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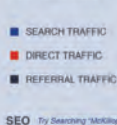
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WEEKLY NEWS

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Christmas treats

EXPRESS PHOTOS BY JORDAN DANKOCHIK

Jordan Dankochik's children feed the family's goat herd a Christmas tree snack.

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Give a goat a Christmas tree and help curb greenhouse gas emissions

By Patricia Barrett

A Gimli-area man with a herd of goats is calling on people to donate their Christmas trees (real ones) to his goats rather than throwing them in the trash or taking them to a landfill where they'll decompose and release methane.

Jordan Dankochik, who commercially farms about 150 goats, is embarking on his second year of offering the community a more planet-friendly solution to getting rid of their Christmas trees.

"The trees are really good for the goats' digestive system. It's a natural parasite control and a supplement to their diet," said Dankochik. "They have very strong enzymes in their stomach that break everything down. That's what differentiates them from sheep and cattle — they have a strong digestive system."

Goats love the green needles on trees such as pine and fir. They'll peel off the bark and eat it and whittle down the trees to about three-eighths of an inch, he said.

He hasn't tried to calculate the amount of greenhouse gases he could avert by feeding Christmas trees to his cloven-hoofed garburators, but he recognizes the benefits of keeping trees out of landfills.

Goats are a "chemical-free" way of clearing brush and foreign weeds, eating virtually everything in their path, he said. And they can get quite "creative" when challenged with a tree that's partly out of reach, rearing



EXPRESS PHOTO BY JORDAN DANKOCHIK

Jordan Dankochik has 150 goats on his farm near Gimli. His children help feed the goats.

up to grab branches.

Dankochik said he can accept "countless" numbers of trees. He'll put them beside his barn, which acts as a windbreak, and the goats can nibble on the trees throughout the winter.

"In the spring there's usually not much left. They chew them down pretty good," said Dankochik. "Anything that's left over, I'll just chop up."

In addition to giving his goats a treat,

Dankochik said he wants to promote farming. Visitors to his farm will be given an opportunity to learn about how the farm is managed and how the food is raised.

"People can bring their Christmas trees and their kids and see some of our farm. I love the idea of having an open farm," said Dankochik. "There are very few people who aren't impressed when they come here. Every-

one gets a pretty good kick out of the goats. They are the most social animal. They'll come up to you and eat out of your hand."

During kidding season, he said the farm usually sees up to 250 kids (baby goats) born within 30 days, and he and his children will have to bottle-feed about 20-30 goats at a time.

Last year he and his children brought six kids to Sigurbjorg Stefansson Early School where the Grade 1 class got to bottle-feed them and learn about farming.

"You don't have that threat from goats like you do from cattle and bigger animals," said Dankochik. "As long as you give [does] space, you don't have to worry about them breaking through the fence if you get too close to a baby. With a cow there's more of a danger factor there."

People who wish to donate their Christmas tree should remove tinsel and other non-edible items, and check that it hasn't been sprayed with a colorant or fire-retardant spray.

Dankochik said he prefers that people call ahead before delivering their tree, but it won't be a big deal if he comes home and finds dozens of trees blocking his driveway or lying in the ditch.

"If I come home and find a whole bunch of children leaning over the fence feeding the goats Christmas trees, then the chores are done and it's not that bad!" he said.

To donate a tree to Jordan Dankochik goats, call him at 204-651-0008.

Bifrost-Riverton vote to close Riverton satellite office

By Evan Matthews

After months of debate, the RM of Bifrost-Riverton council voted to close the Riverton satellite office.

The closure was finalized at the RM of Bifrost-Riverton's regular meeting on Jan. 8. Reeve Brian Johnson said a recorded vote was not requested, but a majority of council voted in favour of the closure.

The news was posted on social media via the RM of Bifrost-Riverton's Facebook page on the same day. Many Riverton locals found out firsthand that the office had already been closed when they went to pay sewer bills on Thursday, Jan. 9.

Reeve Johnson cited cheaper taxes as a silver lining to the issue.

"Since the amalgamation took place in 2015, Riverton (Ward 6) has had the benefit of a significantly reduced municipal mill rate: from 42.9 in 2014

to 19.6 in 2019," said Johnson. He also added that between January 2019 and October 2019, the Riverton satellite office took in only 11 per cent of the RM's financial transactions.

"Meanwhile the other five wards of the municipality have experienced significant tax increases," he said.

"This could be seen as a significant economic driver for Riverton (Ward 6), and will hopefully encourage development within our urban centre."

Johnson also wanted to assure Riverton residents that any savings resulting from the closure would stay in Riverton (Ward 6).

However, when asked how much the RM spent on the satellite office's operation in 2019 — and how much the RM would save in 2020 by closing the satellite office — neither Reeve Johnson nor the RM's administration provided an answer by press time.

The building itself will remain open, according to Johnson, as it houses the fire department and library. Both will operate as usual, he said, and the board room will be available for local meetings.

"The municipality is committed to the (Riverton) community," said Johnson.

"The RM has recognized the need to spend in excess of \$130,000 over the last few years in infrastructure development and revitalization in Ward 6."

Despite Riverton residents' plight to maintain the community's municipal services office, council decided the cost and inefficiencies associated with keeping the office open outweighed the community's concerns.

"A lot of the traffic in the office is our community's senior citizens; they can't necessarily make it to Arborg. Council has suggested driving to Ar-

borg or sending in bill payments by mail," said Kahleigh Dubois, a Riverton resident.

"The only way (many) seniors can pay their bills now is by cheque through the mail. This sets a precedent for Riverton.

"The community is already struggling. There are quite a few businesses for sale. We have a group trying to improve the community, but it feels like the council is working against us."

Riverton residents held a community meeting at the Fellowship Circle on Jan. 13 to discuss a relevant course of action moving forward and ways to resist the RM's decision.

"It's just really disheartening, and a decision like this lacks communication," said Dubois.

"It seems (some) of our elected officials don't want anything to do with Riverton."

Third-generation baker to open Just My Kind of Bakery

By Evan Matthews

An Ashern family business, which operated for over a decade, is getting set to re-open with a little bit of added knowledge.

"Just My Kind of Bakery" is expected to open to the public sometime in mid-February, though the bakery's operating manager, Kelsey Noordenbos, 28, hasn't set an exact date just yet.

For now, Ashern residents can find the bakery product at the local Co-op.

"I've always loved baking. This is also a need within the community," said Noordenbos, adding her parents own the building and its equipment but it is Noordenbos who will own and operate the business.

"It's something different. We're going to start by supporting the local Co-op grocery store and selling our product there to get the business off the ground."

The bakery originally opened in 2007, but Noordenbos said the bakery closed down two years ago after the family struggled to recruit employees.

After attending Business Administration at Assiniboine Community College, Noordenbos has decided to re-open the family business at 31 Main St. in Ashern. This time, she said, with added knowledge and organization, a lack of employees shouldn't be an issue.

"We have a lot of (family) support, and I have my schooling to help me out," said Noordenbos.

"We'll have your classic homemade bread and buns, pies, dainties, cookies and doughnuts, etc. When we open the storefront, we'll have home-

made soups and a salad bar, too."

A simple operation, Just My Kind of Bakery has just a proofer and an oven on site, but the devil is in the details, according to Noordenbos. It's the care and respect that goes into the baking that makes her product such a high quality, she said.

Mentioning there is a "need within the community" for a bakery, Noordenbos said many people had expressed they missed Just My Kind of Bakery.

The notion is supported online, with reviews speaking highly of the bakery just before it had closed two years ago.

"You will find the best cinnamon buns in the province here," said Interlake resident Rebecca Clifton via restaurantguru.com.

"We travelled over three weeks for work, went from Vita to Morden to Virден to Pine Falls to Selkirk and everywhere in between. These were by far the best.

"(We) ended the trip by picking up nine dozen to take home."

Coming from a long line of bakers, Noordenbos said kickstarting the business once more was an easy choice.

Both her mother and grandmother were bakers, and Noordenbos said she witnessed the joy and happiness her family's food brought to others so many times.

"I like to know I'm putting something good in someone else's stomach. I like to see people happy," said Noordenbos.

"Knowing people are getting good quality products makes me happy, too."



EXPRESS PHOTO SUBMITTED

Kelsey Noordenbos will open Just My Kind of Bakery next month.

With a public grand opening, Noordenbos said she looks forward to having people in her store.

Nurse practitioner recognized for mentoring and teaching



EXPRESS PHOTO SUBMITTED
Lundar and area nurse practitioner Beryl Dziedzic was honoured with the Award of Excellence in Mentoring and Teaching from the Nurse Practitioner Association of Manitoba.

Submitted by IERHA

A Lundar nurse practitioner's skills as a mentor and teacher were recently recognized by the Nurse Practitioner Association of Manitoba (NPAM).

Beryl Dziedzic, who works at the Lundar Primary Health Care Centre,

was honoured with the Award of Excellence in Mentoring and Teaching at the association's conference this past November. She has been practising in the region since 1987. She started as a registered nurse and became a nurse practitioner in 2012.

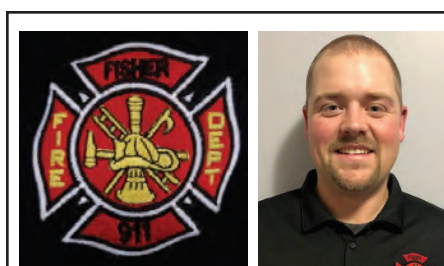
Beryl says the award came as a welcome surprise.

"You do the mentoring and teaching not thinking that you'd get an award. You do it to further the profession and the student experiences and knowledge," said Dziedzic. "It's always easier to mentor when you have good students. I've had exceptional students. As well, I should add we all mentor each other throughout the Interlake-Eastern Regional Health Authority."

Beryl was nominated by her nurse

practitioner colleague Nicole Gore-sky, whom she mentored.

Interlake-Eastern Regional Health Authority acknowledges Dziedzic for her continued dedication and commitment to both the people she provides service to and for sharing her knowledge and expertise to enhance the skills of her students and colleagues. The region congratulates her



The Rural Municipality of Fisher would like to Welcome our new Fire Chief Patrick Davy!

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Fisher Fire Department is also looking for recruits for a Grass Fire Tact Crew! Contact the RM of Fisher Office today!

for being recognized with the NPAM Award of Excellence.

Notice of Environment Act Proposal

Manitoba Conservation and Climate has received a proposal pursuant to The Environment Act regarding the following operation and invites public participation in the review process:

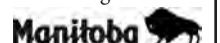
MANITOBA INFRASTRUCTURE - PTH 6 AND CARNE RIDGE ROAD RELOCATION AND UPGRADES - FILE: 6040.00

An Environment Act Proposal has been filed by Manitoba Infrastructure for the relocation of a 3.6 km section of Provincial Truck Highway (PTH) 6 and realignment of approximately 1.1 km of Carne Ridge Road near the community of Grahamdale.

Anyone likely to be affected by the above operation and who wishes to comment on the proposal should contact Elise Dagdick, Environment Officer, in writing or by email at elise.dagdick@gov.mb.ca, not later than February 14, 2020. Further information is available from the Online Public Registry: www.gov.mb.ca/sd/eal/registries/index.html Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of The Environment Act.

**Environmental Approvals Branch
Manitoba Conservation and Climate**
1007 Century Street
Winnipeg MB R3H 0W4
Toll Free: 1-800-282-8069
Fax: 204-945-5229

Website: www.gov.mb.ca/sd/eal/registries/



**ANNUAL MEETING
FOR
MEMBERS ONLY
of
Silver Community Centre Co-op
Sunday January 26, 2020
7:00 PM
Silver Manitoba
Contact 376-5107**

Stonewall teen living with cystic fibrosis; looking for support

By Evan Matthews

Roughly 4,200 Canadians are living with cystic fibrosis, meaning less than one per cent of the population knows what it's like.

Seventeen-year-old Brendan Roberts, a Stonewall resident, is a person who does know what it's like.

"I stay optimistic because life is short. I feel I need to live my life to the fullest and do as much ... as I can before I die," said Roberts, who was diagnosed three years ago at 14, though CF is a disease that is lifelong. Roberts always had CF; he just didn't know.

"Most people have heard of it but don't know what it is. It's not visible from the outside and so most people don't even know it's there," he said.

"It's an invisible illness, and although we look fine on the outside, we are dying on the inside."

Cystic fibrosis (CF) is a rare disease affecting over 4,200 Canadians or roughly one in 3,600 live births, according to CF Canada.

CF is a progressive, degenerative multi-system disease affecting mainly the lungs and digestive system. The lungs are where the effects are most devastating, as a build-up of thick mucous causes severe respiratory problems, according to CF Canada. Mucous and protein also build up in the digestive tract, making it difficult to digest and absorb nutrients from food.

Individuals with CF may reach the

point where they require a lung transplant, with most fatalities of people with CF being attributed to lung disease. Currently, there is no cure, but an optimistic Roberts said his life has not been altered too much as a result of living with the disease.

"I still live the same life, but I'm a little more cautious with the stuff I do and the places I go," said Roberts, who stressed he's still a normal teenager, doing normal teenager things.

"I have to do daily treatments and take medications and I have to spend time in the hospital when I get sick."

One of Roberts' daily treatments comes with the help of a positive expiratory pressure (PEP) device.

By breathing out with a moderate force through a resistance, a positive pressure is generated in the airways, helping to keep them open and move mucus.

Roberts can't digest fats or proteins, so he takes pancreatic enzymes with every meal and snack.

"If we don't use the PEP device and/or his enzymes, it leaves a platform for bacteria to grow, which leads to an exacerbation, which puts him in the hospital and on antibiotics for a few weeks. It's hard when it's cold and the air is dry because bacteria moves really easily," said his mother Angela.

"He says the disease hasn't changed his life at all, which in a sense is true because he's always had it. But there are definitely challenges he faces others don't.

"But he's still in school. He still has a job. He still hangs out with his friends. He's a regular kid," said Angela.

Ways to support

In Canada, the national drug approval system — the Canadian Agency for Drugs and Technologies in Health (CADTH) — takes evidentiary information to determine whether or not Canadian provinces should approve and invest in specific drugs and/or technology.

But unfortunately, Angela said because many rare diseases are among small populations, the drugs associated with treating rare diseases — such as CF — don't meet CADTH requirements for approval.

"CF is not the only one. There are so many other diseases out there," said Angela. "Companies create drugs and put them on the market, but generally ... these drugs are coming to market and are getting approved by Health Canada so we can, in fact, buy them in Canada.

"But when they go to CADTH for (provincial) review and are denied,



EXPRESS PHOTO SUBMITTED

Angela Roberts (left) sits with her son Brendan Roberts (right), who was diagnosed with cystic fibrosis at 14.

the province doesn't support so it doesn't make the (Drug Benefits and Interchangeability) Formulary.

"People can't afford to get them at that point, as many of these types of drugs can cost upward of \$250,000 per year."

Manitoba is the only province in Canada that does not have a CF support program, she said, meaning if a person's employer or health coverage plan does not provide insurance, many every day CF drugs will not be covered and can cost thousands of dollars per year.

"That's without discussing (insurance) spending caps," she said.

In October 2019, an American manufacturer released a new, highly effective CF disease modulator drug, Angela said. However, the drug likely won't make it to Canada, as the struggle to get a specialized, rare disease drug through the country's national drug approval system isn't worth their time and money, according to Angela.

Canada does not currently have a system for evaluating these "situational drugs," according to Angela, so she said she is fighting for a strategy that is specific to rare disease and specialized drugs.

"That's what we're fighting for ... a rare disease drug strategy that will make it easier for these companies to bring their rare disease drugs into Canada," said Angela.

"We want to have them approved appropriately, situationally, as opposed to having them sent to a com-

mon drug review that only meets the needs of the 40-million-person population."

The federal government of Canada has indicated it will be investing up to \$1 billion over two years but not until 2022, and Angela said people are dying now.

Angela is in the process of lobbying politicians, MLAs, MPs and cabinet ministers, she said, in order to have the current strategies reviewed. She has yet to hear back from anyone.

"We want them to advocate on our behalf as well," said Angela. "They're in government. Government will listen to them, whereas they may not listen to us."

There is a petition for signature for the government to set up a rare disease Drug strategy for these drugs in Canada at: <https://bit.ly/3a9fJ94>.

Fundraising social in Winnipeg

On a local level, Angela said people can support by attending a social event in Winnipeg, which is fundraising for Cystic Fibrosis Canada.

"Calling all superheroes, princesses and princes, join us for a fantastic afternoon of crafts and activities, dancing, treats and posing with your favourite characters from movies and comic books," the advertisement reads. "All in support of Cystic Fibrosis research."

The event is on Saturday, Jan. 25, from 1 to 4 p.m. at Patricia's Ballroom and Banquet Hall, 20-2025 Corydon Ave. Tickets are \$25.

Apology

The *Express Weekly News* would like to apologize to the Ingimar Sigvaldason family.

As the publisher of the local paper, we strive for accuracy to maintain our credibility and reputation. However, last week we made an error that is unforgivable and for which we are extremely sorry.

In one of our obituaries we published the wrong photo with the announcement.

We have corrected it for this week, but unfortunately we can't take back what we published last week.

Our sincerest apologies to the family and Neil Bardal Funeral Centre.

The staff of the *Express Weekly News* takes full responsibility for the error.

Lana Meier

Westshore Community Foundation 2019 recap

By Tim Arnason, President, Westshore Community Foundation

The Westshore Community Foundation had a tremendous year in 2019.

Our board of directors continues working towards our mandate of "Building a Lasting Legacy" within our catchment area. The ongoing support we receive from our donors, sponsors and partners strengthens our resolve to maintain and build upon the exceptional quality of life that we enjoy.

Our financial picture has never been stronger. We have recovered well from the 2018 financial market downturn. Through record setting fundraising events, growth of existing funds and the addition of new funds, combined with a healthier financial market, our assets for the first time ever have exceeded \$2.5 million.

Our growth, along with new partnership opportunities, has enabled us to distribute unprecedented grant monies to not-for-profit agencies within our catchment area for projects in support of the environment, heritage, culture, sports and recreation, community services, and health and education.

In addition, our scholarship funds have never been higher and provide support to deserving students under-

taking post-secondary studies.

We continue to work on raising the awareness of who we are and what we do. Our presence at community events, our comprehensive annual report, our efforts at outreach and increased social media presence has been successful. This is an ongoing effort and we will continue to tell our story at every opportunity possible.

Along with growth comes an increased responsibility of continuous improvement within our board. A new Human Resource and Board Development Committee is partially charged with this responsibility and has, in the past year, focused on succession planning, code of conduct, volunteer recruitment and retention, and employment contract/performance management.

Our presence at the National Community Foundation of Canada Conference gave us an opportunity to explore new ways to strengthen our commitment towards inclusion, diversity, youth, partnerships, planning and donor/volunteer stewardship.

We enter 2020 with optimism. Exciting new partnership funding opportunities are right around the corner, and combined with our existing grant and scholarship programs, we



EXPRESS PHOTO BY DON MATTHEWSON

Westshore Community Foundation 2019 Board of Directors, left to right, Dave Douglas, Eric Stefanson, Michele Couture, Tristin Tergesen, Tim Arnason (President), Gerry Knutson, Ruby Tretiak, Rosanna Cuthbert, Shelley Narfason, Giuseppe Dalzotto, Ruth Ann Furgala, Darcy Jacobs, Connie Magnusson Schimnowski. Missing from the photo is Don Matthewson.

look forward to supporting organizations and individuals who enable us to build a lasting legacy in our community.

Our commitment to our community is strengthened through the support

we receive from you.

Visit www.westshorefoundation.com or drop us an email at westshorefdn@hotmail.ca or call us at 204-642-9796.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Diego Blandford swings his partner around during the Pryvit.

Arborg's Reechka dancers take to the stage this Saturday to celebrate Malanka

By Patricia Barrett

Arborg's Reechka Dance Club will be high-stepping its way into Malanka this Saturday at the Arborg Hall.

The award-winning dance troupe, made up of beginner, junior and senior dancers, will be performing a variety of traditional Ukrainian folk dances, including the Pryvit, a welcome dance offering good health and prosperity, the Poltava, Hutzul, Hopak and Volyn.

The high-energy troupe is known for its dramatic storytelling through dance and acrobatic leaps and jumps that always dazzle the New Year's crowds.

After the performances, a traditional Ukrainian buffet will

be served.

Malanka takes place on Saturday, Jan. 18 at the Arborg Hall. The hall opens at 5 p.m. with performances at 6.

RCMP investigate pedestrian-motor vehicle collision

Submitted by RCMP

On Jan. 7, 2020, at approximately 11 p.m., Fisher Branch RCMP responded to a collision involving a pedestrian on East Road on Peguis First Nation.

The investigation has determined that a vehicle, driven by a 30-year-old female, was travelling north on East Road when she collided with a 27-year-old female pedestrian, who was believed to be walking on the side of the road.

The 27-year-old pedestrian was taken to hospital with life-threatening injuries. On Jan. 8, 2020, the female succumbed to her injuries in hospital.

Charges of impaired operation of a vehicle causing death are pending against the 30-year-old female driver.

RCMP continue to investigate.

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

KEN LOEHMER
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Animated; Violence **PG**

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Violence **PG**

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Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



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Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Evan Matthews



REPORTER
Ligia Braidotti



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Beware of bombing narrative

By Evan Matthews

By now, most Canadians should be aware of the U.S. airstrike that killed one of Iran's most powerful military leaders.

The airstrike happened in the early morning of Jan. 3, 2020.

The U.S. airstrike killed Iran General Qassem Soleimani just outside of Baghdad's international airport, which, of course, is in Iraq, not Iran.

The killing's narrative is one North American's are familiar with: In a heroic effort, the U.S. has killed one of its most notorious enemies; thus, we now live in a much safer world.

The U.S. narrative has been framed in a very similar light to the 2011 killing of Osama bin Laden, and the 2019 killing of Abu Bakr al-Baghdadi.

All to say, this narrative has become the norm and is widely accepted among North Americans.

But the Iranian general's death is more complicated; a nuanced situation.

Despite being framed as an evil villain, Soleimani was well known throughout the Middle East and many military communities as an opportunist; an expert of "clandestine warfare," according to many media reports and

university professors.

Meaning, depending on a situation and its timing, Soleimani was second to none at picking his spots and his side.

There are multiple documented examples of the man acting as both a friend and foe to American military forces.

One of the better known and more documented examples of this was Soleimani's efforts to quash the Taliban and ISIS. The U.S. has acknowledged his role in that fight as an important one. It's no secret.

A professor at the School of Oriental and African Studies (SOAS) University of London provided another such example: Soleimani was fighting Israeli forces in Lebanon (anti-U.S.) while executing operations in Afghanistan against the Taliban (pro-U.S.), both at the same time.

Is he a friend, or is he a foe?

There are a variety of other examples — including the Syrian Civil War — but all to say, his role in Middle Eastern politics and military is, at the very least, confusing and unclear.

Yet, Soleimani was worth assassinating, according to the U.S.

Which leads to the question: Dat-

ing back to Sept. 11, 2001, what has changed?

Which of these assassinations, so often celebrated in North American media, has changed anything related to the War on Terror? Or even on North American military occupation in the Middle East?

The answer: nothing has changed.

Political pundits, however, have predicted a more volatile oil and gas market as a result of Soleimani's death, no different than many of the assassinations before him.

What we know for sure is the current U.S. government has been reckless with its operations.

The bottom line as Canadians should be this: This is not our fight, and our country should want no part in these escalating international tensions.

Whether you agree or disagree is up to you, obviously, no different than where you obtain information is up to you.

May you find the information most relevant to developing a robust and informed opinion, as you will be hard-pressed to do so reading only mainstream media sources.

Appointments made to Colleges of Physicians and Surgeons, physiotherapy

Submitted

A number of council and board appointments have been made to Manitoba's College of Physicians and Surgeons and College of Physiotherapists, Health, Seniors and Active Living Minister Cameron Friesen announced Monday.

"These regulatory organizations play a vital role in the provision of health services in our province, ensur-

ing Manitobans receive a consistently high quality of care," said Friesen. "I thank those who have stepped forward and filled these important leadership roles at a time of great change in the health system, with a renewed focus on providing care closer to home."

Ardith Sigurdson, of Gimli, has been appointed as a council member to the College of Physicians and Surgeons of

Manitoba. She is the administrator of Sigurdson Farms, a school immunization planner and public health nurse for the Interlake-Eastern Regional Health Authority. Joining Sigurdson are seven new public representatives who have appointed to the college's council.

The appointees include:

Continued on page 8

ADVERTISING OR PRINT CONTACT INFORMATION

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836

> EMAIL US

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

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

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

PAPER DELIVERY OR FLYER CONCERNS

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

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Keep safe on the ice this winter

Frazil ice makes for unpredictable conditions

By Katelyn Boulanger

The combination of high water levels and freezing temperatures that caused frazil ice to be formed in the fall continues to affect ice conditions. Selkirk Fire Chief Craig Fiebelkorn suggests that winter enthusiasts be very cautious if they choose to be on the river this winter.

"The way the ice froze this year with the water level being so high and then, of course, the water levels have dropped since the fall time when it froze. The ice is really broken up here around Selkirk. They call it frazil ice. It's really unlevel," said Fiebelkorn.

In a typical year, the ice in the region freezes more slowly with lower water levels, which eventually forms a thick level sheet across the water's surface.

"As far as I know the ice is still quite thick but it's the way that it frozen with the river levels dropping that you get those ice ridges and air pockets. There's voids underneath the ice so I would be really, really leery about taking a vehicle on the ice at this time," Fiebelkorn said.

He says that the ice needs to be ap-

proximately 12 inches thick to safely hold the weight of a vehicle but that the air pockets are the main concern right now.

"It's definitely not good to drive on. This time of year you can generally see tons of snowmobile tracks out there on the river and there's none. You just can't drive on it," said Fiebelkorn.

He has noticed that there are fewer fishing shacks this year and believes that common sense has prevailed when it comes to being safe on the river this winter.

"I drive by the river all the time and around here, generally, by the airport in Selkirk there's just dozen and dozens of [fishing] shacks there. This year I drove around and there's only one. Another hotspot is on the east side of the golf course, going into East Selkirk on the end of CIL road and there's about a dozen down there," Fiebelkorn said.

He suggests that fishers go to the lake to fish instead of the river to reduce their risk.

"The ice is thick in the south basin of the ice. There's lots of spots to fish [on



EXPRESS PHOTO BY BRETT MITCHELL

Frazil Ice by the Lockport Bridge.

the lake], on the river not so much," he said.

So far this year the fire department has not had to respond to any incidents on the river.

"I think people see and they realize. There was an issue later on this fall, or earlier this winter, where there were some animals on the ice and people wanted to see them rescued. But they're animals; they can take care of

themselves. They got out there and they can get back," said Fiebelkorn.

He also suggest winter enthusiasts find fun in activities that don't involve going on the river.

"There's snowmobiling. There's outdoor hockey rinks. There's lots to do if you put your mind to it. As for ice fishing, I don't want to say don't do it. Just be very, very careful," he said.

STARS, Snoman and Lifesaving Society Manitoba encourage safe snowmobile operation

Submitted

With a number of snowmobile trails in the province expected to open this month, STARS, Snowmobilers of Manitoba Inc. (Snoman) and Lifesaving Society Manitoba have come together to encourage the safe operation of snowmobiles this winter.

Snoman president Alan Butler says an area of emphasis for the organization is reminding snowmobilers in the province to be mindful of their speed.

"Last season we introduced a poster in shelters dealing with excessive speed," Butler said. "We want riders to have fun but ensure that they arrive home to their families."

Butler added that Manitoba has the third most extensive snowmobile trail system in Canada, and it is essential that all riders practise safety at all

times. He encouraged riders to keep these additional points in mind when operating their snowmobiles.

- Do not operate a snowmobile while under the influence of alcohol or drugs
- Do not trespass on private property or ride on land without the owner's permission
- Wear a helmet
- Ride according to the terrain and your ability
- Bring a tool kit and first aid kit
- Stay on designated trails

Grant Therrien, STARS provincial director of operations for Manitoba, noted that STARS responded to 12 calls related to snowmobiles from 2017 to 2019. He added that in many of those cases, excessive speed was a common theme.

"We have seen incidents where a snowmobiler was going too fast for either the conditions or the trail and lost control," Therrien said. "Many of them also occurred in remote locations making it very difficult, or impossible, for the injured riders to be reached by ground EMS."

Therrien added the most concerning element to STARS is the serious nature of the injuries resulting from these incidents.

"The snowmobile calls we respond to often have devastating results, ranging from fatalities to life-altering injuries. For those who are fortunate to survive, they often have to endure gruelling rehabilitation that can take months and even years. So if you are heading out on your snowmobile this winter, please do so safely."

An additional safety concern for snowmobilers this winter is unpredictable ice conditions throughout the province. Recently two snowmobilers fell through the ice in the Victoria Beach area, prompting Lifesaving Society Manitoba to issue a public warning to snowmobilers.

"Due to the unprecedented conditions that have occurred this year for ice formation, we advise everyone that if you are planning to go out on the ice, you need to be prepared to go through it and into cold water," said Dr. Christopher Love, Water Smart co-ordinator for the Lifesaving Society Manitoba.

"Wearing a floatation snowmobile suit (float coat) or a lifejacket when out on the ice is the minimum preparation every person should take."

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The once-in-a-lifetime catch

Hi friends.

Our ever-enlarging fishing derby season in Manitoba is a visible example of the explosion of winter sport fishing on our gigantic lakes and rivers. There are dangers, of course, on the ice and on our summer waters, but each story of hazards overcome adds to our unique mid-Canadian fishing culture, like these following adventures.

If you've driven onto the Red River ice opposite the #204/509 turnoff lately, you'll agree the river bank road is long and steep. Last week I met three young guys there who told me of how they almost lost their brand new shack trying to get it on the ice. One of them had backed their truck-flatbed trailer rig with the shack on it down the road. The straps holding the shack slipped and its front slowly began to rise off the flatbed floor. Two of the men outside guiding the driver began screaming for the driver to do something. Looking back in his mirrors he shouted, "Cut the straps!"

Fortunately they had pocket knives and leapt forward, sawing into them. The second the driver felt them pop loose, he gunned the truck and flatbed forward. Looking backward, he saw the shack slide from the flatbed, toppling onto the road safely! Now sitting with the guys in their shack, the stove crackling with a warm fire, we all joked about how the handling of shacks and other shelters on the ice is part of Manitoba fishing.

How about a break from winter fishing stories and an unusual summer one from Shane Mann of Selkirk? I met Shane a while back and was so impressed by his gentle, insightful nature. He was a big man with a pleasant face framed in a short, light brown beard. He remembered a time when summer fishing up at Paint Lake with his cousin. They were trolling in his cousin's boat on a cloudy, warm day using lures with hooks fore and aft when he got a very forceful strike. Shane instinctively hauled up to set the hook as his fish burst from the chalky colored water.



EXPRESS PHOTO BY ARNIE WEIDL

Left to right: here is a pic of Simon Kosman, Ryan Janssen and Cameron Chalowpka, who almost lost their new ice shack unloading it for spotting on the Red by Selkirk.

The good-sized walleye began tearing left to right between the shallows of cresting waves. Shane quickly sat down on the boat bench seat for stability and began hauling up, then reeling in as he lowered his rod. The smell of musty marsh weeds filled his nostrils as the fish tugged his line just under the surface. Suddenly the fish stopped. The line trembled. Shane, perplexed, sat motionless.

Suddenly the water erupted, splashing violently from the tails of two fish, their heads close together. Shane froze dumbfounded for a moment as he watched the two fish rolling over each other on the water. It took a short time but soon he could see a second walleye had taken the hook on the tail of his lure. Shane felt that the hooks were well set so he took his time slowly bringing the fish to the boat. He let them struggle on the lure to play themselves out. When he saw them lay in the water on their sides, he landed them. It was a once-in-a-lifetime catch!

Now, to another winter meeting on the ice with a summer story! Last weekend I found myself very far out on the south basin of Lake Winnipeg. Idling along in Old Red, I passed many shacks. In time, I happened upon a large, dark-coloured portable. I pulled up to it and, lowering my window, called out "Is anybody home?"

"Yeah come on in," was the response.

I left the truck, unzipped the door and went in-

side. I presented my card to a grey-haired, energetic chap lounging in a chair, his rod line in an ice hole.

"I'm Arnie Weidl," I said.

"I'm Gabe Poczik and the lady in the corner is my friend, Jennifer Berezuk, he said.

"Well, Gabe, have you got a story for your fellow anglers?" I asked.

"I've got a summer story," he said.

"That's OK," I returned.

"I went out to Nopiming on Shoe Lake with my buddy Jim," he began, "and, man, anything that could go wrong went wrong. We got out there and launched his boat but the motor had been sitting for a while and we wound up fighting with that thing for over an hour before we finally got it going. By then Jim was anxious to get fishing so he gunned the motor, but the bass seat I was sitting on wasn't secured and it popped out of its base sending the left side of my body for a bath overboard.

"After I got back in the boat, we started fishing but didn't catch a thing all day. When evening came, we pulled up to the dock and while I manned the boat, Jim went to get his truck and trailer. He soon came back, head down and embarrassed. He had left the truck lights on and the battery was dead. Using the boat battery, we got back to my place and as I left his truck, I told him the next time we would use my rig and boat!"

> APPOINTMENTS MADE, FROM PG. 6

- David Bjornson (St. Andrews), a retired tribunal panel member for the Office of the Commissioner of Review Tribunals Canada Pension Plan;

- Eileen Gelowitz (Winnipeg), who owns Achak Solutions, which developed the firstelder-sanctioned online Aboriginal awareness course, and Vera Kennel, which specializes in breeding and raising police service dogs;

- Lynette Magnus (Winnipeg), a

chartered accountant with more than 20 years' experience in finance and accounting;

- Leanne Penny (Winnipeg), a senior manager of taxation services for Meyers Norris Penny LLP and chair for the Winnipeg Santa Claus Parade;

- Alan Scramstad (Winnipeg), a retiree who worked as the chief appeal commissioner for the Workers Compensation Board Appeal Commission;

- Raymond Strike (Winnipeg), a senior human resources advisor of client services in the Indigenous services division for the Government of Canada; and

- Elizabeth Tutiah (Winnipeg), a litigation lawyer with the federal Department of Justice.

Additionally, two Winnipeggers have been reappointed to the board of the College of Physiotherapists of Manitoba. Alix Kravetsky, a certified human resources (HR) professional and chief operating officer of Kowintco Inc., remains a member of the

college's inquiry committee while Laura Matlashewski, a senior benefits and compensation analyst and HR business partner with Manitoba Public Insurance, has been given a new term on its board of assessors.

The minister noted these appointments are part of the Manitoba government's efforts to continue to refresh the agencies, boards and commissions of our province, ensuring Manitobans continue to be represented in these important positions by highly qualified and enthusiastic individuals.

Fundraising social to be held for Ashern youth

By Evan Matthews

The Ashern community is rallying support around one of its own, as a young man has been diagnosed with Crohn's disease.

Andrew Johnson, 14, had been in the hospital since early December and finally returned home on Jan. 8. On Dec. 27, Johnson underwent surgery when doctors discovered and diagnosed the disease.

"Andrew's parents have been by his side since he was admitted to hospital, and that has taken a toll on the entire family," said Meghan DeFoort, one of the community members planning a benefit social.

"Cory and Sheila (Andrew's parents) are dedicated to their family and community and are always willing to help anyone they can, often dealing with their own personal hardships.

"With Andrew's diagnosis, they have a long journey ahead of them, and they need all the support our community can give them."

Cory Johnson is an active member in the community and is the owner and operator of Silver Bay Auto. Putting her money (and efforts) where her mouth is, DeFoort — along with Rylee Geisler and other community members — are planning a benefit social in honour of the family.

The benefit social will be held on Jan. 18 at Ashern Centennial Hall. Tickets are on sale for \$10, with a silent auction and food at the event as well. The doors open at 8 p.m.

"They're going to be in and out of Winnipeg a lot over the next while, and those hotel stays aren't cheap," said Geisler, adding Johnson was diagnosed with a heart condition at a young age.

"It's something I can understand first hand. There wasn't a lot of support when I was going through my own issues.

"We want to help this family out as much as we can, as much as we know they'd be willing to help others in our community."

Crohn's disease is an inflammatory bowel disease (IBD), according to the Mayo Clinic, causing inflammation of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition. Inflammation caused by Crohn's disease can involve different areas of the digestive tract in different people, according to the Mayo Clinic.

The inflammation caused by Crohn's disease often spreads deep into the layers of affected bowel tissue, according to the Mayo Clinic. With the disease being painful and debilitating, it sometimes may lead to life-threatening complications.

While, to date, there is no cure for Crohn's, the Mayo Clinic advises many therapies are available to greatly reduce its signs and symptoms and even bring about long-term remission. Many who live with Crohn's are able to function well, the website reads.



EXPRESS PHOTO SUBMITTED
Cory Johnson, left, with his son Andrew, 14, over the holidays. Andrew was recently diagnosed with Crohn's disease.

West Interlake purchases two new graders

By Evan Matthews

Having amalgamated almost five years ago to the day, the RM of West Interlake's reeve said it's time to begin promoting togetherness and connectedness.

With over 400 miles of road spanning across the municipality, Reeve Arnthor Jonasson said his council believes transportation is the best way to do that, so the RM has purchased two new graders to improve road conditions.

"This is one of our first (major) joint-purchases since the amalgamation. ... These graders are a good purchase for us," said Jonasson.

"With so much road in our RM, it makes sense to invest in the equipment we need to maintain those roads," he said, adding the old graders had over 8,000 of use hours on them.

Despite the old graders having served the RM well, Jonasson said council felt it was time to upgrade.

On Oct. 22, the RM of West Interlake council voted in favour of purchasing two new 2020 Caterpillar 160 Graders for the total price of \$887,450, according to the RM's Chief Administrative Officer Courtney Roehl.

The municipality set up a special service area to purchase the two grad-



EXPRESS PHOTO SUBMITTED
The RM of West Interlake has purchased two new, 2020 Caterpillar 160 graders for \$887,450.

ers, she said, meaning the graders were purchased at large — excluding the LUD of Ashern, who is responsible for its own snow removal — so each grader can work in any part of the municipality without having to internally charge the different areas (aka the old RM of Eriksdale and the

old RM of Siglunes).

The purchase was made via trade-in of the old graders, funds from reserves, as well as the RM taking out a debenture, according to Jonasson.

One of the graders has arrived already, according to Jonasson, with the second grader expected to arrive by

the end February, he said.

"Council really came together on these purchases. ... It was a unified group deciding we have to start making purchases that benefit the whole area," said Jonasson, adding there was no dissension from council relating to the graders.

"I really appreciated that from our council, as it makes things go a lot smoother."

The RMs of Eriksdale and Siglunes amalgamated on Jan. 1, 2015, according to the Province of Manitoba.

S Is this a credible Source?



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Special Olympics athlete from Gimli competing in national competition

By Patricia Barrett

A Gimli man who earned a place on Manitoba Special Olympics' provincial team will be competing against other athletes from across Canada in Thunder Bay next month.

Alec Baldwin, who has autism, is competing in the national snowshoeing competition, and is the only athlete from Gimli, and one of seven from the Interlake, on the 60-strong Manitoba team.

"I'm improving every year for the Special Olympics," said Baldwin, "and I try to work harder and harder."

He said he trains about six days week. At home in Gimli, he does strength training and runs short- and long-distance routes in and around town. He also travels out of town three times a week to take part in scheduled training practices at the University of Manitoba's Max Bell Centre, a track in Selkirk and team training in Winnipeg's Kildonan Park.

Baldwin excelled in the sport the first time he strapped on a pair of snowshoes back in 2011, around the time of qualifying rounds for the provincial team, said his mom, Tanis Benson.

"It just happened to be a qualifying year for the nationals, and people who won would compete in St. Albert, Alta.," said Benson. "Alec had a couple of practices with the team and he won. I got the phone call inviting us to go to St. Albert."

Baldwin won a silver medal in the 200-metre snowshoeing event and a bronze in relay during the 2012 St. Albert games. He went on to compete at the 2016 nationals in Corner Brook, where he would have won a gold medal had he been a split second faster.

"He's medalled at everything he's

gone to," said Benson. "In the beginning he was doing it for fun and now he's getting more competitive and he wants to go to internationals."

To help him succeed, Benson said she tries to improve his endurance and speed by biking beside him when he runs, and her husband works out with him on weights and runs with him. For competitions, they "both go and cheer Alec on."

Baldwin started swimming with Special Olympics in 2008 after Benson heard about the program through other special needs' people in Gimli. He entered the competitive side of the program, taking home a first place in swimming that year. He then continued on to other competitive training programs in running and snowshoeing.

Special Olympics Manitoba provides programs to seven regions across the province. The Interlake region offers a youth program and competitive events in five sports: track and field, snowshoeing, swimming, golfing and five-pin bowling. There are 34 coaches supporting about 142 athletes.

Baldwin, who also competes in running at the Special Olympics Summer Games, said he's training for longer distance snowshoe events for the Thunder Bay national competition.

"The 800 metres and 1,600 metres in Thunder Bay," said Baldwin. "I hope the weather will be nice than 2016 in Corner Brook. It was nasty. It was unbelievable."

Athletes who excel in Thunder Bay will qualify for Special Olympics' Team Canada, and have a chance to compete at the 2021 World Winter Games in Sweden.

Baldwin said if he doesn't win gold in Thunder Bay, it won't be the end of



EXPRESS PHOTO BY TANIS BENSON

Alec Baldwin trains for the Manitoba Special Olympics team in Gimli.

the world. He'll take a bit of a break and wait for the next qualifying round.

"Let me win. But if I cannot win, let me be brave in the attempt," said Baldwin, reciting the Special Olympics motto.

The family is currently in the midst of trying to raise \$1,500 to cover the cost of Baldwin's flight, hotel and food for the Feb. 24-29 games.

Sixty Team Manitoba athletes will take part in games, and individual donors or companies in the community

where the athlete lives can help fund their trip through the Special Olympics' "Draft an Athlete" program.

Supporting local athletes ensures they "experience success not only in sport but also in life," says the Manitoba Special Olympics website.

People interested in helping cover the cost of Baldwin's participation at the upcoming games, can visit www.specialolympics.mb.ca and search for "Draft an Athlete."

Jets Town Takeover competition sees one Interlake town in the running

By Patricia Barrett

One Interlake town vying for a chance to have the Winnipeg Jets host a day of hockey has entered the finals and will be counting on public votes to score the winning goal.

Stonewall was among the Top 3 finalists chosen last week, along with Beausejour and Dominion City.

The Jets' 2nd Annual Town Takeover contest, which is open to communities outside of Winnipeg, will see Jets' alumni join a local hockey team on the ice March 24, a mental health wellness program for local students, a pizza lunch and an evening social at which the entire community can watch the Jets take on the Nashville Predators.

To enter the competition, towns had to make a video highlighting their best features and their dedication to hockey.

Gimli gave it a good shot, creating a video highlighting the town's attractions and its love for hockey.

"When I made our video, I looked first for public input and different ideas on how we could best showcase our town," said Gimli Recreation Centre programmer Brenna Philp. "There were lots of good ideas. Some involved the Viking statue, the Royal Canadian Air Force and the Gimli Glider as well as kids playing hockey. There was so much that it was very difficult fitting everything into a 90-second video."

The winning town will be chosen by public vote. As of early Monday afternoon, Stonewall was leading the way with 9,246 votes, followed by Beausejour with 7,673 and Dominion City with 2,141.

Teulon's Green Acres Art Centre shared a message on a public social media site encouraging Interlakers to support Stonewall.

"Stonewall needs every Interlakers daily vote," said the post. "We know Interlakers can do this."

Voting closes Tuesday, Jan. 21 at 11:59 p.m. Fans can vote once a day.

Visit Jets Town Takeover at <https://www.nhl.com/jets/info/jets-town-takeover>.

P Is the **Perspective** biased?



Could this be clickbait?

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Bringing Fisher Branch together one meal at a time; \$610 donation to FB Collegiate

By Patricia Barrett

There's nothing like a meal to bring people together. And that's just what a Fisher Branch business owner and stalwart community volunteer had in mind when she organized a series of cultural cooking classes for the community.

Karen Abas, who operates the Fisher Branch Pharmacy and liquor store, wrapped up a successful six-week run of classes that featured tasty dishes from different cultural groups living in the area, and she's organized another series of classes because of the overwhelming success.

"It's a way of bringing everyone together and showing appreciation for everybody's cultures," said Abas. "I think that's important."

In a gesture of community spirit, Abas also donated the registration fees — after some of the funds were used to pay for ingredients — to Fisher Branch Collegiate. The school put it towards the purchase of an industrial dishwasher after it dispensed with paper and plastic dishes.

"At the end, we were able to give \$610 back to the school," said Abas. "Thank goodness for our Fisher Branch Collegiate. They let us use their home economics room with its four kitchens. There's no other place we could have something like this without the kitchen space."

Abas found a "chef" from each cultural group and asked whether they would show participants how to cook a dish relevant to their culture. Some of the chefs also brought a cultural item to class and discussed its meaning.

Sheena Letexier, a teacher at Marble Ridge Colony School, took part in the cooking classes last year and said people in the community are keen to sign up now that word has spread about how much fun it was and the benefits of learning about other people's culture.

"I was in the Ukrainian class and we learned how to make cabbage rolls," said Letexier. "We laughed our heads off. We were making mistakes rolling them, but it's kind of fun making



A team of three works in one of collegiate's kitchens.



EXPRESS PHOTOS BY KAREN ABAS

Participants in one of the cultural cooking classes get together before sitting down to the meal they learned how to make.



All in good measure; the cooking classes were both fun and informative.



The cooks learned how to make cabbage rolls.



Two participants put some old-fashioned arm-work into making dinner.

mistakes because no one's judging us. The cabbage rolls all looked different, but they all tasted great."

She said Fisher Branch is a real "cultural hub," and having an opportunity to get together with people from different groups and learn about their food was "awesome."

"Karen is a phenomenal organizer and volunteer in our community and she brings the community together," said Letexier. "She's always out there getting the community spirit going in our town."

Letexier said the collegiate doesn't have a lot of extra money floating around and she was glad the fees helped support the school's needs.

The first series of classes focused on Ukrainian, Mennonite, Métis, Filipino, Lebanese and Icelandic dishes. Over the next seven weeks, the classes will be highlighting Portuguese, Russian, Mexican, East Indian, Japanese, Chinese and French cuisine.

Letexier said one of her co-workers is set to lead the Japanese cooking class as he lived in Japan for about eight years and they "roped him in."

Last year's classes had no men, said Abas, but a husband and wife team has signed up for the upcoming classes, which started Jan. 14.

Not only will school kids get to benefit from a new dish their mom or dad learned, but they'll also reap the

benefits at school as the fees will once again be donated to the collegiate.

"We're going to give it right back to the school. It's for the kids. And the school can use it for whatever they need," said Abas. "We just appreciate being able to use the kitchens."

After spring break, Abas said she may offer a desserts-only series of classes.

Classes are held every Tuesday evening from 6 to 7:30 at the high school. Participants aren't required to enrol in every class. Abas has posters up around town about how to register or people can visit the Fisher Branch Community Events page.

Gimli RCMP respond to fatal motor vehicle collision

Staff

At approximately 1:30 p.m., on Jan. 10, 2020, Gimli RCMP received a report of a two-vehicle collision on Highway 9 at the intersection with 17th Avenue, located approximately two kilometres north of Sandy Hook.

The investigation has determined

that an SUV driven by a 43-year-old woman from the RM of Gimli was heading northbound behind another vehicle when this vehicle began to slow down. The driver of the SUV attempted to slow down as well, but due to the icy roads, she manoeuvred her vehicle to the left to avoid a col-

lision. Her vehicle then entered the southbound lane and collided head-on with an oncoming vehicle driven by 61-year-old Cherri Woroniuk from the RM of Gimli.

Woroniuk was transported to hospital, where she succumbed to her injuries. The 43-year-old female driver

and her 39-year-old female passenger were not injured in the collision.

Alcohol and drugs are not factors in the collision.

Gimli RCMP, along with a forensic collision reconstructionist, continue to investigate.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs playing well in January

By Brian Bowman

The Arborg Ice Dawgs are giving the Selkirk Fishermen some trouble in the new year.

For the second time in eight days in 2020, Arborg defeated Selkirk after the Fishermen were dumped 7-5 by the Ice Dawgs in Capital Region Junior Hockey League action Saturday at the Rec Complex.

"We're finally getting our final roster in and we've signed some pretty good additions and we've signed some pretty good APs from the Interlake Lightning," said Ice Dawgs' head coach Jim Werbicki. "We have probably 10 good APs to choose from so we've been filling the gaps. We should have our full team probably by next weekend."

Shaydon Mousseau, Preston Seymour and Blaze Bezecki each scored

twice for Arborg while Daron Monkman also tallied. Seymour finished the game with three points.

Jordan Donald had a great game for Selkirk in the losing cause with three goals and an assist.

Ben Kelly and Chad King scored the Fishermen's other goals. Cole Wasnie had two assists.

Tre Strachan made 35 saves for the win.

The Ice Dawgs did a great job beating the second-place Fishermen in Selkirk.

"Selkirk's a really strong team and I feel they're better than St. Malo, to be honest with you," Werbicki said. "It's tough to win a hockey game in St. Malo. It always seems to be one-sided."

The game between Arborg and Lundar was postponed last Thursday due

to poor road/travel conditions.

The Ice Dawgs played the North Winnipeg Satelites this past Tuesday at the Billy Mosienko Arena but no score was available at press time.

Arborg, now with 21 points to sit in fourth place in the five-team league, will visit the St. Malo Warriors on Saturday (7 p.m.) and then will host the Lundar Falcons (2:30 p.m.).

Things should get pretty interesting over the next few weeks.

"The first half of the season doesn't mean anything," Werbecki stressed. "It's the next six weeks that are important. We still have a couple of cards left. We have until February 10th to sign a player that has been released and didn't go anywhere else."

Werbicki is also very pleased to have Dylan Furgala, a solid defenceman, back in the lineup after he was attend-

ing school in Toronto.

Lundar, meanwhile, blitzed the visiting Satelites 7-3 on Saturday.

The Falcons led 3-1 after 40 minutes and then broke the game open with four third-period goals.

Josh Wilkinson led Lundar with two goals and an assist while Ryan Gleich, Braeden Paulic, Ronald Johnson and Eric Miller each had a goal and an assist.

Mason Medeiros scored the Falcons' other goal. Jayden Allary and Shayne Desjarlais had two assists apiece.

Angel Gjiorgieski, Eli Caparros and Reis Wasmuth replied for North Winnipeg. Lundar's Dillon Rapinchuk made 32 saves for the win.

The Falcons, currently in third place with 23 points, will host Selkirk this Friday at 8 p.m.

U18 Lightning pick up two huge road wins

By Brian Bowman

The Interlake Lightning U18 boys' hockey team had a great weekend away from home.

Interlake won both road games last weekend, concluding with a 6-4 comeback victory over the Brandon Wheat Kings on Sunday afternoon.

The Lightning erased a 4-2 third-period deficit with four unanswered goals.

"We finally woke up in the third," said Lightning head coach Scott Wong. "Brandon played a very strong game, one of the better games that I have seen them play against us all year but the boys battled back."

Matthew Vandell led Interlake with two goals and an assist while Liam Foley, Karson King, Aiden Bruce and Kaydyn McMahon added singles.

King and Ethan Johnson finished the

game with two points.

Ty Earl (two), Ty Gwynne, and Dalton Andrew scored for Brandon.

The Wheat Kings outshot the Lightning 43-19 as Chris Fines earned the win.

"He played well all weekend," Wong said. "He was the difference in Sunday's game, for sure. The shots were pretty lopsided after the first (period) but we took it to them in the third."

On Saturday, Interlake defeated the Parkland Rangers 3-1 in Dauphin.

"That was one of the best defensive games that we have played all year," Wong said. "We outshot them and played well. Chris played well (and) everybody did what they needed to do."

King led the Lightning with a pair of goals while Austin Adair also tallied for the winners.

Jayce Legaarden scored a short-handed goal in the second period for Parkland.

Fines made 34 saves for the win.

Last Wednesday, Interlake lost 7-6 in overtime to the Central Plains Capitals in Teulon.

The Lightning led 6-3 late in the

third period but suddenly collapsed, allowing three goals in a 3:46 span.

"It was very difficult. We were battling, no excuses aside, (illnesses) and injuries," Wong lamented. "That particular night, they turned it on in the last five minutes and we had control of it."

Central Plains' Riley Borody tied the score at 6-6 with just two seconds remaining in regulation time.

Ryan Botterill then scored the game winner in OT.

Ayden Manningway led the Lightning with two goals and two assists while Adair also scored twice. Interlake's Cole Emberly added a goal and an assist while Ashton Fisher also tallied.

Cody Blight (two), Botterill, Cameron Trimble and Will Faraci scored Central Plains' other goals.

Interlake, now 14-19-0-2-0 and with 30 points to occupy ninth place, will host the Winnipeg Thrashers on Wednesday (8 p.m.) and then will visit Central Plains on Saturday (1:15 p.m.) in a huge matchup.

Interlake will then host Brandon on Sunday at 2 p.m.



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Gimli places third at varsity boys' basketball tournament

Staff

The Gimli Lakers defeated Steinbach Christian 77-60 in the third-place game of the Steinbach Christian varsity boys' basketball tournament on Saturday.

Gimli started the tournament with a dominating 82-47 victory over the

Rosenort Redhawks. The Lakers then lost 60-53 to the Carman Cougars in a semifinal matchup.

Gimli is back in action Wednesday at 6 p.m. when they travel to Warren to take on the Wildcats.

The Lakers are 4-0 in exhibition play this season.

Meanwhile, the Gimli Lakers junior varsity boys' basketball team lost 73-42 to the MacGregor Mustangs in the third-place game at a tournament in MacGregor on Saturday.

Gimli opened with a dominating 65-24 victory over the Virden Bears and then was defeated 65-25 by Margaret

Barbour.

In exhibition play this season, Gimli was 3-0 after wins over the Fisher River Hawks (59-40), Teulon Saints (44-36) and the Arborg Athletics (68-43).

Gimli will play the Wildcats in Warren on Wednesday. Tip-off is 4:30 p.m.

East St. Paul to host Skate Canada Manitoba 2020 Interlake Regional Competition

Submitted

On Jan. 26, the East St Paul Skating Club will be welcoming skaters and their families to the Skate Canada Manitoba 2020 Interlake Regional competition.

Skaters from around the Interlake will show off their skills from Cans-

kate up to Star 4 STARSkate level in individual and team events.

The Interlake region represents 11 skating clubs.

As a Skate Canada sanctioned event, officials will be evaluating the Star 1 to 4 level events while local coaches will be running the Canskate events.

The Skating Club planning is well underway and volunteers and community support are needed to make this event a success. Everyone is invited to come out and watch and cheer on our grassroots skaters as they show off their skating skills.

The event takes place at the East

St Paul Arena at 264 Hoddinott Rd. Events are scheduled to run from 9 a.m. to 4 p.m. Follow us at www.espsc.ca, Facebook or Instagram for more information.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Recurring TV show
- 7. Throws out
- 13. Iberian Peninsula microstate
- 14. Gossip
- 16. Atomic #20
- 17. Ivy League institution
- 19. Of I
- 20. "He is ___!": Scripture excerpt
- 22. Musical genre
- 23. Heavy cavalry sword
- 25. Ancient Olympic Site
- 26. Satisfies
- 28. Popular flower
- 29. Shared services center
- 30. Drain
- 31. A way to attack
- 33. Urban Transit Authority
- 34. Spiritual leader
- 36. Postponed
- 38. N. American plant with edible purple-black berries
- 40. Gazes unpleasantly
- 41. Gets up
- 43. Capital of Ukraine
- 44. Returned material authorization (abbr.)
- 45. Golf score
- 47. Superhigh frequency
- 48. Swiss river
- 51. Felons
- 53. Succulent plants
- 55. Soluble ribonucleic acid
- 56. Deliberately setting fire to
- 58. Infamous singer Zadora
- 59. Anwar ___, Egyptian statesman
- 60. Influential sports mag
- 61. Aromatic Mediterranean plant
- 64. Sixth note of a major scale
- 65. Unit of explosive power
- 67. Large watertight chamber
- 69. Popular street
- 70. A way of watering

CLUES DOWN

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
16			17					18						19
20		21				22				23		24		
25					26				27		28			
29				30				31		32		33		
34	35								36		37			
38	39									40				
41					42				43					
44				45		46		47				48	49	50
51			52		53		54				55			
56				57		58				59				
60			61		62				63				64	
65		66							67				68	
69									70					

- 1. Mollusks
- 2. ___, denotes past
- 3. Anchor ropes
- 4. Large Middle Eastern country
- 5. To make a mistake
- 6. Ancient governor
- 7. Extents
- 8. Chinese surname
- 9. NYC subway "residents"
- 10. Essential oil used as perfume
- 11. A way to treat injuries (abbr.)
- 12. Session
- 13. Units of land areas
- 15. Goes over once more
- 18. Where wrestlers work
- 21. Italian islanders
- 24. Avenue
- 26. ___ Adams, U.S. President
- 27. Rest with legs bent
- 30. Type of flour
- 32. The Golden State (abbr.)
- 35. More (Spanish)
- 37. Stinging, winged insect
- 38. The use of irony to mock
- 39. Arsenal
- 42. Pouch
- 43. 22nd letter of the Greek alphabet
- 46. Violent seizure of property
- 47. Restrict
- 49. Something comparable to another
- 50. Punishment device made from stems
- 52. Soul and calypso songs
- 54. Formerly OSS
- 55. Athabaskan language
- 57. ___ bene: observe carefully
- 59. Six (Spanish)
- 62. Read-only memory
- 63. Chinese philosophical principle
- 66. American conglomerate
- 68. Tin

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Request for Proposal – Lease of Commercial Property
 Community Futures East Interlake Inc. (CFEI) is looking for commercial rental space for its operations. A Request For Proposals (RFP) has been created outlining the needs of the organization. The RFP can be found on our website at www.eastinterlake.com.
Deadline for submission is February 24, 2020.
 CFEI is a federally funded non-profit organization that has been in existence since 1985. If you have any questions regarding the RFP please contact Tammy Dziadek at tdziadek@eastinterlake.com or 1-204-378-5106 ext: 1.

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OBITUARY



Ingimar Sigvaldason
June 12, 1926 - December 23, 2019

On December 23, 2019 Ingimar passed away peacefully, at the Arborg Hospital.

Ingimar leaves to mourn his loving wife Mae of 67 years; his children Wesley (Debbie), Bradley (Diane), Morley (Roslyn), and Corrina; his sister Emily; sisters-in-law Ethel and Colleen; seven grandchildren; and eight great-grandchildren.

He is predeceased by his son Gerald; his parents Valdimar and Ingibjorg; sisters Solla, Margaret, Kristin; brothers Barney, Marino, Lawrence, and infant brother Marino Sigvaldi.

Ingimar was born and grew up on the family farm at Framnesi in Geysir. He attended school in Geysir and Arborg. He then received his Diploma in Agriculture at the University of Manitoba and returned to the family farm. Upon the death of his father Valdimar

in 1955, Ingimar also took over his father's insurance business and continued to develop it along with his sons Morley and Wesley until his retirement. He also served on many boards in the community. Ingimar was quiet, kind, and caring. Family meant everything to him. He always took a great interest in what his grandchildren were doing. He loved the outdoors and could be seen walking in all kinds of weather. He enjoyed fishing, hunting, golfing and curling with family and friends. When he wasn't outside he would be in his favourite chair, reading.

Ingimar will be lovingly remembered and greatly missed. The family would like to extend a thank you to the doctors, nurses, and staff for his care and to those who sent cards, brought food, and the many phone calls. They were very much appreciated. A private family memorial will be held at a later date.



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OBITUARY



Cheryl Lynn Marie Woroniuk
Camp Morton, Manitoba
March 2, 1958 - January 10, 2020

On a beautiful cold January day our beautiful and loving wife, mother and grandmother was taken from us too soon.

Cherri is survived by her loving husband Randy; daughter Tanya Underwood, son-in-law Kieran and the love of her life, grandson Cullen of Morinville, Alberta; her son Nicholas and Allison Woroniuk of The Pas, Manitoba; her son Tyler Woroniuk and his partner Julie Ferguson and Noah and Callie of Winnipeg and grand-pets Moose, Milt, Shae, Koda and Ajax; Walter and Mary Woroniuk; Linda Readman, Joe, Ashley, Caleb and Isabella Readman and Jeff Readman; her mother Verona Gosselin; her brother Tracy, and aunts, uncles and cousins. She was predeceased by her father Henry Gosselin.

Cherri was a dear friend to all who knew her and there was not a person she met who wasn't touched by her in some way. Her family was her greatest pride and joy.

Cherri loved spending time in Mexico and Cuba where she discovered her love of snorkelling, and she was like Dory chasing sea turtles. She also loved camping as long as there were showers. She was particularly fond of Blue Lake in northwest Ontario.

Her recent employment at Interlake Garden Center fulfilled her passion for flowers. Her yard was a chorus of colour throughout the summer and that ignited her love-hate relationship with the local whitetail deer herd.

Cherri is deeply loved and will be missed very much. Funeral service will be held on Thursday, January 16, 2020 at 11:00 a.m. at St. Michael's Roman Catholic Church in Gimli.

In lieu of flowers please make a donation to 4ocean.com. Cherri was passionate about saving the ocean from plastic so that her sea turtles could be safe.



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