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# THE EXPRESS

VOLUME 3 EDITION 5 THURSDAY, FEBRUARY 4, 2016

**WEEKLY NEWS**

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## Ukrainians celebrate Malanka in style



EXPRESS PHOTO BY PATRICIA BARRETT

The Pre-beginners dance group performed the 'Poltava' at the 35th Gimli Barvinok Malanka New Year celebration in Fraserwood on Jan. 30. See story pg. 8. Pictured, left to right, Madison Sokil, Benna Johnson, Maggie Michaluk (coach) and Eva Reichart.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

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# Will Lundar be the next Kraft Hockeyville community?



EXPRESS PHOTOS BY MISTY DESJARLAIS AND CHERYL LAW

Lakeside Atom, PeeWee and Midget teams — along with a few coaches and referees — show off some creativity as they vie to become the next Kraft Hockeyville community. The Top 10 communities will each receive a prize. First place wins \$100,000 and hosts an NHL pre-season game. Second place will receive \$100,000, and places three to 10 will each receive \$25,000 towards arena upgrades. The contest is still in the nomination phase. The final 10 will be decided by a panel of judges based on criteria such as examples of actions that demonstrate the community's spirit and pride, how the money would be spent, and social media support. After that, there will be two rounds of voting to determine the winner. Be sure to support by nominating Lundar Memorial Arena and share your stories about the old barn at [www.khv2016.ca](http://www.khv2016.ca).

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## Outdoor learning and getting physical on Lake Winnipeg

**By Patricia Barrett**

Grade 11 and 12 students of Riverton Collegiate and Arborg Collegiate ventured out onto Lake Winnipeg last week to try their hand at a sport of ice fishing.

"It's a way of promoting of outdoor education," said phys-ed teacher Richard Bergman, who led the expedition.

Bergman started the annual exercise five years ago as a way "to promote activities they can do on their own for a lifetime sport."

Bergman enlisted the help of a local man [Walter Hamm] to drill the fishing holes.

"He has a power ice augur," said Bergman.

Some students had their own rods, but the majority of the equipment was provided by the province's Conservation and Water Stewardship department.

"When they find a fisherman in violation of a law, they confiscate their equipment," said Bergman, "and they donated [some of] it to our school."

Bergman dropped a line as did principal Thomas Kowalchuk.

The weather during the two-hour exercise hovered around -5 with hardly any wind, said Bergman.

And although they weren't able to lure any finny beasts from the depths, Bergman said the students "definitely enjoyed it."



EXPRESS PHOTOS COURTESY OF THOMAS KOWALCHUK  
Arborg and Riverton students are learning the sport of ice fishing in their phys-ed class in an effort to teach them lifetime activities.



# Riverton's Friendship Centre serving the community

By Patricia Barrett

The Riverton & District Friendship Centre offers a number of programs and services for the community's youth and adults, ranging from computer services and food programs to recreation and fitness.

To help the community stay healthy, the centre has a full-scale gym on its lower level, with showers and bathrooms. There are a number of flexible membership options, including a drop-in option.

It offers Zumba Fitness and Zumba Gold for Seniors Dance Workouts taught by fitness instructor Desarae Bilinski.

In the upcoming months, the centre will be offering a number of youth workshops, such as self-defence, public speaking and traditional teachings.

Its referral worker can help residents apply for Employment Insurance, Canada Pension Plan and other government benefits. She also offers advocacy services. Photocopying and faxing services are available for \$1.

Starting March 1, the centre will be offering an income tax service. Volunteers will be on hand to help people file taxes.

"People come in for just about anything," said executive director Tanis Grimolfson, "if they don't have other options to access the services they need."

The centre also operates a food bank that serves clients in communities from Arnes to Arborg and Poplarfield to Fisher Branch. For about 12 years, it has been helping individuals and families struggling to pay for food. It also runs a milk program, supported by churches in Arborg and Riverton and by local businesses. Eligible families receive a coupon for a four-litre jug of milk that they can present at supermarkets. At Christmas, the food bank is extremely busy with its hamper program.

"We had nine families," said Grimolfson. "Now we have 65."

She said the centre has a great working relationship with Evergreen Basic Needs in Gimli, which also runs an area-wide food bank.

To help supplement its food stocks in the summer, the centre maintains a community garden north of town.

A local farmer donates a 10,000-square-foot plot free of charge. Volunteer gardeners are welcome to participate.

The centre's 10 computers are a much-needed resource for students who don't have Internet access at home. Because of high demand and changing technology, the centre is always trying to add more computers

and upgrade its equipment.

"Newer model computer donations are always appreciated," said Grimolfson.

The centre offers a Power-up computer training course for women, which teaches the basics of computer use.

Federal funding had diminished, which places limits on what the centre can offer, said Grimolfson.

Lighthouse program for youth — in which students are welcome to hang out at the centre, use the computers and participate in various activities — is available Monday to Friday, 9 a.m. to 9 p.m., and Saturday from 1 p.m. to 9 p.m.

A reading club and homework club is also available after school, and students can take fiddling or guitar lessons.

In addition to its hot lunch program, which provides students with nutritious meals on Tuesdays and Thursdays for a nominal fee, staff also operate an after-school nutrition program.

"Students from the Early Middle School can come in for a healthy snack (carrots, apples, cheese)," said Grimolfson.

To ensure students are properly prepared for the start of the school year, the centre organizes a Tools for School fundraiser.

The Centre runs a Fine Option program for students required to pay off court fines or perform community service.

"We'll find somebody in town to supervise them," said Grimolfson.

The parent/child program is a way to promote quality time. The centre has taken participants to the zoo in Winnipeg, movies in Gimli, Disney on Ice shows and swimming trips.

A summer day camp for children aged five to 12 is upcoming. The centre takes children to the waterslides in Arborg, the caves near Pine Dock and



EXPRESS PHOTO BY PATRICIA BARRETT

Riverton's Friendship Centre has a full-scale gym on its lower level. There are a number of flexible memberships, including a drop-in option.

the museum in Winnipeg.

"The Goldeyes [baseball club] will usually sponsor two to three games for children and youth," said Grimolfson.

The centre is very much involved in community events. It participates in Canada Day celebrations, Arborg's Christmas Market and Culturama celebration, or partners with organizations such as the Gimli Ice Festival.

Staff will be at the Ice Festival in March offering visitors tea and bannock.

The centre's program co-ordinator, Martine Sawanas, who is co-chef for the hot lunch program, teaches a two-hour Ojibway language class.

"My grandmother was the full-time instructor and a courts interpreter," said Sawanas. "And I'm fluent."

This is the third year the centre has offered the course. Classes are held on Mondays and Wednesdays.

Sawanas also runs an Aboriginal crafts program for Grade 3 and 4 students in conjunction with the Early Middle School.

"We made drums last year," she said.

The centre is a non-profit, charitable organization that operates with provincial and federal funding. But the support of community donors enables it to provide many of its programs.

"A lot of programs are done by fundraising," said Sawanas.

In summer, for instance, the centre holds a fundraising barbecue every Friday.

"We're the first ones out there to barbecue when the snow goes," said Sawanas, "and the last just before it returns."

Grimolfson said because of the centre's limited budget, it's necessary to hold fundraisers such as barbecues, a Bingo every Tuesday and Chase the Ace draws (with the help of the Riverton Inn and the Elks Lodge).

"We do have to do a lot of extra fundraising," she said. "It pays for renovations and repairs."

For more information about the programs and services, call 204-378-2800.

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# Province bullied flooded RMs into untendered contracts

## Staff

Manitoba's Opposition Tories are claiming the province pressured several rural municipalities into hiring one security firm without first going to tender during the 2011 flood.

Opposition Leader Brian Pallister told reporters last Friday more than \$16 million in untendered contracts were given to Impact Security during the flood.

The cash came from the rural municipalities of Woodlands, Coldwell, and St. Laurent after provincial officials pressured the local governments into hiring Impact, Pallister alleged.

Pallister said the information came to light through freedom-of-information requests filed by the Tories.

"Our team has uncovered dozens of untendered and undisclosed contracts with the province and municipalities totalling more than \$16 million, all directed to one provider," Pallister said in a release.

But Impact Security and Infrastructure and Transportation Minister Steve Ashton both dispute the Tories' claims.

Officials with Impact told the CBC



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Manitoba Opposition Leader Brian Pallister.

that the Tories' \$16 million dollar figure is "totally inaccurate" and added the company did not have dozens of contracts like the PCs alleged.

Officials also said one of the security contracts only lasted a few days and was for work done in St. Clements.

Ashton said it was up to individual

municipalities to hire security firms and the province didn't interfere with the process.

But Pallister insisted the province "bullied" the municipalities into hiring Impact and threatened to cut flood funding in half if the company wasn't hired.

"This situation illustrates very clearly the lack of respect of this government for duly elected local officials," he said.

On Monday, a provincial spokeswoman fired back at Pallister.

Rachel Morgan said Pallister has failed to back up last Friday's claims.

"We aren't surprised that Brian Pallister would stoop to this level. By using flooded communities as a political prop for his baseless allegations, he is disrespecting flood victims," Morgan wrote in an email.

"All of the people that the Conservatives have presented as neutral are directly tied to his Interlake Conservative candidate or the PC party. This will remind Manitobans of their history in the Interlake, including the biggest vote rigging scandal in Manitoba's history," Morgan added.

# Annual Ride for Rehab to benefit children in need

## By Lindsey Enns

This year's Ride for Rehab will guide snowmobile enthusiasts through trails in Riding Mountain National Park while raising funds for the Children's Rehabilitation Foundation.

Jason Sargent of Steeltown Ford in Selkirk, his son Owen and a group of nearly 40 riders will take to the trails next month in memory of his brother Scott, who died in a snowmobile accident in 2004.

"It's been 11 years but it feels like it happened just a couple years ago. It's still just so vivid," Sargent said, adding Scott was an avid snowmobiler. "He loved it and we did a lot of snowmobiling together. It was a family sport we grew up snowmobiling and I am still very involved in the sport."

The 13th annual Ride for Rehab will take place on Feb. 18 to 21 at the Elkhorn Resort Spa and Conference Centre in Clear Lake.

Riders will make their way through trails in Riding Mountain National Park for two full days.

To register for the ride, contact the foundation's fund development and event co-ordinator Adell Gauthier at [adell@crf.mb.ca](mailto:adell@crf.mb.ca) or 204-477-4587.

Sargent said his team will be raising



EXPRESS PHOTO SUBMITTED

Snowmobilers take to the trails during last year's Ride for Rehab. This year's ride will take place on Feb. 18 to 21 in Clear Lake. All funds raised will go to the Children's Rehabilitation Foundation.

funds in memory of his brother Scott. He said they hope to raise more than \$20,000 this year.

"We're just going to donate all of this

money back to the children," he said. "All of the money that I raise and my team raises goes to children in this area that need help.

"It was something that my brother wanted and just keep his memory alive. There's a lot of children in the area that benefit from it."

To make a donation to Sargent's team, visit [steeltownford.com](http://steeltownford.com) and click on the "Children's Rehabilitation Foundation" link at the bottom of the home page. Donations can be made online, mailed or dropped off in person at Steeltown Ford in Selkirk until the end of February.

The Children's Rehabilitation Foundation is a Manitoba charity dedicated to helping children with disabilities and special needs be as independent as possible.

Since its inception, the Ride for Rehab has raised more than \$780,000. Each year, \$30,000 from the ride goes towards the foundation's bike clinic where bicycles are modified so children can be out riding with friends and siblings.

Funds are also used to purchase individualized equipment for children on the foundation's waitlist, such as iPads, laptops, specialty software and communication and speaking devices, specialized bikes, sporting equipment and mobility equipment such as walkers and wheelchairs.



# Arborg discusses school board's plan to offer health-care training

By Patricia Barrett

At the Town of Arborg's regular council meeting Jan. 27, councillors discussed Evergreen School Division's plan to offer health-care aide and licensed practical nursing programs in its schools.

As reported in the Jan. 21 edition of the *Express Weekly News*, the school division said it can offer students a free health-care aide certificate during the latter half of Grade 12, and that it plans to implement an LPN program for students and adults. The division said it would be cheaper all around to use existing infrastructure (i.e., its schools) to deliver the programs.

The Town of Arborg and the RM Bifrost-Riverton had already made arrangements with Fieldstone Ventures, an adult education provider, to teach the courses, which will support the operation of a proposed jointly-funded personal-care home. The town and RM are awaiting Treasury Board approval for that proposed PCH.

Council said Ruth Ann Furgala, chair of the division's board of trustees, and the superintendent and [assistant] superintendent were at the town office to provide information about their plan.

Coun. Vivian Leduchowski wondered why the town should support the school division when it [the town]

has already made arrangements with Fieldstone.

Coun. Larry Speiss said Furgala is also interested in offering child-care education courses.

Fieldstone is scheduled to set up shop in Arborg Feb. 1. It will be located in the old daycare building, which council said needs some renovations, and in the age-friendly building.

Council said it will go ahead with the course offerings this spring.

Pat McCallum [of the Arborg-Bifrost Community Development Corporation], who worked with Fieldstone to bring the training to Arborg, will be meeting with Mayor Randy Sigurdson when he returns, said Deputy Mayor Robbie Thorsteinson.

The mayor is on vacation, council reported.

- Thorsteinson said the town received an amendment from the province regarding the Disaster Financial Assistance program for municipalities.

"It seems they're changing the way DFA is collected," said Thorsteinson. "It's possible they wouldn't pay for preventative measures."

He said sandbags are necessary preventative measures.

"We're doing that for our own protection," he said.

Council said it has not put in a DFA

claim.

A spokesperson for the Emergency Measures Organization, a provincial government department that oversees and co-ordinates emergency preparedness in the province, indicated that no changes have been made to the DFA program. The province administers DFA using the federal government's disaster assistance policy, notably Section 3.2 of the Disaster Financial Assistance Arrangements (DFAA) guidelines.

The EMO spokesperson said the amendment that was recently sent to municipalities "provides clarification on the pre-emptive policy and eligible costs."

- The deputy mayor, who sits on the Fire Committee, provided an update of the Arborg Fire Department.

He said six sets of turnout gear are being considered for purchase.

"Dave from the RM said he can get eight sets of turnout gear cheaper."

The town and the RM share the cost of fire services.

No prices on quotes for the gear were provided.

The deputy mayor provided an update on Fire Chief George Chyzy. In December, the *Express* had reported that Chyzy had taken a leave of absence and that deputy chief of operations Leroy Loewen had been appointed acting

chief until Jan. 1, 2016.

"He [Chyzy] is back now."

Thorsteinson said Chyzy will resume his duties in the next few weeks. Loewen will, in the meantime, continue to act as chief.

- CAO Lorraine Bardarson reported that the town's financial accounts are in good order.

The town passed a resolution to pay \$1.644 million for its water infrastructure project. The provincial government — through the Infrastructure Canada program — will be paying two-thirds of the cost.

"I have put in a claim," said the CAO. "The turnaround time is not so bad." She said the town will, however, have to borrow money to pay the \$1.6 million.

"It will be a short-term loan," said Bardarson. "I need to crunch the numbers."

Council gave first and second reading to a new bylaw that will enable it to borrow those funds.

Bardarson said she will provide all the numbers before council gives the bylaw third reading.

- Coun. Leduchowski reported that the town may get another Handi-van vehicle — a 2011 Dodge Caravan.

"It will be set up to take a wheelchair," she said. "Now we'll have two vans."

Council held an in-camera meeting regarding dogs running at large in the community.

# Fisher Branch schools locked down after possible threat

By Jeff Ward

Lakeshore School Division put both Fisher Branch Collegiate and Early Years School in hold-and-secure mode last week as the RCMP attempted to track down a 50-year-old man after possible threats to the safety of the schools were reported.

At 11:30 a.m. on Tuesday, Jan. 26, RCMP received a third-party report of a threat to Fisher Branch schools, according to RCMP spokesperson Sgt. Bert Paquet. When RCMP officers were unable to locate the man, both schools were contacted to initiate the hold-and-secure, which means all the doors are locked and entry is restricted; however, classes continue as normal.

"We were able to make contact with this man at about 3:30 that afternoon. We felt that based on a few of the comments the third party said he made, we wanted to speak with him and asses the level of threat, if any," said Sgt. Paquet.

According to Sgt. Paquet, the RCMP felt that the threat was minimal from the start. But given the recent events in La Loche, Sask., where a 17-year-old shot and killed two people inside a school, the RCMP have a bit of heightened sensitivity regarding matters like this. The threat level did not increase after the man was

questioned and he was released later that day with conditions to stay away from the schools to ensure the safety of the students and staff.

The RCMP would not comment on the nature or context of the threats, but Paquet did say that the comments made the third party very uncomfortable and that calling the RCMP was the right thing to do.

"We always ask from our residents that if you feel something is suspicious, call us right away," said the

RCMP spokesperson.

School activities continued as normal with increased RCMP presence when classes let out at the end of the day.

The man's identity is not being released.

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# getfishing

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## > ARNIE WEIDL

Hi friends. How was your week?  
As a change of pace, I have a great open-water story from Russ Rempel of Matlock.

He and his cousin Dave Prestige have fished Big Clearwater Lake for years. One hazy, windy weekend, the fishing was as exciting as it gets with big hooked bass "coming out of the water on their tails." Then on one cast, Dave's rod doubled over with something big. Russ got out the net, but when he bent over the side of the boat to bring the fish in, he froze for a second. Then he straightened up and, looking at his cousin, said, "I think we're going to need a bigger net."

There rolling angrily alongside was a jackfish half the length of their craft. Russ, like Dave, being in his 40s, optimistic and well built, got his arms around their catch and hauled it on-board with some difficulty. That was a mistake. Its gaping mouth exposed huge needle like teeth and that, along with its thrashing tail, the monster proceeded to knock over their tackle boxes, their lunch and everything else within reach. The guys, frankly scared, carefully measured the beast as best they could at 54 1/2" and then wrestled the gunwale back into the water. As a parting shot, while they stared fascinated at the frightful creature, it snapped its tail splashing water all over them.

That evening, with the monster still on their minds, instead of going for a swim before supper, the men just went to the edge of the shore and had a quick wash. After supper, Dave had a ritual. For years, he and his dad had come to love fishing here. When his dad died, Dave kept a promise and



EXPRESS PHOTO BY ARNIE WEIDL

Allen Young and Chris Clarke of Winnipeg with a pickerel Allen caught at Breezy Point

buried his ashes by the lake. So, in the cool, quiet cover of night, Russ just nodded in silence when Dave, a drink in hand, would say, "I'll be back" and then faded into the darkness.

Russ knew Dave was going to sit by his dad, have a drink and just talk for a while.

Now back to ice fishing. Last week at Breezy Point, I met longtime pals Allen Young and Chris Clarke from Winnipeg. It was toasty warm inside their newly built shack because of a propane powered "sunflower heater," which, my friends, is the source of our next funny story.

Allen has the most perfect almost full white Santa Claus-like beard. A few days ago, it was a lot fuller. You see, on their first day out here last week, he was trying to adjust the heater. He bent way over, and his beautiful beard dropped into the

glowing heater mesh, singeing a good six inches off. The smell of burnt hair in the shack for the next few days tested Allen and Chris's "buddy ship," but they persevered and their pickerel is their reward for hanging.

The Beausejour bunch — Larry Enns, Leon Desjardins, Garry and Logan Schoenberger and Loren Banochke — are finally back fishing on Gull Lake, thanks to the co-operative efforts of the RM of St. Clements, the RM of Alexander and the Game and Fish organization of Brokenhead. According to Larry, no one was going to be able to go through the gated pier onto the ice, which is jointly owned by the RMs, until an outstanding issue about zebra mussels was resolved. However, those well-meaning

Continued on page 7

Stonewall Teulon  
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# West Interlake citizens' future uncertain until spring

By Jeff Ward

It's been more than three months since the petition to dissolve the RM of West Interlake was sent to the municipal board by the West Interlake Citizens Group (WICG). And in a recent update sent to the WICG, it appears that the committee will have to wait until at least the end of April before their future is decided.

WICG spokesperson Andrea Sweetland is frustrated by the timeline from the municipal board. She says that they've been waiting long enough for a decision and that it's become exhausting to have such an uncertain future. Just a few weeks ago, on Jan. 19, the municipal board told the WICG that they would be deciding a date for a public hearing at the end of February. The municipal board told the WICG that the hearing would likely take place at the end of April.

"Their decision will come much later than that because they'll need to go and review all of the information," said Sweetland.

"I think one of the biggest reasons why they're going so slow with this is because it's going to set precedent. They're trying to be extremely cautious on this and, in some ways, you can't blame them. The reality is that this should have never go to the municipal board in the first place. The minister should have reigned this is long before."

Sweetland said that preparing for the hearing is what the WICG is focused on currently. It's their last shot to drive home their point because after the hearing, no more information can be presented. According to Sweetland, the municipal board is likely to send three board members to hear their case. The hearing is very formal and everyone has the opportunity to make a presentation to the board members.

Sweetland also said that there is no discussion or debating happening at the hearing. Any presentations or questions asked are done so under an oath or affirmation. Questions can be asked of any of the presenters by the board regarding any piece of the information they present.

"Right now, we're in a holding pattern but we're getting back together and discussing what we need to include in the presentation. We're going through every scrap of information we have right now to make sure we include the most important parts. Everything is riding on this presentation," said Sweetland.

All that's left to do now is wait and prepare for the hearing. Sweetland says that even though it's frustrating to have to wait so long, the fact that there is an end in sight is a good sign.

According to Sweetland the public will be given at least a 30-day notice on when and where the hearing will be held so that they can make plans to attend.

## > GET FISHING, FROM PG. 6

folks have found a solution so ice anglers can once again go after all the great perch in the lake.

Larry, being the good-natured guy he is, would not let me get away without giving us at least one funny fishing story. A friend of his, Peter Orlick from Selkirk, was ice fishing and caught a perch. He hauled it out of the hole, and as he was taking it off the hook, he heard a flicking and water sloshing sound. He looked over, following the noise and there was a jack that had followed the perch up the hole but was stuck. Peter went over and grabbed the jack, getting two fish for the effort of one.

Well, happy fishing, folks. See you later.



# VOTE

**Provincial election day is Tuesday, April 19**

**Getting on the voters list:**

Enumerators will visit your home to add your name to the voters list. Look for their photo ID and yellow vests.

Having your name on the voters list makes it easier to vote on election day.



**New for 2016:**

Enumerators will ask for your date of birth and gender. Voters are encouraged to provide this information to help Elections Manitoba prepare a permanent voters list. This information will be kept confidential; it will not be given to political parties or candidates.

**Many voting opportunities are available. Ask about:**

**Advance voting: April 9-16** – You can vote at any advance voting place in Manitoba.

**Homebound voting** – If you are unable to go in person to a voting place due to a disability, you and your caregiver can apply to vote in your home.

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# Gimli's Barvinok Dancers heat up Fraserwood Hall

By Patricia Barrett

Organizers had to throw open the doors of Fraserwood's state-of-the-art events hall last Saturday night when Gimli's Barvinok Ukrainian Dancers raised the temperature by several degrees.

The club, with over 50 dancers, celebrated its 35th Anniversary with eight high-spirited performances and some spellbinding acrobatic feats during Malanka last Saturday.

"It's fun to be active and jumping around," said Maddie Kunz, who has been with the club for six years.

Erika Reykdal, who's in her seventh year with the club, agreed, saying, "You get good exercise."

Both dancers are in the Intermediate level.

Co-president Samantha Michaluk said the club has a lot of second-generation dancers and siblings. And their families pitch in when they can, whether it's prepping the dancers (costumes, hair braiding), fundraising or laying down the portable dance floor mat.

"They're right behind us and get things done," said Michaluk before the performance began. "We have a lot of people who help behind the scenes."

Michaluk said her children Maggie and Brady love dancing with the troupe.

Maggie performed the Poltava with Erika and Maddie and three other dancers in the Intermediate level. The group demonstrated grace, precision and spot-on timing.

Maggie's brother Brady performed the Hopak with the Junior-level dancers, demonstrating great agility with his kicks.

The Pre-beginners and Beginners gave beguiling performances of the Poltava and the Hutzel, and the Senior dancers thrilled the audience during the Hopak with their twirls, lifts and leaps — and enthusiasm.

The club trains children as young as four years old, holding practices at Dr. George Johnson Middle School and Gimli High School.

Its showcase dancers perform at various Interlake venues, at the annual Manitoba Ukrainian Dance Festival and at Winnipeg's Folklorama, among others.

"It's like a weekend away," said Joy Banera, who is co-president with Michaluk and who danced the Volyn with the adult recreational group.

The club has also danced in Vegre-

Continued on page 9



EXPRESS PHOTOS BY PATRICIA BARRETT

The Poltava performed by the Intermediate girls.



The Volyn performed by the adult recreational group.



Senior dancer performs the Pryvit.



The Pre-senior Hutzel



The Hutzel performed by Beginner dancers.



Intermediate dancer Maggie Michaluk performs the Poltava.



Brady Michaluk



Dominique Chudd



Ian Lindal (left) and Chad Sauerborn (right) perform the Hopak.



# 'Leader in Me' training seeing success in early years students

By Jeff Ward

Since launching the Leader in Me program at Ashern Early Years School in January of 2015, students have adapted quickly to the lessons and teachers are starting to see leadership successes.

The Leader in Me uses the book *The 7 Habits of Highly Effective People* to establish a foundation of principals to live by. Being proactive, beginning with the end in mind and thinking win-win are just a few of those habits that students are learning and incorporating into their daily lives.

Students at Ashern Early Years School (AEYS) have responded well to these habits and their teachers are already noticing them being used outside of the classroom.

"We've had a few parents already tell us that their child is using phrases like, 'You gotta think win-win, Mom,'" said AEYS principal Karen Carmichael.

"There's been no resistance to the change at all, which is great. The stories that parents share with us like that make us beam with pride. We've seen students who are on the more shy side really take ownership of projects and become leaders."

According to Carmichael, students at AEYS have already started to show their leadership abilities by volunteer-

ing to read the morning announcements. Students are also stepping up to help organize the cleanup of recess equipment. Carmichael said that she's seen students lead and instruct others on the proper way of putting away the crazy carpets used during recess. Students who would normally be quite shy are finding their self-confidence, which has been very rewarding for teachers to witness.

In the classroom, the injection of these habits into the daily curriculum hasn't slowed progress one bit. For Brandy Springer's Grade 1/2 classroom, her students almost immediately began buying into the habits and using them.

"We're still in the process of teaching the habits. We started going over them at the beginning of January, and we're covering a new one each week," said Springer.

"I'd say it's easier to get the younger students on board because they have no bad habits built up yet. They're very receptive to knowledge early on, so having them incorporate these habits into their lives has been quite easy. We want this to become a lifestyle of success for these students so the earlier they learn it, the better off they'll be."

One of the things that both Carmichael and Springer are excited about

**"THEY'RE VERY RECEPTIVE TO KNOWLEDGE EARLY ON, SO HAVING THEM INCORPORATE THESE HABITS INTO THEIR LIVES HAS BEEN QUITE EASY."**



EXPRESS PHOTO BY KAREN CARMICHAEL

Grade 3 student Felicia McIvor reads the morning announcements at the Ashern Early Years School.

going forward is how their students progress through the school system in Ashern. Students that leave the K-4 EYS and go onto to Ashern Central School will continue to get those lessons of leadership. Both Carmichael and Springer are interested to see how they will use those skills later in life.

"There's only so much we can control as educators and I can only control what happens from 9 a.m. to 3:30 p.m. It seems like a long way away to think about the future after they leave our school, but it is very exciting to think about," said Springer.

## > BARVINOK, FROM PG. 8

ville, Alta., and Chicago and has even gone as far as Costa Rica, said Mike Chudd, whose daughter Dominique and son Jeremy perform with the Seniors.

"There is a large population of Ukrainian descendants in Central America," said Chudd, who danced with the adult group for about a year until his knees encouraged him to stop.

The seniors have earned a number of awards for their performances.

"The group is upset if it gets anything other than gold," said Chudd, whose family operates Chudds Powersports and the Esso station at Highway 8 and PR 231.

He said he and his wife travel with the Seniors to various events, and he

also acts as filmmaker, recording their performances.

He said all the parents care for one another's children when on tour.

"It's an entire group effort of great people," he said. "We wouldn't have been able to do Costa Rica without them."

Despite some challenges, such as high temperatures and injuries, the dancers are dedicated performers, and they will "fight through the injuries" even if they occur during a show, said Chudd.

His son Jeremy, for instance, broke his arm. He was at the top of a pyramid and fell when a dancer lost his balance.

"He finished the dance," said Chudd. "He even caught the swords that were

thrown then spent six to eight weeks in a cast."

And senior dancer Chad Sauerborn, whose siblings Kael and Jessica also perform, sprained his ankle once when he landed from a toe-touching leap, said Chudd.

Jeremy and Chad started dancing with the club about 18 years ago.

"They look out for each other," said Chudd. "They're like family."

The celebration attracted 360 people from Gimli, Fraserwood, Winnipeg Beach and surrounding areas. All proceeds will go towards the club.

Parents hold a number of fundraisers to pay for costumes (some of which they get from Ukraine), tours and hall rentals.

"We sold 625 kovbasa at \$9 each last year," said Michaluk, who, in addition to her management role, helped prepare and serve the meal.

Celebrants dined on pork from Tip Top Fine Foods in Gimli (which recently sold its business), cabbage rolls, perogies, potatoes, mixed vegetables, coleslaw, salad and a variety of desserts, including a 35th Anniversary cake made by Banera's niece.

The band Kalyna, which has been "helping Ukrainians party in Western Canada for 28 years," according to its website, took to the stage after supper.

The dancers performed a Kolomeyka later in the evening.

Barvinok will be performing at Gimli High School just before Mother's Day, at the Manitoba Ukrainian Dance Festival (March 11-13) in Winnipeg and the Troyanda Festival in Brandon in April.

For more information, contact Samantha Michaluk at 204-642-8772 or Joy Banera at jbanera@mymts.net.



# Politics and cattle farming: the Liberal approach

By Patricia Barrett

Jamal Abas, Liberal MLA candidate for the Interlake, helped deliver the first calf of 2016 on his family's cattle and grain farm near Hodgson last week. The birth just happened to fall on the one-year anniversary of his nomination.

To Abas, who has worked on various political campaigns, both municipal and provincial, farming and politics are not such strange bedfellows. The lessons learned in one arena can be applied in the other.

Calving is serious business, perhaps akin to creating new legislation or departmental policy: it has to be monitored as it develops to ensure nothing's forgotten or that it doesn't die.

"Calving is a full-time job," said the young candidate, who gave the *Express* a tour of the farm and underscored the importance of government support for cattle operations in the Interlake. "You have to live there and check every two hours."

By there, he means a snug second-storey loft in the birthing barn, several kilometres from the family home. The room is fitted with a window that overlooks the barn, a single bed, a few chairs and a table, and a number of cow-related items, such as bag balm, a gooey unguent that soothes irritated udders.

As he watched the newborn interact with her mom in a roomy straw-filled pen, Abas said many things can go

wrong.

Sometimes the vet has to be called out to perform a C-section. Sometimes mothers reject their offspring. Sometimes the calves won't suckle. Calves are also susceptible to coxy (coccidiosis), a parasitic infection that causes stomach and intestinal tract complications.

"You keep extensive records on calving," said Abas, who, in addition to co-managing the family's herd of 180 cows, helps grow hay and grain on land the Abas forbears settled in 1913.

From diet to behaviour to pen conditions, everything has to be monitored, he said. It's the attention to detail that will ensure success in the long run.

"You have to know your herd."

And likewise, an MLA candidate has to know his or her constituents.

Having grown up on a farm, and having travelled all over the Interlake on farm-related business, Abas said he knows farmers have faced — and are facing — challenging times, especially in cattle country between the Lakeside and Interlake ridings.

Consecutive wet years, flooding, deductibles that increased when farmers applied for disaster relief, insurance that covered only 80 per cent and low agricultural prices have taken a toll on them, he said.

"Some farmers are a half-million in debt," said Abas, who started running the combine and baler when he was 12 and now does the lion's share of the baling. "They hold two jobs in addition to the farm."

He said there are astronomical costs associated with farming — equipment, infrastructure, hay, feed (barley, oats), bedding and vet bills.

"I attended a lot of auction sales," said Abas, who grew up during the BSE (mad cow disease) crisis.

He said he recently spoke with a Lakeside riding farmer who expressed concern about the state of beef production in the province and his own livelihood.

"He had 1,000 head," said Abas.



EXPRESS PHOTO BY PATRICIA BARRETT

Jamal Abas, Liberal MLA candidate for the Interlake, co-manages about 180 beef cattle on his family's farm near Hodgson.

"Now he's down to 200."

Agriculture in Manitoba brings more revenue than Hydro, said Abas, yet the challenges farmers face are going unaddressed by the other political parties.

"All communities are driven by their local economy — and that's agriculture," he said. "We all need to eat." Abas said there are solutions to the decline in beef production, which he put at about 16 per cent.

Leadership that "backs" agriculture through assistance programs is one, and the willingness of young people — his generation — to "strategically invest" and be "very efficient" is another.

"You have to be a good financial manager with farming," said Abas. "You build as much as you can before you make investments."

To cut down on expenses, some cattle farmers are timing their calving season to occur in spring or early summer, said Abas' father, Boyd, who stopped by to check on the newborn and her mother.

"In winter months, there is a need for proper infrastructure [for birthing]," said the senior Abas, who runs an electrical business on the farm and is also serving his third term as councillor for the RM Fisher.

The costs associated with veterinarian services can't be avoided when cows require birthing assistance.

"Vet services are an integral part

of herd health," he said, "and we're grateful to have them."

The heifers corralled in the outdoor pens certainly look healthy enough, having been fed a blended diet of hay and grain.

Every head shot up when Abas grabbed a big white bucket near the gravity wagon and headed to the pen gate.

"Farming is sustainable and a benefit to the economy," he said, as he filled the heifers' troughs with oats. "I wish there were more people in the Manitoba Legislature that understood that."

He said at one time there were high hopes for change with the Conservatives, but it became a case of "all hat and no cattle."

"The government has a role to play in facilitating collective dialogue," he said.

And he emphasized the importance of working together to find solutions, both in the Legislature and in the field.

"This election is the most important one in Manitoba," said Abas. "History shows us what good government can do."

Not only are there other farmers' hopes riding on the upcoming election, but his own as well.

"The farm is the place that makes me the most happy."

## THANK YOU

The Rural Municipality of Gimli would like to extend a sincere THANK YOU to the TSN Skins Committee for donating \$5,000.00 towards the purchase of a new scoreboard for the Gimli hockey arena. Your generous contribution is greatly appreciated by hockey players and fans and will continue to be appreciated for years to come!



Sincerely,  
RM of Gimli Council, Staff and Citizens

The picture shows Deputy Mayor Peter Peiluck receiving the donation from Hans Wuthrich with the TSN Skins Committee.





# Ashern students raising funds to fight malaria in Africa

By Jeff Ward

Grade 9 students from Ashern Central School are raising money for Plan Canada's Spread the Net Student Challenge, a friendly nationwide competition between schools that raises funds for malaria-preventing bed nets in Africa.

Students have raised more than \$1,000 since December for the challenge, placing them in one of the Top 4 schools in the country, according to their teacher, Chelsey Lowry.

Each of the Top 4 schools will be visited by Rick Mercer, co-founder of Spread the Net, and will be featured on the season finale of his show, *The Rick Mercer Report*. Last year, 102 participating schools raised more than \$150,000, and since 2007, there has been more than \$1.41 million raised in the fight against malaria. According to the Spread the Net website, it only takes \$10 to purchase a bed net, which will help save the lives of two children for up to three years.

"Since we started fundraising, we've been in what we call Operation Rick

Mercer," said Lowry, who teaches the class alongside Jennifer Bjornson.

"The students have done a silent auction, organized a staff versus students floor hockey game, sold snacks and also hosted a fun lunch at [Ashern Early Years School]. We've had a few students who've really taken ownership

over this fundraiser and they're doing everything they can to succeed."

Lowry said that in the last few weeks of fundraising, the students will be asking local businesses and other members of the community to donate to help them get to their goal of \$1,500. Lowry said that students are also organizing another fun lunch at the school to help reach their goal.

According to Plan Canada, malaria kills approximately 600,000 people every year, with 90 per cent of these deaths occurring in Africa. The majority of those deaths are children under five years old. Lowry says that her students want to help reduce those numbers and are happy to be contributing

**"WE'VE HAD A FEW STUDENTS WHO'VE REALLY TAKEN OWNERSHIP OVER THIS FUNDRAISER AND THEY'RE DOING EVERYTHING THEY CAN TO SUCCEED."**



EXPRESS PHOTO BY CHELSEY LOWRY

Ashern Central School students are working hard to raise money for the national Spread the Net Challenge. For every \$10 they raise a mosquito net can be purchased to help a family in Africa protect themselves against malaria. Pictured left to right: Sam Jones, Kiara Kirton and McKenzie Gibson.

to such an important cause. According to Plan Canada, the number of malaria deaths have dropped by nearly half since 2000.

Those interested in helping the students reach their goal are encouraged

to go to [www.spreadthenet.ca](http://www.spreadthenet.ca) and navigate to the student challenge and search for Ashern Central School. Donations can be made directly through their page.



BELOW,  
PHOTO BY JOHN  
MCFADDIN  
FROM FXR.



## Winnipeg Jet takes flight

EXPRESS PHOTO SUBMITTED

Dustin Byfuglien of the Winnipeg Jets, pictured centre, took flight with Derek Longley, pictured right, of Prairie Helicopters last Wednesday. Longley said they took the NHL defenseman out for a ride around the area and he stopped to do some ice fishing in Winnipeg Beach.

**February 10-14, 2016**  
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Wed: 8:30 am, 12:15 pm, 4 pm, 8:15 pm  
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Sun: 9 am, 2 pm.

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Special: After 6:00 pm Youth \$2 and Adults \$5  
Autograph Session with curlers - 7:45 - 8:15 pm

**Thursday: Curling begins at 8:30 am**  
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# Winnipeg man donates to Coldwell Foundation in sister's memory

By Jeff Ward

Harold King recently made a \$25,000 donation, in memory of his late sister Myrtle Smith, to the Lundar Coldwell Community Foundation to be used to help support the Eriksdale United Church.

King says his sister passed away in May of 2015 and that since then, he and his wife have been looking for a way to memorialize her memory. King spoke with the Interlake Community Foundation (ICF), which helps support the residents of Rockwood, Rosser, Stonewall, Teulon and Woodlands to invest in the future of their community, where King made a similar \$25,000 donation to memorialize his parents a few years ago. The ICF instructed him to reach out to the community foundation in Lundar, which could help him find a better benefactor for his donation. King made the donation at the begin-

ning of January.

"My sister was quite active in the Eriksdale community," said King.

"She led 4-H clubs and taught Sunday School at the Eriksdale United Church for years. So I wanted the money to go towards the church, and with the help of the [Lundar Coldwell Community Foundation], I'm able to have my donation continually help the church."

King made a memorial donation of \$25,000 to the Lundar Coldwell Community Foundation with the stipulation that the interest that the money accrues be given to the Eriksdale United Church.

King's grandparents had their homestead just west of Lundar, so King is very familiar with the community

and has spent plenty of time in both Lundar and in Eriksdale visiting his sister. He said he's very happy that his donation will help the church his sister loved so much, and also help Coldwell. The endowment fund for

increases significantly through his donation, which allows the foundation to grant more money back into the community annually.

The timing of King's donation also helps complete the challenge to raise \$50,000 in an 18-month period set by the Thomas Sill Foundation. The challenge, which ends in April, pays out \$1 for every \$2 raised up to a maximum payout of \$25,000.

"It's not every day that you get a phone call from someone wanting to give you \$25,000," said Irene Runolfson, treasurer for the community foundation in Lundar.

"I felt a little bad because when he asked to make a donation in honour of his sister, I had to tell him that those start at \$5,000. But when he told me he wanted to send us \$25,000, I was in complete shock — it was a good thing I was sitting down."

With King's donation added to the amount already raised by the foundation, the Lundar Coldwell Community foundation will receive an extra \$25,000 from the Thomas Sill Foundation. King's donation also marks an exceptional milestone of more than \$75,000 raised by the Lundar Coldwell Community Foundation in just over one year.

**"BUT WHEN HE TOLD ME HE WANTED TO SEND US \$25,000, I WAS IN COMPLETE SHOCK — IT WAS A GOOD THING I WAS SITTING DOWN."**

*In Loving Memory*



*Myrtle Muriel Smith (nee King)*  
November 14, 1925 - May 16, 2015

"Mr. King's donation is so generous, and we're thrilled that we can help support the church in the named fund for his sister and that we're able to continue to give back to our own community as well. He's a very special person and his donation will help support these communities forever," said Runolfson.

## Local band Jethead to perform at arena fundraiser

### CFRY Radio Amateur Talent Show Feb. 6

By Jeff Ward

Jethead's lead vocalist Chayce Loewen is excited to return to his hometown of Lundar this weekend to perform live in the CFRY Radio Amateur Talent Show and to help raise money for the construction of a new arena facility in town.

Loewen, who grew up in Lundar, will be one of approximately 20 acts performing during the talent show on Saturday, Feb. 6 at the Lundar Community Hall. All acts will be broadcast over the CFRY 920 AM band, and prizes will be given out to the top performers based on talent and pledge totals. During the broadcast of the talent show, the phone lines will open for listeners to call in and pledge their favourite performer and help support the cause.

Loewen says he's excited at the prospect of helping raise money to build a new arena facility because, as a kid, he spent countless hours inside the current arena and pool.

"I'm going to play songs that are connected to the town and my memo-

ries of being there," said Loewen, who will sing and play the guitar with his band Jethead.

"I'm going to play a song I wrote about a friend of mine who also grew up in Lundar with me who took his own life a few years ago. I never played hockey, but he did and played inside the arena a lot. It's a special thing to be singing about him in hopes of building something new there."

Loewen says that it's bittersweet to be helping raise money to build a new arena facility. Many of his childhood memories take place at the pool or watching hockey games at the arena, but he said that he's happy to help the community he grew up in achieve their goals as well.

"It's a great thing to be asked, and when I was asked, I jumped at the opportunity. Anything I can do to help, I'm willing to do," said Loewen.

Also performing will be the Lundar Daycare children, Loa and Iris Thorkelson, Carl Swan and friend, Eva Kerbrat, Austin Magnusson, Lana Malcolm, Madison Olason, Quentin



EXPRESS PHOTO COURTESY OF CHAYCE LOEWEN

Jethead will be performing this weekend during the Lundar CFRY Radio Amateur Talent Show helping to raise funds for the new arena complex. Pictured, left to right: Jamie Vanderhorst, Chayce Loewen, Tanner Bryant, Dylan Jeffers and Marlon Johnson.

Pascal, Jennifer Houle, Neil Thornham, Bev Gauthier-Rowden, Dave Greene, Jim Williamson, Daylon Zanewich, Maija Kaartinen, Jeannette Ryden and Jerry Saunders. There will be a little bit of everything for every-

one.

All money raised through the show through pledges will go towards the new arena facility project. Last time the talent show was in Lundar in 2011, more than \$26,000 was raised.



# get inspired

> MEAL IDEAS

## Big batch beef and root veggie stew



### Ingredients

2 tbsp (25 mL) vegetable oil  
4 carrots, cut into bite-size chunks  
4 stalks celery, thickly sliced  
2 onions, chopped  
2 tsp (10 mL) dried thyme  
1 tsp (5 mL) dried rosemary  
Pepper  
3 lbs (1.5 kg) stewing beef, cut into 1-inch (2.5 cm) pieces  
4 cups (1 L) reduced-sodium beef broth  
1/4 cup (50 mL) tomato paste  
2 tbsp (25 mL) red wine vinegar or balsamic vinegar  
1/4 cup (50 mL) all-purpose flour

2 cups (500 mL) 1% milk, divided  
2 lbs (1 kg) potatoes, peeled if desired (about 4), cut into 1-inch (2.5 cm) pieces

Dijon mustard, prepared horseradish or steak sauce (optional)  
Directions

In a large, deep pot, heat oil over medium-high heat. Sauté carrots, celery, onions, thyme, rosemary and 1/2 tsp (2 mL) pepper for about 10 minutes or until onions are softened.

Stir in beef until well mixed and pieces are separated. Stir in broth, tomato paste and vinegar; bring to a simmer, scraping up any bits stuck to pot. Reduce heat to medium-low, cover and simmer, stirring often, for 45 minutes or until beef is starting to get tender.

In a saucepan or microwave-safe measuring cup, heat 1-1/2 cups (375 mL) of the milk over medium heat on stovetop or on Medium (50%) power in microwave until steaming. Whisk flour into remaining cold milk.

Uncover stew, increase heat to medium and stir in potatoes. Stir in flour mixture, then hot milk until blended. Reduce heat and simmer, stirring occasionally, for 30 to 45 minutes or until beef and potatoes are tender. Season to taste with pepper. Stir mustard, horseradish or steak sauce into each serving, if desired.

## Cheddar Beef Enchiladas



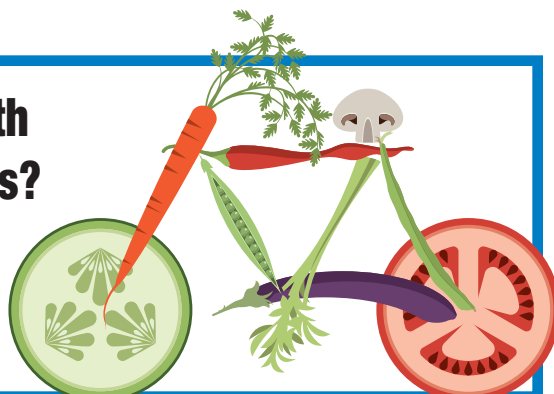
Yield: 2 casseroles (5 to 6 enchiladas each)

### Ingredients

1 pound ground beef  
1 envelope taco seasoning  
1 cup water  
2 cups cooked rice  
1 can (16 ounces) refried beans  
2 cups shredded cheddar cheese, divided  
10 to 12 flour tortillas (8 inches), warmed  
1 jar (16 ounces) salsa  
1 can condensed cream of chicken soup, undiluted

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## The Skill: Maintaining Control of Your Eating and Drinking While Socializing

### PART 1

The people who are sitting at a table with us can have overt or subtle influences on our eating patterns, often without our realizing it. In one study, researchers from the Netherlands manipulated portion sizes and the food intake of others during a twenty-minute eating occasion to see what effect this would have. As it turned out, the participants consumed more when they were offered a larger portion, and they ate more when their companion ate more – a potentially harmful double whammy! In a separate study, these same researchers found that women were more likely to take a bite of their meal within five seconds of their dining companion than to eat at their own pace – a powerful example of what's known as "behavioral mimicry".

And yet we're usually unaware of these dynamics. In two studies published in Health Psychology, researchers paired up 122 women to examine how the presence and behavior of a dining companion would influence the amount of food the other person consumed in an eating setting. In both studies, there were strong similarities between the amounts of food each member of each pair consumed, but most participants identified hunger and taste as the primary drivers of their intake, not their partner's behavior. This is called the "social facilitation" effect, and it essentially means that the sheer presence of other people at the table is likely to make you

eat and drink more than if you were dining alone.

In the real world, when you're sharing a meal with others during a holiday get-together, a dinner party, or even a restaurant gathering, it's easy to lose sight of how much, or even what, you're consuming. Your hand may pass back and forth to the bread plate or tortilla chip basket more times than you'd care to count. You may reach for seconds (or thirds) if the serving bowl is near you, just because of the sheer proximity of it. Perhaps this is partly because when you're with company you enjoy, you relax, which also can cause you to loosen the reins of your dietary restraint. Plus, dining with others means sitting at the table longer which may make you continue to pick at food that's on the table even if you've had enough.

It's also easy for your dietary resolve to become derailed when you're at a part or social event where the unspoken mantra seems to be "eat, drink, and be merry." Fortunately, it is possible to have a good time without overeating or regretting your dietary actions the next day – if you get into the right mind-set ahead of time. Stay tuned for Part 2.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK



### Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in rice. Cook and stir until liquid is evaporated.

Spread about 2 tablespoons of refried beans, 1/4 cup of the beef mixture and 1 tablespoon cheese down the center of each tortilla; roll up. Place seam-side down in two greased 13x9x2-inch baking dishes.

Combine salsa and soup; pour down the center of the enchiladas. Sprinkle with remaining cheese. Bake one casserole, uncovered, at 350 F for 20 to 25 minutes or until heated through and cheese is melted. Cover and freeze remaining casserole for up to 3 months.

To use frozen casserole: Thaw in the refrigerator overnight. Cover and bake at 350 for 30 minutes. Uncover; bake 5 to 10 minutes longer, or until heated through and cheese is melted.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lott wins junior national men's curling title

By Brian Bowman

Matt Dunstone won Manitoba's fourth consecutive men's gold medal at the 2016 Canadian junior curling championships last Sunday after defeating Northern Ontario's Tanner Horgan of Copper Cliff 11-4.

Manitoba's rink also includes third Colton Lott of Sandy Hook, second (and vice-skip) Kyle Doering, lead Rob Gordon and coach Calvin Edie.

"This feels amazing to be able to do it again," said Lott, 20, already back at work Tuesday afternoon. "The first time was a dream come true, but to do it a second time is that much better."

Lott was a member of Dunstone's 2013 national-winning team in Fort McMurray, Alta., which went on to win a bronze in Sochi, Russia. They also they won bronze at the 2012 Canadian Juniors in Napanee, Ont.

The gold medals three years apart for Dunstone and Lott at nationals match a record held by Alberta's Scott Pfeifer for the longest gap between Canadian junior titles.

That gap was the result of Braden Calvert winning the Manitoba junior men's title the past two years. It's not easy winning a junior title in the talent-laden junior men's field here in Manitoba.

"It's never easy, especially losing in the finals both years to Braden," Lott stressed. "It was hard. We knew we had to get out of Manitoba, at least, to stand a chance of getting (to nationals)."

Sunday's lopsided final win was decided very early. After Horgan scored a pair in the first end, Dunstone roared back to score three in the second and third ends and then added another in the fourth for a commanding 7-2 lead.

Horgan scored one in the fifth but Dunstone scored three more in the sixth to lead 10-3. The teams traded singles in the next two ends before shaking hands after eight ends.

Manitoba finished the Championship Pool 9-1, which tied them with Northern Ontario. Dunstone then whipped B.C. 8-3 in a semifinal to reach the final.

Manitoba's four-straight national wins matches the Saskatchewan record of four in a row, set between 1949 and 1952. It was Manitoba's 12th Canadian junior men's crown.



EXPRESS PHOTOS COURTESY OF CURLING CANADA/MICHAEL BURNS

The 2016 Canadian Junior Men's Curling champions, from left, Matt Dunstone, Sandy Hook's Colton Lott, Kyle Doering, coach Calvin Edie and Rob Gordon.

"We have a pretty strong field for provincials," Lott said. "Everyone is really talented and I see lots of juniors putting in the time to practice and focus on their goals. It's not just us – everybody has that goal."

With the national victory, Dunstone's rink will now head to Taarnby, Denmark for the 2016 World Juniors from March 5-13.

"It will be phenomenal," Lott said of competing at the world junior championships once again. "It will be quite the trip. I've never been to Denmark, so it will be interesting."

Manitoba will be looking to make it back-to-back gold medals for Canada after Braden Calvert's victory last year in Estonia. Lott will also be looking to improve on his bronze-medal performance at the junior worlds.

"Hopefully, we can better my last experience at worlds," he said. "(This time around) I won't be as nervous and I'll be ready to go right out of the gate."



Colton Lott delivers a shot during the junior men's nationals.





# Wolves split weekend games

By Brian Bowman

The Gimli Wolves split a pair of Manitoba Senior Hockey League games last weekend.

Gimli trounced Beausejour 7-2 on Friday and then was defeated 6-4 by Lac du Bonnet the following night.

In the win over the Beavers, Gimli scored six unanswered goals — five of them coming in the third period.

Trent Genyk led Gimli with two goals and an assist while Pierre Landry also tallied twice.

Garth Krulicki and Brock Genyk also scored for the Wolves. Ryan Seekings finished the game with three assists and Wes Pawluk had two helpers.

Riley Welsh and Andrew Brown scored second-period goals for the Beavers. Tyler Oswald posted the win in goal.

In Saturday's loss, the Blues scored four goals in a 12:01 span in the third period for the comeback win.

Trent Genyk, once again, had two goals and an assist while Brock Genyk

scored once to go along with three assists.

Pawluk had a goal and a helper.

Steve Later (two), Glenn Weiss, Steve Obelnicki, Ryan Kindret and Pat Brincheski scored for the Blues.

With the split last weekend, Gimli is now 8-6 and in second place with 16 points. The Wolves are six points back of the first-place Stonewall Flyers (11-1).

Gimli will play Beausejour in Garson this Saturday.

The Lakeside Phantoms, meanwhile, were also in action last Saturday, losing 6-5 to Beausejour.

Tristan Allain led Lakeside with a pair of goals while Eric Bruce and Mike Shannon each had a goal and two assists. Brett Gulay also scored for Lakeside.

Richard Enns (two), Richard Mao, Dustin St. Godard, Nick Stelmack and Justin Lussier replied for the Beavers.

Lakeside (0-13) will host Lac du Bonnet on Friday.

**EXPRESS PHOTO BY LANA MEIER**  
Trent Genyk led Gimli with two goals and an assist in the Wolves' 7-2 win over the Beausejour Beavers last Friday.

## Local teams see KJHL action

By Brian Bowman

The OCN Storm snapped a 2-2 tie with four unanswered goals en route to a 6-2 road win over the Lundar Falcons in Keystone Junior Hockey League action last Friday evening.

Lodie Ipeelie led OCN with three goals and an assist while Mitchell Tilley, Camacho Lathlin and Drew Morin also tallied.

Brandon Worthing scored a first-period goal for Lundar and then Jason Nikkel found the back of the net in the second.

On Jan. 27, Jeremy Pachkowsky scored four times to lead the Selkirk Fishermen to a 6-4 road win over the Falcons.

Selkirk, which held period leads of 3-0 and 5-1, also received first-period goals from Drayton Mendrun and Kale Ilchena.

Trent Laycock scored for Lundar in the second period and then Cody Paul, on the power play, Brenden Carlson and Terence Roulette tallied in the third.

Riley Bannerman made 37 saves for the win while Travis Rigden stopped 25 Selkirk shots.

With 32 seconds left in the second period, things got a tad ugly with a dustup that resulted in a couple of

fight and several game misconducts.

Lundar (15-11-0-4) will visit St. Malo tonight and then host Selkirk on Friday. Both games start at 8 p.m.

The Arborg Ice Dawgs, meanwhile, lost 3-2 to the Warriors in St. Malo on Saturday.

Bryden Johnson gave the home side a 1-0 first-period lead and then Jared Magne scored a pair of goals late in the second. His first goal was a short-handed tally and then he struck on the power play just 3:01 later.

Arborg made it close in the third, however, as Travis Kilbrei and Kyle Barkman scored power-play goals four minutes apart midway in the period. The goals came after a couple of fights at 5:10 and 9:35 of the period.

On Jan. 26, the Ice Dawgs were doubled 4-2 by the North Winnipeg Satellites.

Colton Davies scored a first-period goal for Arborg and then Clint Torfason added a power-play marker in the second.

Bryan Mackenzie, Derek Ramage, Jesse McIntosh and Sean Murray scored for North Winnipeg.

Arborg (16-13-0-2) played at Selkirk this past Tuesday but no score was available. The Ice Dawgs will host St. Malo this Saturday.



**EXPRESS FILE PHOTO BY LANA MEIER**

The Ice Dawgs' Travis Kilbrei scored a power-play goal during Arborg's 3-2 loss to the St. Malo Warriors.

Meanwhile, both the Peguis Juniors and Fisher River Hawks did not see any game action last week.

Peguis will resume league play tonight when it hosts the Hawks at 8

p.m. Peguis will then play at Norway House this Saturday and Sunday.

Fisher River will also be on the road those same two nights this weekend as they travel to OCN.



# Skate ski racers



EXPRESS PHOTO BY BONNIE TINKER

Teulon's Liam Tinker (left) and Bryce Bodnarus of Arborg, representing the Teulon Cross Country Ski Club Jackrabbit program, travelled to Falcon Lake for a skate ski race and biathlon on Jan. 30. Tinker finished first in the PeeWee boys "3" division and Bodnarus finished fifth in the PeeWee boys "4" division.

Manitoba Hockey Standings									
MANITOBA JUNIOR									
HOCKEY LEAGUE									
Portage Terriers	GP	W	L	OTL	PTS	GF	GA		
Steinbach Pistons	49	37	9	3	77	199	119		
Winkler Flyers	47	33	11	3	69	201	123		
Winnipeg Blues	49	25	18	6	56	178	145		
Virden Oil Capitals	46	27	18	1	55	156	108		
Swan Valley Stampers	48	20	23	5	45	141	165		
OCN Blizzard	50	21	27	2	44	150	184		
Selkirk Steelers	47	20	25	2	42	167	195		
Dauphin Kings	46	16	27	3	35	138	185		
Waywayseecappo Wolverines	48	13	31	4	30	124	205		
Neepawa Natives	47	9	37	1	19	99	244		
KEYSTONE HOCKEY LEAGUE									
South Division									
Selkirk Fishermen	GP	W	L	OTL	PTS	GF	GA		
St. Malo Warriors	30	22	6	0	46	122	84		
Lundar Falcons	30	19	8	0	41	146	112		
Arborg Ice Dawgs	30	15	11	0	34	132	118		
North Winnipeg Satellites	31	16	13	0	34	139	120		
North Division	32	11	21	0	22	115	155		
Peguis Juniors	GP	W	L	OTL	PTS	GF	GA		
OCN Storm	29	23	4	2	48	239	101		
Cross Lake Islanders	29	22	6	1	45	204	106		
Fisher River Hawks	31	14	17	0	28	206	195		
Norway House North Stars	30	8	21	1	17	153	220		
	30	1	29	0	2	83	328		
MANITOBA SENIOR									
HOCKEY LEAGUE									
Stonewall	GP	W	L	OTL	PTS	GF	GA		
Gimli	12	11	1	0	22	97	45		
Lac du Bonnet	14	8	6	0	16	100	61		
Beausejour	13	7	6	0	14	87	60		
Lakeside	12	6	6	0	12	62	67		
	13	0	13	0	0	31	144		
AAA MIDGET									
HOCKEY LEAGUE									
Eastman	GP	W	L	OTL	PTS	GF	GA		
Wild	38	35	0	1	73	195	78		
	37	30	5	1	62	152	68		
Yellowhead	37	24	7	1	54	128	88		
Thrashers	36	26	9	1	53	173	88		
Central Plains	38	21	11	2	48	128	99		
Kenora	37	18	17	2	38	138	148		
Southwest	38	18	18	1	38	125	129		
Brandon	37	18	18	0	37	106	115		
Parkland	37	16	17	0	36	136	150		
Interlake	37	8	29	0	16	94	185		
Pembina Valley	37	6	28	1	15	74	173		
Norman	37	3	32	2	8	100	228		
AAA CITY MIDGET									
HOCKEY LEAGUE									
Winnipeg Monarchs	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Hawks	29	22	5	0	46	160	75		
Winnipeg Warriors	30	18	10	1	38	135	111		
Eastman Selects	29	17	10	2	36	104	85		
Winnipeg Sharks	29	15	13	0	31	83	82		
Interlake Lightning	30	13	12	2	31	118	120		
Yellowhead Chiefs	31	0	29	1	2	52	179		
Parkland Rangers	0	0	0	0	0	0	0		
AAA BANTAM									
HOCKEY LEAGUE									
Winnipeg Monarchs	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Warriors	29	25	3	0	51	196	56		
Eastman Selects	27	22	2	1	47	184	52		
Winnipeg Hawks	28	16	10	1	34	137	104		
Winnipeg Sharks	28	13	14	1	27	104	94		
Interlake Lightning	28	8	18	2	18	85	146		
	30	4	26	0	8	64	199		
MANITOBA FEMALE MIDGET AAA									
HOCKEY LEAGUE									
Yellowhead Chiefs	GP	W	L	T	OTW	OTL	Pts		
PV Hawks	23	18	1	-	2	2	42		
Westman Wildcats	24	17	4	-	2	1	39		
Central Plains	25	16	4	-	1	4	38		
Winnipeg Avros	23	14	6	-	2	1	33		
Eastman Selects	26	9	11	-	4	2	28		
Norman Wild	23	6	15	-	1	1	15		
	23	3	19	-	-	1	7		

# Midget Lightning drop pair of home games

By Brian Bowman

The Interlake Lightning had a good start to their game against the Yellowhead Chiefs on Saturday. But the final two periods were not very good at all.

Riley Vautour gave the Lightning a 1-0 lead midway in the opening period but it was all Yellowhead after that.

The Chiefs scored six unanswered goals on their way to a 6-1 road win in Manitoba AAA Midget Hockey League action.

Tucker Scantlebury scored a pair of power-play goals in the second period while Ryan Heino tallied at even strength to give the Chiefs a 3-1 lead after 40 minutes.

Heino added two more goals to start the third and then Adam Robidoux made it 6-1 by 11:58 of the period.

Yellowhead outshot the Interlake 57-23.

The Lightning started the weekend

with a 7-3 loss to the Parkland Rangers on Friday.

Parkland jumped out to a 3-0 lead just 12:15 into the game on a pair of goals by Dustin Mozdzen and another by Bradley Marshall.

Preston Phillips cut into that lead late in the opening period, though, and then Parkland's Lane Kirk and the Lightning's Noah Basarab traded second-period goals.

In the third, Bradyn Smelski (two) and Vincent Hughes scored for the Rangers while Jordan Kristjanson replied for the Lightning.

Interlake (8-29) will get another crack at both Parkland and Yellowhead this weekend when the Lightning head north for a two-game road trip.

The Lightning will play Parkland in Dauphin on Saturday and then will visit Yellowhead in Shoal Lake on Sunday.

Both games start at 2:30 p.m.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Jordan Kristjanson scored in the third period during Interlake's 7-3 loss to the Parkland Rangers.



# Lakers reach finals of basketball tournaments

By Brian Bowman

The Gimli Lakers reached the final of their varsity girls' home tournament last Saturday, losing 68-50 to Faith Academy.

Gimli reached the final after trouncing Springfield 76-18 in a semifinal matchup.

In the Lakers' first game of the tournament, Gimli soundly defeated Gray Academy 70-25.

In the third-place game, Ste. Rose edged Springfield 46-45. The seventh-place game saw St. Laurent beat The King's School 59-41.

In junior varsity boys' action, Gimli lost 92-20 to the Niverville Panthers in the final of a Niverville tournament.

The Lakers reached the final after defeating the W.C. Miller Aces 52-41.

Gimli started the tournament with

a lopsided 72-32 win over Steinbach Regional.

The third-place game saw Ste. Anne

defeat W.C. Miller 74-51 while Niverville won the seventh-place game with a 48-44 win over Green Valley.

## Arborg to host major skating event

Submitted

The Arborg Skating Club is excited to host the 2016 Skate Canada Manitoba Open Free Skate Competition from Feb. 13 to 14 at the Arborg & District Arena.

The two-day event will host over 100 figure skaters from across Manitoba, Saskatchewan and Ontario.

This competition provides an opportunity for skaters to try out new programs and skills for the upcoming season and for others to perfect current skills, according to a press release.

This diverse range of figure skating will provide spectators a great fan experience throughout the week-

end.

"The entire volunteer team has been working tirelessly to ensure that everyone experiences the best that the Arborg community has to offer," said Sherri Orbanski, the host committee co-chairperson.

Tickets are \$5 per day for adults and \$3 for students and seniors.

## take a break > GAMES

### SUDOKU

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

Fun By The Numbers

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Level: Intermediate

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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!

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

Sudoku Answer

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

Crossword Answer



## CROSSWORD

### CLUES ACROSS

- Construct
- Seal
- Last from Kent Haruf
- A public promotion
- Acutely insightful and wise
- Yemeni rial
- \_\_\_ Lang (country singer)
- Blue Hen school
- Decaliter
- Point midway between S and E
- 12th Greek letter
- One point S of SE
- Pools
- Notes of hand
- Algerian dinar
- Metal cooking vessel
- Short poking stroke
- Mountain Standard Time
- Dark hairs mixed with light
- Hosts film festival
- Frost
- Former moneys of Brazil
- Bodily perceptions
- Baseball great Ty \_\_\_
- Before
- \_\_\_ Caesar, comedian
- Containerful
- Expression of uncertainty
- Tells on
- Bones
- As fast as can be done (abbr.)
- Singer Jolson
- Atomic #73
- Pigeon sound
- Jr.'s father
- 6th tone
- Debt settled (abbr.)
- Contrary
- Chinese tennis star Na
- 44th First Lady
- Methyl phenol
- Avid applause

### CLUES DOWN

- Started growth
- Biblical Sumerian city
- Where Alexander defeated Darius III
- Something to be borne or conveyed
- Removed earth
- Traveled by water
- Hirobumi \_\_, Japan
- Antelopes
- Japanese emigrant's offspring
- For instance
- T cell glands
- Acorn trees
- Burdened
- Wound deformity
- Has faith in
- Title of honor
- Someone
- Pouch
- Comprehensive
- Separates with an instrument

	1	2	3	4	5		6	7	8	9	10	11	
12						13	14						15
16				17								18	
19				20			21			22			23
24		25			26				27		28	29	
	30			31				32		33		34	
		35	36					37		38			
	39								40				
41					42				43				
44				45		46		47				48	49
50			51		52		53				54		55
56			57	58		59				60			61
62			63		64				65				66
67		68										69	
	70									71			

3. Where Alexander defeated Darius III
4. Something to be borne or conveyed
5. Removed earth
6. Traveled by water
7. Hirobumi \_\_, Japan
8. Antelopes
9. Japanese emigrant's offspring
10. For instance
11. T cell glands
12. Acorn trees
13. Burdened
14. Wound deformity
15. Has faith in
25. Title of honor
26. Someone
27. Pouch
29. Comprehensive
31. Separates with an instrument
33. Noble
36. US, Latin America, Canada
38. Snoot
39. About heraldry
41. Angel
42. Female sibling
43. Former OSS
46. Stressed-unstressed-unstressed
47. An imperfectly broken mustang
49. Call out
51. A long scarf
53. Coconut fiber
54. Scene of sports & events
55. Bodily suffering
58. Cloths
60. A way to agitate
64. No seats available
65. Linen liturgical vestment
68. Atomic #103
69. Home screen



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### ANNOUNCEMENTS

#### CARD OF THANKS

This past year the Teulon Rodeo Club had a very successful season of improvements at the Rodeo Grounds, including permanent holding pens, run-back alley, timed event area, new foot-bridge, and the first stage of an inside rail for the racetrack. This could not have been possible without the generous support from so many people/organizations. For financial support, we thank the Interlake Community Foundation (grant), Manitoba Agricultural Societies (grant), and Sunova Credit Union (major sponsorship). For gifts-in-kind, we thank the RM of Rockwood, Town of Teulon, the Ursel Family, Arnason Industries, Trailwood Enterprises, Lee Ranches, Ross Creek Landscaping, Interlake Excavating, Fleet Brake, and the Interlake Thoroughbred Club. For valuable assistance with grants and letters of support, we thank the Teulon Rockwood Rec. Commission, the Town of Teulon office, the Teulon Ag Society, Mayor Campbell, Interlake Riding Club, Green Acres Art Centre. And of course a special thank-you to all of the members and community volunteers who donated so much of their time and efforts to make our projects come to fruition. Thank-you to everyone and to anyone who we may have inadvertently missed mentioning! We wish everyone the best in 2016, and look forward to seeing you in August.

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## RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

**TAKE NOTICE** that the Regular Meetings of the Council of the Rural Municipality of Gimli scheduled for Wednesday, February 10th and February 24th, 2016, commencing at 6:30 p.m. will be held at the Multipurpose Building located at 17 North Colonization Road in Gimli, Manitoba.

Dated at Gimli Manitoba, this 29th day of January, 2016

Joann King  
Chief Administrative Officer  
Rural Municipality of Gimli

## RURAL MUNICIPALITY OF GIMLI Parks & Recreation Department

The Rural Municipality of Gimli invites written applications for the following seasonal, part-time and casual positions:

- Head Bar Server
- Casual Bar Servers

The position will be located at the Gimli Recreation Centre Lounge and under the supervision of the Manager of Parks & Recreation. Hours vary and include evenings and weekends. Applicants must be at least 18 years of age, have excellent communication and customer service skills, as well as strong organizational and stress management skills. The positions will require some heavy lifting, as well as service area cleaning. Previous experience and well developed cash abilities will be considered an asset.

The successful applicant must possess a valid Serving It Safe certificate. Salary is based on Collective Agreement.

Resumes, complete with 3 references, will be received until **5:00 pm on February 12, 2016** to the following:

**Chris Hornby**  
Manager of Parks and Recreation  
PO Box 1258, 45 Centennial Road  
Gimli, MB R0C 1B0  
Fax: 204-642-4307  
Email: [recreation@rmgimli.com](mailto:recreation@rmgimli.com)

*We thank all candidates for their interest,  
however, only those considered for an interview will be contacted.*



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## EMPLOYMENT OPPORTUNITY

**Johnson Seeds** is currently looking for an ambitious, self-motivated individual to work at its Processing Facility. The successful applicant must have basic mechanical skills, a driver's licence, and the ability to work in a team environment. Experience is an asset but training will be provided.

### • CLEANER OPERATOR

Duties include the set-up and operation of modern seed processing equipment, and plant operations. Potential growth opportunity for individual with long term career goals.

We offer competitive wages and a benefit package. Please send in your resume or drop by in person.

S.S. Johnson Seeds Ltd.  
Box 3000, Arborg, MB R0C 0A0  
Fax: (204) 376-2201;  
e-mail: [kjohnson@johnsonseeds.com](mailto:kjohnson@johnsonseeds.com)  
Phone: (204) 376-5228

## Arborg Bifrost Community Development Corporation ECONOMIC DEVELOPMENT OFFICER

The Arborg Bifrost Community Development Corporation (ABCDC) requires an Economic Development Officer (EDO) to assist the Senior EDO in working with the Board of Directors to achieve the ABCDC mandate of fostering economic growth in the region.

### Duties & Responsibilities include:

- Work with consultants and municipal officials to complete and implement the Arborg Bifrost-Riverton Sustainable Neighbourhood Action Plan;
- Assist area businesses and community groups to identify and achieve their goals and priorities;
- Conduct research to maintain an accurate community profile and to support projects as they are identified;
- Participate in regional economic development activities and liaise with businesses, developers, government, municipalities and others as necessary;
- Identify, develop and implement plans related to housing, community marketing and other opportunities;
- Administrative duties include budgeting, planning, report writing, Board meetings, banking etc.

The position requires a degree or diploma from an economic development or business program or demonstrated equivalent experience and education as well as strong interpersonal, analytical, communication and leadership skills. Computer proficiency, travel, driver's licence and flexibility to attend evening/ weekend meetings are required. The position may be full or part-time depending on availability.

Please respond, indicating salary requirements to: ABCDC,  
Box 159 Arborg, MB R0C 0A0; [abdc@mymts.net](mailto:abdc@mymts.net) by February 16, 2016.



## EMPLOYMENT OPPORTUNITY

**Johnson Seeds** is currently looking for an ambitious, self-motivated individual to work at its Processing Facility. Experience is an asset but training will be provided.

### • WAREHOUSE ASSOCIATE

Duties include packaging seed and the loading of trucks and overseas containers.

We offer competitive wages and a benefit package.

Please send in your resume or drop by in person.

S.S. Johnson Seeds Ltd.  
Box 3000, Arborg, MB R0C 0A0  
Fax: (204) 376-2201;  
e-mail: [kjohnson@johnsonseeds.com](mailto:kjohnson@johnsonseeds.com)  
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