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WEEKLY NEWS

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New Year's celebration

EXPRESS PHOTO BY ROZANNE NEVAKSHONOFF

The Fisher Branch Ukrainian Chaika Dance Club packed the hall for the annual New Year's Eve festivity last Saturday. The beginners group, dressed in traditional costume with barnyard props, were one of many groups celebrating Malanka. Pictured, barnyard characters, front row, left to right: Tyelle Brill, Jared Vandersteen, Reese Nahuliak; back row: Asya Bird, Morgan Smith, Ainsley VanHussen and hiding in behind is Aurelia Brill.

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Fisher Branch teachers looking to promote Duke of Edinburgh Award

By Jeff Ward

In an effort to encourage youth development, two teachers from Fisher Branch Collegiate are working to promote the Duke of Edinburgh International Award that can lead to some exciting adventures.

That effort has spawned an adventure club within the school that both Mario and Angela Magon, who teach at Fisher Branch Collegiate (FBC), are hoping to see students get involved in.

The award comprises three levels that each take a certain period of time to complete. The bronze level, which students can enrol in if they are 14 years or older, usually takes six to 12 months to complete. Silver takes 12 to 18 months and gold takes 18 to 24 months.

The award requires students to spend time giving back through community service; building their own skills academically, artistically or creatively; taking part in regular physical recreation; and, finally, going on an adventure.

"These adventures, and really the whole award structure, are very valu-

able to students," said Angela Magon.

"In the past when we've been involved, Mario Magon has taken students on kayaking trips or white-water rafting. These can lead to team building and it gives students a chance to do things they've never done before."

The award is a commitment that students need to stick with for longer than the regular school year. It's something that they're always working towards for several months, but if achieved, it can be a fantastic piece on a student's academic portfolio or resume, Mario Magon said.

"AS A TEACHER, YOU DON'T ALWAYS KNOW WHAT MOMENT WILL BE POWERFUL FOR YOUR STUDENTS."

Interestingly, this isn't something that is chosen for the student and the milestones each participant meets are actually part of an overall plan they create for themselves. Students take ownership over where they want to give back, what they want to learn, how they want

to improve physically and what their adventure could be.

"I've taken students on multi-day kayaking trips to remote islands and on one-day white-water rafting trips



EXPRESS PHOTO BY JEFF WARD

Mario and Angela Magon are hoping more students at FBC take part in the Duke of Edinburgh International Award as the experience could be life-changing.

with guides. The students really grew out of those experiences because they had a chance to connect with nature and step outside of their comfort zone while being supported and safe," said Mario Magon.

Those experiences can, in some cases, be life-changing and important moments that students remember forever.

"As a teacher, you don't always know what moment will be powerful for your students, but in these instanc-

es, it's hard not to see how impactful something like this can be," said Angela Magon.

For parents looking to get their kids involved, Angela Magon said that contacting either her or Mario Magon at the school is fine. They're both open to speak with parents who need more information.

Currently there are more than 50,000 Canadian youth taking part in the award and over 10 million worldwide.



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Avoid a vehicle fire: inspect your extension cord

Submitted

As Manitobans deal with extreme cold temperatures, Manitoba Public Insurance is encouraging vehicle owners to inspect their extension cords. Every winter in Manitoba, several dozen vehicle fires are the direct result of damaged extension cords or worn blockheater/in-car heater plugs.

A cracked extension cord or block heater cord with a corroded plug can result in "electrical arcing" which can quickly spark a fire. Extension cords that are cracked or have exposed wires should be replaced. Corrosion can be caused by exposure to moisture, dirt and road salts.

Safety tips for extension cords/block

heater plugs:

- Don't drive over your extension cord. This can cause cracking/breaking during bitterly cold weather.

- With personal safety in mind, people are advised not to plug in their vehicles within a garage or any other enclosed structure.

- Take the time to visually inspect your extension cords to ensure no obvious signs of damage or exposed wiring.

- Cover your block heater plug-in with its protective cover.

- Unplug your block heater by using the hard rubber end. Pulling on the electrical cord can cause breakage and potential electrical issues.

Province criticized over handling of fish dealers that owe sheds \$1 million

By Patricia Barrett

Fishers owed about \$1 million have still not been paid for the fish they supplied to Northern Walleye Inc. and at least three American fish processors, and that's prompted one shed to file a complaint with the RCMP.

Ashern, Eddystone, Waterhen and Dawson Bay fish sheds let Walleye president Donald Salkeld ship their fish to the U.S. over the course of December when the open market came into effect. Some of that fish is sitting in processors' freezers and some (as of last week) is allegedly sitting in trailers in Dugald.

Although Sustainable Development said it is investigating the "delay" in payment, Waterhen decided to call in the RCMP.

"We do have a file open," said Sgt. Campbell of the Winnipegosis detachment, confirming Monday a fraud investigation is underway and the community of Mallard (near Waterhen) had made the complaint. "Certainly, we've got to look into it more. We're in the preliminary part of the investigation right now."

NDP environment critic Rob Altemeyer said he wants to see a "vetting process" implemented by Sustainable

Development as the example set by Salkeld has underscored a need to protect fishers from dealers.

"Mr. Salkeld has been in the media previously and his management of the Freshwater Fish Marketing Corporation was publicly criticized by the Auditor General of Canada," said Altemeyer. "It's not as if his track record was a secret. And yet somehow the province gave him a Fish Dealer Licence without any protections put in place for fishers."

Salkeld was hired as CEO of Freshwater in 2014. The federal government placed him on administrative leave in March 2016 and fired him for cause in December of that year. The Auditor General's report into his conduct showed he had destabilized the corporation by incurring a loss of \$2.4 million in whitefish sales, spending \$794,000 on unneeded equipment and creating positions without job descriptions.

Altemeyer said the province should be demanding performance bonds from potential dealers if there are "reasonable grounds" to do so, and requiring dealers to provide fishers with written documents detailing the terms of an agreement "just to make

sure we don't return to the bad old days, which we apparently have here."

He also wants to see dealers provide an initial payment when fishers deliver their catch, then pay the balance within seven days as per the current regulations.

"There is no recourse in Pallister's legislation to protect fishers from this type of thing happening, nor is there anything in the regulations that spells out how a fisher is to recoup losses," said Altemeyer. "Their only option is to hire a lawyer at their own expense

and try to get the money back through the court."

Mike Schafer of Schafer Fisheries, one of the American fish processors that received fish from Salkeld, said he wishes he hadn't helped him "because he hurt a lot of people."

"I trusted Donald. I trusted his judgement," said Schafer last Saturday. "I thought he was a good guy and he was trying to help straighten things

Continued on page 5



EXPRESS FILE PHOTOS BY PATRICIA BARRETT

Fish from one or more of the sheds is allegedly being stored in some of these trailers in Dugald, Man.



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Manitobans think municipalities should get half of pot tax revenue

By Patricia Barrett

A majority of Manitobans think municipalities should receive half or more of marijuana tax revenues, according to a survey released last week.

The Association of Manitoba Municipalities commissioned Probe Research to gauge public opinion on pot tax sharing, specifically whether municipalities should be entitled to a cut when the sale of marijuana becomes legal in July.

The survey found that 59 per cent of respondents thought municipalities should get between half and all of the revenues from pot sales, while 24 per cent said RMs should get less than half. Sixteen per cent weren't sure.

The AMM said in a Jan. 11 news release that it expects significant increases to policing and other costs from the legalization of cannabis.

"These numbers show that Manitobans are concerned about the increased costs of cannabis legalization and their local government's ability to pay for it," said AMM president Chris Goertzen in the release. "This is just another example of how municipalities deserve a 'fair share' of revenues, and our citizens support this."

The federal government offered provinces and territories 75 per cent of pot-tax revenues, which will be based on \$1 per gram or 10 per cent of retail sales, whichever is higher. Manitoba was the only jurisdiction in the country to have rejected that offer, saying it needed "more time" to decide whether it should accept the deal or create its own taxation scheme. It's unclear whether municipalities will get a share of those revenues.

The survey's findings are welcome news to Gimli Mayor Randy Woroniuk, who, along with council, will be making a final decision on whether or not to allow pot sales in the municipality.

The mayor said there are a number of unknown costs associated with marijuana, notably the cost of RCMP services for which the RM is responsible.

"[Policing] is one of the reasons why we want that tax money," he said. "It would be unfair to tax the residents of our municipality to pay for unknown costs. This is a provincial and federal responsibility and they should be responsible for fronting the money for it."

Woroniuk says the RCMP is unable to offer any information at this point about possible cost increases.

"We pay \$400,000 for three police officers in this town. That comes out of municipal coffers. The province does not contribute to that," said Woroniuk. "I'd like the province to say to us they're going to take a portion of increased policing costs. The RCMP incurred \$8,000 in overtime transporting mental health patients. That comes out of the \$400,000 we pay. That's a provincial [health] issue and we get no money for it."

Last week Manitoba Municipal Relations released a guideline containing a number of options RMs can consider when amending their zoning bylaws to accommodate pot retailers. Titled Zoning for Cannabis: A Guide for Manitoba Municipalities, the booklet indicates which jurisdictional areas RMs will be responsible for, including retail location, public consumption and land use planning and zoning.

"We just got this document and we'll review it and make a decision," said Woroniuk. "The guideline says we could prohibit it on Main Street or in tourist areas so we need to look through it and we need to present this to the community. It's not just a yes or no answer. People have to be informed."

The Manitoba School Boards Association sent a statement to all municipalities Jan. 11 in response to the guide, citing issues with the province's suggested distances or "buffer zones" between cannabis retailers and schools and other public areas where children congregate.

"We therefore encourage our municipal counter-

Table 1. Jurisdictional responsibilities for the different levels of government			
Activity	Responsible		
	Federal	Provincial	Municipal
Possession limits	✓		
Trafficking	✓		
Advertisement and packaging	✓		
Impaired driving	✓	✓	
Medical cannabis	✓		
Seed-to-sale tracking system	✓		
Production (cultivation and processing)	✓		
Age limit (federal minimum)	✓		
Public health	✓	✓	
Education	✓	✓	
Taxation	✓	✓	
Home cultivation (growing plants at home)	✓	✓	
Workplace safety		✓	
Distribution and wholesaling		✓	
Retail model		✓	
Retail location and rules		✓	✓
Regulatory compliance		✓	
Public consumption		✓	✓
Land use planning and zoning			✓

Manitoba Municipal Relations has released a cannabis guideline for RMs.

parts to consider buffering zones greater than 300 metres when planning and evaluating options for amendment to their zoning by-laws," wrote MSBA president Ken Cameron. "It seems counterintuitive to us that the guide would propose a one kilometre buffering zone in between cannabis retail outlets (on page 10), while reducing this distance to less than one third (pages 7 and 10) when it comes to locations frequented by our youngest citizens and residents."

Woroniuk said the municipality will take the association's concerns into consideration.

Province helps mark Women's Equality Week in Manitoba

Staff

The Manitoba government is promoting gender equality and highlighting women's achievements in the province by proclaiming the third week in January Women's Equality Week.

"This is our second year celebrating Women's Equality Week and together we have made great strides towards gender equality," Sustainable Development Minister Rochelle Squires, minister responsible for status of women, stated in a release on Monday. "However, there is more work to be done. Our government remains committed to supporting women in under-represented areas in the workplace, addressing gender-based violence, promoting the inclusion of more women on corporate boards and supporting women to attain higher education and leadership positions."

The week kicked off Monday with the launch of the Nellie McClung Trailblazer Scholarship, which supports women and girls pursuing education and careers in under-represented occupations with a particular focus on science, technology, engineering and math (STEM), business and trades.

"It is so fitting to have these trailblazer scholarships named after Nellie McClung," said Lila Goodspeed, chair of the Nellie McClung Founda-

tion. "She was a noted lifelong educator and stated, 'If I we're young again, I would spend my life as a teacher of young children, doing all in my power to give them a vision of the dignity and glory of being builders and planters, makers and menders.'"

Through the partnership, Manitoba Status of Women will award 10 scholarships to high school and post-secondary women and girls. Five awards of \$1,000 will be granted to Grade 12 students who have demonstrated an aptitude in an area of study that could lead to further education and/or careers in STEM, business or under-represented trades. Five awards of \$1,750 will be granted to women who are in their first year of a field of study in these areas.

The minister noted the selection criteria will reflect the diversity of Manitoba's population and include awards to students from Indigenous, northern and rural communities. Scholarship application information is posted online at gov.mb.ca/msw.

On Wednesday, Premier Brian Pallister was set to host a breakfast in partnership with the Winnipeg Blue Bombers to highlight the issue of violence against women. The theme is "Be More than a Bystander," and invited guests will reflect on the role men can play to help end violence.

Manitoba Status of Women is providing a \$5,000 grant to the Women's Enterprise Centre to develop an initiative to support women who wish to sit on corporate boards, which will include creating a website where interested women can send their resumes.

"It has been proven that organizations where women are well represented on the board of directors are more successful, both in profitability and in reputation," said Sandra Altner, chief executive officer, Women's Enterprise Centre of Manitoba. "We are very pleased to be working on this project that encourages women to seek board positions and align them with organizations that recognize the important and valuable perspectives they bring to both the business and its role in the community."

Last year, the province committed to developing a gender-based analysis resource for government workers. This learning tool has been developed and will be shared with all government employees as part of Women's Equality Week.

On Friday, women working in STEM and trades are invited to a breakfast with the minister and Dr. Jeannette Montufar, chair of the Manitoba Women's Advisory Council. Event information is available at gov.mb.ca/msw.

> FISH PROCESSOR, FROM PG. 3

out with Freshwater, but maybe that's all wrong."

Without his knowledge, Schafer said Salkeld delivered fish to his competitors using Schafer's Food & Drug Administration import permit to cross the border. Schafer put a hold on his permit and had his Chicago lawyer ask Salkeld for records of shipments and payments.

Schafer said he doesn't know if a payment he sent via Salkeld ever reached the sheds.

"I sent Donald \$10,000 for what I sold of the fish that I could sell," said Schafer. "I have no idea [if the fishers got it]."

Salkeld delivered walleye and pike to his processing plant even though Schafer said he specializes in mullet and carp. Nevertheless, he intends to honour his obligations.

"The two loads that came across the border this week, I got the mullet sold out of them and the carp, and I'm going to pay the sheds for that," said Schafer. "I guarantee I'm going to pay what I have sold. I'm going to live up to my obligation there. If they want to sell me mullet in the future, I would buy mullet or carp. I just don't want to buy walleye and pike. I have nowhere to go with that. I don't know where the market is on that stuff. That's not my expertise."

Salkeld could not be reached by telephone for comment and did not respond to a text.

Gimli MLA Jeff Wharton, who has openly supported Salkeld, did not respond to a request for comment.

Interlake MLA Derek Johnson said the province has to do its "due diligence" to determine whether Salkeld or Schafer is at fault before it can suspend a licence, and its main concern is to see the fishers paid.

"It's under investigation right now and you can't jump to conclusions," he said. "Some sheds [have] emails that suggest Donald was only the

transporter of the fish, not the actual purchaser."

You need to have a "facility to utilize your licence" and Salkeld doesn't," said Johnson. He also "can't export" using his dealer licence, to the best of his knowledge.

When asked whether Salkeld should be held accountable for his role in taking away the sheds' fish, Johnson said, "That's exactly what we have to look into."

Sustainable Development indicated it won't take action against the dealers while it investigates.

"Our government continues to investigate the circumstances that has led to the unacceptable payment delay by two dealers to a number of commercial fishers," said Minister Rochelle Squires. "There are consequences for not meeting the numerous conditions listed on a fish dealer's licence, but for the moment we are more concerned with ensuring these fishers get the money owed to them than doling out punitive measures that could potentially further delay payment."

Industry analyst and Lake Winnipeg Fishery Co-management Board member Bill Buckels said it's a stretch calling payments "delayed." The department should consider it a case of "no" payment and enforce the regulations it created.

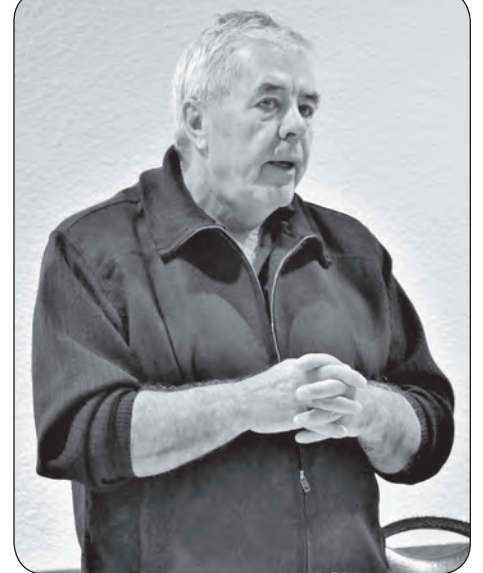
"I don't think we can give our government a pass here. They seem to have acted like accomplices," said Buckels. "This should not be trivialized or dismissed. No 'due diligence' after the fact is needed to know that the law was broken."

Buckels said the department has continued to levy fines against fishers, but has seemingly overlooked the dealers.

"For conservation officers to stand down the way they have here, and continue to enforce the other regulations and give our fishers tickets



Mike Schafer



Donald Salkeld

seems like malicious prosecution and discriminatory treatment, from my view," he said. "How can we expect our fishers to take enforcement seriously when they have given these fish dealers a pass instead of a ticket?"

It is common knowledge among a number of fishers from different lakes that some of the sheds' fish is at risk of decomposing in trailers used by a trucking operation Salkeld hired. The Express was unable to reach the company.

Buckels said he learned on good authority that the department knows about the trailers, but has not acted.

"I think the public has the right to know exactly how much fish has been wasted and decomposed while the province failed to act and seize [it]," he said. "And the province ignored many expert recommendations, including several from within [the department], to suspend these fish dealers' licences. It is a very serious charge to let fish rot."

Buckels said he also learned on good authority that the dealers did not provide Fish Purchase Records (receipts) as required under the regulations and the department is aware of the fact.

"This is not a human experiment in capitalist ideology, and winning at any cost. An intervention was required to

prevent the [dealers] who didn't pay from causing more damage. It is the Fisheries Branch itself that preaches a 'precautionary approach' to fisheries management.

"Any suggestion that due diligence has been done here is a nasty joke at the expense of the affected fishers and their families who gave up so much income during what should have been a merry and prosperous Christmas. A continued failure to act seems monstrous."

Having gone without pay for over a month, some sheds have turned to Freshwater to sell their incoming catches.

"Ashern has signed a contract and Eddystone officially signed yesterday," said FFMC's director of field operations Dave Bergunder on Saturday. "We've had discussions with Skownan (Waterhen) and Dawson Bay and we've extended a hand to them. We'll work with any shed or individual fisher that wants to work with us. Our door is open."

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MIFA reminds fellow fishers not to be littering

Hello my frozen friends.

Late last week, I came upon a big exuberant guy, Robert Yablonski of Fraserwood, on Lake Winnipeg east of Gimli. His buddy Keith Irvine of Gimli was getting their shack ready for some fishing so Rob agreed to share a bizarre experience that happened to him up at Clark Lake. Robert said he had gotten a strike and felt like it was an average-sized fish. Suddenly his rod was nearly torn from his hands as a tremendous force yanked on his rig. Robert, however, was not a man to be denied. He tightened his drag, then began hauling up, lowering the rod as he reeled in. Time passed, punctuated by heavy reeling in and violent forceful sideways runs by whatever was on the end of his line. Eventually, Robert could feel it tiring. Then just below the grey water's surface, the gigantic head of monster jackfish became visible for an instant. Purely by reflex, Robert heaved up hard on his line. The giant disappeared and the line got still.

"There's still something there," Robert said to his wife who was standing close by. He reeled in quickly, and seemingly in seconds, a smaller-than-average jack popped from the water high into the air, but the sight of it froze them. Huge deep teeth marks and tatters of hanging flesh covered the hapless small jack from its head to its half-torn-off tail. Only then Robert realized he had pulled the small jack right out of the huge jack who had swallowed it.

Early last week, I rambled up and down the ice shack village on the Red off the CIL Road by Selkirk, shooting the breeze with our angling brothers and sisters. After a while, I came to a

big, heavily constructed shack. As I got out of the truck, I noticed an eating-sized pickerel on the snow by the door, "Is that the only one you caught?" I shouted to whoever was inside. A young chap in a light-coloured hoodie opened the door and invited me in.

"Yeah, that's the only one right now," Cory Stefanyshyn of East Selkirk said. His buddy, Jeff Donkersley of Winnipeg, sat on a side bench jigging a line, nodding his head in agreement. They couldn't think of a story for us right then so I asked them for a favour. I had them hold up their fish for a picture and the new Manitoba Ice Fishing Association's sign that we are going to be seeing by the jump-off spots to the ice in southern Manitoba. MIFA used to put garbage barrels out, but so many disappeared we decided to go with signs asking folks not to leave garbage on the ice. MIFA, along with the *Selkirk Record*, the *Express Weekly News*, the *Stonewall Tribune*, Selkirk's own Canadian Tire and Smitty's have been promoting good housekeeping practices by anglers for years and I am proud to be a part of their efforts!

Day after day last week, it was hard to tell if anyone was out on the Lake Winnipeg south basin ice because of the blizzard-like blowing snow. When I could wait no longer for a final story for us, I wound up at the shoreline of Patricia Beach looking northeast at the wind-driven snow racing across the ice. A mile or so out, I could see the top of a hard wall ice shack and truck. I urged Old Red toward them, and upon reaching them, I parked my truck close to the shack's door. Using my boot spikes, I bent into the wind and stomped up to the shack door. I



EXPRESS PHOTO SUBMITTED
Cory Stefanyshyn on the left and Jeff Donkersley on the right with their pickerel and the MIFA sign.

shouted out over the roaring wind, "Hi, I'm Arnie Weidl. Have you got a story for your fellow anglers?" A voice from inside came back, "I've read your stuff in the paper, but I can't open the door. One hinge is off, and if I open up, the wind will tear the door off!"

"That's OK," I yelled back. "I'm used to all kinds of conditions when hearing fishing experiences."

"I'm Mike Gross from Ile des Chenes," he offered, "and I remember when I was here with a portable shack, the wind caught it before I could pin it down. I chased, caught it, set up and caught a 28-inch pickerel. I was so happy to catch a giant, I gave it a kiss and sent it back down the hole!" As Mike gave his story, I watched the howling wind wobbling my truck as I huddled against his shack wall, cupping my recorder to protect it so it got every word. I thanked Mike for his tale and, half-frozen, climbed into Old Red, pointing her to the shore.

Man, I thought, isn't being a writer a ton of fun. See you next week fellow fishers.

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Elder abuse presentation aims to help victims, raise awareness

By Justin Luschinski

The Gaynor Family Regional Library hosted a presentation on how to prevent elder abuse earlier this month.

The presentation examined the public perception of what elder abuse is and what can be done to prevent it.

Rick Caslake, the speaker during the elder abuse presentation on Jan. 5, said that people are more willing to confront abuse now, which was very uncommon in previous eras.

"Elder abuse isn't new. It's the awareness and the desire to do something to stop it that's relatively new," Caslake said. "Decades ago, abuse in families was hushed up. These days we support each other, and we give victims the opportunity to talk to someone with empathy."

"We need to understand what role we should be playing and what roles we should not be playing."

Caslake stressed that when someone sees abuse, it's important to remember that the average person is not a mental health worker or a police officer. The objective should be to allow an abuse victim to express themselves and to get them the help they need from a professional.

Caslake added it's important to not judge someone for being a victim of abuse.

"You need to check if what you're seeing is abuse. You need to be non-



EXPRESS PHOTO BY JUSTIN LUSCHINSKI

Rick Caslake led a presentation about elder abuse at the Gaynor Family Regional Library on Jan. 5. Caslake said that it's important to talk to an abuse victim without judgment.

judgmental. It's about giving a victim the chance to talk and giving you a way to see if what they're experiencing is really abuse," Caslake said.

The presentation also discussed some symptoms of elder abuse, such as an inability to purchase groceries or a family member that only visits when the victim receives money. Oth-

er symptoms might be physical, such as bruising or frequent unexplained injuries.

Research shows that four to 10 per cent of older adults have been victims of one or more forms of abuse or neglect, according to the province. These forms of abuse include physical, sexual, emotional, psychological

and financial abuse. Often the abusive people are family members or other caregivers.

If you are in an abusive relationship, or you know someone who may be, call 1-877-977-0007. If you are in immediate danger, call 911. For more information, visit gov.mb.ca/fs/fvpp/elder.html.

Manitoba government extends freeze on cottage fees

Submitted

The Manitoba government has extended its moratorium on increases to park land lease and service fees for cottages in provincial parks for another two years, Sustainable Development Minister Rochelle Squires announced last Friday.

"We believe cottagers are prepared to pay a fair price for the services they receive and for the value of using provincial park land for their vacation retreats," Squires said. "We are continuing to explore the development of a

fair and sustainable fee structure, and are working in partnership with cottagers to ensure Manitobans can enjoy their cottages and be able to pass them on to future generations."

Cottage service fees cover a variety of services including garbage disposal, water and wastewater, and road maintenance. Lease fees are based on a percentage of assessed land values. Service fees are calculated annually based on the cost of delivering services over the previous season.

"Cottagers derive great joy from the year-round beauty and tranquility of Manitoba's wonderful provincial park system," said Daniel Klass of the Manitoba Provincial Parks Cabin Owners Association. "The extension of the current freeze is a positive indication of faith on the minister's part that will provide an additional period of cost certainty for cottagers."

"Also, it will allow the continuation of current productive discussions we've had with the minister to reach a

funding formula that will support the park system and benefit the province, Manitobans and cabin owners in the long run."

The moratorium, initially established in 2016, had been set to expire in July. This extension means cottagers in provincial parks will pay the same fees in 2019 and 2020 as they did in 2017. Cottage owners and associations will continue to be consulted and future changes will be developed with their input, Squires noted.

Impaired driving charges during RCMP Holiday checkstop

Staff

During the RCMP's four-week Holiday Checkstop Program, only 1.6 per cent of all drivers stopped were charged with impaired driving.

Checkstops were held near Arborg, Gimli, Teulon, Stonewall, St. Laurent and Lundar with 474 vehicles stopped across 13 separate check-

stops. Of those vehicles stopped, only eight drivers were charged with impaired driving, 15 charged with seatbelt infractions and 29 charged with other Highway Traffic Act offences.

The Interlake was marginally higher than the province as a whole in terms of impaired driving charges.

Province-wide, only 1.4 per cent of drivers stopped (117 out of 8,333) were charged with impaired driving. There were 51 alcohol-related roadside suspensions, 2,153 traffic related provincial statute charges laid — the majority of which were for speeding and seatbelt offences. There were 45 Liquor & Gaming

Contract Act offences and 31 other Criminal Code Driving offences.

There were 3,448 fewer drivers stopped during the 2017-18 campaign as there were in the 2016-17. There was one traffic related fatality during the four-week program this season compared to six the year before.

Chaika dancers draw sell-out crowd to Malanka celebration

By Rozanne Nevakshonoff

Fisher Branch Chaika Dance Club's Malanka brought the house down with a flurry of colour, entertainment and amazing food last Saturday.

To usher the old year out, guests of this year's Malanka celebration were welcomed at the door by Brian and Darcy Truthwaite as well as dance instructors Daneika Leduchowski and Cody Vandersteen. A traditional shot of vodka and a piece of kolbassa were enjoyed before guests weaved their way through a standing-room-only crowd to take your seat.

The junior troupe, dressed in costumes representing several regions, presented the traditional bread and salt to all present before performing the Pryvit, which translates to greetings or hello.

Following the inaugural dance, the program commenced with the Poltava, Hutzul, Polissia, Tambourine, Sailor, Kozachuk, Barnyard Character, Contemporary, Bukovyna, Gypsy, Hopak and finally the Kolomayka (which is traditionally danced at midnight to bring the new year in).

A guest dance troupe, Selkirk's Troy-anda, were invited by the board to perform as an incentive to the young dancers in the community. This group is primarily made up of older teens and young adults, one of which is a former Chaika dancer, Jaden Kochan. The board's vision is to inspire its dancers to continue dancing as they get older, especially young male dancers who have a tendency to drop out as they reach high school, leaving a gap or shortage in many clubs.

The Chaika dance club has a vision to inspire their dancers, promote and encourage more youth to join their club, and most importantly, to inform the dancers that opportunities to dance goes well beyond high school.



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF



Round three for Arborg's personal care home proposal

By Patricia Barrett

The business case for a new personal care home that the Town of Arborg and the RM of Bifrost-Riverton want to see built has undergone its third round of submission.

This time, however, the Interlake-Eastern Regional Health Authority has been asked to recommend what communities should be approved for PCH beds.

Arborg's first proposal was submitted to the former NDP government in 2015 but was put on hold when the Conservatives assumed power in 2016. Arborg submitted a second application to government in February 2017. After approving new beds in the southern part of the province last fall, the government asked the IERHA to submit recommendations by February of this year.

"My sense, as the consultant for Arborg, is that Arborg's proposal amongst all the proposals would absolutely and arguably be the strongest proposal based on the incredible community contribution and input from Arborg Senior's Housing Corporation, as well as the councils of Arborg and Bifrost-Riverton," said Gordon Daman, president of Red River Group. "They've established training to address HR issues, and they've looked at various creative options in regards to developing the community campus ... attached to the existing assisted living. There really isn't a better application."

The Conservative government has committed to building 1,200 new PCH beds at a cost of \$133,333 per bed (or \$160 million) over the next eight years.

Arborg was not among the three communities chosen by the province last September to receive funding for new beds.

Winnipeg's Bridgwater PCH will see up to 108 new beds. Steinbach's Rest Haven PCH will be expanding with up to 140 new beds. And Carman's Boyne Lodge will be expanded by up to 10 new beds, 70 replacement beds and up to 30 new transitional care beds, according to a Sept. 8 provincial news release.

After the funding announcement, the government made a few changes to the process, said Daman. It identified beds on a "regional basis," allocating 240 beds to the Interlake region, and asking the health authority to choose communities.

"Manitoba Health has requested that the IERHA would be the ones that would actually be doing the due diligence in recommending — not selecting but recommending — which sites should be moving forward," said

Daman. "Those recommendations will go to Manitoba Health and it will make the final decision. I think the rationale that Manitoba Health had was that the region should have a better understanding of the needs and local dynamics involved."

The IERHA's chief operating officer and vice-president of corporate services Ron Janzen said the health authority will be vetting community proposals over the next few weeks.

There are three major factors the IERHA has been asked to weigh, he said. The first is identifying communities with the greatest need for PCH beds. The second is a community's business case.

"How sustainable is the business case being put forward? Is this an area where we can effectively staff the facility?" he said. "Is it a facility that will run reasonably efficiently? Is there a good governance model behind this proposal? Is there a community group supporting it? Those kinds of things are all important measures."

The third factor is design.

The province issued a new design guide last October and it "changes the design standards for personal care homes," said Janzen, "creating a more residential type of design as opposed to the more traditional or institutional footprint we've seen in personal care homes until now."

For confidentiality reasons, Janzen said he can't discuss what communities have forwarded a proposal but can say the health authority received "several proposals and they represent communities across the region."

The IERHA must submit its recommendations to Manitoba Health by Feb. 9.

Arborg faces approval challenges on a few fronts, said Daman, including a waiting list for PCH beds that isn't as high in the Arborg area as it is in communities in the IERHA's southern reach, and the town's own "forward-thinking" as far as supports for seniors are concerned.

"This was robustly argued in the amendment to the submission: one of the reasons why the wait-time lists aren't as high in Arborg is because of the significant amount of assisted living and supportive housing that the community has already established," said Daman. "Research [shows] that reduces the requirement for PCH beds."

And Arborg's current 40-bed facility may "negatively impact" its proposal for an additional 40 beds, he said.

"I certainly appreciate the frustration that the citizens of Arborg and Bifrost-Riverton are feeling during



EXPRESS PHOTO BY PATRICIA BARRETT

The assisted living complex in Arborg might be integrated into a new personal care home facility if Manitoba Health approves the project.

this time because they've been working on this diligently for close to three years now," said Daman. "I believe the project proposal is the strongest one the RHA will see from any community in the region."

The Conservatives are expected to provide half of the promised 1,200 beds by the end of their first term.

"If all those beds are awarded in the next six to 12 months, then the province will have met a commitment of 600 of the 1,200 beds in their first term," said Daman. "I presume they will do the final 600 beds in their next term of government, should they win government."



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TV docu-series on Métis culture filming second season

By Jeff Ward

The documentary series that followed Métis people from St. Laurent and showcased their trapping, hunting and fishing excursions is now halfway through production on its second season and is looking to put a different spin on the way it tells its stories.

The series, *Au Pays Des Mitchifs?* (*Who Are The Métis?*), ran its first season on Canal D last year and was popular enough to have a second season greenlit.

Patrick Clement, series producer, said that for Season 2, he wanted to tell the stories in a new way that would help bring in a wider audience. The idea was to bring in celebrities from Quebec and drop them into St. Laurent to experience the culture first hand. Quebec rapper Samian and former journalist Denise Bombardier were two of those personalities that spent time in the community. Clement explained that the celebrities act as an audience surrogate and learn about the characters in the show, the residents of St. Laurent, as the audience does.

"Even though we're using celebrities, the stars of the show are still the people of St. Laurent," said Clement.

"The goal is to entertain and educate and as always, showcase that rich Métis culture. We're halfway through filming this season and so far it's looking really good."

Clement said that, similar to Season

1, the show will revolve around activities like hunting, fishing and trapping. But it will also focus on the community in a way the first season didn't. Because the celebrities in each episode have never been to St. Laurent before, there will be a more detailed account of the community.

Even the Métis language will be explored in depth this season as the visitors, native French speakers themselves, learn more about the intricacies of what makes the language different.

"We'll be speaking and someone will ask, 'What does that word mean?' because it's something we've never heard before," said Clement, who added that it leads to very interesting conversation.

One of the happy realities of shooting this new season is just how quickly strangers have become friends while producing an episode.

Clement said that relationships formed quickly and the bond between the Quebec visitors and St. Laurent residents was strong.

Those connections to the culture, the land and to each other is what makes the show a genuine and authentic experience, Clement said, and it's one of the reasons why he believes this show is one to be watched.

"Our challenge is to represent that on screen. I think people feel we are being fair when we talk about their culture. We explore their struggles and how they've persevered and I'm happy to be doing a second season,"

"EVEN THOUGH WE'RE USING CELEBRITIES, THE STARS OF THE SHOW ARE STILL THE PEOPLE OF ST. LAURENT."



EXPRESS PHOTOS SUBMITTED BY PATRICK CLEMENT

Norbert Langelier and Roy Dupuis pull nets from the water in Season 2 of *Au Pays Des Mitchifs*.



From left: Claude Buors, Charles Langelier, Samian, Earl St. Goddard, Norbert Langelier and Laurent Dumont warm up by the fire.

said Clement.

Filming will conclude in April and

the show will air sometime in September on Canal D.

Laxdal's Stars will battle Moose in pair of AHL games this weekend

Staff

There will be a familiar face roaming around the Bell MTS Centre this weekend.

Stonewall's Derek Laxdal and his Texas Stars will be in Winnipeg for a pair of American Hockey League games against the Manitoba Moose.

The two teams will clash Friday and Saturday with a pair of 7 p.m. starts.

Texas was 20-15-4-1 heading into this past Monday afternoon's road contest with the Ontario Reign.

Laxdal was named the fourth head coach in the Texas Stars' franchise history on July 3, 2014, to begin his American Hockey League head coaching

career.

In his first three seasons behind the bench for Texas, Laxdal guided the club to a 114-84-22-8 record and a pair of playoff appearances.

In his 15-year head-coaching career, Laxdal has made 13 trips to the playoffs and recorded 11 40-plus win seasons.

Laxdal joined the Stars after an impressive four years (2010-2014) as head coach of the Western Hockey League's Edmonton Oil Kings, highlighted by winning the 2014 Memorial Cup.

As a player, Laxdal was an eighth-round draft pick (151st overall) of the

Toronto Maple Leafs in the 1984 NHL Entry Draft.

He spent parts of six NHL seasons with the Leafs and New York Islanders, tallying 19 points (12 goals, seven assists) in 67 career games.

His professional playing career spanned 15 years and Laxdal appeared in 356 games at the AHL level – compiling 230 points (108 goals, 122 assists).

He won the 1990 Calder Cup as a member of the AHL's Springfield Indians and also claimed the 1997 B&H Cup with the Nottingham Panthers of the British Ice Hockey Superleague.



Derek Laxdal

Arborg's Freedom Worship Centre celebrates official opening of church

By Patricia Barrett

Arborg's Freedom Worship Centre held a grand opening celebration last Saturday for its new church on PR 326 on the east side of town.

The church invited special guests and the general public to stop by for refreshments and to explore the capacious building, which includes a 350-seat hall with a state-of-the-art sound system, classrooms for youth instruction and administration offices.

For 13 years, the church has held services in the Arborg Community Hall but started fundraising for its own house of worship. The funding came exclusively from private donations, said senior Pastor Abe Wiebe.

"This building is a testament to what can happen when a community of folks believes in a vision and works together to accomplish that vision," said Wiebe to about 200 people attending the celebration. "My heartfelt appreciation also goes out to ... the builders, the design and project manager, as well as all the contractors and suppliers that have worked hard to finish the project within the expected time and within budget."

Church elder Darlene Kornelsen said the church has a youth band.

"The youth have their worship and we have ours on Sunday morning, but they're also part of the band on Sunday mornings," said Kornelsen. "We have adults and youth mixed together on Sunday mornings. The youth band is phenomenal. They do really well."

Kornelsen said their weekly youth program and the classrooms — equipped with video screens and blackboards — will serve youth of different age groups, including those of nursery age.

In the elementary kids' classroom (ages 6, 7, 8), one of the church's teachers explained how the youth program works.

"At the beginning of kids' church on Sunday mornings, they'd be able to draw," said Ashley. "Usually we do scripture on the [screen] and we have lessons for them. Part of it is on video and part of it is in binders. And we also play games."

Pastor Maarten Gerritsen from the Arborg Christian Fellowship church, which located next door to the centre, stopped in to wish his "good neighbours" all the best.

Church member Leroy Loewen acted as MC for the formal part of the celebration, paying respect to each guest speaker and thanking them for their support.

"[We estimate] about 16,000 hours were put in to complete this building," he said. "So if one of us had



EXPRESS PHOTOS BY PATRICIA BARRETT

Pastor Abe Wiebe cut the ribbon with help from church members and dignitaries.

to do it by ourselves, we would have had to spend about eight years working on it. So it's been quite the project."

Bifrost-Riverton Reeve Harold Foster congratulated the church for its success and continued involvement in the area, saying "churches are a part of building a community."

Councillors from the Town of Arborg — Susan Bauernhuber, Vivian Leduchowski, Larry Speiss, Deputy Mayor Robbie Thorsteinson and Mayor Randy Sigurdson — also paid their respects.

"We typically see houses of worship with aging and shrinking populations. This church has defied the odds, and it's truly a blessing its emergence has occurred in the town of Arborg," said the mayor. "We hear so much these days of the negative aspects of society and it does one's heart good to know that we have people in our population that have such a strong faith in God. This beautiful structure will certainly serve its parishioners well for years to come, and the good that will come from it can only make Arborg and the surrounding area all the better for it."

Interlake MLA Derek Johnson said the church will benefit the region.

"There is truly something amazing about the ability of a group like this of determined individuals of shared faith to create something for the betterment of Arborg and of course the surrounding area," said Johnson. "For a community, a church is a sanctuary for which families and individuals alike come together and learn the practice of faith."

Church leaders and special guests helped Pastor Wiebe cut the ribbon.



Pastor Abe Wiebe of Freedom Worship Centre.

"I'm not sure I can handle this thing," Wiebe quipped as he hoisted a pair of industrial-sized scissors.

The centre offers a Sunday morning worship service at 10:30 that is open to everyone.

"We believe that the faith community is an important element of society," said Wiebe. "Our vision is to see everyone experience God, grow in freedom and follow Jesus. It is our mission to be productive members of society, to help the needs of the local community and to be a place of support for those seeking to know and follow Jesus."

For more information about the church, visit www.freedomworshipcentre.ca.



Freedom Worship Centre



Zoe and her grandmother Lydia check out the nursery room. Teacher Kayleen volunteers in the nursery.



Town of Arborg councillors Vivian Leduchowski and Larry Speiss.

Hilbre photographer has photo included in French competition

By Jeff Ward

Amateur Hilbre photographer Alex Vasylies is one of 600 photographers from around the world whose photos will be seen at a Strasbourg, France, exhibition later this month.

The exhibition, GuruShots, takes place Jan. 26-28 and features photos based on the theme "Borders." That theme can be interpreted to be physical, virtual and in many other ways artistically, and for Vasylies, it materialized in the form of a simple wooden fence.

Vasylies said his photo was taken in a brief moment of inspiration while travelling along Highway 6 in between Ashern and Eriksdale. He noticed a simple farmer's fence and stopped to take a quick photo of it. He explained that it took him all of a few minutes to get the shot before he was on his way again.

"My favourite topic to take photos of is major landscapes and flowers," said Vasylies.

"I stopped for 10 minutes to take that picture. I went close to the fence, took the picture and said 'Wow.' It turned out really good and I submitted it to the contest and it was chosen by the judges."

Photography has been something that Vasylies has been interested in ever since he came to Canada. He purchased his first DSLR only a few years ago and said he had no experience at all in photography but it ended up becoming a passion for him quickly. Learning more and more about composition, exposure, lighting and depth of field was fun for him and as a newcomer to Canada it was also a good excuse to get out and explore. He said that it wasn't until he spoke with his mother about his new passion that he found out that his father, who passed away when he was young, was also an avid photographer.

Earlier this year, Vasylies had his photo of crocus flowers near Steep Rock chosen to be on the cover of the 2018 Sunrise Credit Union Calendar for the Our Manitoba Photo Contest in Brandon. The photo was also shown in the Art Gallery of Southwestern Manitoba. He won a \$500 prize for that photo, which he donated to help feed children in his home country of Ukraine.

Vasylies explained that the Steep Rock cliffs are his favourite place to go and take photos, especially in the spring when the crocus flowers are



EXPRESS PHOTO SUBMITTED

Alex Vasylies's photo of a fence along a farmer's field between Eriksdale and Ashern will be shown later this month in an art competition in France. This contest is just another in a string of notable inclusions and wins for his photography over the last few years.

blooming.

"There are many places in the Interlake that are beautiful and I want to show that off to the world," he said.

Now in the GuruShots competition, his photos will be on display for a

massive audience. GuruShots Facebook page has over 350,000 followers and their most recent exhibition garnered over 17 million online votes.

FBC students training their brains for upcoming Waterloo Math Contest

By Jeff Ward

Students at Fisher Branch Collegiate (FBC) are working hard and taking an extra curricular math study group to prepare for an extremely challenging math test later this year.

The Waterloo Mathematics Contest is a gauntlet of questions that test the skills of students from all over the country. Angela Magon who is a math and English teacher at FBC is organizing the test and club. Magon explained that the test is not for the faint of heart and is meant to be extremely challenging with there being almost no way to score perfectly. Grade 7 and 8 students will take the test in May, Grades 9-11 will take the test in February and Grade 12 students will take their test in April. Magon said the test was originally created to recruit the top mathematics minds in the country and while the test still serves that purpose, with students who excel being given scholarship consideration by the University of Waterloo, it is also a great way for students to challenge themselves.

"I would say that the first third of the test is what you would see normally on a final exam," said Magon.

"After that it gets much harder and tests students ability to think logically to solve problems. What I hope is that it gives our best students the chance to test their skills while also inspiring other students to rise to the challenge."

Magon said that, while this test is certainly difficult, all students who wish to participate are welcome and that it is not reserved for only top performers. In fact she said she wants to see many students take the test and get interested in the world of mathematics as a potential academic and even career path.

The test contains 25 questions that increase in difficulty. They can range from multiplication problems to algebra equations and calculus. Magon explained that she herself took the test when she was in high school and even placed sixth in the province one year. She said it fostered a love of mathematics in her that she has to this day and she hopes it does the same for students.

"I think once we get the club up and running and students start practicing for the test they will find out that it can be very fun and engaging. And students will surprise you, they will rise to meet the challenge and I know they will go beyond what they think they're capable of," said Magon.

With students using their free time to study math and prepare for the test, Magon hopes that this will branch out into other areas of academic achievement as well. She hopes that this club could spawn a science club and add to the extra curricular activities available to FBC students.

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> MEAL IDEAS



Tomatoes Gratin

Heat oven to 350 F.

Cut tomatoes in half. In bowl, whisk together vinegar, 1/3 cup olive oil, garlic, thyme, salt and pepper; gently mix in tomatoes. Transfer to ovenproof dish. Place tomatoes cut-side up and bake 15 minutes.

In pan, toast pine nuts with remaining olive oil until golden then set aside.

When tomatoes are cool enough to handle, remove skins and return to baking dish. Sprinkle tomatoes with shredded cheese. Return to oven and broil about 5 minutes, or until cheese turns golden and bubbly. Top with toasted pine nuts.

Servings: 4
4 tomatoes
2 ounces balsamic vinegar
1/3 cup extra-virgin olive oil, plus 4 ounces, divided
4 garlic cloves, sliced thin
4 sprigs fresh thyme (or equivalent dried)
salt, to taste
pepper, to taste
2 ounces pine (pignoli) nuts
8 ounces shredded Jarlsberg Cheese



Holiday Deviled Eggs

simmer 13 minutes.

While eggs cook, chop parsley and scallions, if desired.

Once eggs are cooked, transfer to bowl of ice water; cool 8-10 minutes. Peel eggs and cut in half lengthwise. Separate egg yolks into another bowl. Reserve egg white halves.

Combine egg yolks with salt, pepper, vinegar and mustard. Add shredded cheese and mayonnaise; mix until smooth.

Spoon about 1 tablespoon of yolk mixture into each egg white half.

Add toppings, as desired. For classic deviled eggs, sprinkle paprika and chopped parsley over eggs. For a savory alternative, cook four strips of bacon and chop. Top eggs with chopped bacon and shredded cheese. For a unique variation, try topping eggs with cooked crab meat and chopped scallions.

Servings: 12
6 eggs
1/8 teaspoon salt
1/8 teaspoon pepper
1 teaspoon white vinegar
1 teaspoon mustard
1/4 cup mayonnaise
1 cup shredded Jarlsberg Cheese
Topping options:
Paprika
Parsley
Bacon
Shredded Jarlsberg Cheese
Cooked crab meat
Scallions
Boil large pot of water. Carefully add eggs and boil on high 2 minutes then



Inner Voice Should Be Your True Coach

the attack at other people. Thoughts focus on what others did that they didn't like, and begin to create (often false) conclusions about the intentions of the other person. This creates stress, anxiety and even aggression.

Sometimes people avoid solitude because they do not want to think about how they really feel. Perhaps they are in an unhealthy friendship or intimate relationship. If they really allowed themselves to think about it, they may realize that deep down they do not really want that relationship anymore. Change can be very threatening, and so it becomes easier to bury oneself in work or otherwise keep busy than to confront the problem.

So how can you become a more positive influence on yourself, so that time spent alone enriches you? You can begin by refusing to dump on yourself. Reflecting and modifying behavior to get better results is fine, but you do not need to perform your own character assassination in the process.

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.

Do you enjoy your own company? Are you good for you to be with? These might sound like strange questions, but it has been suggested that one of the reasons that we keep our lives so busy is because we are not comfortable being alone with our innermost thoughts and feelings.

For some, when they get themselves alone, it is a time for self-judgment and criticism. They replay in their minds how they behaved, or what they said, and deliver a massive critique. They may list repeatedly all of their perceived faults, and a sense of hopelessness about ever improving. This, of course, is the perfect formula for undermining self-confidence and self-esteem, and can even create depression.

Unfortunately, it can also become a self-fulfilling prophecy. If you tell yourself that you are stupid and boring and that no one likes you, soon you will begin acting in ways that will push people away.

Then there are those who, when alone, find their thoughts turning to fault finding in others. The critic is just as sharp, but this time directs



Cranberry and Walnut Phyllo Triangles

Reduce heat and simmer uncovered 5 minutes, stirring occasionally. Cool to room temperature.

Carefully lay one phyllo sheet on cutting board and brush with melted butter. Place another sheet of phyllo on top and brush with melted butter. Cover remaining sheets with damp towel to prevent drying out. Position brushed pastry horizontally and cut into five strips.

Place 1/2 teaspoon cranberry filling, one cube of cheese and 1/2 teaspoon chopped nuts in lower corner of each strip. Fold dough over filling to form triangle. Fold triangle up then over, forming another triangle. Continue folding to end of strip. Brush top with melted butter and sprinkle with 1/2 teaspoon chopped nuts. Repeat with remaining strips of dough and remaining sheets of phyllo.

Bake 12-15 minutes, or until golden brown. Cool on wire rack before serving.

Note: If using frozen phyllo dough, thaw in refrigerator overnight.

Servings: 4
Filling:
1 cup chopped fresh or frozen cranberries
1/3 cup sugar
1/3 cup raisins
2 tablespoons honey or maple syrup
1 tablespoon finely grated orange peel
3 tablespoons freshly squeezed orange juice
Triangles:
10 sheets fresh or frozen phyllo dough
1/3 cup melted butter
2 1/2 cups Jarlsberg Chunk Cheese, cut into 25 cubes
2 cups chopped walnuts
Heat oven to 375 F.
In saucepan, combine cranberries, sugar, raisins, honey, orange peel and orange juice; bring to boil.

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Two hoots for Hodgson's bird watchers during Christmas Bird Count

By Patricia Barrett

Hodgson's well known birder sent her charges through the backwoods and along roadsides and snowy fields last month in an annual quest to count the birds.

Joanne Smith rounded up several volunteers to help her record bird species and numbers for the 7th Annual Hodgson Christmas Bird Count (CBC) on Dec. 23.

"I really like doing it," said Smith, who is also the volunteer caretaker for the Sandy Bar Important Bird Area near Riverton. "It's interesting to see how things change from one year to the next." This year, volunteers were excited to find two great grey owls, a gyrfalcon, red crossbills, boreal chickadees and a dark-eyed junco.

"We did have a dark morph gyrfalcon for the first time ever this year," said Smith. "A lot of birders will go many miles to find one. Gyrfalcons spend summertime up north and

there are some sightings down here in the winter months. And most years we get some kind of owl, but to have two great grey owls was a bonus."

Smith said it was also unusual to see boreal chickadees and red crossbills at feeders.

"It's exceptional because they're not really known to come to feeders too often."

Birders Lynda Baker from Hodgson and Bonnie Chartier from Gimli spotted one of the owls and a conservation officer Smith met on a backroad tipped her off about another.

The majority of Smith's volunteers come from the Hodgson, Fisherton and Fisher Branch areas, but she also gets volunteers who "come from away."

Birders have lots of experience identifying species by sight and sound. And some of them stood watch over backyard feeders for a total of 28 hours during the count. In total, Smith's vol-

unteers drove 483 kilometres, walked five and counted 1,963 birds.

Two species that usually put in an appearance were strangely absent this year.

"It was unusual that nobody had a grey jay (or whisky jack). Maybe the cold temperatures had something to do with it, I don't know," said Smith. "And we didn't have a northern shrike. Those two species we normally do get."

CBCs take place across various regions of the province and they're more than an opportunity to get outdoors and gain a wider appreciation for our feathered friends; the data, which volunteers send to the Audubon Society, help scientists determine trends among bird populations, which in turn tell us about the health of our environment or changing climate.

For more information about Christmas Bird Counts, visit www.audubon.org



EXORESS PHOTO BY JOANNE SMITH
Two Phantoms of the North (also known as the great grey owl), such as the one shown above, were spotted in the Fisher Branch/Hodgson area during the 7th Annual Christmas Bird Count.

Author encourages goal-setting for personal growth

By Jennifer McFee

The New Year festivities have come and gone, yet recent goals remain top of mind for many people.

Best-selling author Daphne Shepherd shares some pointers for anyone interested in goal-setting.

"First and foremost, it's important to understand that the whole purpose of a goal is to grow rather than to get something. It's to pull something out of you that you didn't even know was there," said Shepherd, who wrote *Path to Abundance: It's Your Time*.

"In that process, you grow as an individual and your awareness also expands in that journey towards fulfilling your goal. For example, if you set a goal to get a new car, the car is the pot of gold at the end of the rainbow

but it's more about who you become along the way to getting that car."

If you get knocked off course, Shepherd said not to see it as a failure.

"So many people will start off great guns at the beginning of the year and about eight or 12 weeks into it, they kind of fall off the rails a little bit. At that point, they talk themselves out of what they were so enthusiastic about at the beginning of the year," said Shepherd, a Teulon-based realtor.

"So it's not a failure of who you are. It's just looking at the process again because you're growing along the way — and that's the most important thing and that way you're not so hard on yourself. You're saying I still want to get that car at the end of the year, but maybe this approach is not the

right approach. Maybe there's a different way to do it."

For Shepherd, it's better to attempt and fail than to not try at all.

"Basically, we fail our way there. On that journey, we correct and correct and correct. It's not always a straight line, but you're growing as a person while you're going down that path," she said.

"You want to set a goal for yourself that's going to stimulate growth. It's not something you already know how to do. This is something that's going to expand you and stretch you and is going to make you grow. The whole essence of life is growth and creating because if we're not creating, then the law of opposites says we're disintegrating."

Goals also require a strategy to get us there so that motivation doesn't turn into frustration, she added.

"We put so much emphasis on Jan. 1. There's so much pressure for people, and yet every day your feet hit the floor when you wake up in the morning. It's a gift," she said.

"And from that day forward, that's when you can aim to be the best version of yourself. Don't let yesterday's choices influence you on what you can do today. You decide whether it's one day or Day 1."

Coming up in the spring, Shepherd plans to host a workshop that will approach some of these topics. For updates, visit her website at www.activatingyourbrilliance.com.

High Chieftain of Iceland's Pagan religion to attend Þorrablót in Arborg

By Joel Friðfinnsson

Geysir, Man.

Esjan, the Arborg Chapter of the Icelandic National League of North America, will receive a very special guest at their Þorrablót on Feb. 2, Allsherjargoði (High Chieftain) of Ásatrúarfélagið (Norse Religion Society), Hilmar Örn Hilmarsson.

Hosting the High Chieftain at Þorrablót is not only an honour for Arborg but very appropriate considering Þorrablót's roots as a feast in honour of the Norse Gods. Held in the month of Þorri on the old Icelandic calendar, which runs from mid-January to mid-

February, Þorrablót celebrations were popularized in 19th century Iceland during a time of profound nationalistic pride and desire for the country's independence. Despite the northern island nation converting to Christianity around the year 1000, the sagas and the lore of the Norse religion has always permeated the very soul of Iceland. In 1972, under the vision of the first Allsherjargoði Sveinbjörn Beinteinsson, the Ásatrúarfélag was founded with the intention of promoting and fostering belief in Norse paganism, and the society was recognized as a registered religious orga-

nization the following year. Since the establishment of the Norse Religion Society, there have been four High Chieftains: Sveinbjörn Beinteinsson, Jörmundur Ingi Hansen, Jónína Kristín Berg and Hilmar Örn Hilmarsson who was ordained in the position on July 4, 2003.

In addition to Hilmar's interest in Norse paganism, he has enjoyed a prolific career in the music industry and is a trailblazer in the use of computer technology for musical composition. From his early days in the Icelandic band Peyr, Hilmar has reached the upper echelons in his field.

Amongst his many accolades are his collaborations with the internationally famous rock band Sigur Rós for the soundtrack to the film *Angels of the Universe* and his 1993 win of the European Film Composer of the Year in recognition of his work for the movie *Börn Náttúrunnar* (*Children of Nature*), an Oscar nominated film.

The Þorrablót in Arborg will be held on Feb. 2 at the Royal Canadian Legion at 7:30 p.m. Please join us for this unique and once-in-a-lifetime experience to welcome the Allsherjargoði. For tickets: Joel Friðfinnsson 204-641-0225 or David Gislason 204 376 5578.

Staff

Staff

score.

MANITOBA JUNIOR HOCKEY LEAGUE										GP	W	L	OTL	PTS	GF	GA	Yellowhead	33	17	15	1	35	116	105			
Steinbach Pistons										43	33	8	1	68	201	98	Southwest	33	16	16	1	33	105	111			
Portage Terriers										41	27	11	1	57	172	109	Central Plains	33	12	16	2	29	125	140			
Virden Oil Capitals										41	27	12	2	56	183	128	Parkland	34	12	19	1	27	111	147			
Winkler Flyers										41	26	15	0	52	142	107	Kenora	34	11	19	0	26	109	131			
Selkirk Steelers										41	23	14	3	50	146	133	Interlake	32	8	22	2	18	81	154			
OCN Blizzard										41	22	14	5	49	150	135	Norman	34	3	30	0	7	96	245			
Winnipeg Blues										40	19	16	4	43	146	153	AAA CITY MIDGET										
Neepawa Natives										41	18	20	2	39	153	164	HOCKEY LEAGUE										
Swan Valley Stampeders										39	16	18	5	37	118	139	Monarchs	25	22	2	0	45	167	53			
Dauphin Kings										43	10	31	1	22	99	196	Hawks	25	17	7	0	35	131	73			
Waywayseecappo Wolverines										43	6	34		2	15	103	251	Selects	24	16	6	0	34	117	84		
KEYSTONE HOCKEY LEAGUE																				Warriors	25	11	14	0	22	90	114
Central Division										GP	W	L	OTL	PTS	GF	GA	Sharks	24	7	14	1	17	61	104			
Peguis Juniors										26	20	2	1	41	183	74	Lightning	25	0	24	0	1	31	169			
Arborg Ice Dawgs										24	15	5	4	34	106	79	AAA BANTAM										
Fisher River Hawks										26	3	21	2	8	64	208	HOCKEY LEAGUE										
North Division										GP	W	L	OTL	PTS	GF	GA	Sharks	27	21	3	0	45	148	60			
OCN Storm										26	21	3	1	43	226	98	Monarchs	26	20	5	1	41	141	68			
Cross Lake Islanders										25	10	15	0	20	160	149	Hawks	26	20	6	0	40	179	71			
Norway House North Stars										26	4	21		1	9	91	281	Selects	22	17	4	0	35	115	45		
South Division										GP	W	L	OTL	PTS	GF	GA	Lightning	28	7	21	0	14	82	163			
Selkirk Fishermen										25	20	2	3	43	126	70	Warriors	25	4	20	0	9	63	142			
St. Malo Warriors										23	12	8	3	27	100	77	MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE										
Lundar Falcons										25	11	11	3	25	111	110	GP	Reg W	Reg L	T	OTW	OTL	Pts				
North Winnipeg Satellites										24	9	14	1	19	95	116	Winnipeg Avros	23	13	5	-	5	-	36			
AAA MIDGET HOCKEY LEAGUE										GP	W	L	OTL	PTS	GF	GA	Yellowhead Chiefs	22	10	7	-	3	2	28			
Brandon										34	29	3	0	60	177	77	PV Hawks	22	12	8	-	1	1	27			
Wild										33	28	3	1	58	191	70	Westman Wildcats	20	10	6	-	1	3	25			
Bruins										33	23	8	1	48	141	99	Eastman Selects	23	11	10	-	-	2	24			
Eastman										34	21	9	2	46	142	111	Central Plains	23	7	12	-	1	3	19			
Thrashers										34	20	13	1	41	127	130	Interlake Lightning	21	2	17	-	1	1	7			
Pembina Valley										33	17	13	2	37	128	129	STATS AS OF TUESDAY, JANUARY 16										

Ice Dawgs lose pair of games to KJHL elite teams

By Brian Bowman

The OCN Storm can score a lot of goals this season.

And they proved that yet again on Sunday afternoon after a 7-4 win over the Ice Dawgs in Arborg.

Bryce Young led the winners with a hat trick while Ethan Stuckless, Brandon Sinclair-Martin, Noah Butler and Devon Tabacco added singles.

OCN has now scored a league-leading 226 goals this season.

Gordie Longbottom replied with a pair of goals for Arborg. Tristan Starr and Clint Torfason also scored for the Ice Dawgs. Dylan Fugula finished the game with two assists.

Arborg began action last weekend with a 5-4 overtime loss Friday to the Peguis Juniors.

Christian Cochrane scored the game winner in OT.

Wyatt Bear (two), Joshua Spence

and Keeven Daniels-Webb scored for the Juniors in regulation time. Aaron Kristjanson, Cal Finnson, Longbottom and Torfason replied for Arborg.

Allan Kohli made 33 saves for the win.

On Jan. 9, the Ice Dawgs pounded the North Winnipeg Satellites 7-2.

Starr and Josh Roche each had two goals and an assist for Arborg while Longbottom also scored twice.

Jared Thickfoot added a goal and two assists. Finnson chipped in with three assists.

Elijah Caparros scored twice for North Winnipeg in the second period. Joey Fratantonio made 23 saves as Arborg outshot North Winnipeg 40-25.

The Ice Dawgs (15-5-0-4) resume action this Friday (8:15 p.m.) when they host Peguis. Arborg will then have the Fisher River Hawks come to town on Saturday for a 7 p.m. game.



EXPRESS PHOTO BY LANA MEIER

Josh Roche had two goals and an assist for Arborg in their 7-2 road win against the North Winnipeg Satellites on Jan. 9.

Falcons fly to pair of KJHL road wins

By Brian Bowman

Despite playing its second game in less than 24 hours, the Lundar Falcons certainly didn't look like a tired hockey club in the third period against Cross Lake on Sunday afternoon.

Lundar overcame a 2-0 third-period deficit to score seven times in a 7-3 road victory over the Islanders in Keystone Junior Hockey League action.

Braden Paulic scored three of those goals while Derek Benson (two), Lance Laycock and Zack Bone also scored for the winners.

Paulic finished the game with four points while Laycock, Benson and Bone each had three points.

Keith Monias, Tyler Monias and Dennis Scatch replied for Cross Lake.

Christopher Lesage made 44 saves for the win.

On Saturday evening, Lundar skated to a 7-4 win over the Norway House North Stars.

After a scoreless first period, Lundar led 4-2 after 40 minutes.

Drake Zimmerman (two), Benson, Paulic, Ron Johnson, Josh Eardley and Bone scored for the Falcons.

Benson finished the game with five points.

Roman Muminawatum, Harley Muminawatum, Glen Paupanekis

and Marshall Mowatt scored Norway House's goals.

Lesage made 38 saves for the win.

On Jan. 9 the Selkirk Fishermen defeated the Falcons 3-1 at the Rec Complex.

It was the Drayton Mendrun show

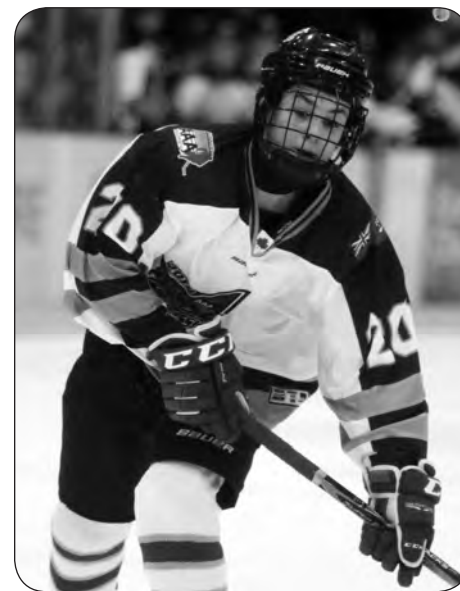
on this night as the Selkirk forward scored all three of his team's goals. He capped off his hat trick with a short-handed goal into an empty net with 35 seconds left in the game.

Zimmerman replied with a second-period power-play goal for Lundar.

Selkirk outshot Lundar 33-18 as Riley Bannerman earned the win in goal.

The Falcons, now 11-11-0-3, will visit St. Malo on Saturday (8 p.m.) and then will host Selkirk Sunday at 7 p.m. in Warren.

Lightning take part in all-star game



EXPRESS PHOTOS BY LANA MEIER

Lightning players, Cadrick Dueck, left, Carter Bateman, middle, and Rhett Woods represented the Interlake at the 2018 Winnipeg AAA City Midget All-Star Classic game last Saturday at the MTS Iceplex.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Peguis edged by Selkirk in a shootout

By Brian Bowman

The Selkirk Fishermen and Peguis Juniors have played a lot of great hockey games over the years.

And they had yet another classic battle Sunday evening.

Selkirk overcame a 4-1 first-period deficit to defeat Peguis 5-4 in a shootout at the Rec Complex.

Chad King and Juliano Garcea scored for the Fishermen in the shootout while Roman Paul replied for Peguis.

King also scored in regulation time along with Drayton Mendrun, Mackenzie Playford, and Dawson Courchene. Courchene's goal came on the power play at 5:47 of the third period to tie the score at 4-4.

Keeven Daniels-Webb, Coulson Nepinak, and Paul, with a pair, replied with first-period goals for Peguis.

Riley Bannerman made 34 saves for the win.

Last Friday, Peguis skated to a 5-4 overtime victory over the Arborg Ice Dawgs.

Christian Cochrane scored the game winner in OT.

Wyatt Bear (two), Joshua Spence and Daniels-Webb scored for the Juniors in regulation time. Aaron Kristjanson,

Cal Finnson, Gordie Longbottom and Clint Torfason replied for Arborg.

Allan Kohli made 33 saves for the win.

On Jan. 10, Peguis pounded the Fisher River Hawks 15-1.

Tyrome Spence-Bair led the Juniors with three goals and two assists while Bear also netted a hat trick.

Darian Murdock (two), Dalen Scholz (two), Tyler Ross, Cochrane, Quinton Flett, Ethan Daniels, and Daniels-Webb also scored for Peguis.

Tristan Slater finished the game with four assists along with Flett.

Darryl Thaddeus scored a second-period power-play goal for the Hawks.

Nolan Favell made 25 saves for the victory.

On Saturday, Fisher River lost 10-1 to the OCN Storm.

Joel Wilson scored a first-period goal for the Hawks.

Troy Head (four), Bryson Werbicki-Mallett (two), Devon Tobacco (two), Sheldon Chartier and Bryce Young replied for OCN.

The Hawks will host the Fishermen Friday (8:30 p.m.) and Peguis next Tuesday (8 p.m.). In between, Fisher River will travel to Arborg on Saturday for a 7 p.m. game.



EXPRESS PHOTO BY BRETT MITCHELL

The Juniors' Tyrome Spence-Bair led Peguis with three goals and two assists in their 15-1 win against the Fisher River Hawks on Jan. 10.

Lightning all-star Bantam players



EXPRESS PHOTOS BY LANA MEIER

The Interlake was well represented at the 2018 AAA Bantam All-Star Classic game last Saturday at the MTS Iceplex. Representing the Lightning were, pictured left to right: Michael Crave, Colby Bear and Brett Tataryn.

Gimli wins junior varsity boys' basketball tournament

Staff

Teulon Collegiate hosted a three-team round-robin basketball tournament last Thursday.

The Gimli Lakers defeated the Teulon Saints 69-49 and Arborg Athletics 66-43 to finish in first place.

Blake Magnusson scored 44 points against Teulon and 37 versus Arborg to lead the Lakers.

In the second-place game, Arborg defeated Teulon 55-49.

Arborg was paced by Cadnik G's 26 points and Auston H's 17. Replaying for Teulon were Jordyn Ingilis (19 points), Riley McMahon (10) and Quinton Hepples (nine).

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Employment Opportunity

RURAL MUNICIPALITY OF FISHER CUSTODIAN – TEMPORARY/CASUAL POSITION

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The Rural Municipality of Fisher invites applications for the position of Custodian (Temporary/Casual) for our three Waste Disposal Sites. This would be on an as needed basis.

Requirements for this position are:

- Valid driver's license
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Job Description: The Custodian is required to direct waste disposal and recycling activities, and perform other duties relating to maintenance of the site as assigned.

Days/Hours: The Disposal Sites are open three (3) days a week - Tuesdays, Thursdays and Saturdays. Hours vary depending on the season.

The R.M. of Fisher offers a competitive wage for this position. Salary is set out in the CUPE Local 4348 Collective Agreement and is dependent upon qualifications and experience.

Written applications including resume, cover letter and three work related references to be submitted in confidence. **Deadline for applications is April 13, 2018**

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ANNOUNCEMENT

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Sincere thanks to everyone for the flowers, food, phone calls, visits, cards and online messages of condolence in the recent passing of our husband, father and grandfather Eugene Feschuk. Special thanks to Dr. Dylan Thompson and the nurses at Gimli Hospital for their kindness and compassion shown to Eugene during his short stay. We will never forget you.

-Linda, Tammy, Peter,
Ryan and Michael

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