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WEEKLY NEWS

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Einarson captures Manitoba Scotties title

Petersfield's Kerri Einarson beat the Granite's top-seeded Kristy McDonald 7-4 to capture the Manitoba Scotties Tournament of Hearts title Sunday in Beausejour. After finishing runner-up at the past two Manitoba provincials, the East St. Paul based team of Einarson, third Selena Kaatz, second Liz Fyfe and lead Kristin MacCuish will now wear the provincial buffalo at the national Scotties Tournament of Hearts, Feb. 20-28 in Grande Prairie, Alta. (See full story on pg. 14).

EXPRESS PHOTO BY LANA MEIER

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Taking toques to the PM

By Patricia Barrett

A Gimli student who makes toques to fund Habitat for Humanity building trips is off to the House of Commons in Ottawa in a few weeks, hoping to sell one of his toques to the Prime Minister.

Cameron Lozinski was featured in the *Express* last October when he teamed up with the Sugar Me Cookie Boutique & Bakery on Centre Street to sell his toques.

Lozinski will be taking part in the Forum for Young Canadians, a youth parliament for students who want to learn about federal politics. As with Manitoba's Youth Parliament that occurred over the Christmas break, students can hone their public speaking skills and learn how the federal government debates and passes legislation. The first session takes place Feb. 15-20.

"We get to learn about the three levels of government," said the Grade 11 Gimli High School student.

After he applied, he was sent some assignments by email. All participants were asked to research the names of their municipal government officials and provincial and federal riding representatives.

"I personally did know," said Lozinski, "because I love politics."

When he arrives in Ottawa, Lozinski said he hopes to meet Prime Minister Justin Trudeau and sell him one of his toques.

"That's my goal — to hopefully sell toques to all 338 MPs."

While he won't be hauling suitcases stuffed with toques to the Hill, he will be taking a number of samples.

Lozinski said he raised the \$895 registration fee (which includes airfare and hotel in Ottawa) by selling toques.

The washable toques cost \$18 and come in a variety of colours, such as grey, navy blue, charcoal, burgundy, pink, oatmeal and cobalt.

He'll also be branding his creations with a logo. Branding his business will help people become familiar with it and its charitable goals. A friend he met on a Habitat trip to Portugal last year is in graphic design.

"She phoned me up and offered to do the design," he said.

Lozinski has taken on three volunteer knitters to keep up with demand. One knitter is from Arborg, the other two are his mom and nana.

"I can make 20 in a week," said Lozinski, who learned to knit on a loom when he was in Grade 8.

He recently sent 35 toques to Alberta. Ten of those purchases were for personal use, but the remaining were purchased for homeless people.

With a possible boost in sales from MPs, Lozinski will be heading to Surabaya, Indonesia, to help Habitat renovate a home.

Lozinski is dedicated to helping those less fortunate and plans to create a charitable, non-profit foundation after he graduates from high school.

"A foundation takes a lot of effort to start," said the 16-year-old student. "I want to help local volunteers and help



EXPRESS PHOTO COURTESY OF CAMERON LOZINSKY

Gimli student Cameron Lozinski will be taking his toques to the Hill in a few weeks and hopes to sell one to Prime Minister Justin Trudeau.

volunteer organizations."

If an organization needs help with a food hamper program in town, for example, it could apply for a grant from his Toques By Cameron foundation.

To order one of Lozinski's toques,

call 204-642-8867 or visit his Facebook page, Toques By Cameron "Making a difference one toque at a time." He is also on Twitter @ToquesbyCameron and Instagram.

Funding for Manitoba Schools to "Drop the Pop"

News Release

The Kidney Foundation of Canada – Manitoba Branch invites elementary schools from across Manitoba to apply for a \$250 grant that will help them carry out a Drop the Pop Challenge for children in kindergarten to grade six.

This is an opportunity for school and community staff to help educate young students about the dangers of sugary drinks. This includes beverages such as soft drinks (eg; Pepsi, Diet Coke, 7-Up, etc); sports drinks (eg; Gatorade and Powerade); energy drinks (eg; Red Bull and Full Throttle); powdered drinks (eg; Tang and Kool-Aid); sweetened milk products; and fruit drinks, beverages, punches, and cocktails.

Teachers take on the role of challengers, asking students to "drop the pop"

and all sugary drinks for one week while they teach their students about making healthy lifestyle choices. The Drop the Pop Challenge is a part of the Foundation's curriculum for Aboriginal schools called Our Children, Their Health, Our Future.

The \$250 grant is available to elementary schools that have a significant Aboriginal student body (50% or more of the school population). There are 12 grants available, for a total of \$3000 being made available to schools across the province. The deadline to apply for a grant is February 21. Interested parties can find an information sheet and application form at: www.kidney.ca/manitoba

"These grants help enable schools to provide incentives and encouragement to children that help them think more about making healthier choices.

Cutting back on sugary drinks may help children avoid Type 2 diabetes, obesity, tooth decay, and ultimately, chronic kidney disease," explains Val Dunphy, executive director of The Kidney Foundation of Canada – Manitoba Branch. "Manitoba has the highest rates of end-stage kidney disease out of all Canadian provinces. By working with the schools to promote healthy kidneys, we hope to have a long-term, positive impact on children, their families, and the larger community."

The Foundation is asking schools to organize a Drop the Pop Challenge for students in March 2016. March is Kidney Health Month. World Kidney Day falls on March 10—this year's theme is fitting, as it is Kidney Disease and Children: Act Early to Prevent It.

Aboriginal communities struggle

with disproportionate rates of diabetes. Many Manitobans are not aware that diabetes, along with high blood pressure, are the two leading causes of chronic kidney disease (CKD).

CKD is very serious because there is no cure. People in the late stages of CKD need to go on dialysis or get a kidney transplant to stay alive. Education is a key part of helping young Aboriginal people to take the right steps that will help them avoid this devastating health issue.

Successful applicants will be notified of their grant by February 26, 2016. The Kidney Foundation will provide support, the \$250 grant, and Drop the Pop curriculum with lesson plans and handouts for the selected schools.

This grant is made possible with generous funding from CN Rail.

Lundar Memorial Arena in running for next Kraft Hockeyville

By Jeff Ward

A grand prize of \$100,000 and the opportunity to host an NHL pre-season game are on the line for residents of Lundar who hope to win the 2016 Kraft Hockeyville contest.

More than half a dozen nominations for the Lundar Memorial Arena have been posted to the Kraft Hockeyville page with dozens more sharing and signal blasting the nominations on social media. Michelle Christensen, one of many who nominated the arena, says that she's seeing first hand how quickly the community has supported this effort and hopes that it continues over the coming months. Christensen says that if Lundar wins any prize money, it will go towards helping make the new Lundar Sportsplex a reality.

"This is what we need right now — everyone sharing their stories on Twitter and Facebook and showing Kraft how passionate we are about the game and our arena," said Christensen.

"We're definitely committed to hockey here in Lundar, and it's not just parents and grandparents that pack the stands. It's community members who love to sit and watch games. For how small our community is, when I go and check on the activity on the page, it's overwhelming how many people are talking."

The judges for Kraft Hockeyville are

looking at different criteria and will be choosing the final 10 nominations after Feb. 7. The dedication to the game in the community and commitment to supporting the sport are looked at closely by judges. Social media attention from Twitter and Facebook are also factors when being chosen.

Christensen wants Lundar residents, and anyone who uses the arena on a regular basis, to use the hashtag #KHV_LundarMemorialArena and share their stories about the old barn. Any community chosen for the Top 10 is guaranteed a prize of \$25,000.

If selected as a Top 10 finalist, Lundar supporters can begin voting for their arena on March 13 in hopes of making the Top 2. If voted into the Top 2, supporters will again be able to vote on March 21 for their chance at the \$100,000 grand prize.

"When I was writing the nomination, I thought I'd have to do this big long story, but I just typed it straight from my heart and it came out really fast. You just hope you can use the right words to get the attention of what they're looking for. I tried to show our passion and love for the game — I hope I captured that," said Christensen.

Judging begins on Feb. 8 so Lundar residents have until then to trumpet the name of the Lundar Memorial Arena.



EXPRESS PHOTO BY HEIDI SWEETLAND

The Sweetlands are hoping that by sharing their hockey stories online that Lundar will be chosen as one of the 10 finalists in the 2016 Kraft Hockeyville. Pictured left to right: Kevin, Mackenzie, Gavin, Heidi and young Oakley front and centre.

Moose hunters busted for illegal kills, province says

Three men face long list of charges following three-year investigation

By Lindsey Enns

Three men from the Manigotagan and East Selkirk area are facing a long list of illegal moose hunting charges and other offences following a three-year undercover investigation, the province says.

The Manitoba Conservation and Water Stewardship special investigations unit says it has concluded a three-year investigation into the illegal harvesting of moose on the east side of Lake Winnipeg, including an area that is closed to hunting.

Conservation officers learned that non-status hunters had been illegally hunting moose and attempting to involve status hunters to cover the illegal activities by claiming they killed the animals themselves, according to a release last week.

Wesley John Bell, 65, of Manigotagan, is facing nine charges, John Cur-

ties Thomas, 44, of the RM of St. Clements, is facing five, and John Howard Wood, 74, of Manigotagan is facing three, according to the release.

Manitoba Conservation Minister Tom Neva-kshonoff said this isn't the first time this has happened in Manitoba and it sadly won't be the last.

"You can make all the laws in the world but there are still people out there who will choose to break them," Neva-kshonoff said. "That's why we have special staff dedicated to this kind of work."

Although Neva-kshonoff said he couldn't speak directly to the charges the three men are facing, a provincial release stated that on Jan. 18, conservation officers served summons on three individuals in the Manigotagan and East Selkirk area.

The moose population in Manito-

ba's east-central area, encompassing all portions of Game Hunting Area (GHA) 26 and portions of GHA 17, have been in decline for a number of years.

Several remedial restoration projects are currently in place, aimed at increasing the population including full and partial closures to moose hunting in GHA 26 affecting both licensed and rights-based hunters.

"Moose populations in general in the southern half of our province are in jeopardy because of over-hunting," Neva-kshonoff said, adding many of those areas are now closed to moose hunting. "We are working with our First Nations peo-

ple in having general partial closures that apply to all Manitobans."

Anyone with information about illegal activities is asked to call their local Manitoba Conservation and Water Stewardship Office or the Turn in Poachers (TIP) line at 1-800-782-0076 (toll-free).

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Intimate Image Protection Act aims to empower victims

By Jeff Ward

Lakeshore School Division Supt. Janet Martell is happy to see a new law in Manitoba that aims to undo any harm that could come from the use of explicit images shared online.

The Intimate Image Protection Act, which came into effect Jan. 18, applies to any victim who can be identified in a photo or video who appears nude or engaged in sexual activity, taken with the reasonable expectation of privacy, according to Manitoba Attorney General, Gord Mackintosh.

The issue of cyberbullying has been on the radar of Lakeshore staff for years, according to Martell, but with the prevalence of teenagers sharing provocative or sexually explicit images with one another, having a legal recourse is something she's very happy to see.

"I think the big piece for me is the ability to remove these pictures quickly," said Martell.

"What we're able to do is help support the student and family, and then it will be up to the family to pursue charges. We all want to keep students

safe so that's always our first objective. Our students know not to be putting pictures like these out there, but it still happens."

Martell said that there was only one incident she could recall that falls into this category and doesn't believe that it's a problem for the division. However, she did say that these incidents are more likely to happen outside of school hours and that she still views those as being connected to the school. Martell said that students are constantly trying to make the best decisions with the information they currently have and that education about the dangers of sending these types of

images is an important step in reducing harm.

According to the superintendent, students have great relationships with their teachers and other school staff. Martell hopes students will leverage those relationships and trust when they're facing a difficult decision or personal problem.

"You walk into our schools and you get the feeling that the students trust the adults in the building. So if the

I'M CONFIDENT THAT WITH THOSE RELATIONSHIPS, WE CAN WORK THROUGH ANYTHING."



EXPRESS PHOTO SUBMITTED

Lakeshore School Division Superintendent Janet Martell

students are having problems, I see them approaching staff for help. I'm confident that with those relationships, we can work through anything," said Martell.

The Canadian Centre for Child Protection (C3P) will assist families in removing the unwanted sexual images

from social media and websites, according to Mackintosh. Since March of 2015, C3P has received nearly 350 reports of non-consensual distribution of intimate images in Canada, with half of the victims being children aged 15 to 17.

Government adds new medications to Pharmacare program

Treating uterine fibroids with new medication instead of surgery

News Release

Patients will have access to an additional 59 new drugs through the Manitoba Pharmacare program, including Fibrilast for the treatment of uterine fibroids, Health Minister Sharon Blady announced recently.

"Manitoba has one of the most robust pharmacare programs in the country," said Blady. "With these new additions, Manitobans will be able to save more on the medications they need."

Some of the other new drugs added to the formulary include:

- Aptiom for the treatment of epilepsy — a neurological disorder;
- Firazyr for the treatment of heredi-

tary angioedema — a rare genetic disorder;

- Imbruvica for the treatment of lymphocytic leukemia;
- Xalkori for the treatment of lung cancer;

- Xtandi for the treatment of prostate cancer; and

- a new strength/formulation of Lodalis for the treatment of high cholesterol.

Of the 59 drugs added, 47 are generic medications. The minister noted the changes reduce the amount that would have otherwise been spent on higher-cost equivalent drugs by \$3.8 million. Coverage for the new drugs came into effect yesterday.

The minister said the addition of Aptiom, Firazyr, Imbruvica and the new indications/strength for Xalkori, Xtandi and Lodalis to the formulary is a direct result of Manitoba's partici-

pation in the Pan-Canadian Pharmaceutical Alliance. The alliance brings provincial governments together to negotiate better prices on both brand name and generic prescription drugs, making them more affordable in the long term.

Over the last 16 years, approximately 4,800 new drugs — including those that treat epilepsy, cancer and now uterine fibroids and hereditary angioedema — have been added to Manitoba's Pharmacare program.

Pharmacare is a universal, comprehensive prescription drug benefit program for Manitobans based on family income. It covers 100 per cent of eligible drug costs once the income-based deductible is reached, regardless of medical condition or age.

For more information on pharmacare, visit www.gov.mb.ca/health/pharmacare.

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Eriksdale entrepreneur seeing red over red tape

By Jeff Ward

Eriksdale entrepreneur Lisa Sobry is frustrated by the amount of provincial regulations and red tape she has to go through just to do business.

And her frustrations are echoed by a new report that gave Manitoba a failing grade and ranked the province the worst in the country for red-tape accountability.

Sobry's business, Healing in Style, opened more than a year ago in Eriksdale. Even though she saw quick success and expanded her business in late 2015, the red tape she deals with has actually gotten worse. Sobry said that she agrees with the Canadian Federation of Independent Business (CFIB) on their evaluation of the province. And as she works to establish a new business, she believes that the red tape is worse than ever.

"It adds an extra eight to 16 hours every week because everything you need to do can't all be done in one place," said a frustrated Sobry.

"These governmental departments don't seem to ever speak with each other, so you often have to give the

same piece of information multiple times. And if anything ever goes wrong, you have to sit on the phone for hours sometimes trying to solve the problem. If you're a one-person business, that's sometimes impossible."

If Sobry wants to make a living doing what she loves, she can't be on the phone for hours hoping to correct a mistake on payroll with Canadian Revenue Agency (CRA). She describes these problems as being a weekly occurrence that take her time away from doing things that would advance her business.

Currently, the real frustration is the amount of time Sobry needs to spend registering with multiple offices and departments of government as she establishes her new venture with a colleague. Sobry says that she'll make phone calls all day registering the business, filling

out paperwork, getting a business number, but when that information is sent to the CRA, her paperwork is incomplete. That then requires more phone calls to correct the issue, more time spent waiting and less time making money.

According to the CFIB, time spent not making money and the cost of filling out all this paperwork costs Manitoba businesses \$1.2 billion annually, with \$400 million being considered red tape. The regulations and red tape for business owners like Sobry need to be reduced, according to CFIB's director of provincial affairs for Manitoba.

"Regulatory accountability is an ongoing battle for both government and small business. The reality is that most other provinces — since we started Red Tape Week seven years ago — have decided that this is an impor-

tant issue. But here in Manitoba, we haven't seen any actionable change for the better," said Elliot Sims, director of provincial affairs for CFIB.

Sims mentioned that other than the 2014 throne speech, there has been no mention of reducing small business regulations or red tape. According to Sims and a 2014 CFIB poll, 42 per cent of CFIB members said they wouldn't have gone into business if they had known how much red tape there was and they wouldn't encourage their children to follow in their footsteps either.

Even with the red tape, Sobry does encourage people to follow their entrepreneurial dreams but cautions them to be prepared.

"I wouldn't deter anyone but I would advise them that they will have to spend the extra time to sort through the red tape. If you're passionate, go for it, but you have to be prepared," said Sobry.

The CFIB represents 4,800 business owners in Manitoba and actively advocates for better taxes, laws and regulations for small business owners.

"BUT HERE IN MANITOBA, WE HAVEN'T SEEN ANY ACTIONABLE CHANGE FOR THE BETTER."

Pancake lunch fundraiser for New Horizons in Eriksdale

By Jeff Ward

The Eriksdale New Horizons club is holding a pancake lunch as a fundraiser with hopes to increase membership numbers while raising funds for the group.

The fundraiser, planned for Feb. 9 from 11 a.m. until 1 p.m. at the New Horizons building in Eriksdale, is \$5 per person and is one of only a few fundraisers throughout the year for the small club.

These small fundraisers are a big part of helping pay the bills as well as keeping the congregate meal program running strong, said Mary Riddell, treasurer for the club.

"Our membership is dwindling, and the lower those numbers get, the harder it is to get grant money, so we need members to sign up. We keep the congregate meal program running five days a week, and fundraisers like this one are important to keep-

ing that up," said Riddell.

According to Riddell, there are many who frequently use the meal program because they can no longer cook for themselves. The meal program helps seniors like these not only get a quality meal everyday, but the New Horizons building also gives them a place to meet. Playing cards, listening to music, playing pool and general socializing are some of the more important aspects of the establishment.

The club needs to see an average of 12 people every day to maintain its standing with the government and to be eligible for provincial grants. Riddell says that they are walking that line carefully and that their average

currently is at 12.

"We want people to come out and support the fundraiser, but we also want them to realize how much fun the club can be. So we hope that by coming by, they'll become members and spend a few days a week here with the rest of us," said Riddell.

Membership is \$15 for the year. Currently there are 24 members signed up for 2016. Those interested in attending the lunch who aren't mem-

bers are still able to attend, but are encouraged to become a member as it helps the club immensely.

Last year nearly 50 people attended the fundraiser and helped raise more than \$200 for the New Horizons Club.

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'Lady Luck' sometimes gets you a great day of angling

Hello again, my friends. Two weeks ago, I met a totally unique sportsman whose life is completely dedicated to fishing. Otto Sonnenmoser is a tall, rugged Missouri man whose adventuring nature led us to him and winter fishing in Manitoba.

I met Otto on a cold sunny day on Lake Winnipeg's ice and asked him if he would share some of his life and fishing experiences. We sat in Old Red as he told in a raspy voice how his uncle, an ocean charter fishing guide in California, had taught him to love everything about fishing. So, as Otto grew up, his passion for fishing became his life.

His humour showed as he first went into a story of a time when he took an old-timer, Charlie, crappie and bluegill fishing in a pothole lake near home. As they sat in the boat waiting forever for a bite, Old Charlie declared that if cows were standing, the fish would bite and if they were lying down, they wouldn't. Otto could clearly see some neighbouring cows standing, which compelled him to point out that the fish should be biting.

The old-timer got a sly smile and with his southern humour said, "Well, you know, you can never really trust a cow," Otto continued. When he was fishing in one of the home pothole lakes with the winter ice only six inches thick, he went sight fishing with a black pop-up cover.

After a couple of hours in the dark, he felt water on his boots. He threw the pop-up away to see the hot spring



EXPRESS PHOTO BY ARNIE WEIDL

Adventurer and extraordinary sports angler Otto Sonnenmoser from Missouri with some of his daily catch along side his "Wilcraft."

sun was melting the ice around him. Quickly collecting his gear, he crawled for shore only to fall through the ice. Clawing shoreward, his feet finally touched bottom and he lived to fish another day.

Otto's love affair with Lake Winnipeg's ice fishing started years ago when he contacted a fishing guide who took him to Balsam Bay. He laughed, telling how those first three days of ice fishing were like a "baptism-by-blizzard."

The guide had him sitting out in the open in a raging storm over his ice hole as shacks were being torn up and rolling in the wind like tumbleweeds. Snow lashed his face, yet in his heart, he had never felt more alive. To this

day, he feels it was the best three days of his life.

Now, for a month each winter as he sits fishing in his pride and joy, a go-anywhere "Wilcraft," he says he feels like a Canadian. After talking for some time in my truck, Otto was more at ease, reckoning he was kind of a loner. He never married. He thinks only of fishing every day and even now is dreaming of summer fly fishing. Days later, the last time I saw him, he was fishing on the Red across from Don McDougall's, his friend in Selkirk. I so admired seeing him in his element, happy and content. What a guy.

Talking about Balsam Bay, I was

Continued on page 7

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RM Bifrost-Riverton asked to pay hydro bills

By Patricia Barrett

At its regular meeting on Jan. 13, RM Bifrost-Riverton council was asked to pay the hydro bills for three Riverton facilities it owns: the Community Hall, Curling Club and the Memorial Arena, where the Skating Club practises.

Ruth Ann Furgala, chair of the Evergreen School Division Board of Trustees and the Riverton Bifrost Parks and Recreation Commission, asked the RM to consider increasing its annual funding from a total of \$12,000 for all three facilities (\$4,000 each) to \$53,000.

She had approached the RM in October 2015 to ask it to work together with the three boards that run each facility.

"They're working hard to pay the hydro," said Furgala, referring to unpaid volunteers who fundraise to cover various costs, such as utilities, building repairs, renovations, and sports equipment for children whose parents wouldn't otherwise be able to enroll them in local sports activities. "But they're getting burnt out."

Last year, the hydro bill for the fiscal year ending in April was \$18,487.64 for the Memorial Arena. For the Community Hall and Curling Club (which are one facility), hydro cost \$34,927.46. Furgala said if the \$53,000 is covered, work on repairs and renovations can go ahead.

There are a number of maintenance projects required to keep each facility running smoothly. The Community Hall, for instance, needs a

new roof.

"The hall is debt-free," said Furgala, who manages the bookings for events, "but it needs a \$68,000 [estimated] roof because it's leaking."

Furgala said the board that governs the Hall has no choice but to repair the roof. The kitchen, as well, does not meet the standards set by the province.

"We need some capital investment in our hall," she said.

In addition to its \$12,000 annual contribution, the RM pays the insurance and clears snow.

Coun. Donald Vigfusson said, "It's their [RM's] building. Bifrost-Riverton should look after hydro."

Coun. Frode Andersen said if the RM pays the hydro, "fundraising shouldn't stop. It can go to capital projects."

And Coun. Warren Ostertag said, "If we increase the allocation, it will allow each organization to do what it needs."

Furgala said she applies for as many grants as she can to keep the buildings going. She has already applied to Community Futures, Community Places, and Manitoba Liquor & Lotteries for grants for the roof repair and will be putting out a tender.

"I'm applying for grants to do renovations to the curling rink," said Furgala by telephone a few days after the meeting. The bathrooms need to be upgraded and an elevator installed to the second floor.

"IT'S THEIR [RM'S] BUILDING. BIFROST-RIVERTON SHOULD LOOK AFTER HYDRO."

Furgala will also be applying for grants to upgrade the skating rink later this year.

Two years ago, she said the Community Hall board was able to renovate the bathrooms and foyer with grants it received from the Riverton Elks Lodge, the Village of Riverton, Noventis Credit Union and the RM.

Residents from across the RM use Riverton's facilities. "Our communities never fail to support families and facilities," said Furgala, who was treasurer of the skating rink for 11 years. "The Elks and Noventis were a huge support for Hall renovations."

The three separate boards will remain in place, said Furgala, even if the RM takes over the hydro.

"It [RM] doesn't want to take over daily operations," she said.

Each board will be required to provide a short-term and long-term infrastructure report to the RM so that it knows what to expect and can budget for the future.

"It's critically important we all work together," said Furgala. "It's partnership that creates success."

During Furgala's presentation, Reeve Harold Foster said hydro would be a "significant expense" to take on, but agreed to consider the request when council has a planning session to start its budget this March.

Correction

In the Jan. 14 edition of the *Express Weekly News*, we published the article "Flying high at Fisher Branch's Ukrainian New Year" and reported that the violinist in the band was Steve Myk. It should have read Alex Danylchuk. The *Express* apologizes for any confusion this might have caused.

> FISHING, FROM PG. 6

there a couple of days ago and could only get on the ice to angler Paul Massey of Winnipeg because of Selkirk's Buus Construction. They had blocked the harbour for dredging. Thoughtfully, they made a side road to the ice. Paul hadn't caught any fish during our visit but was ready with a story of when he was boat fishing with his wife last summer on the Red.

She had put her rod on her lap to get a sandwich. Just then, a hooked fish pulled her rod into the water. She was not one to be stolen from and jumped into the water, sandwich and

all, retrieving her rod and a nice pickerel to boot.

According to William Vandersteeff of Fisher Branch, who I met off Sandy Bar by Riverton last week, a similar "fish reclaiming" happened to him when he was fishing at Lake St. Andrews. He had caught a mess of jacks, but the string got loose from the boat and he lost them.

He went back to shore for lunch. Upon returning to fish some more, he snagged his lost string of fish with his first cast. Sometimes determination or Lady Luck will get you a great day of angling. Well, so-long. Till next time, folks.



**Interlake-Eastern
Regional Health Authority**

Physician Service Update

Interlake-Eastern RHA and its community partners are pleased to welcome Dr. Matthew Alkana to the Gimli Health Centre on a part-time basis. He will be seeing patients in clinic by appointment or as walk-ins and he will also cover shifts in the hospital's emergency department.

**To make an appointment with Dr. Alkana,
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The forgotten riding: PCs outline their plan for the Interlake

By Patricia Barrett

During a fundraising lunch last Thursday in Arborg, the Progressive Conservatives spoke about the need to improve services in the Interlake riding.

PC leader Brian Pallister and Interlake MLA candidate Derek Johnson spoke to a crowd of about 80 people in the Arborg-Bifrost Community Centre, outlining some of the challenges facing the region and how they would solve them.

Some of those challenges include infrastructure, flood mitigation, health-care services, transportation and tourism.

The lunch was hosted by Johnson, who spoke about his family's deep Interlake roots and the need to improve services to region — and the province as a whole — in order to help struggling communities prosper.

"I believe the government must act as a team for the betterment of every region that makes up our province," said Johnson, who served as councillor in the RM St. Laurent (2010-2014) before being nominated MLA candidate by the party. "And I feel our Interlake region has definitely been forgotten in that whole scenario."

Tourism is one of the areas Johnson said has been neglected.

"I feel our current government has become blind to our beauty," he said. "We're a land of a 100,000 lakes, and I think that's been forgotten. We need to get people into our ridings and spending money."

Under the PCs, he said a big stepping-stone for the Interlake will be the supply and retention of doctors to fill "a huge deficit," and the "acceleration" of the construction of personal-care homes to meet the needs of an aging population.

"You can't be panicking at the last minute," he said. "We want to be proactive, not reactive."

The Town of Arborg and the RM Bifrost-Riverton currently have a plan to fund and build their own personal-care home. The project has been approved by Manitoba Health but awaits approval from the Treasury Board.

On the infrastructure front, Johnson said the PCs' approach to infrastructure funding will be "nice and steady."

"They [the government] underspend and underspend and splurge at election time; I view that as trying to buy votes," said Johnson. "We ... have committed to \$1 billion per year



EXPRESS PHOTO BY PATRICIA BARRETT Derek Johnson, MLA candidate for the Interlake, said he felt the region has been forgotten.

on infrastructure, which is actually spending more money, but it's over every year."

When Pallister addressed the crowd, he elaborated on his party's infrastructure pledge, which would allocate funding to projects of great need. "We have a plan for infrastructure and investment," said Pallister, "a plan to work with our municipal partners to develop a prioritization of projects."

Part of that plan takes into account the issue of drainage, which causes flooding and the loss of farmland in the Interlake. For 40 or 50 years, according to some RMs, the maintenance and installation of drains has been neglected by successive governments.

Pallister said he "would consider drainage projects to be a great investment for us to keep farmers — and the capital they invest — making productive contributions to our economy."

To support \$1 billion of infrastructure spending, Pallister said he would reduce the size of government by 30 per cent and eliminate waste.

"There is waste in all governments," he said. "There is less waste at the municipal level than there is at the provincial, and generally I'd say there's less waste at the provincial than the federal."

To illustrate provincial waste, he noted the province's Steady Growth signs along highways and a recent flurry of news releases making spending commitments adding up to half a billion dollars.

"That does not make any sense to me in a province where our credit rating just went down, where we have some



Progressive Conservative leader Brian Pallister spoke about infrastructure funding, health-care services and flood mitigation efforts for the Interlake riding at a fundraising lunch last week in Arborg.

of the highest taxes in the country."

Although the PC party has never been represented in the Interlake riding, Pallister said it's time to change that.

"The road to victory is never an easy road," he said. "It's a tough road and it takes effort and work."

After his address, Pallister spoke with the media.

On the issue of flooding on Lake Manitoba, he said part of his infrastructure commitment would address the need for flood-control structures.

He said he would focus first on an outlet channel rather than expand the Portage Diversion.

"Don't put more water into the basin and not have an avenue for dealing with that water," he said. "And people in that basin have been going to and watching and hearing about discussion groups and focus groups for years now ... it's really time to take some action."

He said he hadn't yet read the very recent report by KGS [engineering consultant] that recommends expansion of the diversion, diking and outlets, but called it a "classic example of a failure of the government to pay attention to the major issues over the last decade and a half."

When asked how the PCs plans to deal with the lack of sufficient transportation services in the Interlake, Pallister said, "I understand that rural Manitoba is part of Manitoba."

The provincial election is expected to be called in March.

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Krpan earns master breeder status for beagles

By Jeff Ward

A St. Laurent couple who've spent the last 40 years breeding beagles has earned the prestigious designation of master breeders, making them the only ones in Canada with that honour for hunting dogs.

The designation, which was given to them by the Canadian Kennel Club (CKC), is a proud moment for Branko and Frieda Krpan. They started breeding beagles more than 40 years ago, and through a deep-rooted passion for animals, they've been able to breed hundreds of award-winning dogs over the years — and still continue that work today. The master breeder designation was given just a few months ago and has only served to encourage their breeding efforts.

"I've always loved animals and I had my first dog when I was five years old," said Branko Krpan, who starting learning the science of breeding at a young age.

"[We] like to go hunting as well so Frieda and I were thinking about what kind of a dog to get, and we felt that a beagle seemed to be a nice size and they're good for hunting. They have great tracking ability and have a great nose for tracking."

It is not easy to get the designation of master breeder from the CKC, nor is it something that can be done quickly. According to the CKC, the applicant must have a minimum of 20 years breeding either the same breed of dog or several breeds. The applicant

must also have never been subject to disciplinary action by the CKC and needs to have bred at least 20 Canadian Champions in confirmation or performance events. There are many other requirements as well, but the basics of the designation are that you need to be exceptional at what you do for a very long time.

The science behind breeding is very complex and, as Krpan explains, it's one of his favourite aspects of the hobby. Krpan says that making puppies is easy, but making smart, trainable dogs is a whole other ballgame. He is able to notice specific traits of the puppies he wants to breed and keep those traits through multiple generations of dog. Traits like endurance, intelligence, obedience and tolerance are just a few of the areas he needs to look at while breeding dogs.

"It takes two to three years before I can use a dog for breeding because I need to know if he's mature. I need to know if this dog has the right stuff, and to do so, I need to see him over a long period of time. There are at least a half-dozen traits I need to see over a long period of time before I know the dog [has all the qualities I'm looking for]," said Krpan.

Krpan said that he and Frieda work well together and have very defined roles in the development of their dogs. Frieda will work with the puppies because Krpan says that she is gentler



EXPRESS PHOTO BY JEFF WARD

These beagles are just days away from being sent to their new homes after being expertly bred by Canada's only master breeders for hunting dogs, Branko and Frieda Krpan. Pictured from left to right are grandson Dominic, Frieda and grandson Jude Krpan.

and more patient, whereas he will go out into the woods with the dogs and train them.

Even though Krpan loves his dogs and has forged a strong bond with them, he's happy to see them go away with new families all over North America, Europe and Asia. The bonds those dogs create with their new owners brings him a lot of joy, and he continues to get letters from those owners explaining how the dogs have changed their lives.

"Every Christmas, we get postcards with pictures of the whole family and our dogs on them. I got a letter from a father who said he and his son are now bonding over hunting because they have this great dog that's brought

them closer together. Those stories make you feel so good," said Krpan.

The Krpans have around 30 puppies in their care right now, and they are days away from being sent to their new families. Their dogs are in such high demand that there is a long waiting list for those interested in getting one for themselves.

Krpan says that he doesn't really believe he'll ever stop breeding beagles since it has brought him too much joy in his life to ever want to give it up.

"I will never retire from this as long as I can keep doing a good job," said Krpan.

New funding, deadline for Co-op Community Spaces

News Release

Co-op will improve even more places people meet, play, learn and share by giving up to \$1.5 million to local organizations, up from \$1 million last year.

Co-op Community Spaces was launched in 2015 to help protect, beautify and improve spaces in communities across Western Canada. In its inaugural year, the program funded 16 projects in British Columbia, Alberta, Saskatchewan and Manitoba.

"From creek rehabilitation to gar-

dens to play spaces for toddlers, the projects selected for funding last year showcased the innovation and dedication of local community groups," said Trevor Carlson, director of sustainability. "All community spaces are unique but are similar in their ability to create a healthy and vibrant culture that brings people together. Investing in these spaces and our communities is how we give back."

To qualify, organizations must be a registered non-profit, registered charity or community service co-op-

erative. Administered by Federated Co-operatives Limited (FCL) on behalf of the Co-operative Retailing System (CRS), Co-op Community Spaces will provide donations between \$25,000 and \$100,000 to recipients. Because of the increased funding, the program will support up to 60 community projects in 2016.

Funding is available to projects in three categories:

- Recreation: Enhancing recreation opportunities such as recreation centres and playgrounds;
- Environmental conservation: Pre-

serving natural spaces such as green spaces, parks and interpretive centres; and

- Urban agriculture: Supporting small-scale agricultural initiatives in rural and urban spaces such as community gardens and food education facilities.

Applications for the 2016 Co-op Community Spaces program will be accepted from Jan. 18 to Feb. 12, 2016. For more details about this year's program — and to see last year's recipients at work — see www.communityspaces.ca.

Your Wedding



Wedding bands and accessories

Has the time come to pay a visit to a jeweller in preparation for your wedding day? Be sure to do your homework first because several factors have to be taken into account if you want to make the right choice.

WEDDING BANDS

Wedding bands are the symbols of your union and must be chosen carefully. When searching for the perfect

rings, your first step should be to set a budget and determine your preferences.

- The type of ring: solitaire (one stone); three stones set side by side; eternity or semi-eternity (stones set around a portion or the entire circumference of the ring).
- The metal: gold; platinum; silver; titanium.
- The stone: diamond; sapphire; ruby.
- The cut of the stone: square; elongated; heart; oval.

You'll be wearing your wedding band for a long time to come, so above all, make sure it's comfortable.

ACCESSORIES

Your choice of jewelry will depend on the style of your dress, but don't forget that the first rule of wedding jewelry is not to overdo it. If you're wearing a rhinestone-encrusted bustier, you're better off opting for earrings rather than a necklace.

If you decide to wear earrings, the style you choose will depend on your hairstyle, the shape of your face — long earrings for a round face, for instance — the stones that adorn your dress and your hair ornament (wear small earrings with a big diadem).

If you want to wear a bracelet as well, be sure to choose something discrete. Your dress is a simple one? An



extravagant necklace could look great, as long as it goes well with the shape of your neckline. Now that you've established your criteria, it's time to go shopping in search of perfection.



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Learn the art of choosing flowers

From the bridal bouquet to the decorations, flowers are going to be a major feature of your wedding. And not only do they create an atmosphere that is both festive and harmonious, they have to do it without breaking your budget. But don't worry; it's possible to achieve that goal with a bit of ingenuity.

Choose your wedding dress first; it

Continued on page 11



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Your Wedding



Seven rules for choosing your groom's outfit

Even though the love of your life will be the star of the show at your wedding, you, as her future husband, must also look great. Need a hand? Here are some rules for looking your best and being stylish on your big day.

1. Take into account the wedding theme. Romantic, retro, country, glamour: once you've decided on the style and theme of the day, you'll be able to choose between a suit and a tuxedo.

2. Imagine your total look. Don't just focus on the type of suit but rather on the general impression you want to give. Don't forget that what you wear around your neck will set the tone for your outfit. Also think about the combination of fabrics and colours.

3. Choose the right fabric. Adapt your outfit to the season. Cotton or lightweight wool is appropriate for summer weddings. Linen, on the other

hand, is perfect for a country wedding.

4. Don't forget the accessories. Tie, suspenders, pocket handkerchief: your accessories should reflect the mood of the wedding. Choosing them before your outfit will give you an idea what colour the latter should be.

5. Don't clash with the dress. Shop for your outfit with either your future wife or a person who has seen her dress. A swatch of her dress fabric could also come in handy.

6. Make the most of your build. A checkered pattern makes you look bigger; black slims you down, and a long jacket lengthens the torso.

7. Make sure you feel comfortable. Choose an outfit that suits your personality. Above all, you don't want to give the impression of being in disguise.

Happy shopping!



> FLOWERS, FROM PG. 10

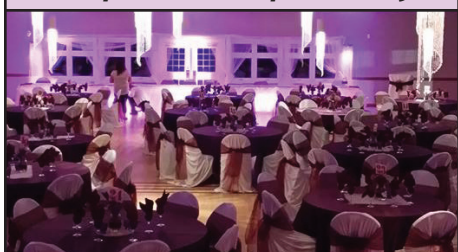
will influence the creation of your bouquet. A patterned dress, for instance, will require a fairly discreet bouquet. You should also take into account your figure: if you are petite, you should avoid cascading bouquets, which are more suitable for tall, slender brides. And make sure your bouquet isn't too heavy, as you'll be carrying it for a long time.

You have a limited budget? Choose native flowers that are in season or exotic flowers that are readily available. Think foliage; it will add volume to your bouquet and it's inexpensive. When choosing flowers, you may also want to consider their meanings. For example, you may prefer red roses (love) or white roses (pure love) rather than yellow roses (infidelity) and daffodils (coldness). Choose flowers that don't wilt quickly, that don't stain and that don't have an overpowering scent.

Once you've decided on your bouquet, it's time to consider the buttonholes, bridesmaids' bouquets and the reception hall decorations. All these elements should take inspiration from your bouquet. You could use one of the flowers from your bouquet for the groom's buttonhole and similar but smaller bouquets for the bridesmaids and table centrepieces.

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Meet and greet with NDP MLA candidate for Gimli

By Patricia Barrett

The NDP MLA candidate for Gimli held a meet and greet with party members last Wednesday and spoke about the government's investment in the region.

Armand Bélanger, who was nominated candidate in November, said the fishers, farmers, teachers and community leaders make the riding a great place and have inspired him to run for office.

"I want to build on the investments made already by the province," said Bélanger to about 25 people in the NDP office on Third and Centre in Gimli.

Those investments include tourism initiatives. With reference to the resort and golf course at Hecla (originally built by the province), which had closed down for a few years until Lakeview Management took it over, Bélanger said he "was proud of the province, the way it worked to find a suitable owner."

The resort offers reasonable rates and now has a mineral pool, indoor water park and hot tubs that draws tourists from all over the region.

"The province has also been investing in campgrounds," said Bélanger, who grew up in Dunnottar and lives on a farm with his wife and three children.

Tourism is vital to the Gimli riding, whose electoral boundaries stretch



EXPRESS PHOTO BY PATRICIA BARRETT
Armand Bélanger held a meet and greet with NDP party members in the Gimli riding last week.

from Hecla in the north to Parkdale (near St. Andrews) in the south.

As manager of the East Interlake Conservation District for the past eight years, Bélanger has worked with many municipalities and said it is one of the satisfying aspects of his job.

"They've been giving me inspirational ideas," he said. "Councils have their fingers on the pulse of the community."

What constituents care about are hospitals, daycares, training to keep youth in the community, transporta-

tion, the environment and care for the elderly.

On the health-care front, Bélanger said the dialysis unit at the Gimli hospital significantly improved his father's quality of life during his remaining years.

"Dialysis drains you," he said, referring to the long drives his father used to take to and from Winnipeg before dialysis was offered in Gimli. "He would pull over and give us a call."

Although the unit benefits those close to home, Bélanger said it can be improved: "It has a larger capacity than it is [currently] running."

He also cited the importance of the Handi-van service that shuttles people between communities and takes them to medical appointments.

"We're not the only province that has lost Greyhound," he said. "But we can find solutions."

In terms of water quality in the region, Bélanger said steps can be taken at the local level to improve surface and ground water.

The EICD, an organization composed of municipalities, towns and villages, is already doing that. It carries out research and monitors water quality along Interlake watersheds. It also seals abandoned wells, tests private wells, installs fish ladders and aeration systems to increase fish stocks, and protects riverbanks.

In summer, Bélanger said the EICD

will be trying out a filter for a cattle pen near Fraserwood. The filter will prevent manure from running into ditches and entering the waterways.

It will be somewhat similar to Dunnottar's lagoon system, which improves wastewater before it is discharged into Lake Winnipeg. Vegetation grows on top of the pond and recycles the nutrients.

"This could be one way to solve the issues on Lake Winnipeg," said Bélanger.

One riding member asked about the government's funding commitment to RMs across the province.

"Good decisions have been made and resources have been given to the municipalities," said Bélanger. "It takes time to build infrastructure and capacity at the local level."

Over the course of the next few months, Bélanger said he will continue to meet with the various councils in the riding, including St. Andrews and Bifrost-Riverton, to hear their concerns. He will also be holding a number of membership meetings in various parts of the Gimli riding.

"It has been an honour for me to represent the people in the area," he said. After he spoke, the party held an AGM and elected officers for 2016.

Bélanger will be at the Gimli constituency office most evenings. Anyone wishing to meet with him is invited to call the office at 204-642-9971.

Women rocking the ice at Eriksdale curling bonspiel



EXPRESS PHOTOS BY DOUG KIRBY

The theme of this year's women's bonspiel was ABC - anything but clothes.

By Jeff Ward

Twenty teams from communities including Eriksdale, Lundar and Moosehorn competed in the 50 anniversary of the Eriksdale women's bonspiel from Jan. 22-24.

The winner of the first event was the Tracey Konzelman rink from Moosehorn, who swept their way past the

Sarah Wainwright rink. In the second event, skip Joan McMichael came out on top against the Joanne Thomas rink and in the third event the Vanessa Chetyrbok rink was able to best their competition helmed by skip Tracey Jeffers.

Eriksdale Curling Club president Doug Kirby said that this was the



Eriksdale Curling Club president Doug Kirby presented the trophy to the first event winners from left to right, Tracy Konzelman, Laurel Meisner, Lisa Bauch and Carrie Granberg.

highest number of teams in recent years. The theme for the bonspiel was ABC — anything but clothes, which had the ladies donning creative costumes before getting out on the ice.

The calcutta took in \$4,904 with Kevin Fuch buying both winning teams in the first and second event earning himself \$1,670. Larry Weatherburn

won \$833 for his pick of the second place team in the first event. Marleen Weatherburn won \$416 for her pick of the second place team in the second event. And Mark Jeffers and Victor Lamoureux earned \$833 and \$416 respectively for their picks in the third event. The Eriksdale Curling Club made \$735 from the calcutta.

Feeding the schools at the Riverton's Friendship Centre

By Patricia Barrett

Students from Riverton's schools flock to the Friendship Centre every Tuesday and Thursday for the hot lunch program that's held between 12 and 1:30 p.m..

The centre offers up piping hot homemade meals that are delicious in addition to being nutritious.

Dozens of students came for lunch Jan. 12. The meal consisted of cabbage rolls, turkey, vegetables, French fries and coleslaw.

Bella, Lucy and Naila, who are in Grade 8 at Riverton Collegiate, are frequent visitors.

When asked how often they come for lunch, Lucy said, "Every chance we can get."

Linda, Hailey and Olivia from the Early Middle School also come for lunch on a regular basis.

Linda's mom, Siham, is co-chef with Martine Sawanas.

Sawanas, who is also the centre's program co-ordinator, has everyone sign in so that she and Siham have an idea of how many students typically use the program. Some days, up to 50 students will come for lunch.

Sawanas also makes note of what foods the children favour so that the



Martine Sawanas helps cook a hot, nutritious lunch every Tuesday and Thursday at the Friendship Centre.

menu can be semi-tailored.

"We're also starting a supper club in February," said Sawanas.

The plan is to hold that on Thursdays.

Funding for the hot lunch program comes from the community and businesses, said Sawanas.



EXPRESS PHOTOS BY PATRICIA BARRETT

Linda, Hailey and Olivia from Riverton's Early Middle School enjoy a hot lunch on Jan. 12 at the Friendship Centre. Linda's mom, Siham, helps cooks the meal.

One of Sawanas' specialties is bannock, which she takes to community events, such as Arborg's Culturama.

For Gimli's Ice Festival on March 5 and 6, Sawanas said she and centre staff will be offering tea and bannock to hungry and thirsty festival-goers. "We'll be cooking it on an open fire,"

she said.

For more information about the hot lunch program, call the Riverton & District Friendship Centre at 204-378-2800. The lunch program is also open to adults.

Bannock Attack places first in Northern Volleyball Tournament



Volleyball team Bannock Attack from Winnipeg took top spot at the Riverton and District Friendship Centre's 7th Annual Northern Volleyball Tournament.

Staff

The Riverton and District Friendship Centre held its 7th annual Northern Volleyball Tournament two weeks ago at Riverton Collegiate.

Bannock Attack, a team from Winnipeg, took top spot and a prize of

\$1,100. The team is a member of the Winnipeg Co-ed Volleyball League. Poplar River took the second place prize of \$700.

Players from Little Grand Rapids, Pauingassi, Poplar River, Berens River, Bloodvein, Fisher River and Peguis,



EXPRESS PHOTOS COURTESY OF TANIS GRIMOLFSON

Players from Poplar River First Nation earned a second-place win of \$700.

along with players from Riverton and Winnipeg, took part in event on Jan. 15 and 16.

Tanis Grimolfson, executive director of the Friendship Centre, Tyanna Mytz-Johnson, recreation director of

the Riverton Bifrost Parks and Recreation Commission, and Desarae Bilinski, who teaches Zumba classes at the Friendship Centre, organized the tournament.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson crowned provincial women's champ



Kerri Einarson was congratulated by husband and twin daughters shortly after winning the Scotties provincial title last Sunday in Beausejour. Einarson defeated Granite's Kristy McDonald 7-4 after an impressive comeback victory.

By Brian Bowman

If there ever was a person who fully deserved to win a Scotties provincial title, it's Kerri Einarson.

After losing two provincial finals in a row, the third time was definitely a charm for Einarson. She was finally able to celebrate a provincial title after an impressive 7-4 comeback victory over Granite's Kristy McDonald in the Scotties Tournament of Hearts final at the Sun Gro Centre in Beausejour on Sunday.

"It still really hasn't sunk in yet," said Einarson from her Camp Morton home Monday evening, "Maybe, once it gets closer to the event, it will feel more real. But right now it still feels so unreal. I'm still on cloud nine."

Einarson lost in the provincial final to Chelsea Carey in 2014 and Jennifer Jones in 2015.

The key, for Einarson, in this year's final was a steal of three in the ninth end. McDonald's final rock overcurled as she tried to draw to the side of the button for a single point.

"That was definitely the turning point," said Einarson, who grew up in Petersfield and now curls out of East St. Paul. "Up until the eighth end, McDonald really had control. But when we got our two in the eighth, I just said to the girls 'Let's force them here. Let's get a good force and we'll be

good.'

"And we ended up stealing three, which was huge."

Einarson had tied the score at 4-4 with a pair in the eighth.

After McDonald scored twice in the second end, Einarson rebounded with a pair in the fourth. McDonald came right back, however, with a pair in the fifth to lead 4-2.

Einarson had reached that final after trouncing St. Vital's Shannon Birchard 8-3 in a semifinal matchup Sunday morning. On Saturday evening, McDonald outscored Einarson 7-5 in a 1-vs-1 page playoff.

Einarson controlled most of that game, building a 4-2 advantage after seven ends. But a bad eighth end allowed McDonald to score four.

Einarson finished pool play with a 6-1 record. She lost her first game of the Scotties 11-10 in an extra end to Brandon's Cheryl Reed. Einarson had a shot to score four but narrowly missed it.

It wasn't exactly the start that Team Einarson was looking for.

"That was really tough," said the 28 year old Einarson. "We had our backs against the wall right from the very start and when you do that, then you usually reel off quite a few wins, which we did."

"We knew we couldn't lose any



EXPRESS PHOTOS BY LANA MEIER

Team Einarson is looking forward to representing Manitoba at the Scotties Tournament of Hearts, Feb. 20-28 in Grande Prairie, Alta. Pictured left to right, skip Kerri Einarson, third Selena Kaatz, second Liz Fyfe, lead Kristin MacCuish and coach Patti Wuthrich.

more."

Einarson will now represent Manitoba at the Canadian Scotties Tournament of Hearts in Grande Prairie, Alta. from Feb. 20-28.

Her rink, which also includes third Selena Kaatz, second Liz Fyfe, Kristin MacCuish, and coach Patti Wuthrich (who grew up in Stony Mountain and now lives in Gimli) is eagerly looking forward to competing at the nationals.

"We're super pumped," Einarson enthused, noting their rink is now in their third season together. "Knowing that there were a few big upsets, it looks pretty even and we feel that we have a very good chance of winning it. "We just have to go out there and play hard and if we play like we can, we can be one of those teams (to win it)."

STATS AS OF TUESDAY, JANUARY 26

Ice Dawgs add three more KJHL wins last week

By Brian Bowman

The Arborg Ice Dawgs continue to make some serious noise in the Keystone Junior Hockey League.

Arborg won three more games last week, including knocking off the Norway House North Stars 7-4 on Sunday.

The Ice Dawgs scored four goals in the first period and then added three more in the second. After both teams combined for 11 goals in the first two periods, the final frame was scoreless.

Ryan Pochailo, Cal Finnson and Travis Kilbrei each led Arborg with a goal and two assists. Jesse Chupka, Deric Gulay, Spencer Kilbrei and Neal Sigvaldason scored Arborg's other goals.

Antoni Grieves (two), Gregory Papanekis, and Marshall Mowatt replied for Norway House.

Travis Schalk made 35 saves for the win.

Last Saturday, Arborg crushed the Cross Lake Islanders 6-2.

Six different players — Aaron Kristjanson, Kyle Barkman, Gulay, Spencer Kilbrei, Nico Morrow-Litke and Travis Kilbrei — scored for Arborg in the win.

Jon Narverud was a very busy man in goal for Arborg, facing 63 shots. The two Cross Lake players to beat him for goals were Tanner Osborne and Brandon McKay.

On Jan. 20, the Ice Dawgs trounced the Selkirk Fishermen 6-2 in Arborg. It was the second time in four days that Arborg defeated the South-Division leading Fishermen by that score.

The Ice Dawgs were the much better team in this game, opening up period leads of 3-0 and 6-0.

Cory Kuldys and Morrow-Litke, with



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Ryan Pochailo fires the puck during Arborg's 6-2 win over the Selkirk Fishermen on Jan. 20.

a pair, scored in the first period and then Clint Torfason made it 4-0 early in the second period. Gulay closed out the period with a pair of goals, the first coming on the power play.

Trailing 6-0, Selkirk's Drayton Mendrun and Scott Thomas beat Narverud. Narverud was very good in goal, though, making 45 saves for the win.

Arborg (16-11-0-2) visited the North Winnipeg Satellites on Tuesday but no score was available. The Ice Dawgs will play the Warriors in St. Malo on Saturday. Game time is 7:30 p.m.

The Lundar Falcons, meanwhile, defeated the OCN Storm 6-3 last Saturday.

Bryce Horning led the Falcons with two goals while Trent Laycock had a goal and three assists. Cody Paul scored once to go along with two helpers. Brandon Worthing and Breyden Turner scored Lundar's other goals.

Camacho Lathlin (two) and Mitchell Tilley replied for OCN.

On Jan. 19, the Falcons outscored North Winnipeg 10-9 as Lundar scored six power-play goals.

Laycock scored the game winner with just 2:19 remaining in the third period.

Landen Gray led Lundar with three goals and two assists while Horning added a pair of goals and two helpers.

Aldyn Gray, Titan MacKay, Jason Nikkel and Turner also scored for the Falcons. Paul had four assists.

The Falcons (15-9-0-4) hosted Selkirk last night but no score was available. Lundar will then host OCN Friday at 8 p.m.

JV Lakers win home tournament

By Brian Bowman

The Gimli Lakers' junior varsity girls' basketball team won their home tournament last Saturday after an impressive 48-26 victory over Steinbach Regional.

Gimli played well in the tournament despite a low number of games played this season.

"It was only our sixth game of the season and we're improving every game," said Lakers' head coach Brad Johnson. "It's nice to see them improving, but there just aren't many teams for us to play in our area."

"So, every game we get is a bonus to learn. I wasn't too focused on the win but it was nice to win."

Gimli, which has a good mix of Grade 9s and 10 players this season, was solid defensively in the win. Steinbach Regional also struggled to hit their shots, according

to Johnson.

The Lakers were 2-0 in pool play, defeating Leo Remilard 54-30 and Swan Valley 49-48.

The one-point win over Swan Valley was an exciting one. Gimli point guard Jayda Campbell nailed one of two foul shots to lift Gimli to the hard-fought victory.

Gimli also placed second at a Ste. Anne tournament (losing by just two points to Warren Collegiate) earlier this season. The Lakers are currently third in the MHSAA "AA" rankings.

In junior varsity boys' action, Gimli finished third at a Stonewall Collegiate Rams' tournament after a 49-34 win over Springfield.

In pool play, the Lakers defeated Steinbach Christian 43-21 and lost 55-46 to Sanford.

Manitoba rosters announced for 2016 Aboriginal hockey nationals

By Brian Bowman

The Team Manitoba rosters were announced recently for the 2016 National Aboriginal Male and Female Hockey Championships, which will take place May 2-7 in Mississauga.

On the female side, locals feature forward Renee Stevenson of Peguis First Nation, goalie Bianca Zak from Stonewall, Warren forward Mallory Harvey, and forwards Keyanna Lea and Keyara Lea of Riverton.

Dale Bear of Peguis will be

the head coach while Jacinta Bear of Fisher River Cree Nation is the manager.

Manitoba's men's team will include East St. Paul forwards Nate Hooper and Kyle Wiltshire, Selkirk forward Sean Loutit, forward Keeven Daniels-Webb of Gunton/Peguis, East St. Paul defenceman Thomas Mironuk, and Ashern goalie Adam Swan.

The head coach is Vogar's Kevin Monkman while Peguis' Mike Spence is an assistant coach and Cal Asham is the trainer.

Lucky 13 for the Lightning

By Brian Bowman

Losing is never fun, but lengthy losing streaks are incredibly unbearable.

The Interlake Lightning snapped a dreadful 13-game Manitoba AAA Midget Hockey League losing streak Sunday with a solid 5-3 home victory over the Pembina Valley Hawks.

"It was a long time coming, so it was nice to get a win," said Lightning head coach Dwayne Swanson. "We've been going through some tough times here and we went into that game short seven regulars through injuries and suspensions and stuff."

"We brought in some APs and they did a great job for us and helped us get the win."

Tied at 3-3, Codey Beaulieu scored the game winner on the power play at 17:32 of the third period. Nicholas McCarten then added an empty-net goal with 1:19 remaining.

Pembina Valley took a 1-0 first-pe-

riod lead on a goal by Tye Turner but the two teams were tied 2-2 after 40 minutes.

Evan Klyne-Geisler and Sean Loutit scored for the Interlake in the second period while Wyatt Sabourin replied for the Hawks.

The Lightning took over the game in the third, however, with a really strong period. Jordan Kristjanson gave the Lightning a 3-2 lead early in the period and then the Hawks' Travis Penner tied the score at 13:19.

Interlake controlled most of the play in the third, outshooting the visitors 23-7.

"We talked before the third period started that it was time to get rid of this slump and get something happening," Swanson said. "And the boys responded really well and put forth a great effort in that third period."

Last Friday, the Lightning gave the first-place Eastman Selects a real

good battle in a 6-5 home loss.

"They haven't lost a game yet this year and we had every opportunity to put them away," Swanson stressed. "But you have to give them credit, too. They're a really good team and the third period was shut down hockey and the type of hockey that we want to play."

Sean Loutit and James Maxwell scored for the Lightning in the first period. In the second, Kristjanson scored a pair of power-play goals while Beaulieu tallied at even strength.

Curtis Brule, Brad Goethals, Matt Osadick, Owen Blocker, Braeden Binda and Kolten Kanaski scored for Eastman.

All 11 goals were scored in the first two periods.

The Lightning will continue their six-game homestand this weekend with a pair of games in Teulon.

Parkland (14-17-0-4) will be here Friday and then a very good Yellowhead Chiefs' team (23-7-0-5) will come to town on Saturday.

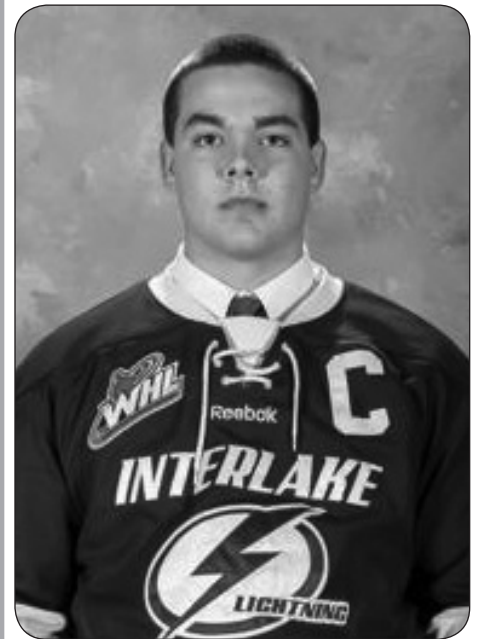
Both games will be tough tests.

"Parkland is a team that we thought we should have beaten last time," Swanson said. "But we just didn't show up at periods of time in the game."

"And then Yellowhead will be here and they're a strong team and in third place. They have a few kids that were drafted in the (WHL) and they have probably one of the best goaltenders in the league."

"(The Chiefs) are going to be a challenge for us, but that's what we're all about — trying to meet those challenges."

Manitoba 'AAA' Midget Player of the Week



Jordan Kristjanson

Submitted

Jordan Kristjanson of the Interlake Lightning is this week's Chicken Chef / DEKALB Manitoba AAA Midget Player of the Week. Kristjanson had three goals and two assists in two games last weekend. On Friday, in a narrow 6-5 loss to the league-leading Eastman Selects, Kristjanson had two goals and one assist.

His two goals both came on the power play. On Sunday, in a 5-3 win, Kristjanson added a goal and an assist against the Pembina Valley Hawks.

Kristjanson is protected by the MJHL's Swan Valley Stampers.

Other nominees: Kolten Kanaski (Eastman), Duncan Pierce (Thrashers), Chipper Osiname (Brandon).

Peguis Juniors pummel Fisher River

By Brian Bowman

The Peguis Juniors played just one game last week.

But, boy, did they ever make it count.

Peguis ripped the Fisher River Hawks 20-3 in Keystone Junior Hockey League action last Thursday.

The Juniors led 3-1 in the second period when they exploded for 12 goals in a 14:42 span.

Matthew Cameron led Peguis with three goals and five assists while Shaquille House had three goals and four assists.

The other Juniors' goals were scored by Keegan Daniels-Webb (three), Christian Cochrane (two), Dylan Stevenson (two), Ian Sutherland (two), Jesse Flett, Romano Paul, Harold

Linklater, Theoren Spence and Tyler Woodhouse.

Brent Sutherland, Johnny Bealieu and Josh Bealieu replied for Fisher River.

Keifer Tacan made 34 saves for the win.

Peguis will play Fisher River tonight and then travel to Norway House on Saturday and Cross Lake Sunday.

The Hawks, meanwhile, played Friday and Sunday last week, losing 5-1 to the Selkirk Fishermen and 15-6 to the OCN Storm.

In Sunday's loss to OCN, the Storm jumped out to an 8-0 lead just 17:04 into the game.

Darryl Thaddeus led Fisher River with two goals and four assists while

Dalton Woodhouse had a goal and four assists.

Tyler Kemball (two) and Ty Stevens scored the Hawks' other goals.

In the loss to Selkirk, Jay Muller gave the Fishermen a 1-0 first-period lead and then Karl Fey tallied in the second.

In the third, Pachkovsky put Selkirk ahead by three goals with a short-handed marker. Woodhouse and Pachkovsky traded power-play goals and then Selkirk's Drayton Mendrun closed out the scoring with 2:41 remaining.

Fisher River will be looking to get back into the win column this weekend when the Hawks visit OCN for games Saturday and Sunday.

Wolves blast Phantoms

By Brian Bowman

The Gimli Wolves needed a win in a big way to get themselves back on track in the Manitoba Senior Hockey League.

And Gimli picked up that win in style last Friday evening, cruising to a 12-4 victory over the Lakeside Phantoms.

Gimli led 6-1 by the six-minute mark of the second period and then scored the final four goals of the game in the third to secure the home victory.

Trent Genyk and Chris de la Lande

each had four goals for Gimli while Clint Miller (two), Wes Pawluk and Steve Johnson also tallied.

Wyatt Lavallee (two), Mike Bazinet, and Brett Gulay replied for Lakeside.

Brett Gagnon posted the win in goal.

With the victory, Gimli improved its record to 7-5 and is in sole possession of second place in the five-team league.

Lakeside, meanwhile, played the next night, losing 7-1 to the first-place Stonewall Flyers.

Ryan Elliot scored a pair of first-

period goals for Stonewall and then Connor Appleyard, Barrett Schlag, and Matt Varnes tallied to put the Flyers up 5-0.

Lakeside's Eric Wallace put his team on the board with just three seconds left in the second period before Elliot and Adam Kirk closed out the scoring in the third. Elliot also had a pair of assists for a five-point game.

Bretton Fewchuk earned the win in goal. With the victory, Stonewall improved its record to 11-1 and they now have 22 points. That's eight points ahead of the Wolves.

The winless Phantoms will host Beausejour (5-5) on Saturday at 8 p.m. in St. Laurent.

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.5 EFT Director - deadline extended

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- Ensure accurate records are collected and submitted to the funders as per schedule agreement.
- Ensure the adherence of Constitution, Policies and Procedures.
- Provide the main communication link between the Board and staff.
- Provide overall direction and management of the Centre, staff and volunteers.
- Promote the Centre and women's issues at the local, regional and provincial level.

Qualifications:

- Diploma or Certificate in Administration Management and/or equivalent training and experience.

.5 EFT Women's Counselor

Responsibilities:

- Provide crisis intervention, single & group counseling, programs and supports are available to abused women residing within the service area.

Qualifications: • Social work degree and/or equivalent training and experience

.5 EFT CHILD/YOUTH/PARENT COUNSELOR

Responsibilities:

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Qualifications: Social work degree and/or equivalent training and experience

Additional qualifications for all positions:

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- Good written/verbal communication skills
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- Provide own vehicle and possess a valid driver's license

APPLICATION DEADLINE FOR ALL POSITIONS: FEBRUARY 12, 2016

Please submit resume to the Interlake Women's Resource Centre. Indicate the positions you are applying for in your cover letter.

We thank all applicants for their interest but only those considered for an interview will be contacted.



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The Municipality of Bifrost-Riverton invites tenders for the following:

Tender #1: 15, 000 cubic yards of ¾" and down crushed limestone. Preference will be given to a supply location near the Virdi area of the Municipality.

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Tender #3: 15, 000 cubic yards of ¾" and down crushed limestone. Preference will be given to a supply location near the North East area of the Municipality.

All supply to be on site and available for distribution by April 30, 2016. Tenders should be marked "Tender for Traffic Gravel" and will be received by the undersigned until 4:30 p.m. on February 8, 2016.

The Municipality of Bifrost-Riverton reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender with the best interest of the municipality in its sole discretion.

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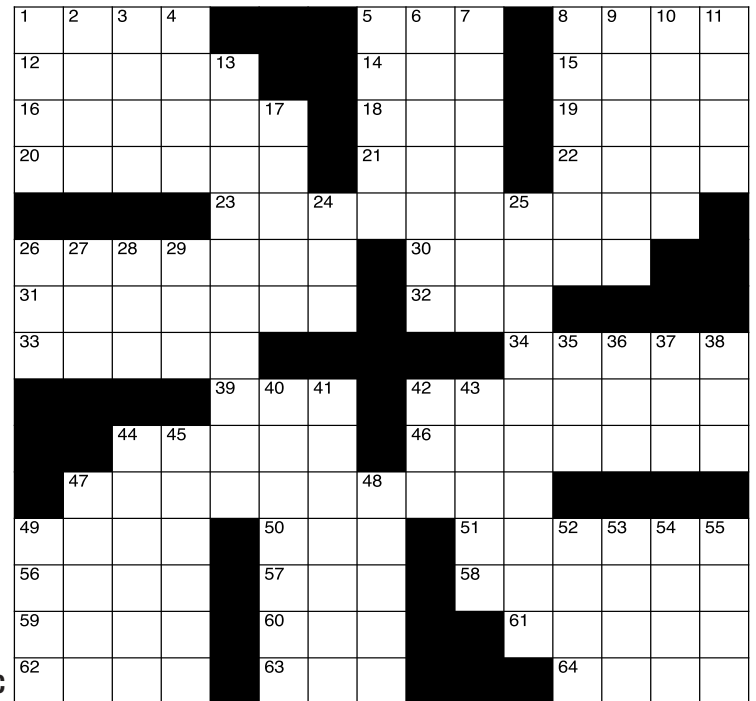
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18. Batter's objective
19. Past participle of lie
20. State of Islands
21. Fed
22. Cause cell destruction
23. Daily Show host
26. Diagrammed
30. Cat sounds
31. Most sorry
32. Do wrong
33. Coral reef and lagoon island
34. That (Middle English)
39. Electrically charged atom
42. Nassau is the capital
44. Frogs, toads, tree toads
46. Marjoram
47. Where the Donald lives in NYC
49. Whale ship captain
50. A way to emit sound
51. Comparable
56. Isodor ___, American Nobel physicist
57. Businesswoman
58. A way to split up
59. Solo Operatic piece
60. No (Scottish)
61. In a way, tears
62. Bridge breadth
63. Single Lens Reflex
64. Thou __ protest too much

CLUES DOWN

1. Korean War TV show
2. South American Indian
3. Cape at tip of Denmark
4. A podrida cooking pot



5. Russian sourgrass soup
6. Perfect example
7. Supplier
8. Unhealthy looking
9. Spanish beaches
10. Am. follower of the Mennonite Bishop Amman
11. Well-balanced
13. Outer surface cells
17. Fathers
24. Sun up in New York
25. Dweller above the Mason-Dixon
26. Young women's association
27. Tell on
28. Bustle
29. Poundal
35. An ugly, old woman
36. Doctors' group
37. ___ Ling, Chinese mountain

- range
38. Volcanic mountain in Japan
40. Leaves parentless
41. Existing in or produced by nature
42. Inclination
43. Extents
44. Peninsula between the Red Sea and the Persian Gulf
45. Language of Nile
47. Twyla __, US dancer
48. Card game
49. River in E. Turkey to the Caspian Sea
52. Scored 100%
53. Tonight's former host
54. ___ and ends
55. Notable exploit



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> MEAL IDEAS



Ingredients
 1/3 cup (75 mL) oat bran or wheat germ
 1/2 cup (125 mL) almond butter
 3 tbsp (45 mL) pure maple syrup
 3 tbsp (45 mL) unsweetened apple sauce
 1 1/2 cups (375 mL) large flake oats
 1/3 cup (175 mL) dried cherries
 1/4 cup (50 mL) sliced almonds
 1/4 cup (50 mL) ground flaxseed

Almond oat bars

1/4 cup (50 mL) roasted unsalted sunflower seeds
Directions

In a dry nonstick skillet, toast oat bran over medium heat for about 3 minutes or until fragrant; set aside.
 In a large bowl, stir together almond butter, maple syrup and apple sauce. Stir in oats, cherries, almonds, toasted oat bran, flaxseed and sunflower seeds until well combined.
 Pack mixture into 8 inch (1.5 L) square parchment paper lined baking pan and freeze for about 2 hours or until very firm and solid. Remove from freezer and remove from pan using parchment paper as a handle. Cut into 18 bars and place in airtight container and freeze for up to 2 weeks.

Easy Weeknight Seafood Paella



Ingredients
 1 tablespoon olive oil
 1 medium yellow onion, diced
 1 small green bell pepper, cored, seeded and diced
 2 large garlic cloves, minced

1 box (8 ounces) yellow rice
 1 can (14 ounces) vegetable broth
 1 can (14 ounces) diced tomatoes
 1 can (10 ounces) whole baby clams, drained
 1 can (8.5 ounces) peas, drained
 1 can (6 ounces) medium shrimp, drained
 1 can (3.8 ounces) sliced ripe olives, drained
Preparation
 In 2-quart saucepan over medium heat, heat oil; add onion, green pepper and garlic. Cook 5 minutes, stirring occasionally.
 Add rice and vegetable broth. Over high heat, bring to boil. Reduce heat to low; cover and simmer 20 minutes.
 Stir in tomatoes, clams, peas, shrimp and olives; cook 5 minutes.
Preparation Time 5 minutes
Cook Time 25 minutes
Serves 4

The Healthiest Orders by Cuisine

ITALIAN

Choose minestrone, salads, pasta, grilled calamari or chicken, fish, seafood, or poultry dishes that have tomato-, olive oil-, or wine-based sauces. Steer clear of cream sauces, cheese- or meat-filled pastas, and dishes with excessive amounts of butter or cheese.

CHINESE

Go with broth-based soups (think egg drop or hot and sour soup) and vegetarian, tofu, seafood, and poultry dishes that have lots of veggies. Avoid battered or deep-fried dishes and fried rice. Request minimal use of oil, and go with brown rice (instead of white) whenever possible.

MEXICAN

Choose grilled instead of fried chicken, fish, or meat dishes; and soft flour or corn tortillas rather than hard taco shells. Ask for black beans instead of refried beans, and avoid excessive amounts of cheese, sour cream, and tortilla chips from the bottomless basket; choose guacamole, which is healthy but high in calories, as a condiment in moderation.

FRENCH

Select salads; broth-based fish stews; steamed mussels; roasted chicken, meat, or fish; ratatouille; and dishes cooked in wine-based sauces. Watch out for excessive cream, butter, or cheese-and the nearly ubiquitous

French fries).

JAPANESE

Opt for broth-based or miso soups, edamame, salads, noodle soups, sushi or sashimi (with low-sodium soy sauce or rice wine vinegar), broiled meats, chicken, or seafood. Avoid tempura-even if it's vegetables or seafood; it's not a healthy choice.

DELIS

Stick with whole-grain breads and lean cold cuts such as sliced turkey or chicken breast-instead of highly processed, fatty meats such as pastrami and corned beef-and load up with lettuce, tomato, and/or grilled veggies. Ask for mustard instead of mayo or butter.

Grills, diners, and fast-food joints
 You can't go wrong with salads, as long as you avoid cheese, croutons, bacon bits, and mayonnaise-based potato or pasta salads. Request low-fat dressing on the side and use it sparingly. Avoid burgers and fried foods.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP
 Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK



Barbecue Chicken Nachos



Ingredients
 1 rotisserie chicken
 1 cup barbecue sauce

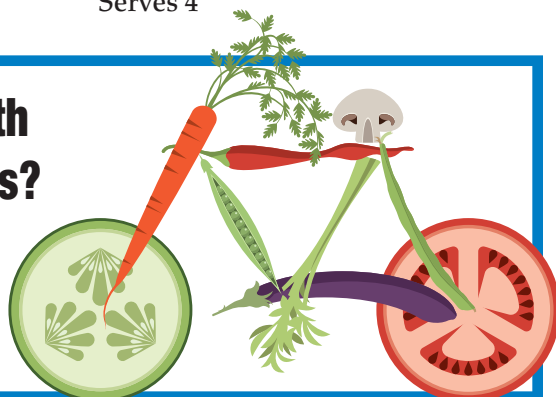
nacho chips
 1 cup shredded Jarlsberg Cheese
 1/4 cup chopped green onion
 sour cream (optional)

Preparation
 Heat oven to 350°F.
 Pull white meat off rotisserie chicken and place in mixing bowl. Add barbecue sauce to pulled chicken and gently mix together.
 Scatter nacho chips on oven-safe dish and place pulled chicken on top. Shred cheese with grater and coat top of chicken. Place in oven for approximately 10 minutes. Sprinkle green onion on top and serve with sour cream, if desired.

Serves
 1 large serving

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