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VOLUME 8 EDITION 2 THURSDAY, JANUARY 14, 2021

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Do More for mental health

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Foster Ag Services staff (from left) Kiah Bobbee (site operations manager), Kyle Foster (owner) and Bailey Sigvaldason (sales agronomist) helped bring the mental health webinar to the Arborg-Bifrost-Riverton area as a way to support local farmers.

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Manitobans living with dementia share their stories

'I live with dementia.
Let me tell you more.'

Submitted by Samantha Holland, Alzheimer Society

Manitobans living with dementia share their stories to create understanding and reduce stigma in Alzheimer Society campaign: "I live with dementia. Let me tell you more."

Over the past three years, the Alzheimer Society has highlighted stories of Manitobans who live with dementia in an effort to tackle the ongoing stigma associated with the disease. Some have the disease themselves, and others are family caregivers or friends.

"With the current pandemic situation, we have to practise social distancing and wear masks," says Manitoba resident Tara Liske, whose dad was diagnosed with early onset dementia four years ago at the age of 64. "My mom, especially, finds this hard because she can't touch Dad or give him a kiss when she leaves."

Tara is one of many Manitobans who have courageously stepped forward with their personal stories in the Society's campaign, "I live with dementia. Let me tell you more," which launched

Monday, Jan. 4 as part of Alzheimer's Awareness Month. She says, "Reach out and talk about the diagnosis. We had so many family and friends come forward with their own stories."

Research indicates that one in four Canadians would feel ashamed or embarrassed if they had dementia. The campaign gives a voice to Manitobans with dementia who are frustrated by the constant assumptions and misinformation associated with the disease.

"By providing a platform for Manitobans to share their stories, we can cultivate empathy and compassion. Often, others see themselves in the stories we share, which helps them realize they are not alone," says Wendy Schettler, CEO, Alzheimer Society of Manitoba. "Too often, negative feelings, attitudes and stereotypes surrounding dementia dissuade people from seeking help and discourage others from lending their support."

Since the launch of the campaign in 2018, over 85 Canadians with dementia, including caregivers, have taken a stand against the stigma associated



EXPRESS PHOTO SUBMITTED

The Alzheimer Society campaign is sharing stories of Manitobans living with dementia with hopes of people gaining a better understanding and to reduce the stigma for those living with the disease.

with the disease.

Joining Tara in this year's campaign are:

- Nancy, whose husband, Randy, was only 53 when they first noticed signs that he may have dementia. "He can't change the way he's thinking or behaving, but I can change the way I respond."

- Tannis, whose mom had Alzheimer's disease before she passed away June 2018. "Even though she couldn't communicate anymore, in my eyes, she was still my mom."

- Gary, a retired teacher diagnosed with Alzheimer's disease almost eight years ago. "I still ride my bike, take my dog on walks and read the paper."

More than 23,000 Manitobans are

living with dementia today, excluding the thousands of family members who provide direct care. In the next 12 years, it's projected that nearly a million Canadians will have dementia. The Society encourages families living with dementia to connect with their local Alzheimer Society for help and support.

"The number of Manitobans with dementia is soaring and COVID-19 has brought new challenges families must now face," says Schettler. "Support from the Alzheimer Society and our surrounding community is more important now than ever before."

To read the stories of these four Manitobans and to find out how you can help reduce the stigma, visit www.alzheimer.mb.ca/ilivewithdementia.

Clarification

Staff

In the Jan. 7 edition of *The Express Weekly News*, a story titled "Fisher RM laggard on library" was published with a number of errors.

Under the "Conflict of interest?" subhead, the statements, "Thomas Pyziak is husband to the RM of Fisher Reeve Shannon Pyziak. Ward 3 Councillor Ron. Gagaluk's daughter is married to farmer Richard Woloshyn," appeared.

The *Express* incorrectly published these community connections to council.

The paragraph should have read:

Farmer Thomas Pyziak is husband to the RM of Fisher Reeve Shannon Pyziak.

Ward 3 Councillor Ron Gagaluk's daughter is married to farmer Richard Woloshyn's son. Ward 7 Councillor Clint Webb is married to farmer Richard Woloshyn's daughter.

Under the same subhead, Council-

lor Tom Nevakshonoff's comments were accidentally and unfairly published without approval. For that, *The Express*' staff apologizes.

Nevakshonoff's only comments intended for publication should have read:

Of note, RM of Fisher Councillor Tom Nevakshonoff mentioned the Farmland School Tax Rebate which was introduced in 2004. Nevakshonoff served as part of the provincial NDP government that created the Farmland School Tax Rebate prior to his defeat in 2016.

The maximum rebate is up to 80 per cent of the paid farmland school taxes and is limited to \$5,000 per taxpayer, which includes all related persons of that taxpayer.

"It wasn't an attempt to give farmers a tax break," said Nevakshonoff. "We were creating room for municipalities to have the capacity to create public services such libraries or other things."

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Travellers, truckers and tourists can now fill up at Narrows Sunset Lodge

By Patricia Barrett

It had been in the works for about a year and a half, and after a “nightmare” involving the holding tank, the Narrows Sunset Lodge on the east shore of Lake Manitoba finally has the gas pumping.

Lodge owner Irv Koch said he couldn’t be happier as both he and permanent residents in the Narrows region no longer have to drive miles to fill up.

“It’s going to benefit this area tremendously because people who live here had to travel to Ashern to fill up and take five-gallon gas containers or they had to go to Sainte Rose du Lac [near Dauphin] or Eriksdale,” said Koch by phone last week. “This is really big for us. All the people all around here kept asking me, ‘When are you going to get gas?’ They’re thanking me now.”

People used to have to drive to Ashern, which is a half-hour drive, or Eriksdale, which is about three quarters of an hour away.

Koch had two pumps installed to accommodate four vehicles at one time. He sells regular, premium and diesel.

His newly renovated lodge is located just off Highway 68 — the main route (via a bridge) to and from the east and west sides of Lake Manitoba. That brings him a lot of traffic all year round, he said. Lakeside pursuits include boating, swimming, open water fishing, ice fishing, hunting and hiking.

The main lodge has six rooms with all the conveniences, including a microwave and mini fridge, a conference/events room, pub, large restaurant, convenience store, liquor vendor and a beer vendor. Koch also rents chalets and full-service campsites.

“In the summer, the place is just booming. The resort brings a lot of people here,” said Koch, who assumed ownership of the lodge in 2018 and spruced it up. “It’s a really nice area up here. The sunsets are gorgeous, the water is clean and the fishing is good.”

Although provincial public health orders around COVID-19 have forced the closure of Koch’s pub and restaurant, he said the lodge is still surviving. It was busy during Thanksgiving and people are always stopping at the store.

“We get a lot of big trucks through here hauling stuff back and forth across the lake,” said Koch. “It will be convenient for them now to stop for gas.”

At present, Koch said he’s got ice fishers at the lodge. Ice fishing has always been a big draw, along with other outdoor wintry pursuits in the area. This year, Koch made a skating rink on the lake so that people can lace up and scoot around after a spot of fishing.

“I don’t rent out ice shacks or anything like that, but I’ve been cleaning the ice for skating. I get my tractor out there and clean it for them,” said Koch.

The gas pump project took about a year and a half to complete because of delays stemming from the holding tank being improperly labelled and having to obtain provincial permits and licensing, he said. The tank he had purchased had a label on it that showed a 15,000-litre capacity, but it turned out to be only a 10,000-litre tank.

“That was a real nightmare. In August when I was first able to sell gas, I had to stop right away and have the tank pumped out and a new one installed. But I finally got my permits,”



EXPRESS PHOTOS COURTESY OF IRV KOCH
Sunset Lodge at Lake Manitoba Narrows is celebrating the arrival of gas pumps. Pictured is the first person to fill up in August before a temporary shut-down and re-opening.

said Koch.

Koch is presently working on expanding his operation to try to make more camp sites. He’ll also be offering new products at the convenience store.

“We’re getting a new three-door freezer so we’ll be selling frozen

products such as meat, sausages and TV dinners,” he said. “We’re trying to improve things here all the time.”

For more information about accommodations and fun things to do, call the Narrows Sunset Lodge at 204-768-2749 or visit online www.narrowssunsetlodge.ca.



An ice fishing derby was held near the Narrows Sunset Lodge on Lake Manitoba.

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Arborg ag businesses de-stigmatizing mental health

Bringing literacy training to area farmers

By Patricia Barrett

Farming is said to be one of the world's most challenging occupations because of endless uncertainties around climate, crop yields and prices, which have always put a disproportionate amount of stress on those working in agriculture.

Recognition of mental health issues impacting the sector has slowly been gaining traction over the past few decades. With COVID-19 currently wreaking havoc across the globe and notching up overall stress levels, there's no better time than now to start talking about mental health.

Two Arborg-based agricultural businesses, the Bar Z Ranch and Foster Ag Services, are leading the charge to open up that conversation and to help educate ag producers about how to deal with stress.

They've teamed up with a national organization called the Do More Agriculture Foundation and will be acting as moderators for the foundation's free four-hour mental health webinar called Talk, Ask, Listen.

Theresa Zuk of Bar Z Ranch, a family-run cow-calf operation with its own beef-marketing arm called Bar Z Beef, said she realized that the everyday stressors faced by ranchers like her and other producers — and by people working in related fields such as veterinary services and farm equipment sales — can become a "big deal." And that compelled her to contact the foundation last year to see if they could offer a training session.

Farmers typically don't complain, said Zuk, but that doesn't mean they're immune to stress.

"We all know how to work hard and we all know how to put our noses to the ground. And that should be enough but it isn't anymore," said Zuk last week by phone. "I think so many people involved in agriculture accept they're in one of the most stressful occupations there is. There are so many factors affecting what we do — weather, markets, prices — and we have no control over them."

Those stressors can sometimes cause producers to ignore debilitating symptoms of stress or adopt unhealthy coping strategies such as alcohol and drug misuse when worries begin to really pile up.

"Financially, there's a lot of pressure on producers. There's pressure to grow the operation and get loans," said Zuk. "And you wonder, 'Am I making the right decisions? How will this affect my bottom line?' And stress also spirals down to your busy season

when you're working longer hours and you're getting less sleep. You can get caught in a gruelling rut that you can't step away from and it can become your norm — and not necessarily a healthy norm."

Other stressors include family relationships, as many farms are family-run, succession planning and difficulties communicating with workers in the pasture or with customers as there is either poor or non-existent cellular and Internet services in many rural areas of Manitoba, including near Arborg.

COVID-19 has to "some extent" added to producers' troubles, said Zuk, mainly by affecting markets for their products, but she wouldn't necessarily say it has been the prime mover as "every little thing can affect the market."

The not-for-profit Do More Agriculture Foundation encourages, supports and empowers producers to care for their mental well-being as they're among the "most vulnerable when it comes to mental health issues," according to the foundation's website. It recognizes that farmers shy away from speaking up about mental health and tend not to reach out for help.

Zuk said that reluctance comes down to pride, self-image and stigma surrounding mental health issues.

"With farming it's such a pride thing," said Zuk. "We just get on with it."

She said anyone in the province can register for the free webinar, which will be broadcast via Zoom and taught by a qualified mental health professional. But the program is focusing on the Arborg-Bifrost-Riverton area as there are workshops being offered elsewhere in Manitoba.

The webinar will help participants identify signs of anxiety, stress, depression, substance abuse and other mental health issues, how to have a conversation about them and how to access support.

"Part of the webinar will also talk about self-care. Sometimes you need to step away, but you have no idea how hard that is for farmers and ranchers because this is what we do 24-7," said Zuk. "And we don't leave it at the door at 5 o'clock. We bring it to the supper table and we bring it back out to the field."

Webinar participants who may feel embarrassed don't have to show their faces on Zoom; they can just listen in.

Zuk said she worked closely with Kiah Bobbee of Foster Ag Services to



EXPRESS PHOTO COURTESY OF BAR Z RANCH AND BAR Z BEEF
Cattle ranchers (from left) Theresa, Jason, Garrett and Sawyer Zuk run the Bar Z Ranch and direct marketing beef business, Bar Z Beef. They've teamed up with Foster Ag Services and the Do More Agriculture Foundation to raise awareness of mental health issues in agriculture.

bring the webinar to their region. Foster Ag is a seed and chemical retailer and provides agronomy services. The company invests in the community by making donations to the Reechka Ukrainian Dance Club, the curling club, local schools and other initiatives.

Bobbee, who is the company's site operations manager, said mental health is an important issue in the agriculture sector and Foster Ag wants to help get it out in the open to normalize it.

"We think it's an important topic that's not discussed enough, and we like to be involved in these types of conversations to show our customers that we're not just selling them a product, but we also care about them as people," said Bobbee by phone. "We want everyone to be in the best health as possible — both physically and mentally."

Bobbee said farmers in the Arborg and Bifrost-Riverton area grapple with weather extremes that cause a great deal of stress.

"The past couple of years we've had drought. But before that, at the other end of the spectrum, we had flooding and too much rainfall," said Bobbee, who grew up on a farm and whose husband's family are farmers. "And lots of time we get a late frost in the spring which can kill off crops, and they have to be re-seeded, which is an added stressor that nobody likes dealing with."

The stressors affecting farmers, along with the impact on their mental health, have been well documented by researchers, who have called for tailored supports for the industry.

Researchers at Brandon University and the University of Calgary examined Manitoba farmers' finan-

cial and health concerns, uncontrollable events, family stress and coping mechanisms in a 2010 study titled "A qualitative analysis of suicide ideation among Manitoba farmers" in the *Canadian Journal of Counselling*.

They found farmers, on the whole, cite pride as a factor in their unwillingness to seek help for emotional troubles. And male farmers, who are "typically socialized to be independent and emotionally removed," expressed suicidal thoughts more often than female farmers.

Another Canadian study, titled "Tailored mental health literacy training improved mental health knowledge and confidence among Canadian farmers" in the *International Journal of Environmental Research and Public Health*, evaluated a training program dedicated to teaching farmers about mental health issues.

The 2020 study found that the training program "improved participants' self-reported mental health knowledge and confidence in recognizing mental health struggles, speaking to others, and helping others who are struggling."

At the federal level, there is recognition that mental health supports in rural areas are lacking. The Standing Committee on Agriculture and Agri-Food released a report in 2019 titled "Mental health: a priority for our farmers," in which it found mental health issues to be "prevalent" in the industry and caused by factors that include environmental challenges, weather, market fluctuations, debt, paperwork and regulations.

Although supports such as telephone crisis lines and professional counselling do exist, they're "not

MLA Johnson named Municipal Relations minister

By Evan Matthews

Last week saw one more Interlaker added to the premier of Manitoba's circle of trust, as MLA for Interlake-Gimli Derek Johnson was named as the minister of Municipal Relations.

While Johnson has never served as a member of the provincial cabinet, he said his political experience will transfer over to the new role quite well.

"I'm always available to my constituents. If you get back to people and hear them out, people appreciate it, but not all your calls are invites for tea and crumpets.

"As an MLA, people only typically call you when they're upset about something," said Johnson.

"But everybody has the right to be heard. If I miss them, I call them back. I'm readily available and accessible, and that has been a very successful component to my politics through the years," he said, emphasizing his abilities to build relationships.

Having the trust of constituents, according to Johnson, is the most integral aspect of being an effective politician.

He said it has been his many conversations with Interlakers — both in good and bad times — that has earned him the confidence of the electorate to help navigate the region through what has been extremely difficult times.

"It's that same type of dialogue, that same approach, that will apply as the minister of Municipal Relations when interacting with the Association of Manitoba Municipalities or to the mayor of Winnipeg," said Johnson.

"There are very strong personalities in leadership roles in all 137 municipalities in Manitoba, and I need to build relationships with all of them and their councils."

He emphasized relationship building is his No. 1 priority in the new role.

Johnson said his first order of business was to reach out to the mayor of Winnipeg, Brian Bowman, and began dialogue on a number of issues.

Johnson takes over the Municipal Relations portfolio from former Minister Rochelle Squires, who has been shuffled to the families department.

Ministers are named to their respective portfolios by the Manitoba pre-

mier, after MLAs earn the premier's trust within government by exemplifying excellence in other roles; in Johnson's case, his roles within the treasury board and as party whip.

Minister Johnson's bio

Having originally served as a councillor in the RM of St. Laurent in 2010 until 2014.

During his term on council, his responsibilities included Finance, Drainage and Emergency Services. He also served on the board for the West Interlake Planning District.

Johnson earned his local reputation during the unprecedented flood of 2011, he said. In the aftermath of the flood, he lobbied for flood prevention infrastructure from the provincial government and worked to secure funds from the Manitoba Emergency Measures Organization.

"It took years; re-building was a huge part of that. We lost 50 per cent of our assessment that year when the windstorm came up and washed a number of cottages away," said Johnson.

"It wasn't just the RM's assessment



EXPRESS PHOTO SUBMITTED
MLA Derek Johnson has been named to the role of minister of Municipal Relations by Manitoba Premier Brian Pallister.

that got washed away; it was people's lives and life savings. That was the

Continued on page 10

Agricultural Crown land auctions to be held online

Submitted by Manitoba government

The Manitoba government announced a new, modern online approach to agricultural Crown land lease auctions beginning in February, Agriculture and Resource Development Minister Blaine Pedersen said Monday.

"By modernizing our approach to service delivery we are better able to meet the needs and expectations of our clients," said Pedersen. "The new, online auction format will ensure we

can offer all Manitobans the opportunity to rent additional lands that will support their farming operations."

A number of agricultural Crown land parcels will be available to rent for haying, grazing or cropping. The official listing of agricultural Crown lands available for rent can be found at https://resd.ca/leases_and_permits/LPproperties.aspx.

The online auctions will be hosted by Garton's Auction Service from Feb. 8 to 12, with further information to fol-

low on <https://gartonsauction.com/>.

Allocating agricultural Crown land leases by way of a public auction is part of the modernization of the Agricultural Crown Lands Program, the minister noted. These leases and permits are available to farmers and ranchers, to provide an additional land base on which to conduct agricultural activities. The Agricultural Crown Lands Program supports the sustainable expansion of the livestock herd in Manitoba, contributes to eco-

logical goods and services, and supports mitigation and adaptation to climate change.

More information on the upcoming auctions can be found at https://resd.ca/leases_and_permits/LPproperties.aspx or by contacting the Agricultural Crown Lands Program by email at agcrownlands@gov.mb.ca or by calling 204-867-6550 or 1-844-769-6624 (toll-free).

> MENTAL HEALTH, FROM PG. 4

enough," according to the committee.

"Access to mental health care is still limited in rural areas, health professionals are still not familiar with the unique nature of agriculture, and current efforts to help farmers are not consistent across the country," states the report.

Recommendations include efforts to "better tailor mental health care and insurance coverage to farmers' specific needs," to invest in educating those who work with farmers to "detect the signs of psychological disorders and distress" and to have the federal government "accelerate the deployment of high-speed Internet infrastructure in Canada's rural and remote regions."

In Manitoba, currently, there is a dedicated confidential counselling line (toll free 1-866-367-3276) for farmers called the Manitoba Farm, Rural & Northern Support Services, which is run by Winnipeg-based charity Klinik Community Health.

Zuk said bringing the Do More Agriculture Foundation's

webinar to the Arborg region will hopefully break down the barriers surrounding mental health.

"In society as a whole, there is stigma around mental health," she said. "But as we bring the issues out in the open and learn how to talk about it, we can help our community cope much better."

Talk, Ask, Listen is scheduled for Feb. 18 from 9 a.m. to 1 p.m. and is free. For more information and how to reg-

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ister, email Theresa Zuk at Bar Z Beef: theresazuk@mynetset.ca or Kiah Bobbee at Foster Ag Services at kiah@fosterag.ca.

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Shed COVID stigma

By Evan Matthews

A community member I speak with regularly tested positive for COVID-19 a couple of weeks ago, as did the rest of their household.

After hearing the news, I responded by saying, "I'm so sorry to hear" and "It must have been a difficult couple of weeks. I hope everyone is doing OK."

It seemed like "the right" thing to say, honestly, but my response lacked thought.

"Why is everyone sorry to hear? Nobody would be sorry if I had bronchitis or a cold. Honestly, that's all it was; it was a really bad cold, but everyone is on the mend and OK," the person said to me. All of a sudden, I found myself thinking; the comment had sparked critical thought.

"We should be able to talk about it," this person said.

This is 100 per cent true: we should be able to talk about it.

Many of us are guilty of this stigmatization, whether we've come in to close contact with COVID-19 or not.

Referring to COVID-19 as a new-age

leprosy, this particular community member said the family's interaction with COVID-19 has impacted its association with the community, to some degree.

As soon we hear about one of our friends, family members or community members having had close contact or interaction with this newfound virus, the stigmatization seemingly begins immediately and innately.

Our society has heard a lot about COVID-19 over the last year or so, and so much of it has been scary; discussing transmission rates, death tolls and the restrictions imposed on and off for what has felt way too long.

Do we need to do our part in preventing unnecessary virus transmission by sanitizing and maintaining good hygiene, minimizing our travel, etc.? Yes, of course.

But we cannot afford to be afraid.

Our social connection as a society has taken a back seat to our prioritization of public health and safety, and for good reason, but our compassion should not.

We know the majority of people who



Call Patricia Barrett
1-204-407-6099
patricia@expressweeklynews.ca



Call Evan Matthews
1-204-990-9871
evan@expressweeklynews.ca

get this virus will recover; this isn't to slight or disrespect the many people who haven't.

We also know of the many people who are struggling with languishing mental health related to connection and social interaction, or lack thereof, over the last six months, specifically.

This isn't to say, due to a lack of social interaction, that you should run into the home of a family battling the symptoms associated with COVID-19, obviously.

But we can certainly talk about the virus and people's experiences. We can acknowledge there is no guilt or shame in having experienced this virus. We can acknowledge for many it's just a bad cold, but for others it can be much worse, and for that reason we all must do our part.

We can acknowledge how valuable social interaction and compassion from our communities can be in trying times.

If we're truly "in this together," now is the time to be there for one another. Don't be afraid to talk about things.

Letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Seeking public input in setting nutrient targets for Lake Winnipeg

My name is Robert T. Kristjanson from a commercial fishing family (all seasons) for 130 years.

Lake Winnipeg has never been in as bad a shape as it is now. You cannot keep penalizing commercial fishers for what the rest of you are doing. This is not only the Conservatives, the NDP or the Liberals who have done this. It has been done by

all you politicians.

If you want us in Manitoba to have the rivers and streams as they are in Ontario (as reported in the *National Geographic*. Our waters are as bad as the Love Canal in Ontario.)

Eighty per cent of the water south of Winnipeg and surrounding area has to be boiled before using. This comes from the farming industry

and the city of Winnipeg. Are all you politicians regardless of stripe trying for 100 per cent and then blame the commercial fishers?

I am sending information from the Lake Winnipeg Stewardship Board with all the names of the people who were involved in this great study that no politicians looked at and are now hiding away from.

Sincerely,
Robert T. Kristjanson
Order of Manitoba, Manitoba
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Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
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OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca
Patricia Barrett - Reporter/photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

ADDRESS

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Interlake-Eastern RHA records less than 100 cases last week

Staff

The current five-day COVID-19 test positivity rate is 10 per cent provincially and 8.8 per cent in Winnipeg. As of 9:30 a.m. Monday, 133 new cases of the virus had been identified, bringing the total number of lab-confirmed cases in Manitoba to 26,450.

Monday's COVID-19 data shows:

- 11 cases in the Interlake-Eastern health region;
- 34 case in the Northern health region;
- 28 cases in the Prairie Mountain Health region;
- 13 cases in the Southern Health-Santé Sud health region; and
- 47 cases in the Winnipeg health region.

The data also shows:

- 3,414 active cases and 22,295 individuals who have recovered from COVID-19;
- there are 162 people in hospital with active COVID-19 as well as 154 people in hospital with COVID-19 who are no longer infectious but continue to require care, for a total of 316 hospitalizations;
- there are 21 people in intensive care units with active COVID-19 as well as 16 people with COVID-19 who are no longer infectious but continue to require critical care for a total of 37 ICU patients; and
- the total number of deaths due to COVID-19 is 741.

Laboratory testing numbers show 1,566 tests were completed yesterday bringing the total number of lab tests completed since early February 2020 to 440,532. Case investigations continue and if a public health risk is identified, the public will be notified.

The Interlake-Eastern total case breakdown by district as of Monday, is as follows: A total of 1,952 cases, up by 78 from Jan. 4: 382 active cases, 1,536 recovered, 16 currently in the hospital with four of those in ICU and 34 deaths.

Arborg/Riverton 54 cases recovered; Beausejour 6 active cases, 118 recovered; Eriksdale/Ashern 56 active cases, 78 recovered and 8 deaths; Fisher/Peguis 39 active cases and 269 recovered, 3 deaths; Gimli 27 recovered; Northern Remote 80 active cases, 172 recovered and 2 deaths; Pinawa/Lac du Bonnet 52 recovered; Powerview/Pine Falls 84 active case and 48 recovered and 1 death; Selkirk 91 recovered and 2 deaths; Springfield 153 recovered and 11 deaths; St. Clements 13 active cases and 76 recovered and 1 death; St. Laurent 14 recovered; Stonewall/Teulon 6 active cases, 138 recovered and 4 deaths; Unknown District 81 active cases and 99 recovered and 1 death; Whiteshell 25 recovered and Winnipeg Beach/St. Andrews 8 active cases and 122 recovered and 1 death.

The chief provincial public health officer reminds Manitobans to self-isolate immediately at the onset of possible COVID-19 symptoms, no matter how mild. This means staying home from work, school or other daily activities. Testing should be done as soon as possible once symptoms appear. For information on COVID-19 symptoms and guidance on when you should get tested, visit <https://manitoba.ca/covid19/fundamentals/symptoms.html>.

Manitobans should only leave their homes for essential purposes. When leaving the house to obtain essentials,

be sure to physically distance, wear a mask in indoor public places and avoid crowded spaces. Do not leave the home if you are sick, or when any member of your family is sick. Further, do not socialize with anyone from outside your household.

Public health officials are also advising that if anyone is symptomatic, or has a household member who is symptomatic, the entire household needs to self-isolate pending COVID-19 test results. For health-care workers, exceptions may apply and staff may be able/required to report to work after contacting their workplace occupational health services or designate.

Code red restrictions remain in place until Jan. 22

Manitoba's COVID-19 numbers and hospitalizations are still too high to roll back restrictions, public health officials announced last week.

The code red/critical public health orders slated to expire Jan. 8 were extended another two weeks to Jan. 22.

That means the in-person sale of non-essential products remains restricted and non-essential businesses must continue to keep their doors closed to the public, relying instead on curbside pickup and delivery.

Dr. Brent Roussin, Manitoba's chief public health officer, said that while the previous eight weeks of restrictions had begun to lower Manitobans' COVID-19 numbers, the holiday season did lead to a spike in cases.

"We see 355 of our current cases linked to holiday gatherings, with almost 1,900 contacts," he said, adding that some of these gatherings saw

over two dozen people attend. "And so these numbers are certainly things we had to take into consideration when addressing these orders that are expiring."

Extending the orders will allow "us to continue to protect Manitobans, to continue to reduce the case numbers, continue to ease the hardship in the health-care system," Roussin said.

The extended public health orders did come with one modification to allow exemptions for professional hockey teams.

The Winnipeg Jets were already allowed to train under the old orders, with players and staff exempt from self-isolation rules.

The updated orders now extend those exemptions to all professional hockey teams to allow games as well as training.

"It's important to note that this is able to occur because of the strict protocols that are being put in place by the NHL," Roussin said, noting play is only taking place within Canada right now and all teams have detailed testing and exposure procedures in place. "This is a quite low risk to Manitobans."

Health officials will continue to monitor the case numbers and the strain on the health-care system in the weeks ahead to determine what will happen when the new public health orders expire in two weeks. They'll also be asking Manitobans for their thoughts on the ongoing restrictions.

"We're going to launch consultations with Manitobans for feedback on potential future changes to the order," Roussin said. "That's, of course, if our case numbers allow."

Manitoba sets out to vaccinate all care home residents

Staff

The provincial government is setting out to get the most vulnerable Manitobans vaccinated for COVID-19 as quickly as possible.

Premier Brian Pallister announced last week that Manitoba is embarking on a 28-day campaign to immunize all eligible personal care home (PCH) residents at 135 sites across the province with the first dose of the vaccine.

"We want to make sure that [care home residents] are looked after, because they're vulnerable," Premier Brian Pallister said at a press conference Jan. 6. "As we know, significant fatalities have occurred in personal care homes right across the world, and our folks that live in them deserve our protection and our love."

The PCH immunization campaign began on Monday with focused immunization teams visiting seven care homes in all five regional health authorities. In Southern Health-Santé Sud, residents of Boyne Lodge in Carman will receive the vaccine first.

The province expects to immunize 1,157 people this week and then expand the campaign to other care homes in the weeks ahead. An estimated 9,834 people live in Manitoba's personal care homes.

"By mid-March, every single eligible PCH resident will have received both doses and the fullest protection we can provide them with against this deadly virus," Pallister said.

The vaccine will be offered at all care homes, regardless of whether the

PCH has had an outbreak, is having an outbreak, or has never had an outbreak of COVID-19.

All eligible residents will be included in the campaign if they consent to be immunized. Residents will be offered the vaccine even if they have previously tested positive for COVID-19, as long as they do not have any other medical conditions that would exclude them from immunization.

In addition to the doses heading to personal care homes, the province is also sending thousands of doses to First Nations communities in addition to continuing to vaccinate eligible health-care workers at super sites in Winnipeg and, starting next week, Brandon.

The government is planning to have

approximately two per cent of Manitoba's population vaccinated by the end of January and four per cent by the end of February.

"WE WANT TO MAKE SURE THAT [CARE HOME RESIDENTS] ARE LOOKED AFTER, BECAUSE THEY'RE VULNERABLE,"

Fisher Branch and Teulon Ag offices closing in 2021

By Evan Matthews

While the Province of Manitoba's Agriculture and Resource Development Minister Blaine Pedersen announced a new rural service delivery model to modernize services last week, municipal governments suggest the new model will contribute to the death of small towns.

While the provincial government announced the closure of 21 farm service centres across the province, in the Interlake, agricultural service offices will close in Fisher Branch and Teulon.

The RM of Fisher Reeve Shannon Pyziak did not respond for comment by press time.

"On the call in which the province announced this decision to use, it sounded as though they made the decision based on the fact people have been working from home for so long now, it's clear they do not need an office space anymore.

"They're expecting people to access whatever they need online as opposed to in office," said Teulon Mayor Anna Pazdzierski.

"The province is going to save \$700,000 by closing out their leases on these buildings. But if someone can't access what they need online, they're going to have to drive to Arborg for

service," she said.

Aside from the inconvenience of driving, Pazdzierski said one additional empty building in any small town is just another nail in the coffin for small communities.

Pazdzierski expressed displeasure in the provincial governments handling of these closures, in that there was no consultation or heads up given by the province to the town.

"According to the minister, there will be businesses willing to move in to these spaces. Well, as far as I know, businesses are not knocking down the door to move in," said Pazdzierski.

"Our building is in a good location, so hopefully someone will be willing to take it over. But there was no communication. We received an email at 3:05 p.m. the day before our 10 a.m. meeting in which this decision was announced to us.

"The way this was handled is distressing. ... So did many others on the call, who expressed concern," she said.

The centres, according to the province, will continue to provide Manitoba producers with products and services offered by Manitoba Agricultural Services Corporation (MASC), an access point for permits and licences issued by the department, and department and general government

services program information and referrals.

"Meeting the needs of our clients with professional knowledge, current research and data, connections to appropriate links, and timely, unbiased information has always been a priority for our department," said Pedersen.

"The array of services that will be provided online, by telephone or in-person at agricultural service centres throughout the province will offer producers a convenient and client-focused means to access the programs and services that are available to them."

Effective April 1, Manitoba Agriculture and Resource Development will leverage existing synergies with MASC to offer a single window for Manitoba farmers and businesses seeking services provided by either organization.

Through the modernization of the department and MASC's physical footprint, 17 rural and northern offices will continue to deliver a multitude of services including:

- 10 agricultural service centres will provide insurance, lending, farmland school tax rebate and wildlife damage compensation services; handling of licensing and permits applications; and provide agriculture and

resource development program information;

- Five centres focusing on resource management, and;
- Two centres focusing on mineral or petroleum services.

The 10 agricultural service centres to remain open will be located in Arborg, Brandon, Dauphin, Headingley, Killarney, Morden, Neepawa, Portage la Prairie, Steinbach and Swan River.

The five service locations focused on integrated resource management will be in Brandon, Gimli, Lac du Bonnet, The Pas and Thompson.

A service location focused on minerals will be located in Flin Flon and another service location focused on petroleum will be located in Virden.

To support the multichannel service delivery model, an interactive online chat program — which will allow clients to access real-time assistance from a smartphone, tablet, computer or through a toll-free number — will be developed in the future, the minister noted.

In addition, the province stated each office will have a client-accessible kiosk to access online services and connect virtually with other government service providers.

Fall soil moisture normal to below normal in most of province

Staff

Manitoba's fall freeze-up hopefully bodes well for flood season next spring.

Manitoba Infrastructure's Hydrologic Forecast Centre has released the 2020 Fall Conditions Report that indicates soil moisture levels before freeze-up were normal to below normal in most Manitoba basins.

"The 2020 Fall Conditions Report describes the hydrologic conditions of Manitoba basins at the time of freeze-up," explained Infrastructure Minister Ron Schuler last month. "Hydrologic and weather conditions in the winter and spring are the main factors that affect the risk and extent of high water events."

Due to minimal summer and fall precipitation, the soil moisture at freeze-up was normal to below normal for most of the southern, central and western Manitoba basins, with the exception of the Little Saskatchewan River basin and in areas close to Brandon where the soil moisture is normal to above normal. Northern Manitoba basins, including the Saskatchewan and Churchill river basins, have normal to above normal soil moisture.

The minister noted another factor affecting potential spring high water events is the base flow in rivers and the water levels on lakes prior to freeze-up. Base flow is a portion of the stream

flow that is not from surface run-off; it is water from the ground, flowing into the river channel over a period of time. Base flows on most rivers are normal to below normal for this time of the year, with the exception of northern Manitoba rivers, where base flows are well above normal to record high.

"WE WILL CONTINUE TO MONITOR WATERSHED CONDITIONS CLOSELY."

Environment and Climate Change Canada's December long-term precipitation forecast indicates precipitation will be normal to above normal from December to February for most of Manitoba and Saskatchewan. The National Weather Service (NWS) Climate Prediction Center's outlook indicates above normal precipitation within the U.S. portion of the Red and Souris river basins from December to March.

"We will continue to monitor watershed conditions closely and will release spring flood outlooks through the winter as required," said Schuler.

To view the 2020 Fall Conditions Report, visit gov.mb.ca/mit/floodinfo/pdf/2020/2020_fall_conditions_report.pdf.



**EVERGREEN SCHOOL DIVISION'S
JUNIOR KINDERGARTEN
and
KINDERGARTEN**

Registration for the 2021 – 2022 school year

REGISTER BY PHONE any time before January 25th

Please call your local school:
Arborg Early Middle School: 376 - 5054
Riverton Early Middle School: 378 - 5145
Sigurbjorg Stefansson School (Gimli): 642 - 1500
Winnipeg Beach School: 389 - 2176

**Children born in 2017 are eligible for
JUNIOR KINDERGARTEN**

**Children born in 2016 are eligible for
KINDERGARTEN**

For new registrations, you will be asked 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.

If your child was registered for JK in Evergreen School Division for this school year (program did not run due to COVID-19), please call the school to confirm your child will be attending there for Kindergarten and to update your file.

Lake Forest property owner to plant trees after clearing a portion of public reserve

By Patricia Barrett

The owner of a lot in Lake Forest removed trees from a public reserve, resulting in a complaint to the municipality of Gimli and a visit by the RM's emergency measures co-ordinator.

The owner is constructing a dwelling on Mary's Cove in the residential subdivision, which is about 13 kilometres north of Gimli.

The RM's chief administrative officer Kelly Cosgrove said the majority of the trees were removed from the owner's property, but some were also removed from the public reserve, which is owned by the municipality.

Approximately 12 trees of various sizes were removed.

"The individual claimed to have removed dead trees on private residential property and a portion of public reserve in essence to clean up the area and to ensure dead trees would not fall onto the building under construction," said Cosgrove by email after Christmas.

The root systems of trees and scrub along the shore of Lake Winnipeg help stabilize banks and reduce shoreline erosion. They also act as filters for nutrients flowing into the lake.

It was determined that the removal of vegetation from the public reserve did not damage the shoreline.

"The EMO [emergency measures organization] co-ordinator assessed the area to determine if shoreline protection had been impacted as tree root systems close to the shoreline provide protection to the inland property," said Cosgrove. "He found this was not the case."

The owner agreed to make repara-

tions for the trees he cut down on the public reserve, she added.

"We came to an amicable agreement with the property owner," said Cosgrove. "He will replace the trees on the public reserve."

Other council news from December 2020:

- The Vesturland neighbourhood may be seeing new housing stock after council gave first reading to a by-law to rezone land at NE 17-19-4 EPM, Lots 28-35, Block 5, Plan 23548.

The land fronts Solvin Road, just south of PR231. It is currently zoned as a residential single-family zone and appears to consist of eight lots.

But a developer, whom the RM declined to name, has a proposal to build duplexes on the land, which will be re-zoned to a residential two-family zone should council approve second and third reading of the bylaw.

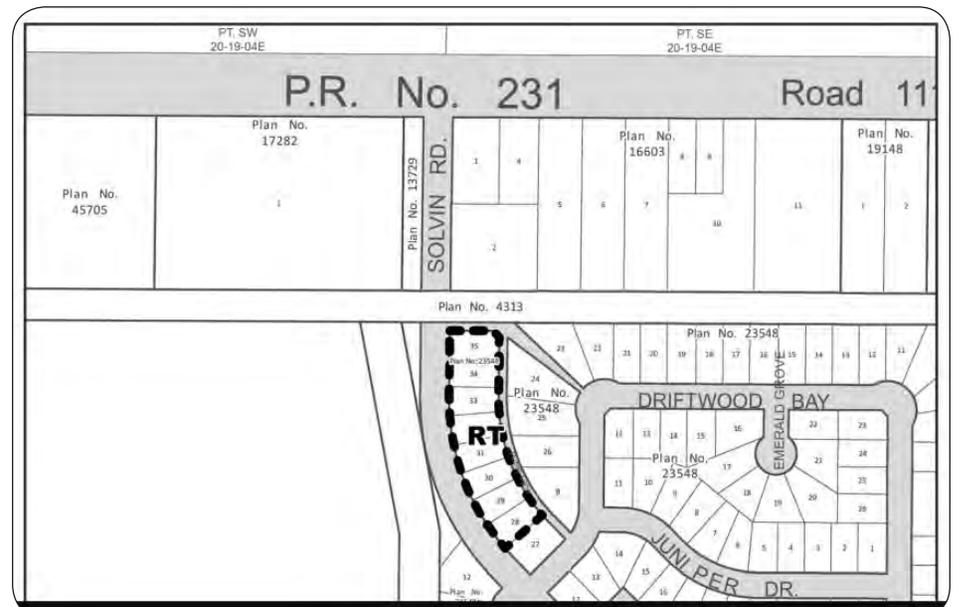
"The first reading of the bylaw was done at the Dec. 9 meeting," said Cosgrove. "The land is currently vacant and the application is to rezone it from RS to RT in order to construct future duplexes as per the public notice," said Cosgrove.

Developer Brian Couch, who plans to build a new residential neighbourhood west of Solvin Road near Highway 8, is not behind the new proposal, said Cosgrove.

The public can weigh in on the proposed duplexes during a public hearing scheduled for council's Jan. 27 meeting, said Cosgrove.

"The second and third readings of the bylaw are also on the agenda," she

"WE CAME TO AN AMICABLE AGREEMENT WITH THE PROPERTY OWNER."



EXPRESS COURTESY OF THE RM OF GIMLI

The Vesturland neighbourhood in Gimli may be seeing a new development consisting of duplexes.

added.

- The Town of Winnipeg Beach, which signed an agreement with the Interlake-Eastern Regional Health Authority to re-establish health-care services at a clinic in town, asked the RM of Gimli whether it would consider contributing funding to the clinic.

"There was no specified amount requested," said Cosgrove.

- Council agreed to provide \$200 to Manitoba Crime Stoppers. The RM makes a yearly contribution to the service, which offers a confidential tip line and website detailing unsolved crimes, homicides and missing persons.

- The RM had issued a cheque for \$460 to Handmade Gimli for a face mask donation. The group operates a Facebook page where members can sell items such as knitwear, bags, crafts and face masks. But Cosgrove said the cheque was "made in error" to the Facebook group.

"It will be reissued to EBN [Evergreen Basic Needs] as a fundraiser on the sale of masks made by the Handmade group," said Cosgrove. "The RM purchased two masks per staff member."

- The RM paid \$32,627.77 to Birchtree Consulting for services it provides on the wastewater treatment plant upgrade.

- Upgrades on the wastewater treatment plant are continuing, said Cosgrove. Council included items about the treatment plant on its Dec. 9 agenda. They pertain to a tank floor and other matters, but a resolution detailing those items won't be available until council approves its December minutes at its Jan. 13 meeting.

- A lift on the municipally operated Handivan had broken but was fixed under warranty with no charge to the RM.

Arborg Council looks ahead to 2021 and looks back on 2020

By Evan Matthews

Arborg's Mayor Peter Dueck said the community has been "outstanding" in its "responsible" and "professional" handling of the COVID-19 pandemic, which has allowed council to focus and continue its work.

Mayor Peter Dueck said in 2021, council hopes to continue the town's progression.

"With the newly reshuffled Provincial Cabinet in place, and the arrival of the COVID-19 vaccine, we're anticipating a re-focus on the desperate need for the Aging in Place Campus in Arborg," said Dueck, noting the IERHA has a monthly average of 200

people awaiting placement in personal care homes.

"The town is also hoping the Water Services Board will provide us with an updated review of our water treatment plant, its capacity, and projections for required upgrades," he said, making mention of a few specific priorities.

In review of 2020, Dueck said the community can be proud of its renovated training centre, with several residents donating hours of labour to the renovations, which will be used for nurse training classes in association with Assiniboine College and Fieldstone Ventures.

This past year saw the arrival of new CAO Cindy Stansell and the retirement of former-CAO Lorraine Bardarson.

The town did renovations to the Age Friendly and Kinsmen buildings in July, eventually finishing the projects in December.

In August, the town began tree planting in collaboration with the East Interlake Watershed District.

The town installed new sidewalks in the fall of 2020 on Mill Avenue, Ardal Street and River Road, and completed Elizabeth Dueck Park. It also installed additional crosswalks at the schools.

The town has also started a recre-

ation review in collaboration with the RM of Bifrost-Riverton, which is expected to be completed in early 2021. The town has also committed to purchasing a new pumper fire truck for the Arborg-Bifrost Fire and Emergency Service.

With an optimistic tone, Dueck said this year should look up a bit.

"We don't all agree on what the restrictions should be, but our community has stayed positive and hasn't turned on one another," said Dueck.

"I have nothing but high praise for our businesses, and our residents. I'm very proud of the community."

Four generations and 100 years of service

By Evan Matthews

It's pretty rare to have 100 years of fire department service within one family.

In the RM of West Interlake, Ray-

mond Dowsett started with the Erksdale Volunteer Fire Department in 1957 and retired with 60 years of service.

"We were not the sleek department

we are now," he said, pointing to the fact he used to fight fire with a tank on a four-wheel wagon, eventually graduating to a converted fuel truck, and finally in 1996, a brand-new Freightliner Pumper.

During his tenure, Dowsett's grandsons joined the volunteer fire department.

Danny Day joined in 1991, Curtis Day in 1996, and their father Merle Day — Dowsett's son-in-law — joined in 2011.

Most recently, Dowsett's great-grandson and Danny's son, Dradon Day, joined in 2020.

Danny was relocated for his job to Thompson, where he joined Thompson Fire Department, but has since returned to the region and is now a member of Stonewall Fire Department.

"WE WERE NOT THE SLEEK DEPARTMENT WE ARE NOW."



EXPRESS PHOTO BY SHAWN COTE

Left to right: Dradon Day, Merle Day, Curtis Day, Raymond Dowsett and Danny Day.

> MINISTER, FROM PG. 5

worst part of it. The funding wasn't there to help everybody the way I thought it should be.

"It led me towards provincial politics, as I wasn't happy with the provincial government of the day. I let my term as councillor expire in 2014 and shifted gears," he said.

Johnson decided to throw his hat in the ring of provincial politics in 2016, where he unseated incumbent NDP MLA Tom Nevakshonoff, of the RM of Fisher.

Prior to being named minister of Municipal Relations, Johnson held various positions within the provincial government including one on the treasury board and another

as caucus whip.

The position of whip ensures party discipline among members of the caucus.

Other Interlake politicians

Crown Services Minister and MLA for Red River North Jeff Wharton retained his portfolio.

Economic Development and Jobs Minister and MLA for Lakeside Ralph Eichler also retained his portfolio.

MLA for Selkirk Alan Lagimodiere rounds out Interlake representation in Manitoba's Legislative Assembly but is not responsible for a cabinet portfolio.

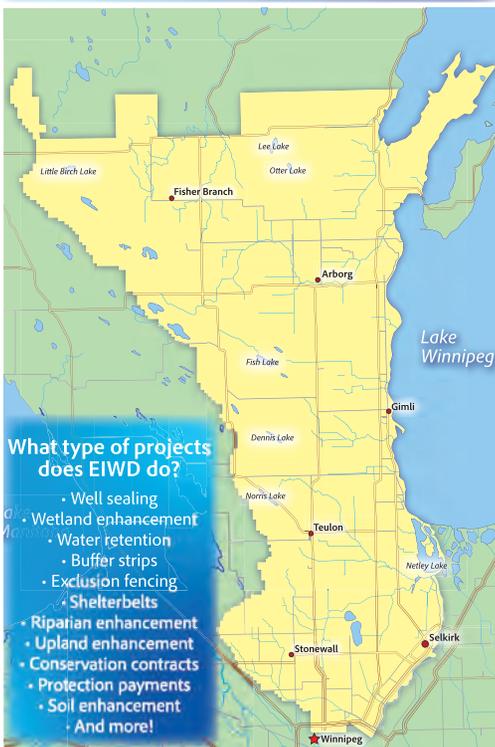
Attn: Landowners



Who is the EIWD? In 2005, the local governments within the East Interlake partnered with the Province of Manitoba to deliver land and water conservation projects on a watershed basis.

STEPS TO COMPLETE A PROJECT

- 1 DISCUSS**
EIWD and Landowner to discuss project design and partnership.
- 2 DEVELOP**
EIWD staff will work with landowner and partners to develop project design and Enhancement Protection application/bid.
- 3 APPLY**
Project design and application/bid submitted for evaluation by Watershed Sub-District/ GROW committee.
- 4 APPROVAL**
Project Approved or Denied.
- 5 IMPLEMENT**
EIWD staff will work with landowner and partners to complete project as designed.
- 6 EVALUATE**
Completed/ongoing projects will be inspected and evaluated regularly by project team with reports submitted to Watershed Executive Board.
- 7 REVIEW**
Executive Directors will review project reports and may make recommendations on project design and delivery. Directors will finalize annual reports then deliver results to project partners.



What type of projects does EIWD do?

- Well sealing
- Wetland enhancement
- Water retention
- Buffer strips
- Exclusion fencing
- Shelterbelts
- Riparian enhancement
- Upland enhancement
- Conservation contracts
- Protection payments
- Soil enhancement
- And more!

This project was undertaken with the financial support of:
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Fisher Branch Women's Institute hosts clothing drive

By Evan Matthews

Exploring its own ties to the Brandon Bear Clan, the Fisher Branch Women's Institute hosted a winter clothing drive to improve the lives of homeless people in the province.

Darcy Truthwaite, president of the Fisher Branch Women's Institute (FBWI), said the local organization did pickups around the community on Jan. 1 and did drop-offs on Jan. 2 and 3.

"We have a local girl who goes to (post-secondary) school in Brandon, and she suggested the idea to support the Brandon Bear Clan. We recognize the good work they do," said Truthwaite.

"It was an easy choice to support them."

She added that the FBWI accepts donations year-round. If the FBWI doesn't have local initiatives going on at the time, the organization looks for ways to support the country through federal charities such as Canadian Red Cross, the Heart and Stroke Foundation or the Terry Fox Foundation, as a few examples.

The collection of gently used and new items by the FBWI was in response to the Made in Manitoba project, which

was created and co-ordinated by the Manitoba Women's Institute (MWI).

Each year the MWI chooses a community-based volunteer organization in Manitoba to support such as Port in a Storm, Spence Street Youth Program and, this year, the Brandon Bear Clan.

"The Brandon Bear Clan was originally created to curb the sexual harassment of girls and women in downtown Brandon by having members patrol the affected areas after dark.

"The Bear Clan's presence promotes safety, conflict resolution and crime prevention, while looking out for the city's missing and vulnerable, thus reducing the need for interventions by law and other service-based authorities," a press release from the Fisher Branch Women's Institute reads.

"The vulnerable and homeless are provided with nourishment and supplies to assist in keeping the individuals warm and cared for.

"With the 2019-20 forced disbanding of the homeless camps in Winnipeg, Brandon experienced a large influx of homeless persons thereby creating a greater need for food, clothing and monetary donations to provide basic care to these vulnerable persons," the release goes on.



EXPRESS PHOTO SUBMITTED

Left to right: Fisher Branch Women's Institute member Sheena Letexier, current president Darcy Truthwaite and past-president Rosie Barrett package and sort the winter clothing to be donated to the Brandon Bear Clan.

The FBWI does not have a physical location or meeting space at present, but Truthwaite said the organization is looking for a new meeting place.

Anyone with interest in the FBWI is encouraged to call Truthwaite at 204-372-8444.

Should anyone be inspired to provide a monetary or other donation to the Brandon Bear Clan, the FBWI is asking for those interested to contact the Brandon Bear Clan directly at 204-729-0788 for more information.



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Eriksdale Cardlock Junction of HWY 6 & HWY 68




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Interlake

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REDEEMABLE AT ERIKSDALE HARDWARE OR ARBORG BULK PETROLEUM OFFICE

Ice road on Lake Winnipeg brings hundreds of anglers to Gimli

By Patricia Barrett

After many inquiries as to when the ice road on Lake Winnipeg would be safe enough to open, the RM of Gimli was finally able to get anglers on the ice at the end of December.

And they flooded into town with their fishing shacks and tents in tow, helping stoke the local economy and the province's licensing coffers.

The RM's economic development and tourism clerk Brittany Isfeld, who oversaw the building of the winter road, said it had been a longer wait than normal. The weather had been unseasonably warm, making the lake too risky for heavy vehicles.

"People were literally waiting for it to open and I finally got it open on Dec. 31," said Isfeld, who also leads the RM's community development corporation. "On the day it opened, I was out there, as well as both days this past weekend [Jan. 2 and 3] and there were about 200 people on the lake."

Normally, they'd see only 100 or so people, she said, but thinks people were anxious to get outdoors. On the weekend, anglers started rolling in with pop-up fishing tents.

"It's really taken off and I've been getting tons of phone calls from people telling me they were so grateful we have the road and that we're doing these activities in the winter," said Isfeld.



PHOTO BY BARB BARNETT-LAVALLEE
After a day of fishing on Lake Manitoba, anglers left behind piles of garbage and vomit.

Over on Lake Manitoba, anglers were out during the New Year's break for some fishing, but they left behind lots of garbage and cans on the ice, along with vomit, according to a resident who took photos of the mess and exhorted people to respect the environment.

In response to a question about concerns of potential crowding on the ice while COVID-19 continues to spread, a spokesperson for the province said by email that outdoor activities are



EXPRESS PHOTO BY GLEN MARTIN

One of the hundreds of ice fishing shacks that dot Lake Winnipeg each year.

"lower risk and we recognize that people need to participate in recreation."

The rules for ice fishing are spelled out in public health orders, said the spokesperson, but the short version is that there are to be no gatherings of five or more people and "no one inside an ice fishing shelter or tent unless they are from the same household."

The spokesperson was unable to say how many anglers — either on Lake Winnipeg or across the province as a

whole — have been ticketed to date under pandemic public health orders, nor say what type of violations were committed.

"We issue regular updates on enforcement but do not break down the type of charges," said the spokesperson. "I would suggest, anecdotally, the number would be very small."

The province didn't provide data, when requested, on the number of angling licences sold over the course of 2019 and 2020.

Vandor Denture Centre's 'No-Gag' impression technique really works

By Elisha Vandor

Making dentures is painless, so it should be a no brainer when it's time to get new. However, there's one thing that stops people from wanting to start the process...involuntary gagging.

If you consider yourself a regular or extreme gagger, then going for the initial impression appointment is a real concern for you. The one person who understands this the most is Brock, the Denturist. He says, "As for me, I hated gagging my patients. If they gagged, they would feel bad, then I would feel bad, so I had to make a better way. After combining different techniques, experimenting with some ratios, and using a funny looking tiny tool, I came up with what has been nicknamed the "No-Gag" technique. Essentially, it uses much

less goop and also prevents the goop that remains from going into the gag zone. I am happy to say that patients love it! They are so relieved to have not gagged and are amazed at how fast it was, which makes me smile every time. It's actually now been years since I have developed the "No-Gag" technique and am happy to say that every single day, myself and our Denturists get to hear how patients love it! Actually, Ruth was here not too long ago and had to share her story.

"The impression appointment was amazing. There was no discomfort whatsoever. There was no gagging reflex. Nothing! In fact, I would do it again. It was very quick and it wasn't like anything I've had done before and I've had lots of impressions. For me, the impression appointment was

usually gaggy. This is amazing. It's a great procedure."

We asked 10 patients about their experience after impressions and a resounding 10 out of 10 agreed: a much more comfortable and 'no-gag' experience.

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Helping people is our passion and this technique is just one way to make your experience one to smile about. Call today for your free consultation.



Denturist's wife Elisha holds the inventive tiny tool that's making a big difference when starting new dentures.

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Ultrasound service at Lakeshore General Hospital reserved for in-hospital care

By Patricia Barrett and Lana Meier

A resident who lives near Moosehorn could not get an ultrasound at the hospital closest to him because the equipment is reserved for doctors treating patients in the hospital.

Trent May said he was “not impressed” when he found out the Lakeshore General Hospital in Ashern has an ultrasound machine and he was told that it was “only for emergencies.”

“Why is there no technician working at the hospital for this machine? Why do we have to go all the way to Eriksdale for an ultrasound?” said May by email last week.

May lives about 14 kilometres (nine miles) north of Ashern, he said. When he discovered Lakeshore had the equipment, he contacted the hospital to ask for an appointment but was turned down.

He said he needed an ultrasound near the beginning of December. Not only did he have to travel 55 kilometres (34 miles) to Eriksdale for the procedure, but he also had a lengthy wait.

“My doctor referred me to Eriksdale. It took over two weeks, with my repeated phone calls, to find out when my appointment was. It has always been done like this as far as I know,” said May. “The appointments at Eriks-

dale were disrupted supposedly due to COVID. That is what the person answering the phone at ultrasound told me.”

The Interlake-Eastern Regional Health Authority (IERHA) oversees Lakeshore, a 14-bed acute care hospital with an emergency department, hemodialysis program and rehabilitation and palliative care services.

An IERHA spokesperson said the ultrasounds performed at the hospital help physicians make diagnoses and determine what level of care is required for patients who are admitted.

“While Lakeshore General Hospital does have an ultrasound on site, it is for point-of-care use, which services the distinct needs of physicians delivering patient care in hospital,” said the spokesperson. “This is different from the health-care needs being addressed when an individual is directed to an imaging specialist for an ultrasound.”

The ultrasound equipment at Lakeshore is just one of the diagnostic tools that physicians use when treating patients in the hospital, said the spokesperson, and is referred to as a “point-of-care” ultrasound rather than a consultative ultrasound.

“Its use is limited to clarifying uncer-



EXPRESS PHOTO BY LANA MEIER

The Lakeshore General Hospital in Ashern has diagnostic equipment such as ultrasound, but it is reserved for physicians treating patients in hospital. Patients referred by their doctor for an ultrasound are sent elsewhere.

tain findings on a clinical exam, identifying important conditions in an ill patient or providing image guidance to improve the success and safety of procedures performed in hospital,” said the hospital. “It is particularly beneficial when time is of the essence in determining patient care.”

A consultative sonographic exam, on the other hand, systematically maps out normal and disordered anatomy, assesses function and dysfunction in the body or provides guidance for a wide range of interventional procedures, said the spokesperson.

WCF responds to COVID pandemic through round 2 of the emergency community support fund

Submitted by WCF

Westshore Community Foundation is proud to have partnered with Community Foundations Canada and the Government of Canada to deliver Government of Canada’s Emergency Community Support Fund (ECSF) in our catchment area.

“These Round 2 grants to local non-profit organizations are designed to support the additional challenges faced by vulnerable populations within our catchment area that have been created by the Covid-19 pandemic”, said David Douglas, Chair of the ECSF response team at Westshore Community Foundation.

“Canadian charities and non-profit organizations play a vital role in our communities. However, the COVID-19 pandemic is bringing real challenges to these important organizations. The Government of Canada is pleased to support these organizations through the Emergency Community Support Fund so that they can continue to help the most vulnerable members of our communities during the COVID-19 pandemic.”

– Minister of Families, Children and Social Development, Ahmed Hussen

Round 1 of ECSF was distributed last summer and Round 2 launched in fall/winter 2020. With Round 2, we’ve invested an additional \$30,000 through the ECSF towards local charities and other qualified donees supporting populations experiencing heightened vulnerability during this crisis. We are pleased to announce the ECSF has supported projects including:

- \$9000.00 was invested to fund the Interlake Women’s Resource Centre’s domestic violence program that promotes health, safety and overall wellbeing for women in our catchment area.



Visit our website at Westshorefoundation.ca

- \$7000.00 was provided to fund the installation of stainless steel shelving and infrared air purification system for Evergreen Basic Needs.
- \$5200.00 was provided to the Gimli Seniors Resource Council’s to fund the “Meals on Wheels” program, which supplies meals to the elderly and disabled within our community.
- \$3100.00 was provided to the Gimli New Horizons 55+ Centre for the installation of tabletop barriers to provide physical distancing in three separate rooms for its members.
- \$1700.00 was provided to the Betel Home Foundation for the development of mobile recreational activities for residents who may be in isolation.
- \$2000.00 was provided to the Eastern Interlake Handi Van for sanitation and cleaning supplies required to adhere to provincial safety guidelines for 60 staff and clients.
- \$2000.00 was provided to Heima Er Best for sanitation and cleaning supplies for four licensed residential houses in Gimli in support of 15 residents and 40 staff.

“With the generous support of the Westshore Community Foundation, the Interlake Women’s Resource Centre was able to set up a peer-led community pro-

gramming and support initiative. A Space of Our Own serves those who define themselves as a woman in the Interlake region, providing virtual and in-person gathering opportunities during the pandemic. The funding from the ECSF has allowed us to adapt our outreach as pandemic restrictions change, going from safe and distanced in-person gatherings to virtual meetings and online resources. With our online social media presence and virtual meetings during the lockdown, we’ve already managed to reach over 200 people in our community. We truly could not have achieved this level of success so quickly and effectively without this funding,” said Jennifer Campbell-Moore, Director of the Centre.

Since the COVID-19 pandemic was declared, community-based charities and non-profit organizations have been working tirelessly to provide emergency support, in particular to individuals and communities experiencing heightened vulnerability.

“We are pleased to be one of the recipients of the Emergency Community Support Funding. The plexi-glass barriers that we will purchase will enable us, at Gimli New Horizons, to increase our numbers for certain activities we will offer our membership once we can get back to delivering services” said Jonie Johnson, Facility Manager at Gimli New Horizons.

Charities, non-profit organizations and First Nations governments are pillars of their communities who are working tirelessly to serve their communities. We know the need for funding is still significant and we’re continuing to advocate for broader recovery and stabilization support for the charitable sector.

The Westshore Community Foundation is an enduring charitable organization created to build a permanent capital fund, which supports registered charities and individuals.

Advertorial



Four ways to ease your pet's anxiety during the holidays



The holiday season is the perfect time of year to reunite with family and friends. However, just because we enjoy this festive period doesn't mean our four-legged companions feel the same. In fact, many pets become anxious and agitated by all the noise and restlessness that accompany Christmas and New Year's celebrations. Here are four valuable tips to help keep your pet's anxiety at bay during the holidays:

1. Stick to your pet's routine as much as possible. Feed your cat or dog at regular hours and avoid giving them scraps from the table that could compromise their health. Furthermore, make sure your pet gets plenty of exercise as usual.

2. Keep your pet in a quiet area. Provide a quiet space away from all of the commotion where your pet can take refuge if ever it feels anxious or scared by your guests' presence.

3. Use a naturally soothing product. There are several products available on the market that are specifically designed to help soothe your pet's anxiety, like calming collars or vaporizers that emit synthetic pheromones. Consult your veterinarian for the best options for your trusted companion.

4. Leave your pet with a responsible sitter. Consider leaving your anxious pet with someone responsible who won't be attending the same holiday events as you. If nobody is available, you can leave your dog or cat with a reputable company that offers pet boarding services to ensure your loveable fur ball feels safe away from all the holiday hubbub.



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Gimli families take home gold in RM-sponsored scavenger hunt contest



Sophia Markusson took part in the 12 Snaps of Christmas contest and won \$50 in Gimli Gold.

By Patricia Barrett

The RM of Gimli's economic development and tourism clerk Brittany Isfeld helped lighten up the holidays by creating a Christmas-themed contest for Gimli families and also dug into the RM's treasury for some valuable prizes.

Called the 12 Snaps of Christmas Scavenger Hunt, Isfeld's contest focused on family-centred fun activities, reaching out to strangers in the community and doing good deeds.

The contest came with two grand prizes of \$100 and \$50 in Gimli Gold, municipal currency that can be spent only at Gimli businesses.

Ashlyn and Brixtn Yaremkiwicz swept to first place, and Sophia Markusson earned second. The three girls took photos and videos to show that they completed the contest's activities.

"The girls did really well," said Isfeld. "One of the families said they needed something to focus on [other than the COVID-19 pandemic] and were so thankful to us for putting this together."

Each of the 12 activities was worth a certain number of points.

"They had to do things like bake a Christmas treat and go for a drive to

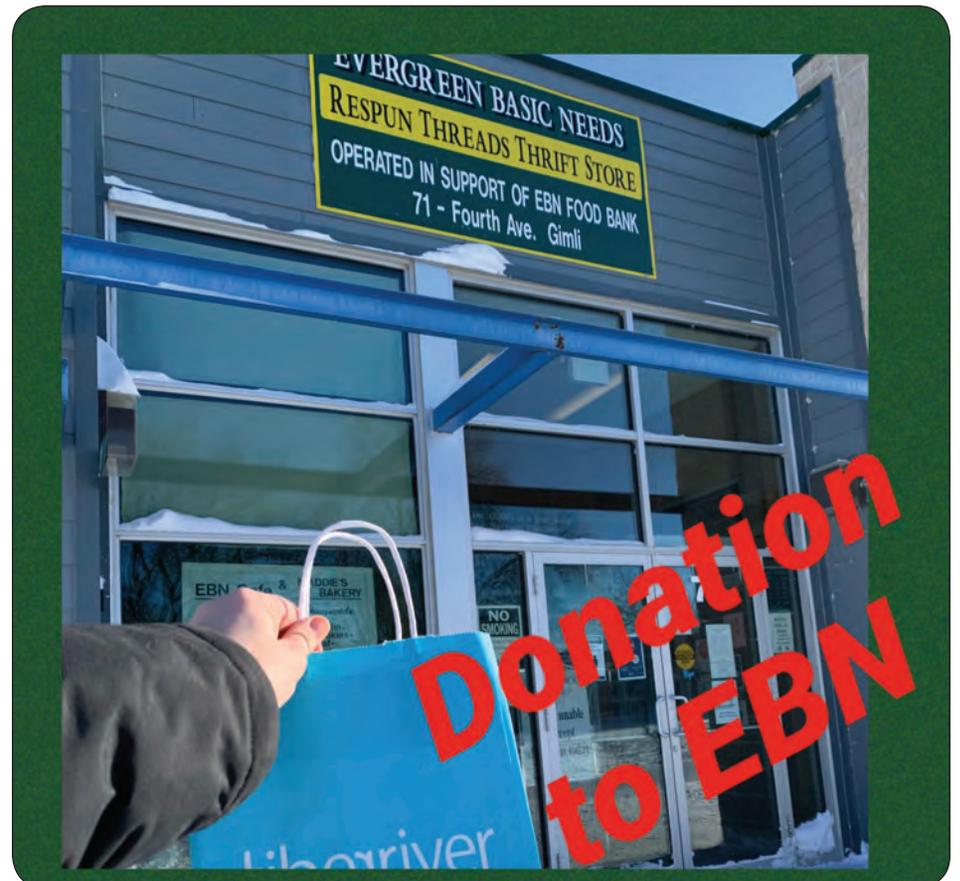


Ashlyn + Brixtn Yaremkiwicz

PIC-COLLAGES

EXPRESS PHOTOS SUBMITTED

Ashlyn and Brixtn Yaremkiwicz, shown baking gingerbread houses, won first place in the RM-sponsored contest, taking home \$100 in Gimli Gold.



The Yaremkiwicz family made a donation to Evergreen Basic Needs.

Derek Johnson
MLA for Interlake-Gimli



204.641.8525
InterlakeGimliMLA@gmail.com

look at Christmas lights and find certain objects," said Isfeld. "They also had to send an elderly person in a personal care home a holiday card whether they knew them or not."

Other activities included making

a snowman family, recreating a favourite Christmas movie scene, doing a good deed for someone and donating toys or food items to the Evergreen Basic Needs food bank.

Bonus points were given for ringing a bell outside their homes on Christmas Eve at 6 p.m. to join in with other communities around the world also spreading the cheer and showing appreciation for frontline health-care workers.

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Looking for creative people to enter contest

Art Board and Art Centre's contest seeks to raise awareness for endangered species

By Katelyn Boulanger

The Interlake Art Board and Selkirk Community Art Centre have teamed up to host an Endangered Species of Manitoba Colouring Book Contest with the hopes of challenging Manitobans to bring awareness to the animals that we might not even realize need a helping hand.

"We just thought that there's a lot of artists that are at home, and there's a lot and a lot of Manitobans that we want to become aware of their ability to be creative," said Joan English with the Interlake Art Board.

The art, which can be any medium but does require that a photo is taken of the art, will then be digitally submitted for a chance to win a \$1000 prize as well as be featured on the front and back pages of a colouring book that the groups will be putting together.

The artwork needs to be submitted by 11:59 p.m. on Feb. 28 when they will be judged by qualified jurors and professional artists including Luther Pokrant, Josh Marantz, Roger Peet Co-ordinator of the US Endangered Species Project, Judith Panson, Patricia Johnson, and Kathleen Buckoski.

With funding from Manitoba's Safe

at Home Initiative, the groups are asking artists to create visual art inspired by the animals considered concerned, threatened, and endangered.

A list of species can be found at the contest website, however, species can be chosen from categories ranging from birds, mammals, plants, fish, amphibians, reptiles, mollusca, moths/butterflies, and lichens

"I was just surprised that some of the stuff that I'm aware of, are actually in those categories that we have to be, you know, concerned about," said English.

The groups wanted to make sure that artist of any age could enter and so they have created four categories split up by age group which will each have two winners. The age groups will be one to six-year-olds, seven to thirteen-year-olds, fourteen to seventeen-year-olds, and eighteen plus.

This project will be the first stage of the Art Board and Art Centre's endangered species project this year which will also include two murals that will visually draw awareness to some of these species which are in decline in our region by incorporating Indigenous and Non-Indigenous artists and art forms as well as three-



EXPRESS PHOTOS SUBMITTED

(left) Red-headed woodpecker and (right) whooping crane artwork made by local artists Bev Hart for the Endangered Species of Manitoba Colouring Book Contest.

dimensional elements.

She encourages any Manitoban to enter the contest regardless of your skill level,

"If you haven't tried art before just participate. Become more aware of what's going on not only in our community but also in our natural heri-

tage," said English.

English would also like to extend an extra thank you to Julie Stevenson and the young people who she worked with who's time and effort made it possible to get this project off the ground in a very short amount of time.

Fisher council nixes library, for now

What's *Your* story?

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

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

THE **EXPRESS**
WEEKLY NEWS

By Evan Matthews

A week after *The Express Weekly News* highlighted community connections to the RM of Fisher, council has nixed plans for a public library altogether.

With councillors Tom Nevakshonoff and Ron Galaluk voting in favour of the library; councillors Allan Lindal and Boyd Abas voted against. Councillor Clint Webb abstained from the council vote.

This left the tiebreaking vote up to RM of Fisher Reeve Shannon Pyziak, who voted against the library. Pyziak declined to comment for this story by press time.

At the meeting, council cited the COVID-19 pandemic and the associated financial hardship for ratepayers — and the RM potentially adding another service — as rationale for defeating the motion.

Though the Fisher Library Committee did not make a formal statement, a source inside said the organization

will look to the future. Previously, library committee members said the issue would not die on the council floor simply because council defeats it.

"It will become an election issue at that point," one committee member said.

Last week, Reeve Pyziak explained the RM's delay in allowing a public library to move forward, citing the differing views of ratepayers in the municipality, the pandemic and the impact of adding another service to the RM's ratepayers.

Despite an increase to ratepayers' taxes for an added service, when council had asked for the Fisher Library Committee to gauge community interest early on, a community survey showed support for a library in the RM ranged from 70 to 85 per cent.

Only two farmers voiced concerns in opposition the library tax levy at the

Continued on page 17

> NIXED LIBRARY, FROM PG. 16

February 2020 public meeting; Thomas Pyziak and Richard Woloshyn.

Both farmers have direct links to council.

Thomas Pyziak is husband to the RM of Fisher Reeve Shannon Pyziak.

Ward 3 Councillor Ron Gageluk's daughter is married to Richard Woloshyn's son. Ward 7 Councillor Clint Webb is married to farmer Richard Woloshyn's daughter.

Of note, RM of Fisher Councillor Tom Nevakshonoff mentioned the Farmland School Tax Rebate, which was introduced in 2004. Nevakshonoff served as part of the provincial NDP government that created the Farmland School Tax Rebate prior to his defeat in 2016.

The maximum rebate is up to 80 per cent of the paid farmland school taxes and is limited to \$5,000 per taxpayer, which includes all related persons of that taxpayer.

"It wasn't an attempt to give farmers a tax break," said Nevakshonoff. "We were creating room for municipalities to have the capacity to create public services such libraries or other things."

The Province of Manitoba's Department of Municipal Relations — with newly appointed Interlake Gimli MLA Derek Johnson taking over as minister — oversees Bill 35, the Municipal Conflict of Interest and Campaign Financing Act, which is vague in its definition of a conflict of interest.

Whether or not the RM of Fisher's decision regarding its proposed public library is a legislated conflict of interest, a perceived conflict of interest, or not a conflict of interest in any way remains to be seen.

Background

The Fisher Library Committee has done its diligence in providing all information the RM of Fisher Council has asked for, according to members, including researching regional libraries and annual operating costs, gauging community support, and even providing examples of potential locations, all of which were discussed at the public meeting in February 2020, and in *The Express* since.

In December 2020, the Lakeshore

School Division board approved the concept (in principle) to house the library at Fisher Branch Collegiate, according to assistant superintendent Don Nikkel, of which any renovations would be covered by committee fundraising and separate from any requests to council.

Regional libraries in conjunction with its RMs calculate library tax levy's based on population, basing the levy on a per capita system. Based on the RM of Fisher's resident total (1,827), the Evergreen Regional Library (Group), would require a levy of \$18,726.75 from the RM annually.

With council's most recent decision, the Fisher Library Committee cannot join the Evergreen Regional Library until 2022.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Nominations for Sport Manitoba Coaching Awards being accepted

Submitted by Sport Manitoba

The annual Sport Manitoba Coaching Awards, presented by Club Regent Casino & Event Centre, recognize and celebrate the outstanding achievements and significant contributions coaches have made to their athletes and their sport through coaching.

This year, the award recipients for 2020-2021 will be selected based on coaches' accomplishments over their entire careers.

Coaches are a cornerstone of all sport programs, and through leadership, teamwork, encouragement, character development and countless other teachings, they build better people.

"Coaches play an essential role in the

sport system and have a significant impact on the lives of athletes," said Janet McMahon, Sport Manitoba's interim president and CEO. "The Sport Manitoba Coaching Awards celebrate Manitoba's passionate coaches who have dedicated themselves to developing athletes not only in sport, but also in life. That's why it's so important that we recognize their achievements and countless contributions to sport throughout their careers."

The 2021 event will take place entirely on social media on April 6. Our nominees' stories from their incredible careers in coaching will be featured on Sport Manitoba's Instagram, Facebook and Twitter feeds.

Nominations for the following categories

are open to the public. The deadline to submit nominations online is this Friday.

Major award categories:

Vince Leah Award (Active Start/Fundamentals athletes)

Coaches training grassroots athletes of any age

Konica Minolta Dr. Jack Hunt Award (Learn to Train athletes)

Coaches training athletes developing competitive skills and preparing for regional or provincial competitions

Janet Arnott Award (Train to Train athletes)

Coaches training athletes who compete at the Canada Games

Peter Williamson Award (Train to

Compete-Train to Win athletes)

Coaches training high-performance athletes who compete at national or international levels.

Peter Dick Award (School System athletes)

Coaches training athletes at all grade levels in the school system who coach as an extracurricular activity

Global News Active for Life Award

Coaches training athletes who focus on achieving health and fitness for life

Sport Manitoba Coaching will also recognize coaches who have dedicated a minimum of 25 years to coaching at any level, and those who have coached at international events in 2020.

WHL commits to 2020-21 regular season

Staff

The Western Hockey League announced last Friday that their board of governors have made a commitment to play a 2020-21 regular season.

The start date for the season will be determined once final approval has

been received from the Health Authorities in each provincial and state jurisdiction and it is anticipated the approvals will be received soon.

All models and schedule formats are being considered by the WHL to ensure a season is provided for the play-

ers. The 2020-21 WHL regular season will consist of 24 games.

"The Western Hockey League is committed to providing a season for WHL players," said WHL commissioner Ron Robison. "This commitment ensures WHL players will re-

ceive the opportunity to compete at the highest level in the system and continue to pursue their hockey goals in the world's finest development league for junior hockey players."



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Cvar scores her first goal of the season

Staff

The St. Cloud State University Huskies' women's hockey team began their second half of their season with three games in four days against the Minnesota Golden Gophers.

Stonewall's Olivia Cvar scored a second-period power-play goal in last Thursday's 2-1 loss to the Gophers. It was Cvar's first goal of the season to go along with two assists. She is tied for third on the team with three

points.

Minnesota tallied twice in the third period for the comeback win.

On Saturday, No. 2 ranked Minnesota scored four first-period goals in a 4-1 victory in Minneapolis.

Sunday's game saw the Gophers shut out the Huskies 4-0 in St. Cloud.

St. Cloud, now 2-7 on the season, will host the Bemidji State University Beavers this Friday and Saturday.



EXPRESS PHOTO BY SCSU ATHLETICS

Olivia Cvar scored her first goal of the season in St. Cloud State University's 2-1 loss to the No. 2 ranked Minnesota Golden Gophers in Division I women's hockey action last Thursday in Minneapolis.

Manitoba U18 AAA Hockey League committed to restarting its season

By Brian Bowman

The Manitoba U18 AAA Hockey League announced on its website last week that it remains committed to restarting its season.

The league said it has no intention of cancelling the 2020-21 season.

But the league was set a blow last Friday when the province extended the red level restrictions to at least Jan. 22.

"I know our players and coaches are chomping at the bit," said league commissioner Levi Taylor last Thursday

afternoon. "We would really like to get back on the ice. We don't want to waste a year of development for these kids, not only on the ice but off the ice with their social and physical development. We want to get this started as soon as possible and we will do so safely as the province reopens our facilities."

The league schedule will have a much different look this season, which includes the Kenora Thistles not being part of the league this year due to travel restrictions imposed by

the Province of Ontario.

"Our plan is to go back to our divisional format," Taylor said. "There are three divisions and Norman is the outlier and we will play games within those groupings for the rest of the season."

Taylor said a set number of games has not yet been discussed. It depends on when the province opens up facilities, he said.

"When that happens we'll attempt to get in as many games as possible before summer," he said.

Taylor said teams would need a two-week window for training camp and maybe an exhibition game or two.

"Teams will want to get back playing meaningful games as soon as possible," Taylor reasoned.

The U18 AAA league playoffs usually begin in February and end in April with the Telus Cup Western Regionals but the league is prepared to extend their season into May or potentially June this year.

Canada Cup curling cancelled, mixed doubles dates finalized

Staff

Curling Canada confirmed last week the dates for the upcoming national mixed doubles championship in Calgary while also formally announcing the cancellation of the Canada Cup.

The mixed doubles playdowns will be held March 18-25 at the Markin MacPhail Centre.

The winner will represent Canada at the world mixed doubles championship later this year.

Last year's Scotties and Brier champions are joining forces to form Canada's newest mixed doubles curling team.

Camp Morton's Kerri Einarson will be forming a team with St. John's,

N.L.'s Brad Gushue

The Canada Cup, which had been postponed indefinitely due to the COVID-19 pandemic, was originally scheduled for late November in Fredericton, N.B.

Hockey Manitoba extends restrictions

From Hockey Manitoba's website

Based on the announcement made by Manitoba's Chief Provincial Public Health Officer last Friday, current public health restrictions will continue until January 22.

Hockey teams and individuals re-

siding in the Provincial Response Level: Critical (Red) will be ineligible to participate in hockey programming and will be reviewed as the province removes the restrictions from Provincial Response Level: Critical (Red) to Restricted (Orange).

"The health and safety of our community and Hockey Manitoba members is of utmost importance and we will return to play when it is safe to do so," read a statement. "Physical distancing, mask wearing, proper hygiene, and screening are neces-

sary steps that must be practiced in order to return to hockey safely and will assist in reducing the risk to the hockey community."

For more information on provincial restrictions visit Hockey Manitoba's website.

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Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

HELP WANTED

HACCP rated individual needed for fish packer in Gimli. Experience with CFIA rules necessary. Ph 204-407-8012.

MISCELLANEOUS

Having a virtual event in Manitoba in 2021? Need registrants? Advertise it in the 37 MB Weekly newspapers and get noticed! Each week our blanket classifieds could be helping your organization get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with our 37 weekly member newspapers. For as little as \$189 + GST, get your important messaging out! Call us at 204-467-5836 to book or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

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NOTICES

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HAY FOR SALE

For sale - small square bales wheat straw in shed. Round bales of barley, not combined. Ph 204-461-1717 or 204-375-6622.

HEALTH

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FARM LAND FOR SALE INVITATION TO SUBMIT TENDERS

Sealed bids for the purchase of SE-10-24-02 W, located in the R.M. of Fisher will be received up to 5:00 PM on Friday March 12, 2021 at the offices of:

St. Mary's Law LLP
619 St. Mary's Road
Winnipeg, Manitoba R2M 3L8
Attention: Sharon L. Tod
Telephone: (204) 947-6801
Fax: (204) 947-6800

The parcel of land measures 153.3 acres (62.08 hectares approx.) of open cultivated land. This parcel, formerly owned by the late Paul and Delia Bernier, is accessible on the east and south sides by maintained gravel surfaced municipal roads.

The parcel will be sold free and clear of all liens and charges except for Caveat No. 2359940 in favour of MTS Communications Inc. that applies to the parcel.

The following will apply to all bids:

All bids are to be submitted in sealed envelopes with a certified cheque or bank draft in the amount of 5% of the bid amount and made payable to "St. Mary's Law LLP in trust". If applicable, the bids should also contain the bidder's email address for ease in future notification.

The Vendor reserves the right to reject any or all bids.

The Purchaser will be responsible for the 2021 property taxes owing from the date of purchase.

Certified cheques and bank drafts received will be returned in respect of an unsuccessful bid.

All Tenders received will be held in confidence and not released to the public.

All bidders will be notified within five working days of March 12, 2021 whether their tender was or was not successful. For clarity that date is March 19, 2021.

The successful bidder will be asked to enter into a formal Purchase Agreement no later than April 1, 2021 with a possession date of April 30, 2021 or sooner by mutual consent.

Any questions regarding the bidding process shall be directed to the office of St. Mary's Law LLP.

Any questions regarding the parcel of land's history shall be directed to Gerald Bernier at (204) 257-8572 or by email at: geraldbernier111@gmail.com or to Paulette Mann at (204) 859-3196 or by email at: paulettmann@outlook.com.

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FARMLAND FOR SALE BY TENDER

Sealed bids for the purchase of the following parcels of land, located in the RM of Fisher, should be mailed to Colin and Laura Grzenda, Box 7, Broad Valley, MB, R0C 0K0 by Friday, Jan 29th, 2021.

Parcel #	Legal Land Description	Parcel Size	Cultivated Acres
1	NW 11-25-3W1	159.07 ac	110 ac
2	SW 11-25-3W1	160.00 ac	110 ac

Parcels have been farmed as a single unit. Both parcels are well drained and produce well. They also offer excellent hunting and recreational opportunities. Parcel 2 includes access to a gravel pit (excludes mineral rights).

- Tenders accepted until Friday Jan 29th, 2021.
- Sealed bids must be accompanied by a certified cheque for 2% of the tendered amount.
- Possession date of April 1, 2021.
- Purchaser will be responsible for the total of 2021 property taxes.

To obtain a complete tender notice outlining all terms and conditions, or if you have any questions, please contact Colin Grzenda at 204-880-9747 or 204-372-6167.



PART TIME EMPLOYMENT OPPORTUNITY WITH POSSIBILITY OF FULL TIME

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

Office Custodian & Automotive Detailer

Duties will include detailing the interior of trucks, cleaning offices, and other janitorial duties. Successful candidate must be physically fit, able to work independently, and be detail oriented. The successful candidate will receive competitive wages & benefits package.

Sales@jbrandtent.com

Call 204-364-2775 for more information

Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



The Rural Municipality of Woodlands invites applications for the position of **Public Works Foreman**.

The Public Works Foreman is responsible for the direction, coordination, efficient operation, construction, maintenance and repair of municipal infrastructure. The foreman supervises and coordinates the work of a variety of equipment operators, labourers, tradespeople, and contractors. A more detailed job description is available on the RM's website www.rmwoodlands.info

This full-time union position will report to the Operations Manager. Hours of Operation are 40 hours a week, November 1 to April 30 and 50 hours a week, May 1 to October 31. Salary and benefits are as per the collective agreement.

Interested applicants are invited to forward a cover letter, resume and references by 12:00 P.M. Wednesday, January 20, 2021 to:

RM of Woodlands
PO Box 10, 57 Railway Avenue, Woodlands, MB. R0C 3H0
admin@rmwoodlands.ca
Fax: 204-383-5169

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



FULL TIME EMPLOYMENT OPPORTUNITY

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

HEAVY TRUCK & TRAILER MECHANIC & SAFETY TECHNICIAN

Duties will include, but are not limited to performing inspections on units, mechanical repairs, and more. Experience is an asset. The successful candidate will receive training, all necessary tools, competitive wages & benefits package.

Sales@jbrandtent.com

Call 204-364-2775 for more information

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- Staying informed of in-store promotions
- This position requires any day of the week availability.

The right candidate for this position will be friendly, well-organized, with experience in sales.

Please submit your resume in person or email to

laura@ronagimli.ca

RONA GIMLI

100-7TH Avenue | Gimli, Manitoba ROC 1B0

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
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- Planning and scheduling skills • Positive attitude
- Strong decision-making abilities

We offer a comprehensive benefits package and the opportunity to work in an organization that makes a difference in the community.

Please submit resumé to Karen Bowman at ebnoffice@mymts.net or drop off in person at 71 - 4th Ave in Gimli by January 29, 2021. For more information, call 204 642 9736.

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RURAL MUNICIPALITY OF GIMLI

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. 20-0022

Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

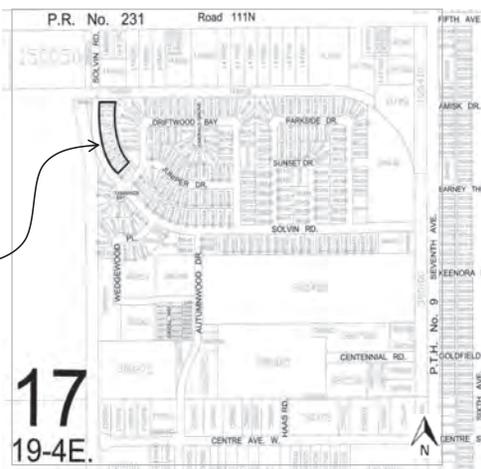
HEARING LOCATION: Gimli Recreation Centre
45 Centennial Road
Gimli, MB

DATE & TIME: January 27, 2021
6:50 pm

APPLICATION: RMG-20-04R

AFFECTED AREA: Lots 28-35, Block 5, Plan 23548 in Pt. NE17-19-4E.
Roll No's: 381738-381745

GENERAL INTENT: To rezone an area in the RM of Gimli from "RS" Residential Single-Family Zone to "RT" Residential Two-Family Zone for the ability to construct future duplexes.



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

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

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

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



SALES CAREER OPPORTUNITY

Strong Candidate must have the following qualities

- Experience in the retail sector
- Outstanding customer service skills
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- Friendly communicative & Interactive skills
- Physically able to assist in furniture & appliance moving
- Ready to hit the ground running on learning new products and sales process

Responsibilities include but are not limited to

- Greet customers, and process orders
- Phone duties
- Receive and stock orders
- General cash duties
- Basic computer skills

If you are looking for an energetic and exciting company, send us your resume today.

Email resume and references to darlene@smittysfurniture.net

We thank all applicants for their interest however only those selected for interviews will be contacted.

get inspired

> MEAL IDEAS



Chicken, Spinach and Grape Pita

1 1/2 cups shredded, cooked chicken (about 8 ounces)

1 cup red California grapes, sliced
1/4 cup crumbled feta cheese
4 whole-wheat pita breads (6 1/2 inches each), warmed and halved

In small skillet over medium-high heat, toast pine nuts, stirring constantly until toasted, about 5 minutes. Transfer to bowl and let cool. In large bowl, whisk lemon juice, shallot, olive oil, red pepper flakes, sumac, salt and pepper. Add spinach, chicken, grapes, feta and pine nuts; toss to mix. Stuff into pita breads and serve.

Servings: 4
2 tablespoons pine nuts
2 tablespoons lemon juice
2 tablespoons minced shallot
3 tablespoons extra-virgin olive oil
1 pinch red pepper flakes
1/4 teaspoon ground sumac
salt
freshly ground black pepper
1 package (5-6 ounces) fresh baby spinach, washed and dried



Grape and Salmon Power Salad

1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

1 pinch cayenne pepper
1/2 cup extra-virgin olive oil
Cook barley according to package directions. Drain and cool.

Tenderize kale by blanching in boiling water 2-3 seconds or microwaving 1 minute. Rinse pieces in cold water to stop cooking; squeeze dry. Fluff and uncrimp dry kale pieces with fingers. In medium bowl, mix barley, kale, grapes, salmon and walnuts.

To make dressing: In small bowl, whisk lemon juice, garlic, salt, pepper and cayenne. Gradually mix in olive oil. Pour onto salad and fold gently to combine.

Servings: 6
3/4 cup pearly barley
3 cups firmly packed kale leaves, torn and sliced into ribbons
1 cup halved red or black seedless California grapes
8 ounces cold, cooked salmon, skin and bones removed
1/2 cup walnuts, lightly toasted and coarsely chopped
Dressing:
1/4 cup freshly squeezed lemon juice
1 clove garlic, mashed



Quinoa Salad with Orange Cilantro Salad Dressing

1 grapefruit, cut into pieces (optional)
1 lime, juice only
1/2 avocado, diced (optional)
1/4 cup feta cheese (optional)
1/4 cup diced red onion (optional)

To make dressing: In food processor, pulse orange soda, lime juice, olive oil, cilantro, avocado and garlic until consistency is smooth.

To make quinoa salad: Cook quinoa according to package directions and let cool.

Once quinoa is cool, add to bowl with orange pieces, if desired; grapefruit pieces, if desired; lime juice; avocado, if desired; feta cheese, if desired; and diced onion, if desired. Top with orange cilantro salad dressing.

Yield: 2 cups
Dressing:
1/2 cup Zevia Orange Soda
1/4 cup lime juice
1/2 cup olive oil
1 cup fresh cilantro
1/2 avocado
1 teaspoon garlic
Quinoa Salad:
1 cup quinoa
leafy greens (optional)
1 orange, cut into pieces (optional)



AsktheMoneyLady.ca

taxed the same as ordinary income and is therefore taxed at your marginal tax rate based on where you live in Canada. It is necessary to figure out the correct multiplier to calculate the additional amount of interest income you would have to earn, to then equate this after-tax interest income to the amount of after-tax income retained from an eligible dividend. Below is a list of each province, the top marginal tax rates for 2021 and the multiplier.

Let's take the first one - Alberta: Eligible dividends are taxed at an effective top marginal rate of 34.31% and interest is taxed at the top rate of 48%. Therefore, an Alberta investor would have to earn approximately \$1,263.33 more in interest income for every \$1 of eligible dividend income in the same after-tax position.

Investor A: \$1,263.27 interest income x 0.48 = \$606.37 taxes, leaving \$656.90 as income (\$1,263.27 - \$606.37 = \$656.90)

Investor B: \$1,000.00 eligible dividend x 0.3431 = \$343.10 taxes, leaving \$656.90 as income (\$1,000 - \$343.10 = \$656.90)

***Investor A has to earn more in their investment to pay more taxes to end up with the same income in 2021.

Could you tell me how interest income is taxed? My advisor wants me to switch my portfolio, but I am reluctant to do so.

Thanks, Melanie

Great question Melanie,

Many Canadians don't want to risk their retirement portfolios to the uncertainty of the stock market and instead put their money into interest savings structures like GICs to reduce risk and maintain their capital. Others, especially those who have financial planners to guide them, put their money into dividend producing guided stock portfolios. So, which is better? Is your advisor right to suggest something different? Let's compare the two options and you decide.

Dividend income gets preferential tax treatments in the form of a "dividend tax credit." Interest income is

Top Personal Marginal Tax Rates by Province for 2021:

	Interest/Ordinary Income	Eligible Dividend	Multiplier
Alberta	48%	34.31%	1.2633
British Columbia	53.50%	36.54%	1.3647
Manitoba	50.40%	37.78%	1.2544
New Brunswick	53.30%	33.51%	1.4238
Newfoundland	51.30%	42.61%	1.1784
Nova Scotia	54.00%	41.58%	1.2700
Ontario	53.53%	39.34%	1.3054
PEI	51.37%	34.22%	1.3527
Quebec	53.31%	40.11%	1.2827
Saskatchewan	47.50%	29.64%	1.3402
Yukon	48.00%	28.93%	1.3667

You know I am going to recommend you chose the dividend income strategy; that being said, I also know a lot of older Canadians are worried about the markets and some have little to no tolerance for market swings. Why not consider talking to your financial planner about a blue-chip dividend portfolio. It doesn't hurt to look at other options to make money wisely. No one wants to pay more taxes than they have to.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of the best-selling book "How to Retire Debt Free & Wealthy" and a new book Don't Panic - How to Manage your Finances and Financial Anxieties During and After the Coronavirus" available at all bookstores across Canada. If you have a money question, please email on website: www.askthemoneylady.ca

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Announcements



IN MEMORIAM



**Cherri Woroniuk,
Beloved Wife, Mother and Grandmother
January 10, 2020**

In the quiet of the evening
We sit and think of you,
We open up our memory books
Of the things we used to do.
And as we turn the pages
Our eyes are filled with tears,
Of all the moments that we shared
We will always miss having you near.
-Lovingly remembered and deeply missed
by husband Randy;
children Tanya, Kiernan, Cullen, and Madisyn,
Nicholas and Allie, Tyler, Julie, Noah and
Callie

OBITUARY

Elizabeth (Liz) Bylholt
Peacefully on December 24, 2020, Liz Bylholt aged 91 years of Winnipeg and formerly of Gimli, MB passed away.
As per her wishes, cremation has taken place and no formal service will be held.
Messages of condolences may be left on Liz's memorial page at www.interlakecremation.ca
Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

John McIntyre
Unexpectedly on Friday, January 1, 2021 at his residence, John McIntyre, aged 78 years of Gimli, Manitoba, beloved husband of Patti and father of Ian (Sande) passed away.
In keeping with his wishes, cremation has taken place and a celebration of his life will be held at a later date.
Condolences may be left on his tribute wall at www.gilbartfuneralhome.com



Gilbart Funeral Home,
Gimli in care of arrangements.

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OBITUARY

Sigurbjorg Jessie Finsson (Sigvaldason)
March 19, 1938 – January 2, 2021

It is with deep sadness that we announce the graceful passing of Sigurbjorg Finsson on January 2, 2021 at the Arborg Hospital.

Sigurbjorg is predeceased by her loving husband Halldor; son Grant; parents Kris and Phyllis Sigvaldason; parents-in-law Halldor and Emma Finsson; brother Raymond Sigvaldason; brothers-in-law Robbie Martin, Rowland Kristjanson, Clifford Gislason, Gustaf Finsson, Harold Finsson; sisters-in-law Geraldine Finsson, Betty Finsson. Sigurbjorg is survived by her son Brad (Sandy); daughter Wanda (Adrian); daughter-in-law Kathy (Harold); grandchildren Alanna (Adam), Cole (Mallory), Brendan (Lauren), Devon; great-grandchildren Zen, Jai, Halldor, Thea, Gunnar and Aurora. She will also be remembered by her sisters Ellen Martin, Kristin Kristjanson, Anna (Tryggvi) Finsson, Sylvia Gislason; brother David (Lee) Sigvaldason, sister-in-law Linda (Ken) Foster and numerous nieces and nephews.



Growing up on the family farm in Vidir, the second of seven children, Sigurbjorg had great enthusiasm for the outdoors and enjoyed doing farm chores with her Dad, while her older sister helped inside with the domestic work. As her siblings grew and took over helping on the farm, Sigurbjorg went to work at Magnusson's General Store in Arnes, until she moved to Brandon to study Home Economics at College. She was then employed for a short time at T. Eaton Department Store in Winnipeg, until returning to Arborg where she worked at Kindzierski Transfer. On June 14, 1958, Sigurbjorg and Halldor were married and moved back to Vidir together to raise their family on the farm.

Sigurbjorg loved nature and the country life, a passion she shared with her children, grandchildren and great-grandchildren. With her hands and heart, she created so much beauty. She was a gifted gardener and crafter, meticulous in everything she did. She was industrious and creative, never hesitant to take on a new project. Whether it was knitting, quilting, tole painting, lathwork or beekeeping, in her quiet humble way, she mastered all that she turned her hand to. At the Arborg Fair you would be sure to find a red ribbon attached to a beautiful flower arrangement or delicious slice with Sigurbjorg's name on it and her enthusiastic leadership in the Vidir 4H Club also won her many red ribbons in the hearts of her students.

Sigurbjorg was community-minded, an active member of the Vidir Community Club and later the Arborg and Districts Ladies Health Auxiliary. She enjoyed her connections with others. Sigurbjorg worked for many years at the Craft Post in Arborg, and her love and passion for her framing work will forever be displayed in homes all over the community.

An excellent homemaker and loving wife and mother, Sigurbjorg maintained a beautiful and inviting home for her family, where she warmly welcomed relatives and friends, always offering delicious home baking. She was kind, generous and fun-loving, with a mischievous twinkle in her eyes.

Sigurbjorg enjoyed a good conversation and a lively game of cards. She allowed us all just to be ourselves. It was wonderfully comforting to spend time with her.

Sincere thanks to the staff at the Arborg Hospital for their compassionate care during her final days.

As per Sigurbjorg's wishes, a private family interment will take place at the Vidir Cemetery.

In lieu of flowers, donations may be made to the Arborg & District Ladies Health Auxiliary, Box 301, Arborg MB R0C 0A0.

Mom, you have always been at our sides and always will be. You have taught us so much. We thank you for everything you have done and all the beautiful memories. You will always be in our hearts.

MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com



OBITUARY

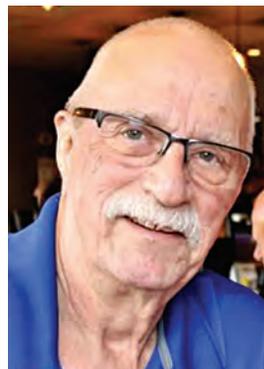
William Stephen Hanchakove

Peacefully on January 1, 2021 at home with his wife and son by his side, Bill passed away.

He is survived by his wife June of 52 years and son Steve (Lisa) and four grandchildren, Mikyaela, Joshua, Xavier and Scott and son-in-law Blair. He leaves two great-grandchildren, Kayson and Zaleah and extended family.

Bill was employed with Corrections Canada and retired to take up long haul trucking while being a volunteer firefighter in Matlock, MB.

He was known as the local handyman, grass cutter and friend in general. Bill enjoyed umpiring fastpitch and slo-pitch games, refereeing hockey, participating in the Chippawa Curling League, playing his guitar with the local community groups and wintering in Texas with his many friends.



Many thanks to the Home Care teams who assisted Bill in every way. The family is truly grateful to Brian, Bill's "adopted brother."

I LOVE YOU, MY CANDYMAN!

Words of condolences may be left on Bill's Memorial page at www.interlakecremation.ca
Donations may be made to Cancer Care Manitoba 675 Mc Dermot Ave, Wpg, MB. R3E 0V9 or The Winnipeg Humane Society 45 Hurst Way, Wpg, MB. R3T 0R3
Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

Career Opportunity



Interlake Co-op is presently recruiting for a **FOOD MANAGER** Including locations at **Arborg & Eriksdale, MB**

Reporting directly to the General Manager, the successful candidate will be responsible for overseeing all aspects of the Food Department in our 2 food stores located in Arborg and Eriksdale, including but not limited to: financial results, marketing, inventory control, asset protection, merchandising, administrative duties, corporate performance management, guest relations, along with recruiting, coaching and development. To lead a food team consisting of approx. 60 team members and team leaders.

Food Department Annual sales volume approx. \$11 million.

Qualifications:

- Desire to work in a team setting, and networking skills
- High standards in marketing and merchandising
- Exemplary guest service
- Strong leadership, and interpersonal skills
- Excellent supervisory, planning, and organizational skills
- Strong work ethic with a positive and ambitious attitude
- Possess sound management and decision making abilities
- Ability to operate a forklift (training will be available)
- Previous management/ leadership experience
- Ability to commute to neighbouring locations

We offer career advancement opportunities, competitive compensation and wages, benefits package, company contributed pension plan and learning/development opportunities.

If you would like to work in a business who strives to make a positive difference in our members' lives, please complete an application form at our Administration Office/ Website or send a cover letter and resume to:

Attention: Jordan Cook – General Manager 204-376-5245 ext 105
Email: gm@interlakecoop.com Or mail to: Interlake Co-op, Box 40, Arborg MB, R0C 0A0
www.interlakeco-op.crs

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

Join Our Team!

OBITUARY



John C. Lakatos

With heavy hearts we announce that after several years of increasingly challenging health issues John passed away. He was 72 years young.

Lovingly remembered and missed by sister Louise and husband Del, nieces Deborah, Laurene and Sheryl, husband Renier, great nephews and niece, Javier, Nia and Sebastian.

He was predeceased by parents John and Sophie, brother James and both Kadash and Lakatos grandparents.

Due to COVID restrictions a celebration of his life will be held when families and friends can safely gather.

OBITUARY



Buddy Gunnstein Bjornson

Peacefully on January 9, 2021 with his children at his side, Buddy Bjornson age 77, of Riverton, MB. left this earth to start his next journey.

He leaves behind his wife Dorothy of 55 years and their two children Kevin (Angela) and Theresa (Jason) and his two beloved grandchildren Carter (Carrigan) and Miya.

His family was his whole world and he never hesitated to show us.

He was a man of few words but was ready and willing to lend a helping hand to anyone in need.

Due to dad's wishes, a private family burial will take place at a later date.

Thank you to all for the kind words and support to our family.

A huge heartfelt thank you to the staff at the Arborg Hospital for their excellent care and compassion. We knew it wasn't easy but very appreciated.

In lieu of flowers, donations can be made to the ALS Society of Manitoba.

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



Gilbart Funeral Home,
Gimli in care of arrangements.



OBITUARY



Ben Robert Grocholski
2004 - 2021

Born in Thompson April 1, 2004, Ben was the dream child any parent could wish for. Ben was a hydro kid, moving between Leaf Rapids and Thompson before settling in Poplarfield and attending school in Fisher Branch.

Ben was a successful actor, landing a role in Universal Studio's Channel Zero (Netflix) and as a lead in STEEL (Amazon Prime). Ben could be seen on CTV mornings in a Manitoba Teacher Society commercial, in American record producer Nick Koenig's work as well as small Manitoba-made films. Ben modelled for Winnipeg Outfitters and Showtime Productions. He was very proud of his accomplishments.

Ben had an incredible bond with family. Endless sunny days were spent on Netley Creek with his Uncle Stan and Auntie Dianne, camping every summer with his Auntie Barb or simply being spoiled at his Baba's. He loved

going to Auntie Christie's for sleepovers with cousins Shawn and Rachel, so Auntie could spoil him in secret ways that mom still doesn't know about. Ben was close to the Hecla community, volunteering for any event he could and even earning some extra cash from Johnny at the Hecla Store. Hours upon hours were spent making parade floats every year for the Hecla parade so he could dazzle the crowd with his colourful personality. You may have even run into Ben at the Hnausa General Store, working for his auntie Donna.

Ben did more in 16 years than most do in a lifetime. From strutting the runway at the Convention Centre, Tarzan swinging from Arenal Volcano, swimming in Montezuma waterfall, snorkelling with Manatees, fishing off the coast of Cedar Key, climbing HooDoo's in Drumheller, riding favourite Disney rides at Magic Kingdom past midnight, earning paycheques at 10 years old - Ben lived life to the fullest!

Mom Heidi, Dad Dale and sister Lorelai will forever miss your infectious Daffy Duck giggle, Arnold Schwarzenegger accent and silly antics. We will miss your help around the farm and how you were always there to watch over your sister. Mom will miss Steven Spielberg marathons, Super Mario games and baking sugar cookies every holiday. Dad will miss wrestling and sitting on film sets with you (a favourite moment having lunch with John Carroll Lynch from The Walking Dead). Lorelai will miss fighting with you on 30-hour vacation road trips and canned ham lunches.

The Grocholski family - Baba Mary, Uncle Stan (Dianne), Auntie Barb (Roger) Paul, Uncle Dave (Tisha), cousins Adam (Pam), Derek (Alyssa), Jared (Randi), Devan, Kim, Brittany, Tyson, Cali and Nevaeh; the Orbanski family - Grandpa Bob (Lora), Uncle Steve, Auntie Christie (Justin) Anniuk and cousins Rachel, Shawn, Sarah, Amy, Stephanie and the Sigurgeirsson family - Uncle Brian (Donna) Austfjord, Candyce (Scott) Paterson, Gae Lynn (Bob) Labossiere will keep you forever in their hearts. Your lifelong school entourage - Landen, Myx, Teagen, Howie and newbie, Troy, will remember you every school day.

Hope is a good thing, maybe the best of things; and no good thing ever dies. In lieu of flowers or cards, put some change aside when you can and give to those who need it within your community - as our communities did for Ben. A celebration honouring Ben will be announced in the future.

Arigato Gozaimasu Ben! Thank you for being our hero!
"Good night, see you in the morning, I love you and good night."

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