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**Pets need
Christmas too**

EXPRESS PHOTO COURTESY OF KAREN BITTNER

Karen Bittner with Mayor Lynn Greenberg (left) and Europa Restaurant owner John, who has given Bittner space in his restaurant to use as a drop-off depot for donations.

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Pets Need Christmas Too fundraiser underway for Gimli Humane Society

By Patricia Barrett

Gimli resident Karen Bittner is once again embarking on an annual fundraiser for the Gimli Humane Society, inviting residents to drop off food, kitty litter or toys to make sure shelter animals get a treat during the holiday season.

This year, Gimli's Europa Restaurant let Bittner set up a collection depot. She put up a tree and decorated it with paws. The donations are starting to pile up.

"The humane society did tell me it needs moist (canned) cat and dog food because that lasts a little bit longer than dry food. But I think they would appreciate whatever people are able to donate," said Bittner. "People can also donate cat litter and toys."

Bittner originally started the fundraiser 30 years ago for the Winnipeg Humane Society when she was living in Beausejour. Prior to making the fundraiser a community effort, she and her mom had been making a donation at Christmas to the Winnipeg Humane Society.

Wherever she went, Bittner would endeavour to hold a Pets Needs Christmas Too fundraiser. For the past few years, Gimli Robin's Donuts owner Cheryl Buhler has given Bittner a section of her coffee shop to use as a collection depot.

"Cheryl eventually had to take chairs and tables out because we were receiving so many donations," said Bittner, who also volunteered to help decorate the streets of Gimli after the town received a generous donation of Christmas décor from Winnipeg's House of Silk. "Last year we had to do a drop-off at the Gimli Humane Soci-



EXPRESS PHOTO COURTESY OF KAREN BITTNER

Pet-friendly donations can be dropped off at Europa Restaurant in Gimli until Dec. 22.

ety because of COVID."

In the past, people have donated knitted or crocheted pet blankets that the shelter would give to pet owners when they adopted a cat or dog, said Bittner. She herself received a blanket and toys when she adopted a cat last year.

"The animals get used to their little blankie and toys and when they're adopted, they can transition easier with those items to their new home," she said.

People can drop off donations at Eu-

ropa until Dec. 22. The restaurant is located at 81 First Ave., across from the Lakeview Resort.

"THE ANIMALS GET USED TO THEIR LITTLE BLANKIE AND TOYS AND WHEN THEY'RE ADOPTED."

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CREDIT UNION

Food hampers lessen holiday budget worries

By Nicole Brownlee

Hampers filled with warm turkey, rich cranberry sauce and other holiday favourites are being distributed to Fisher River Cree Nation this December, connecting members on and off-reserve.

The community's Christmas hamper program was expanded last year to include all families living in Fisher River and members living off-reserve.

"We've always tried to help the people on the social assistance program, as well as our elderly. ... But we expanded that to include everyone in the community ever since COVID-19 hit," said Sam Murdock, Fisher River's director of operations.

"Things have been tough on a lot of people. So, the leadership has done our best to try and ease that."

Around 540 hampers with supplies for breakfast and dinner are prepared for on-reserve members to pick up at the Fisher River Community Centre on Dec. 17 at 9 a.m. Off-reserve members picked up 500 hampers with supplies for a turkey dinner at Canad Inn Destination Centre Polo Park in Winnipeg on Dec. 10 from 9 a.m. to 6 p.m.

Several community organizations helped pay for the over 1,000 hampers, including Fisher River Health

Services, Healing Centre and the Intertribal Child & Family Services. Close to \$90,000 was donated to create and distribute the hampers.

"Last year, we had a really good turnout. They community was happy," said Murdock.

Most of the hamper's food is locally sourced, which helped support Fisher River businesses.

Supplying families with meals for Christmas morning and Christmas dinner will reduce the stress on families' wallets, said Murdock.

"I'm hoping that doing this will leave extra money for the families to maybe buy an extra gift for their family members. ... I think it'll be a big help."

Families and friends will be able to gather for the holidays with recent amendments to Fisher River's COVID-19 security measures.

On Nov. 25, the chief and council announced there are no restrictions on the number of people who may gather indoors or outdoors if all visitors are vaccinated. The changes came after several weeks of very few cases of COVID-19.

"On behalf of the Fisher River council, we wish everyone a safe and happy Christmas celebration," said Murdock.



EXPRESS PHOTO SUPPLIED BY FISHER RIVER CREE NATION. Fisher River Cree Nation members received Christmas hampers with turkey dinners on Dec. 10.



Herbed Turkey Rub

Manitoba Raised Whole Turkey or Cuts
1/4 cup (60 ml) canola oil
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1 tbsp (15 ml) white wine
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1 tbsp (15 ml) onion, minced
4 tsp (20 ml) fresh rosemary, chopped
4 tsp (20 ml) fresh thyme, chopped
4 tsp (20 ml) garlic, minced

Combine all ingredients and mix well. Let sit for 30 minutes for flavours to combine. Coat either a whole turkey or turkey cuts (breast, drumsticks or thighs) with rub. Roast or barbecue turkey at 350°F (175°C) until a meat thermometer reads 170°F (77°C) in the thigh away from any bones. Allow turkey rest for 15-20 minutes before carving.

ROASTING TIMES FOR WHOLE TURKEYS*

Weight	Stuffed	Unstuffed
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8-10lbs (3.5-4.5kgs)	3 1/4-3 1/2 hrs	2 3/4-3 hrs
10-12lbs (4.5-5.5kgs)	3 1/2-3 3/4 hrs	3-3 1/4 hrs
12-16lbs (5.5-7kgs)	3 3/4-4 hrs	3 1/4-3 1/2 hrs
16-20lbs (7-9kgs)	4 1/4-4 3/4 hrs	3 3/4-4 1/2 hrs
20-24lbs (9-11kgs)	4 3/4-5 1/2 hrs	4-5 hrs



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*Cooking times are approximate. Always use a thermometer to determine doneness.

*Roast a whole turkey at 350°F (175°C) & cook to an internal temperature of 170°F (77°C).

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*Allow the turkey to stand for 20 minutes before carving.

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Riverton Elks donate \$14,770 to Riverton Care Services and Riverton Hall



EXPRESS PHOTOS COURTESY OF DOUG ANDERSON

The Riverton Elks Lodge #530 donated \$14,770 to two community facilities last month to make life better for local residents. The donations formed part of the proceeds the Elks had raised from its annual Harley Mega Draw fundraiser earlier this summer. The Elks donated \$10,250 to the Riverton Hall for commercial kitchen upgrades. From left: recreation director Tyanna Mytz, chair of the Riverton Parks and Recreation Commission Colin Bjarnason and Riverton Elks exalted ruler Doug Thorarinson. The Elks donated \$4,520 to Riverton Care Services for the addition of a sunroom on its group home. From left: (standing) secretary Carol Sigurdson, chair Lorraine Sigurdson and Elks exalted ruler Doug Thorarinson with three residents (seated) and group home manager Sharon Rundle.

Christmas tunes in Eriksdale on December 18

By Nicole Brownlee

Eriksdale is ringing in the holiday season with music, treats and community spirit with the return of the Eriksdale Evening of Christmas Music. Double vaccinated community members are welcomed to the event at the Eriksdale Recreation Centre on Dec. 18 at 7:30 p.m., following the

Santa Claus parade. "People are excited to have something to do," said Vienna Kinhead, one of the event's organizers. St. Erik's Church has hosted the event for several years, and this year the Eriksdale Community Club is lending a hand to help enforce public health protocols and set up the event. "We want to see events happening,

so we have to follow the guidelines the government has set," said Kinhead. After waving to Santa as he tours the streets of Eriksdale, community members can meet at the Recreation Centre to watch Eriksdale band, The Third Chins, perform. The Third Chins will be entertaining the crowd with the help of some musical guests, singing toe-tapping holiday hits while community members enjoy coffee, dainties and a silent auction. Kinhead said she's looking forward to the community lifting their spirits and gathering to enjoy some Christ-

mas music. The church expects around 20 donations from church and community club members to be up for auction. A variety of gifts are usually donated including jigsaw puzzles, ornaments and trinkets, said Sandra Ryden, one of St. Erik's organizers. In previous years, the event has drawn up to 100 people and they hope to see a similar crowd this year, said Ryden. The Recreation Centre doors will open at 6:30 p.m., and the music will start at 7:30 p.m.

Lacing up for EBN



EXPRESS PHOTO BY PATRICIA BARRETT

The Gimli Running Club's fundraising events for Evergreen Basic Needs on Dec. 3 and Dec. 4 raised \$840 in cash, 79 pounds of food and a cartful of toys. The Friday night Dancer Dash walk saw 55 people take part, including volunteers who directed the walkers. The chilly Saturday morning five-kilometre Santa Shuffle run had 17 participants. The fundraisers were organized by Michelle Belanger, Kim Giesbrecht, Cheryl Buhler and Camilla Claeys.

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Ingalls honoured for volunteerism and commitment to Icelandic heritage

Staff

Maxine Ingalls received an Honour 150 medal before a small gathering of friends and family on Nov. 7 at the Hecla Community Hall.

The medals are being presented to 150 people from across the province who stand out for their role in making Manitoba such an amazing province.

She was nominated by people in her own community for her volunteerism both in the local community of Hecla and for the many ways she has dedicated herself to the greater community.

Ingalls is certainly deserving of recognition as she has been a tireless volunteer and a recognized leader, using her many talents to enrich the lives of the people around her.

Along with re-opening the largely unused community church, Ingalls has made a name for herself preserving the Icelandic spirit in Hecla.

She served as president and is acting director-at-large of Descendants and Friends of Hecla Heritage, a non-profit that operates the Hecla Heritage Museum.

"When you have a museum, it maintains the culture and maintains the history of the community you're in," says Ingalls. "It's also an effort to keep a community together: it's a gathering

place, a community place and a connection to your relatives."

Ingalls has organized and directed dinner theatres to raise funds for the museum's maintenance. She's also acted as a tour guide for the island, sharing the history of the heritage buildings and how Icelandic immigrants settled the area.

Ingalls ancestors settled in Hecla Island in the 1880s. "For me, it's vitally important that we keep those memories alive and that people are aware of what the history is attached to the island."

"Maxine is a driving force behind the preservation of the Icelandic culture and heritage on Hecla Island and beyond," says Dean Amundson, chair of the Hecla Historic Village Association, who nominated Ingalls.

"She is recognized throughout the Icelandic community for her knowledge," says Amundson. "She is continually sought after for information and advice."

Ingalls was Gimli Icelandic Festival's Maid of the Mountain ("Fjallkona" in Icelandic) in 2013, an honour given to a woman who exemplifies Icelandic heritage and culture.

Ingalls chose Teen Challenge as her recipient of her \$500 donation from Canada Life.



EXPRESS PHOTO SUBMITTED

Greg Palsson, right, was honoured to present an Honour 150 medal to Maxine Ingalls at a small gathering held in Hecla on Nov. 7.

Manitoba extends pandemic paid sick leave program

Submitted by Manitoba government

The Manitoba Pandemic Paid Sick Leave Program, established to help cover the costs of employee sick leave related to COVID-19, is being extended until March 31, 2022, Finance Minister Scott Fielding announced Monday.

"To help protect all Manitobans and safely reopen our economy, it is imperative that workers get their COVID-19 vaccinations and stay home from work when feeling ill," said Fielding. "We are investing \$5 million in the expansion of this program to give Manitobans further assurance that if they are sick, they can stay home without financial repercussions, while also providing employers with financial assistance to accommodate public health guidelines."

Announced in May, the voluntary program provides eligible employers with up to \$600 per employee for a maximum of five full days (40 hours) of COVID-19-related sick leave. Eligible sick leave for the program related to COVID-19 includes testing, vaccinations and side effects, self-isolation due to COVID-19 symptoms or care for a loved

one in any of these circumstances.

"We introduced this program to address gaps that exist between the federal Canada Recovery Sickness benefit and provincial employment standards for paid sick leave and the response has been very positive," said Fielding. "We will continue to work together with the business community to help Manitoba employers and employees get the kinds of supports they may need to meet the unique challenges presented by the pandemic."

The federal program covers up to four weeks of leave and requires eligible individuals to apply for leave and wait approximately one week for payment. Under Manitoba's program, employees are paid on schedule and employers can request partial reimbursement from the province.

Eligible employees are those who live in Manitoba and work and receive wages here on a full-time or part-time basis. To date, the program has received approximately

4,250 employer applications representing 16,300 workers, totaling \$5.2 million in benefits, with \$275 as the average benefit per eligible worker.

For more information, including applications, visit www.gov.mb.ca/covid19/programs/pandemic-sick-leave.html.

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Crossing the border? Make sure you use ArriveCAN app before returning

Or risk a 14-day
quarantine, even if
you're fully vaxxed

By Ashleigh Viveiros

If you're headed south to the United States to do some last-minute Christmas shopping over the next few weeks, make sure you double-check the requirements to get back into Canada without having to quarantine.

People across the country are running afoul of Canada's pandemic re-entry policies, which require all travellers to use the ArriveCAN program (either online or via an app on a mobile device) prior to arriving at border crossings.

The program has people submit their contact details, travel plans, health information such as proof of vaccination, and a scan of their passport.

But many travellers have simply not been aware this requirement exists, instead believing having their COVID-19 vaccination records and passport would be enough to show customs agents. Others have struggled to get the app to work properly at all.

Some Canadians have been turned away at the border until they've completed the digital paperwork, while others found themselves facing a mandatory two-week quarantine despite being fully vaccinated.

The issue was touched on by Conservative public safety critic Raquel Dancho in the House of Commons last week.

The need to use ArriveCAN has been "poorly communicated, to say the least," she said, resulting in MPs across the country receiving hun-

dreds of complaints in recent weeks.

"The ArriveCAN app has crashed for some users. Many can't access it from poor cell service. Many seniors don't have smartphones. For others costly data plans are out of reach for them," Doncho said. "Something needs to be done about this and something needs to be done about it now."

Public Safety Minister Marco Mendicino stressed the Liberal government is committed to protecting Canadians and that strict border control is more important than ever in light of the new, more contagious omicron variant of COVID-19.

"It's absolutely necessary that we exercise an abundance of caution at the borders to protect everyone so that we can protect the progress that we've made thus far," he said.

Further direction will be given to customs officers when it comes to ArriveCAN, Mendicino said.

"I've spoken with the CBSA [Canada Border Services Agency] so that there's additional guidance to provide the opportunity for travellers to provide the information that is necessary on ArriveCAN in person at the borders."

News of greater leniency when it comes to ArriveCAN comes a little late for some local families.

Plum Coulee businessman Jack Wiebe contacted the *Voice* last week after his brother-in-law landed himself in quarantine for popping down to Walhalla to pick up a package.

"He went across the border to pick up a parcel and he was double-vaxxed and all that, but he went across not aware of the ArriveCAN app," Wiebe said. "He comes back and they gave him a test kit and he has to quarantine for 14 days."

The retiree has since spent the past two weeks in his home in Morden as punishment for a short trip that, pre-COVID, most people living near the border wouldn't have thought twice about making.

Wiebe said he and his family have been doing what they can to help his brother-in-law through the quarantine period, but it's galling to him that the ArriveCAN requirements weren't better publicized prior to recent news reports about all the problems they've caused.

"There's no signs at the border ... not everybody's computer literate, not everybody's aware of all this stuff with the apps and all that," he said, voicing concern not just for older Canadians who may not think to look into such digital requirements for reentry but also immigrants for whom language barriers might prove a challenge. "People need to be warned. You need the ArriveCAN app to come back without grief."

As the government continues to sort out the issues with ArriveCAN, travellers are advised to educate themselves as to the current reentry rules, make sure the app is working on their phones, and/or fill out the form online in advance and print out or screenshot the receipt just in case it's not working when you arrive at the border. ArriveCAN data can be submitted up to 72 hours before returning to Canada.

Details about ArriveCAN are available at <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrive-can.html>. You can also find it on the Google Play and Apple app stores.

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letter to the editor

Lake Winnipeg did not pollute itself

Dear Editor

How much does Manitoba's hog industry contribute to climate change? I think with all their liquid manure sewage lagoons (many hundreds of them) there is a lot of evaporation that is taking place. Also, there is an added risk from the toxic fumes, which was deadly for three young barn workers in the Interlake several years ago. Furthermore, the toxic manure stench is detrimental to the health of rural residents who live in the vicinity of hog factories.

Besides that, Lake Winnipeg did not pollute itself; it's having help from the Manitoba pork industry!

All producers having anaerobic digesters to treat their liquid sewage would solve a lot of the problems. Our Conservative government of Manitoba thinks digesters are too expensive for all those people involved with hog production in Manitoba. So, it's business as usual, done the cheapest way, at the expense of the environment and the taxpayers.

- Peter Marykuca
Resident of Manitoba



EXPRESS PHOTO BY LORI HENRY

Two-year-old Addelyn Burdett took advantage of the beautiful weather and spent last Sunday on Shoal Lake ice fishing with her grandparents Randy and Lori Henry. The Weather Network recorded 3.4 degrees on Dec. 12. Help the *Express* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

Manitoba advises of public consultation on Regulated Health Professions Act

Submitted by Manitoba government

Manitoba Health and Seniors Care advises that counselling therapists in the province have requested self-regulation under the Regulated Health Professions Act (RHPA) and Manitobans have an opportunity to provide feedback on this application.

The Federation of Associations of Counselling Therapists in Manitoba submitted the application for self-regulation earlier this year. Individuals can provide written submissions to the Health Professions Advisory Council no later than Monday, Jan. 31, 2022.

The Health Professions Advisory Council is responsible for advising the minister of health and seniors care on matters relating to the act, including the regulation of health professions. To do this, the council seeks information from and consults with members of the public, health orga-

nizations and regulatory colleges, and conducts research to determine if it is in the public interest to regulate a health profession.

For more information on the consultation and participation process, visit www.gov.mb.ca/health/rhpa/hpac.html.

Unvaccinated account for 96 per cent of COVID-19 ICU patients

Staff

The unvaccinated continue to fill Manitoba's limited ICU beds.

On Monday, public health officials reported that a total of 142 Manitobans are currently hospitalized with COVID-19, including 90 with active (infectious) COVID-19 and 52 who are considered no longer infectious.

There were 34 people in intensive care at the start of the work week, including 26 with active infections. A total of 96 per cent of patients in ICU are either completely unvaccinated (92 per cent) or only partially vaccinated (four per cent).

Southern Health-Santé Sud is one of five regional health authorities in Manitoba but it currently accounts for

half the total COVID-19 ICU patients with 17. The region also has 50 total hospitalizations.

The district has the lowest vaccination rate in the province (62 per cent) and the highest test positivity rate by a wide margin (15 per cent at last report Dec. 1, compared to 5.7 per cent for the province as a whole on Monday.)

Monday's report added eight new deaths to Manitoba's tally since the pandemic began, bringing it to 1,353. The list included five men and women from Southern Health, ranging in age from 60s-90s. Comparing the statistics over the past week, two of the recent deaths were in Winkler.

To date, 66,926 people have recov-

ered from COVID-19.

With 478 new cases coming in over the weekend, Manitoba's total COVID-19 caseload Monday was at 1,700. Five of those cases have been identified as being the new omicron variant of the virus.

In the Interlake Eastern region, the case breakdown includes Arborg/Riverton, 12 cases; Beausejour, eight; Ericksdale/Ashern, zero; Fisher/Peguis, eight; Gimli, one; Northern Remote, one; Pinawa/Lac du Bonnet, three; Powerview/Pine Falls, five; Selkirk, 19; Springfield, 34; St. Clements, eight; St. Laurent, three; Stonewall/Teulon, 15; Unknown, 14; Whiteshell, zero; Winnipeg Beach/St. Andrews, 18.

As the fourth wave of the pandemic

continues, public health officials are encouraging Manitobans to get their booster shots for COVID-19 as soon as they are eligible.

It was announced last Friday that anyone age 60 or older or those age 18 or older who live in a First Nations community who received their second dose on or before July 10 are now able to receive their third shot of vaccine.

A six-month timeframe between second and third doses continues to be recommended for all other Manitobans age 18+.

Visit <https://manitoba.ca/covid19/vaccine/index.html> for information on the vaccination sites nearest you.

Removal by bylaw: mayors, reeves' duties remain unprotected after AMM defeat

By Patricia Barrett

Some municipalities that were hoping to see voters' rights and the duties of mayors and reeves protected were disappointed after the defeat of a resolution to have the Association of Manitoba Municipalities (AMM) lobby the provincial government for changes to the Municipal Act.

The resolution (No. 03-2021 Duties of the Head of Council) was rejected by a majority vote at the AMM's annual convention, which was held Nov. 22-23 in Winnipeg. The convention brings together councils and staff from Manitoba's 137 municipalities.

The resolution said that conflicting wording in the provincial Municipal Act contravenes the "democratic rights of ratepayers" by allowing a majority of municipal councillors to direct the duties and assignments of a head of council (usually a mayor or a reeve). Councils can do this by creating and adopting procedures and organizational bylaws.

Some sections of the Act, for example, state that council heads are to preside over meetings unless a council says otherwise using a procedures bylaw, and that council heads are members of all council committees unless a council says otherwise using an organizational bylaw.

With exceptions (i.e., the use of bylaws) written into the Municipal Act, the democratic rights of ratepayers — who vote in a mayor or reeve — can be overturned. The bylaws allow a majority of councillors to strip a mayor or reeve of their powers, including speaking publicly for the municipality, should they personally dislike their council head or disagree with their views on moving a municipality forward. The use of such bylaws also has the potential to open up opportunities for king- or queen-making and the advancement of agendas that may not be in keeping with the best inter-

WHEREAS due to different interpretations of the above sections relating to Duties of Head of Council has led to the passing of Organizational and Procedures By-Laws where the Head of Council can only act under the direction of majority of Council members thereby affecting the democratic rights of ratepayers; and

WHEREAS these by-laws have eliminated the need for a Head of Council ballot;

THEREFORE BE IT RESOLVED THAT the AMM lobby the Province of Manitoba to immediately amend *The Municipal Act* under the above sections to provide clear definition as to duties of Heads of Council and remove the words "except where the procedures or organizational by-law provides otherwise" in order to restore democracy; and

FURTHER BE IT RESOLVED THAT the Province review all standardized procedures and organizational by-laws.

AMM ACTIONABLE LEADERSHIP CONVENTION HANDBOOK

Part of the Duties of the Head of Council resolution asked the province to protect the electorates' choice of council head. The resolution was defeated at the AMM convention last month.

ests of ratepayers.

The Town of Lac du Bonnet, a municipality about 72 kilometres north-east of Selkirk, sponsored the Duties of the Head of Council resolution. Mayor Gordon Peters said it essentially asked the province to review the Municipal Act and make necessary changes to respect the electorates' choice of head of council.

Peters said he and his councillors felt it was important to defend the fundamentals of democracy.

"The Municipal Act describes what those [head of council] roles are and we believe it defies the electorate when those changes [procedures and organizational bylaws] are made by councils outside the legitimate will of the people," said Peters last week.

Elected councils work for their ratepayers and have no right to stop council members from performing the duties they were elected to do, he added. He was disappointed the resolution was defeated.

"What it says to me is the majority of folks that were there [at the convention] don't really care what the Municipal Act says and what the electorate intend. I was disappointed in that," he said. "I'm very strong on respecting the wishes of the electorate. They're our community boss, so to speak, and we as councillors are working for them. Just because we get into office doesn't give us the right to make changes that don't fall in line with the wish of the people."

He said he was also sad to see that some RMs have already adopted the bylaws and used them in regard to female heads of council.

"We were patting ourselves on the back three years ago when we had

more women elected to the head of councils and we felt like we had made progress in the area of equal opportunity," said Peters. "A majority of people at the convention voting down the resolution was disappointing from that perspective."

It's well known through media reports that some municipalities in the Interlake — the Town of Teulon, the RM of St. Andrews and the RM of Armstrong — have adopted (by majority vote) procedures and organizational bylaws and put them into action, revoking or diminishing the duties of their elected heads, all of whom were at the time or currently are women.

Peters said the bylaws can not only affect female heads of council but can also be used to diminish male heads' duties.

RM of Gimli Mayor Lynn Greenberg spoke in favour of the resolution during the convention. He said last week that if a contentious situation arises between councillors, council should be able to discuss it as a group rather than resort to removal by organizational or procedure bylaws.

"Elected officials shouldn't be barring their counterparts. We should be able to tell a councillor what they're doing wrong. And, at the end of the day, the public will make a choice during an election whether that person should be in office or not," said Greenberg. "The [defeat of the reso-

lution] is in a sense a blow to the democratic process because it's the voters electing a mayor or a reeve and they're expecting them to serve in that capacity."

In small communities, Greenberg said residents know what's going on with their councillors and will if necessary "take them out" when the next election rolls around. "That's how the democratic process works."

RM of Armstrong Reeve Susan Smerchanski said she also spoke in favour of the resolution at the AMM convention. As well, she thanked her fellow municipalities for implementing a Code of Conduct bylaw, which under the Municipal Act is the proper procedure by which to resolve disputes among council members.

She offered her personal opinions — which do not reflect the opinions of the RM of Armstrong or its council — on the issues addressed by the resolution, which was defeated at AMM by a majority of 64 per cent.

"The Municipal Act is the procedural foundation to which elected officials are duly bound. Municipal bylaws and policy do not supersede this legislation. Members of council are public servants. They're elected. They take an "Oath of Office" to know the Act, make informed decisions, act in the best interest of their municipality and serve and represent everyone fairly and equally," said Smerchanski last week.

"Municipalities have been developing and adopting organizational and procedural bylaws that potentially could remove any member of a council and is contrary to the democratic process. Specifically, the duties/roles of the heads of council are defined under the Municipal Act and they are elected as such to the specific position on a ballot."

AMM members voted on 22 resolutions during

the convention, according to an AMM tweet. All resolutions passed except No. 03-2021 (Duties of the Head of Council), No. 04-2021 (Assessment and Taxation Tools), No. 06-2021 (Per Capita Funding) and No. 07-2021 (Differential Mill Rates).

The *Express* asked the AMM for a recording of the debates/presentations for the first set of resolutions. A spokesperson said "there is no recording."

"A MAJORITY OF PEOPLE AT THE CONVENTION VOTING DOWN THE RESOLUTION WAS DISAPPOINTING FROM THAT PERSPECTIVE."

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

**Meetings are Saturdays
between 7 and 8 p.m.**

Contact 204-340-1855

Pfizer's COVID vaccine shows significant decline in protection against omicron with 2 doses

By Patricia Barrett

The ability of Pfizer-BioNTech's COVID-19 vaccine to protect people from the omicron variant has been shown to be significantly reduced with only two doses of the vaccine, and that a third dose is needed to strengthen immune responses.

A preliminary study carried out by researchers from South Africa, Australia and other countries suggests antibody neutralization drops about 41-fold against omicron compared to the original strain of the virus in subjects that had received only two doses of the Pfizer vaccine.

The study titled "SARS-CoV-2 Omicron has extensive but incomplete escape of Pfizer BNT162b2 elicited neutralization and require ACE2 for infection" was published online and has yet to be peer-reviewed.

Fourteen blood samples were taken from 12 participants, six of whom had no record of previous COVID infection nor antibodies to suggest prior infection. The other six participants had a record of previous COVID infection with the ancestral strain, which was first detected in Wuhan, China.

The samples were tested for their ability to neutralize omicron and the ancestral strain (D614G) of COVID. The researchers used live virus and a human lung cell clone that was engineered with an ACE2 receptor to test

the neutralization.

ACE2 is a protein that's found on the surface of many cells including the lungs, heart, liver and gastrointestinal tract. The COVID virus binds to ACE2 to gain entry to a cell.

Researchers found a 41-fold decline in the neutralization of omicron compared to the ancestral strain, suggesting omicron can escape antibody defences.

"The results we present here with Omicron show much more extensive escape. However, escape was incomplete in participants with higher FRNT50 [Focus Reduction Neutralization Test for measuring neutralizing antibodies or immune response] due to previous infection," the researchers wrote. "Previous infection, followed by vaccination or booster is likely to increase the neutralization level and likely confer protection from severe disease in Omicron infection."

The reliability of the findings is diminished because of the study's small sample size and the experiment having been carried out in test tubes.

But Pfizer-BioNTech agrees that two doses of its vaccine are not strong enough to neutralize omicron.

In a Dec. 8 news release the two companies said more robust protection against omicron is achieved with a third dose after results from a preliminary study showed a 25-fold-plus

reduction.

"Sera from individuals who received two doses of the current COVID-19 vaccine did exhibit, on average, more than a 25-fold reduction in neutralization titers against the Omicron variant compared to wild-type [the ancestral strain of the COVID virus], indicating that two doses of BNT162b2 [the vaccine] may not be sufficient to protect against infection with the Omicron variant," says the release.

However, people who have received only two doses of vaccine may still be protected against developing severe illness after being infected with omicron.

"Although two doses of the vaccine may still offer protection against severe disease caused by the Omicron strain, it's clear from these preliminary data that protection is improved with a third dose of our vaccine," said Pfizer chair and CEO Albert Bourla in the news release. "Ensuring as many people as possible are fully vaccinated with the first two-dose series and a booster remains the best course of

action to prevent the spread of COVID-19."

Scientists are trying to determine whether the omicron variant is more transmissible than other variants such as delta and whether it is more deadly. The variant has a large number of mutations on its spike protein and elsewhere on the virus that increase the probability of it being able to dodge immune defences.

Real-world studies are underway to determine how three doses of the Pfizer vaccine hold up against omicron.

Canada's chief public health officer Theresa Tam and deputy chief public health officer Howard Njoo advised Canadians last Friday to refrain from travelling and to keep gatherings to 10 people or fewer over the Christmas holiday given alarming increases in COVID infections. New federal government modelling estimates 12,000 cases of omicron a day by January

Continued on page 14

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Manitoba 

Arborg volunteer honoured by Province of Manitoba

By Nicole Brownlee

A dedicated and loyal volunteer from Arborg who isn't afraid of tackling messy jobs was honoured on Dec. 6, two years after he won an Honour 150 award.

Honour 150 awards recognized 150 Manitobans in 2020 who showed exemplary dedication to their communities through volunteering. Philip Thorkelson is one of the 150 honoured, but his celebration was delayed by the COVID-19 pandemic.

"We decided that now before the fourth wave goes out of control, we better take advantage and (celebrate Thorkelson)," said Pat Eyolfson, co-chair of the Arborg and District Heritage Village.

The event was combined with the Heritage Village board's annual Christmas party, unbeknownst to Thorkelson.

"He had said that he, under no circumstances, wanted any kind of fanfare, so we surprised him," said Eyolfson.

Thorkelson's humble attitude about his surprise party was not uncommon for the volunteer.

"He doesn't expect any accolades of anything for what he does. He just does it because he enjoys doing it," said Eyolfson, who worked with Thorkelson for over 20 years.

Thorkelson joined the Heritage Village around 1999 when the organization was planning the move of the first building to the Village's property in Arborg.

The Vigfusson House was moved in 2000 by two teams of horses to try to recreate how the house was moved to the Geyser area in 1902, from where it was built in Riverton in 1898.

"It doesn't matter how tedious a job it is or messy a job. When you're



The award celebration came almost two years late after being delayed by the COVID-19 pandemic.

working with Philip, it feels the time just disappears."

Thorkelson looked after the buildings, restored and helped move them as they were added to the Heritage Village.

Eyolfson recalls a testament to the ease of working with Thorkelson. Together with Eyolfson's son and another volunteer, they chinked a restored house in the Heritage Village, insulating the log home by sealing the joints and gaps between the logs.

"That's a very messy procedure," said Eyolfson.

The team harvested clay and dried it for a year before mixing it with straw and water in preparation for chinking.

"You have to huck it into the wall, and we were just covered in this stuff," said Eyolfson.

After chinking, the team waited for their work to dry before re-chinking and cleaning the boards. The process took the four volunteers a week to complete.



EXPRESS PHOTOS SUBMITTED

Jan Larkin, the Arborg and District Heritage Village board treasurer, presented Philip Thorkelson with the Honour 150 award on Dec. 6.

"He is such a wonderful fellow to work with," said Eyolfson. "He could make any job feel light."

Thorkelson retired from the board around two years ago but continues to help the Heritage Village with several projects.

Eyolfson noted in her Dec. 6 speech that Thorkelson has worked on every project at the Heritage Village since joining the organization.

He also volunteered at the local Royal Canadian Legion branch, Community Development Corporation, Arborg and District Seniors Resource Council, Arborg Fair and Rodeo, East-

man Immigrant Services and the Interlake Tourism Association.

"I enjoy (volunteering) and being with people, and it's nice to give back to your community to try and help to make it a better place to live in," said Thorkelson.

Thorkelson was encouraged to volunteer with the Heritage Village after living with his uncle.

"He always wanted to establish a village, but he was unable to, so that's what got me interested and my wife as well," said Thorkelson.

"I went to the meeting (in Arborg in 1999), and the rest, I guess, is history."

Brain injury support groups meet monthly

By Jennifer McFee

Life can sometimes feel like a lonely road for those who live with a brain injury.

But it's important that they know they are not alone. The Manitoba Brain Injury Association offers a variety of survivor support groups across the province.

The Selkirk and area support group meets every first Wednesday of the month from 2 to 4 p.m. at Gordon Howard Centre (384 Eveline St.).

Brain injury survivor Dennis Guile extends a standing offer to arrange carpooling to this group if anyone from Stonewall and surrounding ar-

eas would like to attend.

And if there's enough interest in the south Interlake area, they would consider starting a new group closer to home.

"We've been trying for a few years to get into that area because I know there are people with brain injuries who live there," he said.

"We're trying to get the message out that we would really like to get some other groups going out there. I'm in my 70s and this it takes a lot out of me, but I will do the best I can."

Guile sustained a brain injury due to a highway accident in B.C. when he worked as a long-haul truck driver. For

him, the brain injury support group provides a safe space surrounded by others who understand his situation.

"It's really, really hard to describe how lonely you get with a brain injury. We tend to pull away from things. A lot of it is because of embarrassment," said Guile, who lives in Winnipeg.

"Sometimes when you're speaking, what you're going to say is forming in your mind — but when it comes out, there's no sense. The people look at you kind of strange, and you don't even know that this is happening. Memory is a huge problem for us too."

In addition to the Selkirk meeting, other support groups meet monthly

in Brandon, Steinbach, Dauphin and Winnipeg.

"There are so many things that affect you because of a brain injury," Guile said.

"Our main objective is to get the message out there to people that you are not alone."

Dennis Guile encourages anyone to phone him with questions or to arrange a ride to the brain injury support group in Selkirk. He can be reached at 204-806-3405.

For more information about the Manitoba Brain Injury Association, call 204-975-3280 or 1-866-237-1998 or email info@mbia.ca.

EIWD saw increase in landowner conservation projects in 2021

By Patricia Barrett

The East Interlake Watershed District saw a lot of interest this year from landowners wanting to undertake conservation projects.

The EIWD's board approved 33 projects out of a pool of 113 submissions and worked with provincial and federal funding partners GROW, Ag Action and Environment and Climate Change Canada, which support landowners taking actions that benefit their local watersheds.

EIWD manager Armand Belanger said the district partnered with landowners to improve/maintain 12 wetland projects totalling 245 acres, three tall grass restoration projects totalling 65 acres and three tree-planting projects on 13 acres. The district has also been working with 16 farmers to protect over 100 acres of riparian areas (banks of a river, stream) and to help rebuild soil on over 1,000 acres of land.

"All the projects are exciting and diverse, with the goal of each one to either improve or enhance soils, wetlands, grasslands, forests and the ecological goods and services (EG&S) that they provide," said Belanger. "EG&S are things that benefit the watershed and the people who live there. They include creating wildlife habitat for us to enjoy, slowing down water to prevent flooding, holding water for times of drought, sucking up nutrients and contaminants before they head into lakes and streams, which allow us to enjoy clean water to drink and play in, absorbing carbon from the air and putting it into the ground to make the soil rich and healthy and to mitigate the effects of climate change."

The projects were carried out near communities such as Selkirk, Stonewall, Arborg, Fisher Branch, Gimli and West

St. Paul.

New to the EIWD in 2021 were regenerative agriculture (RA) projects, which focus on improving soil health, regenerating topsoil and building resilience to climate change, among other farm rehabilitation initiatives. Belanger said the EIWD hopes to see more engagement on RA projects next year.

"There are many benefits to farmers that prac-

tise regenerative agriculture, including healthier soils that help grow healthier crops and livestock, improved biodiversity above and below the soil, habitat for pollinators and songbird populations and reduced farm vulnerability to droughts and floods, to name a few," said Belanger.

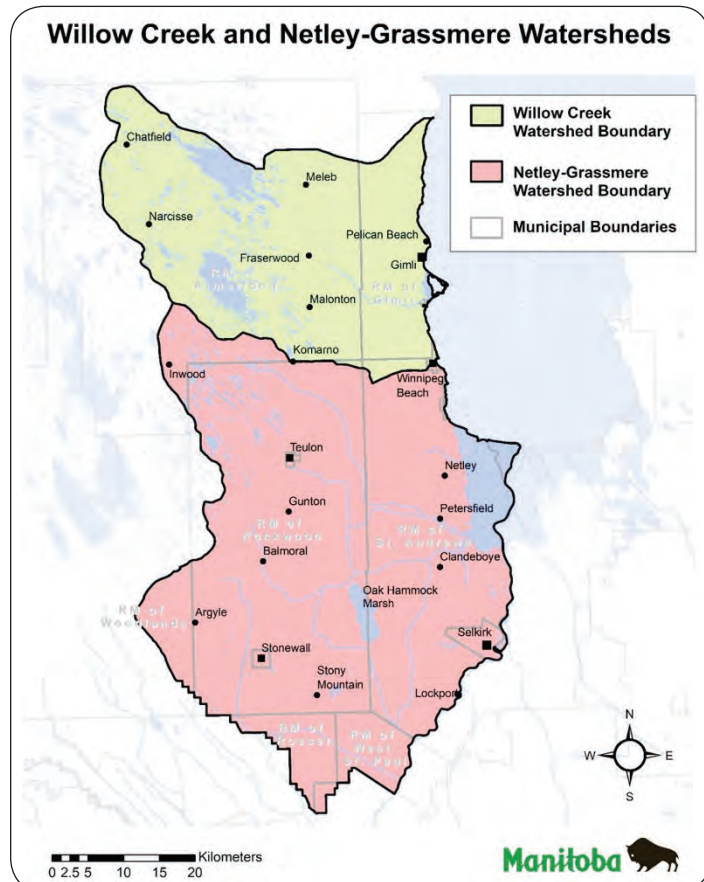
The EIWD is particularly interested in improving water infiltration of fields, he said. Some re-

Continued on page 15

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EXPRESS PHOTO SUPPLIED BY EIWD
The East Interlake Watershed District can help landowners grow their bottom line through various conservation projects. The Willow Creek and Netley-Grassmere watersheds in the Interlake.

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De-forested Lake Forest: public reserve at 9 Mary's Cove wiped out again

By Patricia Barrett

Hundreds of willows, native grasses and wildflowers that Lake Forest residents planted this summer on the public reserve in front of 9 Mary's Cove were destroyed a few months ago — the second time the reserve was gutted — and residents say the Municipality of Gimli has taken no action to charge those responsible.

The municipality owns the public reserve in front of the private residence, and residents and visitors are allowed to use it. Public reserves serve as a protective buffer between Lake Winnipeg and private property and their vegetation keeps the shoreline stable.

A Lake Forest resident said the latest act of destruction set them “right back to the beginning” of the fall of 2020 when the property owner of 9 Mary's Cove chopped down trees and cleared brush from the public reserve — a large area that residents estimate to be 170 feet deep. The municipality assessed the damages and entered into an agreement with the property owner, Mr. Croy, to have him replant 12 trees on the public reserve (see Nov. 18 edition of *the Express*).

Sandra Irwin, who lives in Lake Forest, said cutting down trees on public reserve land is common along Lake Winnipeg and has been happening for years as people typically want a view of the lake and to perhaps add more land and value to their property. But that doesn't mean it should be allowed to continue.

“I think we should take a stand and protect what we have going forward because this act certainly took the life out of our public reserve and the forest-walk we had down to the lake. This destroyed it,” said Irwin on behalf of several Lake Forest residents who've written to the RM and/or attended council meetings asking for action. “It was mowed down on the 16th of October this year. Nothing re-grew after that. It's dead. This is even uglier and more defiant because of the work the neighbourhood had put into trying to restore the reserve. In the middle of the drought, we had it green.”

To fulfil his agreement with the RM, Croy planted 12 saplings, said Irwin. But he planted them in July — trees are typically planted in spring or fall — and didn't bother watering them. He also planted eight that were already dead and which looked like “ditch digs.” By the end August it looked as though only one of his trees survived.

9 Mary's Cove runs along a public pathway used by residents and their children to enjoy nature, walk their dogs or carry canoes and kayaks to the lake. Residents have dubbed the pathway the Gnome Trail. It winds down to the beach and also crosses in front of the dwelling. It was once a heavily forested and secluded trail. It now debouches onto a reserve that Irwin says has been “blown open.”

The reserve is 20 feet from Croy's deck, she said, and it feels as though people shouldn't be walking there because all the trees and the vegetation were removed.

“It distinctly feels like you're trespassing on his private property because he cleared everything there. And neighbours have been challenged when they've gone walking,” said Irwin.

Croy has personally challenged her when she's on the path, she said, because “he knows me.” People renting Croy's house over the summer even “asked us not to go across their yard,” mistakenly thinking the public reserve belonged to Croy. And after the



Sign saying the public reserve has been replanted

house was put up for sale in late summer, a prospective buyer — seeing people sauntering along the reserve 20 feet from the house — had come over to question them as to why they were there, again thinking the reserve was part of the sale property.

This spring the RM had given Lake Forest residents \$200 of taxpayer money for seeds and permission to replant the [reserve] area that Croy had cut down last year, Irwin said. She and her family and other residents had planted about 200 willow clumps and wildflower seeds. And the East Interlake Watershed District had donated tall grass prairie seeds.

“Then we launched into watering because it was a summer of drought,” said Irwin. “We had pumps and, at first, garden hoses before we upgraded to a two-inch fire hose. A resident let us take the hoses through their yard. We watered over a long period of time. With watering, we had an 80 per cent success rate with the willows. They did really well and the grasses grew quite tall. We also had good growth of native wildflowers.”

The RM had its municipal emergency co-ordinator, Don Emes, hammer wooden stakes in the ground to mark the boundary of the public reserve with 9 Mary's Cove, she said. And Emes and Mayor Lynn Greenberg had come out in June to speak with Croy, asking him to let the replanted reserve grow.

But in August, Irwin said Croy cut “a swath out of the centre” of the replanted reserve a few weeks before he put his house on the market. Irwin, her husband and son went over and asked him to stop cutting. He and other people at his property became aggressive and “death threats” were made.

Then on Oct. 16 residents witnessed



An aerial photo taken in October 2021 shows the cleared public reserve at 9 Mary's Cove, the property line, the winding Gnome Trail and a staircase to the beach.



EXPRESS PHOTOS SUBMITTED

A resident watering the replanted reserve this summer. The stake in the foreground shows how close the dwelling's deck is to the property line (20 feet) and the public reserve.

a “young man on a riding lawnmower” cutting down the replanted reserve. It was “mowed to dirt,” said Irwin. All the trees they had planted, the grasses and other vegetation were completely wiped out.

Residents called the RM to offer evidence, including the licence plate of the vehicle that transported the riding mower, but the RM wasn't interested in dealing with it, she said. The RM just said that Croy told them he didn't do it.

“We had taken such joy in our accomplishment and we hoped they would care,” said Irwin. “Councillors are temporary.”

The *Express* reached out to Mr. Croy. He didn't respond.

Kristen Knight is among several Lake Forest residents who've attended council meetings and sent the municipality letters, asking council to stop the destruction at 9 Mary's Cove.

“It was sad to see it destroyed [the first time], and it's frustrating to see it continue to be destroyed and to have to keep fighting when the RM should be doing that,” said Knight. “It comes down to the environment — that's our concern — and it's being played down as if it's not a big deal, that it's just some trees. But it is a big deal.”

Having lived in the area for a couple of years, and having her first experience with small-town government, she said she was dismayed by most of council's lack of action to deal with environmental destruction.

“I'm super frustrated. I thought they would have more power or get more involved, but it seems that nobody cares. We've been fighting this for over a year now,” said Knight. “That said, the mayor seemed on board and supportive. He proposed the option of bringing trees in for a small amount of money [a motion that

Calf sales multiply for a good cause

By Jennifer McFee

One good deed deserves another — and another and another and another.

A chain reaction of generosity began when 13-year-old twin sisters Heidi and Allison Braun decided to auction off one of their calves earlier this month and donate the proceeds to CancerCare.

The cause is close to their hearts since Heidi has been battling brain cancer for the past seven years.

The sisters chose their best calf and arranged to bring young Braunco to Winnipeg Livestock Sales in Rosser on Friday, Dec. 3.

That's when their remarkable donation inspired nearly a dozen more acts of generosity, raising approximately \$40,000 for the cause in less than 30 minutes.

Scott Anderson, manager of Winnipeg Livestock Sales, said they spread the word in advance to try to generate as much attention as possible.

"Lo and behold, we had a pretty fair group of people all here looking to buy a calf, so it worked out well. It was



Heidi Braun, 13, of Gnadenthal has been battling brain cancer for the past seven years.

bought and resold 11 times," he said.

"One woman walked in to buy the calf. She stepped up to the plate and paid more than \$9,000 the first time.



Heidi and Allison Braun auctioned their calf Brauco to fundraise for CancerCare Manitoba Foundation.

Then she resold it and bought it back the seventh or eighth time for about \$3,000. So she ended up spending \$12,000 and left without a calf."

Mark Braun, the twins' dad, said Heidi makes frequent visits to Winnipeg for medical appointments from their southern Manitoba community of Gnadenthal near Plum Coulee.

"She would like to raise money for cancer awareness. Due to the nature of her cancer, they can't seem to get a grasp on it," he said.

"She's been doing some trial drugs to try to find a cure and she continues to battle with it."

The family operates a mixed farm where they raise cattle, and they also have some hogs, chicken and grain. The twin sisters raise several calves themselves.

"We were very thankful that the girls made the decision to donate their calf. It was good to see that they were willing to put in the effort as well," Braun said.

"We were also very thankful for the livestock community that showed a lot

of support. There were people that we knew and people we didn't know, and they all wanted to pitch in and help."

For Heidi, it was an emotionally charged experience.

"She was very overwhelmed. She had tears of joy and she had a lot of mixed emotions. As a farm kid, we all know that animals become pets very quick, so that part was difficult," Braun said.

"Then with all the support, she was very overwhelmed by all these rough and tough cattle guys that were willing to help a 13-year-old girl."

Sherelle Kwan, manager of community events and development at CancerCare Manitoba Foundation, said all funds raised by Heidi's calf sale go toward pediatric research and clinical trials at CancerCare Manitoba.

"Fundraisers like Heidi's are so important in helping us understand the daunting reality of this disease, which knows no bounds and plays no favourites. We are so grateful for her efforts and to those who fundraise and donate on our behalf to advance research and treatment," Kwan said.

"Heidi and her family are always coming up with creative ways to fundraise from lemonade stands and scrunchie sales to selling a steer in a live auction. Heidi personally knows the importance of advancing research and clinical trials here in Manitoba, and we are so grateful for her and her family's fundraising efforts."

For anyone looking to contribute towards Heidi's fundraising efforts, donations can be made online through the CancerCare Manitoba Foundation website. For more information, visit www.support.cancercarefdn.mb.ca and search for "Heidi's Calf Sale" or go directly to her donation page, which is part of the steer sale, at https://support.cancercarefdn.mb.ca/site/TR/communityevents/General?team_id=4964&pg=team&fr_id=1633.



EXPRESS PHOTOS SUBMITTED

Donations can be made to Heidi's Calf Sale through CancerCare Manitoba Foundation.

Attn: Landowners

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Oak Hammock scavenger hunt organized for Boxing Day

By Nicole Brownlee

Winter events continue at Oak Hammock Marsh, encouraging families to explore the marsh through scavenger hunts and guided trail walks with Santa Claus.

Marshland Wonderland returns on Dec. 26 as a Boxing Day treat for families to skate on the cattail pond, snowshoe through the marsh and participate in the Holiday GPS Hunt.

Small snowy owls with letters are hidden around the marsh trail for families to find and unscramble the puzzle spelled with the owls' letters.

"If you can crack the word, you'll get some candy canes and treats," said Jacques Bourgeois, marketing and communications coordinator for Oak Hammock Marsh.

The marsh hosted similar scavenger hunts in the spring with an Easter egg hunt and the fall looking for goslings around the time of migration.

"They're super popular. People love doing them," said Bourgeois.

Visitors can also complete a craft while warming up at the centre.

"We'll be making a little Santa out of pinecones," said Bourgeois.

Families can reserve a time to visit the marsh on Boxing Day from 10 a.m.

to 4:30 p.m. through the Oak Hammock Marsh website.

"It's nice to have a feeling of normalcy again and have people enjoy the nature at the marsh," said Bourgeois.

Santa Claus returned to Oak Hammock Marsh on Dec. 11, guiding visitors around the marsh and teaching them about the marsh critters thriving in the winter.

The marsh used to host wagon rides with Santa during the holiday season but decided to try something new to follow public health restrictions.

"It's a fun way to spend some time outdoors with the kids and the family."

Jolly St. Nick first visited the marsh on Nov. 25 to take socially distanced photos with families.

"IT'S NICE TO HAVE A FEELING OF NORMALCY AGAIN AND HAVE PEOPLE ENJOY THE NATURE AT THE MARSH."

"We were kind of limited to the number of families that could come and have pictures taken with him and share their wish list, so we decided to invite Santa again," said Bourgeois.

With snowshoes strapped on, Santa and 20 people learned more about the wetlands and took some festive photos.

"Santa loves to snowshoe. He lives in the North Pole after all," said Bourgeois.



EXPRESS PHOTO BY JACQUES BOURGEOIS

Santa returned to Oak Hammock Marsh on Dec. 11 to guide visitors through the marsh.

> OMICRON, FROM PG. 9

should the variant overtake delta as the dominant strain.

"Regarding European countries, it's possible the omicron variant will be the predominant variant in the space of the next few weeks,"

said Njoo in French during a news conference Dec. 10. "We're also observing what's happening in the U.K. and Germany and the same thing could be possible in Canada."

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Sarah Pinsent nominated as NDP candidate for Interlake-Gimli riding

By Patricia Barrett

Interlake resident Sarah Pinsent was nominated by the NDP a few weeks ago to serve as candidate for the Interlake-Gimli riding in the next provincial election.

Pinsent was chosen on Dec. 5 during an event held in the banquet room at the Gimli Recreation Centre.

"I'm excited to be the candidate for Interlake-Gimli in the next election. I feel I have the confidence of the party, caucus, our leader Wab Kinew and the communities of Interlake-Gimli behind me again," said Pinsent by phone. "And the momentum has been building behind me since the last election in 2019 and I'm really excited to work towards winning this seat in 2023."

The party first nominated Pinsent as candidate in 2019. During the election, she placed a strong second among the four candidates running for the Interlake-Gimli seat, with a voter turnout of 70 per cent. Progressive Conservative Derek Johnson was elected.

Overall, Pinsent said she feels privileged to be working with the NDP.

"I feel proud to be working with this strong and diverse party which stands up for Manitobans, including the families of Interlake-Gimli."

Wab Kinew said Pinsent is a problem-solver who will tackle the issues currently faced by people in riding.

"Sarah Pinsent knows this community — she's grown up here and she's seen how Pallister-Stefanson cuts have made life harder and more



EXPRESS PHOTO COURTESY OF NDP

Sarah Pinsent, with NDP leader Wab Kinew, was chosen by the party to run as candidate for the Interlake-Gimli riding in the next provincial election.

expensive for families, seniors and workers," said Kinew in a statement posted on the NDP's website. "I'm proud to have Sarah on our team for

the next election because I know she's ready to solve problems and help Interlake-Gimli families."

> EIWD, FROM PG. 11

search has shown that a conventionally farmed field that gets an inch of rain will take about an hour to absorb it whereas a field farmed under RA principles can absorb an inch of rain in 10-30 seconds.

"If a second inch fell, it could take a conventional field all day to absorb it (over 24 hours). In comparison, a regenerative ag field would only take 30 seconds to a minute to absorb that second inch," said Belanger. "Some estimations are showing that farmers could store an additional 25,000 gallons of water on one acre of land if they follow regenerative agriculture principles."

The EIWD didn't see a great number of temporary wetland protection projects this year and Belanger said he hopes to see that increase in future. The EIWD can help protect Class 1 (ephemeral) and Class 2 (temporary) wetlands from being drained by giving landowners yearly incentive payments for leaving the wetlands as they are.

The EIWD is currently working on updating the Netley-Grassmere and Willow Creek Integrated Watershed Management Plan (IWMP) for long-term sustainability. LiDAR data, which shows land elevation, can identify strategic locations within the watershed where water can be stored and upland areas that can be improved to reduce the impacts of flooding and drought.

"The LiDAR analysis and the IWMP update will be done hand-in-hand to help one another," said Belanger. "We are working with Hank Venema of Strategic Systems Engineering. The LiDAR data that they're analyzing has over eight billion elevation points plus culvert data the EIWD has been collecting over the years."

For more information about conservation projects and funding, as well as regenerative agriculture projects, call the East Interlake Watershed District at 204-642-7578 or visit www.eastinterlake.ca

Attn: Landowners

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

What type of projects does EIWD do?

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

STEPS TO COMPLETE A PROJECT

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

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Walking and raising funds for surviving family members

By Nicole Brownlee

After a tragedy shook his community, one man from Berens River First Nation decided to take action.

On Oct. 21, around 4 p.m., a minivan with three adults and two children collided with an SUV with three adults and two children south of Berens River on Rice River Road.

Three adults were killed in the collision, and the surviving six occupants, including a three-month-old baby, sustained serious injuries.

"When it happened, spiritually, something came to me," said Manny Green, 23.

"It told me just to do something."

Green decided to run and walk from his home community of Berens River to Winnipeg to raise money for the families impacted by the deadly collision and for another Berens River family who lost their mother the day before the crash.

"The kids that lost their parents inspired me. I wanted to give them something," said Green.

"You can't replace losing a loved one, but I just wanted to be there for them."

Green started the 330-kilometre journey on Nov. 2 but tore two muscles in his foot within 43 kilometres. Doctors told Green to rest for a month to let his foot heal, but 10 days later, he stepped out into the harsh winter winds to start his trek to raise \$20,000.

"I needed to get it done because I was thinking of Christmas," said Green.

Growing up, Green participated in track and field, cross-country and hockey, which he said prepared him for the 11-day journey. Lorne McKay, Green's driver, encouraged him to continue the journey through long days of biting

wind, chilling snow and aching feet.

"He motivated me to get this thing done," said Green.

McKay, an elder from Berens River, used to walk over 80 kilometres from Berens River to Bloodvein and offered to walk with Green.

"He said, even though I get blisters, even though I have a sore leg, I'm going to walk with you because he felt my pain from Berens to Hollow Water. He pushed me."

Trailing behind Green was a banner attached to the truck guiding Green. The faces of the lost community members printed on the banner urged him to keep travelling.

"A lot of people helped me. It felt like my community was relying on me and pushing me to finish."

Along the road in Hollow Water First Nation, Black River First Nation and Sagkeeng First Nation Green received donations, prayers and support from community members.

"It warmed my heart and pushed me further," said Green.

"I was really grateful for someone to be there and actually acknowledge me."

When Green made it to the Manitoba legislative building in Winnipeg on Dec. 4 around 3 p.m., he was speechless.

"I felt joy. I felt like I was sad, too, because it was the last day of my journey," said Green.

"It's a once-in-a-lifetime feeling I can't really explain."

Green reached his goal of raising \$20,000 and is continuing to accept donations through his email, mannygreen98@gmail.com.



EXPRESS PHOTO COURTESY OF FACEBOOK
Manny Green, a 23-year-old from Berens River, walked over 300 kilometres from Berens to Winnipeg to raise awareness and funds about a deadly vehicle accident near his community.

MERRY CHRISTMAS TO ALL ... AND TO ONE A NEW DENTURE!

Brock Vantor
Denturist

It was 2010, I was a fresh denture school graduate and had suddenly taken over my dad's denture clinic due to health reasons. My only employee was my mom, who I convinced to come out of retirement (but, of course, if you ask her, it was her idea to come and be with her son).

Christmas was coming and Dennis, the local newspaper salesman came into the office and said, "Brock, your dad always liked to put some sort of Merry Christmas wish in the paper. Would you like to do that too?" "Of course, I would love to put something in the newspaper, but let me think about what", I replied, wanting my very first newspaper Christmas wish to be great.

Dennis, my mom, and I thought about it for a few minutes; and I couldn't help but think, 'I am a Denturist, I now own a denture clinic, wouldn't the best Christmas gift we could give be a denture?' "I want to make someone smile for Christmas," I said. "We could do a Merry Christmas denture



"I love it, it's like the song 'All I want for Christmas is my two front teeth', Dennis laughed. So my mom and I posed for a picture, and Dennis' team edited some garland and bows around us, and the annual denture contest was born!

We used a Christmas story trivia question as the ballot, put all the entries into a box and when we picked the winner, it was a lady named Jean. When we called her to say she had won, she was in tears. She not only wanted (and needed) teeth for Christmas, but for many years. I still remember when she came in. She had a brilliant white coat that I had no idea how she kept it so white! We made her a beautiful

white smile to match.

For going on 10 years now, even though the days of just my mom and I as the only employees are long gone, we continue the Christmas contest. What is amazing is that every year we have such an amazing winner. Spending time with them, sharing stories, giving gifts - it's what Christmas is all about! It's like we expand our families just a little bit more. We could never pick a winner, so we do a draw to make it fair. There are no strings attached, just a gift in honour of the greatest gift of all, Jesus. Which brings us to this year's trivia question: see ballot.

How to enter:

- Call us at (204) 482-6698 with your answer.
- The deadline for entering the draw is December 17 @ 4pm
- The draw will be held on December 17 @ 5pm

BALLOT

What direction did the wise men see the Star of Bethlehem?

ANSWER: _____

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Here's hoping your season is filled with all the delights, both big and small, that make Christmastime so special.

We really appreciate everything this community has done to help us through the challenges of this past year, so we can be here to celebrate the season with all of you.

Merry Christmas & Happy New Year!

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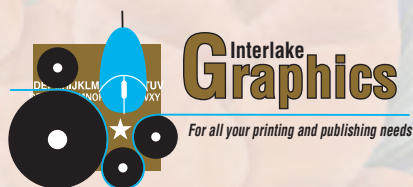
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Centennial celebration for loving mother, grandmother and great-grandmother

By Nicole Brownlee

A Lac du Bonnet local celebrated her 100th birthday on Dec. 2, surrounded by her loved ones at an unorthodox centennial celebration.

Elvy Foubert was surrounded by four generations of her family on her birthday, including two children, two grandchildren and four great-grandchildren.

"For us as a family, it was fantastic," said Vince Dery, grandson of Foubert.

Public health restrictions barred the family from gathering together in one room at the Lac du Bonnet Personal Care Home, but they could visit with Foubert in pairs in a pod addition to the care home.

Pairs of visitors can see care home residents for 20-minute intervals after staff members have sanitized the pod.

"No cameras for group pictures. No cakes. No balloons," said Vince.

The family made the most of their regimented visits, filming their conversations with Foubert and gifting her with her favourite snacks of assorted licorice, barbecue chips and cinnamon buns.

"It was actually very special because instead of being in a room full of people ... this was one-on-one with her, which I think gave everybody their special memory," said Alyson Dery, Foubert's daughter.

Foubert also received certificates congratulating and wishing her a happy birthday from Dougald Lamont, St. Boniface MLA; Myrna Driedger, speaker of the Manitoba Legislative Assembly; James Bezan, MP for



Elvy Foubert celebrated her 100th birthday at the Lac du Bonnet Personal Care Home on Dec. 2.

Selkirk-Interlake-Eastman; Janice Filmon, lieutenant-governor of Manitoba; Premier Heather Stefanson; and Prime Minister Justin Trudeau.

"She was extremely proud of her congratulatory certificates she received," said Alyson.

"She said, 'I must be somebody really special to be getting these.'"

Foubert's care home is less than a block away from where she lived for 16 years with her late husband Raymond and their family.

The Fouberts lived in Lac du Bonnet for a few years before Raymond built their home near the care home in 1956. In 1972, they moved to another house on the lake a few kilometres south of town. Raymond died in 2007 at 89 years old.



Elvy and Raymond celebrated their 50th wedding anniversary in 1994.

"They were there until Grandma left a few years ago," said Vince.

Vince spent his summers growing up at the lake with his grandparents. Foubert would walk Vince to and from his swimming lessons, fish for gold-eyes and bake treats that would soon become his favourites.

Strawberry rhubarb jams, home-made bread and bacon buns are a few of her recipes that Vince remembers fondly.

"We all had our favourite grandma dishes."

But one dessert stands out among Foubert's arsenal of goodies.

"King Oscar's torte," said Vince.

"It's a very Swedish prominent dessert, and it's about one million calories."



EXPRESS PHOTOS SUBMITTED

Elvy and Raymond met at a dance in Clear Lake when Raymond was in the air force. They married in 1944.

The Fouberts' home was always filled with friends, family and laughter, said Vince.

"It was always a very happy, jovial place."

Alyson said she cherishes her memories of living in their Lac du Bonnet house.

"Our house was always full of family on special occasions," said Alyson.

"It's one of the most important traditions that I've tried to carry on with my own family."

> 9 MARY'S COVE, FROM PG. 12

was defeated by a majority of council in November]. It's the other councillors that seem to have no concern for the



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environment and no desire to protect it."

Knight said she asked council to create a schedule of penalties for people destroying public reserves and consider amending a bylaw that requires property owners to mow the grass on public reserves after the bylaw was referenced in defence of the destruction of the reserve.

Bylaw 18-0005 (Property Maintenance Standards) contains a clause on boulevard maintenance that requires property owners to maintain an adjoining boulevard, public reserve or ditch by the "mowing of grass."

"At [a council] meeting I did offer potential calls to action to prevent this from happening in the future," said Knight. "[I suggested] they reword the bylaw so that there are no grey areas, that public property refers to trees and bushes. As well, Eastern Interlake Planning District permits, which don't specify any penalties, could be clarified."

The RM's agreement with Croy to replant only 12 trees doesn't address the loss of biodiversity and the environmental benefits trees provide, said Knight. And the bigger issue of people destroying the shoreline, as well as throwing trees and clippings into the lake, isn't being monitored.

"My concern is to protect the overall habitat. Trees are one part of it and they are a big deal. They do protect against shoreline erosion. They protect us from extreme heat in the summer and from the wind off the lake. I did bring this up at [a council] meeting that biodiversity and the interconnectedness of nature was destroyed, but they're not looking at the big picture," said Knight.

The *Express* asked council why it won't charge anybody with the destruction of the public reserve and to comment on taxpayers' money (for replanting) going to waste when the reserve was destroyed for the second time this fall. It sent a statement referring to the agreement it had made with Croy.

"When the municipality learnt of the matter, the municipality ordered the individual to submit the cost to replant the trees. The cost the municipality used was based on a quote from a registered local tree nursery," said the statement. "An agreement was made with the individual and the municipality. The agreement stipulated the municipality would retain the funds until such time the municipality could inspect the trees to ensure viability. An inspection will occur in August 2022."

Little oasis on the Prairie: St. Andrews farmer tackles climate crisis by building a forest

By Patricia Barrett

A St. Andrews farmer is in the process of building a little oasis on the Prairie after planting thousands of trees with grant funding through the East Interlake Watershed District.

Carl Durand of Futura Farms planted over 4,000 trees within the past two years. His goal is to create a “forever” forest on six acres of farmland.

“I grew up on a tree farm and I’ve always been around trees,” said Durand, whose farm is close to Selkirk and the Red River. “The trees I’m planting on six acres are to become part of an existing forest. There are 47 acres of forest behind my place and my forest will become part of that.”

Durand founded Futura Farms in 2019. He has 37 acres on which he grows spray-free fruit crops for market, grows trees and shrubs (maple, paper birch, ash, plum, bur oak and other species) to supply seeds to tree nurseries and conducts research on new species of prairie-hardy trees and shrubs for future markets.

The six acres of forest he’s growing won’t form part of any commercial operation, he said. The land he took out of production was “fairly marginal” and was being used for grain rotation. It was the wettest part of his holdings and wouldn’t have been suitable for fruit trees. It was ideal to convert into forest.

In 2020 Durand planted 824 American elms on 1.6 acres. And with a grant this year from the EIWD, he planted 3,250 poplars in the spring, he said. So far, he has covered about five acres with 4,070 trees. He plans to plant willows on the remaining acre next year.

Poplar cuttings grow very quickly and can shade out competing weeds, he said. Some of the cuttings he planted this spring have already grown to eight feet. Seeds from other tree species blowing in on the wind will also have a better chance to take root without fighting weeds. He is also rototilling the remainder of the land (called summer fallowing) to keep the weeds down and prepare the ground for the coming willows.

He cited a number of benefits to growing trees. They create habitat for at-risk species, replenish the aquifer and local wells by trapping water and snowmelt, protect the nearby Red River and Lake Winnipeg from agricultural runoff, which causes algal blooms, and trap carbon, which helps heat the planet. That, in turn, creates severe weather events.

“For me, personally, this was about creating habitat, especially for native and migrating birds. I noticed in one of the elms I planted in 2020 that

there’s a warbler nest. There are huge [existential] pressures on a lot of migrating songbirds due to habitat loss. In this forest there also are red foxes, white-tailed deer, great grey owls, woodpeckers and other species,” said Durand. “But another huge benefit of these trees will be in their ability to capture carbon — and undisturbed soil will do that as well — which is vital when we look at the larger issue of global climate change.”

Durand did all the work himself. In early spring he took six-inch cuttings from his existing trees and planted them in the ground. He also transplanted some trees. Then he battled the severe drought.

“It was a tough year and I have yet to do inventory. The goal was to have the trees grow six feet apart, but I actually planted the hardwood cuttings at three feet apart so that I’d have wiggle room if some died or didn’t root,” he said. “Maybe 15-20 per cent died, which is to be expected, especially since it was such a crazy drought year.”

But an even bigger challenge in getting his forest to take root were the weeds. Even though it didn’t rain a lot this year, the weeds sprung up. They’ll complete for resources with the cuttings.

“Weed control is really important when you’re trying to establish trees, especially when they’re little trees. We always think we don’t have enough water, but here in Manitoba with our heavy clay soil, even in a drought year, you’ll have moisture farther down than a tree can tap into,” said Durand. “But if the tree is being out-competed by weeds for sunlight and moisture, it doesn’t stand a chance.”

There’s no proven formula to growing trees, but they’re generally tailored to land conditions. Willow trees, for instance, like moisture and will be well suited for the wetter area of his six acres whereas poplars wouldn’t do as well, he said. He gets a lot of advice from his dad, Rick Durand, who is a veritable tree expert.

“He’s my in-house consultant. I have an advantage here. He has been farming trees for more than 40 years. I get some of that knowledge from him and from other people who’ve been doing this for a long time,” he said. “It makes a big difference because there were some mistakes I would have made if I hadn’t had that knowledge going in.”

Had he needed it, he could have got expert advice from the East Interlake Watershed District. The EIWD works with federal and provincial governments to deliver grant programs to landowners who want to embark on land or water conservation projects. Eligible projects include planting



EXPRESS PHOTOS COURTESY OF CARL DURAND

Carl Durand of Futura Farms planted over 4,000 trees to create habitat and fight global warming.



The trees Durand planted in the spring are now about eight feet high.

trees, building wetlands, establishing shelterbelts, protecting streams and rivers from runoff and sealing wells to prevent contamination. EIWD staff will work with landowners through every stage of a project, including the application for grant funding, project design and implementation of a project.

Durand’s forest was one of 33 projects the EIWD approved this year.

Part of the 47-acre forest adjacent to Durand’s farm is owned by other people, he said, and he doesn’t have control over what they do with their

trees. But he’s hoping the forest will stay as it is.

“There are such heavy development pressures,” said Durand. “But I’m adding trees to my side. My six acres will stay there forever. You get a lot of benefits from trees. In this day and age, I think that’s being overlooked. There should be a lot more trees everywhere.”

For more information about grant funding and eligible conservation projects, call the East Interlake Watershed District at 204-642-7578 or visit eastinterlake.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gunnlaugson victorious at DEKALB Superspiel

By Ty DiLello

After a two-year break due to COVID-19, the DEKALB Superspiel at the Morris Curling Club took place Dec. 3-5.

The DEKALB Superspiel is the top Manitoba event on the World Curling Tour calendar this year, with 24 men's and 16 women's teams (40 total) from all over Canada, the United States and Switzerland competing for the big cash prizes.

On Monday night, a local rink skipped by Jason Gunnlaugson of the Morris Curling Club and his team of Matt Wozniak and Connor Njegovan (third Adam Casey was absent all weekend) won the men's final by defeating Alberta's Karsten Sturmay 5-3.

Sturmay opened the game with a score of one in the first end, while Gunnlaugson would answer back with a single in the second end to tie the game. Sturmay took another single in the third end before Gunnlaugson broke through for the first deuce of the game in the fourth end to take a 3-2 lead at the halfway point.

Sturmay blanked the fifth end and narrowly missed a board weight hit for a five-spot in the sixth end to give Gunnlaugson a vital steal to lead 4-2.

In the seventh end, Sturmay battled hard for some points but was only able to muster a single. Gunnlaugson had an open hit with his final rock in the eighth end to win the game 5-3 and take home \$11,000 for winning the event. Sturmay picked up \$6,000

for losing the final.

"Thank you to my teammates. We played most of this event with three players. It's unbelievable how much work it is; they just made it easy for me," said Jason Gunnlaugson. "This is always one of our favourite events of the year to play in with all of the hard work that the organizers and volunteers do to put it on. So we're happy to add our name to the trophy!"

Colton Lott and his Winnipeg Beach rink of Tanner Lott, Kyle Doering and Emerson Klimpke were the other Manitoba men's rink that had a strong showing on the weekend. Team Lott reached the quarterfinals after qualifying through the A-Side. However, they ultimately fell to the Tanner Horgan squad from Ontario in the quarterfinals.

"It was a great weekend for us with a new lineup," said Team Lott's second Kyle Doering. "Obviously, losing where we did in the quarterfinals was tough, but we gave ourselves lots to build on as we head to the men's provincials at the end of January."

Former Scotties Tournament of Hearts champion Amber Holland from Saskatchewan took home the women's event by defeating Kayla MacMillan from British Columbia 6-4 in the championship final.

A back-and-forth affair to start, the game was tied at three heading into the sixth end. In that end, Holland took two points with the hammer to open up a 5-3 lead. She would extend



EXPRESS PHOTO SUBMITTED

Jason Gunnlaugson of the Morris Curling Club was victorious at the 2021 DEKALB Superspiel. Gunnlaugson picked up \$11,000 for winning the championship. Left to right: Connor Njegovan, Matt Wozniak, Jason Gunnlaugson.

that lead in the seventh end by stealing a point.

Coming home, MacMillan needed a score of three to tie the game and force an extra end. However, they had a shot for three, albeit a difficult one on MacMillan's last rock. The thin double-takeout failed to curl up enough, and they only mustered to score a single point to hand Holland the 6-4 win.

Holland took home the first-place

cheque for \$7,800, while MacMillan earned \$4,300 for coming in second place.

Notable Manitoba rinks that competed were Beth Peterson and Darcy Robertson from Winnipeg's Assiniboine Memorial Curling Club. They both earned \$1,800 for reaching the quarterfinals. Altona's Mackenzie Zacharias also competed but had a disappointing event, missing out on the playoffs with a 2-3 record.

U18 Lightning pricked by Thistles on Sunday

By Brian Bowman

The U18 "AAA" Interlake Lightning's winning streak was a short one.

The Kenora Thistles stopped Interlake's two-game winning streak with a 6-2 home-ice victory on Sunday.

It was just Kenora's second win of the season.

Rylan Slatcher and Liam Foley scored for Interlake.

Thistles' goals were tallied by Jett Mintenko (two), Nicholas Fagnilli, Brandon Gustafson, Emerson Evans and Branden Boress.

Ty Hogue stopped 34 Kenora shots.

On Saturday, Interlake blanked Kenora 3-0. It was the Lightning's second consecutive 3-0 victory.

Joel MacMillan and Alexander Kaczorowski scored for Interlake in the second period and then An-

drew Thevenot tallied a power-play goal late in the third.

Zach Meadows made 37 saves for the shutout.

The Lightning will host the Yellowhead Chiefs on Friday (8 p.m.) and Saturday (1:30 p.m.) in Teulon.

The U18 "AAA" female Lightning, meanwhile, lost 3-2 to the Winnipeg Ice on Sunday.

Mackenzie Waddell and Brooke Wadge scored third-period goals

for Interlake.

Ava Bergman, Stephanie Jacob and Kianna Saillant replied for Winnipeg.

Lightning goaltender Katelyn Dorsch made 31 saves.

The Lightning will host the Ice this Friday (8 p.m.) in Stonewall and then will play the Eastman Selects in Niverville on Sunday (4 p.m.).

U17 Lightning lose trio of games

Staff

The U17 "AAA" Interlake Lightning lost 6-2 to the Wheat Kings in Brandon on Sunday.

Adam Vigfusson and Luke Sekundiak scored power-play goals for the Lightning.

Tyler Fairbairn (three), Nash Henwood, Declan Hoad and Kaelan Huibers replied for Brandon.

Alex Myers and Dylan LeClair split the goaltending duties for Interlake.

On Friday, Interlake was defeated 4-3 by the Winnipeg Thrashers in Warren.

Evan Reimer, Vigfusson and Preston

Crate scored for the Lightning.

Nathan Leclerc, Tavis Derksen, Liam Urciuoli and Shay Woytowich replied for Winnipeg.

Myers stopped 49 Thrashers' shots.

Last Wednesday, the Lightning was shut out 2-0 by the Winnipeg Bruins.

Jaxson Fillion and Dylan Jaquet scored for the Bruins.

LeClair made 40 saves.

Interlake will play the Winnipeg Wild on Wednesday at the Bell MTS Iceplex and then the Winnipeg Bruins on Friday at Southdale West. Both

games start at 6:30 p.m.

On Saturday at 4:30 p.m., the Light-

ning will host the Wild in Warren.

The U15 "AAA" Lightning, meanwhile, lost 8-5 to the Southwest Cougars on Saturday afternoon.

Blake Farthing led the Lightning with two goals and an assist while Gavin Holod had a goal and two assists.

Cole Swanson and Noah Oughton scored Interlake's other goals.

Avery Samels (five), Colton Knox, Bryan Laing and Connor Hoemsem tallied for Southwest.

Nathan Meisner stopped 30 Southwest shots.

On Friday, Interlake was defeated

4-3 by the Parkland Rangers.

Farthing, Holod and Evan Deprez scored for the Lightning.

Parkland, which trailed 3-2 in the third period, had goals from Hayden Shtykalo (two), Tavyn Boychuk and Luke Myhre.

Meisner stopped 43 Rangers' shots.

Interlake played the Winnipeg Wild Red this past Tuesday but no score was available.

The Lightning will battle the Yellowhead Chiefs on Sunday (1:30 p.m.) in Shoal Lake.

Peguis Juniors sit atop KJHL standings

Staff

The Peguis Juniors are now in sole possession of first place in the Keystone Junior Hockey League standings.

Peguis swept the Norway House North Stars last weekend, winning 9-2 on Saturday evening and 6-2 on Sun-

day afternoon.

In Saturday's win, the Juniors scored three goals in each period.

Darian Murdoch led the way with a hat trick while Keenan McPherson scored twice and Lyle Murdoch added two goals and an assist.

Nathaniel Murdoch and Keelian

Levasseur also scored for the Juniors.

Ayden Manningway and Kyle Cochrane each had three assists in the game. Tyrese Bear made 17 saves for the win.

On Sunday, Dion Fontaine paced Peguis with two goals and an assist while Gaberial Beaulieu had a goal

and two assists.

Darian Murdoch, with a pair, and Cochrane had the Juniors' other goals.

Bear stopped 24 North Stars' shots.

Peguis, now 10-3-0-1, will visit the OCN Storm on Saturday (7:30 p.m.) and then Sunday afternoon (1:30 p.m.).

Tourney champions



EXPRESS PHOTO BY JENNA PEARCE

The Arborg Falcons U11 team won the Lundar hockey tournament this past weekend. The team defeated the Ste. Rose Royals 11-9 to win gold. Pictured: Mike Shachtay (coach), Ty Shachtay, Wyatt Sydenham, Hayden Plett, Gunnar Olafson, Patrick Sydenham (coach); front row, Skylar Robinson, Lucas Calderira, Austyn McKay, Locklin Pearce and Sullivan Naylor (goaltender).

Ice Dawgs keep on winning

By Brian Bowman

The Arborg Ice Dawgs continue to close the points' gap between themselves and the first-place Selkirk Fishermen.

Arborg is now just 10 points back of Selkirk with a game in hand after a 2-0 home victory over the North Winnipeg Satelites on Saturday.

Logan Clarke and Kalen Guimond scored first-period goals for the Ice Dawgs. Clarke finished the game with two points.

Tre Strachan made 17 saves for the win.

On Friday, the Ice Dawgs defeated the Falcons 7-6 in overtime in Lundar.

Jack Einarson scored the game winner in OT. Einarson, the co-league leader in goals (17) and league-leader in points (38), finished the game with three goals and three assists.

Arborg, which overcame a 6-4 third-period deficit, also received a three-goal effort from Guimond. Guimond and Clarke (goal, four

assists) each had five points in the game.

Jayden Timlick scored a hat trick for Lundar while Ryan Gleich had five assists and Riley Wirgau added a goal and two assists.

Dennis Baptiste and Nicholas Fernandes also scored for the Falcons.

Brandon Kowalchuk and Strachan split the goaltending duties for Arborg.

Arborg will visit the St. Malo Warriors on Friday (8 p.m.) and then host Lundar Saturday (7:30 p.m.).

Lundar, meanwhile, defeated St. Malo 3-1 on Saturday.

Fernandes and Wirgau scored first-period goals for the Falcons and then Jonathan Campeau tallied in the third. Fernandes also had an assist in the game.

Dillon Rapinchuk made 27 saves for the win.

The Falcons will host the North Winnipeg Satelites on Friday. Puck drop is 8 p.m.

Classifieds

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HEALTH

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Rural Municipality of Woodlands LAND FOR LEASE



The R.M. of Woodlands is accepting tenders for the lease of the following lands available commencing January 1, 2022.

30.3 Acres	NW 20-14-2W
59.44 Acres	SE 34-13-3W
16.1 Acres	NE 22-15-3W
79.98 Acres	SW 35-15-3W
42.87 Acres	SW 29-13-1W

The lease of the property applies to the surface of the property only and for agricultural use only.

The lease shall be for a term of 5 years.

For further information contact R.M. of Woodlands, 204-383-5679 or by email at finance@rmwoodlands.ca

Sealed tenders must be dropped off at 57 Railway, Woodlands, MB by 4:30 December 23, 2021.

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



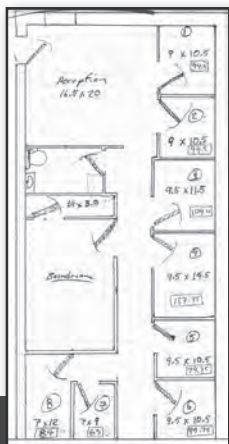
Property Features

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

For information please contact:

BIG Real Estate
204-485-0010

email bigandcolourful@mts.net



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WANTED - Looking to buy a 3 bdrm home in Aspen Park Gimli. Phone 204-642-7870.

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Job positions:

Monday to Friday 8:30a.m. to 4:30p.m.
Job Descriptions available at the workshop.

Please drop of resume or send to

Alex Janower, Manager
Riverdale Place Workshop Inc.
Box 609 Arborg Mb. ROC OAO
Tele- 204-376-5584
Fax-204-376-5584
email riverdalew@mymts.net

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

MISCELLANEOUS

For sale slate pool table, futon, tread mill, cloth living room furniture, very good condition. (loveseat and couch). Phone 204-642-7870.

NOTICES

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

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EVERGREEN SCHOOL DIVISION

Invites applications for
the following positions,
effective December 21, 2021:

- 21.OP.07 **Bus Driver Regular – Arborg Area**
(approx. 4hr/day)
- 21.OP.08 **Bus Driver Temporary – Shuttle, Arborg Area**
(1.5hr/Tues,Thurs)*
*expected to continue to June 28, 2022

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

CLOSING DATE: December 20, 2021 (3:30 pm)

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

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers. Confirmation of COVID-19 vaccination/or routine testing is required of all Evergreen School division employees.

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THE **EXPRESS**
WEEKLY NEWS

ANNIVERSARY



Barb and Bill Karatchuk
Happy 70th Anniversary
on December 12, 2021



-Love your family

CARD OF THANKS

Thank you to everyone who purchased bulls and to those who showed interest by coming down and calling. Wishing everyone a Merry Christmas and all the best in 2022!

-KLCC Charolais,
Ken and Linda Cherepak, Arborg

BIRTHDAY



Olive Sielski
December 16, 2021
Happy Birthday Mom!
91 years young!

-Love from your family

5 GENERATIONS



5 Generations of the
Chwartacki/Sherlock Family
Great-great-grandmother Zennith Chwartacki,
great-grandmother Beverly Sherlock,
grandfather Vincent Sherlock, father Darren
Sherlock and baby Kaydence (Rose) Sherlock.

IN MEMORIAM



Kyle Flett
June 25, 1986 - December 17, 2006

Your life was a blessing,
Your memory a treasure,
You are loved beyond words,
And missed beyond measure.
Merry Christmas in Heaven Kyle!

-Love Mom and Dad,
Kerri, Kyle, Khloe and Kamryn
XOXO

Bus Driver Training Course

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OBITUARY



Rose Shewchuk (Kuz)

September 9, 1927 – December 11, 2021

Peacefully with her children and grandchildren at her side, our Dear Mom, Baba, Baba-Baba, Rose, passed away at the Johnson Memorial Hospital.

Rose was born and raised in Gimli, MB. One of five daughters to Mary and Harry Kuz.

Rose was predeceased by her husband Walter, to whom she was married to on February 3, 1944, as well as her eldest daughter Susan Fitzgerald and her sons-in-law Chuck Fitzgerald and Van Johnson.

She leaves behind daughter Judy and Andy Dudar their family; Amy, Brody and Liam, Jillian and Jon, Hazel and Willow; daughter Sally Johnson (Ron) and her family; Arielle and Kurt and Jesse. Granddaughter Karen (Brian), grandson Jason (Beth), Alyssa and

Kyle; sisters Violet Cvitkovitch and Jean Devlin; sisters-in-law Jean Schnerch and Nell Shewchuk; brother-in-law Stanley Shewchuk; and many nieces and nephews and friends.

Mom and Dad worked up north in the fishing camps where Mom did the cooking for the guys.

That's where her love for cooking and baking started. To this day she was well known for her many, many dishes. Try to get a recipe from her!!!! Cream chicken was (our) most favourite.

After a number of years at home raising her children, Mom went to work at Camp Arnes as Head Cook. A job that she fulfilled her talents, interests and values to her hard work, which she loved.

She loved to bake and that is where her love of decorating cakes and wedding cakes started. Every weekend she would show up with a container of fresh homemade cookies, you never knew what you were getting. Gingersnaps, Butter horns, chocolate chip, or a coffee cake! She also had other hobbies, crochet-dollies, knitting, cross-stitching, gardening, even yard sailing.

Mom belonged to the New Horizons Club for many years, enjoying their Bingos, perogie making and helping with their fundraising. She cherished all the friendships she made there. Mom lived at the Waterfront Centre for the last 20 years, enjoying conversation with the residents at coffee every morning either inside or outside in the sunshine. She had nothing but good words for all the wonderful staff.

She loved to watch her grandchildren Ukrainian dance, she never missed a concert or performance. She was always there to help with the fundraising in any way she could.

Mom enjoyed being around her great-grandchildren, whom always put a smile on her face. Calling her Baba-Baba, sitting on her knee, or just watching them play! She cherished every moment with them.

Her heart was most happy when she was with family and many family gatherings. We cherish all our memories and times spent together.

Your memory is our keepsake,
With which we'll never part;
God has you in His keeping,
We have you in our hearts.

A Celebration of Life will be held at the Johnson Hall Waterfront Centre, 5th floor 94-1st Ave Gimli, MB. December 19, 2021 at 11:00 a.m. Limited seating, proof of vaccination and masks required.

In lieu of flowers a donation may be made to a Charity of your choice.

поки ми знову зустрінемося

(Till we meet again)

OBITUARY



Shirley Georgina Nordal

July 21, 1943 – December 2, 2021

In the early hours of December 2nd, surrounded by loved ones, the matriarch of our close knit family, Shirley Nordal, moved from this plane of existence on to another one.

Shirley was a strong, independent woman who was ahead of her time in many things throughout her life and she will be missed by many friends and family including her daughter Arlene Berg-Mason (Clay); grandchildren Sara Berg (Matt) and Brandon Berg (Sabrina); her siblings Roy, Bernice, Darlene (Wayne), Stan (Debbie) and their families respectively.

She was predeceased by her mother and father Florence and Gudmunder (Mindy) Nordal, her brother Leonard Nordal, sister-in-law Vicky and brother-in-law Bill.

Shirley has been cremated and a memorial service and a celebration of life will be announced at a warmer date in 2022.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

OBITUARY



Clifford Donovan Sveinson

April 26, 1936 – November 30, 2021

Cliff, Dad, Afi, brother, uncle, friend passed away peacefully in Gimli on November 30, 2021.

Dad was predeceased by his parents Peter and Johanna; his beloved wife of 55+ years, Irene; brother Sigmar and sisters-in-law Kay Brunner and Marge Holmes.

His family of Brad and Colleen Sveinson (Aidan and Zach, Halley and Bree), Tom Sveinson (Caila and Stephen, Eric and Avery, Kyle) and Cathy and Dave Eyolfson (Koen, Kelsey) and good friend and companion Nancy Allan are all left with many fond memories, the life long effect of his influence on them and the love that he had for all of them.

Cliff was born in Sandy Hook (virtually at the spot where his kitchen table is). He went to school at Kjarna, with one year in Gimli. Upon completing Grade 11, Dad moved to Winnipeg to live with family and enrolled in Success Business College. He began his accounting career at Cooperator's Hail Insurance in the mid 50's. From then till he met Irene, he joined the local YMCA and became an accomplished handball player as well as a member of a championship volleyball team.

He made many friends at work, the Y and spent much time with his many cousins in Winnipeg. Cliff met Irene and they were married in June of '60. In early '61, Dad was transferred to Regina.

Following the birth of Brad, Cliff (and Irene) made the decision to return to Sandy Hook as a stop gap measure before finding a job in Winnipeg.

Dad's mother, Johanna (Anna) gave them a lot on 3rd Avenue with a 14 x 20 summer kitchen and an outhouse. Simple beginnings!

Upon returning to Sandy Hook, Cliff worked as a carpenter for his father at Sveinson Construction, which Pete had started in 1943. Within a few years, with his business and bookkeeping experience and a way with people, Cliff slowly began to handle the finances and operation. From the mid 60's on, Cliff built a very successful business. There are many cottages, homes and commercial buildings that Sveinson Construction either built, renovated or repaired throughout the area. During the building process, many long lasting relationships and friendships were forged. As well, there are numerous contractors that began their carpentry careers working for Cliff!

During the early 60's and into the 90's Dad spent a lot of time with the Kinsmen Club of Gimli and the Gimli Skunks rec hockey team. These times were exactly what Dad loved, friends, humour and having some fun!

There are two places in the world that Dad loved, Sandy Hook and Mesa, Arizona. The constant is golf! Dad was a very good golfer from a young age and won many tournaments through all ages of life. At 80 he could still drive the ball longer than most young men.

Anyone who knew Cliff were aware of his sense of humour, his open arms for all, his spirit of fun, generosity and his deep love of all of his family.

Cliff, Dad, Afi, friend, you will be missed.

In lieu of flowers, donations can be made to Evergreen Basic Needs or PGA of Manitoba Foundation – golf program for underprivileged kids.

A big thank you to ALL the staff at the Gimli Community Health Centre. Everyone treated him with such respect and he loved getting to know all of you and teasing each and everyone! And he would always say "Don't you change".

OBITUARY



George Frederick Howell

July 19, 1945 - December 2, 2021

It is with deep sadness that we announce the passing of George, aged 76, of Arborg, MB, at the Health Sciences Centre, following a short illness.

His memory will be cherished by Doreen, his beloved wife of 53 years; their children Debbie, Kevin, Glenn (Karen), and Curtis (Carrie); grandchildren Devon, Misty (Ryan), Chris, Brandon, Cort, and Chloe; and great-grandson Zander. He also leaves his aunt Bertha, who had a very special place in his heart; cousins Sigrid (Dave) and Ragnar (Donna); sisters Wilma, Sarah, Florence (Don); sisters-in-law Joyce, and Colleen; as well as many nieces, nephews, and cousins. He was predeceased by his mother Helen, uncle Jon, brother Einar, brother-in-law David, cousin Lynn, and son-in-law Louis.

George was born in Gimli, MB, on July 19, 1945; but grew up in Arnes with his Aunt Bertha, Uncle Jon, and their children, after his mother passed away when he was only seven. He met the love of his life, Doreen Sigurdson, in 1967. They married in March 1968, and settled in Arborg where they would later raise their children. George worked in the Riverton Creamery, then at the North Star Creamery in Arborg, until it closed. He did some work with painting and carpentry before finding a place at the local Co-op, where he worked in all areas of the store until retiring at the age of 66.

George had a true passion for helping people. He was on the board for Riverdale Place Homes Inc. for eight years; and joined the Arborg Bifrost Fire Department in 1981, where he served for 30 years, also acting as fire prevention/education officer and working with the Ground Search and Rescue team for the Northeast Interlake. He received high praise as a mentor to new recruits, and made many lifelong friends in his years with the department.

He instilled a love of the outdoors and adventure in his family; from homemade cross-country skis, to camping trips (both prepared and under-prepared), to memorable road trips.

George was kind and loving, and he left this earth taking a piece of everyone who knew him with him. He will be missed dearly.

The family would like to thank the team of doctors and nurses in the ICU at Health Sciences Centre for their compassionate care.

Rest in Peace

Husband/Dad/Grandpa/Great Grandpa and friend

Following George's wishes, no formal memorial service will be held. A private family gathering will be held at a future date.

If so desired, donations in George's memory can be sent to a charity of one's choice.

OBITUARY



Monica Sigurdson

June 29, 1917 - December 7, 2021

It is with sadness that we announce the passing of Monica Sigurdson on December 7, 2021, at the age of 104 1/2 years.

Monica was the last surviving member of the Foster family as well as the Sigurdson family, both from Vidir, Manitoba. She was last of the original settlers of the Vidir/Lowland area.

She was predeceased by her sisters Edith (Chris), Doris, Phyllis (Kris), Marjorie (Steinhor), Mabel (Baldur) brothers Harold/Bud (Addie), Tom (Ellen), Ray (Veronica). She was also predeceased by husband Gunnar Sigurdson in 1968, son Marshall 2018, grandson Darcy 2011, great-grandson Riley 2019 and son-in-law Ray Solmundson 2010.

Monica/Mom is survived by daughters Monica Johnson, Shirley Solmundson; sons Maurice (Sylvia) and Nigel (Signy);

grandchildren, Jocelyn, Norma, Ivan, Maureen, Jeff, Eric, Brian, Robert, Clayton, Brandi; and 14 great-grandchildren and three great-great-grandchildren and numerous nieces and nephews.

Monica/Mom grew up in the Vidir/Sylvan area where she met and married Gunnar. They spent a couple of years on Lake Winnipeg with Dad fishing and Mom cooking. They started farming in the Lowland School district until Dad's sudden death in 1968. Mom stayed on the farm until 1969 at which time she bought a house trailer and moved it to Arborg.

Monica lived in the trailer for many years, finding odd jobs as well as knitting and crocheting beautiful articles which she sold or gave to her family. She was always available and happy to take care of her grandchildren when needed. Later, when the grandchildren attended high school down the street from her she delighted in their visits as she cooked lunch for them at noon. Family was her whole life.

Monica/Mom moved to Sunrise Lodge where she lived independently for 20 years. There she enjoyed gardening, walking and making many friends along with great memories. However, as she aged life became increasingly lonely as her siblings and new friends passed on.

In December of her 96th year Monica/Mom moved to the Fisher Personal Care Home. She received wonderful care and became a favourite as she was so accommodating and agreeable and enjoyed the attention she was getting. She enjoyed being cared for rather than taking care of everyone else.

Monica/Mom loved county life and the outdoors. In her later years she enjoyed rides in the country and to the lakeside. She picked berries with her family every year until the age of 99. Monica/Mom was able to continue with her knitting and crocheting until age 102, her eyesight deteriorated.

Thank you very much to the caring staff at Fisher Personal Care Home for the excellent care you provided to Monica for the last years of her life.

A private family service will be held when COVID restrictions are lifted.

Rest in Peace. You were blessed with a long healthy life and we were blessed to have you in our lives for so long!

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OBITUARY



Eva Caners

1950 - 2021

On Sunday, December 5, 2021 at 6:40 p.m. with family at her side, Eva Marie Therese Caners (nee Gauthier) received her wings and joined our Father in Heaven.

Mom was predeceased by her husband Robert; her mother Aurore and father Arthur Gauthier; and her brother-in-law Glen Swar (Helene). She is survived by her children Angele, Marc (Tammy), Clifford (Kathryn), Lisa, and Valerie (James). As much as she loved her children, there was no greater joy than her grandchildren Sara, Tara, Jennifer and Mercedes, Tavia, Ethan, Elizabeth, Tia, Jocelyn, Bianca and great-grandchildren Johnathan, Carter, Amariea and Jameson. Mom also leaves behind numerous nieces, and nephews as well her sisters Emma Fontaine (Gilbert), Leona Fontaine, Helene Swar; brothers Emile Gauthier (Caroline), Leo

Gauthier (Stella) and Rene Gauthier.

Mom was born in Fisher Branch, Mb on June 22, 1950.

Raised in a humble home she started her working career for the phone service as a switch board operator. At a young age she was courted by Dad, and although he won her heart quick, her parents were another thing!

Mom worked tirelessly raising her young family and then eventually joined Dad in their family business in Arborg running the office and doing "the books" for Caners Garage.

Fate would bring them together and no one would separate them until Dad's passing in 2018.

Mom was a loving soul, always a big smile, warm cup of coffee and entertaining conversation for any and all who walked through her door. Many a night of overflowing kitchens with family or friends over for dinners, a houseful over Christmas, or farm trips on weekends for sleepovers, music, song and dance in Fisher Branch were common occurrences. Mom had a hand in creating memories of what family should be and is for all of us today. Always inviting, accepting and loving unconditionally and without judgement - unless you beat her at cribbage - then the fiery French woman would come out, and she could mess with the strongest of character!

Mom loved Dad. They did everything together! Camping was a shared passion and they enjoyed this for many, many years. Retirement meant extra time in the camper at Hnusa visiting with anyone within proximity of their camper.

Mom you have set the bar high for all of us to strive for and we will all do our best to honour your legacy!

Rest In Peace Mom, You are Loved beyond measure! Until we meet again!

Due to COVID restrictions a private family service was held on Saturday, December 11, 2021 with a Celebration of her Life to be held on the weekend before her birthday, June 18, 2022.

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OBITUARY



Thomas Joseph Stocki

1943 - 2021

After a lengthy illness, it is with sorrowful hearts and deep sadness, that we announce the passing of our beloved husband, father, gedo, brother and uncle, Thomas Joseph Stocki on Monday, December 6, 2021 at his home with family by his side.

Tom is predeceased by his parents Mike and Rosie Stocki (nee Obszarski), his brother-in-law Don Williamson, and his nephew David Ambrose McCrae.

Tom is lovingly remembered by his wife Evelyn (nee Ambrose) of 54 years; his three sons Thomas (Adeline), Darryl (Sabina) and Kurt (Cheryl); his precious grandchildren Cole (Alexis), Jessica (Kurtis), Dylan (Hannah), Brady and Monika; brother Mikey (Roberta); in-laws Shirley Williamson, Mya Ambrose, Ed Ambrose (Marge), Richard Beauvais (Sonja) his nieces, Shauna (Chris) Botting, Ria

(Mark) Benard, Rhea (James) Kettles, Kristin (Kai) Jenkins Beauvais, Taryn Beauvais (Michael Habetin), Eileen Ambrose (Marsh Burnett-Joseph), his nephews, Owen (Gayle) Smith, Craig (Lindsay) Stocki, Devin Stocki (Connie Labossiere), Lyle Stocki (Jaclynne Masiak), Duncan Ambrose McCrae along with numerous other relatives and many special friends including Kristen and Keri who referred to him as "Papa Bear".

Tom grew up in the community of Fisher Branch and lived there for the majority of his life. As one of two boys to a father who owned a small garage business, his interests quickly became working with his hands at a young age. As a teenager, he would frequently be seen with his brother and close friends swapping car parts from various vehicles to get another one running. He went on to take up the trade of welding, where he moved away to Hamilton for a short period then eventually returned home to be part of the garage business (Case Dealership) with his dad and brother. He had an interest in cattle and farmed throughout the Interlake, including Rembrandt where he met the love of his life, Evelyn. His love of nature would eventually turn to raising wild turkeys, pheasants, and even trying his hand at fish farming.

In the late 1970's, he decided to enter the construction industry and in 1981 he stepped away from the garage business and formed his own company Stocki Trucking, which continues to operate today by his three sons. His interests in heavy construction and aggregate production allowed him to do exactly what he loved most in life and also allowed him to spend much of his time with his sons and grandsons teaching and providing opportunities for them, which is something he was very proud of. Although all of his children and grandchildren spent various times working for (and away from) the company, it was his oldest son Thomas who spent most of his time with and was closely connected to, which is something that Tom was ever so grateful for. Tom's interest and love for mechanical work is something he was well known for in the community. Many local people would look to him first to see if he had that part or tool to fix their equipment, and he usually had a solution, there was rarely a time he couldn't fix something himself.

Tom was an avid curler, a member of the Fisher Branch Fire Department for many years and the Chamber of Commerce.

Tom loved travelling and taking long road trips with his wife Evelyn by his side throughout Canada and the United States, but there was no place like home to him. The community that he knew and loved meant everything to him, he loved his grandchildren beyond measure and enjoyed their visits always asking when they were coming back. His dedication to his family, company, friends and community stayed with him until he took his last breath. His legacy and memories will never be forgotten and he will be missed dearly.

Sincere thanks to the emergency services personnel who took our call for assistance. Heartful thanks to Dr. S. Bruin, and the hospital staff that took care of him and went way beyond their call of duty to assist us making sure he could have a quality of life at home. Special thanks to Darcy Truthwaite for your continued support to make sure he was comfortable. Words cannot express the gratitude and appreciation he felt for those who helped him.

A cremation will take place and a memorial service will be held at a later date.

In lieu of flowers, donations can be made to Canadian Diabetes Association, Cancer Research or Heart & Stroke Foundation.



OBITUARY



Bruce Allan Sielski

May 11, 1955 - December 5, 2021

With heavy hearts, we announce the sudden passing of Bruce Allan Sielski.

He was predeceased by his father Edward and brothers-in-law Bill Murdoch and John Deane.

Bruce was a doting son to Olive, devoted husband to Kathy, father to Allan (Melissa), grandfather to Cassy. He was a brother to Bev, Shirley and Carol; uncle to Aaron, Lorin (Wendy), Kelly (Tallula) and Alia (Yan); great-uncle to Brooklyn and Isabella; cousin to many and found family Julie, Ron, Brian and Grace though he touched the lives of countless others.

Born in Gimli, raised in Winnipeg Beach until the age of 10 when his family relocated to Vancouver. There he discovered his passion for heavy duty mechanics and enjoyed tinkering with small engines.

In 1976 Bruce met the love of his life, Kathy. After a brief engagement, they wed in 1977 before moving back to Winnipeg Beach to raise a family.

Bruce was a jack of all trades, always willing to lend a helping hand, bend an ear and provide a kind, encouraging word. He had a great love for nature and spent as much time as possible outdoors.

He cared deeply for his family and friends. He will live on forever in our hearts.

The family would like to extend our gratitude to the nurses and doctors at the Gimli Community Health Centre.

In accordance with his wishes, cremation has taken place. An interment will take place at a later date.

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

Gilbart Funeral Home, Gimli in care of arrangements.



take a break

> GAMES

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

Fun By The Numbers

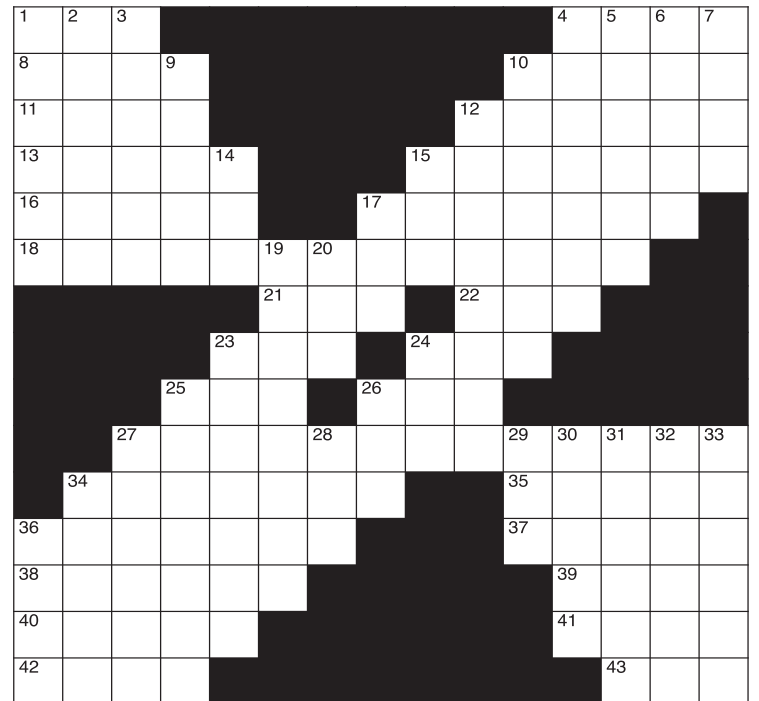
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

CLUES ACROSS

1. You fry food in it
4. Pesky insect
8. Gets older
10. ___ Dern, actress
11. Uncouth man
12. One who sulks
13. Napoleon's king of Naples
15. One who swims underwater
16. Make amends
17. Expressions
18. Document format
21. What a beaver makes
22. Limb
23. Photograph
24. Golf score
25. Moroccan mountain range
26. Wrinkled dog breed: Shar ___
27. 20th century sex symbol
34. Remedy for all diseases
35. Bluish greens
36. Moved swiftly
37. Type of units
38. Madames
39. Indian religious god
40. Potentially hazardous asteroids
41. Leak slowly through
42. An association of criminals
43. A way to push content (abbr.)

CLUES DOWN

1. Town in central Brazil
2. Large burrowing rodent
3. Nerve cell



4. Estimating
5. Bakers use it
6. Regions
7. Small lake
9. Environmentalist nun
10. More kookie
12. Announce officially
14. Israeli city ___ Aviv
15. Title given to friar
17. Inches per minute (abbr.)
19. Buildings
20. Pouch
23. They steal on the high seas

24. It's mightier than the sword
25. Going off on a tangent
26. Monetary unit
27. Young woman
28. Type of bulb
29. Type of drug (abbr.)
30. City opposite Dusseldorf
31. Animal disease
32. Martini necessities
33. Elude
34. La ___: Buenos Aires capital
36. An oft-enduring symbol

Answers on page 23.

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