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Spreading sunshine

EXPRESS PHOTO BY SAMANTHA HAMPTON
Arbrog Early Middle School students Sophia McPherson (7), left, and Andrea Zagazowski (8) were eager to get their entries prepared and entered in the "Letters to a stranger" contest. See full story on pg. 5.

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The \$64,000 question; IEHF's treasurer resigns, citing questionable practices

By Patricia Barrett

The treasurer of the Interlake-Eastern Health Foundation (IEHF) board, which has been tasked with fundraising over \$5 million for a proposed primary care clinic/teaching unit near the Selkirk hospital, resigned last December, citing questionable practices around grants.

Bill Bodman, a retired chartered accountant who joined the IEHF when it was established in 2015 and served as treasurer and chair of the investment committee, said he had not been apprised of a \$64,000 grant the IEHF applied for and received. He "discovered" it after a bi-monthly update of the books.

When he realized the money had come out of the Selkirk General Hospital Fund, which is managed by the Selkirk & District Community Foundation (SDCF), he started asking questions.

"If you're going to support a clinical teaching unit, is that for the good of the Selkirk hospital? I think you're stretching it," said Bodman, whom the Express spoke with at his home in Selkirk last week.

In his resignation letter of Dec. 16, 2019, Bodman wrote he was "troubled" by the IEHF having applied for money from a fund that's earmarked "mainly for equipment" and exclusively for the Selkirk hospital. And he failed to "see the justification" for awarding that money to the design and construction of the proposed clinic/teaching unit.

He said the IEHF received the grant (\$32,000 a year over two years) on April 17, 2019.

The intent of the clinic/teaching unit is to broaden access to primary care and to train doctors for rural communities served by the Interlake-Eastern



EXPRESS PHOTOS BY BRETT MITCHELL
Interlake-Eastern Health Foundation treasurer Bill Bodman resigned from his position, citing questionable practices around grants.

This application must be signed by two of the organization's Board Members.
(Chair/President, Vice-chair/Vice-president or Treasurer - By signing this application the applicant agrees to the expectations of grant recipients and gives SDCF permission to publishing grant info upon approval of the grant. Grant applications, which are not approved, will remain confidential.)

Signature	Title
Signature	Title

The Selkirk & District Community Foundation grant application form.

Regional Health Authority.

Interlake-Eastern is the only RHA in Manitoba without a physician training facility and that's been cited as one of the reasons for a chronic shortage of doctors. Hospital emergency rooms in communities such as Eriksdale, Arborg, Gimli and Pinawa have been subject to rotating closures or reduced service availability every month for several years now, and some ERs have been permanently shuttered (e.g., Teulon) because of an inability to retain doctors.

Not only did the application tap donations reserved for the Selkirk hospital, but it also escaped the attention

of the IEHF board by virtue of not having been brought before it for discussion, said Bodman.

"If you're applying for a significant grant, which this one is, you would be bringing it to the board," he said.

The IEHF's executive director Pamela McCallum — who also serves as executive assistant to the IERHA's CEO and is a director on 10040899 Manitoba Association Inc., which will be the developer, owner and operator of the proposed clinic — filled out the SDCF's application form for the grant, said Bodman. The form specifies that a chair/president, a vice-chair/vice-president or a treasurer is to sign it.

"It was two board members that signed it and they weren't the chair, the vice-chair or treasurer," said Bodman. "Even if you only need two signatures, I think the board should know about it. Proper business procedure is such that the chair, vice-chair or treasurer should be signing on behalf of the [foundation] — they usually have the signing authority — not any old board member."

Bodman, who has about 12 years' experience working on foundations, including the SDCF and the Thomas Sill Foundation, said it's a "safeguard" for any foundation to have senior board members approve grants, especially

when a significant amount of money is being requested.

"Some [IEHF] board members were blindsided," said Bodman. "And I'm surprised [SDCF] accepted the IEHF's application."

The IEHF's board chair DJ Sigmundson told the Express last Friday there was nothing irregular about the grant process, and the board generally doesn't talk about who applies for and signs grant applications.

"I've been on the board a few years now, and the board doesn't authorize applications. We don't sign applications, necessarily," said Sigmundson, who wasn't the chair at the time of the \$64,000 grant application. "It's the same in my other capacity as a CAO [RM of St. Andrews interim CAO]; generally, administration fills in applications for grants. That's all there is to it. Sometimes they need a second signature."

Sigmundson said the IEHF has received grants from the SDCF in the past and "it's never been an issue."

"We fill in grants all the time. It doesn't commit the board to anything; it's just an application for a grant," he said. "We're fully supportive of our executive director and the work she does."

As for the signatures, Sigmundson said he was told "local people were unavailable [to sign] so [McCallum] had two other board members sign it." And there's nothing in the IEHF policy that says it has to be a chair or vice-chair.

When grant applications are successful, he said the board is informed either at meetings or by email.

The IEHF's mandate is to raise money for health care in the region, and it doesn't specify whether it's to go towards construction or equipment, said Sigmundson. In this case, the \$64,000 it got from SDCF is supporting the construction of the facility.

The SDCF was formed in 1995 to establish endowment funds and distribute income for the benefit of the City of Selkirk and the rural municipalities of St. Andrews and St. Clements. It funded 79 projects in 2018-2019 for a total of \$360,858, according to its Community Report, which lists award recipients. The \$64,000 grant to the IEHF does not appear on that list.

A November 2019 progress re-

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Oska the great grey owl brings learning alive at Marble Ridge Colony School

By Patricia Barrett

Students at Marble Ridge Colony School, south of Hodgson, had a hoot last Friday when a great grey owl dropped in for a visit and helped them understand the importance of Manitoba's emblematic bird.

Oska, a three-year-old female, was accompanied by Dr. James Duncan of Balmoral-based Discover Owls, an organization that supports owl conservation and research. Duncan tours the province, raising awareness about the bird and the importance of preserving their habitats.

Students in Sheena Letexier class prepared for Oska's visit by undertaking research on the owl.

"The kids were super-excited to do these research projects because we knew that Oska was coming. When she got here, it just brought the learning alive," said Letexier. "They used research skills, edited their work and published it, and we got to see a great grey owl and hear from an expert in the field."

Letexier's grades 4 to 8 students undertook the research projects while her kindergarten to Grade 3 students did poems and songs about owls.

Duncan, who has PhD in zoology and has worked for Manitoba conservation and the universities of Winnipeg and Manitoba, has given about 280 owl presentations to over 15,000 children and adults, according to the Discover Owls website. He also provides technical and scientific expertise, supervises graduate students,

and researches and publishes articles, books and technical materials on owls and wildlife biology.

Duncan's tour was organized by the area's well-known bird aficionado, Joanne Smith, who leads Christmas Bird Counts each year in the Fisher Branch and Hodgson area, formed a bird-watching group at the seniors' home in Fisher Branch and organizes annual weed pulls on Sandy Bar near Riverton to improve the habitat there for threatened piping plovers.

The tallest North American owl, the great grey owl (*strix nebulosa*) is found year-round in boreal forests across Canada and a few states in the U.S., according to the Atlas of Breeding Birds in Manitoba. The owls have characteristic bright yellow eyes, concentric rings around the face and lack tufts.

They have heightened hearing abilities. They'll perch on a tree limb or fence and listen for rodents — their main food sources are voles and gophers — running in fields and ditches. And snow cover is no obstacle. They'll plunge face-first into a snowpack if they hear a rodent rooting around underneath the snow. In Manitoba they hunt in bogs, treed muskeg and along forest edges.

In addition to students, members of the Hutterite colony got a chance to meet Oska.

"We opened it up to the colony members," said Letexier. "Some of the

Continued on page 5



EXPRESS PHOTO BY SHEENA LETEXIER
Balmoral's Dr. James Duncan and Oska, a three-year-old female great grey owl visited the Marble Ridge Colony School last Friday.

One lucky winner



EXPRESS PHOTO BY TANIS GRIMOLFSON

Dennis Leschyshyn was the lucky winner of \$9,278.20 at the Riverton District Friendship Centre Chase The Ace draw on Feb. 7. Pictured left to right: RDFC cultural worker Martine Sawanas, Dennis Leschyshyn and RDFC president Alfred Lea.

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Selkirk RCMP lay charges in armed break and enter

Submitted by RCMP

On Feb. 8, at approximately 1:30 p.m., Selkirk RCMP responded to a report of a break and enter at a residence in the RM of St Andrews, near Petersfield.

The initial investigation has determined that the homeowner was inside her home when the front door of her residence was forced open and two people entered. The homeowner called her neighbours. As the neighbours arrived, they were confronted by the two suspects. One of the suspects had a firearm. The homeowner and the neighbours were able to safely flee the residence. The two suspects also fled the scene on a snowmobile.

Officers conducted extensive patrols of the area in search of the armed suspects.

At approximately 8:15 p.m., Selkirk RCMP received a call from a residence in the RM of St Andrews, after a snowmobile had broken down in their yard and the homeowners had given the two snowmobilers a ride to a residence off of Highway 8. The caller told police that the two snowmobilers appeared suspicious.

Upon investigation, the broken down snowmobile was of the same make, size and colour of the one used in the break and enter earlier that day, and the two males fit the description of the two suspects.

Selkirk RCMP along with officers from Gimli RCMP attended the residence on Highway 8, and took two males and a female into custody. A long rifle and loaded handgun were seized.

Selkirk RCMP have laid charges against both males in connection with the armed break and enter.

The suspects have also been linked with other residential break and enters in the area.

The additional break and enters occurred at a residence on Jan. 23 in St. Andrews and a residence on Feb. 8 in Petersfield.

On Feb. 9 multiple charges were laid against Trevor Kyle Klatt, 43, of Winnipeg, including:

- Possession of a firearm/prohibited weapon when

- knowing possession unauthorized
- Weapons possession contrary to order and fail to surrender authorization
- Careless use of a firearm
- Breaking, entering and committing (x 3)
- Breaking and entering with intent (x 2)
- Personating a peace officer
- Operation while prohibited
- Theft of other motor vehicle
- Using firearm in the commission of an offence
- Pointing a firearm
- Possession of weapon for dangerous purpose

On February 9, 2020, multiple charges were laid against David J Watts, 23, of Winnipeg, including:

- Breaking, entering and committing (x 3)
- Breaking and entering with intent (x 2)
- Operation while prohibited
- Theft of other motor vehicle
- Personating a peace officer

Both males were remanded into custody and are scheduled to appear in court on Feb. 10, 2020. The female taken into custody on Feb. 8 was released without charges.

Selkirk RCMP continue to investigate, with assistance from East St. Paul, Stonewall and Arborg RCMP.



EXPRESS PHOTO BY RCMP

The firearm used in the break and enter on Feb. 8 was modified to shoot a .22 caliber bullet and was loaded at the time it was seized.

> THE \$64,000 QUESTION, FROM PG. 2

port issued by 10040899 Manitoba Association notes that SDCF provided a grant [unspecified amount and name of fund] to pay for work by LM Architects, the prime consultant for the proposed facility.

The SDCF's Grant Guidelines document states the organization does not typically award grants in support of annual fundraising campaigns and operating costs, nor does it award grants that establish or create endowment funds.

The *Express* asked SDCF why it had approved the use of a fund that's mainly for equipment for the Selkirk hospital (formally called the Selkirk & District Health Centre) and what its justification was for approving a \$64,000 grant to support fundraising for a construction project when the foundation doesn't typically support that.

SDCF's executive director Beverley Clegg said by email that the Selkirk General Hospital Fund — which she said is called the Selkirk & District General Hospital Fund — can be used for equipment "but is not limited to just equipment."

She added that the SDCF does "work with projects that are fundraising," citing a fundraising drive by the Rotary Club to purchase echocardiography equipment for the hospital.

Clegg implied that the SDCF may have rescinded the \$64,000 grant it had awarded to the IEHF last April.

"The question is whether the CTU [clinical teaching unit] is a part of the hospital footprint or not, and although it will be on the same parcel of land, it is not within the building," said

Clegg. "Therefore, the SDCF board, with the support from counsel, has decided to direct the grant to a project within the footprint of the hospital. It is physical location that matters most for this grant."

She did not specify what that project is. In addition to questionable grant practices, Bodman said he was concerned the total cost of the proposed clinic (\$15 million) was "shaky" as it's based on Class C estimates (not for the purpose of bidding), and that the clinic would be financially unviable unless 15 doctors came on board (he said he was aware of only six).

Furthermore, he said he hadn't heard at the time of his resignation whether the health minister had approved the IERHA's plan to provide funds to support the proposed clinic until the required number of doctors had joined, and whether the minister had agreed to transfer provincial land on which the facility is to be built.

"You can't have the project without the land," said Bodman.

He added that the teaching unit is a "good idea" as other rural communities such as Portage and Morden-Winkler have had success retaining doctors.

The *Express* reached out to health minister Cameron Friesen, asking whether approvals had been granted. Spokesperson Olivia Billson acknowledged receiving the questions but did not answer them or provide answers from the minister.



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"Building a Lasting Legacy"

'Letters to a stranger' contest to spread kindness

By Evan Matthews

Children in the Interlake have a chance to make a splash in their community by entering a new contest.

"Letters to a stranger" is a new contest being put on by Creative Community Promotions, with the winner receiving a summer pass to the Arborg (Noventis) Aquatic Centre.

"The purpose is to spread kindness, and to teach children about giving back; how it can be done in such a simple way, even by putting something down on paper," said Samantha Hampton Creative Community Promotions owner and creative director.

"For every letter or story a child writes, or for every picture they create, they get one ballot into the contest. ... If a young person creates 20 entries, they'll get 20 ballots."

The letters, according to Hampton,

do not have to say "I love you" but rather should be full of kindness, hope and inspiration, telling people from all walks of life that they are special, remarkable and, most of all, thought of and noticed.

With both Evergreen and Lakeshore School Division(s) focusing on student-based learning — as well as encouraging students to become better citizens — kindness and compassion are often at the forefront of those lessons, Hampton said.

With society being so fast-paced and technology-driven, Hampton said the contest offers a chance to create proper handwritten communication.

"The world needs more love letters ... not your typical love letters written for family members or friends but surprises for strangers," said Hampton, adding the letters will be strate-

gically placed in unexpected locations around communities — places like benches, community notice boards and so on.

"If we have an abundance, we'll take some down to the shelters, so if someone isn't having a great day, maybe someone else can provide them a letter to help boost morale."

Local organizations have hopped on board to help promote and participate in the contest, according to Hampton, including many of the Interlake's schools, the Riverton and District Friendship Centre, and the (Winnipeg-based) Main Street Project.

The winner of the contest will win based on a random ballot being pulled, as opposed to a criteria-based contest, Hampton said.

"Life is tough, and being a kid is hard. Speaking for myself, I feel best

when giving back. When I have a bad day helping others makes it not feel so bad," said Hampton.

"As a mother of a seven-year-old, it's my job to teach my daughter how to help others. The idea for this contest occurred while trying to brainstorm unique ways to teach my daughter about service work and the ripple effect it has on the world."

Hampton added that while the prize will be awarded to someone under 18 years of age, anyone in the Interlake community can participate in the initiative.

The community contest launches on Feb. 14, and Hampton said Creative Community Promotions can be contacted via its Facebook page for more information.

Inwood WI disbands after 100 years in the community

By Jennifer McFee

After celebrating its 100th anniversary last year, the Inwood Women's Institute has now disbanded.

The organization disbanded on Oct. 31 at its year-end meeting. On Feb. 19, 2020, the Inwood group would have celebrated 101 years, had it stayed together.

"It wasn't easy. We hated to have to fold, but we couldn't get younger members and the rest of us were 60-plus," said Sophie Eskilson, who was president of Inwood WI when it disbanded.

"We were down to nine members, so it's hard to do any projects or carry on anything. It's too bad that we had to disband."

The mandate of the Women's Institute is to welcome all women, regardless of their ethnic, religious, political or educational background. The organization aims to connect women,

strengthen communities and pioneer change. The local, provincial, national and international group promotes focuses on personal development, the family, agriculture, rural development and community action — both locally and globally.

The goal is to empower women to make a difference.

The local group hosted a multitude of fundraisers, including the fall supper and the spring tea.

"We also contributed to the community. We had a scholarship going for probably about 90 years. At first, it was given to a Grade 9 and in the later years to a Grade 12 student in Inwood," Eskilson said.

"We spent our money locally. We supported the 4-H big time. It's a good organization to belong to. We've supported Inwood Manor, the skating rink, the music festival, Southwest Palliative Care and the Teulon district

seniors' group, as well as fire victims and pretty much anybody dealing with health issues. And that's just the tip of the iceberg."

Geared for rural women, the organization maintained its focus on agriculture.

"Years ago, we had home economics with people coming to learn how to sew and do different crafts and gardening. Some of the people that came were immigrants since it was different to grow things in their country compared to this country, mainly due to the climate," Eskilson said.

"At one time there were 40 members. Then we could really do more. Back in the '40s, there was also the supporting the soldiers and groups overseas by sending clothing and knitted articles. We were also quite involved with the building of the Inwood hall. That's been 75 years since they started building it in June."

As for the idea of regrouping if more people show interest in the organization, Eskilson agreed with the old adage of "Never say never."

"That could be a possibility," she said with a laugh.

The Manitoba Women's Institute thanks the Inwood WI members for many years of work within their community, which helped to make it a better place.

Inwood Women's Institute also participated provincially, nationally and internationally through resolutions they wrote and donations they made to global projects to help women and families improve their lives.

> OSKA, FROM PG. 3

moms and the grandmothers came with pre-school children."

Oska stirred up a little bit of excitement in the classroom when she decided she needed a bird's-eye view of the students and took off from her perch.

"She flew around the classroom. Dr. Duncan let her loose and he warned everybody because some people were scared. When Oska went around the room, there were a few screams," said Letexier. "Then we laughed."

To help raise awareness of owls and the importance of preserving their habitat, Letexier said Marble Ridge Colony School gave a donation to Discover Owls.

Funds from Dr. Duncan's presentations support owl studies and conservation efforts, according to the Discover Owls website.

Duncan also took Oska to the Fisher Branch Chalet (seniors' home).

For more information about Discover Owls, visit discoverowls.ca or its Facebook page.

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Mathews family could use compassion

By Evan Matthews

Patrik Mathews' story is one you just can't make up, but it is tragic all the same.

For those who don't know it:

Mathews, 27, grew up on a property near Lundar.

The *National Post* reported Mathews was diagnosed with Asperger's syndrome as a child, and oft-bullied and isolated.

As an adult, he owned property in Beausejour and worked in construction, eventually joining the Canadian military. He became a combat engineer in Canadian Army Reserve, considered to be an explosives expert.

Knowledge surfaced after an investigative report by *Winnipeg Free Press* reporter Ryan Thorpe named Mathews as a member of the alt-right neo-Nazi hate group called "The Base."

After that report, without much warning or notice, Mathews disappeared the summer of 2019.

With information that has only come to light (publicly) since his arrest, American prosecutors, who now have Mathews in custody, allege he illegally crossed into Minnesota in August 2019.

He then spent time in Maryland and Virginia, according to media reports.

The reason for his arrest?

After intelligence agencies obtained knowledge that Mathews and two other Base members planned to attend a gun-rights rally at the Capitol building in Richmond, Va., law enforcement officials moved in to arrest them.

Three other members of The Base were also arrested in Georgia around the same time as Mathews.

Mathews (and company) face an array of federal charges in the United States — with sentences being sug-

gested as lengthy as 90 years — and have been denied bail.

Though Mathews appeared in American court as recently as two weeks ago, by press time, a trial date had not been set.

The Base

The Base has been referenced in North American media as one of the continent's most dangerous hate groups. Having once been, simply, a group of neo-Nazi's, the group has shifted its focus to recruitment and military training, with training and organization centred on violence.

Intelligence analysts in America have told media outlets that The Base has an "apocalyptic vision," an ideology that supports a race war against minorities, and anyone who poses a "threat to the white race." The group's ultimate goal is to establish a white ethno-state.

The first knowledge of The Base came to intelligence agencies in America roughly two years ago, with analysts telling media outlets that the organization has chapters beyond North America, having support in Australia, Europe and South Africa.

Early investigations and reports show no clear sign as to what provoked Mathews to become affiliated with the hate group.

As is often the case, many of his family members expressed shock and surprise in the media upon learning details of the case.

Of note

Local sources — off the record — have confirmed national media outlets contacting them about Mathews' past, largely in regards to his behaviour in school and as a community member.

One need not read past local obitu-



EXPRESS PHOTO SUBMITTED

Former Army reservist Patrik Mathews, an alleged recruiter for the neo-Nazi group The Base, is seen in a still from a video in which, U.S. federal prosecutors say, he calls for violent revolution.

aries to realize Mathews' family still has a presence in the Interlake region.

While Mathews' story is a gripping one — a story with rippling effects and relevance not only here at home but internationally — on a very local level, this affects Manitobans: Inter-lakers.

The old saying "One bad apple can spoil the bunch" is an unfair assessment in this case.

Life is complex and full of nuance, and unless we've walked in the Mathews family's shoes, exactly what happened — and/or how it happened — is nearly impossible to understand.

Reading articles do not make us experts, nor do they provide absolute

Continued on page 8

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Doc Walker rocks Eriksdale

By Evan Matthews

Doc Walker played at an Eriksdale fundraising event a couple of weeks in memory of Brendan Moman.

Allison Moman hosts an annual fundraiser as a tribute to her baby boy, Brendan, who was born on Sept. 17, 2013. Brendan passed away 10 weeks later from a congenital heart defect, which required a heart transplant.

"In his short time here, Brendan endured more tests and procedures than a normal person would in their lifetime," said Moman.

"He showed us what a true fighter was and he will always be our hero for that."

Allison raises funds for non-profits who were there for her family during a time of need, including Variety (Heart) Winnipeg and Ronald McDonald House.

"The night was absolutely amazing.

Chris and Dave played two 45-minute sets, playing fan favourites, new music, and a couple songs by Dan Seals as well as Stompin' Tom (Connors)," said Moman, adding the guys who make up Doc Walker are personal friends.

"They told a ton of stories and really connected with the audience. After the show, they stuck around and signed autographs, chatted with everyone. It was a fantastic time," she said.

The Jan. 30 fundraiser raised \$4,800 and sold a total of 213 wristbands.

The fundraiser also delivers a \$500 scholarship to one local student annually, Moman said, in memory of her son.

Doc Walker, from Westbourne, has won 12 Canadian Country Music Awards (CCMAs), as well as one Juno Award.



EXPRESS PHOTO SUBMITTED

Chris Thorsteinson, left, Allison Moman, middle, and Dave Wasyliw following the show on Jan. 30. Moman hosts an annual fundraiser in memory of her son Brendan Moman.

Manitoba government increases education funding

Submitted by Manitoba government

The Manitoba government will increase funding for public schools by more than \$6.6 million for the 2020-21 school year to a record total of \$1.33 billion, Education Minister Kelvin Goertzen announced on Jan. 30.

Manitoba has the third-highest spending per student in Canada at \$14,733, after Saskatchewan and New Brunswick.

"This investment in our public schools demonstrates our government's commitment to students' success," said Goertzen. "This funding is the most ever committed to public schools in Manitoba's history. Since 2016, funding to elementary and secondary education has grown by nearly \$33 million."

The funding comes in addition to the province's guarantee to build 20 new schools during the next decade. Two new schools in Winkler and Niverville have been completed and are in use by students. Three new elementary schools in Brandon and Winnipeg are under construction and will open later this year. An additional two new schools in Waverley West are being designed and are scheduled to begin construction before the end of this year, the minister said. In addition, school expansions are happening across the province with openings this week in Neepawa and La Salle.

The cost of these 20 new schools is approximately \$500 million, Goertzen said.

The province will also continue to

ensure all school divisions receive no less than 98 per cent of the operating funding they received a year earlier.

"Like all levels of government, school divisions need to make choices and carefully prioritize spending decisions," said Goertzen.

School division administration expenses topped \$65 million in 2018-19. To increase transparency, the Department of Education has released an out-of-province travel summary for school divisions. This disclosure of travel expenses is similar to what is in use for Manitoba members of the legislative assembly and cabinet ministers.

The minister noted that school divisions currently have an accumulated operating surplus in excess of

\$98,000,000.

School divisions, as well, raise revenue through local education property taxes. The minister is again requesting that school divisions limit increases to education property taxes to a maximum of two per cent for the 2020-21 school year.

The government looks forward to receiving the final report of the Commission on Kindergarten to Grade 12 Education, which has an expected public release at the end of March. The commission is leading a comprehensive and independent review of Manitoba's entire public elementary and secondary education system.

Thousands of collisions in January due to not driving to road conditions

Submitted by MPI

More than 3,000 collisions this month can be attributed to motorists not driving to road conditions or following too close, according to Manitoba Public Insurance.

For the first three weeks of January, a total of 10,000 collisions were reported. Of that total, an estimated 2,000 were due to driving too fast for road conditions, while another 1,300 were due to following too close.

"Road conditions contribute to three times as many crashes in January, compared to the rest of the year," said Satvir Jatana, vice-president, em-

ployee and community engagement, Manitoba Public Insurance. "Recently, weather and road conditions have been extremely challenging with black ice, drifting snow, poor visibility and, at times, freezing rain. Motorists need to adjust quickly to ever-changing weather and road conditions.

"It's at this time of year in particular that motorists need to make adjustments to avoid collisions. This includes keeping safe distances between vehicles, keeping windshields clear, watching for pedestrians and cyclists, and driving to conditions."

On a positive note, January 2020

collision counts remain lower than January's three-year average (2017-19) of nearly 18,000. On average, about 80 per cent of collision claims occur within Winnipeg. This is attributed to higher traffic volumes, said Jatana.

Safety Tips

- Before you head out on the highway, check for road and weather conditions by calling 511.

- Be cautious in travelling on overpasses and bridges. The surfaces on these structures can freeze quickly due to no ground insulation.

- Don't rush. Give yourself extra

time to get to your destination safely.

- See where you're going. At this time of year, keeping windshields clear is essential so make sure windshield washer fluid is topped up and windows are clear of snow and ice.

- Allow more time to stop. Traction is reduced when roads are slippery it takes more time to come to a complete stop. If you don't have winter tires, it's not too late to get them.

- Leave more space. Don't tailgate at any time and remember that following distance should be increased when travelling at higher speeds or in poor visibility.

Letter to the editor

Letters to the Editor: letters@expressweeklynews.ca

Dear *Express* Readers

My family and I lived in Arborg most of our lives. Our family ran a business there for over 45 years. We decided to move to Sandy Hook three years ago.

My father always said that competition is good, makes you run your business better. Now the board of the CO-OP in Arborg has become a monopoly in the food and pump gas business. Not good when a union

blocks the delivery of fuel and they are the only one on the block.

Small towns that allow a monopoly like the CO-OP take over have a hard time to survive, look at small towns in Saskatchewan. I hope Arborg's new Mayor and council will remedy the situation and their families will stay and thrive it was a great community to live in.

- Lorne M. Haraysm
Sandy Hook

> MATHEWS FAMILY, FROM PG. 6

confirmation of how a situation transpired.

Fellow community members could be in need of compassion, support and love.

While this is not absolving Patrik of his alleged actions, those who consider themselves to be his fam-

ily should not be condemned for his alleged actions, either.

However, Manitoba, Canada and the world will be following this case with great interest.

Farm Credit Canada supporting local ag societies



EXPRESS PHOTOS SUBMITTED

Farm Credit Canada (FCC) recently gave \$1,500 donations to both the Arborg Ag Society and Ashern Ag Society. The money will be used for projects on their agriculture grounds. FCC's Community Investment initiative supports agriculture efforts in the communities where customers and employees live and work. Left photo: Arborg Ag Society board member Amanda Wasyliw accepts the cheque from FCC relationship manager Christine Anderson. Right photo: FCC's Anderson, Sandy Rutchka, Kimberley Asham and Kim Friesen present a cheque to Ashern Ag Society president John Bezemer and board members Christine Michaleski and Thomas Michaleski.

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Red River Co-op Donates \$10,000 to the Gimli Humane Society

Donation made from proceeds of Fuel Good Day

Submitted

Red River Co-op customers definitely have something to “Fuel Good” about. Red River Co-op donated \$10,000 to the Gimli Humane Society from proceeds raised Sept. 17, 2019 on Fuel Good Day — a day where Red River Co-op pledged to donate five cents of every litre of fuel sold that day to local charities.

“We thank our members and customers for coming to our Red River Co-op gas bars and fuelling up on Fuel Good Day, which allowed us to make this contribution to the Interlake’s only no-kill animal shelter,” said Doug Wiebe, CEO of Red River Co-op.

Red River Co-op expanded its presence in the Gimli market with the addition of a food store this summer, down Centre Street from the existing Red River Co-op gas bar. The Gimli Humane Society was selected to receive a portion of funds raised on Fuel Good Day for the good work they do for animals in the Interlake.

“The Gimli Humane Society will benefit greatly from this \$10,000 donation, especially the cats and dogs we provide care for until they are adopted,” said Cindy Salamandyk, shelter manager. “Because of this Fuel Good Day donation from Red River Co-op, rescue animals will get the food and veterinary care they need.”

In addition, \$61,102 was donated to the Children’s Hospital of Manitoba from Fuel Good Day for the hospital’s new indoor/outdoor play space for patients in their Youth & Adolescent Mental Health Program.



EXPRESS PHOTO SUPPLIED BY RED RIVER CO-OP

Gordon Grainger, Red River Co-op’s VP of energy, left, presented a cheque in the amount of \$10,000 to the Gimli Humane Society. The funds were the proceeds from Fuel Good Day on Sept. 17.

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RM of Gimli, Diageo and other companies facing lawsuit

By Patricia Barrett

A man who claims he was exposed to high levels of a toxic gas at Gimli's wastewater treatment plant where he worked a few years ago has launched legal proceedings, according to court filings.

Daniel Tulen of Beamsville, Ont., filed a statement of claim Jan. 27 in Manitoba's Court of Queen's Bench, citing negligence against the RM of Gimli, Diageo Canada, T. & D. Enterprises Ltd. and Waste 'n WaterTech Ltd.

In his statement, Tulen says he suffered adverse health effects after he was exposed to hydrogen sulfide gas at the wastewater plant. He attended hospital twice after having trouble breathing.

T. & D. Enterprises and Waste 'n WaterTech were hired to replace pipes damaged by hydrogen sulfide during treatment of Diageo's waste, according to the statement of claim. Tulen had been working for a company that had been sub-contracted. He was told he didn't require protective equipment to enter the plant.

A fact sheet from the Canadian

Centre for Occupational Health and Safety says hydrogen sulfide gas is a colourless, extremely flammable and very toxic gas that smells like rotten eggs. It is a byproduct of industrial processes. If inhaled it can cause severe irritation of the nose and throat, cause an accumulation of fluid in the lungs and lung injury, and cause excitement, headache, dizziness, staggering, sudden collapse, unconsciousness and death. Skin contact with the gas can freeze the skin.

The RM of Gimli received joint federal and provincial funding in August 2016 to modernize and expand its wastewater plant in order to improve the "quality of effluent" that's discharged into Lake Winnipeg.

The RM also entered into an agreement with Diageo, whose Gimli distillery makes Crown Royal whisky, to treat the wastewater coming from the plant.

The RM's acting chief administrative officer Kelly Cosgrove said she was unable to provide comment "as this is a legal matter."

Statements of defence have yet to be filed with Queen's Bench.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Diageo distillery, just north of the town of Gimli, as seen from Highway 8.

Riverton's Friendship Centre food bank requesting cash

By Evan Matthews

The Riverton and District Friendship Centre's food bank is asking for help from the powers that be.

Executive director Tanis Grimolfson said she and the organization's youth worker, Desarae Belinski, approached the RM of Bifrost-Riverton for a \$5,000 request at its council meeting on Feb. 5.

"We distribute between 80 and 90 hampers every second Wednesday and have over 150 families in the region registered for food bank services," said Grimolfson.

"We have delivery available, too, so it's really an accessible service for those who need it."

The RM of Bifrost-Riverton council did not make a final decision at its meeting, though Grimolfson said the RDFC food bank also placed a formal request in writing, too.

Last year, the RM of Bifrost-Riverton contributed \$1,000 to the RDFC food bank, but Grimolfson said more funding is needed to meet the food bank's operating costs.

The RDFC food bank will make the same \$5,000 request to the Town of Arborg in March, according to Grimolfson.

"Our operating costs — including taxes, utilities and insurance relating to our building and our van, both of which the food bank owns — total \$14,000," said Grimolfson.

"Even if these (\$10,000) asks are met, we still

have to do fundraising to pay our operating cost. Our Christmas hamper program is 100 per cent separate from our day-to-day operations, and even that is totally based on fundraisers and donations."

The organization also receives local support from ECBVerdyol — Erosion Control — in the amount of \$500, as well as \$2,500 from the Riverton Elks.

In June 2019, the RDFC food bank moved out of the main RDFC building when the organization purchased the Riverton Supply Building.

The purchase was made possible through \$199,000 via the Government of Canada's Homelessness Partnering Strategy program, according to Member of Parliament for Selkirk-Interlake-Eastman James Bezan.

There is no estimated timeline for a decision from the RM of Bifrost-Riverton, Grimolfson said, mentioning once more that the organization still needs to approach the Town of Arborg, too.

"Regardless, it's not up to anyone to judge families. If people have addiction issues, or whatever else, it's not up to me or any council member to judge them. It can be hard for people to approach our organization," said Grimolfson.

"If they come to us and fill out the forms, it's our job to help them."

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RCMP encourages collaboration with communities; eyes and ears needed to deter/solve crime

By Patricia Barrett

The east district of the Royal Canadian Mounted Police is ramping up efforts to engage with communities as crime across the region, which includes the Interlake, is on a slight upwards trajectory.

RCMP Staff Sgt. Rob Gray from the Gimli detachment organized a town hall that was held last Thursday evening at the Waterfront Centre in Gimli.

"Tonight's discussion is about what the police can do, what the community can do and what we can do together to help make our community safe," said Sgt. Gray. "As every organization or group knows, they can't do it by themselves. And it's the same with the police – we need the community to help us."

The town hall attracted over 50 people, including youth, municipal councillors, school staff, mental health workers, chambers of commerce, the West Shores Citizen on Patrol Program, the Interlake Women's Resource Centre, municipal emergency coordinator Don Emes and Interlake-Gimli MLA Derek Johnson.

Eleven RCMP officers participated in the town hall, along with three staff from the region's detachments.

The RCMP's east district (Manitoba is broken up into three districts) includes Selkirk, Powerview, Gypsumville, Ashern, Lundar Teulon, Headingley, Stonewall, Fisher Branch, Peguis First Nation, Gimli, Arborg, Berens River, Oakbank, Beausejour, Pinawa and Morris.

Sgt. Gray provided a brief overview of crime by community. Statistics show an overall increase in various crimes.

The Selkirk, East St. Paul and Grand Marais region had the highest rate of crimes against the person, property crimes (excluding break and enters), break and enters and drug enforcement. The Stonewall, Headingley and Teulon region had the highest rate of motor vehicle theft and fatal or injured persons in motor vehicle collisions.

The Gimli-Arborg region generally falls in the middle, but the numbers of crimes within the region are increasing. For crimes against the person, for instance, there were 190 incidents in 2019 compared to 119 in 2018.

A lot of rural crime is being fuelled



Community members, such as Amanda, came up with unique ideas to enhance safety.

by methamphetamine, said Insp. Rob Lasson, the district's operations officer who helped host the town hall.

"We're a safe community here in Gimli, relatively speaking," said Insp. Lasson. "My priority is to keep it that way. When problems enter the community oftentimes police can't handcuff their way out. We need the community. Whether that's providing intelligence to solve property crime or to help us tackle drug problems, we need the community to be the eyes and ears out there."

Participants broke up into groups and worked with officers to come up with ideas on how to make their community safer, what activities they should focus on and how residents and police can collaborate to improve safety.

To make their community safer, Dr. George Johnson Middle School (in Gimli) teacher Pam Einarson and Grade 8 student Trens Berens suggested the RCMP increase visits to schools, which helps build relationships, and have more drug awareness programs and projects in schools.

"Drug awareness – this idea was from Trens," said Einarson. "He wants to be educated. He feels we

need to talk more about it."

Other suggestions included street lighting, fake cameras, locking doors, refraining from posting on social media that you're out of town on holiday, not putting boxes from new electronics on your curb for garbage pick-up, improved networking between service agencies, reporting suspicious activity to the police, undertaking



EXPRESS PHOTOS BY PATRICIA BARRETT

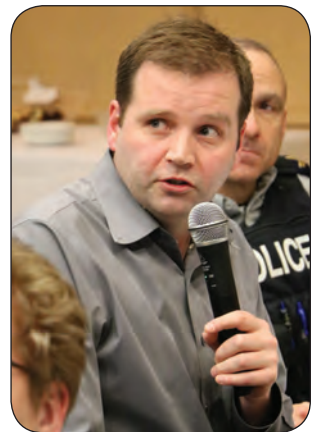
Staff from the Evergreen School Division, a student and RCMP officers discuss ideas on how to work collaboratively.



Gimli Staff Sgt. Rob Gray organized the town hall.



Interlake Women's Resource Centre Director Jennifer Campbell Moore.



Winnipeg Beach School Principal Jamie Gilbert.

criminal record and sexual abuse registry checks, and having the RCMP issue regular alerts about crimes and scams.

One resident said drinking and driving – vehicles and farm equipment – has to be addressed in rural areas.

"The back roads drinking and driving is out of control," she said. "We need more patrols through the back roads and pulling over tractors. Some people like to sit down and have a beer at the edge of the field after a long day then get in these big vehicles."

As for activities to focus on to improve safety, participants suggested RCMP foot patrols, encouraging residents take responsibility for preventing and reporting crimes, having more people keep an eye on the roads (bus drivers, regular delivery drivers), role play for youth on how to handle situations involving drugs and increased reporting by newspapers on local crime.

Participants from Riverton said to have safer communities, the root causes of crime have to be addressed. That includes helping people out of poverty and providing mental health supports.

RM of Armstrong Reeve Susan Smerchanski said more engagement between residents and officers will help deter crimes.

"We need the RCMP out in the communities to be more visible, with more person-to-person contact to move forward in a positive way and to get people on board," said Smerchanski, "and realize we're working together to make these communities safer."

Members of the West Shores Citizens on Patrol Program (COPP) encouraged people to join the program, which entails regular patrols of neighbourhoods to detect and deter crime.

The east district RCMP will be holding town halls in different communities throughout the summer and will be compiling a list all the ideas. Each community can consult the list to see if there's an approach to safety they hadn't thought of and could adopt.

"After each one of these town halls, there's always a unique solution or idea that we take away," said Insp. Lasson. "I'm compiling a list of all the different ideas and I'm going to share it with all the communities hopefully by the fall of this year."

"TONIGHT'S DISCUSSION IS ABOUT WHAT THE POLICE CAN DO, WHAT THE COMMUNITY CAN DO AND WHAT WE CAN DO TOGETHER TO HELP MAKE OUR COMMUNITY SAFE."

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> MEAL IDEAS


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Chilled Chocolate Soufflé with Lots of Ginger

occasionally until smooth. Remove the bowl from the saucepan and whisk in the remaining 1/4 cup water and the brandy.

Step 5: With a handheld electric mixer on medium-high speed, beat the egg yolks, 1/2 cup of the sugar, and the salt in a large, deep heatproof bowl until well combined. Set the bowl over the saucepan of barely simmering water and beat for 15 minutes, or until the mixture is very thick and pale. Beat in the chocolate mixture just until combined. Remove the bowl from the heat, add the gelatin mixture, and beat until the mixture cools to room temperature.

Step 6: With clean beaters, on medium speed, beat the egg whites in a large, deep clean bowl until the whites form soft peaks when the beaters are lifted. Increase the heat to medium-high and sprinkle in the remaining 1/4 cup sugar about 1 tablespoon at a time, beating well after each addition, then beat until the whites form stiff peaks. Beat in the ginger.

Step 7: With clean beaters, beat the heavy cream and vanilla on high speed in a medium bowl just until the cream forms stiff peaks.

Step 8: Place the bowl of egg yolk mixture in a larger bowl of ice water and whisk just until it begins to thicken and set. With a whisk, gently fold in the whipped cream, and then the egg whites. Pour into the soufflé dish and smooth the top with a rubber spatula. Refrigerate for at least 4 hours, until thoroughly chilled and set, for up to 24 hours.

Step 9: To serve, remove the collar from the soufflé. Present the soufflé at the table, and spoon onto the dessert plates.

Serves 4 to 6
 1/2 cup water
 1 1/4-ounce envelope plain gelatin
 1 pound bittersweet or semisweet chocolate, chopped
 1/2 cup (1 stick) unsalted butter, cut into small pieces
 1/4 cup unsweetened cocoa powder
 2 tablespoons brandy
 6 large eggs, separated
 3/4 cup sugar
 Pinch of salt
 3 large egg whites
 1/2 cup finely chopped crystallized ginger
 1/2 cup heavy (whipping) cream
 1 teaspoon pure vanilla extract
 Step 1: Wrap a long, folded strip of heavy-duty aluminum foil or parchment paper around a 5-cup soufflé dish to form a collar that extends about 3 inches above the rim of the dish, and secure it with tape or string. Lightly oil the dish and the inside of the foil. Refrigerate the dish until ready to use.
 Step 2: Pour 1/4 cup of the water into a small bowl and sprinkle with the gelatin. Let stand for 10 minutes, or until softened.
 Step 3: Place the bowl with the gelatin in a larger bowl of hot water and stir until the gelatin has dissolved and the liquid is clear.
 Step 4: Melt the chocolate and butter with the cocoa in a heatproof bowl set over a saucepan of about 1 1/2 inches of barely simmering water, whisking



Dealing with Loved Ones Who Have Attempted Suicide

It is important to give the person some time to deal with the trauma of coming that close to ending their life. They need to be in therapy, not only to deal with their own issues, but now, the new issues that have come up for the people who care about them. Often the suicide attempt results in some real and open communication, and everyone feels emotionally fragile. The person needs compassion, but at the same time must eventually deal with the anger and/or loss of trust that his or her actions have created.

The first message they need to receive is one of concern and love. They do not need a guilt trip. Next, they need to understand that depression is very common, and they are not "psycho weirdoes" because of it. Their wishes need to be respected, if they do not want everyone to know what has happened.

At the same time, they must understand that those close to them have been traumatized and will need to talk. It is crucial that the issues leading to the self-destructive behavior be addressed in a safe, supportive environment. Then, it is time to let it go: to put it in the past. Do not keep bringing it up. We all make mistakes. We must be allowed to deal with them and move on. Unconditional love and acceptance means withholding judgment, and not defining someone on the basis of one action. That is the best gift we can give to anyone, and it is especially precious to those coming back to life.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

It is often difficult to know what to say when speaking with someone who has recently been through a crisis, particularly the loss of someone close to them. Perhaps one of the most awkward situations is one in which an individual has attempted suicide.

It is delicate, because of course we do not want to say anything that we feel might bring that person close to the edge again. Everyone reacts differently to hearing of a suicide attempt. Some feel angry that the individual would subject them to such a painful loss. They see it as ending one's own pain, but passing it on to the others who remain. Others are frightened. They fear the person might try again, and succeed. Often friends and family feel guilt, thinking that they have let the person down. They think, "If only I was a better Mother/Father/brother/sister/partner or friend, then this would not have happened." The one who attempted often feels not only sad and depressed, but embarrassed. Indeed, it is a difficult situation.

The depressed person had likely emotionally disengaged from everyone in their lives, and often truly believed this would be their final act. Whether it was a failed attempt or a cry for help is not the issue. Suddenly it feels like the whole world is aware of their emotional anguish. It may feel like everyone is looking at them, wondering if they are crazy. That is enough to put anyone off balance, much less a depressed person.

Frosted Watermelon Cutouts

1 seedless watermelon, cut into 1/2-3/4-inch thick slices
 4 brownie bites
 1 cup frosting (any flavor)
 Using heart-shaped cookie cutters, cut shapes out of watermelon slices or simply use cut watermelon wedges, if desired. Top heart shapes with brownie bites and add frosting as desired.
 Source: Watermelon Board



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Servings: 6-8
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 1 cup fresh raspberries
 1 cup fresh red cherries
 1 cup strawberries, trimmed and halved

1/4 cup dried cranberries
 1/3 cup roasted, salted cashews
 1 cup chocolate covered almonds
 1 bar dark chocolate, broken into squares
 1 cup coconut chips
 mint leaves, for garnish
 On serving board, arrange watermelon in center and surround with raspberries, cherries, strawberries, cranberries, cashews, almonds, chocolate and coconut chips. Scatter mint leaves around board for garnish.
 Find more Valentine's Day inspiration and recipes at watermelon.org.
 Source: Watermelon Board

Special Olympic snowshoeing comes to Selkirk

Team Manitoba along with Interlake athletes compete before nationals

By Katelyn Boulanger

Manitoba's Special Olympic snowshoeing athletes competed at LSRCSS on Jan. 25 in the first such tournament in Selkirk.

"These competitions are a great time for them (athletes) to show their competitive sides but also for their social side too. They see teammates or competitors who are from other regions that they haven't been able to see. There's a lot of connection and good fun and competition to show off their hard works and feel accomplished in what they choose to do as a sport," said Reagan Croy, an assistant coach for the Team Manitoba's Special Olympic snowshoeing team and the head coach of the Interlake athletics snowshoe team.

Croy got involved in Special Olympic snowshoeing after her uncle started the Interlake athletics snowshoe team in Selkirk. The club has passed through members of her family and Croy has been head coach since 2018.

There are a total of 35 athletes competing today, 11 athletes from the Interlake and six of which are part of the provincial team said Croy.

The events that were held at LSRCSS included races ranging from the 100 m. to the 1600 m. as well as a 4x100 relay.

"It was a decent amount of work. This was the first Special Olympic snowshoe competition that Selkirk has ever hosted, probably that the Interlake has ever hosted," said Croy.

The entire building of the track at the high school was volunteer led and involved co-ordination between the Special Olympic head office and Lord Selkirk Continuing Education.

My favourite part of coaching is really just helping these athletes do what they want to do. Some come to me with these big goals of wanting to get certain times or certain places and then some just want to have friends or socialize. I'm just happy to help them get there," said Croy.

Alec Baldwin, a competitor from Gimli said that his favourite aspect of snowshoeing was exercising around the track, while Alysia Roy from Petersfield enjoys the racing aspect of the sport. Steven Walcer, an athlete from Selkirk, says that his favourite part is the relay because he gets to help as part of a team.

These athletes learn skills from these competitions. They have to develop their physical skills in order to compete; however, they also gain mental skills such as competing under the pressure of knowing you're being watched.



EXPRESS PHOTOS BY KATELYN BOULANGER

Shirley Lavalee of Selkirk, the oldest member of Team Manitoba at age 65 speeding by her competition.

The athletes who are on Team Manitoba will be competing in the National Special Olympic snowshoe competition, which will be hosted in February in Thunder Bay.

"With our competitors that are heading to the national games there's also a campaign that we're running called draft an athlete. It's a campaign that helps relieve the [financial pressure] on these athletes to go. Seeing as we're a non-profit and we're volunteer run, our club here in Selkirk, the only way that we can stay afloat and send our athletes is by anybody that is

willing to donate," said Croy.

This year seven athletes have qualified to go to the national games and the cost to send each athlete is approximately \$1,500.

"I hope for the athletes that everybody can leave smiling and happy about how they competed," said Croy.

To learn more about Manitoba Special Olympics, visit specialolympics.mb.ca. If you would like to learn more about the draft an athlete program, visit specialolympics.mb.ca/what-we-do/games/national-games.



Alec Baldwin of Gimli running his first lap of a 400 m. relay.



Alysia Roy from Petersfield giving it her all.



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INSIDE > OUTSIDE > UPSIDE DOWN

Gunnlaugson team wins 2020 Viterra Championship

By Ty Dilello

At 35 years of age, Jason Gunnlaugson of Morris can finally say he's a provincial champion.

On Sunday afternoon at the Eric Coy Arena in Winnipeg, Gunnlaugson defeated West St. Paul's Mike McEwen in the final of the 2020 Viterra Championship by a 7-4 scoreline in a game that featured lots of shots made and plenty of key mistakes that made for an entertaining encounter.

Gunnlaugson and his rink of Alex Forrest, Adam Casey and Connor Njegovan will now represent Manitoba in a few weeks' time at the 2020 Tim Hortons Brier in Kingston, Ont. West St. Paul's Mike McEwen, meanwhile, has a chance to join Gunnlaugson in the field still as they will be playing in the wildcard game against Ontario's Glenn Howard the Friday night before the event starts.

"It came together because we've assembled a great group of guys. Connor (Njegovan) and Alex (Forrest) stuck with me. I was cut. I was on an island in curling, with no real purpose. They picked me up and they've just stuck with me and given me the chance to become an elite skip. I think with this performance we can finally say that maybe I'm getting there," Gunnlaugson said.

"I was a free agent and they didn't have a skip, so they got me on board. They love playing and I love playing and we just played and played and played until we won the Buffalo."

Sean Grassie's Deer Lodge foursome featuring Stony Mountain's



EXPRESS PHOTO BY LANA MEIER
Lundar's Tyler Drews, curling with Sean Grassie, lost 7-3 in the semifinal to Mike McEwen.

Rodney Legault (lead) and Lundar's Tyler Drews (third) were the big surprise of the week as the upstart rink advanced all the way to Sunday morning's semi-final before falling to Mike McEwen 7-3.

Grassie came into the event as the eight seed and started off with a pair of wins to get themselves into the A-side qualifier against McEwen. A tight game saw Grassie on the losing end but they would bounce back in the B-side final to get into the championship round.

In the championship round, Grassie would rattle off another pair of wins to find themselves into Saturday night's page playoffs. In the 2v2 game, Grassie defeated Granite's William Lyburn 6-5 in an extra end to advance to the semi-final, where they ultimately fell to McEwen for the third time in the event.



EXPRESS PHOTO SUBMITTED

Jason Gunnlaugson and his Morris foursome of Alex Forrest, Adam Casey and Connor Njegovan will represent Manitoba in two weeks at the 2020 Tim Hortons Brier in Kingston, Ont.

"Our team really gelled together. We started the year off rough as a new team losing our first five games, but we came together and did an unreal job. Sean made some great shots throughout the Viterra and helped get us on our way," said Rodney Legault.

"For three of the players on the team, we'd never gone this far before at provincials," said Tyler Drews, "so for us we took things one game at a time, and as we kept winning we showed a little more confidence. This has been an amazing experience."

Granite's William Lyburn which includes Interlakers Kennedy Bird and Wade Ford reached the final four of the Viterra where they lost to Sean Grassie in the 2v2 game.

Tanner Horgan's Winnipeg Beach foursome featuring the Lott brothers Colton and Tanner qualified for the final eight through the A-side but were dispatched on Saturday afternoon after a pair of losses to Gunnlaugson and Ryan Wiebe.

Stonewall's Emerson Klimpke, the fourth shooter for Josh Friesen, went 1-2 on the event. While Gimli's Steen Sigurdson was one of the opening night's casualties dropping their first two games of the event to send them to the bleachers early. The 2021 Viterra Championship was announced that it's going to be held in Selkirk next February at the Selkirk Recreation Complex.

Bantam Lightning win one of three last week

By Brian Bowman

The Interlake Lightning Bantam boys' hockey team dug themselves a hole that they could not get out of on Sunday.

Interlake found themselves down 3-0 to the Pembina Valley Hawks just 25 seconds into the second period before coming back with a pair of goals in a 3-2 loss in Lundar.

Ryan Orchard and Carter Sotheran scored to give the Hawks a 2-0 first-period lead and then Zachary Dyck tallied early in the middle frame.

Lightning forward Hayden Wheddon scored midway in the second period and then Darian Sinclair tallied

at 18:52 of the third.

On Saturday, Interlake lost 6-1 to the Winnipeg Monarchs in Warren.

Wheddon scored a power-play goal midway in the first period to give Interlake a 1-0 lead.

But it was all Monarchs after that.

Ryan Gould had a hat trick for Winnipeg while singles were scored by Blake Jones, Grayson Burzynski and Kai Elkie.

Last Thursday, the Lightning snapped a four-game losing streak with an 8-4 win over the Norman Wolves in Warren.

No scoring summary from the game was posted on the league website at

press time.

The Lightning will host the Southwest Cougars on Saturday (6 p.m.) in Stonewall and the Parkland Rangers Sunday (2:30 p.m.) in Warren.

In U17 Prep action last Thursday, Interlake lost 7-3 to the Eastman Selects at the VMSC.

After Troy Sellen gave Eastman a 1-0 lead just 28 seconds into the game, Interlake responded with first-period goals by Alexander Kaczorowski, Andrew Henry and Michael Spence.

The Selects' Riale Lawless scored in the second period and then Matti Carpenter, Reece Belot, Easton Kape-lus, Sellen and Kaycee Cole tallied in

the third.

On Feb. 3, the Lightning were edged 4-3 by the Selects in Stonewall.

Interlake's goals were scored by Evan Calder, Matthew Wagner and Kaczorowski.

Carter Johannesson (two), Ty McNaughton and Lawless replied for Eastman.

No score from Interlake's game against the Brandon Wheat Kings on Sunday was available at press time.

Interlake will host the Winnipeg Thrashers on Thursday (7:30 p.m.) in Stonewall and then will play the Winnipeg Wild Sunday (4:30 p.m.) at the Bell MTS Iceplex.

Gimli wins varsity boys' home basketball tournament

Staff

The Gimli Lakers crushed the competition at their varsity boys' home basketball tournament last weekend.

Gimli cruised to three convincing wins, ending with an impressive 91-65 victory over the Frontier Raiders on Saturday.

Gimli started play Friday with a dominating 94-39 win over Immanuel Christian.

The Lakers then crushed the Stonewall Collegiate Rams 100-44.

"The boys played three complete games, moved the ball well on offence (and) played great defence," said Lakers' head coach Chad Heminger in an email. "(We) won the rebound battle and pushed the tempo. This year we have a starting five where when the ball moves anyone can score."

Individual highlights were Blake Magnusson's 55-point game against Stonewall, Hank McPherson with back-to-back triple doubles, and Michael Crave rebounding the ball extremely well.

The Arborg Collegiate Athletics, meanwhile, finished with a 1-2 record at the eight-team Gimli tournament.

Arborg defeated the MCI Blues 74-66 in the seventh-place game Saturday.



EXPRESS PHOTO SUBMITTED

The Gimli Lakers defeated the Frontier Raiders 91-65 in the final of their home tournament last Saturday.

Arborg opened play with a 73-41 loss to the Teulon Collegiate Saints. The Athletics then lost 70-55 to the MacGregor Mustangs.

Peguis takes two of three from Cross Lake

Staff

The Peguis Juniors and Cross Lake Islanders got to know each other quite well last weekend.

The two teams played each other three times, with Peguis winning twice in Keystone Junior Hockey League action.

On Sunday afternoon, the Juniors outscored the Islanders 11-8.

Tyrome Spence led Peguis with four goals and three assists while Ethan Daniels had two goals and six assists and Coulson Nepinak chipped in with a goal and four helpers.

Michael Spence (two), Curtis Flett and Dalen Schultz scored Peguis' oth-

er goals.

Wilfred McLeod (three), Justin Dorion (two), Chris Ross, Brayden Whiskey and Julius Scribe tallied for the Islanders.

Drey Flett made 30 saves for the win. Saturday evening saw Peguis skate to a 7-5 victory.

The Juniors led 3-1 after two periods and then each team scored four times in the third.

Tyrome Spence paced Peguis with four goals and an assist while Sundance Paul, Dylan Wilson and Michael Spence added singles.

Daniels had three assists. Chris Ross, McLeod, Dennis Scatch,

Quinton Scatch and Dorion scored for Cross Lake.

Drey Flett made 32 saves for the win. Last Friday, Peguis was edged 6-5 by Cross Lake.

Kadin Ross scored the game-winning goal with just one second remaining on the clock.

Cross Lake's Quinton Scatch had tied the score at 5-5 with a penalty-shot goal midway in the third period.

McLeod, Dennis Scatch, Clinton Armstrong and Scribe also scored for

the Islanders.

Peguis was led by Tyrome Spence's two-goal and three-assist game while Daniels was also very good with a goal and three assists.

Nepinak had a goal and two helpers and Quinton Flett added a goal and an assist.

Peguis is back in action Friday (7 p.m.) when it travels to play the NCN Flames. The two teams will meet again Saturday at 1:30 p.m.

Team Huminicki heading to provincials



EXPRESS PHOTO SUBMITTED

Elias Huminicki (Winnipeg Beach), Liam Wachal (East St. Paul), John Trinke (Winkler) and Tim Johnson (Winnipeg) won a berth spot at the U18 Men's Regionals in Winnipeg. They will be representing the Stonewall Curling Club in the U18 Men's Provincial Championship in Minnedosa on March 4-8. The team is sponsored by local-run businesses and Asham curling supplies.

U18 Lightning drop pair of weekend games

By Brian Bowman

The Interlake Lightning gave up four power-play goals in an 8-1 road loss to the Eastman Selects on Sunday afternoon in U18 AAA Hockey League action.

Lyle Murdock scored the Lightning's lone goal in the third period.

Kyle Melo (two), Ryan Forster, Michael Svenson, Denton Mateychuk, Blake Noble, Matthew Egan and Brody Beauchemin tallied for the Selects.

Chris Fines stopped 49 Eastman shots in the losing cause.

Last Saturday evening, Interlake was doubled 6-3 by the Yellowhead

Chiefs in Teulon.

Austin Adair and Murdock scored second-period goals for the Interlake and then Ayden Manningway tallied in the third.

Colby Joseph (two), Slade Stack, Mitchell Collyer, Brandt Young and Briley Wood scored for Yellowhead.

The Chiefs outshot the Lightning 50-15 as Lightning goaltender Dominic Jacobson made 44 saves.

The Lightning, now on a nine-game losing streak, will play the Southwest Cougars on Saturday (8 p.m.) in Souris and then will take on the Chiefs Sunday (2:30 p.m.) in Shoal Lake.

Falcons fly past St. Malo Warriors

By Brian Bowman

Lundar Falcons' forward Ryan Gleich recorded a hat trick to lead his team to an impressive 5-1 victory over the St. Malo Warriors in Capital Region Junior Hockey League action last Friday in Lundar.

Two of Gleich's goals were scored on the power play in the third period.

Lundar's Eric Miller also had a great game with two goals while Braden Paulic chipped in with three assists.

Maxime Collette scored his league-leading 34th goal of the season for St. Malo in the first period.

Chris Lesage made 28 saves for the win.

The Arborg Ice Dawgs, meanwhile, shut out the North Winnipeg Satellites 3-0 on Sunday.

Tom Moneyas, Logan Clarke, and Josh Roche scored second-period goals for Arborg.

Tre Strachan made 23 saves for the shutout victory.

Last Friday, the Fishermen doubled the Ice Dawgs 4-2 in Selkirk.

Dane Derewianchuk scored a pair of second-period goals for Selkirk while teammate Braeden Hummel also tallied in the middle frame.

The Fishermen's Reece Tessier then added an empty-net goal with 1:39 remaining in the third period.



EXPRESS PHOTO BY BRETT MITCHELL

The Arborg Ice Dawgs' Kalen Guimond races down the wing during CRJHL action last Friday against the Selkirk Fishermen. Selkirk won the game 4-2.

Shaydon Mousseau scored for Arborg in the first period and then he added a shorthanded marker midway in the final frame.

Riley Bannerman made 32 saves for the victory. Strachan was busier at the other end, stopping 46 Selkirk shots.

Lundar will host Arborg on Friday (8 p.m.) and then the same two teams will battle the next night at 7:30 p.m. in Arborg.

Saturday's game was originally slated to be played Jan. 9.

U18 female Lightning ready for the playoffs

Staff

The Interlake Lightning U18 female hockey team is ready for the playoffs.

Interlake wrapped up its regular season with a 3-1 loss to the Winnipeg Ice Saturday evening in Stonewall.

Emerson McAuley scored Interlake's goal in the third period, assisted by Taylor Audette.

Last Friday, Interlake was beaten 5-1 by the Winnipeg Avros in Warren.

Ally Rakowski tallied for the Lightning in the second period. The goal was assisted by Megan Humeniuk.

Goal scoring has been a problem for the Lightning this season. Interlake has scored just 39 goals in 31 games and the Lightning has scored just three goals in their past six games.

On a positive note, though, Rakowski has had a tremendous year with a team-high 13 goals and 23 points.

Youth rock the ice at Stonewall Pharmacy Junior Bonspiel



EXPRESS PHOTOS BY STU BROWN

The Stonewall Pharmacy Junior Bonspiel was held at the Stonewall Curling Club last weekend. Top row, left to right, winners of the U15 A-event were Rapheal Malo, Logan Strand, Luke Robins, and Carter Malmquist (West St. Paul). The B-event winners included Austen Croy, Gavin Fiebelkorn, Koen Nickel, and Logan Fiebelkorn (Petersfield). The C-event champions were Jessi Meyn, Cloe Haluschak, Laina Leadbeater, and Matty Scales (Swan River). Bottom row, winners of the U18 A-event were Meghan Walter, Serena Gray-Withers, Rebecca Friesen, and Julia Millan (East St. Paul) while the B-event winners included Rachel Armstrong, Lauren Evason, Erika Campbell, and Cate Allan (St. Vital). The C-event was won by Tanner Graham, Blake Good, Rylan Graham, and Jake McIvor (Petersfield).

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Eligible candidates must be proficient with Sage accounting software, Word, Excel and are capable of producing meeting minutes and agendas. Must have experience with completing grant applications and dealing with boards and/or municipal councils.

Resumes due at noon, February 20, 2020

Please send resumes or direct questions to:

Councillor Thora Palson
Rural Municipality of Gimli, PO Box 1246, Gimli, MB R0C 1B0
Email: palson@rmgimli.com



Career Opportunity

Interlake Co-op is hiring for the position of **Team Lead Gas Bar Attendant** in our **Gas Bar** location.

Who we are:

Co-op does business differently. As a co-operative, we believe in working together to serve our members, delivering profits back to our communities and investing in sustainable growth. To learn more about who we are and how you can help bring our brand to life, visit us at interlakeco-op.crs.

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- Assist Manager with Supervision and Leadership of all Team Members
- Ensure the department is properly stocked with merchandise and faced at all times
- Follow all Policy and Procedures put forth in the Interlake Co-op Policy and Procedure Manual
- Other duties as required

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- You're honest and trustworthy, are results-oriented and strive to be the best in what you do.
- You believe in building relationships and collaborating to deliver solutions that matter most, and you recognize the value that different perspectives bring to meet shared objectives.

Our Team Members receive competitive salaries, a comprehensive benefits package and an excellent pension plan. We encourage our Team Members to take advantage of learning opportunities, to grow and develop and to foster a culture of teamwork and innovation.

Apply in writing Attn: gasbar@interlakecoop.com or contact us at 204-376-2349 for more information.

We thank all candidates for their interest; however, only those selected to continue in the recruitment process will be contacted

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RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER

CLOSING DATE: Thursday, March 5, 2020 at Noon

The Rural Municipality of Gimli is accepting tenders for the following:

- SUPPLY & DELIVERY OF LIMESTONE AGGREGATE:** for the supply and delivery of limestone aggregates; to be deposited on municipal roads throughout the RM of Gimli, or hauled to stockpile at the Public Works Shop yards, as directed by the Municipality. The material to be applied in one main haul approximately during the period of June 1, 2020, until completed. Additionally, there may be spot hauling continuing until December 31, 2020.
- GRAVEL HAULING & LOADING:** for the hauling of gravel to be deposited on municipal roads throughout the RM of Gimli from the pit located in SW25-20-3E. The material to be applied in one main haul during the period of June 1, 2020, until completed. Additionally, there may be spot hauling continuing until December 31, 2020, approximately 12,000 cubic yards. While the Municipality would normally be responsible for loading, contractors are asked for the option of supplying a loader.
- GRAVEL CRUSHING:** for the gravel crushing and stockpiling at the pit located in SW25-20-3E. Traffic Gravel to Department of Highways Specifications, approximately 14,000 cubic yards.
- 2020 EQUIPMENT RATES:** the RM of Gimli is seeking proposals from qualified bidders for hourly rates on various types of privately owned equipment for the purpose of establishing pay rates and hiring order of private equipment for the 2020 works season ending March 31, 2021. Contractors who do not submit pricing and/or do not hold a valid business licence or business tax will not be considered for municipal projects.
- DUST CONTROL:** Application of Magnesium Chloride or Calcium Chloride dust control product. Product must be Magnesium Chloride Liquid or Calcium Chloride Liquid with a 30% to 35% Brine Solution and an Anti-Corrosive Inhibitor to meet Corrosion Rate of less than 4.0 mils per ASTM G 4-84. Bidders may provide a quote for one or both. The product shall be available for delivery to various locations in the Municipality from June 1, 2020 to October 31, 2020, as required by the Municipality.
- GRAVEL SCREENING FOR WINTER SAND:** for the screening of gravel for winter sand from the pit located in SW25-20-3E. Screened Gravel for winter sand must be to Department of Highways Specifications. Approximately 2,000 cubic yards required. Gravel Screening is to be 25% complete by June 30th, 2020 and 100% complete on or before August 31, 2020 weather permitting.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Any questions or concerns related to the tenders can be directed to: Darcy Hjelmeland
Manager of Public Works and Utility Operations
Rural Municipality of Gimli
Phone: (204) 642-6688
publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Council may consider a 10% price variance for local bidders. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.



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INVITATION TO QUOTE The Rural Municipality of Fisher Hourly Equipment Rates

The Rural Municipality of Fisher is inviting quotes for hourly rental rates for various equipment for the purpose of establishing pay rates for the 2020 construction and maintenance season.

Quotation forms may be obtained at the Rural Municipality of Fisher Office, 30 Tache Street, Fisher Branch, Manitoba.

Deadline for proposals is March 3rd, 2020.

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take a break

> GAMES

SUDOKU

1						8	4		
		2		3	5				
	5	4							
		6	1			3	2		
				4	9		5		
	9	1							
			8		6	4			
				9					
					3	7			1

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Level: Intermediate

1	6	7	8	2	5	8	9	4
9	8	5	7	6	7	8	2	1
2	8	4	9	1	8	5	7	6
4	7	9	2	5	8	1	6	8
8	5	1	6	4	9	7	2	8
6	2	8	7	1	6	4	5	9
8	9	2	1	8	6	4	5	7
7	1	6	5	8	4	2	8	9
5	4	8	7	6	2	9	3	1

Sudoku Answer

V	H	I	I	V	S	S	V	G	E	D			
W	O	N	S	K	O	O	N	E	T	O	R	F	
E	N	O	H	K	O	F	A	T	T	I	R		
O	E	H	V	W	S	T	E	I					
E	S	V	E	T	S	E	T	V	R	V	F	E	S
C	O	D	V	E	N	P	E	E	S				
S	H	V	E	T	S	E	H	P	A	B	O		
W	V	W	E	O	V	T	O	R	O	T	L		
E	W	W	W	T	V	S	V	O	I	V	S		
T	V	E	O	S	S	V	W						
A	T	O	E	H	U	S	S	N	O	R	I		
V	T	E	I	F	S	O	S	N	E	T			
S	D	V	W	E	T	R	V	O	I	C			
N	O	I	O	E	S	V	E	C	S	S	E		
V	H	I	O	B	S	V	W	V	N	E	O	R	

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Small deer
4. Khoikhoi peoples
9. South African statesman
14. Keyboard key
15. Remove
16. A conspicuous constellation
17. Data executive
18. Retired NASCAR driver
20. Tightens
22. A picture of the Virgin Mary
23. "The Mission" actor Jeremy
24. Confidently
28. More (Spanish)
29. Sports highlight show (abbr.)
30. Hand out cards
31. Distinctive Asian antelope
33. Arabic greeting
37. Of I
38. Hip hop trio
39. Meat roll
41. One's mother (Brit.)
42. ___-GYN
43. Belgian city
44. Plucks
46. Leak slowly
49. Denotes a particular region
50. General's assistant (abbr.)
51. Divides
55. Kid
58. Inland Empire Expanded Learning Symposium
59. Engaged in conflict
60. Former CBS sportscaster
64. Characterized by unity
65. Working-class
66. Corners
67. ___ de plume
68. Influential French artist
69. "Very" in musical terms
70. Financial account

CLUES DOWN

1. Long, flat abdominal muscles
2. Small Eurasian willow

1	2	3	4	5	6	7	8	9	10	11	12	13
14			15					16				
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38				39	40						41	
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51				52	53	54			55		56	57
			58					59				
60	61						62	63			64	
65						66					67	
68						69					70	

3. Justified in terms of profitability
4. Required
5. River that starts in Turkey
6. Disfigure
7. A way of communicating (abbr.)
8. Leaks slowly
9. Shady place under trees
10. Made a speech
11. Long, angry speech
12. Mortar trough
13. Autonomic nervous system
19. Southern India island
21. Grab quickly
24. Ancient Mesopotamian city
25. With three uneven sides
26. Football visionary Hunt
27. Primordial matters
31. Facing towards the flow of a glacier
32. "A Delicate Balance" writer
34. Emits coherent radiation
35. Commercial
36. Groups of foot bones
40. Out of print
41. Partner to cheese
45. German river
47. Concluding speech
48. Spanish dish
52. Prominent California cape Point
53. Any high mountain
54. Ethiopian lake
56. Mr.
57. Excessive fluid accumulation in tissues
59. Large, flightless bird
60. Oil industry term (abbr.)
61. Something one can draw
62. Officers in charge
63. Greek island

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OBITUARY

Kenneth Bruce Makara

It is with great sadness we announce the peaceful passing of Ken Makara, ages 81 years of Arnes, MB. on Monday, February 3, 2020 at Arborg Hospital.

Cremation has taken place and no formal service will be held.



Nick Plett

Passing peacefully, on the evening of Friday, January 31, 2020, God called Nick home where he could be reunited with his parents Abram and Elizabeth Plett and siblings (Henry, Tom, Jake, Lisa, Esther, Tina, Nettie).

Nick leaves to mourn his loving family: wife, Rose (nee Penner); son, Jeff (Cindy) Plett; daughters, Fenella (Stephen Henry), Adele (Chris Bartel) and Cyndy (Ross Penner); grandchildren, Connor, Ailis, Richelande, Raechel, MaKendy, Keziah, Joey and Nizana. He is also survived by his siblings Frieda Schroeder, Mary Friesen and Abe Plett.

Nick was born in the village of Greenland, Manitoba. His parents named him Klass, but his siblings referred to him as Nick. He was very sick as a young boy, but his older sisters took good care of him. He was the 7th child in his family with five sisters and five brothers. At the age of 17 his family moved to Mexico. His first job there was driving truck. In 1957 he returned to Canada and reconnected with Rose, who had been one of his friends he walked to school with. They were married on June 5, 1959. Back in Canada he started working with his brother-in-law Vern Fast in the road construction business where he worked on such projects as the Red River floodway and the Trans Canada Highway.

In 1967, Nick and Rose and their young children moved to Fisher Branch where they had purchased a farm. They lived there until they retired off the farm in October 2010. In the early years Nick also did carpentry work which included projects such as Percy E. Moore Hospital, Koostatak School, Fisher Branch CIBC Bank and Fisher Branch firehall.

Nick had a lot of different interests and loved to have all kinds of conversations with friends and family. His favourite subjects were history, politics, agriculture and theology. He also loved music especially hymns and songs he learned at school as a child.

Nick and Rose enjoyed 60 years of marriage. They were loving and devoted parents and grandparents. They worked hard on the farm and made a lot of friends wherever they moved.

Nick's life was based on his faith in God. As a young adult he decided to fully devote his life and family to God. He expressed this devotion through his commitment to neighbours, community and church. He was a man of great faith and prayer. He shared the many blessings that the Lord gave him through teaching and mentoring and through sharing his resources. He was one of the founding members of Beaver Creek Bible Camp established in 1969 and he and Rose taught Bible classes for 28 years in Fisher Branch schools.

The family would like to thank the healthcare teams at Betel Place in Selkirk and Kin Place in Oakbank for their dedication and care for Nick these last two years.

The memorial service was held on Wednesday, February 5, 2020 at 2:00 p.m. at The Church at Pine Ridge, near Oakbank, with interment at Sunnyside Cemetery in RM of Springfield.

Donations in memory of Nick may be made to Canadian Foodgrains Bank, Box 767, Winnipeg, MB R3C 2L4. <https://foodgrainsbank.ca/donate-now/>

Condolences and tributes may be left at birchwoodfuneralchapel.com

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