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VOLUME 6 EDITION 5 THURSDAY, JANUARY 31, 2019

WEEKLY NEWS

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New Year celebration

EXPRESS PHOTO BY LANA MEIER

The Barvinok Dance Club celebrated 38 years of dance and the Ukrainian New Year with tradition, culture and new beginnings last Saturday at the Fraserwood Hall. The pre-senior boys Jacob Senga, middle, along with Brady Michaluk, Noah DeMeyer and Lucas Kmet performed the Arkan.

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

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Fisher Branch artist leaving his mark on rec centre walls

By Teresa Carey

Fisher Branch's life-long resident Kristian Dymterko has taken his love of sport to the next level by designing and painting four murals for the Fisher Branch Rec. Centre.

The 24-year-old, who has worked as a Ukrainian Farmers Co-op as a cashier-clerk for six years since graduating from the Fisher Branch High School, was given the go-ahead by the local curling committee to come up with the murals, all of which were painted onto plywood.

Dymterko explained that two councils oversee the hockey and curling activities at the rec centre's rink.

"The curling side paid for the supplies," he said. "They said to do whatever I wanted to do, so I was just literally doing what I wanted to do."

"I'll do more if they let me," Dymterko added.

Dymterko purchased all of the supplies he needed from the hardware department inside the Co-op store where he works.

The project, which he started working on in September and completed in December, began with first creating his own sketches, he explained.

"Once I sketched out a scene I liked, I used that," Dymterko said

He then drew out his designs onto

the 6x10-foot plywood sheets before starting on the painting.

Dymterko chose to design two murals, two each for curling and hockey. Of the curling murals, one shows sweepers at work, while the other is a painting of a skip. For the hockey murals, one is of a player and the other of a game in progress.

This is the first time Dymterko has actually tried his hand at any artistic painting, although he has always been someone who has sketched a lot, he said.

"The thrill of the game is what makes me a little inspired to paint," he said. "I used to play a little, but now I just like to watch."

Dymterko feels good about the response his murals have been getting at the local Co-op, especially since most of its patrons had not been aware he was the person responsible for creating them.

"A lot of people have been commenting about how they want to go (to the Rec. Centre) now. It makes me feel good," he said.

The murals will be on display all winter on the Rec. Centre's exterior but will be taken down in the spring and will be re-installed at the beginning of next winter.



EXPRESS PHOTO BY KRISTIAN DMYTERKO

Kristian Dymterko of Fisher Branch has taken his love of sport to the next level designing and painting murals for the Fisher Branch Rec. Centre.

New ATV will help Coldwell firefighters fight fires

By Teresa Carey

The RM of Coldwell Fire Department will now have an easier time fighting grass and brush fires come spring after successfully fundraising for a new All-Terrain Vehicle (ATV).

The brand new 2017 Ranger Crew was purchased locally for just over \$20,000 shortly before the new year, partly with monies raised last October through a Halloween social at the Royal Canadian Legion in Lundar.

Between 200 and 300 people came out for the social, which helped the fire department raise just over \$5,000. The balance of the bill was covered with by the department's reserve fund that had already been set aside for equipment. The RM of Coldwell kicked in the remainder of the cost.

This is the first time the RM of Coldwell Fire Department has owned its own ATV. Up to now, the 19-member volunteer department has had to scramble to borrow their ATVs on short notice from anyone who had one available.

"Some of the fire fighters would bring their own ATVs (to a fire)," said RM of Coldwell Coun. Virgil Johnson, who sits on the fire department committee.

"This bike will help us get ahead of

things," he said.

The ATV is a side-by-side model, which has bench seats in both the front and back. It can easily hold six people with their water packs strapped to their backs, equipment used when the volunteers go out to fight fires by hand.

"It's easier than bucket seats to get in and out of," Johnson said, noting that time is of the essence when dealing with fast-moving flames.

"Grass fires are a fairly typical thing and spreads quickly," he explained. "I'm just glad that we have (an ATV now). It's good to be prepared. It's better to have one when we need it."

Johnson said that having its own ATV is a "no brainer" for the department.

He described the need for fire fighters to quickly access hard-to-reach areas such as those not accessible by roads. Furthermore, in the spring-time, when many grass fires get started, the ground is soft from the spring thaw. This creates additional challenges for fire fighters.

Having the ATV at their disposal will ensure that volunteers can reach areas quickly and safely.

"This was the natural way to go," Johnson said.

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MANITOBA LIQUOR & LOTTERIES

Gimli High School actors hit the stage



EXPRESS PHOTOS BY FRANCES PETROWSKI

Gimli High School's Grade 11 and 12 acting class presented their production *Choices* last Thursday and Friday at the A-Spire Theatre. Drama teacher Rachelle Bauer directed a cast of 19 students in a play comprised of short scenes and monologues connecting a theme about the ups and downs of being a young person. The young actors rose to the challenge of playing different roles — sometimes alone on the stage — as they were encouraged to take risks and push themselves outside their comfort zones. Cast members were Emma Palendat, Taniel Conley, Owen Dann, Ivy Turnbull, Tobias Moore, Ashleigh Smith, Kayla Murphy, Madison Kunz, Destiny Saskosky, Lakelynn Illienko, Zach Weidl, Jason Smith, Ema Pischke, Ariel Palendat, Wade Nault, Emily Palendat, Emily Anderson, T. J. Rankin and Jasmine Henry.

Gimli council learns about Fair Trade Manitoba and their goals

By Ty Dilello

It was a fairly quiet evening at the recent Gimli town council meeting on Jan. 23. The highlight of the meeting was a presentation by former *Express* reporter Patricia Barrett, who recently took a job as the new co-ordinator for Fair Trade Manitoba.

Fair Trade Manitoba began in 2006 as a coming-together of representatives of a number of different sectors throughout the province such as non-governmental international development organizations, schools, churches, unions and individual citizens (families) wishing to encourage a greater awareness of fair-trade issues and products.

Fair trade is a market-based system that uses informed consumer support to influence international trade practices toward greater social and environmental sustainability. As a response to conventional trade systems, which have contributed to poverty and poor working conditions within developing countries, fair trade aims to build an alternative approach based on mutually beneficial relationships between producers and consumers.

Fair trade is a powerful tool that goes beyond charity and other aid programs. At its core, fair

trade aims to empower marginalized producers in improving one's own living conditions. With the proper resources, capacity and key relationships, disadvantaged producers are able to earn their own means to a better life for themselves and their communities.

Barrett explained how Fair Trade Manitoba became a program of the Manitoba Council for International Cooperation (MCIC) and that since its inception, they've established a very strong fair trade presence in Manitoba. She explained how they've been doing so far in Gimli and what can be improved on in the future.

Fair trade aims to empower producer communities by providing them with the means to improve their communities and their livelihoods by building stronger relationships between producers, consumers and business. It's also ensuring that farmers and producers are paid a fair price that accounts for a number of factors, including cost of production and adequate living standards.

Other principles of fair trade include streamlining supply chains to reduce inefficiencies and create more direct trading relationships; supporting producer organizations to improve their access

to markets, tools, resources and industry knowledge; supporting communities by creating the means to invest in infrastructures such as health and education; and ensuring proper standards for working conditions, environmental sustainability and respect for culture identity.

The next Gimli council meeting is slated for the evening of Feb. 13.

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Arborg hosting Coffee at the Library during I Love to Read Month

By Teresa Carey

The Evergreen Regional Library, Arborg branch, is planning a few events next month.

February is I Love to Read month, a time when schools, libraries and a variety of organizations across the country hold events to promote the love of reading and celebrate reading for pleasure.

In Arborg, Coffee at the Library will be taking place on Feb. 7, 14, and 21 from 2 to 4 p.m., when coffee and tea will be offered free of charge.

"We want to highlight different books that are available at the library. I have a couple of patrons who are sharing their favourite books, a couple who are on the library board, and a few other people that come regularly," said branch librarian Rachel Plett.

"Each week different individuals will highlight some of their favourite books from the library, (and) everyone who stops by the library during the month of February will have an opportunity to select a favourite book to add to the display."

The books that are selected will be geared for a variety of reading levels, including adult, young adult, junior and children.

This come-and-go is open to anyone who wants to expand their reading experience — or just meet other bibliophiles in the area and get a glimpse into what they are finding of interest in the stacks.

Plett, an avid reader herself who reads an average of 100 books each year, points to the walls of books that beckon her.

"There's so many books I'd like to read," she said.

However, she will need a little help to work through them all and is more than happy to point out some of her favourites to patrons.

"It's an honour having people come in and helping them to find reading materials that they'll enjoy," Plett said.

The Arborg library has held coffee time in the past. Last year it was well-received, with about 30 people taking part.

The branch has 14,000 physical books. Patrons also have access to a vast library of electronic books through E-Library Manitoba, where e-books and audio books can be downloaded onto one's smartphone through the website, www.erlibrary.ca.



EXPRESS PHOTO BY TERESA CAREY

Arborg branch librarian Rachel Plett is inviting people in for coffee on Feb. 7, 14 and 21 during I Love to Read Month to share what other people are reading and to help them find their way through the library's 14,000 books.

Co-op accepting applications for community funding

Submitted by FCL

At first glance, there isn't much in common between a garden outside the downtown Victoria library, a multi-use trail network near a Manitoba national park and a long abandoned railroad bed that's being turned into a park in Hafford, Sask. But these projects actually have one thing in common.

They are among the 88 community-led projects funded by the Co-op Community Spaces Program. En-

tering its fifth year, the program is dedicating \$2 million in funding and is accepting applications for capital projects that will bring Western Canadian communities together.

"There's no end to the great things that are being done across Western Canada to keep communities vibrant and growing," said Vic Huard, executive vice-president of strategy at Federated Co-operatives Limited (FCL). "Co-op Community Spaces is another way for Co-ops to encourage this

growth, give back and invest in places that bring us all together."

Capital funding between \$25,000 and \$150,000 is available per project. Co-op invites registered non-profit organizations, registered charities or community service co-operatives to apply online between Feb. 1 and March 1, 2019. Program funding categories include recreation, environmental conservation and urban agriculture.

The program was launched in 2015 to help protect, beautify and improve

places for everyone. Since then, it has provided \$6.5 million to 88 projects, including parks, greenhouses and sports fields.

FCL administers the giving program on behalf of more than 170 independent local co-ops across Western Canada that form the Co-operative Retailing System.

To learn more about Co-op Community Spaces or apply for funding, visit communityspaces.ca.

Kiwanis looking to welcome newcomers to Gimli

Submitted by Terry Sekhon

Undoubtedly, it is an exciting time for you and your family. Maybe it's about a new school for the youngsters, a new employment opportunity or even retirement to this peaceful lakeside community. As exciting as it is, you may find yourself faced with

day-to-day challenges.

The Kiwanis Club of Gimli & District Inc. are pleased to offer a complimentary Welcome Kit to newcomers, containing a variety of items and information from local businesses and services. Many of our club members are long-time residents of the

area and would be happy to share local knowledge — such as where to find things, who to contact with specific inquiries, information on support services, and so on.

The Kiwanis Club members look forward to making relocating challenges less frustrating.

To receive a free welcome kit, simply phone one of the following Kiwanis Club members: Paul Stanicky at 204-389-2997, Norma Sharp at 204-642-4388, Sam or Terry Sekhon at 204-389-2822.

Public input is important for education issues

Staff

Last week, the provincial government announced a \$6.6-million increase to funding for public elementary and secondary education for the 2019-20 school year.

School funding in Manitoba is calculated using a formula that guarantees divisions receive at least 98 per cent of the previous year's total. Funding increases or decreases are based on multiple factors, including a change in enrolment numbers, capital costs, equalization payments and the phase-out of the tax incentive grant.

"Obviously school boards are appreciative of any increase in funding. As school boards who are responsible for the expenditure of taxpayer resources, we are cognizant of the importance of fiscal responsibility and we understand the position of the government in terms of their focus on austerity," said Alan Campbell, chair of the Manitoba School Boards Association.

"Of course, a 0.5 per cent increase means that over half of the school divisions in this province will actually see a decrease in their funding, and that in itself is concerning."

Locally, the Interlake School Division will see a -0.1 per cent change, while Evergreen, Lakeshore and Lord Selkirk school divisions will all see a -2.0 per cent change.

School divisions receive funding from the provincial government as well as through locally collected school board property taxes. Once again, the provincial government is directing divisions to cap increases

to their local education property tax at two per cent for the 2019-20 school year. In addition, the province is asking divisions to continue to reduce administrative costs.

"In the context of the funding announcement, the minister pointed out that Bill 28 has staff salaries frozen. But as big a piece of the budget consideration that staff salaries are, inflation continues to rise. School boards need to be able to create a budget that accounts for inflating costs such as hydro and other expenses. Funding is going down for a lot of school divisions, yet their costs are going up," Campbell said.

"When school boards are left with the decisions around budget time, they will make sure that the community has an opportunity to weigh in on what exactly the priorities of their communities are. Whether it's a rural school board or an urban school board, elected trustees will take the message from their fellow citizens when they go to formulate the budget."

Earlier last week, the provincial government also announced a pending review on kindergarten to Grade 12 education.

"Manitoba School Boards Association is very happy that the review has been announced. We have been in consultation with the government for two years in terms of what we might expect with this review. They've been upfront with us that the prospect of school board amalgamation is on the table," Campbell said.

"What Manitobans need to understand is that there's no context in which a review of public education in this province will have positive outcomes while at the same time considering a reduction to community voice and the role of democratic institutions like elected school boards."

The Manitoba School Boards Association is going to communicate loud and clear to the nine commissioners involved in the review, he added.

"We think that the review is important, provided that it gives direction for meaningful change. And we think that meaningful change towards improved outcomes, stronger accountability and longer sustainability of the system can only happen if school boards maintain their role as the autonomous voice of Manitobans at the grassroots level," Campbell said.

"Manitobans have a responsibility to participate in this review as much as possible. The ministers and the co-chairs of the commission were clear that there will be regional consultations where the commissioners will go out through the province and Manitobans will have an opportunity to engage with them in person. At the same time, there will be online participation and there will be opportunity to send in submissions."

Campbell encourages individual Manitobans to reach out to their local school board and have a conversation about what they think their role should be.

"In many cases in the province, including in the Interlake School Divi-



MSBA chair Alan Campbell

sion, they have already started that conversation. Interlake School Division has been deliberate about making sure that there is lots of publication out there to make sure that local residents understand that they need to participate in the review. They need to understand what's at stake if the amalgamation and reduction of school boards is on the table," he said.

"What does that mean to community voice? What does that mean to small schools that are the heart and soul of the community? If it isn't for a strong relationship between the school board, the rural municipality and the community, then it's difficult to ascertain how those small schools can be protected over the long term if you're taking community voice away from the table."

Fisher Branch RCMP investigate theft of firearms

Submitted by RCMP

On Jan. 22 at approximately 9:20 a.m., RCMP were notified of a break and enter in the RM of Fisher, which had occurred overnight.

A garage located on the owner's property was broken into, and two rifles and four shotguns were stolen along with some work tools.

If anyone has any information please call Fisher Branch RCMP at 204-372-6329 or call Crime Stoppers anonymous-

ly at 1-800-222-8477, submit a secure tip online at www.manitobacrimestoppers.com or text "TIPMAN" plus your message to CRIMES (274637).

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Red Tape Challenge 2019: Time for municipalities to clear the clutter

Submitted by CFIB

As part of its 10th annual Red Tape Awareness Week™, the Canadian Federation of Independent Business (CFIB) is issuing its third national Red Tape Challenge. For 2019, CFIB is challenging municipalities to get rid of one government rule for every new one adopted (one-in-one-out), an approach that has been successfully used by the federal government and some provinces.

“Adopting a one-in-one-out policy is a great way to ensure municipalities are cleaning up their red tape clutter on an ongoing basis,” said Laura Jones, CFIB’s executive vice-president.

In a recent CFIB survey of almost 9,000 business owners across the country, half of the respondents said they felt their local government was doing either a poor or terrible job of keeping rules and compliance costs for business at a reasonable level. There were hundreds of pages of comments on the survey from frustrated business owners. Time-consuming and delayed building permit processes, inconsistent rules, lack of information and terrible customer service are amongst their top concerns.

Letters outlining the 2019 Red Tape

Challenge were sent to municipalities across the country last fall. Municipalities that have expressed early interest include Halifax (N.S.), Fort McMurray (Alta.), Brazeau County (Alta.) and five municipalities in Quebec: Bécancour, Lavaltrie, Magog, Mascouche and Rivière-du-Loup.

Yesterday, the City of Winnipeg’s Executive Policy Committee passed a motion to identify and fix red tape problems for Winnipeg business owners.

“We welcome Mayor Bowman’s leadership and look forward to helping the city identify those red tape barriers to eliminate,” said Jonathan Alward, CFIB’s director of provincial affairs for Manitoba. “While cutting red tape headaches is an important step forward, we will continue to push for Winnipeg to measure and limit red tape growth, as the government of Manitoba has.”

“Early interest in the challenge is heartening. Past Red Tape challenges have led to tangible improvements for small business owners at the federal and provincial levels and we want to see municipal governments be part of that story,” said Jones.

The 2017 and 2018 Red Tape Chal-

lenges

Last year, the Red Tape Challenge related to the Canadian Free Trade Agreement. Premiers and the federal government were asked to fix at least three specific inter-provincial red tape headaches for small businesses by the end of 2018. Some federal irritants have been fixed such as removing unnecessary grading requirements for blueberries, apples and potatoes, making national building codes available free of charge, and allowing aquaculture farms to apply for organic certification. In December 2018, premiers announced a plan to streamline corporate registrations, allow wide-base single tires across the country and recognize common occupational health and safety standards in 2019.

“They didn’t blow the challenge out of the water, but it’s progress. We will continue to report out on this challenge in 2019 and beyond given its importance to the country,” said Jones.

In 2017, CFIB challenged the provinces to follow the federal government’s lead and legislate a one-in-one-out rule. So far, Quebec and Manitoba have risen to the challenge.

Comprehensive, independent review of education system announced

Submitted by Manitoba government

The Manitoba government has established a new commission to undertake a comprehensive, independent review of the kindergarten to Grade 12 education system, Education and Training Minister Kelvin Goertzen announced on Jan. 23.

“This is a long-overdue opportunity to build on strengths and identify challenges to create a better education system with high standards for edu-

cators, high expectations for student achievement, relevant curriculum, governance excellence and a sustainable fiscal framework,” said Goertzen. “Manitoba’s education system covers a vast geographical area and serves a wide range of communities, and we have selected a commission that reflects that reality.”

The minister noted the process will include extensive consultation across Manitoba and consider a wide range

of topics such as student learning, teaching, accountability for student learning, governance and funding.

Manitoba’s Commission on Kindergarten to Grade 12 Education includes Ian Wishart, legislative assistant to the minister of education and training, who will lead public consultation and stakeholder engagement.

Continued on page 7

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The monster jack that couldn't get away

Welcome, my friends.

An interesting thing has begun to happen in the world of ice fishing in Manitoba. Some folks thought that with the coming of portable ice shacks, hard wall shacks would fade into history but as it turns out many anglers want both. Today we see hundreds of anglers putting their hard wall shacks on ice close to where they live then using portables when they want to venture further for a change. So it was last week that as I cruised up and down the Red River by Selkirk and later around the centre of the big lakes, there were mostly "hard wallers." Come the week end portable shacks blossomed on the ice everywhere.

Back on the Red I stopped at a very well-built shack with light-coloured metal siding. A tall young guy with a short dark curly beard opened the high-quality house door to me as I approached. Once inside, I was further impressed by the custom wood stove, interior panelling and house grade flooring.

"Wow," I said. "You really know how to build a top-end shack. Can I ask your name?"

"I'm Paul Hradowy from Inwood. Yeah, I and my family are in building," he responded.

We got to talking about fishing and he pulled out his phone to show me a picture of a jackfish he caught, saying, "When it hit, I knew it was big. Some friends with me began yelling

excitedly instead of getting their lines out of the water because one by one their rods started being pulled into the water of their ice holes. When I got the jack's head out of the water of my hole, it was all tangled in my buddy's lines. Then I lost my grip on the fish. It dropped back into the water and took off. My line screamed from my spool as my friends tried to hang onto their escaping rods. Suddenly the fish stopped running so I reeled in.

"Again, when I had it at the hole, it took off twice more, gathering more of my friend's lines each time. Finally I got it up the hole enough to grab it by the gills. Its head was imprisoned in a mess of fish lines. I had enough. I took out my knife and cut everyone's lines off my fish."

Experience helped Dino Annuik of Matlock, who has his shack on the ice along the west side of Lake Winnipeg's south basin, avoid Paul's predicament.

I was talking to him a few days ago and said he caught a huge jackfish as Paul did. Dino's hard wall shack is comfortable, made so by yearly improvements. Naturally his angler friends like to fish in his shack. Some of those friends were with him when this large jack took Dino's hook.

He shouted, "You guys get your lines out of the water quick or you'll lose them!"

Unlike Paul, he knew that jackfish when caught thrash about violently racing back and forth. Dino's fishing

experience instinctively told him this fish a good size but also was a vicious fighter. He didn't want his line breaking so he took his time not hauling in hard but reeled in easy when the fish rested. In time he played it out and landed it in good order.

Remember a couple of weeks ago I shared a story about the Stonewall boys Dave Kernort, Rick Miller, Larry Brown and Jerry McLean and their good-natured antics in Larry's shack on the Red. I had so much fun describing their trash talking and kidding with each other that I ran out of room to tell a funny story about Rick and his dad, Ken, so here it is now!

Years ago, Rick was boat fishing on a warm windy day with his dad on Shoal Lake, Ont. Ken had bought a very expensive lure and was anxious to try it out. Commercial boats pulling log rafts to lumber mills were navigating all around them. As Ken cast out, the wind caught his lure and got stuck on one of the logs. Ken started yelling and frantically waving his arms as his line screamed, paying out. They turned the boat around and started chasing the logger's boat to get the captain's attention. Not knowing what the trouble was, the boat captain simply smiled brightly and waved back at the "crazy anglers." After a shouting match ensued, they were able to make the captain understand the problems of Ken, who let him come along side the logs and rescue his lure.

Relieved, our happy anglers contin-



EXPRESS PHOTO SUBMITTED
Dino Annuik of Matlock with his huge jackfish.

ued fishing. Just as they passed the mouth of a small bay, young Rick felt a hard pull on his line.

"Stop the boat. I've got a bite," he yelled. He reeled in until a fisherman's net broke the surface caught on his lure! He turned to his dad and, with a helpless smile, said, "That's two things we didn't need to catch today. I wonder what the third thing will be!"

So-long for now.

> EDUCATION SYSTEM, FROM PG. 6

The eight other commissioners are:

- Dr. Janice MacKinnon (co-chair);
- Clayton Manness (co-chair);
- Terry Brown;
- Mark Frison;
- John Daniel (JD) Lees;
- Jill Quilty;
- Laurel Repski; and
- Denis Robert.

"The commission will serve in the best educational interest of all students, regardless of their abilities, personal or family circumstances, or where they live," said MacKinnon.

The commission will soon commence public consultation and seek input from students, parents, educators, school boards, academics, Indigenous organizations, la francophonie, municipal councils, professional organizations, the business community and all Manitobans.

"Our focus will be on student outcomes, long-term sustainability and enhanced public confidence, and we will consider the continuum of early learning, post-secondary education and labour market needs," added

Manness.

The minister expects the commission to submit a report with key findings and recommendations by February 2020.

Information about the kindergarten to Grade 12 review will be posted throughout the year at www.edu.gov.mb.ca/educationreview/.

Goertzen also announced the publication of information meant to help inform the commission and public. As previously committed, the province has released a preliminary report on consultations with Manitobans on literacy and numeracy held in January 2018. The report will help provide

context to the commission and public and is available online at www.edu.gov.mb.ca/educationreview/publications.html.

The minister also announced the release of high school graduation rates, continuing a commitment to restore the practice of sharing school-division level educational results. The department has posted school division level rates from June 2013 to June 2017 using an improved student-tracked method, with plans to post 2018 rates later this year.

The information is available at www.edu.gov.mb.ca/k12/grad_rates/index.html.

Barvinok dancers kick it up a notch during 37th Annual Malanka

By Lana Meier

The Barvinok Dance Club left no doubt in anyone's mind that the best way to celebrate Ukrainian New Year's Eve is with lifts, kicks, jumps and even human pyramids.

Malanka is a time of year that celebrates tradition, culture and new beginnings. MCs Leanne Mager and Jay Nickerson were proud to have their children dancing in the 38th annual Malanka helping to continue past traditions.

Before a sold-out crowd of 400 at the Fraserwood Hall last Saturday, the club's high energy dancers performed 12 traditional dances before the annual feast and the Koylmayka got underway.

The Kolomayka, is often danced during weddings and celebrations in which the dancers perform their favourite tricks involving lifts, spins and high kicks. It is a chance for dancers to show their most impressive or even dangerous moves.

The first dance of the evening was the Pryvit performed by the pre-senior boys, pre-senior girls and seniors. The dance welcomed guests wishing them all health and prosperity and was broken into segments to represent the different regions of Ukraine. The dancers brought forth bread, wheat and salt resting on the embroidered towel. The bread represents the warmth of the Ukrainian hospitality, the salt eternal friendships and the wheat the fertile land.

The senior and pre-senior dancers dazzled the audience with their per-

fect rhythm, synchronized steps, and leaps and turns across the floor.

The pre-beginner girls performed the Hutsul and Poltava, which in Ukraine is traditionally taught by older ladies, while the junior boys performed the Buko.

The entertainment continued with the pre-senior girls performing the Poltava; pre-senior boys, the Arkan; senior girls, lyrical; junior girls, the Volyn; beginner girls, the Poltava; the intermediate girls, the Buko; pre-senior, Hopak; and finally the senior Polissia, leaving the crowd whooping and clapping.

The Barvinok club has a Facebook page for those interested in staying in touch or following their upcoming performances.



'A pure health angle': dietitian embraces Canada's food guide facelift



EXPRESS PHOTOS BY LINDSEY ENNS AND SUBMITTED

Jay Adam, a dietitian with the Interlake-Eastern Regional Health Authority, pictured above, shares his thoughts on Canada's new food guide, which was unveiled last Tuesday. Adam says the cover of the new guide, pictured right, which features plenty of vegetables and fruits, is meant to help inspire Canadians and shouldn't be used as a guideline.

By Lindsey Enns

Be mindful of your eating habits, cook more often and eat more meals with others are just some of the tips you'll find in Canada's new food guide.

Health Canada unveiled some major changes to its food guide, the first in 12 years, last Tuesday. The guide is aimed at promoting healthier eating and lifestyle choices while doing away with portion sizes and the four food groups. Instead, the new guide encourages Canadians to eat plenty of vegetables and fruits, protein-rich foods, whole grains while making water your drink of choice.

Jay Adam, a dietitian based in Teulon with the Interlake-Eastern Regional Health Authority (IERHA), is a big fan of all the changes, which he says comes from "a pure health angle."

"Medical professionals who work in obesity, to nutrition scientists, to dietitians who I have been in touch with ... just absolutely love it," Adam said while sitting inside the Selkirk Community Health Office last Thursday. "One of the best things about this guide is it prioritizes food as part of the person."

When it comes to those struggling with weight or cholesterol problems or diabetes, Adam says this new food guide "tackles their issues head on."

"With previous guides, there was an ability to make unhealthy food fit the guide in a way and it was done far too often," he said. "This new food guide takes true healthy eating very seriously and it does it in a way that's good for Canadians ... it's also good for the planet."

Adam said if you're trying to eat healthier, it's important to stay away from liquid calories, cook more often at home, take time out of your day to enjoy your food and eat your meals with others. He also recommends ei-

ther turning your phone off or putting it out of sight during family dinners.

"We get so lost in other things that we don't spend time together as a family and that isn't good for anybody," he said. "Spending time together as a family, with food, are sort of the heart and soul of a family."

While cooking at home has obvious health benefits, it can also help you save money in the long run, Adam says.

"It can look expensive at first. It can be a challenge ... but there are many opportunities to make your food dollars go farther in many of these foods," Adam said while looking at the cover of the new food guide.

Cooking a meatless meal a couple times per week as well as purchasing seasonal or canned vegetables and fruits can help you stretch your dollars, he said.

The IERHA also hosts a variety of workshops throughout the region on topics such as how to change your relationship with food, diabetes self-management and eating for health. For a schedule of classes and events, visit ierha.ca and select the "Community Wellness Team & Newsletter sign-up" tab.

The food guide also recommends Canadians use food labels, limit foods high in sodium, sugars or saturated fat and to be aware of food marketing.

To learn more about Canada's new food guide, visit food-guide.canada.ca. The website features information on food choices, eating habits, recipes, tips and resources.

When it comes to interacting with the new guide, Adam suggests taking the time to explore it for ideas "and see what resonates with your life."

"If I had one suggestion, it would be to cook with your family and love your food."

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Manitoba 

Manitoba RCMP launch eagle feather initiative

By Justin Luschinski

The smell of smudging smoke wafts through the air as Dakota elder Wanbdi Wakita from Sioux Valley First Nation sings an eagle song, hoping the eagle spirit can guide the RCMP and Indigenous people to live in harmony. Wakita's wife moves the smoke over more than 80 eagle feathers, cleansing them, so they can be used in speaking the truth.

The Manitoba RCMP held a ceremony at their "D" division headquarters in Winnipeg last Tuesday afternoon to launch the eagle feather initiative. This initiative will see eagle feathers distributed to all detachments throughout the province and will provide victims, witnesses, suspects and police officers the option to swear legal oaths on an eagle feather.

Now, sworn statements can be made on a Bible, an affirmation or an eagle feather. Statements sworn in by the feather are considered admissible evidence, and officers can use it to swear information before the courts. The eagle feather may also be offered as a comfort for anyone who wishes when they are at the detachment.

"For some, the eagle feather provides comfort and strength. By holding the eagle feather, they find the strength to talk and are empowered to speak their truth," said Assistant Commissioner Scott Kolody, commanding officer of Manitoba RCMP. "This is what inspired us to bring the eagle feather into our day-to-day policing operations."

According to Wakita, the eagle feather is a prominent symbol in various



WANBDI WAKITA

Indigenous cultures. He said eagles are considered "the closest animal to the creator" because they fly extremely high, and their feathers are a symbol of honour, truth and strength. Lying while holding an eagle feather is considered a grave injustice.

Tara Campbell, one of the organizers behind the Selkirk Bear Clan chapter, said she believes "this has been a long time coming."

"I know how valuable the Bible is, how important it is to swear your truth on it. For many people, the eagle feather is just as important," Campbell said. "I hope this brings more understanding of Indigenous culture to the RCMP, and any step towards that is positive."

Kolody said this is a "positive step" when it comes to reconciliation.

"It's important that we gain the trust and respect (of Indigenous people), and we feel that this is really important stuff for us to bring that into our day-to-day operations as we move



EXPRESS PHOTOS BY JUSTIN LUSCHINSKI

The Manitoba RCMP launch their eagle feather initiative during a ceremony at their "D" division headquarters in Winnipeg last Tuesday. This initiative will see eagle feathers distributed to all detachments throughout Manitoba and will provide victims, witnesses, suspects and police officers the option to swear legal oaths on an eagle feather.

forward."

Eagle feathers will be distributed to more than 80 RCMP detachments across Manitoba. The feathers have a strict protocol around their maintenance and transportation, and they will also be offered to provide comfort in day-to-day operations at the sta-

tion.

Manitoba is the second province to incorporate eagle feathers into their operations. Nova Scotia was the first province to adopt the eagle feather, and Manitoba RCMP consulted with their officers to help build this initiative.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Violinist Mitchell Baker performed "Jig of Slurs" at last year's festival of the arts and earned a Riverton Elks International Music Camp Scholarship.

Evergreen Festival of the Arts registration forms available online

Staff

The registration deadline for the 2019 Evergreen Festival of the Arts is Feb. 15, and the festival committee encourages eligible youth to send in their applications.

The annual festival celebrates achievements in piano, speech, dance, vocal/choral, instrumental and Orff, providing students from kindergarten to Grade 12 — or those residing within the Evergreen School Division's boundaries — an opportu-

nity to perform and receive feedback from professional adjudicators.

Performers are also eligible for scholarships and recommendations to provincial competitions.

The festival will be held April 15-May 6 at venues in Riverton, Gimli and Winnipeg Beach with the finale, the Hi-Lites concert being held on May 6 at Gimli High School.

Visit www.evergreenfestivalofthearts.com for registration and schedule information.

Mercedes-Benz rolls into Gimli for AMG Driving Academy

By Ty Dilello

You may have noticed some high-end Mercedes-Benz vehicles out on Lake Winnipeg the past few weeks. That's because Mercedes-Benz and the AMG Driving Academy of Canada is here and running their program in Gimli for the third consecutive year under the leadership of former race-car driver Danny Kok.

Danny and his crew travelled and looked through all sorts of different communities to suit their academy's needs. The town of Gimli won out in category.

"We're just super happy to be here and we want to make this our permanent winter home," Kok says.

A great program for anyone wanting to learn a little more about cars, the AMG Driving Academy teaches drivers how to safely steer, brake and slide on icy terrain. These techniques can also be applied to slick pavement and can do wonders in improving one's overall driving abilities.

Most of Kok's team is based in Vancouver with some members in Toronto. They travel around North America all year doing various driving programs.

"This is our winter home," says Kok. "I got to Gimli mid-January and we're here till the first week of March so it's about six weeks in total. People from all over the world come out and take part. Some are celebrities but most people are driving enthusiasts that just want to drive on the ice."

The AMG Driving Academy is essentially all-inclusive. All you need to do is get yourself to the Winnipeg airport and then a shuttle picks you up and brings you to the Lakeview Gimli Resort. From there, everything

is included from your time on the ice, hotel, meals and drinks, etc.

"What's so great about it in Gimli is the community is so supportive. The ice fishermen know we were going to be here so they moved their shacks out of the way so that we could build our tracks. We go to the gas station and fuel up our cars and people see us coming and wait and let us fuel our cars before they go in. Little things like that just make such a difference and it's a very nice feeling to come to a small community where people still care about each other. Most of the time my programs are in larger cities and you don't get that anymore, so I always really look forward coming to Gimli every year."

During a four-day program, one can expect to spend 20 hours in the cars and upwards of six hours of driving time on the ice in one day alone. The AMG Driving Academy does well in maximizing one's time as it's the most driving time of any ice program in the world and the only other place you can do this program is in Sweden.

The easiest way for people to sign up for the academy is to visit the Mercedes-Benz Canada website and from there it will link you to the AMG Driving Academy. Courses range from \$2,900 to \$7,900 depending on how long you stay.

"We jump in the cars with the people and show them the ropes. We have customers at different experience levels, but they're out on their own plenty," says Kok. "There's no speed limits here, people drive at whatever they're comfortable with as we have multiple tracks for them to drift around at excess speeds."

Getting the tracks all set up on the



EXPRESS PHOTO BY TY DILELLO

Chief driving instructor Danny Kok and Gimli Mayor Lynn Greenberg pause for a quick photo at the Mercedes-Benz AMG Driving Academy on Lake Winnipeg on Jan. 24.

lake and keeping them in top shape for the drivers is quite the process, but one that Kok and his workers thrive at. What's kind of cool is that when they link all of the tracks together, it's the longest racetrack in North America.

"We have machines operating 20 hours a day. They started building the tracks in mid-December. Basically, as soon as we get to about 16 inches of ice, they can get the machines out and start plowing and grating. You have to get the snow off because the ice doesn't really freeze under the snow, so we have to keep clearing snow as it falls. When the machines arrived, we cleared the snow and let the ice build and do so repetitively. Finally, once the ice is thick enough we start sculpt-

ing the tracks."

This *Express* reporter and his two buddies had perhaps the most exhilarating 10 minutes of our lives when Kok took us out in one of the high-end Mercedes-Benz cars around the tracks. Driving around the ice at high speeds and drifting around the corners, the key to it all, Kok relayed, is "to keep the car sideways the entire time." That should be a pretty good indicator to say that the drive was really quite the life experience to say the least. So much so that even though my friend was close to throwing up his breakfast by the end of the ride from all the spinning and drifts, he said it was the most fun he's had in years!

New recreation director has ambitious goals

By Roger Newman

Tyler Yellowega has arrived in Gimli to use his university degree.

The new manager of Gimli parks and recreation has a University of Manitoba degree in recreation management and community development. He stayed after graduation to be a U of M facility co-ordinator and manager but developed an itch to put his training and skills to wider use in a community setting.

"I'm happy to be in Gimli and looking forward to meeting the people," says Yellowega, whose goal is to keep local parks in tip-top shape and restore recreation facilities whose lustre may have faded with age.

The long road to his new headquar-

ters in the Gimli Recreation Centre started in The Pas, where he was born and raised. As a youth, he developed a love of sports, particularly baseball and an urge to be in the great outdoors where his hunting and fishing talents led to guiding and outfitting work.

He brought this background south to the U of M where he completed his studies in 2010. Then he joined the university's sports co-ordination staff which manages extensive sports facilities for 25,000 students. These facilities include two large gymnasiums, a state-of-the-art active living fitness centre, a hockey arena, a football stadium, a swimming pool and tennis courts.

While that was a big responsibility, service to a community still beckoned and the Interlake was a natural choice because his wife grew up as Kellie Shore in Arborg. They are now settled in Gimli with their two children Poppie, 10, and James (Bear), 2.

"I met Kellie in Winnipeg, where she studied criminal justice and conflict resolution at the University of Winnipeg," Yellowega said.

As he starts his tenure, the new rec director emphasizes his goal.

"I hope the people of Gimli will see the parks in their glory and recreation facilities that everybody will be proud of," Yellowega said.



EXPRESS PHOTO BY ROGER NEWMAN

Tyler Yellowega has moved to Gimli to become Gimli's parks and recreation director.

RCMP seeks public's assistance in attempted theft

Staff

On Jan. 24, the Stonewall RCMP were advised of an attempted theft at the Shoppers Drug Mart Liquor store in Teulon.

At approximately 5:30 p.m. a male and female entered the store located on Main Street in Teulon. After they filled a basket with liquor, they attempted to leave without paying. Staff intervened and the two left with nothing.

The male was described as aboriginal in appearance in his 20s, 5'8" tall with a medium build. He had dark hair, a slight moustache and was wearing a black, white and brown plaid hat with a dark puff-style jacket with a low collar and no hood. He was also wearing black pants. The female was aboriginal in appearance, in her 20s, about 5'7" tall with a medium build. She was wearing a black Nike jacket with the hood up. She had white ear pods hanging from the front of her



EXPRESS PHOTOS SUBMITTED

RCMP need help in identifying a number of suspects that entered the Shoppers Drug Mart Liquor who attempted to flee the store without paying for the liquor in their shopping basket in Teulon on Jan. 24. There was also a second female, wearing a red jacket with a tattoo on her face, left photo, that RCMP believe may be connected to the attempted theft.

jacket and wore black pants with white stripes down the side.

Anyone with information is asked to contact Stonewall RCMP at 204-467-

5015 or call Manitoba Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at www.manitobacrimestoppers.com or text "TIP-

MAN" plus your message to CRIMES (274637).

The investigation continues.

East Interlake Conservation members visit local councils

Staff

The East Interlake Conservation District is busy presenting to its 15 municipal council members about the implementation of the new Sustainable Watersheds Act.

Last week, representatives from the group spoke to a number of local councils about the impact of Bill 7, which will change Manitoba Conservation Districts into Watershed Districts with expanded mandates.

As a result, the 18 current conservation districts will be reduced to 14 watershed districts. The future East Interlake Watershed District will grow north to include the Manatagao River Watershed.

In addition, some watershed districts will develop partnerships with groups outside of Manitoba, such as First Nations, parks or unorganized territories.

The provincial government will request a resolution by March 28 to indicate if they will or will not be part of the new watershed district effective January 2020.

Since the East Interlake Conservation District formed in 2005, it has worked towards goals that include protection of ground and surface water; adaption and mitigation measures for floods and droughts; and the protection and restoration of natural areas.

The East Interlake Conservation District also uses LiDAR elevation data to help pinpoint areas for conservation programs to reduce floods and nutrient loading.

For more information about the East Interlake Conservation District, visit www.eicd.net.



EXPRESS PHOTO SUBMITTED

Armand Belanger and Garry Wasylowski are sharing information about East Interlake Conservation District.

First seven-day suspension handed out for using a smartphone while driving

Submitted by MPI

A 60-something driver holds the dubious distinction of becoming the first person to receive a seven-day driver licence suspension for using a smartphone while driving.

Manitoba's new distracted driving laws took effect Nov. 1.

The driver's first offence occurred in late November, resulting in an automatic three-day driver licence

suspension. His second offence took place in early January in Portage la Prairie.

In total, nearly 300 drivers have been suspended since the new law came into effect. A second offence, coming within a 10-year period, results in a seven-day driver licence suspension.

"Distracted driving can result in a fatal collision," said Satvir Jatana, vice-president responsible for communi-

cations, Manitoba Public Insurance. "In 2017 alone, distracted driving was a contributing factor in more than 15,000 collisions, while 30 Manitobans lost their lives in distracted-related motor vehicle collisions."

In addition to an immediate roadside suspension, drivers convicted of using a hand-operated electronic device while driving also face a fine of \$672 and five demerits on their Driver

Safety Rating Scale.

"Thanks to the front-line police officers who are working to keep our roads safe for everyone," said Jatana. "The combination of law enforcement, education, heightened awareness and drivers changing their behaviour can save the 100 on our roadways."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fleury rallies to defeat Einarson in Scotties final



EXPRESS PHOTOS BY LANA MEIER

The Interlake was well represented at the 2019 Scotties Tournament of Hearts semi finals in Gimli last Saturday. Left to right: Sara Oliver (lead with Team Ackland), Vanessa Foster (second with Team Robertson) and skip Kerri Einarson.

By Ty Dilello

A packed Gimli crowd saw a fantastic Manitoba Scotties final on Sunday afternoon as East St. Paul's Tracy Fleury fought from behind to defeat top seeded Kerri Einarson of Gimli by a 13-7 scoreline and punch her ticket to the Canadian championship next month in Sydney, N.S.

Overcoming an early five-ender in the second end, Fleury outscored Einarson 12-2 over the last seven ends to take home her first Manitoba crown.

The silver lining for Gimli's Kerri Einarson is that despite the loss, her squad featuring Val Sweeting, Shannon Birchard and Briane Meilleur will still be headed to the Scotties to play in the wildcard game based on their high CTRS ranking that they've accumulated throughout the year.

The Interlake was well represented at the 2019 Scotties Tournament of Hearts at the Gimli Rec Centre. Einarson curls out of the Gimli Curling Club while Rebecca Lamb's team is from Stonewall. The Oliver sisters (Sara and Brandi) off of Team Ackland come from the small hamlet of Marquette, and Arborg's Vanessa Foster throws second stones for Darcy Robertson.

Stonewall's Rebecca Lamb had a tough week. After dropping their first couple of games, they just couldn't seem to get anything going and fin-

ished with a 1-6 record. Darcy Robertson's squad featuring Vanessa Foster of Arborg had a strong start to the event going 7-0 in the round robin, but losses in the 1v2 game to Tracy Fleury and Sunday morning's semi-final to Kerri Einarson forced them to settle for a third-place finish.

The big surprise of the week was Team Abby Ackland's performance as the Assiniboine Memorial rink stunned a lot of people by advancing to the playoffs before eventually succumbing to Kerri Einarson in the 3v4 game. Sara Oliver of Marquette plays lead for Ackland and her sister Brandi was the team's alternate.

It was an interesting run, to say the least, as Team Ackland was performing quite the juggling act throughout the week. A few weeks before the Scotties took place, skip Abby Ackland received a call that she'd been accepted to become a Winnipeg paramedic. Unfortunately, it meant she would have to miss the majority of the round robin because her paramedic training was happening at the same time as her games during the week.

Sara's sister, Brandi Forrest, filled in as skip for Ackland and seemed to fit in like a glove as they were 2-2 at the halfway point of the event, which was highlighted by a big win over fourth seed Allison Flaxey. Due to work commitments on the Friday, Brandi was

unable to play, so the team picked up Meghan Walter from the spare pool and she skipped the team to another win. Ackland finally returned to the team after that and led them to wins in their last two round robin games to put them at a 5-2 record.

Ackland's 5-2 record was good enough to force a tiebreaker with clubmate Beth Peterson on Saturday afternoon. After escaping with an 8-7 win in the tiebreaker, Ackland went up against Kerri Einarson in the 3v4 game of the page playoff and put up a valiant effort, but with the Einarson rink holding the coveted last stone in a tied-up game coming home, Einarson removed an Ackland counter to advance to the semi-final.

Over 200 volunteers helped make the 2019 Manitoba Scotties Tournament of Hearts one of the best events the province has put on in recent memory.

Kristin MacCuish, lead for Team Fleury, remarked, "I think that they've done a really good job with the event. This is the third time that they've hosted something so they certainly

know what they're doing and what they could improve on from the event's prior that they've hosted so I definitely think they did a great job. It seems like the town is full of volunteers, there's tons of them and they're all very willing to help you out which has been super nice."

MacCuish knows all about the fan support of the Interlake because prior to this season she had spent the past four years curling with Gimli's Kerri Einarson. "The fans definitely are very supportive and with Einarson being from here they're always supportive of good shot making."

Before the playoffs started, the All-Star team for the event was announced as selected by the members of the Manitoba Curling Media Association. The 2019 Manitoba Scotties All-Stars were as follows: Lead - Kristin MacCuish (Team Fleury), Second - Shannon Birchard (Team Einarson), Third - Hailey Ryan (Team Ackland), Skip - Darcy Robertson (Team Robertson).

Team Tracy Fleury will now represent Manitoba at the 2019 Scotties Tournament of Hearts in Sydney, N.S., from Feb. 16 to 24.

"I THINK THAT THEY'VE DONE A REALLY GOOD JOB WITH THE EVENT."

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

The meteoric rise of Team Robertson and Foster

By Ty Dilello

One of the most fascinating stories going on in Manitoba curling is how Arborg's Vanessa Foster and her teammates on Team Darcy Robertson have come out of the shadows of relative anonymity over the past few years to become one of the top women's curling teams in the world.

Currently ranked seventh in Canada on the CTRS standings, the squad that has become a regular fixture at Grand Slam events features skip Darcy Robertson, third Karen Klein, second Vanessa Foster, and lead Theresa Cannon. It's an unheralded rink that doesn't really do anything too flashy out on the ice. They just quietly go about their business and win a lot of curling games in doing so.

"I think some of the success we've seen is from the work we've put in," said Foster. "We've tried really hard to put in extra time both on the ice and off the ice to put us in a position to be successful. We've come up with a formula that seems to work for our team, so we do our best to try and stick with it in hopes of being as consistent as possible."

Last week's Scotties marked the third consecutive year where the Robertson foursome reached at least the semi-finals of the Manitoba Scotties, losing both the 2017 and 2018 finals to Michelle Englot and Jennifer Jones respectively. After losing the provincial final the past two years, Robertson was looking for their breakthrough in Gimli. They burst out of the gates

firing, going undefeated in the round-robin with a 7-0 record. A tight last-rock loss to Tracy Fleury in the 1v2 game placed them in the semi-final against Kerri Einarson, but it just wasn't meant to be as they fell 11-4.

"Obviously the start of our event was great. We pulled out some fantastic wins and ended the round robin in first place, which is where you want to be. We had a good game against Fleury in the 1-2 game, but couldn't quite pull it out," said Foster, "and unfortunately we came out pretty flat in the semi-final. So, a disappointing end to our week for sure. After losing the final two years in a row we sure hoped this would be our year."

A half-hour drive is all that separates Arborg from Gimli which was an added bonus of this year's Scotties for Foster.

"It was great playing close to home. Often the Scotties (or any event) is far from home, so being able to see family and friends throughout the week means a lot. It's a grind of an event so support in the stands helps make the week a little easier."

Team Robertson's meteoric rise in the curling world has been culminated by an invitation to compete as Team Canada at the Curling World Cup in Jonkoping, Sweden starting on Jan. 30.

"You play for years in hopes of winning the buffalo, so when the chance to wear the maple leaf came our way we had to say yes," Foster said. "It feels like a dream come true, so in spite of



EXPRESS PHOTO BY LANA MEIER

Team Robertson

being pretty tired from our week at the Scotties we can't wait for our adventure in Sweden to begin. We want to have a ton of fun, embrace the opportunity, and give it our best out on the ice."

The Curling World Cup pits Robertson (Team Canada) in a pool with the host Anna Hasselborg (Team Sweden), Yilun Jiang (Team China) and Anna Sidorova (Team Russia). There are two pools and at the conclusion of a double round robin, the top team

in each pool advances to play in the World Cup final.

Team Robertson has no signs of slowing down and are looking to continue their growth as a team as they keep climbing the world rankings.

"For the rest of the year we are just focusing on Sweden for now and potentially another grand slam, but no plans beyond that. With full-time jobs and Darcy and Karen having families, we usually take things one step at a time."

Corbett resigns head coaching position with the Lightning

By Brian Bowman

The Interlake Minor Hockey Association and the Interlake Lightning Midget Provincial AAA hockey team announced last weekend that head coach Jamie Corbett has resigned from his position.

Corbett left the organization short of one full season with the Lightning to take over the head coach and general manager duties with the Manitoba Junior Hockey League's OCN Blizzard.

"Just as with our players, we want to create opportunities for everyone that is involved with the Lightning, that anyone in the organization can ad-

vance their position and their career," said Lightning manager Darren Bond. "We think that's great and this is quite a big step up for Jamie, moving from head coach to head coach and general manager with OCN in the 'MJ'."

"It's a great opportunity for him and we're quite happy for him."

Corbett guided the Lightning to a 9-25-0-2-0 record and 11th place in the 13-team league.

Bond and the Lightning are excited to announce that assistant coach Trent Genyk will now assume the head coaching duties.

"He has been with us the whole sea-

son and he played in the 'MJ' with Steinbach and he was part of their leadership group when he played for Paul Dyck," Bond noted. "He brings a lot of character and a lot of leadership to our team and he relates really well with our players. I believe it's going to be a seamless transition."

"He's excited, the boys are excited to play for him, and it's a great opportunity for him in the last month of the season to be a head coach in this league."

Genyk is really looking forward to being a head coach at the young age of 26.

"It's a good opportunity," he said. "One of the guys earlier in the year asked me if I ever wanted to be a head coach and I said, 'Yeah, but I don't know how soon?'"

"This is a little sooner than I had expected."

As a player, Genyk played five games with the MJHL's Beausejour Blades and three full seasons with the Steinbach Pistons.

He later spent the 2013-14 season with Concordia University of Alberta.

He also played minor hockey in the Lightning organization.

Drews Clinches Last Viterra Berth at Manitoba Open

By Ty Dilello

After falling 8-7 in a double extra end to Trevor Loreth in the Winnipeg regional finals, it was looking like the Tyler Drews rink would be missing out on a trip to Virden for this year's Viterra Championships.

The Manitoba Open was Drews last chance if they wanted to head to provincials. When the smoke was all cleared, a 9-1 record was good enough for both the Winnipeg Free Press event title and more importantly, a berth to the Viterra Championship.

The Drews rink consists of two pairs of brothers: Tyler and Josh Drews, Darryl and Andrew Evans. And although they curl out of the Fort Rouge Curling Club in Winnipeg, the Drews brothers originally hail from Lundar, while the Evans brothers are from Somerset. For Andrew Evans, the new addition to the Drews rink, this is his first men's provincial berth and one he will likely savour for a long time.

It was the semi-final of the Winnipeg Free Press event against Sean Grassie's Deer Lodge foursome where Drews punched their ticket to next week's Viterra Championship.

A close game early on, Drews trailed 2-1 after four ends and then came up

short on a draw in the fifth to give Grassie a 4-1 lead. Drews would start to mount the comeback in the sixth when they popped a deuce. A steal for Drews in the seventh brought the game to a 4-4 tie with Sean Grassie holding the coveted last rock in the final end.

The eighth end was fairly wide open with a center guard in Drews favour. On Tyler's final stone, he drew his rock around the tee line behind the center guard. There was a problem however, as the rock was only maybe a third buried behind cover. Grassie was second shot, so all he needed to do was pick the rock Tyler just threw to win the game. Fortunately for Drews, Grassie's rock overcurled and wrecked on the guard, giving Drews the 5-4 win and the coveted provincial berth.

After the game, team Grassie's third, Devin McArthur quipped, "We kind of blew that game, but hats off to them. They earned their berth fair and square and I'm sure we'll be seeing them in Virden."

With their berth locked up, Drews went on to win the Winnipeg Free Press event final the following evening at the Assiniboine Memorial Curling



EXPRESS PHOTO SUBMITTED

Team Drews, from left to right, Tyler Drews, Josh Drews, Darryl Evans, Andrew Evans, and Ron Westcott.

Club, defeating Charleswood's Darren Perche in convincing fashion.

The 32-team Viterra Championship field is now complete with the Mani-

toba Open in the books. In addition to Drews, Granite's Robert Daudet and Charleswood's Darren Perche claimed the other last-chance berths at the Manitoba Open.

Midget Provincial Lightning lose pair of weekend games

By Brian Bowman

It was a real tough weekend for the Interlake Lightning Provincial Midget hockey team.

First, they lost their head coach. They then lost a pair of road games in lopsided fashion.

Interlake was blanked 6-0 by the Southwest Cougars on Saturday evening and then was defeated 7-0 by the Brandon Wheat Kings Sunday afternoon.

"I don't think the coaching change had too much of an effect on (the scores)," said new Lightning head coach Trent Genyk. "I talked to the manager of Southwest and the head coach of Brandon after and they told me that was probably the best games that they had played in a while."

"And, that being said, we didn't play all that bad."

Southwest, which held period leads of 2-0 and 3-0, received goals from Cody Gudnason (two), Cody Shearer, Callum Fortin, Tyson Kozak and Grady Lane.

Southwest was 2-for-8 with the man advantage while Interlake was 0-for-3.

The Cougars outshot the Lightning

48-20.

In the loss to Brandon, the Wheat Kings took a 3-0 first-period lead with goals by Calder Anderson (on the power play), Jackson Orr and Troy Hamilton.

Hamilton, with a pair, and Mitch Thiessen scored to make it 6-0 after 40 minutes.

Tanner Morrison closed out the game's scoring in the third.

Brandon was 3-for-5 with the man advantage while Interlake was blanked in seven opportunities.

Life doesn't get much easier for the Lightning as the Interlake will host the fourth-place Winnipeg Thrashers this Saturday at 7:30 p.m. in Teulon. The Lightning then head to the Bell MTS Iceplex on Sunday for a 1:15 p.m. matchup with the first-place Winnipeg Wild.

"It definitely doesn't get any easier," Genyk admitted. "I think we play the Wild two or three times in the next few weeks. The road doesn't get any easier but we just have to stress positivity and get the guys coming out and working hard."

Lakers No. 3 in MHSAA 'AA' rankings



EXPRESS PHOTO SUBMITTED

The Gimli Lakers defeated the Warren Collegiate Wildcats 49-46 in varsity boys' action on Jan. 21.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

All-family Team Lott wins Manitoba Open main event

By Ty Dillello

After an already very successful season with a couple of World Curling Tour titles under their belt, Winnipeg Beach's Tanner Lott put all the other top teams on notice for next week's Viterra Championship when he defeated Lorette's Corey Chambers in the Manitoba Open main event final at the Assiniboine Memorial Curling Club in Winnipeg.

Now the Lott brothers, Tanner and Colton have been top competitive curlers on the junior and men's local curling circuits for a long time. However, winning this Manitoba Open was a little sweeter for the boys as they won it with someone pretty close to them, their dad Dale!

Colton Lott, one of the more talented shot-makers Manitoba has produced in recent years was thrilled to win the Manitoba Open with his father.

"It was great just being able to finally all play together in a competitive event," Colton said. "To end up winning the whole thing with my dad and brother was a bonus on top of that. Gary Johannesson from Riverton

is a close friend of our family and he played great for us at lead too."

It certainly wasn't an easy road to the title for Team Lott, but they persevered through a couple of tight affairs and pulled out a couple of big wins as well along the way. "We had a few close games that came down to last rock," relays Colton, "but we managed to pull off the win each time."

For Tanner and Colton Lott, who curl together on the 4th ranked Manitoba team on the World Curling Tour's Order of Merit with Kennedy Bird and Wade Ford, winning an event like this so close to the provincial championships can do a lot for one's psyche going forward as they look to represent Manitoba at this year's Tim Hortons Brier in Brandon.

"It's definitely a big confidence booster for both Tanner and I going into the Viterra Championships as we are looking to play well there."

The 2019 Viterra Championship goes from Feb. 6 to 10 in Virden at the Tundra Oil & Gas Place. And while the rest of Tanner Lott's squad prepares for the Viterra Championship, Colton



EXPRESS PHOTO SUBMITTED

Team Lott, from left to right, Tanner Lott, Colton Lott, Dale Lott, and Gary Johannesson won the main event at the Manitoba Open.

will be preparing a little differently than the rest of his guys as he is heading to Jonkoping, Sweden with partner Kadriana Sahaidak to represent Team Canada in Mixed Doubles at the third leg of the Curling World Cup

beginning on Jan. 30.

"It's very exciting and the both of us can't wait. We are prepared to play our best and also enjoy the whole experience."

Gimli will chase national or international curling championship

By Roger Newman

In the wake of hosting a successful Manitoba Women's Scotties, Gimli is looking at the possibility of attracting an even bigger curling championship.

Dave Leblanc, co-chair of the Gimli Curling Club host committee, says the club has its sights set on obtaining either the World Junior or the Canadian Junior Championship.

"We'll ask Curl Manitoba to approach the Canadian Curling Association about landing one of these two championships for us," Leblanc said as the Scotties wound down on the weekend. "We'd like to host another major curling tournament in about three years."

Gimli now has more than 200 trained curling volunteers plus experience in hosting the provincial women's curling championship not only this year, but also in 2008 and 1988. A national or international curling championship would take things to a new level however. It would require the use of both sides of the Gimli Rec Centre, the

hockey arena and the curling sheets - instead of just the arena for a Scotties.

The effort could be worthwhile.

"The Scotties brought people from all over the province to watch curling," said Lynn Hoplock, the other co-chair. "This resulted in significant business for our hotels, restaurants and stores."

Gimli's natural love for curling is further enhanced by local resident Kerri Einarson, who is a provincial champion and one of Canada's top skips. Einarson took time out before this week's tournament to visit Gimli's George Johnson Middle School with her team of third Val Sweeting, second Shannon Birchard and lead Briane Meilleur. Also on hand was Einarson's team coach Patti Wuthrich, another Gimli resident who is a provincial champion and former Olympian.

Wuthrich had a message for the students about sportsmanship.

"Cheer like crazy, but only cheer when shots made," she advised. "Don't cheer the misses."



EXPRESS PHOTO BY ROGER NEWMAN

Skip Kerri Einarson, right, and her twins Kamryn and Khloe visited students at Gimli's George Johnson Middle School during the Manitoba Scotties Tournament of Hearts last week.

Wheddon leads Bantam Lightning to victory

Staff

Hayden Wheddon scored three goals and had an assist to lead the Interlake Lightning Bantam hockey team to a solid 6-2 win over the Winnipeg Hawks last Thursday in Stone-wall.

The Lightning grabbed a 2-0 first-period lead on goals by Rylan Slatcher and Wheddon.

Peyton Bateman made it 3-0 early in the second before Winnipeg's Liam Russell and Interlake's Karson King traded goals.

Wheddon then completed his hat trick with a pair of goals just 3:52 apart midway in the third.

The Hawks' Luke Janus closed out the scoring with 10 seconds remaining in the game.

Bateman, Alexander Kaczorowski, and Austin Lourenco each had two assists in the game.

Interlake was 2-for-5 on the power play while Winnipeg finished 0-for-3.

Zach Meadows made 26 saves for the win.

With the victory, Interlake improved

its record to 12-14-0-3 and now has 27 points to occupy fourth place in the five-team league.

The Lightning played the Warriors last Sunday but no score was posted on the league website at press time.

Interlake is back in action Thursday when it hosts the Monarchs in Stone-wall. Puck drop is 7:30 p.m.

On Saturday at 7:15 p.m., the Lightning will take on the Hawks at the Maples Multiplex.

In Midget U17 Prep play, Interlake had a rough week with a pair of losses.

The Lightning were defeated 4-1 by the Eastman Selects last Thursday in Arborg and then were beaten 10-1 by the Sharks on Saturday.

Tyson Barylski scored a third-period goal for the Lightning against Eastman and then Interlake's Rhett Woods netted a first-period marker against the Sharks.

The Lightning will host the Monarchs on Thursday (7:30 p.m.) in Arborg and then will play the Brandon Wheat Kings on Sunday (4 p.m.) in Warren.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Rylan Slatcher opened the scoring to lead Interlake to a 6-2 win over the Winnipeg Hawks last Thursday.

Arborg Falcons' headed to the provincials



The Arborg Falcons' PeeWee hockey team is headed to the Rural 'B' Provincials in Killarney on March 1-3. The Falcons won a playoff earlier this month in Arborg after defeating St. Laurent 9-6 in the final. Round-robin play saw Arborg defeat Warren 7-1 and lose 8-7 to St. Laurent while St. Laurent beat Warren 15-2.

Pictured back row, left to right: Jason Zuk (coach), Roger Burak (assistant coach) and Kendall Asham (safety). Middle row: Sawyer Zuk, Brooke Barylski, Dainen Jacobson, Cyranno Dueck, Austin Loewen and Evan Asham. Front row: William Caldera, Joshua Bazilewich, Ty Plett, Brandon Burak, Brian Barylski (coach), Johann Fridfinnson, Ashton Kornelsen, Matthew Barkman and Jaxon Loewen.

EXPRESS PHOTO BY THERESA ZUK

Lundar Falcons fly past Arborg Ice Dawgs in CRJHL action

Staff

A strong third period by Lundar lifted the Falcons to a 4-2 home win over the Arborg Ice Dawgs in Capital Region Junior Hockey League action on Saturday evening.

Trailing 2-1 in the third, Dennon Sichewski tied the score at 2-2 with a power-play goal. Braden Paulic and Romano Paul then scored goals just 38 seconds apart midway in the final frame to cap off the comeback.

Arborg's Colton Davies scored the only goal of the first period and then Connor Dowhy put the visitors up 2-0 with a power-play goal at 5:15 of the

second.

Sichewski replied with a power-play goal just 2:59 later. Lundar's Storm Swan finished the game with two assists.

Dillon Rapinchuk made 25 saves for the victory.

Last Friday, Arborg suffered a 5-0 home loss to the North Winnipeg Satelites.

After a scoreless first period, Derian Emes netted a pair of second-period goals.

Braden Zamrykut, Parker Cassie and Rustyn Lodon then tallied in the third. The Satelites scored a shorthanded

goal in the second period and then added a pair of power-play markers in the third.

On Jan. 22, Arborg doubled North Winnipeg 4-2.

Connor Dowhy and Jordan Klippenstein scored first-period goals for the Ice Dawgs and then Davies and Ryan Hill tallied in the third.

Eli Caparros and Zamrykut replied for the Satelites.

Tre Strachan made 27 saves for the victory.

Arborg is now 11-12-1 and has 36 points to sit in second place in the five-team league, 15 points back of

the Selkirk Fishermen and two better than the St. Malo Warriors.

The Ice Dawgs have this week off before visiting North Winnipeg next Tuesday. Game time is 8 p.m.

Arborg's next home game is Feb. 7 when they host Lundar for a 7:30 p.m. matchup.

The Falcons, meanwhile, are currently in fifth place with a 7-11-2 record and 29 points, two behind North Winnipeg.

Lundar will host the Satelites on Friday at 8 p.m.

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Public Notice is hereby given, pursuant to Section 194 of *The Municipal Act*, that the Auditor's Financial Report together with the related Financial Statements for 2017 have been deposited in the office of the CAO of the Town of Arborg at 337 River Road in Arborg, Manitoba and are available for inspection by any person or their agent during regular office hours. Any person, or their agent, at their own expense, may make a copy thereof or extracts therefrom.
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Words cannot express how grateful we are for the outpouring of love and kindness shown to Robert Martin's family following his passing. Thank you to all of those who came to visit, brought food, sent flowers and cards. Extended family and friends have donated generously of their time to make sure everything was taken care of. Your generosity is second to none and has given us great comfort. Many heartfelt thanks.
-Ellen, Sharlene, Loretta, Lauren, Tracey and all their families

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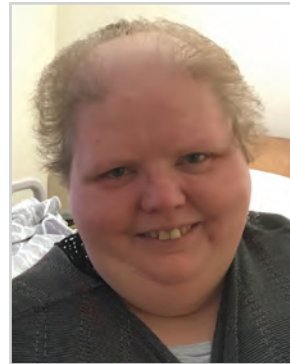
OBITUARY



Frieda Plett

Frieda Plett of Arborg, MB passed away peacefully on January 28, 2019.

A funeral service for Frieda will be held on Sunday, February 3, at the Morweena EMC church. Public viewing will be at 1:30 with the funeral service at 2:30. There will be a luncheon following the burial. Everyone is welcome to attend.



Karen Anderson

August 20, 1966 - January 24, 2019

It is with heavy hearts that we announce the passing of Karen Anderson at the age of 52, surrounded by family on Thursday, January 24th, 2019 at the Health Sciences Center. She was predeceased by her parents, Lorne and Doris Anderson, and her brother Greg. She will be lovingly remembered by her sisters Kathy (Brent) Sigurdson, Elin (Lawrence) Johnson, Lorraine (Hugh) Collins, and brother Gordon (Cindy) Anderson; nieces and nephews Ryan (Melanie) Johnson, Darren (Bridget) Johnson, Stephen (Stephanie) Sigurdson, Paul Sigurdson, Chris (Kirsten) Sigurdson, Garry (Jackie) Anderson, Allison Anderson (Murray), Derrick (Brittney) Anderson, Melissa (John) Palen, Angela Collins, Megan Collins (Wade); and great-nieces and nephews Sophia and Sawyer Anderson, Lucas, Lexi, and Leia Anderson, Molly

and Zoey Monkman, Taylor, Dylan, and Asher Johnson, Hugh and Jaxon Palen, Soren and Kade Sigurdson, and Hayden Sigurdson.

Karen lived in Winnipeg most of her adult life. She worked for 22 years at the Paddle Wheel Restaurant at The Bay Downtown. She was a valued employee and made many lifelong friends along the way. She truly enjoyed her job and loved both her co-workers and her customers.

Her weekend visits home to Gimli were filled with the fresh aroma of her favorite meals made by Dad, with enough for everyone, and even care packages to take home. Her nieces and nephews were always excited to see her and eat "Karen's Cookies".

Karen was diagnosed with Rapid Progressive MS in 2006. She bravely battled the disease and remained independent until December 2011 when she was no longer able to work and moved back to Gimli to be close to family support. She was able to live independently in the family home with Home Care and family support until 2018 when she moved to Betel Home in Gimli. Although she was much younger than most of the other residents, she became involved in activities and was proud to be asked to be part of the Betel Advisory Board as the resident advocate.

Despite all of her health struggles, she remained positive and left a lasting impression on everyone she met.

We would like to say thank you for all the love and care given to Karen by her Home Care team and the staff at Betel Home. We would also like to thank the doctors and nurses at the Gimli Community Health Center and Health Sciences Center MICU for their care and compassion.

At her request, no formal service will be held. A private family memorial will be held at a later date.

In lieu of flowers, donations can be made to the MS Society at 1465 Buffalo Pl, Winnipeg Mb R3T1L8 or to Karen's Karebears, a team of her nieces and nephews who ride yearly in the MS Bike Tour to raise money in their fight against MS.

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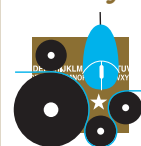


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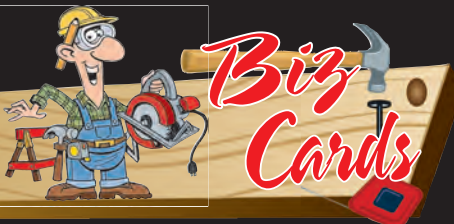


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