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VOLUME 6 EDITION 2 THURSDAY, JANUARY 10, 2019

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**Rising to the
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Pastry chef student Lexi Orbanski from Arborg made a spectacularly detailed gingerbread house that earned her 1st place during a Toronto cake exhibition.

EXPRESS PHOTO COURTESY OF LEXI ORBANSKI

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Pastry arts student takes the cake to new heights

By Patricia Barrett

An Arborg Collegiate graduate enrolled in a culinary arts program baked and bedecked an elaborate gingerbread house that earned her 1st place during a competition hosted by a major Toronto hotel.

Lexi Orbanski, 19, just completed the first year of a two-year baking and pastry arts management program at George Brown College's chef school in Toronto, ending the term on an artistic high with a doll-sized house that's far too good to eat.

"This past year has been very exciting with lots of stuff happening," said Orbanski, who's spending a chilly "summer break" at her parents' home in Arborg before she heads back to Toronto in a few months.

Every year the chef school holds a gingerbread-house competition for its students. Orbanski made her way into the Top 10, earning 3rd place. The houses were then displayed at the Sheraton Centre Hotel in downtown Toronto, where the public was invited to vote on Instagram for their favourite house. Orbanski's house was the crowd favourite.

"Perfection," "forsure," and "absolutely," said some of the voters bedazzled by the two-storey, white-washed, Victorian-inspired brick house with



A side view detailing the intricate work.

candy cane columns, cedar shakes, wreaths, pine trees, fluffy snow and icicles dangling from the eaves.

The pastry arts program teaches high-end baking skills in chocolate and confections, tarts and pastries, artisan breads, petits fours (bite-sized desserts), sorbets and wedding cakes. Students also learn business skills such as planning, leadership, sales and marketing and packaging and



EXPRESS PHOTOS COURTESY OF LEXI ORBANSKI
Orbanski's prize-winning gingerbread house was on display at the Sheraton Centre Hotel in downtown Toronto where she was voted the crowd favourite.



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distribution, all of which will enable them to manage a successful baking business.

Orbanski said she started experimenting with cake decorating in her parents' kitchen, teaching herself as she went along and using skills she learned in art at Arborg Collegiate. All of her cakes are made with buttercream; she doesn't work with fondant (a sweet paste for filling and for icing).

"I usually do a marble effect on the outside with a palette knife, which is something I picked up from art class," she said. "Lots of the cakes have many layers on the inside. My most popular cake is chocolate, and I layer it with a chocolate ganache and a chocolate mousse."

Orbanski started selling her cakes in Arborg and in towns such as Fisher Branch, Riverton and Gimli, as well as to people in Winnipeg.

"I think I sold my first cake when I was 16," she said, "and then I started my Instagram page. By word-of-mouth, I just started getting more cake orders and more interest in it. And I decided I wanted to go to pastry arts school."

Orbanski said George Brown is one of the better chef schools in the country because it offers business man-



Orbanski makes a variety of art-inspired cakes

agement in addition to baking. And until second term begins in May, she's hoping to find a temporary job.

"I'm looking for something in the baking field just to get more experience because I've never worked in a bakery before," she said.

Time permitting, she'll also make cakes on demand for customers. Visit @lexilynnccakes on Instagram to view a selection of Orbanski's cakes and to place orders.

Selkirk Regional Health Centre welcomes first baby of 2019

Submitted

Interlake-Eastern Regional Health Authority (RHA) welcomed the first baby of 2019 at Selkirk Regional Health Centre on January 2 at 1:41 pm.

Weighing seven pounds, 13 ounces, Emma Jean Smith was born to mom Breanne Boyd and Aaron Smith of Beausejour area. Boyd, an electrician and Smith a concrete pump operator were thrilled to welcome their first child and are looking forward to in-

roducing her to their two dogs when they get home

Prior to the family's departure from hospital, members of the Selkirk & District General Hospital Ladies Auxiliary presented them with a gift basket that included diapers, toys, a baby carrier and a digital baby monitor. The auxiliary celebrates the hospital's first baby of the year with items that provide comfort and help extend the care received at the hospital into the

baby's home.

Dr. Speer attended the birth and Boyd said that the team of care providers from the Selkirk Regional Health Centre who were with her throughout Emma's birth were just "fantastic."

"The staff and the ladies auxiliary were all so fantastic," said Boyd, "The ladies auxiliary is really generous."

According to Sara Unrau, clinical team manager of obstetrics at Selkirk Regional Health Centre, staff have reported deliveries in our region this

past year have surpassed the number delivered in 2017.

"There were 272 babies born in 2017 compared to 377 babies born this past year. We hope to surpass that number over the next year," Unrau said.

The staff and physicians at Selkirk Regional Health Centre's family birthing unit and staff across Interlake-Eastern RHA extend their best wishes and congratulations to Smith and Boyd on the birth of their first baby.



EXPRESS PHOTO SUBMITTED

New Year's baby Emma Jean Smith with mother Breanne Boyd and father Aaron Smith.

Berens River RCMP respond to vehicle-pedestrian collision

Submitted

RCMP officers from Berens River received a report of a vehicle-pedestrian collision that occurred on Main Road in the community of Berens River on Jan. 1 at approximately 2:15 a.m.

The investigation has determined

that a SUV, being driven by a 36-year-old male from Berens River, was travelling westbound on Main Road when it struck a 21-year-old female, from Bloodvein, who was walking westbound with a small group of people.

Continued on page 11

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EXPRESS PHOTO BY ROGER NEWMAN
Cameron Lozinski-Adams is working on an online project to retain indigenous language and culture.

Indigenous studies student is a man with a mission

By Roger Newman

Cameron Lozinski has embarked on a passionate crusade to keep the Swampy Cree language and his Indigenous heritage alive for himself and 117,000 other members of the Cree Nation across Canada.

The Gimli-raised Lozinski who has French, Scottish and Metis bloodlines is developing an on-line app that will create a dictionary for the Swampy Cree language. He is working to save the Cree language while enrolled in his second year of Indigenous studies and education in a five year University of Winnipeg program. Lozinski is hoping it will equip him for a career teaching the people of Northern Canada.

“Only a few elders remain fluent in Swampy Cree so there is a pressing need for the dictionary to avoid serious cultural genocide,” says the 19 year-old Lozinski who has adopted his mother Sherri’s family surname of Adams since graduating from Gimli High School two years ago.

It was at Gimli High that Lozinski turned Adams developed a serious interest in his partly Indigenous background. He learned about his roots from Penny Ross’s Eagles Indigenous club and in history and social studies taught by Scott Powers.

Now he is putting his knowledge to use by creating the online dictionary app scheduled to be up and running by September. It’s a large project being funded by \$14,000 in donations obtained with the help of Liberal MP Kevin Lamoureux and the University of Winnipeg and

its students. The money has enabled Adams to develop his dictionary app with the expert assistance of translator-narrator Margaret Osborne of Norway House and instructor Kevin Waddell of the Saskatchewan Institute of Technology.


The app is likely to succeed because Cameron Adams already has a record of achievement in several fields despite his young age. He has knitted toques to finance several Habitat for Humanity trips to build houses in places including El Salvador, Portugal and Indonesia.

“Now I’m raising funds for another Habitat trip to Macedonia in southeast Europe,” confides Adams who has been accompanied on Habitat missions by his mother Sherri and grandmother Blanche Bernardin.

He was a high profile figure at Gimli High where he was prominent in student organizations and represented the school in several provincial curling championships. His accomplishments have been recognized by such honours as the Terry Fox Humanitarian Award, the Manitoba Aboriginal Youth Achievement Award and the CBC Under 40 Future Leaders selections. He was also invited to Ottawa for the 2016 Forum for Young Canadians where he met Prime Minister Justin Trudeau.

Central to Adam’s being, though, is his desire to better the lives of Canada’s indigenous population.

“It is my mission to obtain reconciliation and preserve the culture of a people who have been oppressed for 150 years,” he says.

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- Commitment to Lifelong Learning

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RCMP 2018 Holiday Checkstop statistics

Week Four and Final Results

The final week of the RCMP Holiday Checkstop program from Dec. 24, 2018, to Jan. 1, 2019, has resulted in:

- 47 checkstops conducted across Manitoba with approximately 1433 vehicles checked
- 24 people charged with Impaired Driving (23 by alcohol, 1 by drug)
- 5 people charged with Refusing a Breath Demand
- The highest blood/alcohol reading reported was .310 (just under four times the legal limit)
- 9 alcohol-related tiered suspensions
- 9 people charged with improper storage of alcohol or cannabis in a vehicle

There were two traffic-related fatalities that occurred this past week. One occurred on Highway 16 near Gladstone and another in Berens River.

Last year during week four, RCMP members conducted 22 checkstops, and checked 1366 vehicles, resulting in 21 people being charged with a Criminal Code Impaired Driving offence (Impaired, Over .08, Refusal, Impaired by Drug).

Total Program Results

During the month-long RCMP Holiday Checkstop Program, 11,714 vehicles were checked during 262 checkstops, and RCMP:

- Charged 90 people with Impaired Driving (87 by alcohol, 3 by drug)
- Charged 15 people with Refusing a Breath Demand
- Issued 30 alcohol-related tiered suspensions
- Issued 2 drug-related tiered suspensions
- Charged 49 people charged with improper storage of alcohol or cannabis in a vehicle

Unfortunately, five people lost their lives in traffic-related collisions during this year’s Checkstop program.

Last year during the 2017/2018 program, RCMP checked 8333 vehicles during 176 checkstops. RCMP charged 117 people with a Criminal Code Impaired Driving offence and issued an additional 51 alcohol and drug-related tiered suspensions. There was one traffic-related fatality during last year’s Checkstop program.

Manitoba Hydro sees spike in scams in 2018

Submitted by Manitoba Hydro

Manitoba Hydro is warning customers to be wary of high-pressure scammers threatening to shut off their electric service unless immediate payment is made by a prepaid card.

"These people are crooks and you should hang up on them," said Chris McColm, Manitoba Hydro's Security and Investigations Supervisor. "We will never phone you and demand immediate payment by a prepaid card or a money order."

McColm said the utility saw nearly a 300 per cent jump in the number of fraud-related complaints this year from the year before — 862 phone, text and e-mail scams as of Oct. 31 from 221 in 2017. Driving the increase were scammers threatening disconnection of service to small business owners.

"Our customers are becoming more educated about fraud, but these scam-

mers can be very convincing — anyone can be victimized," McColm said. "Phone scammers falsify their caller ID information to make it appear they're calling from Manitoba Hydro. Their goal is to manipulate you into sending money before you figure out it's a scam."

Many other fraud-related complaints to Manitoba Hydro this past year concerned unsolicited text messages to customers that say they were overbilled and eligible for a refund. This scam is aimed at getting a customer's personal banking information.

"Never give out personal account information, including debit or credit card information, over the phone or in a text or email," McColm said.

McColm also said seniors living alone continue to be targeted by aggressive door-to-door sales, adding Hydro employees always display

Manitoba Hydro photo ID and will never demand to come into a home.

Manitoba Hydro recently joined Utilities United Against Scams (UUAS), an alliance of more than 100 U.S. and Canadian electric, water, and natural gas companies, and their respective trade associations. UUAS works across the industry with regulators, law enforcement and telecommunications partners to raise awareness about scams targeting utility customers.

Be aware — don't be a victim of fraud

- A common scam is to call a customer's home or business and say the customer owes money and must pay immediately by prepaid card or face a shutoff of electric service.

- Our employees will never demand immediate payment with a credit card or money order by phone. We will never threaten to disconnect power or suspend service if you don't pay right

us right away. We work with customers to make payments to avoid disconnection.

- Another scam involves emailing a fake energy statement that shows you have an outstanding bill or are due a refund because of a billing issue.

- These texts or emails are not from Manitoba Hydro. Your accounts and privacy have not been compromised in any way.

- Do not click on any links provided in the email or text.

- Do not reply to the email or text.

- Never provide any personal or banking information via email or text.

- We do send text and email messages to customers to remind them of bill payments — only if they signed up to receive them. We do not include any personal or account information in those texts. If you're unsure whether the phone call, text or email is real or a scam, contact us at 1-888-624-9376.

Manitoba Public Insurance unveils Top Five Frauds of 2018

Submitted by MPI

It's estimated that auto insurance fraud costs every Manitoba Public Insurance ratepayer about \$50 a year for an overall impact of \$50 million.

In order to raise awareness about the costs related to auto insurance fraud, Manitoba Public Insurance releases its annual top five fraud list. The list is compiled based on the unique circumstances of each fraud, financial savings to MPI ratepayer, and investigative excellence in unearthing the fraud. In addition, next month Manitoba Public Insurance will be launching a new public awareness campaign to continue raising awareness about the cost of auto insurance fraud and what Manitobans can do to help keep these costs in check.

Anyone with information about auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line: 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous.

Suspicious claims are handled by Manitoba Public Insurance's Special Investigation Unit. As of the end of this November, claims savings are more than \$10 million with the SIU closing 1,600 investigations.

No. 1: "Comic Con Job"

A devout fan of Comic Con, the 25-year-old woman was observed walking around Winnipeg's Convention Centre for six hours, enjoying her favourite superheroes, wizards,

spaceships, and zombies. An investigator also observed the woman going on numerous shopping trips and driving the two-hour round trip from her rural home to Winnipeg.

Just one problem: the woman was collecting income replacement payments after stating she was unable to work due to injuries from a motor vehicle collision. She told her MPI case manager she could only walk a maximum of 15 minutes before getting dizzy and was unable to drive for long periods of time. After receiving information via the Tips Line, an investigation was opened.

With all the conclusive evidence in hand, Manitoba Public Insurance terminated the woman's income replacement payments and demanded repayment of \$34,000 in benefits already paid out.

No. 2: "Polite Arsonist"

The registered owner opened a theft claim, telling her MPI adjuster she had given her car to her 22-year-old son, who reported the keys were stolen while he was attending a house party. The truth would become evident days later thanks to a number of witnesses, who had quite the

story to share with police and MPI investigators.

One witness stated that while driving down a road in rural Manitoba around 7 a.m., he was shocked to see a man deliberately light a fire within his vehicle which was parked in a ditch.

As the vehicle quickly became engulfed in flames, the witness stopped and asked if the man was okay. The young man replied, "Yes, thanks. And have a nice day," before running off into the bush. The witness contacted RCMP.

The investigation would also uncover that the same vehicle had been involved in a hit-and-run collision the previous evening in Winnipeg. After being awoken by the loud crash, a neighbour quickly attended to the crash site where he came upon a young man who told the neighbour "not to speak to police."

The man, who appeared highly intoxicated, then quickly drove away in a Dodge Nitro, the same vehicle which was burned hours later in the

rural ditch.

Police showed photos of several individuals to the witnesses, who were able to conclusively identify the driver. With the evidence in hand the claim was denied for false statement, resulting in a savings of \$57,000 to Manitoba Public Insurance ratepayers.

No. 3: "Breakfast Blunder!"

The registered owner of the vehicle opened a total theft claim with her MPI adjuster after police found her

Continued on page 10

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Not all cannabis candies are created equal

By Sylvain Charlebois
Senior Fellow Atlantic Institute for Market Studies

Health Canada offers a framework for the sale of edible cannabis products before the October 2019 launch. Will we be ready?

It's just a matter of time before the edible market represents the majority of the cannabis market in Canada. A study released last year suggested that 93 per cent of consumers supporting Ottawa's legalization plans would try a cannabis-infused food product. Curiosity will drive many Canadians to try edibles.

If the United States is a valid example, sales will likely explode over the next decade. A recent report says cannabis edibles sales in the U.S. reached \$1.4 billion over the last 12 months. That suggests sales could exceed \$4.1 billion by 2022, and cannabis is not even legalized federally in the United States, just in some states.

Canada must be ready, and so far Health Canada appears to be on the ball when it comes to edibles. Yet a lot of work lies ahead.

Given how ill-prepared Health Canada was for the initial legalization of cannabis, the federal agency deserves credit for getting prepared so quickly on edibles. The plan was released just days before the holidays. Canadians now have 60 days to comment on Health Canada's 195-page regulatory framework on marketing edibles, extracts and topical applications.

Despite the intricacies of the project, Ottawa still aims to make them legal no later than October 2019.

The framework offers no major surprises, although Health Canada clearly used the U.S. as a case study. Nightmarish scenarios of cannabis-infused

gummy bears and other candy-like products being sold are already on our national regulator's radar. Health Canada's vigilance is quite apparent.

Health Canada recommends plain, child-resistant packaging and restricting the ingredients that can be used. It also wants to limit edibles to 10 milligrams of THC per package - that's considered the typical single dose. These basic requirements protect children and ensure the industry is less prone to making undesirable products.

Canada's cannabis market is still very immature. This conservative and comprehensive approach, then, is intended to protect vulnerable populations.

But there are some gaps. For example, it's not clear where the line is between child-like products and candies for adults. Regulations need to be crystal clear. Proposed amendments suggest edibles shouldn't appeal to children but adults do eat chocolate and candy. Distinctions can easily be made between gummy bears and sophisticated candies that you find in specialty shops. However, there's a massive grey zone between the two.

Health Canada's plan also addresses traceability of products. California retailers must take training on track-and-trace. The system was created to certify how cannabis waste is identified, weighed and tracked while on licensed premises, and how it's disposed of.

However, waste management is hardly mentioned in the Health Canada document, even though many reports of pets and children accidentally ingesting cannabis have already been filed. Health Canada doesn't appear to address this issue at all in relation to edible products, although it obvi-

ously should.

The Health Canada framework's other major gap is on training - the document offers little insight. In Oregon, on the other hand, state training for cannabis industry workers is mandatory. They're trained to handle cannabis items, produce and propagate cannabis, and on how to use cannabis as a food ingredient.

Several questions also remain for the food service industry. Regulatory oversight will come when the Canadian Food Inspection Agency (CFIA) gets involved. Americans are still struggling with this, looking for regulatory bodies to oversee the cannabis industry. We have CFIA in Canada, but it will be interesting to see how our food agency handles this given its limited resources.

Some Canadians still feel uneasy about cannabis and sound risk mitigation practices are crucial. The human body is not designed to inhale drugs and Health Canada knows it.

The plan presented by Health Canada will likely be well received by the industry. The beverage sector, for example, is pursuing creative products, both alcoholic and non-alcoholic. And we should expect research and development on snacking and other types of food products in the spring.

However, provinces and cities have their own agendas, which creates challenges for planning and strategizing. Nonetheless, we're in for an interesting year of cannabis-related developments leading to October. Sylvain Charlebois is scientific director of the Canadian Agrifood Foresight Institute, a professor in food distribution and policy at Dalhousie University, and a senior fellow with the Atlantic Institute for Market Studies.

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Provincial hay disaster benefit triggered for 2018

Submitted

Manitoba Agriculture advises that Manitoba Agricultural Services Corporation (MASC) is notifying producers the Hay Disaster Benefit has been triggered and associated payments will begin shortly. The estimated payout for 2018 is \$3.2 million on approximately 1,000 claims.

The Hay Disaster Benefit (HDB) is a complimentary feature of the Agri-Insurance program that compensates

insured forage producers for the increased cost of hay and transportation when there is a severe provincial forage shortfall. The HDB was first introduced in 2014 as part of a revamped forage insurance offering and 2018 marks the first year that it has been triggered.

Producers enrolled in Select Hay Insurance and Basic Hay Insurance are automatically enrolled in HDB. All insured hay types (alfalfa, alfalfa

grass mixtures, grasses, sweet clover and coarse hay) are eligible.

To trigger a HDB payment, at least 20 per cent of producers with Select Hay or Basic Hay Insurance must harvest less than 50 per cent of their long-term average hay yield. For 2018, producers will receive an additional \$40 for each tonne below their Select Hay or Basic Hay Insurance coverage.

There is no cost to producers for this benefit. Premiums are cost shared 60

per cent by the Government of Canada and 40 per cent by the Province of Manitoba.

For more information on forage insurance in Manitoba, please contact a MASC office or visit: www.masc.mb.ca/masc.nsf/program_forages.html. The deadline to sign-up for 2019 forage insurance is April 1.

RM of West Interlake Reeve says future looks bright

By Teresa Carey

Since being elected as reeve of the RM of West Interlake last year, Arnthor Jonasson sees nothing but a positive future for a municipality which was off to a rough start after a forced amalgamation which had left some with hard feelings. He had campaigned on a platform of "one municipality", which he believes will prove to be a benefit for all of its residents.

Jonasson had previously sat on council for 11 years until 2006, representing the RM of Siglunes, and was elected again in 2014, after the Province had mandated the amalgamation which saw the RMs of Siglunes and Eriksdale join and finally become incorporated in 2015.

He decided to run for reeve in the last municipal election to make sure

he would be there to take care of old business. He wanted to see a Disaster Financial Assistance (DFA) claim settled for a lagoon expansion in Ashern and a new cell at the disposal grounds north of Ashern which was required after the major flooding which had occurred in 2011 and again in 2014. Jonasson is also awaiting results of a DFA appeal for a diking and ditch clean-out claim from 2014, he said.

Jonasson is now looking forward to the future, which he thinks will be a positive one for West Interlake, saying the new council is a "good mix of young and old", with a lot of competence.

"The younger ones have brought new ideas. They're making some of us older guys think a little," Jonasson said. "They're coming in with com-

puter skills, and communication skills that the older generation doesn't have."

Some of the expertise now the table include business administration, accounting, and system analysis, all of which will be put to good use as the municipality modernizes.

"Three come with council experience and one comes with board experience," Jonasson added.

Some of the goals of the new council include unifying the mill rate across the municipality, which the Province has mandated must be done by 2022. However, Jonasson feels that the Town of Eriksdale might work more efficiently if it became a Local Urban District (LUD), as Ashern currently is, which would allow the town greater control over its own services and spe-

cial needs.

"People would have to understand the benefits to it," he said.

"Our goal is to make sure there's a smooth transition. We've reached out to Department of Municipal Relations for help," Jonasson said.

As for the town of Ashern, Jonasson wants to help fill the void which was left after the local chamber of commerce lost members. He wants to see the formation of a West Interlake Chamber of Commerce as well as a Community Development Corporation (CDC) for all of the municipality.

"The advantages are that you would be working collaboratively with your neighbours. We would stop competing and start cooperating and share services," he explained.

Jonasson also sees opportunities in tourism and business growth in the area.

"There are some beautiful spots along (Lake Manitoba)," he said, and thinks that fishing and hunting opportunities could be better promoted.

"Eriksdale (located at the junction of highways 6 and 68) is a major connector. It's a natural corridor for traffic, and that brings opportunity," he said. "That's good for small businesses. If they see a need, they will fill the void."

As for the local government's part, Jonasson said its job is to maintain infrastructure and a reasonable tax rate.

Jonasson said that the RM of West Interlake has maintained a steady population level, though he recognizes that it is aging.

"Our population is aging," he said. "and we have to recognize we're going to have needs for our aging population, including for recreation."

letter to the editor

Letters to the Editor: letters@expressweeklynews.ca

Please move the barricade from Gimli harbour

I'm a lifelong resident of Gimli and previously owned or operated three lakefront restaurants (Lake 'N' Steak, Seagulls and Shoreliner).

I am writing this because of my concern with the barricade that has been placed at the entrance (boat ramp) to the federal harbour in Gimli. To my knowledge this harbour has never been closed to the public before.

I don't believe local authority have the power to close a federal harbour. I have been told it is a liability issue and also that one of the finger docks was damaged, but they don't know how or whom was responsible.

If this reasoning is true, then why isn't this ramp closed in the summer when a boat hits a finger dock.

Fishermen, yacht club members,

ice fishers, pleasure boaters and rec vehicles all have the same rights to access the lake.

I am asking that the barricades be removed by whoever put them there. We should be aware that winter activities on the lake is just as much of a tourist attraction as the summer.

- Thank you,

Norman Valgardson

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Treasured memories while ice fishing

Hi folks.

I happened to be visiting a friend in his ice shack well off shore on southern Lake Winnipeg a few weeks ago when the shack began rocking as though we were in a boat riding a rolling wave. Our eyes grew wide in wonder as we grabbed the sides of our chairs. Utensils rattled on the kitchen counter. The water in the ice holes shot up and splashed about. Seconds passed and the ice under the shack became seemingly trustworthy again.

"Ice quake," my friend simply said. In the days that followed I raised that occurrence with anglers and commercial fishers and surprisingly the old timers knew about "ice quakes." Apparently they can happen on our big lakes if we have warm days and cold nights as the ice cover grows in early winter creating smooth ice for miles. Well, I guess it's just another dimension to winter life on Manitoba's lakes along with ice pile ups as high as a house or the ice opening up unexpectedly making us detour around stretches of open water when going to fish.

It was one of those pleasant warm days just after Christmas when I eased "old red" onto the ice at Riverton's Sandy Bar urging it through shallow snow drifts to a sturdy hard wall ice shack. Slipping out of the truck, I could hear children chattering when I knocked on the door.

"Anybody home," I called out.

"Come on in," a young gal's voice answered back.

I opened the door and stepping inside I was met with the cozy warmth of a burning wood stove. Spicy meats and potatoes sizzled in frying pans

on the stove sending mouth watering aromas throughout the shack. Hazy light shone through large windows. The foam insulated walls held dozens of lures.

"Hi, I'm Julie Sigurdson, a diminutive, softly featured young lady in snowmobile clothes and a beautifully hand knitted toque covering her delicate brown hair said. Around her, family members sat tending fishing lines in the water through holes in the floor. I asked for a fishing story and without hesitation she remembered one.

Last summer when the family was shore fishing on a sunny, hot day at "three-mile beach" just south of Sandy Bar. Jorden Kozak, Julie's significant other, a thin wirey chap with short brown hair, caught a catfish. No sooner had he reeled it to shore when little cousin Whyatt, a light-haired bundle of energy raced to the water's edge and picked up the fish as though it were a puppy. For some reason the fish didn't fight and for a few moments little Whyatt stood petting and talking to it until Julie had him put it back in the water.

A few days before meeting the Sigurdsons I was on the Red River ice downstream of Selkirk and noticed an unusual six-sided shack made of light grey walk-in cooler panels.

Invited in, I met two very tall well conditioned young brothers with long straight dark brown hair, Ian Lavoie of Anola and Tim Lavoie of East Selkirk. As we talked, I couldn't help admiring the perfect intricate pie shaped pieces of roof sections and custom cabinets this shack had.

The guys hadn't caught anything



EXPRESS PHOTO SUBMITTED

little Ella with her uncle Ian Lavoie as she caught her first fish from the Red River-

and were about to call it a day when I arrived, but Ian graciously gave us a picture of his cousin Ella showing her first ever catch on the Red.

Far out on the Lake Winnipeg ice at Grand Marais last week I stopped at a shack sporting a huge Canadian flag covering the outside wall. Generally, when I'm on the ice I keep my driver's window open and as I pulled up to the shack, I could hear music and a dog barking from inside.

I called out, "hello, I'm Arnie Weidl looking for a fishing story," as I approached the door. It opened and a chap with a wide smile, dark tousled hair and a three day old salt and pepper stubble on his face greeted me as he held back a big golden lab. Farther inside a thin guy with finely defined facial features sat in one of the lazy boy chairs. The dog relaxed as I petted

him while the fellow who met me at the door said he was Dez Pachkowsky and his pal was Pat Lavallee.

Looking beyond the shrimp and breaded potatoes frying in a large pan on their wood stove I saw the picture of a full-figured guy with commanding features and long blond hair hold a good-sized jackfish.

Dez saw me looking at the picture and said, "that's our life-long buddy, 'Ziggy' who passed away suddenly. His wife asked us to take over his shack and that picture stays as a reminder of our friend."

Winter fishing shacks and trailers like summer cabins hold such a treasure of family and friends during happy times.

We'll see you on the ice buddies, bye now.

Government names major bridge after former Premier

Submitted

A new bridge along the Trans-Canada Highway has been formally named after a former premier of Manitoba, Premier Brian Pallister and Infrastructure Minister Ron Schuler announced last week.

"Recognizing and celebrating the history of Manitoba and the people who have contributed to building our province is a priority we share with Manitobans," said Pallister. "Former premier Sterling Lyon served our

province admirably and this tribute is befitting of the work he did to build the Manitoba we have today."

Sterling Lyon served as an MLA from 1958 to 1969, and from 1976 to 1986. In that time, he served in numerous cabinet positions under former premier Duff Roblin including serving a total of nine years as Manitoba's attorney general. In 1977, Lyon was elected premier of Manitoba. In 1986, Lyon was appointed to the Manitoba Court of Appeal, serving until his retirement

in 2002.

"Our family thanks Premier Pallister and Minister Schuler for recognizing our Dad's lifelong public service with the naming of the Sterling Lyon Bridge," said eldest daughter Nancy (Lyon) Matthews. "The number one highway bridge between Winnipeg and his beloved hometown of Portage la Prairie was a well-travelled one for Dad and he would be thrilled with this honour."

The Trans-Canada Highway bridge

over the Assiniboine River in the Rural Municipality of St. Francois Xavier will be named 'Sterling Lyon Bridge'. The Sterling Lyon Bridge on the Trans-Canada Highway is a significant crossing on the Assiniboine River consisting of two structures, one eastbound and one westbound. The new structure is both wider and longer than the previous bridge, which was constructed in 1965. The Sterling Lyon Bridge opened to traffic earlier this fall.

get inspired

> MEAL IDEAS



Prep time: 15 minutes

Serves: 6

Salad:

1 small head romaine lettuce, torn into small pieces

1 cup cooked brown rice

1 can (15 ounces) black beans, drained and rinsed

1 can (14 ounces) diced tomatoes

1 can (10 ounces) chicken breast chunks, drained and flaked

1 can (10 ounces) corn kernels, drained

1 can (4.25 ounces) diced green chilies, drained

Chicken Burrito Salad

1 can (2.2 ounces) sliced ripe black olives, drained

Dressing:

2 tablespoons fresh-squeezed lime juice

1 tablespoon fresh chopped cilantro

3 tablespoons extra-virgin olive oil salt and ground black pepper, to taste

Salad: In large platter or individual bowls, place lettuce leaves. Top with brown rice, black beans, diced tomatoes, chicken, corn, green chilies and black olives.

Dressing: In small bowl, combine lime juice and cilantro; whisk in olive oil.

Add salt and pepper, to taste. Drizzle dressing over salad.



Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4

1 can (13.5 ounces) spinach, well drained

1 cup fresh parsley leaves

1/2 cup grated Parmesan cheese

1/2 cup walnuts or almonds

1 large garlic clove

1 teaspoon dried basil

Pasta with Spinach Pesto

1/4 teaspoon salt

1/8 teaspoon ground black pepper

1/2 cup extra-virgin olive oil

1 box (16 ounces) fettuccine noodles

In food processor, combine spinach, parsley, cheese, nuts, garlic, basil, salt and pepper; blend well. In slow, steady stream, add olive oil until mixture is blended and smooth.

Cook fettuccine as package directs.

Drain. Toss spinach pesto with fettuccine.



Prep time: 5 minutes

Cook time: 25 minutes

Serves: 4

1 tablespoon olive oil

1 medium yellow onion, diced

1 small green bell pepper, cored, seeded and diced

2 large garlic cloves, minced

1 box (8 ounces) yellow rice

1 can (14 ounces) vegetable broth

1 can (14 ounces) diced tomatoes

Easy Weeknight Seafood Paella

1 can (10 ounces) whole baby clams, drained

1 can (8.5 ounces) peas, drained

1 can (6 ounces) medium shrimp, drained

1 can (3.8 ounces) sliced ripe olives, drained

In 2-quart saucepan over medium heat, heat oil; add onion, green pepper and garlic. Cook 5 minutes, stirring occasionally.

Add rice and vegetable broth. Over high heat, bring to boil. Reduce heat to low; cover and simmer 20 minutes.

Stir in tomatoes, clams, peas, shrimp and olives; cook 5 minutes.



I was reflecting on the idea of New Year's resolutions and the growing number of you who are making conscious efforts towards positive change. I wondered which single change might have the most profound effect on our lives and the lives of those around us.

After much thought, the answer, which emerged, was shifting the way we think and respond when something angers us. We can consider ourselves very evolved and conscious because of our focus on spirituality and all that is positive. However, how we respond to perceived negative behaviours or circumstances may be the truer test.

Negative experiences are incredible opportunities to practice staying centered and maintaining integrity. We may think of ourselves as peaceful, yet if our thoughts or words are attacking or judgmental, is this not

Maintain Integrity While Facing Tough Situations

a subtle form of violence against another?

Self-righteousness may feed the ego, but is also a signal that we still have some growing to do. No matter how lofty the principles we may be defending, if we are pointing fingers we are not truly living those principles.

We can still stand up for ourselves, establish clear boundaries, and make reasonable requests of others while coming from a place of compassion and goodwill. Ultimately, the best way to engender the respect and kindness of others is to model those ourselves.

It really does not matter who pushes our buttons, or how they do it: responsibility for our responses rests solely with us. Easy to change? No. Worth the effort? Definitely.

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



INGREDIENTS

Salad:

2 cups (500 mL) chopped iceberg lettuce

2 cups (500 mL) baby arugula

1 cup (250 mL) cherry tomatoes, halved

1 cup (250 mL) scallions or green onions, chopped

1 1/2 cups (375 mL) chopped, cooked turkey

4 strips turkey bacon, chopped and cooked

1 cup (250 mL) shredded cheddar

1 cup (250 mL) frozen peas

Dill Dressing:

1 cup (250 mL) low fat sour cream

1/2 cup (125 mL) low fat mayonnaise

1 tsp (5 mL) granulated sugar

1/2 tsp (2 mL) salt

1/2 tsp (2mL) pepper

Retro Turkey Club Salad

1/4 cup (60 mL) chopped, fresh dill

Croutons:

2 thick slices white or egg bread, cut into 1/2 inch (1 cm) cubes

2 Tbsp (30 mL) vegetable oil

2 tsp (10 mL) grated parmesan cheese

DIRECTIONS

Toss iceberg and baby arugula together and put half in the bottom of a large glass serving bowl.

Start layering the balance of ingredients evenly one on top of another and finish with the rest of the iceberg lettuce and arugula.

For the dressing, combine all ingredients in a medium bowl.

Pour dressing on top of salad and refrigerate. Sprinkle with croutons just before serving.

Croutons: Heat oil in a medium-sized fry pan. Add bread cubes, tossing to prevent sticking.

Remove from heat when golden brown and immediately toss with parmesan cheese.

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New Chicken Chef owners enjoy Arborg hospitality

By Teresa Carey

Carrie Waddell and Carl Pottinger are a sister-brother team that has taken over ownership of the Arborg Chicken Chef, adding to their already busy lives. The franchise has become a part of their family—in a huge way, as Pottinger is now part-owner of four Chicken Chef franchises in the Inter-lake region.

In 2017, he purchased the Chicken Chef in Ashern, then in 2018, another two—one in Lundar with his cousin, and the other in Stonewall with his niece. The most recent, was the purchase of the Arborg location last October with his sister.

"We're a big family, and we all chip in," Waddell said. "We all use each other's strengths."

Waddell wanted to join in on the family business after seeing how successful the Ashern restaurant had become in only a year. Pottinger had increased sales at that location by 25 per cent and even managed to win a Chicken Chef "Pepsi Combo Contest", awarded to the restaurant that sells the greatest number of Pepsi-chicken combos.

The brother-sister duo did not have business experience when they started in the restaurant industry, however. Pottinger had been a social worker, and Waddell continues at her full-time job as a high school teacher

in Fairford. She works at the Arborg location on weekends.

The family, which is of Metis decent, was able to gain financing through the Manitoba Metis Federation (MMF), which supports business start-ups with grants of up to \$100,000. Pottinger was able to secure a \$75,000 grant along with loans through MMF, who also provides a lot of business supports.

"That's why we were able to grow so fast," Pottinger said.

Throughout the transfer of ownership at the Arborg location, the customer base has remained loyal. Some minor changes have been made there, including a new paint job and rug-cleaning to brighten up the atmosphere. There are now two televisions on at all times for the customer's enjoyment, along with free 24-hour Wi-Fi.

The couple has also hired four managers so that a manager can be on-site at all times to help staff during rushes and to deal with any issues that might arise. Some new menu items will also be added, such as soft ice cream and specialty cakes and pies which are being supplied by a Red Seal Italian baker.

"We will never do a bad product," Pottinger promises.

The staff have now adjusted to the change of ownership. Former owners,



EXPRESS PHOTO BY TERESA CAREY

Carl Pottinger, left, and Carrie Waddell, middle, a brother and sister team, took ownership of the Chicken Chef in Arborg last October. Their friend, Tim Mulvena, right, is one of the managers.

Ron and Noel Rogowski, Sally Smith and Jeff Epp, were well-loved, and some tears were shed when they left, Waddell said. However, while three of the other former owners are out of the picture, Smith remains employed there as one of the managers, providing a certain amount of continuity.

The Arborg location will remain a family-run business as it has always been.

"We're a brother-sister team, taking over from a brother-sister team. It's kind of cute," said Waddell.

Discover Gimli

Holiday Light Contest

\$1,000.00 prize will be split between 2 winners

Addresses are

103097 Trevino Trail

20159 Beachside Road

Peoples Choice was won by

103097 Trevino Trail

Best Lit Neighborhood went to Vesturland

(entered by Brenda Robinson)

> TOP FIVE FRAUDS OF 2018, FROM PG. 5

vehicle badly damaged. She reported she had given her vehicle to her son, who told MPI staff he had gone for breakfast with his brother at a downtown hotel. The son, 45, claimed that after breakfast he went to the washroom while his brother also left their table to play VLTs.

The son presumed an opportunistic thief must have taken the vehicle keys out of his unattended sweater which had been left on a chair.

The man's story quickly unravelled when hotel staff confirmed the restaurant hadn't served breakfast in a number of years and the brother stated he hadn't seen his brother in over nine months.

MPI subsequently filed a Statement of Claim for repayment of the \$22,800 already paid.

No. 4: "Not So Jolly Christmas Party"

The Winnipeg man told his adjuster that while he and his girlfriend were attending a Christmas party, someone stole his vehicle from a parking lot. He confirmed that he was missing a key. The man's Dodge Journey was recovered not far from the man's residence badly damaged after crashing into a tree.

An investigation was launched after several suspicious circumstances came to light. Investigators would learn the man and his girlfriend

did return home from the party, with the male appearing highly intoxicated and agitated. Shortly after arriving home the 22-year-old vehicle owner was seen driving off in his vehicle.

When presented with all the facts the vehicle owner withdrew their claim. Savings to Manitoba Public Insurance ratepayers: \$22,600.

No. 5: "Vehicle Technology Tells All"

Thanks to an anonymous call to MPI's Tips Line, Autopac ratepayers were saved nearly \$40,000.

The vehicle owner opened a claim after his 2014 Nissan Titan was badly damaged after crashing into a ditch in rural Manitoba. The man claimed that he was driving at the time of the crash. However, due to tips/information provided, investigators believed the man's wife was actually driving and was heavily intoxicated at the time of the crash. However, police were unable to place her at the crash.

The vehicle owner was told that the vehicle's onboard Crash Data Recorder had been removed and staff with MPI's Training and Research Unit were going to download the data which would confirm occupants' weight in the front seat at the time of the crash. The man then withdrew his claim.

Express Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 467-5836

Gimli's best players will tangle with Montreal Canadiens

By Roger Newman

The Montreal Canadiens alumni team will skate into Gimli next month.

The squad of former NHL pros will tackle an aggregation of local hockey stars Fri., Feb. 22 at 7 p.m. at the Gimli Recreation Centre.

Les Canadiens - better known as the Habs in their home town - barnstorm across Canada and split the proceeds with the host communities. They've been lured to Gimli for an entertaining contest that will finance improvements to the outdoor rink behind the rec centre.

Gimli's coaches Bob Leiter, a former NHL player, and Murray Monkman, a junior star and current Gimli midget coach, are starting to assemble a team of players from the defunct Gimli Wolves seniors and the upper echelons of the local minor hockey system. They'll benefit from the strategy of Leiter who coached the former Gimli Junior B Vikings after winning Manitoba's last memorial junior cup with Winnipeg Braves and playing for three NHL teams - Boston, Atlanta and Pittsburgh.

They will get good advice too from Gimli Mayor Lynn Greenberg who has a hockey background and will be on hand to participate in the ceremonies.

The visiting Canadiens have yet to announce a roster, but in recent seasons they've iced a line-up that combines famous names from the past with recent retirees. The veterans have included alumni coach Steve Shutt and Guy LaFleur while among the later vintage of players are hard rock Chris Nilan, a Stanley Cup winner in the 1990s, Guillaume Latendresse, a gold medalist at the 2006 world junior championship, and Normand Dupont who played with Montreal and the Winnipeg Jet before eight years in the Swiss National League.

Tickets for the Gimli-Montreal confrontation are available at the Gimli Rec Centre. They're priced at three levels including \$100 for VIPs who will be fed dinner, see the game and attend an after-game reception to mingle with the players. There's also an opportunity to eat dinner for \$15 and see the game for \$25.

Rec Centre Programmer Brenna Phip who helped bring the Selkirk Steelers MJHL team to Gimli earlier this winter says the centre is importing a series of special attractions until Gimli lands another major hockey team of its own. She also reminds residents that registration for winter recreation programs is taking place this week.



EXPRESS PHOTO BY ROGER NEWMAN

Gimli Rec Centre programmer Brenna Phip, left, and Gimli councillor Peter Holfeuer, holder of the recreation portfolio, are inviting fans to watch some of Gimli's best hockey players take on the Montreal Canadiens in February.

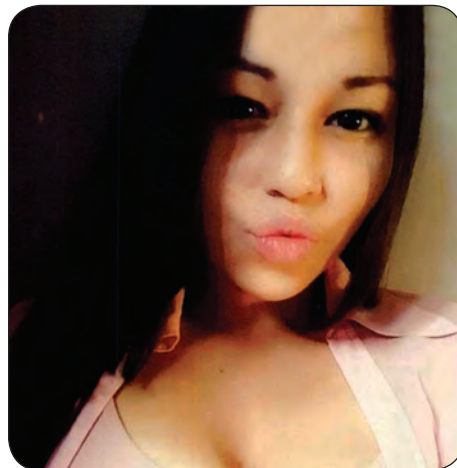
Ashern RCMP looking for missing teen

Submitted

Ashern RCMP are requesting the public's assistance in locating a 20-year-old female from Lake Manitoba First Nation. Chelsea Breanna Paul is believed to be in the city of Winnipeg.

Paul is described as 5'8", 150 pounds, with brown eyes and long black hair.

The RCMP are asking anyone with information to call the Ashern RCMP at 204-768-2324, or call Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at www.manitobacrimestoppers.com or text "TIPMAN" plus your message to CRIMES (274637).



Chelsea Breanna Paul

> BERENS RIVER, FROM PG. 3

The driver of the vehicle stopped at the scene and then immediately drove to the Berens River RCMP office and alerted officers as to what occurred.

The 21-year-old was pronounced deceased at the scene.

RCMP have charged 36-year-old David Ernest George, from Berens River, with Impaired Driving Caus-

ing Death. He has been released from custody on a Recognizance and will appear in court scheduled on March 12, 2019, in Berens River.

Alcohol and speed are believed to be factors in the collision.

Berens River RCMP and a RCMP Forensic Collision Reconstructionist continue to investigate.



Interlake

APPOINTMENT OF GENERAL MANAGER OF INTERLAKE CO-OP

The Board of Directors of Interlake Co-op are pleased to announce the appointment of Jordan Cook to the position of General Manager of Interlake Co-op, effective January 14, 2019. Jordan currently holds the position of Food Store Manager at Killarney-Cartwright Co-op.

Jordan commenced his employment with the Co-operative Retail System in 2000 with Moosehorn Co-op as a student working his way up in various positions. In 2002 he worked with Deloraine Co-op as the Assistant Grocery Manager and shortly afterwards he managed the food store in Hartney. He moved to Moosehorn Co-op in 2005 as the Food Store Manager of both the Moosehorn and Ashern food store locations. In 2008 Jordan took the next step his career accepting the Grocery Store Manager position with Portage Co-op. Jordan remained in this position until he moved in to his most recent position of Food Centre Manager at Killarney-Cartwright Co-op in 2012.

Jordan replaces Holly Lingel who retires in February 2019 after over 21 years of service with the Co-operative Retail System. While congratulating Jordan on his new position, the Board also wishes to express their appreciation to Holly for her many contributions to our retail and community and wish her all the best in her retirement.

Local food drive delivers massive Christmas hampers

By Patricia Barrett

The Ukrainian Farmers Co-op in Fisher Branch and the Percy E. Moore Hospital in Hodgson undertook a joint mission in December to provide food hampers to those struggling to get enough food.

Co-op general manager Kyle Yaciuk and healthcare worker Lori Shepell spearheaded the joint food-raising drive after discovering they were both working towards the same goal.

"Ukrainian Farmers Co-op had put some money into buying non-perishables for hampers around Christmas time," said Yaciuk. "Through speaking with someone at the hospital, they said they were doing something similar so we teamed up with them."

These were no ordinary hampers. Yaciuk and Shepell put about 40 pounds of food into each one, including either a turkey or a ham. Altogether they made 30 massive hampers.

"The Co-op has raised hampers in the past, but it's always been more local," said Yaciuk. "Utilizing the hospital, we were able to reach not only our local community, but our northern communities as well."

The hampers went to people in towns such as Poplarfield and Fisher Branch and to people in the northern communities of Peguis First Nation, Fisher River Cree Nation and Kinonjeoshtegon First Nation (Jackhead).

The team allocated the hampers based on requests and through their own knowledge of those in the community who were struggling to make ends meet, especially around Christmastime.

"Sometimes in a small community you hear of people going through hard times, whether it's someone being ill or someone taking care of their parents or having to quit their job," said Yaciuk. "So we rely on our own knowledge of people going through difficult times and we put them on the list for a hamper."

Yaciuk and Shepell filled a van with hampers and drove hundreds upon hundreds of kilometres to deliver them.

"It was a nice thing to do around Christmas," said Yaciuk. "And you get something out of it, too, because you're making someone's Christmas better."



EXPRESS PHOTOS COURTESY OF KYLE YACIUK

Lori Shepell from Percy E. Moore Hospital helped deliver 40-pound food hampers to area residents in need.



Ukrainian Farmers Co-op General Manager Kyle Yaciuk teamed up with hospital staff to make and deliver 30 food hampers

Holiday hockey tournament helps Kidsport™

By Roger Newman

KidSport™ was the winner at the annual Home for the Holidays hockey tournament in Gimli last month.

KidSport™ believes no kid should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports. KidSport™ provides support to children in order to remove financial barriers that prevent them from playing organized sport.

More than \$700 was raised for KidSport™ Manitoba by 27 hockey players who participated in the second annual tournament at the Rec Centre.

Rec Centre Programmer Brenna Philp organized the Christmas break tournament with the assistance of Ian Tarnowski who refereed the games.

The players will now rest with hopes of being selected to represent the community in a February game against the Montreal Canadiens alumni at the rec centre.



Vinne Fridfinnson was timekeeper for the weekend tournament.



EXPRESS PHOTOS SUBMITTED

Rec Centre programmer Brenna Philp and referee Ian Tarnowski posed with the winning team in the centre's Home for the Holidays hockey tournament. Picutred, Philip, Bret Huta, Ian MacIntyre, Jesse Giesbrecht, Sean Cain, Kalli Einarson, Conrad Hofer, Clint Torfason, Evan Kassay and Brock Genyk and Tarnowski.



Message from the Board Chair

I appreciate the opportunity to be able to highlight Interlake-Eastern's accomplishments and challenges from the past year but our work also speaks to the broader plan underway provincially. Never before has Interlake-Eastern RHA's role in contributing to provincial principles of value, quality, efficiency and effectiveness been so clearly defined.

We have been steadfast in our efforts to achieve our regional objectives that contribute to the provincial transformation plan and we are continuing to manage to budget. We have never had so many opportunities to work so closely with our regional counterparts in collaboration with health-care leaders at the provincial level.

This has been an exceptional year for the region and our employees as we begin to understand our role as a service delivery organization within the provincial context of health-care transformation that is designed to improve the quality, accessibility and efficiency of services. Guiding the work of the transformation are a number of expert reports. These include the Health Sustainability and Innovation Review conducted by KPMG, the Clinical and Preventive Services Planning for Manitoba review report (also known as the Peachey report), the Wait Times Reduction Task Force Report and recent reviews of EMS services and home care, as well as a review of mental health services. Interlake-Eastern RHA's perspectives are incorporated into these guiding documents through consultations with residents from the region, frontline staff, senior leaders and executive members.

You will see in the stories we're sharing with you we are already well on our way towards creating positive changes that will allow you better access to the care you need when you need it, in a system that is patient-focused and sustainable for generations to come.

Margaret Mills,
Board Chair
Interlake-Eastern Regional Health Authority

Interlake-Eastern Health Foundation celebrates first year

This November, the Interlake-Eastern Health Foundation celebrated its first year of creating charitable opportunities to benefit health care in our region. The mission of the foundation is to raise funds that support health care across the Interlake-Eastern region. Their goal is to build healthier lives and enhance the quality of life by improving access to resources through philanthropy.

Pamela McCallum, executive director of the foundation, says giving through the Interlake-Eastern Health Foundation is an opportunity to care for your community.

"We are the essence of what community stands for; we take care of each other," she said.

With an area of 61,000 km², Interlake-Eastern Regional Health Authority is one of Manitoba's largest health regions, home to 129,000 residents, 10 hospitals, and 16 long-term care sites that provide general and specialized care to a diverse patient population. By working with community partners to create a culture of philanthropy, the foundation is ensuring the health-care expectations of our communities and our staff are met. The

foundation works to partner with members of the community and with our staff to implement a wide variety of fundraising initiatives to achieve this ambitious goal.

Over the past year, the Interlake-Eastern Health Foundation has raised nearly \$300,000 to improve our health-care facilities and programming in communities across the region. Here are some of the many examples of generosity the foundation has coordinated to contribute to community health and wellness. ●



Jim and Betty Anne Gaynor made a \$20,000 donation to create the "Gaynor Family Children's Fund" to support children's health and wellness across the region. (L to R: Jim and Betty Anne Gaynor with Pamela McCallum, executive director of the Interlake-Eastern Health Foundation)



Bill and Olive Cholosky set aside \$100,000 from their estate to create an endowment fund that will support operations at the Selkirk Regional Health Centre. (L to R: Dr. Daniel Lindsay, director of diagnostic imaging, Interlake-Eastern RHA, Pamela McCallum, executive director, Interlake-Eastern Health Foundation, Brent Wynnyk, estate executor and nephew of Bill and Olive Cholosky, and Ron Janzen, vice president corporate services and chief operating officer of Selkirk Regional Health Centre, Interlake-Eastern RHA.)



Pamela McCallum (executive director, Interlake-Eastern Health Foundation) with Wendy and Bob McCleary next to the stained glass artwork that they commissioned and donated to Selkirk Regional Health Centre. The McClearys consulted with the foundation to find out what they could do to create more peaceful settings for staff and patients. Their donation of \$10,700 was used to create stained glass that Bob designed himself, a bench for the hospital's courtyard and a much needed scale for the surgery department.

Who's on your team?

Know which health-care providers you can enlist to help keep you healthier, longer

Many of our region's clinics have a collaborative, team-based approach to ensure you have the right care, in the right place at the right time. In addition to family physicians and nurses, your home clinic or community health office may have other types of care providers – such as dietitians, chronic disease nurses or mental health specialists – that you can go to for advice on your health, often without referrals. Because they all have shared access to your electronic medical records in your home clinic, they all know your health-care story without you having to repeat your health history to each new care provider.

See this helpful list below to learn about some of the different types of care providers that you may have access to as part of your home clinic team:

Chronic Disease Nurse

Chronic disease nurses help you focus on the prevention and day-to-day management of chronic diseases. They work with individuals and community groups to provide education on healthy lifestyle choices when living with conditions such as diabetes, heart conditions, stroke, high blood pressure or high cholesterol.

Nurse Practitioner

Nurse practitioners (NPs) are health-care professionals who are trained to offer most of the same services that a primary care physician can provide. NPs provide care in a variety of health-care settings in our region and can help you by diagnosing and treating illnesses, ordering tests, prescribing medications, managing chronic illness and educating you on disease prevention and healthy lifestyles.

Primary Care Nurse

Primary care nurses provide a variety of health-care support, education and services. They offer physical exams and health assessments, check-ups for expecting or new mothers, blood sugar monitoring, removal of stitches, wound care and administering injections and IV medications.

Primary Care Physician

Primary care physicians are family physicians who work with you to monitor your health and ensure that you and your family stay healthy throughout all stages of your life. They can assist you by providing physical exams, prescribing medication, ordering tests, treating common illnesses, helping you manage chronic conditions such as diabetes or high blood pressure and monitoring changes in your health that may require attention.

Registered Dietitian

Registered dietitians provide counseling about diet, food and nutrition. They can help you plan meals and make healthy food choices; advise you on how to adjust your diet to prevent and/or treat chronic disease such as diabetes, high blood pressure and high cholesterol; provide information on food allergies and intolerances; and educate you on how to maintain a healthy weight. ●

RAAM Clinic Service profile

New RAAM clinic in Selkirk allows faster access to help for addictions

On Nov. 13, Interlake-Eastern



RHA opened a Rapid Access to Addictions Medicine (RAAM) clinic at Selkirk's community health office on 237 Manitoba Ave.. The clinic operates every Tuesday from 12:30-3:30 p.m.

RAAM clinics are walk-in clinics for adults (ages 18+) looking to get help with high-risk substance use and addiction. This includes people who want to try medical assistance to reduce or stop their substance use. It can be very

difficult for people to accept that substance use is problematic, and it's normal for people to feel ashamed, frightened or angry. But the good news is medical treatment for problematic substance use and addiction is safe and effective. People can and do recover from addiction.

No referral is needed and you don't need an appointment, just show up during clinic hours. If you have a Manitoba Health card

or Manitoba Health number, please bring this along. For more information, call the Manitoba Addictions Helpline at 1-855-662-6605 or go to <https://is.gd/MBAddictionRAAM>.

For youth under 18 years old, please contact the Youth Addiction Centralized Intake service at 1-877-710-3999 (8:30 am – 4:30 pm, weekdays) or visit <https://is.gd/YouthAddiction>. ●

IERHA board chair, Margaret Mills with Minister of Health Seniors and Active Living, Cameron Friesen (middle) and family physician Dr. Manish Garg who spoke at the RAAM clinic opening.

If you missed the Health Update in your mailbox recently, read these stories and more in Health Update 2018 at www.ierha.ca, "About Us", "Publications & Reports" or visit <https://is.gd/IERHAHealthUpdate>

Gimli band program benefits from teacher's concert

By Roger Newman

Gimli High School's new band room received an additional boost from organizers of the last major concert of the community's festive season.

More than 200 people paid \$10 each to see the fourth annual "Carols on the Rooftop" concert staged in late December by the Evergreen School Division's music and band teachers. The band program and the Betel seniors home will share the proceeds from a concert that started in the 80-seat A-Spire theatre and now fills the spacious Johnson Hall atop the Waterfront Centre on First Ave.

This year's large crowd was drawn by the performances of the professional music teachers plus their students, friends and family members. Singer Kate Ferris was again the emcee who kept the show moving while also contributing comic songs with the help of her husband Fred Casey.

A variety of holiday songs entertained the audience during a two hour program. Highlights of the evening included the "Christmas Polka" performed on clarinet by music teachers Heather Clarke of George Johnson

Middle School and Rob Chrol of Gimli High. The duo's popular rendition of this tune is now a standard concert feature eagerly anticipated by the audience annually.

The youngest performers, Erin Isfeld, Ava Michaluk Lily Donohoe, Jayden and Addison Crave, Brianna Killiktee, Maddie Greer, Laura and Rosa Cherlet, Madelyn Belanger and Arica and Layla Thordarson, sang "The First Noel" to get the concert started.

Sigurbjorg Stefansson Early School music teacher Krystal Isfeld voiced "That's Christmas To Me" with her children Erik and Elin while vocalists from Gimli High included Jasmine Henry and Johannah Thordarson. Adding further to the variety were a British musical hall turn by Patrick Moricam, fiddling by his son Andrew Moricam and student Mitchell Baker, and an upbeat rendition of "Winter Wonderland" by the large Narfason family.

"This concert is all about what music educators do best," emcee Ferris told an audience already anticipating a repeat next year.



EXPRESS PHOTOS BY ROGER NEWMAN

Sigurbjorg Stefansson vice-principal and music teacher Krystal Isfeld, left, formed a trio with her children Elin, middle, and Erik



Retired music teacher Mike Cherlet, his wife Janice and their family entertained with accompaniment by Janice Arnason.



Johannah Thordarson sang "Have Yourself a Merry Christmas" with accompaniment by Erik Isfeld.



Clarinetists Rob Chrol and Heather Clarke were a popular duo with "The Christmas Polka".

Health care aide certificate program now accepting applicants

Submitted by IERHA

Red River College and Interlake-Eastern RHA have partnered to bring Interlake residents Red River College's Health Care Aide certificate program closer to home starting February 2019. This program helps students gain the skills and knowledge needed to assist patients in hospitals, home-care and personal care settings.

Students who complete Red River College's Health Care Aide certifi-

cate program are in-demand, and have the training required to transition smoothly from theory to practicum to work.

The program is five-months long with six weeks of hands-on experience providing immediate opportunities for jobs upon successful completion of the program. In fact, many students are offered employment while still completing their practicum.

"We have a strong and continued

need for health care aides in our RHA," says Randy Dallinger, Interlake-Eastern RHA vice president of human resources, "That need isn't going away - it's something we're planning for into the future and this program helps Interlake residents get the training they need closer to home."

The program also provides an opportunity for people interested in the health care field to create connections at nearby hospitals and

long-term care homes, which is useful for those who hope to continue their education and move into other specialized areas.

Apply today to reserve a seat in one of Red River College's upcoming programs: Arborg - start date: Feb. 4, 2019; Stonewall - start date: Feb. 5, 2019; Selkirk - start date: March 4, 2019.

To register, call 1-866-946-3241.

Armstrong invests in new vehicles for fire department

By Patricia Barrett

The RM of Armstrong council has invested in new firefighting equipment for its volunteer firefighters in the Inwood and Fraserwood fire departments.

Council purchased two pumper trucks – one for each fire department – and a rough terrain vehicle (also called a side-by-side) for the Fraserwood department.

Inwood received its new pumper on Dec. 15, and Reeve Susan Smerchanski and council members were on hand to celebrate with firefighters. Smerchanski also paid a visit to the Fraserwood department when it received its side-by-side. Its new fire truck is scheduled to arrive in spring.

Inwood's pumper was built by Fort Garry Fire Trucks and firefighters received training in its operation.

Smerchanski underscored the importance of having up-to-date equipment for the municipality's firefighters, who cover an extensive territory ranging from west of Chatfield south to Inwood and from Silver to Komarno. They also provide assistance to fire departments in neighbouring municipalities.

"This is about supporting our fire departments, providing necessary equipment and working smarter not harder," said Smerchanski. "The RM of Armstrong is a huge geographical area and we're experiencing increas-



RM of Armstrong council purchased a rough terrain vehicle for the Fraserwood Fire Department

ingly extreme weather conditions and wildfire hazards."

The municipality had two major fires last year that destroyed homes and closed highways. A fire ban was implemented across most of the Interlake during the spring and summer after a winter with very little moisture. An extremely dry spring made it difficult to contain the spread of wildfires.

The rough terrain vehicle, a 2018 Can Am Defender HD8, is designed to fight grass fires. It's equipped with a water tank and a trailer that can transport gear and firefighters over terrain that's inaccessible to fire trucks.

"The RM of Armstrong Council, residents and taxpayers have a tre-



EXPRESS PHOTOS COURTESY OF SUSAN SMERCHANSKI

RM of Armstrong council members and the Inwood Fire Department celebrated the arrival of the new pumper.



Armstrong Reeve Susan Smerchanski (front, centre) with Fraserwood firefighters and their new rough terrain vehicle.

mendous respect and appreciation for the tireless efforts, commitment, hard work and dedication of all of our volunteer firefighters," said Smerchanski.

Vet offers affordable mobile spay clinics for 'dumped' cats

By Teresa Carey

If you have time on a Sunday, \$50 is all it will cost for you to have a female cat spayed. This is thanks to a big-hearted veterinarian, Dr. Berte Klug, who works out of Selkirk Veterinary Services. The clinic already works with three rescue groups and does a lot of rescue spays for them. However, Klug was moved to offer low-cost mobile spay clinics to the public after learning from a Facebook page about all of the rural people dealing with cats that had been dumped on their property. She thought it was unfair that they should be saddled with the expense of dealing with a problem not of their making.

"They do have a big problem, and to spay them can be cost prohibitive," Klug said.

According to the Winnipeg Humane Society, females may become pregnant as young as four to five months of age and may have two to three litters a year. Klug wants to prevent more kittens from being born, only to become discarded, or live a life of suffering.

"I decided to do something—not just talk about it," she said. "I said (to myself), there's something I can do locally."

Klug's solution was to put a call out to anyone who could organize a warm facility, with running water and power and good light anywhere within a 1.5



EXPRESS PHOTO SUBMITTED

Vet offers spaying for cats at a reduced cost that have been 'dumped'.

hour drive from Selkirk and take her clinic on the road.

Her first mobile spay clinic took place in December in Steinbach, where her team spayed almost 30 cats. Klug has two more mobile clinics planned for Jan. 13 in Altona and Jan. 20 in Teulon.

Klug is looking for an additional location for Jan. 27, and beyond.

This low-cost spay is limited to female cats that have been "dumped." It is not intended for the family pet, who must go through the regular channels. Klug is depending on people to be honest as she is doing this at cost and volunteering her time—a 12 to 14-hour day.

Cats are to be dropped off between 8 a.m. and 9 a.m. and picked up a few hours later. The cat must weigh a minimum of 1 kg. Pregnant cats may be spayed for the same price. The spays also include ear mite treatment.

There is obviously a high need for these mobile clinics, as bookings come in very quickly.

"Usually within a few days of putting the word out, we are at least three-quarters full," Klug said. "Once we have a date and facility, we will take appointments."

Klug is looking for other locations to hold the mobile spay clinics. Anyone who can offer a suitable site can contact her on Facebook (Berte Klug) or leave a message at the Selkirk Veterinary Services office at (204) 482-5720.

"Maybe one day we'll get control (of this problem). It's a dream. It's a people-caused problem, absolutely," she said.

sports & recreation

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Selkirk Curling Club hosts successful junior bonspiel

By Brian Bowman

The Selkirk Curling Club was rockin' with some great curling action at its junior bonspiel back on Dec. 20-23.

The bonspiel featured a U21 event, which was a bracket tournament, while the mixed doubles was a round-robin format.

"There was definitely some great curling action," said Shayne Merritt, the Selkirk Junior Curling Coordinator, who also competed in the event.

"We had teams that (competed at the) junior provincials and we had some local teams out - it was a lot of fun."

There were 12 under-21 teams and eight mixed doubles ones. The U15 event couldn't happen this year due to low registration numbers.

"We had a U15 division last year," Merritt noted. "I was a little disappointed that we weren't able to get that age group out this year. The event was close to Christmas so it was understandable that we didn't have as many teams as last year (but) we're going to try again in the future."

Here are some of the results from the Selkirk Junior Bonspiel:

The A-side winner was Team Serena Gray-Withers from the Granite Curling Club in Winnipeg (she was seeded No. 2 for the Junior Women's Provincials).

The B-side winner featured Team Arah Davies from the St. Vital Curling Club while the top C-side rink was Team Luc Desaulniers from the St.

Adolphe Curling Club.

The mixed doubles team of Taylor Davies and Thomas McGillivray claimed their second consecutive title in Selkirk.

Results for teams and players from the Interlake included Winnipeg Beach's Josh Maisey losing 7-2 in the A-side semifinals to St. Vital's Jordan McDonald.

Assiniboine's Joshua Friesen, whose rink included Petersfield's Shawn Thidrickson, lost 8-2 in the B-side semifinals to St. Vital's Team Davies.

Merritt was defeated 7-5 in the B-side final to Team Davies.

Of note, Team Liam Wachal from St. Vital scored a rare 8-ender during the event.

Meanwhile, the Selkirk Curling Club will be sending 10 juniors to Curl Manitoba's Hit Tap Draw Regionals Competition.

Hit tap draw is a skills competition for juniors aged 6-13 and there are three age groups - 6-8, 9-10 and 11-13.

"There is a great competition for us to send juniors to," Merritt said. "This gives juniors just starting the sport a chance to see what competitive curling is like."

"I wish this was around when I was a junior because it's a great opportunity to see other juniors in our region."

There are three levels to the competition, beginning with the club portion where the Selkirk juniors competed against each other and then the regionals will be held in Beausejour on



EXPRESS PHOTO BY BRETT MITCHELL

Winnipeg Beach's Josh Maisey delivers a rock during the Selkirk Curling Club's junior bonspiel last month. Maisey reached the A-side semifinals before losing 7-2 to St. Vital's Jordan McDonald.

Jan. 21.

If the young curlers win the regional, they then get the opportunity to go curl at the Brier in Brandon for the provincial Hit Tap Draw competition in March.

"The fact that they get to curl on Brier ice is like a once-in-a-lifetime opportunity that not everyone gets a chance to do," Merritt said.

The local curlers headed to Beausejour are

Stefanie Kambas, Carson Salmon, and Logan Asquith (six- to eight-year-old division), Juliet Cyrenne, Harrison Douglas, and Nolan Dear (nine to 10 years old), and Kaimen Doyle, Austin Martin, Vaughn Grant, and Ethan Gillespie (11-13 years old).

Each curler throws three shots - a hit, a draw, and a tap (aka a raise) - and each shot is scored out of five points for how well they made the shot.

U17 Midget Prep Lightning celebrate pair of wins in new year

By Brian Bowman

A new year has meant new results for the Interlake Lightning U17 Midget Prep hockey team.

With their latest league win coming back on Nov. 3, the Lightning have already won a pair of games in 2019.

Interlake edged the Winnipeg Warriors 6-5 last Thursday and then doubled the Brandon Wheat Kings 4-2 on Sunday in Warren.

In the win over Brandon, Interlake overcame a 2-1 deficit midway in the second period to score the game's final three goals.

Interlake's Hunter Warman tied the score at 2-2 in the middle frame and then Tyson Barylski and Dominic Griffen-Eros tallied in the third.

Griffen-Eros' game-winner came at 12:17 while Interlake was shorthanded.

Adrian Klimpke added a first-period power-play goal for the Lightning.

Brandon Wasylyk-Hardy and Dalton Andrews scored second-period goals for Brandon.

Jackson Kummén made 31 saves for the victory.

No scoring summary was available at press time for the game against the Warriors.

With the two wins, Interlake is now

6-18-2-1 and has 15 points to occupy sixth-place in the seven-team league.

Interlake will battle the first-place Monarchs this Sunday (4 p.m.) at the Bell MTS Iceplex.

On Monday, the Lightning will host the Eastman Selects in Stonewall. Puck drop is 7:30 p.m.

sports & recreation

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Interlake well represented at junior curling provincials



Ashern's Talyia Tober and her team bring a rock in during the 2019 Canola Junior Women's Provincial Championship in Winnipeg. Team Tober finished the tournament with a record of 2-5.



Winnipeg Beach's Josh Maisey watches a rock during the 2019 Canola Junior Men's Provincial Championship in Winnipeg. Team Maisey finished the tournament with a record of 3-4.

EXPRESS PHOTOS BY LANA MEIER

Stair Climb for Clean Air 2019

Submitted

The Lung Association, Manitoba is recruiting teams to participate in the 2019 Stair Climb for Clean Air. This is a great opportunity to add a fun challenge to personal fitness programs and support a great cause- healthy breathing.

The event will take place on Saturday, January 19th, 2019 at the Duckworth Centre at the University of Winnipeg and runs from 10 a.m. - 2 p.m.

The Stair Climb for Clean Air is geared towards people of all ages and all fitness levels. Individuals are invited to sign up with three friends or family and climb to new levels, while supporting people living with lung disease at the same time! Participants are encouraged to stick around after their climb for re-

laxing yoga, some delicious refreshments and the chance to win some amazing prizes!

Neil Johnston, President and CEO said "All funds raised will go towards assisting people when they need help, supporting research and protecting the air we breathe. As the recognized leader and primary resource in lung health, The Lung Association's mission is to enable all Manitobans to breathe with ease and we are dedicated to raising funds to help achieve this mission."

To register go to: <https://www.canadahelps.org/en/charities/the-lung-association-manitoba/p2p/stairclimbforcleanair/>

For more information on the Lung Association, Manitoba, visit our website: <http://mb.lung.ca/>

Gimli a perfect hockey host



EXPRESS PHOTO BY ROGER NEWMAN

Doriane Johnson, middle, organized and assisted with the Gimli Vikings annual hockey tournament along with a team of volunteers including Brenda Bochorka, left, and Terri Newman. Eight PeeWee teams competed on the weekend before one of two Dauphin teams edged the Red River Wild in the Sunday afternoon final. Gimli was a perfect host winning its first two games before being eliminated after losing their next two. Other teams in the tournament were Morden, Lorette, Landmark, and the Manitoba Winterhawks.

Lightning split weekend games with Thistles

By Brian Bowman

The Interlake Lightning had mixed results to start the new year.

Interlake split a pair of home games against the Kenora Thistles last weekend after a 5-3 loss Sunday in Manitoba AAA Midget Hockey League action.

Kenora's Cooper Witherspoon scored at the five-minute mark of the first period but Interlake responded with goals from Matthew Vandel and Ethan Johnson late in the period.

Johnson's goal was a power-play marker.

The Thistles outshot the Lightning 19-7 in the middle frame and outscored the home side 3-0.

Aiden Bibeau, Dante Derouard, and Aidan Shumka scored by the 8:04 mark of the second.

Interlake's Shane Bear potted a power-play goal in the third but Kenora's Sam Brunton replied with a goal at 17:20.

On Saturday, Interlake defeated Kenora 5-3 as the Lightning scored three third-period goals.

Vandel led Interlake with two goals and an assist while Carl Ingalls had a goal and three helpers.

Derrick Lange and William Faraci also tallied for the Lightning.

Witherspoon, Brunton and Shumka

replied for Kenora.

Chris Fines made 32 saves for the win.

Wild win

Interlake wrapped up play for 2018 with an 8-1 loss to the first-place Winnipeg Wild at the Bell MTS Iceplex.

Keiran Schioler scored a third-period power-play goal for the Interlake, assisted by Vandel and Kaden Stewart.

Reese Belton (two), Kaden Bryant (two), Brandon McCartney, Tyson Smith, Tyler Thoendel, and Dean Gorchynski scored for the Wild.

Hawks fly past Lightning

On Dec. 21, the Lightning lost 7-4 at home to the Pembina Valley Hawks.

Pembina Valley erased a 4-3 second-period deficit with four unanswered goals, two coming in the third period.

Vandel and Nicholas Prystupa led Interlake with a goal and an assist apiece while Schioler and Chase Barkley also tallied.

Roux Bazin (three), Riley Goertzen (two), Trent Penner, and Tyler Park replied for Pembina Valley.

The Hawks scored twice with the man advantage in the second period and added two goals while short-handed in the third.

Pembina Valley outshot the Interlake 59-26.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Shane Bear scored a power-play goal in the third period against Kenora on Sunday afternoon.

The Lightning, now 6-25, have 14 points to occupy 11th place in the 13-team league.

Interlake will host the Winnipeg Bruins on Wednesday at 7:45 p.m. in Teulon.

The Lightning will then hit the road

this weekend, beginning with a Saturday (2 p.m.) tilt with the Parkland Rangers in Dauphin.

Interlake will then play the Yellowhead Chiefs on Sunday (2:30 p.m.) in Shoal Lake.

Court blows whistle on hockey injunction case

By Brian Bowman

Court of Queen's Bench Justice Herbert Rempel ruled Dec. 21 that he won't issue an injunction forcing the Capital Region Junior Hockey League to cease operation.

He dismissed a request by five First Nations - Peguis, Norway House, Opaskwayak, Fisher River and Cross Lake - that are members of the Keystone Junior Hockey League.

"It was a great relief to have the injunction dismissed," said CRJHL president Cliff Malzensky in an email last month.

"We were quite surprised by (the injunction request) as we believed that none of the accusations were true. It was extremely frustrating to see all this go to court in the first place, with all the governors and the teams being named in the lawsuit.

"The KJHL should have exercised their rights by first appealing to Hockey Manitoba, then if necessary, to Hockey Canada," he added.

Five CRJHL teams (the Selkirk Fishermen, Lundar Falcons, Arborg Ice Dawgs, North Winnipeg Satellites,

and St. Malo Warriors) left the KJHL back in May to form a new Junior "B" league.

The judge said ordering an injunction would deny approximately 100 CRJHL players from playing hockey, in a league sanctioned by Hockey Manitoba, this season.

"If the injunction was granted it would have put over 100 players out of hockey, not only for the rest of the season, (but) for the 21 year olds it would have ended their junior careers early," Malzensky said.

The First Nations argued that the new league was formed to stop non-Indigenous players and teams from playing against the Indigenous ones.

But teams like the Fishermen and Satellites have had Aboriginal players on their rosters for years.

"The racism claim was really out of line," Malzensky argued. "We have always had, and have always welcomed, Aboriginal players to the Satellites. We currently have three First Nation players on our roster and one affiliate player.

"With the Satellites, two players are

from Hollow Water and one from Norway House. Arborg, Lundar, Selkirk and St. Malo also have many First Nation or Metis players currently on their rosters."

The First Nations also claimed the CRJHL had taken away players that had previously played in the KJHL.

Back in November, Peguis First Nation Chief Glenn Hudson estimated that 20 players had been plucked from the KJHL in a media conference.

But that wasn't the case.

Lawyers for the CRJHL and Hockey Manitoba cited that only four players officially left the KJHL for teams in the CRJHL.

Two of those players were with the Fisher River Hawks, a team that suspended operations for the 2018-19 season. That meant the players were free to play wherever they chose.

The CRJHL said the league was formed because parents were concerned about long bus drives after 16 individuals were killed and 13 more injured when the Humboldt Broncos' team bus collided with a semi-truck in Saskatchewan during last season's

SJHL playoffs.

Since the ruling, both leagues have continued to play games while the civil lawsuit is ongoing. No trial date had been set as of press time.

Many people involved in the CRJHL are shocked that this went to the courts, including the CRJHL president.

"We were in a state of disbelief that this was happening based upon their claims," Malzensky said.

As for the CRJHL, there has been plenty of positive feedback from players, coaches and officials regarding their league.

"We're very pleased with the way things are going," Malzensky stressed. "With the reduced travel times, we're usually home just after 11 p.m.. The St. Malo versus Arborg trip may be a bit longer for them.

"Now, we're just looking forward to finishing the season and getting into playoffs. Just playing hockey, like we should be."

Bantam Lightning take bite out of Sharks

Staff

The Interlake Lightning Bantam boys' hockey team resumed action after the holiday break.

The Lightning defeated the Winnipeg Sharks 5-4 last Thursday in Stonewall and then was downed 6-1 by the Pembina Valley Hawks in Carman on Friday.

In the win over the Sharks, Kaydyn McMahon scored the game-winning goal with just 12 seconds remaining in the third period.

Interlake's Brayden Stevenson had tied the score 1:49 earlier.

Payton Bateman scored for the Lightning in the first period and then Karson King and McMahon tallied in the second.

Bateman finished the game with four points.

Kalen Reynolds (two), Jordan Crawford, and Graham Maslow scored for the Sharks.

Dawson Cowan made 23 saves for the win.

Against the Hawks, Stevenson scored a first-period power-play goal.

Tyler Parr paced Pembina Valley with two goals while Brock Wood, Slade Southeran, Drew Peters, and Brodie Desrochers added singles.

With the split, Interlake is now 10-11 (with three overtime losses) and has 23 points to sit in fourth place in the five-team East Division.

Interlake will take on the Winnipeg Monarchs on Wednesday at 6 p.m. at the Bell MTS Iceplex.

The Lightning will then play the Eastman Selects on Friday (7:30 p.m.) at the Sagkeeng Arena.



TRIBUNE PHOTO BY LANA MEIER

Lightning captain Carson King scored in Interlake's 5-4 win against the Winnipeg Sharks last Thursday.

Falcons begin 2019 with road loss

By Brian Bowman

The new year didn't start very well for the Lunder Falcons.

Lunder resumed play after the holiday break with a 6-3 road loss to the St. Malo Warriors in Capital Region Junior Hockey League action on Saturday.

Brandon Abraham and Eric Miller scored first-period goals for Lunder and then Miller tallied again in the third.

Alex Murray and Evan Anstett each scored twice for St. Malo while Logan Bueckert and Brennan Schlidlowsky added singles.

Arborg ices Lunder

To wrap up play for 2018, Lunder hosted Arborg on Dec. 22 but the Falcons lost 4-2 to the Ice Dawgs.

Tied at 2-2 late in the third period, Arborg's Derric Gulay and Cameron Sinclair scored to give the visitors the win.

Gulay finished the game with three points.

Karson Collins tallied for Arborg in the first period and then Byron Gard gave the Ice Dawgs a 2-1 lead with just 52 seconds remaining in the second.

Josh Wilkinson and Jayden Allary scored Lunder's goals.

Trey Strachan made 37 saves for the

victory. He is now 6-3-1 with a 3.14 goals-against average and .919 save percentage.

Strachan also has a shutout this season.

Shot down by Satellites

On Dec. 18, Lunder was defeated 5-1 by the North Winnipeg Satellites at the Billy Mosienko Arena.

After a scoreless first period, North Winnipeg grabbed a 2-1 lead after 40 minutes and then added three more goals in the third.

Collins scored Lunder's goal.

Parker Cassie (two), Miguel Valente, Braden Zamrykut, and Derian Emes had North Winnipeg's goals.

Lunder will visit Arborg this Thursday at 7:30 p.m. and then the Falcons will host the first-place Selkirk Fishermen on Saturday (8 p.m.).

Ice Dawgs down Fishermen

On Dec. 21, Arborg skated to a solid 5-3 win over the Fishermen.

Arborg snapped a 2-2 tie midway in the third period, outscoring Selkirk 3-1 in the game's final 10:43.

Cameron Sinclair, Dylan Furgala, Gulay, Blaze Bezecki, and Tristan Hudson scored for Arborg.

Juliano Garcea, Chad King and Kaden Kotowich replied for Selkirk. The Fishermen's Josh Poponick had three assists.

Strachan made 43 saves for the win while Riley Bannerman stopped 41 Arborg shots.

The Fishermen were 1-for-8 with the man advantage while the Ice Dawgs finished 1-for-4.

Selkirk headed into the holiday break with a 10-5-1 record (with two overtime wins) and 35 points. That is four points ahead of second-place St. Malo.

The Ice Dawgs are currently in third place with 27 points.

Arborg will host St. Malo on Saturday for a 7:30 p.m. clash.

Midget 'AA' female Blues looking to continue their success in 2019

Staff

The Stonewall Blues had a successful December, compiling a 4-2-1 record.

They hope to continue that success for the remainder of the season.

The Blues are currently in second place in the five-team league with a 9-7-2 record and 21 points.

Stonewall was nine points back of the Victorias and seven ahead of the Predators.

The Blues wrapped up play in 2018 with a 4-1 loss to the Victorias and then began the new year by being defeated 8-3 by the Victorias on Jan. 2.

The Blues and Victorias were scheduled to play again three days later but no score was posted on the Hockey Winnipeg website at press time.

On Sunday, Stonewall battled the Predators to a 1-1 tie.

The Blues have scored - and allowed - 41 goals this season through 19 games.

They are back in action this Saturday when the Blues host the Twins in Stonewall.

Stonewall will then host the Titans on Jan. 19 in Warren.

Both games have 2:15 p.m. start times.

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For sale - 18 foreign deer allocations for area 18, 18A, 18B & 18C. Fully booked for 2019. Promotional package included - value \$10,000. Tags can be divided. Phone 1-204-5462751. Tom Ainsworth c/o Grandview Outfitters

Sales - Financing - Leasing of trucks, truckbeds, trailers, full repair, safeties & Autopac trailer repair. Kaldeck Truck & Trailer Inc., Hwy #1.

Wood Electric Furnace, \$700.00 Phone 204-632-9168

BUSINESS OPPORTUNITIES

Pine Falls Golf Club - kitchen/bar facility space for lease. May 1st to September 30th. \$1599/month. pfgolf@mymts.net to apply on or before Jan. 15th/2019

STEEL BUILDINGS

Steel Building Sale ... "Really big sale is back - extra winter discount on now!" 20x21 \$5,726. 25X25 \$6,370. 30X31 \$8,818. 32X33 \$8,995. 35X35 \$12,464. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

PROPERTY FOR SALE

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that is looking to acquire oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4008 or visit www.prairiesky.com/Selling-Your-Royalties

10 acres in Arborg, MB. Suitable for residential subdivision. Ph 204-494-0517.

APARTMENT FOR RENT

Tollak Place is located in a semi-secluded area of Selkirk with great river views from most suites. The building offers heat, water and A/C included along with balconies/patios. Hydro is also included in Tollak Place I which is located at 40 Eveline. Apartments for rent at Tollak Place (40 & 40B Eveline St.) Available suites are: Tollak I 1 BRDM from \$949.00 with all utilities included. 2 BDRM from \$992.00 with all utilities included. Tollak II 1 BDRM from \$1,226.00 with heat & water included. 2 BDRM from \$1,427.00 with heat & water included. Please call 204-482-2751 to book a viewing appointment or D-7 Property Management at 204-989-4210 for more information.

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

HOUSE FOR RENT

For rent in Stonewall - 780 sq. ft. bung., 2 bdrm., 1 bath. Fridge, stove, dishwasher, washer, dryer included. Main floor laundry, lge. Fenced backyard. Off street parking. Close to all amenities. No pets, no smoking. Avail. Feb. 1, 2019. \$1250/mo. plus utilities. Call Jason at 204-451-1301.

FOR RENT

Monthly room rental Viking Inn, 2 double bed, microwave, mini fridge, cable TV, free Wifi & parking. \$700 (plus damage deposit). Call 204-642-5168.

HELP WANTED

Looking for a cleaner for a 6 floor & a 4 floor apartment block 4 hours day, 5 days a week. Duties will include cleaning common hallways, lobbies, elevators, laundry rooms, etc. Call 204-482-2751 or 204-989-4210 for more information.

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Wanted - older stringed musical instruments & amps, etc. Call 204-494-0517.

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Ashern, Manitoba

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One Part-Time Term - Mid February - May 2019 (Approx 15 weeks)

Competition #: 43-18/19

Salary: \$30.53 to \$45.35 per hour

(Educational supplement: Masters \$145 hourly, PHD \$2.89 hourly)

Instructor

Assiniboine Community College strives to create Exceptional Learning Experiences for our students. We place a high priority on student success and are committed to building an environment that creates and supports a high level of student engagement. The School of Health & Human Services is currently seeking an Instructor for our Comprehensive Health Care Aide program in Ashern Manitoba.

Be Passionate. You will be an engaging and forward-thinking Instructor, ready to share your passion and knowledge of the profession with our students in the Comprehensive Health care Aide program. Enthusiasm that can be applied to classroom management, student evaluation, academic advising and related administrative duties are essential.

Take Initiative. You will be someone who loves to communicate and is ready to share your knowledge of the health care field with our students. Your comprehensive understanding of what it takes to be an effective member of the healthcare team will be inspirational to our students and will contribute to our goal of creating unparalleled student experiences.

Deliver Results. You will have a valid nursing license with CLPNM, CRNM, or CRPNM, complimented with relevant education along with significant industry experience in a variety of healthcare settings. You will be ready to deliver quality programming as a result of your highly developed communication skills, strong organizational skills, and ability to work effectively as part of a team. Teaching experience in an adult environment is highly desirable, experience using Moodle an asset. You will have strong computer skills, particularly in Microsoft Office.

If you are up to the challenge of creating truly remarkable experiences for our students and our community then we look forward to your application. This competition will remain open until the positions are filled.

Please note: These positions are dependent on funding confirmation.

Assiniboine Community College campuses are located on traditional territories of treaty No.1 and Treaty No.2, the shared traditional lands of Cree, Oji-Cree, Dakota, Dene and Anishinabek/Ojibwe peoples, and the homeland of the Metis Nation.

If you are interested in this career opportunity, please forward your resume and cover letter to:

Assiniboine Community College

c/o Human Resources

1430 Victoria Avenue East,

Brandon, Manitoba R7A 2A9

Fax 204.725.8736 or

Email humanresources@assiniboine.net

We thank you for your interest. Those selected for further consideration will be contacted.



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RURAL MUNICIPALITY OF GIMLI MUNICIPAL GRANT APPLICATIONS 2019

The deadline for the Municipal Grant applications is **February 15, 2018**

If your organization would like to apply for a grant, the grant application package is available 3 ways:

- On the RM of Gimli website, www.gimli.ca
- By email request, gimli@rmgimli.com
- By mail, call (204) 642-6650

Applications received after the deadline date will not be considered.

Dated this 2nd day of January, 2019

Joann Murphy, CMAA
Chief Administrative Officer



RURAL MUNICIPALITY OF GIMLI DIESEL-HEAVY EQUIPMENT JOURNEYMAN MECHANIC

The Rural Municipality of Gimli is accepting applications for the position of Journeyman Mechanic. This position is under the direct supervision of the Manager of Public Works and is responsible for performing various tasks necessary for the repair, maintenance and operation of all municipal equipment. The successful candidate will be required to complete the following duties included, but not limited to:

- Make recommendations regarding the extent of repairs and suggest methods of improvement.
- Repair the equipment in a timely and financially responsible manner.
- Think logically and keep up with changes in technology.
- Interpret work orders and technical manuals.
- Have a strong awareness and attitude towards workplace health and safety.
- Be motivated and able to work in a challenging environment with minimal supervision.
- Providing and maintaining a set of tools required to perform required functions;
- Performing other tasks related to his/her classification.
- Keep maintenance reports, inventory and documentation up to date.
- Keep a tidy work place free of any hazards.

Applicants are required to have a Journeyman Mechanic Certification, interprovincial Red Seal is preferred, min 5 years' experience and have a complete set of mechanical tools for use during employment. Experience operating heavy equipment and trucks is also required. Welding experience will also be an asset.

The incumbent will be required to hold a valid class one with air endorsement Manitoba driver's license. The incumbent will be required to work 40 hours per week and to be available for any call out emergencies that may arise from time to time.

Salary range: as per current Union Agreement and dependent upon skills and qualifications.

Resumes complete with a minimum of three references and a copy of related education transcripts will be received at the Municipal Office, 62 2nd Ave, until noon on January 18th, 2019.

Darcy Hjelmeland
Manager of Public Works & Utility Operations
Rural Municipality of Gimli
PO Box 1246
Gimli, MB. R0C 1B0
Email: gimli@rmgimli.com

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



LAKESHORE SCHOOL DIVISION

Lakeshore School Division invites applications for various positions. Please see our website www.lakeshoresd.mb.ca for more details.



Freightliner Manitoba is pleased to announce that Blair Purvis has accepted the position as Account Manager for our Brandon, MB location. Blair's territory will consist of all areas of Manitoba, West of Portage La Prairie. Blair looks forward to reacquainting himself with many of his former customers and friends from his 25+ years in the Ag Sector.

Blair's Ph:
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REPORTER/PHOTOGRAPHER

The *Stonewall Teulon Tribune* and *Express Weekly News* are looking for an outgoing individual to join our news team as a reporter/photographer covering Stonewall, Teulon, St. Laurent, Rockwood, Rosser, Warren, Woodlands, Armstrong and the communities along Highway 6, including Lundar, Eriksdale, Ashern, Grahamdale, Steep Rock, Moosehorn and across to Fisher Branch.

The ideal candidate is someone who is familiar with the goings-on of the region (or willing to get out there and learn), eager to take the initiative in finding compelling stories, has the know-how to take awesome photographs and is able to write clean, engaging copy on deadline.

This is a full-time position. Prior journalism experience is a definite asset. Must be fluent in Adobe Indesign, Photoshop and photo colour correcting. Must have reliable transportation and be willing to work flexible hours, including covering evening and weekend news events.

**Submit your detailed resume and samples of writing on or
before Nov. 9, 2018 to Lana Meier at news@expressweeklynews.ca**

Stonewall Teulon
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We thank all applicants for their interest, however, only candidates selected for interviews will be contacted.

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Sudoku Answer

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Homestead
- More (Spanish)
- Type of notification
- Approves
- Mandela's party
- "Mom" actress Faris
- Predatory insects
- Where honey goes
- Canadian flyers
- Of an earlier time
- Indigenous people of Australia
- Organize
- All over
- Made it through
- Between-meals food
- A quantity upon which an operation is performed
- German mythological god
- "Heavy" type of rock music
- Pharmacy chain Duane
- First responders
- Mysterious
- Leisurely stroll
- Most naughty
- Plant tissue
- Small fish
- Men's fashion accessory
- Distant planet
- Destroy
- Location in Norse mythology
- One who is deliberately cruel
- Romeo, car
- Of the ear
- Former name of Tokyo
- Male children
- French/Belgian river
- Tide
- Grave

CLUES DOWN

- Alright
- Sharp tooth
- Bird genus
- Important
- One who studies carefully
- Not very big
- Astronomy unit
- A way to open up
- Trap
- Handle of a knife
- Indicates one from a part of W. Africa
- Lucky number
- Doctor of Education
- Legendary Cubs broadcaster
- Female parent
- Mimic
- Connects to the rim
- Small constellation
- Indicates near
- Consumed
- Criticize
- Shock therapy
- Type of cigarette
- The fashionable elite
- Shed tears
- Arm or branch of a bone
- Quell anger
- Where rock and rollers play
- "The Alchemist" author Coelho
- Choppers
- Lacks brightness
- Port in Yemen
- Brood of pheasant
- Approves food
- A type of sign

Announcements



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ANNOUNCEMENT

CARD OF THANKS

Our words and hearts cannot express how grateful we are for the outpouring of love and kindness during our time of extreme sadness when Gail left us in December. To old friends and new, neighbors and family, please accept our most heartfelt appreciation for all the support extended to our family at this time. We can never thank you enough.

-The Frederick family
Phil, Jean, Nancy, Danny,
Daegan and Dallen

ANNOUNCEMENT

CARD OF THANKS

We are grateful for all the support shown to Terry Lindell and family during this difficult time. We sincerely thank all who visited Terry or called during his hospitalization. Thank you also to all those who sent cards or flowers and all those who attended his celebration of life and/or internment. Big thank you to the Eriksdale Museum Committee for providing the luncheon. Big thank you to all those who dropped off meals and baked goods. It was very much appreciated. We would like to acknowledge MacKenzie's Funeral Home (Stonewall) for their guidance. We will treasure Terry's memory and your kindness forever.

Fran, Charles and Fiona

OBITUARY

Robert (Robbie) Elmer Martin



Robert (Robbie) Elmer Martin, with his family by his side, passed after a brief illness on Wednesday, January 2, 2019. He is survived by his loving wife of 61 years, Ellen (nee Sigvaldason); his four daughters, Sharlene (Robert), Loretta (Owen), Laureen (Billy), and Tracey (Jeff). Grandchildren Brett, Kirk, Dustin, Dillon, Kailee, Audun, Cohen and Brenna. Sisters Alma (Raymond), Eleanor (Allan), Lorraine, Lorna (Lorne), sisters-in-law Sigurbjorg, Anna (Tryggvi), Kristin (Rowland), Sylvia, brother-in-law David (Lee). As well as numerous nieces and nephews.

He was predeceased by his parents, Alfred and Beatrice, in-laws, Kristjan and Phyllis, sisters Emily and Gudfinna, brothers-in-law Siggi, Paul, Mike, Raymond, Halldor, and Clifford.

Dad was born December 22, 1934. The family farm in Vidir was his first, last and only home. Dad began farming with his parents

at an early age, and after Mom and Dad married, Mom joined the farm as well. It was a mixed farm and extra help was often needed. Mom and Dad joined the IAEA and twenty-five agricultural exchange students, from numerous overseas countries, were hosted on the farm. Many of these trainees remain close family friends. Mom and Dad took a trip to Europe to attend the wedding of Chris, one of the trainees, and to visit many of the others as well. Tracey and Jeff took over the farm, which allowed Dad to remain actively involved in the operation until recently. Jeff could always count on Dad to give a hand when needed.

Wonderful memories exist from growing up on the farm with Mom and Dad. It was always a centre of activity, filled with family and friends. When there was work to be done, we all pitched in; milking cows, moving bales, harvesting and feeding pigs. But when there was down-time, the ball gloves, pingpong paddles, and badminton rackets all came out. There was known to be a few competitive matches of Anti-Anti-I-Over, a farm favourite. Dad was known to make a mean skating rink, first for his girls, then for his grandchildren. Everyone would look forward to playing hockey on Christmas Eve, on Afi's rink. With a flood light mounted on the end of a grain auger, we played well into the night.

Dad was community minded. Over the years, he served on the Vidir Hall Committee, Arborg Co-op Board, Arborg Curling Rink Board, Pool Elevator Board, and as a Leader in the Vidir 4-H Club. Dad was always ready to help out his neighbours and family when needed. Nieces and nephews knew Uncle Robbie could always be counted on.

Dad enjoyed life. In early years, Dad had a trap line with Uncle Raymond. Snowmobiling was also a favourite past time. He played hockey with the Arborg Falcons and curled for many years, and stick curled until last winter. Mom and Dad loved following their family to hockey games, curling bonspiels, track meets, and rodeos. They enjoyed many camping and fishing excursions with friends and family. His sisters held a special place in his heart. Through the years, they did many things together and were there for him as his health declined.

We would like to thank all the family and friends that supported Mom and Dad with driving to appointments and trips to dialysis. Thank you to Donna and the staff at the Gimli Hospital for the compassionate care. Special thanks goes out to the staff of the Dialysis Unit. They became like family to Mom and Dad and made a difficult situation much better. We would also like to acknowledge the excellent care Dad received in the ICU at St. Boniface Hospital.

Thanks for all the calls and support doing this time. There will be a private service.

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<p>MS 180 C-BE Gas Chain Saw</p> <p>31.8 cc / 1.5 kW / 4.2 kg (9.3 lb)*</p>		<p>\$379⁹⁵</p> <p>MSRP with 16" bar</p>
<p>MS 250 Gas Chain Saw</p> <p>45.4 cc / 2.3 kW / 4.6 kg (10.1 lb)*</p>		<p>\$449⁹⁵</p> <p>MSRP \$459.95 with 16" bar</p>
<p>MS 271 Gas Chain Saw</p> <p>50.2 cc / 2.6 kW / 5.6 kg (12.3 lb)*</p>		<p>\$549⁹⁵</p> <p>MSRP \$569.95 with 16" bar</p>
<p>MS 362 C-M Gas Chain Saw</p> <p>59.0 cc / 3.5 kW / 5.6 kg (12.3 lb)*</p>		<p>\$899⁹⁵</p> <p>MSRP \$969.95 with 16" bar</p>

LIMITED TIME ONLY

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MS 291
Gas Chain Saw

\$499⁹⁵

MSRP \$609.95
with 16" bar

55.5 cc / 2.8 kW / 5.6 kg (12.3 lb)*



Dealers may sell for less. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only. *Weight with powerhead only.

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