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VOLUME 4 EDITION 3 THURSDAY, JANUARY 19, 2017

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New Year's celebration

EXPRESS PHOTOS BY PATRICIA BARRETT

The Reechka Ukrainian Dance Club, which is celebrating its 30th Anniversary this year, packed the Arborg Hall for the annual New Year's Eve festivity last Saturday. Diego Blandford (centre) performs in the Pryvit. See story and more photos on pg. 8.

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

# RONA

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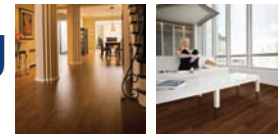
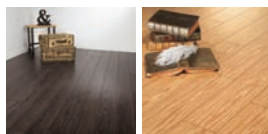
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# Thermal imaging camera to keep Ashern firemen safe

By Jeff Ward

A new thermal imaging camera has given firefighters in Ashern the ability to spot potential flare-ups, see through steam and smoke, and even locate stranded snowmobilers in the dark.

The camera cost the RM of West Interlake \$8,000 and is an effective tool for keeping firemen and residents safe.

The camera looks like a small radar gun and has a range of approximately 150 feet. It can detect heat signatures in any condition and is so sensitive that footprints are even visible after only a few moments contact with the ground.

Ashern firefighter John Bezemer and West Interlake councillor said the camera is a great piece of technology that will advance the capabilities of the crew.

"With this camera, we don't have to feel around for hotspots. We can just point the camera and find them and hit them with water," said Bezemer.

"In this weather, especially when

we're fighting a fire, we're creating a ton of steam and smoke and you just can't see through that. But the camera allows us to see where the fire is and fight it. This will actually end up saving the RM money because we won't be called out to the same site if it flares up again."

**"IT'S ALSO A GOOD TRAINING TOOL FOR OUR GUYS AS WELL BECAUSE WE CAN TAKE PHOTOS AND VIDEO CLIPS WITH IT."**

Bezemer explained that sometimes crews are called out to the scene more than once because the fire hadn't been completely extinguished. With the camera, crews will find it much easier to find any remaining hot spots and douse them.

In addition, Bezemer said that with it being snowmobile season, it's conceivable that firemen will be called out to an accident or even assist in search and rescue. Using the camera to locate a person's body heat in the dark will really come in handy in those situations.

"It's also a good training tool for our guys as well because we can take pho-



EXPRESS PHOTO BY JEFF WARD

Ashern firefighters battled a garage fire recently with the help of their new thermal imaging camera. The camera helps locate hotspots that firefighters would normally find by touch.

tos and video clips with it. We can use that information to understand how a fire progressed and use it as a learning tool. It'll really be a valuable tool for us going forward," said Bezemer.

The camera is the kind of tool that,

although expensive, has great upside to having it as part of the kit the firefighters take with them to every call. They might not need it on every occasion, but if they do, it will be there.

# Flooding likely for Lake Manitoba, according to scientist

By Jeff Ward

Chief scientist for the Association of Lake Manitoba Stakeholders (ALMS) Scott Forbes said that flooding is likely for the Interlake this year and that residents will have to "catch a break"

to avoid one. Forbes explained that right now Lake Manitoba sits at 812.5 feet, but more concerning is the level of Lake Winnipegosis, which is just over 834 feet. Lake Winnipegosis eventually drains

into Lake Manitoba. Today, the level of Lake Winnipegosis is higher than it was in 2011. Forbes said that it will be very difficult to avoid flooding this spring and summer and he expects to see a flood similar to that of 2011.

The good news in all of this is that this winter the government chose to keep the Fairford outlet open, which is allowing much of the northern water to be diverted.

"Really, our biggest concern is Lake Winnipegosis because of how high it is," said Forbes, who lost his property at Twin Lakes Beach in 2011.

"I think if the province hadn't kept the Fairford open, we would absolutely flood. We probably don't need to worry about the Portage Diversion this year either because Saskatchewan is doing a good job of draining their reservoirs. We won't see anything on the Assiniboine like we did in 2011."

In 2011, the level of Lake Manitoba reached over 817 feet at its peak. Forbes said that the majority of the damage happened when the lake was at 815 feet, so even though the lake is unlikely to get that high this year, a level of 814 feet doesn't inspire a lot of

confidence. He added that a Colorado low at the wrong time could push the lake to that dangerous number.

The outflows on the Fairford control structure in 2011 were so powerful — reaching 20,000 cfs — that the water scoured the channel and increased outflow capacity by more than 1,000 cfs.

"That was some unexpected good news and actually kind of incredible. We actually saw a 15 to 20 per cent increase in outflow capacity," said Forbes.

According to Forbes, Lake Manitoba is basically stable at this point with a strong outflow through the Fairford structure. He points to an extremely wet fall season and an El Nina event that caused 300 per cent above-normal precipitation levels that put the lake in this position.

"According to the hydrologists at the U of M, the 2011 flood may have been the most extreme flood in Canadian history and, adjusted for inflation, was the most expensive in the province's history. We don't need another repeat of that so we're watching the gauges closely," said Forbes.

**Congratulations to the Winner of our Destination Anywhere... Promotion**

**Nina Carey** of Oakview entered at Ashern Moosehorn Coop. Nina has won a \$2000 travel voucher thru Swan Valley Travel.

Thank you to the 19 local businesses along with the Express Weekly News who made this promotion possible.




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# Lake Manitoba student gains new skills in LEGO

By Jeff Ward

A Lake Manitoba First Nation student said that he is truly blessed to be involved in the Lakeshore Educational Growth Opportunities (LEGO) program and that it has given him a new outlook on what his future may hold.

Jacob Maytwayashing said that his experience in the LEGO program has been overwhelmingly positive. The program is designed to give youth who've fallen out of school a chance to get back and see what's out there in terms of career opportunities.

The program has participants work in various fields while also earning three high school credits in the hope that once they complete the program, they will continue their education and achieve their Grade 12 diploma.

Maytwayashing has spent the last few months working at Precursor Productions, a Winnipeg-based audio production business. Maytwayashing said that he has a lot of passion for the industry, and music plays a big role in his life.

"It's been good to go out and explore and find out what other opportunities are out there," said Maytwayashing.

"It's really hard to get a job where I'm from, but with this program, I found out that you can work in this industry. I've been learning how to record music and become an audio editor. It's been a lot of fun and I really want to be apart of this industry."

The 20-year-old said that he was kicked out of school for poor attendance but has been taking night classes recently and is serious about getting his Grade 12. The confidence and optimism the LEGO program has given him have only pushed him to work harder at attaining that goal.

He explained that once the LEGO program is finished — his last day is Friday, Jan. 20 — he will only need three credits to graduate.

Andrew Yankiwski is one of the partners at Precursor Productions and said that his experience working with Maytwayashing has been great.

"Jacob is a very quick learner, and his retention of what I'm teaching him is really good," said Yankiwski.

"This is my first interaction with the program but we've had interns like this before. I like that the LEGO program is really crafting a lifestyle

change, though, and that really makes it stand out. I think he's been an excellent candidate and really everything you look for when doing something like this."

Those words of encouragement have emboldened Maytwayashing, who is happy to hear that feedback. Maytwayashing has been working on the editing of voice-overs for an environmental documentary recently and he also helped record that audio in the studio.

Yankiwski said that outside of the technical work, Maytwayashing has been helping set up the studio for different recording purposes and has shown great creative intuition.

**"WE'VE ALL BEEN SO BLESSED TO COME TO THIS PROGRAM. PUT YOURSELF OUT THERE AND GET EVERYTHING YOU CAN OUT OF THIS OPPORTUNITY."**

"He shows an acute sense of creative judgment, which has actually been a blessing to have around. When you have someone creative like him around, it challenges all of our creativity here and kind of elevates the team," said Yankiwski.

Maytwayashing said that with three kids at home, he does have a lot more pressure on him to succeed, but he's willing to put in the work and go after

his dreams. A goal that seemed like it was impossible now seems much more realistic to him. And while it will take a lot of hard work and the right opportunity, Maytwayashing said that his experience in the program has shown him that it is possible to have the life and the future he wants.

"It's been such a great experience to be in this program. When we all come home and share stories with the other people about their worksites and what they did, we're all very tired, but it's a good feeling. We're excited about what we're doing and just want to keep doing it every day," said Maytwayashing.

To the next group of students entering the second session of the LEGO program next week, Maytwayashing has only encouragement for them.

"It's really good to better yourself in this program. You'll get to meet great new people — awesome, positive people. We've all been so blessed to come to this program. Put yourself out there and get everything you can out of this opportunity," said Maytwayashing.



EXPRESS PHOTO SUBMITTED  
Jacob Maytwayashing, left, sits with Andrew Yankiwski at Precursor Productions. Maytwayashing has been working at the audio studio for the last few months as part of the LEGO program.



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# BASIC asks RM of Bifrost-Riverton to revive \$4 million levy on farmland

By Patricia Barrett

A farmers' organization in the municipality of Bifrost-Riverton has asked council to consider re-drafting a bylaw that would enable the RM to institute a \$4 million special tax on farmland.

The money would be used by the Bifrost Agricultural Sustainability Community Service Cooperative Inc. (BASIC) to repair drainage in the flood-prone municipality.

Members of BASIC appeared as a delegate at council's regular meeting Jan. 11, asking for a renewal of the bylaw, which was proposed in 2015.

The original bylaw had been contingent upon receiving two-to-one funding from the provincial and federal governments, with a goal of raising about \$20 million. The new bylaw would also ask for government funding.

The Manitoba Municipal Board, which acts as a tribunal for a number of municipal issues, had asked for changes to the original bylaw.

"As we're all aware, the Municipal Planning Board had trouble with the wording of the first bylaw resolution," said Len Loewen, a director of BASIC.

The co-operative and the RM had held a public hearing Dec. 7, 2015, to gauge support for the proposed \$4 million levy and reported that a majority of the RM's farmers were in favour of it.

The Municipal Board had, however, received objections to the levy and put the proposal on the back burner.

"I think they [Municipal Board] felt that there was enough objections — there wasn't a requirement under the Municipal Act — but there was enough objections that they felt they had to call a ... hearing," said CAO Cindy Stansell. "That ... [was my] understanding."

In 2016, the province and the federal government gave BASIC \$1 million to examine ways to mitigate



EXPRESS PHOTO BY PATRICIA BARRETT

Len Loewen from BASIC asked the municipality to consider raising a \$4 million special tax on farmland to be used for flood mitigation efforts.

periodic flooding, grow crops in a high moisture environment and repair culverts.

The municipality has between 160,000 and 180,000 acres of prime cropland. It experienced serious flooding in 2008 and 2010 that resulted in millions of dollars' worth of crop losses, according to a BASIC presentation made at the East Interlake Conservation District's AGM last year.

Loewen said he expects to see infrastructure funding from the government in the near future, and a new levy application under the federal Growing Forward 2 (agricultural) program would help BASIC acquire it.

"We asked the politicians [and] they're talking about this infrastructure program. They're going to be giving this whack of money to municipalities and let the municipalities decide how they want to spend these funds" said Loewen. "We hear that, and we think we need to be ready. ... For those reasons, we want to see the [council] resolution brought forward."

BASIC wouldn't be addressing the replacement or upgrading of provincial third order drains, into which farm and municipal drains flow.

"We don't want to let the province off the hook for the third order drains," said Loewen. "We don't want that to be any part or parcel of what the levy says. The province is responsible for their drains. It's in the Water Act ... of Manitoba."

Reeve Harold Foster expressed some concern about taking out a \$4 million loan and the possibility of not being able to spend it all in one year. The municipality, however, would still have to pay interest on the entire loan.

"If we've got to take the whole \$4 million out to follow the Municipal Board guidelines ... and start paying interest on [it], and then we only spend \$1 million of it, we're still paying interest on \$3 million that we didn't need," he said.

Loewen wondered whether the RM would be able to withdraw the money on an as-needed basis.

Foster said he didn't know if that's possible.

Stansell said she put a call into the government to check on that.

If the RM decides to proceed with a levy bylaw different from the original, it would have to hold another public hearing.

"We'll have to send out notices to those affected by this local improvement," said Stansell.

A certain percentage of objections, if any arise, would also entail another Municipal Board hearing.

# St. Laurent looking for new emergency co-ordinator

By Jeff Ward

The need for a new municipal emergency co-ordi-

nator (MEC) for the RM of St. Laurent has become a high priority with record amounts of snowfall this winter potentially causing spring flooding.

In a special meeting on Thursday, Jan. 12, councillors met to discuss the hiring of a new MEC and the qualities potential candidates should have.

St. Laurent CAO Hilda Zotter said that the job would be an important role, especially this year, for the municipality and potential candidates need to have good multitasking skills and need to work well under pressure.

The position is a part-time one, but in times of emergency, the MEC is basically on call 24/7.

Zotter explained that council increased the part-time hours from 15 hours a week to 24 to make the position more attractive to potential candidates. As well, with

potential flooding, there will be a lot of preparing ahead. At 24 hours a week, council is able to offer a benefits package for the position. The office is currently accepting applications and they hope to have a new MEC hired by the end of the month.

"It's a very, very important portion, and the perfect candidate is someone with experience in this area," said Zotter.

"However, we're willing to train the right person if they possess good leadership, management and co-ordination skills. It's not a job that everyone can do, and multitasking is essential."

Zotter explained that the MEC will be a part of the preparing, maintaining and testing of the emergency plan and will also be in charge of training and recruiting volunteers. Council is looking to move quickly to find a new MEC because work to prepare for potential flooding on Lake Manitoba needs to begin right away. Having a new MEC in place with a tight understand of the emergency plan is a key factor in limiting any potential damage or injury.

"I think we'll find someone who will be a good fit in the position and that they will learn and grow with it," said Zotter.



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# RM of Bifrost-Riverton name-change survey finished

By Patricia Barrett

The results of a survey aimed at gauging the public's interest in changing the name of the RM of Bifrost-Riverton indicate the majority in favour of keeping the name.

A survey form had been posted on the RM's website sometime in the fall of 2016, asking the public whether the name of the municipality should remain as is or be changed to something new.

"Just to be clear, it wasn't a vote," said CAO Cindy Stansell during council's regular meeting Jan. 11. "It was survey to see if there was any interest out there. I think the public took it to mean that this was a vote and the amount of votes mattered. That wasn't the case. It was just to gauge the public's perception on this."

Stansell provided council with separate graphs pertaining to the survey.

Coun. Morley Nordal asked how many surveys in total had been completed.

"There was a significant bunch coming out of the Riverton office," said Stansell. "There was a little bit here [RM main office in Arborg], and then the Chamber of Commerce had put up their own ballots."

The idea for the survey originally

came from Deputy Reeve Dave Shott after he received feedback from administrative staff about combining the RM's two logos for the purposes of streamlining paperwork.

"It was just an exercise," said Shott after the meeting. "We thought it was a good idea to go to the public."

The former Village of Riverton and the former RM of Bifrost were subjected to a provincially mandated amalgamation Jan. 1, 2015. For the past few years, the RM has been working out a few kinks that arose when two formerly independent councils became one.

The survey process raised concerns from the Riverton Chamber of Commerce, which felt that the public hadn't been properly informed about it (see the Dec. 19 edition of the *Express*). The chamber had printed out the RM's survey form and placed collection boxes at local businesses willing to help get the word out and make it easier for people to participate.

After the meeting, Reeve Harold Foster said he felt the survey had been adequately advertised. It had been posted on the main page of the RM's website, and a story had appeared in the Nov. 24 edition of the *Express*.

The survey was considered part in-



EXPRESS PHOTO BY PATRICIA BARRETT

RM of Bifrost sign at PR 222 and Boundary Road reflects the former name of the municipality.

formation-gathering and part contest, said Stansell. The RM was looking for a little bit of creative input, hoping to find a name reflective of their unified status.

"It was meant to unite the municipality, not drive a wedge between us," she said.

Foster said all of council had been in

favour of conducting the survey.

"It was an honest effort to get public input."

Stansell said there are no immediate plans to move forward on a possible name change.

"It was information for council," she said. "The name at this point in time will remain the same."

# Lakeshore School Division staff focus on personal wellness

## Public welcome to attend Craving Change program in Ashern on Jan. 23

By Jeff Ward

Through the Craving Change program, the Interlake-Eastern Regional Health Authority is helping staff at the Lakeshore School Division office understand their food choices better to live healthier lives.

The three-week course started last week at the division office in Eriksdale and was optional for staff. Approximately 10 staff joined the initiative, according to program facilitator Stacie Buchanan.

The program focuses on the psychology of food and shines a light on why we eat and why we choose the foods we do. Buchanan said that it can be quite eye-opening to be shown how some of our worst eating habits form and that it's always beneficial to gain a new outlook on how to approach food.

"It's about being more mindful about eating. We don't talk about what you

should or shouldn't eat, but we talk more about the reasons we eat," said Buchanan.

"There are many reasons we eat that have nothing to do with hunger, like stress or boredom. So we try to look at what changes in our environments have pushed us to eat like this. It's a self-management program and it's all about education."

The program is one of the ways that Lakeshore School Division is focusing on staff wellness in 2017. Supt. Janet Martell said that she wants staff to know that it's OK to take personal time and focus on themselves.

She explained that her staff are very passionate and dedicated to their jobs and sometimes sacrifice, albeit unknowingly, their own personal wellness to focus on work.

But Martell doesn't want her staff being burnt out and believes that giv-

ing staff these opportunities to get involved in programs like this will encourage more personal wellness behaviour.

Buchanan said that the first session went well and that the group was really engaged. She said that because the program is self-managed, having the participants be engaged means that they are more likely to follow through on what they learn in the course.

"The other thing that happens sometimes is maybe they're not ready to tackle this in their own lives right now but can come back to the workbook at another time and try it out. It's their choice, but we make sure they know the power is in their hands," said Buchanan.

There is a public session of Craving Change in Ashern next week at the Lakeshore General Hospital. The session begins on Monday, Jan. 23 at 4 p.m. and is free to participate.

Anyone interested in attending can call 1-877-979-9355 to register.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL **Fishing shirtless in the tropics of Lake Winnipeg**

Welcome, fellow outdoors enthusiasts.

I guess it was last Tuesday when I urged Old Red down the steep access lane to Lake Winnipeg's ice at the east end of Sandy Hook's #519. About a quarter of a mile out, I noticed a large grey shack with a truck by the door, so I followed the snow tracks to them and hailed the anglers inside.

The door popped open and a guy of average height, rugged strong physique, dark brown hair and a deep bass voice invited me in. As I stood by the door, he plopped down on a bench at one end of the shack, taking up his rod. Opposite him was a shorter, muscular, round-faced, always smiling chap who raised a hand in welcome.

The deep-voiced fellow, Shawn Cummings of Lac du Bonnet, said he and his buddy, Jeff Watson of Winnipeg, had permission from locals Rick and Nick Turkevich to use their shack. As we struck up a conversation, I couldn't help but admire the gigantic pike mounted on the wall of this well-appointed shack. With the smell and warmth of a wood fire crackling in the small stove, Shawn gave us a story.

Last summer, he and his

girlfriend Shannon Mulvanuy were boat fishing on a hot sunny day at Pointe du Bois. Shannon was lying in the bow of the boat, rod in hand, while Shawn slumbered in the back.

Suddenly, she sat up sharply as her rod end plunged into the water. Shawn, half asleep, grasped the situation with mild interest. Shannon rose to her feet, hauling up hard and then lowering her rod to reel in the line's slack. Soon, the head of a two-foot pickerel broke the surface, its thrashing tail sending sprays of water into the air.

Shawn, leaning over the side of the boat, took on the air of a dispassionate observer. He admired Shannon's rod play for a good 10 minutes as she at last brought the huge fish to the side of the boat. It was only then when his gaze met her glare that he realized he should be helping.

"What are you waiting for, Shawn? Get the net," she cried.

Stumbling on tackle boxes, food coolers and his lady's feet, he got their net and landed her prize. Tired, Shannon lay down in the boat to catch her breath, murmuring, "Thanks for getting the net this time, honey."



**EXPRESS PHOTO BY ARNIE WEIDL**

Our shirtless guys on the Red River where Tyler landed the fish with a flick of his foot. Left to right: Travis Noble, Jack Campbell, Tyler Dusanek and Drew Richards, all of Winnipeg. What a great bunch of fun-loving guys.

She was referring to a few weeks earlier when trying to land a three-foot jack, "slow-with-the-net Shawn" had caused her to lose it.

Downstream of Netley Creek on the Red River, all manner of tents and shacks were spread out for miles on the ice last Saturday and I was in a predicament. I needed a small fishing story to finish this week's column.

All afternoon I visited folks from shack to shack asking, but to no avail. Finally, when talking to a chap from Steinbach who was fishing out in the open, we saw a guy coming out of a big metal shack with his shirt off. We looked at each other laughing, and he said, "Looks like a

story there."

I jumped into Old Red and threaded between shacks until I was alongside the monster. Just then, the shirtless guy came out again.

"Hi," I called as I stopped the truck and walked toward him.

"Hi. Come on in," he returned.

Inside sat three other guys, also shirtless. All of them, seeing my hesitant expression, began chuckling. The first guy I met, Travis Noble, introduced me around to Jack Campbell, Tyler Dusanek and Drew Richards, all of Winnipeg. He explained they worked in a factory that was very hot and were so used to it

Continued on page 13

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# Lakeshore School Division and a culture of risk



EXPRESS PHOTO SUBMITTED

Lakeshore School Division assistant superintendent Leanne Peters, left, and Supt. Janet Martell are looking forward to a year of growth and opportunity.

By Jeff Ward

Lakeshore Supt. Janet Martell is emboldened by the success of the outgoing year and looking ahead with the rest of her staff at the potential for new ideas, new opportunities and a new year.

Both Martell and assistant superintendent Leanne Peters said they're thrilled with how last year went for the division. This includes the success of many division-wide initiatives around literacy, like reading apprenticeship and reading recovery as well as

the blossoming of some exciting new frontiers like the LEGO program.

Martell said that just like 2016, the overarching goal for 2017 is the continued improvement of literacy and numeracy numbers division-wide. The plan will be different for every school and will also be tailored to fit the individual as that has been the most successful path so far.

"We're really encouraged by how those programs are coming along and we're going to be continuing them and expanding where needed," said Martell.

Taking risks on new and exciting programs — LEGO, paperless classrooms, iPad-assisted learning, wilderness trips etc. — has become a bit of a division motto over the last few years. Martell said that the division has created a "culture of risk taking," an approach has been a bottom-up experience, with teachers pushing in this direction.

"We've got some incredibly smart and dedicated people working in our schools and we want to encourage them to explore every opportunity they can. At the same time, we're also trying to do more this year to focus on staff wellness because we don't want them to burn out."

Peters echoed that concern for the school staff and said that many of them are so dedicated they'll spend hours outside of classroom time brewing up ideas to make the next day better than the last. As a result, teachers can end up working a lot of unpaid hours because they're so dedicated to the job.

At the same time, division staff encourages school-based staff to take a step back every now and then to focus on their own wellness.

For Martell, there aren't

any real concerns about the coming year. The ambiguity of the budget and what the new provincial government will allocate is something that is a "wait and see" at this point. She said that the board shares the same goals as staff and that the support they receive from school board members is a valuable part of the education process.

A new strategy for better communication with parents this year is the increased usage of text messaging and social media. Peters explained that it's really about giving parents the most important information in a way that is the most convenient. Emails, texts, Facebook and Twitter are going to be used more this year.

"We're looking at all ways of communication, and each way has its most appropriate uses. But I think long are the days when we send home a sheet of paper to be signed by a parent for every little thing," said Peters.

Like most progress, education is about incremental gains. Small victories over the course of a few years can become real triumphs. Martell said that as she and her staff push forward and look at new opportunities, they're also constantly looking back to see how things have changed.

"The rate of change in education is slow, but I feel we're on a really good path right now," said Martell.

## letters

### Heartwarming community

Dear Editor,

Adversity often makes us aware of the essential goodness of the people around us, something easy to forget when much of the media presents us with the negative aspects of society. Such it was for my husband and I last Friday (Friday, the 13th!).

Whilst driving east from Inwood, we were confronted with a vehicle travelling at speed toward us in our lane. As the driver, I avoided a head-on collision by swerving into the ditch. Unfortunately, the oncoming SUV struck my truck and wrecked it. Fortunately, there were no serious injuries.

What was heartening was the response of passing travellers who stopped to offer assistance. One man, in particular, a retired member of the RCMP, a resident of Fisher River First

Nation, interrupted his own journey and had us wait in his vehicle for the arrival of the rescue services (the weather was bitterly cold). This Good Samaritan helped us negotiate the paperwork, something my husband and I are extremely grateful for.

When I was taken by ambulance to Stonewall Hospital to be checked out, this kind man drove my husband home (10 km). How can mere words express our thanks? The paramedics, the fire department, the RCMP from the Teulon detachment, the Interlake Towing services and the hospital staff all acted in a kind and caring manner.

I would like to think such a response would occur anywhere, but there is no doubt it exists in Friendly Manitoba.

- Genevieve Montcombroux



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# Arborg's Reechka dancers draw sell-out crowd to Malanka

By Patricia Barrett

Organizers had to round up more chairs at Arborg's Malanka celebration on Jan. 14.

The Reechka Dance Club, which is celebrating its 30th anniversary this year, packed the Arborg Hall for the annual New Year's Eve festivity.

"We sold out," said Lynette Oliver, president of the club, adult dancer and Co-op food store manager. "We sold 380 tickets."

The club was in top form, dazzling the audience with their precision, timing and dramatic artistry. They performed 10 traditional dances representing the unique regions of Ukraine.

"Each ... costume represents a different region in Ukraine," said MC Drew Kozub from Kiss 102.3. "When you're looking at the outfits, ... look at the colour and look at the patterns and know that those represent different communities and different regions."

Kozub called the Hutzel, which was performed by the club's Junior dancers, very "peppy."

"That one came from the mountain regions of Ukraine, and ... I imagine it must have been very cold in that area!"

Seven dancers in the Beginner level were taken through their paces by senior dancers Briana Oliver and Kirsten Stobert. The youngsters beguiled the crowd and had them clapping along to the music.

The acrobatic feats of senior dancer Bryce Dubek wowed the audience. His jumps took him several feet above the stage. Unlike last year, he didn't smack his head on a ceiling tile when fellow dancers lifted him above their heads.

After the performances, traditional Ukrainian fare, including cabbage rolls and pyrizhky, was served, along with a visit "down memory lane" to celebrate the club's longevity.

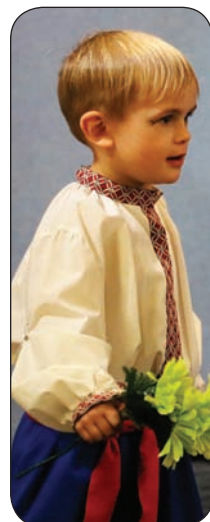
"Thirty years of Ukrainian dance

here in Arborg: this is something pretty special to celebrate," said Kozub.

When he asked who had attended 30 Arborg Malankas, a young child held up his hand.

"You are seven years old, so I really doubt it," said Kozub, causing the audience to laugh. "Good try."

Later in the evening, the club's adult dancers performed. Then the Kolomeyka, a fast-paced folk dance in which dancers and former dancers demonstrate their skills, got underway.



EXPRESS PHOTOS BY PATRICIA BARRETT  
Pictured from top, clockwise, the traditional Welcome Dance (Pryvit) offers the audience bread, salt and wheat for good health and prosperity; Reechka dancers perform the Ukrainian Welcome Dance; the Pryvit; Beginner level dancers had the crowd clapping along; a dancer in the Beginners level performs in the Pryvit; Keegan Stefanson kicked up his heels during the Hopak; Intermediate level dancers perform the Bukovinian, a dance from the Bukovina region of Ukraine; senior dancer Bryce Dubek showcased his acrobatic skills during the Hopak; and senior dancers Bryce Dubek and Briana Oliver perform the Volyn.



# Plaques honouring Vilhjalmur Stefansson go missing from Arnes



Two bronze plaques went missing last year from the historic site.



EXPRESS PHOTOS BY PATRICIA BARRETT

The small sculpture on the left is missing its bronze plaque honouring the achievements of Arnes-born Arctic explorer Vilhjalmur Stefansson.

By Patricia Barrett

Two bronze plaques honouring an Arctic explorer went missing from a historic site near Arnes sometime last year.

The plaques were removed from a monument in the Vilhjalmur Stefansson Memorial Park, located off PR 222 near Arnes.

"I have no idea what the thieves would do with them, other than possibly melt them down," said Wally Johannson of the RM's Municipal Heritage Advisory Committee, which advises council on local historical matters. "It appears to be a particularly mindless act of vandalism, which most harms the community of Arnes,

[and] which had honoured its most outstanding son with a monument and provincial historic park."

The monument was erected in 1964 to commemorate Stefansson's contributions to western Arctic exploration. He was born in Arnes in 1879, a few years after his parents had emigrated from Iceland, according to the Manitoba Historical Society's (MHS) website.

Stefansson "greatly extended knowledge of the geography and people of the western Arctic in major expeditions in 1906-07, 1908-12 and 1913-18," states the MHS.

A sculpture that depicts Stefansson trekking across an Arctic landscape has not been touched.

The plaques, furnished by the Government of Canada and bolted onto the monument, described his career as explorer, lecturer and author.

Someone in the Arnes area had alerted Gimli Coun. Peter Peiluck, liaison for the area, when he/she noticed the plaques missing.

Peiluck said he spoke with the RM's administration, which then contacted someone in government about their replacement. He wasn't sure whether the missing plaques had been reported to the RCMP.

When contacted last week, RCMP spokesperson Tara Seel said she could

not find a report.

Johannson said he had visited the site last year and took photographs of the monument with its missing inscriptions.

"My main concern has been to get the plaques replaced," said Johannson, who, along with the heritage committee, is undertaking a major project this year to document the rich history and notable people of the region.

The federal government has signalled its intent to replace the plaques.

"Parks Canada has assured me that will be done," said Johannson, "but it may take a year or more."

## Pallister delivers address to Economic Club of Canada

Submitted

At an event hosted last Friday by the Economic Club of Canada in front of an audience of the country's leading innovators from business and the public sector, Premier Brian Pallister spoke of his government's road map to economic growth and prosperity and the province's path toward balanced budgets.

Steps already taken, as well as those planned for the remainder of the government's first term, will restore investor confidence and allow for the attraction of new and expanded economic opportunities, the premier said.

The premier gave an overview of Manitoba's current economic climate and reaffirmed his government's commitment to improvement, growth and change. He encouraged attend-

ees to look at the government's vision for long-term, sustainable economic growth, to investigate the province's bright future and to consider the many ways their businesses could benefit from a province with so much untapped potential.

"Manitoba is once again open for business, offering a competitive and business-friendly environment as well as supportive infrastructure for a wide array of industries and sectors. These attributes have resulted in Manitoba becoming one of Canada's most diverse and dynamic economies, but a lack of vision has hampered our province's growth," said Pallister.

"Our government is working toward the expansion of existing opportunities, the development of entrepreneurial initiatives and the attraction

of new investment. We welcome partnerships with organizations, not only from within our province but also from across Canada and around the globe."

Pallister spoke of Manitoba's economic challenges, explaining the threats of the province's large budgetary deficit, credit downgrades and past fiscal management pose to the services Manitobans rely upon. He also spoke of the potential offered by the province's strategic geographic location and excellent transportation infrastructure, which allows for the import of raw materials and the export of goods by Manitoba companies to markets in approximately 50 countries around the globe.

He also highlighted the many as-yet untapped opportunities for economic

growth, the advantages of doing business in Manitoba, including the province's clean and low-cost electricity, skilled labour and affordable real estate and the resiliency of Manitobans.

"The story of Manitoba has been centuries in the making, based on a firm foundation of partnership, innovation and hard work," said Pallister.

"Our story is far from complete, and I firmly believe that our next chapter, though sure to be challenging and certain to require difficult but necessary decisions, will be a tale of determination and of success. It will detail our unparalleled opportunity to rebuild this special province. And it is one that we will write together."

# Gimli councillor changes his vote, not his mind, on pool project

By Patricia Barrett

It has been a poorly kept secret that Gimli Coun. Danny Luprypa had preferred road and other infrastructure expenditures to take precedence over the construction of an outdoor pool.

But the 20-year council veteran and chair of Public Works has decided to change his voting practice. Henceforth, he will be approving rather than opposing payments to contractors hired to work on the pool project.

That doesn't mean he has changed his mind, though.

"My position regarding the outdoor pool project has not [wavered] since it was initiated as I don't believe that this is the right time to proceed with this expenditure considering the infrastructure needs that currently confront the municipality," said Luprypa in a prepared statement that he read aloud during council's regular meeting Jan. 11.

Luprypa said he will, however, support the will of the majority.

"I respect the decision of the majority of council and understand that a pool is of no value without a shower room/washroom facility."

Some property owners in the RM are not in favour of the outdoor pool.

Last year, the RM had considered building an indoor pool at the Recreation Centre but found the price tag beyond the means of ratepayers.

At a March 19, 2016, public meeting that council hosted, Brett Dyregrov from Western Recreation — a company that later submitted the lowest tender for the construction of the outdoor pool — had said Gimli can't afford to build and operate an indoor pool: its population and tax base could not support it.

Dyregrov had put the cost of building an indoor facility at between \$12 million and \$30 million, and said they generally run an annual operating deficit of between \$500,000 and \$800,000 a year.

There are two indoor pools in the region: one in Arnes and another in Selkirk.

At the March public meeting, Mayor Randy Woroniuk had said that council was looking for an "affordable approach" to providing residents with a pool as swimming had been cited (in a survey) as their most desired recreational activity.

During the filming of a Native Planet documentary in September 2016, the mayor said another reason for building an outdoor pool is the increasing frequency of toxic algal blooms on Lake Winnipeg that deter residents — and tourists — from swimming.

The outdoor pool will consist of six junior Olympic-sized lanes, a lazy river vortex, a "tot" pool and two slides consisting of a two-lane racing slide

and a twisty slide.

With 25-metre lanes and a depth of about nine and a half feet, it will be able to host swimming competitions.

Luprypa, a stickler for accepting the lowest tender and awarding, where possible, tenders to local companies, underscored his desire to see local contractors compete for the construction of the pool's mechanical building.

"Because assurances have been given that council will have input regarding the tendering process pertaining to all components of the project after the design phase, I intend to work with council to ensure that this facility meets the needs of the Gimli Community," he said. "I am also adamant that local contractors need to have an opportunity to participate in the construction of the pool building facility."

For the record, Luprypa has not voted against paying contractor invoices at times when his nay vote could have jeopardized the payment process — that is, when a majority required to approve a payment was not present.

Realizing he would have to continue to vote yea and nay depending on the complement of councillors at regular meetings, Luprypa decided to make his intentions clear:

"As the project moves forward, invoices will need to be paid and contractors should not suffer financial burdens because of a split in council



EXPRESS FILE PHOTO BY PATRICIA BARRETT  
Gimli Coun. Danny Luprypa indicated he will no longer vote against payments to contractors hired by the RM to construct an outdoor pool and a mechanical building, both of which are expected to be ready in time for Canada's 150th birthday on July 1.

support."

Council awarded the pre-construction and design services for the mechanical building to Bird Construction and Stantec Consulting.

It also approved a \$61,020 progress payment (No. 8) to Western Recreation for the pool.

Luprypa voted yea on both counts.

## Interlake communities make Travel Manitoba's list of 150 'hot' things to do

By Patricia Barrett

Travel Manitoba recently released a list of 150 things to do in the province to help celebrate Canada's 150 birthday this year, and several Interlake communities have made the list.

Among the Interlake festivals, events and natural spaces that got the nod from the province's tourism marketing organization are the Narcisse Snake Dens near Inwood, Hecla Island's self-guiding trail, which features an Icelandic fishing village, Steep Rock's limestone cliffs on the shores of Lake Manitoba, the sandy beaches of Lake Winnipeg, Boardwalk Days in the town of Winnipeg Beach, and Gimli's Film Festival and Icelandic Festival.

Gimli has formed its own Canada 150 Committee to co-ordinate events marking the country's big day. And it's also planning to release its own list of 150 things to do in the municipality.

Gimli's Mayor Randy Woroniuk, who sits as a council representative on the committee, had one word to

describe what's in store all year long: "Lots!"

Committee co-chair Tammy Axelsson agreed, saying, "We've got it in spades."

In addition to its annual festivals — including the upcoming Gimli Ice Festival in March that will see race cars chewing up the ice on Lake Winnipeg — the municipality is brimming with the "great outdoors."

Gimli and its surrounding communities offer everything from ice fishing, canoeing, kayaking and paddle boarding to hiking, camping and bird watching.

"People are out there doing so many different things," said Axelsson, "and they're inspired to do them by the beautiful environment that we have here."

The committee is getting set to publish its own 150 list and is inviting residents to offer their ideas — especially those "outside the box" — which will be added to the list.

"We're encouraging people to list



EXPRESS FILE PHOTO BY PATRICIA BARRETT  
Gimli's Icelandic Festival made Travel Manitoba's top 150 things to do in the province to help celebrate Canada's 150 birthday this year.

150 great things that there are to do in Gimli," said Axelsson.

Ideas can be submitted to Can-

ada150Gimli@gmail.com.

Travel Manitoba's 150 list can be found at [www.manitobahot.com](http://www.manitobahot.com)

# Run to Quit aims to turn smokers into runners

By Lindsey Enns

If your New Year's resolution is to quit smoking, a program that aims to turn smokers into runners may be worth a try.

The Canadian Cancer Society and the Running Room, with funding from the Public Health Agency of Canada, have partnered to launch Run to Quit, a 10-week program that combines running or walking sessions with coaching on how to quit tobacco for good.

Sharon Mulder, the Interlake regional representative for the Canadian Cancer Society's Manitoba division, says the program is for all fitness levels and a step-by-step approach makes it easy to quit smoking by becoming more active.

She added walking and running can help smokers cope with stress and cravings while cutting down and quitting smoking.

Mulder partnered with the Interlake-Eastern Regional Health Authority and the Gimli Recreation Centre to host two lunch-and-learn sessions about the program in Gimli on Wednesday, Jan. 11 at the Gimli Community Health Centre. During the winter months, the Gimli High School will stay open a

few evenings a week so that those walking or running can do so indoors, she said.

Mulder said if any individuals, businesses or organizations are seeking more information about the program, they are welcome to contact her directly via email at [smulder@mb.cancer.ca](mailto:smulder@mb.cancer.ca) or by calling 204-276-2664.

Run to Quit was launched as a pilot program last year and is currently being studied by researchers from the University of British Columbia for its potential as a chronic disease prevention program.

This year, when registered participants stay smoke-free and complete a five-kilometre walk or run event they will be eligible to win a 2017 Honda Coupe LX or one of 13 cash prizes totalling \$16,000.

There are two ways participants can join Run to Quit. They can join a Run to Quit Training Program, which includes support from the Running Room in Winnipeg and quit smoking experts, or the Do it Yourself - Commit to Quit program, which includes resources and support from a National Quit Smoking Line. The deadline to register for the Run to Quit Training Program is Monday, Jan. 23. Another session will start up again in the spring. You must



PHOTO COURTESY OF METRO NEWSPAPER SERVICE  
The Canadian Cancer Society and the Running Room, with funding from the Public Health Agency of Canada, have partnered to launch Run to Quit, a 10-week program that combines running or walking sessions with coaching on how to quit smoking for good.

be over the age of 18 to enroll. For more information and to register, visit [runtoquit.com](http://runtoquit.com).

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## Winter Driving Tips

**Step 1: Make sure that your vehicle is prepared for winter driving.**

- Winter tires are a good option, as they will provide greater traction under snowy or icy conditions.
- Keep a snow brush/scraper in your car, along with possible emergency items such as a lightweight shovel, battery jumper cables, and a flashlight.
- Make sure that mirrors, all windows, and the top of your vehicle, are free of snow or frost before getting onto the road.

**Step 2: Drive smoothly and slowly**

- Don't make any abrupt turns or stops when driving. Doing so will often cause your vehicle to lose control and skid.
- Driving too quickly is the main cause of winter collisions. Be sure to drive slowly and carefully on snow and ice covered roads.

**Step 3: Don't tailgate.**

- Tailgating becomes much worse in winter weather. Stopping takes much longer on snowy and icy roads than on dry pavement, so be sure to leave enough room between your vehicle and the one in front of you.

**Step 4: Brake before making turns.**

- Brake slowly to reduce speed before entering turns. Once you have rounded the corner you can accelerate again.

**Step 5: Learn how to control skids.**

- When skidding, you actually need to go against your natural instincts and turn into the skid and accelerate. Doing so transfers your vehicle's weight from the front to the rear and often helps vehicles to regain control.

**Step 6: Lights On.**

- Turn on your lights to increase your visibility to other motorists.

**Step 7: No Cruise Control.**

- Never use cruise control if conditions are snowy, icy, or wet, because if your car hydroplanes, your car will try to accelerate and you may lose control of your vehicle.

**Step 8: Don't "pump" the brakes.**

- If your vehicle is equipped with an anti-lock breaking system (ABS), do not "pump" the brakes. Apply constant pressure and let the system do its work.

**Step 9: Pay attention.**

- Manoeuvres are more difficult to make in the snow. Be sure to anticipate what your next move is going to be to give yourself lots of room for turns and stopping.

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# Gimli council considers allowing snowmobile routes in town centre

By Patricia Barrett

The RM of Gimli council is considering whether to permit snowmobiles to travel along two roads in the town centre after receiving a request from Interlake Snow Trackers, a recreational club that maintains trails in various communities.

Goldfield Drive and half a block of Second Avenue (to and from a town-owned parking lot) are part of a new bylaw (No. 17-0001) regulating the operation of snowmobiles within the municipality's limits.

Designated routes also include Colville Drive, Amisk Drive, Centennial Drive, the beach parking lot and the west-side ditch or shoulder of Highway 9 between Gimli Park Road and PR 231.

"It [the new bylaw] still has the same requirements," said CAO Joann King during council's regular meeting on Jan. 11. "It still has the 7 a.m. to 11 p.m. timelines. It still has requirements that they travel at a certain speed ... not on the sidewalks. ... It isn't a big change. It's something we'd like to try to bring snowmobilers into the Gimli business area."

Interlake Snow Trackers, which grooms trails and provides warm-up shelters for snowmobilers, sent the municipality a letter dated Jan. 5, asking council for a reinstatement of the former route plus the additional route.

"The Interlake [Snow Trackers] are formally requesting the RM of Gimli Council reconsider the reinstatement of a snowmobile route on the boulevard on Goldfield Drive from Highway #9 to Lake Winnipeg, and along Second [Avenue] from Goldfield Drive to the town public parking lot



Mike Chudd, vice-president of Interlake Snow Trackers, asked Gimli council to reinstate a former snowmobile route along Goldfield Drive and allow snowmobiles to drive down Second Avenue to reach a town-owned parking lot.

across from the Gimli Theater," wrote club vice-president Mike Chudd.

Chudd, who served as director of Snow Trackers for four years prior to becoming vice-president, attended council's meeting to provide additional information.

Coun. Danny Luprypa said it may be difficult to create a trail on the boulevard.

"Grooming a trail will be pretty much impossible," he said. "There's four to five feet of snow between the sidewalk and the street."



EXPRESS PHOTOS BY PATRICIA BARRETT

A map of the proposed snowmobile routes.

Chudd said the Snow Trackers' grooming machine has a blade to cut the snow down but agreed there'd probably be a fair bit of work involved.

"Most towns that have a setup like this do allow the snowmobiles to drive on the shoulder of the road going in the direction of traffic," said Chudd. "Whichever way council would want to handle it, the club is more than fine in accommodating it."

Snowmobilers using Amisk Drive and Colville Drive currently drive on the shoulder of the road.

Council expressed some concern about snowmobilers violating provisions of the bylaw and causing a disturbance to residents late at night.

"This is just first reading," said Luprypa, "so residents along there [Goldfield] will have an opportunity to [respond]. ... You recall that last time this came to the table, there was a delegation from residents who live along Goldfield who objected. They probably aren't aware of this right now."

Luprypa asked Chudd who would police the route.

"Policing would be done by the RCMP," said Chudd. "No different than it is with the other trails. Snow Trackers would obviously try to help out where possible, but we have no authority to police."

Chudd said a "small minority" of snowmobilers will likely misbehave, but the overall purpose of allowing

routes on Goldfield and Second is to "accommodate the large majority to come and spend money on our businesses in winter."

Luprypa stressed again that residents be given an opportunity to respond to the proposal.

"I appreciate that it will create tourism, that snowmobilers have rights, as well, but we must not forget that there are residents who live along there and pay taxes," said Luprypa. "They should have an opportunity to participate in this."

Chudd asked that council consider postponing second reading of the bylaw until he returns from vacation so that he can have an opportunity to address possible opposition from residents who may want to attend a council meeting.

"I would request from council that if there are groups that want to come to speak against it, regretfully, like last time, I'm here for the first reading and ... I won't be here for the next meeting," he said. "... Last time, leading up to the meeting where it was voted down, I was on the phone with people from the RM administration from [vacation destination] ... [and] that really wasn't fair to me."

He also said a number of businesses have provided letters of support for Snow Trackers' proposal.

Council approved first reading of the bylaw.

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# Flexing muscle to move snow

By Patricia Barrett

Perhaps the only people enjoying the snow and the frigid temperatures last week were Cooley's Ice Park volunteers, who chose Friday — when the temperature (with windchill) was about minus 39 degrees Celsius — to erect wood forms for the eight- to 12-foot foot snow sculptures that will soon decorate the park.

Festival co-chair Peter Holfeuer, Kiwanis president Gord Anderson and his son Derrick, and volunteers Clint Kennedy and Bill Szewaga began assembling the forms near Gimli Harbour despite the biting cold.

"It doesn't bother me," said Kennedy. "I've got three layers."

As they moved one panel into place in front of the Gimli Art Club, a nasty wind picked up another and threw it

to the ground.

Next week, volunteers will be packing the forms with snow, which takes about five to six days to settle.

"We'll be sending Peter into the box to fill in the corners with snow," laughed Szewaga, referring to Holfeuer's bright yellow snow pants. "We'll be able to find him if he gets buried."

A public works employee with the Town of Arborg was probably not having as much fun as ice park volunteers last week as he manoeuvred excess snow to the banks of the Icelandic River near the municipal building.

And Manitoba Infrastructure was busy clearing the shoulders of PR 222, which was snow-packed and icy along several long stretches between Hnau-sa and Gimli.



The Town of Arborg flexed snow-removing muscle along River Road.



Kiwanis president Gord Anderson, left, Bill Szewaga and Peter Holfeuer lug a wooden form into place.



EXPRESS PHOTOS BY PATRICIA BARRETT

Manitoba Infrastructure cleared the shoulders of PR 222.

## > RUN TO QUIT, FROM PG. 11

Those interested in trying a different approach to quitting smoking can also look to the First Week Challenge Contest, Mulder said.

The challenge encourages adult smokers and tobacco users in Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island or the Yukon to quit smoking for one week for a chance to win \$500.

Participants must sign up by the last day of the month and stay tobacco-free for the first week of the next

month. For more information, visit [convio.cancer.ca](http://convio.cancer.ca).

No matter how long you've been smoking, your health will start to improve once you quit, Mulder said. After just 20 minutes, your blood pressure and pulse rate will return to your normal resting levels; within 24 hours, you will breathe easier; within 72 hours, your body will be almost nicotine-free; and in one year, your risk of heart attack will drop by 50 per cent.

## > GET FISHING, FROM PG. 6

that they liked to keep their shack hot too.

Travis had a little story, saying earlier they had told Tyler he had a bite on his line as he was on his way to the stew pot on the heater's stove. Tyler flicked his line up with his foot, and the fish you see in this week's picture popped out onto the floor of the shack.

By the way, for of our Canadian and

U.S. anglers, most jump-off spots onto the ice of Lake Winnipeg's south basin, east Lake Manitoba and Shoal Lake (north of Stonewall) are OK, but Warner Road at Matlock is blocked, so try Ralph Avenue.

Well, we've got some great weather, friends, so get fishing and enjoy! Bye for now.

# Vehicle owner addresses to be removed from registration cards

## Submitted

In the interest of protecting the privacy and security of Manitobans, Manitoba Public Insurance will be implementing a system change to remove the printing of registered owner addresses on non-commercial vehicle registration cards, Crown Services Minister Ron Schuler announced on Tuesday.

"Vehicle registration cards are often left inside the vehicle which makes them susceptible to being taken where the vehicle be broken into. Removal of the registered owner address will ensure the privacy, confidentiality and security of registered vehicle owners is maintained in these cases," said Schuler.

This change, which is supported by the Manitoba Association of Chiefs of Police, will be introduced starting with renewals and new vehicle registrations effective March 1, 2017 and later.

"Police vehicles across the province now have online computer access to driver and vehicle licensing databases to confirm addresses of registered vehicle owners, making it unnecessary to include this information on the physical vehicle registration card issued," said Ward Keith, vice-president

of Business Development & Communications and chief product officer, Manitoba Public Insurance.

"The new cards will be automatically introduced at no cost as policyholders renew or make vehicle or insurance changes that trigger printing of new vehicle registration documents," said Keith. "Full transition will take up to five years as current vehicle registration cards can be valid for this period of time."

Customers wishing to obtain a new vehicle registration card immediately without physical address can do so at any Autopac agent for a \$15 vehicle registration card replacement fee.

Commercial vehicles registered under the International Registration Plan (IRP) will not be affected by this change because the addresses on commercial vehicle registrations are typically those of commercial transport businesses, so the same risk to personal privacy and security does not exist, explained Keith. In addition, because IRP-registered vehicles are primarily operated outside of Manitoba, the address on the registration card is required by law enforcement officers in other jurisdictions who do not have direct access to Manitoba vehicle registration records.

# New funeral business opens in the Interlake

By Jennifer McFee

A new funeral business is now available to serve the Interlake and beyond.

Ken Loehmer Funeral Services recently opened at 55 Main St. in Teulon, and the business offers a full range of burial and cremation options.

"I chose Teulon to open my office as it is central to the area I serve. Arborg, Stonewall, Warren, St. Laurent — Teulon is in the middle. Customers can come here to my office or I can go right to their house and make arrangements there too," said Loehmer.

Since there is no chapel at his building, Loehmer has arranged to use local churches and halls as venues to meet families' needs.

"I decided to not build a stand-alone chapel at this time as we have multiple halls, churches and other facilities in our communities that we can utilize and provide them with revenue. Funeral services have evolved a lot in recent years, and ceremonies can now take many different forms in order to pay tribute to loved ones, and the location does not always need to be in a formal chapel."

For many families, Loehmer is al-

ready a familiar face since he grew up in the area and has ample experience in the industry.

"After 35 years in the funeral industry, it was time to be my own boss. After spending a year in Winnipeg, I realized how connected I am to the families I served and I wanted to come back to my community," said Loehmer, a Balmoral resident.

"It's rare in the industry to have a funeral director who has served multiple generations of families, but after 35 years, I know most faces that walk in my office."

Aiming to meet the needs of his clients, Loehmer offers a range of services that include funerals, cremations, headstones and pre-arrangements.

"Funerals are the business everyone will eventually need, but no one wants to think of. I want to give my customers the peace of mind by ensuring that, when the time comes, their last wishes will be respected. Coming in to prearrange your burial or cremation and the type of funeral service you would want will spare your family the emotional and financial burden of these choices."

When a funeral is prearranged, the



EXPRESS PHOTO SUBMITTED

Ken Loehmer is open for business and offering a full range of services to help Interlake residents organize a personalized ceremony or a pre-arranged funeral.

funds are guaranteed since they are put into trust. Those funds are protected if a business were to sell or close, so there is no risk to the family.

Prearranged funeral plans can be cancelled or transferred to a funeral

home of one's choice.

Anyone who would like more information about the various services at Ken Loehmer Funeral Services can call 204-886-0404 or visit [www.klfuneralservices.ca](http://www.klfuneralservices.ca).

# Diabetes rates on the rise in Manitoba, report shows

Submitted

In the next decade, the number of Manitobans diagnosed with diabetes will increase by 35 per cent, according to a recent report from the Canadian Diabetes Association (CDA).

It's estimated the number of people living with diabetes in Manitoba will grow to 125,000 in 2017, up from 121,000 in 2016. In addition, a further 202,000 are expected to be living with pre-diabetes and another 54,000 living with undiagnosed diabetes.

Diabetes is also a burden on the economy — costing Manitoba's health-care system \$114 million a year in direct costs including hospitalizations, doctor visits and in-patient medications.

The CDA's Report on Diabetes in Manitoba indicates that immediate changes are required to support people living with diabetes in the province. The report analyzes the latest data on diabetes in Manitoba, outlines critical areas of support needed and highlights stories of people living with diabetes in the province.

"Diabetes has reached epidemic proportions in Canada, including right here in Manitoba, and there is no denying its seriousness. If you don't have it, likely someone in your fam-

ily or circle of friends is affected," says Andrea Kwasnicki, CDA's regional director for Manitoba and Nunavut.

"Not only is the number of people with diabetes growing but so are the serious complications they experience such as heart attack, stroke, kidney disease, blindness and limb amputation — that's why it's critical for government to take immediate action."

Risk factors such as high rates of overweight and obesity in adults and youth, lack of physical activity and a healthy diet, and tobacco use among people in Manitoba will continue to drive Type 2 diabetes prevalence in the province.

Lifestyle is a risk factor for Type 2 diabetes, but family history, ethnic background, socioeconomic status and environment also play a significant part. A large proportion of Manitoba's population are First Nations, Métis and Inuit Peoples, who experience far higher prevalence of Type 2 diabetes and diagnoses at younger ages compared to the non-Indigenous population.

In addition, Indigenous Peoples face multiple barriers to preventing and effectively managing diabetes, such as food insecurity, high food prices, high prevalence of risk factors that

contribute to Type 2 diabetes, poor access to programs and services, lack of proper infrastructure and a wide range of social determinants of health (i.e. income, education, housing, etc.). These barriers also contribute to higher rates of diabetes complications among Indigenous Peoples in Manitoba.

The CDA's report outlines three major areas of support needed to help those living with diabetes in the province:

1. Expand the financial coverage for insulin pumps and supplies to all individuals with Type 1 diabetes who are medically eligible, regardless of age;

2. Implement a standard provincial diabetes care pathway specifying the supports needed for optimal diabetes management, including a recruitment and retention strategy for endocrinologists, co-ordinated diabetes team-based care, and expansion of diabetes education centres; and

3. Develop a policy to ensure students are supported with diabetes management at school.

"The Canadian Diabetes Association is working hard to support the health of Canadians through education, research, advocacy, improved

treatments and prevention by collaborating with all stakeholders in the diabetes community," adds Kwasnicki. "I am hopeful this new report will be used by the Government of Manitoba to initiate positive policy changes to improve the lives of people with diabetes or prediabetes in the province."

Diabetes is a chronic disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of blood glucose (sugar), which over time can result in serious complications. In pre-diabetes, a person's blood sugar levels are higher than normal but not yet high enough to be diagnosed as Type 2 diabetes. Nearly half of those with pre-diabetes will develop Type 2 diabetes. For people with diabetes, keeping healthy requires a balance of nutrition and physical activity along with medication if prescribed and monitoring of blood sugar levels.

The Canadian Diabetes Association (CDA) is the registered national charity that helps the 11 million Canadians with diabetes or prediabetes live healthy lives and educates those at risk.

For more information, visit [diabetes.ca](http://diabetes.ca) or call 1-800-BANTING (226-8464).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Race for top spot in KJHL's Central Division an interesting one

By Brian Bowman

The race for first place in the Keystone Junior Hockey League's Central Division is a tight one.

It's also a very interesting one.

The Peguis Juniors and Arborg Ice Dawgs are tied for top spot in the division — each with 17-8 records — after both earned victories last Sunday.

In Arborg's game, the Ice Dawgs snapped a 3-3 third-period tie to score four goals in the final period for a 7-4 win over the Lundar Falcons.

Ryan Pochailo, Karson Collins, Cal Finnon, Derric Gulay, Spencer Kilbrei, Clint Torfason and Brett Goertzen scored for Arborg.

Eric Miller (two), Landen Gray, and Jason Nikkel replied for Lundar.

Dylan Ossachuk made 31 saves for the win.

Peguis, meanwhile, outscored the North Winnipeg Satellites 8-7.

Theoren Spence (two), Tyler Woodhouse (two), Quinton Flett (two), Ian Sutherland and Gavin Bochurka scored for Peguis. Luke Penner stopped 41 North Winnipeg shots for the win.

On Friday, Peguis pounded Fisher River 15-4 as Theoren Spence had a big night with four goals and two assists.

Christina Cochrane (two), Quinton Flett (two), Tyrome Spence-Bair (two), Waylon Neault, Devon Garson, Devun Groot, Coulson Nepinak and Sutherland also scored for Peguis.

Johnny Beauliea had a strong game in the losing cause, finishing with two goals and two assists. Macrae Sinclair and Darryl Thaddeus also scored for the Hawks.

Dray Flett made 41 saves for the win.

Fisher River also played this past Sunday, losing 11-5 to the OCN Storm.

Brennan Cochrane led the short-staffed Hawks with four goals and an assist while Thaddeus had a goal and three assists. Evan Thickfoot also finished the game with three assists.

Fisher River played OCN again on Monday but no score was available by press time.

### Arborg iced by Selkirk

Last Friday, the Ice Dawgs lost 5-2 at home to the Selkirk Fishermen.

Auzzie Loewen, Bronson Kelly, Dylan Painchaud-Niemi and Drayton



EXPRESS PHOTOS BY LANA MEIER

Left photo, the Falcons' Craig Caine makes a pass during Lundar's 4-2 road win over the North Winnipeg Satellites on Jan 10. Right photo, Craig Wiess scores during Lundar's win.



The Juniors' Quinton Flett scored twice in Peguis' 8-7 win over North Winnipeg.



The Ice Dawgs' Karson Collins scored once for Arborg during their 7-4 win over the Lundar Falcons and once in a 5-2 loss to the Selkirk Fishermen.

Mendrun scored for Selkirk in the first period and then Mendrun netted his second goal of the game in the third.

Milan Horanski had two assists for the winners.

Kilbrei and Collins replied for Arborg as Riley Bannerman made 29 saves for the win.

### Game postponed

Last Thursday, Lundar had its game against St. Malo postponed due to weather and poor driving conditions. It will be rescheduled at a later date.

Two nights earlier, the Falcons doubled the Satellites 4-2.

Lundar, which led 2-0 after 20 minutes, received goals from Gray, Craig Wiess, Taylor Radley and Dennon Sichewski.

Nico Lisi and Colin Yarchuk replied for North Winnipeg. Travis Rigden made 31 saves for the win.

# Lightning strike twice in win column

By Brian Bowman

In a season that has seen the Lightning celebrate very few wins this season, Interlake earned a pair of them last weekend.

Interlake defeated Southwest 5-3 on Friday and then outscored the Norman Northstars 10-6 in Manitoba AAA Midget Hockey League action on Sunday in Teulon.

"Our best game was Friday, for sure," said Lightning head coach Dwayne Swanson. "Southwest is fighting for a playoff spot and they threw everything they could at us and we responded really well.

"It was nice to see our team respond to the physical aspect of the game."

In Friday's win, the Lightning erased a 3-2 deficit with three unanswered goals.

Keenan McPherson tied the score late in the second period and then Jack Einarson and Bryce Krauter tallied in the third.

Codey Behun and McPherson scored in the second period to give Interlake a 2-0 lead but Southwest came right back with goals from Bryce Young, McCullough Park and Zack Wytinck.

Adam Swan made 32 saves for the victory.

In Sunday's wild win over Norman, the Lightning started very slowly but eventually took advantage of an under-manned Northstars' club.

"We started very poorly," Swanson

stressed. "And then our guys kind of looked at each other and said, 'What are we doing here?' and went out and got 10 goals in two periods."

Einarson led the Lightning with two goals and two assists while Evan Klyne-Geisler and Corbin Mariash also scored twice.

Tyler Broda, Codey Behun, Corey Soorsma and James Maxwell also scored for the Interlake. Maxwell, Mariash, and Broda each finished the game with three points.

On Jan. 11, the Lightning lost 7-0 to the Winnipeg Wild.

Winnipeg scored twice in the second period and then broke the game wide open with five third-period goals.

"For two periods, we were really good," Swanson stressed. "They are going to have the puck in your zone a lot, they're a really good team, but we played our defensive structure really well. We hung in there with them and were playing really well."

Cedric Chenier led the Wild with three goals while Hunter Cloutier, Griffin Leonard, Riley Cusack and Mitchell Joss also scored.

The Lightning, now 9-19-0-0-3, visited the Wild last night but no score was available at press time. Interlake will continue on the road with a pair of games this weekend.

The Lightning will battle Southwest on Saturday (8 p.m.) and Yellowhead Sunday (2:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Lightning's Keenan McPherson battles for the puck during Interlake's 10-6 win over the Northstars Sunday. McPherson tied the score late in the second period during Interlake's 5-3 win over Southwest on Friday.

## Provincial bound



EXPRESS PHOTO BY NICOLE GALBRAITH

Kyle Foster's rink, which curls out of Arborg, competed at the Viterra Men's Interlake Regional Qualifier in Petersfield earlier this month. Next month, Team Foster will be competing in the Viterra Championship in Portage la Prairie. Foster will represent the Interlake along with East St. Paul Curling's Travis Bale. Pictured, from left, Kyle Foster, Shawn Magnusson, Bryan Galbraith and Justin Reischek.

## Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Steinbach Pistons	39	33	5	1	67	166	75
Selkirk Steelers	43	29	11	3	61	152	123
Winkler Flyers	40	28	10	2	58	147	97
OCN Blizzard	42	26	13	3	55	130	112
Portage Terriers	40	26	13	1	53	169	129
Winnipeg Blues	42	21	16	5	47	151	136
Virtden Oil Capitals	43	19	18	6	44	114	134
Swan Valley Stampers	40	14	23	3	31	114	157
Nee-pawa Natives	38	11	22	5	27	103	149
Dauphin Kings	41	11	25	5	27	91	147
Waywayseecappo Wolverines	40	6	30	4	16	110	188

KEYSTONE HOCKEY LEAGUE							
Central Division							
GP	W	L	OTL	PTS	GF	GA	
Arborg Ice Dawgs	25	17	8	0	34	155	93
Peguis Juniors	25	17	8	0	34	193	134
Fisher River Hawks	24	8	16	0	16	138	202
South Division							
GP	W	L	OTL	PTS	GF	GA	
St. Malo Warriors	24	19	4	1	39	182	86
Selkirk Fishermen	25	18	7	0	36	150	50
Lundar Falcons	23	8	14	1	17	95	116
North Winnipeg Satellites	24	7	16	1	15	97	132
North Division							
GP	W	L	OTL	PTS	GF	GA	
OCN Storm	23	16	7	0	32	205	148
Cross Lake Islanders	23	10	12	1	21	126	129
Norway House North Stars	26	1	25	0	2	66	317

AAA MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Wild	32	25	4	0	53	169	60
Yellowhead	32	20	4	2	48	139	91
Central Plains	35	21	12	2	44	140	121
Pembina Valley	33	21	11	0	43	128	95
Brandon	31	20	9	1	42	127	91

Thrashers	30	19	7	1	42	138	74
Eastman	32	16	13	2	35	110	95
Southwest	31	13	16	1	28	94	126
Kenora	33	12	17	0	28	96	141
Parkland	31	9	18	1	22	96	155
Interlake	31	9	19	0	21	90	147
Norman	33	5	27	0	11	82	213

AAA CITY MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	26	23	3	0	46	157	77
Winnipeg Sharks	25	18	7	0	36	119	78
Winnipeg Warriors	23	13	8	1	28	117	96
Winnipeg Hawks	25	9	12	2	22	96	107
Eastman Selects	24	5	16	2	13	76	109
Interlake Lightning	23	3	20	0	6	56	154

AAA BANTAM HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	24	20	4	0	40	156	33
Winnipeg Hawks	23	16	4	1	35	149	67
Winnipeg Warriors	25	14	9	1	30	100	76
Eastman Selects	22	12	10	0	24	104	78
Winnipeg Sharks	24	9	13	1	20	60	87
Interlake Lightning	22	1	20	1	3	59	173

MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE							
GP	W	L	T	OTW	OTL	Pts	
Westman Wildcats	20	15	2	-	2	1	35
PV Hawks	21	15	3	-	1	2	34
Winnipeg Avros	23	12	7	-	4	-	32
Yellowhead Chiefs	22	14	7	-	1	-	30
Eastman Selects	21	8	7	-	2	4	24
Norman Wild	23	5	15	-	2	1	15
Central Plains	19	3	13	-	-	3	9
Interlake Lightning	21	-	18	-	1	2	4

STATS AS OF TUESDAY, JANUARY 17



# MMHL Player of the Week Bantam female action



EXPRESS PHOTO BY LANA MEIER

The Manitoba AAA Midget Hockey League announced Monday that Jack Einarson of the Interlake Lightning is the CCM Player of the Week. In two games for the Lightning last weekend, Einarson had eight points and was instrumental in helping Interlake gain a much-needed four points in the standings. Einarson was in on four of five goals the Lightning scored against the Southwest Cougars on Friday, tallying a goal and three assists. On Sunday, the Lightning captain contributed two goals and two assists in a wild 10-6 victory over the Norman Northstars. The Gimli native now has 19 goals and 24 assists to lead his team in scoring. Einarson, in his second season with the Lightning, is property of the MJHL's Virden Oil Capitals.



EXPRESS PHOTO BY LANA MEIER

Lightning captain Brenna Barylski races for the puck during a Bantam 'AA' game against the Saints last Saturday at VMSC in Stonewall. Interlake lost 6-0 to the No. 2 team. The Lightning will play Central Plains at the BDO Arena in Portage this Saturday.

# Gimli wins silver at Tournament of Champions



KATHY CARR/THE CARBERRY NEWS-EXPRESS

The Gimli Vikings were defeated by the River Jets 6-2 in the final of the 2017 Carberry Bantam 'A' Tournament of Champions earlier this month. Gimli reached the finals after downing Souris 2-1 in overtime and Minnedosa 5-1. Left photo: goaltender Dylan Johnson and forward Riley Huston were chosen to the tournament all-star team. Right photo, pictured in no specific order: Dylan Johnson, Karsen Karish, Thor Peterson, Riley Huston, Terrin Rundle, Benjamin Danielson, Brock Chapil, Justin Steinmetz, Logan Contois, Gavin Allen, Brock Heapy, Mac Hudson, Brady Huston, Mackenzie Furgala, Clayton Lindell, Shaleigh Sveinson, coaches Murray Monkman, Jordan King, Kurt Karish and manager Kristen Redmond.

# Classifieds



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**HEALTH**

Canada Benefit Group - Attention Manitoba residents: Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or [www.canadabenefit.ca/free-assessment](http://www.canadabenefit.ca/free-assessment).

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Apartment for rent in Arborg. Call 204-641-5902.

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**COMING EVENTS**

Manitoba Riding for the Disabled Association 18th Annual Super Flea Market 2017. February 4th & 5th at Assiniboia Downs-Winnipeg. Vendor spots available - 80 vendors in the show! [www.mrda.ca](http://www.mrda.ca).

**HAY**

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

**RURAL MUNICIPALITY OF GIMLI**

**PUBLIC NOTICE**

**REGARDING GENERAL BORROWING BY-LAW 16-0013 TO PAY FOR THE WATER TREATMENT AND DISTRIBUTION SYSTEM UPGRADE PROJECTS FOR THE GIMLI URBAN CENTRE, GIMLI BUSINESS PARK, ASPEN PARK AND PELICAN BEACH**

The Council of the Rural Municipality of Gimli at its regular meeting on February 8th, 2017, commencing at 6:30 p.m., located in the Council Chambers at 62 - 2nd Avenue, Gimli will consider the following proposal to borrow \$3,370,000.00 under Borrowing By-law 16-0013 to pay for:

*The Water Treatment and Distribution System Upgrades in the Gimli Urban Centre, Gimli Business Park, Aspen Park and Pelican Beach*

*The total estimated cost of the Water Treatment and Distribution System Upgrades is \$8,620,000.00 to be funded as follows:*

*\$1,750,000.00 from the Province of Manitoba; and \$3,500,000.00 from Canada Clean Water Fund*

*And \$3,370,000.00 to be funded by borrowing*

*The borrowing will be repaid over 20 years at a maximum interest rate of 5.00% per year*

*The annual repayment amount will be no more than \$270,417.51 to be levied as follows:*

*40% as part of the annual general municipal levy and*

*60% as a quarterly water utility surcharge*

Copies of the proposal to borrow and information about the capital projects are available at the Municipal Office at 62 Second Avenue and on the municipal website at: [www.gimli.ca](http://www.gimli.ca)

Dated at the Rural Municipality of Gimli this 10th day of January, 2017, and issued pursuant to Section 174.1(1) of The Municipal Act

Joann King, CMMA  
 Chief Administrative Officer  
 Rural Municipality of Gimli

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*Only those selected for interviews will be contacted.*

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**Skill Requirements:**

- Applicants must possess a minimum Class 5 valid Driver's License.
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- Receive direction and follow instruction

The successful candidate will work varying hours as determined by the Public Works Supervisor.

**Please forward resumes on or before 4:30 pm, February 1st, 2017:**  
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 Box 370, 38 Main Street  
 Ashern, Manitoba R0C 0E0  
 Fax: (204) 768-2301  
 Email: [cao@rmofwestinterlake.com](mailto:cao@rmofwestinterlake.com)

*We thank all applicants, however, only those selected for an interview will be contacted.*

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## take a break > GAMES

### SUDOKU

1	6	4	2				5	
		7		9				
2	4				6			9
7			8	5				2
		9						
	1						4	8
				2	8			
	2		6					
		4			7			5

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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!

**Sudoku Answer**

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

**Crossword Answer**

S	S	V	S		S	E	R	V					
E	L	V	N	E	S	D	E	L	V	S	D		
G	N	I	R	N	I	R	E	O	V	C	I	H	C
S	E	O	D	S	M	O	A	V	W	V	R		
V	L	E	W	T	T	S	V	E	S				
N	X	V	H	S	E	M	E	S					
E	W	O	V	L	R	O	S						
S	E	I	R	E	V	D	T	N	G				
L	N	R	V	N	W	S	V	E	L				
L	O	O	E	R	A	V	S	N	T	I	K		
S	E	I	L	I	S	O	M	I	N	V	E	O	I
V	T	I	O	E	O	S	E	L	V	R	I	D	
F	E	I	T	E	R		S	E	L	J	E		

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## CROSSWORD

- CLUES ACROSS**
- Newts
  - Taxis
  - Ski down these
  - Solace
  - Thieves of the sea
  - Diacritical mark
  - Frost
  - Enmities
  - Furnace for baking
  - Founder of female institute
  - Eight
  - Earl Grey and chamomile are two
  - Messenger ribonucleic acid
  - Dull, unproductive pattern of behavior
  - A large and hurried swallow
  - Large nests
  - A way to choose
  - Grocery store
  - Drains
  - Hawaiian wreath
  - Where fish live
  - Get rid of
  - Beyond, transcending
  - Uncastrated male sheep
  - Asserts
  - Snoopy and Rin Tin Tin are two
  - Windy City footballer
  - Green veggie
  - Director
  - Conditioning
  - Spoke foolishly
  - Legislative body
  - Square measures
  - Cheek

	1	2	3	4		5	6	7	8	
9				10		11				12
13				14		15				
16			17		18					
19		20		21				22		
	23		24		25			26		
		27		28		29		30		
		31		32		33				
		34			35	36		37		
	38			39		40		41		42
43				44			45	46		47
48		49	50				51		52	
53						54		55		
56						57				
58								59		

- CLUES DOWN**
- Call forth
  - Front legs
  - Third-party access
  - Hairlike structure
  - Ghanaian money
  - Settled down
  - Ill-natured
  - Choose
  - Mountain in the Slovenian Alps
  - Samsung laptops
  - Inquire into
  - Not slow
  - Thailand
  - Front of the eye
  - Kentucky town 41549
  - Extreme disgust
  - Not fast
  - Smelled bad
  - Portended
  - Leader
  - Comedian Noah
  - Course
  - Sloven
  - Perfect places
  - A vast desert in N. Africa
  - Monetary unit of Angola
  - Clerks
  - Canadian law enforcers
  - Without (French)
  - Having wisdom that comes with age
  - Delicacy (archaic)
  - Grows older
  - Bitterly regrets
  - It's present in all living cells (abbr.)

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