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THE EXPRESS

VOLUME 5 EDITION 4 THURSDAY, JANUARY 25, 2018

WEEKLY NEWS

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Celebrating the New Year

EXPRESS PHOTO BY PATRICIA BARRETT
 Arborg's Reechka Dance Club members Karlie Bjornson (left) and Gemma Orbanski helped ring in the Ukrainian New Year with a high-spirited performances of a traditional Ukrainian dance.

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



RIDE SAFE. RIDE SMART.



Arborg cleaning business in keen demand

By Patricia Barrett

An Arborg cleaning company that won a bid last year to clean the provincial administration building in town is looking to hire additional staff to help them keep up with demand.

Beverly Magaway and her husband Elmer run Magaway Cleaning Services. When they first started out, they focused primarily on residential cleaning. But last year they vied for a tender to clean the provincial building and won the contract.

Although they hired several area residents, they're having a hard time meeting the demand for their services.

"Sometimes we can't really keep up because we're running out of workers," said Beverly Magaway last week. "I get so many calls, but sometimes I say no because no one is available to do the work. Sometimes I do it myself and sometimes me and my husband. We're actually looking for more workers."

The Magaways also have contracts to clean the Town of Arborg's admin-

istration building, the RM of Bifrost-Riverton's administration building and the Arborg Community Hall.

The company, which Magaway said is bonded and registered, offers different pricing schemes depending on whether cleaning products have to be provided.

"I have clients who provide the cleaning materials, so we offer them a lower price," said Magaway. "But if we are bringing cleaning supplies, we usually add a little bit to the price."

Magaway said she really didn't need to advertise the business as their reputation spread by word of mouth, and they're also members of the Arborg & District Chamber of Commerce. In the future — when they can hire enough workers — they plan to offer more services.

"We are just so happy to be running this kind of business in Arborg. It's really a great achievement for us; we are immigrants here and we didn't really know the people here to start with," she said. "But once you build a connection with the community, then



EXPRESS PHOTO COURTESY OF BEVERLY MAGAWAY

The owners of Magaway Cleaning Services with some of their staff. Back from left: Jeramie Revilla, Wilson Delos Trinos, Aaron Bacual and Elmer Magaway. Front from left: Beverly Magaway and Elisa Delos Trinos.

that's a good start. And it's also an achievement for us to provide jobs to others who need jobs and being able to help the community and the local government."

For more information about the cleaning services offered, or to inquire about employment opportunities, contact Magaway Cleaning Services at 204-641-3731 or 204-641-1181.



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Arborg-Bifrost Fire Department helps fight cancer with donation

By Patricia Barrett

The CancerCare Manitoba Foundation lauded firefighters and paramedics of the Arborg-Bifrost Fire & Emergency Department for a \$400 contribution they made to help fight cancer.

Every year, the department sells tickets to a "Food for 12" event in which a lucky winner and 11 of his/her friends or family members get wined and dined at the fire hall.

The fundraiser helps the department purchase much-needed fire-fighting equipment or supports a worthy cause.

"The donation will have a meaningful impact in the fight against cancer by benefiting ground-breaking research, clinical trials and patient and family support services," wrote the foundation's community events manager Sherelle Kwan. "With your help, there is hope."

Aurora Recovery Centre nurse sheds light on life after rehab

By Justin Luschinski

There are hundreds of stories about seeking help for an addiction. But what happens after you rehabilitate?

A recent blog post on the Aurora Recovery Centre's website helps highlight the challenges that come after conquering an addiction. The post, entitled "Life After Rehab" written by LeAnne Price who works as a nurse in the centre's detoxification management unit, talks about how she and her family continue to deal with their rehabilitation.

Price said that her addictions continue to affect her family, but she's proud of her daughter for tackling the problem head on.

"I found myself sober with a life I knew very little about. My children were five, six and 11 years old at the time, and I was determined that they would not be naive to the cunning, baffling world of addiction," Price writes. "I took my children to the AA meetings that I attended regularly — after all, they had been with me dur-

ing the 'bad' years of my addiction, so they should also see how to find help and recover.

"Who knew at that time I would sit beside one of my children on their path to recovery 17 years later."

Price goes on to discuss how she's proud of her child for going into rehab and regards it as a brave decision. According to her, it's tough to admit when someone has a problem like that and that "the bottom line is that recovery isn't easy."

Ian Rabb, director of business operations at Aurora Recovery Centre, says the important step to rehabilitation is creating a strong support structure.

"When you go into treatment, you think it's about relieving yourself of your drug or alcohol problem. But in reality, the drinking was hiding a problem you've had your whole life," Rabb said. "You need a strong support structure. Part of the treatment is the

Continued on page 7



EXPRESS PHOTO COURTESY OF ANDY BARYLSKI

Arborg-Bifrost firefighters and paramedics.



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FIRST 4, Combined Varieties

Interlake couple sip coffee under looming threat of missile threat

By Jeff Ward

Allan and Denise Caners were sipping coffee on the island of Maui in Hawaii when their phones rang in unison with a text alert saying, "BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL".

The alert, which was later found out to be a false alarm, came in at 8:07 a.m. and wasn't corrected until 38 minutes later. Caners said that when the threat came up on his phone, he didn't doubt for a minute that it was genuine. He was convinced that this moment would be his and his wife's last and they calmly made their way up to their fourth floor hotel balcony, poured some Bailey's Irish cream into their coffee and stared into the ocean, content with their lives.

"We just talked about our past and enjoyed each other's company," said Allan Caners.

Denise Caners explained that there was no real fear for them at the time.

"At no time were Allan and I afraid or scared of the moment or what was coming. We said our good-byes to our family before we left on our holiday. We told them that we loved them and in that moment it didn't feel right to call them again and say good-bye."

Denise Caners said that she didn't want her family and friends to panic and that they just sat with their friends, another couple from Stonewall, and had some drinks.

The Caners have a very positive and optimistic view of the events, which by any measure were terrifying. They said they joked to friends and family before leaving that they would have a great time on their vacation "if Rocket Man could keep his finger



EXPRESS PHOTO SUBMITTED BY
ALLAN AND DENISE CANERS

Allan and Denise Caners experienced the false alarm ballistic missile in Hawaii a few weeks ago. They said that the experience wasn't one of terror but instead of quiet contemplation on lives well lived.

off the button."

Hawaiian authorities have confirmed that the alert was from human error.

"It was a mistake during a standard procedure at

the change over of a shift, and an employee pushed the wrong button," Hawaii Gov. David Ige explained to CNN.

The Caners aren't upset that the situation happened but did say that it was a humbling experience.

"Needless to say, we've never had an experience like this before," joked Allan Caners.

Caners said that he feels for the person who pushed the wrong button and that it's not all his fault. He said that the computer should've been equipped with some sort of message that asks the operator if they are sure of the command.

"It should say, 'Are you sure there is a missile heading for Hawaii?'" said Caners.

In the resort, Caners said that people were definitely worked up but that there wasn't mass hysteria as has been reported in other areas of the state. He mentioned a bar down the street from the hotel that had its entire staff walk out and quit when the text alert happened. There were some people running out of their rooms and away from the hotel but the street wasn't filled with people.

"Part of it for us was that I don't know a lot about missiles. How big is it? What island is it going to hit? Were we going to be killed by a tsunami or the blast? I figured it was real and I was just waiting to see the rocket in the air. I should see the streak and it would be lights out after that," said Al Caners.

Thankfully for the Caners and everyone in Hawaii, the incident was just a false alarm.

"There was nothing we could do so we might as well enjoy the view. There were whales blowing water in the ocean. It was a beautiful sight. We had a beautiful view for the end," said Allan Caners.

Grahamdale CDC launches new business incentive program

By Jeff Ward

A new program in Grahamdale is designed to encourage new business growth to the area as well as encourage existing businesses to expand their current operations with some strong financial payouts.

The program has business owners sign on for a three-year period in which they receive financial incentive for expansion of a current structure or by building a new one. The calculation is based on the total assessed value of the building and that assessed value starts at \$50,000. A business whose expansion is assessed below that value doesn't qualify. There is no maximum to the assessed value, so the more an owner spends on the building, the more they receive at the end of the year.

In the first year, owners will receive 100 per cent of their general municipal taxes, 75 per cent in Year 2 and 50 per cent in Year 3.

Lana Cowling-Mason is the acting EDO for the RM of Grahamdale and a council representative on the CDC. She said that the CDC worked very hard to present a concise proposal to the RM that they believe will work to attract and sustain business.

"Their action plan for 2017 was focused on getting this proposal right," said Cowling-Mason.

"They took a look at a lot of other programs in other municipalities and made a system that they feel will work best here. The RM was very supportive of the endeavour."

The CDC pays the incentive at the end of each year as long as the business is in good standing with their taxes. The RM provides the money to the CDC, which then writes the cheque to the business owner at the end of the year. For instance, if a business builds an expansion valued at \$150,000, their incentive, based on the 2016 mill rate, would be \$2,271.75 in the first year. That would drop to \$1,135.88 in the third year.

The first successful applicant for the incentive program were the owners of the Moosehorn Hotel. Owner Roy Sveistrup said that when the program was presented to him, he immediately jumped on it and said it was a no-brainer.

"I said 'Of course I want to be in on it. Why wouldn't I?'" said Sveistrup.

"It's a very good idea and helps me out a lot, specially in those first few years when things are the most difficult. I'd be surprised if it doesn't encourage more business in the RM of Grahamdale to start or expand."

Sveistrup received his first year payment at the end of last year and said that it gets immediately rolled back into the business. He said that it eases the pressure off and he would encourage other business owners to take a look at the program.

"If you've ever thought about [starting or expanding your business], there is no better time than to do it right now," said Sveistrup.

The RM and CDC have a five-year agreement for the program, which will be reviewed for renewal at the end of that term. Cowling-Mason said that the 2018 action plan for the CDC is to create a similar incentive program to encourage residential development.

Lundar's Chase of the Ace begins again

Staff

Following the statistically improbable success of last year's Chase the Ace, the Lundar Legion is starting the chase again with the same goal: raising money for the building.

The legion will sell up to 20,000 tickets at \$2 each every Friday starting at 6:30 p.m. Participants can purchase a maximum of \$100 or 50 tickets. The draw will take place at 8:15 p.m. sharp. Legion volunteer Bob Harris estimates Friday's pot to be more than \$3,000. He said that there is a consolation prize of \$50 or five per cent of the pot, whichever is higher, for every card chosen that isn't the Ace of Spades.

There is also a 50/50 draw each night.

Government cuts MCSC funding to eliminate administration duplication

By Jeff Ward

The long running organization that has helped fund more than 10,000 community projects in Manitoba has had its administrative funding cut by the province, crippling their ability to continue.

The Manitoba Community Services Council (MCSC) received a letter from the provincial government last week that said effective April 1, 2018 the province will cease to provide funding to cover their administrative costs. The organization reviews applications from non-profits that are volunteer driven to help fund community projects. MCSC chairperson Jay Boaz said he was surprised to receive the letter and is concerned about the future of how smaller rural projects will be funded in the coming years. MCSC staff compiled a list of the 72 projects the council helped fund in the Interlake from 2014-2017 that totalled \$783,141. The list details a wide variety of projects like purchasing new appliances, equipment, furnishings, computers, vehicles and much more. Boaz said that the administrative budget is \$280,000 and he finds it hard to believe that the government can replicate MCSC's success for less money.

"You can't replicate what we did in a government bureaucracy," said Boaz.

"There had been some requests for reports but never any actual dialogue before the letter was hand delivered to our executive director a few weeks ago. We've been trying to get a meeting with our department since August."

The province issued a statement that explained the decision was made to eliminate administration duplication.

"Our government is committed to providing support to organizations and municipalities across Manitoba for capital, planning and programming needs.

The decision was made to eliminate administration duplication and streamline access to government grants. Department staff have met with the Manitoba Community Services Council and discussions about next steps are still ongoing," said the spokesperson for Municipal Relations.

The spokesperson added that decisions around what happens to the money the province provides MCSC to grant out haven't been made yet, and that discussions about what the next step for MCSC will be is ongoing.

Boaz is concerned about the future of granting opportunities for Manitoba. The way MCSC reviews applications and awards grants is always non-partisan, he said, and politics don't play a role in their decisions.

"If the province were to replicate [what we do], and they haven't said if they are or not, it

would be impossible for politics not to play a role. What is going to happen to a community hall in a community of 150 people that needs help buying tables and chairs?" He said adding that it's one thing to award grants for big infrastructure projects or new buildings, but that there are hundreds of smaller projects that need attention.

The Municipal Relations spokesperson said that, "grant applications are reviewed and evaluated by departmental staff, which ensures an open and transparent process".

Boaz explained that MCSC is still looking at grant applications and that they still have fourth quarter funds to grant out and that they are still accepting applications. Boaz said he asked the province if MCSC could still grant out money if they were able to find administrative funding elsewhere but the province couldn't confirm.

Boaz wants residents to contact their MLA or the Minister of Municipal Relations, Jeff Wharton and let them know the importance of keeping MCSC around.

"You'd be hard pressed to find a community that hasn't been touched by MCSC," he said.

MCSC has a long history of funding Interlake projects and provided over \$200,000 last year alone. Boaz said that it was very difficult to know their efforts have an expiration date.

"To have 34 years of existence through multiple governing parties, and that a three paragraph letter was the way it ended - it's awful," said Boaz.

"THE DECISION WAS MADE TO ELIMINATE ADMINISTRATION DUPLICATION AND STREAMLINE ACCESS TO GOVERNMENT GRANTS."

Grahamdale council to meet with Infrastructure Minister of outlet channel

By Jeff Ward

Grahamdale councillors appointed Reeve Clifford Halaburda, Coun. Brad Stabner, Coun. Dan Meisner and CAO Shelley Schwitek to a Lake Manitoba Outlet Channel Committee during the Jan. 11 regular meeting.

Council has a meeting scheduled with Manitoba Minister of Infrastructure Ron Schuler on Feb. 26 to discuss the outlet channel.

Other news in brief

- Council approved the payment of \$270,003.02 to Fast Brothers Ltd. for their work on the Moosehorn

Flood Protection project.

- The RM has appointed two new citizens representatives to the veterinary board, Myrna and Elmer Nickel.

- The Gypsumville fire department submitted a request to purchase a new hose reel for their Tac Truck in the amount of \$1,500. Council approved the purchase from Rocky Mountain Phoenix.

- Council renewed their contract with Napier Emergency Consulting to provide emergency management consulting services for another 12-month term. The new term begins on April 1 and end on March 31, 2019.

The cost is \$3,000 plus travel costs for a total of \$4,050.

- Council approved the attendance of MEC Nyla Klatt and CAO Shelly Schwitek at the EMO 2018 Municipal Emergency Workshop in Dauphin on Jan. 23 as a municipal expense.

- Council approved the donation of \$1,400 from VLT funds to the Steep Rock Community Club for grass cutting.

- Council appointed Nyla Klatt as the RM's MEC effective Feb. 1 and increased the hourly wage of the position to \$17 per hour.

- Council approved the ex-

pense of \$565.60 to hire MJ Mechanical to relocate the urinal at the RM of Grahamdale municipal office in Moosehorn.

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WEEKLY NEWS



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

The walleye that didn't get away

Welcome, my friends.

It was a quiet, cool, overcast day early last week as I rumbled slowly past dozens of parked American trucks with trailers on Road 32 north of Libau. Their owners by now were out on Lake Winnipeg fishing, except one. Just ahead a solitary guy was leaning against the box of his truck, drinking a can of Coke. I stopped beside him, rolled my window down and asked, "Have you been on the lake yet?"

His tall, lanky, easy-going nature was evident as he pushed himself away from his truck and slowly came to lean on my door with his forearm. His features were forceful, stately, his smile generous and he spoke in a low voice.

"I got my ATV stuck in a huge snow bank just before the lake's open ice," he explained. "My boys are with me. That's their rig back there. I told them to go have fun because this is probably the only time they'll ever be able to fish here." He shook my hand as he talked, introducing himself as Blake Beckstead of Grand Forks.

After a while, I left for Selkirk and noticed him climbing into his truck in my rearview mirror. Hours later, I called him to ask his sons' names. Tom and Kyle, he said.

"Are you still waiting for the boys?" I asked. "Yeah," he responded, sounding tired. "I want this experience to be special for them."

"You're a heck of a guy, Blake," I told him. "Hang in there."

A while back, I ran into a slim, always joking chap by the name of Charlie Reuther from Matlock who gave us this story. He was shack fishing with friends and suddenly got a strike. Whatever was on the line pulled hard in a shivering, jerking motion. Soon the face of a large walleye became visible just below the hole's water. Charlie pulled up on his rod. In a flash, the hook came free of the fish's mouth, shooting dangerously close to his ear, hitting the shack ceiling. The large walleye still in the hole was smacking itself against the ice. Charlie dropped to one knee and grabbed the fish by the gills, landing it. When things settled down, a friend took a picture of Charlie and his prize and passed it on to us to admire. Thanks Chuck.

The same day, I bounced along on the ice from one shack to another visiting with angling folks east of Chalet Beach. In time, I came across a compact dark brown shack. I stopped beside it and called out, "Anybody home?"

A sprightly female voice called out, "Come on in."



EXPRESS PHOTO BY ARNIE WEIDL

Charlie Reuther with his walleye he caught off Chalet Beach.

Inside a slight lady who said she was Linda Feniuk sat while a white-haired chap, Dave Parliament, stood jigging his line (there's a last name you won't forget). They used to go down to Texas' Padre Island in the winter. Dave began a story after I asked him for one.

Once when he was shore fishing, he caught a gigantic "red fish." There he was on the beach standing over this mound of slimy glistening flesh, looking at it and then down the long road where his house was. He couldn't carry it and he wasn't about to lose all that good food by pushing it back into the water. Then it hit him. He took his shirt off, wrapping the fish in it and dragged it all the way home.

Later in the week, I met a most delightful couple in their shack on the Red by Lockport. Trevor Catchpole was a little quieter than Erika, yet both loved everything about fishing. When I pulled up to their ice shack and knocked on the door, I was greeted by Trevor, a big muscular guy dressed in a T-shirt and summer shorts. Their toasty warm shack had seen many seasons on the ice. Lace curtains covered its big window, while pictures and novelties covered the white foam insulated walls.

Erika, sitting in a folding chair, was ready with a story. When she was a kid in Nova Scotia, her dad had a small

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Fisher Branch students compete in Masterchef Challenge

By Jeff Ward

More than a dozen students from Fisher Branch Collegiate took part in a time-sensitive competition last week that had them playing chef while making a complete meal with special ingredients for a group of judges.

The students had approximately 90 minutes to decide what they were going to prepare, how they were going to make it and present their meals to judges. Ingredients were kept secret until the clock started, which added a surprise element to the test.

Home economics teacher Anita Gregory said that the Masterchef Challenge is designed to test the students' ability to think quickly, plan a menu, prepare and execute it while incorporating all of the lessons she's taught them over the semester. Proper food handling techniques, safety and presentation were just some of those key skills.

Students had to use ingredients like avocado, chicken breast, leeks, coconut milk, goat cheese and peppers, among other ingredients to complete their meal.

"These are valuable life skills that everyone should know and this puts a fun spin on cooking," said Gregory.

"I'm there to help a little bit but the students picked their own meals. They prepared the ingredients and cooked everything. But I'm always watching to make sure they're not using the same knife to cut the vegetables as they did the raw meat, things like that."

During the cooking process, students would routinely ask Gregory for help but not to jump in and show them how to do a task. Those questions were about how long to cook rice or how to help thicken a sauce. Students tasted as they went along, another important lesson from Gregory, so that they could test for seasoning and make sure their food wasn't bland.

In the end, only one team could be chosen the winner by the judges, who were three staff members from the school. The winning team of Odette Fleury, Aaron Plett and Emily Mazur made a pan-roasted chicken breast with sauce, boiled potatoes and a salad with goat cheese. The judges said their dish was full of flavour and was presented nicely on the plate.

"They're judged on the creativity of the dish, the visual appeal, the taste, if they completed the dish on time and if their station was organized. The judges will go over all of those components to give out a score," said Gregory.

There is a big difference between

cooking for you and cooking for other people. There is more pressure and more personal pride on the line to know that people enjoyed something you cooked. These students are now armed with that confidence through Gregory's class. She hopes that, at the very least, they will be more likely to cook something from scratch than buy or heat something up in the oven the next time they have to cook.

Gregory believes there is some real cooking talent in her class and that a culinary career could be in the cards for some of the students if they develop a passion for cooking.



EXPRESS PHOTOS BY JEFF WARD

The Masterchef Challenge winning team of Odette Fleury, Aaron Plett and Emily Mazur made a pan-roasted chicken breast, reduction sauce, potatoes and salad with goat cheese.



Fisher Branch students stand behind their dishes before the judges could have their taste test. The Masterchef Challenge pitted them against each other with a list of secret ingredients they needed to build around.

> FISHING, FROM PG. 6

plane and they used to fly to different lakes to fish. After returning home from one of their jaunts when they had fished for hours without luck, Erika realized she had lost her expensive watch at the campsite. Though dad was upset, the next day he flew back to the lake, and after much searching, found her watch. When he got home, he came into the living room with a map and asked Erika to look at the name of the lake. She looked down, then up at dad and started to laugh.

The lake's name on the map was "Lake No Good."

Well, I hope your luck is better on the ice. Bye for now.

> AURORA, FROM PG. 3

after-care. Become active with the recovery community ... I talk about addictions as 'soul cancer,' and you have to work to help those feelings go away."

Rabb has been sober for 16 years and says that all he does is "I wake up sober, and I go to sleep sober every day." He said that drug addiction is a daily fight, and it takes a lot of soul searching and personality fixing to get over.

Aurora Recovery Centre is a privately run 24-7 facility that offers individualized treatment based on a 12-step program and offers treatment for alcohol and drug abuse, depression, anxiety, eating disorders as well as gambling and sex addiction.

Along with offering various services, including one-on-one counselling, the centre is also home to a medical detox program.

For more information about the centre, visit aurorarecovery-centre.com.

Arborg's Ukrainian Reeckha dancers get the blood pumping

By Patricia Barrett

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

About 400 people packed the Arborg Hall last Saturday to see the show, feast on traditional fare and take part in a late-night Kolomayka, which gives dancers and guests an opportunity to show off their fancy footwork.

"It's absolutely amazing to see these youngsters and all the hard work they put in," said MC Marty Friesen. "They go to competitions here, there and everywhere. This year it's going to be Troyanda in Selkirk and Brandon."

Last year, the club performed at Winnipeg's Folklorama, the Arborg Street Festival, Foster Ag's appreciation event and at weddings and anniversaries.

Reeckha's president Rachelle Burak introduced the 30 dancers before they performed the Pryvit, a traditional Ukrainian Welcome Dance in which the audience is wished good health and prosperity through an offering of bread, salt and wheat.

The Beginner dancers delighted the audience with two versions of the Poltava. The high energy and spot-on timing of the Junior, Intermediate and Senior dancers had the crowd shouting out and clapping along to the

Hutzul, Hopak, Volyn, Bukovyna and Gypsy folk dances. The male dancers wowed the crowd with their acrobatic jumps and leaps.

Many of the stunning costumes were purchased from Ukraine and cost between \$200 and \$700. Local and area businesses fundraise in conjunction with the club to help it with expenses and entry fees for competitions.

For more information about the club, visit its Facebook page.



EXPRESS PHOTOS BY PATRICIA BARRETT

Pictured clockwise from top right: Intermediate dancers perform the Hopak; the Hutzul; the Pryvit; Jocelyn Friesen; from left Tavyn Sigurdson, Kyra Borgfjord, Karlie Bjornson and Cody Malenchak perform the Poltava; Carissa Stefanson performs the Hopak; Diego Blandford performs the Pryvit; Addisyn Johannesson and Ollie Sigurdson perform the Poltava.



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Snowmobiling Is Good For Your Health ...

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Thunder Bay, Ont., Dec. 11, 2017: The Canadian Council of Snowmobile Organizations (CCSO) is pleased to receive initial findings that recreational snowmobiling can assist in the accumulation of the total recommended physical activity time needed to maintain a balanced

lifestyle. Study data suggests that the activity level of snowmobiling has traditionally been underestimated. This according to preliminary results from a yet-to-be published University of Guelph study entitled *The Physiological Assessment and Analysis of the Physical Demand of Riding a Snowmobile*.

"This news will come as no surprise to snowmobilers across Canada who ride all winter," commented CCSO president Dale Hickox. "Snowmobiling gets you outdoors, breathing fresh air and being active with friends and family — and that simply makes you healthier and better able to cope with life's challenges."

But the fact is that many North Americans fail to get at least 150 minutes weekly of moderate to vigorous activity as recommended by the American College of Sports Medicine and the Canadian Society for Exercise Physiology. This deficiency is compounded in the winter as North Americans burn 15 to 20 per cent fewer calories in weekly recreational activities. It should be noted that physical inactivity accounts for 15 per cent of the 1.6 million chronic health conditions diagnosed each year. Typically, chronic health conditions consume 67 per cent of all direct health-care costs and cost the Canadian economy \$190 billion annually in treatment expenses and lost productivity.

This snowmobiling health study indicates that participating in snowmobiling is one good way to achieve the better physical conditioning that keeps people healthier and helps prevent chronic health conditions.

Conducted in 2016-17, the study evaluated the physical demand of snowmobiling, considering both cardiorespiratory and musculoskeletal demands. It also examined if activity location would play a role in the physical demands.

Considering early results, researchers compared the snowmobiling health study results to the American College of Sports Medicine's Compendium of Physical Activities. This tool defines activities by their aerobic demands as a metabolic equivalent (MET). A MET is a unit that represents the amount of energy required to maintain human function while sitting or lying awake at rest. Therefore, an activity of 3 METs would be three times more demanding than rest.

Moderate intensity activities range between 3 and 6

Continued on page 11

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Continued from page 10

METs. Snowmobiling falls into this category, as the average METs for groomed trail riding scored almost 4 METs, while mountain riding came in closer to 7 METs. All in all, this puts snowmobiling in the same physical activity range as other winter activities like chopping wood, snow shovelling, and recreational ice-skating and snowshoeing.

A balanced lifestyle also includes good mental health. According to a major depressive disorder study by researchers at Duke University, physical activity is also effective in beating those winter blues. Together, these findings suggest snowmobiling is good for both body and mind.

The CCSO and its snowmobiling health study funding partners — the International Association of Snowmobile Administrators (IASA), Arctic Cat Industries, Ski-Doo (BRP), Off Road Business Association (ORBA), Royal Distributing Inc., Colorado Snowmobile Association (CSA), Snowmobile North Dakota (SND), Glacier House in Revelstoke BC, Haliburton Forest Wildlife Reserve in Haliburton, Ont. — are committed to winter family recreation and the healthy, active lifestyle benefits associated with recreational snowmobiling.

Canadian Council of Snowmobile Organizations

Why would people join a snowmobile club?

I used to wonder why people would join a snowmobile club. What would be the advantages? Would they be worth the cost? The cost, I later learned, was minimal. Our club membership is \$25 per year, and the cost covers your family. The rest? It's up to you. How much time do you want to invest? Clubs run completely through volunteers. Basically, you dictate what needs the clubs meet for you.

Since joining Mooswa Lake SnowRiders two years ago, I've come to realize that this club is a community made up of people with a passion for more than snowmobiling. Our club is full of friends, family and fellow riders. Generations of families participate and, whether you ride or not, there is a place for you here.

We recently launched a new logo and clothing line with hoodies, toques, hats, jackets and shirts. Every fall, we hold a dinner and dance, much like a social with an amazing all-you-can eat dinner. We hold family fun days, potlucks, corn roasts all year round.

Our main meeting place, just off

Highway 317, consists of our club house, which stores our equipment, and has a kitchen, bathroom and (almost finished) mezzanine. It is there we hold our monthly meetings and our gatherings, parties and celebrations. Beside our clubhouse is our chalet, a cabin warmed by a wood stove.

Recently, a group went out to pack trails, preparing for the season. The families packed food, met at the chalet and the group came back to a warm meal, shared among friends. Later, they lit a campfire outside and sat around, exchanging stories and laughter surrounded by trees and an amazing display of the endless stars.

With regular rides (Meet at the clubhouse and go!), an upcoming out of province trip and other events being launched to promote who we are, Mooswa Lake Snowriders is active, thriving and changing. We are looking to the future, remembering our past and living today, making the most of the winter nature brings to us, however that looks.

Down the road, at the corner of

Highway 317 and Highway 12, is Cynthia's Cornerstone Cafe, owned by a member of our club. With a large parking lot, it too can be a great starting point for a group ride and an even better place to share a warm meal after a full day of riding. The food is delicious and the staff are super friendly!

Established in 1996, we run as a non-profit organization, and we love to welcome new members and watch our community grow. Volunteers groom and sign our trails, maintain our buildings and warm-up shacks, and work together to share our trails with all the riders in the area.

Keep your eyes out for our Big Foot family — We've had reports of sightings of Big Foot himself, along with a female (Mama Foot) and the young Baby Foot. (We suspect there may be an addition to the family soon!) Please check us out on Facebook and reach out with any questions. Safe riding!

Fiona Moore, Mooswa Snowriders
Snowmobile club



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Winnipeg Beach artist exhibits immigrant portraits at NIHM

By Patricia Barrett

Every Canadian immigrant has a story, and that's exactly what Winnipeg Beach artist Julia Penny wanted to highlight when she set out to find 150 people who chose Canada as their new home.

As a way to celebrate the country's cultural diversity, Penny drew the immigrants' portraits on wooden panels, and she'll be featuring the collection at the New Iceland Heritage Museum for a month-long run that starts Jan. 29.

"I'm an immigrant, too. I came 50 years ago," said Penny, who emigrated from England with her parents when she was 12 years old. "I just thought for Canada's 150th birthday I should do something, and that's why I'm doing 150 portraits."

Like Penny, many of her subjects are from England, but she also features people who emigrated from Ireland, Scotland, Guyana (South America), Trinidad and Tobago, Ukraine, Iceland, Denmark, Poland, Germany and Russia.

She found her subjects through friends and people in the local community. She also put some of the portraits on display last year for the Interlake's WAVE Artist Tour, and that got her some media attention. That, in turn, helped get the word out about her quest to find immigrants.

Penny painted the wooden panels with a white primer called Gesso and sanded them down before drawing on them. She then varnished each panel so that the pencil can't be rubbed off.

"I tried it one day and thought this might work," said Penny, who's been

drawing all her life and took a two-year course at a Toronto art school. "I've seen drawings on canvas and wondered how that worked. Usually, I do oil portraits and landscapes."

Each panel contains a short handwritten biography that includes the year of arrival in Canada, employment and family life.

"I think their [history] makes them more interesting," said Penny, who works out of a studio beside her home near Winnipeg Beach. "The viewer can look at the portrait and relate to the person and also understand some of the hardships they had to go through. It's a hard thing to come to a country and not even speak the language."

Penny's husband, George, supplied a photo of his "Granny" Elizabeth, who emigrated in 1903 from the village of Quethiok in Cornwall, England. Elizabeth and her husband homesteaded in the Interlake, raising a family in a two-room log house with no running water. She also raised her grandsons.

"George was a twin and their mother died in childbirth," said Penny. "So Elizabeth raised three little boys."

Penny made use of passport photos, in which family members would sit as a group, wedding photos, photos of paintings, and photos depicting the subject engaged in everyday work or play.

"They are people who are both alive and dead," said Penny. "I think it's fascinating. Everybody's got a story."

And what a story the faces tell. Each portrait is intricately detailed, capturing thought, mood and character as well as an era's unique style of dress.

As far as her own immigration story



EXPRESS PHOTO BY PATRICIA BARRETT

Artist Julia Penny will have her immigrant portraits on display at the New Iceland Heritage Museum for a month beginning Jan. 29.

goes, Penny said it was an adventure to come to Canada.

"It was exciting except I didn't know much about what I was coming to because I had looked in an encyclopedia in England, and the only thing I saw was a fir tree and snow," she said. "And then I got off the ship in Montreal in July, and I'm going, 'Well, where's the fir tree and the snow?' I expect for my parents it was a much more frightening thing because they sold everything and were coming to another country."

Penny said she hasn't had a chance

to do her own portrait and brief history but plans to. She has done her parents, who are part of the show.

She completed about 100 portraits and needs more immigrants or photos of immigrants because she's not "stopping until I'm done."

She can be reached by email at: artistjulia.penny@gmail.com

The exhibit runs from Jan. 29 to Feb. 28. The opening reception for Penny takes place Feb. 1 from 7 to 8:30 p.m. For more information, call the NIHM at 204-642-4001.

Local community improvement projects receive gov't funding

Staff

The province is contributing more than \$1.4 million in grants towards community-driven neighbourhood revitalization and local community development projects across Manitoba.

Some of the local community development and improvement projects receiving funding include the Village of Dunnottar, which received \$19,170 through the province's Community Planning Assistance Program. The RM of St. Clements received \$250,000 towards a South St. Clements community hub and recreation improvement project. Gimli received \$200,000 towards the Gimli Aquatic Centre, and Friends of Upper Fort Garry received

\$26,000 towards enhancing the visitor experience at Upper Fort Garry.

"I am very pleased that our government is investing in community development here in the Selkirk constituency," Selkirk MLA Alan Lagimodiere, stated in a release last Friday.

"Our Progressive Conservative government understands the importance of supporting community development projects and the benefit these projects will deliver across Manitoba."

This funding is in addition to the \$2.6 million previously announced for community development programs last December.

"Our government will continue to provide support to projects that have long-term benefits to Manitoba com-

munities," Municipal Relations Minister Jeff Wharton stated in a release last Friday. "By partnering with municipalities and community groups and addressing local capital, planning and programming needs, we are building sustainable communities that will improve the lives of Manitobans."

Chris Goertzen, Association of Manitoba Municipalities president, added these investments "will help municipalities succeed."

"Dollars put toward economic development go beyond bricks and mortar projects," he said. "They help build capacity by ensuring the training and tools are in place to help communities attract further investments and thrive

in today's competitive environment."

A total of 27 additional planning and economic development, programming and capital projects were also approved across the province. Following consultations last year, the Manitoba government revamped its community development programs and created a single portal for application intakes and assessments. This new process has allowed for better planning and outcomes, which help to sustain efforts in community revitalization, the minister noted.

More information on the programs above and other grant programs offered by the provincial government can be found at gov.mb.ca/mr/index.html.

Northern Walleye's Donald Salkeld accused of fish heist

By Patricia Barrett

A First Nation-run fishing shed and an American fish processor believe Donald Salkeld of Northern Walleye has pulled off what's tantamount to a fish heist, and owes the two companies close to half a million dollars.

Waterhen Winter Fishermen Inc. says Salkeld owes them about \$320,000 for fish, and Iowa-based Stoller Fisheries says Salkeld owes them about \$100,000 for services rendered.

Waterhen is one of four sheds (Ashern, Eddystone and Dawson Bay) that provided fish to Salkeld over the course of December after the open market came into effect. By January, they were collectively owed about \$1 million. Salkeld, who does not have a processing plant, trucked the fish to at least three American processors.

The Winnipegosis RCMP detachment launched a fraud investigation into Salkeld after Skownan First Nation (on behalf of its Waterhen shed) filed a complaint a few weeks ago. Skownan also retained the services of lawyer Norman Boudreau, who's won a number of high profile cases.

"I didn't have a good Christmas," said Skownan's Chief Cameron Catcheway. "From Dec. 23 I was messaging Donald's wife Sandra, Cameron [Poitras] and Donald right through the Christmas holidays asking, 'When is payment coming?' They kept saying, 'Payment will be coming, payment will be coming.'"

Catcheway said Salkeld visited his community last year for the purposes of buying fish.

"I understood that Donald had the licence to purchase the fish and sell it across to the Americans," said Catcheway, who's also a fisher with the Waterhen shed. "He came to our community with wide-open arms, getting our fishermen excited and whatnot. Compared to Freshwater's price, [any fisherman] would have jumped on Donald's price."

Catcheway was unable to speak directly with Sustainable Development Minister Rochelle Squires about lack of payment, and he said he's not sure "if they're taking it seriously."

"I feel that Donald is fully responsible for all our money that's owed and he should pay," said Catcheway. "Nothing was even signed. It was [verbal], but I think the province should step up. They issued him a licence. Did they even do a background check? Did they do their due diligence to check why he was let go from Freshwater?"

Waterhen fisher and shed manager Lorne Huhtala said Salkeld sent them a payment of "\$102,000 and change" out of the roughly \$420,000 owed.

"We are just financially dead. We've only had our agency [shed] for four

years," said Huhtala. "We actually made a small profit and the following year the profit was better. Now this has totally destroyed it."

During negotiations, Huhtala said Salkeld "guaranteed" them payment every week.

"And where are we today? We're owed big time," he said. "There's 200 fishermen involved and you can add on another three [helpers] and another 10 [businesses] to where this money goes. It affects everyone in the community and the surrounding communities."

He said he's encouraged the other sheds to contact the Winnipegosis RCMP.

"We're all in it together," said Huhtala. "We all sold to the same guy, and the same guy defrauded us all. I talked with the lawyer and [he] said it's fraud. There's no other way about it."

Larry Stoller of Stoller Fisheries says he's a "duped party" and has harsh words to describe how Salkeld charmed his nine-year-old daughter, "lied" to him and his staff and embezzled his 85-year-old family company in controversy.

He said he thought Salkeld had paid for the fish he delivered to his plant, which produces kosher fish for Jewish and Muslim communities and is used by the U.S. Food & Drug Administration as a training facility for health inspectors.

"All along we assumed that Donald is paying the fishermen for two reasons. Number one, we don't know if anybody else is involved. And number



EXPRESS PHOTO COURTESY OF FACEBOOK

Waterhen fishers say Salkeld owes them about \$320,000.

two, the [Manitoba] law says he has to," said Stoller. "And his wife put \$1 million into the [Walleye] company. So why would we think anything else?"

Stoller said he did not agree to be a buyer of the sheds' fish – with the exception of mullet heads he can sell as lobster and crab bait – and Salkeld owes him money for services his company provided.

Stoller processed the sheds' fish and is paying to keep it in cold storage, "cross-docked" some of it as per Salkeld's instructions (i.e., sent via truck to other states) and disposed of spoiled fish.

"He's made six material misrepresentations to us to induce us to do this," said Stoller, who's been an attorney for 37 years and manages the plant on the side. "And the long and short of it is we're out about \$100,000."

It all started when Salkeld approached Stoller last year to inquire about buying the company, which was up for sale. Having been diagnosed with terminal cancer, and his long-serving senior management team ready to retire, Stoller wanted to get his affairs in order so that they could simply "ride off into the sunset," he said.

Believing Salkeld intended to purchase his company, Stoller said he agreed to act as a processing "bridge" for him.

"I take it personally. He knew I was

Continued on page 15

Company mourns colleague, launches internal investigation

Submitted

The employees of Forbes Bros. Ltd are mourning the loss of an employee, colleague, friend and brother Todd Maytwayashing, who died shortly after a work place accident near Gillam on Jan. 17.

Maytwayashing, a member of the Lake Manitoba First Nation community, had worked for Forbes for several years. He suffered a head injury while conducting his normal duties after being struck by a piece of material that fell off a flatbed trailer as the load was being secured for transport to the job site. He was rushed to hospital and passed away shortly after despite all the efforts of his colleagues on the site and nurses and doctors in Gillam, said Forbes CEO Matthew Forbes.

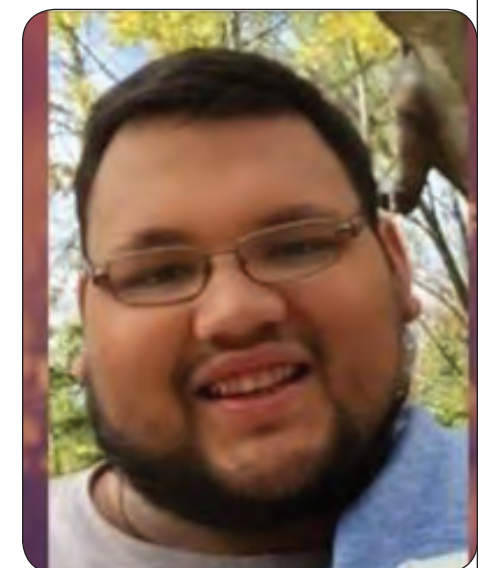
"We are in close contact with his immediate family, some who have worked with us, and offered our deepest sympathies. Support to the

family and Forbes employees is being offered through a combination of services provided by Forbes, Manitoba Hydro and union representatives," Forbes said.

"In addition to supporting the family, we will be working alongside Manitoba Workplace, Safety and Health and Manitoba Hydro to thoroughly investigate this and to ensure we fully understand what caused this tragic loss."

Forbes Bros Ltd is building the transmission line that will carry power from the Keeyask Generating Station to the Radisson Converter Station just outside of Gillam.

Forbes has an extensive safety program, is CORTM certified, and prides itself as a safety-first company. Forbes has approximately 500 employees in Manitoba, over 1,000 employees in North America who specialize in large-scale utility construction.



EXPRESS PHOTO SUBMITTED

Todd Maytwayashing, Christian Red Eagle, Misskwa-Kinew of Lake Manitoba First Nation was born Sept. 9, 1995, and accidentally died Jan. 17, 2018.

Public hearing for Lundar sheep farm expansion next week

By Jeff Ward

A public hearing next week will be held to listen to concerns and comments of area residents as Canada Sheep and Lamb, located six kilometres south of Lundar, seeks to expand their livestock operation.

The company is hoping to increase the number of animals in the confinement facility from 5,000 to 30,000 ewes, 63 to 375 rams and 2,385 to 17,091 lambs. This increase is approximately six times the current operation and will expand to the south and west of the current site.

A 26-page report detailing the entirety of the expansion effort conducted by the Technical Review Committee states that no buildings will be demolished, existing buildings will continue to be used and the operation will consume 129,906 imperial gallons of water per day from their existing well.

The public hearing takes place on Wednesday, Jan. 31 at 7:30 p.m. at the Lundar Lutheran Church Hall.

The report, which is available at the Western Interlake Planning Office in St. Laurent and the Coldwell municipal office in Lundar, includes letters of support and concerns from members of the community.

A group identified as a “concerned family from the RM of Coldwell” detailed their concerns and said they are not in favour of the expansion. They believe the land in the region can’t support a large facility and that the economic benefits to the community do not outweigh the impact to the environment. The expansion’s proximity to the Hatchery Drain is concerning to them as are the effects of the increased number of livestock on the nearby goose refuge’s population.

Another resident, Elizabeth Eyolfson, expressed her concerns about increased odours that force her family to stay in doors when they are downwind of the facility. She is also concerned about the impact on Lake Manitoba.

Paula Olafson is a close neighbour to the operation and wrote her comments in support of the expansion.

“[It’s] great to have a new and diverse business in the area. We have no problems dealing with anyone in this operation,” wrote Olafson.

She did have one concern about the road that goes by their home when silage was being hauled to the sheep farm. She said that it was cared for when hauling was completed and was only a minor concern.



EXPRESS PHOTO TAKEN BY JEFF WARD

The sheep farm south of Lundar is looking at a major expansion that would increase capacity six times what it is currently. There will be a public hearing next week for residents to voice concerns.

The conclusion of the report states that the operation “generally meets Provincial requirements” and “it has been determined that the proposed operation will not create a risk to health, safety or the environment,

or that any risk can be minimized through the use of appropriate practices, measures and safeguards.”

Farm manager Chuck Ekema could not be reached for comment on the hearing at press time.

CFRY 920 Radio Telethon reaps rewards for Fisher Branch Rec Centre

By Patricia Witzke

On Saturday, Jan. 20, CFRY 920 Radio visited Fisher Branch helping to raise money for repairs to the Fisher Branch Recreation Centre ice plant. Ninety-six sponsors from the Interlake and Winnipeg provided cash donations to assist in making the event a success.

Prize money was awarded to the three most talented entertainers, the top two karaoke singers and the top two live accompaniment performers. The top three most popular singers bringing in the most money also won cash prizes while the CFRY most promising talent received a plaque.

The judges Joanne Smith, Tiffany A. Wilson and Angela Magon were challenged at selecting the winners in the various categories. Twenty-four singers performed country, pop, rock, ballads and children’s songs. Some performers sang while others played the guitar, ukulele, mandolin or keyboard. Others played while they sang. The crowd was thoroughly entertained and shared their appreciation by giving pledges ranging from \$5 to \$1000.

By the end of the evening, \$17,667

had been donated to help repair the ice plant. The planning committee and the community members were overjoyed at the success of the evening.

“It is amazing how many talented people we have in the Interlake. Thank you for coming out to support the event,” said Al Wiebe.

Tina Brill’s young children, Ryelle and Aurelia smiled, “we love to sing and we don’t feel nervous in front of a crowd.”

One of the female entertainers explained, “it takes a great deal of practice to perform in front of an audience.”

The local Songbirds choir who have singers ranging in age from the thirties to the eighties feel fortunate to have a talented guitar player, Jake Kalyta to keep them in tune. They feel it is never too late to sing and enjoy entertaining.

Burnell Stevenson sang a song entitled, Sometimes It Takes A Moun-

tain and said, “This song capitulates my feelings about personal struggles I have faced, over the last year.”

Dusty Cochrane shared a song that he wrote.”

While singing, he tapped his foot and moved with ease around the stage.

Jasmine Henry sang Build Me Up Buttercup while playing the ukulele. She tapped her fingers on it to keep the beat.

Event organizer Clint Webb was challenged to do a jig in exchange for a cash donation. As the jig music played, he danced and the crowd applauded.

Another volunteer, Karen Abas was offered \$1020 by three people to sing a song. She chose The Coat of Many Colors and did an excellent job.

Fisher Branch senior high student Aaron Plett played his own composition on the keyboards. His confidence was evident and the audience enjoyed

the performance.

The winners of the karaoke competition included: Tina Brill (\$100) and Nicole McCorrister (\$50); Keara Barrett (\$100) and Al Wiebe and Cara Westfall (\$50) in the live accompaniment category.

The popularity winners were based on pledge amounts. Top fundraisers were Karmyn Hamrlik who collected \$1,439, Keara Barrett who brought in \$1,120 and Karen Abas whose total was \$1,020. They won \$100, \$75 and \$50. The CFRY Most Promising Talent plaque was awarded to Dusty Cochrane and his mandolin player, Corrine Sinclair.

Jasmine Henry won top prize of \$1000 for the most talented performer followed by Dusty Cochrane and Corrine Sinclair who won \$500 and Burnell Stevenson who received \$250.

Anyone who wishes to donate can send money to the Fisher Branch Recreation Centre, Box 462 Fisher Branch, MB, R0C 0Z0. Donations can also be dropped off at the Noventis Credit Union in Fisher Branch, with cheques payable to the RM of Fisher. Money has to be in by February 7, 2018.

**“IT IS AMAZING
HOW MANY
TALENTED
PEOPLE WE
HAVE IN THE
INTERLAKE.”**

Cousins collaborate on a pretty charming online store

By Patricia Barrett

With a little help from a family member with advertising know-how, a Fraserwood woman has launched an online business that has a whole lot of charm.

Artist Alexa Fleury has been making and selling oven-baked charms for about three years, and when her younger cousin Cassandra offered to help her launch an online charm store, she jumped at the chance.

"It's amazing. It's honestly like a dream come true," said Fleury, who launched lovelexa.ca Jan. 14. "I've always dreamt of having my own business and she made it possible."

Fleury has made just about every charm you can think of, from teddy bears and owls to giraffes and cowboy boots.

She said she considers herself a "Craft Queen," having made the rounds of markets in the Interlake when she was a teen, selling dog clothes and hemp jewellery.

"I started the farmer's markets again three years ago just with my jewellery," said Fleury. "My daughter had been at my mom's one weekend and started making these little trinkets out of clay, and I let her take some to the farmer's market one weekend and everybody loved them."

Fleury can make custom charms to suit anyone's fancy and create them for special occasions such as Valentine's Day, birthdays or anniversaries.

Her cousin Cassandra Cardy came up with the idea of an online store when she needed to complete a project for an advertising course she's taking through the Creative Communications program at



Fleury make a variety of charms.

Red River College.

"I've always been interested in the entrepreneurial things and right away I thought of her and wanted to help her," said Cardy. "I've learned so much and this is a perfect way to do something I want to do and help her to get where she wants to be. She's more of the artsy side of things."

Cardy saw the potential for launching an online craft business based on the demand for her cousin's creations.

"She gets people asking for all kinds of different things, which is her favourite part," said Cardy. "A mom wanted to know if there was a way one of Alexa's charms could be attached to her daughter's hearing aid. They requested a specific charm for her to make. She loves custom orders, and that's what we really try to promote because it's fun to see what people want to get each other."

People can order charms from Fleury's existing



EXPRESS PHOTOS SUBMITTED

Alexa Fleury (left) and Cassandra Cardy.

collection or request custom orders through the lovelexa.ca website, Facebook (LoveLexa Charms) or the Etsy.com store.

They've shipped orders across Manitoba and as far as Calgary. Friday, Jan. 26 is the deadline to order a charm for Valentine's Day.

Fleury will heading to Winnipeg Feb. 10 to take part in an artisans show in Osborne Village. The event takes place at the Penny Lane Market in the Cavern at 112 Osborne from 2-8 p.m.

> FISH HEIST, FROM PG. 13

a dying man," said Stoller. "And at every meeting we had, I said our objective is to sell this company, not be a partner. We'll custom process fish for you while you're getting your finances together. He portrayed that he had a bank set up to do the financing and portrayed he had a filleter and portrayed he had markets for the walleye. And we figured that being the former president of Freshwater, he probably had their whole customer list."

He said Salkeld sent him 80,000-90,000 pounds of fish that had spoiled during transport – representing sales from which the sheds should have profited.

"We have it fully documented with cameras," said Stoller. "You can imagine it rode around for a long time, and it just got rotten."

About 200,000 pounds of processed fish is sitting in cold storage and Stoller said he can't do anything with because it could, technically, be stolen.

Stoller shared with the Express an email he sent to Sgt. Ray Campbell, offering to assist the Winnipegosis RCMP any way he can.

"We want to participate in the investigation because I'm going to turn this over to the U.S. Attorney's Office down here," said Stoller. "I want them to share their investigation with the Attorney's Office in Sioux City, Iowa, because I believe we've been defrauded, too."

Salkeld said the American processors are responsible for paying the sheds as he was only helping transport their fish to the States.

"Northern Walleye is not legally able to purchase fish and export fish under the Canadian Food In-

spection Agency regulations. And the very first week of December, we had to confirm with [CFIA] that we were not purchasing the fish – that all of that fish was being sold directly to the fish plants in the States. That's a fact," said Salkeld. "When things go wrong, I guess everybody points their finger wherever it's easiest to point but we, Northern Walleye, did not, could not, buy any fish."

Salkeld said he passed to the sheds monies he received from two processors and also contributed some of his own money because he felt "obligated to help" when fishers weren't getting paid.

"We did receive \$80,000 U.S. from Dan's Fish and \$10,000 from Schafer Fisheries," he said. "That's the only money that we've received and we paid out close to \$300,000."

As for owing Larry Stoller \$100,000, Salkeld said Stoller "might have that impression, but the facts are the fish sheds make the export papers directly to Stollers. Our name doesn't even appear anywhere and Stoller was buying a certain amount of the species. They were buying all the carp, they bought all the mullet, all the fish heads and they were using that payable as an offset for processing. So he might say we owe him \$100,000, but he might have bought \$100,000 worth of product and we can't get the accounting. He refuses to give us the accounting."

Salkeld said Stoller may also believe he was going to purchase the Iowa processing plant, but that's only an "opinion. I can assure you I never made an offer on Stollers. I never made a proposal."

Salkeld has maintained over the past few weeks that his provincial Fish Dealer Licence prohibits him from buying and exporting fish, but the Minister of Sustainable Development refuted that claim.

"I can confirm he has the same Fish Dealer Licence as any of the other fish dealers we have provided a licence to in the open market," said Rochelle Squires by telephone Jan. 18.

And she said the reason for letting Salkeld keep his Fish Dealer Licence has nothing to do with a \$534 donation he made to the provincial Conservatives in 2016, but that her top conservation officer has to sort through "a lot of misinformation" as he investigates the case.

"And, ultimately, when we do have our investigation concluded, there will be strong consequences for anyone who is found in breach of our regulation," said Squires. "And [this] week, I have Northern Walleye coming into my office because I certainly want to get to the bottom of this."

The department was criticized for failing to seize fish being stored in trailers used by a trucking company Salkeld hired, but Squires said it couldn't act "above the law."

"There's a process that has to be adhered to, and I'm fully confident my department has acted in a very appropriate manner in working through this process and following all the rules that are in place for launching an investigation," she said.

Squires said she plans to meet with the four sheds and other fishers next month to get feedback on how to improve the system.

"We take this very seriously," she said. "I deeply regret that the fishers have not received payment, and [I'm] really beyond outraged at the situation. We're going to get to the bottom of it and ensure that the open market works efficiently and effectively as intended."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Eriksdale fan hopes to encourage next generation of curlers

By Jeff Ward

Larry Weatherburn has been curling for nearly his entire life. His journey of playing the game he loves and still plays started 55 years ago. Weatherburn curls almost every day and hopes to encourage the young people to give it a try to make sure the sport lives on for decades to come.

Weatherburn could talk about curling all day, and he will if you let him. Even after playing for over five decades, he still has things to learn, new strategies to test and new equipment to use. Curling has captivated Weatherburn in a way that he said he has trouble explaining, but to put it simply: "It's all about having fun." It's a game that might look easy, but as anyone who has ever thrown a rock for the first time will tell you, it's not. There is a lot of practice in having a proper throwing form and in achieving proper balance.

Weatherburn, now in his 70s, can still get down and throw, and it's something that he attributes to playing the game for so long.

"A lot of why I continue to curl is that it's great exercise and helps keep me in shape," he said.

"I've had a few injuries that have made it harder to play but I'll keep going as long as I can. For me, it's all about having fun and that's why I

keep playing. It's a great way to get together with friends and talk and have fun."

Weatherburn is a student of the game and is also a coach of the junior boys and girls team in Eriksdale. The strategy of the game is one of Weatherburn's favourite topics to discuss because every situation is different and there are multiple angles to consider before each shot. He said that concentration is key and that your mind has to be focused 100 per cent on the shot to execute it properly. During the game, Weatherburn discusses his shot while taking it, thus splitting his focus and causing the stone to not end up where he wanted.

He's a good teacher and one that doesn't pile on extraneous information to new players.

"Really, when you're a new player, you shouldn't be focusing on the score or the rules or competing. You should just have fun and learn those things as you go along," said Weatherburn.

Stick curling, Weatherburn explained, is a good starting point for those who are interested in the game and want a low barrier to entry. New players can learn the fundamentals and feel what it's like to push a rock down the ice.

Weatherburn said he is concerned for the future of the game and has

noticed a sharp decline in attendance in the Manitoba Curling Association Bonspiel, which is widely regarded as the largest in the world.

"I remember years ago when we would see over 1,000 teams and now we don't even hit 300. That's sad and it seems like it's harder than ever to even sustain our numbers," he said.

Locally speaking, the two Eriksdale bonspiels in January have seen declining numbers over the years. Organizer Doug Kirby said that he's always pleased if they can get 18 teams for the men's and women's tournaments, but it's a struggle.

Weatherburn believes that getting more youth interested in the sport is where the focus should be.

"I think it should be something the schools push more as a winter activity. The kids from Eriksdale really like it when they come here to play, and Brad Drews is doing a great job keeping the game alive in that building."

This journey isn't over by any stretch for Weatherburn who loves the game too much to quit playing. His passion and enthusiasm for the game is infectious and his excitement to see players making good throws makes you want to keep trying.

Competition is great and Weatherburn enjoys it a lot, but as he explained, the love of the game is rooted



EXPRESS PHOTO BY JEFF WARD

Larry Weatherburn is a life-long curling fanatic. His passion for the game and its prosperity are infectious, and his desire to see the game played by all ages makes him a great ambassador for the sport.

in fun.

"Like I said, just getting together with some friends and having fun, that's what it's all about," he said.

Stevenson inducted into Softball Manitoba Hall of Fame

Staff

Eight individuals – including Edgar Stevenson – and two teams will be inducted into the Manitoba Softball Hall of Fame on May 5.

The group of inductees includes six athletes, two all-around individuals, and two teams.

Besides Stevenson, the athletes include Ed Gilroy, Ashley Lanz, Jill Mathez, Jim Pomeroy and Gregg Waldvogel.

The all-around individuals include St. Andrews' Dave Boch and Reice Pelletier.

The teams inducted include the Gladstone Whips (1997-2001) and Mariapolis Blues (1976-78).

The Manitoba Softball Hall of Fame & Museum, Inc. recognizes individuals, teams and organizations for outstanding achievement in softball and/or for contributions to the sport of

softball.

According to a media release sent out by the Manitoba Softball Hall of Fame on Monday, Stevenson was born in Rivers, Manitoba and then moved to Peguis where he learned to pitch following his father who was well-known in that softball community.

Stevenson began playing softball with the local Peguis senior men's team as a 12 year old and was recognized at the school level for his athleticism while playing softball with teams in Peguis and at Daniel Macintyre Collegiate in Winnipeg.

Stevenson was a strong contributor to the success of the teams that he played for at the provincial and national levels. He was often the top hitter and pitcher for those teams.

In 1989, Stevenson earned the top pitcher award at the Western Canadian Bantam Championships where

his team won the gold medal. He was awarded the Top Male Player and Top Male Minor Player awards by Manitoba Softball.

That same year, he was part of the Manitoba Summer Games team, which won the bronze.

In 1990, Stevenson was recognized at the National Midget Championships, winning individual awards for all-star pitcher and top hitter for the tournament (posting a .542 batting average).

The following season saw Edgar receive the top player award in the playoffs at the National Midget Championships while helping his team, the Landmark Knights, win the silver medal.

In October of 1991, a car accident tragically ended the life of the 17 year old Stevenson.

The Manitoba Softball Hall of Fame has created the Edgar Stevenson Me-

morial Award to honour his love and passion for the game. This award is presented only in a year when a candidate has been deemed to have been a valuable asset or most valuable player to their team and has compiled an outstanding record.

An independent committee, facilitated by Gord Wooley, reviewed nomination information on candidates for the Hall of Fame and selected the 2018 inductees.

Arnold Asham, Cliff Bishop, Don Campbell, Fred Ham, Jim Nay, Nelson Phillips and Smitty Smith served on the committee. The 17th-annual induction banquet will be held at the Keystone Centre (UTC Pavilion, 1175 18th Street) in Brandon.

Tickets cost \$75 and are available from Les Newman. Newman can be reached by phone at 204-235-1674 or via email: lnewman@live.ca.

Peguis has fast start in win over St. Malo

By Brian Bowman

It took the Peguis Juniors just 13 seconds to take a 1-0 lead.

Forty seconds after that, the Juniors led 2-0.

Peguis used that strong start to skate to a 5-2 road victory over the St. Malo Warriors in Keystone Junior Hockey League action Saturday night.

Michael Markus opened the game's scoring and then Coulson Nepinak quickly made it 2-0.

Peguis' Romano Paul and Tyler Ross scored in the second period and then Markus tallied in the third.

Haden Hildebrand scored a second-period goal for St. Malo and then Nick Lund tallied late in the third.

Luke Penner made 32 saves for the win.

On Friday evening, Peguis lost 6-4 to the Ice Dawgs in Arborg.

Arborg led 4-1 after the first period, scoring two power-play goals and a shorthanded marker. The two power-play goals came 35 seconds apart late in the period.

Clint Torfason had a hat trick for Arborg while Dylan Fugula, Derric Gulay and Colton Davies added sin-

gles. Gordie Longbottom chipped in with three assists while Cal Finnson and Jordan Kristjanson each had two helpers.

Paul, Keifer Tacan, Ethan Daniels and Nepinak replied for Peguis.

Travis Rigden made 40 saves for the win.

Arborg was scheduled to host the Fisher River Hawks on Saturday but no score was posted on the league website at press time.

On Friday, the Selkirk Fishermen flew past the Hawks 9-4.

Selkirk, which held period leads of

4-2 and 7-4, received two-goal efforts from Mackenzie Playford and Dylan Painchaud-Niemi.

Dane Derewianchuk also had a great game, scoring once to go along with four assists.

Ben Kelly, Chad King, Griffin Steeves and Dawson Courchene also scored for Selkirk. Steeves and Damien Catcheway each had two assists.

Austin DeBoer made 28 saves for the win. Joshua Beaulieu (two), Kyle Crate and Nicolas Murdock scored for Fisher River. Johnny Beaulieu assisted on three of those goals.

Midget Lightning lose three lopsided games

By Brian Bowman

The Interlake Lightning Midget Provincial hockey team has had better weeks this season.

Interlake lost all three Manitoba AAA Midget Hockey League games last week — getting outscored 28-4 in the process.

The Lightning made it three losses in just five days after they were defeated 7-2 by the Eastman Selects in Beausejour.

Eastman led 2-0 after the first period and then 4-0 after 40 minutes.

Spencer Morrison led the Selects with two goals while Burke Heide had

a goal and two assists.

Hunter Sexton, Troy Beauchemin, Dallan Wilton and Matthew Smith also scored for Eastman.

The Selects' Blair McGowan finished the game with three assists.

Marcus Dewey and Shane Bear replied with third-period goals for the Lightning.

Both teams scored a power-play goal.

Eastman outshot Interlake 37-18 as Justin Powers earned the win in goal.

Last Saturday night, Interlake was defeated 7-2 by the Pembina Valley Hawks.

The Hawks dominated very early, scoring four times before the game was 4:26 old and then led 5-1 after the first period.

Dylan Fontaine and Corey Soorsma scored for the Interlake.

Kolton Shindle, Tristan Day, Sven Schefer, Spencer Kaminsky, Tyson Allison, Jayden McCarthy and Michael Hlady answered for Pembina Valley.

On Jan. 17, the Lightning were whipped 14-0 by the Winnipeg Wild.

Winnipeg scored three times in the first period, added six goals in the second, and then tallied five more times in the third.

The Wild outshot the Lightning 52-19.

Eric Fawkes (three), Ryan Gottfried (two), Mason Waite (two), Mitchell Joss (two), Jackson Klewchuk, Kaden Bryant, Mikol Sartor, Kyle Bettens and Luc Benedictson scored for the Wild.

Interlake (8-25-0-2-0) played the fifth-place Winnipeg Thrashers Wednesday evening but no score was available.

The Lightning will host the Parkland Rangers on Saturday (7 p.m.) and then Eastman Sunday (2 p.m.).

Poponick pops OT winner against Lundar

By Brian Bowman

The Selkirk Fishermen had to work a little overtime on Sunday.

But the extra time paid off as Selkirk edged the Lundar Falcons 3-2 in OT in Keystone Junior Hockey League action in Warren.

Josh Poponick scored the game winner in overtime as Dylan Painchaud-Niemi and Griffin Steeves assisted on the goal.

Selkirk grabbed a 2-0 first-period lead on goals by Brandon Thomas and Milan Horanski. It was Horanski's first game with Selkirk this season.

That two-goal lead held until 6:13 remaining in the third period when Landon Gray scored for Lundar. Gray, a very talented offensive forward, then added his second goal of the game just 1:40 later to tie the score at 2-2.

Riley Bannerman made 37

saves for the win.

On Friday, Lundar edged the St. Malo Warriors 5-4 in overtime.

Gray scored the game winner in OT to complete his hat trick.

Gray and Zach Bone scored for Lundar in the first period as the visitors took a 2-0 lead.

Shayne Desjarlais tallied for Lundar in the second period and then Gray scored early in the third.

Tyrel Bueckert and Haden Hildebrand replied for St. Malo in the middle frame and then Gavin Pott tallied twice in the third.

Reece Jones made 33 saves for the win.

Lundar, now 12-11-0-4, will travel to Arborg this Saturday (7 p.m.) to battle the Ice Dawgs and then will visit North Winnipeg next Tuesday (8 p.m.).

Dyck earns shutout in Bison victory

By Brian Bowman

The No. 2-ranked University of Manitoba Bisons shut out the Mount Royal Cougars 2-0 in women's hockey last Saturday afternoon at the Wayne Fleming Arena.

Bison goaltender Rachel Dyck of Winnipeg Beach earned her second shutout this season while extending the team's current shutout streak to 181 minutes and 12 seconds.

Dyck made 10 saves in the contest and was named the game's third star.

"Rachel has really turned it around from I would say the Lethbridge series in the first half," said Bison head coach Jon Rempel on the team's website. "The team has confidence playing in front of her. They know she is going to make most of the stops."

Sheridan Oswald opened the scoring just 1:10 into the contest and then Natasha Kostenko made it 2-0 late in the second period.

On Friday evening, Manitoba blanked Mount Royal 1-0. Erica Reider scored the



Rachel Dyck

lone goal just 37 seconds into the third period. The goal was assisted by Stonewall's Allison Sexton and Alanna Sharman.

The Bisons will travel west this weekend for a two-game series with the Regina Cougars. Game 1 of the series is set for Friday at 7 p.m.

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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TOWN OF ARBORG Office Assistant

The Town of Arborg is now accepting applications for this **Full-Time** position.

In addition to customer service and general reception duties, the successful applicant will be responsible for general office duties such as receipt processing, cash handling & deposits, general accounting, word processing, filing, photocopying and other duties as assigned. Organizational and communication proficiencies as well as the ability to work cooperatively and independently are necessary skills. Familiarity with Accounts Receivable / Payable and office experience would be an asset.

Candidates interested in commencing or continuing a career in Municipal Administration are invited to submit a resume with three references on or before **Friday, February 9th, 2018**.

Resumes may be mailed, emailed or dropped off at the Town of Arborg Municipal Office, 337 River Road.

Lorraine Bardarson, CMMA
Chief Administrative Officer
PO Box 159 Arborg MB R0C 0A0
Email: caoarborg@mymts.net
Fax: (204) 376 5379 / Telephone: (204) 376 2647

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

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EXPRESS
WEEKLY NEWS

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Rural Municipality of
GRAHAMDALE
www.Grahamdale.ca

ANNUAL PUBLIC NOTICE Additions to the Voters List and/or Personal Security Protection Requests

RURAL MUNICIPALITY OF GRAHAMDALE

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), The Rural Municipality of Grahamdale's Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the R.M. of Grahamdale can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to: R.M. of Grahamdale, Box 160-23 Government Road, Moosehorn, MB R0C 2E0 Phone: 204 768-2858 Fax: 204 768-3374 e-mail: seo@grahamdale.ca

The next General Election takes place on October 24, 2018.

Sandra Falk
Senior Elections Official



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Only those selected for interviews will be contacted.
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RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

On January 17, 2018 the RM of Gimli Council met with the Gimli Harbour Authority, Gimli Yacht Club, Canadian Coast Guard, Department of Fisheries and Oceans, Small Craft Harbours, Waterfront Centre, New Iceland Heritage Museum, and the Icelandic Park Committee as the second part of the consultation process.

This meeting was held to expand the discussion with the extended users of the harbour and to receive feedback from these groups with respect to the proposed Canadian Coast Guard Boat House.

The next step in the consultation process is to hold a meeting open to the public on January 29th, 2018 from 6:00 pm to 7:30 pm in the Council Chambers at the Municipal Office 62 2nd Ave Gimli. Dated at Gimli Manitoba, this 18th day of January, 2018.

Joann Murphy, CMMA
Chief Administrative Officer
Rural Municipality of Gimli



RURAL MUNICIPALITY OF GIMLI PUBLIC CONSULTATION MEETING

Please be advised that the final meeting of the public consultation process for the Canadian Coast Guard Boat House will be held on Monday, January 29, 2018 from 6:00 pm to 7:30 pm in the Council Chambers at the Municipal Office 62 2nd Ave Gimli.

The attendees will be provided with a brief review of the previous meetings in this consultation process with the Gimli Harbour Authority, Gimli Yacht Club, Canadian Coast Guard, Department of Fisheries and Oceans, Small Craft Harbours, Waterfront Centre, New Iceland Heritage Museum, and the Icelandic Park Committee.

Further to the variance hearing held on October 25, 2017, we can advise that the Coast Guard Boat House height has been reduced to conform to the Zoning By-law height requirements.

Council looks forward to the constructive dialogue that will come from the consultation process.

Dated at Gimli Manitoba, this 18th day of January, 2018.

Joann Murphy, CMMA
Chief Administrative Officer
Rural Municipality of Gimli

**Classified booking deadline is
Monday at 4 p.m. prior to
Thursday's publication.
Call 467-5836**

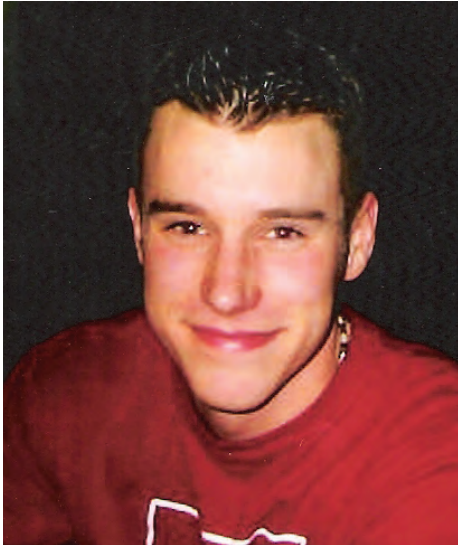
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In the silence of our minds,
Where no one else can see;
Your voice, your smile, your memory,
Is kept so tenderly.
The tears we shed,
Will wipe away;
But the ache in our hearts,
Will never go away.

-Forever loved and missed,
Mom, Dad and Darrell

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