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WEEKLY NEWS

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Gimli entrepreneur launches leather jewelry business

By Patricia Barrett

When you think of jewelry, you probably envisage precious stones and shiny metal. But one Gimli entrepreneur has created unique, one-of-a-kind pieces that won't set off the metal detector at airports.

In just three weeks, Carmen Kreutmayr has created dozens of avant-garde pendant necklaces using real leather adorned with natural materials such as polished stones, sheep's wool, horsehair and abalone.

"I want people to know it is real leather and made locally in Gimli," said Kreutmayr, who is self-taught.

Many of her designs are inspired by leaves and wings.

"I've always loved wings," said Kreutmayr, who used to work as an executive assistant for an Airbus engineer in her native Germany. "I have a wing necklace made out of metal. I thought, 'Why can't I make one out of leather?'"

In 2012 Kreutmayr moved to Gimli from Munich and had to wait for a government-issued

work permit. She is currently looking for work — preferably in the aircraft industry.

Between job searches, she has been busy creating a wide variety of pendant necklaces for both women and men.

Kreutmayr gets some of her natural materials from the beach or from her boyfriend, a local patio stone contractor who also has an artistic streak.

"My boyfriend got the horsehair from a friend who has horses," said Kreutmayr, who transports her jewelry in an old Cuban cigar box her boyfriend modified.

She said ideas for designs flow naturally.

"Keep your eyes and ears open," said Kreutmayr, who speaks flawless English, "and something will just catch your attention."

She created a mask pendant after looking at First Nation art from Canada's west coast. She saw a pair of leaf earrings online and starting snipping away at the edge of a piece of leather with nail scissors. She even paid homage to one of our cherished

Continued on page 3



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli entrepreneur Carmen Kreutmayr creates unique pieces of leather jewelry.

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

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Lundar raises over \$36,000 at CFRY Radio Amateur Talent Show

By Jeff Ward

Lundar residents are one step closer to funding the new arena complex, with an astounding \$36,367 raised between pledges and sponsorships over the weekend during the CFRY Radio Amateur Talent Show.

With 17 acts performing live over the airwaves on CFRY 920 AM, the singing, dancing and guitar playing was more than enough for listeners to open their wallets and give generously. Guitarist Austin Magnusson brought in \$1,545, with the Lundar Day Care Centre choir following closely behind with \$1,485 and Loa Thorkelson with \$1,465. For their efforts, the top three fundraisers received \$100, \$75 and \$50 respectively.

Daylon Zanewich was named the CFRY Most Promising Performer Award.

Judges also awarded \$150 to jigger Eva Kerbrat, \$100 to the band Jethead and \$75 for Daylon Zanewich for their talented performances.



Austin Magnusson of Lundar was the top fundraiser with \$1,545 at the CFRY Radio Amateur Talent Show.



EXPRESS PHOTOS BY MICHELE SIGFUSSON
Eva Kerbrat of St. Laurent was awarded \$150 for her jigging talent.



Daylon Zanewich was named CFRY Most Promising Performer of the evening and received \$75 for his talented performance.

Talent show to fund Eriksdale Recreation Centre upgrades

By Jeff Ward

Hot on the heels of the successful CFRY Radio Amateur Talent Show in Lundar last weekend, organizers of the upcoming show in Eriksdale hope to raise money to help repair and remodel the canteen at the Eriksdale

Recreation Centre.

CFRY will broadcast live performances over the CFRY 920 AM band during the Feb. 27 show at the Eriksdale Recreation Centre and will open their phone lines to pledges.

According to organizer Jerry Saunders, Eriksdale has hosted a talent show once every two years for the last 25 years by his memory. He said that the funds raised this year will help outfit the canteen with new floors, countertops and cupboards.

"This is our

main fundraising event for projects like this," said Saunders.

"We never use this money for maintenance or just paying the heating bill. We always use it to make improvements. We helped fund a geothermal project here with more than \$60,000 from three separate talent shows a few years ago — it's provincially support that we get."

With a show just finishing in Lundar last weekend, Saunders isn't worried about the show in Eriksdale attracting less attention or donations. In fact, he said that his show will likely be as or more successful because the event is fresh in people's minds. In the past, Lundar people have performed in Eriksdale and the shows seem to feed off of each other. He said that for many years, Albert Rae from Lundar would

perform at the show and brought in thousands of dollars in donations just by himself. Saunders said that it's important for communities to help support each other and that in this case, the success in Lundar can equal success in Eriksdale.

Jeannette Ryden has 11 acts booked to perform so far, and there is still time to get involved. So far, the acts are primarily playing instruments and singing. "I don't think we've ever made less than \$14,000 for one of these events, so it's always been a very exciting time when we have one coming up," said Ryden, who's looking forward to seeing the talent perform.

Anyone interested in performing in the CFRY Radio Amateur Talent Show in Eriksdale is asked to call Ryden at 204-739-2741.

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Duo trapped on Lake Winnipeg in blizzard-like conditions

By Jeff Ward

What started as a relaxing Sunday ice fishing turned into a cold, lonely experience for two ice fishermen who became trapped on Lake Winnipeg during last weekend's storm.

Ron Berens and Joey Halldorsson spent all of Sunday night trapped in their truck on Lake Winnipeg after being buried in snow. Their fishing trip began early Sunday morning at 8 a.m. when they left Chalet Beach, southeast of Matlock off Highway 9 for their fishing shack about five miles off of the shore. By the time the pair realized that the storm was gaining steam, it was too late. Berens said they had only travelled about 300 feet before their truck became stuck.

"We realized pretty quickly that we were going to have to spend the night out on the lake," said Berens in a groggy, tired voice Monday afternoon.

"Thankfully, I had lots of fuel so it wasn't an emergency situation. We'd warm the truck up and then shut the engine off for a few hours to conserve fuel. We had food and water, so we weren't in any danger. It was really just more of an inconvenience."

Berens said that many people knew where they were based on the GPS coordinates from his truck. He called his

wife and a few friends to see if anyone had a track truck that could tow them out of the four-foot snow drifts. He said that the tow truck driver from St. Andrews Towing did have a track truck available and would come tow them if it was an emergency.

However, Berens didn't feel like they were in any danger, so he decided to wait until morning. "If it was really an emergency the RCMP would've have come got us with their Ski-Doos right away, but we were fine and I told them not to bother," said Berens.

With fuel in the truck and provisions on hand, the pair decided to tough it out until morning. Visibility was extremely poor and at times not more than 20 feet. Taking a bathroom break meant staying very close to the truck because the whiteout conditions meant that becoming lost was easy. And even if the truck was running, the howl of the wind drowned out any noise the vehicle made.

At around 6 a.m. on Monday morning, the tow truck driver from St. Andrews called to let the pair know that he was on his way. By 10 a.m., they were off the lake and heading home.

"The next time I go out ice fishing, I think I'll pay more attention to the forecast," said Berens.



EXPRESS PHOTO BY RON BERENS

After spending all night out on Lake Winnipeg in a blizzard, Ron Berens and Joey Halldorsson were towed back to land by St. Andrews Towing with their four track.

> LEATHER JEWELRY, FROM PG. 1

verbal tags — an Eh accompanied by a maple leaf.

Kreutmayr said there are many benefits to leather jewelry: it's lightweight, it won't cause allergic reactions in most people and you won't have to remove it when you go through airport security.

And it will also benefit animals. The jewelry designer will be donating 20

per cent of the proceeds from each piece she sells to the Gimli Humane Society. Customers will receive a tax receipt.

Necklaces start at \$25. They can be ordered online.

To view or order Kreutmayr's wearable leather art, visit www.leatherjewelry.ca.



EXPRESS PHOTO BY PATRICIA BARRETT

Wings and leaves are the inspiration behind Gimli entrepreneur Carmen Kreutmayr's jewelry.



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Community mourns Bifrost CAO



Interlake communities mourn the passing of Grant Thorsteinson.

By Jennifer McFee

Interlake communities are mourning the loss of Grant Thorsteinson after he died at the age of 62 on Tuesday, Feb. 2.

Thorsteinson served as the chief administrative officer of the RM of Rockwood from June 2010 to January 2015. After that, he was looking to work reduced hours and was offered a job in his own community as the part-time CAO of the newly amalgamated RM of Bifrost.

Rockwood Reeve Jim Campbell said Thorsteinson was an experienced and loyal employee who made many contributions during his time with the municipality.

"I'll always remember him for his sense of humour, his smile and his dedication to his family and his grandkids," Campbell said.

A celebration of Thorsteinson's life will be held on Saturday, Feb. 13 at 2 p.m. at the Arborg Bifrost Community Hall.

Only natural, retired teacher turns hobby into small business



EXPRESS PHOTOS SUPPLIED

Eriksdale entrepreneur Heather Blue is excited by the growth and interest in her business, Mrs. Blue's Natural Products.

By Jeff Ward

The last thing retired schoolteacher Heather Blue thought she would be doing after a 30-year teaching career would be starting a new business based on the hobby that kept her busy. But that's exactly what she's doing now as she works more hours in her retirement than she ever has before.

Mrs. Blue's Natural Products is a passion for the Eriksdale's woman who makes and packages a wide variety of all natural soaps, shampoos and body scrubs. Blue says after her products became quite popular and she realized that people were willing to pay for them, she approached local businessperson Lisa Sobry of Healing in Style. Blue asked Sobry if she would feature her products on the shelves of her salon two years ago, and since then, the pair has become friends — and now business partners.

"We kept juggling the idea around of me getting the business registered and eventually she asked me to partner and I said yes," said Blue.

"The way our partnership works is [Sobry] handles the business stuff — the paperwork,

the registering and all of that. And I handle the creation of the products — the packaging, the scents and the manufacturing. She's a perfect partner to have because she's done this all before."

Sobry's Healing in Style recently expanded into a new building in Eriksdale late last year. The expansion and the fact that her business is still in its infancy — less than two years old — makes her keenly aware of all the steps a person needs to take to start a business. Sobry says those steps are still so fresh in her memory and she's excited to partner with Blue on a business that has the potential to be huge.

Both Sobry and Blue say they're aware of the market potential of the product space they're in. It's a niche product right now, but one that Sobry feels is a rapidly growing market. Currently their focus is on maintaining production, which Blue makes out of her basement. The duo are hoping to have a new building on the property next to Healing in Style for Blue to expand her production in the next couple of months.

"We're definitely hurting for the space, and she wants to get out of her

basement," said Sobry, who anticipates a late summer move-in date for the production facility.

"Once we move, we'll be able to spread out more comfortably and we'll be able to create more products. Given the right circumstances, we can double production, fill orders for wholesalers and keep the shelves stocked here in the salon."

It's an exciting time for the pair of entrepreneurs who enjoy working hard and creating products that make people feel relaxed and that are free of any harsh chemicals.

Blue is excited by the opportunity and the growth of her business.

"I never thought I'd make this into a business. I just really enjoyed this as a hobby. But people really responded to it in a way I didn't think of. When I started, I was just giving them away to friends and family. Now it looks like this could really be a successful business, and that's very exciting," said Blue. Once the building is in place, the pair hopes to hire some local sales reps to get their products into other salons. Both of them feel that letting people use samples of the product will convert them into lifelong Mrs. Blue's Natural Products customers.

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Clarification

Further to the article "Winnipeg man donates to Coldwell foundation in sister's memory" that ran in the Feb. 4 edition of *The Express Weekly News*, the article implied that memorial donations to the Coldwell Lunder Community Foundation began at \$5,000.

To clarify, there is a difference between mak-

ing a memorial donation and starting a named fund. Memorial donations can be made by anyone at any donation level, but a named fund — similar to what Harold and Doreen King created in honour of Myrtle Smith — begins at \$5,000.

The difference between the two is that a named fund can have a separate beneficiary for the interest the donation accrues.

The *Express* hopes that this clarifies any confusion the previous article may have caused.

Dr. George Johnson Middle School improving math outcomes

By Patricia Barrett

At a regular board meeting on Feb 3, Evergreen School Division's Board of Trustees heard how one school in the division is tackling Manitoba's poor math performance.

Principal Jim Gibbs and teacher Raya Chernier from Dr. George Johnson Middle School in Gimli provided an overview of how they've been steadily improving mathematical learning outcomes over the past four years.

A 2013 survey titled Report on the Pan-Canadian Assessment of Science, Reading and Mathematics put Manitoba last among the provinces for mathematical ability.

The middle school has taken a number of steps to identify what teaching approaches were working and what weren't.

"We made a concerted effort to get teachers together for a half-day to talk about what they tried," said Gibbs.

Chernier, who teaches Grade 8 math, said one of the approaches she has taken to improve mathematical understanding is student self-assessment using a number of "Prove it" questions grouped by colour-coded category.

Gibbs held up a large poster illustrating three easy-to-understand categories and their respective questions.

The green category signifies understanding of mathematical concepts; yellow, partial understanding; and red, confusion.

"Some kids get math right away," said Chernier, who has been teaching for five years, "and some struggle."

Questions asked under the yellow category include, "What do you need to find out?" and "How would you describe this problem in your own words?" Questions under the red category include, "Which words are important?" and "Can you explain the steps you think you should take?"

Chernier said by getting her students to answer these questions, she can better identify areas in which they're struggling.

"This structure encourages conversations," she said, "and gives them the time they need."

Gibbs said identifying key mathematical vocabulary is another teaching approach to help students learn.

"People use different [math] terms for the same thing," he said. "We have to make sure Grade 5 and Grade 8 students are using the same vocabulary."

Chernier said another method she uses in the classroom is applying math to real-life experiences. She has her students calculate sales tax on goods, create household budgets and

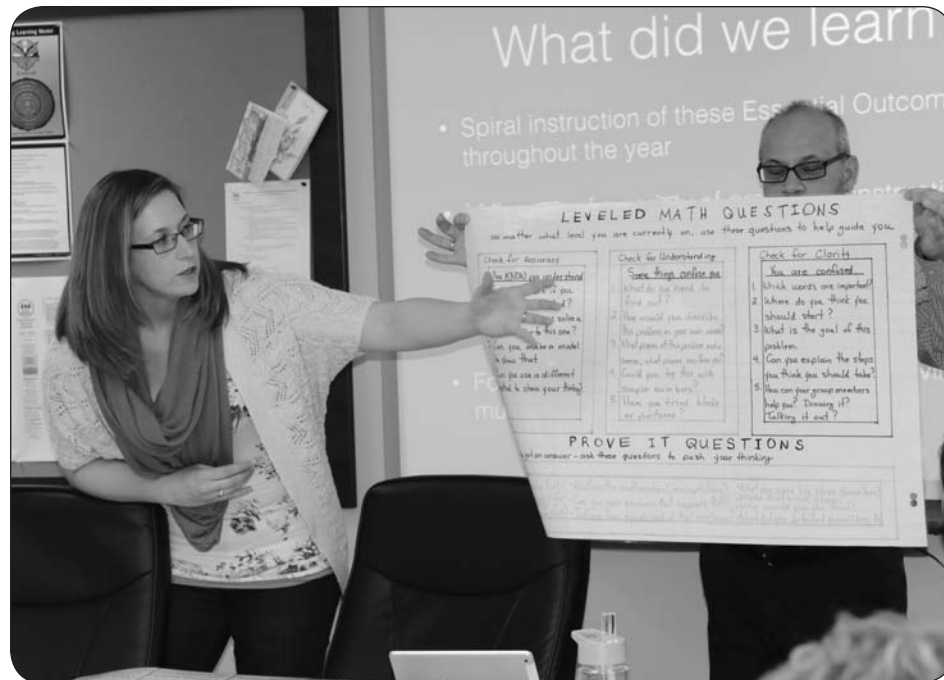


PHOTO BY PATRICIA BARRETT

Teacher Raya Chernier and Principal Jim Gibbs from Dr. George Johnson Middle School explain one of methods they're using to improve math scores.

calculate interest on loans.

She also has them pick a profession and figure out what they would earn.

"They get excited about it because it's tangible for them."

The school's statistics between 2013 and 2016 reflect an improvement in mathematical learning. In 2015, 70 per cent of students across all grades improved their understanding of math.

Gibbs said he is seeing the greatest improvement in grades 5 and 7.

"It's in our power to make things better."

Other division briefs:

Supt. Roza Gray said the division has plans to make good use of a provincial government pledge of \$150 million for instructional renewal in schools across the province.

"We'll be making an application for a number of programs," she said.

Some of the grant money the division will be applying for will go towards improving school accessibility for people with disabilities, providing playground equipment for Sigurbjorg Stefansson Early School and enhancing technology education and band programs.

Gray said the province didn't specify how much will be allocated to each school division for 2016 and 2017.

Finance chair Dianna Auer reported that a number of school

bands will be giving spring concerts.

"They're excited about it," said Auer.

The Gimli High School band will be performing May 25, and Arborg Collegiate's band will be performing May 26 at the Arborg Hall.

Dr. George Johnson and Winnipeg Beach schools will be giving a combined band performance at Gimli High School on June 2.

"We're requesting funding from the community for instruments," said Auer. "We need French horns and other instruments that cost in excess of \$28,000."

The division is expecting an increase in the numbers of students moving from middle years to high school, and will subsequently need additional instruments.

Trustees discussed the distribution of Christian camp materials in schools. Mennonite churches from across the province advertise a variety of children's camps.

Trustee Jim Mosher wondered whether it's within the purview of the Division to distribute religious materials.

"It seems we get a lot of things from Christian groups to distribute in our

schools," said Mosher. "I can't support it."

Brenna Klym, who sits on the board as the student representative, said she went to a Bible camp.

"We had fun," she said. "They had their views."

Auer said not all kids go to camp for the Christian message and that it's optional for students to take camp brochures home.

A motion to accept the brochures was carried. Mosher and trustee Brent Johnson opposed it.

Auer expressed concerned about snowmobiles on town sidewalks near schools. She said she had been walking down Goldfield to the lake when she saw a snowmobile on the sidewalk coming towards her.

"That's one of our safe routes for kids to walk to Dr. George Johnson," she said. "I stopped the guy and he said he had no idea it wasn't a snowmobile route."

She said there have been cases of snowmobiles going through schoolyards, but none lately.

Johnson said there used to be designated streets down which snowmobilers could travel to get to outlying trails.

Auer said Goldfield is not one of them.

Supt. Gray said she had checked with an RCMP staff sergeant who said no complaints had been received. He also said there is a town bylaw that allows people to travel by snowmobile from home to the trails.

Gray said she felt clarity was needed regarding what streets are designated routes.

Auer said signs would be beneficial.

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A trophy-size jackfish

Hi gang. Like most days this winter, it was a warm, grey, overcast morning as Kelsey Greg of Teulon awoke and emerged from her big portable ice shack on the east side of Shoal Lake. She could hear her friends beginning to stir inside the tent but she needed to be outside to take in the fresh air and enjoy the white expanse of the snow and ice that stretched out around her. Soon they would make breakfast together and then start fishing.

The joking and kidding began and continued endlessly between Kelsey and her friends as they sat side by side inside the tent with their baited hooked lines visible in the clear water of their ice holes. Kelsey tensed as a long, slender, dark shadow snaked toward her bait. Then it hit. Her rod nearly tore from her grip as a phantom veered about chaotically trying to escape.

She hung on.

At times it would slow, becoming almost motionless, and Kelsey would begin reeling in. Other times, it would tear away with such force the line would "twang" as it was caught or slipped on the jagged sides of the ice hole. Her friends shouted encouragement as she played the fish.

Finally, the head of a huge jackfish broke the water surface in the ice hole. Furiously, it jackknifed, snapping her line. One of her friends, now so excited, dashed forward without thinking and grabbed the monster by its mouth. With his bare hands, he wrestled the fish from the tight ice hole as blood began to spurt from his fingers. He laid the crazed fish on the ice as Kelsey quickly took care of his



EXPRESS PHOTO BY ARNIE WEIDL
Kelsey Greg of Teulon shows off her trophy-size jackfish caught in Shoal Lake.

hand. Later, after they settled down, they took pictures of Kelsey's trophy fish and then got right back to more fishing.

It's been a while since we visited anglers around Sugar Island, so I got myself over there last week. As I drove along the line of hard wall ice shacks on a cold, grey morning, I noticed one with a bunch of pickup trucks around it. It was a fairly narrow, long shack.

I pulled up, and as I left my truck, I called out to those inside as a young chap opened the door. I could see inside a line of anglers sitting on a bench along one side of the shack. I was invited in by Justin Catellier, his brothers Steve and Darien, along with their friend Tim Kusko, who were all from

just outside of Winnipeg. They were a young happy-go-lucky lot, continuously joking and teasing each other. We were swapping fishing stories when Justin got a bite. His short rod quivered as he reeled in a nice eating-sized pickerel. Tim reached over and grabbed the fish as it wiggled in the air so Justin could get the hook out. The pickerel, then in Tim's hand, slipped from his grip and plopped into Steve's hole. Everyone roared in exasperation at the loss of the fish, but in seconds, Steve's rod began to quiver. There was dead silence, then bursts of excitement as the guys encouraged Steve to land the fish, which he did. Immediately, a good-natured argument broke out as to who owned that twice-caught fish. Both Justin and Steve claimed ownership with "slippery-fingered" Tim, now the red-faced bad guy, in the middle. Amid the heated debate, I said my goodbyes and walked back to my truck, laughing and shaking my head.

Last weekend, I wanted to see if there were more anglers fishing the south end of Lake Winnipeg north of Libau, so I drove up 32E. Even before I got to the creek jump-off spot, there were dozens of truck-trailer rigs parked on the side of the road. I met two fellows from North Dakota, Darren Zinke and Tom Stoe, who said this was their first time trying Libau but that they had fished Gimli last year and had caught the biggest walleye they had ever seen. They said they couldn't wait to get back to Lake Winnipeg this year.

Ah, the pursuit of that special fish. What great fun. See you next week. Bye.

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Get ready, get set – mush! Hobby mushers set to compete in Inwood

Beginners race for hobby mushers Feb. 21

By Patricia Barrett

Hobby mushers are gearing up their huskies, German shepherds, border collies, Labradors and other breeds for a day of competition set to take place at Diamond Disc Dogs on Feb. 21 in Inwood.

There will be two types of mushing events: dogs (one or two) will pull sleds or their master or mistress on a pair of cross-country skis (called ski-joring).

"It's a race for beginners," said Patricia Tschanen, owner of Crazy Jumpers Dog School & Boarding near Fraser-wood. "It's life-risking!"

Tschanen is co-organizing the event with Diamond owner Steve Diamond and Kevin Roberts of Oxford Dogs (Winnipeg). She said some dogs can go as fast as 30 kilometres an hour, pulling either a sled or a skier.

"Sometimes the dogs take over and they just drag you along," said Tschanen, who has been training dogs for 30 years and holds a number of certificates, including pet first aid. "You're going to kill yourself, but it's fun."

The rule in dog mushing is to not let go of the sled.



Tschanen is looking forward to the Snow Motion event.

Her two sled dogs once dragged Tschanen herself.

"I was so sure we were going straight when they decided to turn left," she said. "I got thrown off but held onto the sled."

She said the dogs are so enthusiastic about mushing that they don't care whether you're on the sled.

Continued on page 8



EXPRESS PHOTOS SUBMITTED

Crazy Jumpers Dog School & Boarding owner Patricia Tschanen is co-organizing a dog mushing competition to be held in Inwood on Feb. 21.

Fisher council reviews municipal policies at regular meeting

By Patricia Barrett

RM Fisher council reviewed and revised a number of municipal policies at its regular meeting Feb. 3.

Council included summer feeding yards in addition to livestock wintering sites under the Unimproved Road Allowance Policy, which outlines the RM's responsibility to maintain road access.

Council also discussed snowmobilers using snow-covered roads rather than ditches.

"Snoman [Snowmobilers of Manitoba] trails clash with farmers who have activities on these same road allowances," said Coun. Boyd Abas.

CAO Linda Podaima said she received a complaint last week about snowmobilers.

Abas said a discussion should take place with Snoman so that it can be incorporated into the policy.

"We'll ask a delegation from Snoman to come to the RM to discuss road allowances utilized by ratepayers," said Reeve Shannon Pyziak.

Under the Road Allowance – Forage Policy, council discussed bales or loose hay left on or near roads the RM



Snowmobiles can be seen travelling along Highway 68 near Poplarfield regularly.

maintains.

The reeve said forage must be at least 15 feet from a road.

"If it's left in a place that interferes with the improvement of road allowances," she said, "they have 14 days to remove it."

For the Work Alone Policy — which pertains to office staff, custodians and public works staff such as plow opera-



PHOTOS BY PATRICIA BARRETT

Fisher Coun. Boyd Abas (left) and Allan Lindal discussed snowmobilers using snow-covered roads rather than ditches at the Feb. 3 meeting.

tors — the reeve said she incorporated comments with regard to weekday, weekend and after hours that came up during a previous policy meeting.

"They [staff] are to check in with the office at certain times and identify if they're working alone or have a buddy," said the reeve. "Operators need to have a buddy system."

Abas asked that "buddy system" be

included under the definitions.

Under the Snow Clearing Policy, plow operators will start from six locations in the municipality: the north (east or west), the centre (east or west) and south (east or west). Council reviewed a map showing how the RM

Continued on page 17

Gimli mayor reveals tentative plans for a wellness centre

By Patricia Barrett

At Evergreen School Division's regular board meeting on Feb. 3, Gimli Mayor Randy Woroniuk revealed the town's tentative plan to develop the Gimli Recreation Centre into a wellness centre the likes of those found in the city.

The mayor passed around a draft blueprint of what the wellness centre could look like and explained some of the features the town hopes to incorporate into its design.

He said he had visited a few centres in Winnipeg — including the Cindy Klassen Recreation Complex in the Sargent Park neighbourhood and the Wellness Institute at the Seven Oaks General Hospital in Garden City — in order to get ideas of what might benefit Gimli.

"I had an epiphany when I went to the Seven Oaks wellness centre," said Woroniuk, referring to the institute's focus on health promotion and rehabilitation services. "All the cardio machines [there] have TVs."

The proposed plan calls for revamped hockey dressing rooms, ball courts, a gym and cafeteria on the main floor, and a walking track and weight room on the second floor. Space for a daycare and offices for a physiotherapist or doctor are also being considered.

"The first person I saw at Seven Oaks was from Gimli," said the mayor. "He drives two hours to use the indoor track. He said, 'If you build this, they will come.'"

The average age in Gimli is 58, and for common conditions such as diabetes, a facility with services similar

to those found in the city would be a great health benefit to the town, said Woroniuk.

Not only would it appeal to Gimli's aging population and younger demographic, but it would also attract residents from nearby towns such as Fraserwood, Teulon, Arborg, Riverton and Winnipeg Beach. That would contribute revenue to the town.

The proposal also calls for private exercise rooms for activities such as yoga and Pilates.

"I go to the gym every day," said the mayor. "Women go once and don't come back — they want a private room."

As for an indoor pool — an idea that has been floating around for a number of years — the mayor said he supported it. "But when I saw the financials, we can't afford it."

But the proposal has a Phase II that will consider the addition of an outdoor aquatic centre, despite having a lake down the road.

One of the board members asked whether the facility would include space for social events.

"We don't want alcohol in there," said Woroniuk. "We don't want to compete with private enterprise."

The total cost is estimated at \$12 million.

"The NDP pledged \$4 million for this before the blackout period," said Woroniuk. "I'm sure we can leverage another \$4 million from the federal government."

The RM will also contribute \$4 million, and the mayor said he wants to see fundraising to help cover the cost.

The town will be holding a public



PHOTO BY PATRICIA BARRETT

Gimli Mayor Randy Woroniuk has plans to transform the town's Recreation Centre into a wellness centre.

information session March 10 to present the draft proposal and to get residents' feedback.

"This is a living organism," said

Woroniuk. "It will change."

For more information about the time and location of the public session, call the RM office at 204-642-6650.

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EXPRESS
WEEKLY NEWS

> MUSER, FROM PG. 7

She has seen dogs return from a course with no mushers and has seen people on their backs in the snow.

"Mushing dogs is all about the stories to tell afterwards," said Tschanen.

There will be a number of spectator areas set up along the racing trails at Diamond Disc, and people are also welcome to watch from Diamond's loft in his barn. There will be coffee and doughnuts on hand to take the chill out of the day.

"Not often do we have a race like this in the Interlake," said Tschanen. "Snow Motion in Winnipeg [a sled and skijoring club] used to have a race at Bird's Hill."

Last week, Tschanen hosted a lunch for 21 people at her dog

training facility and then drove to Diamond Disc in Inwood for a practice run.

The event takes place Sunday, Feb. 21 at 11 a.m. Winter sports helmets (for participants) are strongly recommended.

Directions to Diamond Disc Dogs are as follows: From Teulon on Highway 7, turn left (west) on Highway 17. Continue north through Inwood, passing a golf course and roads 103 NW, 104 NW and 105 NW. Turn left (west) on Road 106 NW and drive 1.7 kilometres until you see a driveway on the left side of the road with a large stand of evergreen trees.

For more information about the event, call Patricia Tschanen at Crazy Jumpers at 204-641-4663.

Weighing in on the Interlake: Interview with Premier Selinger, Part 1

By Patricia Barrett

The Express Weekly News sat down with Premier Greg Selinger on Jan. 28 to discuss major issues affecting some Interlake municipalities and what his government has been doing — and will be doing — to resolve the challenges people face in the central region of our province.

The premier addressed a number of issues: infrastructure support (drainage, sewer and water, highways), mobile communications, health care and transportation services.

In Part 1 of this multi-part series, the premier weighs in on infrastructure support for drainage.

In the RMs of Bifrost-Riverton and Fisher, one of the biggest challenges is protecting agricultural land. Wet years and overland flooding have led to crop and field losses and a decline in farming. Damages have cost the province millions in crop insurance payouts.

According to the two municipalities, successive provincial governments (Conservative and NDP) over the past 50 years have neglected third-order drains — drains the RMs say are a provincial responsibility.

In 1969 at least, an NDP government news release shows ongoing drainage surveys and work along the Icelandic watershed, which passes through the RMs of Fisher, Armstrong and Bifrost-Riverton. The overall purpose of the “man-made drainage program” was to drain the eastern portion of the Interlake to create farmland.

What’s happened since 1969 would require several months of research as Google doesn’t yield everything. But amid these brief glimpses of drainage work, Premier Selinger said there has been neglect.

His government, however, has been investing in the Interlake region, allocating funds to municipalities for drainage projects to prevent crop and other property damage.

“We’ve completed a ... multi-year project ... for the North and South Crooked Lake Drain worth several million dollars,” said Selinger, refer-

ring to a recent project in the RM of Bifrost-Riverton. “And several years ago, we did the Blue Goose Drain.”

The North (near Arborg) and South Crooked Lake Drain projects saw the reconstruction of 14 kilometres of the drainage system, including the replacement of 17 culvert crossings and excavation of the channel.

For the Blue Goose Drain project in 2011, the province provided funding to the RM for a new culvert.

Going back a decade to 2006, the province provided \$1.8 million to the Interlake region as a whole for a number of drainage projects, including channel reconstruction, bank repairs, culvert installations and dike construction.

It allocated \$100,000 (out of a total of \$700,000 for a multi-year project) to the North Crooked Lake Drain to reduce the risk of summer flooding of several residences.

In the RM of Fisher that same year, the province provided \$100,000 (out of a total of \$200,000) for the Poplarfield Drain, which saw the installation of culverts in several locations, \$50,000 (out of a total of \$800,000) for the Kilkenny Drain, which saw the reconstruction of existing drains, and \$50,000 (out of a total of \$1 million) for the Broad Valley Drain to realign drains in the upper reaches of the watershed to save crops.

The province had cost-shared with the federal government a million-dollar study called the Lidar Aerial Survey, which shows the topography of Bifrost-Riverton watersheds, such as the Icelandic River.

The premier said the survey helps in drainage planning processes.

“Quite frankly, that is fundamental when you’re in areas that are in risk of flooding,” he said.

From Lake Manitoba in the west to Lake Winnipeg in the east, it’s all downhill.

The government helped create the West and East Conservation Districts, which the premier calls “important tools” for bringing people together at the local level — producers, RMs,



EXPRESS PHOTO BY PATRICIA BARRETT

Premier Greg Selinger said his government will continue to invest in drainage infrastructure in the Interlake.

towns — to make mutual decisions about the watershed.

He said one of frustrations identified by both the conservation districts and his Minister of Conservation and Water Stewardship, Tom Nevakshonoff, was the red tape involved in getting drainage permits for small projects.

“People were just frustrated by the long bureaucratic process to make these small approvals,” said Selinger.

Last year, the government modernized all of its drainage regulations.

Also in the last year, Selinger has met with a farmers group (BASIC) in the RM of Bifrost-Riverton to discuss ongoing drainage woes.

“They’ve done a lot of work ... and they know what they’re doing and

we’re working with them,” he said. “... And we’re going to continue to work with them to take it to the next step.”

As for future drainage funding commitments, the premier said the blackout period prohibits him from making announcements. But he did say there will be increased investment in grassroots organizations, such as the conservation districts — which, in addition to providing water management solutions, contribute to climate change initiatives.

In next week’s issue of the Express Weekly News, the premier weighs in on the province’s really large drain — the Portage Diversion — which concerns several Interlake municipalities and First Nation communities.

Election enumerators pounding the pavement in Manitoba

By Dave Baxter

Election enumerators are now going door to door across Manitoba to collect voter information as we get closer to the provincial election coming up this April.

Last week, Elections Manitoba an-

nounced that election enumerators began going door to door last Thursday and will continue knocking on doors until March 7.

Approximately 3,000 enumerators will go door to door in Manitoba’s 57 electoral districts, compiling a list of

eligible voters and voter information.

Enumerators will be wearing a yellow vest and will carry photo ID, which will show their full names and position.

Residents will be asked to give their name, address, phone number, date

of birth and gender.

“Having your name on the voters list makes it easier to vote on election day,” Elections Canada said in a press release.

The provincial election in Manitoba is set for April 19.

Nevakshonoff leverages political career as strength for upcoming election

By Jeff Ward

With the provincial election looming, Tom Nevakshonoff, MLA for the Interlake and provincial minister of Conservation and Water Stewardship, is looking back over his 16-year political career.

Nevakshonoff says his love of politics was emboldened in him by his father. As a child, he and his brother would argue politics with their father constantly. The love of debate and discussion of issues that they felt were important are what drives him to want to make a difference in the Interlake and in the province.

In 1999, Nevakshonoff began his political career by defeating PC candidate Betty Green by approximately 500



EXPRESS PHOTO BY JEFF WARD

Interlake MLA Tom Nevakshonoff reflects on his 16 years of political service and is excited to add to those years.

votes. Since then, Nevakshonoff has enjoyed the ability to affect change in the Interlake, and he believes that his track record makes him the strongest candidate in the spring election.

"I look around the Interlake and I see all the good we've

done as a party here," said Nevakshonoff from his farm just west of Poplarfield.

"Highways projects, hospitals, personal-care homes, community centres and the protection of acres of wetland are all projects we've accomplished as a party. I'm immensely proud of that work and I want to continue to spend money here and do more."

Doing more, according to Nevakshonoff, means first helping provide evacuated First Nations people a community to return to. He says that, beyond that, making sure that Interlake communities are protected from future flooding is very important. The \$450 million flood mitigation project is one of the most important infrastructure projects in the province, according to Nevakshonoff.

Nevakshonoff says projects like these that profoundly change the lives of his constituents is when his job is the most rewarding. Knowing that he's done things that benefit so many people is one of the reasons he continues to "fight for regular working people."

During his time as minister of Conservation and Water Stewardship, Nevakshonoff has focused on the protection of wetlands and creating wildlife management areas. The environment and climate change are areas he spends a great deal of time thinking about. He says that being surrounded by the natural beauty of the Interlake makes him very passionate about protecting as much of the land as possible through regulations.

Nevakshonoff continues to work on his farm when he has downtime from the day-to-day grind of his work as minister and MLA. He says that working with his wife, Rozanne, to herd about 50 female sheep helps him stay connected to the land. He jokes that when farmers become politicians, they usually sell the farm to give their focus to their political work. However, he decided to do it backwards because he thought it would be a good way to further understand the daily lives of his constituents, and he thought it would be fun.

"I love nature and being outdoors. I find that this type of work is very rewarding and I could see myself retiring here one day because it's so peaceful," said Nevakshonoff.

With 16 years behind him, Nevakshonoff is looking at the years ahead. He's not sure how long his political career will be, but he knows that he still has a lot to contribute. He says that even though he and his party have done great work in the past, he believes that some of their biggest successes are still ahead of them.



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Grahamdale organizations band together for family weekend

Poker derby, paint party, ice-fishing derby, lake skating Feb. 20 and 21

By Jeff Ward

The Lakeside Sno-Drifters, Steep Rock Beach Park and the community clubs of Grahamdale, Faulkner, Hilbre and Steep Rock are all joining forces to bring a fun-filled family weekend to the area.

A slow-ride poker derby, paint party, ice-fishing derby, lake skating and hay rides are just some of the fun events taking place next weekend, Feb. 20 and 21. According to organizer Lana Iwanchuk, the event will serve as a practice for the much larger Canada 150 celebration in 2017. Iwanchuk says the plan is to have a massive celebration next summer and that this event will be a good way to prepare.

"We all got together a while ago to develop some ideas for Canada 150 and we decided that we should do a trial run. Compared to what we're planning for Canada 150, this is a small event, but it's still going to be a ton of fun," said Iwanchuk, who's organizing the paint party to be held at Faulkner Community Hall on Feb. 20.

Iwanchuk says that another bright side to the event is that the organizations that

are in charge of putting together each event are the benefactors of any profit the event takes in. She says that during the winter months, it's hard for small community clubs to keep going. Having events like this go a long way in helping these clubs pay their bills.

The only event where pre-registration is required is the paint party, which costs \$40 per person. The paint party has attendees recreate a painting from scratch with the help of instructor Toni Dent of TD Fine Arts. Iwanchuk says that there is no need for any art experience. Anyone interested in attending is encouraged to call 204-461-1309.

"Both the ice-fishing derby and the slow-ride derby are also going to be a lot of fun. The Lakeside Sno-Drifters are going to layout a great path through the area. And I think the ice fishing is just a great family activity as well because kids can skate on the lake if they're not interested in fishing," said Iwanchuk.

Concessions and refreshments will be available all weekend sponsored by the Grahamdale Community Club.



EXPRESS PHOTO SUBMITTED

Paint Party participants will receive step-by-step instruction to recreate their own art.

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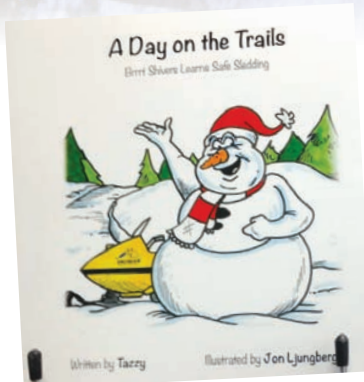
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only \$10 (tax included) you can purchase the book for a kid in your life from Blaine's Books, McIvor Mall on Henderson or from the Snoman office, 2121 Henderson Highway. The book is dedicated to sledders, Snoman members, and wherever there are snowy trails, family fun and the occasional talking snowman! Get your copy today.



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A full listing is also below Trail Conditions: TRAILS ARE PARTLY OPEN**

Feb. 3, 2016
Trail #300 (Cal Chudd Trail)—From Arborg to Jct. #5.(Rosenberg Trail)

Feb. 3, 2016
Trail #5 (Rosenberg Trail)—From Jct. #300 (Cal Chudd Trail) to Grindstone

Feb. 3, 2016
Trail #5 from Grindstone to Hecla Island

Feb. 3, 2016
Trail #305 (Hecla Island trail) from Trail #46 Rail Bed to Hecla

Jan. 27, 2016
Trail #46 (Rail Bed)—From Jct. #5 (Rosenberg Trail) to Jct # 304.(Gyrsir Trail)

Feb. 2, 2016
Trail #304 (Gyrsir Trail)—From Jct. # 46 (Rail Bed) to Arborg.

Feb. 3, 2016
Trail #304 (Gyrsir Trail) —From Arborg To Trail #46 Riverton.

Feb. 3, 2016
Trail #46 (Rail Bed)—From Riverton to Trail #305 (Hecla Island Trail) to Sandy Bay Warm up Shelter only.

Feb. 2, 2016
Trail #46 (Rail Bed)—From Trail #305 (Hecla Island Trail) to Jct. #303.(Cheyenne Trail)

Feb. 2, 2016
Trail #303 (Cheyenne Trail) From Jct 46 (Rail Bed) to Jct #300.

Feb. 2, 2016
Trail #300 (Cal Chudd Trail) From Jct. 303 (Cheyenne Trail) to Arborg

Feb. 2, 2016
Trail #17 (Willow Creek Trail)—From Gimli to Jct. #301.(Fish Lake Trail)

Feb. 2, 2016
Trail #301 (Fish Lake Trail) —From Jct. #17 (Willow Creek Trail) to Jct. #300.(Cal Chudd Trail)

Feb. 2, 2016
Trail #300 (Cal Chudd Trail) —From Jct. #301 (Fish Lake Trail) to Jct. #303.(Cheyenne Trail)

Feb. 2, 2016
Trail #303 —(Cheyenne Trail) From Jct. #300 (Cal Chudd Trail) to Jct. #46 (Rail Bed)

Feb. 2, 2016
Trail #46 (Rail Bed)—From Jct. #303 (Cheyenne Trail) to Gimli.

Feb. 2, 2016
Trail #300 (Cal Chudd Trail) —From Jct. #301 (Fish Lake Trail) to Jct. #38. (Prime Meridian)

closed

Trail #303 (Cheyenne Trail) —From Jct. #46 (Rail Bed) to Jct. #17.(Willow Creek Trail)

Feb. 5, 2016
Trail #46 (South lake trail)—From Willow Creek South (Gimli) to south end of the lake.

closed

Trail #17 (Willow Creek Trail)—From Gimli to Grand Marais.

Notables

- All other trails CLOSED

- ACCESS TO WINNIPEG BEACH - due to construction on lake shore, access this winter has temporarily changed. Access is now by the marina and will lead to the Domo gas station via Prospect ave. Follow the signs.

-Trail #46 From Petersfield to Chalet Beach is OPEN. (Thanks Springhill Trailblazers!)



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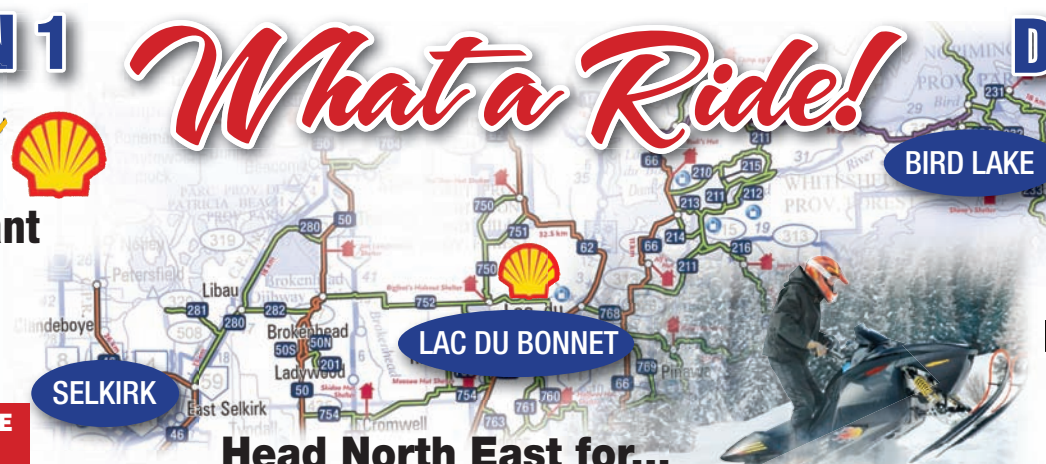
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Final touches on 55-plus housing in Fisher Branch

By Patricia Barrett

A developer with close ties to Fisher Branch is in the final stages of completing a 55-plus housing complex at the north end of town.

Alex Davidson, whose daughter and son-in-law live in Fisher Branch, saw a need for rental housing in the area and acquired a two-acre plot on Heritage Row near Lilac Street, close to the town's museum.

"I want this to be a blessing to the community," said Davidson, who runs a Swiss specialty bakery in Campbell River on Vancouver Island. "There is a lack of seniors housing in the Interlake."

He said there are 55-plus people out there looking for the freedom a quality rental apartment can provide.

"Just lock the door and take off whenever you want to," he said. "No maintenance to worry about and none of your investments tied up."

Countryside Home Building Centre in Fisher Branch helped the developer with almost every aspect of constructing the luxury five-unit complex. Davidson gave the *Express* a tour of one suite that will be finished next week.

During the design phase of the project, Davidson said he paid a visit to the House of Hope in Arborg, a 16-suite seniors' apartment complex that opened in 2011.

"They told us what they liked and didn't like," said Davidson, "and we incorporated many of their ideas into the design."

Each suite will have a number of age-friendly features.

In the bathroom, for example, Davidson installed a one-piece shower that has an extremely low step — making access in and out easy and safe — and a built-in seat. It will be fitted with sliding glass doors. Davidson also installed a raised-edge sink and a number of grab bars near the shower, toilet and sink.

The walk-in closet off the master bedroom has a sliding door that allows for easy access to the bathroom.

The complex is "super insulated" to deal with our temperature extremes, Davidson said.

All units have heating under the floors, air conditioning and a fan in the master bedroom.

To cut down on Hydro bills, each suite has cutting-edge LED lighting throughout, which also makes the rooms bright and cheery.

"These new lights draw 13 watts or less," said Davidson. "That's the equivalent of running the lighting on approximately four regular light bulbs."

The suites will be furnished with high-end kitchen cupboards, Corian-



EXPRESS PHOTO BY PATRICIA BARRETT

Alex Davidson's 55-plus rental housing complex in Fisher Branch is slated for completion by March 1.

edged countertops, and four energy-efficient appliances: fridge, stove, and a stackable front-loading washer and dryer in the laundry room.

Don Kunzelman, Countryside's appliance, flooring and design expert was a tremendous help with choosing the materials and the colour schemes,

said Davidson.

"He came on site to make sure everything was just right."

Four of the five units come with garages, which are large enough to accommodate a vehicle and space for

Continued on page 15

New app lets snowmobilers navigate Manitoba trails

App now available through RiderX

By Dave Baxter

If you're a snowmobiler looking to get around on Manitoba's trails, well, now there's an app for that.

Snowmobilers of Manitoba (Snowman) has teamed up with RiderX to make the more than 12,000 kilometres of trails they have mapped out over 20 years available through the free RiderX app, which was developed by Polaris and can be downloaded on smartphones, tablets and computers.

The app means riders no longer have to carry around paper maps when exploring trails in Manitoba, as well as parts of Saskatchewan and the U.S.

"It will provide information for designated trails all over Manitoba, as well as Saskatchewan and parts of the United States," Snowman president Alan Butler said.

"The app gives you the maps of whatever area you want to be snowmobiling."

Butler said 52 clubs across Manitoba apply to have certain trails designated as official Manitoba snowmobile trails and are then given funding for grooming, maintenance and signage. Those are the trails that will be available through the app.

He said riders can look at maps right on their cell phones but also map out their routes from home and then have the routes they have selected on their phones while they are out riding.

The app also provides information on where people can find things like gas stations or lodging in various communities, so Butler said it is a "one-stop shop" for snowmobiler information.

The app is useful because more and more snowmobilers are using their sleds to explore, Butler said.

"Likely more than half of today's snowmobilers are really moving around. They go into different areas of



EXPRESS PHOTO BY WAYNE HASTMAN

Snowmobilers in Manitoba can now use an app to navigate the more than 12,000 kilometres of snowmobile trails mapped out by Snowmobilers of Manitoba.

the province, as well as Saskatchewan and the U.S."

Snowman has put out snowmobile trail maps for 20 years, but Butler said this is the first time they have incor-

porated smartphone technology into their maps.

The RiderX app can be downloaded on the App Store.

Your FARM



Here, there, everywhere

> HARRY SIEMENS

There was a time I'd travel all over attending farm meetings, soil conservation events, company product introductions, commodity group get-togethers, summer and winter fairs, and community hall sing-alongs.

I think I've had a meal in, spoken at, and talked to farmers in just about every large and small hall, upstairs curling rink public room, and chamber and town council rooms that existed at that time.

Still, I can't be everywhere at once. Which is why last month I attended the Banff Pork Seminar and last week the Manitoba Swine Seminar, but I had to miss Ag Days in Brandon.

However, travelling via Skype around the world, connecting with almost 4,500 people on Twitter and over 5,000 on LinkedIn is making travelling a little less time consuming and costly,

to say the least.

However, with the big events like the BPS, Ag-Days, and now Crop Connect this week, it is good to see so many of the groups and farmers in one place.

CropConnect runs for two days in Winnipeg and includes the Manitoba Canola Growers Association, Manitoba Corn Growers Association, Manitoba Flax Growers Association, Manitoba Pulse & Soybean Growers, Manitoba Oat Growers Association, the National Sunflower Association of Canada, and Manitoba Wheat and Barley Growers Association.

The event offers a wide range of speakers, access to crop specific information, a trade show, a banquet, and the AGMs for all seven participating organizations.

Wow, what a gathering of people all in one place, giving one the opportunity to hear, see, touch, look at the different products, talk to so many old friends, and meet new ones, many whose grandfathers I know quite well, too.

Over the years, while my goal and purpose remain the same, the method of covering and reporting have changed.

I pick and choose as to which speakers I want to hear, and what are the points I want to make as I ask that person questions during one-on-one

interviews.

It will be interesting as to what the attitude of the industry-wide event will be with the oil price saga affecting everyone to some extent, as well as the volatility in the Canadian looney creating a volatility in the commodity prices.

I'm told, tacking on the exchange to the cost of the top of the line John Deere tractor, a farmer is looking at \$700,000 to \$850,000 Canadian.

As one hog farmer told me in Banff: were it not for the weak Canadian dollar, the hog prices in the last quarter of 2015 would have wrecked causing great havoc once again for the hog industry.

However, the 40 to 42 cent advantage making the cost of that JD tractor almost out of site, also kept hog producers from losing a tonne of money.

The grain, pulse and oilseed croppers also gain the benefit on the price, but when selling to a local hog farmer or to the feedmill, there is a saw-off, too.

The demand for food and the crops farmers product, the livestock they raise continues as the world population increases.

The key is to get it to the people who need it most, and they often have corrupt governments that makes that more difficult, and often they can't really afford to pay what it costs to produce, market, and transport that crop to where it needs to go.

And yet land prices for now, after skyrocketing in the last five years, seem to stay at that high level, and farmers keep on growing, raising, and producing what the rest of us need to sustain us.

> 55-PLUS HOUSING, FROM PG. 14

hobbies. The unit without the garage has a bonus room.

The enjoyment of a carefree lifestyle is one of the biggest draws of the development, said Davidson, referring to services that are included in the rent.

"Seniors can go away and not worry about snow clearing, lawn care or garbage removal."

Having a local health centre in town and Hodgson's hospital nearby are added benefits.

Davidson, who describes himself as "hobby builder," had constructed half a dozen houses before taking on this development. "I really enjoy building homes.

"The Fisher Branch housing complex will give me something to do when I am visiting the people I love

the most," he said.

Patios will be installed at the back of each unit, and Davidson said he's looking forward to residents' input for the common area behind the building where a fire pit, gardens and/or a covered three-season room could be built.

Depending on demand, Davidson said he may build two additional five-suite complexes on the property.

The development will be completed by March 1, and sidewalks and patios will be installed when the snow melts.

No large deposits or long-term leases are required. The unit with the bonus room is \$1,155. The other four units with floor-heated garages are \$1,175.

For more information, contact Alex Davidson at 250-203-7828.

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Countryside Home Building Centre stocking up on appliances

By Patricia Barrett

Countryside Home Building Centre in Fisher Branch has been quietly expanding its home building and supply business to include major appliances.

The store started expanding its appliance offerings in the summer of 2015 and now stocks just about everything on the market — chest freezers, door-in-door fridges, ceramic- and coil-top ranges, convection ovens, dishwashers and steam washers and dryers.

"We knew there was an opportunity to serve the local market with a full line of appliances," said Lyndon Plett, manager since October 2014. "The customer can buy locally almost anything he or she needs."

The store stocks appliances made by manufacturers such as Whirlpool, LG, Frigidaire, Amana and GE.

"There are many models of appliances out there, and we can help the customer pick them," said Plett.

By word of mouth, the store started to acquire customers from across the Interlake and as far as Bird's Hill, just north of Winnipeg.

Countryside, which is located on Highway 17 a half-mile south of Fisher Branch, is probably best known for its Ready-to-Move (RTM) and built-on-site houses. It has either moved houses to or built houses in communities such as Ashern, Eriksdale, Lundar, Fraserwood, Teulon, Warren, Stonewall, Grosse Isle, Gimli, Riverton and Peguis. It has built over 100 houses since it first opened in Fisher Branch in 1992.

The store is currently building a 55-plus housing complex at the north end of Fisher Branch for a developer with ties to the community.

It has even shipped an RTM to a customer with a full range of appliances inside.

"We sell a fridge," said Lyndon's dad Randall Plett, who is part owner of the business, "and we put a house around it."

The company has become a one-stop shop for everything it takes to build and furnish a house, from garage doors and window blinds to coffee makers and oven mitts.

To add to its arsenal of building and design expertise, Countryside hired an appliance expert, the likes of which you've probably not met before.

After a few minutes with sales associate Don Kunzelman, you'll discover two things: he's truly interested in your kitchen or laundry room hassles, and there's more to appliances than meets the eye.

"Back in '98 a fridge and stove were pretty basic," said Kunzelman, who has a combined 34 years of appliance experience with Eaton's and Sears in Winnipeg.

Now there are so many features from which to choose. Take fridges, for instance. There are counter-depth fridges that are shorter depth-wise than standard fridges and sit flush with a counter, fridges that come with top or bottom freezers or without any at all, fridges with exterior or interior ice-makers, smudge-proof stainless steel fridges, French-door and door-in-door fridges — the list goes on.

"Some people don't want an ice maker but do want a door-in-door," Kunzelman said.

As with fridges, there are a multitude of stoves from which to choose. Countryside stocks slide-in ranges that "slide" over countertops, eliminating



EXPRESS PHOTO BY PATRICIA BARRETT

Sales associate Don Kunzelman (left) and manager Lyndon Plett help customers across the Interlake and beyond get the most suitable appliances for their homes.

the gap between the range and the counter where food tends to accumulate.

And Kunzelman knows what manufacturer makes the best appliances and who comes up short.

He spends hours with customers (if they so desire), explaining how a particular appliance may — or may not — suit their needs. He has cupboards full of binders that list the features of every appliance a manufacturer makes. Those not in the store's stock can be ordered in by request.

He said what makes customers happy is "finding someone interested in what they need and can be trusted to tell the truth regardless if it's cheaper or more expensive."

Be prepared to do a bit of homework before you step into Kunzelman's domain because he'll ask you about cupboard dimensions, kitchen or laundry room layout and colour scheme, all of which are connected to what appliance will work best in your space.

And there are some things he'll not recommend, even if you want them.

A frost-free chest freezer, for instance, is "not a good idea" because it has a fan.

"People store food in them for a long time," said Kunzelman. "It [the fan] will dry the food out."

He recommends a manual chest freezer, which doesn't, as it happens, cost as much as the frost-free model.

"You won't find too many people telling you not to buy something," said Kunzelman, who also puts his architectural skills to good use designing custom kitchens and helping customers choose ceramic flooring. "But I want to tell them the facts."

Kunzelman keeps an eye on manufacturers' sale prices and purchases stock accordingly.

The customer in Bird's Hill had asked Countryside

whether it could match a big box store's appliance pricing, which it did.

"That's not the first time we've done that," said Plett. "It is possible to be competitive in the marketplace."

The family-run business delivers appliances and also provides a repair service if anything goes wrong.

"We will stand behind the products we sell," said Plett.

For more information about Countryside's products and services, call 204-372-8501.

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EXPRESS
WEEKLY NEWS

Northern Lights bonspiel boasts family fun for all ages



EXPRESS PHOTOS SUBMITTED

Far left photo (left to right): First event winners Kevin Vigfusson, Agnes Furgala, Ryan Fisher, Mel Johannesson; Middle photo: Second event winners Billy Grimolfson, Laureen Grimolfson, Auden Grimolfson, Kailee Grimolfson; right photo: third event winners David Bouchard, Chris Plishka, Trish Rea and Gary Dandeneau.

By Jennifer McFee

It was fun for all ages at the 70th anniversary Northern Lights bonspiel, which drew participation from preteens all the way up to experienced curlers in their 70s.

Over the weekend, 36 teams from far and wide curled in both Arborg and Riverton over the weekend, with representation from Winnipeg, Ashern, Fisher Branch, Riverton and Gimli. As well, six junior curling teams took part.

David Klym, the oldest member of the Arborg Curling Club, curled with his nieces and nephews in the bonspiel. He lives in Winnipeg but he grew up in Arborg and has returned for bonspiels over the years.

Adding to the festivities, Heather Einarson served up a delicious supper at the Arborg legion, followed by live entertainment by the band Homebrew.

The winner of the first event, sponsored by Westshore Marine, was the Kevin Vigfusson team, which included Agnes Furgala, Ryan Fisher and Mel Johannesson. The Vigfusson team defeated the Kyle Foster team at the event after first facing off 10 years ago for the same title the 60th anniversary spiel. It was a reversal of roles, since the Foster team won the title a decade ago.



Chairman of the 70th anniversary committee Brian Barylski (right) presented the elimination draw prize to Kendall Asham.

The winner of the second event, sponsored by Foster Ag Services, was the Grimolfson family made up of Billy, Laureen, Auden and Kailee.

The winners of the third event, sponsored by CIBC, were David Bouchard, Chris Plishka, Trish Rea and Gary Dandeneau.

Other sponsors for the weekend were Interlake Auto, Vidir Machine, Noventis Credit Union and



David Klym (left) was the oldest member of the Arborg curling club taking part in the 70th anniversary. Klym curled with his nieces and nephew Arlene Perry, Mark Klym and Colleen Joyal.

Arborg Curling Club.

The weekend also featured an elimination draw for two prizes. The final names to win were Tyler Moran, who won \$500, and Kendal Asham, who won the \$1,500 prize. Every curler was entered in the draw, and early bird registrants received an extra ballot.

> FISHER COUNCIL, FROM PG. 7

is divided.

If temperatures plummet to -40, no plowing will be undertaken.

Council also discussed what constitutes emergency plowing situations. Regular medical appointments are not considered an emergency.

Abas said that should be reconsidered.

"If someone calls in and says, 'I have a doctor's appointment,' we should clear the snow," he said.

There have been occasions in the past in which the town received calls for snow clearing because of medical appointments.

Pyziak said the road will be plowed only if it's an emergency, which excludes regular medical appointments.

Abas said the town should err on the side of caution. If system abuses come to light, council can

then reassess the matter.

"Someone could have an ongoing infection or something else," he said. "We're not going to make medical assessments."

Council agreed to further discuss the policy in camera.

Other council briefs:

Coun. Allan Lindal, who sits on a committee for Mantago Lake, said he attended a meeting Jan. 18 with Conservation and Water Stewardship Minister Tom Nevakshonoff, members of Peguis First Nation and members of Fisher Game and Fish, to discuss road improvements in the Mantago Lake Wildlife Management Area.

Mantago Lake is southwest of Peguis First Nation and is not part of the RM Fisher. However, residents from the RM use the area for fishing and other rec-

reational pursuits.

The province has committed money to finishing an 11-kilometre stretch of road in the area and will be putting out tenders, said Lindal.

Just recently, Peguis put Mantago Lake under preliminary selection under the TLE [Treaty Land Entitlement] agreement. "I emailed them to find out what that means," said Lindal.

Coun. Stacy Gard reported that the Lakeshore Recreation Commission, which provides public recreation programs to five municipalities, is seeking funding from the RM for a full-time recreation coordinator. A 2016/2017 program plan is in the works, and Gard said she will arrange to have a delegate meet with council in April to discuss it.

Council approved a \$6,775 payment for a culvert that was installed in December by Evergreen Construction in Coun. Gard's ward. The province also installed a number of culverts, said Gard.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lott family well represented at Viterra Championship

Father, two sons competing on separate teams at men's provincials

By Brian Bowman

With 32 teams in Selkirk this week for the Viterra Championship, there will be plenty of great curlers out on the ice.

And three of them come from just one family.

Sandy Hook's Dale Lott and his two sons, Tanner and Colton, will each be on separate teams, vying for that illustrious men's provincial championship.

Dale is playing second on Kyle Foster's Arborg rink, which earned an Interlake berth for the provincials in Stonewall earlier this season. That was the lone time that their rink has curled together all season.

"We just put a team together as a last-minute type of thing," Dale, 48, explained last week. "We're all from different areas, so we play and practice on our own. We've all been curling for a long time, and we all get along. The chemistry is good — we all just go out and have fun."

Despite Dale's age — and his talent — this is surprisingly the first time he will get a chance to curl against the best Manitoba has to offer at the provincials. He said he is simply going to go out there and enjoy the moment.

"I've been trying for a long time," said Dale, whose rink opened action against Carberry's Kelly Manroch Wednesday afternoon. "This is my first, but it's really special because we're all in it together even though we're on separate teams."

Dale said he is really proud of what his two sons have accomplished in curling.

"They've been doing what I wanted to do," he said. "When I was young, I wanted to get to provincials but it just never worked out. Tanner is the oldest one and he has been doing it since he was 15 (getting to junior provincials)."

"Colton followed suit and has been doing the same thing. Both have had great curling careers."

Tanner, 23, is the third on Justin Reynolds' Winnipeg Beach rink. Reynolds claimed the other Interlake berth and this is the first year that the entire rink has curled together.

Tanner admits that their rink hasn't spent much time together on the ice this season. Still, they hope to make some noise at the provincials.

"The zone was our first time curling together as a team and we were able to get a spot," he noted. "That was pretty good."

Like his dad, this will be Tanner's first time competing at the men's provincial championship.

"It will be a new experience," he said. "I've never done it before, so it's another notch on the belt."

Teams are going to have to limit their mistakes at provincials, Tanner said, if they want to be playing



EXPRESS PHOTO SUBMITTED

Dale Lott and his two sons Colton, left, and Tanner will be on separate teams at this week's men's provincial playdowns.

on the weekend. He feels his rink has the talent to compete with many of the teams.

But their first draw Wednesday morning was a tough one. Reynolds was up against Fort Rouge's Mike McEwen, the No. 2 seed in the field.

"They're all good shooters," he said of his rink. "We made a goal to make the (top) eight. Whether or not we make it, we'll be happy either way. You have to set a goal somewhere."

PLAYING IN FRONT OF FRIENDS AND FAMILY

Tanner is looking forward to playing close to home in Selkirk. Sleeping in his own bed — and playing in front of family and friends — will be a great experience.

"That will be the best," he said, noting he played in a junior provincial in Gimli a few years back. "Not sleeping in a hotel, going home and having a decent meal, will be nice."

Colton, meanwhile, will be playing with Matt Dunstone's rink, which recently won the junior men's national title and will be representing Canada at the Worlds in Denmark next month.

Their rink qualified by claiming one of the four MCT berths up for grabs back in mid-December. Dunstone opened action Wednesday in the 12:15 p.m. draw against Morris' Lorne Hamblin.

Of the three Lotts, Colton's rink probably has the best chance of going deep at the provincials. Colton competed at the provincials last year, placing fifth with Jason Gunnlaugson as skip as Dunstone was competing at the world university curling champi-

onships.

Colton said last year was no big deal playing for a men's provincial curling crown. He expects his rink to make the playoffs this year.

"We had played all of those teams before, so it wasn't too bad," said the 20 year old. "This year, we'll know what to expect and we'll come out firing."

In the double elimination bonspiel, getting off to a good start is imperative. Colton and his rink lost their very first game last year and had their backs against the wall as they scrapped together several consecutive wins.

This year's field of teams is, as always, a real deep one even without Jeff Stoughton due to his retirement from the game.

"It's one less team to worry about," Colton said of Stoughton. "But you still have McEwen and (Reid) Carruthers. They're a couple of the top teams in the world."

Carruthers, the defending-provincial champion, is the top seed for this week's 2016 Viterra Championship, followed by McEwen, William Lyburn, Daley Peters and Alex Forrest.

Carruthers and McEwen met in last year's final. The draw, live results, and event information can be found at www.viterrachampionship.ca.

As well, CurlManitoba is partnered, once again, with Sportsnet. The broadcast schedule will be:

Saturday — 6 p.m. Page Playoff - SN ONE

Sunday — 9 a.m. Semifinal - SN WEST

Sunday — 2pm Final - SN WEST

On-air personalities will feature Rob Faulds with Stoughton.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Johnson commits to RedHawks' program



EXPRESS PHOTO COURTESY OF CORPUS CHRISTI ICERAYS

Gimli's Carter Johnson has committed to the Division 1 Miami RedHawks for the upcoming school year.

By Brian Bowman

It's safe to say that Carter Johnson's decision to play hockey south of the border this season was a real good one.

The Corpus Christi IceRays' forward has committed to the Miami Universi-

ty RedHawks, a NCAA Division I program that plays out of Oxford, Ohio, for the 2016-17 season.

"It's definitely an honour," said Johnson, a Gimli product, on the IceRays' website. "When I was young playing Bantam, we took a trip to the States to

watch a University of North Dakota game. I realized how good Division I hockey is, and since then I've wanted to play and work towards that.

"It's nice to finally achieve a goal I've been working towards for a long time."

Johnson, 20, led the IceRays in goals (10) and points (27) heading into last week's games. He has three multi-goal games, the most of any IceRays' player this season.

The talented 6-foot-3, 207-pounder made the move to Corpus Christi after being drafted in the third round — 67th overall — in the 2015 NAHL Entry Draft.

He previously played for the Swan Valley Stampers in the Manitoba Junior Hockey League, scoring 17 goals and producing 45 points with 56 penalty minutes through 60 games during the 2014-15 season.

Johnson is the second IceRays player to ever play for the Miami RedHawks. Former IceRays defenseman Grant Hutton ('12-'14) is in his first season with the RedHawks after finishing last season with the Janesville Jets. Johnson also joins three former players that are already in the league: Wes

Michaud ('14-'15) at Colorado College, Emil Romig ('12-'13) at the University of Denver, and Jalen Schulz ('12-'13) at the University of Nebraska-Omaha.

"It really makes me smile to see such a quality, humble person achieve one

of his life-long goals," said IceRays' head coach John Becanic. "Carter is the ultimate teammate, and his peers are equally happy for him. He will be a great fit for the 'Brotherhood' of Miami."

The RedHawks were 10-12-3 heading into last weekend's home series against the No. 3 St. Cloud State Huskies. Miami's roster this season does not include any Canadians and it will lose four senior forwards next year due to graduation.

"I just want to try to play as much as possible," said Johnson, referring to next season. "I'd just like to get in there and make a fast adjustment. Hopefully, I can get up to the pace there and enjoy it."

"I've been working for a long time to get there, and I'm going to take advantage of every opportunity I get."

"IT REALLY MAKES ME SMILE TO SEE SUCH A QUALITY, HUMBLE PERSON ACHIEVE ONE OF HIS LIFE-LONG GOALS."

Lightning lose pair of road games

By Brian Bowman

Northern road trips in Manitoba are never fun to take in February.

And they become that much worse when a team has to come home after a pair of tough losses.

The trip home was not a fun one for the Interlake Lightning Sunday after they were defeated 7-4 by the Yellowhead Chiefs in Manitoba AAA Midget Hockey League play in Shoal Lake.

Interlake trailed just 4-3 heading into the final period but was out-

scored 3-1 in the game's final 20 minutes. The Chiefs' final goal came with just three seconds left in the game into an empty net.

Codey Beaulieu led Interlake with two goals while Evan Klyne-Geisler and Riley Vautour added singles.

Mackenzie Belinski (two), Brian Mentuck, Josh Belcher, Tucker Scantlebury, Blake Mervyn and Ryan Heino scored for Yellowhead.

The Chiefs outshot the Lightning 54-17.

The Lightning started the week-

end Saturday afternoon with a disappointing 9-1 loss to the Parkland Rangers in Dauphin.

Parkland blew the game wide open with five third-period goals. The Rangers completely dominated the game, outshooting Interlake 58-20.

Noah Basarab scored the Lightning's lone goal midway in the first period, assisted by Nicholas McCarten and Vautour.

Bradley Marshall scored five times for Parkland while Riese Gaber (three) and Dustin Mozdzen also

tallied.

Interlake (8-30) visited the first-place Eastman Selects last night but no score was available due to Tuesday's press deadline.

The Lightning will have another two very tough games this weekend when they host the Thrashers on Saturday (6 p.m.) and the Wild Sunday (2 p.m.) in Teulon.

Interlake will then wrap up its regular-season schedule on Feb. 20-21 when it visits the Norman Northstars in Thompson.

Ice Dawgs' Narverud brilliant in Arborg win

By Brian Bowman

Arborg Ice Dawgs' goaltender Jon Narverud probably saw rubber flying at him in his sleep Saturday evening.

Earlier that night, the veteran goaltender had plenty of pucks sent his way — 53, in fact — as he backstopped Arborg to a 3-1 Keystone Junior Hockey League win over the St. Malo Warriors.

Brett Keith beat Narverud just 1:32 into the game, but the Ice Dawgs' net-minder was perfect the rest of the way.

Arborg's offence came from two goals by Cory Kuldys and an empty-net marker by Clint Torfasen with 30 seconds remaining in the third.

With the win, Arborg improved its record to 17-14-0-2. The Ice Dawgs now have 36 points, which currently leaves them in third place in the South Division standings.

On Feb. 2, the division-leading Fishermen defeated the Ice Dawgs 5-3 at the Selkirk Rec Complex.

Selkirk, which battled back from 2-0 and 3-2 deficits, received two third-period goals from Karl Fey. Fey's second goal came on the power play with 7:28 left in the third.

Dylan Painchaud-Niemi and Milan Horanski scored for Selkirk in the first period and then Kale Ilchena tallied

late in the second.

Derric Gulay and Travis Kilbrei, on the power play, scored for Arborg early in the first period and then Colton Davies tallied late in the second.

Selkirk outshot Arborg 44-24. Riley Bannerman earned the win while Narverud took the loss.

Arborg will wrap up its regular season Friday (8 p.m.) when it plays at Peguis.

The Lundar Falcons, meanwhile, lost 4-3 to Selkirk on Friday.

Trailing 2-0 midway in the second period, Selkirk scored three times in that period and then added another goal early in the third.

Jeremy Pachkowsky scored twice, including a shorthanded goal in the second to tie the score at 2-2, while Michael Smiley and Painchaud-Niemi also scored for the winners.

Terence Roulette, Trent Laycock and Brenden Carlson replied for Lundar.

Both teams finished the game with 34 shots on goal as Jordan Liske earned the win. Jarrod Smith took the loss.

Lundar (15-13-0-4) visited Fisher River last night but no score was available. The Falcons will conclude their regular season on Saturday (8 p.m.) when they host Peguis.



EXPRESS PHOTO BY LANA MEIER

Ice Dawgs' goaltender Jon Narverud stopped 53 shots in Arborg's 3-1 win over the St. Malo Warriors last Saturday.

Peguis pounds KJHL competition

By Brian Bowman

The Peguis Juniors scored 46 goals in just three Keystone Junior Hockey League games last week — all victories — to solidify their first-place position in the 10-team league.

Peguis capped off the tremendous four-day stretch with a convincing 9-3 road win over the Cross Lake Islanders on Sunday.

The Juniors, which led 5-0 after the first period and 7-0 at the midway point of the game, received goals from Matthew Cameron (three), Keevan Daniels-Webb (two), Tristan Slater (two), Ian Sutherland and Tyler Woodhouse.

Cameron also had three assists for a six-point game.

Dennis Scatch (two) and Derian Duncan scored for Cross Lake.

On Saturday, Peguis defeated the last-place Norway

House North Stars 18-0.

Cameron, Waylon Neault, Devon Garson and Dylan Stevenson each had three goals while Slater (two), Jesse Flett, Daniels-Webb, Sutherland and Woodhouse also tallied.

Keifer Tacan made 14 saves for the easy shutout.

Last Thursday, Peguis pounded Fisher River 19-7 as Shaquille Houle had a game-high four goals and four assists.

Flett (three), Neault (three), Dylan Stevenson (two), Harold Linklater (two), Woodhouse (two), Romano Paul, Cameron and Theoren Spence also scored for Peguis.

Spence also had a game-high seven assists.

Tyler Kemball (two), Darryl Thaddeus (two), Jared Thickfoot, Gavin Mason and Dalton Woodhouse replied for Fisher River.

With the three wins last week, Peguis now has a league-leading 26-4-0-2 record and 54 points.

The Juniors will wrap up league play with two games this weekend. Peguis will host Arborg Friday and then will visit Lundar on Saturday.

The Hawks, meanwhile, played a pair of games against OCN last weekend, losing 11-4 on Saturday and 11-5 Sunday.

Thaddeus led Fisher River with three goals and an assist Saturday. Dalton Woodhouse scored the Hawks' other goal.

On Sunday, Ty Stevens, Tyler Kemball, Thaddeus, Brent Sutherland and Dalton Woodhouse scored for Fisher River.

The Hawks (8-24-0-1) concluded their regular season last night when they host Lundar.



EXPRESS PHOTO BY LANA MEIER

Juniors' captain Devon Garson scored a hat trick in Peguis' 18-0 win over the Norway House North Stars last Saturday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Genyk great in Gimli win

By Brian Bowman

It was the Trent Genyk show Saturday night.

The offensively gifted forward scored four times to lead the Gimli Wolves to a 6-5 victory over the Beausejour Beavers in Manitoba Senior Hockey League action.

Genyk scored late in the first period, twice more to start the second, and then added the eventual game winner at 7:01 of the third period.

David Hardman scored for the Wolves early in the first period and then Derek Gagnon tallied midway in the second. Chris Stelmack (three), Dustin St. Godard and Zak Tabin replied for the Beavers.

Brett Gagnon earned the win in goal.

The Wolves, in sole possession of second place with a 9-6 record and 18 points, will wrap up their regular season Saturday when they play the first-

place Flyers in Stonewall.

Meanwhile, the Lakeside Phantoms had a good effort in a 5-3 loss to the Lac du Bonnet Blues last Friday in St. Laurent.

Mike Shannon gave Lakeside a 1-0 first-period lead but the Blues came back with goals from Logan Oversby and Myles Stevens in the second.

Early in the third, the Phantoms came out flying as Eric Wallace and Orrin Hogue scored to give Lakeside a rare third-period lead.

But Pat Brincheski tied the score at 3-3 at 6:49 of the third and then Cory Courchene gave the Blues the lead for good just 1:36 later.

Tyson Lodge then scored at 17:50 of the third to seal the win.

Lakeside will play Beausejour this Saturday (8 p.m.) in Oakbank and then will battle the Flyers in Stonewall on Feb. 19.

Viterra Championship

VENUE DETAILS

Location
Selkirk Recreation Complex
Feb. 10-14
Ticket Prices
VIP Weekly Pass (includes end zone seating) \$99
Regular Weekly Pass \$60
Daily Pass \$20
Youth (17 and under) \$5
Evening Draw only (after 6 p.m.) \$10

For more information, or to order tickets by phone, call 785-8300 or TOLL FREE 1-877-523-5909.

Special Promotions
Wednesday - Opening Ceremony Special

After 6 p.m. - Adults admission \$5 and Youth \$2

Autography session 7:45 8:15 p.m.

Friday - Live Band

Vintage Groove in the Last Shot Sa-

loon, 9 p.m. to 1 a.m.

Admission free with curling daily ticket

Saturday - Asham Stompers
Performing live in the Last Shot Sa-
loon, 4:30 to 5:30 p.m.

Admission free with Curling daily ticket

Sunday - Valentine's Day Special
"Love on the Rocks" - Couples get
in 2 for 1 (\$20/couple)

Door Prize - A dozen roses

Draw Times

Wednesday: 8:30 a.m., 12:15 p.m., 4 p.m., 8:15 p.m.

Thursday and Friday: 8:30 a.m. ,
12:15 p.m., 4 p.m., 7:45 p.m.

Saturday: 9 a.m., 2 p.m., 6 p.m.

Sunday: 9 a.m., 2 p.m.

Host Committee Contacts

Garry Dola (gndola@gmail.com)

Brent Reed (gbreed@mymts.net)

Badminton nationals



EXPRESS PHOTO BY LANA MEIER

Manitoba took home all the consolation prizes except for men's doubles at the 2016 Yonex Sr. Canadian Badminton Championships in Winnipeg last weekend.

Manitoba's consolation champions included Winnipeg Beach's Hanna Rebizant, pictured here, and Haley Nakonechny (women's doubles), Melissa Liew (women's singles), David Harrison and Rylan Ramnarace (men's doubles), and Dale Kinley and Haley Nakonechny (mixed doubles). Rebizant also competed in women's singles at the nationals.

Manitoba Hockey Standings

MANITOBA JUNIOR

HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Portage Terriers	53	45	6	2	92	242	111
Steinbach Pistons	50	38	9	3	79	202	120
Winkler Flyers	49	34	12	3	71	206	126
Virde Oil Capitals	49	30	18	1	61	165	111
Winnipeg Blues	50	25	18	7	57	179	147
Swan Valley Stampede	51	21	25	5	47	147	175
OCN Blizzard	51	22	27	2	46	154	185
Selkirk Steelers	49	20	27	2	42	169	202
Dauphin Kings	49	17	29	3	37	148	203
Waywayseecappo Wolverines	50	13	33	4	30	127	212
Neepawa Natives	49	10	38	1	21	105	252

KEYSTONE HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
South Division							
Selkirk Fishermen	32	24	6	2	50	131	90
St. Malo Warriors	33	21	9	3	45	158	123
Arborg Ice Dawgs	33	17	14	2	36	145	126
Lundar Falcons	32	15	13	4	34	138	127
North Winnipeg Satellites	33	11	21	1	23	120	161
North Division							
Peguis Juniors	32	26	4	2	54	285	111
OCN Storm	32	25	6	1	51	243	115
Cross Lake Islanders	32	14	18	0	28	209	204
Fisher River Hawks	33	8	24	1	17	169	261
Norway House North Stars	32	1	31	0	2	83	363

MANITOBA SENIOR

HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Stonewall	12	11	1	0	22	97	45
Gimli	15	9	6	0	18	106	66
Lac du Bonnet	14	8	6	0	16	92	63
Beausejour	13	6	7	0	12	67	73
Lakeside	14	0	14	0	0	34	149

AAA MIDGET

HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Eastman	40	37	0	1	77	204	83
Wild	39	32	5	1	66	166	73

Thrashers	39	28	9	1	58	187	94
Yellowhead	39	26	7	1	58	139	95
Central Plains	41	22	13	2	50	133	110
Kenora	39	19	18	2	40	144	154
Brandon	39	19	19	0	39	110	123
Southwest	40	18	19	1	39	128	134
Parkland	39	17	18	0	38	147	158
Pembina Valley	40	8	28	1	20	92	181
Interlake	39	8	31	0	16	99	201
Norman	40	3	35	2	8	108	251

AAA CITY MIDGET

HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	31	24	5	0	50	169	76
Winnipeg Hawks	32	20	10	1	42	142	114
Winnipeg Warriors	31	17	12	2	36	105	94
Eastman Selects	32	16	15	0	33	90	90
Winnipeg Sharks	32	14	13	2	33	125	128
Interlake Lightning	32	0	30	1	2	56	185
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0

AAA BANTAM

HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	32	27	4	0	55	213	67
Winnipeg Warriors	29	23	2	2	50	196	59
Eastman Selects	29	16	11	1	34	139	112
Winnipeg Hawks	30	13	16	1	27	109	107
Winnipeg Sharks	29	9	18	2	20	89	149
Interlake Lightning	31	5	26	0	10	71	203

MANITOBA FEMALE MIDGET AAA

HOCKEY LEAGUE

	GP	W	L	T	OTW	OTL	Pts
Yellowhead Chiefs	24	18	1	-	3	2	44
PV Hawks	25	18	4	-	2	1	41
Westman Wildcats	26	16	5	-	1	4	38
Central Plains	25	16	6	-	2	1	37
Winnipeg Avros	28	10	11	-	4	3	31
Eastman Selects	25	6	17	-	1	1	15
Norman Wild	25	4	19	-	1	1	11
Interlake Lightning	22	-	21	-	-	1	1

STATS AS OF TUESDAY, Feb. 9

Classifieds



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UPCOMING EVENTS
Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again persons deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer a weekend retreat, 2 times per year in Winnipeg. NEXT WEEK-END RETREAT TO BE HELD MARCH 4-6th, 2016. FOR MORE INFORMATION - please call 1-204-275-3090 or visit www.beginningexperiencewinnipeg.ca BE also offers a week-end retreat for young adult children (14-24 years) who have been affected by their parents' separation, divorce or death. For more information please call: 1-204-295-8866.



RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER

CLOSING DATE: Friday, February 19, 2016 at Noon

The Rural Municipality of Gimli is accepting tenders for the following:

- SUPPLY & DELIVERY OF LIMESTONE AGGREGATE:** for the supply and delivery of limestone aggregates; to be deposited on municipal roads throughout the RM of Gimli, or hauled to stockpile at the Public Works Shop yards, as directed by the Municipality. The material to be applied in one main haul approximately during the period of June 1, 2016, until completed. Additionally, there may be spot hauling continuing until December 31, 2016.
- GRAVEL HAULING & LOADING:** for the hauling of gravel to be deposited on municipal roads throughout the RM of Gimli from the pit located in SW25-20-3E. The material to be applied in one main haul during the period of June 1, 2016, until completed. Additionally, there may be spot hauling continuing until December 31, 2016, approximately 12,000 cubic yards. While the Municipality would normally be responsible for loading, contractors are asked for the option of supplying a loader.
- GRAVEL CRUSHING:** for the gravel crushing and stockpiling at the pit located in SW25-20-3E. Traffic Gravel to Department of Highways Specifications, approximately 14,000 cubic yards.
- GRAVEL SCREENING:** for the screening of gravel from the pit located in SW25-20-3E. Screened Gravel must be to Department of Highways Specifications. Approximately 4,000 cubic yards required and will be used as winter sand. Gravel Screening is to be 25% complete by June 30th, 2016 and 100% complete on or before August 31, 2016 weather permitting.
- 2016 EQUIPMENT RATES:** the RM of Gimli is seeking proposals from qualified bidders for hourly rates on various types of privately owned equipment for the purpose of establishing pay rates and hiring order of private equipment for the 2016 works season ending March 31, 2017. Contractors who do not submit pricing and/or do not hold a valid business licence or business tax will not be considered for municipal projects.
- DUST CONTROL:** Application of Magnesium Chloride or Calcium Chloride dust control product. Product must be Magnesium Chloride Liquid or Calcium Chloride Liquid with a 30% to 35% Brine Solution and an Anti-Corrosive Inhibitor to meet Corrosion Rate of less than 4.0 mils per ASTM G 4-84. Bidders may provide a quote for one or both. The product shall be available for delivery to various locations in the Municipality from June 1, 2016 to October 31, 2016, as required by the Municipality.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Any questions or concerns related to the tenders can be directed to:
Darcy Hjelmeland
Manager of Public Works and Utility Operations
Rural Municipality of Gimli
Phone: (204) 642-6688
publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Council may consider a 10% price variance for local bidders. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

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RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 194 of *The Municipal Act*, that the report of the Municipal Auditors and related Financial Statements for the year 2014 for the RM of Gimli have been deposited in the Municipal Office at 62 - 2nd Avenue, Gimli, Manitoba and are available for inspection by any person or their agent between the hours of 9:00 a.m. and 5.00 p.m., Monday to Friday, inclusive.

Any person or their agent, at their own expense, may make a copy thereof or extracts therefrom.

Dated at Gimli, Manitoba this 2nd day of February, 2016

Randy Woroniuk
Mayor
Rural Municipality of Gimli

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Lane calf puller, \$100; Stock Doctor, \$50; calf catcher, \$20; anti cow kicker, \$100; sunflower bird seed, \$0.30/lb. Ph Bert 204-378-2944, Riverton.

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Large round hardcore bales of hay. Asking \$25/bale. Call 204-467-5078 or 204-461-0722.

HAY & FEED

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Hay for sale - 2nd crop silage (200 bales) and 1st crop alfalfa, timothy, broom mixed hay (150 bales). Arborg. Call for details 1-204-376-2374.

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TENDER

Heima er Best Inc., calling for tenders for:

Replacement of Kitchen Cabinet doors and drawer fronts; kitchen counter tops replaced; Living room and hallway flooring replaced. Location - double condo Aspen Park.

Specifications available for pickup at the Compulsory Walk through - Friday, February 19th at 6:00 p.m. to 7:00 p.m. only, at 39/41 Pine Crescent, Aspen Park.

All Bids due Friday, February 26th - NOON.



VISION and VOICE

Divisional Ratepayers Public Meeting

- Budget Information
- 2016 - 2017 Planning

Division Office
Eriksdale, MB
February 23, 2016
Starting at 2:00 p.m



Betel Home Foundation

80 bed personal care home in Gimli, Manitoba is accepting applications for the following positions:

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Please forward your resume to:
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get inspired

> MEAL IDEAS

Raspberry lemon muffin magic



Ingredients
 1 cup (250 mL) all-purpose flour
 1 cup (250 mL) whole-wheat flour
 1 2/3 cup (400 mL) lower fat shredded Canadian brick cheese or 3/4 cup (175 mL) regular shredded Canadian brick cheese
 2/3 cup (150 mL) quick-cooking rolled oats
 1 tbsp (15 mL) grated lemon rind
 2 tsp (10 mL) baking powder
 1/2 tsp (2 mL) baking soda
 1 egg
 1 1/4 cups (300 mL) 1% buttermilk

2/3 cup (150 mL) brown sugar
 3 tbsp (45 mL) vegetable oil
 2 tsp (10 mL) vanilla extract
 1 cup (250 mL) fresh raspberries or frozen raspberries
Directions

Preheat oven to 375°F (190°C). Spray a 12-cup non-stick muffin pan. In a large bowl, combine all-purpose and whole-wheat flour, Canadian Brick cheese, 1/2 cup (125 mL) oats, lemon rind, baking powder and baking soda. In another bowl, whisk together egg, buttermilk, 1/2 cup (125 mL) brown sugar, oil and vanilla extract. Pour over dry ingredients and lightly incorporate. Gently stir in raspberries. Spoon into prepared muffin pan, smoothing tops. Sprinkle with remaining oats and sugar. Bake for 20 to 25 minutes or until tops are firm to the touch. Let cool in pan for 10 minutes. Transfer to rack to cool completely.

Rockin' Red Velvet Trifle



Makes 8 servings

1 packet hot cocoa mix with 20 to 25 calories
 2 tablespoons mini semi-sweet chocolate chips
 1/2 cup moist-style devil's food cake mix

1/2 cup moist-style yellow cake mix
 1/4 cup fat-free liquid egg substitute
 1/2 tablespoon red food coloring
 Dash of salt
 4 ounces fat-free cream cheese
 2 tablespoons Jell-O Sugar-Free Fat-Free Vanilla Instant pudding mix
 2 tablespoons Splenda No Calorie Sweetener (granulated)
 1/4 teaspoon vanilla extract
 1 8-ounce container Cool Whip (thawed)
 4 cups chopped strawberries

Preheat oven to 350 F. Spray an 8-inch by 8-inch baking pan with nonstick spray. Place the cocoa mix and 1 tablespoon chocolate chips in a glass. Add 1/4 cup very hot water, and stir until mostly dissolved. Add 1/3 cup cold water. In a large bowl, combine the cake

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

PART 2

It helps if you reinforce your sense of competence and confidence before you go to the social event. If you tell yourself, "I'm a strong, healthy person and I plan to stay that way," in the hours leading up to the event, you'll walk into the party feeling empowered to stick with your healthy approach to eating. Exercising before the event can also make a difference: Besides burning calories ahead of time, physical activity can make you more responsive to your body's hunger and satiety cues and help you organize your eating behavior better while you're socializing. Exercise also relieves stress and anxiety, so if you're susceptible to social jitters, a workout can help you arrive at the scene with a clear head and be less prone to eating for emotional reasons.

It may seem counterintuitive, but eating something, preferably with protein (perhaps a hardboiled egg or a piece of cheese and an apple), and drinking some water beforehand can help take the edge off your hunger and fortify your resolve when you arrive. Once you're there, start with lower-calorie foods (vegetables or a broth-based soup, for example) so you have better control with other items. You could also offer to bring a dish to the party and make a beautiful platter of crudities with a low-fat dip or a colorful fruit salad. That way, you'll know there will be at least one item that's healthy and low in calories, something you know

you can indulge in freely. And the hosts will appreciate your contribution because it means one less dish for them to plan and prepare.



Consciously eat slowly, chewing your food thoroughly, and pause periodically to gauge how satisfied you are. Make an effort to eat more slowly than everyone else at the table or gathering. If you're the last person to start eating and the last to finish, you'll enjoy the food more (by savoring the flavors) and you'll be satisfied with less (and less likely to take second helpings). Given your timing, your hosts may not even notice how much you are (or aren't) eating.

At any social event, it helps if you remind yourself that the real reason you're there is to see people you know and perhaps meet some new ones; the food really is secondary. Staying mindful of this helps curb the impulsive eating that can be easy to do at parties. It also helps to remove the focus from food altogether by identifying specific people you want to meet or talk to. That way, you can have a good time, regardless of what you do or don't eat.

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

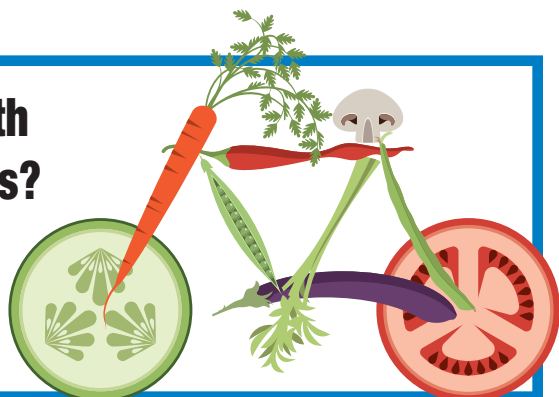
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mixes, egg substitute, food coloring, and salt. Add cocoa mixture, and whisk until smooth. Pour batter into the baking pan, and sprinkle with remaining 1 tablespoon chocolate chips. Bake until a toothpick inserted into the center comes out mostly clean, 26 to 28 minutes. Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack. Meanwhile, in a medium bowl, stir cream cheese until smooth. In another medium bowl, combine pudding mix

with Splenda. Add vanilla extract and 1/4 cup cold water, and vigorously stir until mostly smooth and slightly thickened. Add cream cheese and 1 cup Cool Whip, and stir until uniform. Cover and refrigerate. Cut cake into 1-inch cubes. In a large glass bowl or trifle dish, evenly layer half of the cubed cake. Spread all of the pudding mixture over the cake layer. Evenly top with half of the strawberries. Continue layering with remaining cubed cake, Cool Whip and strawberries.

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