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VOLUME 4 EDITION 6 THURSDAY, FEBRUARY 9, 2017

WEEKLY NEWS

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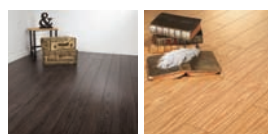
EXPRESS PHOTO BY PATRICIA BARRETT

Real chocolate, such as the varieties Doreen Pendgracs travels the world to find, makes you happy. Inset photo, this heart-shaped chocolate dessert was the star of a 2016 Valentine chocolate dinner that Pendgracs hosted at McNally Robinson Booksellers in Winnipeg. See story pg. 9.

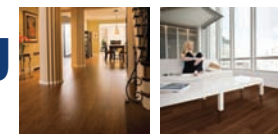
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Lundar arena receives \$500K for arena rehabilitation

By Jeff Ward

James Bezan, Member of Parliament for Selkirk-Interlake-Eastman, is pleased to congratulate communities in Selkirk-Interlake-Eastman that received funding for projects under the Government of Canada's Canada 150 Community Infrastructure Program, a program introduced by the previous Conservative government.

The hard-working people of the Grettir Coop Inc. were successful in their bid for a grant of \$500,000 via the Canada 150 Community Infrastructure Program and will begin construction later this year.

Grettir secretary Sandra Johnson submitted the grant application and said that the plan is to use the \$500,000 grant, along with the nest egg from numerous fundraising efforts, to rehabilitate the Lundar Memorial Arena.

The project is to remove the existing wooden arch structure and replace it with a precast concrete building. Johnson said that this would not only update the aging facility but also improve efficiency of the entire complex by reducing the cost of hydro, which is approximately \$5,000 per month, as well as providing a better fan experience. The Government of Canada grant effectively leap-frogs Grettir to the goal they've been chasing for the past decade.

"It's very exciting for our whole board. It's been our vision for many years," said Johnson.

"We've always known it wasn't going to be possible unless we received

grant money. Although we fundraise like crazy, we ultimately knew nothing was going to happen unless we got someone to help fund the project."

Johnson said that the grant has a completion date of March 31, 2018, and construction will begin once the hockey and skating season is over at the end of this March. The board will finalize their design for the building over the next couple of months and will work with the RM of Coldwell on a loan plan.

Johnson said an exact cost and building timeline would be in place for the public to view at a spring meeting.

Grettir will use the money that it has fundraised over the years to match the grant and will help to bring the project to fruition. Naturally, this summer

will be a very exciting time for the community and for the board who've put so much work into this goal.

"We actually silently found out in December that we got the grant. It was pretty hard not to say anything, and we kept asking when the announcement would be so we could let everyone know," said Johnson.

The board is eyeing October as a completion date, but Johnson said that at this point, nothing is set in stone. They'd like to not affect the hockey and skating season this fall, but if they do, they will rent ice space in another community to get by.

"I think that if that does happen, the benefit of a new arena will outweigh

"WE ACTUALLY SILENTLY FOUND OUT IN DECEMBER THAT WE GOT THE GRANT. IT WAS PRETTY HARD NOT TO SAY ANYTHING."



EXPRESS PHOTO SUBMITTED

The Lundar community recently received a \$500,000 gift from the federal government that will be used to rehabilitate the Lundar Memorial Arena.

the inconvenience," said Johnson.

Several other local projects are also receiving funds from the Canada 150 Community Infrastructure Program:

- Little Saskatchewan First Nation in Gypsumville will receive \$11,180 in funding to replace lighting at the arena.

- Lord Selkirk School Division in Selkirk will receive \$50,000 in funding to resurface the running track at the Selkirk Secondary School.

- Royal Canadian Legion Branch No. 182 in Gimli will receive \$7,457 in funding to renovate the Legion hall.

- Town of Lac du Bonnet will receive \$135,400 in funding to upgrade the Lac du Bonnet & District Sports Arena.

"The support that communities across Selkirk-Interlake-Eastman re-

ceived under the Conservative Governments Canada 150 Community Infrastructure Program reflects our commitment to building stronger communities. With these investments, communities will see improved public spaces and facilities that will be available for years to come," said MP Bezan.

The Canada 150 Community Infrastructure Program, implemented by the previous Conservative government, helps fund renovations, expansions and rehabilitations to existing infrastructure that provides community and cultural benefits for the public. The program represents one of several infrastructure-related initiatives that the previous Conservative government undertook to generate well-being and prosperity across Canada.

Ashern arena to benefit from upcoming CFRY talent show

Talent wanted for March 4 fundraiser

By Jeff Ward

The search for talent is underway for Ashern's CFRY Radio Amateur Talent Show next month. The talent show will take place March 4 at the Ashern Centennial Hall and will be an important, and hopefully lucrative, fundraiser for the Ashern Arena.

Arena board president Tyler Geisler said that they hope to raise \$20,000 to help cover the costs of the new LED lights in the arena as well as renovations to the kitchen taking place later

this summer. New flooring, countertops and backsplash, among other upgrades, will help inject some life into the aging facility.

The talent shows hosted by CFRY on 920 AM have historically done a great job fundraising for small communities around the province, and nearly every community along Highway 6 has benefited from them at some point.

"It's one of the reasons we're so excited because there's not many ways you can raise that kind of money in

one night," said Geisler.

"We're hoping to have a lot of our great local talent come out and support us for the show. And, really, whoever is willing to get on stage is encouraged to come down. I know we'll see some fiddlers, singers and guitar players for sure, but there's plenty of room for other talent."

Just last month, the CFRY talent show in Moosehorn raised over \$16,000, so large sums of money aren't uncommon for a show like this. Geisler said that it is a great feeling to know that calls come in from people from all over the province, even those

who have no stake in the community, to make pledges for the talent.

Geisler said that the support they've received at the arena this past year has created some incredible stories of community spirit that he will share on the radio as the MC for the evening.

"Those stories are what people are donating for. This building is more than just an arena; it's a pillar of a community. So when people donate, they're helping keep that alive," he said.

Anyone interested in signing up as talent for the show is asked to call 204-280-0464.

Snowmobilers hitting the trails for a good cause

Steeltown Ford event supports children with disabilities

Submitted

Employees, friends and family members from Selkirk's own Steeltown Ford will be mounting their snowmobiles for their annual ride to raise money for the Children's Rehabilitation Foundation and The Huntington's Society (HSC).

The fundraiser, now in its 12th year, is officially called the Ride for Scott, in memory of Jason Sargent's late brother Scott.

The team will be heading on two separate 500-kilometre rides, departing from Selkirk: one on the Louis Riel long weekend at Hecla Island Provincial Park for The

Children's Rehabilitation Foundation (Feb. 9-12) and the other on the following weekend (Feb. 24 and 25) at Bird Lake to raise money for The Huntington's Society (HSC).

"Scott loved children and all outdoor sports, so we thought this would be a fitting memorial to him," said Sargent. "This year, my son Owen, his best friend Troy and a few family members and Steeltown Ford employees will be heading out for two days to raise money for causes that are near to my heart."

Ride for Scott is a snowmobile event that promotes a responsible and healthy sports image for snowmobilers and helps support the needs of Manitoba children living with disabilities by raising much-needed funds for the Children's Rehabilitation

Foundation and The Huntington's Society. All of the money raised from the event will be donated to both charities.

"Over the years, I've raised almost \$220,000 for Scott's Memorial Fund, which supports children living with disabilities in the Birds Hill, Selkirk and surrounding areas," said Sargent. "These generous donations have meant that we're meeting the needs of every child from this area. I feel privileged that I can give back to my community and honour my brother at the same time. My goal this year is to raise over \$20,000 and make this 12th annual event the most successful yet."

When Sargent became involved in the fundraiser, he never imagined his efforts would have made such an impact on his community or his own life. As a snowmobiling enthusiast, the Ride for Scott has always been more than just a weekend adventure for him. In 2004, Sargent's brother Scott died in a snowmobile accident and has since been his motivating factor, which has led him to commit to raise as much money as he possible in his brother's name.

Donations for this cause can be made by visiting:

Children's Rehabilitation Foundation at <http://my.e2rm.com/Personal-Page.aspx?registrationID=3669640&langPref=en-CA>

The Huntington's Society at <http://www.hscevents.ca/steeltown>

"SCOTT LOVED CHILDREN AND ALL OUTDOOR SPORTS, SO WE THOUGHT THIS WOULD BE A FITTING MEMORIAL TO HIM."



EXPRESS PHOTO SUBMITTED

Jason Sargent, left, and his son Owen, along with employees, friends and family of Steeltown Ford, will be hitting the trails Feb. 9-12 to raise funds for the Children's Rehabilitation Foundation in memory of Sargent's brother Scott and The Huntington's Society.

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Documentary highlights lives of Catholic sisters

By Jennifer McFee

A new documentary provides a glimpse into the lives of Manitoba's Catholic sisters who put their hearts and souls into their selfless work.

The film *Soul Sisters: The Catholic Women Religious of Manitoba* premiered on Friday, Feb. 3 at Cinematheque in Winnipeg and will continue to run until this weekend.

The 55-minute film was produced by Joanne Levy for Buffalo Gal Pictures in partnership with the Catholic Health Association of Manitoba and in association with VisionTV.

The Catholic Health Association formed a project called the Legacy of Care, Courage and Compassion to specifically honour the Catholic sisters who have worked in Manitoba since 1844. This project is in keeping with Pope Francis' designation of 2015 as the Year of the Consecrated Life.

The Catholic Health Association's two-year tribute to the local sisters has included a published history book, a photography exhibition and a monument at the corner of Taché and Cathedrale avenues in Winnipeg.

"The creation of that beautiful monument is the spine for the documentary, and it's a way of putting together two of the wonderful commemorations of these women together in one project. The creation of that monument is a wonderful through-line for the piece because it gives it a beginning, a middle and an end with the unveiling of the monument," said Levy, a Balmoral resident.

"It's a capturing of the intimate stories of a sample of women who have worked for social justice and have been integral to the health, education

and social services in the province, but it has this spine of the creation of the monument as well."

In addition to expressing appreciation for the sisters themselves, Levy lauds the work of director Danielle Sturk and the Winnipeg-based crew.

"I think they did a really lovely job of conveying the steely spine of these women at the same time as the incredible work that they've done," Levy said. "It's not just schools and hospitals. They've done work with the poor. They work at prison chaplains. They do palliative care work. They have worked to help educate and protect some of the most vulnerable members of our society."

Through her work on the film, Levy gained a deeper knowledge and appreciation of these remarkable women.

"I had no idea the scope of the work that the sisters have done. They are pretty incredible women. You could call them the first feminists in many ways because at a time when most women just got married or went into very few professions, they decided on an entirely different kind of life course for themselves," she said.

"They are incredible leaders in their own quiet way — or, in some cases, not so quiet. They are tremendous examples of leadership and strength."

The film also touches on difficulties related to residential schools, although it's not the main purpose of the piece.

"There's a little bit of history, but it's really more a look into their lives, a look into their hearts and souls. The women who participated were incredibly generous and really quite forth-



EXPRESS PHOTO SUBMITTED

While researching the documentary film *Soul Sisters*, researchers discovered an archive that included some 16-millimetre film shot by a young nun in the 1950s. This image from the never-before-seen footage serves as the cover for the *Soul Sisters* DVD.

right about what their lives are like," Levy said. "I guess the reason that they have such an impact is because there are not many examples in our day-to-day life these days of people who so selflessly put aside one part of their life in order to dedicate themselves to something else. It has everything to do with the people around them as opposed to themselves."

Soul Sisters will be screened at Cinematheque (100 Arthur St. in Winnipeg) on Wednesday, Feb. 8 at 7 p.m., Friday, Feb. 10 at 7 p.m., and Saturday, Feb. 11 at 3 p.m. and 7 p.m.

Levy said she would also be happy to accommodate local community viewings by bringing the DVD of the film for a group to watch.

"What I'd really love to see is people getting together as families, as people who are touched by the women religious, as people who would simply like to know more about them," she said.

"I would love to see some of the lay groups get together to see it and then have conversations about what an incredible asset these women have been to our province — and not just to our history but to the whole culture of compassion that we have in our province."

To arrange a viewing of the film, contact Buffalo Gal Pictures at info@buffalogalpictures.com or call 204-956-2777.

Poker derby fundraiser for Ashern Fire Department this weekend

By Jeff Ward

The Ashern Snowmobile Club is hosting their annual fireman's poker derby this weekend with 50 per cent of the proceeds going directly to the Ashern Fire Department.

The derby begins at 10:30 a.m. on Saturday, Feb. 11 at the Ashern Motor Hotel and will take riders through a 50-kilometre trail to Matty's Cabin just east of Spearhill. The cabin will have hot chilli prepared by the department where they will be taking donations. Poker hands cost \$5 each or three hands for \$10, and the three best hands will take home the remaining 50 per cent of the proceeds from the event. First place will receive 25 per cent of the remainder, while second and third place will take home 15 and

10 per cent respectively.

Ashern Fire Chief Ken Falk said that this event didn't start out as a fundraiser but just as a fun thing to do.

"We have a lot of snowmobilers on the department and we figured it would be a fun event," said Falk.

"But now it's become a nice fundraiser for us as well, and people always come out to support. We always appreciate the support we get because it helps us out a lot. We're always looking for new equipment to help do our jobs, so when we have successful fundraisers like this, it helps us get closer to that goal."

Falk said the event has been successful in the past. Last year, he estimates the fire department raised a few thousand dollars.



EXPRESS PHOTO SUBMITTED

The Ashern Snowmobile Club will be out in full force this weekend in support of the Ashern Fire Department for the poker derby fundraiser. Pictured are riders from last year's event.

AMM concerned over proposed Employment Accessibility Standard

By Patricia Barrett

The province's proposed Employment Accessibility Standard, which might become a regulation under the Accessibility for Manitobans Act, has raised concern from an organization representing municipalities.

The Association of Manitoba Municipalities (AMM) forwarded to its members a letter it had written in 2016 to the provincial Disabilities Issues Office (DIO) outlining its concerns regarding the financial costs of supporting the proposed standard.

In a Dec. 19, 2016, letter to the DIO, AMM executive director Joe Masi wrote that although the organization, "fully supports improved accessibility for Manitobans" and appreciates the province's "commitment to offer assistance in the identification, prevention and removal of barriers to accessibility, legislation of this magnitude requires funding support to help municipalities comply with the corresponding standards."

The Town of Winnipeg Beach council expressed its concern about a lack of provincial funding needed to implement such a standard.

"With that act coming into play," said Winnipeg Beach CAO Kerry Lawless

during council's regular meeting Jan. 25, "the AMM has written to the province saying it is fine to enact this legislation, but there's going to be an awful lot of cost to the municipalities. And their concern is that the province isn't committing the required funding."

The Accessibility for Manitobans Act became law under the former NDP government on Dec. 5, 2013.

Five key accessibility standards were drafted by the province's Accessibility Advisory Council, made up of members of the disability community, to improve the daily lives of people with disabilities and to remove barriers to their full participation in society.

The five standards are Customer Service, Information and Communications, the Built Environment, Transportation, and Employment.

The proposed Employment standard would address paid employment practices relating to employee-employer relationships, accommodation, and hiring and retention policies and practices.

Starting in 2016, and every second year after that, the Act will require the government and public sector organizations — which include municipalities — to prepare accessibility plans

that address the removal of barriers.

Each standard has a time frame for implementation. Once a standard becomes a regulation, all organizations must comply with the timelines. Non-compliance may result in penalties. Individuals whose specific needs aren't met by the regulation can file a complaint under the provincial Human Rights Code, according to a DIO publication providing an overview of the Act.

"It is essential that costs are not downloaded and regulatory changes do not negatively impact municipalities, financially or otherwise," added Masi in his letter. "Funding support must be provided to ensure the effective implementation of the standards."

"This regulation is simply unrealistic and illustrates a lack of understanding of the administrative and financial burdens faced by municipalities."

Winnipeg Beach Mayor Tony Pimentel said the cost of implementing new government regulations of any sort usually falls on municipalities.

"When they change their regulations, it gets put on us," he said, "and we have to upgrade to what their regulation is. Our lagoon is a prime example. It's [disability] an impor-

tant [issue], but there's still a cost to the municipality for that, and if the government is doing these kinds of things, there should be [financial support]."

Coun. Pat Green said "down the road it's going to be businesses" that will have to assume some of the cost. "It's going to affect everybody."

CBC News Manitoba reported Jan. 15 that Barrier-Free Manitoba, a disability rights group, identified strengths in the province's employment standard, which was published in November 2016, but said it "wouldn't lead to substantial progress so much as 'inch us forward.'"

The province is currently inviting public feedback to the Employment Accessibility Standard. Comments must be forwarded to the Accessibility Advisory Council by Feb. 15.

The council will consider all comments and make revisions to the standard, if appropriate, and then submit its recommendations to the government by March 31.

To provide feedback on the proposed standard, email the Advisory Council at access@gov.mb.ca. For more information, visit the website at www.accessibilitymb.ca.

Hockey players raise \$12K in memory of Brody Gleich



EXPRESS PHOTO SUBMITTED

Eight teams played a weekend of hockey to raise \$12,000 for the Eriksdale Recreation Centre and a cause to be named.

By Jeff Ward

An astounding \$12,000 was raised last weekend in the memory of Brody Gleich, who tragically died in a car accident in 2012.

Eight teams took part in the 5th Annual Brody Gleich Memorial Hockey Tournament last weekend at the Eriksdale Recreation Centre. The fun tournament is about bringing people together to celebrate the game that Gleich loved.

Michael Christensen, one of the organizers and a friend of Gleich, said the support this year was surreal. Christensen explained that this year was the largest total raised to date from the one-day tournament. A por-

tion of the funds from each year is donated to the Eriksdale Recreation Centre with the remainder going to a local cause the organizers feel is important.

As of press time, the total amounts to be donated to each cause hadn't yet been decided.

"We started this a few years ago for fun as a way to remember him, and the first year, we had to scramble to get four teams," said Christensen, who added that now there are dozens of players for each team and that next year the tournament might expand to 10 teams.

Christensen believes that one of the reasons the tournament has grown to

be so strong is that the tournament mentality is casual. He said that there almost is no need for the tournament to have a referee on the ice because of the attitude of the players. That spirit of just wanting to have fun and playing for the love of the game is perhaps the real tribute to Gleich.

"It's just a fun weekend for everyone involved, and people support because they knew Brody and because they want to support the arena. It's grown the way you would expect, but five years ago, I definitely didn't expect to raise \$12,000 in a weekend," said Christensen.

The friends and family of Brody Gleich have made the best of a trag-

ic situation by turning the game he loved so much into a fundraiser that brings the community together to remember a fallen friend and son while raising money for a worthy cause in his name.

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WEEKLY NEWS



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Making friends

Welcome, angling enthusiasts.

In my truck on the high Red River bank by Selkirk early last Tuesday, a large, dark ice shack stood out from the others on the ice. I put Old Red into four-wheel drive and eased her down the steep rutted embankment and then bounced along until I jolted to a stop by the shack's half-closed door.

A thin chap with a clean-shaven head peered out and waved me inside with a big smile. The walls in this warm, cozy shack were jam-packed with fishing gear, cooking utensils and food. Years of pictures of fish caught were everywhere.

"Hi. I'm Chris Kirkness," our new fishing friend offered along with a firm handshake. With faint sunlight coming through a nearby window, we sat relaxed as Chris gave us a humorous recent story.

He was sitting in his shack fishing when, through a window, he saw a chap quickly pull up near him, punch a couple of ice holes close together, drop his hook-baited lines in the water and started jigging both rods up and down like crazy. To his surprise, as he watched, the guy pulled up a good-sized pickerel. Luck, Chris thought as his buddy and dad, Jim, burst into the shack. Now his buddy had been working for two days without sleep and threw himself on one of the bunks, promptly falling asleep.

Jim, however, seeing what the neighbour had done, went outside and drilled two holes. No sooner had he begun imitating the newcomer, he caught a large pickerel and then released it. Chris, not one to argue with success, went out and, copying the guys, also caught a pickerel and released it.

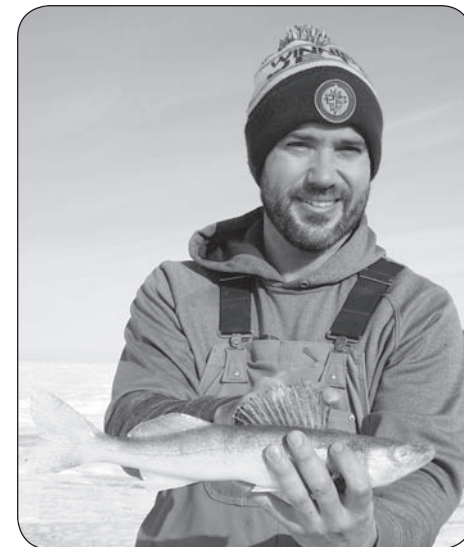
"You guys are catching the same fish over and over," his now half-awake buddy called out.

"I don't think so, pal," Chris exclaimed back in the shack, looking out the window. Outside, the stranger was jigging wildly, pulling up a jackfish.

In the middle of last week, I got a tip from my publisher, Lana Meier, about a sweet little angel ice fishing with grandpa at Grand Marais. Let me give you the last part of this story first as he told it to me.

The latter story happened when tall, thin, grey-haired grandpa, (he won't let me use his name) took his little doll-faced, long, curly, brown-haired granddaughter, Hunter, ice fishing and she caught her first fish. The large fish struggled so furiously she dropped her rod in fear and made a beeline out the portable shack door. Grandpa, laughing, had to take over. Sensing it might fall back into the hole, he used his hand like a tennis racket and sent the fish flying just as Hunter's mom drove up to the tent, witnessing it making a beautiful arc through the air out the tent's door.

Now the earlier part of this delightful story that resulted in Hunter's catch happened because grandpa was once standing on the high cliff shore of Grand Marais, lamenting how the anglers were hampered from reaching Lake Winnipeg. There was a spot off Grand Marais Boulevard between Thorncliffe and Oakdale avenues that he was convinced would make a perfect access point onto the lake. Resolved, he made a call to Julian Gorchynski, a local man of action, who was with the Grand Beach Area and Development Corporation and he got it done. Within



EXPRESS PHOTO BY ARNIE WEIDL
Jamieson Borys of Winnipeg with a pickerel he caught off Chalet Beach.

hours, anglers were flooding across the access point, including little Hunter and her wonderful grandpa — and that's how she was able to get on the ice and catch her first fish.

Along with Grand Marais, the mayors, councillors and road folks at St. Clements, St. Andrews and Dunnottar have also opened access points with on-ice parking lots at Balsam Bay and the Matlock Warner Road. Good job, guys. You're all just the best.

On the weekend off Chalet Beach, I ran into a chap, Tom Balzer of Argyle, who told me he snagged a small rock with a zebra mussel on it. Wow.

Not far from him, Jamieson Borys of Winnipeg showed me a pickerel he had just caught as we marvelled at the sea of shacks seemingly stretching clear across good old Lake Winnipeg.

By the way, the ice-cutting guys will be starting on the Red River just north of Netley Creek on Feb. 18.

See you next week. Bye.

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letters

Letters to the Editor: letters@expressweeklynews.ca

What does our future hold for the next generation?

Greetings:

We are so fortunate in the Interlake to have several newspapers to bring us entertainment and news. Each one is relevant and important. However, I wish to send a compliment your way for the quality of photography and printing that I see in the *Weekly Express News*. It is unrivalled in the Interlake.

Kudos to Patricia Barrett for her stunning photograph of the Ukrainian dancers that graces the cover of this week's paper. The photo is crystal clear and the colours are brilliant! Keep up the good work. It has definitely raised the bar in the region.

Doreen Pendgracs
Matlock, Manitoba

The economic impact of snowmobilers is impressive

In response to the Letter to the Editor published in the Jan. 26, 2017, edition of the *Express Weekly News* "Should snowmobile routes be allowed in Gimli."

Approximately 20 years ago, a delegation made up of members of the Interlake Snow Trackers snowmobile club made application to the Gimli town council to develop in-town designated snowmobile routes.

The request was made to allow safe and reasonable snowmobile access from homes in the town, down the lane to the nearest authorized route to either the Lake Winnipeg trail or the Highway 9 trail. This was to eliminate the need to "trailer" to the trail head.

Secondly, the need became obvious for touring snowmobilers, and Gimli gets many, to be able to legally and safely access services within town limits.

By designating routes and limiting time of operation, the system has performed reasonably well over the years. Many other rural Manitoba communities have since adopted similar allowances.

The economic impact of snowmobiling is rather impressive in Manitoba. Keep in mind, snowmobilers need to access goods and services frequently. After all, they can't sleep in pup tents or carry picnic baskets.

As for the curmudgeons who disagree, do some research and sign your name on the complaint.

Respectfully, Bob Aitken

The more grandchildren I have, the more saddened I am at what seems to be a growing lack of reverence for life in the world that I will leave them. Wherever I look, life seems to be getting cheaper and cheaper. Zero tolerance for tolerance and compassion is rampant. Have these become unacceptable "elitist" concepts?

A certain amount of craziness has always been a part of the human experiment, but it has now reached a level of nutty that borders on self-destruction of the species. Whether it has to do with refugees, radical religious nuts, gun nuts, the pipelines versus solar panels debate, a woman's right to have domain over her own body, what to call someone who is neither he nor she, etc., etc., we no longer seem to know how to find anything close to an amicable accommodation of our perceived differences. We don't even know how to talk about them.

Most alarmingly, with a few exceptions, this phenomenon seems worst at the highest levels of "leadership," where you might expect, well ... leadership, perhaps a higher example to follow or some calming words, but instead we regularly get riot-inciting rhetoric seemingly designed to bait or inflame anyone holding an

opposing view.

Our premier seems to want to beat on the indigenous population, which wants to beat on white folks; a couple of terrorists in Quebec want to attack local Muslims, and radical religious nuts of every stripe want to attack everyone who is not like them. And President Trump, well ... he has a different focus of attack every day. The "Us and Them" view of the world will soon have more followers than Jesus Christ and Mohammed put together. Where will it end?

Doesn't living in peace with one's neighbours always start with having enough respect for them to at least listen with a bit of compassion to their perspective on any issue? Is such a notion passé in today's world? Is there something in the water, or is it some kind of genetic deterioration that causes people to react to issues as if there are only two clearly defined sides — their own "correct" view, and all others, which are completely intolerable, along with anyone who holds them.

Fighting each other for its own sake, with the intent to win at all costs, seems to have become the objective rather than respectful discourse aimed at finding accommodation (a definition of democracy?). The mo-

dus operandi of modern communication is to start out with the notion that you already know all there is to know about the issue at hand and that only you are right and just and have God on your side, even if it means creating "alternative facts" to prove it. The battle cry is "Win at all cost!"

Minimally, as seems obvious, this "way of life" leads to the kind of world we have today, a world of ever-deepening polarization, intolerance and mindless savagery, a world that I am ashamed to leave to my grandkids, a world in which the words of Saint Francis of Assisi are laughable, if they come to mind at all:

...Where there is hatred, let me sow love;

Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

O Divine Master, grant that I may not so much seek

To be consoled as to console;
To be understood as to understand;
To be loved as to love...

Respectfully, Rick Johnson
Winnipeg Beach grandfather

Stakeholders rally for support to open Lake St. Martin Emergency Channel

By Jeff Ward

The Association of Lake Manitoba Stakeholders (ALMS) president Jack King is asking residents along Lake Manitoba to show their support for the province to use the Lake St. Martin Emergency Channel to protect the northern communities.

King said that he doesn't want a systemic problem on Lake Manitoba to be fixed by causing another community the same hardships faced by many Interlake residents in 2011. For the province to keep the Fairford River Water Control Structure (FRWCS) open, the province will also need to open the Lake St. Martin Emergency Channel so that Dauphin River and Little Saskatchewan First Nation aren't flooded out. King said that he supports the idea as it helps relieve the pressure on both lakes before the spring melt.

Manitoba Infrastructure recently filed an Environmental Act Proposal for the interim operation of the

emergency channel. The proposal outlines future potential emergency operation between the spring of 2017 and the completion of construction on the permanent additional outlet, which is estimated to be completed in 2021. The proposal states that the outlet will be opened when levels on Lake St. Martin are forecast to be above 244.7 m. and would stay open until levels reach 244.1 m.

"What this allows them to do is keep the Fairford open without risking northern communities," said King.

"And for our members, it fits well with what we've been saying since the beginning. We don't want a solution that will create a problem for another community. We're facing down a lot of water from Lake Winnipegosis, so keeping Fairford open is basically the only way we keep levels down on Lake Manitoba."

King conceded that in terms of government action, there's really only a few things that keep levels

low on Lake Manitoba — keeping the Portage Diversion closed and keeping the FRWCS open. All of the other factors that regulate water levels are simply an act of Mother Nature and are completely out of anyone's control.

King said that one of the most noticeable changes in this new government's flood preparation is their willingness to talk and listen to stakeholders in the area.

"Quite honestly, it feels like a consultation process with them. Meetings haven't been antagonistic like they were in the past and they've been more problem solving. Their approach is collaborative and so is ours. We hope to be meeting with more communities over the next little while to learn more," said King.

Those interested in writing a letter of support or opposition about the proposed plan can email Bruce Webb, environmental engineer from the Environmental Approvals Branch, at bruce.webb@gov.mb.ca.

Gimli students celebrate I Love to Read month

By Patricia Barrett

Students at Sigurbjorg Stefansson Early School will be hosting guest readers in February to help them celebrate I Love to Read month.

"This month, we have visitors every day," said principal Rosanna Cuthbert, "and we have the kindergartens inviting parents and grandparents."

Last week, the grades K-4 students enjoyed readings from Sgt. Rob Gray of the RCMP, Robin's Donut mascot Robbie the Robin and Gimli MLA Jeff Wharton.

Robin's store owner Cheryl Buhler accompanied her mascot to the school, where he read *The Pigeon Needs a Bath*, an amusing story about a pigeon who doesn't like baths but, with a little encouragement, finds they can be great fun.

The popularity of the yearly reading and literacy celebration has the school scrambling to schedule time for guest readers. Cuthbert said they've had to reschedule a few special events because they don't want to turn anybody away.

Upcoming guest readers include the school's two custodians, school board trustees and Evergreen School Division Supt. Roza Gray.

The Manitoba Reading Association, a provincial council of the International Reading Association, celebrates I Love to Read every February. The association promotes the love of read-

ing in schools and communities. The theme this year is "Literacy for Joy and Justice."

Cuthbert said SSES students engage in reading every day in addition to taking part in dedicated events, and she makes sure print books are available in all the classrooms. Her own office is chock-full of books that she lends to teachers.

"Our typical day is very literacy-focused," she said, "and we also allocate a lot of our resources to high-quality books in our classroom — not just our library. Every classroom gets a huge allocation each year ... because I feel it's very important that not only is our library extremely rich with books but that our classrooms are full of books."

Cuthbert also ushers students into the gym once a month where she reads to them.

"I read to the whole school once a month on social justice. I use the overhead projector and I read a book about children's human rights," she said. "The theme [pertains to] social justice, global issues, the rights of children and how we are to treat people with respect."

The school's focus on literacy practise has seen success in the classroom, she said.

"Last week, I was in a kindergarten classroom. One group was building a tank, and they had drawn a diagram, labelled it and were constructing it.



EXPRESS PHOTO BY CHERYL BUHLER

Robbie the Robin's Donut mascot and Robin's owner Cheryl Buhler visited with SSES students to help them celebrate I Love to Read month.

But the cutest thing ever was while they were building, they ran to the table to get a book on tanks and they were reading and looking at the picture to get information for the next step of their project," said Cuthbert.

"We want kids reading for enjoyment, but we want to teach them to read for information, check for information and check for understanding — those are curricular outcomes."

Kindergarten students are currently undertaking a gently used book drive until Feb. 17. The books they collect will be donated to other children.

On Feb. 27, SSES will be holding its annual STEAM Fair to showcase student learning.

"It's a celebration of science, technology, exploration, art and math," said Cuthbert. "It's like a science fair, but it's inclusive of all subjects."

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Cross to the dark side this Valentine's Day

By Patricia Barrett

Shame on you if your idea of Valentine's chocolate for your sweetie constitutes a careless swing of the arm towards a heart-shaped box of brand-name chocolate on a store shelf.

Think about this: did Valentine, the third-century Roman Saint responsible for overseeing the well-being of those committed to Christian union, prowl vendors' stalls in the shadow of the Palatine Hill for a sugar-laden chocolate confection whose effects dwindled in roughly the same amount of time it later took to haul him in for questioning and beheading?

I think not.

Run-of-the-mill chocolate doesn't measure up to the long-lasting power of that containing high concentrations of cocoa (alternatively spelled cacao), according to the Interlake's Queen of Chocolate.

Doreen Pendgracs has travelled the world on an aptly named "chocolatour" in search of cocoa producers and chocolate-makers quietly trouncing big candy bar companies in the purity/quality department.

"You're now crossing into the dark side," she said as she laid out several samples of the good stuff (sans highly addictive sugar) during a cocoa-literacy exercise she hosted at her Matlock home.

Amsterdam-based Original Beans is one company that sources cocoa beans from around the world. It makes about 10 different chocolate bars, each with its own "personality," title and unique story.

The Cru Udzungwa bar, for example, is 70-per cent cocoa derived from beans grown in Tanzania. It contains nibs (pulverised beans) and pays homage to African elephants.

"Warm whispers of orange and toffee reverberate as the Cru Udzungwa makes its way through your senses, echoing the elephants' playfully winding journey from the mountain forest to the savannah," said Pendgracs, quoting from the bar's wrapper.

Patience is key to an enlightened dark-side journey. This isn't chocolate you find at a highway rest-stop and quickly stuff in your mouth. Having hosted chocolate-appreciation events in Winnipeg and the Interlake, Pendgracs knows the art of fine chocolate consumption.

One must take a mouse-sized portion on the tip of the tongue and adroitly manoeuvre it to the junction of the hard and soft palates where it will slowly melt and release a veritable garden of flavour.

Pendgracs, trying the Cru Udzungwa for the first time, signalled her approval by slapping her palm several times on the kitchen counter before saying, "That is absolutely delicious. Holy S--t."

Expletive is right. There's no other way to describe the artful onset of earthy flavours inherent in this cocoa bean from the east coast of Africa.

Cocoa plants are grown in equatorial regions. They contain hints of fruit and nuts because they're often grown among food-bearing plants, said Pendgracs.

"You always get notes of acidic berries in Peruvian chocolate."

And those mindful of weight don't have to worry about entering the dark side and exiting with a whole host of excess baggage, so to speak.

"When you eat this kind of chocolate, it tells you when enough is enough," said Pendgracs. "It's true. You don't gorge on good chocolate — it's like open-



EXPRESS PHOTO COURTESY OF DOREEN PENDGRACS
Pendgracs visited a spa where she underwent a cocoa facial while conducting research for her book on the world's best chocolate.

ing a good bottle of wine. You would never drink the whole bottle and it's the same with the chocolate: one or two pieces and it's plenty. Trust me. It's not a [matter of] tolerance. It's just that your mind says, 'OK, I enjoyed that, but that's enough.'"

The after-effects of 60, 70 or 80 per cent chocolate are nothing like those you get from a chocolate candy bar, which sends you skywards for about 15 minutes then suddenly drops you without a parachute. You might as well shovel heaping teaspoons of sugar into your mouth because that's the main ingredient in the cheapies.

There's also stuff like "sodium bicarbonate, yeast, polyglycerol, poly-something else — this isn't even nearly the worst," said Pendgracs, rattling off the ingredients on a candy bar.

In addition to purity, Original Beans adheres to an ethos sure to please environmentally and socially conscious Western-Hemisphere consumers. The company plants one tree for every bar sold.

"Each tree planted in a healthy cacao forest absorbs 274 g more CO₂ than a chocolate bar emits in production," states the package.

The company also provides female cocoa producers with "seedlings and education."

Consumers may be unaware of the "other" dark side of cocoa production.

Child labour — which is getting worse, not better — and low wages paid to cocoa farmers are big issues in the chocolate industry, said Zack Gross, outreach co-ordinator with the Manitoba Council for International Cooperation.

"How do you feel," he asked, "if you're eating a chocolate bar and you realize little kids are chopping down the cocoa pods, cutting them open, getting injured and not going to school? ... People [western consumers] need to be shocked into doing something about it."

Poverty drives farmers to use child labour in West African countries, wrote Gross in a book review of *Chocolate Nations* for the Winter/Spring 2017 edition of Fair Trade Magazine.

"I think a lot of the conventional chocolate companies, like Cadbury or Hershey, are actually starting

to be more aware of the fact that they've got to be better to their producers," he said, "or they're going to find themselves without any chocolate to sell."

Cocoa plants are also suffering from climate change, prompting some companies to invest in sustainable farming methods.

Consumers can do their part, said Gross, by buying chocolate labelled Fair Trade, a system that provides growers with a 10 per cent premium.

"When you're buying Fair Trade chocolate, you're supporting a system that's not only going to pay people better, but it's also going to keep cocoa plantations or co-operatives going."

Another plus to Fair Trade chocolate is that it tends to be "more gourmet or higher quality," he said.

In her 2013 book, *Chocolatour: A Quest for the World's Best Chocolate*, Pendgracs included a section on companies mindful of sustainability and ethical practice.

But her focus is the "gourmet" aspect of chocolate.

And to accentuate the pleasure of fine chocolate, she laid an assortment of different libations before the *Express* and asked, "Do you really want to go over the top?"

She moved from a dry stout to a spicy whiskey to a vanilla-infused liqueur. Finding the right combination of bean and booze is no doddle.

"We don't need too much [alcohol]," she cautioned. "It's just to get the flavour."

Where the journey took a sharp turn was the moment Pendgracs laid out two samples of 100 per cent chocolate (company names obscured) made from beans grown on different continents.

There's no nice way to say this: full-on cocoa tastes awful. One sample tasted like a piece of gyprock doused with tincture of iodine.

It may only be a matter of acquired taste, though. Don't make a yucky face like Pendgracs did and head for the dustbin. If you can master head cheese or pickled herrings, 100 per cent chocolate should be a snap.

As to claims that cocoa can prevent disease, take them with a grain of salt.

Cocoa has been said to help reduce chronic inflammation that marks diseases such as rheumatoid arthritis, coronary artery disease, diabetes mellitus and Parkinson's and Alzheimer's disease, but medical research has yet to deliver conclusive evidence.

A 2016 study titled "Impact of Cocoa Consumption on Inflammation Processes — A Critical Review of Randomized Controlled Trials" in the journal *Nutrients* states that "the evidence for anti-inflammatory effects of cocoa consumption is currently low. Further RCTs [randomised controlled trials] ... are needed."

St. Valentine himself may have been able to cure disease. Known as the patron saint of epilepsy, he performed "miraculous cures," according to the University of Oxford's Pitt Rivers Museum, which has a significant amulet collection.

Whether he did it with dark chocolate is unknown.

Pendgracs is hosting a one-day "chocolatour" of Winnipeg chocolate companies on Friday, May 12th. A private coach from Gimli will depart at 8:30 a.m. Cost is \$95 per person. Call Doreen at 204-389-4177 or email doreen@chocolatour.net to reserve a spot.

Foster Ag Services in the running for \$15,000 award; needs public vote

By Patricia Barrett

Foster Ag Services, located west of Arborg, is in the running for a \$15,000 prize that an agricultural chemical company is sponsoring.

But Foster needs the public to vote for it online in order to pull ahead of the other Manitoba contestants.

ADAMA Canada's Thank-a-Retailer Community Contest recognizes companies that have provided exceptional customer service. It is giving four outstanding retailers from Western and Eastern Canada a grand prize of \$15,000 each.

If Foster wins the contest, it won't have the prize money in its hands for very long.

"The prize money is supposed to go towards the community," said Foster's agribusiness assistant, Kiah Stoyanowski, explaining how the contest works.

She said Foster has earmarked the money for new dressing rooms at the Arborg Recreation Centre and for an outdoor classroom at Arborg Early Middle School.

A community member nominated Foster because "it's a good cause for the community," she said.

Under each nominated company on the Thank-a-Retailer website, a description is available of how it supports its community.

"Foster Ag Services supports the community in a variety of ways. Along with being an executive on KAP (Keystone Agricultural Producers) for the past 10 years, Foster ... assists with the following: donation of custom application for the Canadian Food Grains Bank for past 15 years; donation of custom application to the Arborg & Riverton Curling Clubs for the past 10 years; vital to the success of the Curling Club [as] board members [and

for contributing to] renovations, construction projects and installation of artificial ice; partnering with Reechka Ukrainian Dance Club in a unique corn fundraiser ... [which] raised over \$10,000 in the past 10 years."

Foster supplies agricultural products to customers in the Arborg, Riverton and Fisher Branch areas.

Winnipeg-based ADAMA is a chemical company that has been supplying the Canadian agricultural community with products since 2008.

ADAMA sponsors the contest to thank companies that go the extra mile to help their customers. In a video posted on its website, it says, "There's a certain kind of person who goes over and above, day after day ... not for praise or recognition but because it's the right thing to do."

Foster needs to earn a healthy online vote in order to help it take home the prize. People can visit the Thank-a-Retailer website once per day to vote.

There are seven Manitoba companies vying for the prize.

As of Feb. 5, Foster was in second place with 5,850 votes, slightly behind Munro Farm Supplies from MacGregor with 5,917 votes.

The judging criteria is also available on the website.

In addition to points earned for "passion and contribution" to the community, Stoyanowski said online votes make up 50 per cent of the points.

"And shares on Facebook and Twitter count for a certain percentage," she said.

Visit www.thankaretailer.ca and click the "Vote" tab at the top of the page or search for Foster Ag Services by province. The contest closes Feb. 28.

The winners will be announced in March.



EXPRESS PHOTO COURTESY OF KIAH STOYANOWSKI

Foster Ag Services has been nominated for a \$15,000 prize that will go towards community projects in Arborg.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Foster Ag Services decorated its float with corn for the 2016 Arborg Fair and Rodeo Parade.

Eriksdale New Horizons doubling down on popular programs

By Jeff Ward

The Eriksdale New Horizons club is doubling down on their most popular programs and services following their annual general meeting in January.

The Congregate Meal program remains a weekly fixture with more than a dozen seniors taking part in the weekday program.

The healthy and low-cost meal program, which also delivers to some seniors, is an important one and serves great food to low- and fixed-income seniors. Club secretary Yvonne Groff explained that the sustainability of the meal program is a high priority for

the board, as well as promoting their drop in programs like card crafting and games.

Groff said that the club is a place where seniors can gather with one another in a space that's catered just for them, and that community support is vital to its success.

"We have a few fundraisers coming up that will help us fund our programs," said Groff.

"We try to keep the cost of our meals low because we don't want to price anyone out of them. Thankfully, our cooks are also very good shoppers and our local stores treat us well too."

The board will not be doing any renovations to the building this year and Groff said that the purchase of some new kitchen appliances last year have really made life easier.

Membership is one of the best ways that residents can help support the club. The annual \$15 fee helps the finances of the club, but more importantly, the board will have better success with future grant applications if they can show a long list of members.

Groff said that the membership is at approximately 40 and that they tend to pick up a few new members each year.

"It's good to see those new members come in and replace the ones that are no longer with us. We are a local non-profit organization, and when they support us, we're able to directly benefit the seniors in our community. It helps them get out of the house and socialize," said Groff.

The reality is that even if you don't need the services of the club now, at some point you might. And donations of support now help keep the club open for the next generation of seniors in Eriksdale.

Your FARM



Updating the public's image of modern agriculture

By Harry Siemens

Speaking at the Manitoba Swine Seminar in Winnipeg last week Dr. Frank Mitloehner, a professor and air quality specialist with the Department of Animal Science at the University of California, Davis says the persistent red barn image of agriculture is misleading the public and needs dispelling if modern agriculture is to be free to meet the challenge of feeding the world.

In only 40 years, the world's population has doubled and it's on pace to increase by another 50 per cent in the next four decades.

Mitloehner says to feed that growing population, agriculture must become and be allowed to become as efficient as possible.

"I think we are on the right track with respect to how we produce livestock today, but we're not on the right track on how we communicate as to how we do it and why," he says. "One of the stories that you hear out there

is that in the 1950s and 1960s we had a much better agricultural production then. Everything was greener and therefore less environmentally harmful. The opposite is true."

Mitloehner says farmers then needed three to four times more animals to produce the same amount of food under conditions that were not welfare enhancing.

"We had to tie animals onto equipment. We had to hand milk or hand raise animals. We had to, or we did put manure straight into the next stream to get rid of it. All of these things are unthinkable today," he says. "We are a much more sustainable animal agriculture today than we were in the 1950s and 1960s, but this red barn idyllic picture is in the heads of people. They think that's what they want, but I don't think they know what that entails."

Mitloehner says the animal agriculture field needs to step out of their cave and really engage with the public

who increasingly often want to know how farmers produce animal protein and why. He stresses they need to be proud of their story and to share it others if they want to stay in business.

MORE EFFICIENCIES NEEDED

At the same conference, Dr. Candido Pomar, a research scientist with Agriculture and Agri-Food Canada, says that as the human demand for protein grows, it will become increasingly important for livestock producers to make more efficient use of the nutrients fed to livestock.

As part of research being conducted in partnership with Swine Innovation Porc, scientists are developing precision feeding strategies designed to provide each pig with the exact amount of nutrients necessary to optimize growth.

Pomar says by tailoring rations to meet the specific nutritional needs of each pig, farmers will be able to reduce the total amount of nutrients

provided to the herd by about 25 per cent.

"We are expecting, in the coming years, that we are going to be competing with human nutrition because the human population is growing more and more and also meat consumption is growing, particularly driven by China," he says. "China's consumption per capita is increasing very fast so it is not going to be too long that available protein has to be used for humans and animals so improving the efficiency is an essential element because otherwise we are going to be in competition with human nutrition and we can not be there."

By tailoring the nutritional content of rations to provide each pig with exactly what it needs to maximize growth, farmers will be able to cut production costs while also reducing the amount of nutrients excreted into the environment, says Pomar.



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LED lights at Ashern Arena rejuvenate aging facility

By Jeff Ward

The simple act of replacing light bulbs at Ashern Arena has reignited the passion many have for the facility, and the new LED lights are going a long way to provide a more enjoyable experience for fans.

Thirty-two high-efficiency LED light bulbs were installed in January for approximately \$19,000. According to Ashern Arena board president Tyler Geisler, the new bulbs will save \$600 to \$700 a month in hydro and will pay for themselves in just under three years.

The upgrade is all part of a future first initiative that Geisler has been pursuing since he became president in October 2015, and one that he is excited about.

"I've been looking into this since I started, and although it took a lot of leg work, it will be worth it," said Geisler.

"It makes the arena feel newer, and even just playing hockey in there now, the place feels different. It's brighter, more inviting and more awake. What I want to accomplish is to make the facility sustainable long term. It's not just about being able to pay next months bills; it's about building capital."

With the large investment in the arena today, Geisler is hoping that in

a few years, the savings can fund other capital projects. The LED bulbs will only have to be replaced once every 10 to 15 years. Geisler said that each year, four or five bulbs of the older bulbs needed to be replaced.

Each LED bulb is valued at \$380, while the old bulbs cost \$40; however, the LEDs are energy-efficient and will need to be replaced at 1/15th the frequency.

"The good news is that we have our CFY fundraiser coming up, which should help us pay for that expense, and we were approved for a grant that will reduce our cost as well. If they had done this 10 years ago, we would've saved \$40,000, so I'm really happy we're doing this now," said Geisler.

The improved lighting provides a renewed sense of excitement around the arena.

Geisler said that this small change has brought in a few new volunteers who want their children to spend more time in the arena. He explained that in the coming months, volunteers will be painting the bleachers the Ashern Hornets' colours — white, gold and black — and scrubbing off puck scuff marks from the boards.

There are also kitchen renovations slated for the summer with a slew of new appliances, countertops, flooring and backsplash. There is a even a



EXPRESS PHOTOS SUBMITTED

New lights in the Ashern Arena have created a much more inviting venue for fans and skaters. The project cost \$19,000 but will save hundreds each month in hydro costs.

brand new sign out front.

"When people see things like that, it becomes infectious and it helps a lot as we try to get everyone to work as a team," said Geisler.

According to Geisler, there is a feeling of excitement around the facility and he hopes to use that feeling as momentum for future restoration projects.

Mercedes Benz and AMG Mythbusters #2

By Melanie Paterson of Driving Unlimited

Most times, we position ourselves incorrectly behind the wheel and, under the guise of comfort, cost ourselves valuable control and reaction time.

In sports, we pay attention to body position, yet we get in our vehicles and position ourselves like we are sitting relaxing on the couch and watching TV. This can cause lack of control when dealing with emergency situations.

The proper way to position yourself is to pull the seat base close enough to the pedals so that you can put your foot all the way on the brake pedal and still have a slight bend in your leg. Then you need to adjust the seat back more upright so that you are supported by your skeleton, not your muscles.

The rule of thumb is that if you have to lean on the centre console, the door or the steering wheel, it means you are out of position.

Tilt or telescope your steering wheel so that you can hold the wheel at the

9 o'clock and 3 o'clock position and get it close enough to you have a good bend in your elbows. Holding the wheel at 9 and 3 gives you the ultimate control as you can steer 180 degrees in either direction without having to take your hands off the wheel and being close enough to the wheel ensures your shoulders don't come off the seat when steering.

The 9 and 3 hand position is also important because airbags come out of all steering wheels, and 9 and 3 keeps your arms outside the airbag while other hand positions can cause your arms to be caught between the airbag and your body in the case of a deployment.

The last part to the seating position package is using what is called the "rest pad." It is a flat area that is to the left of the clutch or brake pedal. You should leave your left foot there all the time and put pressure on it when you are braking, cornering or accelerating, pushing your hips back in the seat with the left leg to help stabilize your body.



EXPRESS PHOTO BY PATRICIA BARRETT

The cars used for the Mercedes-Benz and AMG advanced winter sport driving program that is underway in Gimli head down Goldfield Drive to fuel up for an afternoon of driving fun on Lake Winnipeg.

Also, when you hold your body back with your leg, you can stop gripping or pushing on the wheel and use

the steering wheel as a control, not a brace.

Sigurbjorg Stefansson fund gets Gimli library a new floor

By Patricia Barrett

A special fund set up by a former teacher is covering the cost of new flooring for the Gimli branch of the Evergreen Regional Library.

Sigurbjorg Stefansson, who died in 1985, set up a fund for the town of Gimli (now the RM), which owns the library building and is responsible for its maintenance.

Stefansson was a teacher and philanthropist who “helped establish the public libraries in Gimli, Arborg, and Riverton” and who “single-handedly created the largest library of Icelandic books outside of Iceland at the Gimli Public Library,” according to the Manitoba Historical Society’s website.

Contractors installed the new floor last week.

“It has been long overdue,” said Gimli Coun. Danny Luprypa, who is also finance chair of the ERL. “There

were soiled rugs from years and years and years ago. We’ll never have to do this again, apparently, because it’s very long-lasting flooring.”

Like the RM, the ERL will pay nothing towards the cost of the new flooring.

“Not a copper,” said Luprypa. “We’re taking the money from the interest [accrued] by the Stefansson fund. When she passed, [she] left a ton of money to the town and to the library in a special fund in which the interest is used to upgrade the library. If we need to buy bookshelves, install flooring, build an addition or put in new windows — it comes from the interest on that fund.”

The final cost of the upgrade is unavailable. The RM’s administration office said it hadn’t yet received a final bill.



EXPRESS PHOTO BY PATRICIA BARRETT

A contractor installed new flooring in the Gimli library last week.

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2 It has been between 3,000-5,000 miles since your last oil change.

- To keep your vehicle running smoothly and prevent costly damage, you should change your oil every three to five thousand miles. Check your owner’s manual for your vehicles specific recommendations.
- Changing your oil and filter regularly keeps your engine lubricated and running smoothly and can help increase your fuel economy.

3 The check engine light is on.

- Never ignore a check engine light. It could be warning you of a serious and potentially dangerous problem. If the light is on, bring your vehicle in as soon as possible.
- When you bring your car in, a professional can hook your car up to their computer and quickly diagnose the problem.

4 You’re hearing sounds that are strange for your vehicle.

- Clunking: If you hear a clunking type noise, you could have a problem with your shock absorbers. This could affect your brakes, handling and steering.
- Grinding: If you hear a grinding when you stop, your brake pads are probably extremely worn. Bring your car in right away.
- Squeaking: Squeaking brakes could be something as simple as sand or water in your brakes. But, it could also be the beginning of something a little more serious. If it lasts longer than a day or two, you may want to have a professional look at your car to rule out any more serious problems.
- Squealing: If your breaks squeal each time you press on them, it is probably time to have your brake pads replaced.
- Ticking: A ticking noise coming from the engine could mean you are in need of an oil change. You should not hear this noise if you are performing regular oil changes. This sound could indicate a leak or that you have simply gone too long without an oil change. Putting off oil changes could result in expensive damage and even eventually make you have to replace your engine.
- Whirring: A whir type noise coming from your engine could mean you are low on power steering fluid. Bring your car in to make sure that there isn’t a leak.

5 You find fluid puddles under your parked vehicle.

- Your vehicle uses several fluids to run smoothly. If these fluids leak, it could potentially lead to expensive repairs.
- These are the six most common fluids you may find under your car: brake fluid, coolant, engine oil, power steering fluid, transmission fluid, and water.

6 The car shakes.

- Shaking, especially when switching gears, could be a sign of a transmission problem. Both manual and automatic transmissions may need the help of a professional.

7 The car pulls to the left or right when driving.

- When a vehicle pulls in either direction when you are driving, it usually means that your alignment is off.
- Properly aligned tires keep strain off of your vehicle and prolongs the life of your tires. If you are pulling, bring your vehicle in for an alignment as soon as possible.

8 The tire tread is low.

- Your tires need a certain amount of tread in order to keep you driving safely on the road. Worn tires fail to “grip” the road properly and could cause a skid, especially in wet conditions.
- If your tread is low, it is time for new tires. How will you know? Try the penny test.

9 There are strange smells coming from your vehicle.

- Burnt Carpet: This typically happens if you have been riding your brakes hard and indicates that your brake pads are overheating.
- Burnt Toast: This indicates a problem with the electrical system. It usually means that there is an electrical short or burning insulation. The only time you should be driving this vehicle is if you are bringing it straight in to an auto repair shop.
- Exhaust Fumes: Exhaust contains carbon monoxide and can be very dangerous. If you smell exhaust in the passenger compartment your vehicle needs serviced right away.
- Gasoline: This can be as simple as the smell is on your clothes or as serious as a fuel leak. If you have ruled out the possibility that the smell is coming from your clothes, have your vehicle maintenance right away. Do NOT smoke near the vehicle.

10 You fail emissions.

- If you fail emissions bring your car in to a professional and they can diagnose and solve the issue.

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Liberals stress consultation with First Nations on emergency flood channel

By Patricia Barrett

The provincial government applied for an operating licence to re-open an emergency flood channel that connects Lake St. Martin to Lake Winnipeg, but it's unclear whether it had consulted First Nations when it requested that licence last December.

The government placed advertisement in the Jan. 26 edition of the *Interlake Spectator*, stating its intent to re-open the emergency channel and asking for feedback by Feb. 27.

The proposal could not be found on the province's online public news releases.

Interim Liberal leader Judy Klassen said she wasn't aware of the Conservatives' proposal until it recently appeared in the media and wonders whether the government consulted First Nations people, many of whom are still displaced as a result of the 2011 flood.

"There are so many evacuees that still are homeless in a sense. They're living in hotels," said Klassen, who became interim leader in October 2016. "They don't have the means of getting that information. [It's the] same thing up in the north — you post something online and you have no Internet access up north. How does that work? It's not really getting to the people."

Based on records supplied to Klassen's office as of October 2016, there are 1,987 flood evacuees from six First Nation communities that are receiving assistance from Ottawa, she said.

"I know somebody is keeping track of these people. Somebody has that list," said Klassen, who is also MLA for Kewatinook and represents 14 First Nation communities. "They [the government] can afford to mail every one of those people ... that information."

The emergency outlet was constructed in 2011 to lower the levels of Lake Manitoba and Lake St. Martin. It was closed in November 2012 as required by federal regulatory authorization. It was re-opened again in 2014, according to Lake Manitoba and Lake St. Martin Outlet Channels Conceptual Design, a document outlining several options for permanent flood protection.

Evacuees from Lake St. Martin are living in various locations in the province, including a former radar base near Gypsumville.

"It's just been horrendous. I've heard that at least five people have committed suicide," said Klassen. "Eighty-two people have passed on since they were evacuated."

Klassen said she has addressed in the legislature the need for the government to consult First Nations people on issues that affect them, and it's something the Liberal party had stressed after the 2011 flood.

River Heights MLA Jon Gerrard, former leader of the party, undertook extensive interviews with flood victims and released a 2012 study, including recommendations, titled *Final Report - Flood of 2011*.

As regards First Nations communities, Gerrard stressed the need for consultation:

"Recommendation 36: Review, together with First Nation communities and the federal government, the procedures followed in relation to the 2011 Flood in order to improve the quality of consultations, decision making and action in relation to flood prevention and mitigation and flood recovery."

The Tories proposal to re-open the emergency channel came after a review of hydrologic conditions which were provided in a 2016 Fall Conditions Report. It stated that Lake Winnipeg and Lake Manitoba are at the "upper end" of the operating range and Lake St. Martin above flood stage.

Manitoba Infrastructure then asked Sustainable Development for an interim operating licence.

"Manitoba Infrastructure would greatly appreciate if Sustainable Development could process this Proposal as soon as possible," wrote Mark Allard, project director for the Lake Manitoba/Lake St. Martin Outlet Channel in a letter dated Dec. 14, 2016.

The Jan. 26 newspaper ad states anyone "likely to be affected" by the re-opening of the channel can provide feedback to an engineer in the department of Sustainable Development by



EXPRESS PHOTO BY PATRICIA BARRETT

Water from Lake Manitoba passes through the Fairford River Water Control Structure at Highway 6, seen in this photo, and makes its way into Lake St. Martin. It flows east to the Dauphin River and out to Lake Winnipeg.

Feb. 27.

"That is their typical M.O. [modus operandi]: 'We've consulted the stakeholders,'" said Klassen, who grew up on St. Theresa Point First Nation. "No, you haven't. You have to define that. What does that entail?"

When contacted about the proposal to re-open the channel, former Pinaymootang (Fairford) Chief Garnet Woodhouse said a meeting is scheduled in a few weeks and has no comment for now.

In 2012, four First Nation communities — Pinaymootang, Lake St. Martin, Little Saskatchewan and Dauphin River — launched a \$950-million class-action lawsuit against the government, alleging it caused excessive flooding and displaced hundreds of people.

Some of the First Nation communities are represented by Interlake MLA Derek Johnson. When contacted, he said he was away but can speak about the emergency channel when he returns.

In a Jan. 29 interview with CBC Manitoba, the mayor of Dauphin River, a community located at the mouth of the Dauphin River (which receives flood water from the emergency channel) and which is close to Dauphin River First Nation, said his community will be devastated and that fish will disappear if the government re-opens the channel.

"They are not looking at the bottom end where we are, where they are dumping all of the water on us," Helgi Einarsson was quoted as saying.

Attempts by the *Express* to reach Einarsson were unsuccessful.

Before the 2016 provincial election, the Tories issued a news release dated March 23, stating a [permanent] outlet for Lake Manitoba would be their "top infrastructure priority" and that they "will build [it] instead of talking about it."

The release also stated the federal government had committed \$248 million to the proposal.

Klassen said she's heard nothing from the Conservatives about the permanent outlet.

"We're trying to hold him [Premier Brian Pallister] to account for all these election promises, and it's [the permanent outlet] never made that list."

As to the possible re-opening of the channel, Klassen said it might help if the government doesn't "deliberately" flood First Nations.

"My understanding is that if they keep it at a certain level, it mitigates the risk. If they're willing to keep it at that level, to not deliberately flood First Nation communities, it would be the safe thing to do," she said. "But we've seen they do the exact opposite: they save other places and put the First Nations people at risk."

Klassen said she has been touch with the Red Cross and will be receiving updates on possible spring flooding.

Those wishing to provide feedback to the proposed re-opening of the emergency channel can contact Bruce Webb, environmental engineer in Sustainable Development, by email bruce.webb@gov.mb.ca or can send a letter to Manitoba Sustainable Development, 123 Main St., Suite 160, Winnipeg, MB, R3C 1A5. The deadline is Feb. 27. For more information, call 1-800-282-8069.

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Tyrone Meldrum of the Fisher River Bantam team gets control of the puck in a game against the Stonewall Blues last Saturday. The Hawks scored twice in the third period to finish the game in a 3-3 tie.

City Midget, Bantam Lightning win games

By Brian Bowman

The Interlake Lightning City Midget hockey team notched a rare victory last week.

After a 9-2 blowout loss to Eastman to start the week, Interlake played in three competitive games in five days — winning one of them — as the Lightning prepare to wrap up their regular season this month.

"We had four games in (six days) and we got the victory over the Hawks 2-1," said Lightning head coach Mike Demidiuk. "And then we just ran out of the gas (Sunday) and lost to the Warriors. It was a tight game until the third period."

Interlake lost 3-1 to the Eastman Selects on Feb. 1 as Shaydon Mousseau scored the Lightning's lone goal in the first period, assisted by Jagger Bonkowski.

The next night, Interlake skated to the solid 2-1 win over the Hawks in Stonewall. Kyle Melo scored the game winner with just 51 seconds remaining in regulation time.

"The Hawks are a good hockey team and it was a real good victory for us," Demidiuk said. "We had a really short bench. We only played with, I think, 11 skaters but we had a really solid game."

Melo's goal was his second of the contest. Daniel Paseschnikoff, Ethan Daniels and Riley Wirgau had assists in the game.

Josh Bond was very good in goal for the Lightning, earning the well-deserved victory.

On Sunday, Interlake was outscored 8-5 by the Warriors at Notre Dame Arena in Winnipeg.



EXPRESS PHOTO BY ANNALIESE MEIER
The Lightning's Kyle Melo scored both goals in Interlake's 2-1 win over the Hawks in Stonewall last Thursday.

"We kept the game close right to the third period," Demidiuk said. "We had the lead for some of the

game but just ran out of gas."

Greg Paseschnikoff (two), Daniels (two) and Daniel Paseschnikoff scored for the Lightning. Melo led the Interlake with two assists.

The Lightning are back in action this Sunday when they host the Monarchs in Warren. Puck drop is 3:30 p.m.

Interlake will then play the Sharks on Monday in Stonewall. Game time is 7 p.m.

The Bantam Lightning also found the win column last week with a convincing 6-2 victory over the Rangers in Warren on Sunday.

Interlake's Rhett Woods scored the only goal of the first period and then the Lightning's offence struck four times in the middle frame. Cody MacMillan (two), Brett Tataryn and Cadrick Dueck scored to give the Interlake a 5-2 lead after two periods.

Hunter Warman then closed out the scoring in the third.

Jackson Kummen made 33 saves for the win.

Last Thursday, the Lightning had a good effort in an 8-5 road loss to the Hawks.

Austin Adair scored three times in the losing cause while Colby Bear and Kaden Stewart also tallied. Bear and Tataryn each finished the game with two points.

The next night, Interlake hit the road in a 7-3 loss to the Yellowhead Chiefs in Shoal Lake.

Tataryn, Ashton Charison and Carter Bateman scored for the Lightning.

Interlake will head north this weekend with a pair of games against the Wolves in Thompson.

Ice Dawgs blank Juniors in Peguis

By Brian Bowman

When the Arborg Ice Dawgs hooked up with the Peguis Juniors on Saturday evening, most people would have expected a lot of offence.

But only one goal was scored in the game.

Arborg's Josh Wilkenson scored the game's lone goal in the first period, assisted by Neil Sigvaldason and Corbin Pasternak, in the Ice Dawgs' 1-0 Keystone Junior Hockey League win in Peguis.

"It was a good team effort and everyone (played well)," said Ice Dawgs' head coach Cody Didychuk. "We scored only one goal but we won. Our goalie played very well."

Dylan Ossachuk was rock solid in goal, making 31 saves for the win.

Peguis now has a 20-10-0-1 record and 41 points, one ahead of Arborg in the Central Division standings.

"Right now, we can win our division if we win out," Didychuk said. "You just have to take it one game at a time."

Arborg has two big games this weekend, beginning Friday (8:15 p.m.) when it hosts the OCN Storm. The Ice Dawgs will then play the Fishermen in Selkirk on Saturday (7:30 p.m.).

Didychuk said his guys are starting to get excited with the playoffs coming up and Arborg hosting the Western Canadian Junior "B" Keystone Cup Championship in April.

"We're just taking it one game at a time and we have four regular-season games left and those are important games," he stressed. "And the playoffs are a fresh start for everyone."

St. Malo stops Peguis

On Friday, Peguis was downed 5-3 by the St. Malo Warriors.

St. Malo took a 3-0 lead on goals by Jordy Hill, Robert Guimond and Riley Hunter before Peguis replied with goals from Quinton Flett (shorthand-ed), Tye Turner and Dylan Stevenson before the second period ended.

Hunter and Dustin Wiebe, on the power play, scored for the Warriors in the third period.

Luke Penner made 38 saves in the loss.

Lundar loses pair

The Lundar Falcons were also in action twice last weekend, losing 5-2 to North Winnipeg on Friday and then were downed 8-2 by the OCN Storm on Saturday.

Sam Gelardi and Baily Proctor scored third-period goals for Lundar against North Winnipeg and then Jack Clinton and Brody Southby tallied against OCN.

Hawks clipped twice

The Fisher River Hawks were also in action last weekend, losing 6-5 to Cross Lake in overtime on



EXPRESS PHOTO BY LANA MEIER
Ice Dawgs' goaltender Dylan Ossachuk was rock solid in goal, making 31 saves for the 1-0 win against the Peguis Juniors last Saturday.

Friday and then 10-4 to the Islanders on Saturday.

Joel Wilson (two), Darryl Thaddeus and Rookie Stevenson scored for Fisher River on Friday.

In Saturday's loss, Nicolas Murdock, Arnold Mason, and Brennan Cochrane (two) gave the Hawks a 4-0 lead and then Jared Thickfoot made it 5-1 midway in the third period.

Cross Lake then scored four times in just a 6:25 span late in the third to tie the score at 5-5 before Tyler Monias netted the game winner in overtime.

Fisher River played at the North Winnipeg Satelites on Tuesday no score was available.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Deprez dominates at Winnipeg Beach bonspiel



EXPRESS PHOTOS BY AUDRY BOITSON

Left photo: Team Deprez, which included Jill Proctor, Laurie Ellwood, Kathie Allardyce and Laurie Deprez, won the first event at the Winnipeg Beach Ladies bonspiel. The second event was won by Candace Pike, Debbie Wood, Debra Acton and Brettlynn Wood. Audrey Boitson and her rink captured the third event. Right photo: Tenna Kinsky, Janis Sulyma, Michelle Peach and Audrey Boitson.

Submitted

The Winnipeg Beach Curling club held their annual Ladies Bonspiel Feb. 3-5 with 12 teams participating. The theme of this year's event was "Girl's Night Out" and teams were encouraged to dress up according to the theme for the supper and take their photo at a photo booth.

Winnipeg Beach ladies league representative Debra Acton organized the weekend. Acton also took the initiative to challenge participating teams and the public to bring donations of toiletries for the Interlake Women's Resource Centre throughout the weekend.

There was a big silent auction, with prizes donated

from club members and supporters and businesses including Noventis Credit Union, Beach Hotel, and Asham Curling Supplies. There were 50/50 draws held throughout the weekend and also a raffle for a one-night hotel stay donated by Gimli Lakeview Resort. The party was rocking Saturday night, which packed the club's upstairs with standing room only.

Team Deprez from Stonewall dominated the bonspiel. Deprez went undefeated and claimed the First Event title, defeating Gimli's Team Isfeld in the final. Members of Team Deprez curl out of different clubs (Stonewall, Granite and Deer Lodge). However, the team that played at the bonspiel was their team affiliated out of Stonewall that is curling in the

Senior Ladies Provincials in a couple of weeks.

The next event for the Curling Club will be the new "Cash & Candy" open bonspiel on Feb. 17 and 18 with a three-game guarantee. Teams receive cash if they win and candy if they lose, making everyone a winner.

Registration is \$160 per team, including a perogy and kubassa meal on Saturday, and is limited to 16 teams. Any combination of players is allowed to play in the fun, short bonspiel.

To register, call Rick at 204-886-2158 or Larry at 204-389-3086.

Ford wins first event at Winnipeg Beach men's 'spiel



EXPRESS PHOTOS BY AUDRY BOITSON

The Winnipeg Beach Curling Club held its annual men's bonspiel on Jan. 27-29 with 16 teams competing from around the province. Left photo, left to right: Team Ford which included Randy Ford, Wade Ford and Eugene Zelenitsky, defeated Dale Lott's rink in the first event, taking home a cumulative prize of \$1,000. Middle photo, Tanner Lott's team of John Loxton and Daniel Winters won the second event. Troy Bennet and his rink of Steve Sigurdson, Paul Sigurdson and Steen Sigurdson captured the third event.

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Part Time Position

The desired applicant will perform a variety of administrative and clerical work to help in the selling of cattle at the Ashern Auction Mart.

Job Description:

- Administrative - Data entry, Coordinating producer reports, Government filings, keeping financial records
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The applicant should possess the following skills:

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LAKE SHORE
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VISION and VOICE Divisional Ratepayers Public Meeting

- **Budget Information**
- **2017 - 2018 Planning**

**Division Office
Eriksdale, MB
February 28, 2017
Starting at 2:00 p.m.**

RURAL MUNICIPALITY OF WEST INTERLAKE

PUBLIC NOTICE

REGARDING THE INTENTION TO GIVE THIRD READING TO A BY-LAW TO ESTABLISH A WARD SYSTEM

PUBLIC NOTICE is hereby given pursuant to subsection 87(4) of The Municipal Act that the Council of the RM of West Interlake intends to give third reading to a by-law establishing a ward system for the purpose of holding a municipal election.

The third reading of the by-law is scheduled to be given at the next regular meeting of Council to be held in the Council Chambers of the RM of West Interlake; Ashern Office, on the 21st day of February, 2017 at 9:30 am.

Copies of the by-law to establish a ward system for the purpose of holding a municipal election are available for review and may be examined by any person during the regular office hours of the municipal office at 38 Main St. Ashern / 10 Main St. Eriksdale.

Larissa Love
Chief Administrative Officer
RM of West Interlake
January 30, 2017

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ANNOUNCEMENTS

BIRTHDAY



Mareena O'Gorman Wilks
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We were as proud as can be
Blessed with a beautiful Daughter
For everyone to see
So every year we celebrate
This very special day
To mark another milestone
As your life moves on its way
So a Big Happy Birthday to you
We wish you all the happiness in the world
We are thankful all year round
For our very precious girl
Happy 3rd Birthday

-Love always
Mom and Dad

ANNOUNCEMENTS

CARD OF THANKS

Heartfelt thanks to everyone who visited, phoned, sent food, baking, flowers and for making donations to the South West District Palliative Care in Stonewall and to the Warren United Church, in honour of our beloved husband, father, grandfather, great-grandfather and brother – Edward Peltz. Special thanks to Eileen Myskiw for the memories and to Gavin Jones for the eulogy, and for your years of being good friends and neighbours. Thank you to our two special daughters-in-law – Tracey for the family tribute and to Lisa for all the little things she did behind the scenes. Thank you to our Minister – Patricia Baker for her comforting words and for her wonderful service. And to Lana, we can never thank you enough. Thank you to the Stonewall Legion for taking care of the luncheon and to MacKenzie Funeral Home in Stonewall for their kindness and their service.

-Thank you,
Mina,
Mark, Lisa, Jason and Ryan,
Nicole, Ben and Robyn,
Tracey, Ashley, Derek and Lachlan
Keegan, Ashley and Sophia

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REPORTER/PHOTOGRAPHER

Are you a natural born storyteller with an eye for photography and interest in social media?

The Selkirk Record is currently seeking a full time Reporter/Photographer to join its multi-award winning weekly community newspaper with an average circulation of 16,500 copies.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories in Selkirk and surrounding areas.

The successful candidate must be able to track down breaking news and dig for original story and creative feature ideas that keep the communities we cover informed.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Self-starter with the ability to exercise solid news judgement
- Active on social media and familiar with Canadian Press style
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Exceptional organizational, written and verbal skills is imperative
- Knowledge about Selkirk and its surrounding communities would be an asset

Please forward your resumé, writing and photography samples to:

Lindsey Enns

Editor, The Selkirk Record

Email: news@selkirkrecord.ca

Deadline to apply is Friday, February 24.

The Selkirk Record



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get inspired

> MEAL IDEAS

Cajun garlic chicken thighs



4 servings / 1 hr
Prep 10 min / Cook 50 min

This is definitely a “slow-simmered” skillet of comfort! Tender pieces of chicken are smothered in a rich, brown, garlicky onion sauce. You’ll want to double this recipe and keep some in the freezer to pull out after one of those hectic days.

Ingredients

- 1 1/2 tbsp (22 mL) canola oil, divided
 - 4 skinned chicken thighs with bone in, trimmed of fat
 - 1 cup (250 mL) diced onions
 - 12 medium garlic cloves, peeled only
 - 2 tbsp (25 mL) all-purpose flour
 - 1 cup (250 mL) reduced sodium chicken broth
 - 1/2 tsp (2 mL) dried thyme leaves
 - 1/4 tsp (1 mL) black pepper
- Directions

In a large skillet heat 1 tbsp (15 mL) canola oil and heat over medium-high heat. Add chicken and brown for 3 minutes on each side. Set aside on separate plate.

Reduce heat to medium and add remaining 1/2 tbsp (7 mL) canola oil, onions and garlic and cook for 3 minutes or until onions are translucent, stirring frequently. Set aside with chicken.

Stir flour into pan residue in skillet and cook 2 minutes over medium heat or until beginning to lightly brown, stirring constantly. Stir in broth, thyme and pepper. Add chicken, onions and any accumulated juices. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 30 minutes or until chicken is almost tender.

Place chicken to one side of skillet, add and mash garlic cloves with back of a spoon. Combine chicken and garlic and turn chicken pieces over several times or until well coated. Cover and cook 5-7 minutes or until chicken is tender.

Pan Roasted Maple Dijon Chicken with Butternut Squash and Brussels Sprouts



Servings: 4

- 1 tablespoon olive oil
- 4 chicken thighs
- 4 chicken drumsticks
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon unsalted butter
- 16 Brussels sprouts (about 8 ounces), bottom trimmed, outer leaves removed and halved
- 2 cups diced (1/2 inch) butternut squash
- 1 1/2 cups chicken stock
- 2 tablespoons maple syrup
- 2 teaspoons Dijon mustard

In saute pan large enough to hold chicken in single layer, heat olive oil over medium-high heat. Season chicken with salt and pepper. Add

chicken to pan, skin side down, and saute about 4-5 minutes per side, or until chicken is browned.

Remove chicken from pan and reserve. In same pan, add butter. Allow butter to melt over medium heat. Add sprouts and squash to pan and saute, tossing occasionally, until outsides are golden brown, about 3-4 minutes. Remove from pan and hold separately from chicken.

Turn heat to high and add stock, syrup and mustard. Stir and bring to boil, stirring to scrape up brown bits on bottom of pan. Add chicken back to pan, cover and reduce heat to medium-low. Cook over medium-low heat 20-25 minutes, or until chicken registers 170 F with instant read thermometer.

Add vegetables back to pan, cover again and cook another 8-10 minutes until vegetables are tender. Move chicken and vegetables to serving platter, placing vegetables around chicken. Turn heat to high and boil sauce until it is reduced and slightly thickened, about 2-3 minutes.

Spoon sauce over chicken and serve.

The truth about lying



"LYING IS DONE WITH WORDS AND ALSO WITH SILENCE."

ADRIENNE RICH

People lie for many reasons.

Generally it is

because they feel someone would be mad or upset with them if they knew the truth. What this means is that they betray the trust of another to protect themselves from the consequences of their behavior.

The minute one does this the relationship with the other is compromised. The one who lied now has to pretend. They have to pretend that what they said was really true. They have to pretend they have been honest.

The one who lied also has to carry guilt. They must carry the knowledge that they have been dishonest to someone they care about, and who has complete trust in them. If this happens in a love relationship, it can be very dangerous.

Dangerous is a strong word, but I use it because I have seen relationships irreparably damaged when the lie is discovered. Once one has shown he or she is capable of lying,

his or her word can never again be trusted as it once was.

Furthermore, the partner agonizes over how many other lies their may have been in the past. The lie has thus contaminated both the past and the future. The entire relationship has tilted on its axis, and while work can be done to regain trust, things will never again be quite as they were.

What is the bottom line? Obviously it would be to not do things you will have to lie about. If you are doing something of which your partner would disapprove, he or she has the right to know, and to make decisions accordingly. You may fear that telling the truth would jeopardize the relationship. However, accountability is about not doing the things that would jeopardize the relationship in the first place.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca

Festive Papas Tapas

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 6

2-4 medium Wisconsin russet or gold potatoes

2 tablespoons olive oil

1/4 teaspoon pepper

1/2 teaspoon sea salt

Heat grill or oven to 400

F. Thinly slice potatoes lengthwise to 1/4-inch thick, discarding ends.

Toss with olive oil, salt and pepper.

Place on grill or prepared baking sheet in single layer. Cook 10 minutes on each side. Add toppings.

Topping Ideas

Bruschetta: In bowl, mix together 2 medium tomatoes diced, 1/4 cup chopped fresh basil leaves, 2 cloves minced garlic and 1 tablespoon olive oil and spoon on top of potatoes.

Baked Potato: In bowl, mix together 1/2 cup plain nonfat Greek yogurt, 1/4 cup shredded reduced-fat cheddar cheese, 2 tablespoons fresh chives, chopped, and spoon on top of potatoes. Garnish with 1 tablespoon chives.

Mediterranean: In bowl, mix together 1 container (6 ounces) feta cheese; 1 can (2 1/4 ounces) sliced olives, drained; 1 medium tomato diced; salt and pepper, to taste; and spoon on top of

potatoes.

Creamy Greek Yogurt with Lemon and Herbs: In bowl, mix together 1/2 cup plain nonfat Greek yogurt; 2 tablespoons chopped fresh dill; juice from 1/2 lemon; salt and pepper, to taste; and spoon on top of potatoes. Garnish with dill sprigs.



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