the Lake	March 5-6 12:00 pm – 3:00 pm
Bannock & Tea on Open Fire	March 5-6 11:00 am – 2:30 pm
Hands of Lugh - Viking Life Reenactors	March 5-6
Frozen Fish Toss	March 5-6
New Iceland Heritage Museum <i>Save 50% on Admission!</i>	March 5-6 1:00 pm – 4:00 pm
Gimli Art Club <i>Leave your Mark on the 2022 Festival Banner!</i>	March 5-6 10:00 am – 4:00 pm
Frozen T-Shirt Competition	March 6 1:30 pm
5K or 10K Invitation <i>Info & Registration At: gimliicefestival.com</i>	Feb 26 – March 6
Kid's Colouring Invitation <i>Info & Registration At: gimliicefestival.com</i>	Feb 26 – March 6
Snow or Ice Creation Invitation <i>Info & Registration At: gimliicefestival.com</i>	Feb 26 – March 6
Enjoy the Skating Trail by the Harbour	March 5-6



Register At: saveyourskin.ca/a-vikings-challenge-3rd-edition

Laying it up



EXPRESS PHOTO BY JO-ANNE PROCTER

Gimli's Tucker Knutson-Black goes up for a layup during Zone 5 action against Warren Collegiate.

Peguis knocks off Norway House twice

Staff

The Peguis Juniors defeated the Norway House North Stars 10-4 in Keystone Junior Hockey League action last Saturday evening.

The Juniors' Dion Fontaine had a hat trick while Nathaniel Murdock scored twice and added two assists and Keelian Levasseur scored twice to go along with a helper.

Peguis' Lyle Murdock also had a strong game with a goal and three assists.

Kyle Cochrane and Gaberial Beaulieu also scored for the Juniors.

Tyrese Bear stopped 41 Norway House shots.

On Friday, Peguis pounded Norway House 9-4.

The Juniors' Nathaniel Murdock scored three goals and had an assist while Lyle Murdock tallied once and had five helpers.

Seth Stark, Cochrane, Jamie Maytwayashing, Beaulieu and Marcus Crate also scored for Peguis. Crate had four points in the game.

Bear made 47 saves for the win.

Peguis will visit the OCN Storm on Saturday (7:30 p.m.) and Sunday (1:30 p.m.).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Moosehorn's Tober Wins U21 Provincials in Brandon

By Ty Dilello

Moosehorn's Tansy Tober was victorious at the 2022 U21 Junior Girls Provincial Championship at the Brandon Curling Club.

Team Tober (Tansy Tober, Caitlin Kostna, Lexa Sigurdson, Stephanie Feelus) playing out of the Fort Garry Curling Club defeated Morgan Maguet of East St. Paul 11-4 in Sunday afternoon's final.

Tober had taken the hard road to get to the final. After going 3-2 in the round-robin, Tober first had to overcome a tiebreaker with the top seed Emma Jensen. They then dispatched Zoey Terrick in the 3v4 game before knocking out Grace Beaudry in the semifinals.

"It's all pretty surreal," Tober said. "I've honestly thought of this moment since I started curling, and I'm just trying to take it all in."

"We knew that we had to keep on winning just to stay alive in the tournament, and we did a great job of pumping each other up before each game. I don't think I've ever felt more mentally strong as I did going into the semifinal and the final today."

A very nice consolation prize for Morgan Maguet is that her team will also go to nationals, since this year Manitoba will send two teams on the boys' and girls' sides.

Altona's Dayna Wahl was one of the stories of the girls' event as they were among the youngest teams competing. They are all only in Grade 11

at W.C. Miller Collegiate. Wahl, supported by third Piper Stoesz, second Anna Ginters and lead Gillian Hildebrand, finished the event with a 2-3 record, missing a tiebreaker game by one shot.

"We had a lot of fun," said Wahl. "We played some really great games and improved so much during the weekend, so we were all really proud of ourselves."

The highlight of Wahl's week came when they defeated Emma Jensen, the No. 1 seed from Winnipeg, in dramatic fashion. In the 10th end, Wahl stole four down two points without hammer after Jensen was heavy on a draw that sailed through the rings to win 9-7.

Wahl's second Ginters added, "The beginning of the 10th end against Jensen was not in our favour. I had missed my first shot, and they had been making perfect tick shots on our guards. Thankfully Piper and Dayna made all their shots perfectly to steal. Although Jensen's draw to win was heavy, we all thought it would be fine. It was a nerve-wracking minute. Gillian and I couldn't watch. That win definitely brought our team's confidence up and that we are capable of beating big teams."

Team Wahl will now shift their focus to training for the U18 Provincials in April and the Canada Games Trials in the fall.

"We fought hard for our berth to U18 Provincials, so everything in be-



EXPRESS PHOTO SUBMITTED

Team Tober, left to right, Tansy Tober, Caitlin Kostna, Lexa Sigurdson and Stephanie Feelus won the U21 Junior Girls Provincial Championship over the weekend defeating Morgan Maguet 11-4 in the final.

tween now and then is practice since that is our main focus for the season," said Wahl. "We've already learned so much from this weekend and have lots of bonspiels scheduled to prepare for the U18s."

Katie Zacharias also represented Altona in the U21 event, who throws second rocks for the Emily Ogg team out of Winnipeg. Team Ogg finished the round-robin with a 3-2 record but fell in a tiebreaker to Team Terrick 10-8 to find themselves out of the playoff picture.

On the boys' side, St. Vital's Jordon

McDonald captured his first U21 provincial championship when he defeated Springfield's Aaron Van Ryssel 6-3 in the final.

McDonald's rink features Winkler's Reece Hamm at third and Gimli's Elias Huminicki at second. Alex Fontaine throws lead stones.

McDonald and Van Ryssel, along with Tober and Maguet, will represent Manitoba at the Canadian Junior National Curling Championships, scheduled to take place from March 25 to April 1 in Stratford, Ont.

U18 'AAA' male Lightning wish the best to graduating players

By Brian Bowman

With just nine wins in 40 games this season, there was a lot of frustration surrounding the Interlake Lightning "AAA" male hockey team.

But after having time to reflect, Lightning head coach Scott Wong felt there were a lot of positives to the season.

Players put in a lot of hard work with their time with the Lightning.

"I want to wish my 10 graduating players the best of luck in their future endeavours," Wong said last week. "I had two kids sign letters of intent this year for next season. One being Zach Meadows, he was our goaltender this

year and he had a phenomenal year. When Zach was on his game, he gave us a chance to win."

Meadows recently signed a letter of intent with the La Ronge Ice Wolves of the Saskatchewan Junior Hockey League.

Alexander Kaczorowski, one of Interlake's top forwards this past year, signed a letter of intent with the Manitoba Junior Hockey League's Swan Valley Stampedes.

The other graduating Lightning players included Liam Foley, a third-year Interlake player, Austin Lourenco, Joel Purdom, Liam Cody, Nathan Vigfusson, Kaydyn McMahon, another

third-year player, Evan Calder, and Andrew Thevenot.

Many of those players will move on to the next level. Wong enjoys seeing his former players find success after they leave the Manitoba U18 "AAA" Hockey League.

"I've been with Eastman and Interlake and I have had a lot of guys move on to the next level and, as a coach, I think that's the biggest part of my philosophy," he said. "Getting these guys to develop and getting them ready for the next level. I would safely say that all of my graduating players are more than willing to find somewhere to play or go with their

protective teams and are capable of playing at that level."

Wong felt the Lightning had a lot of talent — and strong leadership — amongst the players. He predicts the team will be strong next season.

"These guys went through a lot this year," Wong said. "With everything that went down and all of the issues, they still managed to come to the rink every day and play their butts off. I couldn't ask for much more than that as a coach. Unfortunately, injuries and COVID really hurt our team hard and that affects any kind of comeback that you want to try to make."

Patriots win Zone 5 'A' varsity girls' basketball title

Staff

The Riverton Patriots have earned a spot into the MHSAA "A" varsity girls' basketball provincials.

Riverton won the Zone 5 "A" title after defeating the Fisher River Hawks 22-21 and 35-21 last Thursday.

It was a great reward for the athletes and coaches in what has been a very trying past two years.

"For so many, sport and recreation is a vital piece of individual and collective wellbeing that has been drastically impacted over the past couple of years," said Patriots' coach Jahna Hardy in an email. "As with the other teams in our region we had a slow and cautious start due to ongoing response to Covid-19. Despite these challenges, students displayed resilience and genuine enthusiasm for the opportunity to step back onto the court this year."

Riverton's basketball season was a very limited one but everyone remained positive.

"With limited practices and games our focus remained on the positive benefits of sport including participation, socialization and fun," Hardy said. "There was a noticeable shift in intensity on the court when things opened up and the community was welcomed back into the gym to gather to celebrate the game of basketball."

"Hearing the cheers from their classmates, teachers, parents/caregivers and community created a culture of spirit and enthusiasm. It was this that helped our team be successful in playing hard



EXPRESS PHOTO SUBMITTED

The Riverton Patriots won the Zone 5 'A' varsity girls' basketball championship after defeating Fisher River 23-22 and 35-21.

against Fisher River and winning zones. There is high excitement in Riverton as both teams prepare for provincials."

The MHSAA "A" varsity girls' basketball provincials will be hosted by Fisher River from March 17 to 19.

Riverton wins Zone 5 'A' varsity boys' basketball championship

By Brian Bowman

It wasn't easy but the Riverton Patriots are the Zone 5 'A' varsity boys' basketball champions.

Riverton defeated the Fisher River Hawks 56-54 in a hard-fought battle in the zone final last Thursday in Fisher River.

It's been a long time since Riverton has won a zone basketball banner.

"One of my kids came up to me today and said 'I just went to the gym and I don't think that you've won a zone banner in basketball since 1982 and I thought, 'Hey, that's when I was in high school,'" said Patriots' head coach Rob Jantz. "It has been a while ... so it's quite the accomplishment. This is kind of a volleyball school but there is more and more interest in basketball. It's great to see."

The final was a close game throughout with both teams trading leads.

The Patriots played Fisher Branch earlier in the day, winning 65-51.

"Throughout the day we were behind and we were actually down 20 points to Fisher Branch to win that game to get to the final so that was pretty intense," Jantz recalled.

The Patriots had a very limited schedule this season due to COVID and snow days. They played a couple of games before Christmas and then another one just before zones.

Riverton now advances to the MHSAA "A" provincials, which will be held March 17-19 in Fisher River. The Patriots expect to be competitive at provincials.

"The No. 1 thing is this is a very fiesty boys' team," Jantz said. "We have skilled players and a



EXPRESS PHOTO SUBMITTED

The Riverton Collegiate Patriots defeated the Fisher River Hawks 54-52 in the final of the Zone 5 'A' varsity boys' basketball championship last Thursday. Pictured back row, from left to right: Davian Shupena, Trevor Kehler (assistant coach), Peyton Berens, Mike McKay-Kakegamic, Trey Chartrand-Cook, Hayden Johannson, Landon Keller-Gislason, Ashton Kornelsen, Brody Maxwell, Lindyn Leask-Young and Rob Jantz (coach). Front row, left to right: Cory Martin Adam, Ayden Dyck, Sheldon Courchene, Aiden Grimolfson (assistant coach) and Owen Cook-Thomas.

lot of height. When you see a ball on the ground, every guy is diving for it. Everyone's ready to put it out there and when you have that kind of team, and

we like to put a lot of pressure on other teams, that can make for some good things to happen."

U17, U15 'AAA' Lightning battling hard in the playoffs

Staff

The Interlake Lightning lost 2-1 in overtime to the Winnipeg Thrashers in U17 "AAA" playoff action on Sunday at the Bell MTS Iceplex.

Kade Prud'homme scored the game winner on the power play in OT.

Max Goulden scored to give Interlake a 1-0 first-period lead but Winnipeg's Cody Allen replied with a shorthanded goal in the second.

Dylan LeClair stopped 46 Thrashers' shots.

On Saturday afternoon, Interlake skated to a 3-2 victory.

After two scoreless periods, the teams combined for five goals in the third.

Hayden Kaczorowski scored the game winner at 18:44 of the third period.

Goulden opened the game's scoring at 1:23 of the third but Winnipeg's LeClair replied less than two minutes later.

Russell Watts gave the Lightning the lead again just over a minute later before the Thrashers' Shay Woytowich tallied at 6:08 of the final frame.

LeClair made 33 saves for the win.

The Thrashers took a 1-0 series lead with a 2-1 victory last Thursday.

Winnipeg's Dawson Dear gave his club a 1-0 lead with a goal at 4:55 of the third period.

Interlake's Adam Vigfusson tied the

score at 1-1 about three minutes later but the Thrashers' Branden Watson scored the game winner on the power play at 14:27 of the final frame.

Game 4 of the series was played this past Tuesday but no score was available.

If necessary, Game 5 will be played on Thursday (6 p.m.) at the Bell MTS Iceplex.

In U15 "AAA" playoff action, Interlake defeated the Yellowhead Chiefs 5-4 in an overtime thriller on Sunday afternoon in Warren.

Blake Farthing scored the game winner in OT. It was his third point in the contest.

The Lightning's Talon Hogg had tied

the score at 4-4 at 19:49 of the third period with his second goal of the game.

Interlake, which trailed 3-1 in the third, received power-play goals from Skylar Farrington, Evan Deprez and Cole Swanson.

Addison McIntosh (two), Zach Lamb and Carson Smith scored for Yellowhead.

Lightning goaltender Braedan Cormack made 25 saves for the win.

Last Friday, the Lightning blasted the Winnipeg Thrashers Gold 7-2 in Warren. No scoring summary from the game was posted on the league website by press time.

Ice Dawgs head into playoffs on a winning streak

By Brian Bowman

The Arborg Ice Dawgs are heading into the Capital Region Junior Hockey League playoffs on a three-game winning streak.

Arborg soundly defeated the North Winnipeg Satelites 7-2 on Sunday afternoon. Arborg turned a close game into a rout with four unanswered goals in the third period.

Kalen Guimond had a hat trick and an assist for Arborg while the CRJHL's leading scorer, Jack Einarson, chipped in with a goal and five helpers.

Cadrick Dueck also played well with a goal and two assists. Logan Clarke and Daytona Moneas also scored for

the Ice Dawgs.

North Winnipeg goals were tallied by Aden Asham and Isaiah Sagriotis-Castaneda.

Tre Strachan made 22 saves for the win.

The two teams hooked up Saturday evening, with Arborg winning 3-2.

Jack Einarson scored twice in the second period and then Daytona Moneas tallied in the third.

Nicolas Andrews and Nikolas Bear scored third-period goals for the Satelites.

Brandon Kowalchuk stopped 36 North Winnipeg shots.

Last Thursday, the Ice Dawgs ham-

pered the St. Malo Warriors 8-3 in Arborg.

Jack Einarson had an unbelievable game with four goals and three assists while Guimond added two goals and two assists.

Arborg's Dixon Moneas scored a goal and had two assists. Dueck added a goal and a helper.

St. Malo goals were scored by Levi Penner (two) and Ashton Dubois.

Strachan made 48 saves for the win.

The second-place Ice Dawgs will now play third-place St. Malo in a best-of-seven semifinal series.

Game 1 is set for Saturday (7:30 p.m.) in Arborg and Game 2 is scheduled for Sunday (6 p.m.) in St. Malo.

Meanwhile, Arborg had three players — Jack Einarson, Guimond and Strachan — selected as CRJHL all stars.

Lundar set for survivor series

Staff

The Lundar Falcons defeated the St. Malo Warriors 3-2 in Capital Region Junior Hockey League action Sunday evening.

Jayden Timlick scored the game winner in the third period.

Ryan Gleich and Jayden Allary also scored for Lundar. Cody Procter had two assists.

St. Malo goals were scored by Zachary Maynard and Ashton Dubois.

Michael Merpaw made 15 saves for the win.

On Saturday, Lundar lost 2-1 to the Selkirk Fishermen.

Selkirk's Reece Tessier scored a first-period goal and then Jordan Donald made it 2-0 in the second.

Riley Wirgau scored Lundar's lone goal in the second period.

Falcons' goaltender Graeme Edmund was busy, making 51 saves in the losing cause.

Lundar was blanked 5-0 by the

North Winnipeg Satelites last Friday.

Isaiah Sagriotis-Castaneda (two), Jordan Klippenstein, Nicolas Andrews and Nikolas Bear scored for the Satelites.

The Falcons lost 4-1 to the Satelites on Feb. 22.

Wirgau scored Lundar's lone goal on the power play in the second period.

North Winnipeg goals were tallied by Nikolas Bear (three) and Eli Sharf.

Lundar started a best-of-three survivor series with North Winnipeg this past Tuesday but no score was available.

Game 2 will be played Friday (8 p.m.) in Lundar. If necessary, a series-deciding Game 3 is scheduled for Saturday (8 p.m.) at Billy Mosienko Arena.

Meanwhile, Lundar had two players — Gleich and Colby Choken — selected as CRJHL all stars.



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> MEAL IDEAS



Italian Sausage Spinach and Tomato Rigatoni

salt, to taste
pepper, to taste
Parmesan cheese, for garnish
Bring large stockpot of water to boil. Boil rigatoni pasta until al dente. Drain and set aside.

In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.

Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.

Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.

Prep time: 10 minutes
Cook time: 20 minutes
Water
1/2 box rigatoni pasta
1 tablespoon olive oil
1/2 cup onions, chopped
4 cloves garlic, minced
1/2 cup mushrooms, sliced
16 ounces sweet Italian sausage
1 jar Bertolli d'Italia Marinara Sauce
2 cups fresh baby spinach



Red Wine Braised Beef Short Rib Ragu

24 ounces pappardelle pasta or preferred pasta
freshly grated Parmesan cheese, for garnish

Heat oven to 350 F.
In 5-quart Dutch oven, heat olive oil over medium heat. Season short ribs with salt and ground black pepper, to taste. Place one layer of short ribs in pot. Set remaining ribs aside.

Cook ribs 3-4 minutes per side until browned. Transfer to plate and set aside. Repeat with remaining short ribs.

Add celery, carrots and onion to pot used to brown ribs. Stir and cook until vegetables are browned, about 15 minutes.

Add garlic and stir 1-2 minutes. Add tomato paste. Cook 2-3 minutes.

Carefully pour red wine into pot. Stir and scrape any browned bits from bottom of pot. Cook 3-4 minutes until wine is almost completely absorbed into vegetables.

Add rosemary, sage, thyme and bay leaves to pot. Add sauce, bone broth and browned ribs. Cover pot and place in oven 2 1/2-3 hours, or until ribs are fall-apart tender.

Remove pot from oven. Transfer ribs to plate or cutting board. Remove and discard herb stems and bay leaves. Remove bones from ribs then shred meat into bite-sized pieces using two forks or tongs. Return shredded ribs to pot with ragu. Stir to combine. Set aside.

Bring large stockpot of water to boil. Boil pappardelle pasta until al dente. Add drained pasta to pot with beef ragu and toss until combined.

Garnish with freshly grated Parmesan cheese.

Prep time: 25 minutes
Cook time: 3 hours
2 tablespoons olive oil
4 pounds bone-in beef short ribs
salt, to taste
ground black pepper, to taste
1 stalk celery, chopped
1 large carrot, peeled and finely diced
1 small onion, chopped
8 cloves garlic, finely chopped
4 tablespoons tomato paste
1 cup red wine
4 sprigs fresh rosemary
2 sprigs fresh sage leaves, chopped
8 sprigs fresh thyme
2 bay leaves
1 jar Bertolli d'Italia Marinara Sauce
2 cups beef bone broth
water



Peanut Butter Crunch

chocolate chips, for topping (optional)
melted chocolate, for topping (optional)
sprinkles, for topping (optional)

In 2-quart microwave-safe container, stir syrup and sugar.

Microwave 1 1/2-2 minutes on high, or until sugar is dissolved.

Stir in peanut butter until well blended. Mix in cereal.

Pour into 8-by-12-inch buttered pan.

When cooled, cut into squares and top with coconut flakes, chocolate chips, melted chocolate or sprinkles, if desired.

Yield: 2 dozen squares
1 cup light corn syrup
1 cup granulated sugar
1 jar (12 ounces) crunchy peanut butter
6 cups crisp rice cereal
coconut flakes, for topping (optional)



Pistachio Crisps with Sumac and Black Pepper

Recipe courtesy of chef Nate Appleman on behalf of Abbott
Yield: 60 crisps

Sift flour, sugar and salt into bowl. Using fork, thoroughly mix in butter, egg yolk, milk and vanilla.

Form into walnut-sized balls. Place on ungreased baking sheet.

Using bottom of greased glass dipped in sugar, press balls to 1/16-inch thick. Brush with slightly beaten egg white. Sprinkle with pistachios, sumac and black pepper.

Bake 8-10 minutes.

1 1/2 cups flour
1 cup sugar, plus additional for pressing crisps, divided
3/4 teaspoon salt
1/2 cup soft butter
1 egg, separated
3 tablespoons milk
1 teaspoon vanilla
1 cup pistachios, finely chopped
sumac
black pepper

Heat oven to 375 F.



Creamy Italian Garlic Chicken Pasta

water
1/2 box Casarecce or preferred pasta
parsley, for garnish
Parmesan cheese, for garnish

In saute pan over medium heat, add olive oil. Season chicken with Italian seasoning and salt and pepper to taste. Sear chicken breasts on both sides until browned. Remove from pan and set aside.

Add garlic and onions to hot pan. Cook until starting to brown. Add sun-dried tomatoes, capers and basil; stir. Add sauce and heavy cream; cook until mixture starts boiling.

Bring large stockpot of water to boil. Boil Casarecce pasta until al dente. Divide pasta between two plates. Place one chicken breast over pasta on each plate and top with additional sauce, parsley and Parmesan cheese.

Prep time: 10 minutes
Cook time: 20 minutes
2 tablespoons olive oil
2 large chicken breasts
1 teaspoon Italian seasoning
salt, to taste
pepper, to taste
4 cloves garlic, minced
1/4 cup onions, chopped
1/4 cup sun-dried tomatoes, cut into strips
2 tablespoons capers, drained
6 fresh basil leaves, sliced
1 jar Bertolli d'Italia Creamy Rosa Sauce
1/2 cup heavy cream

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Rural Municipality of
FISHER

SENIOR ELECTION OFFICER POSITION

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

This is not a full time or permanent position.

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

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

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

Application Deadline is March 31, 2022, 4 p.m. Applications to be dropped off at the RM office only, 30 Tache Street, Fisher Branch, MB.



PUBLIC NOTICE RM OF COLDWELL

Public Notice is hereby given under Section 194 of the Municipal Act, that the Auditors Consolidated Financial Report, for the year ended December 31st, 2020 together with related Financial Statements have been deposited in the Municipal Office; and are available for inspection by any person or their agent, during office hours, and that any person or their agent at their own expense may make copies of or extract information from.

Dated this 17th day of February, 2022

Reeve, Brian Sigfusson
RM of Coldwell

RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC NOTICE

ADDITIONS TO THE VOTERS LIST AND/OR PERSONAL SECURITY PROTECTION REQUESTS

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the R.M. of Armstrong Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of Armstrong can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, or mail.

Rural Municipality of Armstrong
Box 69
Inwood, Manitoba
ROC 1P0
Telephone number: (204) 278-3377
Email: cao@rmofarmstrong.com

The next General Election takes place on October 26th, 2022

Ernie Epp
Senior Election Official

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WEEKLY NEWS
204-467-5836

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HELP WANTED

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URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a Spring/Summer event? 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.

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LAKESHORE
SCHOOL DIVISION

Secretary - Treasurer

Lakeshore School Division invites applications for the above position. Duties will commence May 2, 2022, or as mutually agreed.

The Position

The Secretary-Treasurer is an integral member of the senior administration team, reporting to the Superintendent on all matters pertaining to the planning and control of financial and business administration. The Secretary-Treasurer is responsible for facilitating all financial activities including budgeting, accounting, reporting, payroll and purchasing. The Secretary-Treasurer is responsible for all functions as stipulated in the Public Schools Act and the Education Administrative Act, provincial statutes and regulations, Lakeshore School Division By-Laws, Policies and Administrative Procedures.

The school division office is located in Eriksdale, Manitoba. Hybrid work options may be considered upon request.

The Candidate

The Board is seeking a skilled financial leader who will build strong relationships within the Division and with the communities we serve. The successful candidate will have business and financial acumen coupled with a strong sense of accountability and transparency for the utilization of resources.

The Secretary-Treasurer administers Lakeshore's financial and business affairs in a way as to provide the best possible educational services with the financial resources available, with maximum of efficiency, a minimum of waste, and an ever present and overriding awareness of and concern for the impact of the Secretary-Treasurer's efforts on both our students' education and our ratepayers.

Educational Qualifications / Experience Preferred

- A recognized accounting degree and/or professional accounting designation or related business training and work experience
- Experience and effective supervisory skills with diverse employee groups
- Knowledge of the Public Schools Act, Education Administration Act, Municipal Act, provincial legislation as it relates to Workplace Safety and Health would be an asset
- Experience working with a Board and demonstrated understanding of Board governance and administrative procedures
- Well-developed information technology skills
- Exceptional interpersonal, communication and organization skills

APPLICATION PROCEDURE:

In your application, please submit a resume, three references and a cover letter describing your qualifications for this position to:

Mr. Donald Nikkel
Superintendent of HR, Policy and Public Relations
Lakeshore School Division
Box 100 Eriksdale, MB R0C 0W0
Phone: (204) 739-2101
Email: nikkeld@lakeshoresd.mb.ca

APPLICATION DEADLINE: Friday, March 11th, 2022, at 3:30 p.m.

Lakeshore welcomes applications from people with disabilities. Accommodations may be available upon request. We thank all who apply for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers. For more details, please refer to the division's job description.

Successful candidates must complete a Criminal Record/Vulnerable Sector and Child Abuse Registry check prior to commencing employment.

204 PALLET AND PACKAGING



Like working with wood and working close to home?

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

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Gimli Septic Service Ltd. has immediate openings for a vac truck operators for our Waste Water removal team. We currently have one full time and one part time opening. Operator must have a class 3 licence.

Applicants must:

- Maintain a Class 3 licence with Air endorsement.
- Demonstrate good truck driving ability with a clean driving record.
- Have the ability to lift 65lbs; job requires physical labour.
- Be a responsible individual.
- Work independently.
- Be available and willing to work some weekends.

Email resumes to gimliseptic@gmail.com



Gimli Septic
Service Ltd., Gimli
204-389-5333

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NOTICES

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MISCELLANEOUS

Usborne Books for early readers. Lots of variety and reasonable price. Ages 0-14 years. For more info Jennifer Duggan at 204-378-0606 or Facebook Jennifer's Usborne Books.

Difficult naps and/or nights? I am a Certified Sleep Consultant, I help families discover the beauty of sleep with healthy sleep habits. www.dayandnightsleep.ca

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3,200 fenced acres of cow-calf grazing land for rent 6 miles west of Teulon on #415. I will cover the cost of any required fence repairs. Call 204-782-2112 Raymond@Innovaat.com

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Registered purebred, polled and quiet yearling Charolais bulls for sale. Will be semen tested. Delivery and EPDs available. For more information call Ken at 204-376-2418.

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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.

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Odanah Truck Line is looking for Owner Operators to run Canada and US (must be compliant), paid by percentage, and 100% of fuel surcharge, tarps. \$1,500 signing bonus may apply.

Strive for a good work/home life. Please email

ken@odanah.com with drivers abstract.

HEALTH

Still stressed about COVID-19? Try our Health Canada Government Approved solutions for stress and immune support - we should talk - Peter Marykuca, Gimli, MB. 204-641-1504.

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

News Tips? Story Ideas?

call the Record 204-785-1618

EMPLOYMENT OPPORTUNITY

Teulon Day Care is looking for part time staff to join our team. The position available is Monday-Friday 2:30p.m.-5:30p.m. with additional subbing hours available. This position will commence mid-March. We are also looking for casual substitutes.

The successful candidates will:

- have or be willing to get current first aid & CPR. Must also submit to a criminal record check & vulnerable sector search & child abuse registry check.
- be reliable, flexible & professional
- be fun, energetic & nurturing
- be willing to work as a team & take direction

Please submit resume with cover letter to teulondc@mymts.net.

Only those selected for an interview will be notified.



PUBLIC NOTICE

REGARDING THE 2022 FINANCIAL PLAN

Public Notice is hereby given pursuant to Subsection 162(2) of The Municipal Act, that the Council of the R.M. of Grahamdale intends to present its Financial Plan for the fiscal year 2022 at a Public Hearing being held at the Moosehorn Community Hall, 21 Railway Avenue, in Moosehorn, MB on Tuesday, March 22, 2022 at 7:00 p.m.

The purpose of this Public Hearing is to allow any interested person to make representation, ask questions or register an objection to the Financial Plan as provided.

Copies of the Financial Plan will be available for review on March 18, 2022 and may be examined by any person during regular office hours at the Municipal Office or on our website at www.grahamdale.ca.

All applicable Public Health Order restrictions in force at the time of this Public Hearing will be enforced.

Public participation can be met through interactive technology or by written submission. Please contact our office for more information Ph: 204-768-2858 or email: info@grahamdale.ca

Dated this 11th day of February, 2022.

Shelly Schwitek, CMMA
Chief Administrative Officer
R.M. of Grahamdale

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With shorthorn background for more milk. (40% red 60% black)

Cows are carrying their fourth calf Cows have been pen handled at calving.

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Due to start calving Middle of March Pictures of last year's heifer calves on our website are from last year

For More Information www.ashernauctionmart.com BUDDY AT 204-768-0018 KIRK AT 204-768-0019

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Is seeking immediate additional staff for the following positions

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Experience not necessary but an asset. Benefit plan available.

Apply in person or email 161 Sunset Blvd iautoar@aol.com 204-376-2667 www.interlakeauto.ca

Locally owned and operated for 40 years.

We thank all those who apply, but only those considered for an interview will be contacted.

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- **Service Technician**
- **Parts/Counter Person**

Experience not necessary but a definite asset. Benefit plan available.

Apply in person, fax, mail or e-mail resume to:

276 Ardal St., Box 190, Arborg, MB R0C 0A0 shachtays@hotmail.com

Ph: (204) 376-5233

Fax: (204) 376-5234

Locally owned and operated. Serving the Interlake for 55 years.

EMPLOYMENT OPPORTUNITY

TDM SPORTS is currently seeking

1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and Bell MTS services

Duties include scheduling, daily cashouts, inventories, ordering and paperwork for Bell MTS Services

Must be energetic, self-motivated, an effective problem solver & have good communication skills

Send resume to:

Box 38, Arborg, MB R0C 0A0

Fax to: 204-376-5836 or

Email to: tdmssports@hotmail.com or

Apply in person at 279 Main St., Arborg



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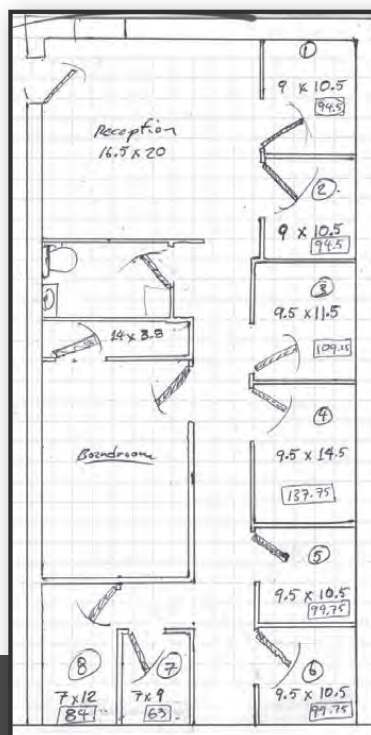
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Property Features

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



For information please contact:

BIG Real Estate
204-485-0010

email bigandcolourful@mts.net



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(204) 768-2730

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We are looking for a full time office receptionist at Ashern Dental Centre. Full training will be provided. Starting wage \$22/hr. Kindly send resume to: Audichad@yahoo.ca For further information call: 204-768-2730



Rural Municipality of
GRAHAMDALE
www.Grahamdale.ca

NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

R.M. of Grahamdale

Notice is hereby given that a copy of the Voters List may be revised at: R.M. of Grahamdale Municipal Office, 23 Government Road, Moosehorn, MB, before September 20, 2022 between the hours of 8:30 a.m. and 4:30 p.m.

At this time the Senior Election Official (SEO) or designate will be available to update the voters list by:

- (a) adding the names of voters who are entitled to have their names on the list;
- (b) deleting the names of persons who are not entitled to have their names on the list; and
- (c) making such other correction of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

NON-RESIDENT VOTERS QUALIFIED IN MORE THAN ONE WARD:

In accordance with Section 25(2) of The Municipal Councils and School Boards Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the S.E.O in writing, not later than September 20, 2022 of the ward in which he/she desires to vote. Failing the foregoing, the voter's name will be placed on the list as the SEO may select.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address / fax number below) no later than September 20, 2022 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 20, 2022.

Dated at Moosehorn, MB, in the Province of Manitoba, on February 22, 2022.

Sandra Falk, SEO, R.M. of Grahamdale
PO Box 160, 23 Government Rd.
Moosehorn, MB ROC 2E0
Ph: (204) 768-2858
Fax: (204) 768-3374
Email: seo@grahamdale.ca

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BIRTHDAY



Happy 75th Birthday to Marble Ridge Twins
Wishing you both many more years of Health and Happiness
-Love Lil Sis

IN MEMORIAM

Ed Sielski
December 7, 1918-March 8, 1996
We hold you close within our hearts,
And there you will remain;
To walk and guide us through our lives,
Until we meet again.

-Lovingly remembered
by wife Olive and family

Nordal's Napa Autopro Mechanical
317 First Avenue,
Arborg, MB
Respond in person or
by email to:
nordals@mymts.net

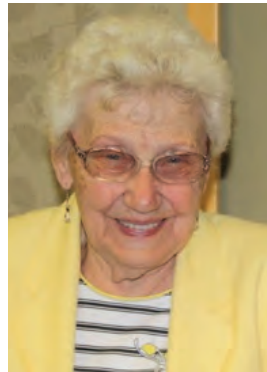
Automotive Mechanic
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Salary Negotiable
Benefit Plan Available
Hours Monday - Friday 8-5

Qualifications:

- Min of 3 years auto repairing experience pref.
- Comfortable with completing all types of repairs and maintenance
- Must have own tools
- Familiar with Scanning, alignment & A/C Equipment beneficial
- Valid Driver's License • Punctual, reliable, energetic

OBITUARY



Irene Ann Gottfried (nee Landy)
September 23, 1926 – February 18, 2022
Irene Gottfried of Gimli MB, in her 96th year, peacefully passed away at Betel Nursing Home.

She was predeceased by her husband John, brother Borden Landy, and son-in-law Thomas Harrop.

She is survived by her children: Lynn (David) Ashton, Teresa Harrop, Tim (Brenda) Gottfried; six grandchildren; seven great-grandchildren; and her sister Amelia Petri.

Irene took great pride in her family, home and gardens. She enjoyed cooking and baking, but quilting was her passion. Irene was involved in the New Horizon Club and donated many of her beautiful quilts, as well as making them for all her family.

She loved to play cards and was very good at cribbage. At 95 our Mom, Nany was always sharp and had a great memory. She will be

greatly missed by all.

Memorial Service will be planned for the spring.

In lieu of flowers, donations can be made to the Gimli Hospital Foundation.

Never to be forgotten, for her constant companionship, help and support, sincere thanks to her niece, Pearl (Maurice) Gill.

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

Gilbart Funeral Home, Gimli in care of arrangements.



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gasbar@interlakecoop.com 204-376-2349 Andrea Masiak

www.interlakeco-op.crs

WE THANK ALL CANDIDATES FOR THEIR INTEREST, HOWEVER, ONLY THOSE SELECTED TO CONTINUE IN THE SELECTION PROCESS WILL BE CONTACTED.

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(office) 1-204-376-5201 OR (cell) 1-204-214-0051



Interlake

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OBITUARY



Harry Neil McKenzie
June 9, 1934 - February 25, 2022

The family of Harry McKenzie are saddened to announce Harry's passing at the age of 87 at the Selkirk Regional Health Centre.

Harry was predeceased by his parents Ken and Myrtle and his sisters-in-law Peggy and Sharon, his grandparents George and Elizabeth who helped raise him when his mother died in childbirth.

Harry is survived by his twin brother George (Julia), and his older brother Stanley, his nephews Douglas, Glen (Karen) and Gordon (Sue), his great nephew Collin (Sylvie), and his dearest friends Doug and Alice, who were so very special to him.

In the early 1950's, Harry came to work on the Aime dairy farm in Petersfield and it became his home and he remained there until his passing. He was making hay last summer and said "he had customers counting on him". He enjoyed hunting, fixing machinery,

working around the farm and going to auction sales with his brother George.

Saturday nights would find Harry sitting at the kitchen table playing solitaire and listening to the Polka Party.

Harry was a quiet man known for his honesty and integrity. He was always willing to lend a hand if someone needed help. He kept up on current events, especially the weather.

The family would like to thank the Paramedic Services, Dr. Brian Lindenschmidt and the doctors and nurses at the Selkirk Regional Health Centre.

Cremation has taken place as per Harry's wishes. A private family service will be held at a later date at the cemetery in Winnipeg Beach.

Flowers gratefully declined.

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

Harry you will be missed, but go soar with the angels now, you've earned your rest!

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Ronald Rudolph Meisner

It is with great sadness that we announce the passing of Ronald Meisner aged 87 on February 19, 2022.

He was predeceased by his loving wife of 59 years Marjorie; his son Stewart and his two brothers. Ron is survived by his daughters Elizabeth (Grant) and Angela.

Ron was born in Maryfield, Saskatchewan. He joined the Princess Patricia's Canadian Light Infantry at 18 and was shipped to Korea in 1951. After returning home he joined the Air Force serving as a mechanic for 28 years. He then went to work for Bristol Aerospace for 14 years before him and Marjorie retired to Matlock.

Ron loved singing and making everyone laugh. He made friends everywhere he went and was always the first to get involved wherever he was needed.

In lieu of flowers donations may be made to a charity of your choice.

A celebration of his life will be held at a later date.

For those who wish to sign the online Guest Book please visit www.chapellawn.ca

Chapel Lawn Funeral Home

204-885-9715

OBITUARY



Diane Dmyterko (nee Tessier)
April 19, 1939 - February 20, 2022

It is with a heavy heart that we announce the passing of Diane, beloved wife, mother, grandma and great grandma "Moo Moo", after a short illness with cancer.

She is survived by her husband Walter, daughter Lyne (Jerry), son Paul (Joyce); grandchildren Craig (Kristina), Melissa, Chantale (Warren), Marley (Jamie), Ryan; great-grandchildren Anna, Charlotte, Louis, Natalie; her sister Madeleine (Pete) and numerous nieces and nephews in Sudbury, Ontario.

She was predeceased by her son Louis in 2007.

The family would like to thank Dr. Sonya Bruin and the great staff at Percy E. Moore Hospital for the great care Mom received during her stay.

A memorial service is planned for Saturday, April 9, 2022 at the Fisher Funeral Home chapel at 1:00 p.m.

In lieu of flowers donations can be made in Mom's memory to the palliative care unit at Percy E. Moore Hospital.

FISHER FUNERAL HOME INC.

In care of arrangements. Fisher Branch, MB

204-372-6271 or 204-372-6271

OBITUARY

Theresa Marie Busch (nee Beroud)
February 28, 1926 - February 19, 2022



It is with great sadness that we announce the passing of Theresa Marie Busch, our Mom, Grandma and Great Grandma. Mom passed away peacefully in her sleep in the early morning of February 19th at the Health Sciences Centre, Winnipeg, MB.

Mom is survived by her children Larry (Gail) and Colleen (Bruce); her grandchildren Jack (Karyn), Pam (Peter) and Ben, Tanya (Cory), Twyla and Carl; her great grandchildren Josephine, Chandler, Veronica and Maverick, Luke and Ryan, Eric and Jason and also Jessica.

Mom was born west of Camper on her parent's original homestead. She was the sixth of seven children. During her teenage years she met a local fellow named Oscar Busch who she then married on November 15, 1947. For their big wedding

celebration they drove out to Camper to John and Elsie Townsend's, where Dad bought a keg of beer and the ladies made sandwiches. Next day they drove back to Winnipeg and back to work. Such an extravagant honeymoon!

Mom and Dad lived and worked in Winnipeg for four years. Dad worked doing shingling jobs and Mom sewed in a chenille factory as well as initially being a waitress for a short time at the café in the basement of the Eaton's store. Mom and Dad moved from Winnipeg to Camper in July of 1951 to start their life of farming and starting their family. Larry was born in Winnipeg in June of 1951 and Colleen in June 1955 in Ashern.

Mom enjoyed the farm life even though sometimes it was a hard life. There wasn't a piece of equipment that she didn't know how to operate whether it was raking hay or discing or combining. After a day in the fields she still had to come back home to feed the chickens, pigs, milk the cows and then make supper. Mom was very handy dealing with any animals that had health issues. Her and Dad did most everything together. She was always busy with the farm and enjoyed it all. No task was too big or too small. Well into her 80's Mom still enjoyed working in the fields even though mobility was becoming an issue for her.

Mom milked cows for a cream cheque until 1976 and then she milked just for the family until 2001. As part of her dowry, her Dad had given her a clucky hen and a brood of chicks. This started her endeavour with poultry which lasted until 2012 at which time she found that the raccoons were eating more than she was, so she decided to quit. The easiest way to transition her remaining poultry was to deliver her last clucky hen and a brood of chicks to great grandson Eric. Farming was in Mom's life for 70 years.

Mom lived on their original family farm for 70 years. She farmed with Dad for 35 years and remained on the farm for another 35 years. Mom and Dad were married for 39 years before he left us suddenly in May of 1987.

Mom was no stranger to trips, falls, bumps and bruises over the years. And as with most farm wives, on occasion she found her feet to be no match when being stepped on by a 1200 lb milk cow. To us as small children, she didn't seem to have any fear of dealing with whatever situation had arose. She just calmly dealt with each emergency as required, whether it was bandaging a cows cut teat, or a child's head or drenching a cloth with coal oil to remove wood ticks off turkeys' heads or calving out cows or needling cows and calves. She could do it all!

In later years she gave up her farming chores for cups of tea with friends and family and a good game of cards. It didn't matter who happened to come by, they were always invited in for a meal or a snack. You never left her house hungry. Mom was an excellent cook but it was her baking talents that she was known and appreciated for. Her Lazy Daisy cake was her favourite therefore it became her cake of choice. She was known in the area by many for her fabulous Lazy Daisy cake. She always had a freshly made cake or pie on hand for family meal time desserts as well as for those popping by for coffee. We ate good!! Mom enjoyed making Graham Wafer cake, better known in our family as TAR CAKE. Over the years somehow this treat became Larry's birthday cake. In the more recent years, Pam has now taken over making this family favourite.

At the time of her passing, Mom had six grandchildren and nine great grandchildren. Each grandchild had their own unique relationship with "Granny". Most of her grandchildren had to travel at least a couple hours when they came to see their Granny. These visits, whether they were short or long, were very special to Mom. She treasured each and every visit and family get-together.

Together Mom and Dad only ever travelled once in all their married years. In 1968 they travelled to Crystal Beach, ON for a holiday to visit family. Farming and raising their family didn't leave much time for travelling. In her later years, Mom and her two sisters Marian and Louise travelled a lot. Each year they would choose a different destination. Some of their travels took them to France, Hawaii, Alaska, Branson and Nashville to name a few. They visited bat caves, dolphins, polar bears and panned for gold. Closer to home they travelled to Churchill and Moose Jaw. They so enjoyed themselves on all those trips.

Mom was predeceased by her husband Oscar Busch; her parents Marius and Jeanne Beroud; all her brothers and sisters John, Marian, Herve, Louise, Edward and Moris in infancy; her grandson-in-law Dale Braybrook; nephews Raymond Beroud and Don Smith; nieces Opal Baitjes and Dakotah Gooch.

Special thanks to Jack Busch, Carl Parkes, Ben Busch, Eric Schultz, Rod Busch and Ernie Smith for being Mom's Pallbearers and delivering Mom to her final resting spot alongside Dad.

We would like to thank the various Home Care workers who helped Mom out and made it possible for her to stay at home for as long as she did. Their patience and support was much appreciated. Thank you to Dr. Roets, the paramedics, Ashern doctors and nurses and Health Sciences Centre staff for their excellent care of Mom. We would also like to thank John and Karen Gray and Dawn Tober for their compassion and guidance.

Funeral service will be held at 2:00 pm on Saturday, March 5, 2022 in the Ashern Centennial Hall with Dawn Tober officiating. Interment will follow in the Camper Cemetery.

In lieu of flowers, donations may be made to the Lakeshore Hospital Guild, c/o Julie Bergner, PO Box 721, Ashern, MB R0C 0E0.

Please note:

At this time COVID 19 protocols apply. All attendees must be fully vaccinated and show proof of vaccination and one piece of photo identification. Masks are required. Thank you.

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