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Kicking off the New Year

EXPRESS PHOTOS BY LANA MEIER

Carissa Stefanson and Tim Dorogin along with Intermediate and Senior members of the Arborg Reechka Dance Club perform the Hopak at the Arborg Hall on Jan. 18 to celebrate Malanka.

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Coalition to Save Lake Winnipeg calls on residents to contact province

By Patricia Barrett

The Coalition to Save Lake Winnipeg is encouraging residents to write to Manitoba's political leaders before the government's budget-feedback period ends.

The coalition was formed last fall to press the provincial government to take action on the ongoing degradation of Lake Winnipeg. It's made up of individuals, property owner associations, environmental groups and First Nation communities from both sides of Lake Winnipeg.

This week the coalition issued a statement calling on people to press the government for action on the lake.

"Many of you have asked what can be done and how you can help," said the coalition. "Today we are reaching out with a time-sensitive request. The provincial government is looking for budget feedback, and we want to ensure that resources for Lake Winnipeg are on the record."

The coalition said people have until Jan. 31 to provide input to the government, and there are two ways they can help:

1. Send an email or letter to the Honorable Scott Fielding, Minister of Finance, with a copy to your MLA and to the Honorable Sarah Guillemard, Conservation and Climate Minister (see template and contact info below).

2. Complete an online survey: use the open comments section of the online budget survey to tell the province to make Lake Winnipeg a priority in 2020. Visit <https://engagemb.ca>.

"We cannot stress enough the value and importance of sending these letters," said the coalition.

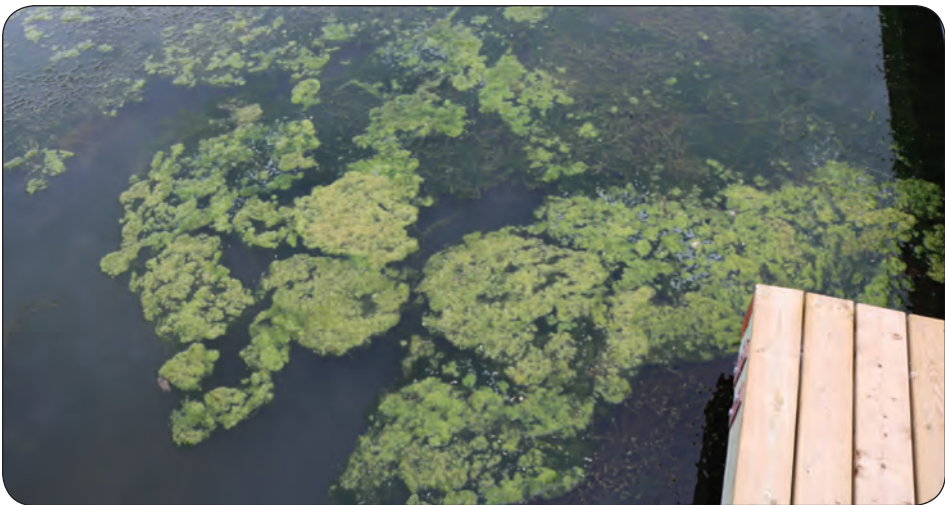
The coalition provided a sample letter people can use to contact the government:

"Honourable Scott Fielding, Minister of Finance, Room 103 Legislative Building, 450 Broadway
Winnipeg, MB R3C 0V8
Your Honour:

I am writing you regarding the government's commitment to the health of Lake Winnipeg.

As regulator, the provincial government has the responsibility of ensuring the City of Winnipeg addresses the North End Water Pollution Control Centre (NEWPCC) impact on Lake Winnipeg. Other green initiatives, including wetland protection and restoration, are also important measures to support the health of the lake. Yet, there is no mention of Lake Winnipeg in the proposed budget whatsoever.

This is deeply concerning to me. Winnipeg's under-treated sewage is the single largest point source of phosphorus to Lake Winnipeg. The



EXPRESS FILE PHOTO BY PATRICIA BARRETT
Algae in Gimli harbour, August 2019.

lake is sick and it needs our help.

I urge you to make the health of Lake Winnipeg a priority in the 2020 budget. Please reply to let me and let me know where you stand on this issue. I look forward to hearing from you.

Sincerely, (Your name)"

In addition, the coalition asks that people insert a custom message at the end of the template letter — add a personal experience or explain why the health of Lake Winnipeg is important to you.

People can send their written submissions related to the budget process by email to the following address:

budget2020@gov.mb.ca. Copy the email to Conservation and Climate Minister Sarah Guillemard at mincc@leg.gov.mb.ca.

People can also mail a letter to: Minister of Finance, Honorable Scott Fielding, Room 103 Legislative Building, 450 Broadway, Winnipeg, MB, R3C 0V8, and to Minister of Conservation and Climate Sarah Guillemard, Room 227 Legislative Building, 450 Broadway, Winnipeg, MB, R3C 0V8.

For more information about the coalition, email cslakewinnipeg@gmail.com.

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Barvinok Ukrainian Dance Club celebrates Malanka this weekend

By Patricia Barrett

The Barvinok Ukrainian Dance Club is getting set to bring in the new year this Saturday in traditional style.

Known for its precision, grace, youthful exuberance and fearsome sword dance, the dance club will be showcasing folk dances from different regions of Ukraine during Malanka at the Fraserwood Hall. A full Ukrainian buffet and entertainment will follow the performances.

"Bring your polka shoes!" said club president Sarah Pinsent.

The club's senior dancers act as assistant coaches to help the team perfect their steps, twirls, leaps and dramatic story-telling, and the club has competed and excelled at various Ukrainian dance festivals. It celebrated Malanka a few weeks ago at the Winnipeg Beach Legion.

Malanka gets underway Saturday, Jan. 25 at the Fraserwood Hall. Performances start at 6 p.m.



EXPRESS FILE PHOTO
A Pre-beginner dancer performs at the 36th Annual Barvinok Ukrainian Dancers Malanka celebration at the Fraserwood Hall.

Local donors help Gimli Art Club spruce up the art wall at Gimli hospital

By Patricia Barrett

Local donors stepped up to fund a professional art-hanging system for the Gimli hospital where members of the Gimli Art Club have their artworks on display.

Building-supply store K.C. Enterprises and art club member Terry Mellway and her husband Chris provided funding for the system.

Art club members and hospital staff held a dedication ceremony Jan. 22 at the hospital to thank the donors and to express their appreciation to the hospital for its generous provision of wall space.

The revamping of the hallway art gallery took about a year, said Mellway, and her husband installed the track and the hanging wire cables to which each artwork is affixed. Mellway and other art club members finished re-hanging all the art last week.

The idea for an art-hanging system came from Mellway's husband, who had been treated at the hospital a few years ago, and the couple decided to take on the project.

"We had never been in the hospital before, and we went down the hall where all the paintings were hung

and they were crooked. Some had identification tags on them and some didn't," said Mellway, who specializes in coloured pencil drawings, acrylics, oils and watercolours and is part of the Interlake Wave Artists Studio Tour. "We thought it looked kind of sloppy and my husband said, 'I think they could use a good hanging system here.'"

The art club has been displaying its work at the hospital for a number of years after being asked to paint and donate some works for patients' rooms.

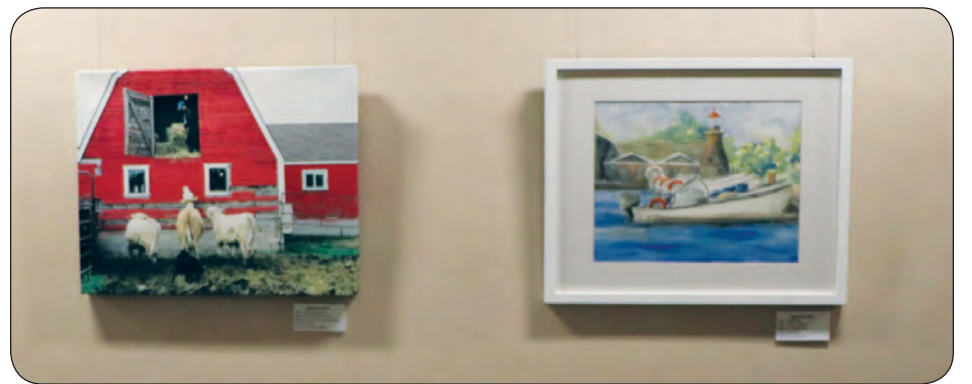
"Some of those paintings are still there," said Mellway. "And the hospital, to show its appreciation, said we could use a wall to display our paintings."

Different club members would periodically hang a new piece, but Mellway said she and her husband will now act as the "administrators," putting up new pieces every two months.

The paintings are located across from the cafeteria. The art is for sale and each piece is tagged with a title, price and the artists' contact information.



EXPRESS PHOTOS BY PATRICIA BARRETT
Gimli Art Club's Thursday Painting Group, from left: Lorraine Bohn, Jude Thomas, Suzanne Barrow, Mabel Tinguely and Terry Mellway.



Gimli hospital art display wall.

GEAC's first free film of 2020 focuses on mass extinction

By Patricia Barrett

For its first free movie night of 2020, the Gimli Environmental Advisory Committee (GEAC) will be showing a documentary film on mass species extinction, a timely subject given the fact our planet is hurtling towards premature death and every day brings new reports of species loss.

GEAC is offering a free screening of the 2015 film *Racing Extinction* in which scientists and activists expose a hidden world of extinction with never-before-seen images that will change the way we see the planet, said GEAC member Audrey Swift in a press release.

The film focuses on the international and illegal wildlife trade at a time when species are being hammered by global warming and dying off in mass numbers as their habitats degrade or are destroyed outright by human activity. The documentary features interviews by primatologist Jane Goodall and Tesla Motors founder Elon Musk.

Using covert tactics and state-of-the-art technology, the filmmaking team exposes these two worlds in an inspiring affirmation to preserve life as we know it, said Swift.

She noted that the documentary has disturbing scenes.

To help educate the public about environmental issues, GEAC offers a series of free movie nights at the Multipurpose Building at 17B North Colonization Rd.

Racing Extinction will be shown Friday, Feb. 7 from 7-8:30 p.m. Admission is free. Refreshments will be served.



EXPRESS PHOTO SUBMITTED
GEAC is hosting a free movie night on Feb. 7.

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Riverton residents looking to the future

By Evan Matthews

Despite the RM cutting local amenities, Riverton residents are developing plans for the future.

After the RM of Bifrost-Riverton closed the Riverton Satellite Office earlier in the month on Monday, Jan. 13, roughly 20 concerned residents hosted a meeting at the Riverton Fellowship Circle.

Residents held the meeting to discuss ways to stay positive, grow the community, and how to move forward collectively, and consistent problems residents face on a day-to-day basis.

"We want to make a plan for Riverton's future. Eventually, we want to be able to present something to council to show them we have a future, and there are people who care about this town," said Lindsey Dueck, a business owner in Riverton.

"We discussed what we think Riverton needs, what will bring people to town, and what our dreams for the town are."

Two of the central ideas to come from the meeting, according to Dueck, included improved promotion of the town's beach and creation of more affordable and accessible (rental) housing.

But Dueck said there is a large demo-

graphic within Riverton's population who are not in a position to purchase a home or aren't ready to make that commitment, but that is not indicative of people wanting to leave town.

"We have a new apartment building in town," said Dueck. "The rental units are always full."

Creation of more jobs was another central topic, she said, along with hosting more community events to "up community morale."

Ideally, Dueck said, the group would like to host a community event once a month.

"Whether it be a concert at the park — which is being renovated right now — or a fish fry, things like that.

"The actual closure of the office, I'm not sure how big of a deal it is. But it's scared people to think we're going to lose our town's identity," said Dueck.

"When we were amalgamated with Bifrost, many people didn't want that, but it was kind of forced. This felt like another step toward losing amenities in town and losing our identity. It's pushed people to think about how we can start reversing that process."

Background

The RM of Bifrost-Riverton finalized the closure of the municipalities satel-



EXPRESS PHOTO BY KAHLEIGH DUBOIS

The RM's closure of the Riverton satellite office has prompted residents to plan for their future and find ways to positively move forward collectively.

lite office at its regular council meeting on Jan. 8.

Reeve Brian Johnson cited cheaper taxes in Riverton as a silver lining to the issue and wanted to assure Riverton residents any savings resulting from the closure would stay in the town.

The building itself will remain open, as it houses the fire department and library. Both will operate as usual, he said, and the board room will be available for local meetings.

Reeve Johnson said the RM of Bi-

frost-Riverton spent \$32,000 on staffing, travel and building operations in 2018.

Closing the satellite office, but keeping the building open for the fire department and library, would shrink the building's annual operation cost to roughly \$6,500, according to Johnson. The main efficiency, according to Johnson, will come by having all RM of Bifrost-Riverton staff working together, cohesively and in accordance, at the RM's main office located in Town of Arborg.

Manitoba government announces new legacy farm award

Submitted by Manitoba

A new category has been added to the Manitoba Farm Family Recognition program, Agriculture and Resource Development Minister Blaine Pedersen announced Tuesday.

"Agriculture has changed greatly over the past 150 years and it's important that we recognize those families that have been involved in the industry for generations," said Pedersen. "With technology advancing at such a rapid rate, it's exciting to think of

where we may be 150 years from now, but it's important that we don't forget our past."

As part of Manitoba's 150th birthday, the Legacy Farm Award has been created to celebrate farm families that have 150 consecutive years as a Manitoba Farm Family. The Century (100 years) and Heritage (125 years) Family Farm Awards will still be available.

"Going back 150 years ago about 90 per cent of the population were farmers. These farms produced enough to

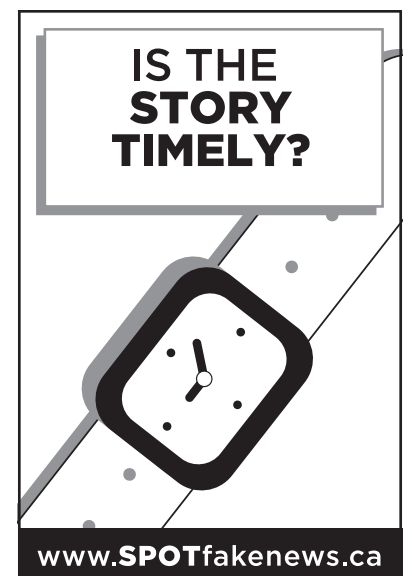
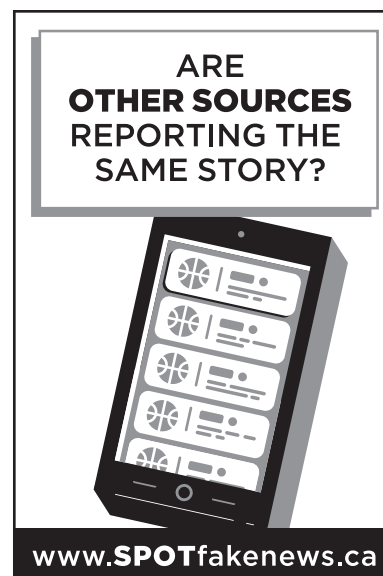
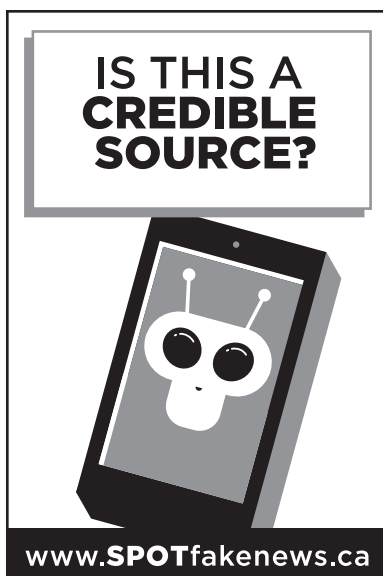
feed their families, with limited surplus to trade or export," said Pedersen. "Now about four per cent of our population are actively farming and agriculture production is a key economic driver in our province."

Since the first Century Farm was recognized in 1981, there have been more than 1,810 farms that have received the award. There have been an additional 97 farms that have received the Heritage Farm award since the first was recognized in 2010.

To be eligible for the award, the land must have been held in continuous ownership by direct descendants of the original owner, with a minimum land area of at least 20.23 hectares (50 acres) over the life of the farm.

More information on the Manitoba Family Farm Recognition program can be found at:

www.gov.mb.ca/agriculture/farm-management/transition-planning/heritage-and-century-farms.html.



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There's a lot more fish in the river

Hi folks.

I was way out on the south basin of Lake Winnipeg a while back on a bright, mild day and saw a hard wall ice shack off by itself. I drove over to it and, leaving my truck, called out, "Hello in the shack!"

"Hi, just a minute," came back a lively, friendly voice. The door opened and a smiling chap stepped onto the ice saying, "Hi, I'm Ed Marshall."

Standing in the spring like open air, I told him who I was and asked if he could remember an unusual fishing experience he might share with us. He thought for a moment and then said that originally he had come from Newfoundland and in the spring his family would gather smelts on their "Capelin Runs."

I interjected, "Gosh, Ed a few weeks ago a gal by the name of Robyn Dierickse shared her story of 'scooping' smelts on the shores of Lake Erie during her childhood. Did your family use pails with holes in them to catch the fish like Robyn's folks did?"

"No, in the spring when the smelts came ashore by the millions to spawn, we would collect them by hand, take them home and, after cleaning, either fry, roast or preserve them," he said.

"I had no idea smelts were such a big thing in the East Coast," I exclaimed.

"Yeah, it's a multi-million dollar part of their economy and culture," Ed responded.

This last weekend, I was on the Red River by Sugar Island and met a young chap who was ice fishing. I asked him if he ever had a memorable fishing experience and his face lit up as he launched vigorously into a startling experience.

Our new friend, Darrin Malak, was ice fishing downstream of the Pine Falls-Powerview Dam last year with his dad. It was a sunny, windy day as they sat over their holes on old pails when Darrin felt a pull on his short rod. He stood up and looking into the water could see the dark back of a smaller hooked pickerel darting about just under the ice. He hauled up on his rod with authority, wanting to land his fish, but it kept trying to take off to one side.

Darrin's dad cautioned him not to reel in too hard for fear of losing it. He loosened his drag just as a grey streak flashed across the hole. A strong pulsating tug met Darrin's hands on his rod. There was something wrong! The young lad brought the pickerel head up in the hole, but halfway down a huge jackfish had buried its teeth into it! Darrin watched frozen as the jack, with a whip of its head, tore the pick-

erel in half and disappeared into the depths with the lower part! Darrin sat stunned. His dad, sitting beside him, calmly said, "That's OK, son. There's a lot more fish in the river."

A few days earlier, a very interesting story came our way when I met Alex Scott, a bespectacled, brown-bearded chap, his thin blond-haired daughter Julia and a German exchange student, tall, blond, Agnes Seidl, on the Red River upstream of Selkirk. They told of a time not long ago when Alex took the girls up to Hecla Island for some ice fishing. He used his brother's house there for the weekend, and come early morning before daybreak, they packed their gear on a sleigh, hitched it to a big quad and rumbled out in pitch dark with only the lights of the quad showing the way.

As they headed east over the snow-packed ice, the sky appeared blue-black with the crystal clarity of mid-winter cold. The stars shimmered like brilliant diamonds. Abruptly, Alex heard the girls on the sleigh screaming. He stopped the quad and, turning in his seat, saw the girls waving their arms. He turned off the machine and, in the desolate silence, crunched through the snow to the girls, asking, "What's wrong?"

"Look up," they shouted.

Alex lifted his head skyward. There, a number of white-yellow lights were moving across the heavens in a per-



EXPRESS PHOTO SUBMITTED

Ed Marshall, a chap expert in catching and preparing Smelts in addition to catching pickerel out of Lake Winnipeg.

fectly spaced line. Naturally frightened, they stared at the lights until, abruptly, they went out. Alex, composing himself, now saw the faint brightening of the east horizon over Black Island and knew it signalled the coming dawn. No longer wanting to continue their day of fishing, they turned their rig around and headed for home. They peeled off their heavy clothes in the house, turned on the TV and began making breakfast. The news was on and within minutes the announcer revealed that SpaceX had launched a number of satellites that night, which could be seen by Canadians. Alex and the girls looked at each other, laughing. "I knew it wasn't aliens!" Julia exclaimed.

Till next week, friends. Bye for now.

Province shares 12-month strategy for transforming, improving family services

Submitted Manitoba government

To help ensure its programs and services will meet the needs of Manitobans now and into the future, the Manitoba government is implementing a transformation strategy focused on improving outcomes for vulnerable Manitobans, Families Minister Heather Stefanson announced Friday.

"We need to transform the way we provide services to Manitobans so that we are offering them a hand up, not a hand out," said Stefanson. "The Department of Families has set out a 12-month plan that clearly outlines how we will work together to protect our children, reduce dependence on government programs, and strengthen Manitoba families and communities."

A strategy document outlines the transformation agenda that affects every area within the department, and which will continue to influence its work in the years to come. Some priority areas include:

- exploring how to better meet the needs of people who access Community Living disABILITY Services through the ongoing implementation of an updated funding model, innovative supports and service improvements made in partnership with clients and stakeholders, and options to better meet the needs of First Nations people with disabilities;
- implementing targeted and customized supports for people who have the greatest opportunity to regain financial independence through employment, reducing their reliance on Employment and Income Assistance;

- building capacity in the community and among private-sector partners to deliver social housing, while continuing to invest in modernizing provincially owned and managed properties;
- transforming the child welfare system, with the goal of reducing the number of children in care and building stronger connections with culture and community, through a results-focused single-envelope funding model and new legislation based on the recommendations of the Legislative Review Committee; and
- improving early learning and child-care options for Manitoba families, by supporting the creation of new child-care spaces and more child-care options for families, while also reviewing the current funding model to ensure sustainability.

Continued on page 6

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A word to the youth and their education future

By Evan Matthews

For generations, including my grandparents and great-grandparents, the career path they took was fairly straight-lined in most instances.

Go to school, graduate and enter the workforce with one of the handful of jobs available.

My great-grandfather, for example, entered the workforce at 17 years old, starting with MTS as a labourer. He took time off to participate in the Second World War and came back to MTS. He ended up being part of the last non-university-trained engineers to work for MTS.

At some point, the path by which our society's youth arrived at their career has changed.

It became: Go to high school, graduate, then go get a post-secondary education and graduate again. Head into the work force as an educated individual with a guaranteed future.

But as more and more youth are finding out, that "guaranteed future" isn't so guaranteed.

A family member of mine recently graduated with a bachelor of biology (science) degree from the University of Winnipeg.

During her education she spent countless hours in labs and worked many valuable internships, including working for the City of Winnipeg's entomology department. It was very cool and meaningful work.

Her education spanned five years, and cost her roughly \$25,000 in tuition and books, leaving her with crippling

student debt. This is not dissimilar from many students in North American society. In fact, many students leave school with more than \$20,000 in debt.

But that shouldn't matter so much because she's educated now and will find a high-paying job in her field, right?

Well, not necessarily. Almost a full year after graduating, she has yet to find a job in her field, never mind a high-paying job. Again, this is not uncommon for post-secondary graduates.

Instead, she finds herself working in a job unrelated to her field, helping to write curriculums for a non-profit company that designs educational programs for young mothers and children.

She makes roughly \$13 per hour in a job she never saw herself in.

Ultimately, her dream job is to work in a hands-on capacity as a biologist, but without relocation, nothing is guaranteed.

The point is this: Contrary to what many youths are taught from a very young age, a degree does not make you more employable in today's society. Yes, for certain desired career paths, you need education and training, but that education and training does not guarantee anything.

If a person truly isn't worried about making money, that's fantastic because, talking about guarantees, money does not guarantee happiness.

But, without access to large quantities of money, financial income does matter, simply.

In social hierarchy, income level does equate to social respect. Money isn't just about purchasing homes, vehicles, travel and fine dining; as the years go, it can become about making sure one's parents do not end up in a care home and making sure they can have a dignified celebration of life once they pass on.

Borrowing money from "the family" as a young person is fine. There is no shame in it. But people start to lose self-respect when they owe money in their 30s and have, well, not much to show for their debts. Taking on more debt in one's 40s will only exacerbate that problem and likely lead to a debt-filled life until death.

While a degree leads many to become more critical thinkers and better writers, so too does entrepreneurial endeavours or trade's school.

While there is no guarantee in the entrepreneurial world either, many people who have applied themselves at a trade then opt to start their own business.

The critical thinking and organization that goes into running one's own business can be as or more valuable than any skills acquired through post-secondary education.

Times are changing; just because something — a degree — was valuable at one point in history does not mean it will be valuable in the future.

It's not to say education isn't valuable; however, different paths for different folks should be food for thought, at this point.

Let this be a lesson you don't have to pay for.

> FAMILY SERVICES, FROM PG. 5

The strategy was first released to all department staff in December. Since then, senior staff have met with hundreds of employees at town-hall meetings to talk about the goals of the strategy and how their work will help achieve it. This work will continue over

the coming months to help ensure staff remain engaged and informed.

The minister noted this work supports the objectives set out under the government's broader transformation strategy. The department's strategy document, Shared Priorities – Sustainable Progress: A 12-Month Action Plan

for Manitoba Families, is available at www.gov.mb.ca/fs/pubs/shared-priorities-sustainable-progress.pdf and Transforming the Manitoba Public Service is available at https://mbmeasuringprogress.ca/wp-content/uploads/2019/11/transformation_2018-1.pdf.

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Community support vital for people with Alzheimer's disease

By Patricia Barrett

The wife of a sixty-seven-year-old Selkirk man living with Alzheimer's disease is helping raise public awareness of the disease and says community support is vital for both the sufferer and the caregiver.

Glenda Oldham shared with the *Express Weekly News* her husband Tim's progression through the disease, information about available supports and the challenges she and many caregivers like her can experience.

Even though caregivers become more familiar with what's happening to their loved one, they still live with a lot of uncertainty.

"I have no sense as to when and how and where this is going to evolve. But I was probably more panicky during that first year [the year he was diagnosed] when he would all of sudden get lost or there would be some kind of personality change," she said. "There's a certain panic to that and you think, 'Oh my gosh, what can I do to change this or what can I do to slow it down?'"

She said Tim can suddenly forget where his coat or the dinner plates are and become a bit disoriented if he's faced with a new situation or their routine gets off track. But he's still able to communicate and actively takes part in social activities in the community.

Oldham says there are common misperceptions about the disease as people move through its various stages, and "almost from the get-go it's like an invisible wall has gone up between you and the rest of society."

There a number of things friends and acquaintances can do to help even if they have no prior experience dealing with the disease and may feel awkward, she said. One of the best things, for example, that people who know Tim can do is say hello to him if they happen to meet somewhere in the community, whether that's at the grocery store or on the street. A simple conversation about anything – even the weather – or just shaking his hand in greeting tells him he's "recognized" and breaks down the isolation and stigmas associated with the disease.

Acknowledgement does not go unnoticed, said Oldham, as sufferers in the early or middle stages of the disease are still capable of understanding what's going on and conversing.

"When we talk about the weather – we all know what the weather is doing – what we're really doing is 'touching' each other with words: I'm acknowledging you. I know your name. We have history. I value you so much that I'll stand here and talk about the



January is Alzheimer's Awareness month.

weather for quite a while," she said. "And that's really about connecting the human spirit to the human spirit."

It's also important to avoid talking about the Alzheimer sufferer as though he/she is not there because "you never know what their brain is taking in," said Oldham.

"When you're talking over him Tim knows what you're saying. He won't necessarily react then, but when we gets home, I'll hear about it."

People with Alzheimer's commonly move through three stages. In the early stage, a person may become forgetful, experience difficulty learning new things, have a hard time concentrating and experience mood shifts and coordination and communication problems. The middle stage is marked by more pronounced difficulties with the above symptoms and may include uninhibited behaviours such as aggression. The late stage is marked by severe impairment in memory, verbal expression and information processing.

Oldham said Tim has had the disease (since diagnosis) for about five years and thinks he's somewhere in the middle stage. It took about 14 months of testing – everything from blood tests and electrocardiograms to CT, PET and MRI scans – to eliminate other conditions.

Although Oldham says they have support from people who know Tim – he's "embraced" by the singers in his local men's choir and is part of a bowling team and an after-church coffee group – she can still become sad at times.

"On the negative side of things there are phases of time when I feel particularly overwhelmed, when it just comes on me because you're with this 24 hours a day and seven days a week," she said. "And this is where supports are so vital. I could not be doing this without the support of the Alzheimer

Society."

More than 20,000 Manitobans have Alzheimer's disease or another form of dementia, according to the Alzheimer Society of Manitoba. The disease also comes at an economic cost of about \$885 million. That's expected to rise to over \$4 billion by 2038. Caregivers spend over 9 million hours of informal unpaid care. The projected growth in cases is a "crisis" that will overwhelm families, the healthcare system and the economy.

Each January the society spearheads a campaign to raise awareness of the disease and the services it provides to Alzheimer's sufferers and their families.

"We provide information and support to individuals and families impacted by dementia," said the society's Interlake-Eastern regional coordinator Samantha Holland, "whether that's just a listening ear, or whether they have specific questions about dementia or care-giving strategies. They can brainstorm with me or other staff members."

Holland said there are over 100 different types of dementia and the progression is different for everybody.

The society offers an eight-week Minds in Motion program in Gimli and Selkirk to help Alzheimer's sufferers and their caregivers get physical exercise, social stimulation and brain-strengthening exercises. The program runs in the spring and fall at New Horizons in Gimli and at the Gordon Howard Seniors Centre in Selkirk.

"It's two hours and they do some exercises and then break for coffee and refreshments for that socialization piece. Then they do cognitive activities. One day we might be doing brain games or crossword puzzles, giant Jenga or bocce ball," said Holland. "It's a really great program to get people out in their community and participating without fear of being judged."

Holland said lifestyle choices (diet and exercise) can slow down Alzheimer's. People who adhere to a Mediterranean diet with its emphasis on fruits, vegetables, beans, nuts, fatty fish and a reduction in the consumption of red meat, processed food, baked goods and junk food, can lower their odds of developing Alzheimer's by 36 per cent.

In its latest newsletter, the society published a Brain Health Food Guide with recommended foods.

"I think a lot of people have this misconception that it just comes down to genetics, but that's one small piece of the puzzle," said Holland. "There's research to support a healthy lifestyle along with keeping socially active. And people should keep trying new things, something as simple as brushing your teeth with the opposite hand because that's stimulating new connections in your brain."

Oldham said she reached out to the society right away for advice and support.

"If you have a diagnosis, call the society right away," she said. "They are so caring and they will give you things you can do right now so when things get tougher, you know you've taken care of those things."

Oldham follows the food guide to the best of her ability, and she and Tim take part in the Minds in Motion program in Selkirk, she said. She also takes part in telehealth educational seminars offered by the society where caregivers can learn about different issues such as legal matters, transitioning to long-term care or whether or not to refuse medications.

Despite medications and lifestyle changes that can slow the progression of the disease, there's no getting around the fact that Alzheimer's will get steadily worse and is ultimately fatal.

"It's like a half-death now. They're still here, they're still alive, but they're not who they were. And that's hard," said Oldham. "But when the community is willing to embrace Tim, it makes a huge difference to me."

"THEY'RE STILL ALIVE, BUT THEY'RE NOT WHO THEY WERE."

Heima Er Best receives donation from Invis for new supported housing

By Patricia Barrett

Heima Er Best is one step closer to building a new supported-living facility in the north end of Gimli after it received a \$5,000 donation from mortgage broker Invis.

Invis representatives Jim Wood and Rosa Bovino presented Heima Er Best board members with a \$5,000 cheque Jan. 16 at the Heima office on First Avenue.

Heima Er Best, which means Home is Best in Icelandic, is a charitable organization that was established in Gimli in 1984 and currently runs five supported- and independent-living homes for people with developmental disabilities



EXPRESS PHOTO COURTESY OF DANNY LUPRYPA

Heima Er Best board members and Invis staff. Front row from left: Danny Luprypa, Daviette Noga and Rosa Bovino (Invis). Back row from left: Alan Dann, Jackie Sigurdur, Rosalie Chobotar and Jim Wood (Invis).

with funding from the province's Department of Families. "This is the second year Invis has given us \$5,000," said Heima's financial manager, Shannon. "It's very generous. We're looking to build a sixth home."

The organization provides 24-7 staffing support to its residents, the majority of whom are from the Interlake region with families close by, said Shannon. Family Services strives to keep adults with disabilities living in or as near as possible to their home communities. Heima also has independent-living units for some residents.

The organization is in the process of determining wheth-

er the new facility will incorporate some independent living units as the province is moving towards an "independent model," she said.

The new home will be built on North Fifth Avenue on a lot beside Sacred Heart Ukrainian Catholic Church. The municipality of Gimli is donating the land to Heima.

"The municipality needs to subdivide the land," said Shannon. "There's a small portion on the west piece of the property they need to take off because of [underground infrastructure]. Once that's gone through land titles, we will officially have the piece very much to generosity of the RM."

The \$5,000 donation — like last year's \$5,000 donation — was funded through Invis' Angels of the Night program, which the mortgage broker established in 2002 in Vancouver. The company has raised over \$4 million to date in cash and in-kind donations for homeless shelters.

In 2017 the company raised funds for over 40 shelters in 11 Canadian cities, including Winnipeg. It also works with shelters to determine pressing needs and purchases requested supplies. It says it wants to help those who do not have a home, according to its Angels of the Night webpage.

Construction of the new Heima Er Best home is expected to start within the next five years.

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Bell Let's Talk supports at-risk youth in Peguis First Nation through

Submitted

Bell Let's Talk today announced a donation of \$110,000 to the Peguis Foundation Inc. and SunLodge Village for a four-season land-based traditional wellness program for at-risk community youth.

"Bell Let's Talk is proud to help SunLodge Village and the traditional support it offers young people in Peguis First Nation," said Mary Deacon, chair of Bell Let's Talk. "Peguis Foundation and the SunLodge Village are making a meaningful difference in the lives of our next generation and we look forward to working with them to reach more at-risk youth through traditional healing practices."

The Bell Spirit and the Land Excursion Camp will engage a total of 64 youth participants annually over four years. In these traditional camps, at-risk youth will come to find their Indigenous identity, reconnect with the strength of their traditional culture, and address their mental health issues in traditional ways. The program seeks to provide an integrated experience of healing in all aspects of health, including body, mind, spirit and relationships with others.

"Elders hold crucial roles in supporting education in our communities and serve as positive role models for young people and their families," said Lloyd Sinclair, president of Peguis Foundation Inc. "Peguis Foundation is pleased to partner with the SunLodge Village and Bell Let's Talk to provide a traditional learning environment for our elders to share their knowledge with our children, building a strong community for future generations."

Through this program, youth will experience traditional ways of living

through camping, learning survival skills, harvesting and preparing traditional foods, gathering natural medicines, and sharing the harvest with family and community. These experiences will be integrated with traditional teachings, sharing circles and ceremony to foster healing through cultural connection.

According to the SunLodge Elders: "As the original people of Turtle Island, we recognize and acknowledge the original and natural laws, for the sake of our mother the earth, who sustains all life. Mental health issues are truly evident in the lives of our people today because of all the disconnection from our original ways of being. The SunLodge is working very hard with the people to ensure they are given every opportunity out on the land to learn and return back to the original, natural laws."

"We are always willing to work with others who share this vision, and so we immensely grateful for this new partnership with Bell MTS. This will help us to give more of our youth an opportunity to reconnect with our original ways of being."

For more information on how to get involved with the Spirit and the Land Excursion Camp at the SunLodge Village, please contact Ernest Stevenson at 431-338-2445.

Alongside the launch of Bell MTS in Manitoba in 2017, Bell Let's Talk announced it would be expanding in the province with a new dedicated fund for Indigenous mental health. The recent announcement is the fifth major commitment from the fund, following donations to Ma Mawi Wi Chi Itata in 2017, Ogijiita Pimatiswin Kinamatwin in 2018, and Bear Clan Patrol and Be-

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SunLodge Village Bell Let's Talk Peguis

havioural Health Foundation in early 2019.

About Peguis Foundation and SunLodge Village

Peguis Foundation Inc. is an independent registered charitable organization that supports local Indigenous non-profit organizations, including the SunLodge Village, at Peguis First Nation. The SunLodge Village is a Manitoba registered non-profit organization of Indigenous Elders, tradi-

tional knowledge carriers, volunteers and community members.

As an Indigenous grassroots organization, the SunLodge Village operates without government funding. The SunLodge Village is dedicated to promoting health, strength and resilience among Indigenous people through providing ceremonies, traditional teachings, community gatherings and land-based experiences.

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Arborg's Reechka Ukrainian Dance Club rings in the New Year

By Patricia Barrett

The Arborg Reechka Dance Club drew a large crowd to the Arborg Hall Jan. 18 to celebrate Malanka. The event featured polished, charismatic performances of folk dances such as the Volyn, Poltava and Hutzul by the 26-member Ukrainian dance troupe, a full Ukrainian buffet, the Kolomayka, a fast-paced unstructured social dance in which dancers and audience members can show off their fancy moves and a presentation of the New Year's baby, Annika Lily Chomokovski.

The dancers are taught by instruc-

tors Garrett Gottfried and Brenna Klym with help from dancers/junior instructors Savannah Blandford, Hannah Pearce, Meagan Klym and Amber Erlendson.

The festive event also featured a live auction hosted by Little Joe's Actions. Items up for grab included men's and women's Ukrainian blouses donated by the Reechka club, a chainsaw donated by Shachtay Sales & Service, a wood coffee table made by Steven Stefanson and a one-night golf package for two donated by the Lakeview Hecla Resort.



EXPRESS PHOTOS BY LANA MEIER

Hannah Pearce, Meagan Klym, and Savannah Blandford performed the Pryvi, a traditional Ukrainian welcome dance, offering bread, salt and wheat as a wish to all for good health and prosperity.





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Fisher Branch celebrates Malanka with dinner and dance

By Evan Matthews

Fisher Branch celebrated Ukrainian New Year in style, as its local dance club also celebrated its 50th year.

Leanne Kochan, president of Fisher Branch Chaika Ukrainian Dance Club for the last four years, said the club has been around since 1970 and is a staple within the community.

“It’s all about culture, and maintaining our culture as a community,” she said, adding that she and her children have been with the club for 13 years.

“This is a part of who we are, but we also have students that just want to dance and don’t have (Ukrainian) heritage. It’s inclusive to all who want to learn.”

This year’s celebration saw roughly 350 attendees at the Fisher Branch Community Centre Hall, according to Kochan, with the dinner and dance.

Tickets for the social afterward were available too, Kochan said.

“It’s all home cooked food, with roast beef, ham, mashed potatoes, perogies, vegetables and a salad ... even head cheese,” said Kochan.

“The food is always really good,” she said.

Malanka is a Ukrainian, Belarusian and Russian folk holiday celebrated on Jan. 13, which is New Year’s Eve according to the Julian calendar, but Kochan said the Fisher Branch community celebrates on either the second or third weekend of January.

The reason the club alternates weekends year to year, according to Kochan, is planning in congruence with the Arborg club in order to respect one another’s fundraising efforts.

“It’s one of our biggest fundraisers, too. We put on a big dinner and dance and a performance, and it’s the same format every year,” said Kochan. This year’s event brought in about \$10,000, minus all the cost of the food, the hall and hiring a DJ or band.

“It’s a great time for families. We have lots of little kids in the community right now. ... It’s so great to see,” she said.

The Fisher Branch Chaika Ukrainian Dance Club fundraises for two competitions each year, according to Kochan, with the first competition coming up in mid-March in Winnipeg and the second at the end of May in Yorkton, Sask.

Different dance groups from the club participate, including creative movement (introductory years, three- and four-year-old kids), pre-beginners (five- and six-year-old kids), beginners (seven- to nine-year-old kids), junior (10- to 13-year-old kids), and the senior girls (14- to 16-year-old kids), according to Kochan.

“Our celebration through dance ... it’s who we are. It’s how we celebrate community. ... It takes a community to raise a child,” said Kochan.

“It’s a time to get together with family. It’s so family oriented. Families come out with grandparents, aunts, uncles, parents and children.”

The Fisher Branch Chaika Ukrainian Dance Club will be hosting another dinner and dance fundraiser on May. 23.



EXPRESS PHOTOS BY LAURA GRZENDA

The Fisher Branch Chaika Ukrainian Dance Club kicked off the New Year in style last Monday.



The creative movement class all dressed up.



The beginner class performing its Hutzel dance.



The junior boys class perform the Kozak sword dance while the senior girls show off their Volyn dress.



The junior girls class performed a contemporary dance.

get inspired

> MEAL IDEAS



Cook time: 3 hours and 30 minutes
 Servings: 6
Mojo Marinade:
 3/4 cup extra-virgin olive oil
 1 cup cilantro, minced
 3/4 cup orange juice
 1/2 cup fresh squeezed lime juice
 3 tablespoons fresh garlic, minced
 1 tablespoon fresh oregano, minced
 2 teaspoons cumin, ground
 kosher salt, to taste
 coarse black pepper, to taste
Sandwich:
 3 1/2 pounds pork shoulder or boneless pork butt
 2 teaspoons Tabasco Chipotle Sauce
 3 tablespoons mayonnaise
 6 pieces Cuban bread or baguette (6 inches each), cut lengthwise
 8 ounces deli ham, thinly sliced
 1/2 pound swiss cheese, thinly sliced
 24 dill pickle chips
 4 tablespoons yellow mustard
 1 cup unsalted butter
 4 tablespoons reserved Mojo Marinade
 To make Mojo Marinade: In bowl, whisk olive oil, cilantro, orange juice, lime juice, garlic, oregano, cumin, salt

Sammy's Cubano Sandwich

and pepper until incorporated. Adjust salt and pepper, to taste. Reserve 4 tablespoons marinade in separate bowl, cover and set aside in refrigerator. Place pork in large zip-top bag. Cover with Mojo Marinade and close bag. Place in roasting pan and refrigerate overnight.
 Heat oven to 450 F.
 Remove pork and marinade from bag and place in roasting pan. Cover with foil and cook in oven 45 minutes. After 45 minutes, reduce heat to 375 F, remove foil and cook 2 hours until internal temperature reaches 175 F and pork is fork tender at thickest part. Remove from oven and let rest 20 minutes before slicing.
 In small bowl, mix chipotle sauce and mayonnaise until fully incorporated. Spread mixture on bottom bread slice. On top bread slice, place two slices deli ham, 3-4 ounces roasted pork, two slices swiss cheese, 4-6 pickles and yellow mustard.
 Over medium-high heat, butter flat surface of griddle and add reserved Mojo Marinade while butter is melting. Place assembled sandwiches on griddle, pressing grill weight or heavy skillet on top of sandwiches. Cook until bottoms are golden brown and cheese is melted.

Maple Turkey Breast, Egg, Avocado Mash and Hummus Sandwich

Prep time: 8 minutes
 Total time: 10 minutes
 Servings: 1
 1/4 avocado
 1/2 lemon, juice only
 2 slices flaxseed bread, toasted
 1 tablespoon hummus, any flavor



1 fried egg, cooked over-medium
 3-4 slices Kretschmar Master's Cut Maple Turkey Breast
 fresh mozzarella cheese, thick sliced
 1/2 red bell pepper, sliced
 1 handful baby spinach
 In bowl, mash avocado and combine with lemon juice. Set aside.
 Spread one bread slice with hummus and second with avocado mash.
 Add fried egg, maple turkey breast, mozzarella, red bell pepper and spinach.
 Stack and cut in half.

Hot Honey Ham Rolls

Prep time: 3 minutes
 Total time: 15 minutes
 Servings: 12
Topping:
 1/4 cup honey
 2 tablespoons Dijon mustard
 1 tablespoon chopped fresh parsley
 8 tablespoons salted butter, melted
Rolls:
 12 premade rolls
 12 thick-cut slices Kretschmar Master's Cut Hot Honey Ham
 12 slices Kretschmar Swiss Cheese



To make topping: In small saucepan over medium heat, whisk honey, Dijon mustard, parsley and melted butter. Bring to simmer and remove from heat.
 To make rolls: Heat oven to broil. Split rolls in half and place on baking sheet cut-side up. Brush cut sides with honey butter. Place two halved hot honey ham pieces on bottom of each roll and top each with Swiss cheese slice.
 Broil until cheese is melted, 1-2 minutes. Carefully remove from oven and pour on remaining honey butter. Place tops on rolls and serve.



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could force you to pay an extra .5% – so think like a car salesman, get a little savvy, buy at month end and push for your price.

If you are leasing, keep these tips in mind when you are negotiating with your dealer.

1. Same mark-up applies for leasing new versus buying so try to get the price down by 3-4% off the "Sticker" price even if you plan to lease. It will make a difference in your monthly payment.

2. If this is your second lease from the same dealer you have "Loyalty Power". You should be getting 1% off the current financing rate for being a repeat customer (this is standard in the leasing business. Make sure you get it!)

3. The fees to be paid on a returning lease should be paid by the dealer if you are leasing again. Don't get nicked-and-dimed here on the minor repairs to the car or the fact that your tire tread might be lower than their 3 mm minimum. Again – return it and haggle at the end of the month to get a better packaged deal – they will absorb these costs to get another lease on their books.

4. On a returning lease, one thing they may not budge on is the millage. If you are over your original agreed package, they could charge you approximately \$0.30 for every KM over. If this is your first lease, make sure you get enough allowable millage in your package so that you are not over when you return the vehicle.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of **"How to Retire Debt Free and Wealthy"** Chris is a Canadian Financial Planner, Chartered Investment Manager, Insurance Broker, Commercial & Residential Mortgage Broker, Estate Planner and Taxation Expert, with over 25 years in Canadian Banking. Follow her on Facebook & Instagram.

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Oliver among Manitoba Curling Hall of Fame 2020 inductees

By Brian Bowman

Innovator Ernie Oliver, who is widely acknowledged as the driving force behind the establishment of two-person stick curling in Manitoba, will be inducted into the Manitoba Curling Hall of Fame.

The induction banquet will take place May 3 at Canada Inns Polo Park.

Oliver is very proud to get the nod into the prestigious Manitoba Curling Hall of Fame.

"There was a lot of work getting that started," said Oliver earlier this month. "All of the funding that I had was what I put in because we couldn't get any ice. I wanted to start something where somebody who couldn't play the full-person (curling) anymore and had bad backs and knees, they would still be able to stick-curl."

Oliver was born June 11, 1935, and lived in Marquette. His curling career started in the spring of 1950 on natural ice in Warren.

In 1951, Oliver, along with many neighbourhood people in the Meadow Lea and Marquette areas, decided to build a one-sheet curling rink with natural ice in Meadow Lea that was completed and opened for that winter. Oliver bought and donated a set of 16 rocks for the club that were called Excelsior Kays when he was just 16 years old.

When the Meadow Lea curling rink eventually closed, they donated the 16 rocks to Warren's new three-sheeter

curling rink. Those rocks are still in use at the Warren Curling club, according to Harold Cook.

Oliver played in many Interlake bonspiels on a regular basis and later started the Masters league in Fort Rouge which is still operating today. He played in the event several times.

Oliver's curling career, though, was forced to move into playing with a stick in 2005 due to a knee replacement.

The very first two-person stick Manitoba Championship (consisting of six teams) was played in Grand Marais.

Since then, the two-person stick game has become very popular in both Winnipeg and the rural communities. Oliver noted proudly that Marquette had a bonspiel last year with 56 teams that played on two sheets of ice.

"Once it got going, (the game) just took off," Oliver said, noting he has won five provincial stick-curling championships. "You have all of the elderly people out there now and they're socializing. In our game, we have six rocks and six ends and that takes an hour and then they socialize and are back with their friends."

"I'm just overwhelmed when I go there and see all those people and I think, Oh gosh, how lucky I was to start something that went the way it did."

Oliver put on clinics throughout various towns in Manitoba, taking time to teach curlers how to play a two-

person stick league. Stick curling has brought back many curlers who could no longer curl conventionally due to physical illnesses.

There are also many wheelchair athletes involved in two-person stick curling across Canada.

Joining Oliver as the 2020 inductees will be three of Manitoba's elite curlers from the 1980s-90s, a pair of championship teams from two different eras, and another builder of curling.

Two who will be recognized for their on-ice accomplishments across over two decades of competitive success are three-time Manitoba and Brier champion teammates Vic Peters and Chris Neufeld.

While both competed at the Manitoba Men's Championship with other teams, their greatest accomplishments came as teammates with Peters at skip and Neufeld at second. Fittingly, they are inducted together into the Manitoba Curling Hall of Fame as curlers.

Also being inducted in 2020 as a curler is one of a short list of curlers who have won Manitoba titles in three different categories. Karen Purdy won Manitoba junior, mixed, and three Scott Tournament of Hearts championships along with a Canada Games gold medal between 1989 and 1995.

The 2020 honoured teams are from two different eras. Darcy (Robertson) Kirkness' Canadian junior women's champion team from 1984 was the last



EXPRESS PHOTO SUBMITTED

Marquette's Ernie Oliver is among the 2020 inductees to enter the Manitoba Curling Hall of Fame. Oliver, the driving force behind the establishment of two-person stick curling, will enter the Hall of Fame as a builder.

Manitoba team to win the Canadian title before there was an opportunity to go on to a world event.

The second team did experience success at the world level. The 2011 Jeff Stoughton team was the most recent Manitoba men's team to capture a world title.

Oliver will be joined in the builder category by Resby Coutts, whose 50-year career as a curling volunteer led to two terms as president of CurlManitoba and a term as chair of Curling Canada's board of governors.

Peguis douses Flames twice last weekend

Staff

The Peguis Juniors burnt the NCN Flames twice last weekend.

Peguis completed a two-game sweep after defeating the first-place Flames 12-5 on Sunday afternoon.

The Juniors' Tyrome Spence had a fantastic game with five goals and four assists while Ethan Daniels scored three goals to go with three assists and Quinton Flett tallied once and added six helpers.

Peguis' Sundance Paul, Shane Bear and Travis McPherson each had a goal and an assist.

Trent North (three), Jerome Linklatier and Albert Berard replied for NCN.

Drey Flett stopped 33 Flames' shots for the win.

On Saturday evening, Peguis defeated NCN 5-1.

Peguis grabbed a 4-0 first-period lead as Nathaniel Murdock scored twice and Paul and Spence added singles.

Paul's goal came with Peguis short-handed while Spence's goal came on the power play. Spence finished the game with three points.

North replied with a goal before the first period ended. Daniels then closed out the scoring in the third.

Flett made 33 saves for the victory.

Peguis, now 9-4-1 to occupy third

place in the five-team league, will visit the OCN Storm for games on Satur-

day (7:30 p.m.) and Sunday (1:30 p.m.).

Arborg reaches final of home tournament

Staff

The Arborg Collegiate Athletics were defeated 76-67 by the Lac du Bonnet Chargers in the final of their home tournament last Saturday.

Arborg reached the championship game after beating the Riverton Patriots (68-44) and the Teulon Collegiate Saints (62-60).

Riverton, meanwhile, lost 79-56 to Mikisew School in the consolation

final.

Riverton earlier defeated the Fisher River Hawks 55-51.

The Peguis Wolverines were downed 91-41 by Teulon in the third-place game.

Peguis opened play at the eight-team tournament with a 58-46 win over St. Paul's from Elie. The Wolverines then lost 93-75 to the Chargers.

Gimli dominating in varsity boys' basketball

By Brian Bowman

Mother Nature got the best of the Gimli Lakers varsity boys' basketball team on Saturday.

After starting the four-team Mac-Gregor tournament with a dominating 87-36 victory over the Prairie Mountain Predators on Friday, the remainder of the tournament was cancelled the following day to poor weather.

Gimli started slow against the less talented Predators, a single A school, but picked up their play as the game went on.

The Lakers' Blake Magnusson, a 6-foot-6 senior, had a tremendous game, pouring in 39 points. Twenty of those points came in the first quarter.

Gimli has some good size this season with 10 players listed at 6-foot or taller.

"It's a good problem to have," said Lakers' head coach Chad Heminger. "It's very rare to have (that much height). Our focal point is to play inside-out and when you average over 6-feet we can usually find a mismatch."

Besides height, Gimli has several players that can shoot the ball effectively from the outside.

"It's a rare year," Heminger noted. "All five guys (on the floor) can shoot."

On Jan. 17-18, Gimli defeated the host Steinbach Christian School Flames 77-66 in the third-place game of Steinbach's tournament.

In exhibition play this season, the Lakers are 5-0 after dominating wins over the Warren Wildcats (76-52), Arborg Athletics (91-36), Teulon Saints (78-33), Fisher River Hawks (100-21) and the Frontier Mosakahiken Grizzlies (99-71).

As the scores indicate, Gimli has played some very good defensive basketball this season.

"We kind of hang our hat on playing solid man-to-man defence and we've been pretty successful," Heminger said. "Like I said, height certainly helps with that. We kind of hang our hat on cleaning the glass and playing defence first."

The Lakers will play Warren in an exhibition game Feb. 3 in Gimli and

then the Lakers will host their home tournament Feb. 7-8.

The following weekend, Gimli will travel to Winkler for a tournament.

The next few weeks will be important ones for Gimli as the Lakers have high expectations for themselves this season.

Gimli, currently third in the MHSAA "AA" provincial rankings, expect to compete well at provincials.

"It's kind of a year where one through four, it's wide open," Heminger noted. "We're hoping to get there (to provincials) and maybe make some noise. Our goal is to always win the first game when you're there but this is a year, where it's who knows?"

Lundar Falcons shut out Arborg Ice Dawgs

By Brian Bowman

Action in the Capital Region Junior Hockey League is really starting to tighten up this month.

Games are being closely contested and scores have been much tighter in the new year.

"It's definitely getting more defensive minded, that's for sure," said Lundar Falcons' head coach James Worthing Monday afternoon.

Lundar and Arborg played another close game on Sunday with the Falcons edging the Ice Dawgs 2-0.

"We definitely needed that," Worthing stressed. "We've been pretty short handed on the bench for the last two weeks now with injuries and guys being ill and stuff. We definitely needed that (win) for a confidence boost, for sure."

Braden Paulic gave Lundar a 1-0 lead with a second-period goal and then Mason Medeiros tallied in the third.

Derek Benson assisted on both goals while Paulic also had a two-point game.

Chris Lesage made 25 saves for the victory. At the other end, Tre Strachan played extremely well, stopping 61 Lundar shots.

Last Friday, Lundar lost 3-2 to the Selkirk Fishermen.

Cole Wasnie scored the game winner on the power play with just 1:26 remaining in regulation time. It was his second power-play goal of the game.

"We were down a couple of our top scorers there so we definitely can play with Selkirk, that's for sure," Worthing said.

The Fishermen's Jordan Donald also scored with the man advantage in the second period.

"They really made us pay," Worthing said. "They scored three power-play goals. That's one team that you really have to be disciplined when you play them or they will make you pay."

Ryan Gleich and Benson had Lundar's goals.

Lundar, in third place with 26 points, will host the last-place North Winnipeg Satellites on Friday (8 p.m.) and then will play at Selkirk on Sunday (7:30 p.m.).

Meanwhile, Arborg's game versus the first-place St. Malo Warriors on Saturday was cancelled due to poor weather.

On Jan. 14, Arborg defeated the North Winnipeg Satellites 7-4 at Billy

Mosienko Arena.

The Ice Dawgs held period leads of 2-0 and 3-1 and then the third period was a wild one as the two teams combined for eight goals.

Arborg's Shaydon Mousseau had a great game with three goals while Blaze Bezecki scored twice and had an assist.

Josh Roche also had a three-point night with a goal and two helpers. Jordan Klippenstein scored the Ice Dawgs' other goal.

Derian Emes (three) and Brandon Mills replied for North Winnipeg.

Strachan made 29 saves for the win.

Arborg, currently in fourth place with 24 points, will host St. Malo this Thursday at 8 p.m.

U18 Lightning lose trio of games last week

Staff

The Interlake Lightning's playoff chances just got a whole lot dimmer last weekend.

Interlake lost all three of its games last week after a 4-1 Manitoba U18 AAA Hockey League loss to the Brandon Wheat Kings in Teulon on Sunday afternoon.

The Wheat Kings' Dalton Andrew scored in the first period and then Ty Earl tallied in the second.

Brandon's Rylan McEwen and Nolan Wallace made it 4-0 before Inter-

lake's Griffin Haight struck on the power play with 1:28 remaining in the game.

The Wheat Kings were 1-for-10 with the man advantage while the Lightning finished 1-for-5.

On Saturday, Interlake was doubled 4-2 by the Central Plains Capitals in a key matchup in Portage la Prairie. Both teams are battling for the eighth and final playoff spot.

Matthew Vandel and Ayden Manningway (on the power play) scored for the Lightning.

Ryan Botterill, with a pair, Kian Calder and Brennan Cook (with the man advantage) replied for Central Plains.

Interlake was outshot 54-32, including a whopping 29-10 margin in the first period.

On Jan. 15, the Lightning were edged 3-2 by the Winnipeg Thrashers in Stonewall.

Winnipeg's Charle Kosman scored the game winner at 18:41 of the third period.

Manningway tallied a first-period

goal and then the Lightning's Ashton Fisher added a power-play marker early in the third.

Ryland Kuczek and Malcolm Andrushko tallied for the Thrashers in the middle frame.

Interlake, now four points behind Central Plains, will play the Winnipeg Bruins on Saturday (3:15 p.m.) at Southdale Arena and then will host the last-place Norman Northstars on Sunday (2 p.m.) in Teulon.

Einarson scores against Winnipeg Blues

Staff

Virten Oil Capitals' forward Jack Einarson scored a third-period goal to lift the Virten Oil Capitals to a 4-2 win over the Winnipeg Blues in Manitoba Junior Hockey League action last Friday at the RINK Training Centre.

Einarson's goal came at 19:31 of the third period to ice Virten's victory.

The next evening, Einarson had an assist in Virten's 6-2 road loss to the Steinbach Pistons.

The Gimli product now has 11 goals and 35 points in 44 games this season.

Einarson competed at the MJHL-SJHL Showcase this past week in Regina. He represented the MJHL playing on Team Zajac (20U).

Virten, meanwhile, is 23-17-2-2 and has 50 points to sit tied for fifth place with the Waywayseecappo Wolverines.

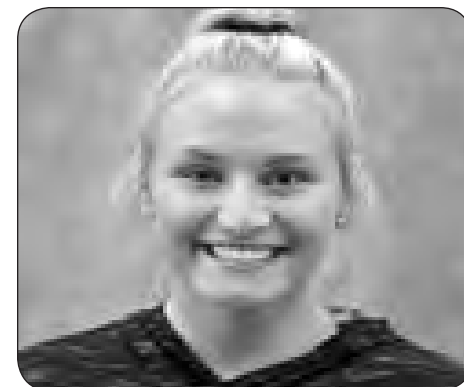
The Oil Capitals are back in action Friday when they host the Neepawa Natives. On Sunday, Virten will travel to Winkler to play the Flyers.

Puck drop for both games is 7:30 p.m.



EXPRESS PHOTO BY LANA MEIER
Virten Oil Capitals' forward Jack Einarson of Gimli had a goal and an assist as his club split a pair of MJHL games last weekend.

Cvar snipes pair of goals



Olivia Cvar

Staff

Olivia Cvar scored a third-period goal to help her St. Cloud Huskies defeat the Minnesota State Mavericks 2-1 in Mankota on Saturday evening.

Cvar, who lives in Stonewall after growing up in Gimli, scored at 1:08 of the third period to tie the score at 1-1.

It was Cvar's fifth goal and eighth point in 25 games this season. She is currently tied for second on her team in goals scored.

Last Friday, Cvar sniped a second-period power-play goal in St. Cloud's 5-3 loss to Minnesota State.

The Huskies, now 5-17-3, will play at the University of Minnesota Duluth Bulldogs this Friday (6:07 p.m.) and Saturday (2:07 p.m.).

Lightning Bantam boys nipped by Winnipeg Sharks

Staff

The Interlake Lightning Bantam AAA boys' hockey team lost 2-1 to the Winnipeg Sharks on Sunday in Warren.

Trailing 2-0 in the third period, Hayden Wheddon scored the Lightning's lone goal.

Hayden Chaloner scored for Winnipeg in the first period and then Logan Chartrand tallied in the second.

On Jan. 12, Interlake soundly defeat-

ed the Norman Wolves 6-2 in Stonewall.

The Lightning, which held period leads of 3-1 and 6-1, saw Wheddon and Adam Vigfusson each score twice and add an assist while Rylan Slatcher chipped in with a goal and two helpers.

Ty Woods added a goal and an assist for the Interlake

Hutton Foster tallied for Norman as Dylan LeClair made 25 saves for the

win.

Meanwhile, Interlake had two players suit up for Team Air Force at the league's annual all-star game. Lightning players were Wheddon and Reid Byle.

In U17 Prep action, Interlake was supposed to host the Brandon Wheat Kings on Saturday but no score was listed on the league website at press time.

The Lightning will play the Winni-

peg Bruins on Thursday (7:30 p.m.) at the Notre Dame Arena and then will host the Winnipeg Thrashers on Saturday (4 p.m.) in Warren.

The Lightning had three players — Austin Lourenco, Evan Calder and Stefan Schaible — on Team Army at their annual all-star game.

Interlake head coach Liam Wheddon served as an assistant coac

Winnipeg to host 2020 YONEX Canadian National Badminton Championships

Submitted by Badminton Canada

The 2020 YONEX Canadian National Badminton Championships are coming to the Prairie Badminton Club in Winnipeg from Jan. 29 to Feb. 1.

For the first time in history, Badminton Canada will be hosting the National Championships for both able-bodied and para-badminton at the same time and in the same venue.

"Badminton Canada has made inclusivity a priority (by) combining these events into one championship," said Joe Morissette, executive director of Badminton Canada. "(It) was a

crucial and necessary step for the organization. We welcome badminton enthusiasts of all abilities to come watch and experience the fastest racket sport in the world."

On display at the 2020 YONEX Canadian National Badminton Championships will be Canada's best badminton athletes, including the youngest national champion in history, Brian Yang.

Yang is currently second on the Badminton World Federation World Junior Ranking, and fresh off an incredible season — winning a bronze medal at the Pan American Games last summer at the age of 17. Joining

Yang will be fellow YONEX National Team athletes, including women's doubles pair Rachel Honderich and Kristen Tsai; men's doubles pair Jason Ho-Shue and Nyl Yakura; and mixed doubles pair Joshua Hurlburt-Yu and Josephine Wu — all of whom are defending National Champions and 2019 Pan Am Games Champions.

"We have our best athletes attending the championships this year. It is sure to be a great competition with tons of great performances and energy," said Mike Butler, national team head coach. "With para-badminton debuting in the 2020 Paralympic

Games this summer in Tokyo, athletes and spectators will get a taste of the amazing things these para-athletes can do."

An athlete to watch in the para-badminton events is young Winnipeg local, Olivia Meier. Meier trains out of the Winnipeg Winter Club and has been a top performer for Canada since she began competing in para-badminton in 2016. This past summer, Meier claimed her first Parapan Am Games title in mixed doubles (SL3/SU5) alongside partner Pascal Lapointe and was also able to claim a silver medal with an outstanding performance in women's singles.

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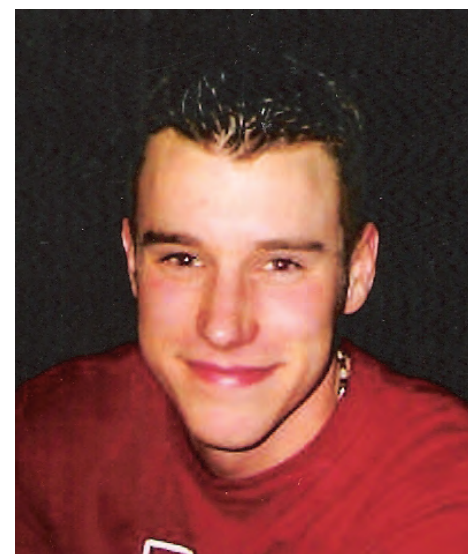
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IN MEMORIAM



Robbie Johnson
May 1, 1983 – January 28, 2005
Taken from us so suddenly
And tragically, 15 years ago

In the silence of our minds,
Where no one else can see;
Your voice, your smile, your memory,
Is kept so tenderly.
The tears we shed,
Will wipe away;
But the ache in our hearts,
Will never go away.

-Forever loved and missed,
Mom, Dad and Darrell



MUNICIPALITY OF BIFROST-RIVERTON CHANGE OF MEETING DATE

TAKE NOTICE THAT the Council Meeting of the Municipality of Bifrost-Riverton regularly scheduled for Wednesday, February 12, 2020 is changed to Wednesday, February 5, 2020 at 4:00 pm.

Dated at Arborg this 8th day of January, 2020.

Cindy Stansell, CMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton



RURAL MUNICIPALITY OF GIMLI REQUEST FOR PROPOSAL AIRPORT CHAIN LINK FENCE INSTALLATION AND REPAIR

The Rural Municipality of Gimli, Airport Operations, requests bids to be submitted to complete the following work at the Gimli Industrial Park Airport.

The work required:

1. Installation of a 24 foot wide by 4 feet high chain link vehicle access gate. To be installed where an existing chain link fence currently exists. Gate to be a 2 part gate hinged to swing open. Each gate to have wheels or roller system on bottom to allow for ease of gate movement. Location at the North end of Anson Road. Removal and disposal of existing fence required.
2. Installation of a 24 foot wide by 7 foot high chain link vehicle access gates. 2 gates required. To be installed where existing chain link gates currently exist. Gates are 2 parts hinged to swing open. Existing posts to be replaced as required. Each gate to have wheels or roller system on bottom to allow for ease of gate movement. Associated fencing and posts to be repaired for up to 12 feet on each side of gates. Located at hangars 2 and 3 on Anson Road. Removal and disposal of existing gates required.

Contact The Airport Manager (431)-641-3050 during normal business hours for further information or to complete a site inspection prior to bid submission.

Selected bid will be awarded no later than March 15, 2020.

Work to be completed no later than April 15, 2020.

Bids for proposal are to be submitted no later than 4:00 pm, Friday February 28, 2020 to:

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



RURAL MUNICIPALITY OF GIMLI HUMAN RESOURCE OFFICER CONTRACT

The Rural Municipality of Gimli is seeking proposals for a contract position to administer the Human Resource function for the Municipality. Responsibilities will include but not limited to providing staff, management and Council with information, recommendations and guidance in regards to Human Resource matters throughout the RM's operations.

Preference will be given to those that possess the following experience and qualifications:

- Post-secondary education in Human Resource Management and a minimum of five years related experience. An equivalent combination of education and experience may be considered.
- A Chartered Professional in Human Resources (CPHR) designation would be an asset.
- Demonstrated experience in all Human Resource functions including but not limited to: labour relations, compensation/benefits, occupational health and safety, grievance processes, employee training and development, Municipal employer/employee policy development and ensuring adherence.
- Solid understanding of Manitoba Employment Standards, Manitoba Human Rights, Labour Code and Workplace Safety and Health.
- Experience in working with a unionized environment required.
- Strong proficiency with MS Office.
- Excellent interpersonal and communication skills both written and verbal.
- Satisfactory results from Criminal Record and Vulnerable Persons checks.

Proposals are to be submitted by 4:00 pm on February 12th, 2020 to:

Kelly Cosgrove, ACAO
Rural Municipality of Gimli
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CARD OF THANKS

The Sahaidak family would like to thank deep down in our hearts to our sister-in-law Edith Sahaidak and niece Shelly Berard for taking care of our mom and being there for her all the time she needed help until the time of her passing. May God always bless you both.

-Love you a lot,
The Sahaidak family

Remember Your Loved Ones with an Announcement in the
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OBITUARY

Annie Plett (nee: Friesen)
August 23, 1930 - January 13, 2020



Annie K. Plett, 89 years old, was born to Isaac and Maria Friesen on August 23, 1930 in Kleefeld, Manitoba. She was the 2nd oldest in a family of five, with three sisters and one brother. She accepted Christ as her Savior at an early age and was baptized upon the confession of her faith. Her desire was to faithfully serve the Lord.

In her younger years she worked as a maid in various homes and for her uncle and aunt. In the summer she would work in beet fields, weeding the beets. In the fall she would cut off the beet tops and throw them into trucks.

She married Thomas Plett on June 24, 1949 and enjoyed 68 years of marriage. Mom was a busy wife and mother of eight children. They lived in Mexico, where all the children were born. In 1964 they moved to Riverton, Manitoba. A few years later, they moved to Fisher Branch, where they bought their first farm.

Mom made and quilted many quilts to help supplement income on the farm. She always had a big garden and beautiful flowers. She was an excellent cook and was good at making the food stretch to feed the family. She enjoyed sewing our dresses and also enjoyed church sewing circle. It was always a highlight visiting with ladies of like faith. Even in her last years at the PCH, she longed for the company of ladies who shared her faith.

In 1971, Mom and Dad's son, Richard, at the age of 15, died of cancer. This was a difficult time for Mom and the whole family. In their retirement years, Mom and Dad went back to Mexico to take care of her dad until he passed away.

Mom and Dad spent a number of years in The Chalet together. When Dad was moved to the nursing home, Mom lived by herself for a year. She went to visit Dad in the nursing home daily. Living by herself wasn't easy and when her arthritis crippled her movements, she needed to be moved into the nursing home and had a room across the hall from Dad. She enjoyed being with him again, until he passed away in October of 2017. She grieved and missed him every day. Mom enjoyed it when the children and grandchildren came to visit, and especially the great-grandchildren. She loved her family.

Grateful for having shared in her life are her children, John (Sara) Plett, Elvera (Dave) Neudorf, Loreen (Dan) Reimer, David (Courtney) Plett, Rosemarie (Mark) Pfeifer, Gladys (Abe) Plett and Janice (Reynold) Plett. She will be missed by her 16 grandchildren, Daphne (Eric) Flett, Darcy (Mandy) Plett, Ryan (Odessa) Neudorf, Alana (Tom) Buller, Serena (Rick) Friesen, Wayne (Leanne) Reimer, Ralph (Laurel) Reimer, Christine (Brett) Barkman, Lisa, Teresa, Jannie, Conrey, Samuel, Jeremiah, Daniel, Shania Plett; as well as 21 great-grandchildren and two great-great-grandchildren. She leaves to mourn one sister-in-law, Mary Friesen.

She was predeceased in death by her husband, Tom; one son, Richard; one grandson, Kenneth Plett; two infant grandchildren; her parents; three sisters, their spouses and one brother.

The family wants to express their deep gratitude and appreciation to the Fisher Branch Personal Care Home and Home Care workers for the excellent care given to our mom. We also want to thank all Home Care workers for caring for mom during her stay at The Chalet. A special thank you to David Hordecki, who took time to come read the Bible and pray with mom. Thank you to all who reached out to the family through visits, meals and prayers. We appreciate each one of you. - The family.

Funeral Service was held on Friday, January 17, 2020 at 2:00 p.m. at Morweena Evangelical Mennonite Church. Interment followed at Morweena EMC Cemetery, with Pastor Eric Isaacs officiating. The pallbearers were daughters: Elvera Neudorf and Loreen Reimer, granddaughter: Jannie plett, grandsons: Ryan Neudorf, Ralph Reimer and Darcy Plett.

In lieu of flowers, donations may be made to the Fisher Branch PCH Foundation, P. O. Box 548 - Fisher Branch, Manitoba - R0C 0Z0.

Anderson Family Funeral Home
9 Railway Avenue
P. O. Box 731 - Ashern, Manitoba - R0C 0E0
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This competition may be used to establish a 12 month eligibility list of qualified candidates for future vacancies.

DUTIES

The instructor(s) will be required to teach a variety of courses for the Red River College, Interlake and Steinbach Regional Campuses for Business related programs delivered in Selkirk, Steinbach, Powerview Pine Falls, Fisher River and Ashern locations. Duties related to instructing include: curriculum development, preparing course outlines, maintaining student records, classroom management, student evaluation, assist in College activities including instructor meetings, student orientation, graduation and relevant committees.

REQUIRED QUALIFICATIONS

- Relevant Business degree. An equivalent combination of education and experience may be considered.
- Significant related business experience
- Ability to instruct in a variety of Business Administration and/ or Financial Accounting areas
- Experience in developing and delivering presentations in a group setting
- Exceptional verbal and written communication skills
- Ability to use conflict resolution techniques to facilitate positive outcomes
- Demonstrated Leadership skills
- Excellent interpersonal skills
- Demonstrated ability to work with current learning tools and technologies associated with course delivery
- Experience using Microsoft Office in a business environment, including demonstrated use of PowerPoint presentations
- Values Diversity, Equity, and Inclusion
- Commitment to lifelong learning

ASSETS

- Experience instructing at a post-secondary level
- Certificate in Adult Education
- Experience working independently in rural and remote communities
- Experience with Cisco Webex and distance learning technologies
- Professional accounting designation for Accounting courses (CA, CGA, CMA, CPA)

CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada
- This position may be required to work evenings and/or weekends
- This position may be required to travel

APPLY BY EMAIL TO: humanresources@rrc.ca

CLOSING DATE: February 28, 2020

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OBITUARY



Mervin Zolkewich
January 17, 1938 – January 13, 2020
Gimli, Manitoba

It is with heavy hearts that we say goodbye to beloved husband, father, Gigi and brother Merv Zolkewich.

Merv leaves to mourn his loving wife Christine of 55 years; daughters Shelley (Ivan), Kimberly (Kevin) and son Bradley (Miriam); grandchildren Clark, Jada, Jacob, Bodhi and Mavrik; sisters Natalie (Ron), Myrtle and sister-in-law Gail; and several nieces and nephews as well as many relatives in Ukraine. He was predeceased by his brother Mike, brother-in-law Paul, father Harry and mother Mary.

Merv was born in Poplarfield, Manitoba and began his career as a teacher, serving at schools throughout northern Manitoba. After a successful career in sales, he purchased the Gimli Theatre and began a lifelong love of entrepreneurship. He was a fan of the great outdoors, enjoying fishing, hunting and camping with family and friends. Merv also loved vintage automobiles, transforming several old clunkers to shining showpieces. He cherished the dozens and dozens of vacations he took with his wife, visiting Mexico, Texas, Hawaii and Arizona. Perhaps his most memorable trip was to Ukraine where he visited his family's homestead and surrounding villages. Merv's most enduring role was that of a teacher, whether he was in the classroom, sitting at the kitchen table or leaning over an engine. His lessons will always be treasured.

A special thanks to the nursing staff at Gimli Community Health Centre for their compassionate care of Merv and our family during his short stay in hospital.

Cremation has taken place. At the request of the family, no funeral service will take place.

Vichnaya Pamyat



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Robert (Bob) Corrie

It is with heavy hearts that we announce the sudden passing of Robert (Bob) Corrie, age 80, of Gimli Manitoba, on Thursday, January 9th, 2020.

Bob is survived by his wife Audrey Corrie (nee Lewis); daughter Shelley Karpa (Nelson); son Brent Corrie (Pamela); and grandchildren Jason Karpa, Jacqui Karpa, Mackenzie Karpa, Callahan Corrie and Cavanaugh Corrie. Bob is also survived by his sister Joan Wright and brother Jim Corrie (Cheryl) and brother-in-law Larry Chesley. Bob was predeceased by his brother Donald Corrie; sisters-in-law Barbara Chesley and Eleanor Corrie and brother-in-law Peter Wright.

Bob was a long time resident of the St. James area of Winnipeg, attending St. James Collegiate where he met Audrey. They were married in 1960, and started a long time residence in the Deer Lodge community. After high school, Bob worked at Eaton's and Sears, until joining the St. James Police in 1961 and began his career walking the beat on Portage Avenue pulling doors while wearing his buffalo coat. Upon amalgamation, Bob began working out of the Public Safety Building with badge #376 and held various positions with the Winnipeg Police until his retirement in 1987.

Bob had many interests and an unquenchable entrepreneurial spirit. In parallel to his law enforcement career, Bob had a number of businesses including Shamrock Stables, and the Avondale Saddlery Shop on Portage Avenue, and after many years of foster parenting he opened a group home for teenage boys. Bob and Audrey bought property east of Rosser and Bob ran his hobby farm for a number of years prior to buying and operating Torchwood Kennels located on the west Perimeter.

Bob and Audrey were residents of Westwood House for many years before moving to Gimli in 2006. Even before moving to Gimli, Bob and Audrey had cottages at Matlock and on Netley Creek. Since moving to Gimli, Bob continued to be active and was a regular at the Gimli Recreation Center gym lifting weights. One of Bob's favorite pastimes was giving visitors pontoon boat tours around the bays of Siglavit.

We have long lost track of the number of cars, trucks, and other vehicles that Bob owned over the years. At last count, it must have been over 100. Bob always had time to stop and strike up a conversation.

Bob was a wonderful husband, father and friend who will be missed by all.

A Celebration of Bob's Life will be held later this summer. Details will be provided at a later date. In lieu of flowers, donations can be made to the Heart and Stroke Foundation of Canada.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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