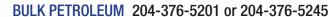




Interlake ARBORG LOCATIONS • Food Store

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VOLUME 3 EDITION 7 THURSDAY, FEBRUARY 18, 2016

WEEKLY NEWS

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD



EXPRESS PHOTO BY PATRICIA BARRETT

Politicians, sponsors, organizers and volunteers gathered in front of the children's skating rink to help Cooley the polar bear mascot launch his ice park near Gimli Harbour. Among the celebrants (left to right) were Mike Shachtay from Shachtay Sales & Service in Arborg, PC MP James Bezan, PC MLA candidate for Gimli Jeff Wharton, Gimli Ice Festival directors Susan and Peter Holfeuer (flanking Cooley), Mayor Randy Woroniuk, Coun. Danny Luprypa and NDP MLA for Gimli Armand Bélanger. See story pg. 10.

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



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Tergesen's raises funds for the Gimli Humane Society

By Patricia Barrett

H. P. Tergesen & Sons, the oldest general store still in business in the province, has been raising money since July 2015 for the Gimli Humane Society through the sale of its reusable shopping bags.

"It's a good time of the year to help out the Humane Society," said Stefan Tergesen, who is the store's "fearless leader."

He raised a total of \$1,137 that he and staff members plan to present to the Humane Society later this month.

The general store opened in 1899 and has been run by generations of Hans Pietur Tergesen's descendants ever since. It sells distinctive clothing items, footwear, accessories and books.

The Icelandic-themed shopping bags are roomy and stand open by themselves, thanks to their unique design and construction. They cost \$3.99.

Three dollars from each sale went into the kitty for the non-profit ani-

mal shelter, which rescues and cares for abandoned or abused animals.

The shelter is the only "no-kill" organization in the Interlake and relies exclusively on donations.

"We thought it was the perfect time for us to help them," said Tergesen.

Tergesen's store contributes to the community in various ways.

It has supported the Evergreen Women's Resource Centre (also known as Interlake Women's Resource Centre), which helps battered women and their children, and it has turned its sights to those less fortunate overseas.

"We [support] an orphanage in Haiti," said Tergesen. "Through an employee connection, the funds go directly into the hands of the priests running it. It doesn't fall into the hands of organized crime."

Tergesen's is located at 82 First Ave. For more information about the shopping bag fundraiser, call the store at 204-642-5958.



EXPRESS PHOTO BY PATRICIA BARRETT

Stefan Tergesen of H.P. Tergesen & Sons general store is donating more than \$1,000 to the Gimli Humane Society.

Columbaria part of larger strategy for Eriksdale Cemetery

By Jeff Ward

The completion of two six-foot high columbaria at the Eriksdale Cemetery are only a part of the overall improvement strategy and will help in making the cemetery a more peaceful place to remember loved ones.

Late last year, two granite columbaria were purchased and installed at the cemetery as part of a continuing strategy to improve the grounds.

West Interlake Ward 1 Coun. Merle Day is leading the charge in what's been a multi-year project to modernize and repair the cemetery. New fences, concrete benches and spruce trees have created a more serene environment for anyone paying their respects to a loved one.

Each columbarium has 24 compartments that are designed to hold cremated remains. Day said the project has been in the works for a year and took a backseat to the amalgamation

process but finally saw completion in November of last year. The columbarium is just one of the improvements made over the last year and he hopes to see more projects come to the cemetery in the future.

"The idea came from a local under-

"I KNOW THAT THERE

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IT BECAUSE NOT

GROUND."

EVERYONE WANTS

TO BE BURIED IN THE

taker who wanted to build one in the cemetery a few years ago," said Day.

"We liked the idea. I know that there are a few people that are already interested in it because not everyone wants to be buried in the ground."

Day said there are some advantages to using the columbarium over a more traditional

burial. There's no need to worry about paying for a hole to be dug or putting up a headstone. The columbarium has a standardized plaque system that includes a nameplate.

On either side of the granite monu-



EXPRESS PHOTO BY MERLE DAY

Two columbaria are a part of a multi-year project to improve and modernize the Eriksdale Cemetery. Columbarium hold cremated remains.

ment is space for a memory wall. Day says that one of the advantages of having this style is that people are able to buy a spot on the wall for loved ones who aren't buried in the cemetery.

"I know there are many in this community that have had their ashes scattered or a family member keeps them at home. Now they have the opportunity to have a small plaque at the cemetery and family can come visit and pay their respects," said Day.

Day said that in the spring, more cement benches will be added to the columbarium space for visitors to sit at as well as the staking out of an area for a future cemetery expansion.

Valentine's Cabaret helps support student trip to Europe

By Jeff Ward

Several Ashern Central School Grade 11 and 12 students are planning a 12-day trip to France, England and Italy in 2017, and to help raise funds they hosted an intimate Valentine's Cabaret last Thurs-

The hour-long candlelight cabaret featured the singing talents of Saige Klyne-Geisler, Madeline Nickel, Courtny Granberg and Shanley Kippen with performing arts teacher Jennifer Bjornson on the piano. Students also served guests decadent desserts and coffee. This was the third annual Valentine's Cabaret, and this year's event raised approximately \$300 in ticket sales.

"This has been our main group fundraiser that specifically benefits the trip," said Bjornson following the event.

"It was a really great night and everyone enjoyed themselves. We put together a very polished performance

because the people that came out were paying to be there, so we wanted to give them a quality show. The students worked very hard rehearsing and I think it showed."

The international trip is something

that Bjornson organizes every two years. She says the cost per student for this particular trip is \$4,500 so it's just not feasible to go every year. The trip is booked through EF Tours, a company that organizes educational tours all over the globe. EF Tours allows students to break their trip into monthly payments to make it more manageable.

The Cabaret is one of a few ways the students are able to earn money towards their trip, another being the annual Christmas

Craft Sale in Ashern. Bjornson says that many students have part-time jobs, which allow them to chip away at the total cost over the two years. And



EXPRESS PHOTO SUBMITTED

Friends and family of Grade 11 and 12 Ashern Central School students enjoyed a Valentine's candlelight cabaret last Thursday.

in the end, the experience of taking a guided tour across western Europe is something that's well worth the extra work.

"From morning to night, we are on a tour of the city, learning about the history of the architecture, the art, the politics, the food — it's so multifaceted. At the end of the day, we're

all exhausted from walking around and doing things like climbing the Eiffel Tower or to the top of large cathedrals. This is an experience they'll never forget and it's exciting for me to be able to share that with them," said Bjornson.

The trip is tentatively slated for the end of June 2017.

Meeting to discuss amalgamation with Coldwell and Eriksdale

"THIS IS AN

EXPERIENCE

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IT'S EXCITING

FOR ME TO BE

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THAT WITH

THEM."

THEY'LL NEVER

By Jeff Ward

Taking the next step in preparing for their hearing with the municipal board, the West Interlake Citizens Group (WICG) will be hosting a public meeting to ask the citizens of the RM of Coldwell their opinion on the possibility of a future amalgamation.

Back in September 2015, the WICG held an information night in Eriksdale when citizens were polled about who they wanted to be their next amalgamation partner. The poll came back with more than 90 per cent in favour of a possible amalgamation with the RM of Coldwell. Many respondents indicated on the survey that Coldwell and Eriksdale are more compatible

Continued on page 4





Liberals calculate the cost of services



Jamal Abas, Liberal MLA candidate for the Interlake, said his party will transfer one per cent of the PST to rural municipalities.

By Patricia Barrett

If there's one message the Liberal MLA candidate for the Interlake riding wants constituents to know, it's this: the party has done some financial homework and will not make spending promises until it knows how much they will cost taxpayers.

Jamal Abas took that message to two rural municipalities recently and sought feedback from councils about their funding concerns.

Abas met with Town of Arborg councillors on Jan. 27.

Coun. Susan Bauernhuber expressed concern about health care in the region, especially the ability to retain doctors in the Interlake and the need to "keep our hospital as a hospital, not a long-term care facility."

Having four sisters in health care, Abas said he's aware of the province's "broken" health-care system. One way to improve service delivery, he said, is to look at the funding model.

"The first step is to look at the way we work with transfer payments" said Abas. "And, secondly, to look at ... who's willing to spend the money on health care."

Abas said the Liberals will not make cuts to health care "for the sake of balancing the budget" but will transfer one per cent of the PST to rural municipalities.

"We need that [PST] money," said Abas. "If we form government, we want it to go to rural Manitoba so that we can look at ways to keep doctors here."

The Liberals had announced they will provide funding for a dedicated stroke unit in Manitoba, the only province in the country without one.

Deputy Mayor Rob Thorsteinson asked Abas whether he could arrange a meeting with party leader Rana Bokhari to discuss the town and RM's proposal to build a personal-care home, which is waiting for Treasury Board approval.

Thorsteinson said the government supports the locally funded project but has to provide funding for its operation.

Coun. Vivian Leduchowski asked Abas where the Liberal Party stands on infrastructure funding to municipalities. She said the Conservatives made a promise to pave a stretch of road near Vidir Machine, north of town

Abas said he sees the merit in that as it would improve Arborg's local economy.

Infrastructure was "one of the first policies we announced almost three years ago — dedicated municipal infrastructure," he said.

That dedicated funding would come from PST revenues and start at 20 per cent, he said. It would increase each

year and enhance municipal budgets that have been subjected to funding cuts.

"It will cover a wide range of areas," said Abas. "If you go to the Lundar area ... it may [go towards] drainage."

If the Conservatives reduce the PST to seven per cent, he said, and balance the budget in less than two years, "you're losing billions of dollars in revenue that the government should be spending on infrastructure. How is he [Pallister] going to build that road?"

Abas also spoke about drainage in the area and the need to work with the highways department to get the water flowing.

"The province needs money for that. We've been criticized for our policies, but we've been costing out our policies ... so we know what it's going to cost Manitobans."

The deputy mayor broached the issue of affordable housing. He said the government had offered to help Arborg bring low-cost housing to town, but the amount it put forward fell short.

"We got a local contractor," said Thorsteinson. "He put the numbers together: it didn't even pay because they [government] set the rent. If the government's giving you money, then they're setting the limit on how much rent they charge."

Abas said he couldn't provide an answer to housing until he looked at what it might cost and how the party could fund it. But he said he would take the issue to Bokhari.

Abas visited the RM Fisher council on Feb. 3.

He reiterated the Liberals' plan to transfer one per cent of the PST to municipalities, which Fisher could put towards much-needed drainage projects.

Like other municipalities, Fisher has to shoulder a third of the infrastructure funding it receives from the province. That limits its ability to maintain or make repairs to basic services. And the RM has responsibility for 83 extra kilometres of road to maintain. Some municipalities, said Reeve Shannon Pyziak, receive more infrastructure funding than others.

Coun. Allan Lindal asked what the Liberals could do to bring young people to rural communities — and keep them at home.

"We said for first-time home or land buyers, we'll remove the transfer tax," said Abas. "I think it's a good incentive to attract people to ... rural Manitoba."

He also said high property taxes, a large land base with few people and limited tax revenues are some things the party considers a priority and will look for solutions.

"We know that if there are people in the community ... the economy benefits."

Part of the solution may lie with dedicated infrastructure funding to improve drainage and protect the land base, he said. Flooding and wet years have led to a decline in farming in the Interlake.

"I stand up for farmers because the next generation of farming is sitting across from you," said Abas, who comanages 180 beef cattle on his family's farm.

The CAO and the reeve asked what the Liberals could do to improve the "really awful" cell service in the area.

"My understanding is that some of the towers ... the power they're using is minimal," said Pyziak. "I can tell you that if I'm on a pasture ... that is four miles away from the cell tower, I can't get service. I can see the tower from where I am, and I can't get enough service to make a call."

Abas said he doesn't know the full costs of that, but he'll have Bokhari address the issue when she visits Fisher Branch on Feb. 27.

> COLDWELL AND ERIKSDALE, FROM PG. 3

than Siglunes and Eriksdale.

With the information collected by the WICG, members decided to organize a public meeting at the Lundar Lutheran Church on Thursday, Feb. 25 at 7 p.m. During the meeting, WICG members will update attendees on the current situation facing Eriksdale taxpayers and will ask them how they feel about a possible amalgamation.

"This is all contingent on whether or not we are successful in our bid to become a Local Government District,"

said WICG spokesperson Andrea Sweetland.

"If we're successful, then we can work towards getting a new partner, and it would be very beneficial to have people in both communities knowledgeable and interested in shaping the future as a unit. Many of our services are shared, so it makes a lot of sense."

Sweetland wants a good showing from the Coldwell community because she and the WICG want to have

a strong gauge as to how citizens feel about this situation. She says it's important to know that nothing about this meeting is final and that all she's hoping for is an indication as to how people feel about possibly coming together.

Sweetland feels that if they present their findings from this public meeting to the municipal board and show that Coldwell residents are willing to go through an amalgamation, their presentation will be stronger.

"We just felt it had a little more weight to it if we had talked to the citizens of Coldwell first. We thought it would help move our quest forward," said Sweetland.

"MANY OF OUR SERVICES ARE SHARED SO IT MAKES A LOT OF SENSE."

North Interlake residents got their first look at the new Interlake-Eastern Regional Health Authority mobile clinic that will be serving their community during an open house last week.

After more than a year of planning, the new mobile clinics are ready to roll out and will be making weekly stops in Seymourville, Gypsumville, Grand Marais and Prawda.

The stop in Gypsumville will take place every Wednesday from 11:15 a.m. until 3 p.m. in the parking lot of the Gypsumville Community Hall starting on Feb. 24. The mobile clinic will be able to provide residents of these areas with regular checkups and physicals, treatment for minor ailments, some lab services and even immunizations. There are four healthcare providers — two nurse practitioners and two primary-care nurses on the mobile clinic along with two

"Having the mobile clinic will be a really good thing for the community because without it, it's a very long

trek to go see the doctor," said Kathy Rawluk, a member of the Gypsumville Community Hall board and one of the people consulted when the IERHA was looking for locations for the clinic.

"I know that many people will put off minor problems until they become much worse and they have no choice to go see the doctor. With this being so much closer for people, it'll make them more willing to get checked out before things get bad. If you live in Gypsumville, it's 50 miles to get to the nearest hospital."

The clinic is a specially designed oversized RV that is designed to serve as anyone's home clinic where they can receive most of their health-care needs. It includes two exam rooms and a wheelchair-accessible entrance. It provides access to the same medical equipment and technology found in any other clinic, according to the IERHA.

Rawluk says that the community hall will be open during the times when the mobile clinic is active and will act as a waiting area for patients.



EXPRESS PHOTO BY DEVAN MCCOUBREY

This state-of-the-art mobile clinic will serve as a primary-care facility for many residents in the Gypsumville area and make weekly visits to serve the needs of the community.

Access to the washrooms will also be available. She also said that she was very impressed to see the clinic for the first time.

"It really has everything it needs on board and it was very clean and spacious. The biggest advantage is that we're able to form a relationship with

these nurses and we can build up regular communication with them. With the way doctors turn over these days. that's just not possible," said Rawluk.

Anyone interested in making an appointment can call 1-855-295-8296.

The Evergreen Basic Needs Café to serve its last meal

It is with deep regret The EBN Café will be serving their final special on Saturday, Feb. 27. The Café, once known as the Helping Hands Café, was initially developed as a training program for clients to develop basic cooking skills and learn marketable skills for the service industry.

The Café evolved into a small restaurant for Respun Threads customers providing quality home cooked meals, baked goods and daily specials at reasonable prices. The Café, located in EBN at 71 Fourth Ave. in Gimli, began with five tables and expanded to eight as increased traffic demanded expansion. In the spring of 2015, EBN received a grant from Canada Food Banks and revitalized the look of the Café and added commercial appliances to the kitchen.

However, due to a number of factors

beyond the control of EBN management, the decision was made to close the small popular eating spot.

"The loss of the Café is regrettable, but EBN is in a continuous state of evolution. The Café will close, but coffee and homemade baked goods will still be available to our customers," stated EBN executive director Rhonda Powers."The area will become our book area with comfortable chairs and

tables for people to enjoy a break from shopping."

Powers said the Café closure will not affect the EBN Community dinners or special events.

"The EBN kitchpromotes healthy eating by

serving nutritious food and snacks to encourage healthy eating for our Connections program participants and will carry on with the EBN community dinners and special events for our organization. Our kitchen staff will be absorbed into other roles within EBN. Of course, we are disappointed with the outcome, as we invested a considerable amount of time, energy and financial resources into providing a

service to the community."

The Community Dinner Program began in 2013 as a monthly addition to the services EBN currently provides for clients in our catchment area. The community dinner concept was originally designed to allow families who are struggling financially to have an evening out with their family and an opportunity to enjoy an evening of fun and entertainment.

Attention Citizens

RM of Coldwell and RM of West Interlake

> Join the West Interlake Citizens Group for an interactive session to gather feedback on The Proposal to Dissolve the RM of West Interlake, filed with The Municipal Board:

> What impacts can this have on our municipalities and citizens?

> Your input is requested. Please plan to attend on:

Thursday, February 25, 2016 at 7:00 pm at Lundar Lutheran Church Hall

Everyone is welcome - Refreshments served For more information visit www.wicg.ca or Andrea at 204-739-2140



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Fish tales of a sturgeon caught while ice fishing

Hi again, good friends.

How about a little break from fishing for jacks, perch or walleye? I put this to you because I ran into Cy Larson in Lac du Bonnet last week and he said that he and his buddy Trevor Solnes had gone lake trout fishing in Pointe du Bois and had caught their limit in no time. Cy mentioned that if you're going to try for trout, then bring a sled to get on the lake because the snow is getting pretty deep.

I sure met a fun family on the Red upstream of Selkirk's Hydro steam plant a few days ago. I was roaming around the ice, just stopping and talking to folks, and I spied this older trailer converted to a fishing shack. I pulled up to it and knocked on the door. Friendly jovial voices inside called to me to come in. Upon entering, I met the nicest couple, Steve and Rachelle Allen from Tyndall, and their uncle Brian Juer from Winnipeg.

These longtime anglers of this area, somewhere in their 40s, were full of fishing stories. After a few pleasantries, they told how Steve once had caught something on his line that just hung like a solid weight on his rig. His instincts told him it was too big to come up through the ice hole. Finally, needing to do something, Steve jumped in his truck and ran home that was only about five minutes away to get his underwater camera.

Rachelle, in the meantime, got on Facebook asking if anyone near them could come and help. People gath-



EXPRESS PHOTO BY ARNIE WEIDL

Brian Juer in Steve and Rachelle Allen's shack on the Red about to get those pickerel ready for frying on the stove.

ered around their shack in no time and, upon learning about the problem, sprang into action. Neighbours began drilling holes close to Allen's shack so he could lower his camera into the water. Immediately on the display, there appeared a giant sturgeon caught by its side fin! Working

as a team in a number of holes, they managed to gaff the creature and get it close enough to get the hook out, land it, take a picture and quickly re-

Rachelle had another story. A while back, they were fishing in the shack

Continued on page 15

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Walk, knock and talk: PC MLA for Gimli on the campaign trail

Bv Patricia Barrett

The PC MLA candidate for the Gimli riding has been putting his boots to the pavement in the lead up to the provincial election, visiting both constituents and municipal councils.

The Express caught up with Jeff Wharton last Saturday during a Lakeside Lions baking contest and auction in Winnipeg Beach.

"We're hearing a lot of positive feedback," said Wharton, who is a member of the Lions, a Winnipeg Beach charitable organization. "They want to see change."

He said the Gimli riding is a diverse region with a wide range of concerns.

"In the north, it's personal care homes," said Wharton, who also sits on

the board of Evergreen Basic Needs. "In the south [St. Andrews], it's daycare and aging sewers."

"They're moving forward," said Wharton, referring to sewer work in RM St. Andrews, "and as a province, we have to make sure we continue to support them."

Personal care homes will be a main focus for the Conservative party as it had been under Gary Filmon's government, said Wharton.

"During the '90s, 90 personal care home beds a year were built [by the Conservatives]," said Wharton. "The NDP built 20 a year."

That has not kept pace with our aging population and their need for care, he said.

for the riding, which is tourism mecca, especially during the warmer months.

"Saving our lake starts in our own home," said Wharton, referring to harmful chemicals, strong detergents and pharmaceuticals people flush down their toilets or empty into their sewers." We have to continue to educate our folks."

The candidate said he has he has

heard a common issue crop up at various council meetings he has already attended — one that affects commerce and industry in rural towns.

"The number 1 concern of RMs is the lack communication with the government," said Wharton."It takes months for a reply, if

one comes at all."

"SAVING OUR

LAKE STARTS

IN OUR OWN

HOME."

Wharton serves as a consultant for Globe Moving & Storage, a company he owned for 27 years. And as someone who understands business, he knows a lack of communication can stymie economic development.

"How do you expect to grow if you're not communicating?" he said.

Wharton is scheduled to meet with the following municipal councils in the upcoming weeks: RM Gimli on Feb. 24, RM St. Andrews on March 8 and RM Bifrost-Riverton on March 9. Council meetings are open to the

The PC constituency office is located at 68-B Centre St. Hours of operation are Monday, Wednesday and Friday, Lake Winnipeg is always a concern 10 a.m. to 12 p.m. and 1 to 4. p.m.



EXPRESS PHOTO BY PATRICIA BARRETT

Jeff Wharton, PC MLA candidate for the Gimli riding, was on his feet directing the bidding wars at a Lakeside Lions baking auction last week in Winnipeg Beach.

Manitoba Canola Growers Association elects new executive

The Manitoba Canola Growers Association (MCGA) held their reorganizational meeting last week and elected a new executive for the 2016-17 year.

Chuck Fossay from Starbuck was elected president, Clayton Harder from Narol was elected vice-president, Brian Chorney from East Selkirk was elected secretary, and Jack Froese from Winkler was elected treasurer. These positions take effect immedi-

"I am looking forward to being the president of the MCGA this year,"

says Chuck Fossay, president of the MCGA."I will do my best to serve the needs of our members."

Brian Chorney was re-elected for a two-year term to the Canola Council of Canada board of directors. Clayton Harder and Jack Froese were reelected for a two-year term to the Canadian Canola Growers Association board of directors. Chuck Fossav was re-elected for a one-year term to Keystone Agricultural Producers general council.

For more information, please visit www.canolagrowers.com.



To register: contact

There is NO COST to this course, but registration will be limited so please sign up ASAP.

10:00 am to 3:00 pm

(Two consecutive Saturdays)

The group will be led by

Bruce Somers.

The group meets in the

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abilities will be discussed. Find out 'What

makes teens tick?', learn new ways to improve

the relationship with your youth and discover

some solutions to the roadblocks that parents

frequently encounter when raising their child.

Bifrost-Riverton approves accounts and payroll

By Patricia Barrett

Bifrost-Riverton council held a regular meeting Feb. 10 at which it reviewed and approved its accounts and payroll.

The annual compensation for the reeve and councillors in 2015 was \$149,466.17.

The RM overspent its budget for road commissioners. Road commissioners are councillors who get paid for overseeing public works projects. The RM spent \$16,184.12 on a budget of \$8,500.

"It's high," said interim CAO Cindy Stansell, "because we don't have a public works manager."

The RM was under budget on office renovations. It had set aside a total budget of \$20,000 for renovations, but spent only \$16,618.37.

Other council briefs:

- Coun. Donald Vigfusson said he spoke with a few of Riverton's volunteer firefighters, who told him they were being penalized by their employers for leaving work to fight fires.

"There's a concern out there ... in particular some of them that are working at businesses, and they take time off to go to a fire," said Vigfusson. "It's at the point where the businesses are deducting them time."

He said that doesn't seem right for those who volunteer, and they earn less pay fighting fires than they earn at their regular full-time jobs.

"I think we have an issue here that we should address very shortly in the budget," said Vigfusson.

Reeve Harold Foster said there are a couple of issues. "I think Jason needs to get out and do some campaigning to find some more firefighters to start

Vigfusson said everyone knows the fire department is always looking for

"Who really wants that job for \$15 bucks an hour?" he said. "That's the sad thing about it. Pay these guys what they deserve."

Coun. Morley Nordal, who sits on the Arborg Fire Committee, said, "We've talked about that over and over."

Foster said most businesses have



RM Bifrost-Riverton Reeve Harold Foster

been deducting them time. "I don't even know if that's morally right because the fire department is there to protect those businesses."

But he added that council has no control over employers' business practices.

Deputy Reeve David Shott said some of the businesses may be struggling financially and perhaps there could be some tax incentive for them put in place.

Nordal said the only way to solve the problem is to bring firefighters' wages

Vigfusson also spoke about the firefighters' payment schedule. The RM pays them four times a year.

"That's the other problem," he said. "I go fight a fire tonight and I don't get paid for three months."

Foster asked Vigfusson to make a note of the issue for council's planning session.

- Nordal reported that about \$23,000 in grant money has been received for renovations to the Kinsmen building in which Fieldstone Ventures will be training licensed practical nurses for the town and RM's proposed jointly funded personal care home.

Renovations are estimated at \$50,000. Nordal said someone turned the heat off in the Kinsmen building and the pipes froze. "We're just finding out what it entails [in terms of cost]."

He said Fieldstone is impressed

with the age-friendly building, which won't require renovations. Healthcare aides will be trained there.

Coun. Colin Bjarnason inquired about Evergreen School Division's plan to provide free health-care aide training in its schools.

In January, the division announced it would like to offer the program during the latter half of Grade 12 and also offer LPN training. It had asked the town and RM to support its proposal rather than use Fieldstone.

Nordal said the school will not be able "to supply what we need right away."

If the personal care home is approved after the provincial election scheduled for April, and then built, it will require a number (not specified at council) of HCAs and LPNs.

The HCA certificate program (offered by Red River College in conjunction with Fieldstone) can be completed in four months. The LPN diploma program takes two years.

"They're never going to be able to train that many people," said Nordal, referring to the school division.

He also said it seems as though the school division does not have the full support of its board.

Foster said, "I heard Evergreen the board — has turned it down."

Coun. Richard Chomokovski said, Yes, the LPNs, they turned it down. It was too expensive for them to do."

Coun. Chad Johnson said he hadn't heard anything about the school board not supporting the program. He said he's a "big supporter" of the idea because Grade 12 students could graduate with free health-care train-

When contacted by the Express, a spokesperson for the school division said it is "going ahead with its plans. We're still working on it and trying to implement it."

- Coun. Chad Johnson reported that the province is willing to provide money to clean ditches in his ward, but it needs council to prepare and forward a resolution before any work

"They won't attempt to clean any of their ditches without a resolution, if we're asking for it on their dime," he

He said he was asked to indicate what specific ditches he would like cleaned and to provide land descrip-

Coun. Frode Andersen reported that the Riverton-Bifrost Parks and Recreation Commission is running a number of breakfast programs in the schools along with seniors' programs.

"And they've got 24 kids coming out for after-school curling once a week," said Andersen.

- Shott questioned the breakfast program, asking whether the Friendship Centre also runs a similar program.

"The Friendship Centre and the Rec Commission are duplicating programs again," said Shott. "That's always been the problem."

Bjarnason said, "Right now, they're working together."

Andersen said that in addition to the joint breakfast program, they will be offering joint-programming for summer activities.

He also reported that the Rec Commission is working on getting grants for the purchase of eight canoes to be shared between Riverton and Arborg.

Andersen said if anyone knows of a used boat trailer the RM could use to haul the canoes around, they should get in touch with him.

Liberal Leader Rana Bokhari to visit Arborg and Fisher Branch

By Patricia Barrett

Rana Bokhari, the Manitoba Liberal Party leader, will be making a number of stops in the Interlake on Feb. 27.

Bokhari will be meeting with Town

of Arborg councillors at 10 a.m. for about half an hour and will then meet with local residents.

In the afternoon, she will head to Fisher Branch, making a number of stops along the way.

In the evening she and Jamal Abas, the Liberal MLA candidate for the Interlake, will be attending a fundraising social.

For more information about times and event locations, contact Rana Bokhari's office at 204-988-9380 or email rana@manitobaliberals.ca.

NDP MLA Gimli riding candidate visits Bifrost-Riverton council

By Patricia Barrett

Armand Bélanger, NDP MLA candidate for the Gimli riding, paid a visit to RM Bifrost-Riverton's regular meeting on Feb. 10 to hear what they think works well in their dealings with the province and what they'd like to see improved.

The Gimli riding, whose electoral boundaries stretch from Hecla in the north to Parkdale in the south, shares a border with the Interlake riding in which Bifrost-Riverton lies. They share similar concerns with respect to drainage and Lake Winnipeg.

Bélanger said running for the NDP was the right choice because "I see a lot of investments within the Gimli

He has been the manager of the East Interlake Conservation District for the past eight years and works closely with Bifrost-Riverton on watershed management.

Reeve Harold Foster said one of his pet peeves with respect to the government is its size.

"There's too many bureaucrats in this current government," said Foster. "They don't talk to each other."

He said the RM had to get two different permits to do a water control project.

"We not only had to get one from Water Stewardship," said Foster, "but we had to get one from Highways as well. And that's ridiculous."

He said the RM is "in trouble with them right now" because it didn't get the second permit.

Bélanger said different departments not communicating with each other is something that he, too, has experienced in his job at the EICD. But he has also seen improvements "taking down the silos" and getting different departments to talk to each other, especially in regard to the RM and the EICD's integrated watershed management plans.

Foster said he wondered if government departments ever talk to each other, referring to drainage issues in the RM.

"If you get good drainage, there's less crop insurance to pay out," said Foster. "But rather than putting some money into drainage, they keep on paying crop insurance claims year after year after year. And they've probably paid out enough to put a perfect drainage system in place."

Coun. Richard Chomokovski said cleaning out the Washow Bay drain would cost the province \$15,000. "Yet they'd rather prefer to pay out a quarter-million in crop insurance."

Bélanger said he's been developing



EXPRESS PHOTO BY PATRICIA BARRETT

Armand Bélanger was a delegate at Bifrost-Riverton's regular meeting of council on Feb. 10.

the tools and resources needed for local entities to make good drainage decisions and would like to see those

Coun. Morley Nordal broached the issue of the NDP's PST increase to eight per cent. He asked Bélanger a theoretical question based on a rumour he said he heard.

"If the current government does get re-elected ... there's a chance of PST going up one more point. Would you support that?"

"We saw what happened. It'd be one way or another," said Bélanger.

Coun. Nordal said the increase was "a kick in the pants," but nine per cent 'will kill us."

Bélanger said out on the campaign trail, going door to door, people have told him they would've been OK with the one per cent if they saw the money going straight into infrastructure.

The MLA candidate cited the province's "billion-dollar flood" as a factor in the need for increased revenues. Because the province is prone to flooding, future events "will continually cost us money."

But if the province were to invest in water-management solutions, he said, it would reduce the risk of increasing consumer tax.

Deputy Reeve Dave Shott said had Saskatchewan and Manitoba been talking, there might not have been a "billion-dollar flood."

"It's the Wild West out in Saskatchewan for drainage," said Shott. "Up until now, they haven't had any drainage officers, no plan in place."

Shott said Manitoba has done a decent job with its drainage licensing, and it polices it well. But a dialogue between the two provinces never happened.

"That's some of our biggest problems," Shott said. "Now Manitoba is faced paying for that infrastructure to take all that water."

Bélanger said he's seen a gradual change in thinking around flooding. Talk used to centre on dikes, but it's now focused on reducing peak flows by 10 per cent.

He said the use of the Lidar data set (topographic maps of the RM's watershed) will help the RM find areas of storage for water that comes from the west and show it how to reduce the risk of flooding.

Coun. Donald Vigfusson said third

order drains [those the province are responsible for] are a concern to the

"We've dealt with this issue for years here."

He said they were cleaning the Washow Bay drain in 2015 then had "the rug pulled out from under them with a mile to go."

He said the RM suffered some flooding because the job wasn't completed.

Bélanger said being part of water management for the last eight years, drains are a top priority.

And as far as cleaning up Lake Winnipeg, Bélanger said there is a need to reduce phosphorus going in the lake.

"The Red River is the main contributor," he said. "Point source [sewage treatment] is the easiest way to reduce phosphorus."

He said passive filters — such as the one at the Dunnottar sewage lagoon, which treats wastewater before it's released into the lake — are another approach to the problem.

If elected, Bélanger said he'd bring those ideas to the Legislature.



NOW BOOKING APPOINTMENTS

The Mobile Clinic is now visiting Gypsumville and serving residents from surrounding areas

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For appointments or to check clinic schedule,

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The mobile clinic is a fully functional primary care clinic that provides you with access to a nurse practitioner and registered nurse care team. It can become your home clinic where families, adults, seniors and elders can access a full range of primary health care services including:

- Regular checkups and physicals
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- Health promotion, encouraging healthy behaviours and education
- Referrals to other health services and specialists
- Medication prescriptions
- · Lab services
- Immunizations

For more information call 1-855-295-8296 or visit ierha.ca and click on "Care in Your Community" and "Services in Your Community" and "Mobile Clinic". Any changes in scheduling will be posted here.



Politicians battle it out at grand opening of Cooley's Ice Park

By Patricia Barrett

In a very becoming show of political force, federal, provincial and municipal politicians battled it out on the snow coaster at Cooley's Ice Park last Saturday while Gimli and area residents, organizers, volunteers and sponsors celebrated the park's grand opening.

James Bezan (Conservative), Jeff Wharton (Conservative), Armand Bélanger (NDP) and Gimli Mayor Randy Woroniuk (non-partisan) chanced their arm on the slide that was recently completed at the harbour.

Little did the politicians know that just 10 minutes before their visit to the big slide, mascot Robbie the Robin from Robin's Donuts (one of the sponsors of the multi-sponsored park) had a near miss.

Robbie took the coaster's curve a little too high and pitched beak forward into the snow. The big bird lay in the fetal position for a minute or so before rallying. He gave a thumbs-up to indicate all was well and that he had enjoyed the slide.

While a crowd of about 40 people were enjoying hot chocolate and popcorn in the Lake Winnipeg Visitor Centre at the harbour, the four politicians slipped out the front door and trekked down to the lake to see who could best whom on the slide.

Although Woroniuk entered the ring as a non-partisan competitor, he gave it his all.

He should have been a shoo-in, given his suitable cold-weather attire. The *Express* may sound biased, but the mayor really knows how to dress for -28 with the windchill. He wore an Icelandic wool jumper under a ski jacket, a fur-trimmed hunting cap, gauntlet-style mitts accented with fur and a pair of mukluks a Cree woman made for him when he worked as a conservation officer in Wabowden, Man.

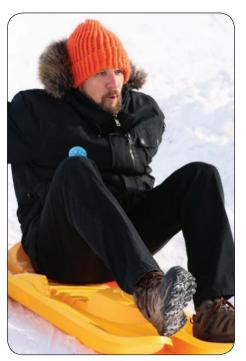
Woroniuk took the sled's reins at the top of the 15-foot-high (approximate) launch pad and, with little fanfare, made his descent. He cleared the curve and appeared to be headed for the straightaway, but, sadly, he came to an abrupt standstill. He was a good number of unspecified feet shy of the finish

According to sources who wish to remain anonymous, there were a few political jibes bandied about at the top of the slide. The Conservatives, we later learned, made mention of a "left-leaning" snow coaster.

Despite what they may have perceived to be an advantage of sorts — however unintended by Gimli Ice Festival directors Peter and Susan Holfeuer, who were on hand to super-



Gimli Mayor Randy Woroniuk



NDP candidate Armand Belanger

vise the impromptu competition — the Conservatives were a force to be reckoned with.

Jeff Wharton, the PC MLA candidate for the Gimli riding, showed no hesitation whatsoever during the launch. Wearing what appeared to be a pair of wing-tip leather dress shoes, he was all business and made a very good show indeed until he fell backwards on the sled just after the curve. He, nevertheless, sprang up vigorously from the snow, all smiles.

Fellow Conservative James Bezan, MP for Selkirk-Interlake-Eastman, won hands down for his stylish attire, but if we may take the liberty of saying so, was inappropriately dressed for the cold snap gripping the province. With no scarf and hat, the MP manoeuvred the plastic yellow sled around the high-banked curve like an old pro, finishing up just inches ahead of Wharton.



PC candidate Jeff Wharton

If political polls are anything to go by, the NDP should have lagged behind the Conservatives. But hang on to your hats, people, because Armand Bélanger, the NDP MLA candidate for the Gimli riding, was the undisputed champion of the event, outdistancing the Conservatives by a fair margin.

Bélanger — and this is just hearsay — kicked up a bit of a fuss at the top of the slide, insisting on sliding headfirst as though he were a Skeleton athlete rather than a politician. His handlers apparently talked him out of it. He did, however, slide reinless, using his head and upper body for torque and his arms like aircraft rudders to steer.

When asked afterwards how he pulled ahead of his competitors, Bélanger said he builds snow coasters for his kids and has acquired a fair bit of sliding experience. He also verified his penchant for Skeleton.

The snow coaster was built by Toom-



Cooley and Ralph Tanchak



MP for Selkirk Interlake Eastern James Bezan

ey's Construction of Gimli.

Cooley's Ice Park is named after the Gimli Ice Festival polar bear mascot. The park has a children's skating rink, snow sculptures created by Stonewall artist Ralph Tanchak and a skating trail that snakes along Gimli Harbour.

The Holfeuers created the park as an addition to the upcoming Gimli Ice Festival.

"It took a community to do it," said Peter Holfeuer, speaking to the crowd at the Visitor Centre. He thanked each sponsor, each volunteer and Tanchak for contributing to its success.

Bezan and Woroniuk also spoke at the celebration.

"Susan and Peter [Holfeuer] just really rallied the whole community around an idea of having a time to celebrate winter in Gimli," said Bezan. "Randy, I think you're going to have

Continued on page 11

> COOLEY'S, FROM PG. 10

to start thinking about naming Gimli the festival capital of Manitoba."

"We can do that," replied Woroniuk. The park is a "fantastic venue" that has drawn visitors from as far as Winnipeg, said Woroniuk when he addressed the crowd.

"As a mayor, you look at how we can come together," he said. "We should not be sitting in our homes during the

winter time."

The federal government is supporting the Gimli Ice Festival, now in its fifth year. It will be held March 5 and

For more information about the festival and its events, visit www.facebook.com/GimliIceFestival.



Cooley and Robbie were very excited to show off the ice sculptures.



James Bezan and Jeff Wharton give their approval for Gimli's Ice Park.



EXPRESS PHOTOS BY PATRICIA BARRETT Susan Holfeuer, Ralph Tanchak, Mayor Woroniuk and Armand Bélanger were all on hand to celebrate the opening of Cooley's Ice Park.

Organizer aims to promote local vendors at Selkirk wedding show

By Lindsey Enns

The organizer behind this weekend's True Love Story Wedding Show hopes to show local brides and grooms that it can be easy to plan a wedding in Selkirk.

"There's so much that Selkirk has to offer if people would just take a look around here before heading south to the city or even the states," Lenora Vincent said. "There's an awful lot of brides that don't even know where to start ... so I think it's important to get these brides staying local and letting them know we got what they need here."

The True Love Story Wedding Show takes place this Saturday from 10 a.m. to 4 p.m. at the Selkirk Recreation Complex.

Vincent, who is also the owner of Cedar House Florist and Gifts, said the event will feature more than 20 Selkirk and area vendors from makeup artists to photographers, a fashion show, live music and a

groom's lounge.

This is Vincent's first year organizing the event after being one of the vendors a couple years ago.

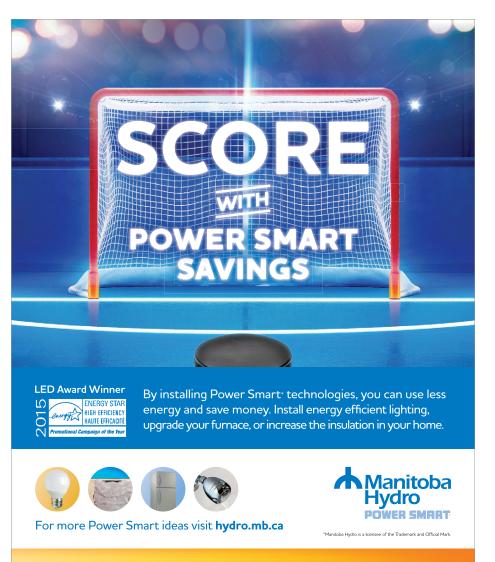
"This year, I decided I was going to take this venture on and do it myself," she said, adding she believes this is Selkirk's second annual wedding show.

Vincent added she tried to keep everything as local as possible this

"I gave the priority to people in Selkirk and area first," she said. "Everything you might need or could need for your wedding ... that the brides of the area would benefit from "

Tickets are \$5 at the door but Vincent said free tickets will be given to those who mention they saw this story in the Express Weekly News.

"We're just trying to promote this as much as we can this year," she said. "Just getting people in the door is our goal."



Riverton celebrates opening of multi-unit complex

By Patricia Barrett

Riverton builder Corey Palsson has been home for only about a year, yet he has already solved a pressing issue in the Interlake — lack of rental housing.

Palsson celebrated the launch of his residential and commercial housing complex in the heart of Riverton on Jan. 31.

As people streamed into the building to view the suites and commercial space, Palsson, former Riverton mayor Colin Bjarnason and Bifrost-Riverton Reeve Harold Foster cut the ribbon outside.

In April 2015, Palsson broke ground on the property located at 60 Main St., recognizing a need for rental facilities in his hometown. Before that, he had spent 12 years in the mining city of Fort McMurray, Alta., building residential and commercial properties.

"As soon as I started the project," said the 38-year-old builder, who is also president and owner of Palstein Developments Ltd., "people wanted to move in."

The two-storey building has four units on the ground floor for commercial use and four for residential use. The second floor has eight residential units.

He said a hair salon and a fabric and photography store have already scooped up two units on the ground floor, and a pharmacy is scheduled to take another.

"The hair salon has a liquor licence," said Palsson, who has just started building houses on the Little Saskatchewan reserve, which was subjected to severe flooding. "There's a wet bar in the middle of the salon with TVs and chairs."

The residential units come with six appliances and an HVAC system. The entire complex is serviced by a water-treatment system that cost the builder about \$60.000.

Palsson said Riverton's water has a high level of iron. He had hired the Water Clinic, a rural water purification company, to conduct tests on existing wells on the property where a hotel used to stand. The well water could damage washing machines, dishwashers and hot water tanks, he said.

"You get all the slop from the west," said Palsson, referring to agricultural and wastewater that's dumped into the Icelandic River that flows through Riverton to Lake Winnipeg. "So I figured I'd go out of the way and install a water treatment system."

Former mayor of Riverton and current RM Bifrost-Riverton councillor Colin Bjarnason said he is pleased

with Palsson's development.

"To have entrepreneurs willing to develop in town," said Bjarnason, "you have to get behind them and support them."

And Bjarnason said he'll continue to support Palsson as he undertakes additional projects in the Riverton area.

With barely a moment to step back and enjoy his accomplishment, Palsson began work the next day on Phase II of the Icelandic Lodge, a 20-unit senior's housing project funded by the province. Eleven units are devoted to independent living and nine to supported living.

"He's doing all the framing," said Bjarnason, "and we've just about completed the first floor."

Bjarnason spoke of the need for rental housing in Riverton — and across the Interlake.

"There's a demand in every community for rental housing," said the councillor, who also sits on Riverton's Chamber of Commerce. "This is a drop in the bucket."

He applauds Palsson's devotion to his community.

"You take a young guy coming home after 10 years and dumping all this money into the community," said Bjarnason, "and it shows dedication."

He said Palsson's housing development will help encourage young people to stay in or return to Riverton.

"My hope is that it provides housing for the younger working people who have to go elsewhere," he said. And as far as seniors go, "he'll [Palsson] not close the door to anybody who comes knocking."

Former Interlake MLA (1990-1999) Clif Evans, who is president of Riverton's Chamber of Commerce, said he applauds Palsson for his work.

"As a chamber, we're extremely pleased our Main Street is being developed," said Evans, who recently served as lieutenant-governor for Manitoba's 94th Youth Parliament.

The development is expected to draw people from different regions of the Interlake to Riverton, he said.

"They have all the amenities within walking distance."

As far as the workmanship, Evans said he found it "extremely well done" when he toured the building.

"This means a great deal to our community," said Evans, who served as Riverton's mayor in 1989.

Palsson said he's planning to build additional rental housing in Riverton on land he has purchased.

"They will either be one- or twobedroom complexes," he said. "I do a lot of planning before I start a new project."



EXPRESS PHOTOS BY VICKIE JOHNSON

RM Bifrost-Riverton Reeve Harold Foster (left) and Coun. Colin Bjarnason (right) help builder Corey Palsson (centre) cut the ribbon on his multi-unit complex in Riverton.



Corey Palsson (left) and his dad, Ryan Palsson, in the kitchen of one of the residential units.

He said he's often been asked why he's investing in Riverton, to which he says: "Just sit back and watch."

One commercial unit is available on the ground floor and two residential

units upstairs.

Visit Palsson's Facebook page at www.facebook.com/Palsteindevelopmentsltd/photos for more information and photos of the suites.

Lundar School staff focused on overall student wellness

By Jeff Ward

A new wellness centre inside Lundar School has become a popular destination for students as they take an active role in improving their physical health.

The wellness centre, funded by the

Lakeshore School Division, cost approximately \$7,000, according to Lundar School principal Jane Dupre.

A classroom was converted into a fitness-oriented space in December of last year. At the end of the 2015 school year, Dupre asked students for suggestions on improvements they'd like to see in the school, and at the top of that list was a fitness room. Treadmills, ellipticals, free weights and more were all brought in to give students plenty of

ways to improve their physical health.

"We wanted a space that incorporated a variety of activities so students have options when they're in there," said Rory Tycoles, who helped plan and convert the classroom into the wellness centre

"WITHIN THAT

FIRST MONTH,

WE FILLED UP

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NAMES EACH."

"Within that first month, we filled up three sign-in sheets, which have about 30 names on each. It's been quite popular. We have a yoga program running in there right now, and with enough student interest, I'm

thinking of starting a weight-lifting course as well," said Tycoles.

Tycoles said the goal is to help improve overall student wellness through regular exercise. He said that the staff at the school are always trying to find new ways to reach the students and that improvements to the school like this encourage students to come to school.

The wellness centre is open during school hours and Tycoles said

that many teachers stay after school so that the room can remain open for students who want to work out after classes. He also said that if the interest in the centre continues to increase, then there are plenty of new fitness



EXPRESS PHOTO BY RORY TYCOLES

A classroom now serves as a wellness centre for students at Lundar School who can use the exercise equipment during school hours.

programs that can be added to list.

"We want to increase overall student wellness — physically, mentally and emotionally — and exercise can help in all three of those areas if they're doing it regularly," said Tycoles.

Dupre said that she is fortunate to have such a great staff at her school who help contribute to making new initiatives, like the wellness centre, a reality.





Eriksdale School staff support I Love to Read Month



EXPRESS PHOTO BY CHRIS HUNT

Eriksdale School Grade 5 student Ally Weatherburn reads a passage from the book *Pirates Past Noon* over the intercom for the mystery book challenge.

By Jeff Ward

At the start of each day, a little mystery is injected into the minds of Eriksdale School students.

A passage from a book is read over the intercom before the morning an-

"WHEN WE

ORGANIZE

THIS IN THE

SCHOOL, IT'S

TO CREATE A

PASSION FOR

READING."

ACTIVITIES LIKE

nouncements and the students are left to figure out what book the passage is from. This exercise is just one the many ways teachers are trying to get students engaged in reading during I Love to Read Month.

Chris Hunt, the organizer of the activities for I Love to Read Month — taking place all February — said that he's tried to make sure that activities involve the whole school. Hunt said that everyone in the school is responsible for each

student's progress and that when students see each other having fun reading, it encourages growth.

The theme for Eriksdale School this year is to promote literacy through environment in an interactive way. In doing so, Hunt has his classes breaking off into smaller reading groups and, through activities like the mystery book in the morning, make reading a much less passive activity.

Both Const. Andre Ducharme and Const. Investigator Steven Fernandes from the Lundar RCMP detachment have made guest reading appearances at the school.

"I'm already starting to see more engagement in students because of little things like the mystery book," said Hunt, who also does reading recovery

at Eriksdale School.

"When we organize activities like this in the school, it's to create a passion for reading. Without passion, whatever you're learning becomes a much more difficult challenge. It can also be an opportunity to show students that becoming a skilled reader can open lots of doors in the future."

Hunt said that once students are given an opportunity to suc-

ceed, they quickly become enthusiastic, and once they have that enthusiasm, their literacy skills tend to follow.

Hunt said that because of the mystery book challenge, he has seen students walking around with books in their hands trying to find the passage that was read in the morning. The books selected are some classics that are known to many children like, *The Paper Bag Princess* and *The Giving Tree*. According to Hunt, small challenges like this provide students with rich reading opportunities, which begin the enthusiasm that Hunt wants to see in every student.

"I've seen students at the beginning of the year say they don't see the point of reading and don't see themselves as big readers. Some seem very beaten in their attitudes in regards to reading. But now many of these students read all the time and enjoy it and are reading one or two grade levels above what they were before. The changes are really quite inspiring," said Hunt.

I Love to Read Month is recognized by every school within the Lakeshore School Division..

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2015/2016



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• Clandeboye Store • Hwy 17 Inwood Service

For Info Call: 204-641-6110 or 204-641-2210

LOTTO 6/49 winners



EXPRESS PHOTO SUBMITTED

Bruce Dryden of Gimli won \$157,407.80 with a lucky LOTTO 6/49 ticket that he purchased at G & C Grocery.

News Release

Bruce Dryden had to check his LOTTO 6/49 ticket a few times before he believed what he was seeing. His ticket for the Dec. 26 draw won \$157,407.80.

"I didn't know my ticket had won anything until I went to the store and checked it," he said. "I scanned it three times. The first time I just didn't believe it, the second time I took a better look at the screen, and the third time it started to sink in — I'm a winner!"

Dryden rushed home to tell his wife.

"I had a huge grin on my face," he said. "She noticed it right away and asked me what was up."

"I told her that we won the lottery and she kept saying, 'You're kidding me!" he continued. "We just hugged and kissed. We were very excited.'

The happy winners plan to use the winnings to redo their kitchen and retire earlier than they had expected.

Dryden purchased his winning LOTTO 6/49 ticket at G & C Grocery, located at 98-3rd Ave., Gimli.

> FISH TALES, FROM PG. 6

while her cousin Brittany Anderson was outside doing the same. Rachelle caught a big walleye and her excited cries brought Brittany running around the shack to the door where her feet went out from under her and she fell flat on her back.

She lay there moaning for a moment, then crawled to the door, opened it and rolled into the shack saying, "This fish better be worth it."Then, turning her head, she found herself face to face with the largest walleye she had ever seen, prompting her to blurt out, "Yeah, I guess that's worth it."

Rachelle wasn't done yet. She remembered a time last year when her son had to have minor foot surgery. After they left the hospital, he insisted on coming out to the shack to finish off the day fishing. So there they were, mom and son fishing with his foot set high on a chair inside their cozy ice shack, doing what they liked best. Thanks for the great stories, guys.

Last weekend, I was out on the ice

at Chalet Beach where the many anglers had made well-travelled roads fanning out to the eastern horizon. Bobbing along one of the trails, I was about five miles out when I saw an ice shack that was more like a house. I made my way up to it and was invited in by Xuejun Yang and his family. Soon after we introduced ourselves, "Young" (that's his nickname) began telling me of his life-threatening experience here during the latest blizzard. The weather had turned bad very quickly, so he wasted no time in getting in his truck and making for shore, but the fierce wind-driven snow blinded him and he got stuck. With darkness closing in, he knew there was little time to follow his truck tracks back to his shack. So, hunched over and shivering, he retraced his trail to his place then called for help. Soon a customized, high, 4x4 arrived and, using GPS, got him back to land. Boy, that old Lake Winnipeg — she'll bite you good if you don't stay sharp. Bye for now.

What's in your pets bowl?

These days, most of us are pretty aware of all the junk in the food we put into our bodies, and are making conscious decisions to eat healthier, less processed foods. Eating better gives us more energy, health and vitality. The same is true for our canine companions! These days, healthy food choices for dogs are widely available. These range from high quality kibble diets made with fresh, regionally sourced ingredients, to raw diets made from a few simple, quality ingredients. If you want to be sure you are feeding your dog a good quality food, there are a few things you will see on the ingredient panel on the back of the bag:

A specific meat protein as the number one ingredient. This is very important. Ideally, you want to see something like "Chicken", or "Chicken Meal". You do not want to see "Chicken By-Product Meal", or "Poultry By-Product Meal". These are inferior sources of meat pro-

A Carbohydrate will often follow, dogs need these for energy, but there are some that are better than others. Peas and Lentils are great, while Corn, Brewers Rice, and Wheat or Corn Gluten Meal are fillers that dogs can end up having strong reactions to!

Blueberries, Cranberries, and dark, leafy

greens are another thing that can be found in good quality dog food! Dogs need these things too, for the antioxidant properties and other health benefits!

A good source of Omega Fatty Acids to keep the coat shiny! Fish Oils and Flax are great for these. You can also supplement with Salmon Oil if you notice your dog has a dry coat.

Pre and Pro Biotics! These help your dog with digestion, making it easier, and making bathroom breaks more regular and thus easier on

There are so many healthy options out there for your dog and cat, please make sure you take some time and talk to your local pet store about the great foods they have to make your companion as happy and healthy as possible!





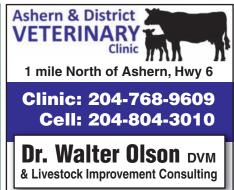
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ON."

START NICKEL

EDO encourages council to pay competitive wages

By Patricia Barrett

The economic development officer of the Arborg-Bifrost Community Development Corporation underscored the necessity of paying competitive staff wages when she visited the RM Bifrost-Riverton's regular council meeting on Feb. 10.

Pat McCallum presented councillors with a proposal to hire and mentor her own successor, which will come at a cost to the RM (and the town of Arborg, which shares the cost of the position) in the form of a competitive wage and full-time hours.

Her own remuneration, she said, "does not reflect [workforce] reality."

"My salary is not the number 1 motivator for me," she said. "I've been paid low."

With the welfare and stability of the municipality in mind, McCallum outlined her succession plan and also

proposed a merger of the Riverton and the Arborg-Bifrost community development corporations.

McCallum said she would like to stop working in June 2017 and reduce her working hours to one and a half days per week towards the end of her term. Hiring a new EDO before she leaves would be beneficial in two ways: it would help her deal with a large volume of work and give the corporation an opportunity

to provide mentorship support.

"The workload in the CDC has grown beyond my capabilities," said McCallum, who has been EDO since 2010.

In the corporate and small business world, companies benefit from having a succession plan in place long before the reins are handed over to a new successor. Transmitting corporate knowledge to a successor on the job provides leadership stability when the transition occurs.

The importance of attracting a qualified EDO who understands the importance of creating and promoting business opportunities in small towns is vital to the region's economic growth, she said.

"The CDC's mission is to facilitate growth," said McCallum, who has a commerce degree from the University of Manitoba and a decade and a half of experience directing hospital foundation boards. "Our unofficial vision is to make this region — Riverton

Arborg — the Morden-Winkler of the north."

"If we want to achieve our goals," she said, "we need a full-time development officer."

McCallum said she looked at a number of salary surveys for EDOs. Some surveys broke down salary by population in catchment areas. The RM Bifrost-Riverton has a population of about 40,000-45,000 (in the summer), she said, which would translate into an average wage of \$25 per hour.

"I propose we hire ... at a salary rate between \$25 and \$30 an hour," she said.

Deputy Mayor Dave Shott wondered whether those population numbers reflected "a true picture of the area."

To make it easy for the RM to understand how much an EDO would cost per year, McCallum drew up three possible budgets.

She based Budget 1 on a full-time position at \$27.50 an hour. It would cost about \$45,000 a year and include group insurance, which McCallum said they don't currently offer. It would also include mileage and a one-time office equipment cost of about \$2,000.

"This is my recommendation," said Mc-Callum, "not my decision."

Budget 2 would be a 0.8 position (four days a week) at \$27.50 an hour and drop by the cost by \$5,000.

Budget 3 would be a 0.6 position (three days a week) at \$27.50 an hour and drop the cost by \$10,000.

When Reeve Harold Foster questioned the necessity of having to pay the \$27 to \$30 per hour wage, Mc-Callum said in a no-nonsense tone, "You're shortchanging yourself if you start nickel and diming. It's time to put our big boy pants on."

She said she has already received inquiries from people expecting a wage between \$25 and \$30 an hour.

Foster asked what skills a person is supposed to have to earn a wage of \$27.50.

"A business background," replied McCallum, "along with experience in rural economic development, marketing [for tourism initiatives] and knowledge of the area."

Her suggestion to consider merging Riverton and Arborg's CDC (includ-



EXPRESS PHOTO BY PATRICIA BARRETT

Pat McCallum, economic development officer for the Arborg-Bifrost Community Development Corporation, asked RM Bifrost-Riverton to consider paying a competitive wage for a new economic development officer.

ing the possibly of bringing Gimli and its chamber of commerce on board in order to compete regionally) and create something akin to the Morden-Winkler model gave rise to debate among councillors.

"The concern I have is if we're going with one CDC, it has to fair for the whole municipality and not just Arborg," said Coun. Colin Bjarnason, who represents Ward 7. "The whole municipality has more to offer than just Arborg."

Coun. Morley Nordal (Ward 3) agreed.

"We all bring different things to the table," he said. "Let's make it work."

Coun. Bjarnason said he "doesn't appreciate reading in the local paper the Arborg CDC making decisions [on behalf of the whole municipality]."

Deputy Mayor Shott said, "I get it, but you have to bring down your barriers, too."

Bjarnason said he felt Riverton's CDC has been left out of the picture, but he's willing to sit at [a joint] table because "I want to see it work."

The Village of Riverton and the RM Bifrost were subjected to a mandatory merger on Jan. 1, 2015.

As EDO, McCallum has been instrumental in supporting the Town of Arborg and the RM's joint proposal to fund its own personal care home. She brought Fieldstone Ventures on board to provide training for health-care aides and licensed practical nurses to help staff the proposed facility, which is awaiting Treasury Board approval.

McCallum said Fieldstone's training for health-care aides is scheduled to start this spring with two programs offered per year. The LPN training is scheduled to start in September after the Kinsmen building is renovated at an approximate cost of \$50,000.

McCallum asked the RM to contribute \$5,000 towards the cost of renovations. The Town of Arborg is providing the building and snow clearing, and will be paying insurance and taxes, she said

Council did not indicate whether it will contribute funding towards renovations

Going once, going twice - sold! Lakeside Lions bake up some fun

By Patricia Barrett

The Winnipeg Beach and Dunnottar Lakeside Lions Club held a baking contest and an auction last Saturday at the Winnipeg Beach Community Centre. The event was part of the town's 50th Annual Wonderful Winter Weekend.

About 50 people attended the event, which raised money for those in need in the Winnipeg Beach community. This year, 12 people entered the contest.

Under the watchful eye of Lions member Maureen Winiarz and a student, Winnipeg Beach Mayor Tony Pimentel and PC MLA candidate for Gimli Jeff Wharton carefully extracted small samples of cake for the judges.

"We auction them off afterwards and they need to be saleable," explained Wharton when asked why he was being so conservative with the slices.

"You could be more liberal," the mayor laughed.

Brooke, a high school student who won a \$500 Lakeside Lions scholarship for post-secondary studies, and Allan Sulyma, recreation director for the Town of Winnipeg Beach, were two of the dessert judges.

They awarded Maggie Gillis first place for her black forest cake. Arvelle Dratowany won second place for her cherry almond coconut cream pie, and Kaylin Gillis took third place for her cookies.

Kaylin has been competing in the baking contest for eight years.

After the awards, Pimentel acted as auctioneer for the cakes, cookies and other baked delights, while Wharton got out on the floor and directed the bidding.

Some of the bidders were quite fierce, offering close to \$30 for some desserts.

Coun. Pat Green, who maintains a Facebook page with photos from many of the events Winnipeg Beach hosts, was the Lions' official photographer.

After the fundraiser, Wharton attended the launch of Cooley's Ice Park in Gimli.



Maggie Gillis took first place for her black forest cake.



Arvelle Dratowany won second place for her cherry almond coconut cream pie.



Judges for the baking contest were Lakeside Lions scholarship recipient Brooke and Winnipeg Beach rec director Allan Sulyma.



EXPRESS PHOTOS BY PATRICIA BARRETT

Under the watchful eye of Lions member Maureen Winiarz and a student, Winnipeg Beach Mayor Tony Pimentel and PC MLA candidate for Gimli Jeff Wharton extract small samples of cake for the judges.



Jeff Wharton and Tony Pimentel congratulate Kaylin Gillis for her thirdplace win. The student won in the cookie competition.



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Lott reaches Viterra Championship final

Young guns lose 4-2 to McEwen in the final

By Brian Bowman

This year's Viterra Championship in Selkirk decided a winner before the final was even played.

In a very odd twist, Mike McEwen-Fort Rouge punched his ticket to the Brier in Ottawa because the other team reaching the final - national junior champion Matt Dunstone – had already committed to the World Junior Championship in Denmark.

Both take place at the same time.

But McEwen, who had lost five previous provincial finals, actually earned his berth to the Brier on Sunday.

McEwen and his crew doubled Dunstone's young guns, which includes Sandy Hook's Colton Lott, 4-2 in a game that came down to the final shot in the 10th end.

Despite the loss, Dunstone's rink gained invaluable experience as they prepare for the World Championships. Dunstone played 10 games over the five days in Selkirk.

And they were very good.

Dunstone posted an impressive 7-3 record, which included an 8-4 win over defending-champion Reid Carruthers-West St. Paul Sunday morning.

Meanwhile, Justin Reynolds' Winnipeg Beach rink finished with a 1-2 record at the provincials. Reynolds opened action with an 8-4 loss to McEwen and then defeated St. Adolphe's Murray Woodward 9-5.

Reynolds, whose rink included Sandy Hook's Tanner Lott, then was eliminated with a 10-3 loss to Granite's David Bohn.

Arborg's Kyle Foster, meanwhile, also posted a 1-2 record. Foster's rink, which includes Colton and Tanner's father, Dale, started play with a solid 10-6 win over Carberry's Kelly Marnoch but was then defeated by William Lyburn (9-4) and Taylor McIntyre (10-4).

Meanwhile Lundar's Tyler Drews-Fort Rouge opened with a 7-6 win over Granite's Taylor McIntyre but then lost 7-2 to Dunstone and 11-10 to Carberry's Kelly Marnoch.

The 2016 Viterra Championship allstar team was announced Saturday prior to the evening playoff draw. The all-star awards are selected each year by the members of the Manitoba Curling Media Association in attendance at the championship.

The 2016 Viterra Championship all-stars are:

Lead – Braden Zawada - Team Lyburn

Second – Derek Samagalski - Team Carruthers

Third – BJ Neufeld - Team McEwen Skip – Matt Dunstone

It is the third all-star recognition for Neufeld, who was named to the team in both 2010 and 2015, and the first for Zawada, Samagalski, and Dunstone.

Meanwhile, Justin Richter, third on David Bohn's Granite team, was selected as the 2016 Viterra Championship recipient of the Pat Spiring Award.

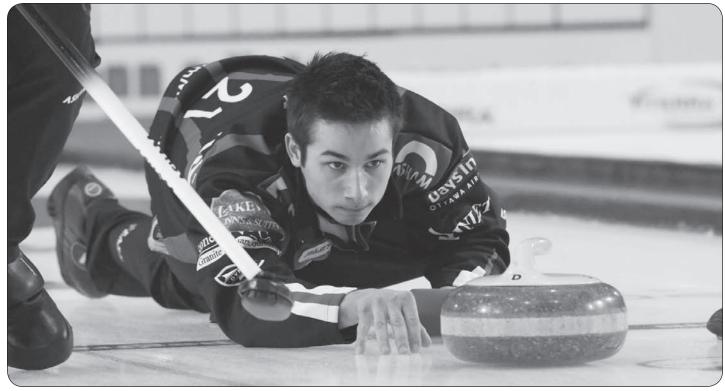
The award was established three years ago by CurlManitoba and the Curling for Life Endowment Fund in tribute to the memory of the popular Spiring.

The award recognizes a curler who represents Spiring's love of the game of curling combined with ability and attitudes of fair play and sportsmanship.



EXPRESS PHOTOS BY BRETT MITCHELL

Sandy Hook's Colton Lott played third for Matt Dunstone's team, which reached the final of this year's 2016 Viterra Championship in Selkirk last weekend. Dunstone's team lost 4-2 in the final against Mike McEwen.



Lott gets down low and delivers a rock during the championship game Sunday afternoon.

Viterra Championships sweep through Selkirk

Team McEwen headed to Brier in Ottawa

By Dave Baxter

The 2016 Viterra Championships saw some of Manitoba's best curlers throwing rocks in Selkirk last week, and it ended with a unique final where one team knew they were off to a Canadian championship before the match even started.

The Viterra Championships took over the Selkirk Recreation Complex Feb. 10 to 14, with 32 teams looking to take the crown and go on to represent Manitoba at the Tim Hortons Brier in Ottawa.

The tournament saw what could be considered an anticlimactic final, as Winnipeg skip Mike McEwen made it to the final, but already knew his team was off to the Brier in Ottawa before throwing the first rock in the final game.

That's because the other team that reached the final was Canadian junior champ Matt Dunstone, and his team already committed to attending the World Junior Championship in Denmark, which takes place at the same time as the Brier.

Despite a relative lack of pressure, McEwen's team won the final 4-2,



EXPRESS PHOTO BY DAVE BAXTER

Skip Mike McEwen and his teammates B.J. Neufeld, Matt Wozniak and Denni Neufeld celebrate with the championship trophy after winning the 2016 Viterra Championship in Selkirk last Sunday.

punching their ticket to Ottawa re-

Reid Carruthers of the West St. Paul Curling Club lost 8-4 to Dunstone in Sunday's semifinal, meaning he would not compete for a second straight provincial championship and a second straight trip to the Brier.

The Selkirk Curling Club was a ma-

jor force behind bringing the 2016 Viterra Championships to Selkirk and club president Kathleen McCallum said it was another showcase of Selkirk's ability to host major curling

The Grand Slam of Curling also came to Selkirk back in the fall of 2014 and McCallum said Selkirk always comes together to host big curling

"The volunteers stepped up for the Grand Slam and now they are stepping up again," McCallum said. "We've had attendance that met our expectations and when people are looking for places to hold events, they know we can bring out great volunteers and we have a great partnership with the city, so they are looking at Selkirk because they know we can get the job done."

The opening ceremonies saw Selkirk Mayor Larry Johannson, Selkirk MLA Greg Dewar and Selkirk-Interlake Eastman MP James Bezan address the crowd at the Rec Complex.

"This is good for the city," Johannson said."The ice is good and I'm hearing nothing but compliments about the staff and volunteers.

"It looks good and we've got a good seating capacity, so it's all here for a successful tournament."

Johannson was also excited that Sportsnet was on hand to broadcast some of the tournament.

"It showcases our facility, which we are very proud of."

Team McEwen will now go on to compete at the Tim Hortons Brier March 5 to 13 at TD Place in Ottawa.

Lightning struggle against elite teams

By Brian Bowman

With games against the top three teams in the Manitoba AAA Midget Hockey League on their schedule last week, the Interlake Lightning knew they were in for a tough ride.

And that ride definitely got bumpy. Interlake lost all three games — getting outscored 27-7 — after getting blitzed 14-4 by the Winnipeg Wild on Sunday in Teulon.

The Wild scored five first-period goals and then added seven more in the second period.

Goal scorers for the Wild were Ben Coppinger (three), Riley Stotts (two), Andrew Esposito (two), Noah King, Caiden Daly, Griffin Leonard, Brendan Keane, Jesse Gibbons, Brendan Arnold and Dylan Cassie.

Preston Phillips scored for the Lightning in the second period and then Jordan Woytowich, Jordan Kristjanson and Riley Vautour tallied in the third.

Last Saturday evening, the Lightning were topped 7-2 by the Winnipeg Thrashers in Teulon.

Kristjanson scored in the first period and then Woytowich tallied in the

Kyle Wiltshire (three), Jonathan Morrow (two), Nate Hooper and Brendan Kochanski scored for the Thrashers.

On Feb. 10, the Lightning lost 6-1 to the first-place Eastman Selects in Beauseiour.

Noah Basarab scored the Lightning's lone goal on the power play just nine seconds into the third period. The goal was assisted by Vautour and Woyto-

Eastman, which held period leads of 2-0 and 5-0, received goals from Montana Onyebuchi, Rylan Hoffman, Mike Berard, Brad Goethals, Owen Blocker and Kolten Kanaski.

Goethals leads the league in both goals scored (41) and points (74).

Interlake (8-34) will conclude its regular season with a pair of road games against the last-place Norman North Stars in Thompson this weekend. The two teams will hook up Saturday night and then Sunday afternoon.



EXPRESS PHOTO BY LANA MEIER

Ashern's Evan Klyne-Geisler races for the puck against a Winnipeg Thrashers' player last Saturday.

Wolves collared by first-place Flyers

The Stonewall Flyers are proving to be a tough team to beat in the Manitoba Senior Hockey League this season.

The Flyers improved their record to a league-best 13-1 after an 8-2 home victory over the second-place Gimli Wolves on Saturday in Stonewall.

Leading 4-2 in the third period, Stonewall scored four unanswered goals to seal the win.

Regan Stire and Brock Couch led the Flyers with two goals and an assist apiece while Brett Harvie, Connor Appleyard, Dan Stewart and Connor Lockhart also tallied.

Appleyard finished the game with four points. Derek Gagnon scored both Gimli goals on Flyers' netminder Justin Harris.

Gimli's Tyler Oswald was busy in goal, making 54 saves in the loss.

With the loss, Gimli finished the regular season with a 9-7 record and 18 points. The Lac du Bonnet Blues had an 8-6 record and 16 points heading into this past Tuesday's matchup with Stonewall (no score was available at press time).

Lac du Bonnet will then host Beausejour (6-8) on Friday to wrap up its regular season.

The Lakeside Phantoms (0-14), meanwhile, had last weekend off but will resume play Friday when they travel to Stonewall to battle the Flyers. Both games start at 8 p.m.



EXPRESS PHOTO BY LANA MEIER

Gimli's Tyler Oswald was busy in goal making 54 saves in the Wolves' 8-2 loss to the Stonewall Flyers.

HOCKEY LEAGUE

Blues upset Vics



EXPRESS PHOTO BY LANA MEIER

Arborg's Laura Kilbrei was on fire last Saturday scoring the first goal for the Stonewall Blues in their 2-1 win over the first-place Victorias. The Blues now sit in third, just two points behind the Saints in the Hockey Winnipeg 'AA' Midget Female League. The Blues have two away games this week on Saturday against the Twins and Sunday against the Saints.

Manitoba Hockey Standings MANITOBA JUNIOR

Portage Terriers	56	48	6	2	98	260	114
Steinbach Pistons	53	40	10	3	83	215	123
Winkler Flyers	51	36	12	3	75	221	129
Virden Oil Capitals	53	32	20	1	65	172	123
Winnipeg Blues	53	27	18	8	62	186	151
Swan Valley Stampeders	53	22	25	6	50	159	177
OCN Blizzard	52	23	27	2	48	162	188
Selkirk Steelers	51	20	29	2	42	172	221
Dauphin Kings	53	18	32	3	39	154	221
Waywayseecappo							
Wolverines	53	14	35	4	32	135	226
Neepawa Natives	52	10	40	2	22	110	273
KEYSTONE HOCKEY LEAGI	JE						
South Division	GP	W	L	0TL	PTS	GF	GA
Selkirk Fishermen	34	26	6	2	54	140	94
St. Malo Warriors	34	21	10	3	45	162	128
Lundar Falcons	34	16	13	5	37	148	137
Arborg Ice Dawgs	34	17	15	2	36	149	131
North Winnipeg Satelites	34	11	22	1	23	120	165
North Division	GP	W	L	OTL	PTS	GF	GA
Peguis Juniors	34	28	4	2	58	295	119
OCN Storm	34	27	6	1	55	271	123
Cross Lake Islanders	34	15	19	0	30	224	216
Fisher River Hawks	34	8	25	1	17	174	267
Norway House North Stars	34	1	33	0	2	90	393
MANITOBA SENIOR							
HOCKEY LEAGUE	GP	W	L	0TL	PTS	GF	GA
Stonewall	15	14	1	0	28	111	50
Gimli	16	9	7	0	18	108	74
Lac du Bonnet	14	8	6	0	16	92	63
l .	45	-	8	0	14	71	78
Beausejour	15	7	Ö	U	14	/ 1	10
Lakeside	15 16	0	o 16	0	0	34	151
			-	-			
Lakeside			-	-			
Lakeside AAA MIDGET	16	0	16	0	0	34	151

Thrashers	41	30	9	1	62	196	97
Yellowhead	41	27	8	1	60	145	99
Central Plains	42	23	13	2	52	142	112
Brandon	41	21	19	0	43	118	125
Parkland	41	19	18	0	42	161	163
Kenora	42	19	21	2	40	151	177
Southwest	42	18	20	1	40	130	141
Pembina Valley	42	8	30	1	20	93	190
Interlake	42	8	34	0	16	106	228
Norman	42	3	37	2	8	110	269
AAA CITY MIDGET							
HOCKEY LEAGUE	GP	W	L	0TL	PTS	GF	GA
Winnipeg Monarchs	33	25	6	0	52	178	84
Winnipeg Hawks	34	21	11	1	44	150	123
Eastman Selects	35	19	15	0	39	105	94
Winnipeg Warriors	33	18	12	3	39	114	102
Winnipeg Sharks	35	15	15	2	35	134	139
Interlake Lightning	34	0	32	1	2	59	198
Yellowheadc Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0
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AAA BANTAM Hockey League	GP	W	L	OTL	PTS	GF	GA
AAA BANTAM HOCKEY LEAGUE Winnipeg Monarchs	GP 33	W 28	L 4	OTL 0	PTS 57	GF 223	GA 70
AAA BANTAM HOCKEY LEAGUE Winnipeg Monarchs Winnipeg Warriors	GP 33 31	W 28 25	L 4 2	OTL 0 2	PTS 57 54	GF 223 209	GA 70 69
AAA BANTAM HOCKEY LEAGUE Winnipeg Monarchs Winnipeg Warriors Eastman Selects	GP 33 31 31	W 28 25 18	L 4 2	OTL 0 2 1	PTS 57 54 38	GF 223 209 156	GA 70 69 118
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Peguis finishes regular season atop KJHL standings

The Peguis Juniors finished the Keystone Junior Hockey League regular season on a winning note.

And they also finished as the KJHL's top team.

Peguis compiled a league-best 28-4-0-2 record and produced 58 points to secure home-ice advantage throughout the playoffs.

The Juniors wrapped up their regular season with an exciting 5-4 overtime win over the Lundar Falcons on Saturday evening.

Keevan Daniels-Webb forced the overtime with a goal at 18:03 of the third period and then Matthew Cameron potted the game winner while shorthand-

Both Daniels-Webb and Cameron scored twice in the win while Montana Tanner added a single.

Landen Gray, Bryce Horning, Jason Nikkel and Mason Medeiros scored for Lundar.

Keifer Tacan made 20 saves for the win. He finished the regular season with an impressive 26-4-2 record with a 3.64 goals-against average and .890 save percentage.

Last Friday, Peguis edged the Arborg Ice Dawgs

Trailing 4-3 in the third period, Peguis' Shaquille Houle and Theoren Spence scored to give the visitors the comeback win.

Waylon Neault scored a shorthanded goal midway in the first period for the Juniors and then Neault and Jesse Flett tallied in the second.

Clint Torfason and Travis Kilbrei scored powerplay goals in the first period for Arborg. Braydon Chwartacki and Colton Davis then scored goals just 10 seconds apart late in the second.

Tacan made 37 saves for the win.

On Feb. 10, the Falcons nipped the Fisher River Hawks 6-5.

Cody Paul scored the eventual game winner on the power play with 11:55 left in the third period.

Paul and Breyden Turner led Lundar with two goals and an assist apiece while Jason Nikkel and Medeiros also tallied for the winners.



EXPRESS PHOTO BY LANA MEIER

The Juniors' Keevan Daniels-Webb scored twice in Peguis' 5-4 overtime win over the Lundar Falcons last Saturday.

Horning finished the game with five assists.

Rayne Nykyforuk paced Fisher River with a goal and three assists while Jared Thickfoot and Brent Sutherland each had a goal and two helpers.

Arnold Mason and Josh Bealieu also scored for the

Jarrod Smith made 43 saves for the win.

The KJHL playoffs will see Arborg playing North Winnipeg in a best-of-three Survivor Series this week. The Ice Dawgs finished fourth in the South Division with a 17-15-0-2 record while the Satelites placed fifth with an 11-22-0-1 mark.

Game 1 of the series will be played Friday (8:15 p.m.) in Arborg, followed by Game 2 in North Winnipeg on Saturday (8 p.m.).

Game 3, if necessary, will be played Monday (8 p.m.) in Arborg.

The North Division Survivor Series will have No. 4 Fisher River playing No. 5 Norway House. Game 1 will be played tonight (8 p.m.) and then Game 2 is set for Friday (7 p.m.). The first two games will be played in Fisher River.

If necessary, Game 3 will be played in Norway House on Sunday (1 p.m.).

City Midget, Bantam Lightning lose games

By Brian Bowman

The Interlake Lightning lost a pair of games in City Midget action last weekend.

Interlake played well in a 5-3 loss to the Warriors on Friday and then was defeated 8-0 by the Selects on Sunday in Warren.

Sheydon Mousseau scored a hat trick for the Lightning against the Warriors. The Lightning forward now has nine goals on the season.

Blaze Senden, Tristan Prystupa, Erik Asselin, Nolan Tonn and Rhys Bremner drew assists on Mousseau's goals.

The Lightning played the Warriors last night (no score was available) and then the Interlake will conclude its regular season on Sunday against the Hawks at Garden City. Game time is 1:30 p.m.

In Bantam play, the Lightning lost 9-1 to the Selects last Friday and then were downed 7-3 by the Sharks on Sunday. Ayden Manningway, Austin Adair and Jagger Bonkowski scored for the Interlake against the Sharks. Zak Barkman, Kai Studler and Keenan McPherson assisted on those goals.

No goal scorer for the Lightning was available from the Selects' game.

Interlake will wrap up its regular season this Sunday when it plays the Hawks at the Maples Multiplex. Game time is 6 p.m.

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Evergreen

School Division

PUBLIC CONSULTATION

MEETING

2016 / 2017 BUDGET

FEBRUARY 24, 2016

7:00 p.m.

Dr. George Johnson

Middle School (Gimli) -

Gymnasium

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Resumes with a cover letter and three references will be accepted by the undersigned until February 26, 2016 at 4:30 p.m.

Fax: 204-376-2742

The Board of Trustees of Evergreen School Division invites all parents, taxpayers and interested community members to an information and

consultation meeting regarding the 2016-2017 Operating Budget. If you are unable to attend the meeting, the budget presentation and feedback mechanism will be available on the

ESD website at www.esd.ca

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NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, March 1, 2016 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 2/068/ 013/C/16 - PITBLADO LLP **O/B/O LAWRENCE VIGFUSSON**

Application to Change the Use of Access Driveway (Agricultural to Residential) onto P.T.H. No. 68, Lot 49-22-2E, Municipality of Bifrost-Riverton (Arbora).

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Michelle Slotin, A/Secretary Winnipeg, MB R3E 3H4 Phone: (204) 945-8912

THE HIGHWAY TRAFFIC BOARD

Manitoba 🤊



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Harold (Buck) Douglas Hermanson

Peacefully on February 10, 2016, Buck, aged 91 years of Petersfield, MB passed away. Buck was predeceased by his wife Marjorie on June 18, 2003 and parents Harald (Harry) and Mable Hermanson.

Buck was born in Winnipeg, MB and raised on a dairy farm in Petersfield MB, by his parents and grandparent Julia Orvis (known as little grandma).

Buck enjoyed a long and healthy life, he enjoyed curling, golfing and playing crib. He loved to read, do crosswords and play all kinds of board-games with his family. He also enjoyed doing picture puzzles with his wife in his later years. He loved his family doing things together. His home was always open for a party, and for many years was party central for his family and friends (especially during his kids teenage years). There were many good times shared in his home and delicious meals enjoyed.

Buck started out his career as a dairy farmer with his parents. If dad needed something to make his job easier he would build it, like a square bale forklift he created and built back in 1961/62. He was great at carpentry, welding and fixing just about anything he set his mind to. He later worked at the Manitoba Rolling Mills from which he retired.

Buck passed on many of his skills to his children and taught them to be honest, strong, independent and to appreciate family, he liked to keep his family close to each other. Buck you will be missed by all who knew you, farewell for now, enjoy your new journey and we will see you there when it's our turn to move on.

He is survived by eldest son Pat (Connie), grandchildren Christina (Keith), Courtney, Catelynn (Brennan) and Chandra (Nick), second son Robert (Linda) grandchildren Robert Jr., Candice (Al), Leah (Cory) and Jared, last his daughter Nancy, grandchildren Pamela, Jo-Anna, Cyndle and Dexter.

As per Buck's wishes there will be no service however you can raise a glass in his memory and toast him farewell and happy new journey.

> Gilbart Funeral Home, Selkirk in care of arrangements. www.gilbartfuneralhome.com





Bruce vigfusson

With deep regret, the family wish to inform you of Bruce's untimely passing on December 21, 2015 in Hermosillo, Sonora,

Bruce was born in Winnipeg on August 20, 1970 and was raised and educated in Lundar, MB.

He is predeceased by his parents Lorraine (2010) and Steini (1979) along with many other family members that welcomed him home and are holding him for us.

Bruce leaves to mourn his beloved son Colt (Ashley) and their infant son Nash; Colt's mother Cindy; brother Sturn (Lisa); sisters Dodie (Martin) Bieri and Chayna (Andrew) Lowe; four nephews; two nieces; aunts Diana and Vivian (Lynn); uncles Gar and Kris (Cindy); special friend Donna, many dear cousins and friends.

A Celebration of Life will be held at 2:00 p.m. on Saturday, February 20, 2016 at the Lundar Legion Hall with Pastor Bill Watson officiating. Service will

Honorary Pallbearers will be Adam Christensen, Dennis Christensen and Randy Cook. Urn bearer will be Eddy Klippenstein.

A very special THANK YOU to friends and family for their contributions to the "Go Fund Me" fundraiser to help bring Bruce home. It has been a blessing - thank you from the bottom of our hearts.

In lieu of flowers, if friends so wish, a donation can be made to a sports facility of their choice. Arrangements by:

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Baked almond chicken



Ingredients
2 tsp (10 mL) vegetable oil
6 tbsp (90 mL) sliced almonds
4 small boneless skinless chicken
breasts, (about 1 lb/500 g)
3 tbsp (45 mL) cornstarch
2 tbsp (25 mL) sugar
1/4 tsp (1 mL) pepper
1 1/2 cups (375 mL) 1% milk
1 tbsp (15 mL) Dijon or honey
mustard

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Directions

Preheat oven to 425 °F (220 °C). Place oil in 13 x 9-inch (33 x 23 cm) glass baking dish. Stir almonds into baking dish to coat with oil; spread into single layer. Bake for about 5 minutes, watching closely, or until golden. Transfer to bowl; set aside. Place chicken smooth side down in baking dish. Bake, uncovered, for 10 minutes or until evenly white on outside.

Meanwhile, in saucepan whisk together cornstarch, sugar and pepper. Gradually whisk in milk until smooth; whisk in mustard, orange zest and half of reserved almonds. Cook over medium-high heat, stirring, for 3 to 5 minutes or until steaming and starting to thicken. Remove from heat; stir in orange juice.

Turn chicken smooth side up in dish; pour sauce over top. Bake, uncovered, for about 8 minutes longer or until chicken is no longer pink inside. Sprinkle with remaining almonds.

1 tsp (5 mL) grated orange zest 2 tbsp (25 mL) fresh orange juice Citrus Herbed Chicken

with Asparagus



Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4
1/4 cup flour
2 tablespoons grated Parmesan cheese
1/2 teaspoon Garlic Powder
1/4 teaspoon McCormick
Black Pepper, coarse ground
1 pound thin-sliced boneless skinless
chicken breasts
1 tablespoon oil

1 1/2 cups chicken stock 1 teaspoon Basil Leaves

1 teaspoon Oregano Leaves 1 pound asparagus, trimmed and cut into 1-inch pieces 2 tablespoons lemon juice In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture. In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm.

In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.

The Skill: Standing Up to Food Pushers

At first blush, this may seem surprising, but peer pressure with food is actually quite common – and yet a bit mystifying. After all, you don't just get into any car and drive it, presumably you drive only your own car. You probably don't routinely use a coworker's lipstick or handkerchief. And you probably don't let anyone else decide what you will wear on a given day, whether you will take an umbrella, or whether you will use perfume or deodorant. So the idea that someone else would make food related decisions for us is just plain odd. But somehow we find it acceptable to let other people decide what, when, and how much we eat.

Since time immemorial, human beings have shown each other love and affection with treats, foods, and feasts. Parents love their children with French fries, lollipops, and ice cream. Mothers and grandmothers from many different cultural backgrounds often lavish love in the form of copious servings of food - with a side dish of guilt if you complain about eating it all. There are starving kids in China, you know! (In fact, there are, but overall, China is succumbing to the global obesity epidemic as it modernizes.) Meanwhile, at family gatherings, office lunches, or other social events, people may encourage you to eat more than you're inclined to and/or more than you should. Often it's because that's what they're doing, and they want you to join them.

One solution is to try to raise the bar. Instead of succumbing to peer pressure, tell people about your resolve to eat more healthfully and ask them to support you in your efforts. Remember: The majority of adults in the United States is overweight and many are dealing with a chronic health problem (such as hypertension or diabetes) that's related to those excess pounds, so you may have a positive influence on those in your social circle. In-

stead of letting other people undermine your resolve, inspire them to join you in your quest for better nutrition and better health and



to enlist valuable support from one another. There's no rule that says only unhealthy eating habits can be contagious, so why not spread your healthy dietary approach to friends and loved ones?

If this tactic doesn't work, you can always shift gears and go to plan B: Set firm limits when people push rich dishes or second helpings by explaining that you're making an effort to eat more lightly so you can lose weight, reduce your cholesterol, or lower your blood pressure, for example. That way, you won't say anything negative about what they're eating or offering but you can stand your ground on health reasons. Sometimes people are more willing to accept a health-related reason for changing your eating patterns than a weight-related one. Somehow seems less open to negotiation.

If you feel obligated to have the cake or whatever is being served because the host went to a lot of trouble or the occasion is a big deal, you can give the impression that you're indulging: Eat one or two bites so it looks like you're joining in, then push your plate aside. Or you can say it looks fabulous but you can't eat another bite of anything after the delicious meal you just enjoyed, and ask if you could take home a piece for the next day. At that point, whether you eat if or give it away will be your decision, no pressure.

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

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