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VOLUME 8 EDITION 4 THURSDAY, JANUARY 28, 2021

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## Conserving water

EXPRESS PHOTO COURTESY OF ARMAND BELANGER

Armand Belanger (left) from the East Interlake Watershed District and Tom Nevakshonoff remove a wire fence from Nevakshonoff's hay field with a spooler attached to a tractor for a water retention project.

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# Farming and water retention go hand in hand in Poplarfield

## Creation of wetlands will have environmental benefits

By Patricia Barrett

Two Poplarfield farmers recently completed a progressive water retention project on their land that will result in considerable positive outcomes for the environment and ensure a farming future.

Tom and Rozanne Nevakshonoff own a quarter section of land on which they currently grow hay. They decided to turn three natural marshy areas on their land into wetlands in partnership with the East Interlake Watershed District (EIWD).

The marshy areas would typically get a little water in the spring but “quickly run dry,” said Tom Nevakshonoff by phone last week. Although he and his wife were able to harvest hay from the areas, they decided to take them out of production.

They used the EIWD’s wetland creation know-how and a landowner payout program for wetland development that the watershed district administers on behalf of the province.

“Agriculture, drainage and water retention and storage can work together in a symbiotic relationship,” said Nevakshonoff. “You can still farm, still

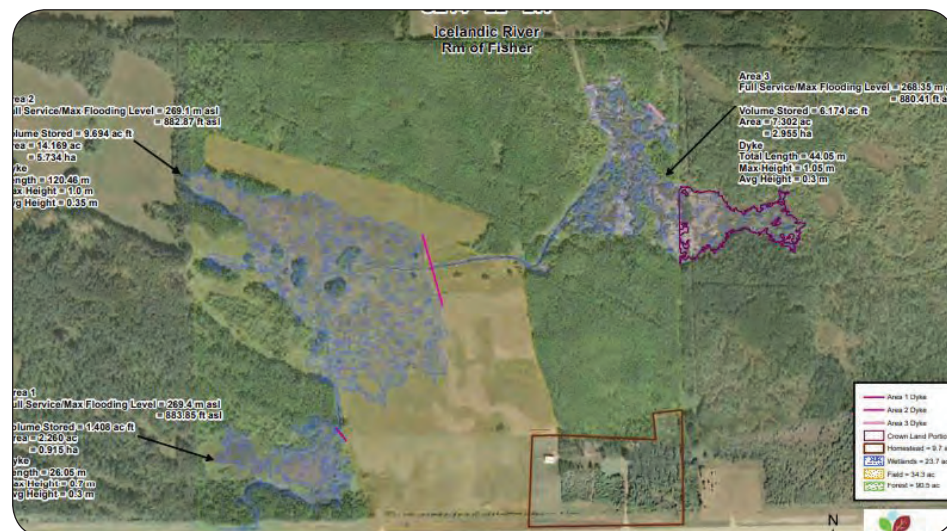
have drainage and also retain and stage the release of water. Our wetland project is a classic example of that.”

The reconstruction of the marshy areas, which entailed excavating the soil and the erection of dykes, started last October and took about three weeks to complete.

Not only are the Nevakshonoffs showing how water retention and farming can go hand in hand, but they’re also increasing the local area’s biodiversity and helping mitigate the effects of the climate crisis.

Nevakshonoff, who served as NDP Interlake MLA for 17 years (1999-2016) and as minister of the department of Conservation and Water Stewardship (2015-2016) said he started thinking about creating wetlands on his own property after he left office.

“Why not practise what you preach,” said Nevakshonoff, who helped expand the number of watershed districts in the province (including the EIWD and the West Interlake Watershed District) LiDAR surveying (a remote sensing method using light waves to determine land elevation)



EXPRESS PHOTOS COURTESY OF TOM NEVAKSHONOFF AND ARMAND BELANGER  
An EIWD map of the property shows the location and water retention capabilities of the three wetlands.



Tom Nevakshonoff surveys one of wetlands being created.

that encompassed the Fisher and Icelandic rivers, and integrated watershed management plans while in provincial office.

The shortage of water is a major issue around the world, including in the Interlake where recent years of drought have resulted in wildfires and a shortage of feed for cattle producers. A dearth of wetlands only exacerbates the problem.

Wetland loss is “significantly deteriorating” the province’s environment, according to Ducks Unlimited. Greenhouse gases are released when wetlands are drained. Wetlands also capture nutrients such as phosphorus, which contribute to frequent algal blooms on Lake Winnipeg and other lakes and waterways.

In a mere nine years from now, the United Nations estimates that 700 million people could be displaced by intense water scarcity.

In that respect, wetlands are “incredibly valuable” for replenishing aquifers which supply drinking water, including his own, said Nevakshonoff. The aquifers in the Interlake are among the best in the country. Wet-

lands absorb surface water, funneling it underground where it is stored.

His newly created wetlands will also provide a home for waterfowl, wildlife, insects and plants, all of which are threatened by serious habitat loss.

Other benefits they’ll confer include the slow, or staged, release of water after spring runoff and heavy rainfall. That will mitigate the risk of inundations in flood-prone areas to the east of Poplarfield, including Arborg and Riverton, which are part of the Icelandic River watershed. Those communities have experienced major floods in the past.

“I can still farm as I want and create benefits for downstream landowners and communities because their flood risk is lessened,” said Nevakshonoff, who currently serves as councillor for the RM of Fisher and also sits on sub-district boards of the EIWD and the West Interlake Watershed District. “When you’re storing water anywhere in the watershed and slowly releasing it once initial runoff has occurred, that’s good for flood protection.”

Continued on page 4

# Baker Law

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# Get some help from the Manitoba Community Angels Program

Group helps to connect neighbours together to help each other during difficult times

By Katelyn Boulanger

A group that started in Thompson has expanded to include all of Manitoba in its quest to connect people that need a little help with the helpers, dubbed angels, who can help them out when social connections have to be limited due to COVID restrictions.

"It is a community project that is in place to help. Well, originally, it was for seniors that are needing some extra support right now with the coronavirus [difficulties] or, you know, needing some errands done and don't want to leave their house, but now it's kind of [expanded to] anyone that's needing some extra assistance right now," said Tiffany Price, the founder of the Manitoba Community Angels Program.

The services that this group provides, which they call missions, are always free of charge and can span a variety of areas of help.

"Grocery shopping, shovelling, changing light bulbs, things like that, things around the house, you know, like handyman things [are things we do]. Just someone to talk to you — we have had a couple of people that have called that simply are just lonely and needing someone to talk to them, [as well as] doing little errands, shovelling off their vehicles. We also have different missions where people are needing donations of things like walkers or donations of things of a

new mom that having a baby [that we ask for help for]," explained Price.

She came up with the idea after being inspired by a fellow community member.

"There was actually a senior man in my community that had posted online that he was having issues with getting people that he was paying to come to help him shovel his driveway and things like that, and how he was scared to leave his house because he was immunocompromised. So I saw this status and I thought, you know, it would be so wonderful to have something set up for elderly or for people that are worried to leave right now — for one because times are tough with money as well and it's not out of pocket and to [also] keep the mindset of not having to leave their house," said Price.

The group is very active on Facebook and people can go there and message Price for help. However, understanding that not everyone can connect online, there is also a phone number that people can call, which is 204-939-4233.

For people who wish to help out their neighbours, they can connect with others by visiting the Facebook page at [facebook.com/groups/699179734319011/](https://facebook.com/groups/699179734319011/) and looking for their town or city under the "albums" tab, which is where missions are posted. If there is a check mark beside the mission, then it has been fulfilled by another person. If not, then the interested person should comment saying that they can help.



EXPRESS PHOTO SUBMITTED

Manitoba Community Angels Program pairs helpers with those that need a helping hand all throughout Manitoba.

filled by another person. If not, then the interested person should comment saying that they can help.

Price encourages residents in need and angels that can help to check out

the group.

"I would definitely say to hop on. We're a pretty loving community on there and we have a ton of angels in different areas," said Price.



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# RM of Armstrong invests in asset management

By Evan Matthews

The RM of Armstrong is the most recent Interlake municipality adding investment to its asset management plans.

At its Jan. 12 meeting, council directed staff to apply for a grant opportunity from the Federation of Canadian Municipalities (FCM) Municipal Asset Management Program, committing \$10,000 from its 2021 budget to the cost of the initiative.

“The asset management system is an excellent tool for managing and moving forward in a positive, documented and informed manner for RMs. It’s a valuable resource and a huge part of any operational and/or (economic) development plan,” said Susan Smerchanski, reeve for the RM.

She added that Armstrong’s inventory includes all assets including infrastructure such as buildings, structures, land, roads, signage, drainage and culverts, vehicles, equipment, tools, stock and supplies.

“Documenting inventory clearly identifies all assets including date of purchase, replacement value, condition, longevity and projected timelines for replacement,” she said.

Municipal asset management planning, by definition, is a municipality’s plan for how to manage municipal infrastructure in order to provide services to residents and other users in a way that meets their expectations, and is financially sustainable into the future.

Armstrong’s \$10K investment — potentially matched by FCM — will be used to advance the RM’s municipal management program by:

- developing an asset management policy, strategy, roadmap and plan;
- collecting and compiling asset information into a central database, and municipal workshops regarding asset management principles;
- in-house asset management capacity;

• and data collection in the field.

Smerchanski added that the information will reflect net worth and assist with insurance evaluations and premiums.

She said the program is instrumental in positively moving forward, in preparing budgets, grant applications, while anticipating and planning growth, development and capital projects within the RM in line with council’s goals and vision.

“We are certainly looking forward to having the technology and tools to update, improve efficiency and modernize,” said Smerchanski.

“Technology and change go hand in hand, and we continue to move forward and meet the needs and expectations of our residents, ratepayers and staff,” she said.

## Another Interlake example

Similar initiatives have been happening around the Interlake, with

a recent example being in the RM of Woodlands. In January 2020, the Woodlands RM hired Armia Mikhael to the role of operations manager.

Much of Mikhael’s role has involved taking accurate inventories, helping to pre-plan project proposals for provincial funding applications, while also acting as a liaison between ratepayers, the public works department and council.

By having someone in the role, the RM of Woodlands said in a statement to the *Express* that the asset management program has helped the municipality maintain and operate infrastructure in the most effective way so critical services can be provided to the community.

Asset management provides better understanding of full life cycle costs of owning infrastructure, evaluation of the level of service required and, as a result, provides more accurate long-term financial planning, according to the RMs.

## > FARMING, FROM PG. 2

The Nevakshonoffs used a government incentive program that pays landowners to create or restore wetlands on their property. To them, the ecological benefits of wetlands outweigh taking some of their agricultural land out of production, he said.

“I haven’t yet got the final number as to how much money we’re going to receive, but I’m sure it will be more than enough to offset the land’s property taxes,” said Nevakshonoff. “I didn’t do it for the money, but that is one of the benefits that others interested in this should be aware of.”

To many Manitoba farmers, agricul-

tural production and water retention are incompatible as the ultimate goal is to drain as much land as possible in order to boost agricultural production. That boost, however, may be detrimental to the overall biodiversity of land over time.

“Land in the Interlake is classified as ridge-and-swale country (ridges with marshy depressions) and where drainage is fundamental to farming, so a lot of marshes have been destroyed over time for the sake of agriculture,” said Nevakshonoff.

Before the wetland project could get underway, the EIWD had to obtain consent from the municipality of Fisher, which wanted assurance the project would not negatively impact municipal drainage, said Nevakshonoff. Council voted unanimously in favour of the project and that he had recused himself from the vote.

Given the go-ahead, the EIWD first determined the “most optimal” level and area for the wetlands using LiDAR mapping then designed small dykes with set spill levels to ensure water doesn’t back up onto other properties, said EIWD manager Armand Belanger.

The EIWD then brought in Earthworks Construction to excavate the marshy areas and build dykes from the exhumed clay. The district also worked with ecologist Chris Penner, who designed the wetland area “to have higher functioning wildlife and ecological benefits,” said Belanger. “He also provided instructions on how and where to move material and how and where to revegetate with na-

tive plants.”

The excavated marshes were turned into ponds ranging from four to eight feet deep. They’ll provide a lasting water supply and habitat for breeding waterfowl. They’ll also serve as vital water sources for big game such as elk and other animals throughout the summer and, most importantly, during periods of drought.

Wetlands are given classifications ranging from 1 to 5. Classes 1 and 2 typically last only a few weeks after snowmelt or heavy precipitation before drying up. Class 3 are seasonal wetlands that usually dry by mid-summer. Class 4 wetlands are semi-permanent, persisting into late summer and early fall. Class 5 are permanent but may dry up during extreme drought.

“Before enhancement, [the Nevakshonoffs’ marshy areas] were predominantly class 1 and 2 wetlands with a little bit of 3 and 4,” said Belanger. “If all goes to plan, it will be enhanced to classes 3 and 4 with a little bit of class 5.”

The EIWD will be following up to see how the wetlands function, he added.

“As part of our project protocol, the EIWD will be monitoring and reporting on this project annually,” he said. “The EIWD will also make any modifications or enhancements as needed.”

The wetland incentive program has several contributors, including the Manitoba Habitat Heritage Corporation, the Grow and Conservation Trust programs, the Manitoba Ag Action program, 15 municipal partners and the EIWD’s core funding program

from the province.

Over the past few weeks, Belanger said the EIWD has heard from a lot of landowners interested in creating their own water retention projects or other ecologically beneficial projects.

“The EIWD has heard from 25 interested landowners and we are receiving more interest daily. EIWD staff and its partners will work with landowners to develop a management plan to be reviewed by our sub-districts and GROW committee,” said Belanger. “There is a lot of interest in the southern half of our district. The LiDAR capture of this area was just completed in the fall and we’re currently processing it to help us with these sites.”

The Nevakshonoffs’ three wetlands combined take up an area of 23.7 acres. Wetland No. 1 is 2.260 acres (0.915 hectares) and will store 1.408 acre feet of water. Wetland No. 2 is 14.169 acres (5.734 hectares) and will store 9.694 acre feet of water. Wetland No. 3 is 7.302 acres (2.955 hectares) and will store 6.174 acre feet.

Nevakshonoff said he hopes other farmers will consider water retention projects using the EIWD’s incentive program.

“Most farmers are progressive thinkers. They are the stewards of the land,” he said. “If some farmers can show that they can farm in such a way as to have a net positive benefit on the environment — and this wetland project certainly reflects that — maybe more will take an interest in this.”

## RECYCLING NOTICE

**Riverdale Place Workshop WILL NOT be picking up recycling on the below mentioned dates due to the small group of workers available.**

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**Wed. Feb 3**

*at Arborg Business places*

**Thurs. Feb. 4**

*at Riverton Curbside pick up*

**Mon. Feb. 15/21**

*at Riverton Business places*

**Tues. Feb. 16**

*at Arborg Curbside pick up*

**Wed. Feb. 17**

*at Arborg Business places*

**Thurs. Feb. 18**

*at Riverton Curbside pick up*

**Thank you for recycling.**

# Northern Health leads Manitoba in new COVID cases

By Ashleigh Viveiros

Manitoba's COVID-19 death count surpassed 800 on Monday with five new deaths, bringing the tally to 804.

Public health officials announced 113 new cases of the virus at the start of the work week, the bulk of them in the Northern health region (58 new cases there versus 55 for the rest of the province).

At press time, Manitoba had a total of 3,542 active cases of COVID-19 and 24,464 recoveries. There were 272 people in hospital due to the virus, including 145 considered contagious. Thirty-six Manitobans were in intensive care due to COVID-19 (23 considered infectious).

Chief public health officer Dr. Brent Roussin said the hospitals are just starting to get to a point where some elective procedures are feasible once again, but that gain could quickly be lost if the COVID-19 numbers start to rise at a fast pace.

"The health-care system isn't there right now for everyone because of the number of COVID cases in hospital," he said in explaining the province's cautious approach to easing some code red restrictions but not others.

"We can't do things right now that are going to escalate the cases further. ... We cannot overrun our health-care system."

In addition to stressing the usual fundamentals — staying home when sick, washing your hands frequently, keeping your distance from people outside your household — Roussin also reminded Manitobans to get tested if they are showing symptoms of the virus, even very mild ones.

"We continue to hear, in all settings, of people going to work, going to school, going to daycare while symptomatic," he said. "We have to avoid that if we want to continue our progress and open things up."

The Interlake-Eastern total case breakdown by district as of Monday, was as follows: A total of 2,136 cases, up 119 cases from Jan. 25, with 391 active cases, 1,711 recovered, 13 currently in the hospital with two of those in ICU and 34 deaths.

Arborg/Riverton 9 active cases, 59 cases recovered; Beausejour 8 active cases, 126 recovered; Eriksdale/Ashern 70 active cases, 87 recovered and 7 deaths; Fisher/Peguis 71 active cases and 271 recovered, 3 deaths;

Gimli 27 recovered; Northern Remote 109 active cases, 201 recovered and 4 deaths; Pinawa/Lac du Bonnet 52 recovered; Powerview/Pine Falls 89 active case and 59 recovered; Selkirk 90 recovered and 2 deaths; Springfield 5 active cases, 156 recovered and 11 deaths; St. Clements 9 active cases and 81 recovered and 1 death; St. Laurent 16 recovered; Stonewall/Teulon 5 active cases, 140 recovered and 4 deaths; Unknown District 6 active cases and 188 recovered and 1 death; Whiteshell 25 recovered and Winnipeg Beach/St. Andrews 4 active cases, 133 recovered and 1 death.

## Vaccine update

On the vaccine front, the medical lead for the vaccine implementation task force announced that the province's push to get the vaccine to all personal care home residents in Manitoba is well ahead of schedule.

"This week, the [vaccination] teams will visit the remaining locations," Dr. Joss Reimer said. "This means that we will have immunized every eligible and consenting PCH resident in three weeks, which is fully a week ahead of the schedule that we had initially set."

The vaccination teams are scheduled to return with the second dose in a few weeks to complete the inoculation. They'll also be in touch with care homes to ensure new residents can be vaccinated moving forward.

Manitoba has administered a total of 29,751 doses of the vaccine thus far (out of 55,650 total doses delivered to the province), including 26,349 first doses and 3,402 second doses.

Vaccination centres are now open in Winnipeg, Brandon and Thompson, though bookings for new appointments at the first two are on hold due to a disruption in the delivery of the Pfizer vaccine to Manitoba.

Due to the short supply, it's possible some booked vaccination appointments may have to be postponed.

"Right now we have enough in our freezer to provide either the appointments that are booked for next week and the week after or to provide the second dose to our personal care home residents," Reimer said, explaining they will have firmer plans on Friday after they get word from the federal government about the next shipment.

# Province eases back some COVID-19 restrictions

By Ashleigh Viveiros

The provincial government scaled back some COVID-19 restrictions in the latest public health orders announced last week.

Coming into effect Jan. 23 and lasting for three weeks, the orders update restrictions that have been enforced since November when the entire province went to red on the pandemic response system.

They reflect the gains Manitoba has made in the fight against the virus while acknowledging the need for caution, Dr. Brent Roussin, Manitoba's chief provincial public health officer, said last Thursday.

"Our collective progress in reducing the spread of COVID means we can undertake these very careful, very cautious reopenings at this point," he said. "But this has to be a gradual and cautious process. We do not want to be opening and then closing and then reopening again."

The revisions include changing gathering limits to allow households to host two designated people inside their homes and have outside visits with up to five people in addition to household members.

Funerals can now have up to 10 people in addition to the officiant under clear COVID-19 protection protocols.

On the retail front, the essential items list has been eliminated, allowing all stores to open.

"Stores will be able to sell any products if they maintain physical distancing between customers and occupancy limits of 25 per cent with a maximum of 250 people, whichever is lower," Roussin explained.

The new orders also allow for the operation of basic services that promote physical and mental health, non-regulated health services like pedorthists and reflexologists, and barber shops and hair stylists, with capacity limits.

Remaining closed are things like restaurants, entertainment centres and fitness facilities.

These revisions apply to the Winnipeg (except for Churchill), Southern Health-Santé Sud, Interlake-Eastern, and Prairie Mountain Health regions. High COVID-19 numbers in northern Manitoba means those communities remain under the earlier, stricter public health orders.

Roussin stressed that a total return to normal — allowing all closed businesses and sectors to reopen at once — would not be a wise course of action.

"We know businesses did whatever they could to make their places safe, but we could see in October and November, despite that, we were on a very bad trajectory. If we opened everything now to where we were in October, we would be back on that trajectory."

He urged Manitobans to continue following the fundamentals of physical distancing, hand hygiene and staying home when ill.

"If we continue to focus on those fundamentals, then these sacrifices will pay off in the short term so that we can start getting back and continue our progress on reopen-

ing."

"We don't want a COVID comeback" Premier Brian Pallister also appealed to Manitobans to continue to do their part in the battle against the virus.

"I know some of you will be disappointed today that you're only able to get together with two people [inside] because you have many friends and family that you'd like to see," he said.

But keeping the number of contacts per household down remains integral to stopping potential COVID-19 exposures from ballooning into the hundreds very quickly.

Continued on page 6

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## Realities around restrictions

By Evan Matthews

Provincial restrictions related to COVID-19 eased this past week.

Hooray! Right?

Well, the restrictions have been eased for at least two more weeks (by the time this paper prints). There is a possibility we could head backwards if numbers spike again. Time will tell.

But once again, what we know for sure is that the change in rules/restrictions has created a spectrum of belief regarding the "right way" of doing things.

The stores opened up (in a limited capacity) and are now selling "non-essential" items once again, and the streets were busy with people running errands and enjoying days outside the home.

Despite the fact that the eased restrictions say "two designated people" from outside a household may visit, many took that as the sign to open up their front doors to any or all of their friends and family whom they hadn't seen for months. Somewhat understandable, to many.

Others took the restriction ease at its verbatim phrasing and said absolutely not — stay the course — to visiting with anyone outside of their two designated visitors. Somewhat understandable, also, to many.

Whether you're following the provincial health orders and restrictions to the letter or whether you're being a little bit more liberal with the restrictions, is there a correct way to behave?

There are two hard realities:

1. Not much has really changed, even when factoring in restrictions.

Minus the tickets and warnings doled out by provincial enforcement officers, most of us have not experienced any sort of oppression outside of the rhetoric consistently driven home in the media.

It's been said to us before, "We all have to do our part."

Yes, restrictions and subsequent fines have been in place for a long time and, yes, the fines are in place to deter people from defying the restrictions and public health orders. But there have been far more warnings than fines distributed, according to provincial numbers.

Nobody, not even provincial enforcement officers, wants to give tickets or enforce restrictions.

It's an important reminder: these fines and restrictions are in place to deter people — people who are behaving selfishly from doing just that.

But how many times have you been accosted by provincial enforcement officers? If the answer was more than zero, was it warranted?

Are the hard-lined restrictions something your everyday citizen really needs to worry about? Likely not.

2. We are still in the midst of a global pandemic.

Whether we are in code red, blue or green, we are in the midst of a global pandemic. Our behaviours should be dictated by our reality, not by the way a restriction makes us feel.

We have reduced our social contacts

for almost a year, not because we've been told to do so but because it's the smart thing to do — the same way we wash our hands, not because someone tells us to but because we understand it to be more sanitary (it's the smart thing to do).

While living in this pandemic, we wear masks and distance, not because the government has said its law but because doctors tell us it's an intelligent and necessary precaution.

The answer to the aforementioned question — is there a correct way to behave? Yes.

The correct way to behave is to acknowledge that restrictions and subsequent adherence to those restrictions is less important than the acknowledgment that we are still in this.

At this point, we understand most neighbours are not out there to snitch on one another.

We understand it is unlikely a government task force will break down your door for disobeying restrictions. We are not oppressed.

But at this point, we should also understand that we are not out of this pandemic.

There are grey areas in life — full of nuance — and while most of society understands there are many, many people living between the lines of these provincial restrictions, we all still need to do our part.

Hopefully, not for much longer.

## > COVID-19 RESTRICTIONS, FROM PG. 5

"We are going to be cautious in this. We don't want to have a COVID get-together. We don't want to have a COVID comeback," Pallister said, asking Manitobans to pick two—and

only two—designated people outside their household to visit with in their homes. "On your honour, that's what I'm asking you to do now ... we're asking you to follow the rules because

that's how we'll keep each other safe.

"Remember that in three weeks' time, if we do the right things, there may be an opportunity to make further progress on this front."

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# Lake Forest resident wants more accountability over tree destruction

By Patricia Barrett

A Lake Forest resident is raising concerns about the destruction of forest on the public reserve that serves as a protective buffer between homes in the subdivision and Lake Winnipeg, and is calling on the RM of Gimli to hold people to account.

Sandy Irwin said the destruction of trees on the public reserve — including the removal of an “absolutely splendid” healthy spruce over 60 feet tall — and the clearing away of bushes and other vegetation occurred “very early on a Sunday morning” last fall after a property owner on Mary’s Cove erected a new dwelling.

“What’s left is a tree here and a tree there. He’s blown open the area from his property line,” said Irwin, who’s speaking for herself and a goodly number of residents upset by the destruction. “He has basically made his property lake-front by blowing out the public reserve behind his property.”

Lake Forest, which about 13 kilometres north of Gimli, was built over 40 years ago, said Irwin. Forest, green space and a public reserve along the lake was built into the development. The public reserve has heavy vegetation. The root system of trees stabilizes the banks along the shoreline and helps mitigate erosion.

The community currently has about 100 homes. To access the beach, residents can use two paths cut through the forest. One of the paths, affectionately called the “Gnome Trail” because of the gnomes residents have hidden among the trees, runs alongside Mary’s Cove and debouches onto the public reserve.

“The Gnome Trail was heavily for-

ested. You couldn’t see the lake or a house through it,” said Irwin. “But he has taken out what used to be at least 30 to 50 feet of heavy forest. There were a lot of large trees but there were also saplings.”

The *Express* had initially reported on the destruction a few weeks ago after the municipality’s emergency coordinator wrote a very brief report on the tree-cutting at 9 Mary’s Cove, and which the RM had publicly posted under council’s December’s agenda. Irwin read the story and said some of the neighbours were “surprised” a decision had been made. They felt the RM had not provided enough information.

From the time of the destruction, she said she has been pushing the municipality to have the reserve assessed for damages and charged back to the property owner, as well as to have the trees re-planted in the spring.

The *Express* had been told by the RM that the property owner had removed only 12 trees and that he feared dead trees would fall on his house should there be high winds; Irwin said that’s “laughable.”

She said she feels there is a lack of accountability.

“I’d like people to be more aware about what we should be preserving in this area. This is worth taking a stand for,” said Irwin. “I’d like the RM to be more accountable and I would like this individual to be held more accountable for the restoration.”

Shoreline erosion along Lake Winnipeg is a major concern. Property owners either have to pay out of pocket to armour the shore to prevent high waves from destroying cliffs or ridges and their dwellings or their municipalities have to shoulder the cost of armoring the shoreline, which may be eventually reflected in property taxes or special levies.

The RM’s municipal emergency coordinator, Don Emes told the *Express* last week the RM had sent him out to examine the reserve. He took photos of the stumps and submitted a report to the RM.

“What happens from then on is determined by council and the administration,” said Emes. “I make the report but



EXPRESS PHOTOS SUBMITTED

A view of the deforested public reserve and the new dwelling at 9 Mary’s Cove. A steel stairway (to the right in the photo) is set up by the municipality after winter to provide residents with access to the beach. The area around the steps is traditionally kept trimmed to facilitate placement of the stairs.

the RM makes the decision as to what process it will follow.”

The RM’s Deputy Mayor Richard Petrowski said in addition to Emes, they sent out the RM’s surveyor to look at the damage, and he himself had gone out to the reserve after a resident contacted him.

He said there is a lot of erosion already along the bank in that area, which is why the RM installs a steel staircase for residents to get down to the beach. And there’s a strip 10-20 feet wide that has had no trees on it for about 20 or 30 years.

Most of the trees the Mary’s Cove property owner removed were not from the public reserve but from his own property, he said.

“When you look at it now [in wintertime with snow cover], it looks a lot worse because there are a lot of trees gone,” said Petrowski. “But many of them were his trees. You can’t tell someone they can’t knock down their own trees.”

He said there were 12 trees removed from the public reserve, according to what their surveyor told the RM. And the RM is not going to let it slide.

“We’re working on this. We’re not just going to let him get away with it,” said Petrowski. “But nothing can happen now because its wintertime and we have to wait for spring to have the trees re-planted.”

The *Express* sent a follow-up email

to the RM last week, asking whether the agreement it struck with the property owner was in writing, whether the property owner will be planting the trees himself, whether the RM set a timeline for the completion of the work and who would be responsible for re-planting the trees should the property change hands. The RM didn’t respond.

The *Express* also reached out to the property owner of 9 Mary’s Cove for comment but did not hear back.

Petrowski said there are areas farther south of Mary’s Cove where trees have been knocked down “all the way to the lake.” The RM doesn’t know who did it or when it happened.

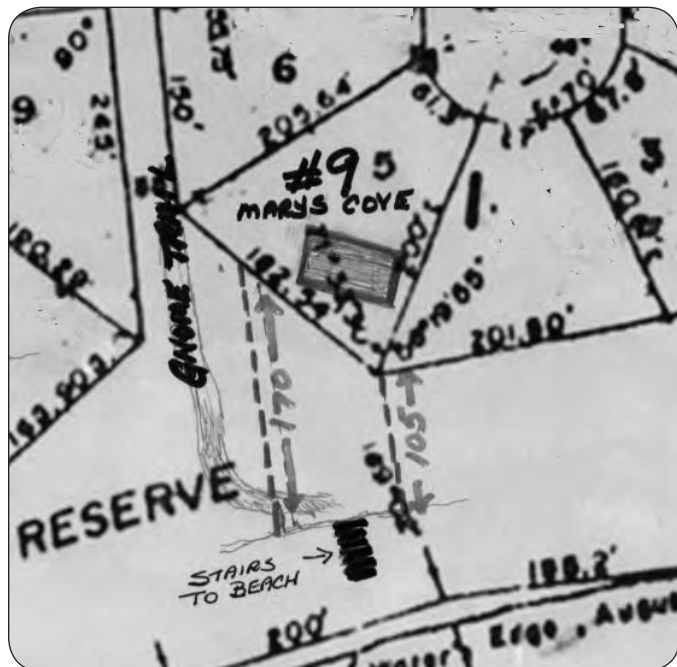
As to what the RM can do to protect trees and vegetation on all of its public reserves, Petrowski said there’s a “no destruction” clause written into building permits issued by the

Eastern Interlake Planning District.

“Legally, it’s there. It says in the print on the building permit that you’re not allowed to destroy public property,” said Petrowski. “I think they could put it in bold or state that if you live on the lakefront, you can’t knock trees down.”

There is no RM bylaw, however, with a schedule of fines or other penalties addressing the destruction of trees when construction of new buildings isn’t involved.

“We just try to deal with this the best we can,” said Petrowski.



Map of the public reserve along 9 Mary’s Cove. Note: property owners’ names covered up by Express

**“BUT HE HAS TAKEN OUT WHAT USED TO BE AT LEAST 30 TO 50 FEET OF HEAVY FOREST.”**

# Coldwell canine bylaw in question after dog attack

By Evan Matthews

A woman whose dog was attacked while on a leash in September is still wondering what action, if any, the RM of Coldwell's council will take in response.

On Sept. 18, Kelly Erickson's dog, Bentley, was attacked by another dog. Erickson incurred \$213.84 in vet bills as a result of the incident. The current RM bylaw state an animal control officer shall apprehend, impound and place in quarantine any dog that has bitten a person.

"I'm looking for a couple of outcomes, one being for the RM to change the bylaws to include attacking an animal, not just a human," said Erickson, who noted this is actually the second time Bentley has been attacked by an aggressive dog in the community. The first incident occurred two years ago. The RM had not appointed an animal control officer then, and there isn't one now.

"I'd like council to create specific guidelines and protocols to enforce the bylaws, which (could) include steps to contacting the dog catcher in Stonewall," she said.

"I'd also like owners to be accountable for having their animals vaccinated, especially within town limits. Should an event like this occur, they (should be) held liable for paying a portion of the fees or the fees in full."

Both incidents involving Bentley took place directly in front of the Lundar School and the daycare, and when factoring location in, Erickson said the dog could have attacked anyone.

In the most recent incident, Erickson took Bentley for a walk down Main Street to the Goose. As

Erickson walked down Main Street, the attacking dog charged out of its enclosure, crossed the street through the ditch and began to circle both Erickson and Bentley.

The aggressive dog then attacked Bentley's neck and throat, and despite Erickson's screams and attempted intervention, the animal would not stop attacking Bentley.

Erickson said the son of the owner of aggressive animal came running to aid in situation, but despite being a large 18-year-old man, he was unable to control the aggressive animal.

Erickson said he even tried to kick the aggressive animal, but the aggressive animal was still unwilling to let go. By this point, Erickson said Bentley had lost oxygen, eyes were bulging, tongue going blue and was on the verge of death.

After having an emergency vet appointment, Bentley was deemed to have an eye injury, multiple puncture wounds to the back and neck, and temporary loss of use of its hind end. Erickson alleges she and the vet contemplated euthanizing Bentley due to the serious nature of the injuries. However, Erickson decided against it.

Erickson made a police report. She said during the statement, the owner of the aggressive animal stated they would take full responsibility for the incident, as the gate to the enclosure was not securely closed. It also stated by the owner of the aggressive dog its vaccinations were not up to date.

She said with no animal control officer in the RM, there needs to be a process for ratepayers to follow in these instances.

"Once the owners of each dog had spoken, it



EXPRESS PHOTO BY KELLY ERICKSON

Now having fully recovered, Bentley is doing quite well, according to his owner, Kelly Erickson. She said she continues to hold out hope that the RM will change its bylaw.

seemed to diffuse a bit. The owner (of the aggressive dog) was spoken to," said RM of Coldwell Reeve Brian Sigfusson.

When the *Express* asked Sigfusson if council would adhere to any of Erickson's requests regarding by-law changes, he said:

"We've given the owner of the (aggressive) dog a fair warning; if it happens again, that dog will be gone, it's that simple."

Erickson last appeared in front of council at its Oct. 9 meeting, when she submitted a letter to council naming Anastasia Monkman as the "owner of the aggressor animal." Monkman did not respond to the *Express* request for comment by press time.

**"I'M LOOKING FOR A COUPLE OF OUTCOMES, ONE BEING FOR THE RM TO CHANGE THE BYLAWS TO INCLUDE ATTACKING AN ANIMAL, NOT JUST A HUMAN."**

## ClimateWest to provide credible climate information

By Evan Matthews

A new regional organization says climate resilience has a powerful new ally in the prairies.

Launched on Jan. 19, ClimateWest is a new non-profit regional hub, delivering what it calls credible climate information, data and adaptation guidance tailored to the prairies, according to its executive director.

"We want to help people think through climate risk, ... extreme weather, overland flooding, grass fires, etc. These are topics that are all a part of climate risk," said Jane Hilderman, ClimateWest's executive director, speaking to the fact that the organization will provide guidance to an individual, a business, municipalities or other governments.

In the context of the Interlake, Hilderman said she anticipates the ClimateWest help desk being the most relevant and utilized component of the non-profit.

"It can help with water and land use development, and other planning procedures for municipalities and businesses, but also for individuals. What are the specs on a culvert designed to last 30-50 years, and what climate factors do you need to account for?" she said.

"We need to plan for the climate of the future, not the past or present. ClimateWest is a resource meant to bridge a gap, to find and source relevant climate data addressing problems in front of a community or individual to incorporate into their plans."

Aside from providing climate analyses, guidance documents, training sessions and other tools specific to the adaptation needs of different sectors, ClimateWest offers a help desk available to the public by email or phone to answer queries about climate data and information.

The organization also raises public awareness and knowledge of the value

of climate change adaptation, according to Hilderman, as ClimateWest will work with groups across Manitoba, Saskatchewan and Alberta to help address both the risks and opportunities generated by climate change.

"ClimateWest comes along at a critical moment in one of Canada's fastest warming regions," said Hilderman.

"Our vision is to support anyone from municipal decision-makers to watershed associations to small business who may not have the capacity or expertise on hand to interpret climate projections and use climate information to inform risk assessments and planning."

Hilderman mentioned Dr. Dave Sauchyn, director of the Prairie Adaptation Research Collaborative (PARC) at the University of Regina, who stated Canadian prairie provinces have already witnessed 13 of Canada's 20 most expensive weather-related events since 1983, totalling billions of

dollars of insured losses.

Under a changing climate, Sauchyn said prairie provinces can anticipate even greater costs without proper planning and action.

PARC is one of three founding partners of ClimateWest along with the International Institute for Sustainable Development (IISD) and the Prairie Climate Centre (PCC) at the University of Winnipeg.

ClimateWest has the combined support from the governments of Manitoba, Saskatchewan and Alberta, as well as Environment and Climate Change Canada at the federal level, according to Hilderman.

For more information about ClimateWest, visit ClimateWest.ca.

ClimateWest's help desk can be reached via email at [info@climatewest.ca](mailto:info@climatewest.ca) or by telephone at 204-995-6514 or toll-free at 1-877-938-6650.

# Arborg and Bifrost-Riverton invite feedback on recreation

By Patricia Barrett

The Town of Arborg and the municipality of Bifrost-Riverton are working together on a master plan for recreation services in their respective communities and are letting the public have their say through an online survey that closes next week.

Public feedback will help guide a designated recreation steering committee through the planning process, which got underway about six months ago after recreation staff in Arborg initiated a review of services.

"Towards the end of 2019, representatives from the Arborg-Bifrost Parks & Recreation Commission approached the Town of Arborg and [the] Municipality of Bifrost-Riverton to undertake a review of recreation for the area," said Town of Arborg chief administrative officer Cindy Stansell by email last week. "Both municipalities provide funding to the Arborg-Bifrost Parks & Recreation Commission as the service area includes both the Town of Arborg and the surrounding area outside of Arborg in Bifrost-Riverton."

The two municipalities set up a Recreation Master Plan Steering Committee and hired a consultant that specializes in municipal planning.

Stansell is one of the steering committee members along with Tanis Johnson (assistant chief administrative officer for the RM Bifrost-Riverton), Town of Arborg Coun. Ron Johnston, Peggy Vigfusson (board member on Riverton-Bifrost Parks & Recreation Commission) and RM of Bifrost-Riverton Coun. Gordon Klym.

During initial meetings between the two municipalities, Stansell said Bifrost-Riverton council requested recreation services in its municipality — which includes the Riverton-Bifrost Parks & Recreation Commission — be included in the review.

The consultant was awarded a contract after a request for proposals was initiated.

"In early 2020 a request for proposals was publicized and following a review of submissions, Landmark Planning & Design was awarded the contract," said Stansell. "As part of the review, Landmark ... met with identified key stakeholders for Arborg and Bifrost-Riverton."

Landmark is a Winnipeg-based company that provides a number of planning services to many rural municipalities. Services include annexation processes, land development planning reports, recreation planning and strategic planning, according to its website.

A public open house had been

planned for early November [2020] but had to be cancelled because of code red restrictions under the province's COVID-19 pandemic response system," said Stansell.

"It was important to the committee that the public were given an opportunity to provide input on the plan which is why the online survey has now been released," said Stansell. "Following the completion of this survey, a draft report will be presented to councils and both recreation commissions."

The online survey is expected to gauge public attitudes and preferences and priorities regarding programming and facilities.

The goals of the survey, according to an advertisement issued by Landmark, are to understand various user groups' needs, determine satisfaction with existing programs and recreation facilities, establish recreation priorities, develop a long-term vision for recreation in the two communities and receive input as the master plan process continues.

The survey has 36 questions. It is confidential, states the preface accompanying the survey, and answers will not be tied to individuals but analyzed only in aggregate form.

It includes questions such as where a resident lives (Arborg, Okno, Riverton, Morweena, etc.), number of people in a household, number of children they have, household income, what winter and summer activities they participate in, whether they use the library and participate in dance, theatre and music, what indoor and outdoor facilities offering recreational activities they visit on a regular basis, what activities they'd like to see offered in the two municipalities, whether they'd be willing to travel to different communities such as Gimli, Teulon, Selkirk or Winnipeg to take part in them, what facilities they'd like to have which don't currently exist, and whether they'd be willing to pay — either through property taxes, debt financing, user fees or fundraising — to develop certain programs and facilities.

The Riverton-Bifrost Parks & Recreation Commission offers a variety of recreational programming, including summer day camps, swimming trips to the Arborg pool, dance, yoga and Zumba classes, minor hockey, curling and cooking classes.

The Arborg-Bifrost Parks & Recreation Commission offers many of the same programs and has hosted regional and provincial championships in a number of different sports.

Stansell said the survey is open until



EXPRESS FILE PHOTOS BY PATRICIA BARRETT

The Riverton curling rink and recreation and meeting hall



The Arborg curling rink with its iconic rock

Friday, Feb. 5.

It can be accessed either by picking up a hard copy at the Town of Arborg or Municipality of Bifrost-Riverton

municipal offices or by going online: [https://www.surveymonkey.com/r/ABR\\_Recreation\\_Plan](https://www.surveymonkey.com/r/ABR_Recreation_Plan)

## ARBORG BIFROST-RIVERTON RECREATION MASTER PLAN – COMMUNITY SURVEY NOTICE

Dear Resident,

Over the past six months, the **Town of Arborg** and the **Municipality of Bifrost-Riverton** have been engaged in a comprehensive Recreation Master Plan process. Stakeholder engagement and public consultation are key components of this process, and the project team is interested in receiving your input. Unfortunately, due to ongoing COVID-19 considerations, the project team will not be hosting the community-wide workshops originally planned for November 2020. Therefore, the project team is inviting you to participate in an online community survey to help understand residents' attitudes, preferences, priorities, and expectations when it comes to recreation programming and facilities in the community. The survey results will help guide the planning process and inform the Plan's recommendations and implementation framework. Specifically, the goals of the survey will be to:

- Understand specific user group and demographic needs;
- Gauge satisfaction with existing facilities and programming;
- Establish recreation priorities;
- Develop a long-term vision/philosophy for recreation in Arborg and Bifrost-Riverton; and
- Receive your feedback and input into the Recreation Master Plan process.

The survey can be accessed at the following link, and will be open until Friday, February 5th, 2021:

[https://www.surveymonkey.com/r/ABR\\_Recreation\\_Plan](https://www.surveymonkey.com/r/ABR_Recreation_Plan)

Thank you very much for your participation, and we look forward to your input.

**Brendan Salakoh, RPP, MCIP**  
Landmark Planning & Design



**Landmark**  
Planning & Design Inc.



# Steep Rock community celebrating winter activities, including skiing

By Evan Matthews

There is no bad weather, only bad dress, as the Steep Rock community continues to exemplify through its winter recreation.

Tony Victor, a cross-country ski enthusiast, took it upon himself to create quite a lengthy cross-country ski trail around the Steep Rock Beach Park.

"I started cross-country skiing about 30 years ago, and most of the skiing I had done was in the southern part of the province. I spend a lot of time out at Steep Rock now, and I thought if I'm a ski enthusiast, there must be others," said Victor, adding that much of the work has been a solo effort.

"It's such a scenic area, and it offers many benefits aside from being scenic. It requires minimal trail prep because it's a combination of cleared grassy areas, as well as forested areas, so it's ideal for running a trail."

He noted that some of the trail stretches across municipal land, leased land being used for pasture, etc. He added that all of the respective land has been approved for use.

Victor started designing and grooming the trail on his own, mostly because he didn't know if there were others interested in the idea of a trail, but any question about interest has been answered.

Since designing and grooming the trail, Victor said there has been more people using the trail than he initially thought, with about a dozen people now actively using the trail.

Though no formal group has organized, Victor said he anticipates the group to organize heading in to next winter — likely in the form of a club — tentatively naming themselves the Steep Rock Skiers.

The thought is that the club would have volunteers who also help groom and maintain the trail, according to Victor.

The skiers thanked Steep Rock Beach Park management for the signage helping to protect the trails from potential damage by walkers, snowshoe enthusiasts, dogs, snowmobilers, etc.

"I believe our relationships with all recreation groups is amicable, and we want to keep it that way," said Victor, emphasizing the ski group is aware that the area was previously available to ATVs and sleds, and the creation of the trail is a bit of a change.

"We've been communicating with the community through social media

channels and email distribution lists. We've had signs made and placed at all entry points. We've felt the mutual respect.

"From a skier perspective, there are so many hundreds of thousands of kilometres squared in which you can sled or snowshoe. Ski trails require a specific set of tracks, and we're hoping to keep the trail in Steep Rock Beach Park for skiers, and the power sports can hopefully have their fun and enjoy their activities in other almost infinite areas."

## Other community initiatives

Steep Rock residents have a number of recreation initiatives to be thankful for, according to local recreation enthusiasts.

Many of the skiers expressed thanks to a variety of groups including but not limited to:

- Shawn Oswald, Joey Zasitko, Greg Jabusch for having created two skating surfaces: one for skating and one for hockey. Jabusch also provided spruce trees to outline the skating area, hay bales for benches, co-ordinated volunteers to build the rink(s);
- Karen Price, Wayne and Cindy Dudar, for having each provided a net for

**"IT'S SUCH A SCENIC AREA, AND IT OFFERS MANY BENEFITS ASIDE FROM BEING SCENIC."**

hockey enthusiasts;

- Tim Olson for having lent his large construction lights to the quarry for a Christmas community skate;
- The Steep Rock Café for having provided hot chocolate for the volunteers;
- The RM of Grahamdale for having agreed to plough the road into the quarry as required to support the activities;
- Cal and Kathy Turner for having designed and established a Crokicurl game, a life-sized ice version of the game Crokinole. The Turners provided the rocks, pushers and lighting for evening play; however, users are encouraged to take their own generator. Pat Graham built and provided additional rocks at the Crokicurl rink;
- Chris Rawluk and Jabusch donated fireworks for the New Years' celebration near the Steep Rock wharf;
- Kathy Turner challenged ice fishers to light up ice fishing shacks with solar lights in order to bring joy over the holidays.



EXPRESS PHOTOS BY TONY VICTOR

Designed solely for cross-country skiers, the red line showcases the groomed trail, while the yellow arrows mark entry points for users.



Steep Rock residents can enjoy a game of Crokicurl on the ice.

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## Gimli Barvinok Ukrainian Dance Club celebrating Malanka at home - with prizes

By Patricia Barrett

The Gimli Barvinok Ukrainian Dance Club isn't letting COVID-19 get in the way of Malanka. The club plans to ring in New Year's Eve with contests and prizes for the public.

Malanka is a Ukrainian and Russian New Year's Eve party that's celebrated on Jan. 13, in keeping with the Julian calendar.

In pre-COVID times, the Barvinok club would throw a massive party towards the end of January at the Fraserwood Hall where hundreds of people could dine on cabbage rolls, perogies, pyrizhky and other Ukrainian delights and watch the award-winning club perform a wide selection of folk dances.

Because of public health restrictions on gathering sizes, the club has been forced to forego an in-person event. But that doesn't mean it won't be celebrating.

"We are putting together a Malanka 2021 Celebration at Home," said Barvinok board member Samantha Michaluk, whose children are heavily involved in the club as dancers and instructors.

The club is encouraging people at home to get decked out in their best Ukrainian garb, feast on traditional Ukrainian fare and enter a few contests to win prizes.

Contestants can submit photos or videos of their at-home Malanka celebration and win one of three cash prizes. The judges will be looking for costumes or dress attire, food and beverages, music and entertainment (the Kolomeyka in your kitchen, anybody?), decorations in the house, yard, window or dinner table and other Ukrainian cultural extras.

The first prize is \$100. The second prize is \$60 and the third is \$40.

The club is also offering some extra fun for youngsters with the Kids' Colouring Contest. Contestants



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Barvinok dancers perform the Ukrainian Welcome Dance, the Pryvit, during Malanka 2018 at the Fraserwood Hall.

can click a link on the club's social media pages, print out a picture that's available, colour it, take a photo of the work then submit it for a chance to win one of three cash prizes.

The first prize is \$25, the second, \$15 and the third, \$10.

All photos and videos must be submitted by Sunday, Jan. 31 before 6 p.m. via the club's Facebook or Instagram social media sites.

Michaluk said the club will be dancing as soon as the province deems gatherings and social activities safe.

"Our club is not active, but it's not dead. And we just want to remind the community that we're still here and we will be back," said Michaluk. "We miss our dancers, instructors, events and the culture of bringing it all together at events like Malanka."

## Stonewall and area RCMP investigate tractor theft



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**In a few paragraphs tell us how you met and how you knew it was true love, or just tell us why your Valentine makes your heart skip a beat.**

Submitted by RCMP

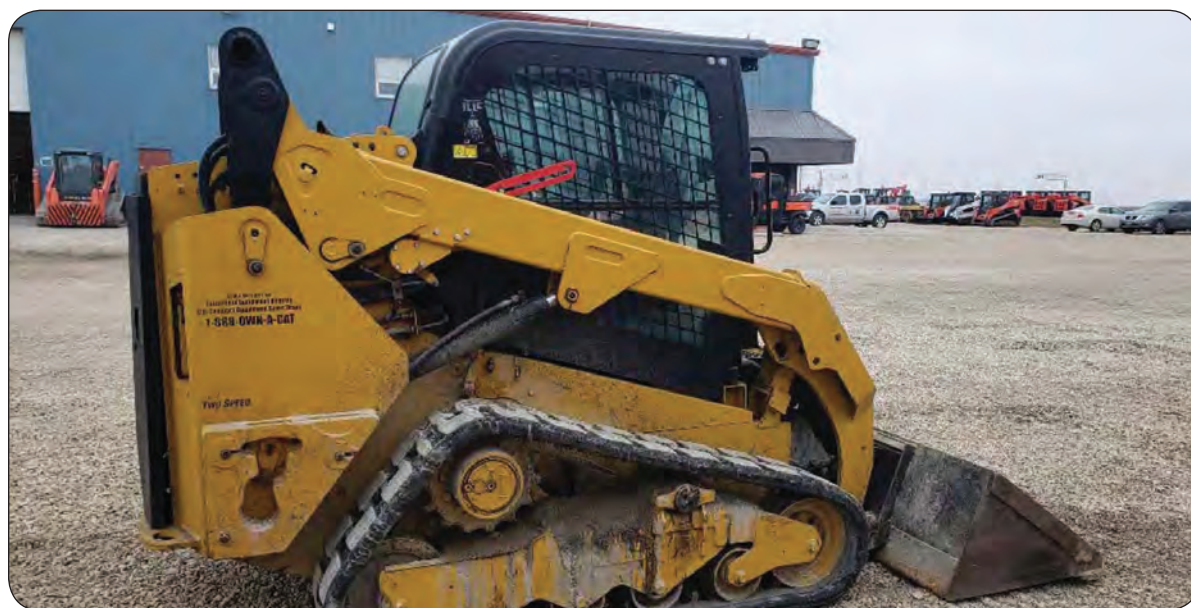
On Monday, Jan. 18 at about 9 a.m., Stonewall and area RCMP were contacted by a business on Prairie Dog Trail in the RM of Rosser to report a tractor theft.

Between Jan. 14 and 16, a tractor had been stolen from their business yard. The tractor was described as a yellow 2016 Caterpillar skid-steer

model 259D. The value of this tractor is in excess of \$50,000.

Police continue to investigate.

If you have any information concerning this incident, please call Stonewall and area RCMP at 204-467-5015. Or you can remain anonymous and call Manitoba Crime Stoppers at 1-800-222-8477.



RCMP are looking for a yellow 2016 Caterpillar skid-steer model 259 that was removed from a business in the RM of Rosser between Jan. 14 and 16. **EXPRESS PHOTO SUBMITTED**

# Manitoba musicians to host virtual Valentine's Day concert

Local artist Rhianna Rae Saj sings duet with Juno nominee Don Amero

By Sydney Lockhart

Manitoba musicians are finding COVID safe ways to help others celebrate Valentine's Day.

Rhianna Rae Saj, recently featured on a song titled "I Hate That Song" by country musician and Juno nominee Don Amero, said it started as what was supposed to be backup vocals but turned into much more.

"Don brought this song to a producer he was working with and he said my voice would be beautiful," said Saj. "When Don heard it, they were excited about it and wanted to release it as a duet."

Saj has been a musician for many years and released her own EP back in 2019. Following the release, she has been mainly working on song writing, for herself and other musicians.

"It was a true COVID-19 creation. Everything was done when we went by ourselves and we've never met," she said.

After the song was released on Jan.

8, streaming platform Spotify added it to one of their curated playlists right after an Elton John song.

"It was pretty weird seeing our names beside his name," said Saj.

Since the release of the song, Amero, Saj and musician Noah Derksen decided to put on a virtual concert on Valentine's Day titled "A Date With Don and Friends."

"IT WAS PRETTY WEIRD SEEING OUR NAMES BESIDE HIS NAME."

"For us to have in-person shows, we need to be able to have more than 10 people in a room. We're more concerned about getting a vaccine and being able to perform again," said Saj.

The virtual concert is a way to be able to still put on a show

and bring music to people at home, even though in person shows are still far away with the current pandemic situation in Canada.

The Valentine's show will be hosted on Zoom on Feb. 14 at 7 p.m. CST.

Tickets are available for \$20 on [sidedoraccess.com](http://sidedoraccess.com).



EXPRESS PHOTO SUBMITTED

Rhianna Rae Saj and Don Amero's new single "I Hate That Song" sparked the idea to hold a virtual Valentine's Day concert.

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Benson-Podolchuk said there's one restriction she wishes could be lifted: "Looking forward to the time hugs are allowed."



**EXPRESS PHOTO BY SHERRY BENSON-PODOLCHUK**  
The two sea cans at the Gimli Betel PCH last November when they were being prepared for visitors.

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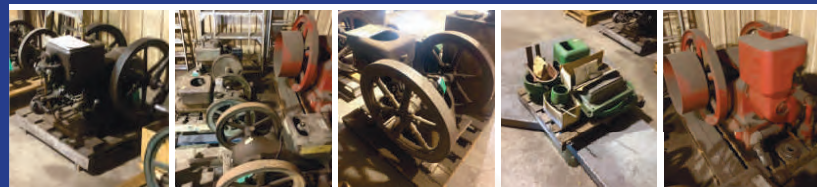


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# Where's Bernie Sanders game comes to Interlake

Internet meme embraced  
by region

By staff with files from the Voice of America Student Union

Bernie Sander's inauguration attire of a dark puffy winter coat and cozy mittens outshone many curated looks and designer duds inspiring a "Where's Bernie" meme to go viral online, where people photoshop the U.S. senator into recognizable areas from their neck of the woods.

Our region couldn't miss out on the fun with the Express's Lucy Kowalchuk giving Sanders a chance to get out on the Red River for some fishing.

This is not the only image of Sanders "in" the region, with West St. Paul having posted an image of this outside their municipal officer earlier this week.

Some other notable photoshops show Sanders sitting with the cast of *Sex in the City*, tucked into a group of men in a renaissance painting, and was even borrowed by Justin Trudeau who used the image on Twitter to remind residents of the importance of not travelling at this time.

Though Sanders has been described as grumpy in the image, he was much more cheerful when talking about the trend in an interview with CNN.

"Not only are we having fun, what we're doing here in Vermont is we're going to be selling around the country sweatshirts and T-shirts, and all of the money that's going to be raised ... will be going to programs like Meals on Wheels that feed low-income senior citizens," Sanders said.



EXPRESS PHOTO BY LUCY KOWALCHUK AND BRENDAN SMIALOWSKI

The recent viral photo of Senator Bernie Sanders photoshopped onto the Red River.

## Ice carver and Forks' expert enhance Gimli's new skating trail on Lake Winnipeg

By Patricia Barrett

An ice carver from the Festival du Voyageur and a staff member from The Forks who's versed in outdoor fun were in Gimli last week to help the municipality spruce up a new skating trail that it's in the process of building.

The ice carvers harvested ice last Thursday and will be building some benches along the trail so that skaters can take a break, said the RM of Gimli's economic development and tourism clerk Brittany Isfeld, who's co-ordinating the construction of the skating trail.

With advice from the Forks' expert, the ice carver is building the foundation of the benches, which will have a wooden seat.

"We put the ice blocks along the skating path which is to open this week [Jan. 25-29] some time," said Isfeld.

The trail itself has been cleared but it still needs to be flooded, said Isfeld. That will depend on the weather.

The trail starts in Gimli harbour, hugs the harbour wall, cuts across the ice road the RM built to facilitate fishers' access to the lake, and extends all the way to the Lakeview Resort on



The Forks' expert (left in blue jacket) and a Festival du Voyageur ice carver (in red jacket) are helping enhance Gimli's skating trail.

Gimli Beach.

Gimli is well known for its love of winter, said Isfeld. There's nothing anybody can do about ice, snow and windchill so they might as well "make



The ice carver harvested a large block of ice to build a bench for the new staking trail.

a positive out of a negative."

The skating trail will be a great addition to the town by providing locals and visitors alike with an opportunity to get outdoors and enjoy the lake.

"We can accommodate people who aren't necessarily into ice fishing but



EXPRESS PHOTOS COURTESY OF BRITTANY ISFELD

The skating trail is in the process of being completed.

still want to embrace and enjoy winter" said Isfeld. "The economic impact of the ice road and skating trail will be wonderful during this difficult period with COVID."

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Arborg and Riverton arenas call it a season

By Patricia Barrett

Arenas in Arborg and Riverton decided to pull their ice this weekend after the province extended COVID-19 restrictions for indoor facilities, and minor hockey cancelled its remaining season.

Restrictions under the province's pandemic response system prohibit sports facilities from opening.

The Interlake Minor Hockey Association (IMHA) announced the cancellation of its remaining 2020-21 season late last week after the province extended its restrictions for another three weeks.

With about a month and a half left in the IMHA schedule, community teams — which include Arborg, Stonewall and Fisher River and Peguis First Nations — will have to hang up their skates.

In addition to the Arborg Arena, the Arborg Curling Rink is decommissioning its ice.

Tom Chwaliboga, recreation director for the Arborg-Bifrost Parks and Recreation Commission, said the commission decided to take the ice surfaces out last Friday after the province's announcement.

"The rec commission decided to call it a season. We shut down the arena ice plant and the curling rink

ice plant once the province made the announcement," said Chwaliboga by phone Monday. "We did so for the simple reason that there's just no guarantee we'll be able to open three weeks from now even though the province will re-evaluate the situation. We don't know what the [COVID] numbers will be like. It's an unknown."

Typically, the winter sports season, which includes minor hockey and figure skating, is basically over by spring break or late March.

Had they decided to keep the ice, the commission would have had to continue to pay costs to operate the facilities, including hydro.

"We were like every other community out there, hoping that some sort of reduced season would have been possible. But it's understandable as the [low COVID case] numbers aren't there yet," said Chwaliboga.

Along with Arborg, Riverton and St. Laurent also shut down their arena ice. Stonewall closed one of its two facilities, the Ice Palace arena.

The Riverton Arena is operated by the Riverton-Bifrost Parks & Recreation Commission (RBPRC) with funding from the municipality of Bifrost-Riverton. The arena is famous for being the rink where Riverton-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Arborg recreation centre and arena decided to remove its ice after the province extended restrictions keeping sports facilities closed.

born and former Philadelphia Flyers player Reggie Leach learned to play.

The *Express* reached out to RBPRC's recreation director for comment on the Riverton Arena, but did not hear back by press time. It's unknown whether the Riverton Curling Rink will also be shutting down its ice.

Bifrost-Riverton CAO Jordan Willner referred the *Express* to the Riverton rec director for comment on the situation.

He said the cost of running the Riverton Arena during provincially mandated closures was not yet available; the RM will have that information for its year-end financial report-

ing.

Last year, the RM provided \$85,000 to the RBPRC for its operations. The money is then allocated to different programs, said Willner.

Back in Arborg, Chwaliboga said the Arborg-Bifrost Recreation Commission plans to offer indoor activities in the arena (on the former ice surface) should the province remove restrictions on sports facilities in three weeks' time.

"We've already got plans for a lot of different activities in March should the province lets arenas open up again," said Chwaliboga.

## Interlake Minor Hockey Association cancels 2020-21 season

By Brian Bowman

The Interlake Minor Hockey Association cancelled its 2020-21 season after Manitoba's code red restrictions were recently extended for at least three more weeks.

The IMHA decision was made earlier this month and officially announced last Thursday.

"As a result of the extension of the current public health orders, specifically the closing of recreation facilities for another three weeks, the Board of Directors in collaboration with local associations, regretfully announces that the remainder of the 2020-2021 season will be cancelled," read a statement on the IMHA website.

"Unfortunately, this is not at all what any of us were hoping for, but it is what it is and we can only move forward from here and start looking to-

wards next season."

This decision means no regular-season games between teams from communities in the Interlake.

"There was no indication or guarantee that they would lift the restrictions to allow us to return to play (in three weeks). None," reasoned Dave Underwood, director of the Interlake Minor Hockey Association, Friday evening. "In three weeks they could say, 'No, you're still not playing and we could go on for another month.'"

Under the newly announced public health orders, which took effect last Saturday, all sports facilities must remain closed.

Underwood said he wasn't really surprised by the province's extended restrictions.

"They haven't even allowed restaurants to open and I think that's the

next thing (to open)," he predicted. "I think hockey is still a ways down the road. I think what the government is trying to do is to stop people from being in a confined place for a long period of time, which they say spreads this virus more."

Communities in the Interlake have already shut down their indoor arenas. Cost was obviously a major factor.

There are 15 minor hockey associations under the umbrella of the IMHA although Peguis, Lake Manitoba and Fisher River took a leave of absence this year due to COVID-19.

If the newest three-week restriction is eased next month, individual associations have the option of holding practices or exhibition games, said Underwood.

"There's nothing stopping teams to

practice or set up exhibition games with anybody else," he said. "It just means that we, as Interlake Minor Hockey, are not going to be putting together a league schedule where Arborg plays in Stonewall or Stony Mountain goes to Peguis, stuff like that."

IMHA wanted to thank everyone for their patience during this very unusual time.

"On behalf of the Board of Directors, I would like to thank everyone for your cooperation and patience this season as we all worked together to navigate this situation," read the statement. "We may not have always agreed on the guidelines put in place, or the direction we took as a league, but ultimately these decisions were made with the best interests of our players, coaches and families in mind."

# Bears deservedly honoured by Manitoba Aboriginal Sports and Recreation Council

From the Manitoba Aboriginal Sports and Recreation Council website

Dale Bear was recently named Manitoba's Indigenous Male Coach of the Decade by the Manitoba Aboriginal Sports and Recreation Council.

The announcement was made last Friday.

Dale's career as an Indigenous coach has been focused on developing Indigenous athletes. He has contributed national medals to the province's hockey program as the coach for the National Aboriginal Hockey Championship (NAHC) female hockey team. Dale has brought back gold in 2017 and 2018, silver in 2019, and bronze in 2013, 2015, 2016.

Since he started his involvement with the Manitoba Aboriginal Sports & Recreation Council (MASRC) 10 years ago, we have seen an increase of female participation in hockey academies and university teams. His philosophy is to always bring up "aged-out" athletes from his teams to develop them as coaches. His commitment to increasing female representation in coaching, and on the provincial and national stages, is unparalleled.

At the grassroots level, Dale has coached for the Norquay Knights in the North End Hockey Program (NEHP) in Winnipeg for six consecutive years, winning one city championship and was runner up the following year. He then went on to coach for the Prairie Blaze in the Manitoba Junior Women's Hockey League (MJWHL) in 2018-19. With the Prairie Blaze, he coached the team from middle of the pack to elite in the league and led the team to victory at the 2019 Provincial MJWHL League Championships.

Many of Dale's female hockey players have gone on to play on university and college teams. Being able to coach at all levels goes to show how well rounded of a coach Dale is.

Dale is a pioneer in the Indigenous coaching world in terms of having an Indigenous worldview and using a holistic approach to coaching. It is second nature for Dale as he lives and breathes this way of life that was passed down by his ancestors. His coaching style results in overall empowerment. Dale invites others to lead with him and he encour-



Jacinta Bear (left) was named the Manitoba Indigenous Female Volunteer of the Decade.

ages his athletes to go to school and value their education.

He teaches his female athletes to set healthy and strong boundaries in life. To Dale, sport isn't the be all and end all, his athlete's mental, emotional, spiritual and physical health is a priority and if those are suffering, then hockey is a low priority. These are true qualities of a leader and we are happy to name Dale as our Indigenous Male Coach of the Decade.

Jacinta Bear, meanwhile, was named the Manitoba Indigenous Female Volunteer of the Decade.

She has managed the Norquay Knights teams from 2010-16. Jacinta organized the teams each year, did all the paperwork, kept in contact with all players and parents, and attended many games and practices.

From 2013 to 2020 (2020 was cancelled), she has managed Manitoba's National Aboriginal Hockey Championships (NAHC) female team (the male team in 2015). Jacinta attended tryouts and practices for all NAHC, did all gathering of information for her teams, kept in constant contact with families and athletes throughout the process, and took a week off work each time to attend the event and



EXPRESS PHOTOS SUBMITTED

Dale Bear was recently named Manitoba's Indigenous Male Coach of the Decade by the Manitoba Aboriginal Sports and Recreation Council.

manage the team there.

Jacinta, along with her husband Dale (Indigenous Male Coach of the Decade), work together to develop Indigenous youth and athletes. This is the cornerstone of what the Bear family does. They have dedicated and sacrificed many hours to build into these young Indigenous youth. They do it for the love of sport and youth and comes from the good in their hearts. The perfect example of true volunteers.

When told that she was nominated and selected for this award, Jacinta echoed the same statement as her husband, "If you can give the award to another deserving volunteer, please do so. We don't do it for the recognition; we do it for the kids."

With a comment like that, there was no question that Jacinta demonstrates the true spirit of volunteerism and is no doubt our Indigenous Female Volunteer of the Decade.

## MJHL releases statement in hopes of a safe return to hockey

Staff

The Manitoba Junior Hockey League announced in a statement last Friday its hopes for a safe return to hockey.

"The updated public health order continues to restrict organized sport training activities and the use of recreational facilities at this time," read a statement from MJHL commissioner Kevin Saurette. "The MJHL remains prepared to return to team activities safely, responsibly and in a very protected

environment as demonstrated throughout the summer and fall."

The MJHL said it is committed to exhausting all options and will continue to engage with governing bodies and public health authorities to search out a balanced, responsible and necessary pathway forward.

"The physical, mental, developmental and social well-being of our athletes needs to be given strong support and consideration as we continue to

push ahead through these very challenging times," Saurette said. "The MJHL exists to provide each player with an elite hockey development experience while enhancing Manitoba communities in the spirit of sports excellence and goodwill. It has been very difficult for all involved not being able to fulfill this mission during these last few months.

"As we preach to our players ... we will give it everything we have until the final buzzer sounds. The clock is ticking, and we are behind."

## Hockey Manitoba releases information for a return to play

Staff

Despite the province of Manitoba's latest health order — which does not allow sports to resume at this time — Hockey Manitoba released information on how its members can begin planning for a return to play, should such changes be made in February.

"In order to ensure that the game is set up for a successful return, the compliance and support of all members is paramount, required, and not an option," read a statement on Hockey Manitoba's website.

If sports are allowed to resume in some form anywhere in Manitoba, all

sanctioned associations, teams and leagues will have to spend at least 10 days in Phase 2, which allows only for contactless, on-ice practices. No games will be allowed.

Any minor hockey association, league or teams residing within regions under code red will be permit-

ted to participate in any hockey programming.

In November, Hockey Manitoba cancelled all of the 2021 provincial championships in order to allow for individual leagues to run later than in past years.

# Yorke commits to Lebanon Valley College in Pennsylvania

By Brian Bowman

The Interlake Lightning U18 female hockey team can be proud of themselves once again.

The program's philosophy is to develop players to get them to the next level.

This time, Erin Yorke can be added to that ever-growing list.

Yorke, a talented blueliner from Winnipeg, recently committed to attend school and play hockey for the Lebanon Valley College Dutchmen in Pennsylvania this fall.

Yorke said she is "over the moon" excited about heading east to begin the next chapter in her life after playing three seasons with the Lightning.

But why Lebanon Valley College?

"I think, for sure, it was the opportunity not only athletically but as well academically for the program I want to pursue in exercise science," she said last Sunday. "I really clicked with the coaches. They were super nice and kind. I met some of the girls and I feel it's a really good community that I can't wait to be a part of."

The Dutchmen finished fifth out of six teams within the division in 2019-20, compiling a 5-18-1 record in 24 regular-season contests.

Goal scoring was a problem for Lebanon Valley College as they were shut out nine times and scored just 35 goals.

Yorke's Lightning season is currently on pause due to COVID-19. She has really enjoyed her time playing for the Interlake despite their struggles in the win column over the years.

"Even if you don't win, you learn a lot from losing," said Yorke, who was also part of Hockey Manitoba's Program of Excellence in 2017-18. "It, for sure, taught me a lot about dedication and heart. It doesn't matter how many wins or losses we get, you have to keep pushing. It was just a good experience, overall."

Yorke describes herself as a stay-at-home defenceman but she does like to rush the puck and make long, accurate passes to her teammates. The 5-foot-6, 135-pounder has a good reach and her stick is cut a little taller which allows her to better defend opposing players.

In 77 MFHL games, Yorke has five goals and 11 points to go along with a paltry eight penalty minutes.

"I pride myself on being as clean and to the rules as much as I possibly can," she said.

Yorke was very thankful for the coaches she has had over the years with the Lightning. She couldn't ask for better coaching than what she has received from current head coach Tatiana Rafter.

"It's inspiring to see everything (Tatiana) has done and her coaching



EXPRESS FILE PHOTO BY LANA MEIER

Interlake Lightning blueliner Erin Yorke (3) recently committed to play hockey and attend school at Lebanon Valley College in Pennsylvania.

when she's pregnant," Yorke said. "It's amazing to see what she has accomplished and how dedicated she is to helping us and getting us to her level. She caters to what everyone needs — she's an amazing coach."

Dean Rebeck and Maddi Biluk have also had a big influence on Yorke.

"I'm very thankful for the opportunities that I have been given from past coaches," she said. "Last year's coach, Dean Rebeck has been a huge help for me through the process along with Tatiana and Maddi Biluk as well. They have always been in my corner to help me get to my goals."

## Manitoba U18 Hockey League sends letter to government, pleading with them to open up sports

Staff

The Manitoba U18 AAA Hockey League issued an open letter to government officials, pleading with them to reopen recreation facilities, gyms and fitness centres.

The letter was sent out last Thursday and placed on the league's website.

"We remain committed to restarting our season, and to giving the young men who play in our league the opportunity to continue their mental, physical, and social development," read a statement on the league's website.

Here is that letter in full.

Dear Mr. Pallister, Ms. Stefanson and Dr. Roussin,

The hockey community is concerned about the mental, physical, and social health of the citizens of this province. We are particularly concerned about the well being of children and youth in Manitoba.

Physical activity and social interaction contribute to the health of individuals and are essential for healthy growth and development of children

and youth. Physical activity helps prevent and reduce the effects of depression, stress, and anxiety. It increases energy levels, helps maintain a healthy body and improves sleep quality. Social interaction contributes to the development of interpersonal skills, relationships and emotional capacity.

In contrast, the continued prohibition of social interaction and limitation of permitted physical activities has caused immeasurable harm to the children of this province. They are socially isolated, increasingly depressed, and at greater risk of physical and emotional abuse. A recent survey by Hockey Canada found that 45 per cent of parents are concerned about the mental health of their children.

Organized sport plays an important role in coordinating and facilitating physical activity and social interaction for children and youth. Since mid-November, however, restrictions have been in place that prohibit organized sport. Recreation facilities, gyms and fitness centers have all been closed.

The Manitoba U18 AAA Hockey League calls on you to reopen recreation facilities, gyms, and fitness centers for use by children and youth. It can be done safely, and it must be done now to curtail the harms inflicted.

In the fall, the hockey community, under the direction and leadership of Hockey Manitoba, developed comprehensive plans to safely start our season. Across the province, facilities, associations, leagues, and teams all implemented protocols to mitigate risk. We made the use of Manitoba's COVID screening tool compulsory for all participants before every on and off-ice activity, contract tracing was added, mask use was made mandatory, arrival and departure time for participants and spectators was limited, social distancing was enforced, dressing rooms were sanitized frequently, travel was reduced, bus capacities were limited, spectators were limited and then prohibited, off-ice warm ups were restricted, and handshakes were eliminated.

From the top down, the hockey community worked together to provide a safe environment for our children to participate in physical activity, continue in their social development and ensure their mental health needs were met.

At the U18 level, we did not have a single positive case. As a whole, the number of positive cases in minor hockey was limited. These events did not contribute to outbreaks and they were not super-spreaders.

We are committed to implementing the same protocols, to prohibiting spectators, and to ensuring the safety of our communities and members. We are asking you to work with us to immediately reopen facilities for children and youth, and to permit them to participate in organized sport. The mental and physical health of our children requires your immediate action.

Sincerely,

Manitoba U18 AAA Hockey League  
Pe: Levi A. Taylor, J.D. Commissioner

# get inspired

> MEAL IDEAS



## Walnut Meatless Meatballs

1/4 cup Parmesan cheese  
1 tablespoon Italian seasoning  
2 tablespoons chopped Italian parsley  
1 egg, beaten  
Preheat oven to 375 F and line baking sheet with parchment paper.

In small skillet over medium heat, heat oil. Add onion and garlic; saute 1 minute. Add tomato paste and cook 1 minute. Transfer to food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, Italian seasoning, parsley and egg. Pulse until combined but not mushy.

Form into eight equal balls and place on prepared baking sheet. Cook 12 minutes, or until firm to touch. Serve with sauce of choice.

Total time: 42 minutes

Servings: 4

1 tablespoon olive oil  
1/4 cup minced onion  
1 teaspoon minced garlic  
1 tablespoon tomato paste  
1/2 cup California Walnuts, chopped  
1/4 cup cooked brown rice  
1/4 cup chopped roasted red peppers  
1/4 cup panko breadcrumbs



## Pizza with Plant-Based Walnut Crumble

Spread remaining dough pieces with pesto, remaining cheese, remaining Walnut Sausage Crumble and tomatoes.

Bake 8 minutes, or until pizza edges are golden brown. Garnish with basil leaves and shaved Parmesan.

Total time: 38 minutes

Servings: 4

### Walnut Sausage Crumble:

1 cup California Walnuts  
1/2 cup cannellini beans, rinsed and drained

1 tablespoon coconut aminos  
1 tablespoon olive oil  
2 teaspoons fennel seeds  
2 teaspoons Italian seasoning  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon smoked paprika  
1/4 teaspoon celery salt

### Walnut Sausage Pizza:

1 pound pizza dough  
6 tablespoons pizza sauce  
2/3 cup mozzarella cheese, divided  
Walnut Sausage Crumble, divided  
6 tablespoons pesto  
1/4 cup sliced small tomatoes  
fresh basil leaves  
shaved Parmesan cheese

To make Walnut Sausage Crumble: In food processor, pulse walnuts, cannellini beans, coconut aminos, olive oil, fennel seeds, seasoning, onion powder, garlic powder, paprika and salt to sausage like consistency.

To make Walnut Sausage Pizza: Preheat oven to 500 F and line two large baking sheets with parchment paper. Divide dough into four pieces and roll out into thin ovals; place on baking sheets.

Spread two dough pieces with equal amounts pizza sauce, 1/3 cup mozzarella cheese and half of Walnut Sausage Crumble.



## Sesame Ginger Tempeh Power Bowls with Quinoa and Sweet Potatoes

Pickled Pink Onions:  
1/4 cup white wine vinegar  
2 teaspoons white sugar  
1/4 teaspoon salt  
1/2 small red onion, peeled and thinly sliced

Sesame Ginger Vinaigrette:  
2 tablespoons vegetable oil  
2 teaspoons sesame oil  
2 teaspoons grated fresh ginger  
2 teaspoons rice wine vinegar  
2 teaspoons soy sauce  
2 teaspoons toasted sesame seeds

Sweet Potatoes:  
1 tablespoon olive oil  
1 large sweet potato, peeled and cut into 1/2-inch slices

Tempeh:  
1 package (8 ounces) Lightlife Original Tempeh  
1 teaspoon vegetable oil  
2 tablespoons soy sauce  
2 cups baby spinach or kale  
2 cups cooked tri-color quinoa, at room temperature  
1/2 ripe avocado, cubed  
1/2 cup canned chickpeas, rinsed and drained

## No motivation? Five proven ways to overcome lack of motivation

Have you stuck to your New Year Resolution to be healthier in 2021? Every single one of us has moments where we feel like relaxing on the couch during downtime, rather than pursuing dreams or taking steps toward self-improvement. The trick is to know what to do when these moments strike so you can push forward and accomplish amazing things!

1. Spend 5 minutes on visualization. This is somewhat like meditation, however rather than a clear mind the goal is to let your imagination run wild! Find a quiet, comfortable place to relax. Think about your goals, and how you will feel once you achieve them. Take in the pride as if it's really happened. Then, turn the situation around to force yourself to accept the regret that comes with giving up. This is definitely NOT how you want to feel, and it's a good way to give yourself a kick in the butt to get to work to avoid this outcome.

2. Use the momentum. I truly believe that once you get the ball rolling, it's so much easier to keep it going, so force yourself to just start... NOW! Even if you drag yourself through that first week of workouts, it's better than doing nothing, and each day I guarantee it will get easier, and you will get better!

3. Surround yourself with inspiring people. Fitness coaches are here to motivate you and help you remember all those reasons you started in the first place, so invest in your health and improve your chance of success by getting professional help from the get-go. As I mentioned earlier, we ALL start to burn out at some point. Make sure you have a program to fall back on so you don't fall off the wagon altogether. I'd love to help you



Health and Wellness Fitness expert Julie Germaine

and welcome you to schedule a free consultation with me at [www.juliegermaine.com](http://www.juliegermaine.com)

4. Take baby steps. Your finish line may seem really far away and impossible to reach, but if you set markers along the way, you will have those milestones to celebrate. Boosting your confidence by reaching smaller goals will give you faith that you can really do this.

5. Allow yourself REST. If you're tired, take a break, guilt-free. This doesn't mean you've failed, it simply means you were going hard and needed a breather. Keeping positive about this detour will go a long way toward helping you feel happy with yourself and preparing you to work hard again.

I wish you the very best year, and would love to help you achieve your fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! [www.juliegermaine.com](http://www.juliegermaine.com)

6 red grape cherry tomatoes, halved  
6 yellow grape cherry tomatoes, halved  
1/2 cup pea shoots

To make pickled pink onions: In small pot, bring white wine vinegar, sugar and salt to boil. Add onions and toss to coat 15 seconds. Turn off heat and let sit 20 minutes, stirring occasionally, until onions are soft and bright pink. Set aside.

To make sesame ginger vinaigrette: In small bowl, stir vegetable and sesame oils with ginger, rice wine vinegar, soy sauce and sesame seeds. Pour into two small ramekins. Set aside.

To make sweet potatoes: In large nonstick skillet over medium heat, heat olive oil. Add sweet potato slices and cook, turning occasionally, 15-17 minutes, adjusting heat as necessary until tender when pierced with knife. Remove to cutting board and cut each slice into quarters. Wipe out skillet.

To make tempeh: Cut tempeh crosswise into eight triangles. In nonstick skillet over medium-low heat, heat vegetable oil. Cook tempeh with soy sauce

until golden brown and warm, 2-3 minutes per side. Remove tempeh from pan and add baby spinach or kale; stir 1-2 minutes just until wilted.

To assemble bowls: On bottoms of two shallow bowls or plates, spread cooked quinoa. Top with piles of warm sweet potatoes, pickled pink onions, sauteed spinach or kale, avocado, chickpeas, grape tomatoes and pea shoots. Top with tempeh and serve with sesame ginger vinaigrette.

**Do you have a Health or Wellness Business?**

**Call The Express at 467-5836 to advertise**

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## RONA

### Gimli Rona is seeking a Building Materials Sales Associate

#### Responsibilities include:

- Assess customers needs and provide expert advice on products
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\*Building and construction knowledge are assets

\*Ability to read and interpret blueprints is an asset

\*Building code knowledge is an asset  
The successful candidate must be able to work independently and within a team.

Please submit your resume in person or email to

[laura@ronagimli.ca](mailto:laura@ronagimli.ca)

**RONA GIMLI**

100-7TH Avenue | Gimli, Manitoba R0C 1B0

### Eddie's Gravel Supply Ltd.

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Call 1-204-389-2023

### CARETAKER WANTED:

**Isfeld Villa is hiring for its 32 unit  
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in Winnipeg Beach.**

This is part time – 15-20 hours/week  
@ \$17/hour.

*Duties include cleaning, minor  
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**Please submit a resume to  
[dennis@lifelease.ca](mailto:dennis@lifelease.ca).**

**Start date: Feb 22nd.**

### RECENTLY SOLD

#### Grain Land

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- 204.371.5131

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- 204.825.8378

#### Grain Land

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- 204.573.5396

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- 204.720.4779

[www.farmdivision.ca](http://www.farmdivision.ca)



Call 467-5836

### SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

### PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

### FIREWOOD

Seasoned poplar & maple. Wood for next year. Call or text 204-861-0487.

### APARTMENT FOR RENT

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

Do you want to put your pick-up truck to work? Roadex is seeking 1-ton owners to transport RV's throughout N. America. Class of license required depends on province. Subsidized health and dental insurance, competitive rates, fuel discounts. Driver must have valid passport, be able to cross the border, pass a drug test and must be 21 years or older. For more information about us, please visit our website at [roadex-services.com](http://roadex-services.com). To apply please email resume and a current driver's abstract to [recruiting@roadexservices.com](mailto:recruiting@roadexservices.com).

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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](mailto:geraldbernier111@gmail.com) or to Paulette Mann at (204) 859-3196 or by email at: [paulettmann@outlook.com](mailto:paulettmann@outlook.com).

### Rural Municipality of Armstrong



## ANNUAL PUBLIC NOTICE

### Additions to the Voters List and/or Personal Security Protection Requests

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

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

- Any person can request to have his or her name and address obscured from the Voters List.

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

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

Rural Municipality of Armstrong  
Lot 55 Hwy 17, Box 69  
Inwood MB R0C 1P0  
Telephone number: (204) 278-3377  
Fax Number: (204) 278-3437  
Email: [acao@rmofarmstrong.com](mailto:acao@rmofarmstrong.com)

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

Ernie Epp  
Senior Election Official



## 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](mailto:Sales@jbrandtent.com)

Call 204-364-2775 for more information



## 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](mailto:Sales@jbrandtent.com)

Call 204-364-2775 for more information

# Classifieds

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## HELP WANTED

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

## MISCELLANEOUS

Re-opening? Need sales? Advertise it in the 37 MB Weekly newspapers and get noticed! Each week our blanket classifieds could be helping YOU 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 204-467-5836 or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

## WANTED

Interlake Freshwater Fisheries is looking to purchase fish quota. Call 204-999-6248.

## NOTICES

Urgent press releases or media advisories service. Have something to announce? A cancellation? A change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com.

## ANNOUNCEMENTS

The Fourth Commandment in the Bible has not been abolished and never will be in this time. The true Christian has this law written in his or her heart. Therefore, let us "Remember the Sabbath day, to keep, it holy. Six days shalt thou labour and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work..." Exodus 20 vs 8, 9, 10a (King James Version). Please visit our website: www.clda.ca

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

## HAY FOR SALE

Tame hay for sale. St. Laurent area. Ph Elmer at 204-278-3562.

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## MORTGAGE SALE

The buildings and land known as 118 Wonderland Drive, Balaton Beach, Manitoba and as described in Certificate of Title No. 2729159/1 will be sold at auction on Wednesday, the 17th day of February, 2021, at 10:00 a.m. by a licensed auctioneer, by way of video or teleconference. Attendees are required to pre-register with Taylor McCaffrey LLP at least 24 hours prior to the auction by submitting the following information: 1. your full legal name; 2. your email address; 3. your telephone number; 4. the address of the subject property; and 5. the date and time of the auction by telephone to 204-988-0443 or by e-mail to dransom@taylorlawyers.com. On the date of the auction, an email will be sent to all attendees at the email addresses provided. The attendees will need to follow the instructions in the email, which will include a video link or teleconference call-in information. The successful bidder shall have a period of 24 hours to provide the deposit in certified funds payable to Taylor McCaffrey LLP and sign the auction sale conditions.

TO THE BEST of the vendor's knowledge, there is situated on the property at a single family detached 1 3/4 storey dwelling built in 2003, approximately 1500 square feet with 6 rooms, 3 bedrooms, 1 full bathroom, crawl space for a basement, private well and septic holding tank, located on a 114 x 180 foot lot.

PRIOR ENCUMBRANCES: Nil

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2018.

**TERMS OF SALE:** The sale shall require a deposit of \$24,500.00 of the purchase price by way of certified cheque or bank draft payable to Taylor McCaffrey LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. The property will be sold subject to a Reserve Bid of \$169,750.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 19th day of January, 2021 to the date of auction and which costs will be announced prior to the commencement of the sale. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca.

FURTHER information may be obtained from:  
TAYLOR McCAFFREY LLP  
Barristers and Solicitors  
2200 - 201 Portage Avenue,  
Winnipeg, Manitoba R3B 3L3  
Attention: Daniel Ransom  
Phone: 204-988-0443 File No.: 86693-116



## MUNICIPALITY OF BIFROST-RIVERTON

### PUBLIC NOTICE CONSTRUCTION OF A NEW RIVERTON-BIFROST FIRE DEPARTMENT FIRE HALL PROPOSED BY-LAW NO. 1-2021

The Council of the Municipality of Bifrost-Riverton has scheduled a public hearing in the Council Chambers at 329 River Road, Arborg on the 11th day of February, 2021 at 5:00PM to present the following general borrowing proposal:

Council is proposing to construct a new Riverton-Bifrost Fire Department Fire Hall next to the Riverton Community Hall. The total estimated cost of the new fire hall is \$1,000,000.00. The entire cost of the fire hall project in the amount of \$1,000,000.00 is to be borrowed over a 15-year period at an estimated interest rate of 5.0%. The annual debt payment (principal and interest) of \$96,342.29 is to be recovered by a special mill rate on all taxable and grant-in-lieu properties within the Municipality of Bifrost-Riverton. Based on the 2021 Assessment roll, an estimated mill rate of 0.452 mills will be required.

Further information/inquiries/copies of the proposal are available at the municipal office located at 329 River Road in Arborg, MB. COVID-19 Protocol: Should you wish to attend the hearing, you must pre-register no later than 3:00 PM on the day of the hearing with the Municipal Office at 204-376-2391.

Dated at the Municipality of Bifrost-Riverton this 22nd day of January, 2021, and issued pursuant to Section 169(6) of *The Municipal Act*.

**Jordan Willner, CMMA**  
Chief Administrative Officer  
Municipality of Bifrost-Riverton

## FARMLAND FOR SALE BY TENDER

The following parcels of farmland are hereby offered for sale by tender:

- The SE 1/4 of Section 32-22-3 EPM (approx. 150.90 Acres)
- The SW 1/4 of Section 32-22-3 EPM (approx. 153.91 Acres)

The parcels include approx. 270 acres of cultivated land in the RM of Bifrost-Riverton 2 miles N and 2 miles E of Arborg.

Sealed written tenders for any or all of the property described above will be received by:

**D'Arcy & Deacon LLP**  
2200 - One Lombard Place  
Winnipeg, Manitoba R3B 0X7  
Attn: Tomas Masi

### CONDITIONS OF TENDER

1. Bidders may tender on all or any of the above parcels and must rely on their own inspection/knowledge of said property.
2. Tenders must be delivered to D'Arcy & Deacon LLP by 4:00 p.m. on March 1, 2021. Please mark package "Attn: T. Masi".
3. Tenders must be accompanied by a \$20,000.00 deposit by way of a certified cheque payable to "D'Arcy & Deacon LLP in Trust". Deposit cheques accompanying unaccepted bids will be returned.
4. Highest or any tender not necessarily accepted.

### TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to enter into an agreement covering the terms/conditions of the sale.
2. The closing of the sale and transfer of possession of the property shall be on April 1, 2021 or earlier by mutual agreement. In addition to the deposit, the balance of the accepted tender shall be paid by April 1, 2021, or evidence that said funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid in accordance with said terms, the deposit paid shall be forfeited as liquidated damages and not as a penalty.
3. The successful bidder will be responsible for payment of GST and all realty taxes following December 31, 2020.

For further information contact Tomas Masi at:  
PH: (204) 977-0321 Email: tmasi@darcydeacon.com

## RONA EMPLOYMENT OPPORTUNITY

Join one of Canada's largest home improvement companies! Gimli Rona is now accepting applications for a sales team member. If you are committed to providing exceptional customer service, we want to meet you.

### Qualifications:

- Retail customer service experience
- Excellent communication skills
- Computer literate, able to learn new software and processes
- Mature and responsible with sound decision-making and problem-solving skills
- Proven leadership capabilities
- Ability to learn fast and work independently

This position requires any day of the week availability. Applicants must have the physical ability to perform tasks that may require prolonged standing, sitting, or other activities necessary to perform job duties.

Drop off your resume in store at  
Rona Gimli 100-7th Ave. or submit by  
email to laura@ronagimli.ca

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

# Announcements

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## BIRTHDAY



Happy 65th Birthday!  
Andy!

If you see this guy on January 31,  
wish him a happy birthday!  
No big get together this year!  
We'll wait to celebrate!

Wishing you the Best Day Ever!  
Best Husband, Dad, Friend and  
Especially The Best Giga!

Your "4" Munchkins think the World of you!  
Love you!

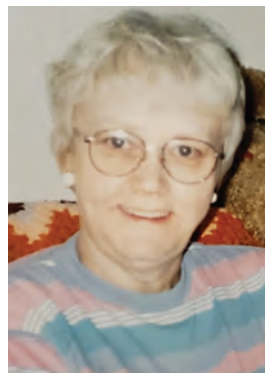
## IN MEMORIAM



Robbie Johnson  
May 1, 1983 – January 28, 2005  
Taken from us so suddenly  
And tragically, 16 years ago

Your life was a blessing,  
Your memory a treasure,  
You are loved beyond words,  
And missed beyond measure.  
It's the heartache of losing you,  
That will never go away.  
- Forever loved and deeply missed,  
Mom, Dad and brother Darrell

## OBITUARY



Linda Ann Scowen (nee Tait)

On Monday, January 18, 2021 at Gimli Community Health Center, at the age of 73 years, Mom passed away after a lengthy illness.

She is lovingly remembered by her son Bob (Jen), daughter Tina, granddaughters Alexandra and Shelby and their father David, her brother Brian, her fur baby Smokey, and many more family and friends.

Mom grew up in the Brooklands area of Winnipeg. She had many jobs throughout her life but most centered around food and beverage. After retiring from Salisbury House she settled herself and her partner in life Don out to Matlock, Manitoba.

Don sadly passed away in 2013 but Mom remained in the place she loved most. And the friendships made out at the beach were so precious to her. The support she received from neighbours and friends filled her heart with joy. Mom always made friends easy, loved being around good company, had a great sense of humor and loved her family. She was a strong woman with a heart of gold.

Cremation has taken place and there will not be a service (COVID restrictions).

Special thanks to staff at Gimli Hospital nursing station as well as Home Care for the great care they gave Linda.

We love and miss you so much Mom.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home,  
Gimli in care of arrangements.



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## OBITUARY



Harold Desveaux  
December 25th, 1947 - January 21st, 2021

Harold passed away peacefully on January 21, 2021 at the Gimli Community Health Centre after a heroic battle with cancer.

He is remembered and missed by his beloved wife, Mary Desveaux; his children Danny (Alex), Kim (KC), Christine (Mark), Victor and Darryl (Sarah); and his grandchildren Clare, Grace, Mackenzie, Ruth, Regan, Tess, Camryn, Solomon, and Liam. He also leaves behind his siblings Imelda (Hugh), Paul (Joan), Lucille (Dave), Bernice (Victor), Nora (Charles), and Dina (Pete). He was also close with his brothers and sisters-in-law Jennie Lowther, Tony Michaluk (Delores), Michael Michaluk (Shirley) and Leo Aucoin, and all nieces, and nephews.

He was predeceased by parents Jimmy and Therese Desveaux, father-in-law and mother-in-law Michael and Mary Michaluk, sister Isabelle Aucoin, and brothers-in-law Emmanuel Doucet and Ken Lowther.

He will be forever missed by his family and his friends. He was our rock with a heart of gold who loved a good story, and a laugh. He was most at home in the bush, on a boat, or in the sky. He had many talents as a hunter, pilot, fisherman, avionics specialist, and archer, but his greatest gift was being the best husband, dad, and friend you could imagine. We will always love you, and hold your memories in our hearts.

Thank you to his health care team and the Gimli Community Health Centre for the thoughtful care he received throughout his illness, and in his final days.

His remains were cremated at his request, and a celebration of life will take place later this year. In lieu of flowers, please donate to CancerCare Manitoba 675 McDermot Ave Wpg MB R3E 0R8

Gilbart Funeral Home, Gimli in care of arrangements.



## OBITUARY



Elsie Frances Zelenitsky

Peacefully on Saturday, January 23, 2021, Elsie Frances Zelenitsky passed away at the Gimli Community Health Centre.

Left to mourn are her sons, Richard, Eugene (Bernice), Adrian (Debbie), Greg (Cathy), Mark (Colleen); grandchildren, Peter (Michelle), Waylan (Trudy), Jesse (Emily), Vanessa (Steven), Tyson (Breann), Whitney, Chantel (Joel), and Natasha (Jordan); great-grandchildren, Brady, Abigail and Kellen, Hudson and Annelise, Madeline, Audrey and Dorothy, Hannah and Raine, Brooks and Thomas, Travis and Rylea, Sawyer, Tucker and Kenna. Also left to mourn is her sister Anne Rogowski. Elsie was predeceased by her loving husband Allan.

Allan and Elsie were married on October 15, 1949 and they celebrated 65 years together. Mom worked along side Dad in the family Ice and Wood business and later in the Fuel Petroleum business. They made their home in Winnipeg Beach while raising her five boys. Mom loved her gardening, her flowers and her visits from her boys, grandchildren and great-grandchildren.

We would like to THANK the Gimli Community Health Centre for making Mom's final days so peaceful. From the bottom of our Hearts we like to THANK DEBBIE for being there for Mom, as we could not!

A private family burial will take place at the Polish Pioneer Cemetery.

"GO HOME"  
ON THE WINGS OF A DOVE



Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbart Funeral Home, Gimli in care of arrangements.



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**Notice of Nominations By-Election R.M. of West Interlake**

NOTICE IS HEREBY GIVEN that on the following days:

**February 15th, 2021 thru February 21st, 2021**  
**I will receive nominations for the offices of:**  
**Councillor Ward 3**  
**LUD committee member**

For term - March 2021 to October 2022

During Covid19 code red restrictions nominations will be accepted by appointment only.

**The nomination deadline is February 21st, 2021 at 4:00 p.m.**  
Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person, by an agent, or by fax or email. To obtain a nomination paper, and/ or candidate's declaration of qualification, contact the SEO at the telephone numbers listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Myrna Little  
SEO R.M. of West Interlake  
Box 370, #38 Main Street, Ashern, Manitoba R0C 0E0  
Cell: 1-204-941-0156  
Office: 204-768-2641  
Fax: 204-768-2301  
Email: tanbeca@mts.net  
Dated at Ashern, MB this 22nd day of January 2021

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



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*2 Peter 3:9*

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