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VOLUME 6 EDITION 3 THURSDAY, JANUARY 17, 2019

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Showtime

EXPRESS PHOTO BY LANA MEIER

Arborg's Reechka Dance Club helped ring in the Ukrainian New Year with high-spirited performances of traditional Ukrainian dances. Pictured left to right, Kenley Magnusson, Leah Dudar, Lyla Shachtay and Addisyn Johannesson.

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Palssons purchase second store in Teulon

Submitted

Marc and Lori Palsson, who also own the RONA dealer store in Gimli, acquired Rockwood Lumber this past December. The new owners will completely remerchandise and reconfigure the store to provide local customers with an expanded offering under RONA, a Lowe's Canada banner.

"We wanted to bring the Canadian how-to expertise we developed in our Gimli location to more customers in the Interlake region," explained Marc Palsson. "The Teulon location was ideal, already providing stellar customer service with a complementary offering, and optimally located to facilitate transfers of equipment and resources between the stores."

"Marc is a visionary entrepreneur, driven by the ambition to meet all his customers' needs. With this new store, he and his wife Lori are strengthening their leadership in the region, and we are thrilled to be partners in their success. We are immensely proud to see what they have accomplished since they joined our affiliated dealer network in 2009, and to welcome the entire RONA Rockwood team to our RONA family," said Philippe Element, vice-president, RONA & Ace, sales and dealer support.

Servicing communities in and



EXPRESS PHOTO SUBMITTED
Marc and Lori Palsson

around Teulon since 1992, the 10,000-square-foot store features a 130,000-square-foot adjacent lumber yard. The conversion of the store to the RONA banner will bring new product categories such as seasonal and home decor, as well as a wider product assortment in current categories such as power tools, including the introduction of a selection of CRAFTSMAN® products.

"The transition will be as seamless as possible for our customers thanks to the support of the dedicated RONA support team, the current staff and previous owners. In the next few



EXPRESS PHOTO BY LANA MEIER

The Palssons recently acquired Rockwood Lumber and will be remerchandising and reconfiguring the store under the RONA banner.

weeks, DIYers and contractors can expect to find a progressively enhanced product offering tailored to meet their home improvement needs, the full range of services they are accustomed to and the very same professional and trusted team to help them with their projects," concluded the Palssons.

The Teulon store is located along Highway 7 and will remain open during the transition to RONA Rockwood. Customers can expect a grand opening ceremony later this spring.

RONA was created in 1939 and is a banner of Lowe's Canada, one of

Canada's leading home improvement companies headquartered in Boucherville, Que. Spanning the entire country, its vast network of more than 400 stores includes both corporate stores and independent affiliated dealers. Known for its large in-store and online product selection as well as for its installation services, RONA also provides expert support and advice to its retail and pro customers for their building and renovation projects. For more information, visit rona.ca or follow us on Twitter, Facebook and Instagram.

Former Grosse Isle resident named to the Order of Canada

By Ty Dilello

From the days Dr. Marie Delorme was raised in the small hamlet of Grosse Isle, she never thought in her wildest dreams that she would one day be named to the Order of Canada, perhaps the most prestigious honour that can be bestowed on a Canadian. Grosse Isle provided the building blocks for Delorme's career in entrepreneurship and philanthropy that would take her across Canada, working with at-risk youth and Indigenous women's leadership.

It's been just over a year now since Dr. Marie Delorme was named to the Order of Canada and to Delorme the honour is still quite overwhelming.

Dr. Marie Delorme, now based in Calgary, is the CEO of The Imagination Group. A title she has held now for the last nineteen years. The Imagination Group is a Canadian-based company that verifies Indigenous artists' copyrights through an online database. They also sell various promotional products as well as ceremonial tobacco.

"Nineteen years ago I left a career in telecommunication to launch an entrepreneurial venture," Delorme explains. "The Imagination Group of Companies are four national organizations. I travel extensively for the business and do not see that abating anytime in the near future. The boards on which I serve and speaking engagements, nationally and internationally, make for a full schedule."

Delorme was born and raised in Grosse Isle and later attended River East Collegiate in North Kildonan, Winnipeg, graduating in 1973. Delorme later completed her Bachelor of Science degree, and Master of Business Administration (MBA) at Queen's University in Kingston, and both a PhD and an Honorary Doctor of Laws from the University of Calgary. "I came to Calgary in 1985," relays Delorme. "Love and career opportunities drew me to the city!"

Besides being CEO of The Imagination Group, Delorme spends a lot

Continued on page 14

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Caboose builder takes heavy lifting out of commercial fishery

By Patricia Barrett

A Riverton-area builder who specializes in aluminum construction designed a commercial fishing caboose that will enable fishers to withstand bitterly cold winds on a frozen lake and launch and retrieve their nets with the flick of a switch.

Kent Zagozewski of North 40 Welding and Repair said he started perfecting the caboose's design about a year ago, intending to make things as easy as possible for fishers.

"Without this caboose, the winter fishermen are standing out on the ice in the wind, trying to block off the wind with their sheds or Bombardiers," said Zagozewski. "This way they're all inside. And there's no pulling so it saves your arms, shoulders and elbows. You're not doing any work except to pull the fish out of the net."

Inside the caboose is a large drum that acts like a winch and which is powered by a generator. Fishers can control the speed of the winch. As the net is pulled into the caboose and winds around the drum, fishers remove the catch. Reversing the drum sends the net back under the ice.

"There are some cabooses out there from about 20 years ago," said Zagozewski, who designs and builds the portable ice shelters at his business in Balaton Beach, about eight kilometres south of Riverton. "I just changed it so there's no gears and no levers to push. You just push a switch."

In the early 20th century, cabooses were built from wood and served as a bunk house and cook house for teams of men hired by fish companies to transport fish off the lakes, according to the Manitoba Historical Society's history of the provincial fisheries.

Zagozewski specializes in building functional aluminum structures, such as bridges and stairs. Last year, he built the stairs and wheelchair ramp for the Riverton Friendship Centre.



Inside the caboose.



Kent Zagozewski builds stairs out of aluminum to access beaches.

And he strips and re-builds Bombardiers that are beyond their prime.

"I also do all the staircases that go down to the beaches for people that put in erosion control, all the rock along the beaches. I've been busy with that. I made about 20 all-aluminum staircases," he said. "I did the ramp for New Horizons in Gimli for their wheelchairs."

The caboose's all-aluminum con-



EXPRESS PHOTO COURTESY OF BILL BUCKELS

Lake Winnipeg commercial fisher Robert T. Kristjanson bought an all-aluminum caboose from North 40 Welding in Balaton Beach and brought it home to Gimli last week.



EXPRESS PHOTOS COURTESY OF KENT ZAGOZEWSKI

Bombardier pulling a caboose, which is built with runners to slide on the ice.

struction makes it lightweight, and it can be pulled out onto the ice by a quad or a Bombardier. Because aluminum doesn't rust (it corrodes, but the corrosive material actually protects the metal), the structure is also easy to maintain.

And that's exactly what Lake Winni-

peg commercial fisher Robert T. Kristjanson had in mind.

Kristjanson, who's been fishing since he was boy and is now in his 80s, just purchased a shiny new caboose from Zagozewski and took it on the lake for

Continued on page 4

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Solar sign-ups on the wane after Hydro's incentive ended

By Patricia Barrett

Since Manitoba Hydro's solar energy pilot program ended last April, Interlake companies that were installing solar systems have seen a dearth of new customers and some say they're likely going out of business.

The rebate saw an upswing in local and out-of-province companies installing systems across the Interlake for residential and business customers, as well as for farm operators. Customers who submitted an application prior to May 1, 2018, have one year to install a system in order to receive a rebate from Hydro.

The end of the program has sounded the death knell for Warren-based Chris Walsh who launched his Sunrise Solar Inc. business with a partner. The biggest job they completed was a 45.85-kilowatt system for the Stonewall Agricultural Society.

"As far as our company goes — and I think every other one — because there's no solar rebate, there's no solar market, so there's no work," said Walsh. "We haven't signed a contract since April, since the program was taken away, so we're basically shutting down as soon as we're done the jobs we're doing."

The program was so successful in getting consumers to adopt clean energy that it led to local business start-ups and job creation. But a number of out-of-province solar companies set up satellite offices in Manitoba when the program was launched. Those companies, said Walsh, typically swing from province-to-province wherever a solar program is being offered, and it was local companies and the local economy that took the hit when the program ended.

"We could have hired if we were still going and there was still this program. Our goal was to have eight or nine employees and we would have hired accountants to do our financing," said Walsh. "We would have been hiring kids out of high school to get into the renewables. It would have created a new industry based on clean energy."

Walsh said he thinks Hydro axed the program because it became overwhelmed by the number of applicants and concerned about how the rebate would affect its bottom line. Hydro suddenly changed its net metering policy in January 2018, offering a lower incentive.

"We lost a few big jobs because of Manitoba Hydro. On the fly, they changed their net metering policy and because of that clients were backing out," said Walsh. "It seemed like, from our standpoint, they were trying to influence people from even signing

up and doing solar. I don't think they realized they'd have so much interest in it."

Walsh is an electrical contractor and has another company — Walsh Electrical Services that he runs out of the Warren-Woodlands-Stonewall area — which he relies on for business, but he's still disappointed to see his solar venture fold.

"It's discouraging because it just started and it's being ended too soon. Even if Hydro brings it back, what's their net metering policy going to look like? That's the biggest thing, that's the biggest seller," said Walsh.

Frank Dawson of Stonewall-based New Energy Alternatives Inc. is not quite ready to call it a day, hoping Hydro will re-launch the program. Like Sunrise Solar, New Energy is still installing systems that qualified for the rebate. It also has people interested in adopting solar even without an incentive.

"We have people interested, but once they get the price I think it's going to be a problem," said Dawson, who also operates Balmoral HVAC. "We have one new customer, but I'm not sure if they're going to carry through at this point."

Hydro started making the paybacks per kilowatt lower, he said. "The first initial ones were a little high for their liking so they started dropping it down. But most of the ones we're doing are still on the higher end. We did quite a few systems out here."

Those include a large system installed on Highway 7 just south of Stony Mountain Penitentiary.

Dawson said he and his partner are looking at other energy alternatives, including geothermal systems (which Dawson specializes in), and are thinking of speaking to local politicians to try to stimulate new business opportunities.

"We're looking at the federal government because they're always looking for energy alternatives, and I'm thinking they should be able to help us out on something like the geothermal program," said Dawson. "There was a rebate through Hydro that's gone now and there was one through the federal government, but now that's gone. They're giving you less and less all the time. Geothermal is a good secondary energy."

Dawson said he has other companies with engineers on staff that know how to design and install geothermal and even wind-generated energy systems, and he can diversify if the solar program isn't offered again.

Hydro offers a number of rebate programs, including those for water



EXPRESS PHOTO BY LANA MEIER

As of a few weeks ago, 625 solar system installations were completed under the two-year pilot Solar Energy Program (SEP).

efficiency, home insulation and refrigerator retirement. Media relations officer Bruce Owen said the Solar Energy Program (SEP) was intended as only a two-year pilot program, not an ongoing incentive. Hydro wanted to "gauge consumer interest" in solar energy — with a financial incentive in place — and determine how solar photovoltaics (PV) would impact the grid.

"The monitoring of systems is ongoing," he said. "The SEP also provided an opportunity to review procedures and systems which might be required to support future solar energy adoption."

Interest in the solar program "exceeded" Hydro's expectations, he said. The utility had projected between 150 and 200 installs, but over 1,500 systems have been pre-approved. And as of a few weeks ago, 625 installations (42 per cent) have been completed. Of those pre-approved applications,

75 per cent are located in rural Manitoba, including many farms.

Hydro made changes to its net metering policy in order to "more closely reflect the true value of intermittent excess electricity put back onto the grid by solar PV systems," said Owen. Prior to that, payouts for excess energy matched residential rates, which recoup the cost of electric generation, transmission, distribution, maintenance, billing, customer service and emergency response.

The big question everyone wants answered is whether Hydro will be offering the solar rebate program again. The province created a new Crown agency called Efficiency Manitoba and it will be responsible for future solar incentive programs.

"Efficiency Manitoba announced its new CEO in December," said Owen, "so any discussion on any future program at this point would be too speculative."

> CABOOSE, FROM PG. 3

the first time last weekend.

"There's still a lot of work to do [in ice fishing], but the caboose takes the pulling away and you're inside," said Kristjanson. "You can't just pick your days on the lake. Sometimes you have to go out when the weather is bad and this way you can do it. If the weather is good, you've got no trouble standing outside."

The price of the cabooses vary depending on what fishers want.

"I went strictly aluminum for the weight and its ability to last. You put

this away for six months and the weather beats it all to hell and it's not going to hurt aluminum," said Kristjanson.

He said he's pleased the cabooses are being made right here in the Interlake by home-grown talent.

"There's lots of cabooses around, but now at least we've got something that is built in Manitoba," said Kristjanson. "I'm quite proud of it because Zagozewski did a very good job."

Good samaritan lending a helping hand

By Jennifer McFee

A local man has gained a positive reputation for always lending a helping hand.

Al Kilgallen is well known for his ongoing efforts to assist seniors in town, as well as other residents of all ages. From snow shovelling to lending a listening ear, Kilgallen can often be found dedicating his time to those around him.

Marge Lenko, who grew up in Fraserwood, can attest to his helpful nature, which she cherishes as an essential part of her life.

"I think I couldn't be without him," said Lenko, who will soon celebrate her 83rd birthday. "You name it, he'll help. It wouldn't matter what."

Lenko and her husband Alex moved to Stonewall in 1992 after living across the country and around the world — everywhere from Alberta and the Yukon to Sardinia and France.

She's been on her own since her sister died in August 2002, followed by her mom in November 2002 and her husband in January 2003. Her brother died five years later in 2008.

"I'm alone. I have no family," she said. "I have nobody. I live by myself."

That's why Kilgallen's gestures are particularly meaningful for Lenko.

"When my dog was put down, the very next day Alan came over and said to me, 'Marge, you have never missed a day of walking, have you? I know you're hurting and you have nobody to walk. How would you like to take my dog and walk him?'" said Lenko.

"Well, talk about a miracle happening on this planet. It gave me life again. The thing was, he knew that I'm alone and I'm crying every day. He's been here for me. That's the type of guy he is — not only for me, but for other people too."

For Lenko, it's comforting to know that Kilgallen is just a phone call away.

"He's done so much for me. I'm so proud of him, and his wife Gloria is just as good. Last Christmas, Gloria had done all the cooking and Alan brought it over in the middle of win-

ter. It was turkey, mashed potatoes, stuffing. They've been so good to me," she said.

"Mind you, I have other neighbours that are good to me too, but Alan and Gloria are there for me 24-7. To have somebody do this much for me, it is such a blessing. I'm happy to be here."

And for Kilgallen, he's happy to help out whenever he can.

"I retired when we sold our company about 10 years ago. My wife does daycare at home, so instead of sitting at home with all the kids, I figured I'll get out and help people with things," he said.

"I help a lot of elderly people here in town who can't do some things on their own. A lot of them want to stay in their houses as long as they can, so I help them with things like cleaning their eavestroughs, cutting their grass, cleaning their windows, filling their water softeners with salt or other things like that."

Typically, Kilgallen can be found helping someone every day — and he often makes four or five daily visits to lend a hand.

"I do it for some of the younger people, too, but mostly elderly. There really isn't a lot of people that will go and do little jobs like that," he said.

"I get so much baking and things given to me all the time. A lot of times, they try give me money, but I'm not doing it for the money. I'm just doing it for something to do."

Back when Kilgallen was working full time in the city, he used to visit a friend's farm on the weekends to cut wood or chase cows.

"It was just a stress reliever to get out and get away from the rat race," he said. "I started to really like it."

Offering an inside perspective, Kilgallen has noticed that many people simply seem to need to maintain a social connection.

"A lot of the elderly people really want somebody to talk to. I spend a lot of time talk-



EXPRESS PHOTO BY JO-ANNE PROCTER

Good Samaritan Alan Kilgallen can often be found dedicating his time to helping local residents with daily chores. Pictured with Kilgallen is Marge Lenko.

ing to them and they tell me different things since ordinarily there's nobody there to talk to," he said.

"So I spend a lot of time visiting rather than working. I try to help out as often as I can."

For Lenko, she is nearly overcome with emotion when she speaks about her "angel," Alan.

"This is what you call a gift from heaven."

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Province announces grant to help advance women in trades

\$25,000 to a new initiative to advance women in the trades

Submitted by Manitoba Government

The Manitoba government has launched Women's Equality Week 2019 with a boost to women in the trades. Sustainable Development Minister Rochelle Squires, minister responsible for the status of women, announced this past Monday.

"Women in Manitoba continue to be under-represented in many areas of training including the trades," Squires said during today's announcement at Manitoba Institute of Trades and Technology (MITT). "We know that when people are empowered with skills and training, all kinds of doors open to good jobs, financial stability and better opportunities. This project will help teach prospective students about non-traditional career options and create support networks to enable careers in the trades."

Squires announced a \$25,000 grant to MITT for a new initiative to advance women in the trades that will increase the number of women enrolled in the school's programs. The Empower Project will engage part-time student recruiters to share information with other women across the province about the value of training in the trades and the rewarding career opportunities are available to graduates.

"In my 26 years at MITT, I have seen the numbers of women entering skilled trades — specifically heavy or applied trades — increase," said Grace Leduc, dean of MITT. "However, I believe we have only just scratched the



EXPRESS PHOTO SUBMITTED

The Manitoba government has launched Women's Equality Week 2019 with a boost to women in the trades announcing a \$25,000 grant to MITT for a new initiative to advance women in the trades.

surface, and there is still a prevailing tradition, built on a myth, that professions somehow fall into gender-based categories. I look forward to seeing the trend of women in trades become the norm and with the support of the Province of Manitoba, MITT will help make this happen."

The provincial funding will also enable MITT to develop promotional materials to build excitement and interest in the trades and other careers in which women are under-represented.

"Choosing a career in trades was not about proving a point for me; it was about pursuing my dream," said student Holly Shimaro, who is a few weeks away from completing the CAD Technician program at MITT. "I want more young women in Manitoba to feel the freedom and support they

need to pursue their dreams and today's announcement is an important step in that direction. I'm grateful to the province for its support of MITT's effort to recruit more women into trades training. The more women we see in the field and in the classroom as students or teachers, the sooner the notion that trades are 'non-traditional' careers for women will be eliminated."

MITT specializes in providing innovative post-secondary and apprenticeship training programs in partnership with industry and communities. In 2017, men made up 94.54 per cent of the student population in the heavy trades.

In 2017, Manitoba proclaimed Women's Equality Week as the third week of January to promote gender equality.

ADVERTISING OR PRINT CONTACT INFORMATION

Branden Meier 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836

> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igrphic@mymts.net

OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

ADDRESS

74 Patterson Drive,
Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

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Camaraderie and fishing tales

Welcome, ice fishers.

A few weeks ago I shared a few brief fishing stories given to us by families as I visited them in their ice shacks. This week I would like to thank my editor Lana Meier for putting me onto four of the greatest fun-loving ice fishing buddies who revealed how guys act when fishing. I found these Stonewall area boys — Dave Kernort, Rick Miller, Larry Brown and Jerry McLean — fishing in Larry's (ingeniously collapsible) shack on the Red River.

Leaving my truck, I trudged through the snow to the door of the shack and before I could say anything a chorus of "come on in" was raised from men inside. I stepped in and stood facing fishing holes running along the centre in the floor while the guys sat on an assortment of chairs against white foam-panelled walls. Next to my leg was a big pail half full of eating-sized pickerel.

"Looks like you guys are doing all right today," I remarked looking around.

"Here's another one," the chap called Larry shouted as he hauled up on his short, quivering rod. "Darn," he exclaimed as the pickerel slipped his hook and disappeared splashing back down the hole. I took a seat just as the door opened and an extremely tall fellow, his head nearly scraping the roof, came in.

"Now you're going to hear some wild fishing stories," Larry called out laughing.

"How was your career as a basketball player?" I teased the newcomer, Jerry.

"You know, Larry, you could have

added a few more inches to your walls so I wouldn't be banging my head all the time," Jerry shot back, smiling.

"Oh, here's another one," Rick shouted as his rod took a dive for the water then straightened loose.

Within seconds, Larry's rod started shaking. He pulled up a pickerel as everybody cried out, "That was just on Rick's hook!"

"OK," Larry came back. "Rick, I'm not getting my hands slimy with your fish. You unhook it!"

"What about that catfish you caught here two weeks ago Lana was telling me about?" I asked Rick.

"Here's the video," Rick showed me on his phone. I watched, seeing him on his knees looking at a cat's huge head stuck in the ice hole. From the soundtrack, I heard someone say, "Stick your hand in its mouth and pull it up!"

"I'm not sticking my hand in there," Rick exclaimed.

"What are you afraid of. It's got no teeth," Larry said.

Larry, looking exasperated, plunged his hand into the fish's mouth and hauled it onto the floor.

"It feels like a bloody toothbrush in there," Larry blurted out as the shack walls shook with laughter.

"Would you guys mind grabbing a fish from the pail and stand together for a picture?" I asked.

We got the picture, but as Rick bent over the pail to drop the fish back in, Jerry reached forward with a devilish grin and wiped the slime from his hand from a fish he was holding all over Rick's back. Roars of laughter filled the shack as Rick christened Jer-



EXPRESS PHOTO BY ARNIE WEIDL

Stonewall area buddies from left, Dave Kernort, Rick Miller, Larry Brown and Jerry McLean with some of their catch share a laugh in the ice fishing shack on the Red River.

ry with a name I cannot repeat. I got up, raised my hand in farewell and left. Outside, I could still hear them joking and teasing each other through my open truck window as I pointed Old Red toward the river bank.

Last weekend I found myself bouncing along the ice far off the Balsam Bay shoreline. Because of the warm, overcast afternoon, many anglers were tailgate fishing. I stopped by a truck with three people tending short rods over ice holes. Our new friends turned out to be Bryan Doiron, his young daughter Suzette and teenage son Ed, who was tall and thin. Like his father, he was alert and well spoken.

When I asked for a story, Bryan recalled years ago when he was fishing with a friend in the Molson River north of Norway House. His friend

caught what appeared to be a huge pickerel. The water was murky, and as he tried to land it on shore, it could be seen rolling over and over. Suddenly its tail sprang from the water and Bryan shouted, "You've caught a beaver!"

Fortunately, as it gained traction in the mud of the shore, it pulled away, slipping the hook that was stuck in the fur of its shoulder.

As I leave you this week my friends, I would like to compliment the RMs and towns in Bifrost, Gimli, St. Andrews, St. Clements, to name a few who have put up directing ice fishing road signs in their area, provided porta potties, garbage barrels and snow-plowed roads on the ice for our foreign and domestic winter anglers. You guys are just the best!

Bye for now.

Rockwood Festival of the Arts free concert Jan. 20

Staff

The new year has just begun and already there are plenty of community events to mark on your calendar.

On Sunday, Jan. 20, all are welcome to attend a free gala concert for the Rockwood Festival of the Arts.

The event, which begins at 2 p.m. at Teulon Collegiate will showcase local talent including Marissa Varnes, Zuri Cook, Daniel Dix, Cristina Pimentel and Thomas Georgison who will be playing the piano or singing.

Debbie Kozyra, president and dance convenor is helping to organize the event and she encourages everyone to attend.

"It's an opportunity for local artists to perform and to showcase the talent that we have coming out to perform in this year's Rockwood Festival of the Arts."

We have a large donation of music books that will be available on a silver collection table. The books include piano, violin and

guitar music. For Kozyra, the free concert serves as a way to let people know about the longstanding festival that will celebrate its 64th year in 2019 as well as providing a meet-and-greet so people can talk with the RFOTA convenors and board members.

"It's a fun afternoon. We welcome everyone to come out and become involved in the festival whether your four or 84. Everyone is welcome whether it's to perform or enjoy and you do not have to live in the com-

munity," said Kozyra. "It's really about trying to make people more aware about what the festival."

This year, the Rockwood Festival of the Arts starts on April 6 and wraps up April 18 with a focus on piano, band, vocal/choral, instrumental, French and English speech arts and dance. Entry deadline for the festival is Jan. 31.

For more information about the Rockwood Festival of the Arts, visit www.rfota.ca

Darlene Willetts to take over top spot at Lakeshore School Division

By Kal Franchuk

After 18 years working within the Lakeshore School Division, Darlene Willetts began her new role as superintendent on Jan. 2. Willetts left her position as principal of Ashern Central School (ASC) for this promotion.

Prior to becoming principal of ACS, Willetts served as vice-principal and success coach at Lunder High School and as a middle-years teacher at Eriksdale School.

That background, along with growing up in the Eriksdale area, gives Willetts a unique perspective entering her new role. She understands the division, the students, the schools and the people.

"I have a strong connection to the area," she said. "I know the culture."

Robert Ellis has replaced Willetts as principal of ACS as of Jan. 7.

Anyone who's moved into a higher job position knows there are unique struggles settling in, and this position is no exception. Although similar to what Willetts has done as principal, the role of superintendent involves leading on a much larger scale.

"In other positions you had a group of people to talk to, now you're the person people come to," Willetts said. Willetts is working alongside retiring superintendent Janet Martell so she has the skills, and confidence, to lead the division.

At least those long-standing relationships Willetts has with her colleagues gives her one less thing to

learn about her new position.

"I'm not starting new. I have good relationships built up," she said.

Now she will have to grow new relationships on the provincial level for mentorship and guidance.

Although Willetts plans to continue to promote current division values she is striving to really celebrate the smallness of the division. She says you can't always apply the same techniques as larger schools where some have as many students as the entire LSD.

"We have to keep innovating to get so much with such a small division," Willetts explained.

In the past, LSD has used all available resources to bring unique programs, such as the arts, to the area as well as working with students to meet their individual needs. Willetts plans to continue to "do a lot despite [their] smallness" and hopes to grow what's offered.

As she gets comfortable with the new role, Willetts is tackling smaller projects and learning as much as she can. Once Donald Nikkel, her assistant superintendent, begins on Feb. 4 they plan to take some time and talk with everyone in the division to help direct their efforts going forward.

Willetts is happy to take on the higher level of responsibility that comes with the position. She's also excited to move in and get to see things from a divisional perspective.

"Now you can have an impact on lots of people," Willetts said.



EXPRESS PHOTO SUBMITTED

Darlene Willetts will take over from Janet Martell as Lakeshore School Division's superintendent on July 1.

Willetts will assume her position as LSD superintendent on July 1 when Janet Martel retires. Willetts will continue to act as assistant superintendent.

Architect puts the finishing touches on Gimli band room

By Roger Newman

The Evergreen School Division has developed a timeline culminating with construction of the new Gimli High School band room in the fall.

Supt. Roza Gray told the board at the January meeting that the architect is preparing a design for the band room that will be reviewed by the Manitoba Public Schools Finance Board (PSFB) before being returned to the architect for final revisions.

While the band room is being self-funded by the division, the PSFB has a say in final approval because the province provides 60 per cent of the division's funding.

Evergreen was recently given provincial approval to proceed with self funding of the band room after three rejections by the provincial government. The province had a change of heart after protests from GHS students who took their case first to Municipal Affairs Minister Jeff Wharton and then to Premier Brian Pallister at the Manitoba Legislature.

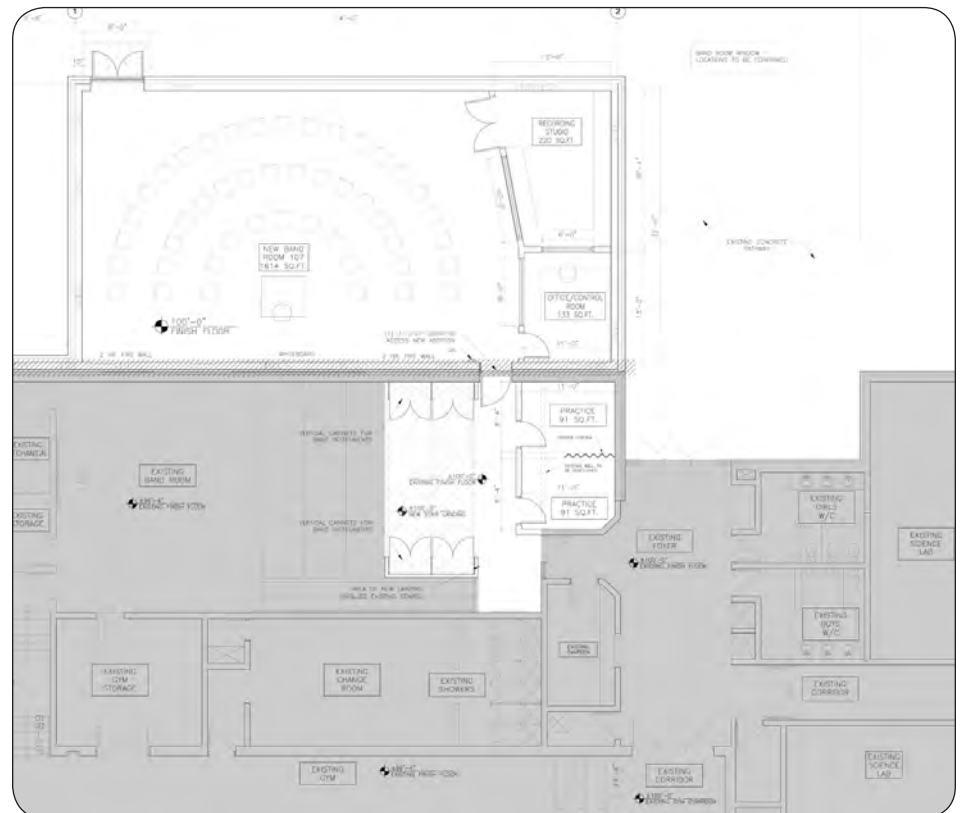
Board chair Ruth Furgala said in an interview that she is proud of the stu-

dent's part in reversing the provincial decision and happy that the band room is going to proceed on the north side of Gimli High.

Furgala has received a letter from Manitoba Education Minister Kelvin Goertzen who now appears to be on side with the band room project. Goertzen says the renovated and expanded band room will eliminate safety and over-crowding issues in the present smaller multi-level room.

"I also note the new room will considerably enhance the educational quality of the space," Goertzen said. "This will be achieved through the inclusion of two practice rooms and a sound recording studio. This studio will enable the division to introduce recording as a new vocational education program for its students."

The minister said his department will work closely with the division during the pre-construction and construction phases of the project. With the province on board, one of Evergreen's signature programs is apparently destined to become even bigger and better.



EXPRESS PHOTO SUBMITTED

Gimli High School band room and sound engineering addition blueprints.

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-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."



EXPRESS PHOTO SUBMITTED

Vet offers spaying for cats at a reduced cost 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 and 9 a.m. and picked up a few hours later. The cat must weigh a minimum of one kilogram. 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.

Clarification

Staff

In the article "Indigenous studies student is a man with a mission" we incorrectly reported where the funding came from.

Cameron Lozinski Adams app project is actually being funded by a grant through Kevin Lamoureux and the Miina Lamoureux Fund

through the University of Winnipeg and not the Liberal MP Kevin Lamoureux.

Also Cameron Lozinski Adams identifies as an Indigenous person rather than just having Indigenous ancestry and his mom's spelling of her first name is Sheri.



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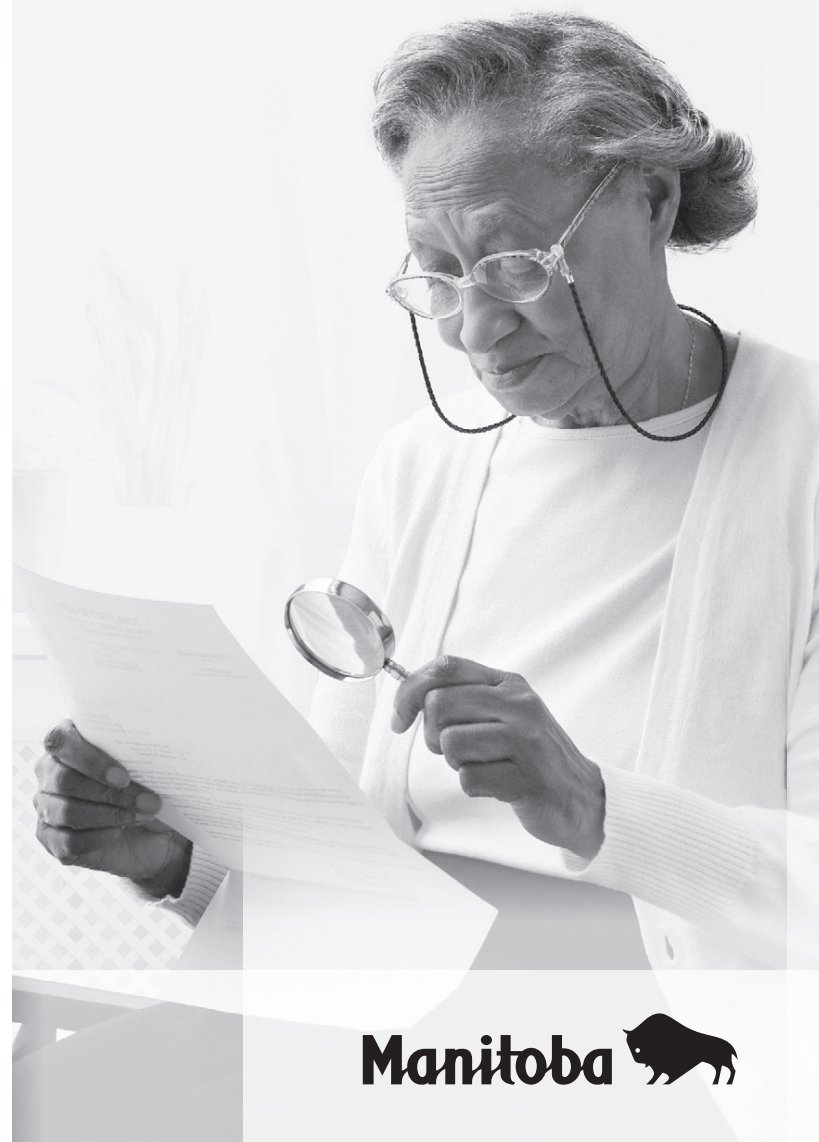
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Manitoba 

Arborg's Ukrainian Reeckha dancers get the blood pumping

By Patricia Barrett

Arborg's Reeckha Dance Club helped ring in the Ukrainian New Year with high-spirited performances of traditional Ukrainian dances.

Approximately 386 guests packed the Arborg Hall last Saturday for the annual Malanka celebration.

The traditional buffet style dinner was cooked and prepared by Kenny Firman while the club provided all the food with several families doing the major food in advance. The families of Bev Barylski and Brenda Erlendson made the perogies, Robin Bjornson cabbage rolls, Melanie Pearce meatballs and Marianne Stefanson, the cabbage buns. The dancers and their families helped with dessert. Interlake – Arborg Co-op donated all meat.

The sold out crowd saw a fantastic show, feasted and then danced to the music of High Profile from Winnipeg giving dancers and guests an opportunity to show off their fancy footwork.

Reeckha's president Rachelle Burak introduced the 34 dancers along with the three adult dancers. Following grace by Marty Friesen the dancers performed the Pryvit, a traditional Ukrainian Welcome Dance in which the audience is wished good health and prosperity through an offering of bread, salt and wheat.

The dancers delighted the audience with their high energy and spot on timing while performing the Poltava, Bukovainian, Transcarpathian, and Hopak. All the dances performed were from different regions of the Ukraine and have different costumes and steps that represent that area.

This past year was a busy one for the club with dancers performing at Folklorama, Evergreen Festival, the Arborg Street Fest, Interlake Regional Tourism Awards, Winnipeg Beach Women's night, and in Gretna Mani-

toba for the Ukrainian Mennonite Fund.

The club also competed at the Brandon Troyanda and the Selkirk Troyanda Competition. The dancers won several awards including top solo for 12 and under, top duet for 12 and under, and Adjudicators choice for Intermediate Hutzul, as well as many gold and silver medals.

The club has currently been around for over 33 years and is very grateful for the ongoing community support it receives.

Foster Ag Services donates a field of corn annually allowing the club to sell the corn for the profits. This is the club's biggest fundraiser along with grey cup and 50/50 tickets. This year the club was able to purchase 30 new costumes from Ukraine at a cost of \$10,000.

During the evening a Silent Auction was held with many prizes being donated by local businesses and families.

Dancers from the surrounding area including Arborg, Fraserwood, Gimli, and Poplarfield practice every Monday and will continue to carry on traditions hopefully for another 33 years.



EXPRESS PHOTOS BY BY LANA MEIER,, RACHELLE BURAK AND KEEGAN STEFANSON



Teddy and Shirley Sumka were the New Years greeters and Ethan and Sawyer Bobbee, belonging to Tim Bobbee and Kaelyn Martin (who was a former adult dancer) were the New Years babies.

Biltong adds some spice to the Interlake; South African snack a hit

By Patricia Barrett

A South African snack food called biltong is spicing up the Interlake, recently landing on the shelves of the Red River Co-op food store in Stonewall.

Stuart Webb owns and operates Taste of Africa and supplies biltong and dried beef sticks to Red River stores in Winnipeg, eastern Manitoba and the Interlake.

The word biltong is Dutch in origin. "Bil" means the hindquarter of an animal and "tong" means tongue, as in a slice of meat. Biltong is an ancient form of preserving meat by drying it in the wind, said Webb. Unlike jerky, biltong is dried, not smoked, and it's preserved with spices.

"It is dried in a strip before being sliced up into bite-sized pieces," he said. "It takes about a week to dry, unlike jerky, which is sliced up into thin slices and smoked and dried."

When European settlers first arrived on the southern tip of Africa, Indigenous peoples taught them how to preserve meat by drying it in the wind and using salt as a preservative, said Webb. And Afrikaners (Dutch descendants) perfected it in the days before refrigeration. Europeans established a refreshment station for ships plying the spice trade in the East, where spices were plentiful, and started adding spices to biltong to make it more flavourful.

The wine industry also started to develop around that time, which meant there was a plentiful supply of vinegar and it became one of the main ingredients in biltong. Initially it was made with meat from wild game, but today it's made with beef.

It's a sought-after delicacy in southern and eastern African countries, including South Africa, Botswana, Zambia, Zimbabwe, Namibia, Mozambique, Tanzania and Kenya.

Webb dries the beef — sourced from To-Le-Do Foodservice in Winnipeg and from Alberta beef producers — in a standard dehydrator. The meat needs only a small amount of heat but lots of air movement to dry it. It's a high protein, low-fat snack.

"There are various different recipes from hot to mild," said Webb. "The recipe I use just happens to be my favorite. It has a savoury taste with not too much sodium. There is no particular secret ingredient, but I do like to use a lot of coriander, which I roast first."

The beef sticks are made in the same manner. Trim from the biltong is ground up into sticks called "droewors." Not many Canadians can pronounce the word so Webb changed



Biltong is a form of dried, cured meat that originated in Southern African countries.



Biltong has become a popular snack food in many African countries.

the name to "beef sticks."

Webb brought the biltong recipe to Manitoba in 2001 after he and his family emigrated from South Africa where he grew up and where biltong is the primary snack food, available at gas stations, supermarkets, meat shops and farmers' markets.

"It did not take long for my family to beg me to make it for them," said Webb. "Very soon their friends were also asking me to make it for them, followed by the many South African ex-pats in Manitoba who are in the medical field."

The demand for biltong became so great that Webb decided to investigate the Canadian market, rented a kitchen and started his business. Webb currently makes the delicacies in the Riverview Community Kitchen, a health certified establishment, and supplies stores and loyal customers on a pre-order basis.

"We contacted the Food Development Center in Portage La Prairie [Manitoba Agriculture], which conducted shelf-life studies and did a nutritional analysis for us," he said. "We tested the market last summer at farmers' markets and were over-



EXPRESS PHOTOS COURTESY OF STUART WEBB

Stuart Webb, who grew up in South Africa and immigrated to Manitoba, makes biltong, which is now available in six Red River Co-op food stores, including Selkirk and Stonewall.

whelmed by the demand and battled to keep up. As the farmers' market season slowed down, we approached Red River Co-op, which jumped at the offer."

Red River Co-op grocery stores in Winnipeg (St. Vital, Grant Park and Southdale), Selkirk, Lorette and Stonewall carry biltong and beef sticks.

The snack struck a chord with Anna Badenhorst, who wrote to Webb on his Facebook page: "Thanks Stuart and Amy for the finely grated biltong we used to make biltong sandwiches for our Sunday afternoon tea. It tasted great — just like home."

Webb is currently in the process of introducing a hot and spicy version called "chillibites." He offers —

on special order only — an African version of farmers' sausage called "boerewors," which is a combination of beef and pork.

"I am in the process of expanding my market and have, as mentioned, recently expanded into Red River Co-op stores," said Webb. "We also intend to expand our product range to include grass-fed and organic meat in the future, as well as doing food analyses on my farmers' sausage."

Visit Webb's Facebook page, Taste of Africa: South African meat delicacies, for more information about the products and to place orders. Orders can also be placed with Webb every Saturday at the St. Norbert Farmers Market (3514 Pembina Hwy.).

Evergreen board to seek public input on provincial review

By Roger Newman

The Evergreen School Division board of trustees intends to launch a "community conversation" in a bid to ensure continued local input in the education of students enrolled in the division's eight schools.

Using this phrase, board chair Ruth Ann Furgala said the conversation is needed in response to the Manitoba Government's plan to launch a full review of the province's education system from grades one to 12.

She said that through the conversation, the board plans to rally public support for a local voice and a measure of autonomy in community education decisions. Currently, the province provides 60 per cent of Evergreen's education budget and local taxpayers foot 40 per cent of the bill.

"We believe local residents know best what we need in our schools," Furgala said in an interview following the board's latest public meeting last Wednesday night "Their voices are needed to get the best outcomes."

The wide-ranging provincial review

is getting started under the direction of Manitoba Education Minister Kelvin Goertzen and his predecessor Ian Wishart. Concerns in education circles have been spawned by the Conservative government's unexpected sweeping changes in health care and the result of unhappy doctors and nurses. There are also precedents for eliminating local school boards, with one example being Australia where district administrators now report directly to the government.

Furgala said Evergreen trustees will develop a plan for the community conversation at the board's upcoming annual retreat weekend.

"We want to have a full discussion about education in our communities," said Furgala, whose Gimli-headquartered division is responsible for eight schools in Gimli, Arborg, Riverton and Winnipeg Beach.

In other business:

Trustees welcomed Isabelle Stevens as the student member of the Ever-



EXPRESS PHOTO BY ROGER NEWMAN

Gimli High student Isabelle Stevens, second from left, is welcomed to the Evergreen school board by chair Ruth Ann Furgala, Supt. Roza Gray and Assistant Supt. Scott Hill. Stevens will be student representative on the board during the spring term.

green board for the winter term. Stevens, a Gimli High student, succeeds Sage Stoyanowski of Arborg Collegiate, who served during the fall term.

A third member of the division's student board from Riverton Collegiate will gain experience on the adult elected board during the spring term.

Gimli's Ship & Plough Tavern adopts Flag of Humanity

By Patricia Barrett

The Flag of Humanity is now flying above Gimli's Ship & Plough Tavern after owner Scott Carman embraced the flag's message of unity.

Lake Winnipeg commercial fisher Bruce Benson came up with the idea of the flag when he was hiking with his son in the mountains in 2008, and thinking about how his son would fare in a world that's full of hostility.

The flag depicts the earth being passed from an adult's hands to a

child's. Benson's overall goal is to encourage people across the world to embrace peace and to recognize how much we have in common rather than focus on differences.

Benson has taken it around the world and carries it in local parades. The RM of Gimli adopted Benson's flag a few years ago.

The flag celebrates the "commonality of being human," states Benson on his website, where he posts photos of the cities where he's taken the flag to

promote peace. He wants to have the flag flying in at least one school in every country.

In addition to the flag, Benson of-

fers T-shirts and bumper stickers on his website. Visit Benson's website at www.theflagofhumanity.com.



EXPRESS PHOTO BY BRUCE BENSON

The Flag of Humanity flies next to the Canada flag at the Ship & Plough.

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Local woman battling cancer making care packages for chemo patients

By Lindsey Enns

A Lockport area woman battling breast cancer has started a project to help provide special care packages for first-time chemotherapy patients in Selkirk.

Kari Klassen and her husband, Dallas, recently started The Hummingbird Project in hopes of providing those going through chemotherapy with some essentials, comforts and inspiration generously donated by local and area businesses.

Klassen said the care packages are filled with things such as lip balm, water bottles, soft-bristle toothbrushes, lotion, hand sanitizer and protein snacks, all of the things that she wished she had following her first round of chemo.

"We just started thinking, why doesn't everyone get this on their first day?" Klassen said. "It's just one less thing that someone has to worry about because the day in itself is already a hard day for first time chemo patients."

"I remember I was scared to death and the last thing I wanted to do was go shopping after and waiting for the effects to start."

Klassen delivered her first 20 bags last Wednesday morning at the Selkirk Regional Health Centre. She said she's happy to be able to give back to others fighting cancer.

"I feel like this is what I need to do," she said. "This is really helped me to stay positive, it keeps my mind off of what I'm going through and I feel if I can help someone else going through this, it's just the best thing to do right now."

"I'm fortunate enough to have a



EXPRESS PHOTOS SUBMITTED

Kari Klassen of Lockport, pictured left, recently started The Hummingbird Project in hopes of providing first-time chemotherapy patients in Selkirk with some essentials including lip balm, water bottles, soft-bristle toothbrushes, lotion, hand sanitizer, protein snacks and rocks with inspiration quotes painted on them.

great support system but not everybody does."

She said they named it The Hummingbird Project because hummingbirds are messengers of home, peace and healing. They also serve as a reminder to seek out the good in life and the beauty in each day, she added.

"I don't let the dark days get me down."

Klassen said they are currently focused on providing bags for first-time chemotherapy patients in Selkirk but hopes to expand into Winnipeg in the future. She added her goal is to distribute at least 1,000 bags this year.

"As this grows we're hoping to be

able to accommodate everybody," she said.

The bags also include rocks with inspirational words or quotes painted on them, which were donated through a Facebook group called "Winnipeg Rocks." Klassen said the rocks are a nod to her father who recently died following his own battle with cancer. She said her father used to carry a rock with the word "courage" painted on it with him all the time.

She added the support and the amount of donations they've received so far has been "overwhelming."

"I'm honestly shocked," she said.

"I've had people from other provinces

email me, it's just phenomenal. It just goes to show you there's such a community and people love to help."

Klassen said they are currently seeking donations of lip balm and hand lotion. She also plans to add tea to the bags as well as release a clothing line in coming weeks.

Those interested in more information or wanting to make a donation can contact Kari Klassen via email at hummingbirdprojectwpg@gmail.com or visit The Hummingbird Project Facebook page or hummingbirdproject.ca.

> ORDER OF CANADA, FROM PG. 2

of her time serving on various boards such as the Chiniki Trico Board, the RCMP Foundation Board and the River Cree Enterprises Board. She also serves as an advisor to two Canadian universities.

In January of 2018, Delorme was named to the Order of Canada, an award that recognizes outstanding achievement, dedication to the community and service to the nation. To Dr. Marie Delorme, the Order of Canada is the high-point of her career.

"The Order of Canada is the highest civilian honour in our country," said Delorme. "It is humbling to be recognized along side of the scientists, musicians, actors, athletes, busi-

ness people, and philanthropists who have contributed to our country."

The Order of Canada is just the most recent honour for Delorme as in the past she has received the Inspire Award in Business and Commerce; and was named one of Canada's 100 Most Powerful Women. Other major awards include: The University of Calgary Dr. Douglas Cardinal Award; Alberta Chamber of Commerce Business Award of Distinction; Calgary Chamber of Commerce Salute to Excellence Award, and Metis Nation Entrepreneurial Leadership Award.

Delorme has always been very committed to diversity and inclusion in her line of work.

While working in the telecommunications industry, she led early initiatives to support the advancement of women and Indigenous employees. Now, CEO of the Imagination Group, Delorme remains committed to cross-cultural economic development and the participation of Indigenous people in Canada's economy. It's a passion of hers that she has practiced her whole life.

Despite being situated in Alberta these days, Delorme still finds some time every year to visit her home province.

"I am back in Manitoba several times a year for business. I also spend a week each summer at a friend's cottage on Lake Winnipeg north of Gimli, with two friends I have known since our teen years."

NORTHERN LIGHTS FESTIVAL OF THE ARTS

The slightly revised entry forms for the festival and the application for the International Music Camp scholarship are now available on line under Lakeshore School Division.

They will also be available at your local school next week and at North of 68 in Fisher Branch.

Just a reminder that the deadline for entries is FEBRUARY 28, 2019!

Chief Peguis Pharmacy now open for business

Submitted by Peguis Development Corp.

Chief Peguis Pharmacy is 100 per cent owned and operated by Peguis First Nation and is located in the former Sara's Hair Salon inside the Peguis Mall. The Peguis Health Centre and Peguis Senior Centre will also be involved with the development of the pharmacy.

Peguis Development Corporation began construction for Chief Peguis Pharmacy in June 2018 with First People's Economic Growth Fund funding the project. Construction of the Pharmacy employed two full time local workers from the community.

On Nov. 5, Chief Peguis Pharmacy officially opened to the public. Chief Peguis Pharmacy currently employs four full time employees. Elizabeth Aruaz-Tijerno has been hired as Chief Peguis Pharmacy manger as well as three technicians: Stephanie Sinclair, Pauline Murdock and Sharon Mann.

"We are among the few First Nations across Canada who own their own pharmacy, this is a significant achievement for our community," said Chief Glenn Hudson. "As big as this achievement is, it is the first of several pharmacies we plan to open in Manitoba."

The Chief Peguis Pharmacy project is managed by Peguis Development Corporation (PDC). The new pharmacy will provide community members with a local pharmacy, convenient location and helpful staff. Community members will now be able to get their prescriptions filled locally in Peguis First Nation. Chief Peguis Pharmacy is open daily from 9 a.m. to 5 p.m., individuals can also have prescriptions transferred to Peguis by calling the Chief Peguis Pharmacy at 204-645-5935.

Peguis Family Food grand reopening



EXPRESS PHOTO SUBMITTED

The Peguis Development Corporation held a ribbon-cutting ceremony for the Chief Peguis Pharmacy on Jan. 11.

The Peguis Family Foods renovations project started to help upgrade and modernize the community store to improve our customer shopping experience and selection of foods.

Construction on Family Foods began in late June 2018. Some of the renovations include:

- New floors throughout
- Sliding doors were installed for the entrance

- Meat section was moved to front of store
- New coolers were purchased

Peguis Development Corp has an existing agreement in place with MacDonald's Consolidated, A Division of Canada Safeway Limited, to operate the Peguis Family Foods on the Peguis First Nation.

First People's Economic Growth Fund is a lender in the redesign project.

Fit Kids Healthy Kids coming to Moosehorn

By Jennifer McFee

Kids in Moosehorn now have one more opportunity to get active while having fun.

A new group called Moosehorn Tumblers will offer a 13-week program called Fit Kids Healthy Kids based out of Alf Cuthbert School every Thursday from 4 to 8 p.m.

This physical literacy program will be free for kids who are preschool and kindergarten age, thanks to a grant from the Northwest Interlake Early Childhood Development Coalition. For school-aged kids in grades 1 to 8, the fee will be \$60 for 13 weeks. The first session will take place on Jan. 31 and the program will wrap up on April 25.

Participants will learn fundamental movement skills such as throwing, kicking, running, jumping, hopping and catching. By mastering these basic skills, kids will feel more confident when applying them in sports situations.



Organizer Mandy Gall hopes that many families sign up their youngsters for the program.

"The more, the merrier. We've had a lot of interest from the community so far," she said.

"We have four hours on Thursdays that we'll be running classes with the possibility of opening up on other days, depending on the registration."

The Fit Kids Healthy Kids program is a precursor to an official gymnastics program that they hope to launch in September.

"We used to have a really active gymnastics in Moosehorn several

years ago that died out from a lack of volunteers and so on. We still have all this amazing equipment and we don't have very much for kids to do in our community, so we just really wanted to get started back up with that again," Gall said.

"This is a good way for the kids to get used to the space, to get used to the instructors, and to get used to basic movement and activities. It's also a great way for our instructors to feel out the kids' abilities so they can start lesson planning for the fall."

The instructors have already completed the Gymnastics Association

of Manitoba's training course, she added.

"Our goal is to have accessible, affordable and comparable services to what you get in a larger centre," Gall said. "It's a really big priority to have something out here for people that is close to home and that they can afford to take their kids to."

Parents don't need to worry about extra costs since the equipment is provided at the program.

Participants are encouraged to wear tucked-in T-shirts with shorts, leotards or sweatpants and running shoes. Hair should be tied back. No personal items should be left in backpacks, and participants shouldn't wear jewelry.

Registration will take place at Alf Cuthbert School on Jan. 22 from 7 to 8 p.m. Anyone who can't make it to the registration night can contact Gall at 204-302-1234 to make other arrangements.

get inspired

> MEAL IDEAS



Curried Pumpkin Soup

Prep time: 5 minutes
Cook time: 25 minutes
Serves: 4
2 tablespoons butter
1 medium onion, chopped
1 large carrot, peeled and chopped
2 cloves garlic, minced
2 teaspoons fresh ginger, minced
1 1/2 teaspoons curry powder
1 can (14 ounces) chicken or vegetable broth
2 cans (15 ounces) 100% pumpkin
1 can (14 ounces) coconut milk

1 teaspoon salt
pumpkin seeds
In large saucepan, melt butter over medium heat. Add onion, carrot, garlic, ginger and curry powder. Cook until carrots are almost soft, 5-8 minutes, stirring occasionally.
Add broth and bring to boil over high heat. Reduce heat to medium-low; cover and simmer until carrots are very soft, 10 minutes.
Transfer to blender or food processor and puree until very smooth. Return to pan and stir in pumpkin, coconut milk and salt. Cook over medium-low heat until heated through, 2-3 minutes.



Prep time: 15 minutes
Cook time: 25 minutes
Servings: 6

Creamy Tomato and Roasted Pepper Soup:

2 tablespoons olive oil
1 onion, chopped
1 carrot, chopped
3 cloves garlic, chopped
1 teaspoon salt, divided
1/2 teaspoon pepper
1/2 teaspoon paprika
1 pinch chili flakes
4 cups organic no-salt-added vegetable broth
1 can (28 ounces) no-salt-added diced tomatoes
1 cup chopped prepared roasted red peppers
2 bay leaves
1/3 cup 35 percent heavy cream
2 tablespoons finely chopped fresh chives, divided
1 teaspoon cider vinegar

Cheddar Cracker Melts:

24 Crunchmaster Tuscan Peasant Fire Roasted Tomato Basil Crackers

Creamy Tomato and Roasted Pepper Soup with Cheddar Cracker Melts

3/4 cup shredded cheddar cheese
In Dutch oven or large saucepan over medium heat, heat oil. Cook onion, carrot, garlic, 1/2 teaspoon salt, pepper, paprika and chili flakes about 5 minutes, or until vegetables are slightly softened. Stir in broth, tomatoes, roasted red peppers and bay leaves; bring to boil. Reduce heat to medium-low. Simmer 15-20 minutes, or until vegetables are tender. Discard bay leaves. Let cool slightly.
Transfer to blender; puree in batches until smooth. Stir in cream, remaining salt, 1 tablespoon chives and vinegar.
To make Cheddar Cracker Melts: Heat broiler to high and position rack in center of oven. Arrange crackers on parchment paper-lined baking sheet. Sprinkle with cheese. Broil 1-2 minutes, or until cheese is melted.
Divide soup among six bowls. Sprinkle with remaining chives and serve with Cheddar Cracker Melts.
Tip: Use mild, medium or aged cheddar cheese. Smoked mozzarella can be substituted, if desired.



Taking a Breather Can Certainly Be a Wise Move

them, simply because they are in the wrong program. Students who are pressured to do post-secondary before they are ready, often fail or drop out.

Taking a year to work allows young people to get a feel for the responsibilities of adulthood, and to see just how limited job opportunities are for those with only a high school education. This makes them more determined to accomplish something with their lives.

Taking a year to travel can also be enlightening and mind expanding. Students can travel cheaply, and may never be as free to do so. The responsibilities of adulthood last a very long time.

Taking a breather to get to know oneself, and to assess all options before jumping in, can be a very wise move.

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.

Is it a good idea for students to take a year off after high school, or should they be encouraged to go straight into post secondary programs? This is often a dilemma for both students, and their parents.

Students often feel that they would like a break before embarking on another four years of schooling. Parents sometimes fear the student will never return to school once he or she stops.

There are many considerations, and some very good arguments for a year off. If a student is not really sure what they want to take at a post-secondary institution, it is better to take some time, than to just jump into something for the sake of attending.

There is less motivation to learn if you are not truly interested in what you are studying. Students may decide that university is just not for



Serves 4
4 corn tortillas, freshly made or a few days old
1 tablespoon vegetable oil, plus extra for frying
1 small onion, finely chopped
2 garlic cloves, crushed
114-ounce can plum tomatoes, drained
4 cups chicken stock
Small bunch cilantro
Salt and ground black pepper
Using a sharp knife, cut each tortilla into 4 or 5 strips, each measuring about 3/4 inches wide.
Pour vegetable oil to a depth of 3/4 inch into a heavy frying pan. Heat until a small piece of tortilla, added to the oil, floats on the top and bubbles at the edges.
Add a few tortilla strips to the hot oil and fry for a few minutes, until crisp and golden brown all over, turning

Tortilla Soup

them occasionally. Remove with a slotted spoon and drain on a double layer of paper towels. Cook the remaining tortilla strips in the same way.

Heat the 1 tablespoon vegetable oil in a large, heavy pan. Add the chopped onion and garlic and cook over medium heat for 2 to 3 minutes, stirring constantly with a wooden spatula, until the onion is soft and translucent. Do not let the garlic turn brown or it will give the soup a bitter taste.

Chop the tomatoes using a large, sharp knife and add them to the onion mixture in the pan. Pour in the chicken stock and stir well. Bring to a boil, then lower the heat and let simmer for about 10 minutes, until the liquid has reduced slightly.

Chop the cilantro. Add to the soup, reserving a little to use as a garnish. Season to taste.

Place a few of the crisp tortilla pieces in the bottom of four warmed soup bowls. Ladle the soup on top. Sprinkle each portion with the reserved chopped cilantro and serve.

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Midget Lightning win two of three games last week

By Brian Bowman

The Yellowhead Chiefs have a very good hockey team this season.

The Interlake Lightning were reminded of that Sunday in Shoal Lake.

Yellowhead cruised to a 6-1 home win in Manitoba AAA Midget Hockey League action.

The Chiefs' Reece Richmond opened the game's scoring with a power-play goal at 11:13 of the first period and then Brandt Young made it 2-0 about seven minutes later.

Yellowhead's Colby Joseph scored the lone goal of the second period and then Interlake's Matthew Vandel potted a power-play goal in the third.

But that would be as close as the Lightning would get as Briley Wood, with a pair, and Kaelen Quane scored in the third.

On Saturday, Interlake skated past the Parkland Rangers 3-1 in Dauphin.

Vandel scored a first-period goal and then Kai Studler tallied in the second.

Emmitt Farebrother made it 3-0 with a power-play goal at 14:10 of the third. Parkland's Colby Cherneski ruined the shutout bid of Lightning goaltender Josh Bond with 1:44 left in the

game.

Bond made 34 saves for the victory.

On Jan. 9, the Lightning had another great effort in defeating the Winnipeg Bruins 5-2 in Teulon.

Interlake took a 3-0 first-period lead despite being outshout 18-10.

Austin Adair gave the home side a 1-0 lead just 1:30 into the game.

Studler made it 2-0 with a power-play goal at the 13-minute mark and then Chase Barkley tallied a short-handed marker at 19:03.

The Bruins' Nathanael Hinds cut into that lead at 8:02 of the second period but Studler tallied his second goal of the game just 13 seconds into the third.

Winnipeg's Luc Masse and Interlake's Greg Paseschnickoff then traded goals late in the game.

Chris Fines made 30 saves for the win.

Interlake, now 8-24-0-2-0, will host a pair of games this weekend, beginning with the Norman Northstars in Teulon on Friday for an 8 p.m. contest.

The Pembina Valley Hawks will then pay a visit to the Teulon-Rockwood Arena on Sunday. Puck drop is 2 p.m.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Kai Studler scored in the second period against the Parkland Rangers last Saturday. Interlake won the game 3-1.

Local players compete at MJHL/SJHL Showcase

Staff

Local players from the Manitoba Junior Hockey League were selected to compete on one of three teams at the 2019 SJHL/MJHL Showcase this past Monday and Tuesday in Regina.

The Showcase was made up of the top 60 players in the MJHL and SJHL.

Gimli forwards Jack Einarson (Virden Oil Capitals) and Noah Basarab (Selkirk Steelers), along with Arborg defenceman Griffin Chwaliboga (Winnipeg Blues), were named to participate in the Showcase.

As of Jan. 9, Basarab was tied for 14th in MJHL scoring with 17 goals and 36 points in 39 games. He started the season with the Swan Valley Stampede before being acquired by Selkirk in a trade.

Einarson had 11 goals and 24 points in 41 games played this season while Chwaliboga has put up good numbers with Winnipeg, scoring seven goals



Noah Basarab



Jack Einarson



Griffin Chwaliboga

and producing 18 points in 32 games.

Chwaliboga previously played four seasons with the Neepawa Natives.

Meanwhile, the Steelers had six other players — Zach Bennett, Colby Jaquet, Nate Halvorsen, Connor Barley,

Ryan Sokoloski and Brett Namaka — selected for the Showcase.

The three teams representing each league consisted of players aged 16 to 20 and were selected by coaches from their respective leagues.

One team was comprised of players aged 18 and under and two others were 20 and under.

All of the teams played two games.

Ice Dawgs win pair of games in CRJHL action

By Brian Bowman

The Arborg Ice Dawgs have had a very good start in January.

Arborg is now 2-0 in the new year after defeating the Lundar Falcons 7-5 last Thursday and then beating the St. Malo Warriors 5-3 on Saturday.

In Saturday's win, the Ice Dawgs broke the game open with four second-period goals.

Dylan Furgala, Blaze Bezecki, and Colton Davies each scored once and had an assist.

Connor Dowhy and Ryan Hill added singles while Jordan Klippenstein and Derric Gulay had two assists apiece.

Logan Unger, Camden Cline and Evan Anstatt replied for St. Malo.

Tre Strachan made 35 saves for the win.

In the victory over Lundar, Davies had a terrific game with four goals and an assist while Gulay had two goals and four assists.

Furgala scored Arborg's other goal.

Lundar's Xavier Hatterman scored twice and had two assists while Romano Paul also tallied twice.

Derek Benson scored the Falcons' other goal.

Strachan stopped 40 Lundar shots

for the win. He is now 8-3-1 on the season with a 3.28 goals-against average with a .916 save percentage.

The Ice Dawgs, now with a 10-8-1 record and 33 points to occupy second place in the five-team league, will play at St. Malo this Friday at 8 p.m.

On Saturday, Arborg will be in Selkirk to take on the first-place Fishermen. Game time is 7:30 p.m.

The Ice Dawgs will then play the North Winnipeg Satelites on Tuesday at 8 p.m.

Lundar, meanwhile, also played Saturday, losing 7-3 at home to Selkirk.

Dane Derewianchuk paced Selkirk with a goal and two assists while Julian Garcea and Thomas Mironuk each had a goal and a helper.

Reece Tessier, Brandon Thomas, Ben Kelly, and Nico Morrow-Litke also scored for the Fishermen.

Selkirk's Dawson Courchene finished the game with two assists.

Trey King, Josh Wilkinson and Hatterman replied for Lundar.

Riley Bannerman made 40 saves for the victory.

Lundar, now in fourth place with 23 points, will host the North Winnipeg Satelites this Saturday at 8 p.m.



EXPRESS PHOTO BY LANA MEIER

Ice Dawgs' captain Derric Gulay had two goals and six assists in two games last week. Arborg beat St. Malo 5-3 and Lundar 7-5.

Bantam Lightning knock off Eastman Selects

Staff

The Interlake Lightning defeated the Eastman Selects 3-2 in Bantam AAA hockey action Friday at the Sagkeeng Arena.

Kaydyn McMahon scored the eventual game-winning goal on the power play at 17:13 of the second period.

Interlake's Ty Woods had tied the score at 2-2 at 4:47 of the middle frame.

The Lightning's Brayden Stevenson opened the game's scoring at 5:40 of the first period.

But Eastman responded with first-period goals by Carter Courchene and Denton Mateychuk.

Dawson Cowan made 34 saves for the victory.

With the win, Interlake is now 11-12 with three overtime losses to occupy fourth-place in the five-team league with 25 points.

The Lightning played the Sharks on Tuesday and then will host the Warriors on Thursday in Arborg. Puck drop is 7:30 p.m.

In Midget U17 Prep action, Interlake was blanked 6-0 by the Monarchs of Sunday.

The Lightning hosted the Eastman



Karson King was named the MVP Defenceman winner at the 'AAA' Bantam 1 All Star Game on Jan. 12.

Selects on Monday but no score was available.

Interlake won't resume league play until Jan. 24 when it hosts Eastman in Arborg.



EXPRESS PHOTOS BY KIM KING

Interlake Lightning Bantam players, left to right, Karson King, Alex Kaczorowski and Brayden Stevenson competed in the Hockey Winnipeg All-Star Day.

Meanwhile, both Interlake teams were well represented at their respective all-star games last Saturday.

The Lightning Bantam players featured Karson King, Stevenson, and Alexander Kaczorowski while the

Midget players included Mark Hamrlik, Logan Resch, and Cole Emberly.

Interlake head coach Mike Demiduk served as an assistant coach.

sports&recreation

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Cvar to represent Manitoba in hockey at Canada Winter Games



Olivia Cvar

By Brian Bowman

Hockey Manitoba announced their roster for the U18 Female Team Manitoba that will compete at the 2019 Canada Winter Games in Red Deer,

Alta., from Feb. 24 to March 2.

Team Manitoba features a wealth of talent from across the province. The roster is highlighted by seven returning players, including Winnipeg's Sarah Dennehy and Stonewall's Olivia Cvar (formerly of Gimli).

Cvar, 17, played minor hockey in Gimli and then with Interlake Bantam AAA before starting her prep hockey career.

Currently the captain of the Balmoral Hall prep team, Cvar has represented Team Manitoba at the Canadian U18 National Women's hockey championships the past two years and is looking forward to representing Manitoba at the 2019 Canada Winter Games in Red Deer next month.

"Really excited and it will be great to experience the Canada Games atmosphere and check out all the different sports there, too," said Cvar in an email.

"This is my third and last year to represent Team Manitoba and it would be nice to help them reach for a gold

medal."

Cvar received attended Team Canada's women's U18 team summer showcase in August in Calgary.

"It was really good to see and experience the highest level of hockey in Canada for my age group," Cvar said.

In November, she helped Balmoral Hall compile a 4-0 record at the Manitoba Female Midget AAA challenge at the Bell MTS Iceplex. She led the tournament in scoring with six goals and seven assists.

That same month, she also signed her "commitment letter" for a scholarship to played hockey and attend NCAA Division 1 St. Cloud State University in Minnesota.

She had verbally committed to the school in Grade 10 and will start classes at St Cloud State in September.

Cvar is looking at obtaining a Bachelor of Education degree.

Also included on Team Manitoba's roster are goaltenders Raygan Kirk (Ste. Anne) and Julianna Thomson (Winnipeg) who attended the Hockey

Canada U18 National Team Camp in August.

Kirk recently led Team Canada to the gold at the 2019 U18 Women's World Championship in Osaka, Japan.

The roster for Team Manitoba sees a split of six athletes from Winnipeg and 14 from the rural regions within the province. Representation on the roster is spread between prep school programs and the MFMHL.

The U18 Team Manitoba will be led by head coach Reid Sloan (Morden), who will be attending his second Canada Winter Games as a coach. Filling out the coaching staff is Jordan Sobkowicz (Winnipeg), who will be attending his first Canada Games, and Sarah Zacharias (Winnipeg).

Zacharias returns after serving as an assistant coach with Team Manitoba in 2015 and 2016. Support staff for 2019 are goaltending coach Gord Woodhall (Winnipeg), equipment manager Riley Kosmolak (Steinbach) and athletic therapist Brenna Cyr (Selkirk).

Steelers acquire Johannesson via trade

Staff

The Selkirk Steelers picked up a solid defenceman just before the Jan. 10 CJHL trade deadline.

Selkirk acquired veteran defenceman Wayde Johannesson and future considerations from the Dauphin Kings in exchange for future considerations.

Johannesson had five goals and 19 points in 37 games this season. The 20 year old Arnes' product also had 63 penalty minutes.

Johannesson has also played in the MJHL with the Waywayseecappo Wolverines and in the Saskatchewan Junior Hockey League with the Nipawin Hawks.

He played in 11 regular-season games and 14 more in the playoffs with Nipawin last season. The Hawks captured the SJHL title after beating the Estevan Bruins in seven games in their best-of-seven final.

Manitoba Junior Hockey League teams were busy just before the trade deadline.

Here is the other trades made by MJHL teams:

The OCN Blizzard traded defenceman Darren Gisti, forward Tony

Apetagon, the MJHL list rights of forward Hunter Rambow and future considerations to the Winnipeg Blues in exchange for the MJHL list rights of forward Griffin Asham-Moroz and forward Matthew Mason and future considerations.

In a separate deal, OCN traded Stonewall forward James Maxwell to Winnipeg for future considerations.

The Blizzard also sent goalie Noah Giesbrecht to the Melfort Mustangs in exchange for future considerations.

The Waywayseecappo Wolverines traded defenceman Morgan Poirier and future considerations to the Portage Terriers in exchange for the MJHL list rights of Jackson Tonnies and future considerations.

Waywayseecappo also dealt the CJHL list rights of forward Nico Labossiere and future considerations to the Steinbach Pistons in exchange for the MJHL List Rights of Kieran Thiessen F (2001) and Future Considerations.

The Swan Valley Stampedeers have traded Tanner McKechnie F (1998) to the Virden Oil Capitals in exchange for Future Considerations.

The Dauphin Kings have traded

George King F (1998) to the Melfort Mustangs in exchange for Future Considerations.

The Winkler Flyers have traded Michael Boutoussov F (1999) to the Melfort Millionaires in exchange for Future Considerations.

The Steinbach Pistons have acquired Caleb Paisley F (1999) from the Red Lake Miners in exchange for Future Considerations.

The Virden Oil Capitals have traded Brayden Pawluk D (1999) and the MJHL List Rights of Slade Stanick F (2003) to the Dauphin Kings in exchange for Jacob Evans D (1999).

The Waywayseecappo Wolverines have acquired Karstin MacDonald D (1998) from the Yorkton Terriers in exchange for Future Considerations.

The Dauphin Kings have traded the CJHL Rights of Brendan Benoit G (2000) and Future Considerations to the LaRonge Ice Wolves in exchange for Stephon Perreault D (1998).

The Dauphin Kings have traded Wayde Johannesson D (1998) and Future Considerations to the Selkirk Steelers in exchange for Future Considerations.

The Steinbach Pistons have traded



Selkirk acquired veteran Wayde Johannesson and future considerations from the Dauphin Kings in exchange for future considerations.

Trent Halfdanson F (2000) and Future Considerations to the Waywayseecappo Wolverines in exchange for Riley Vautour F (1998).

The Virden Oil Capitals have acquired the MJHL List Rights of Jesse Mistlebacher and Future Considerations from the Swan Valley Stampedeers in exchange for Future Considerations.

sports & recreation

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Preparations proceeding full blast for Manitoba Scotties

By Roger Newman

The Gimli Rec Centre is being gussied up for the 2019 Manitoba Scotties Women's Curling Championship taking place Jan. 22-27 on the ice surface of the hockey arena.

The hockey players are being banished to Winnipeg Beach while workers renovate and decorate the arena lobby to greet 16 teams and the 64 curlers and coaches competing in the six-day provincial championship.

The pucksters will be away for two weeks during the curling championship preparations and games. Curlers will be playing on the hockey side as the stands will seat hundreds of fans compared to the limited accommodations on the curling side of the building.

The decorating to welcome competitors and the public was already under way Saturday while Dr. Jessica Chan sculpted a bear from snow outside the centre, with help from Gimli Scotties executive members Lynn and Ted Hoplock. Dr. Chan is a medical professional at the Gimli Community Health Centre with credentials as an amateur sculptor in her spare time.

Spectators at the provincials will see the 16 teams play seven games each in two pools of eight in the preliminary round before playoffs composed of quarter and semi-finals leading to the championship game.

The list of qualifying teams is now final. Gimli skip Kerri Einarson leads the way with her new team including third Val Sweeting, second Shannon Birchard, lead Brianne Meilleur and coach Patti Wuthrich. Right behind on the list is East St. Paul's Tracy Fleury who has inherited Einarson's former team members, Selena Njegovan, Liz Fyfe and Kristin MacCuish.

Other teams will be skipped by Alyssa Calvert (Brandon), Tiffany McLean (Brandon), Lisa Hale (Dauphin), Joelle Brown (Charleswood), Terry Ursel (Arden), Kristy Watling, (Fort Rouge), Allison Flaxey (Granite), Jennifer Clarke Rouire (Miami), Mackenzie Zacharias (Altona) and Rebecca Lamb (Stonewall). The biggest contingent, however, will come from Winnipeg's Assiniboine Memorial Club and includes skips Laura Burtnyk, Beth Peterson, Barb Spencer, Darcy Robertson and Abby Ackland.



EXPRESS PHOTO BY ROGER NEWMAN

Dr. Jessica Chan carves a bear out of snow to greet players and fans at the Manitoba women's curling championship being held in Gimli from Jan. 22 to 27. She was assisted by Lynn and Ted Hoplock of the Scotties committee.

Sandy Hook skip leads team into Gimli Scotties

By Roger Newman

A new curling star is rising in the Interlake.

She is Sandy Hook's Rebecca Lamb who will lead one of two Interlake teams in the imminent Manitoba Women's Scotties Curling Championship running from Jan. 22 to 27 at the Gimli Rec Centre.

The other, of course, is led by Camp Morton's Kerri Einarson, now an established national star after making her provincial debut in 2007 when a previous Scotties was held in Gimli.

Lamb, who works as a pharmacy technician at Gimli's Taylor Pharmacy, will helm a newly established team composed of players she met during an outstanding junior career that took her to seven provincial championships. Representing the Stonewall Curling Club and meeting there for

weekly practices, team members include Lamb, 22, third Janelle Vachon, 26, second Brooke Friesen, 22, and lead Holly Friesen, 20. Vachon lives in Brandon while the Friesen sisters are both Winkler residents..

"This is our first season together but we've already played in eight Manitoba bonspiels and won a bit of money," Lamb says while mentioning a semi-final appearance in Morris.

She began curling competitively at age 12 after learning the game while playing with her family in Winnipeg Beach and Teulon. Still coached by her father Rob Lamb, she further developed her on-ice skills at the Assiniboine Memorial and East St. Paul clubs before settling in at Stonewall.

She is an admirer of provincial champ Kerri Einarson's accomplishments and is looking forward to mak-

ing her second appearance in the women's provincials — this time in Gimli.

"It's going to be nerve wracking because I've never played in front of crowd this size including many people I know," said Lamb. Lamb graduated from Gimli High School and says a perfect finish would see her team playing in the final against Einarson.

Spectators for certain will be her mother Tammy and her two sisters one of whom, Coralee, also has experience as a competitive curler. Victories will be hard to come by in a tough 16-team field, but Lamb thinks her foursome has an advantage in a game they all love.

"We were all raised on cattle and horse farms and we bring our farm work ethic to the ice," Lamb says.



EXPRESS PHOTO BY ROGER NEWMAN

Skip Rebecca Lamb will lead her new team into action at the Gimli Scotties Provincial Women's Curling Championship.

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RURAL MUNICIPALITY OF GIMLI BY-LAW ENFORCEMENT OFFICER SEASONAL POSITION

Description:

The successful candidate will be responsible for monitoring compliance to by-laws within the Municipality; must possess effective public relations and communication skills; ability to deal effectively with complaint investigations and resolution, perform duties effectively with minimal supervision, and maintain accurate work records.

The successful candidate must be available to respond to calls during the day time, evening and weekends, on an on-call / complaint basis. They must use their own personal vehicle and have a valid Manitoba Driver's License. They must be familiar with Microsoft Office products as the position requires tracking and follow-up of by-law complaints and concerns, including issuing letters and fines, as required.

Preference will be given to applicants with past experience in by-law enforcement.

The successful applicant must be able to obtain RCMP security clearance before commencing work. Medical information pertaining to job responsibilities may be requested.

Interested applicants are invited to submit a written application, including 3 references, by 4:30 pm, Thursday, January 31st, 2019 to:

Joann Murphy, CAO
Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246, Gimli, MB R0C 1B0
Email: gimli@rmgimli.com
Fax: (204) 642-6660

We thank all applicants for their interest; however only those selected for an interview will be contacted.

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

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.

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.

PROPERTY FOR SALE

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 bdrm. from \$949 with all utilities included. 2 bdrm. from \$992 with all utilities included. Tollak II 1 bdrm. from \$1,226 with heat & water included 2 bdrm. from \$1,427 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.

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.

We are currently seeking a licensed automotive technician or apprentice for full time position. We are a full service automotive repair shop. Duties include all aspects of vehicle repairs. Must be able to work with min supervision. Must be honest, reliable and hard working. Wage negotiable. Apply: Stonewall Tire & Auto Repair, 377 1st Street East, Stonewall. Email resume: stone.walltire@mts.net

MISCELLANEOUS

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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 1-204-546-2751. 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 MacGregor, MB. 1-888-685-3127 www.kaldecktrailers.com

WANTED

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

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood.elkbranch@mymts.net

Medical condition? Receive up to \$50,000 from the Canadian Government? For your free no obligation information package call Manitoba Benefits 1-800-211-3550 or send a text message with your name and mailing address to 204-808-0035 for your free benefits package.

FARM MACHINERY

7 ft. angle dozer to fit 1010 JD Crawler with hoses, 2 cylinders & 2 trunions; various parts for International T.D. 6 plus T.D. 9; bottom rollers for 17A - D7 Caterpillar. Ph 204-376-5082, Arborg.

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SSGL Coordinator
Senior Supports in Group Living

To work out of the Sunrise Lodge
& the House of Hope.

The applicant must be energetic, self-motivated, have the ability to work independently and some knowledge of being around Seniors.

Please submit resume to:

ADSRC, Box 935 Arborg, Mb. R0C 0A0

PH: 204-376-3494

Email: srprogrm@mymts.net

Deadline is January 31, 2019



www.gimliharbour.ca

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THE **EXPRESS**
WEEKLY NEWS

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START DATES: Arborg: Feb. 4, 2019 | Stonewall: Feb. 5, 2019 | Selkirk: March 4, 2019

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Contact:
Parkway Co-op, Box 729
Roblin MB R0L 1P0
Attn: Lawrie Lungal, HR Mgr
E: l.lungal@parkwaycoop.com
Ph: 204-937-6414



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:
1-204-726-0000
Cell: **1-204-761-2999**



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94 - 1st Avenue, Gimli**

Newly renovated, 392 square feet office / commercial space with sidewalk access is available for rent as of January 2019.

Please contact the Manager at
204-642-4611 or email
waterfrontcentre@mts.net
for more information.

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 Lunder, 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 Jan. 31, 2019 to Lana Meier at news@expressweeklynews.ca

Stonewall Teulon
Tribune

THE **EXPRESS**
WEEKLY NEWS

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



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SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| S | E | A | R | | | | | |
| A | T | E | N | V | S | | S | E |
| N | A | H | L | Y | X | | O | E |
| I | B | O | S | I | S | E | N | I |
| L | I | N | S | W | E | O | R | |
| S | O | V | L | | Q | I | O | V |
| | | | | | | | | |
| H | L | E | S | | Q | T | I | E |
| T | E | O | S | | S | V | H | |
| S | E | O | I | S | V | | S | E |
| Q | O | Q | H | V | d | S | N | O |
| L | V | N | | E | H | V | N | S |
| N | O | I | L | I | S | O | d | E |
| O | T | B | V | X | I | W | S | O |
| I | E | T | V | W | | H | V | T |
| H | V | S | L | | | S | V | H |

Crossword Answer

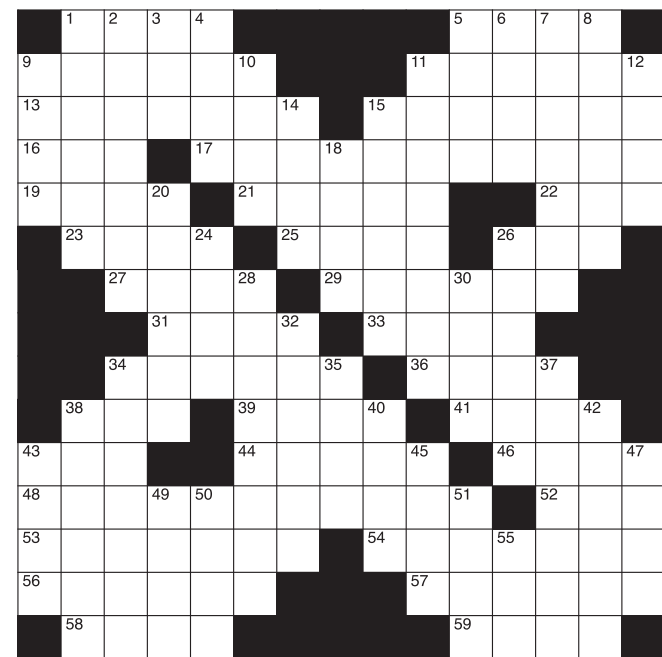


CROSSWORD

CLUES ACROSS

- One-time Levi's CEO
- Emperor of Russia
- Islamic theology scholar
- Hammer with a large, wooden head
- Food
- Can be combined
- Midway between east and southeast
- Governs a noun or pronoun
- Gorilla
- Type of trap
- "Unforgettable" singer
- Atomic #10
- Practice fight
- US gov't branch
- Female deer
- Remarks meant for the audience
- Undergarments
- Prevent from seeing
- Masked
- "A Suitable Boy" novelist
- Invisible gaseous substance
- Sour
- County in New Mexico
- No seats available
- Pulitzer-winning composer
- Fit or irritation
- The ability to move objects through thought
- Skywalker mentor ___-Wan Kenobi
- Herbal medicine seed
- "Zero Dark Thirty" director Bigelow
- Preferences
- Soundly
- One precedes another
- Au revoirs

CLUES DOWN



- Famed explorer
- Transferred property to
- Clerical vestment
- Free-swimming marine invertebrate
- Cab
- Thin piece of wood
- Persons without pigment in their skin
- Fill again
- Submissive
- His and ___
- Sources of stress
- Shelter
- French commune
- Boggy ground
- Old man
- Peanut
- Michael Corleone's personal

- enforcer
- Geological formations
- Wages
- Insect repellent
- Unit of time
- Musician
- Not good
- Esteemed one
- Structures
- Where workers sit
- Women who foretell the future
- Quantitative fact
- Missing soldiers
- Diminutive
- This (Spanish)
- Hold on to
- Thrust a knife into
- Hengyang Bajialing Airport

WELCOME TO 2019

WELCOME TO



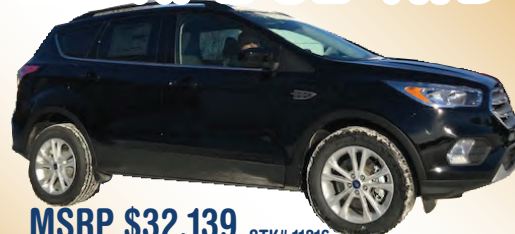
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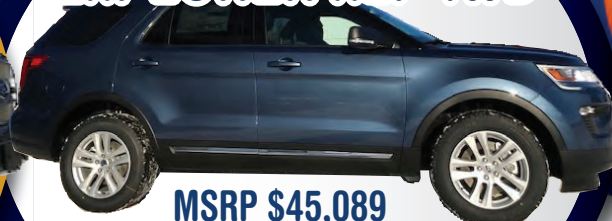
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