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WEEKLY NEWS

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Above normal temperatures continue

EXPRESS PHOTO BY PATRICIA BARRETT

Winnipeg Beach grades 3 and 4 students took advantage of the mild temperatures last week and set to work building quinzhees in the schoolyard. See story pg. 3.

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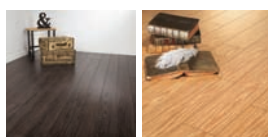
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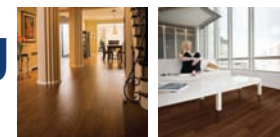
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Arborg Collegiate track committee handed \$50,000 bill in cost overruns

By Patricia Barrett

The Arborg Community Track and Field Committee, which had raised about \$275,000 from the community for a paved and properly drained track behind Arborg Collegiate, was handed a bill for an additional \$50,000 after the work was completed.

And the unexpected expense has prompted the committee to seek financial help from the Evergreen School Division, which had contributed to the cost of the track.

The committee asked the ESD to chip in \$15,000 towards the bill.

"We do appreciate the support we've gotten to date from all our partners, and certainly the Evergreen School Division," said Arborg Collegiate principal Randy Semenek, who was part of a delegation that addressed the board at its regular meeting on Jan. 18. "But we humbly ask that you would help us finish this project so we can hand over a completed, ready-to-use track that will be a benefit to all our communities and all our students."

Semenek had sent a letter dated Nov. 22, 2016, to the school board, explaining the situation.

"Unfortunately, once the project was completed, we were given a bill for \$50,000 over the original estimate," wrote Semenek. "This resulted in roughly a 25 [per cent] overage on the cost of the track, and the committee was left unable to cover the expenses. Despite our objections and complaints, we were left with this outstanding debt. The bill was paid by the town of Arborg with the expectation that the committee helps to fund this overage."

The track reconstruction was tied into a 2014 Town of Arborg infrastructure project that included repairs to Ardal Street, Sunset Boulevard and the former CP rail line.

According to a June 2014 tender posted on MERX (an electronic tendering service), the track rehabilitation project consisted of excavation and fill, the installation of sub-drain pipe, placement of separation geotextile fabric, placement of sub-base and base courses, construction of 75 mm of asphalt pavement, ditch grading and boulevard restoration.

MERX does not state who was awarded the contract.

Semenek did not provide the name of the contractor(s) to whom Arborg council awarded the tender, but he said the work had not been completed to the committee's satisfaction, and the contractor(s) was called back to fix it.

It's unclear whether the contractor billed an additional \$50,000 to fix what

the committee found unsatisfactory or whether it was part of the overall cost; Semenek did not say.

"We had an estimate that we thought was a binding estimate, and the track was completed. It originally wasn't completed how we wanted. They did come back and fix it," said Semenek. "But, unfortunately, without our knowledge, the bill came in at \$50,000 over of what we were quoted. It was done through the Town of Arborg. We really appreciate their partnership. By them doing the tenders, it actually saved us about 50 per cent on what the cost would have been."

Semenek said the town also paid the bill "in full without our [committee's] knowledge ... but now we're left with this \$50,000 overage, which, to be perfectly honest, is all but insurmountable to our committee."

Over the course of five years, the track committee undertook numerous fundraising campaigns, including a partnership with Maple Leaf Foods to host run/walk fundraisers.

"As I mention in my letter," said Semenek, "donor fatigue has seriously set in in the town of Arborg with the track. And there's many, many, many events and fundraisers going on."

ESD board chair Ruth Ann Furgala asked what the committee's three major partners have contributed to the track thus far.

"You each gave \$20,000 over five years," said committee member Shelly Burak, who teaches at Arborg Early Middle School. "So RM Bifrost, \$20,000; Town of Arborg, \$20,000; and Evergreen School Division was up to



Arborg Collegiate principal Randy Semenek asked the Evergreen School Division to contribute \$15,000 towards the cost of the school's track to help pay off an unexpected \$50,000 contractor bill.

\$30,000. So we have gotten those as of right now."

Furgala asked what the Town of Arborg has agreed to pay towards the \$50,000 bill.

"Well, they've committed to being a partner in this..." said Semenek. "I wouldn't say they put a number on that, but what we'd like to do is split it between our three major partners. I don't want to say that they [the town] specifically committed to an amount, but ... they said they would do their part."



EXPRESS PHOTOS BY PATRICIA BARRETT Shelly Burak from Arborg Early Middle School said the track committee had raised about \$275,000 from the community to help pay for the construction of the oval behind the Collegiate.

"And Bifrost-Riverton?" asked Furgala.

Burak said the committee has yet to meet with RM council.

Furgala said, "We do appreciate that it's a divisional track, and the guidelines that we have in place are the ones that allowed us to allocate that to a maximum of \$30,000. And we're going to have to re-look at that."

The school board will discuss the committee's funding request in camera.



EXPRESS FILE PHOTO BY PATRICIA BARRETT Arborg Collegiate students try out the newly asphalted track in September 2015.

Winnipeg Beach students find creative way to deal with excess snow

By Patricia Barrett

Grades 3 and 4 students at Winnipeg Beach School found a creative way to deal with the excessive snow surrounding their school.

Led by teacher Justin Charrier, the students embarked on a quinzhee-building exercise last week, which taught them how to turn snow into a shelter for winter camping or survival purposes.

"It's part of our [grades] 3/4 social studies," said Charrier. "Right now, we're doing symbols in Canada ... [and] this was something that was utilized by West Coast First Nations. And it's something I enjoy as well. With the beautiful weather, it seemed like a good idea."

Students made five huge piles of snow last Wednesday and left them to harden overnight. On Thursday morning, they began hollowing out the piles with shovels and spades.

It's not simply a matter of digging a hole in a pile of snow: there are some special techniques involved.

"Technically, we make a hole about that big," said Aurora, pointing to a

quinzhee being built by Lila, Ivy and Rebecca, "and then we start digging up, and then we dig down. We have to make sure it's not too thick and not too thin."

Cave-ins can occur, so it's important to adhere to the proper technique.

"We dig the top [the roof] instead of digging right through," said one boy, who was part of another quinzhee-building team. "That way, if it does collapse, it won't put as much weight on us."

Quinzhee-builders typically leave a shovel outside the entranceway so that rescuers can easily pinpoint the location of a person buried in the snow.

Like Rebecca, Ivy said she was not afraid of sitting inside the structure.

Charrier interrupted the students' labour-intensive exercise with a "toffee" break.

Using supplies he borrowed from Gimli High School, Charrier poured maple syrup into a pot and set it over a propane-fired makeshift hotplate. If heated to a temperature of about 235 degrees Celsius, the syrup begins to



EXPRESS PHOTOS BY PATRICIA BARRETT

Lila, left, and Ivy, right, wait for their turn to scoop out snow from their quinzhee. Rebecca said she's not afraid to go in.

harden into toffee, he said.

Whether the quinzhees survived the balmy temperatures that hit the province late in the week is unknown.

According to Wikipedia, the snow shelters shouldn't be used when the temperature is warmer than minus 4 because of the risk of collapse.



Teacher Justin Charrier explains how to monitor the temperature of maple syrup as it turns into toffee

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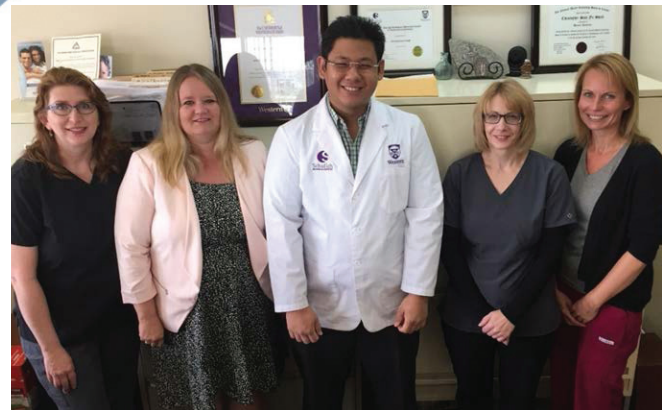
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Single-use plastic bags now banned in Ashern

By Jeff Ward

West Interlake council is now enforcing a ban prohibiting retailers within the RM from selling or giving away single-use plastic shopping bags after approving a bylaw in June last year,

Council hopes with the passing of the bylaw that they can help keep the municipality cleaner by eliminating plastic and poly bags from circulation.

West Interlake CAO Larissa Love explained that the bags often get caught in the wind and are carried away from the waste disposal grounds and end up in trees, ponds and on the highway. Love added that not only are they unsightly but they are impacting the municipality financially as there does need to be an extra effort to clean up the bags. A retailer who decides to ignore this bylaw could face a fine up to \$1,000.

The former RM of Eriksdale had a bylaw for many years before they amalgamated with Siglunes in 2015, according to Love.

"So we rewrote the bylaw to include everything inside of the RM of West Interlake," said Love.

"There are a few people who don't like the bylaw because they actually reuse their plastic bags for other purposes. But council felt that this was a good idea and they want to be more environmentally friendly."

Love said that she isn't expecting to

hand out any fines and it will likely be a rare case if that does happen. Each instance will be judged accordingly, and she said that a letter and meeting would be set up with the business owner before a fine is handed out. At the end of the day, it's council's discretion how much any potential fine could be.

The change over to paper bags for the Ashern Co-op was easy, according to manager Kathy Price. She explained that the grocery store in Ashern has been using paper bags for over a year and made the change to be more environmentally conscious, just like council.

"Our dumps in Ashern and Grahamsdale are filled with plastic bags and they take forever to biodegrade. We wanted to make the change to do our part to help make the municipality greener. The vast majority of our customers were in favour of the change, but there were a few who think the paper bags aren't as good," said Price.

Price added that the change didn't save them any money, and the paper bags are marginally more expensive than the plastic alternative. Price said that even if they are spending a bit more money for bags, they aren't changing back.

Council chose the new year as the time when the bylaw would come into effect for Ashern so that businesses



EXPRESS PHOTO BY BRANDEN MEIER

Ashern Co-op is one of the many retailers in the Interlake that has changed over to using environmentally friendly paper bags from poly and plastic bags. Fern-Marie James, right, packs Shelby Webster's groceries into a brown paper bag.

could make provisions to purchase new recyclable bags. Love explained that council also wanted to give business owners time to get rid of their stock of plastic bags so that they don't all get rid of them in one large heap.

"We know that some businesses buy their bags at a six-month supply so we wanted to give them the opportunity

to make arrangements to change their system," said Love.

With the enforcement of this bylaw, council hopes to foster a municipality that is more environmentally conscious and be a place that encourages the act of recycling.

Letter to the editor

Should snowmobile routes be allowed in Gimli

On page 12 of the Jan. 19th issue of the *Express Weekly News*, the Interlake Snow Trackers snowmobile club seemed hell-bent on turning Goldfield Drive into a snowmobile route, and proposed a number of things that just won't fly.

First, grooming a trail on the boulevard of Goldfield Drive is unrealistic, since as Councillor Danny Luprypa pointed out in the article, "grooming a trail will be pretty much impossible ... there's four to five feet of snow between the sidewalk and the street." That's right Danny. Way to go. My friends and I are going to vote for you next time around.

Next, in terms of the RCMP policing wayward snowmobilers, this too is a dream. People I know have actually gone down to the station to complain about the snowmobilers, doing infractions like driving on the sidewalks and not having viewable license plates, and they were told that

there was nothing the cops could do about it. True story! And really, how would the cops catch them? Short of sitting in a stakeout on Goldfield Drive for hours on end? Our bylaw officer works out of Winnipeg Beach, so he definitely wouldn't be of much help.

Regarding the "large majority" of snowmobilers that come and spend money at Gimli businesses in the winter: Prove it. Let's see some numbers. What portion of the income of Gimli businesses comes from out-of-town snowmobilers versus local non-snowmobilers? I would be willing to bet that the latter is a much larger number, and they also represent Gimli taxpayers. So the question becomes, who should Council try to please?

The large number of Gimli taxpayers who are also voters (that is, the silent majority)? Or the small number of squeaky wheels who consti-

tute the snowmobilers? I would say the first one. Also, re: the "number of businesses who provided letters of support for the Snow Trackers: How many, and who are they? Maybe the non-snowmobilers like us should boycott them, and we'll see how long they last.

Finally, re: Chudd complaining that he missed the last meeting where the bylaw change was voted down: How does he think the residents of Goldfield feel?? Our home is at risk of being invaded by a bunch of noisy, air-polluting rattle-traps, and the first thing we heard of it was when we read page 12 of the January 19th issue of the *Express Weekly News*. (Thanks to the *Express*. At least someone is looking out for us).

- a Goldfield dweller and member of the silent majority who prefers to hereby remain anonymous

Deadiest roads

Submitted

Manitoba Public Insurance is issuing a renewed call to road safety action for all road users in 2017 after recording the deadliest year on Manitoba highways in a decade.

Based on preliminary data, in 2016 there were 101 fatal collisions on public roadways in Manitoba, which resulted in the deaths of 112 people. These numbers contrast with 69 collisions and 78 fatalities in 2015.

"2016 was a tragic year for road fatalities in Manitoba," said Crown Services Minister Ron Schuler. "Not since 2006 have we lost as many people in motor vehicle collisions and our sincere condolences go out to the families and friends of the 112 Manitobans who lost their lives in roadway crashes.

"These terrible outcomes must serve as a reminder to all Manitobans to drive safely in 2017."

Continued on page 14

Six lives left: Fisher Branch cat hitches a ride under the hood

By Patricia Barrett

A Fisher Branch cat took the ride of her life under the hood of her owner's truck and will likely enjoy another six lives provided she can learn to tame her thrill-seeking ways.

Macey disappeared from Neal Basaraba's farmyard last week when a dog from a neighbouring farm paid a visit.

Unbeknownst to Basaraba, Macey had crawled under the hood of his truck to avoid the unwelcome canine just moments before he fired up the engine to drive to a hockey game.

"[My girlfriend] was calling the cat [before I left]," said Basaraba, "and she said, 'Check the truck.' So I shook the truck and there was no cat."

Thinking Macey had run off to the barn, Basaraba drove away.

And it wasn't a short trip down the road he took: he drove an hour and a half from Fisher Branch to Stony Mountain.

When he arrived at the Stony Mountain rink, he went inside and watched his nephew play hockey. After the game, he found Macey waiting for him in a very unusual spot.

"It was now three hours, and she's was sitting there on the front tire, looking out from under the fender," he said. "Not only did she travel, but

she waited. She could have just taken off in Stony Mountain and we never would have known where she went."

Macey likely found a safe haven near the radiator.

"Between the front bumper and the radiator, there's a little rubber flap," said Basaraba. "It's the safest spot I can think of where she'd be. It was -6, but I'm hoping she was against the radiator. You're facing a windchill on one side."

There never seems to be a dull moment when it comes to Basaraba's animals. Last year one of his cows gave birth to triplets — a rare occurrence.

Macey has faced challenges over the course of her life, and her wild ride constitutes the third strike against her.

The first strike came at a young age. She and her two siblings, born in the barn, had been abandoned. Her siblings later died.

"Macey was wobbly," said Basaraba, when he found her in the barn, "and that's when we realized her mother abandoned them."

Basaraba brought her home and bottle-fed her, and she transitioned to a new life as a house cat.

Her second strike was getting herself stuck up a tree for a few days and unable to call out for help.

"She doesn't meow," said Basaraba.



EXPRESS PHOTO COURTESY OF NEAL BASARABA

Macey went for a ride under the hood of Neal Basaraba's truck and lived to tell the story.

"She makes a noise like a bird chirping, and that's what [my girlfriend's] mom heard."

Now three years old, she's totted up a strike a year.

Despite her chilly trip, Macey did not suffer frostbite. The only thing she suffered, said Basaraba, was "one

greasy paw."

He doesn't expect she'll pull that stunt again.

"When something bad happens, they know," he said. "But she was under my truck today just looking at it, and I thought, 'Don't go there.'"

Colony Schools and staff getting valuable life-saving skills

By Jeff Ward

Marble Ridge and Broad Valley students and staff are engaging in a first aid course over the next few weeks that will give them some valuable life-saving tools.

The first aid course will be administered by Ken Marshall, who works for the division. It will cover a myriad of topics including shock, choking, concussions, severe bleeding, and even heart attacks and strokes.

Shaun Lindal, principal for both schools, said that the opportunity was a bit of a perfect storm and that she was excited to capitalize on the knowledge that Marshall has.

The first session began Friday, Jan.

20 at Fisher Branch Collegiate and lasted the entire school day.

"It's certainly new for us but it's very important for our students because of the nature of colony life," said Lindal.

"Our students work very hard outside of school, so it's going to be really good to have them trained in first aid. We think the training will be really beneficial for them and our staff also get a refresher as well."

Students and staff will learn basic CPR, how to use an AED, and the roles and responsibilities at an emergency scene. The instruction

will give everyone attending a basic understanding of what to do in the most common emergency scenarios. Students will work with a practice dummy to administer chest compressions and use the AED.

Lindal said that the timing of the instruction fits perfectly into the curriculum and is age appropriate for what happens to be their largest group of students right now.

"It is something that we'd also like to

continue to do because it's a very important thing for anyone to know. And for us, specifically, it meets the needs of being able to support and train kids for jobs on the colony," said Lindal.

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Another tale about the fish that got away

Hello again, fishing buddies. It's hard not to make some reference to the movie *The Wizard of Oz* when I share a story given to us from the folks at Belair. Belair is on the east side of Lake Winnipeg where the road onto the lake is named the "Yellow Brick Road."

I've joked about this road before, but last week it took on an added flavour when I met two fun-loving ice fishing couples here. I could see them not far out as I came off Yellow Brick onto the ice.

Jostling towards them, Old Red threw cascades of water away from the front wheels I as sliced through the mushy melting snow. I pulled up beside our new fishing compatriots including Dennis Barchuk, who you see holding up a pickerel he had just caught; Brian Kwitecki, a tall, gangly chap with long grey curly hair and piercing yet kind eyes; and the "two Dorothys."

The "Dorothys" didn't want their names mentioned, but let me tell you, they were true outdoors gals dressed in old winter wear, snacking and drinking coffee from thermal cups as they slogged around in the slush joking around with me and the boys.

Then Dennis remembered a funny fishing interlude that happened many years ago with an old girlfriend.

They were fishing out of a canoe on Lee River when Dennis caught a fair-sized jack. He told his girl, Sain (I know, I've never heard that name before either), to net the thing. Sain grabbed the net, but when she leaned over the canoe's side and saw the jack's menacing head, she dropped the net and cried, "I'm not touching



EXPRESS PHOTO SUBMITTED
Dennis Barchuk of Belair with a nice eating pickerel just caught.

that thing."

Poor Dennis had to grapple the fish by the gill and paddle to shore at the same time.

A day later, I found myself pulling up to a very large ice shack on Netley Creek across from Chesley's campgrounds. Getting out of the truck to a warm, grey, misty day, I hailed the folks inside and was greeted with a "Come on in" by a woman's voice.

Entering, I took in the features of a sturdy shack. Anglers sat on either side of common ice holes along the floor's centre. The mellow voice of local gal Bev Rozmus, who invited me in, was that of a fine-featured lady with dark short hair.

We began getting acquainted as she told how she and her friend Kim Hansen, with friends, had built this shack. At the far end of the shack sat a petite, charming, pixie-faced lady with

an enormous smile and short bobbed dark brown hair.

"I lost my first ever fish today," new friend Kathie Cuddelford proclaimed. She continued as I turned my recorder on. A jack had struck her baited hook, and as she excitedly began reeling in her prize, it slipped off the hook halfway up the hole. Kathie's joyous expression changed to a determined frown. She tossed aside her rod and dropped on all fours, plunging her arm down into the cold water of the ice hole, catching the jack by the gill.

"That's my first fish and it's not getting away," she growled.

The fish thrashed about, slamming into the sides of the ice hole and out of Kathie's grasp. Quickly, she lay face down on the floor and drove her freezing arm into the depths after the fish, but sadly, it found freedom beyond her reach and disappeared. Slowly, Kathie regained her seat, changing back to the sweet, unassuming lady her friends knew and loved.

Last weekend, I finally made it down on the ice at Lockport, which looks like craters on the moon from the locks to the spillway. A few adventurous souls had managed to get their shacks on the ice, including Mike Templeton of Winnipeg. He gave us the story where not long ago he was fishing beside his shack while his son was inside doing the same. A fish took Mike's baited hook, and then for good measure, also took his rod down the hole. A few hours later, his son got a bite and pulled up a sauger as well as his dad's rig, which had another sauger on its hook.

See you on the ice, my friends. Bye now.

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Alf Cuthbert school gets ready for I Love to Read Month

By Jeff Ward

Students at Alf Cuthbert School in Moosehorn read more than 56,000 minutes collectively last February, and this year they hope to break that record.

I Love to Read Month is a provincial initiative that encourages reading and writing in all forms in February of each year. At Alf Cuthbert School, students are encouraged to tally their reading minutes to reach certain goals selected by principal Alann Fraser.

Last year, the goals were 15,000 minutes, which earned students an extra gym class; 30,000 minutes, which earned students a movie and popcorn day; and 50,000 minutes, which meant that Fraser dressed up like a chicken and ate crickets.

Students tally their reading minutes at home, as well, and Fraser encourages parents to take an active role in the students reading at home.

"Students at our school are readers so we have to set that bar pretty high for it to be a challenge," said Fraser, who added that the goals for minutes read will be at the same levels this

year.

"Last year, we had to raise our goals because it was too easy for them. The benefit from this is that students just keep practising reading and become better at it. There's really no downside to this at all."

Fraser said that she is willing to do something embarrassing if it means her students are going to continue to read and become more literate. The rewards for the goals this year haven't been decided yet, but Fraser said that she is still taking suggestions from the students. And aside from cutting her hair and putting on a dress, she's willing to do almost anything. Students seem to appreciate her willingness to participate, and parents are interested as well. Fraser said that last

year she was stopped on the street often by parents asking her if she had eaten the crickets yet.

"It's starting a dialogue outside of class, and parents know what's on the line when their child comes home and wants to read. I really think the reason we have such good readers at our school is because our parents foster that love of reading in them at a

"LAST YEAR, WE HAD TO RAISE OUR GOALS BECAUSE IT WAS TOO EASY FOR THEM."



EXPRESS FILE PHOTO

Alf Cuthbert principal Alann Fraser ate crickets last year after students read more than 56,000 minutes in February during I Love to Read Month.

young age," said Fraser.

Reading is a skill that takes a while to develop but one that grows exponentially with regular practice. Fraser said her students are reading approximately 20 minutes a day each on average for the month to reach a goal

of 50,000.

And she said that if the trend continues, she'll likely have to come up with even higher milestones next year, as students are likely going to hit that goal with ease this year.

Erinview campground ready for 2017 season opening

By Natasha Tersigni

With the current cold winter weather, it may be hard to imagine a warm summer evening spent around a fire. But with all upgrades now complete, the Erinview Campground is ready to launch their 2017 camping season.

Renovations this past fall saw power installed at 23 of the campground's 31 sites. Along with water, all the sites are semi-private, have a limestone base and a fire pit for campers' enjoyment. To add a little luxury when out in the woods, all sites have access to modern bathrooms and showers.

Joy Ogilvie, who owns the campground with her husband Jack, is excited to for the 2017 opening day. She hopes with the renovations and new amenities that more campers will come out and enjoy the lake, beach and campground.

"With these upgrades, we are hoping to be busier. It seemed everybody wanted access to power and now it is here," said Ogilvie, who added that the business will be entering its fifth

season this year.

"We will see how this works, and if we get a good reception, we will be putting power into the remaining sites. There is also room to add additional sites, so down the road, we will be looking at that as well."

Located on the eastern shore of East Shoal Lake 25 kilometres west of Teulon, the Ogilvies turned the wild hay-covered agricultural land into a nature-focused campground and opened the gates in 2013.

Along with the surrounding nature, a big draw for campers is the lake. In 2015, the Ogilvies added a natural sand shore to their lake access. It is now a staple of the campground, attracting swimmers and on-shore users for activities such as beach volleyball. With the lake full of fish and a boat launch, many spend peak summer days fishing for their dinner. There are also five kilometres of nature trails, perfect for hiking and biking, where many animals can be spotted.

"If you like quiet, peaceful, into na-



EXPRESS PHOTO SUBMITTED

The Erinview campground is ready to launch for the 2017 camping season.

ture, private sites, this is the place to be," added Ogilvie.

While opening and closing dates are weather dependent, Ogilvie said the campground will hopefully be open

for May long weekend, if not earlier.

Erinview Campgrounds sites are \$25 per night and can be reserved by calling 204-278-3385 or visiting www.erinviewcampground.com.

Mercedes-Benz and AMG in final stages of preparing racetracks on Lake Winnipeg

By Patricia Barrett

A team of elite driving instructors from Mercedes-Benz and the AMG Driving Academy of Canada have arrived in Gimli and are in the final stages of preparing five racetracks on Lake Winnipeg.

An advanced winter sport driving program will get underway Jan. 30 when the racetracks are fully operational and drivers from across North America descend on Gimli.

The driving team is working closely with the RM Gimli and Toomey Construction to ensure that the challenging racetracks – modelled after famous courses such as Circuit Mont-Tremblant, Mosport and Laguna Seca – remain in peak condition.

“Travis [Toomey] is trying to keep everybody off it because right now when it’s soft like this, there’s a chance of doing the most damage,” said Danny Kok, former racer and chief driving instructor with AMG. “He will go out every day and work with our team to see where we need some additional grooming.”

The instructors and the municipality are encouraging those who may be unaware of the existence of the racetracks to refrain from driving snowmobiles, trucks, cars or ATV’s onto the lake or drilling holes for ice fishing.

“We run the risk of doing a lot of damage to our tracks,” said Melanie Paterson, former road racer and driv-

ing instructor with AMG, “so we’re asking for the [community’s] help.”

The race course takes up a wide swathe of ice along Gimli Beach. Its boundaries extend from just outside the harbour wall by the Lakeview Resort all the way north to Loni Beach.

The racetracks themselves are somewhat difficult to see from the shore, and people may inadvertently drive onto the course.

Recycled trees (including the Christmas tree the town had erected at the harbour) will be placed along the snowbanks lining each racetrack so that they can be easily identified, and a spectator area on the beach will be established.

At present, a few fishing shacks are situated in the midst of the course, but fishers have been working cooperatively with the team and will be removing them from the track.

To facilitate fishers and snowmobilers’ access to the lake, Toomey has constructed a road near the harbour wall. It skirts the southern boundary of the race course.

Gimli’s Deputy Mayor Peter Peiluck said the Mercedes-AMG driving program will be a boon to all the businesses in town.

“This is a win for Gimli,” said Peiluck. “And we as a council want to do everything we can to help make this an enjoyable experience for everyone.”

Drivers will learn how to safely steer,



EXPRESS PHOTO COURTESY OF AMG DRIVING ACADEMY OF CANADA Mercedes-Benz and the AMG Driving Academy of Canada elite driving instructors have arrived in Gimli to prepare five racetracks on Lake Winnipeg for a winter sport driving program that begins Jan. 30.

brake and slide on icy terrain. And long-held myths about how to control a car in challenging conditions will be “busted,” said Paterson. The techniques can be applied to slick pavement.

“The better you get at high performance driving,” she said, “the better you are at everyday driving where the conditions are not so severe.”

Chief driving instructor and former

racer Reinhold Renger said the program is “unbelievable fun” and the drivers who sign up for it expect “not just high quality driving and teaching,” but a unique experience in their host town.

The driving program takes place from Jan. 30 to Feb. 27.

For more information, call 1-877-577-6232 or email info@amgwintersporting.com

Evergreen School Division sees few days lost to severe weather

By Patricia Barrett

The Evergreen School Division cancelled classes only twice in 2016 because of severe weather.

The excessive snowfall and treacherous highway conditions that many Manitobans experienced early last December caused the division’s only closures of the year.

“Evergreen was closed for two days in December (the 6th and 7th),” said Supt. Roza Gray.

The division has a policy that sets out when it’s necessary to close schools. And it also put together an easy-to-read brochure for parents and guardians that highlights common occurrences such as cold temperatures, windchill, snow storms and subsequent bus cancellations.

“Schools rarely close because of winter weather. When they do close, it is usually due to a severe snow storm,” states the Winter Weather and Child Safety brochure that the division posted on its website.

Recess is moved indoors when tem-

peratures or windchill reach -27.

Although 2017 got off to a good start as far as the weather was concerned, the division had to cancel classes this Monday (Jan. 23) because of “hazardous road conditions.”

The notice was posted on the website. The administrative office indicated that country roads were in poor condition and icy.

The mild temperatures last week and subsequent freezing rain have rendered the roads unsafe for bus travel.

Evergreen has about 1,460 students in eight schools located in the communities of Arborg, Gimli, Riverton and Winnipeg Beach.

Many students live along rural roads and are bused to and from school. Students are also bused between schools for shared programs, such as band in which Arborg and Riverton students take part.

All school bus transportation is cancelled when the temperature reaches -40 and/or wind chill reaches or ex-



EXPRESS PHOTO BY PATRICIA BARRETT

Many students in the Evergreen School Division live along rural roads and are bused to and from schools in Gimli, Arborg, Riverton and Winnipeg Beach.

ceeds -45 at 6:30 a.m. (as per Environment Canada, Gimli website) that day, states the brochure.

When all school bus transportation is cancelled, schools are closed.

Sandy Hook residents debate RM drainage proposal (Part 2)

By Patricia Barrett

In Part 1 of Taking a walk, residents on Second and Third avenues in Old Sandy Hook expressed differing opinions about whether the municipality should dig ditches and install culverts (on their respective streets) in order to alleviate periodic flooding.

Part 2 continues their debate and addresses the issue of municipal standards pertaining to drainage infrastructure.

The 30-year seasonal resident on Third Avenue said he's sort of on the receiving end of water heading east towards the lake and that his yard is "the last to dry out." Nevertheless, he's against the RM's proposal to eliminate about 20 feet of boulevard on each side of the road in order to accommodate ditches.

When water overwhelms the drainage channel on Third and water spills into his yard or accumulates in his crawlspace, he gets his sump pump out.

"My property is the wettest," said the man. "I don't complain. I accept it. It's part of life. I'm OK."

The construction of ditches would result in a loss of parking space he and his family needs.

"Basically what they're [the RM] saying is ... I have no access to parking. ... [If] they take that boulevard out, which is the front of my property, I'll only have parking for one car."

Coun. Thora Palson, who is the RM's liaison for Sandy Hook, said recurring flooding in the neighbourhood is an issue council wants to address.

"We're making a commitment to address it," she said. "That's why we started with the outflows [drains] to the lake."

Work on five ditches/drainage east of Highway 9 was completed last fall. The next step is to facilitate the movement of water on the west side of the highway towards those ditches and out to the lake.

"Culverts have to be replaced," said Palson, referring to the east side. "... Some of them are not even culverts. They're storm pipes. The thing is ... this is a 100-year-old subdivision and it was never properly designed. [Someone] dug a trench and they found a cheap drain pipe."

In light of opposition from residents on Third, Palson said the RM may have to consider other means of addressing drainage on that street.

"Can we look at different things?" she said. "Sure we can."

Some of those "different things" may include replacing makeshift or inadequate culverts with new ones, something of which the majority of residents are in favour.

Ross Malcom, spokesperson for Third Avenue, wrote in a letter dated Sept. 8 that residents favour "remedial" work rather than a "full-blown" drainage project.

They would like the RM to replace culverts and clean out the existing channel on the south side of Third to see whether that will alleviate periodic water issues.

"The current small ditch works fine," Malcolm wrote, "but could be possibly cleaned out and culverts replaced where required."

The 30-year resident on Third said he is in favour of such an approach but has concerns about the size of new culverts.

"They've got culverts that have collapsed [and] that are higher than the level of the drain. ... They need to either repair them, as in lower them where



EXPRESS PHOTO BY PATRICIA BARRETT

Great care was taken to preserve trees on Tenth Avenue east of Highway 9.

they should be, or replace them," he said. "But we don't need ... what they're putting in on [other avenues], 24-inch culverts."

Remedial work poses a bit of a problem to the RM as far as preserving the integrity of the Avenue.

Palson emphasized the difficulty of installing new culverts of uniform size without addressing the construction of a ditch that would be able to accommodate them and that would, furthermore, have to be set at a proper grade to facilitate the movement of water down to the lake, where it naturally wants to flow.

"Let's say you've got five driveways," said Palson. "This guy's got a storm drainpipe, this one ... something else..., this one's got a culvert, but they're all different sizes. [Culverts] have to be the same size. And in order to accommodate ... let's say ... a 12-inch culvert, a ditch will have to be dug at [a particular] level so that you can properly fill your driveway. Now, I'm not saying [it has to be] 12-inch. Maybe they can get away with something smaller."

Drainage work is subject to municipal code, she said.

That means there's a bit of science, if you will, to the management of water flow.

The construction of drainage infrastructure is spelt out in the RM's Schedule C, Standards for Design and Construction of Municipal Services. The schedule adheres to Manitoba Infrastructure standards and guidelines.

Section 3.1 sets out the requirement for "corrugated steel pipe" culverts with a "minimum 16 gauge (1.6 mm total thickness) ... joined with annular corrugated couplers."

Section 3.2 on rural ditches requires them to be "graded at a minimum slope of 0.1%. Ditches within urban and sub-urban areas shall be graded at a minimum slope of 0.2%. ... Side slopes shall be no steeper than 4:1. Ditch bottom shall be at least 2 ft. (0.6 m) wide."

Anything within the approximate 12 feet of RM property that would be left between the back slope of the proposed ditch and residential property lines (i.e., trees, sheds) would be "left undisturbed, conditions permitting," said Palson.

She said she understands residents' concerns about losing trees and that "great care" was taken to protect as many boulevard trees as possible on streets such as Tenth east of the highway.

A property owner on Second Avenue — who, like her neighbour down the street (see Part 1), prefers to remain anonymous — said she's "unequivocally" in favour of seeing the RM proposal move forward.

Her yard receives the brunt of snow melt and rain-water by virtue of its location on the street and by the fact that a nearby property owner had raised the level of his/her property.

"For me, particularly, I'm getting it from all four quadrants," said the woman who has lived in Sandy Hook for several years and works in a nearby community. "And I'm pumping water from underneath the house constantly."

She said Second has no drainage on the north side of the street except for "a little tiny [trench] that somebody down the road started making" and nothing at all on the south side.

"Second Avenue, I think, is overall the worst street for flooding," she said. "And also last year ... there was ... a big storm, and ... so many huge trees [came down] ... it was crazy."

Sandy Hook has always had water issues, she said, because it is connected to the "high water table" that exists across the entire Interlake region.

She said there is a financial burden to periodic flooding that not everyone can afford.

"[There's] Hydro if you've got the pump running constantly," she said. "Lots of times there's wear and tear on your pumps and you have to buy a new [one]."

In addition to financial cost, she said one has to be constantly vigilant.

"It [flooding] is a problem, and it's something you have to be monitoring all the time. You just can't be, 'Good Luck to that.'"

She said she appreciates Palson's efforts to rectify drainage in the neighbourhood.

"I feel Thora, as a first-time councillor, is trying to be proactive," she said.

See Part 3 in a forthcoming edition of the *Express*.

Paint Nite Fundraiser brings in over \$1,000 for Ashern Skating Club

By Jeff Ward

Support for the Ashern Skating Club was strong a few weeks ago as more than 70 participants came out for the club's Paint Nite fundraiser that raised \$1,075.

Adrienne Baker organized the event, which took place on Jan. 14. She said she was thrilled with the amount of support the community showed.

The funds are going to be used for things like ice surface fees and paying coaches and will go a long way in supporting the various activities and competitions the club takes part in.

"It was a very good fundraiser and we're really happy with the amount we made. We had enough tickets for 80 people and nearly sold out. We had 77 people buy tickets, and we're really pleased with the support," said Baker.

There were also the profits from alcohol sales that have yet to be tallied. Baker said that she'd like to make this an annual event. While it doesn't necessarily have to be a Paint Nite fundraiser, having some activity that helps keep the club running would be a welcome addition to community events.



EXPRESS PHOTO COURTESY OF FACEBOOK

The Ashern Skating Club raised \$1,075 during their Paint Nite fundraiser a few weeks ago. The funds will be used to pay ice fees and coaches.

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A collage of wedding-related images including a bride, groom, wedding cake, and wedding rings.

Fisher Branch Collegiate interested in forming a Parent Advisory Council

By Jeff Ward

Parents Fisher Branch Collegiate students are hoping to officially form their own parent advisory council (PAC) later this month.

Principal Greg Thomas said that a parent approached him about forming a new PAC early in this school year. Thomas said that he is a strong supporter of the idea because he really values the support of parents and believes that communication should be strong between the school and parents. He explained that a PAC could take on many roles such as fundraising or bringing new educational ideas and opportunities to light. Thomas said that things are still in the preliminary stage and that the direction of the PAC hasn't been decided yet.

"In this initial stage, there are parents that are really invested in the idea and I look forward to working together with them," said Thomas.

"Rather than a parent coming to me directly, we can have more of a public forum of ideas and concerns being shared. My office is always open, but it'll be beneficial to have a more formalized consultation with parents on a regular basis."

A PAC can also act as a middleman between school staff and parents. Thomas isn't able to meet with every single parent each day, so hav-

ing a PAC that can focus the attention to a certain area means that progress can be made faster.

Thomas said that he's excited to see how the PAC establishes itself over the coming months. He said that he'd like to see more parent time in schools in whatever form that might take and to see new initiatives that have students getting involved in the community.

"I think it would be better if we had more points of contact with parents and our school, so for me, that's No. 1 goal. But I'd also love to see representation in the [PAC] that is indicative of our school," said Thomas.

That means a mix of men and women with students in each grade level and also representation of as many cultural backgrounds as are seen within classrooms.

"Another thing I'm looking forward to is being able to listen. Parents are going to come up with new ideas that I'm not going to think of, and that's a really important part of this. Sometimes there are great ideas out there and we just need to hear about them," said Thomas.

Any parents interested in becoming involved in the PAC can do so by contacting the school at 204-372-6459 for more information.



Plan the perfect wedding in 15 steps

You're getting married! Congratulations! Now it's time to plan the wedding. Here are 15 steps you should follow (not necessarily in order) so that everything is perfect on the big day. Before you start, set your budget and stick to it at all costs. If you think you might lose your head, your best bet is to hire a wedding planner.

Decide on your theme. Hollywood glamour, car-themed, turquoise and white — you know the possibilities are endless!



Draw up your guest list and send invitations. Will it be a grand affair or an intimate gathering? Who do you want by your side on your special day? Make sure everyone can make it by sending out save-the-date cards and invitations early.

3 Plan the wedding procession. Who will you pick to be the best man, and who gets to be the maid of honour? Have you found a flower girl and a ring bearer?

4 Select the officiant and the type of ceremony. Courthouse wedding or religious tradition? Officiated by a priest or by a friend? Make sure that the option you choose welcomes your personal touch.

5 Find your venues. Where will the ceremony and the reception be held — in a church, at the beach, in a grand hotel, at the park or in a cozy cabin? Will you need to rent any equipment?

6 Dream up the floral arrangements and decor. Which flowers will be featured in the bride's bouquet, the boutonnieres and the centrepieces? What kind of accents (balloons, candles, draperies) will create the perfect ambiance?

7 Prepare your registry and your gift bags. What household items do you and your partner need — a toaster, wine glasses, silk sheets? Open a registry to avoid receiving

duplicate gifts. And remember to thank your guests with a personalized keepsake.

8 Secure an entertainment team. Do you need a master of ceremonies? Will a DJ, a string quartet or a rock band be in charge of the music?

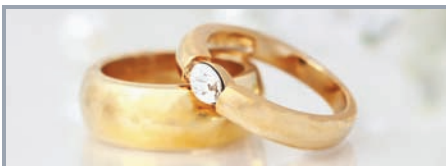
9 Hire a photographer and a videographer. Who will immortalize your magical day? Take a look at several portfolios to find the pro that understands your vision.

10 Find a caterer and a bakery. What will be on the menu, and how will food be served? Will there be a candy bar, or even a chocolate fountain? Don't forget the cake!



11 Plan your grand entrance. Will you arrive at the ceremony on horseback? On your bike? In a limo, a sports car or a hot-air balloon?

12 Purchase your rings. What will the objects symbolizing your union look like? Will they be golden, diamond-studded, massive or subdued? Choose wisely because you'll (hopefully!) be wearing them for life.



13 Shop for your outfits. Bowtie or regular tie? White gown or colourful sundress? Your attire for the event should reflect your personal style and make you feel absolutely stunning!

14 Book your beauty appointments. Have you called your hair stylist, your makeup artist and your esthetician yet? And what about the nail salon? Don't forget to plan for trial sessions.

15 Write up your vows. What words will you choose to describe your feelings? Time to brainstorm!

Remember to book everything as early as possible to avoid scrambling for a backup plan. And one last thing: where will you spend your honeymoon?

Send your invitations early to make sure that all of your loved ones can be present for your big day.



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Fishers eager to see open market and plant established in St. Laurent

By Patricia Barrett

The Lake Manitoba Commercial Fishermen's Association is eager to see the provincial Conservative government open the commercial fishery to competition this year and is hoping a proposed fish plant for St. Laurent will be built.

"Hopefully, it's done sooner than later," said Allan Gaudry, chair of the LMCFA. "We're waiting for some fish plants to make decisions. And [we're waiting for the government to] formally open the market and [indicate] terms and conditions because once the open market hits, there has to be a process and there has to be terms and conditions to permit [us] to export fish."

In April 2015, the association lobbied the provincial government to exempt fishers from the federally run Freshwater Fish Marketing Corporation (which markets fish on behalf of the province's 2,000 or so fishers).

Four years earlier, about 100 fishers from the lake's south basin association held a meeting at which they voted in favour of opting out of FFMC. Mike Schafer of Schafer fisheries from Illinois had attended that meeting and said he would like to build a fish processing plant in the RM St. Laurent and buy "all" of Lake Manitoba's fish.

Schafer has now formed a partnership with Donald Salkeld, the former CEO and President of FFMC who was fired from his position by the federal government last December. That month, they stated their intentions to build a fish processing plant in Gimli by Sept. 2017.

Gaudry said the RM St. Laurent and its Community Development Corporation may be in talks with another company that wants to build a processing plant close to town. He doesn't know, however, how the negotiations currently stand.

"Everyone wants to know where it's at. We haven't seen a shovel in the ground. As far as commercial fishermen on Lake Manitoba are concerned, we're waiting and we're excited. We want to see some construction here soon so we know what's happening."

The RM St. Laurent declined to comment when contacted by the Express last week.

Terry Szydluk, chief marketing officer for Community Development First (CDF), a company that expressed interest in building a fish plant in the RM, met with councillors last year. He asked them to lobby the federal government to open up the market to competition, something they said they wouldn't do.

A year earlier, a Terry Szydluk posted a message dated July 15, 2015, on a Trading Market web site, saying a fish plant will be built in Manitoba (exact location unstated), and that he is looking for fish buyers:

"I noticed on the Sea-Ex website that Jagalchi Korea Corp is a purchaser of Mullet. We are in the final processes of establishing a freshwater fish processing plant here in Manitoba...and we would like to know your fish product requirements."

Szydluk goes on to say that "our plant will have the capacity of supplying...common carp, cisco (tullibee), northern pike, yellow perch, freshwater drum (silver bass), burbot (mariah) and mullet."

"Our production for these species," he wrote, "is expected to be approximately 70 million lbs (32 M kg [million kilograms]) combined."



EXPRESS PHOTO BY PATRICIA BARRETT

Lake Manitoba, seen from the Marshy Point Important Bird Area, is a commercial winter fishery. A fishers' association is excited about the advent of an open market that the provincial Conservatives are expected to establish this year.

It's unclear whether Szydluk's proposed plant would be buying fish from other lakes in Manitoba or from other provinces in order to reach that capacity.

According to Freshwater's 2015 Annual Report, the corporation sold 15.3 million kilograms (delivered weight) in 2014/15 from its mandate regions of Manitoba, Alberta and Northwest Territories, as well as from Saskatchewan, which is outside its mandate region.

Gaudry said Lake Manitoba has an overall quota (called a lake quota) of "over a million pounds," and individual fishers can catch as much fish as they like within the limits of that lake quota.

In spring 2016, the LMCFA passed a resolution at its AGM to place a moratorium on perch for three-to-five years in order to allow the species to recover from the predations of pike, which Gaudry said had inundated the lake during the flood of 2011.

There are about 400 licensed fishers on Lake Manitoba, said Gaudry, and about 150 are active. The lake is a winter fishery.

"There's quite a few licenses out there, but [they're] not very active for whatever reason – they don't like fish prices."

Gaudry said the fishers he represents are excited by the prospect of selling their fish to a plant rather than to the federal Crown Corporation.

"We want to sell to a plant or another buyer other than Freshwater, for sure," he said.

He contends fishers will get a much better price than those offered by FFMC.

"The proposed fish prices from the company that wants to build in St. Laurent are pretty good prices," said Gaudry. "They're in the 60-70 [cents] range per

pound round. We haven't had that luxury for 40 years. It's always been headless, dressed to Freshwater.

"I'll give you an example. A jackfish – a northern pike – is 45 cents at Freshwater, and you have to dress it, take the head off and gut them. The proposed fish plant is going to buy them at 60-70 cents round – almost double the price plus you don't have to clean them. It's a big advantage over what Freshwater prices are. And that's what fishers have been wanting all these years, somebody that will come in and do this for us."

In terms of average income, Lake Manitoba fishers earn the least amount of money of all the province's fishery regions, according to a 2013 Conservation and Water Stewardship publication titled A profile of Manitoba's Commercial Fishery. Their average income between 2002/03 and 2011/12 was \$4,224. Lake Winnipeg fishers' average income over that same period, by contrast, was \$22,064.

The Express sent an email to Sustainable Development last week asking for the numbers of Manitoba fishers who had asked the province to opt out of FFMC. The department did not specify exact numbers.

"The Manitoba Government is committed to allowing fishers to get out from under the monopoly of the FFMC and increase earning potential for their catch," said Sustainable Development Minister Cathy Cox.

in a statement forwarded by a communications assistant. "Fishers have connected with our MLAs in Gimli, Interlake, and Swan River, asking for the opportunity to compete more effectively in the world seafood market."

Crazy Jumpers Winter Fun Day this Sunday

By Patricia Barrett

The Crazy Jumpers Dog School is holding a Winter Fun Day this Sunday for people who have experience handling sled dogs and want to head out on the trail.

"It's something fun to do in the winter," said Kim Masiak, who has been taking part in the sport for four years. "If someone has a dog that's over 35 pounds, it's something they can consider."

Those who haven't taken a class in dog sledding won't be able to participate, but they're welcome to come out and watch.

"You need to know what you're doing on the trail," said Masiak, who is helping owner Patricia Tschanen organize the event.

The events include skijoring, a cross between dog sledding and cross-country skiing, and kick-sledding, in

which one or two dogs pull a lightweight sled.

"We had offered a class in November for winter pulling sports," said Masiak, "so you can get out with your dog in the winter."

The fun day will give people an opportunity to sharpen their skills and prepare for a race that the dog school is organizing in Inwood on Feb. 25.

"This is the precursor just to give everybody a chance to go out on a trail that they haven't been on before or just have a practice run," said Masiak.

The winter fun day gets underway at 10:30 a.m. on Jan. 29. The dog school is located on the north side of PR 231 near Tomchuk Road, about 12 kilometres west of Highway 8 (between Gimli and Fraserwood).

For more information, call Crazy Jumpers at 204-641-4663.



EXPRESS PHOTO COURTESY OF PATRICIA TSCHANEN
Crazy Jumpers Dog School is hosting a winter fun day for experienced dog sledders this Sunday.

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Anti-Lock Brakes help you stop faster. That is not always the case on loose gravel or snowy surfaces. Anti-Lock Brakes, in fact, are designed to help you maintain control of your vehicle in an emergency braking situation. Imagine you are driving on a snowy Interlake road. You need to slam on your brakes and your rear wheels lock up. Chances are good that the rear end of your vehicle will try to pass the front end and you can easily lose control. What would happen in the same circumstance if your front wheels locked up? Well you certainly would not be able to steer properly and your front end would go to wherever gravity leads it. The Anti-Lock Brake System (ABS) modulates your brakes on and off as many as 15 times a second. This keeps your wheels from locking up while providing the greatest amount of braking possible. You are better able to steer your vehicle and maintain control. Your local service advisors often talk about the 3 S's of Anti-Lock Brakes: Stomp – Stay – Steer. Stomp on the brake, Stay on the brake, and Steer normally. Modern ABS utilizes a computer to receive information from sensors and control the anti-lock brakes. There are wheel speed sensors at each wheel reporting back to the computer which can then decide when to activate the anti-lock brakes on the wheel or wheels in need. So what affects how well the ABS works? First, the condition of your brakes: If your brakes are worn or not working properly, the ABS will not be able to do its job as effectively. A brake inspection at your local service provider in the Interlake will let you know if your brake shoes/ pads are in good condition, if there are any mechanical brake problems and if your brake fluid and power brake system is in need of service. Proper brake fluid maintenance helps keep the brake control module in good working order. There can also be problems with the various sensors and the wiring that sends the messages to and from the computer. And of course, your tires need to be in good condition in order to have enough traction to start, stop, and steer. Worn tires are a big problem for ABS and Stability Control Systems. The ABS is the foundation of Stability Control Systems, providing the information needed for stability control as well as to strategically brake a wheel when needed, so making sure your ABS is working well is very important. Also, the rolling diameter of your tires is one of the factors on which the computer uses to base anti-lock decisions. If you buy tires that are more than 3% larger or smaller than the tires that were installed at the factory, the ABS and Stability Control systems will not work properly. The computer can be recalibrated for the new tire size so that the systems have the correct information. When you start your vehicle, the ABS light will briefly illuminate on the dashboard. If the system detects a problem with itself, the light will stay on. That is your cue to take your vehicle in for an inspection to determine the problem. Your friendly and knowledgeable service advisor is your partner in keeping this safety system operating as it should.

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ITA using Instagram to market Interlake beauty

By Jeff Ward

The Interlake Tourism Association (ITA) is taking to Instagram to share the beauty of the region with the world and hopes to entice people to come for a visit.

ITA manger Gail McDonald said that moving to Instagram had been a point of discussion among board members and the marketing team for some time. The traction that the ITA has gained on Facebook over the last year has emboldened the group's desire to use social media as a way to attract the masses. With Instagram, the approach is purely visual. Using photos of the vast and ever-changing landscape of the Interlake can get people interested about taking a drive up the highway or even spending a longer period of time on vacation. The platform can be a powerful way to show the world what the Interlake has to offer.

"We just started and have 99 followers already so we're really encouraged by the growth," said McDonald.

"Our goal is to use the incredible photographs we have of our region to promote the area to the world. We use the hashtag #MyInterlakeMB so we can hopefully reach a new audience."

For those unfamiliar with Instagram, you can use

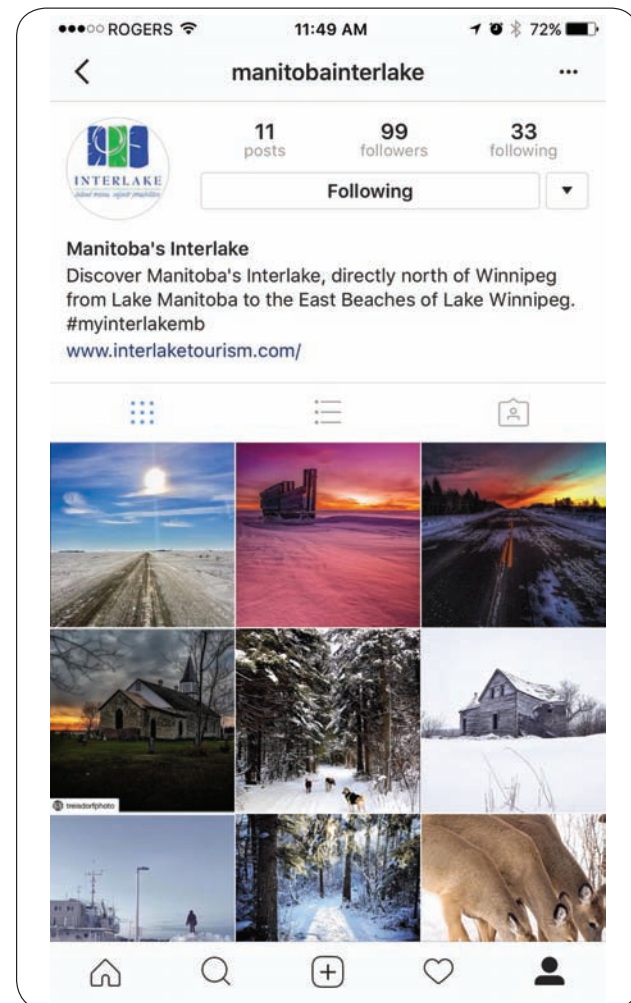
hashtags to stamp your post. Then anyone else can use that same phrase and find others who are sharing photos of a similar style. This is how social media sites like Instagram and Twitter build communities online, and it's through that organic growth that the ITA hopes to see success.

McDonald said that it's already working as their Facebook page has reached more than 900 subscribers and is nearing in on 1,000. Those users will see posts from Instagram show up in their Facebook feeds, and McDonald hopes it will encourage users to start posting their own photos using the hashtag.

"I might be able to get to some of these locations myself, but for people who are visiting or living there, they have access to times of day like sunrise and sunset that I can't be there for. We're hoping that people will send us photos to use on our page and use the hashtag on their own," said McDonald.

Anyone interested in sending a photo can do so by emailing McDonald at interlaketourism@mymts.net. And McDonald encourages everyone in the Interlake on Instagram to use the hashtag #MyInterlakeMB when posting photos of events or anything that might bring in new visitors this year.

"OUR GOAL IS TO USE THE INCREDIBLE PHOTOGRAPHS WE HAVE OF OUR REGION TO PROMOTE THE AREA TO THE WORLD."



EXPRESS FILE PHOTO

The Interlake Tourism Association is now using Instagram to showcase the beautiful landscape to the world and hopes to attract new visitors through the hashtag #MyInterlakeMB.

> DEADLIEST ROADS, FROM PG. 4

According to Manitoba Public Insurance data, another 19 Manitobans lost their lives in snowmobile and all-terrain vehicle collisions in 2016.

Although the full analysis of motor vehicle fatalities is not yet complete, preliminary data shows an alarming increase in impaired driving,

distracted driving, speed and not wearing seatbelts as contributing factors in the fatal collisions recorded.

"To stay safe on our roads and not put other road users at risk, all drivers need to think about road safety every time they get behind the wheel," said Ward Keith, vice-president of business development and communications at Manitoba Public Insurance.

"Buckling up all the time, driving to road and weather conditions, not driving when impaired by alcohol or drugs or while distracted — these are all simple reminders that can help to prevent being involved in a collision. They can also literally make the difference between life and death," said Keith.

In issuing the call to action for road safety in 2017, Manitoba Public Insurance encourages all drivers to model safe and responsible driving behaviours by following these simple safety tips:

1. Have a plan before you head out for an evening of partying. Take a cab home or have a designated driver selected beforehand.
2. If you must text or answer the phone, pull your vehicle over to a safe area. Texting while driving takes your eyes off the road and significantly increases the chance of being involved in a collision.
3. Never get into a vehicle with a driver who has been drinking or consuming drugs. It could be the last thing you do.
4. Speed kills! Be aware of the posted speed limit and drive to road and weather conditions.
5. Buckle up — every time, whether you're a driver or passenger, and no matter how short your trip is. It takes one second and could very well save your life.

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CJ107 Radio and local teacher host fundraiser for EBN

By Patricia Barrett

CJ107 Radio will be hosting a Radio Talent Night in a few weeks to help raise money for a youth drop-in centre at Evergreen Basic Needs, a food bank in Gimli.

Radio host Adam Tarnowski is helping organize the show, which will be broadcast live on CJ107 from the Gimli theatre.

"We're teaming up with EBN and Nextgen (an after school music program led by a local teacher) to fundraise for the drop-in centre," said Tarnowski.

This is the second Radio Talent Night the station has organized. The first was held last August to help Arborg Collegiate raise money for its new track and soccer field.

The youth drop-in centre will be located on the north side of the EBN building.

"EBN is re-vamping the whole area so that kids from the high school and middle school can hang out in a safe environment," said Tarnowski, who doubles as an Elvis tribute artist when he's not on the air or managing the station's accounts.

People interested in participating can sing or play anything they want (up to three selections), from country and pop to oldies and folk, said Tarnowski. They have to sign up before the big night and they have to fundraise.

Tarnowski has had no shortage of people willing to raise money for EBN. A fiddler has already delivered \$300.

"At two o'clock yesterday, she put a crumpled piece of paper [a pledge sheet] in my hand along with \$300 cash and said, 'I need more pledge sheets,'" said Tarnowski.

Tarnowski's son, Jackson, who also doubles as an Elvis tribute artist when he's not in school, plans to hit the stage that night.

"I'm thinking of performing Blue Suede Shoes, Teddy Bear and That's All Right Mama," he said.

Semi-retired teacher Anders Kuusselka, who leads the Nextgen after-school program, said he is glad to help EBN because of the good work it does.

It distributes food to single parents, families, seniors, the unemployed and the semi-employed who struggle to make ends meet in Gimli and surrounding communities in the east Interlake. It also has a used clothing store and a café.

Kuusselka, who recently retired from his job as multimedia instructor at Gimli High School, teaches music to the students who use the centre.

"This will give them an opportunity to perform," he said, referring to the talent show.

Kuusselka said the event has also sparked the interest of older folks, who "volunteer their time to help these kids at EBN."

Several people have donated musical instruments — guitars, drums and keyboards — that students can use for the talent show.

Organizers are looking for about 20 people to perform. Pledge sheets are available at CJ107 and at Evergreen



EXPRESS PHOTO BY PATRICIA BARRETT

Elvis tribute artists Jackson Tarnowski (left) and his dad Adam, host of CJ107's weekend show, are helping organize a fundraiser for Evergreen Basic Needs.

Basic Needs.

In addition to helping organize the EBN fundraiser, Kuusselka is organizing a concert the following night for 20- and 30-somethings. Faith-based rock band The Color from southern Manitoba will be performing at the theatre.

The band's lead singer, Jordan Janzen, appeared on Canadian Idol in 2008.

The Radio Talent Night will be held

Feb. 15, from 7 to 10 p.m. at the Gimli Theatre. Admission is \$5.

Those not able to attend can tune into CJ107 and call in pledges to a phone number that will be provided during the show. The evening will be hosted by Tarnowski, CJ107 owner Bill Gade and radio host Marsha Galloway.

The concert by The Color will take place Feb. 16 at the Gimli Theatre. Admission is \$10.

Lundar students run school cafeteria while earning credits

By Jeff Ward

Four Grade 9 Lundar School students are cooking daily lunches for more than 40 as part of a sustainability initiative at the school.

Vice-principal and guidance councillor Lawrence Grzenda said that the initiative started during the previous school year but has really taken off this year.

The four students — Morrigan Miller, Connor Bindle, Austin Hanslip and Ethan Spalding — have been creating the meal plans, shopping for groceries, cooking the food as well as collecting the money for staff and students. The program runs during lunch hour and costs between \$2 and \$4 with staff paying 50 cents more per meal than students.

Spalding explained that each week the organizers go through a price plan

and work out what ingredients cost and how much they need to charge per meal to make a small profit. All profits will go towards purchasing new cutlery and plates, which are cleaned and reused after every meal. The program needs to be self-sustaining and has been running smoothly since its inception.

"I think all four of us have embraced the idea and have done it to the best of our abilities," said Spalding.

"Preparation of the meals take quite a while and we have to be looking closely at how much things cost. We want students do be able to afford the meals so we need to keep our costs low."

Meals in the past have included chicken caesar salad, honey garlic



EXPRESS PHOTO SUBMITTED

Grade 9 students, from left to right, Austin Hanslip, Connor Bindle, Morrigan Miller and Ethan Spalding have been running the Lundar School cafeteria on their own as part of a sustainability initiative.

Continued on page 16

Eichler joins annual Brandon Ag Days celebrations

Staff

The new year is off to a good start for Manitoba farmers.

This upcoming season, farmers across the province will continue to reap the benefits of comprehensive coverage from AgriInsurance and the Western Livestock Price Insurance Program (WLPPI).

The provincial and federal government are working together to provide producers with protection against farm business risks, including the financial impact of extreme weather and price fluctuations. AgriInsurance and WLPPI are risk-management programs supported through Growing Forward 2, the five-year federal-provincial-territorial policy framework. The Manitoba Agricultural Services Corporation (MASC) administers both programs.

At the 40th annual Ag Days in Brandon on Jan. 17, federal Agriculture Minister Lawrence MacAulay and Manitoba Agriculture Minister Ralph Eichler noted that this year's coverage is the second highest on record and is expected to exceed \$2.6 billion on 9.6 acres in Manitoba. AgriInsurance coverage is increasing on average by seven per cent, while premium rates are down by an average of four per cent from last year.

"Through AgriInsurance, we continue to offer a comprehensive risk management program for Manitoba's farmers, which is effective whether they are just starting out or have had years of experience," Eichler said. "To ensure the long-term growth of our province's agriculture sector, AgriInsurance is an essential tool as it provides reliable protection against the unpredictable challenges of weather and other production-related risks."

Under AgriInsurance, premiums for most programs are shared 40 per cent by participating producers, 36 per cent by the federal government and 24 per cent by the provincial government. Administrative expenses are paid 60 per cent by the federal government and 40 per cent by the provincial government.

Providing protection against unexpected price declines, WLPPI expanded to include Manitoba cattle and hog producers in 2014. Due to lower cattle prices in 2016, WLPPI paid out \$1.7 million to producers, with 73 per cent of insured calves qualifying for a payment. The average payment for each calf that qualified for an indemnity was \$94.

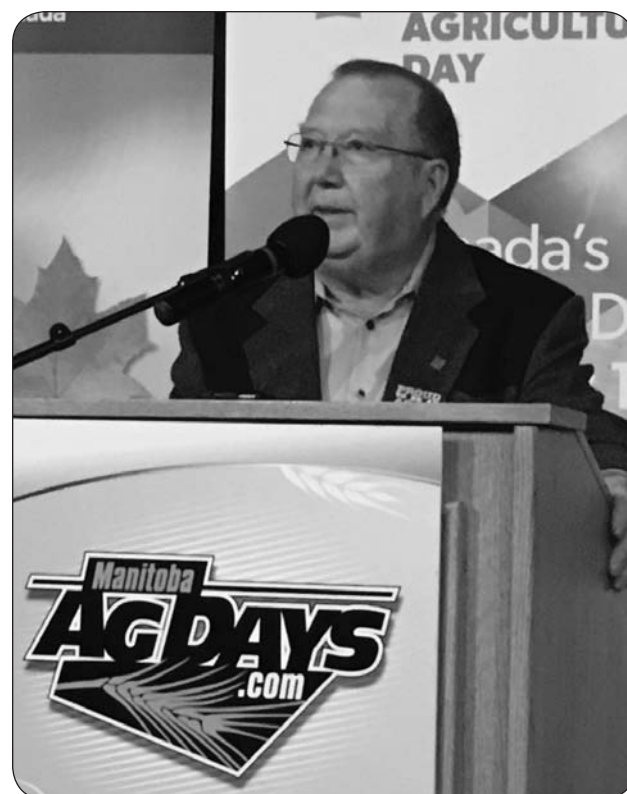
Under WLPPI, administrative expenses are paid 60 per cent by the federal government and 40 per cent by the provincial government. Participating producers pay the premiums.

While at Ag Days, Canada's largest farm show and Manitoba's main agriculture event, Eichler and Premier Brian Pallister celebrated the impact of agriculture on Manitoba's economy.

Pallister acknowledged the challenges farmers might have faced in recent years due to flooding and water management. He also announced that Manitoba's soon-to-be-released green plan will include an overall water management strategy.

Meanwhile, Eichler announced the government's commitment to immediately begin consultations as part of a review of the funding structure of Keystone Agricultural Producers (KAP) under the Agricultural Producers Organization Funding Act.

"The current check-off funding structure creates needless administrative costs for farmers, KAP and



EXPRESS PHOTO BY JEFF MEIER

Manitoba Agriculture Minister and MLA for Lakeside Ralph Eichler attended the 40th annual Ag Days in Brandon on Jan. 17.

purchasers of agricultural products," Eichler said. "A review of the system has long been requested. Our government is listening to Manitobans and we are pleased to be taking this step today."

> SCHOOL CAFETERIA, FROM PG. 15

chicken stir-fry and perogies with garlic sausage.

Grzenda said that these four students have really taken control and are working on very minimal supervision as they've become more comfortable with the job.

"They even go into town to do the shopping. It's been really incredible to see how responsible they are with the job. They're basically running a small business at this point."

In the early stages of the school year, the students circulated a survey probing their classmates on what they'd like to see featured on the menu. From there, the four entrepreneurs created their meal plan and started researching pricing, time to cook and what the cost to students would be. Grzenda said that another plus to this initiative is that all four are earning high school credits while doing it.

"We were very fortunate this year with how their schedules lined up with free space. It's hard to say how it will evolve next year and it depends on what schedules look like then. This cafeteria will continue, but I don't know what it look like," said Grzenda.

Spalding said that even if it's a one-year thing, he was happy to be a part of it and has discovered a newfound respect for people in the restaurant business.

"I've learned how to work with others better as well. We have limited time back there so we need to make sure that everyone is working together," said Spalding.

One-for-one on regulation front

By Harry Siemens

As President Donald Trump was telling business leaders from across the United States in the White House he's going to remove redundant regulations to make doing business easier, the Manitoba government marked the beginning of Red Tape Awareness Week by making a commitment to introduce new legislation that would reduce the burden of regulatory requirements, according to deputy premier Heather Stefanson.

On Twitter, Morris MLA Shannon Martin, who is chairing the government's red tape committee, tweeted thanking all 12 agricultural groups that took time to participate at a red tape meeting at the recent Ag Days in Brandon.

"I appreciate your enthusiasm," he said.

My question to Martin was and is will you actually do away with regulations and legislation?

"Yes, the whole point is to clarify, simplify, and eliminate," he said.

My first reaction is great, and my second reaction is more reserved. For years, introducing and enacting new legislation and regulations was always on the back of the last legislation and regulations.

Seldom, if ever, do governments repeal previous bad or outdated legislation. Therefore, the pile grows and inevitably someone looks underneath

the pile when the other side wants to pass new laws to negate the last one and says, "Uh-uh can't do it because it says so under the pile."

Silly, you may say, and yes it is. So, when Martin says clarify, simplify, and eliminate, that is what I'm counting on Premier Brian Pallister will do.

I once saw a business quote that U.S. businesses waste \$40 billion a year on meetings run poorly. I must assume that poor legislations and bad regulations often implemented against the will of those who must abide by them, that dollar value is much higher.

It isn't only the cost of those regulations and how they affect doing business, but take for example farming, and in particular the hog industry—it downright stops progress, and in many cases stops businesses from starting.

Ken Foster, who farms with his two sons at Arbor, says, "The guy down on the farm needs to make a buck and I haven't seen a lot of that with all the rules that are imposed."

Good point Ken, a past president of the Manitoba Hog Marketing Board. When the former NDP government started to mess with hog production in Manitoba, leading to a 100 per cent moratorium on hog expansion, it literally shut down expansion and damaged the industry once it started to

Continued on page 18

New pea-processing facility creates opportunities in Manitoba

Staff

It's history in the making as Manitoba prepares to welcome a new \$400-million pea-processing facility that will create a ripple effect of positive impacts across the province.

On Wednesday, Jan. 18, Premier Brian Pallister and Agriculture Minister Ralph Eichler announced that France-based company Roquette will build their new pea-processing facility near Portage la Prairie.

Construction is expected to begin before the end of 2017, creating approximately 250 full-time jobs for local contractors, skilled tradespeople and professional service providers during the two-year design and construction period.

Once the facility is open, the company expects to create about 150 jobs with an estimated annual payroll of \$9 million.

As the MLA for Lakeside, Eichler expects to see benefits that extend beyond the Portage area.

"The benefits will be province-wide, Canada-wide. There will be peas grown in the Interlake area as well. It will be mainly in the prairies where the bulk of it will come from. We're going to have some time to get ready for their production levels that they need to make sure that they can deliver for their products as well," Eichler

said.

"But just the whole attitude about being open for business, we've been saying that since we formed government in April. This actually brings that message home, proves that companies and corporations and families and others that want to invest in Manitoba. We are, in fact, being recognized on an international level that we are serious about making sure that we attract those new businesses."

Optimism is cropping up across the province due to this type of investment, he added.

"For me personally as the minister of agriculture, I was mandated to add more value to get more products finished and manufactured and developed in Manitoba, so this is a really good start," Eichler said.

"In fact, it's the largest single start-up investment in the history of Manitoba, so we're just elated about the opportunity to be able to showcase Manitoba. When we look at these initiatives, it's a great value for return on investment."

And the impact will be felt quickly since the multinational company hopes to be up and running by the fall of 2019.

"This is a very ambitious goal. That means that in 2018, we're going to have to have some crop in the ground

in order to help them get started and help them test their machinery and then really hit the ground running in 2019," Eichler said.

"It is a ripple effect that is going to have financial rewards for all the areas of the province. We'll see significant growth in the pea sector. We've had some significant challenges with the wet weather to grow peas, but the company's not concerned about that."

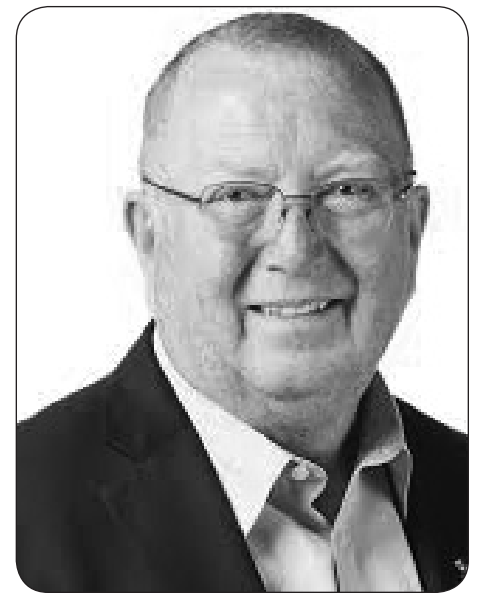
When it comes to pea production, optimism also abounds with wheat growers, he added.

"It's a great rotational crop to rotate with wheat because it puts nitrogen back into the soil as a natural ingredient, so it's a win-win. It gives the wheat growers that extra bit of nitrogen that it puts in the soil, so it helps on the input cost of things," Eichler said.

"And, of course, people are looking for proteins outside the animal proteins, so it gives them that opportunity to be able to build on that. What it boils down to is that it's a win-win for health overall."

Last week's announcement also sets the stage for a Protein Highway event that will be held in Winnipeg in September.

"That's an initiative that was developed to talk about other sources of protein. This will give us that oppor-



Agriculture Minister Ralph Eichler

tunity to talk even more about those protein alternatives and our dietary process that we go through as well," Eichler said.

"Farming is part of the process, but there are other derivatives that come from a company like this being able to access that market for those various protein alternatives that people are looking for. So by having that conversation and by having a company like Roquette bring that technology and science to Manitoba really sets the stage for Canada to be a leader."

Local businessman prompts chain reaction of good deeds

By Jennifer McFee

When it comes to helping others, local businessman Danny Kleinsasser always tries to go whole hog.

As the owner of Danny's Whole Hog BBQ and Smokehouse, Kleinsasser often finds himself using his family vehicle as an office on the go. One day last summer, he was sitting in a parking lot to catch up on some emails and paperwork.

He was in for a shock when a vehicle backed into the car right beside him, moving it a foot. The driver got out of the car to look at the damage he caused, and Kleinsasser snapped a quick photo on his phone of the man and his licence plate.

The driver drove away without leaving a note, so Kleinsasser stuck a business card under the damaged vehicle's windshield wiper, along with a note saying that he had a photo from the incident.

"The guy phoned me and he was very thankful," Kleinsasser said. "I sent him an email with the picture and I said that's the least I can do. He was very appreciative and I didn't think anything of it."

The good deed was back in his mind last week when he received a cheque in the mail for \$200 from the owner of the parked vehicle. As a result of Kleinsasser's photos, Autopac found the other driver to be at fault. As a result, the owner of the parked vehicle was not charged his \$200 deductible



PHOTO COURTESY OF FACEBOOK
Local businessman Danny Kleinsasser pays it forward to Siloam Mission.

for the repair work.

To show his appreciation for Kleinsasser's good deed, he sent him a \$200 cheque representing the deductible that he would have had to pay.

Then Kleinsasser turned around and donated the \$200 to Siloam Mission, topped up by another \$100

out of his own pocket.

"I just gave it back. That's the least I can do. I'm involved in a lot of charities. My dad was that way, my mom is that way and I try to teach that to my kids. In life, I just like to help people. Wherever it is, every day give somebody a smile. Do unto others as you want them to do unto you. Treat them with a smile and it goes a long way," he said.

"I am living proof. I've seen it in my business. I give a lot to charity and I give a lot to a lot of people. If you help people out financially, you can make a difference in this world. It's a choice that we make to make that difference. And I'm living proof that you get blessed back tenfold. It's just the way it is. God in heaven sees it and he blesses you, but it has to come from your heart."

Every day, Kleinsasser embraces opportunities to do the right thing and to help wherever he can.

"Life is too short. I've got six children and I want to leave behind in their hearts that they'll treat people out of respect. I believe we have that opportunity every day," he said.

"It helps me through life to put smiles on people's faces — and I need that smile back from somebody just as much as they need it from me. So here I am, going through life, trying to make a difference, smiling at people, helping wherever I can. I think we can all make a difference in this world."

Evergreen Regional Library requests extension of rent reduction

By Patricia Barrett

The Evergreen Regional Library has asked the RM of Bifrost-Riverton council to consider providing a rent reduction this year for the Riverton library to enable the board to move into a stronger financial position in 2018.

The ERL experienced a deficit in 2015, and last year the councils of Bifrost-Riverton, Arborg and Gimli agreed to reduce the rent charged in their respective library buildings from \$3.65 per square foot to \$2.59.

The ERL has branch libraries in Riverton, Arborg and Gimli.

"Because all three councils agreed last year to that rent reduction, we have been able to balance the budget for 2016, coming up from a deficit of almost \$10,000," said board chair Becky Barrett (no relation to the writer), who appeared as a delegate at council's regular meeting Jan. 11.

A one-year extension of the rent reduction would allow the board to shore up its revenues and be better able to cope with future rent expenses.

"While we will be in a deficit-free position at the end of 2016," said Barrett, "and we expect to have additional revenues generated for 2017, we need that [additional] year to get ourselves to the point where in 2018, with the rent going back to \$3.65 a square foot, [we can] continue in a balanced position."

The board normally pays \$17,431 a year in rent to the municipalities.

"It will be, according to my figures, \$13,018," said Barrett. "It [rent reduction] would be a continuation of that figure for 2016 for one more year, and then we ... have no doubt we would be able to carry on in a balanced budget going forward."

Barrett said the board made budget reductions this year and will continue to closely monitor all future expenditures.

"Basically, by increasing our fines [and] amounts that we charge for photocopying — those small items that add up — we will go from about \$8,100 in revenue from those items to over \$13,000," said Barrett. "So we'll have about \$5,000 more in revenue from those various areas."

The deficit arose in 2015 when staff was hired to replace regular staff members who had experienced illness, according to the board's finance chair Danny Luprypa, who spoke with the *Express* last September.

Coun. Colin Bjarnason inquired about staffing levels in the three branches, particularly those in the Gimli branch.

"When it comes to staffing these libraries, why is



EXPRESS PHOTO BY PATRICIA BARRETT
Evergreen Regional Library board chair Becky Barrett asked RM of Bifrost-Riverton councillors to consider extending a rent reduction for 2017.

there so many staff in the Gimli [branch]?" he asked.

Barrett said no one works full time in any of the three branches and that Gimli's staff performs all the functions necessary for running the system, including acquisitions and cataloguing.

"The reason why there's more staff in the Gimli branch is [that] it is the head library," said Barrett. "So virtually all the administration comes out of that branch. ... All the books, all the ordering of supplies, all of the things that keep the library [operating], that's basically what the Gimli library does."

Bjarnason wondered if the Gimli branch gets "first crack" at new books, causing everyone to laugh.

"For bestsellers ... [the head librarian] orders one book for each branch," said Barrett. "... For other books that are less popular, [the head librarian] orders one copy, and if you want a particular book, she can [place an inter-library loan] ... [or] order it from Winnipeg."

Coun. Donald Vigfusson asked about library usage given the prevalence of online media.

"I think the library usage has remained steady," said Barrett. "It goes up and down a little bit. In Gimli, for example, it goes up in the summer months with the cottagers especially the non-resident membership from Winnipeg Beach. I believe the other two branches are more uniform."

Barrett said the "concept of a public library is critical" for her and for the communities it serves and that electronic products and services are just as important as print media.

She cited the ability of patrons to download e-books for up to 21 days, the availability of audio books, free Internet and wireless, and services such as photocopying and scanning.

"Almost every time I go in the library — and I'm in there at least once a week — those computers are pretty much booked solid," she said.

Deputy Mayor Dave Shott asked where Barrett sees the library in 10 years, wondering whether it can sustain itself in its traditional role of "giving out books."

Barrett said, "I think it's critical that we recognize the changes that are taking place, that people are using the Internet more. I think we need to do [more] outreach to the community to let people know that the library exists, particularly summer people."

She said some outreach efforts could entail holding in-library events, such as readings by Interlake authors, and offering weekly reading programs for children.

"I know Riverton has a weekly reading program for ... moms and their kids," said Barrett. "And we're trying to get more of that happening in Gimli and Arborg, as well."

She said the board recognizes the new realities of the Internet age, and it is committed to extending its outreach efforts.

Coun. Frode Andersen, who sits on the ERL board, indicated there is a healthy demand for print media.

"[In a] three-month period, the circulation was 15,000 books," he said, referring to a previous year. "And that was January, February, March. I think it was seven and a half thousand in Gimli, and a little more than seven and a half thousand between the two others."

In December 2016, the provincial government delivered its annual library technology grant to libraries across the province to help them upgrade electronic services.

The amount this year for the ERL increased by about \$16 (about \$5.30 more for each branch).

As for the extension of the rent reduction, Barrett said the other two councils have come on board.

"Gimli has agreed to a rent reduction and Arborg just agreed this morning," she said. "They both agreed for one year, and I want to make it clear that I will not be coming back here in another year."

Council said it will consider the request and contact her.

> SIEMENS SAYS, FROM PG. 16

turn around financially.

Then came the first set of regulations to even begin to think of building a new barn, and once they eased on that one, they added a bunch more, making that process take from a year to 18 months.

I'm hopeful the Manitoba government now in power will take their process to eliminate red tape seriously.

In making her announcement, Stefanson says the government is committed to reducing unnecessary barriers for businesses, local governments, non-profit organizations, and all Manitobans.

"Proclaiming Red Tape Awareness Week is evi-

dence of our recognition of the burdens posed by the status quo," she says. "We want to make sure we remove unnecessary administrative burdens so Manitobans can access the services they need in order to make important contributions to their businesses and communities without the frustration of long waits or confusing instructions."

The Canadian Federation of Independent Business (CFIB) has advocated for many years that provinces adopt policies that reduce red tape for small businesses.

Laura Jones, executive vice-president, and chief strategic officer, CFIB says it's great to see the Manitoba government make this landmark announcement and become the first province to commit to

legislate a one-for-one law. "There is nothing better than seeing a province go from a laggard to a leader on reducing red tape. Manitoba is now the province to watch on regulatory accountability."

The proposed legislation will allow the government to better track regulatory requirements, redesign approval and review processes to provide additional transparency and require more detailed analysis before regulations are put in place.

"Even more impressive is the government's bold commitment to introduce a stricter version of the rule: a two-for-one policy, which will be implemented for the next four years," says Jones. "This will certainly put Manitoba way ahead of the pack in showing leadership on regulatory reform."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs wallop first-place Warriors

By Brian Bowman

Sunday afternoon's game between the Arborg Ice Dawgs and St. Malo Warriors was a clash between two elite Keystone Junior Hockey League teams.

But Arborg made the first-place Warriors look rather ordinary after a convincing 8-2 home victory.

Dylan Furgala and Colton Davies each had two goals and an assist for the winners while Derric Gulay, Spencer Kilbrei, Clint Torfason and Brett Goertzen also tallied.

Dylan Ossachuk made 42 saves for the win. Jared Magne and Riley Hunter scored for St. Malo.

Arborg started the weekend with a 7-6 home loss to the North Winnipeg Satelites. The Ice Dawgs led 5-3 late in the second period but North Winnipeg scored three times in a 3:18 span. Two of those goals came on the power play.

Jordan Kristjanson (two), Torfason (two), Braydon Chwartacki and Davies scored for Arborg.

Nico Lisi (two), Glen Paupanekis

(two), Elijah Caparros, Sam Batt and Howard Greives replied for North Winnipeg.

With the split last weekend, Arborg is now 18-9 and two points back of first-place Peguis in the Central Division standings.

The Ice Dawgs played at the Fisher River Hawks last night but no score was available. Arborg will then play at Peguis Friday with an 8 p.m. start time.

Fisher River, meanwhile, had a rough weekend with a pair of lopsided losses. The Hawks were doubled 16-8 by St. Malo on Friday and then lost 17-7 to the OCN Storm Saturday.

In Saturday's loss, Darryl Thaddeus led Fisher River with four goals and an assist while Nicolas Murdock chipped in with a pair of goals. Evan Thickfoot had a goal and five assists.

Against St. Malo, Brennan Cochrane finished the game with three goals and four assists and Johnny Beaulieu had two goals and three assists.

Joshua Beaulieu (two) and Thaddeus also scored for the Hawks.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Clint Torfason scored twice during Arborg's 7-6 loss to North Winnipeg last weekend.



Arborg skaters shine on ice

EXPRESS PHOTOS BY
JO-ANNE PROCTER

The Arborg Skating Club was well represented at the Interlake Regional StarSkate competition hosted by the Teulon Skating Club this past Sunday. Seventy-seven skaters, representing the Interlake ages five to 17, hit the ice to demonstrate their skills to spectators, judges and fellow competitors. Left photo, Arborg Skating Club coach Tracey Finnsen gives Bailey Orbanski words of encouragement before she competes in the STAR 4 FreeSkate. Right photo, Emmalyze Barkman shows off a spin during her STAR 3 FreeSkate performance.

City Midget, Bantam Lightning busy last week

By Brian Bowman

The Interlake Lightning City Midget hockey team was a busy bunch last week.

Interlake played three games, starting with a 7-4 loss to the Warriors on Jan. 16.

Shaydon Mousseau and Nick Prystupa scored first-period goals for the Lightning and then Jagger Bonkowski tallied in the second.

Riley Wirgau then scored the Interlake's fourth goal in the third.

Three nights later, the Lightning lost 7-1 at home to the Sharks. Ethan Daniels scored Interlake's lone goal midway in the third.

Last Saturday, Interlake dropped a 6-1 road decision to the Hawks. Mousseau scored the Lightning's only goal on the power play in the second period.

Interlake (3-24) will play the Warriors this Sunday (11:45 a.m.) at Notre Dame Arena in Winnipeg. The Lightning will then host the Eastman Selects on Monday in Stonewall. Puck drop is 7:45 p.m.

In Bantam action, the Lightning played very well in two of their three games last week.

On Jan. 16, the Lightning was nipped 2-1 in overtime by the Central Plains Capitals. Carter Bateman scored Interlake's lone goal just 13 seconds into the third period to tie the score at 1-1.

Last Thursday, Interlake was edged 3-2 by the Sharks. Brett Tataryn and Nathaniel Murdock scored for the Lightning.

On Saturday, the Lightning was defeated 7-3 by the Selects. Austin Adair, with his team-leading 11th goal of the season, and Tataryn scored for the Lightning in the first period and then Nicholas Finnson tallied in the second.

Interlake (1-23-0-1) will be busy this week with three games in just four days. The Lightning will play the Monarchs tonight (7:15 p.m.) at the MTS Iceplex and then will host the Selects on Friday (8 p.m.) in Stonewall.

On Sunday, the Lightning will battle the Chiefs in Warren. Game time is 3 p.m.



EXPRESS PHOTO BY JO-ANNE PROCTER
Lightning goaltender Erik Sigurdson makes a save during Interlake's 7-1 loss against the Sharks in Winnipeg AAA City Midget action last Thursday. Interlake will play the Warriors at Notre Dame Arena on Sunday at 11:45 a.m.

Manitoba Hockey Standings

MANITOBA JUNIOR

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Steinbach Pistons	42	35	6	1	71	181	84
Selkirk Steelers	46	31	12	3	65	163	134
Winkler Flyers	43	31	10	2	64	159	103
Portage Terriers	43	28	14	1	57	184	139
OCN Blizzard	45	27	15	3	57	140	122
Winnipeg Blues	44	21	18	5	47	155	146
Virten Oil Capitals	45	19	20	6	44	119	146
Swan Valley Stampers	43	15	25	3	33	122	168
Dauphin Kings	43	12	26	5	29	99	153
Neepawa Natives	41	11	25	5	27	105	163
Waywayseecappo Wolverines	43	9	30	4	22	127	196

KEYSTONE HOCKEY LEAGUE

Central Division	GP	W	L	OTL	PTS	GF	GA
Peguis Juniors	27	19	8	0	38	216	142
Arborg Ice Dawgs	27	18	9	0	36	169	102
Fisher River Hawks	26	8	18	0	16	153	235
South Division	GP	W	L	OTL	PTS	GF	GA
St. Malo Warriors	26	20	5	1	41	200	102
Selkirk Fishermen	26	19	7	0	38	155	52
Lundar Falcons	25	8	16	1	17	100	132
North Winnipeg Satellites	25	8	16	1	17	104	138
North Division	GP	W	L	OTL	PTS	GF	GA
OCN Storm	26	17	8	1	35	232	173
Cross Lake Islanders	25	12	12	1	25	137	137
Norway House North Stars	27	1	26	0	2	69	322

AAA MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Wild	34	27	4	0	57	180	62
Yellowhead	34	22	4	2	52	155	93
Brandon	34	22	10	1	46	144	100
Central Plains	37	22	13	2	46	149	128
Thrashers	33	21	9	1	45	148	83

Pembina Valley	35	21	13	0	43	129	105
Eastman	35	19	13	2	41	125	101
Southwest	34	14	18	2	30	100	136
Kenora	36	12	20	0	28	97	164
Parkland	33	11	18	1	26	108	156
Interlake	34	9	22	0	21	94	164
Norman	35	6	28	0	13	90	227

AAA CITY MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	27	23	4	0	46	162	85
Winnipeg Sharks	27	19	8	0	38	129	83
Winnipeg Warriors	25	15	8	1	32	132	105
Winnipeg Hawks	28	12	12	2	28	112	112
Eastman Selects	24	5	16	2	13	76	109
Interlake Lightning	27	3	24	0	6	63	180

AAA BANTAM

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	25	21	4	0	42	161	33
Winnipeg Hawks	23	16	4	1	35	149	67
Winnipeg Warriors	26	15	9	1	32	105	77
Eastman Selects	25	14	11	0	28	117	90
Winnipeg Sharks	26	10	14	1	22	63	94
Interlake Lightning	25	1	23	1	3	65	185

MANITOBA FEMALE MIDGET AAA

HOCKEY LEAGUE	GP	W	L	T	OTW	OTL	Pts
PV Hawks	24	17	4	-	1	2	38
Westman Wildcats	21	16	2	-	2	1	37
Winnipeg Avros	24	13	7	-	4	-	34
Yellowhead Chiefs	25	16	8	-	1	-	34
Eastman Selects	21	8	7	-	2	4	24
Norman Wild	25	6	16	-	2	1	17
Central Plains	20	3	14	-	-	3	9
Interlake Lightning	22	-	19	-	1	2	4

STATS AS OF TUESDAY, JANUARY 24

Female Midget action



EXPRESS PHOTO BY JO-ANNE PROCTER
The Lightning's Stephanie Byron of Oak Point makes her way around a Norman Wild player during Interlake's 3-2 loss in Manitoba AAA Female Midget action last Saturday. Interlake played the Winnipeg Avros this past Tuesday but no score was available at press time. Interlake will now travel to Portage la Prairie Saturday to play Central Plains at 4 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Peguis explodes offensively in pair of KJHL wins

By Brian Bowman

The Peguis Juniors had no trouble finding the back of the net last weekend.

Peguis scored 23 goals in two games — both victories — in Keystone Junior Hockey League action. The Juniors pounded the OCN Storm 12-5 on Friday and then defeated the Lunder Falcons 11-3 Saturday.

In the win over Lunder, Peguis took a 2-0 first-period lead and then increased that advantage to 6-0 by the midway mark of the middle frame.

Romano Paul led Peguis with four goals and three assists while Theoren Spence also had a huge game with three goals and two assists.

Keifer Tacan, Devon Garson, Tyrome Spence-Bair and Coulson Nepinak also scored for the Juniors. Dennon Sichevski, Taylor Radley and Jack Clinton each had a goal and an assist for Lunder.

Luke Penner made 25 saves for the win.

Against OCN, Spence had another hat trick while Tacan (two), Spence-Bair (two), Christian Cochrane, Paul, Quinton Flett, Garson and Devun Groot also scored for Peguis.

Flett finished the game with five points while Cochrane, Paul, and Spence-Bair each had four-point games.

Penner stopped 48 OCN shots for

the victory.

Peguis is now 19-8 and holds top spot in the Central Division standings. The Juniors will host second-place Arborg this Friday (8 p.m.) and then will visit Selkirk on Sunday (2:30 p.m.).

On Jan. 18, the Selkirk Fishermen won their third consecutive game after a 5-2 road victory over the Falcons.

Lunder's Jason Nikkel scored the lone first-period goal before Selkirk's Drayton Mendrun and Milan Horanski tallied to start the second.

Nikkel added his second goal of the game midway in the middle frame to tie the score at 2-2 but then Selkirk's special teams went to work.

Horanski sniped a shorthanded goal and then Mendrun added a power-play marker with 1:12 left in the second period.

Horanski then completed his hat trick in the third. Horanski, who had four points in the game, now has 35 goals and 51 points in 26 games.

Selkirk outshot Lunder 52-21 as Travis Schalk earned the win.

Lunder, now 8-16-0-1, visited the North Winnipeg Satelites this past Tuesday but no score was available at press time. The Falcons will then play a pair of road games this weekend.

Lunder will battle Norway House on Saturday (8 p.m.) and then Cross Lake Sunday (1:30 p.m.).



The Falcons' Jason Nikkel, right, battles for the puck against a North Winnipeg Satelites' player.

Lightning lose three straight on the road last week

By Brian Bowman

The Interlake Lightning had a rough time on the road last week.

Interlake lost all three games — getting outscored 17-4 — in Manitoba AAA Midget Hockey League play.

On Jan. 18, the Lightning was whipped 7-0 by the Winnipeg Wild at the MTS Iceplex.

The Wild, which held period leads of 1-0 and 4-0, received a two-goal and an assist effort from Brett Namaka. Nicholas Cicek, Hunter Cloutier, Cedric Chenier, Jesse Gibbons and Mitchell Joss also scored for Winnipeg.

The Wild outshot the Lightning 47-10 as Bennett Garber earned the shutout.

Last Saturday, Southwest scored three goals just 6:14 into the game and held on for a 4-2 win.

Michael Tilbury, Dylan Fontaine

and Bryce Young scored for the Cougars in the first period and then Fontaine tallied early in the second.

Codey Behun and James Maxwell replied for the Lightning.

On Sunday, the game was close after 40 minutes with a talented Yellowhead team leading just 2-1. But the Chiefs broke the game open with four third-period goals en route to a 6-2 victory.

Behun and Erik Asselin scored for the Interlake. Ryan Heino (two), Mackenzie Belinski, Josh Belcher, Jaxon Heeney and Braden Gillies replied for the Chiefs.

Interlake hosted the Winnipeg Thrashers Wednesday and then Parkland and Yellowhead will visit Teulon this weekend. The Rangers will be in town Saturday (7:30 p.m.) and then the second-place Chiefs will be here Sunday (2 p.m.).



EXPRESS PHOTOS BY LANA MEIER

The Juniors' Tyrome Spence-Bair scored three of the 23 goals for Peguis this past week in KJHL action.

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COMING EVENTS

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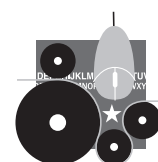
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		2						
		1	9		7		6	2
7		5	6			4		
	4		8					
			1	3				
5		9	7		6			
							1	7
1	8							3
					4			

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

[illegible]

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Part of a can
4. A form of discrimination
10. Doctors' group
11. Expression of joy
12. Spanish "be"
14. A mongrel
15. Helen was from here
16. With many branches
18. Fussy
22. Male fertilizing organ of a flower
23. Trap
24. Long, angry speeches
26. For instance
27. Sticky, waterlogged soil
28. Fasten
30. Card game
31. Seaport (abbr.)
34. Dresses worn in S. Asia
36. Midway between south and southeast
37. Of the mouth
39. Capital of Yemen
40. Branches of a bone
41. Very much
42. TV host Leeza
48. A way to change integrity
50. Plants with dark green, glossy leaves
51. Seedless raisin
52. Agency
53. Wear this when eating ribs
54. Martial artists wear this
55. Peanut butter
56. Drinkers sit on these
58. Pie ___ mode
59. Hebraic
60. River in India

CLUES DOWN

- ### 1. City in Washington

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

2. Entertained
3. Nakedness
4. Exclamation of surprise
5. Instinct
6. Making a mistake
7. "Borgias" actor Jeremy
8. Phrases
9. Millihenry
12. Long ago
13. Self-immolation by fire ritual
17. Disfigure
19. Horseshoe extension
20. Regions
21. Philippine Island
25. Appropriate for a particular time
29. Small constellation in the Milky Way

31. Categorizes
32. Malaysian boat
33. Natives of Sri Lanka
35. Type of vessel
38. Prescribe
41. Ranking
43. Knickknack
44. Funeral
45. Mineral can be extracted from this
46. Tide
47. Lump in yarn
49. Food on a skewer
56. Letter in the Albanian alphabet
57. Midway between south and west

get inspired

> MEAL IDEAS

THE
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Slow cooker pork roast and veggies



6-8 servings / 8 hrs 20 min
Prep 20 min / Cook 8 hrs
Having your meal in one pot when you get home is wonderful during the busy holiday season. The aroma in your home will certainly have you enjoying the time of year with hearty vegetables alongside your pork roast.

Ingredients

3 each large carrots and parsnips, peeled and cubed
3 cloves garlic, minced and divided
1 onion, sliced
2 tbsp (25 mL) chopped fresh parsley
2 tsp (10 mL) canola oil

1 tsp (5 mL) each dried oregano and dried basil leaves
1 tsp (5 mL) fennel seeds, crushed
1 tsp (5 mL) smoked paprika
1/2 tsp (2 mL) fresh ground pepper
1 boneless pork loin roast, trimmed, about 800 g

3/4 cup (175 mL) sodium reduced vegetable broth

1 tbsp (15 mL) tomato paste

Directions

Combine carrots, parsnips, garlic, onion and parsley in slow cooker.

In a small bowl, combine oil, oregano, basil, fennel, paprika and pepper. Rub all over pork roast and place on top of vegetables.

Whisk together broth and tomato paste and pour around roast onto vegetables. Cover and cook on Low for 8 hours or on High for 4 hours or until pork and vegetables are tender.

Remove roast to cutting board and let stand 10 minutes before slicing. Serve with vegetables and slow cooker juices.

Marinated Mushroom Bowls with Lentils and Wild Rice



Prep time: 40 minutes

Servings: 4

Mushrooms:

1/4 cup extra-virgin olive oil
2 tablespoons unseasoned rice vinegar
1 tablespoon low-sodium soy sauce
2 teaspoons dark sesame oil
1 teaspoon chili oil
1 green onion, thinly sliced
1 tablespoon chopped fresh cilantro
1 teaspoon sesame seeds
8 ounces crimini mushrooms, thinly sliced
2 cups thinly sliced purple cabbage
1 tablespoon fresh lime juice
pinch of salt

2 teaspoons low-sodium soy sauce
2 cups cooked French lentils
1 cup cooked wild rice
1 cup chopped cucumber
To marinate mushrooms: In shallow bowl, whisk together olive oil, rice vinegar, soy sauce, sesame oil and chili oil.

Stir in green onion, cilantro and sesame seeds. Add mushrooms and gently toss in marinade. Cover and let rest 30 minutes.

Place cabbage in bowl and toss with lime juice and pinch of salt. Set aside.

Stir in 1 teaspoon of soy sauce to both lentils and wild rice.

To serve, arrange equal amount of mushrooms, cabbage, lentils, wild rice and cucumbers in each bowl. Drizzle with remaining marinade and garnish with chopped cilantro, sliced green onions and black sesame seeds. Serve with lime wedges.

Note: Can be served at room temperature or cold.

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Transcending the past



"NOTHING IS PREDESTINED: THE OBSTACLES OF YOUR PAST CAN BECOME THE GATEWAYS THAT LEAD TO NEW BEGINNINGS."

RALPH BLUM

Again and again in my practice I see how the events of one's childhood or adolescence can continue to affect feelings, reactions and behaviors well into adulthood, and perhaps for an entire lifetime.

The child who felt unfairly treated may continue to see the life events in terms of fairness, or see the world as an unfair place. The teen rejected by peers may, as an adult, have difficulty entering new situations. One who was hurt may be reluctant to trust others.

If we are to be truly ourselves, mani-

festing our potential in all areas of life, we need to transcend the limiting beliefs and behaviors we have carried with us for so long.

Sometimes these limitations are unconscious—we do not realize we are living out an old script. Generally those closest to us do see these behaviors, and recognize where they come from. If you are getting this feedback, consider that there may be some truth behind it.

Even when we are aware that we are re-living our past largely because of our perceptions, it can be hard to change. Things that happened long ago can become deeply embedded in the subconscious mind. In this case a therapeutic process involving guided meditation or hypnosis can speed up the process.

We may not have had a choice about how we lived as a child, but as adults, we can consciously choose a different path, and create a different, more positive reality for ourselves.

Now, it is up to us.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca

Mighty Mushroom Blended Burger



Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

1/2 pound any variety mushroom
2 tablespoons olive oil, divided
1 pound ground beef
1/2 teaspoon salt
4 buns

Finely dice mushrooms or gently pulse in food processor.

In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, cooking 5-7 minutes, or until golden brown. Remove from heat and cool 5 minutes.

Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined. Make four patties.

Add remaining olive oil to pan and cook burger patties on medium-high heat until internal temperature reaches at least 160 F. Plate and add desired toppings to bun.

Recommended toppings include: pickled red peppers, crumbled blue cheese and watercress greens.

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