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EXPRESS PHOTO BY RAYME THOMSON

From kiteboarding, to ice fishing and daredevil racers to flying fish and twirling taffy, the Gimli Ice Festival (GIF) hosted thousands of visitors to the town's premier winter carnival over the weekend. Festival goer Ian Wong tries his technique of tossing a frozen fish.

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Gimli woman about to turn 100 shares secrets for a long, happy life

By Patricia Barrett

A Gimli woman who will be turning 100 near the end of this month says the secret to having a long life may come down to good genes, good legs and lots of socializing.

Anna Stevens, 99, lives on her own and is still holding her own. She has a social life that just may rival Kim Kardashian's, and also keeps pace with a habit she picked up early in life and wasn't able to shake.

"We did a lot of walking but mostly biking. We were always very active and my legs have been good," said Stevens, who will be celebrating her 100th birthday on March 29. "I was a great bike rider. I always rode my bike. I'd sooner go on the bike than in the car. I now have a stationary bike here at the apartment. I go on that bike and pedal away then make the rounds. I've been blessed with good health and I feel quite active. I get around very well on my own."

In addition to a lifetime of exercise, heredity may be partly responsible for her longevity. Stevens' mom holds the record of being the oldest Icelander in the world. Her mom was born in Iceland and came to Canada when she was four years old. She lived on her own until she was 90 then received care at Betel Personal Care Home, where she lived until she was 110.

"My brother keeps checking with Iceland to see if she still holds the record of being the oldest Icelander born in Iceland, and she still is," said Stevens.

Born and raised in Gimli — which she calls the "home of the gods" — Stevens was the middle child of nine children who were kept busy with chores such as chopping wood so that they could

stay warm over the long winters. Her family could be relied upon for love, support and entertainment.

"There was a lot of love shown. I don't remember a time when we were very mad at each other. We were a very loving family," said Stevens. "And we loved singing. We'd gather around the piano a lot for little sing-songs. That was mostly our entertainment."

Her love of singing led to her to join the Gimli Lutheran Church choir, where she was a member for about 75 years. She also formed an Icelandic choir with her own children. She taught them Icelandic songs and they'd entertain the crowds in Gimli Park during the Icelandic Festival weekend.

"They still remember the songs. When we get together, we sing the old songs together," said Stevens. "We sure look forward to celebration weekend. Gimli Park has almost been like a second home for so many of us because my dad looked after the park for about 50 years. A band would come out and we used to have dances in the pavilion."

Stevens is part of a group that meets every week at the Waterfront Centre to socialize and speak in Icelandic.

"We have a little Icelandic group that meets every Wednesday. We can talk in Icelandic and keep up the language. There's about 10 of us that gather at the Lady of the Lake theatre in the museum. We try to stick to Icelandic and tell each other what we've been doing during the week. It's quite fun," said Stevens. "I learned Icelandic from my parents at home."

Stevens said she loves seeing people, having visitors and having parties. She has five children, 15 grandchildren and 10 great-grandchildren and



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Anna Stevens, with her nephew Tim Arnason, said it was a great honour to serve as Fjallkona for two years, in 2020 and 2021. In October 2020 she opened the newly built Fjallkona Walkway, one of the features of Viking Park in Gimli.

feels blessed to have such a loving family. Although some live outside Gimli, they come to see her.

"They are so faithful about coming to see me. They love to come and see their Amma. I have been so blessed to have such a loving family, and I have a lot of loving family around me," said Stevens. "You wake up in the morning and you're happy."

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Viva la música!

By Autumn Fehr

Riverton & District Friendship Centre presents private music lessons for the community.

The weekly Saturday lessons started Feb. 11 and will continue until April 1. However, if there is enough interest, the teacher, professional violinist Carolina Nagy, is open to continuing until June. The lessons will take place at the Riverton Friendship Circle.

Nagy is facilitating the group lessons as well as providing private classes.

Private lessons are 30 minutes and are open to any age. The Tiny Tots program is more for kids ages two to four and is 30 minutes in length. The group fiddle, ukulele and guitar lessons are each 45 minutes long and are recommended for ages 13 and up.

Tiny Tots is an Orff-based early music program comparable to Kindermusik or Music for Young Children. Kids can explore different music concepts in these classes through movement, drama and play. Lessons are designed to develop literacy early, using fun signing games that promote social development. The program is ideal for kids struggling with regulation, as lessons involve vigorous and creative movement and short

intervals involving calm attention. A strong emphasis is placed on the philosophy that music education can be fun, natural and manageable for all learning abilities.

The program reflects Nagy's versatility as a musician and over 20 years of teaching music programs in various settings.

Those interested are encouraged to register at any point, leading right up to the last classes. At this point in the lessons, however, it would be best to have some background or experience for the group classes, as the types have already moved through the introductory stage, and students can play a couple of songs quite well as a group.

"Isolated communities face barriers that prevent families from having access to music education opportunities, the most common factor involving the commute to a city where programs are offered. This program allows participants to try a new instrument or further develop skills they already possess from previous experiences. For instance, some participants in the fiddle program attend high school. Therefore, they bring previous experiences they had when there was a



PHOTO SUBMITTED
Carolina Nagy, professional violinist and teacher of the lessons.

fiddle program at the Riverton Early Middle School," said Nagy.

The RDFC provides fiddles and ukuleles for participants to remove further financial barriers that would otherwise prevent families who cannot afford an instrument from participating.

Nagy has recently provided similar programs in collaboration with the Green Acres Art Centre in Teulon (2018) and the Rosser Woodlands

Recreation Commission (2019-2022). In addition, Nagy will combine efforts with a Grade 1 class at Stony Mountain Elementary School in May 2023 for the Artist in the School Grant awarded through the Manitoba Arts Council. The program is designed to promote singing in the school and the community.

To register, email rdfc@mymts.net or text or phone 204-378-0217.

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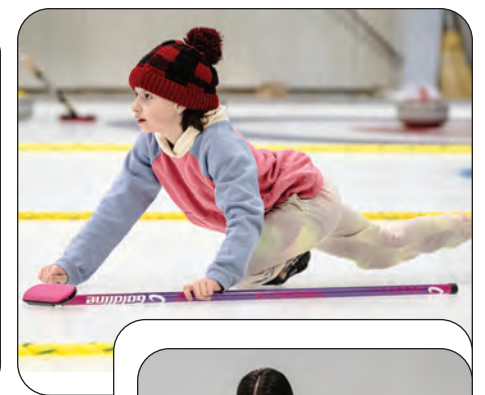
Gimli Ice Festival celebrates community, culture and heritage

Staff

From fan favourites such as historical Viking re-enactments and motor racing on Lake Winnipeg, the 12th Annual Gimli Ice Festival drew visitors from far and wide last weekend. Festival-goers got to toss frozen fish off the Gimli Harbour wall, take in an Indigenous-themed art exhibit and film at the New Iceland Heritage Museum, enjoy the Gimli Harbour Trail skating and sports rinks and help make a mural at the Gimli Art Club. The festival also included fireworks on Saturday night and entertainment. Festival organizers offered new events this year, including a curling bonspiel, a fishing derby that raised money for Marymount and Fish Futures and workshops from the Gimli chapter of the Manitoba Metis Festival. Owing to the popularity of having an online component to the festival, organizers offered participants an online kids creative drawing contest, a winter expression photo contest and a virtual 5- or 10-kilometre walk.



EXPRESS PHOTOS BY RAYME THOMSON



Manitoba government reduces charitable raffle licence fees

Lower fees will help Manitoba charitable sector

Submitted by Manitoba government

The Manitoba government is introducing regulatory changes to the Licensing and Appeals Regulation that will allow the Liquor, Gaming and Cannabis Authority of Manitoba (LGCA) to restructure its licence fee model for charitable raffles, Justice Minister Kelvin Goertzen announced Thursday.

“Manitobans are the most charitable people in all of Canada,” said Goertzen. “Lowering raffle fees will ensure that more of Manitobans generosity will go to the charities and causes they are choosing to support.”

Under the new model, the fee for major raffles — with anticipated gross revenues over \$10,000 — will be reduced to one per cent from 1.5 per cent of the actual gross revenue, calculated and due after the event. The change represents a 33 per cent fee reduction for raffle licensees, noted Goertzen.

“We’re so grateful for community champions who choose to use raffles

to help raise funds for sick and injured children,” says Stefano Grande, president and CEO, Children’s Hospital Foundation of Manitoba. “We welcome the news of a reduction in raffle licence fees because it will help fundraisers be even more successful in supporting families in hospital.”

Charitable raffles with anticipated gross revenues between \$2,000 and \$10,000 will pay a nominal licence fee, while charitable raffles with anticipated gross revenues under \$2,000 — which typically operate for recreational purposes rather than fundraising — will continue to be eligible for a free licence.

“It is important for public agencies like the LGCA to continually review our fee structures to ensure they are appropriate and not an impediment for our regulated industries. This amendment is a positive step in supporting Manitoba charities and their hard work in our communities,” said Kristianne Dechant, executive director and CEO, LGCA.

The minister noted regulatory changes related to charitable raffle fees were introduced alongside Manitoba government measures to modernize liquor service in the province.

Red River Mutual invites communities to spruce up their stories

Red River Mutual’s community initiative is offering funds to renew and restore community spaces for fourth year

Submitted by Red River Mutual

Red River Mutual’s community sponsorship initiative, Spruce Up Your Story, is back for its fourth year and offering \$150,000 in total to help restore well-worn but well-loved spaces that are at the heart of communities across Manitoba and Saskatchewan.

“The goal of Spruce Up Your Story is to ensure the places where communities gather continue to thrive for generations to come. It’s not about replacing these spaces, but rather breathing new life into them,” says Jennifer Ewankiw, vice-president of strategy and business development. “We’re committed to helping make a change in the communities and neighbourhoods we do business in. Red River Mutual is part of the community, a neighbour, and we want to be there for our neighbours.”

This year, Red River Mutual will help restore select community spaces where people connect, laugh, learn and share. Deserving communities across the prairies will receive a share of \$150,000. On top of the monetary gift, the winners will also have access to additional volunteer hours from a crew of Red River Mutual and local brokerage staff members to help complete their projects.

Since 2020, Red River Mutual has awarded more than \$450,000 to support 30 spaces in communities across Manitoba and Saskatchewan. Southquill Foodbank Garden in Erickson, Man., was one of the recipients granted funds

in 2020 to help set up a community garden adjacent to its foodbank.

Red River Mutual provided \$16,000 to help the Main Street Green Space – Southquill Foodbank Community Garden Spruce Up their Story. The funds are being used to properly landscape the garden to prevent runoff and soil erosion, level and re-gravel the parking pad to accommodate increased visitor traffic, and add elements like picnic tables, signage, a tool shed and more. The space will have room to grow within and with the community.

“What has made this community garden special is how many people have come together to help support it. Spruce Up Your Story has helped our communities develop and build towards sustainable food security,” says Heather Parrott-Howdle, volunteer board member. “Erickson is a special place because of the variety of cultures here. It will be a gathering place where people can build relationships around healthy food. This community dream could never have happened without the support we received from Red River Mutual and our local insurance agent, Northstar Insurance.”

Applications for this year’s initiative are now open. The submitted renovation or beautification projects will be evaluated based on community use and significance, commitment to sustainability, aspects of volunteerism, and connections to a local Red River Mutual affiliated insurance brokerage.

For a full list of previous winners and updates on their

projects, visit redrivermutual.com/spruce-up-your-story/winners/. Members of the public can submit a project for consideration until May 31 and learn more about the initiative by visiting SpruceUpYourStory.com.

Correction

Staff

In the March 1 edition of the *Express Weekly News*, in the article “GoFundMe page set up to save Eriksdale community space,” we incorrectly stated that the RM of West Interlake purchased the land next to the Interlake Co-op grocery store where the Eriksdale Community Centre is located.

In actual fact, the RM owned the lot, and they sold it to Interlake Co-op. The *Express* apologizes for the error.



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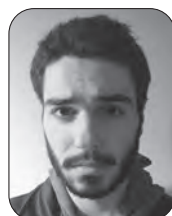
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COVID continues to hospitalize Manitobans

By Patricia Barrett

COVID continues to land Manitobans in hospital and in the intensive care unit, according to the provincial government's respiratory surveillance report for Feb. 19-25 (reporting Week 8).

There were 65 new hospitalizations for COVID, with 11 people requiring intervention in the intensive care unit, according to differences in severe outcomes between weeks 7 and 8. There were 44 new hospitalizations with two ICU admissions reported the previous week.

Four people died from COVID in Week 8, the same number of deaths reported the week before.

Manitoba's COVID death toll was 2,460 as of Feb. 18, according to the federal government's COVID webpage, and Canada's death toll now stands at 51,249.

There were 124 new COVID infections detected in Manitoba by PCR testing, an increase of 30 new infections over the 94 reported the week before.

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

Wastewater surveillance data for Winnipeg and Brandon up to Feb. 21 show the virus at a sustained level of activity.

There was one new case of influenza A reported in Week 8 and zero cases of influenza B, according to differenc-

es in total cases from week to week. There were nine hospitalizations for influenza and two deaths reported in Week 8.

There were 56 new respiratory syncytial virus (RSV) cases reported in Week 8, down five cases from the 61 reported the previous week.

Other health news:

The Interlake-Eastern Regional Health Authority declared on March 1 a COVID outbreak at the Rosewood Lodge Personal Care Home (Shura Lane unit) in Stonewall.

"Four residents have tested positive and we are awaiting test results for four residents," states a March 2 message to family from clinical team manager Margarete Moulden. "Outbreak protocols are now in place on Shura Lane and general visitation has been restricted on this unit. Designated family caregivers are still attending residents in Shura Lane to provide care while wearing appropriate personal protective equipment."

The care home was in a "good position" regarding staff and equipment heading into the weekend.

"And our staff are committed to adhering to the protocols that help to prevent the spread of illness among our residents," said Moulden.

The IERHA declared on March 2 a gastrointestinal outbreak at East Gate Lodge Personal Care Home in Beausejour.

- There were over 4.8 million new COVID infections and more than 39,000 new deaths worldwide reported between Jan. 30 and Feb. 26, according to the World Health Organization's epidemiological update

published March 1.

Total confirmed COVID cases globally have now reached 758 million with over 6.8 million people having died from the virus. Reported infections are underestimates because of testing delays and reductions in testing.

The WHO says recombinant strains of COVID appear to be on an upwards trajectory. Recombinants occur when multiple COVID variants infect a person and interact with each other, mixing their genetic material to form a new hybrid.

"There has been an increasing trend in the proportions of recombinant lineages. In epidemiological week 6 (6 to 12 February 2023), pooled recombinant variant sequences accounted for 41.5% (7748 sequences) of sequences, which has increased from 18.7% (8919 sequences) in week 2 (9 to 15 January 2023)," state the update. "The majority of these recombinant variants in week 6 were XBB.1.5 (32.6% of all sequences)."

The WHO is currently monitoring seven omicron subvariants: BF.7 (BA.5 + R346T mutation in spike), BQ.1 (including BQ.1.1, with BA.5 + R346T, K444T, N460K mutations in spike), BA.2.75, CH.1.1 (BA.2.75 + L452R, F486S); XBB, XBB.1.5 (BA.2.10.1 and BA.2.75 recombinant) and XBF (BA.5.2.3 and BA.2.75.3 recombinant).

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

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EXPRESS PHOTO BY RAYME THOMSON

The First Annual Gimli Ice Festival Fishing Derby was an outstanding success thanks to the many very generous sponsors, the incredible team of dedicated volunteers, and an unbelievably exuberant crowd of participants. 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.

letter to the editor

Letters to the Editor:
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Are the Gimli politicians planning on one term?

After only four months in office Gimli council, under the leadership of Kevin Chudd, have decided they are worthy of a raise. This decision is not based on all the hard work they

have done to date. It is a decision based on the simple premise of greed and the equally simple premise that as a council we can do what we want. Imagine you are a small business owner and you hired a person to work for you to make your business a success. After four months of employment, the new hire comes to you with a request to have their pay and benefits increased by 40 per cent. What would be your response to this request once you picked yourself up

off the floor? A simple no should suffice. Yet Mayor Kevin and council would have you believe such a request is perfectly reasonable since it is based on possible work loads in the future.

Groceries and gas go up. Housing goes up. Wages go up by two per cent. It would appear to me that this council lives in some sort of alternate reality that they would have the gall to put forward such a generous benefits plan.

I would ask if any member of council ran on the promise to raise their own council wages if elected? If they did, I certainly did not hear of it. Did anyone hear such a campaign promise?

Clearly our new council does believe in term limits. If they go forward with this benefits plan, I can assure them they will only be one-term politicians.

- Campbell Alexander
Gimli

Manitoba income taxes and credits 2018-2022

During this time, Manitoba has had three tax brackets: 10.8 per cent, 12.75 per cent, 17.4 per cent. This means that if one's taxable income is over \$74,416, every dollar above that amount is taxed at 17.4 per cent. This means, in effect, that if your taxable income is \$10,000, \$100,000 or

\$1,000,000 over the \$74,416 threshold, you will pay a flat rate of 17.4 per cent. This is not progressive taxation, whereby the rate of the amount of tax you pay steadily increases as your income goes up. Furthermore, the amount of the last dollar to remain in a certain tax bracket is not indexed to inflation. The last dollar amount to remain in the 12.75 per cent bracket, for 2022, is \$74,416. For 2021, the amount was \$72,885. Thus, the amount to stay at 12.75 per cent, has been increased 2.1 per cent for 2022. If your taxable income has increased by more than \$1,531

(\$74,416-\$72,885), your amount over \$74,416 will be taxed at 17.4 per cent. Manitoba's inflation rate in 2022 was more than 2.1 per cent; you may be a victim of bracket creep, i.e. moving into a higher bracket because the bracket dollar amounts are not indexed to inflation.

On the credit side of things whereby you are trying to reduce your taxable amount, Manitoba has two kinds of credits: non-refundable and refundable. The basic exemption has increased from 2021 to 2022, but less than the Manitoba rate of inflation. Furthermore, the age exemption, the

spouse exemption, disability-for-self exemption, etc., and the medical expenses maximum allowable amount, have stayed at the same levels since 2018. Your taxable income has likely risen since 2018, and so has your basic exemption (but under the rate of inflation), but your other credits have not, including the crucial amount for allowable medical expenses.

This situation is deplorable! The government is fixing the game so it is overwhelmingly in their favour!

- Tom Sherbrook

Manitoba government sets stage for \$10-a-day child care

Manitoba government sets stage for \$10-a-day child care, prioritizing new spaces, training early learning and child-care professionals, and ensuring access across the province

Submitted by the Manitoba government

As part of the Manitoba government's ongoing efforts to be a national leader in affordable and accessible child care, Premier Heather Stefanson and Education and Early Childhood Learning Minister Wayne Ewasko announced Manitoba has reached a historic milestone in which Manitoba families will pay a maximum of \$10 a day for children 12 years and under for regular hours of care, beginning April 2.

"Our government recognizes that access to affordable and high-quality child care is essential for Manitobans to participate in the workforce, support their families and play an active role in the growth of their communities and the economy," said Stefanson. "Today, I am proud to share that with the significant initiatives our government has implemented over the past few years to lower parent fees and build capacity in the child-care system, we have gone above and beyond our commitment by reducing all parent fees to \$10 a day for children 12 and under attending licensed, funded early learning and child-care centres and homes. Our government recognizes many Manitoba families are struggling to make ends meet and this partnership and our significant investments will save Manitoba families thousands of dollars a year in child-care fees."

Under the Canada-Manitoba Canada-Wide Early Learn-

ing and Child Care Agreement, the Manitoba government committed to decreasing parent fees and reaching an average of \$10 per day by 2026. Today, the Manitoba government announced it has surpassed its commitment and has done so three years ahead of schedule, the premier noted.

"Over the past several years, our government has been working diligently to strengthen and grow the early learning and child-care system to be able to effectively implement this significant fee reduction," said Ewasko. "We have been working collaboratively with the child-care sector, municipalities, Indigenous communities, and the business community to create thousands of new spaces throughout our province. Additionally, we are supporting initiatives to build a strong workforce so Manitoba families can be confident their children are receiving the best care to support their needs."

As part of efforts to strengthen the workforce, the Manitoba government also announced today an expression of interest to expand post-secondary training options for early learning and child-care professionals, the minister noted.

"Our government continues making investments to attract, train, and retain child-care professionals," said Ewasko. "The expression of interest will support training expansion, as well as the development of additional on-site child-care spaces and expansion of existing facilities to create new learning labs and development sites that will allow students to put their in-class learning into practice."

The expression of interest invites post-secondary institutions to apply for funding to develop new programming to train child-care professionals and will help ensure there are an additional 1,000 child-care assistants and 2,000 early childhood educators by 2026, the minister said, adding that post-secondary institutions are also invited to submit proposals for the expansion of child-care services on campus to support students, employees and communities.

"Early childhood educators are the essential foundation of high-quality child-care services. Investing in the early learning and child-care workforce, both now, and planning for the future, is fundamental to successful system building for children, families and all," said Jodie Kehl, executive director, Manitoba Child Care Association Inc.

The expression of interest for training expansion closes today, while the expression of interest for child-care expansion and learning lab development closes March 31. The Manitoba government will proceed with the selection process and the development of training programming in the coming weeks, Ewasko said, adding that funding for expanded training options will be provided through the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement.

Over the past two years, the Manitoba government has implemented a number of initiatives to support a high-quality, accessible, inclusive early learning child-care system in the province, Stefanson said, particularly in the following areas: spaces, workforce and affordability.

For quality child care to benefit Manitobans, spaces are needed in every community across the province and to achieve this the Manitoba government has:

- provided new, ongoing operating grants to support the creation of over 3,100 affordable child-care spaces;
- partnered with rural municipalities and First Nations communities to build 23 new child-care centres, creating an additional 1,670 spaces; and
- worked with community-based organizations, existing child-care providers, school divisions and other partners to advance the Manitoba government's overall commitment for 23,000 new child-care spaces by 2026.

The Manitoba government is committed to creating a qualified, motivated workforce of early childhood educators and child-care assistants by improving recruitment, retention and remuneration, and to support this goal has:

- allocated nearly \$37 million to implement a wage grid to support wage equity for the early childhood workforce, by providing a 12 per cent increase to revenue per space added to the operating grants;
- implemented the Early Childhood Educators Tuition Reimbursement, providing up to \$5,000 per student per academic year, which has already supported 380 students; and
- provided \$60 million in quality enhancement grants to child-care facilities to support infrastructure improvements, curriculum development and workforce retention.

Affordable child care provides choices for individuals and families. A provincewide early learning and child-care plan means ensuring all families have access to quality, professional and affordable child care in their community and to meet this need the Manitoba government has:

- provided a further \$1 million to almost \$140 million in annual provincial funding to support affordable child care for families, with the additional funding ensuring the \$10-a-day child care covers a regular day of care for school-aged children;
- expanded net household income thresholds for the Child Care Subsidy Program by 45 per cent in 2022, allowing more families to have child-care fees reduced; and
- provided a \$72-million parent fee advance to reduce parent fees through child-care centres.

"Our government is working diligently to ensure every Manitoba child and family can access high-quality, affordable, inclusive early learning and child care across the province. We look forward to continuing our work to establish Manitoba's child-care system as one of the most affordable in the country," said Stefanson.

For more information about early learning and child care in Manitoba, visit www.manitoba.ca/childcare.

For more information about the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement, visit www.canada.ca/en/early-learning-child-care-agreement/agreements-provinces-territories/manitoba-canada-wide-2021.html.



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

Schools:

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

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

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

Children born in 2019 are eligible for JUNIOR KINDERGARTEN

(Tuesdays and Thursdays; half days)

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

Children born in 2018 are eligible for KINDERGARTEN

(Mondays, Wednesdays, Fridays; full days)

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

Nominations now open for Canada Volunteer Awards

By Jennifer McFee

Do you know a volunteer, business, social enterprise or not-for-profit that is making a difference in your community?

If so, perhaps you'll consider submitting a nomination for a Canada Volunteer Award.

The Canada Volunteer Awards celebrate Canadians who make a difference, explained Brenda Martinussen, a representative for the Prairies on the National Advisory Board.

"They recognize the outstanding contributions of volunteers, businesses and innovative not-for-profit organizations in improving the well-being of people and communities," she said.

"Volunteers support services and organizations who have a direct impact on the lives of Canadians across a wide range of fields — education, arts and culture, sports, health care, the environment, animal care — the list goes on. They dedicate their time, energy and resources to make a difference, to have a positive impact and to address social challenges."

Martinussen draws attention to a 2018 Statistics Canada's general social survey on giving, volunteering and participating. According to the survey, 79 per cent of Canadians aged 15 and older reported volunteering in 2018, and they dedicated about 5 billion hours to their volunteer activities.

"Many not-for-profits would be unable to function or do all the work they do without volunteers. So many community initiatives are rooted in the work of volunteers. If we stop to think of all the things that would not be done without volunteers, we start to see the impact of their efforts," she said.

"Volunteers do not volunteer for recognition. However, I think that whenever possible, it is important to recognize and show appreciation for individuals who are taking time out of their lives to help improve the life of someone else. Volunteers make our communities better places. Even the smallest tasks can make a big difference in the lives of others."

When you nominate someone, it's a way to thank them for their involvement in the community, she added.

"Rural Manitoba has some incredible communities with incredible volunteers supporting them," she said.

"As a Prairie representative, I love seeing volunteers from rural areas nominated. Just because we are from small communities does not mean our work does not have a great impact."

Martinussen challenges all *Express* readers to think of someone in their community who could be nominated.



"Maybe there is someone who is known as the go-to person to get things done in their area. Maybe this is more formally through their support of a seniors' organization, a hall board, 4-H, a community club or their local library. Or maybe it is informally — they are always there to help in a emergency to start a food or clothing drive for a family in need, they lead sandbagging when a flood is threatening, or they deliver groceries to their elderly neighbours on a regular basis," she said.

"Often, you find people who do both. Our volunteers are worthy of being recognized. Nominating someone shows them that their efforts and time are appreciated and that the value in the work they are doing is noted."

Similarly, nominating a business or organization can provide a much-appreciated boost.

"At a local level, being nominated can help raise the profile of a not-for-profit, social enterprise or business. Aside from this increased visibility, award recipients will be asked to identify a not-for-profit organization in Canada to receive a grant of \$5,000 for the regional awards and \$10,000 for the national award," Martinussen said.

"Individuals and organizations will be recognized at a national ceremony. They receive a certificate signed by the prime minister as well as a label pin. They also take part in a session for sharing best practices in volunteering."

For Martinussen, she knows firsthand the importance of volunteering, which is why she's happy to serve as a Prairie representative for the National Advisory Board.

"I was raised to appreciate the value of giving back to others. I personally try to volunteer in a role that is meaningful to me at each a local, provincial and national level. After my other provincial and national volunteer commitments came to an end, I was looking for another way to make an impact. When this opportunity came up, it seemed like a great fit," she said.

"I have always been a firm believer in volunteering and supporting one's

community, and I also believe in recognizing and appreciating the work of others. With this appointment, I was able to be a part of showing appreciation and recognition for people and organizations who are really making an impact in their communities."

NOMINATION CATEGORIES

Nominations will be accepted until April 26 in four regional categories as well as one national category.

The national Thérèse Casgrain Lifelong Achievement Award recognizes dedicated individuals who have volunteered for at least 20 years and have inspired other volunteers, led volunteer groups or made other exceptional achievements through volunteering.

For the regional awards, one award will be given in each region (Atlantic, Quebec, Ontario, Prairies, and British Columbia and the North) for each of the following categories:

- Community Leader – recognizes outstanding individual volunteers or groups of volunteers who have taken a lead role in developing solutions to social challenges in communities. This category does not include not-for-profit organizations or registered charities.

- Emerging Leader – recognizes volunteers between the ages of 18 and 30 who have demonstrated leadership and helped to build stronger communities.

- Business Leader – recognizes businesses that demonstrate social responsibility in their practices, including promoting and facilitating volunteerism locally, regionally and nationally, as well as for-profit or not-for-profit social enterprises dedicated to creating social, cultural or environmental benefits for their communities.

- Social Innovator – recognizes the contributions of not-for-profit organizations, including not-for-profit social enterprises, that find and use innovative approaches that address social challenges in their communities.

For more information or to submit a nomination, visit www.canada.ca/en/employment-social-development/programs/volunteer-awards.html.



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Fisher Branch RCMP investigate shooting

Staff

On Feb. 27, at approximately 11:10 p.m., RCMP were notified that a six-year-old child was brought to the hospital with a gunshot wound.

The investigation has determined that earlier that night, children were at a residence on Peguis First Nation when they gained access to a firearm. A four-year-old child discharged the firearm, which struck a six-year-old child.

The six-year-old was taken to hospital with serious but non-life threatening injuries.

On March 1, 2023, a search warrant was executed in relation to the incident. Officers seized five firearms, a

cross bow and ammunition.

An adult male was arrested and will be facing a charge of unlawful storage of a firearm. He was released with an upcoming court date.

Fisher Branch RCMP continue to investigate.

GYPSSUMVILLE RCMP INVESTIGATE HOMICIDE

On March 2 at approximately 6:20 p.m., Gypsumville RCMP received a report of an injured male at a residence in Lake St. Martin First Nation. Officers attended the residence and located an injured 34-year-old male.

He was pronounced deceased at the scene. His death is being treated as a homicide.

Gypsumville RCMP, along with RCMP Major Crime Services and RCMP Forensic Identification Services, continue to investigate.

GIMLI RCMP RESPOND TO FATAL COLLISION

On Feb. 28, at approximately 1:55 p.m., Gimli RCMP received a report of a cement truck entering the ditch on Highway 8 at 17th Avenue in the RM of Gimli.

Officers attended the scene immediately. EMS was on scene and pronounced the 46-year-old male driver of the truck, from Winnipeg, deceased.

Initial investigation has determined that the southbound cement truck swerved to the west side of Highway 8 and entered the ditch, rolling and trapping the driver and lone occupant.

The investigation continues. Manitoba Workplace Safety and Health is conducting an investigation as well because the driver was on shift at the time of the collision.

Hearing aid grant program created for seniors with hearing loss

Submitted by Manitoba government

The Manitoba government is creating a new \$12.6-million grant program that will assist eligible older Manitobans experiencing hearing loss to cover the expense of testing, fitting and purchasing new hearing aids, Seniors and Long-term Care Minister Scott Johnston announced Thursday.

"Our government recognizes hearing loss as priority concern for seniors

and with this grant more Manitoba seniors who require hearing aids will have the financial means to access them regardless of income level," said Johnston. "Hearing aids provide valuable benefits to improve quality of life in a number of important ways such as fully participating with family, friends and co-workers, while also avoiding the isolation that can be associated with hearing loss."

According to Department of Health statistics, nearly 4,000 seniors over the age of 65 reported hearing loss during a physician visit in 2021 and roughly 25 per cent of seniors have hearing loss at a level that would benefit from hearing aid use.

The hearing aid grant of up to \$2,000 is available to all Manitobans who meet the following eligibility criteria:

- age 65 or over;
- family income below \$80,000 in the

previous year;

- have documented hearing loss; and
- have been prescribed hearing aids by an audiologist or otolaryngologist.

"For those who are hearing impaired something as simple as a hearing aid can make all the difference in quality of life," said Susan Sader, executive director, Good Neighbours Active Living Centre. "The Manitoba government is to be commended for listening to Manitobans who struggle with hearing loss and for providing a program that will help many stay active and engaged in the community."

Untreated hearing loss is linked with decreased word recognition, difficulty communicating, increased risk of falls, social isolation, cognitive decline and dementia.

"We have received many heart-breaking emails and phone calls from seniors or their caregivers asking for

help because they need hearing aids but could not afford them," said Joanne Jones, president, Canadian Hard of Hearing Association Manitoba Chapter. "This new grant is a great step in ensuring many more Manitoba seniors will have the hearing aids they need and better healthier lifestyles as a result."

The Manitoba government will begin accepting applications later this spring.

The new program aligns with strategic priorities including financial security and safe, inclusive and accessible communities, which are highlighted in Manitoba, A Great Place to Age: Provincial Seniors Strategy.

To read the strategy, visit https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-8pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Winnipeg Beach

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

Meetings are Saturdays
between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

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Womens Mtgs Thurs at 10:30 am

Al-Anon

Gimli and Winnipeg Beach

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Province advises Manitoba Health cards to include alphanumeric characters

Submitted by Manitoba government

Manitoba Health advises the six-digit family registration number used on health cards will be changing to include one letter and five numbers going forward.

The purple Manitoba Health card entitles people to health benefits and services within the province and is presented when receiving care at facilities like medical clinics, hospitals and pharmacies. The card includes the six-digit family number as well as a nine-digit number for each indi-

vidual.

Previously, the family number would be six numbers (e.g. 123456) but now one letter will be included (e.g. A12345). There will be no changes to nine-digit individual numbers. Using a mix of numbers and letters for new family registration numbers will ensure enough options are available for Manitoba's growing population.

Manitoba Health has advised health-care providers and other sites where health cards are required so necessary

system adjustments can be made.

In recent months, Manitoba Health has also worked to reduce processing times for people who need new or replacement health cards. The backlog created by the pandemic is now eliminated and most new application requests are handled within a four-week window.

For more information about health cards and health-care coverage in Manitoba, visit www.gov.mb.ca/health/mhsip/mcard.html.

Cindy Spence running for chief of Peguis First Nation

By Patricia Barrett

With an election coming up next month on Peguis First Nation, Cindy Spence, who is a candidate for chief, is reaching out to band members across the region to make them aware of major issues facing the community.

Spence previously served as Chief of Peguis from 2015 to 2017.

Some of the First Nation's major challenges include a lawsuit that arose after Peguis leadership obtained loans from a now-collapsed private lending company, Bridging Finance.

The RCMP launched a "criminal investigation" into Bridging Finance, according to a November 2022 story in the *Globe and Mail*. The lender was working with Usand Group, which arranged financing deals for Indigenous communities, one of which was Peguis First Nation. By court order, Bridging was put into receivership under PricewaterhouseCoopers LLP in 2021, and the Ontario Securities Commission (OSC) was investigating the company.

According to information contained in a March 31, 2022, OSC statement of allegations regarding Bridging Finance, Peguis paid commissions of \$2.24 million and \$1.91 million in connection with obtaining two \$30-million-dollar loans Bridging made to the First Nation in 2017.

A February 2022 update from the Chief Peguis Investment Corp. that appears in the newspaper *Terra Indigena* says more loans were obtained from Bridging Finance in the period February 2019 to April 2020, and Peguis had "not repaid any monies to date."

In December 2022 PricewaterhouseCoopers (PWC) filed a lawsuit against Peguis First Nation in Ontario Superior Court for repayment of about \$169.8 million (principal and interest) in loans advanced to it by Bridging Finance.

When asked about the PWC lawsuit, Spence said: "If elected, I have every intention of using whatever resources necessary to protect and defend the best interests and assets of Peguis First Nation. I know it's not going to be easy, and at the same time we want to continue with growth and development."

Peguis First Nation is the largest First Nation community in Manitoba with about 10,000 people. It called a general election in January, asking for candidates to step forward for the position of chief and for councillor. Elections are conducted under the First Nations Election Act.

Spence said the First Nation needs to develop a plan to move forward and also spend the time on "visioning and growth for a positive future for both Peguis First Nation and our Selkirk band members."

She previously worked on getting a licensed practical nurse training program in Peguis and Selkirk, recognizing the need to be proactive in health-care staffing, she said. When she was chief, she met regularly with the Selkirk Peguis members to get them up to speed on issues.

She said there are lots of opportunities for economic development and growth in Selkirk.

"This is our homeland and I would really like to see some



historic sites being further developed so that we can tap into the tourism dollars that are being offered and the grants offered by Canada to help support and move tourism [forward]. Looking at the whole Selkirk region and looking at the footprint of Chief Peguis and the ancestors of Chief Peguis is something that can draw in people. We have such a rich history in the Selkirk area that goes beyond the old stone church and beyond Lower Fort Garry," said Spence. "The history of the Selkirk region and the history of the people of this region, including Chief Peguis' ancestors and the legacy he left behind, is something that's being left out."

She said she would like to partner with the City of Selkirk to see how they can move forward on future growth and development, and consult with Peguis band members on other developments.

"We have a community plan and we have a land usage plan that includes [lands in] Winnipeg and Selkirk and surrounding areas, and we need to go back to our plan because the thing that's missing is proper communication with band members," said Spence. "They don't want to be left out of the visioning [process]. That's one of the things I'll do as chief. It should be a vision for all. People need hope, too. They want their voices heard on services and programs that are important to them."

Another major issue facing the Peguis community is chronic flooding that destroys homes, roads and other infrastructure, and forces band members to leave the community.

The federal government forcibly re-located the band from Selkirk around 1905 (to make way for settlers) to its current site north of Hodgson and along the Fisher River, which flows to Lake Winnipeg.

The reserve is a flood plain, receiving water from the west including the Rural Municipality of Fisher. Flooding occurs almost yearly. The years 2008, 2011, 2014, 2017 and 2022 saw significant floods.

The First Nation, whose current chief is Glenn Hudson, advised the RM of Fisher in January that it planned to commence flood mitigation

Continued on page 16

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Arborg Curling Club pays tribute to avid curlers Bauernhuber and Thorsteinson

By Patricia Barrett

The Arborg Curling Club paid tribute last Friday night to avid curlers Philip Bauernhuber and Grant Thorsteinson and thanked their respective families for contributing funds in their memory towards upgrades at the club.

Bauernhuber's family provided funds for a wheelchair lift and Thorsteinson's family provided funds for audio-visual equipment for the rink's club room.

Bauernhuber passed away in 2021 after a short battle with cancer. Susan Bauernhuber, Phil's wife, had contacted the Arborg-Bifrost Parks and Recreation Commission after he passed and offered to donate some money from Phil's estate towards the cost of installing a lift at the rink, where he loved to curl. The lift allows people in wheelchairs or who have difficulties climbing stairs to access the rink to watch games.

Grant Thorsteinson passed away in 2016 also from cancer. He worked as chief administrative officer for the municipalities of Bifrost-Riverton and Rockwood. Like Bauernhuber, he loved to curl.

Curling club board member Donna Gislason said Phil and Grant are both missed and the club really appreciates their families contributing to improvements in the building.

"As a club we are really pleased with these donations and the addition of these important features in our curling club. We gave a heartfelt thanks to the families for the donations they made," said Gislason. "Grant and Phil were both long-time members of the curling club and they certainly are missed — and will forever be missed



Vigdis Bauernhuber using the new lift.



Joe Bauernhuber using the new lift.

by all of us."

The recreation commission created the Philip Bauernhuber Accessibility Fund so that future enhancements to accessibility can be made. People wishing to contribute to the fund can call the Arborg-Bifrost Parks and Recreation Commission at 204-376-5576.



EXPRESS PHOTOS BY DONNA GISLASON

Reg Perry, far right, did the dedication speech. Also pictured with Grant's widow Kathy Thorsteinson are her sons Corey and Blair.



Ron Johnston, far right did the dedication speech, accompanied by Phil Bauernhuber's long-time curling team, left to right: Bruce Sigurdson, Morley Sigvaldason and Les Gislason. Holding the plaque is Joe and and Vigdis Bauernhuber standing behind Sue Bauernhuber and son Cory Koomen and his children Hailey, Raya and Kolby.

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Low to moderate risk of flooding this spring: province

By Ashleigh Viveiros

After a year of drought followed by a year of flooding, dare we hope 2023 will be the year local waterways give us a break?

According to the province's spring flood outlook, we just might be that lucky, depending, of course, on what Mother Nature has in store for us in the weeks ahead.

In its February flood outlook released last week, Manitoba Infrastructure and Transportation's Hydrologic Forecast Centre reported low to moderate risk of flooding in most Manitoba basins.

The centre is predicting a moderate risk of flooding along the Red and Assiniboine rivers and in the Interlake region along the Fisher and Icelandic rivers, and a low risk of flooding along rivers such as the Souris, Roseau, Rat and Pembina.

Water levels are expected to remain below community flood protection levels, the province says.

There is also a low risk of flooding for most other Manitoba basins including the Saskatchewan River, Whiteshell lakes area and northern Manitoba. With the exceptions of

Dauphin Lake and Lake St. Martin, most Manitoba lakes, including Lake Winnipeg and Lake Manitoba, are projected to remain within operating ranges after the spring run-off, the release said.

The report notes that soil moisture conditions at freeze-up play a major roll in the likelihood of flooding come spring.

"Due to normal to below normal summer and fall precipitation, the soil moisture at freeze-up is normal to below normal for most Manitoba basins," it says. "Some localized areas in central Manitoba and in the Interlake region have above normal soil moisture."

"The soil moisture is normal to below normal for the Red and Souris River basins (including the U.S. portions of the basin), the Assiniboine River, Qu'Appelle River, Saskatchewan River, Winnipeg River and northern Manitoba basins."

Winter precipitation has also been generally below normal in much of central and southern Manitoba, save for southeastern Manitoba which saw near-normal levels. The northern part of the province saw normal to above



FILE PHOTO

If Mother Nature co-operates, we may avoid sights like this come spring thaw. Last year much of the Pembina Valley was under water due to overland flooding, but right now the flood risk is low to moderate, according to the province's latest flood outlook.

normal levels, as did the U.S. portions of the Red River and Souris River basins.

"The magnitude of the spring runoff on Manitoba's rivers is still very dependent on weather conditions from now until the spring melt and during the spring melt period," the report stresses.

Too much precipitation, the frost depth at the time of runoff, and the timing and rate of spring thaw and peak flows in Manitoba, the United States, Saskatchewan and Ontario could all paint a very different picture over the next few weeks.

"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 report says.

The province is already taking flood mitigation steps, including conducting normal spring ice cutting and breaking work along the Red and Icelandic rivers over the next few weeks to reduce ice jam related flooding.

The Red River Floodway is expected to be activated this spring under unfavourable future weather conditions to reduce water levels within the city of Winnipeg. Some operation of the Portage Diversion is also anticipated to prevent ice jamming on the Assiniboine River.

Another flood outlook is expected later this month.

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Practical advice for preparing important documents

By Jennifer McFee

Do you have your documents in order?

It's better to prepare important documents in advance — such as health-care directives and power of attorney — rather than on the spot in stressful situations.

Jennifer Dann, a hospital-based social worker in Interlake-Eastern Regional Health Authority, explained the significance of taking these steps.

"A health-care directive is a document that provides direction to your health-care team about your health-care wishes in the event you are not able to express them yourself," she said.

"It is strongly recommended you speak to your doctor before filling out your directive. On this document, you can inform doctors, nurses and your medical team about what kinds of treatments you may or may not want."

At the same time, the health-care directive allows you to designate one or two loved ones to act as your medical decision-makers, or health-care proxies, if you're no longer able to make decisions for yourself.

"It's important to speak openly about your health-care wishes to your loved ones. The people you choose should understand your medical conditions and your health-care goals," Dann said.

"They should also be agreeable to act on your behalf in the event it is required. However, it should be noted that a health-care proxy cannot consent on your behalf for medical assistance in dying (MAiD)."

The health-care directive form is free

and can be printed from the provincial government website. Alternatively, you can ask any health-care provider to print a copy.

"The directive can be changed at any time. You simply need to destroy the old one and complete a new one, making sure it is signed and dated. You may also write your medical treatment wishes and designate medical proxies on any piece of paper, as long as it is signed and dated," Dann said.

"Once you have completed the document, share the information with your family and your doctor so they know your health-care wishes and keep the document in a safe place. Many people keep that document on their refrigerator so that paramedics or their families or friends can find it in an emergency."

In addition, a key consideration is power of attorney, which is a legal document that gives another person the legal authority to act on your behalf and manage some or all of your financial affairs.

"As it relates to financial matters, a lawyer is required to complete the document. There are many different types of power of attorney documents. A lawyer will help you determine which type best suits your needs. It is a relatively inexpensive means to ensure that your financial needs are met if you are no longer able to manage them on your own," Dann said.

"If folks are assessed as no longer able to make decisions on their own, and if they do not have a power of attorney document, the province has a process in place that allows for families or loved ones to hire a law-

yer and present to court to seek private committee. This process is often expensive and may take several months. If families are not in a financial position to seek court-appointed private committee, the Office of the Public Guardian and Trustee will be assigned."

When it comes to health-care settings, including personal care homes, it's worth taking the time to ensure you have a power of attorney document in place.

"Often people come to personal care homes because they are no longer able to live independently and require additional supports. This may be as a result of increased physical health needs or someone may no longer be mentally competent and require a more supportive environment to ensure their personal safety. Folks that are assessed as lacking mental capacity require assistance managing their personal finances," Dann explained.

"Having a power of attorney document allows for your designate to act on your behalf, arrange for alternate housing (such as a personal care home) and ensure your financial needs are met. Some personal care homes require a power of attorney document prior to admission to their facility."

At the same time, don't forget to file your tax returns each year. If you file your income taxes annually, you might be able to access benefits and refunds that could enhance your financial situation.

"If you require a more supportive environment, it is important to know that personal care home rates are set by Manitoba Health and are calculated based off of your Canada Revenue Agency notice of assessment. You will be required to submit your notice of assessment to the personal care home on an annual basis and your rates will be recalculated," Dann said.

"Many communities provide free income tax clinics for seniors. Contact your local services to seniors office to find a free tax clinic in your area."

All are welcome to learn about filing a tax return through two free upcoming presentations. A community online presentation is set for Thursday, March 9 from 6:30 to 7:30 p.m. via Microsoft Teams. Then on Monday, March 13 from 1:30 to 2:30 p.m., a 55-plus presentation will take place at Gimli New Horizons. This session will also be available online via Microsoft Teams. To register, email wellness@ierha.ca or call toll-free at 1-877-979-9355.

More information about free tax



PHOTO SUBMITTED

Jennifer Dann, a hospital-based social worker in Interlake-Eastern Regional Health Authority.

clinics is available on the Government of Canada website at www.canada.ca.

Dann suggests making the effort to any eliminate barriers that could stand in the way of accessing supports when you need them. If you don't file your taxes, you might also miss out on tax breaks, income supplements or government subsidies.

"Since personal care home rates are calculated by your income, admission to a personal care home could be delayed until the most recent annual income tax is filed and your notice of assessment received. You will be required to submit your annual notice of assessment to the financial office of your chosen personal care home," she said.

"If you are experiencing housing instability, many housing organizations and supports require current financial information prior to them considering your application."

In her role as a hospital-based social worker, Dann has seen first-hand impacts of not completing these tasks.

"When it comes to health care, I don't think folks realize that there are service accessibility barriers when your financial and legal arrangements are not in place," she said.

"Not having these affairs in order can also result in emotional and financial challenges for the patient's loved ones, if there is a need for them to intervene or support after a medical event or change."

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Selkirk RCMP investigating use of counterfeit currency

Staff

Selkirk RCMP received a report of a suspect attempting to purchase goods at a business located on Manitoba Avenue in Selkirk using counterfeit Canadian currency on Feb. 28 at 1:45 p.m.

Officers were advised that a suspect produced two \$100 bank notes in an effort to make a purchase when the cashier suspected they were counterfeit and called police. The suspect immediately fled the store.

The preliminary investigation has determined that several businesses in Selkirk were targeted and two suspects were caught on surveillance cameras.

The counterfeit currency was seized and two of the three bills were found with the same serial number. The three bank notes also had a security feature that is found on a different denomination.

RCMP believe other businesses may have been targeted and urge those accepting \$100 Canadian bank notes to examine them carefully.

For tips on how to spot counterfeit



PHOTO SUBMITTED

Selkirk RCMP are looking for the community's help in identifying this suspect or if anyone has accepted counterfeit currency.

currency, please go to <https://www.bankofcanada.ca/banknotes/counterfeit-prevention/>.

If you can identify these two suspects, have any information regard-

ing this incident or believe you may have accepted counterfeit currency, please contact the Selkirk RCMP at 204-482-1222, call Manitoba Crime Stoppers anonymously at 1-800-222-

8477 or submit a secure tip online at www.manitobacrimestoppers.com.

Selkirk RCMP continue to investigate.

> PRACTICAL ADVISE, FROM PG. 14

The ripple effect can extend outwards beyond the individuals to create systemic impacts as well.

"Unfortunately, not having the right legal documents in place has resulted in lengthy hospital admissions, which places additional pressures on an already strained health-care system. Additionally, I have witnessed people experiencing barriers access-

ing long-term care or other housing arrangements as a result of not having fulfilled their financial obligations," Dann said.

"We can all work together to ease the strain on our health-care system by ensuring that there are no financial or legal barriers that may complicate or delay a discharge from hospital."

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Candidate for Chief Peguis First Nation

CINDY SPENCE FOR CHIEF 2023

(431) 335-5305

cindydspence@hotmail.com

Cindy Spence will be hosting an Information session for Selkirk membership.

Date: Monday, March 13, 2023.

From 5 to 7 PM.

At the Selkirk Friendship Centre
425 Eveline St., Selkirk, Manitoba

Come out and enjoy the evening!

Lunch will be provided.

Spring thaw road restrictions in Gimli in effect

By Patricia Barrett

The RM of Gimli has set restrictions on various roads in the municipality in accordance with annual weight restrictions and dates imposed by the provincial government.

The restrictions came into effect on March 1 for Thompson Drive in Pelican Beach, Gimli Park Road west of Highway 9 to Anson Street, Anson Street between Harvard Avenue and Gimli Park Road, Centre Avenue West to the west of Sobeys and Spruce Bay

Road, east of PR 222.

Chief administrative officer Kelly Cosgrove said the restrictions are necessary to protect the roads from damage during spring thawing and are set under the RM's traffic bylaw.

There are exceptions for vehicles carrying essential commodities and businesses "will likely not be affected."

The restrictions are scheduled to end on May 29 but could change depending on weather.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Anson Street in the Industrial Park.

> PEGUIS, FROM PG. 11

efforts on March 1 with the construction of a dam on the Fisher River to prevent further flooding.

Spence said there has been a lack of communication about flood mitigation measures and long-term strategies to deal with it. Band members have to live in a constant state of emergency that sets the community back and requires repeated re-building.

"I'm very concerned with the lack of communication in regards to the future plans for flood mitigation and long-term flood mitigation. Is there a plan? If so, what is the plan? People

all across Manitoba have been seeing Peguis flooding yearly. Everyone has seen our misery in the news," said Spence. "The things they may not see is the high cost associated with repeated flooding. They also may not see the personal losses of band members, the [damages to] roads and the amount of money that is constantly being spent on repairing damages from flooding, which has been dragging Peguis down. It has a social impact because you're constantly living in a state of emergency. It's hard to move forward with planning the future if you're constantly re-building."

There are approximately 300 band members still displaced from the 2022 flood. Some are living in homes and

hotels in Winnipeg, she said.

Spence said she thinks Manitobans would support the development of flood mitigation plans for Peguis as they have for other communities.

"We've all seen this flooding in Peguis in the news for over 50 years. When is Canada going to recognize that this is an issue and help protect our First Nation?" said Spence. "It's not fair and it's not right in the context of Truth and Reconciliation; the truth is our community has been suffering. We need flood protection."

Spence is scheduled to visit the Selkirk Friendship Centre next week. For more information, call the centre at 204-482-7525.

Advance polls for the election will

be held in Peguis on March 28 from 9 a.m. to 8 p.m. at the Peguis Community Hall, in Winnipeg on March 30 from 9 a.m. to 8 p.m. at the Hilton Winnipeg Airport Suites and in Selkirk on March 31 from 9 a.m. to 8 p.m. at 240 Main St.

The general election takes place on April 6 from 9 a.m. to 8 p.m. at the Peguis Community Hall.

For more information about the election or to speak with an election official, contact OneFeather by email: support@onefeather.ca or call toll-free 1-855-923-3006. Visit www.onefeather.ca/nations/peguis

Dental implants are making a world of a difference for denture wearers, like Judy

BY ELISHA VANDOR

With tears in her eyes, Judy exclaimed, "I can't believe it, I have teeth! They fit and I don't feel like ripping them out." You see, it's been 5 years for Judy with dentures that she described as 'horrid' because she couldn't eat or talk with them in, much less put the oversized denture in her mouth without gagging. She even put off taking pictures and smiling because she just didn't feel herself, but all of that has changed now thanks to the 4 dental implants holding in her lower denture and a properly sized upper denture.

When we asked Judy about the dental implant procedure she said, "don't be afraid! I have had a single tooth pulled that hurt more than getting the remaining 7 teeth pulled and the 4 posts put in at the same time. It was nothing to have that work done! I was up and mobile the next morning asking my

husband if I really had it done because I did not feel any pain. Yes, I was very nervous beforehand. I have always been afraid of the dentist chair. Now, I would recommend it to anybody. When you put the denture in, it snaps onto the dental implants and it's in there. You can go eat what you want and it doesn't move around...it feels secure. The denture isn't going to pop out when you chew or smile. I go into the fridge and try to find things that I can eat that I haven't had for awhile, like a ham and honey mustard sandwich. It's been a couple of years since I've had one of those! I don't have to worry about picking and choosing the foods I eat because now I can eat everything. For me, it was money well spent. How can you put a price on feeling and looking way better? It is an investment you'll never regret."

The big question that a lot of people ask is how do I go about get-

ting these dental implants to secure my dentures? The first step is booking an appointment at our clinic. There are many dental implant options that come at varying price points for both the upper and lower dentures. For example, the lower can have anywhere from 2 to 6 dental implants. You'll have the option of having the denture secured (yet able to remove yourself) to the dental implants on the same-day or waiting for a healing period of 3-4 months. The upper has a minimal requirement of 4 dental implants with the option of having the denture permanently secured or removable. When you come in for a free consultation, we can go over the options that best suit your needs and book the next appointments. It's actually quite a seamless process once you're ready to start. We look forward to hearing from you and helping you gain confidence when eating and smiling once again, like Judy.



SENIOR PRICING - supplied photo -
Judy's world changed after securing her denture onto dental implants. Her story is featured in this article.

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Lake Manitoba First Nation celebrates new health facility

By Jennifer McFee

Celebrations are in order at Lake Manitoba First Nation, where the community recently celebrated the grand opening of a brand new state-of-the-art health facility.

Elders, leaders and community members gathered on Feb. 22 to celebrate the official opening of Lake Manitoba Health Center and tour the new building.

Lawrence West, health director for Lake Manitoba First Nation, welcomed the long-awaited addition to the community, which is home to about 1,200 people.

"It was designed with our needs in mind — not just for today but for tomorrow," he said.

"It provides us with the space we were sorely lacking for many years and allows us to provide services and care to a community that has been lacking in infrastructure."

The new building replaces the former health facility, which was one of the oldest in southern Manitoba still in use. Plans are in the works to repurpose the old facility to serve as the temporary main office for Jordan's Principle, which ensures all First Nations children can access the products, services and supports they need.

"The health centre currently offers community programming ranging from home care to addictions services to mental health to nursing services. We partnered with the My Health team to offer visiting mental health, nutrition education, physician services and nurse practitioner services, when availability allows, in the community," West said.

"Obviously, we provided services to community members but also services to those from the surrounding area. As an example, COVID-19 vaccines were provided to hundreds of people from Ashern, Eriksdale, Lundar and all parts between."

The new 9,752-square-foot facility features dedicated spaces for physician services, mental health, dental care, foot care and a pharmacy. It also includes a culturally safe space for patients, including a smudging area.

"The space will allow us to access more programming for the community. We were so crowded, we had people doubled or tripled up or without office space. We had already reached the point we could not apply for new programming because we had



nowhere to operate said programs," West said.

"Now visiting professionals will have dedicated space to provide for clients without playing 'musical offices.' We can move forward and not remain static in what we want for the community."

In addition to offering a hub for visiting professionals, the health centre is poised to be a main employer in the community.

"Currently, Lake Manitoba Health employs 41 staff and growing," West said.

"The vast majority are community members; however, our nursing staff or visiting professionals travel into community."

This endeavour was a collaborative effort between Lake Manitoba First Nation and many other representatives at all levels. Indigenous Services Canada invested \$6.9 million in the project, which also features work by ODK Engineering, Calnitsky Associates Architects, NDC Construction, First Nations Health and Social Secretariat of Manitoba and MTS.

Construction started in August 2021 and wrapped up in December 2022.

Tradespeople from the First Nation worked on the project, as well as others from neighbouring communities.

"To actually open the building on the date we picked, it was stressful, filled with more moving parts than a Swiss watch. But, in the end, you do your best and things will work out the way they work out. You kinda just cross your fingers at some point because, as much as you plan, there are always things out of our control," West said.

"We worked together to get this done — many levels of government, many contractors and trade persons,



EXPRESS PHOTOS SUBMITTED

Attendees at the celebration included Elder Elsie Maytwayashing, Chief Cornell McLean, Elder (and former chief and councillor) Florence McLean, Elder Lydia Choken, Coun. Berry McLean, as well as visiting chiefs Lawrence Letandre of Dauphin River First Nation and Kurvis Anderson of Pinaymootang First Nation. Missing from the photo is Cathy Merrick, grand chief of Assembly of Manitoba Chiefs, who also attended the grand opening.

many suppliers, many discussions and some disagreements — but we accomplished it."

Similarly, Chief Cornell McLean of Lake Manitoba First Nation expressed gratitude to the partners involved in the initiative.

"It was the commitment of the team. For myself, the conversation started in 2017 when I was elected chief in Lake Manitoba to bring the feasibility study forward from the previous leadership. They were offered renovations but the chief didn't take it. He stood his ground on the new building," McLean said.

"I revived it with my council and said we're not going to settle for a Band-Aid solution again. Our health centre was one of the oldest in Manitoba. The message we took to Health Canada was that we wanted a new building and we wouldn't settle for anything less. The health director stood his ground, and we stood our ground. He did it for his staff, and we did it for the community."

At the same time, he notes that teamwork was key to bringing the project to fruition.

"If you sit and try to work with the team, things will work out. You can't sit down and argue with your counterparts when you want to try to build a relationship," he said.

"It's important to stay on the path and stay focused."

Now that they've opened the doors to the new building, McLean can attest to the adage that persistence pays off.

"This is the very first infrastructure

building that we've received as a tangible asset. We're not a community that ever had new buildings. This is our very first brand new state-of-the-art facility that the community has ever had. It's a beautiful building," he said.

"To have an asset like that for Lake Manitoba, it's a dream come true for the members. It brings the morale up in the health centre because they were working in such close quarters. Everybody was cramped in the space. We've got a cultural area for traditional healing and we have modern medicine. It's great. It's just an unbelievable facility."

For a long stretch, it didn't feel like there was much to celebrate health-wise in the community, which has been hit hard by the pandemic and mental health issues.

However, the new health centre is boosting spirits — and there are a few more bright lights to look forward to on the horizon.

"We have a couple more buildings coming up, including a youth transition home for ages 18 to 26. We also have a women's shelter that we've been given by Canada Mortgage and Housing Corporation, and it will be for anyone in the Interlake. We're hoping we don't need to use it, but it will be there as long as people want to use it. We want to try to have it in the next six months or so," McLean said.

"We're also very thankful to be given this opportunity to have the brand new health centre and we're very proud of it."

"TO ACTUALLY OPEN THE BUILDING ON THE DATE WE PICKED, IT WAS STRESSFUL, FILLED WITH MORE MOVING PARTS THAN A SWISS WATCH."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Thunder female football returns

Staff

The Interlake Thunder female football program will be hitting the gridiron once again.

Right now, they're hitting the gym. The Thunder held their third indoor practice last Sunday. There is no charge for indoor practices, which will take place at Stonewall Collegiate. The upcoming practice dates are March 19 and 26 from 4 p.m. to 6 p.m. On March 12, the girls will practise with the Manitoba Fearless (WW-CFL) from 1 p.m. to 3 p.m. at the Gateway Community Centre.

The team's regular-season schedule begins in May and continues through June.

Depending on weather, training camp is scheduled to begin in April.

Cost to play is \$250 per player. All equipment is provided with the exception of cleats and mouthguards (gloves are optional).

Age groups are junior (2009 to 2012) and varsity (2005 to 2008). No experience is necessary.

For more information or to register for practices please contact Joel McDonald at 204-918-0779 or email jo-



elmcDonald24@gmail.com.



EXPRESS PHOTOS SUBMITTED

The Interlake Thunder female football program has been hard at work in the gym preparing for the upcoming season.

Ice Dawgs dump Warriors in Game 2 of semifinal series

By Brian Bowman

The Arborg Ice Dawgs evened their best-of-seven semifinal series with the St. Malo Warriors in CRJHL action on Saturday.

Brayden Broome had an outstanding game with a hat trick to lead Arborg to a solid 6-4 home victory.

Cadrick Dueck, Dylan Woytowich and Kaydyn McMahon also tallied for the Ice Dawgs.

Dayden Collier (two), Brady Gregoire and Thomas Maynard answered for St. Malo.

Tre Strachan was great in goal, stopping 44 Warriors' shots for the win.

Last Friday, St. Malo skated to a 6-1 home win, scoring five unanswered goals.

Tyson Barylski scored a second-period goal for Arborg.

Teagan Fillion, Damon Johnson, Jeremie Collette, Brady Gregoire, Collier and Kaden Rioux replied for St. Malo.

Game 3 of the best-of-seven semifinal series was played this past Tuesday in St. Malo but no score was available.

Game 4 of the series is slated for Friday at 8 p.m.

in Arborg and Game 5 switches back to St. Malo Sunday (2:30 p.m.).

The Ice Dawgs advanced to the second round of the playoffs after defeating the North Winnipeg Satelites 3-1 on Feb. 28 to win the best-of-five series in four games.

All four goals were scored in the second period.

Dueck, on the power-play, Noah Johnson, and Ashton Kornelson scored to give Arborg a 3-0 lead.

North Winnipeg's Bryce Raven closed out the scoring with a power-play goal.

Strachan made 26 saves for the win.

The Lundar Falcons, meanwhile, lost 4-1 to the Fishermen in Game 1 of their best-of-seven semifinal series in Selkirk on Sunday afternoon.

Bryce Allary scored a second-period goal for Lundar.

Cale Jonski, Kasen Andrushko, Carter Courchene and Jordan Donald answered for Selkirk.

Owen Derewianchuk stopped 29 shots for the win.

Lundar will host Selkirk this Thursday at 8 p.m. and then Game 3 is back in Selkirk on March 13 at 8 p.m.



EXPRESS PHOTO BY BRETT MITCHELL

The Lundar Falcons' celebrated Bryce Allary's second-period goal on Sunday.

Game 4 is set for next Monday at 8 p.m. in Lundar. If necessary, Game 5 will be hosted by Selkirk on Tuesday (7:30 p.m.).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dunstone representing Manitoba at Tim Horton's Brier

By Ty Dilello

The 2023 Tim Horton's Brier is being held this week in London, Ont., at the Budweiser Centre, from March 3 to 12. The games will all be shown on TSN throughout the week.

Fort Rouge's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) will be playing as Team Manitoba, while Reid Carruthers of the Morris Curling Club will be entered at Team Wild Card #2.

Carruthers is just returning from coaching Gimli's Kerri Einarson to her fourth straight Scotties win, but is prepared for another long grind of a week.

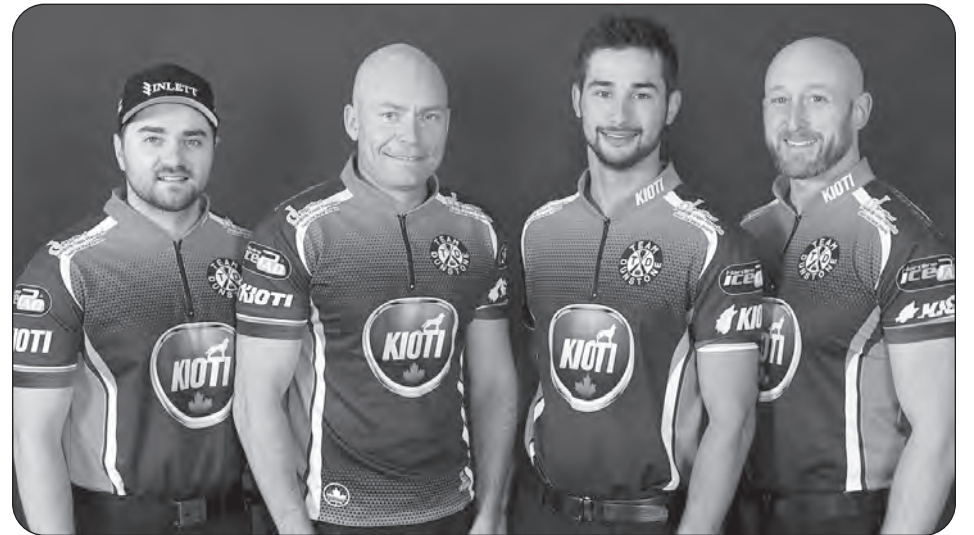
"The Brier is one of those events that you can always get up for," said Carruthers. "We know it's going to be a long week, and hopefully, that's a good thing because it means that we'll be winning some games and are in the hunt."

Skip Brad Gushue and his Newfoundland team won the 2022 edition

and will represent Team Canada at the event. This year's Brier will follow the same format as the past two editions that includes Team Canada, the 14 Canadian curling member associations and three Wild Card teams that will be the top three teams that did not qualify from their provincial playdowns based on CTRS standings.

Other teams in the field are Alberta's Kevin Koe, Newfoundland and Labrador's Nathan Young, Northern Ontario's Darren Moulding, Northwest Territories Jamie Koe, Nova Scotia's Matthew Manuel, Nunavut's Jake Higgs, Saskatchewan's Kelly Knapp, British Columbia's Jacques Gauthier, New Brunswick's Scott Jones, Ontario's Mike McEwen, Prince Edward Island's Tyler Smith, Quebec's Felix Asselin, Yukon's Thomas Scoffin, Wild Card #1's Brendan Bottcher and Wild Card #3's Karsten Sturmay.

East St. Paul's Kyle Doering throws second stones for Team Wild Card #3's Karsten Sturmay and is looking



PHOTOS BY CURLING MANITOBA

The 2023 Tim Horton's Brier kicked off at the Budweiser Centre in London, Ont., last Friday. Fort Rouge's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton Lott) are playing as Team Manitoba. Left to right: Matt Dunstone (skip), B.J. Neufeld (third), Colton Lott (second) and Ryan Harnden (lead).

Cougars win zones



EXPRESS PHOTO SUBMITTED

The Fisher Branch Cougars won the Zone 5 junior varsity boys' basketball championship after defeating the Gimli Lakers 57-45 on March 1 in Teulon. Pictured back row, left to right: Horatio Chudy, Taylor Vandersteen, Brandt Cochrane, Aiden Cameron, Jaden Sutherland, Jero Tacad and Nathan Lee (coach). Front row, left to right: Patrick Yuzwa, Sebastian Hnatiuk and Nathan Stogell. Lying down is Curtis Benoit.



Reid Carruthers of the Morris Curling Club is entered as Team Wild Card #2. Left to right: Rob Gordon (lead), Reid Carruthers (skip), Derek Samagalski (third) and Connor Njegovan (second).

forward to competing in his first Brier.

"It's something I've always dreamed of playing, so, of course, I'm very excited at being in the Brier," said Kyle Doering. "I would have liked to qualify the traditional way of winning an actual province for my first time, but we'll certainly take the Wild Card. I can't wait for the event to get going."

On a sad note, this will be the final Brier where Tim Hortons will be the primary sponsor of the event. The winning team from the Brier will represent Canada at the 2023 World

Men's Curling Championship on home soil at TD Place Arena in Ottawa.

As of Monday night, Team Dunstone had defeated Saskatchewan 9-3, Nunavut 14-2 and Northwest Territories 10-4.

Meanwhile, Wildcard #2 (Carruthers) lost their first one to Northern Ontario 4-6, but rebounded with an 11-7 win over Northwest Territories and 7-6 over Newfoundland and Labrador. Unfortunately they lost 7-9 to Alberta Monday morning.

get inspired

> MEAL IDEAS



Vegan Brownies

1 1/2 cups all-purpose flour
1 tablespoon baking powder
1/4 cup cocoa powder
2 teaspoons vanilla extract
flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary.

Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 9
Prune Puree:
16 ounces pitted California prunes
1/2 cup hot water
Brownies:
nonstick cooking spray
6 ounces unsweetened chocolate
1/2 cup California extra-virgin olive oil
2 cups light brown sugar
10 ounces California prune puree



Protein Packed Sausage Breakfast Muffins

1 cup protein pancake mix
Preheat oven to 350 F. Spray 12-cup muffin pan with nonstick cooking spray. Set aside.

In skillet over medium heat, cook sweet onion until translucent. Add turkey sausage and cook until no longer pink. Remove from heat.

In large mixing bowl, lightly beat eggs. Add shredded cheese, pancake mix and cooked sausage; mix well.

Fill prepared muffin cups about 3/4 full with mixture. Bake 18-20 minutes, or until golden brown on top.

Recipe courtesy of Healthy Family Project
Nonstick cooking spray
1 sweet onion, diced
1 pound turkey sausage
4 eggs
1/2 cup shredded cheddar cheese



A St. Patrick's Day Sandwich

(Culinary.net) In honor of the day when everyone is Irish, welcome family and friends to a traditional St. Patrick's Day lunch with this Reuben Sandwich recipe.

Find more seasonal recipes at Culinary.net.

Reuben Sandwich

Servings: 2
2 tablespoons butter, softened
4 slices rye and pumpernickel swirl bread
4 slices swiss cheese
6 ounces corned beef
2 tablespoons, plus 2 teaspoons, Thousand Island Dressing, divided
4 tablespoons sauerkraut
Heat nonstick skillet over medium heat.
Spread 1 tablespoon butter on one side of two

bread slices. Place buttered side down in heated skillet. Add two slices cheese to each bread slice. Spread 2 tablespoons dressing over cheese slices. Add 3 ounces corned beef to each bread slice.

Spread 2 teaspoons dressing over corned beef. Spread 2 tablespoons sauerkraut over corned beef.

Spread remaining butter on one side of remaining bread slices. Place buttered side up on top of sauerkraut.

Cook 4-7 minutes each side, flipping once, until golden brown and cheese is melted.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

A monkey attacked my face with his claws. (Metaphor. I live nowhere near monkeys.) My lips stuck out like a duck; all tensed up. (Simile. I am not a duck. I just looked like one.) I had a toothache in a cluster of my teeth that was both unbearable and unfamiliar. Sometimes the top teeth, sometimes the bottom. Mostly the right side, but the left was not immune. What to do?

Pay attention.

They'd ask me to describe the pain if I needed a dentist or doctor. Sharp? Dull? Throbbing? Constant? Or ebb and flow? Does anything make it better or worse? Position? Heat? Cold? etc.)

Here are more questions they often ask: Did it come on suddenly,

or was it more gradual? Does it radiate? On a scale of 1 – 10, 10 being the worst pain you've ever felt, how would you rate it? Does a cuddle from your puppy help? (Just kidding. That always helps.)

Make some notes on your phone or even with a pen and paper. (If you can find a pen and paper. Technology is taking over the world. But hey, there's always eyeliner and loo roll, right?) Take your notes with you when you go to your appointment. You might think you'll remember it all, but if your memory is anything like mine, you won't.

Going to the doctor with your answers preprepared saves time (giving the doctor more time to help you solve the mystery) and helps them gain respect for you as a patient. They'll better trust that you have a good sense of your body and the problem. This will help them take you seriously.

So...did you know that fibromyalgia can settle in your face? Also, I need a mouthguard because my overthinking and stressing about life and, well, monkeys, are rubbing my teeth raw.

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



Savory English Muffins

1 tablespoon light cream cheese
1 tablespoon crumbled turkey sausage, sauteed

1 egg
1 tablespoon basil, finely chopped
1 tablespoon balsamic glaze

Toast English muffins and top with desired combinations of toppings, such as: guacamole, tomatoes and cilantro; cream cheese, tomatoes and turkey sausage; or egg, tomatoes, basil and balsamic glaze.

Recipe courtesy of Healthy Family Project
English muffins
guacamole
cherry tomatoes
1 tablespoon cilantro, finely chopped

Classifieds

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



SCRAP METAL

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

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

WANTED

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

NOTICES

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

BOOK YOUR SPRING HIRING / RECRUITING CLASSIFIEDS NOW! Be seen in the 32 Weekly Manitoba Community Newspapers to get your messaging all over the province Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

FINANCIAL SERVICES

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

LAKESIDE FLIGHT ACADEMY

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

LIVESTOCK

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

GRAINLAND FOR RENT

151 acres cultivated crop land in the RM of Bifrost-Riverton. Land location SW29-22-4E. Land runs along east side of PTH #8 & RD 130 NE. Interested parties please call 204-376-5206.

FARMLAND FOR RENT

40 acres of summer fallow, 1 mile NW of Poplarfield. Ph 204-364-2405 or email: cbcherepak@live.ca

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: KRISTIN PHYLLIS KRISTJANSON, late of the Town of Arborg, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2500-360 Main Street, Winnipeg, Manitoba, R3C 4H6, on or before the 9th day of April, 2023. DATED at Winnipeg, Manitoba, this 3rd day of March, 2023. PITBLADO LLP Attention: Leith Robertson Solicitors for the Estate of Kristin Phyllis Kristjanson

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



Rural Municipality of FISHER

Box 280, Fisher Branch, MB, R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

NOTICE OF CHANGE

REGULAR COUNCIL MEETINGS

Notice is hereby given, under Clause 8.4 of the Rural Municipality of Fisher Procedures By-Law No. 1133/10 that the Regular Council Meetings scheduled on:

Wednesday, April 5, 2023 at 9:00 a.m. has been cancelled and is rescheduled for Thursday, April 6, 2023 at 9:00 a.m.

And

Wednesday, May 3, 2023 at 9:00 a.m. has been cancelled and is rescheduled for Thursday, May 4, 2023 at 9:00 a.m.

Dated at Fisher Branch, Manitoba this 3rd day of March, 2023

Kelly Marykuca, CMMA
Chief Administration Officer
Phone: (204) 372-6393 Ext 4
Fax: (204) 372-8470
Email: fishercao@mymts.net

EMPLOYMENT OPPORTUNITY



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

RESPONSIBILITIES:

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

QUALIFICATIONS:

- Welder experience
- Positive, safety-conscious attitude
- Able to work with others in a team
- Punctual and willing to work
- Must be in good physical condition, able to lift 50 lbs.
- Able to climb stairs, ladders, and rough terrain

We offer a comprehensive benefits package and competitive compensation based on experience and knowledge.

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

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

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

Remember Your Loved Ones with an Announcement in the



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



RURAL MUNICIPALITY OF ROSSER EMPLOYMENT OPPORTUNITY

The Rural Municipality of Rosser is seeking applications for the following positions for the spring/summer of 2023:

Green Team Worker

- > Must be between the ages of 16 - 29
- > Have a valid driver's license.
- > Physically fit & motivated

Duties to include but are not limited to the following:

- > Mowing grass at various locations
- > General maintenance on municipal buildings
- > Clean - beautify throughout the municipality.

Wage: \$14.15 - \$18.50 depending on experience & qualifications

Competition will remain open until the positions are filled.

Please submit your cover letter, resume and date available to start to: Public Works Manager, Ken McMahon.

Rural Municipality of Rosser
Box 131
Rosser, Manitoba, R0H 1E0
fax: (204) 467-5958
e-mail: info@rmofrosser.com

The Rural Municipality of Rosser supports inclusivity and accessibility in the workplace. Reasonable accommodation is available to applicants with disabilities.



Sigvaldason Custom Application - Position Opening

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

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

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

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

Required Skills and Experience:

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

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

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

Deadline to apply is March 31, 2023

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

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EVERGREEN SCHOOL DIVISION
Invites applications for the following regular position, effective ASAP:

22.OP.23 **Bus Driver Regular** (approx. 4hr/day) – Gimli/Winnipeg Beach area

See website for details and application procedures: [http://www.esd.ca/Employment under Support Staff](http://www.esd.ca/Employment%20under%20Support%20Staff).

CLOSING DATE: March 13, 2023 (3:30 pm)

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

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

EVERGREEN SCHOOL DIVISION
Invites applications for the following regular position, effective April 3, 2023:

22.SU.10 **Secretary Regular** (7.5hr/day) – Riverton Early Middle School

See website for details and application procedures: [http://www.esd.ca/Employment under Support Staff](http://www.esd.ca/Employment%20under%20Support%20Staff).

CLOSING DATE: March 13, 2023 (3:30 pm)

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

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

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 - Dedicated truck
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 - Reset at home
 - Weekend home time
 - Paid training
 - Referral program

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

McSherry Auctions

12 Patterson Dr., Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving

Closes Wed. Mar. 15 @ 7:00PM

Estate & Moving

Closes Wed. Mar. 22 @ 7:00PM

McSherry Man Cave Auction

Signs, Coke Machine, Gas Pumps, Toys

Closes Sat. April 1 @ 10:00AM

McSherryAuction.com

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EMPLOYMENT OPPORTUNITY

Riverdale Place Workshop Inc. requires a **SPECIAL CARE SUPERVISOR**

Monday, Tuesday, Thursday 8:30a.m. to 3:30p.m. and Friday 8:30a.m. to 4:00p.m.

Pension plan and benefit plan provided. To provide one to one care and assistance with daily activities to a person with disabilities. First Aid course provided. Criminal Record Check and Adult Abuse Check required. Additional details and information about the job is available at the workshop.

Please send resume or drop off at the workshop to

Alex Janower, Manager
Riverdale Place Workshop Inc.
Box 609 Arborg MB. R0C 0A0
Tele- 1-204-376-5584
Fax- 1-204-376-5584
email riverdalew@mymts.net

Reporter/Photographer Wanted

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

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

Qualifications:

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

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

Lana Meier
Email: news@stonewallteulontribune.ca



Eddie's Gravel Supply Ltd. is Hiring

END DUMP TRUCK DRIVER

Class 1 or Class 3 Part Time and Full Time Experience Required \$60,000-\$70,000 per year 204-389-2023

info@eddiesgravel.com
102086 Hwy #9 Winnipeg Beach, MB



POULTRY FARM FOR SALE \$8,200,000

Broiler farm near Steinbach with 66,546 kgs/cycle broiler quota. Modest 3 bedroom home, 2 main barns and 2 overflow barns. Situated on 20 acre yard site.

BEEF FARM FOR SALE \$1,200,000

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

Contact agents

Sheldon Froese at 204.371.5131 or Stacey Hiebert at 204.371.5930
www.farmdivision.ca



ATTENTION FARMERS AND RANCHERS

Plan to attend the Bred Cow and Bred Heifer sale Saturday, March 18th at 1:00 p.m. Ashern Auction Mart

Herd reduction of Will and Nick Olszowka

200 mixed cows 60 percent black 30 percent red, 10 percent Black Bred to Black Angus and Simmental bulls Turned out July 1st (April 9th start date) Full health program: bovishield in fall, tasvax yearly, ivermectin Scourguard

Bred heifers for Joel Lesann

40 Angus heifers Bred to Black Angus bulls Start calving in March Full health program:

Scourguard, Bovishield in spring

Complete dispersal sale of Glenn Gudmundson

20 mixed cows Bred to Black Simmental bulls Start calving March 20th Full health program Bvd in the spring

Other consignments welcome

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

CORRECTION

The following is a correction to the Access Credit Union legal notice which was published on February 27, 2023:

NOTICE OF ANNUAL GENERAL MEETING MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION ANNUAL GENERAL MEETING

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

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

All eligible members wishing to participate in the Annual General Meeting are required to register online at www.accesscu.ca prior to April 18, 2023, at 4:00 P.M. CDT.

More information about the virtual Annual General Meeting can be found at: www.accesscu.ca.

DATED this 9th day of March 2023
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



Classifieds

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



EMPLOYMENT OPPORTUNITY



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

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

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

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

Required Skills and Experience:

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

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

Kyle Foster, Kyle@fosterag.ca

Deadline to apply is March 10th, 2023

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



Rural Municipality of
FISHER

INVITATION TO QUOTE

The Rural Municipality of Fisher Bid Hourly Equipment Rates

The Rural Municipality of Fisher is inviting quotes for hourly rates for various equipment for the purpose of establishing pay rates for 2023 construction and maintenance season.

Quotation forms may be obtained at the RM of Fisher office, 30 Tache Street, Fisher Branch, Manitoba. Please return to the RM Office in person or email: rmoffisher@mymts.ca

Deadline for proposals is 12 noon, April 3, 2023

Rural Municipality of Fisher
30 Tache Street; Fisher Branch, MB, R0C 0Z0
Phone: (204) 372-6393
Fax: (204) 372-8470

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

NOTICE TO CREDITORS

In the matter of the Estate of **ZOLTAN RAGALYI**, late of Gimli, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St Suite 500, Winnipeg, MB, R3C 5R9 on or before the 13th day of April, 2023.

Dated at Winnipeg, Manitoba, this 2nd day of March, 2023.

NICOLE HAMILTON
Public Guardian and Trustee of Manitoba

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204-467-5836

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- Half-conscious states
- Unnatural
- Deep regret
- Rogue
- Taken without permission
- An alternative
- After B
- Partner to flowed
- Weekday
- Body part
- World's longest river
- One of the Greats
- Make clean
- C. Canada indigenous peoples
- Japanese seaport
- Most unclothed
- Small grouper fish
- Soluble ribonucleic acid
- Distinguishing sound
- French realist painter
- Popular beer brand
- Views
- God depicted as a bull
- Relieve
- Residue after burning
- Habitation
- Poe's middle name
- Japanese title
- TV series installation (abbr.)
- Beloved country singer
- Single unit
- Genuine
- Develop
- Traveled through the snow

CLUES DOWN

- Clues
- Do again
- Current unit
- Neither
- Corporate exec (abbr.)

1	2	3	4	5	6	7			8	9	10	11	12	
13										14				
15							16	17	18				19	
20						21						22		
23						24					25			
26			27	28	29					30				
			31							32				
										34				
35	36	37						38						
39						40						41	42	43
44						45						46		
47						48						49		
50						51					52	53	54	
55			56								57			
58											59			

- Second sight
- The absence of mental stress
- Supplemented with difficulty
- Stop for good
- College dorm worker
- Bones
- Most supernatural
- Spanish island
- Unlimited
- Where golfers begin
- No charge
- Print errors
- Professional drivers
- Kiss box set
- Short, fine fibers
- Administers punishment
- Czech city
- Normal or sound powers of mind
- The academic world
- Crustacean
- Currency
- Pastoral people of Tanzania or Kenya
- Cloth spread over a coffin
- Grouped together
- On land
- Glistened
- A type of extension
- One who assists
- College sports conference
- Zero
- Midway between northeast and east
- Type of screen
- The 13th letter of the Greek alphabet

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Zag Fab Boats
is looking to fill the following
full time positions.

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Jim (204) 378-5314 or
email jim@zagfab.com

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Summer Employment Opportunities

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

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

 **ASHERN** #5 STEENSON DR.,
DENTAL ♦ CENTRE ASHERN

(204) 768-2730

RECEPTIONIST REQUIRED

We are looking for a full time office receptionist at Ashern Dental Centre.
Full training will be provided. Starting wage \$30/hr.
Kindly send resume to: Audichad@yahoo.ca
For further information call: **204-768-2730**

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

www.mcna.com

 Rural Municipality of **FISHER**

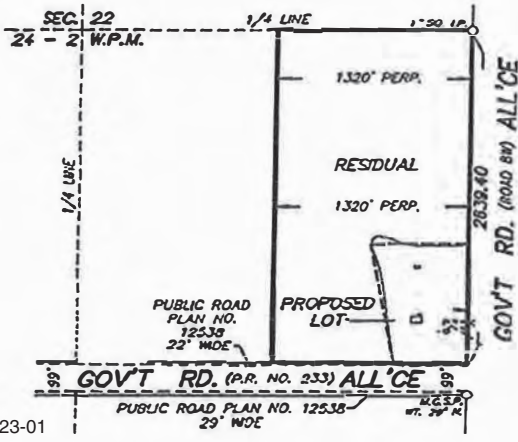
UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING
Variance Order
[V 2023-01]

The Rural Municipality of Fisher under the authority of The Planning Act, will hold a PUBLIC HEARING March 16, 2023 at 6:00 pm, RM of Fisher Council Chambers, 30 Tache Street, Fisher Branch at which time and place Council will receive written or verbal representations from the applicant and any persons who wish to make them in respect to the following application matter:

Application for Variance Order under the Rural Municipality of Fisher Zoning By-law 1055/00.

Where: SE 22-24-2W
Property Owner: Patricia Wishnowski
Applicant: Samuel Golas
Proposal: Proceed with Subdivision to vary the site area for the residual lot from the minimum 80 acres to 67.65 acres.

Zoning: AG
Area: SE 22-24-2W



A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from, upon request.

For information contact:
Kelly Marykuca, CMMMA
Rural Municipality of Fisher
30 Tache
Fisher Branch, MB R0C 0Z0

HIRING OFFICE ADMINISTRATOR 

Community Futures East Interlake (CFEI) is a business and community economic development non-profit organization serving the East Interlake Region.

We are seeking a talented Office Administrator. The position is 37.5 hours per week and requires the position to be working from the office located at 62-2nd Avenue, Gimli, Manitoba. Reporting to the General Manager, the Office Administrator will provide the bookkeeping duties, loan administration management (including file maintenance, initial collection and recording of payments), website updates and act as the secretary recording and distributing information with and for a volunteer board. The successful candidate will be required to provide a satisfactory criminal record check and vulnerable persons and child abuse registry check prior to employment.

Your skills include –

- Exceptional Interpersonal/Communication Skills – Written and Oral
- Strong Organizational/Time Management Skills
- Computer Skills – Microsoft Office, QuickBooks, All-Net Meetings
- Accounts Payables and Receivables
- Bookkeeping- Including Understanding of Non-profit Accounting
- Understanding of Financial Statements & Budgets
- Ability to work with little or no supervision
- Ability to learn and be adaptable
- Strong attention to detail and high level of accuracy.
- Ability to set priorities, demonstrated initiative, sound judgment and a very strong work ethic are essential.
- Demonstrated experience dealing with confidential and sensitive information
- Valid class 5 driver's license and own vehicle will be necessary, as travel within the East-Interlake region is occasionally required.

If you want to contribute to the East Interlake region, make a difference in the lives of entrepreneurs and business owners, work in a team atmosphere, and effect positive change, then our Office Administrator position could be perfect for you.

Salary Range (Depending on Experience): \$45,400 to \$50,572 per annum, including comprehensive benefits package.

Interested candidates have until **4:30 PM, March 15, 2023** to submit their resume and cover letter to:

Community Futures East Interlake Inc.
Box 1620, Gimli, MB R0C 1B0
Attention: Tammy Dziadek
Email: tdziadek@eastinterlake.com
Detailed Job Description located on our website at: www.eastinterlake.com

Community Futures East Interlake welcomes applications from people with disabilities. Accommodations are available upon request during the assessment and selection process.

Only selected individuals will be contacted for interviews. We thank you for your interest and application.

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CARD OF THANKS

Our families want to thank the following who attended at a major fire on our farm this past week.

The first responders and the Arborg Bifrost and Fisher Fire departments who arrived ASAP to help contain the blaze; the RCMP for their support; the firefighters who stayed well into the day to make certain that there was no opportunity for the fire to spread. We also want to thank our neighbor who woke us at 4a.m. advising of the fire.

Thanks to all who have shown their support and concern.

-The Uruski families

ENGAGEMENT



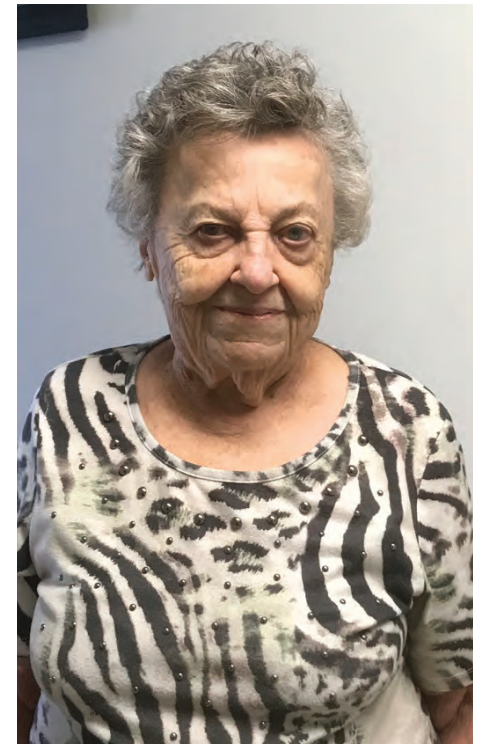
Jeff and Liz Bjornson of Riverton are happy to announce the engagement of their daughter, Hannah Victoria to Ryan James Adamik, son of Jim Adamik and Rose Horvat of Arborg. A June 2023 wedding is planned. A Bridal Shower will be held April 1st at 1 p.m. at Riverton Curling Club. Registered at Arborg Home Hardware and Myregistry.com. Donations accepted at Arborg Home Hardware and Riverton Co-op.

SHOWER ANNOUNCEMENT



Please join us for a Come & Go Bridal Shower in honour of Tessa Johnson bride elect of Tyson Rudney at the Minerva Hall in Gimli, March 25, 2023 between 1-4 p.m. Tessa is registered at myregistry.com and donations are being collected at the Arborg Co-op Grocery Store. Social to be held at the Gimli Rec Centre on May 20, 2022.

BIRTHDAY



Happy Birthday - March 7th
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OBITUARY



Dr. Allan Herbert (Al) Kristofferson BSC, MSC, PHD, MSM
May 20, 1950 – February 26, 2023

In the early morning of February 26, Allan passed away after a valiant fight with cancer.

Allan was born and raised in Gimli, and his love for Lake Winnipeg was evident in his 20 plus years of efforts to save the Lake.

He is survived by his wife and best friend Arleen, and his beloved dog MAX, as well as many family and friends.

As per his wishes there will be no formal funeral service.

In lieu of flowers, donations in Al's memory may be made to The Lake Winnipeg Research Consortium Box 1289, Gimli MB, R0C 1B0.

Condolences may be left at visit www.neilbardalfuneralhome.com.

Rest well Elskan



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IN MEMORIAM



John B. LeTexier
 March 13, 2008
 Gone for 15 years, but never forgotten.
 -Love,
 Your family

IN MEMORIAM

Jim Blahey
 March 10, 2022
 If I could write a story,
 It would be the greatest ever told;
 Of a kind and loving father,
 Who had a heart of gold.
 I could write a million pages
 But still be unable to say;
 Just how much I love and miss you,
 Every single day.
 I will remember all he taught me,
 I'm hurt but won't be sad;
 Coz he'll send me down the answers,
 And he'll always be my dad.
 Miss you.

-Love your son,
 Jeffrey

IN MEMORIAM



Jim Blahey
 January 1947 - March 2022
 These strong hands stopped working
 A year ago.
 We miss your smile.
 He loved his life and family.
 We have great memories.
 Our lives are not complete without you.
 -Love always,
 Gail and Jeffrey

IN MEMORIAM

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

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OBITUARY



Dolores Katherine Olyarnick (nee Bezdiety)
 It is with the heaviest of hearts that we announce the passing of Dolores Katherine Olyarnick (nee Bezdiety), of Gimli, Manitoba, at age 80, in the early hours of the 5th of March, 2023, in her home surrounded by family.
 Dolores will be missed dearly but lovingly remembered by her husband of 59 years Michael, son Dale, daughter Leanne with her husband Michael, and by her beloved grandchildren Brandi, Nickolas, Cameron, Parker and Nathan, as well as by great-granddaughter Charlee. She is survived by her brother Richard (Ann); brother-in-law Gerry; sisters-in-law Mary, Nancy (Ed), and Linda.
 She was predeceased by her parents Nellie and Bernard Bezdiety, parents-in-law Nicholas and Teenie Olyarnick, sister Jeannette and brothers-in-law Philip and Peter.

Born Sept 25th, 1942, Dolores grew up on her family farm with brother Richard and sister Jeannette and attended school in Willow Creek. She met and fell in love with a boy from down the road, and on August 23rd, 1963, Mike and Dolores were wed. Together they built their family home and business down Parkside Road in Gimli. Almost a decade's worth of experience working with the Gimli Airforce Airport paved the way for Dolores's office savvy in their new business.
 Family meant everything to Dolores. From Sunday morning breakfasts to holiday feasts, school concerts to generations of Ukrainian dance recitals, every birthday on the calendar to her beloved Christmas celebrations, Dolores was always happiest when she was surrounded by her loving family. And we, in turn, were all blessed by her bottomless well of love, support and guidance. Her love of cooking kept the table full of delicious meals, and she always had a cheesecake ready up her sleeve for the first signs that anyone was even thinking of heading out.

Dolores's infectious smile greeted everyone who entered Parkside Machine & Service Ltd, the family business that she ran with her husband, son and grandsons. Once you were inside, it was inevitable that you would be invited to sit a spell and enjoy some treats and warm conversation in Dolores's coffee corner.
 It's hard to believe that Dolores took any time for herself, but when she did, she raised beautiful flower gardens, produced the most intricately gorgeous paper toll pictures to ever grace a frame, spent countless hours supporting St. Michael's Church in North Foley, and danced a mean polka whenever the opportunity arose. Summer evenings were her absolute favourite, cruising along the lakeshore with the top down in her prized black Mustang.

We wish to express our deepest gratitude to friends and family for their love, sympathy and support.
 We also want to extend a great appreciation and thank you to the dedicated health care professionals, and especially Dr. Patel, for all their care and compassion.
 Donations can be made to Cancer Care in Dolores' memory, with our sincerest appreciation.
 A service honouring and celebrating Dolores's life will be held on Friday, March 10th, 2023, at 1:00 p.m. at Sacred Heart Church, N 5th Avenue in Gimli, MB, officiated by Father Buduykevych.
 Forever in our hearts, dearly missed, never forgotten.
 Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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Announcements



OBITUARY



Ronald Ewald Bittner
March 28, 1953 – December 28, 2022

Suddenly, on the evening of December 28, 2022, Ronald Ewald Bittner (RON) passed away.

Ron is survived by his wife Sharon Bittner; sons Jason Bittner (Victoria) and Jeffrey Bittner; grandchildren Corydon and Devin Bittner; brothers Lawrence, Bernard and Alfred Bittner.

He is predeceased by his parents Ewald and Hilda Bittner.

Ron was born March 28, 1953 in Winnipeg MB. He spent his entire life on a small farm and acreage in Birch Bay, MB near Hilbre, MB. In his early years he worked in Casper, Wyoming in the oil patch for a short stint. Once that job was completed, he moved home, settled down and married Sharon Yozenko in 1976. He worked many years for Charlie Ratz building roads and learning how to be a mechanic. In the early 90's he took a job working with

Albert Rohl in St. Martin, MB. He assisted in the day-to-day operations on Rohl Farms until he retired. He met a lot of great people there and gained a vast knowledge of grain farming. Ron got into custom leaf cutter bee pollination of alfalfa crops with his good friend Alvin Denhard in Silver Bay. Ron started a small engine repair business called Ron's Repair. He also operated a grain farm with his son Jason.

Ron had a passion for hunting, fishing, snowmobiling, track-trucking and laughing with friends in his garage. In the summer you could find him boating on Lake St. Martin. In the winter you would find him chasing Jack fish with his commercial nets. Ron was extremely proud of his two boys Jason and Jeff. Sharon always felt comfort knowing Ron was by her side through sickness and in health. He had a kind heart and always took the time for anyone. He was a well-respected member of the community and will be sorely missed.

We would like to express our gratitude to brother Lawrence Bittner for his unwavering support and friendship throughout Ron's final years.

Sympathy cards can be sent to: Box 7, Hilbre, MB, R0C 1L0.

As per Ron's request, cremation has taken place and a Celebration of Life will be held at 1:00 p.m. on Saturday, March 25, 2023 in the Faulkner Hall. Service will conclude at the hall.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593



Joseph Edward Skibinsky
February 10, 1925 - February 18, 2023

Peacefully with his loving wife and family by his side, our dad, Joseph passed away at the Arborg Personal Care Home on February 18, 2023.

Dad is lovingly remembered by his wife Joyce, daughters Marilyn (John), Joanne and son John (Lori); his grandchildren Tanya (Sheldon), Jared (Chelsey), Jason (Amy), Jenelle (Kevin), Jaclyn (Rob), Jodi (Matthew) and Brittany (Tyson); his great-grandchildren Kinley, Kayden, Wyatt, Randi, Emily, Adam, Elizabeth, Katherine, Jane, Leah, Kyle, Hailey, Chloe, Colt and Oaklynn; his brother Frank Skibinski and brother-in-law Bill Kudelski.

Dad was predeceased by his parents John and Martha, brothers Walter and Edward, and in-laws Nick and Mary Kudelski along with many extended family members.

Dad was born on February 10, 1925 on the family farm in Fisher Branch, a town where he met the love of his life Joyce at a dance and were married on June 7, 1952. They moved to Hodgson, Manitoba and together wore many hats cutting pulpwood, buying and selling Seneca root, raising a herd of Hereford cattle and running the Esso gas station. However, Dad's greatest accomplishments was his children, grandchildren and great-grandchildren. There were many trips in the green van to Beaver Creek, Lake St. George and target shooting at the gravel pits.

Dad's hobbies included his passion for reading current affairs and was fondly known as "The Professor" of the family. He was also never seen without his camera at hand and left a library of many fond memories for his family, friends, and community.

Dad was very proud of his Ukrainian Heritage and love of Ukrainian Music. The Polka Party was a staple in our household weekly.

Dad also looked forward to weekly Facetime sessions with family friend Dennis Nykoliation who played the violin for him which was greatly appreciated by Dad and the family.

In memory donations can be made to the St. Nicholas Ukrainian Catholic Cemetery, PO Box 130, Fisher Branch, Manitoba R0C 0Z0.

The family would like to thank Dr. Nazeem and Fisher Funeral Home for their care and compassion.

Cremation has taken place and a private family service will be held at a later date.

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