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WEEKLY NEWS

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Girls rule

Mandy Sinclair of Peguis took part in the Lake St. Martin First Nation Snow Drags 2018 at Assiniboia Downs last weekend.

EXPRESS PHOTO BY ROBERT E. WILSON

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Alf Cuthbert students attempting to read 50,000 minutes

By Jeff Ward

Moosehorn's Alf Cuthbert School students are reading up a storm as schools throughout the country celebrate I Love to Read Month.

Students have a goal of 50,000 total minutes to read by month's end, which will gain them a few different prizes for their hard work.

At 15,000 minutes, students will get a movie and popcorn event. At 30,000 minutes, students will spray Cool Whip all over their principal, Alann Fraser. And at 50,000 minutes, Fraser said she will get a spray tan at Level 12, which she explained would make her as orange as a pumpkin.

Fraser has consistently put her own body on the line in an effort to push students to read more. In previous years, Fraser has eaten crickets, kissed a cow and last year she died her hair green, all for the students who have met their goal.

"Next year, we're going to up it to 60,000 because this isn't a challenge

for them anymore," said Fraser.

"We have 86 students and we have a lot of good readers here. Our students already like to read, so I think we need to up the challenge. Just today, I had students tell me they read an hour and a half last night, so there's 90 minutes right there."

"NEXT YEAR WE'RE GOING TO UP IT TO 60,000 BECAUSE THIS ISN'T A CHALLENGE FOR THEM ANYMORE."

Fraser said that, for her, the silly stunts she does aren't that big of a deal. What would be embarrassing for most people is more of a proud moment because she knows that every minute of reading for a student is worth it.

Students are free to read whatever they like to bank minutes

for the month and that typically manifests in them heading to the library to choose something by their favourite author, Fraser said.

"I also let them choose what they want me to do at the end of this. Some suggested skydiving or bull-riding even," said Fraser.

Another piece of I Love to Read



EXPRESS PHOTOS BY JEFF WARD

Kindergarten students Conway Rawluk, left, and Ava Nickel spend some time reading in the Alf Cuthbert library, banking minutes for I Love to Read Month.



Express Weekly News reporter Jeff Ward does a guest reading session for kindergarten students from the book *If You Take a Mouse to School*.

Month for the school is the inclusion of a reading bingo card. Students can fill out their card by reading books in different genres, by female authors, books about foreign countries and more. Fraser said that those who fill their entire card get a free book from the Scholastic Book Club.

"With the bingo card, we wanted to open their eyes to all types of literature. Instead of them reading the

same things, we want them to branch out and read everything," said Fraser.

With the 50,000-minute challenge looming, students are already buckling down to meet the goal and Fraser said they take it very seriously. Fraser is certain they'll hit their goal. Even if they add another 10,000 minutes to that next year, she said they'd likely meet that too.

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WSP artist explores memory loss with new exhibit at Gwen Fox

By Lindsey Enns

A West St. Paul woman is hoping to raise awareness about Alzheimer's disease with her latest works of art.

Willy Carleton's art exhibition *Memory* runs until March 3 at the Gwen Fox Gallery and explores her own personal experiences with the disease, which several of her family members and friends have lived with.

"It's such a common thing now. It's far more common than people realize, so that's kind of where the whole idea came from," Carleton said while

sitting inside the Gwen Fox Gallery last Friday. "The whole show is about my own personal interactions and my memories of what all happened with people and things that my friends and I talked about."

Carleton said she hopes her art helps raise more awareness about the disease.

"I hope people become more sensitive to it because we're an aging population and there's more and more people who are experiencing this and families and caregivers have to look

after them for a long time," she said.

Her latest show and the Gwen Fox's first for 2018 includes fibre art and mixed media. She said the show includes about 16 pieces.

"I hope that people look at it and read the things that I wrote beside them and understand where the pieces are coming from," Carleton said. "I'm hoping that they get a better understanding of what's it like to both have Alzheimer's and to live with someone who has Alzheimer's. It's just so overwhelming for people.

"You're in a denial stage for a long period of time because you don't want to really believe that a person is going to lose all of their memory."

An opening reception for *Memory* took place at the Gwen Fox Gallery on Sunday, Feb. 11 from 1 p.m. to 4 p.m.

Carleton said her advice for those with family members or friends living with Alzheimer's is to be patient and simply "to cherish the moments that are good because there are good mo-

Continued on page 5



EXPRESS PHOTO BY LINDSEY ENNS

Willy Carleton of West St. Paul stands next to her piece entitled "Afternoon Tea" featured in her art exhibition *Memory*, which is on display at the Gwen Fox Gallery until March 3.



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Get the scoop on Prairie West Ice Cream

By Jennifer McFee

Prairie West Ice Cream continues to scoop up recognition for being the cream of the crop.

The success story began in 2005 when a group of partners launched the business based on a retail private labelling opportunity. Since then, the company has simplified and is currently co-owned by husband-and-wife duo Dave and Nicki Wilson along with a silent partner.

In addition to hitting the shelves under private labels, Prairie West Ice Cream has recently launched its own product line of CanAsian flavours.

"CanAsian is made of Canadian dairy ingredients with Asian-influenced flavouring," explained Nicki Wilson, a Stonewall resident.

So far, the most popular flavours are coconut, mango and honeydew melon. Other delicious options include peach lemongrass, green tea and sweet spice.

"All of the flavours have been well received in Manitoba. We did several demonstration events last year, including the night market where we gave away free ice cream so people could experience a flavour," Wilson said.

"The response was overwhelmingly good from consumers, which gave us the ammunition needed to approach the large retailers with. We were well welcomed by all the retail stores in Winnipeg and Stonewall. Family Foods was one of our very first promoters. They carry this line and our four-litre tubs."

Inspired by the local interest, the company decided to market the CanAsian ice cream line to a large group of major retailers through their national head offices. Although it's too



Business is booming for Prairie West Ice Cream.

soon to reveal the full scoop, shoppers can expect to see Prairie West Ice Cream on many more shelves in the coming weeks and months.

"The response of our presentations to all the major retailers that we've gone to has been very positive, so now it's just a matter of rolling it out," Wilson said.

"As of the end of February, it will be in Western Canada for two of those major retailers that we approached, with others to come on throughout the rest of the year."

Branching out even further, the company is also looking at overseas opportunities.

"Based on our good response in Manitoba, we felt that the product flavours would suit China. The market in China is so large that they are favour-



EXPRESS PHOTOS SUBMITTED

Prairie West Ice Cream has launched a line of CanAsian flavours.

able in bringing in Canadian products to their country because they know they're safe and reputable," Wilson said.

"We went to China to explore the opportunity, and the trials we took there were well received. Export is a large process, so we are currently working on that. There's lots of logistics information, broker information, tariff information that we have to go through in order to see if it's a right fit for both China and us."

Of course, Prairie West Ice Cream also plans to continue with the private label portion of the business.

In addition to providing four-litre private-label containers of ice cream, they have delved into the 11.4-litre line of scoop shop flavours. They also bought a new machine to package ad-

ditional sizes, such as 500-millilitre and one-litre containers.

The most popular private label flavours are vanilla, strawberry marble and butterscotch marble, but the company can also create custom flavours for clients at their Winnipeg-based facility.

"Product development and designing the flavours are probably the most interesting parts for me. People get really fired up about picking and making their own ice cream," Wilson said.

"Seeing our products on the shelf this year in our own name has been a huge highlight for us too."

More information about Prairie West Ice Cream is available at www.prairiewesticecream.ca and on Facebook.

Oak Point Community Centre seeing resurgence of support

By Jeff Ward

It was only one year ago that the Oak Point Community Centre was in danger of closing its doors for good, but following a small financial boost from council and a lot of new interest from the community, the centre is trending back in a more positive direction.

In April of last year, the RM of St. Laurent council provided the community centre \$2,797.96 to pay for their hydro costs but said that the community would need to come up with a strong long-term solution.

Community club president Jennifer Diell explained that the community has done just that, organizing and hosting dozens of events in the build-

ing over the summer and fall months. She said that the club would be hosting a wedding social in March, which is an event that hasn't been seen in Oak Point in a very long time.

"I honestly don't remember the last time we had a social because they usually go to St. Laurent to do that," said Diell.

"It's really great to see the support come back because we were in jeopardy of closing the doors, but I think that lit a fire under everyone. We're a very small community, and the community centre is one of the only things we have."

Diell said that while things are trending in the right direction, there

is still a lot of work to do. Currently the board is looking to do more renovation projects to the aging facility, and now that more events are being hosted there, they can start saving more money.

Over the last year, events are becoming more common, Diell said. The Oak Point Music Festival, breakfast with Santa, raffles, potluck supper, craft sale and more were all hosted at the community centre last year, and more are planned for this year.

"There are a number of new fundraisers in there, too, and it's good to see the building being used more regularly," said Diell.

Things are looking up for the com-

munity centre, and a more positive future for the facility is now in the sights of volunteers and the board. Diell said that while the immediate threat of losing the facility is gone, it's important that residents know that their help is still needed and appreciated.

"Our thinking is that we don't want to have a community building just for the sake of having one. This is about having a place for the community to get together and we all need to work to support that," said Diell.

Those interested in helping this effort can attend the monthly meeting to learn more. Diell said the next meeting takes place on Feb. 19 at 7 p.m. at the community centre.

West Interlake reeve throwing support behind wronged Ashern fishers

By Jeff Ward

West Interlake Reeve Randy Helgason said that he is throwing his support behind the Ashern Fisheries Co-op, which is out thousands following a recent controversy with new buyers.

Ashern Fisheries Co-op is one of four sheds — along with Dawson Bay Fish Packers, Eddystone Fisheries and Waterhen Winter Fishermen Inc. — that alleges that buyers Donald Salkeld of Northern Walleye Inc. and Mike Schafer of Schafer Fisheries have yet to pay them as much as \$1 million.

Helgason said that the situation is

dire and that he doesn't see how a shed could remain open if they're taking that kind of a loss.

"OTHER THAN SEEKING LEGAL COUNSEL, THERE'S REALLY NOT A LOT WE CAN DO."

Helgason is a fisher himself and said he's spent nearly 50 years on the lake and that his father, Elmo Helgason, fished more than 70 years on Lake Manitoba. Elmo Helgason also spent time on the Freshwater Fish Marketing Corporation (FFMC) board later in his career.

The reeve said that the lake means a lot to him and that the arrangement with Schafer and Salkeld never sat well with him.

"To me, it doesn't add up," said Hel-

gason.

"I can't say for certain, but I don't believe the story from [Schafer and Salkeld], not one bit. They say the fish rotted, but all transportation that I'm aware is refrigeration. How can it rot?"

Helgason said he has other issues with the two buyers. He explained that the prices they were quoting during meetings seemed to promise the world, but he was skeptical. Helgason recently dropped nets into Lake Manitoba and his son also just purchased a licence as well, so it's important for him to see a healthy fishery.

This issue, which affects about 10 or so fishers in his RM, is frustrating.

"There are lots of fishermen in the RM of Grahamdale that get hurt by this too. The amount of fish they shipped was worth a lot of money and fishing is a hard job. For them to go

home empty-handed is really bad."

Helgason said he was never truly for the opening of the market last year and that the best thing to happen to the Manitoba Fishery was the formation of FFMC back in 1969. He said that not only has FFMC been a reliable buyer to work with, but northern fishers have just as equal an opportunity to sell their catch as those living close to Winnipeg.

Helgason wants the Ashern Co-op, and the other ones, to get paid and said that he's exploring what he can do to help.

"Other than seeking legal counsel, there's really not a lot we can do. We can't help them financially. It wouldn't be fair to ratepayers, but if there was anything I could do, I'd be more than happy to take it to council," said Helgason.

Selkirk homeless shelter forced to close due to lack of volunteers

By Justin Luschinski

Selkirk's only homeless shelter has been forced to shut its doors for good due to a lack of volunteers.

St. Francis Place Shelter has been closed since Jan. 1 due to a lack of volunteers. Recently the board of directors for Our Daily Bread Soup Kitchen, which runs the shelter, made the decision to close it.

The shelter, which opened in 2014, has six beds and previously served as the emergency shelter for the city's

homeless.

Rene Gauthier, Our Daily Bread Soup Kitchen chairperson, said it's a shame the shelter had to close.

"It's disheartening. Most of the people who were still involved, they were there at the beginning," Gauthier said. "We've spent the last five years working at the shelter. ... There were quite a few people who showed interest, but we only got five volunteers out of the nine that we needed."

"I don't want to bring anyone's

hopes up, and then we have to close again because of no volunteers."

Gauthier said that any funds raised for the shelter will go towards supporting the Our Daily Bread Soup Kitchen. Any clothing donations, such as the socks from the Socks for St. Francis drive, will be distributed to local organizations. If they aren't able to donate all of the clothing, they will give it to an organization in Winnipeg.

Gauthier said the lack of volunteers could affect other organizations in

Selkirk.

"We started with a team of 20, most of whom worked long hours outside of their own jobs. We had to close due to lack of volunteers. ... There are not enough volunteers out there. I think you'll see more charitable organizations close because there's not enough support."

According to Gauthier, the amount of homeless people who have used the shelter has gone down significantly over the last few years.

> MEMORY LOSS, FROM PG. 3

ments."

"You have to kind of accept it and cherish what you can do and just keep going," she said. "Believe in what the person can do and accept that."

Carleton also suggests reaching out to the Alzheimer Society of Manitoba for help.

To reach as many Manitobans in rural communities across the province as possible, the Alzheimer Society of Manitoba offers telehealth family education seminars for those experiencing dementia via video technology.

"Learning new skills helps caregivers and families adapt to the daily realities of living with and caring for a person with dementia," Norma Kirkby, the society's program di-

rector, stated in a recent release. "We need to assist caregivers by providing them with education and information to help them through their caregiving journey."

Currently, more than 22,500 Manitobans have Alzheimer's disease or another form of dementia.

For more information about the Alzheimer Society of Manitoba, visit alzheimer.mb.ca or call 1-800-378-6699.

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Hello, good friends. Thanks for stopping in.

You may have heard about the great white highway truck that was converted to an ice shack sitting downstream of Sugar Island on the Red River ice by Selkirk. It was not only the topic of local conversation because of its creativity and impressive size but of how suddenly it disappeared.

I got hold of Derek Dranez, the owner, and was saddened to learn that vandals had broken into his shack. Being the fine sportsman he was, he cleaned up the area around it and then took it off the ice for repair. I arranged to meet him for his story and to give him his prizes for being the *Express*' Week 1 exceptional ice shack winner.

As we sat talking at the Lockport A&W, we began trading past fishing experiences. Derek, in his deep gravelly voice, recalled last summer when he and some buddies hooked up their trailers and made for Pointe du Bois to fish for sturgeon. With a devilish smile, he said they pulled up to a small landing at the water's edge at dusk and proceeded to do what most guys do when they go for a weekend of fishing. They drank and ate way too much!

Derek, however, was a light sleeper and woke up the next morning before daybreak amid the mighty roars of his gang's snoring. He tossed and turned, unable to get back to sleep because of the wall shaking noise. Finally, exasperated, he stumbled out of the trailer in his pajamas. He looked out over the water, scratching himself awake. Then because there was nothing else to do, he dug his fishing rod out of the truck. In the early morning half-light, he cast onto the glass-smooth still water.

The lure plopped into the water,



EXPRESS PHOTO SUBMITTED
Derek Dranez with his prize sturgeon caught in Point du Bois Lake.

echoing, making small ripples. Immediately the water erupted, sending white sprays into the air. Derek overcame his shock, just making out the white side and delta-shaped tail of a sturgeon on the top of the water as his line tightened. Cold water engulfed his slippers and pajamas as he slid down the slimy landing. He held his rod high in one hand and tried to creep stiff-legged for higher ground.

He plodded up to the trailers and began slapping his hand on their walls, trying to wake his buddies up for some help. No luck; those guys were "sawing wood" with gusto!

OK, Derek thought, he was not going to let his catch get away without a trophy picture. Slowly he manoeuvred himself to a tree. Setting the timer on his cell phone, he wedged it between the trunk and a branch, and as luck would have it, took a selfie of himself, wet but triumphant with his prize!

The sun hurt my eyes as I drove on

the ice past the Gimli harbour to a village of ice shacks not far offshore. The ice pack trails have become wide roadways and idling quickly around was no problem. Soon I saw another of those metal shacks made of walk-in freezer walls. I pulled up to it and slipped out of Old Red into a bracing cold wind. It was plain to see whoever had made this shack was no stranger to construction. I knocked on the heavy door asking, "Is anybody home?" A cheery voice came back, "Yeah, come on in!"

Inside, two fellas — who gave their names as Mel Elliott, an easy-going white-haired chap, and George Vincent, a kindly guy who loved to talk — sat jigging their lines. With a heater humming in the corner, George started telling fishing experiences that he had when working up north. He remembered doing a job up at Baker Lake and when he had a little time off, a fellow in camp told him to go ice fishing but that he should first go into a nearby shed and get the chipping chisel and ice scoop to clear out yesterday's hole. George went into the shack but all he could see was 12-foot-long poles with rolled up canvases on the floor in front of them. He went back to his friend and asked where the chisel and scoop was. The guy replied, "It's the 12-footers in there."

George stood quietly, not knowing quite what to say. The guy looked at him with a condescending smile, saying, "You know the ice is at least 10 feet thick in the winter here!"

George turned, went out to the deep ice hole, having collected the long chipper and scoop, cleaned out and then had the best day of giant trout fishing in his life!

Till next time. Bye now.

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Bifrost provides audit trail and drainage plan for Municipal Board

By Patricia Barrett

The Municipal Board wants more information about the RM of Bifrost-Riverton and BASIC's plan to implement a \$4-million farmland drainage tax on about 1,348 ratepayers before it will make a decision as to whether or not to approve it.

In a letter dated Dec. 22, 2017, the board asks the RM to spell out how drainage work will unfold, how the RM plans to spend the \$4 million, how it intends to levy potential taxpayers and requests an "audit trail" of a \$1,002,052 grant BASIC received under an agricultural program called Growing Forward 2.

The board was obliged to hold a public hearing last year (Nov. 16) because of the numbers of objections it had received to the levy (see *Express* Nov. 23 edition). The RM hired a lawyer to represent it at the hearing and to question witnesses. The board indicated at that time it would make a decision within 30 days.

Bob Cherepak, who farms along Bifrost's western border and testified at the hearing, said he only found out about the letter after he called the board to see whether it had made a decision.

Cherepak, who took out a membership with BASIC, said it's important the board considers the numbers of farmers who won't benefit from drainage and who want to opt out should the \$4 million (in the form of an RM bank loan) be approved.

"What really concerns me is the extra \$20,000 in taxation I'm going to have to pay over the next 20 years to finance these guys," said Cherepak, whose land sits on a natural ridge and doesn't experience flooding. "It's a fair chunk of money."

In July 2016, the provincial and federal governments awarded BASIC \$1 million for a "pilot project to improve drainage and address other water-related issues" in the RM.

BASIC's project administrator Pat McCallum told the *Express* the grant covered salaries of the project manager, project administrator and consultants, contractors to perform surveys and feasibility studies of ditches

and areas to be rehabilitated, water licences, mileage reimbursement for BASIC staff, crop research in conjunction with the Prairies East Sustainable Agricultural Initiative and office supplies and contingency.

The RM's East and West Drainage committees will hold meetings to "brainstorm/discuss and select local knowledge focus areas," states the response in reference to how drainage work will unfold. "Surveying of 350+ municipal miles of drains has been completed and was funded through BASIC's Growing Forward 2 grant. Design is ongoing as profiles are received. Drainage committees will prioritize approximately 220 miles from these designs."

The response identifies several projects, including municipal and governmental cost estimates, but states it's "not an exhaustive list" and "projects may change as further information is gathered."

The projects listed (with municipal costs) are Drunken River (\$900,000), South Arborg Diversion (\$540,000), North Arborg Diversion (\$396,000), Progress Drain Pumping Station (\$360,000), South Riverton Overflow By-Pass (no cost provided) and Vidir Road Drain (\$540,000).

As to how the RM will draw the \$4 million, the response says, "As long as the municipality is awarded an external drainage grant, the municipality may borrow up to a maximum of 1:1 matching dollars for municipal drainage improvements."

It's unclear whether the RM amended the wording of its \$4-million borrowing bylaw — as requested by one witness during the November hearing — to state that it won't borrow any money unless the federal and provincial governments step in with funding.

The RM did not indicate whether it will allow opt-outs to farmers who won't see any benefit to drainage.

As for the \$1 million grant, the RM told the board it's "audited quarterly by the Province of Manitoba, Growing Forward 2 Secretariat."

The RM's CAO Cindy Stansell said the two drainage committees will be



EXPRESS IMAGE SUBMITTED

Municipal Board letter to RM of Bifrost-Riverton.

presenting a drainage plan at a 2018 financial plan hearing in spring, and that they alone — not BASIC — decide what projects get the green light.

"It also needs to be stressed that the municipality does not provide funds to BASIC. Any costs associated with the actual physical aspect of all municipal drainage projects are the responsibility of the municipality," said Stansell by email. "This includes, but is not limited to, culverts, contractors

and gravel. BASIC's contribution to drainage projects in the last two years has been towards the surveying and design as well as the assistance of BASIC's project manager through the tendering and overseeing of projects."

In its letter, the Municipal Board indicated it could re-open the public hearing at a later date. A spokesperson for the board said if that were to happen, the RM would be required to advertise a new public hearing notice.

Winnipeg Beach charity fish fry Feb. 17

The Gimli and District Kiwanis Club will host a Pickerel Fish Fry during the Town of Winnipeg Beach's Wonderful WinterWeekend on Sat., Feb. 17 from 4 to 7 p.m. at the Winnipeg Beach Community Centre.

Adult tickets are \$15, while children under 10 are \$8. Tickets are available

from Kiwanis members, the Winnipeg Beach municipal office or at the door.

For further information or tickets, call Sam Sekhon at 204 389-2822.

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Arborg Early Middle School celebrating I Love to Read

By Patricia Barrett

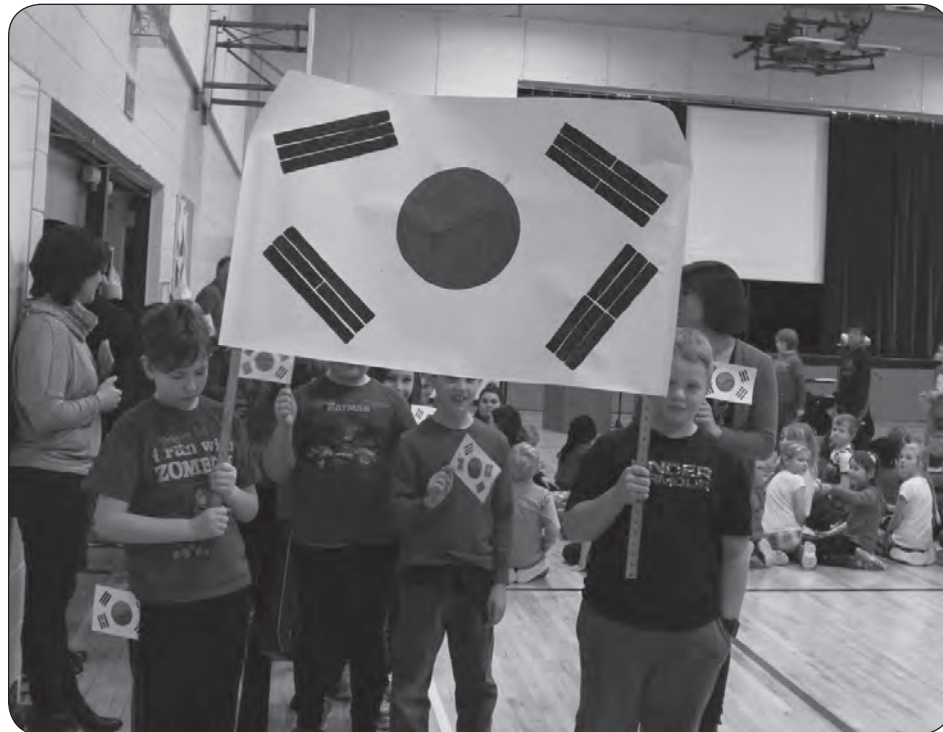
Arborg Early Middle School has a number of events planned for February to celebrate I Love to Read month. The school chose an Olympic theme for all the literacy activities it has planned.

"We are partaking in Buddy reading and DEAR (Drop Everything and Read) reading throughout the month. Our theme is the Olympics and we have reading challenges taking place as well," said Grade 5/6 teacher Kristen Rudyk. "During the month, we have themed days where the students dress-up."

To celebrate the 2018 Winter Olym-

pics in Pyeongchang, South Korea, the school held an opening ceremonies Feb. 2 and a torch run, and also invited the Reechka Ukrainian Dance Club and Arborg singer Brittany Gallichon to perform. Olympic swimmer Chantal Van Landeghem spoke to the students.

"At the end of the Month, the YPC (Young Philanthropist Club) and the Student Council group will be reading to Grades K-4 as part of the WE Read Together campaign," said Rudyk. "This is a campaign our group has chosen on spreading the importance of literacy through the WE Organization."



EXPRESS PHOTO COURTESY OF AEMS

AEMS students carried flags at the school's Olympic opening ceremonies on Feb. 2. Each class was designated a country to represent.

Just Watch ME! video contest winners announced

Submitted

Four rural entrepreneurs from Saskatchewan and Manitoba are being recognized for their entrepreneurial spirit. The Just Watch ME! video contest celebrates the success of entrepreneurs with disabilities or health conditions. These entrepreneurs each entered a video into the contest sharing their business success stories.

Community Futures Just Watch ME! video contest is pleased to announce

the 2017-2018 winners:

Seasoned Entrepreneur Category:

1st Place: Lorena Mitchell owner of Evolve Green, Marchand, Manitoba

2nd Place: Donald Glenn owner of Shorty's Upcycling Studio, Thompson, Manitoba

3rd Place: Louisa Reddekopp owner of Fire Moon Soap Co. Rosthern, Saskatchewan

4th Place: Lori Kobialko owner of Arts in the Alley Studio, Rosthern, Saskatchewan

Start Up Entrepreneur Category:

Saskatchewan Start Up Winner: Sherri Cooper owner of Harvest Time Eatery in Watson

Manitoba Start Up Winner: Chance Toder owner of Leave It To Chance, in Elkhorn

During the contest, votes from across Canada and around the world were cast by the public to determine the winner of the Seasoned Entrepreneur category. The Start Up Entrepreneurs were chosen by a panel of judges. All the winners will be receiving their cash and business prizes by February 16th.

To watch the winning videos please visit www.justwatchmecontest.ca

How to protect yourself from the Bitcoin Hitman Scam

By Jeff Ward

Late last month, a number of Altona residents received some disturbing emails claiming that they were the target of a hitman and were instructed to pay a sum of Bitcoin to stay alive. The emails are part of an emerging scam and it's important to know what to do if you receive one.

The good news is that it's all a hoax, but it's one that is designed to scare the email recipient into sending money to an offshore address.

The two reported cases in Altona had sums of \$2,500 in Bitcoin attached

to them.

Bitcoin is the most popular cryptocurrency currently being traded at just over \$10,000 CAD per one Bitcoin. The last few months have seen the price of numerous cryptocurrencies skyrocket with extreme popularity and that could mean more of these emails looking to scare people out of their hard-earned money.

Altona police Chief Perry Batchelor spoke with CBC News last month on the two complaints he received and said that police are concerned.

"We've had a couple of complaints

now in the community where people have received alarming emails with very disturbing verbiage, indicating there's been a hit put on their life and in order to avoid getting killed — and it's that type of language — they need to send, in one case, \$2,500 in Bitcoin to an address, of course, offshore," said Batchelor.

RCMP spokesperson Sgt. Paul Manaire said that he hasn't received any complaints about this scam in the Interlake at this time. He said that residents who receive an email like this should contact the RCMP immediately as well as the Canadian Anti-Fraud Centre.

Manaire had some tips for people to follow should they receive any email or phone call that sounds fishy.

"They should not provide any financial information over the phone, email, etc. When you're asked to send money via Western Union or MoneyGram, that should be a red flag to you," he said.

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

Sudoku Answer - See puzzle pg. 19.

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Arborg doctor says groundwork for ER closure may be behind contract non-renewal

By Patricia Barrett

A doctor who owns and operates a primary care clinic in Arborg said the Interlake-Eastern Regional Health Authority has not renewed his contract and won't tell him why, but suspects it may be linked to the eventual closure of the hospital ER.

Dr. John Donnelly, who's cared for patients for about 13 years at his Icelandic River Health Clinic, said the IERHA asked him to vacate the building (attached to Arborg hospital) he leases from them.

"There doesn't seem to be anybody that's willing to say why. There's no spokesman for the region to say why the various functionaries at the IERHA will not state why they did it, so we're all a bit confused," said Donnelly. "It does seem they have a plan, but they won't say what the plan is, and they've got the town of Arborg in an uproar."

Donnelly said he'll be setting up his clinic in another building in town and has no intentions of "deserting" the ER, which he currently helps staff. "Our only question is, 'Is the hospital going to be deserting us?'"

He said he suspects some "linkage between [the IERHA's] precipitous move" to open its own clinic at the hospital and "other changes to health care provision in the area."

"We did hear [IERHA CEO] Ron Van Denakker's talk over the phone Friday lunchtime on Feb 2, and he mentioned the fact there would be no ER closures unless there's a substantial primary care clinic available in town," said Donnelly. "Having a primary care clinic in Arborg will probably give them greater latitude to decide what to do with the ER."

The RHA intends to have a "Home Clinic" set up by April 1 in the space Donnelly currently leases, and will have to provide funds for its own staff and equipment as Donnelly will be taking everything – including his clinic's phone number – with him when he moves. Two other doctors at Donnelly's clinic are on contract with the RHA and will work at the Home Clinic.

"They won't be shutting the hospital down, that's a guarantee," said Donnelly. "What they will do is by getting rid of the ER, the hospital will no longer get any acute patients and so it will end up like Teulon Hospital where it ceases to become an active acute hospital and becomes a medium-to-long-term stay facility. That will be a blow to the town. No hospital can survive without its ER."

Donnelly said management is attempting to control "the script" through a letter that sounds like something out of George Orwell's novel 1984. It encourages hospital staff not to think and to report on Donnelly's after-work conversations.

"Stick to script. Don't speculate," states the letter. "Advise Corinne/Nancy if you have communication with Dr. Donnelly that is outside of normal clinic operations."

"This is the Thought Police," said Donnelly. "This is not 21st-century Canada, this is 1930s Stalinist Russia. It's not signed or attributed to anybody and was distributed by nurse managers by hand. It's not on their letterhead – they didn't even have the nerve to do that."

Script for staff regarding Dr. Donnelly departure:

Please let me reassure you that you can continue to see a doctor at the clinic. Drs Akinpelu and Mann will continue to practice and both of these doctors are welcoming new patients.

Interlake-Eastern RHA will be seamlessly taking over operations at the clinic – we don't foresee any inconvenience to patients during the period of transition. We have plans to grow primary care services in Arborg.

If you are a patient of Dr. Donnelly's, we anticipate that he will continue to keep you advised of where he intends to practice. Of course, you are welcome to transfer your files to a physician remaining at the clinic.

The clinic number remains as 204.376.2781 for appointments and inquiries.

Advice for staff

- Stick to script.
- Don't speculate.
- Listen to your patients and please be sympathetic – they will likely be concerned.
- Share with Corinne/Nancy any questions you aren't able to answer.
- Advise Corinne/Nancy if you have communication with Dr. Donnelly that is outside of normal clinic operations.

EXPRESS DOCUMENT SUBMITTED

"Script for staff" letter asks hospital staff to advise management if Dr. Donnelly attempts to speak to them outside clinic hours.

The letter also states the RHA will be "seamlessly taking over operations at the clinic."

"Well, they're not," said Donnelly. "It's my clinic. You've got the wrong clinic."

The IERHA's chief medical officer and vice president of primary health care said the RHA can't speak about Donnelly's contract.

"We have a policy not to talk publicly about interactions with our physicians," said Myron Thiessen, "and we want to respect our relationships with our physicians."

Thiessen could also not comment on whether Donnelly had been subjected to any disciplinary action. The Express could find no discipline cases about Donnelly on the website of the College of Physicians and Surgeons of Manitoba, which is obliged to report such matters.

As to whether Donnelly will be given ER shifts, Thiessen said "he still has privileges with the IERHA, so it's up to him whether or not he decides to practise within those privileges. It would be entirely up to him."

The "Script for staff" letter shouldn't be considered a form of workplace harassment against Dr. Donnelly, said Thiessen, but as management's intent to provide accurate information.

"If you read the entire communication, it's a matter of communicating accurately with staff and the community about what's going on," said Thiessen. "We want staff to speak very specifically to issues that they can speak to, and do so consistently. It's a matter of reading verbatim what is being said so we don't stray. And in the same way, if there are questions or conversations that arise outside of that – and that was the intent of that statement – we prefer

the staff to come directly to management to clarify, rather than speaking hearsay."

When asked if the "Home Clinic" will differ from Donnelly's primary care clinic, Thiessen said Manitoba Health's primary care department is encouraging people to register with a care provider, or a group of care providers, which will be called a Home Clinic.

"We know that individuals who have a regular provider can be healthier if they have to visit the emergency department less frequently," he said.

And physicians working together under a provincial model called "My Health Teams" can attract other healthcare providers to meet gaps in service, he said, resulting in better coverage for the population.

As to whether the Arborg hospital will eventually become a long-term care facility, Thiessen said the RHA hasn't made an announcement to that effect. The health authority is in the formative stages of gathering data on what its needs are so that it can assist the government, which wants to roll out a province-wide health services plan.

Arborg Mayor Randy Sigurdson said town council and Bifrost-Riverton's council have been in touch with the RHA and provincial politicians regarding the situation with Dr. Donnelly.

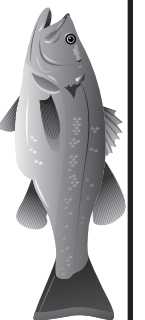
"We have been doing our due diligence and the two councils met with Jeff Wharton (Gimli MLA) and Derek Johnson (Interlake MLA) and Ron Van Denakker, and we received information from the health authority that everything is moving along," said Sigurdson. "The IERHA's memo has been posted explaining all of this to the people."

Donnelly said town council has been helping him try to find another building in which he can set up his clinic.

"I love the town. I love it. I want to be here. I've lived here for years. I don't want to move and I don't want to move [the clinic] back to the city," said Donnelly. "People have offered me partnerships in the city, but that's really not what I want at the moment."

Gimli and District Kiwanis Club

Winnipeg Beach Charity Fish Fry February 17



4 to 7 p.m. at the

Winnipeg Beach Community Centre

Adult tickets are \$15, children under 10 are \$8.

Tickets are available from

Kiwanis members, the Winnipeg Beach municipal office or at the door.

For further information or tickets, call Sam Sekhon at 204 389-2822

Fish shipped in fertilizer containers raises concerns about food safety

By Patricia Barrett

A Lake Manitoba fisher says fish was shipped in fertilizer containers by a trucking company engaged by Donald Salkeld of Northern Walleye.

William Waterston, who's been a fisher for 25 years and uses the Eddystone shed as a delivery point, said he was shocked when the trucking company delivered dozens of containers with "brown sloppy liquid in the bottom" for fishers to use as totes.

Eddystone shipped its last load of fish to the Freshwater Fish Marketing Corporation on Nov. 30, 2017, and then started supplying fish to Northern Walleye, said Waterston. Having cut ties with FFMC, the shed had no access to totes except those provided by its new buyer.

Four sheds — Eddystone, Ashern, Waterhen and Dawson Bay — supplied Salkeld with fish over the course of December and are owed about \$1 million. Waterhen alleged last month that Salkeld defrauded them.

Salkeld does not have a fish plant and the fish were shipped to at least three American processors. Iowa-based Stoller Fisheries shared with the *Express* an invoice totalling \$101,145.50 for services it undertook for Northern Walleye, including processing, trailer wash-outs, cross-docking, waste disposal and cold storage. Last month, Salkeld denied he owed any money to Stoller.

When Waterston arrived at the Eddystone shed on the first weekend (Dec. 2) of the open market to deliver his fish, he said the trucking company was already in the yard unloading the fertilizer contain-



The fertilizer container's label warns of potential human health dangers.



EXPRESS PHOTOS SUBMITTED

Fertilizer containers outside the Ashern fish shed. could and some were taken inside, along with plastic liners the trucking company delivered, he said. He left his load of fish at the shed and doesn't know how it was shipped.

ers.

"My reaction was you can't put fish in fertilizer tanks," said Waterston. "They had organic fish fertilizer residue in them. I expressed my concern with shed employees and they agreed."

Shed staff cleaned out the containers as best they

Continued on page 12

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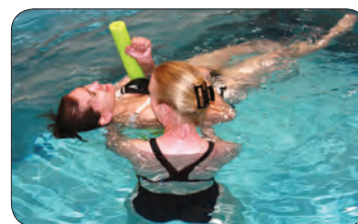
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AQUATIC THERAPY - HOW IT CAN HELP YOU

Steelcity Physiotherapy & Wellness Centre is very excited to be offering Aquatic Therapy, the first of its kind in the Interlake area. The state of the art pool, located in their brand new wellness centre in Selkirk, has an underwater treadmill, two swim currents and is kept at 94 degrees, making it ideal for a wide range of rehab needs.



Aquatic Therapy is a form of rehabilitation in which a patient is in water performing therapeutic exercise or treatment. It is similar to land-based therapy in the sense that there are clear goals and objectives, a rehabilitation plan and measurable outcomes. Patients usually work in a vertical position, rarely putting their face or head in the water. Patients don't have to know how to swim to participate and benefit from the program.

Aquatic Therapy can be very beneficial as the buoyancy decreases the amount of stress on joints and protects inflamed joints from compressional forces. Unloading weight bearing joints allows clients with chronic conditions to do exercises in the water that they are unable to do on land. The strength gained by exercising in the water transitions to land based strengthening. Patients with arthritis, healing fractures, osteoporosis, fibromyalgia or are overweight, benefit from the buoyancy of water. Post-operative patients can also begin rehabilitation sooner and do conditioning in water before they are ready for land-based therapy.

Steelcity Physiotherapy provides many options to access the Aquatic Therapy program. It can be included as part of your rehabilitation plan or accessed as an independent program. All programs are designed and overseen by a Certified Aquatic Therapist. Steelcity is now offering 6 session blocks of "Buddy Packages" for pairs of individuals who are suffering from Arthritis / Fibromyalgia. Please call 204-785-2888 for more information.

Tourette Canada celebrates 10th Anniversary of Trek for Tourette

Submitted

On March 25, people in cities across Canada will Trek for Tourette for the 10th anniversary of the family fun five-kilometre run/walk in support of those living with Tourette Syndrome.

Tourette Syndrome is a neurological condition affecting as many as 1 in 100 Canadians. The disorder is characterized by vocal and motor tics: involuntary, rapid, sudden movements or vocalizations that occur repeatedly in the same way and which the individual cannot control. Currently, there is no cure for Tourette Syndrome.

Trek for Tourette is a national event that aims to provide insight to the community about Tourette Syndrome and to raise funds to improve the quality of life for those living with or affected by Tourette Syndrome. This event is the single largest Tourette Canada fundraiser and the organization's only national event.

To mark the 10th anniversary event, Tourette Canada has launched a campaign called #Trek10x10, which encourages participants to find 10 people to each donate \$10 to the cause. If each participant across Canada completes the #Trek10x10 challenge, the national goal of \$100,000 can be reached.

Mandy Shew from Virgin Radio 103.1 has

already completed the challenge by receiving donations from her kind coworkers. She encourages others to take on the challenge as well.

The #Trek10x10 challenge will provide Tourette Canada the additional resources they need to offer education and support programs to newly diagnosed families.

"We've always prided ourselves on the grassroots nature of our organization, but the needs of our stakeholders are outgrowing our ability to service them," explains Janet Rumsey, national trek co-ordinator and current member of the board of directors.

"Tourette Canada was there for my family and I, and helped us tremendously when my children were diagnosed", says Rumsey, a mother of four boys with TS who also has Tourette Syndrome herself. "The funds raised through the #Trek10x10challenge and Trek for Tourette will help the organization help other families as they did mine."

In Winnipeg, individuals and their families will take part in the five-kilometre run/walk at Assiniboine Park on March 25 at 10 am. People interested in completing the #Trek10x10 challenge and participating in this year's Trek for Tourette can visit www.tourette.ca/trek.

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• J & J Fraserwood Store	• Matlock Store	• Lockport Grocery
• Fry Days (Teulon)	• Petersfield Hotel	• Wavers (Scanterbury)
• Gimli Snowmobile Centre	• Petersfield Store	• Sherwood Groceries (Gull Lake/Stead)
• Home Hardware (Gimli)	• Clandeboye Store	
• Gimli Small Engines	• Smoke n' Fish (Selkirk)	

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Interlake trapper concerned about rising bear attacks on livestock

By Jeff Ward

Last summer, both trappers and livestock producers were busy trapping wolves and coyotes as livestock all over the Interlake was under attack. And while those problems still exist today, more concerning is the potential of bear attacks rising.

Neil Brandstrom is an experienced trapper from Eriksdale and was one of the trappers who helped local producers last summer fight against predator attacks. The *Express* detailed those issues last summer when cattle producer Mike Tritthart from Hilbre and sheep producer Richard Payment, among many others, lost thousands of dollars due to these attacks.

Brandstrom helped producers fight back against encroaching timber wolves and coyotes, which have eased. Brandstrom said that there were dozens of timber wolves killed in the Ashern area since last summer, which will help keep livestock safe. Brandstrom explained that producers aren't out of the woods yet as those animals still exist in relatively high numbers, but he's growing more concerned about potential bear attacks.

"Man is their only natural predator

and hardly anyone hunts bear," said Brandstrom.

"There are lots of bears in the area but there is no one out there taking them. Some bears are baited here. If they're not killed by hunters they have to find food. [The bears] have to eat something and they're going to target the [livestock]."

Brandstrom said that bears are efficient killers and he believes they're responsible for killing more cattle than people are aware of. He said that especially on larger operations, a producer isn't going to notice a kill right away and that it might take days to notice an animal has been killed. By then, it's difficult to ascertain what the predator was that killed the animal and even harder to know where it went.

"I would say that at least one third of the kills are done by bears and that's only going to go up," said Brandstrom.

Right now, trappers in the Interlake are pulling up their snares even though the season still has a few weeks left on it. Brandstrom said that after mating season, the wolves and coyotes are typically pretty rough when it comes to their skins and fur, and as a result, they aren't worth very much money.

"I WOULD SAY THAT AT LEAST ONE THIRD OF THE KILLS ARE DONE BY BEARS AND THAT'S ONLY GOING TO GO UP."



EXPRESS PHOTO SUBMITTED BY NEIL BRANDSTROM

Neil Brandstrom and his great-nephew Cole Johnson with a bear killed during a hunt last spring north west of Eriksdale.

While he is concerned about the future of bear attacks, Brandstrom is also seeing producers take action on the more immediate problem of protecting their livestock against other predators. Brandstrom and a few fellow trappers hosted two trapping seminars in Inwood and Ashern in the fall that saw more than 50 participants.

"We were really surprised at our numbers, but it was great. We want producers to know that there is something they can do and that this problem is pretty serious and I think they got that lesson," said Brandstrom.

Brandstrom said that he is looking to put together more educational seminars at some point this year.

Stonewall ice sculptor beautifying Gimli



EXPRESS PHOTOS BY PATRICIA BARRETT

Stonewall artist and ice sculptor Ralph Tanchak was busy creating a "sculpture wall" at Gimli Harbour last Sunday despite bone-chilling winds and frigid temperatures. When it's completed, the wall will depict a typical Manitoba scene, with a tractor, sheaves of wheat and a bison head. Tanchak already created a huge fish sculpture on Highway 9 to pay homage to the community's fishing industry and will be chipping away at a sculpture for Festival du Voyageur in the upcoming weeks.

Sustainable Development Minister Squires learns to fish

Staff

Minister of Sustainable Development Rochelle Squires spent the morning of Feb. 9 in Gimli, learning how to ice fish with members of the Kristjanson family.

"From lake to plate," tweeted the minister, who stopped for lunch at the Lakeview Resort, "enjoying a delicious white fish lunch and enjoying lively conversation with fishers."

Squires also said in her tweets that she spoke to fishers about the "industry's bright future."

The minister headed up the highway in the afternoon to visit fish dealer Murray Olafson and take a tour his Canadian Fish Guys' company building.

Gimli MLA and Minister of Municipal Relations Jeff Wharton accompanied Squires on her tour.



EXPRESS PHOTOS COURTESY OF MINISTER ROCHELLE SQUIRES' TWITTER
Rochelle Squires (centre) and Jeff Wharton (far left) visited fish dealer Murray Olafson (far right) of Canadian Fish Guys in Riverton on Feb. 9.



Squires helped members of Kristjanson Fish bring in some of their catch from Lake Winnipeg on a brisk morning while talking about the industry.



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Friday night headliners announced for Stonewall Quarry Days

By Jennifer McFee

Excitement is already building for the 34th annual Stonewall Quarry Days event this summer.

From Aug. 17 to 19, crowds will flock to Stonewall's streets for the much-anticipated yearly event, which is run by a volunteer committee.

This year, the committee is excited to announce that The Hunter Brothers will be the headliners on the Friday Night Sunova Main Stage.

Hailing from Shaunavon, Sask., these five brothers — Luke, J.J., Ty, Brock and Dusty — grew up singing with their family across Canada and the United States. The industrious and multi-talented siblings also worked on their family farm and played hockey for teams including the Kelowna Rockets and Edmonton Oilers. And J.J. Hunter might be a familiar name for Manitoba Moose fans, since he was a player on the team.

Tanya Swanson, co-chair of the Stonewall Quarry Days committee, expressed her excitement at having The Hunter Brothers take the local stage.

"Since their explosive launch, the brothers have been performing live acoustic sets on radio stations and television spots, sharing their versatile harmonies and soulful sound across the country. They've also become known for their unparalleled ability to create song parody videos — with their most recent attempt 'The Tractor Got Stuck,' gaining more than 1.5 million organic views on Facebook," she said.

"They even had some fun in front of the huge Coke in Portage La Prairie. We are so excited to have these talented brothers perform for us all. You will not want to miss this — and you can expect another fantastic fireworks show following the concert."

The fun continues on the Entertainment Stage on Saturday and Sunday, when audience members can look forward to more toe-tapping tunes.



TRIBUNE PHOTO SUBMITTED

The Hunter Brothers will headline at the 34th annual Stonewall Quarry Days event Aug. 17.

In addition, the jam-packed weekend will include a Saturday morning parade, pancake breakfasts and street vendors. Other highlights include the Wonder Shows Midway, a slo-pitch tournament and beer gardens, plus the Show & Shine car show on Sunday outside the Veterans Memorial Sports Complex.

Adding to the excitement, the committee is working on a new event to be held at Memorial Park.

To keep up to date on all that Stonewall Quarry Days has to offer, visit www.stonewallquarrydays or visit the Facebook page entitled "Stonewall Quarry Days."

Politicians share their love of reading with Evergreen students



EXPRESS PHOTO BY OLIVER LAVICTOIRE

Interlake MLA Derek Johnson visited the Marble Ridge Colony School on Feb. 1 to celebrate I Love to Read.



EXPRESS PHOTO BY TWITTER

Jeff Wharton, Gimli MLA made his first stop for I Love to Read month at Sigurbjorg Stefansson Early School. Wharton and the students highly recommend "Bears Make the Best Reading Buddies."

get inspired

> MEAL IDEAS

THE Marketplace
AT STONEWALL 467-8469



Baked Fish

seasoning (optional)
Heat oven to 350 F.
Place 12-inch piece of foil on counter. Coat foil with nonstick cooking spray. Place fillets in middle of foil. If fillets have skin, place skin-side down.
Spread sliced onions, salt, pepper and oil on top of fillets. Add lemon pepper seasoning, if desired. Fold foil over fish.
Place foil pouch on baking sheet and place in oven. Bake fish 15-20 minutes until fish reaches a minimum internal temperature of 145 F on a food thermometer and is flaky when tested with fork.
Divide into four portions and serve.

Recipe courtesy of the United States Department of Agriculture
Servings: 4
Nonstick cooking spray
1 pound fish fillets (whitefish, trout or tilapia)
1 onion, sliced
1/4 teaspoon salt
1/4 teaspoon black pepper
2 teaspoons vegetable oil
1/4 teaspoon lemon pepper



Fingerling Potato Salad

pierced with fork, about 15 minutes. Drain and cool slightly.
Slice one lemon into 1/8-inch-thick rounds. In small saucepan, combine sliced lemon, water and kosher salt; bring to boil. Reduce heat and simmer until lemon slices are tender, about 10 minutes. Drain lemons then coarsely chop.
Cut remaining lemon in half and squeeze out 2 tablespoons juice. In small bowl, mix chopped lemons, lemon juice, white balsamic vinegar and oil. Coarsely crush cumin and coriander seeds using mortar and pestle. Mix seeds into lemon dressing. Season, to taste, with pepper.
Cut lukewarm potatoes in half lengthwise. Place in large, shallow bowl. Mix in green onions and dill. Pour lemon dressing over and toss to coat. Season, to taste, with salt and pepper. Add arugula and toss gently. Serve lukewarm or at room temperature.

Prep Time: 15 minutes
Cook Time: 15 minutes
Servings: 6
1 1/2 pounds mixed fingerling potatoes
2 large lemons, divided
2 cups water
2 tablespoons coarse kosher salt
3 tablespoons white balsamic vinegar
3 tablespoons extra-virgin olive oil
1 1/2 teaspoons whole cumin seeds
3/4 teaspoon whole coriander seeds
pepper, to taste
4 green onions, thinly sliced
1/3 cup chopped fresh dill
salt, to taste
2 cups baby arugula
In large pot of boiling, salted water, cook potatoes until just tender when



Change in Attitude Can Better your Life

she may then be gentler and encouraging in her approach to him. When we see ourselves as victims of life circumstances, it is difficult to envision positive changes in our lives.

For many, the notion of life change is threatening it conjures up visions of leaving, or being left by, your partner, changing where you live, work, and the friends you have. Certainly, in some cases, drastic change is necessary or desirable. But significant change in the quality of your daily life experience can occur through a change of attitude or perception, while the main features of your life remain intact. For example, when a woman brings up a concern to her partner he may interpret 'what she is saying as criticism or judgment. He will likely then respond in a defensive manner and may even begin to criticize her.

When we see ourselves as creators of our experiences we then become empowered to change those experiences. Realizing that we do not have the power to change others can be a freeing experience. Focusing our attention on ourselves, and how we can use positive energy to transform situations, is a much more powerful stance, if we are being honest with ourselves, practicing what we are preaching, and really doing unto others as we would have them do unto us, and the situation is still miserable, it may be an indication that more drastic change is required.

What she was really looking for was support, and understanding, and she may end up feeling more distanced from her partner than before. If he could shift his perception, and see her as feeling lonely, frustrated or insecure, and could respond with compassion, the scenario becomes entirely different. Similarly, if a woman sees her partner's lack of communication and difficulty expressing feeling as placing him in the Neanderthal category, she may be impatient and critical of him.

But few people consistently operate from their higher wisdom when there are difficulties and emotional upset, so there is usually room to give this approach a try. If aspects of your life do not seem to be working the way you would like, it may be time for a diagnostic check and a tune-up. With some minor shifts, it is often possible to get things running smoothly again. To learn more about this topic, join us for our workshop on February 20th. See inside this issue for further details.

If she shifts her perception and sees that these behaviors go against the traditional conditioning of men in our society, leaving them feeling quite vulnerable and exposed,

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. Follow Gwen on Facebook for daily inspiration.



Chocolate Banana Milk

Servings: 1
8 ounces fat free milk
1/2 large banana
1 teaspoon unsweetened cocoa powder
Place 8 ounces milk, large banana and unsweetened cocoa powder in a blender and blend until just smooth. Enjoy!
Photo courtesy of Getty Images (Delightfully baked fish)

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Lake St. Martin Winterfest raises funds for community

Staff

A jiggling contest, leg wrestling and snow drags were just a few of the activities taking place at the Lake St. Martin First Nation Winterfest held last weekend at Assiniboia Downs.

The community of Lake St. Martin had 1400 people forced from their homes in 2011 after devastating flood waters drowned their community. Winterfest raises funds to help with extras needed once families can return home. To date, 190 houses have been moved in to with 130 more that will be developed in the next stage.

Winterfest was a weekend filled with family friendly fun. There were children's events as well as a cribbage tournament, a scrabble tournament, merchandise bingo and a Tug of War.

To wrap up Saturday's events Errol Ranville's band C-Weed opened up for Canadian country music artist Charlie Major.

Saturday and Sunday snowmobilers from as far as Edmonton hit the 500ft., four lane track with their machines to race in several different Stock, Improved and Mod classes in efforts to win \$15,000 in prizes in the Snow Drag competition.



EXPRESS PHOTO BY ROBERT E. WILSON

Lake St. Martin Chief Adrian Sinclair raced his sled in the Snow Drags at Lake St. Martin's Winterfest held at the Assiniboia Downs last weekend.

> FISH SHIPPED, FROM PG. 10

The following week, however, Waterston said he delivered another load of fish to the shed and went into the back room where he saw northern pike wrapped in plastic liners with shed-made ice, and an employee placing the fish in one of the fertilizer containers.

"They went on the truck hired by Northern Walleye and they took them away," said Waterston.

Around mid-December, Waterston said Salkeld supplied Eddystone with "food-grade cardboard boxes with liners."

A shed employee, Waterston said, told him that a day or two after the Eddystone shed signed with Freshwater in January, the trucking company showed up early in the morning and "cleaned everything out — the fertilizer tanks and all the boxes, bills of lading, tags and liners."

The president of the Ashern shed said they refused to use the fertilizer containers that Salkeld delivered.

"We had complained about those [containers]," said Ernie Kebel, "so when they came to pick up the fish, they brought us cardboard totes and that's what we used the whole time."

Kebel said the fertilizer containers weren't the "right thing" to use for fish.

"They weren't proper totes and they were so tall and weren't easy to work with. We didn't want fish to get contaminated either. We didn't know what was in those totes."

The Eddystone shed declined to comment on the record about the containers. Skownan First Nation, which operates the Waterhen shed, did not respond to a request for comment.

Salkeld said he did not send fertil-

izer containers to the sheds.

"Northern Walleye sent new food grade cardboard combos and poly bags," he said Feb. 7 by text. "That's the only packaging material that we arranged."

Salkeld referred the *Express* to Illinois-based Schafer Fisheries — with whom he was working for a while — for comment about the fertilizer containers.

Owner Mike Schafer said he sent the fertilizer containers to Salkeld, but they were not intended for fish.

"Those are the containers we sent up there for him to put the [fish] heads in," said Schafer, whose company makes fish fertilizer. "We also shipped up boxes and liners, so there's no reason why the sheds shouldn't have had all those items at the same time. Donald was supposed to instruct them to use those containers for the heads and the cardboard boxes and liners for the food-grade product."

When he received fish shipments from Salkeld, Schafer said "the fish was in the cardboard totes and the heads came in the bins."

Despite the province's open market disaster, Schafer said he's currently buying fish from the Dawson Bay shed and has been making payments every week.

"In the long run, we'll clear our name of this fiasco that Donald's done up there," said Schafer. "It's very sad."

The *Express* was sent photos of the fertilizer containers, including close-ups of the labels affixed to them. The metal "cage" enveloping the containers has a MetaSmart Liquid label.

The fertilizer container's label states it's "Harmful if swallowed. Avoid contact with eyes, open cuts or sores.

Keep out of reach of children. Wash hands and all tools after use."

Retired University of Winnipeg scientist Eva Pip said even if the fish was placed in plastic bags, it should not have been put in "unclean drums, regardless of what they had contained. This is not proper food security practice."

Hydrolysate [fish fertilizer] contains ammonia, which could be "toxic and corrosive" in its undiluted form, said Pip. Lactic and phosphorus acids are not especially toxic because they are used as food additives, but they can become a concern in high concentrations.

"The fish hydrolysate is a question mark because we do not know how it was manufactured and whether it was heated to high enough temperatures to kill fish pathogens and potentially harmful bacteria," she said.

As for the MetaSmart, Pip said it's used for ruminant feed and is biodegradable, but the "possible concern here might be that the organic residue could provide a substrate for the growth of bacteria and fungi."

The Canadian Food Inspection Agency (CFIA) does not inspect fish exports to the United States, said spokesperson Anna Matos. But the federal Fish Inspection Regulations state that "no person shall export or attempt to export any fish that is tainted, decomposed or unwholesome or otherwise fails to meet the requirements of the [FIR]."

When asked if the agency had been alerted to the possibility that contaminated fish could have been sent to America, Matos said, "Information about shipments related to any specific company is considered confidential business information and not re-

leased by the CFIA."

The Food & Drug Administration was contacted Jan. 31 but did not respond to a request for information.

The *Express* asked Sustainable Development if it has concerns about the fertilizer containers being used to transport fish.

The department emailed this response Feb. 9: "We encourage anyone with concerns about the possible improper commercial transport of fish to contact the Canadian Food Inspection Agency, which regulates most aspects of fresh fish — including exports to the U.S."

NDP environment critic Rob Altemeyer said he's concerned that fish had been shipped in fertilizer containers.

Altemeyer said he wonders why the minister has taken no action against Salkeld and why she's still in her position.

"There is no way they should be allowing Donald Salkeld to continue to operate. His licence needs to be suspended. We cannot have these types of things happening, putting people's livelihoods — and now putting people's lives — potentially at risk because the province is refusing to do its job.

Waterston said he's worried about the reputation of Manitoba's fish and that "all commercial fishers have a stake" in what's happened.

"The public, they hear little bits here and there, and they might think all fish is shipped in fertilizer tanks. It's not. And it's not the fishers, it was Northern Walleye that did this. FFMC doesn't operate like Northern Walleye: they don't ship fish in fertilizer tanks."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget Lightning win pair of games last week

By Brian Bowman

It's rare for a team to say they had a good week even though they lost a game by 12 goals.

But that's the case for the Interlake Lightning Midget Provincial hockey team.

Interlake snagged four out of a possible six points after soundly defeating the Norman Northstars 7-1 during Manitoba AAA Midget Hockey League action Sunday afternoon in Teulon.

"Today, we came out and played like we did against the Bruins (on Feb. 7)," said Lightning head coach Dwayne Swanson Sunday evening. "It's a consistency thing that we're still searching for but we did get two wins out of three games, which is a good thing."

Dylan Fontaine and Dan Pasechnikoff scored to give Interlake a 2-0 first-period lead and then Keenan McPherson made it 3-0 early in the second with a power-play goal.

Norman answered with a power-play goal from Mitchell Reid about five minutes later.

But the Lightning turned a close game into a rout with third-period goals by Marcus Dewey (shorthand-ed), McPherson, Corey Soorsma and Eric Krywy.

Interlake goaltender Riley Buhay made 26 saves for the win.

Last Saturday night, Interlake was on the wrong end of a 13-1 score against the Winnipeg Wild in Teulon.

"We just have this mental thing with

the Wild," Swanson said. "They just walk in and we don't respond. We did not play well and we deserved everything we got. We didn't play well at all."

Winnipeg led 2-0 after 20 minutes but then broke the game wide, wide open with eight goals in the middle frame.

Goal scorers for the Wild included Kaden Bryant (three) Zachary Falck (two), Mikol Sartor (two), Mathew Shatsky, Luke Seremet, Eric Fawkes, Mitchell Joss, Kyle Bettens and Luc Benedictson.

Dylan Fontaine scored the Lightning's goal, assisted by Dan Pasechnikoff and Shane Bear.

Winnipeg outshot Interlake 67-29. The Wild's offence was red-hot last weekend, scoring 33 goals in just two games.

On Feb. 7, the Lightning had a terrific effort in a 4-3 shootout victory over a very good Winnipeg Bruins' squad.

"We really played well," Swanson said. "It was probably our best 60-minute game of the year. I was real proud of the guys. We can play with the (elite) teams - it's just that mental thing of showing up to play and believing that we can win."

McPherson scored twice for the Interlake in the shootout, according to the league website, while Jayson Szun replied for Winnipeg.

Szun tied the score at 3-3 with just 32 seconds remaining in regulation time.

McPherson had given the Lightning



EXPRESS PHOTO BY LANA MEIER

Keenan McPherson scored twice and added an assist to lead the Lightning to a 7-1 win over Norman.

a 3-2 lead with a power-play goal at 13:53 of the third.

Interlake took a 1-0 lead as Rhys Bremner scored at 15:26 of the opening period.

Winnipeg's Blake Burr responded at 7:47 of the middle frame and then the Lightning's Gabe Odowichuk and the Bruins' Breydon Stubbs traded goals late in the second period.

Lightning goalie Josh Bond played very well, making 37 saves for the win.

Interlake visited the Central Plains Capitals last night and then will play the Thistles in Kenora on Saturday (8 p.m.) and Sunday (2:30 p.m.).

"It's our last road trip and it will be a happier bus if we get a couple of road wins," Swanson said.

Warren wraps up regular season with pair of wins

By Brian Bowman

The Warren Mercs had a real nice finish to the South Eastern Manitoba Hockey League regular season on Saturday night.

Now, they hope to carry that momentum into the playoffs.

Warren capped off its regular season with a convincing 7-2 home victory over the Portage Islanders.

Trent Genyk led the Mercs with a hat trick while Mike Gemmill, Bryn Lindsay, Scott Corbett and Brock Genyk also tallied.

Lindsay finished the game with four

points while Dylan Hykawy chipped in with a pair of assists.

Lindsay finished the regular season as the Mercs' top point producer. The veteran forward scored 13 goals and had 13 assists in 18 games to finish eighth overall in league scoring.

Jordyn Boyd scored both of Portage's goals, one coming in the first period and the other in the third.

Travis Bosch earned the win in goal. Bosch posted a solid 12-6 record with a 2.70 goals-against average and .894 save percentage.

Last Thursday, the Mercs downed

the Beavers 5-1 in Carman.

Hykawy and Wes Pawluk gave Warren a 2-0 lead about five minutes apart midway in the first period.

Carman's Aaron Lewadniuk cut that lead in half at 16:48 of the opening period but Pawluk scored again with just nine seconds remaining in the period.

Hykawy and Brendan Luschinski then netted second-period goals. Luschinski's goal was a shorthanded marker.

Both Pawluk and Brendan Luschinski finished the game with three points.

Bosch made 27 saves for the win.

Warren finished the regular season in second place with a 13-7 record and 26 points. The Mercs were six points back of the first-place Notre Dame Hawks and four in front of the third-place Morden Redskins.

The SEMHL best-of-five quarter-final series will feature Warren against the last-place Winkler Royals, Morden versus the Altona Maroons, and the Carman Beavers against Portage.

The dates and times for those playoff games were not listed on the league website at press time.

Thunder purchase tackling equipment for their players

By Brian Bowman

In football, demonstrating proper technique when tackling is imperative to players' safety.

And the Interlake Thunder football program is doing everything they can to maximize that safety.

The Thunder went out and purchased three Shadowman tackling forms — at a cost of \$4,600 — for their players to use in practice.

"They're tackling tools that are used extensively in the NFL now and a lot of American colleges," said the Thunder's Joel McDonald. "Football Canada is a big proponent of them as well."

McDonald said this equipment will allow the Thunder to have more contact in practice.

"It will give the players a more realistic look when we're running drills," he said. "You play as you practice and perfect practice makes perfect play. Especially with the younger kids, they haven't perfected their tackling technique and we want to keep the head out of contact as much as possible."

The Thunder are eager to introduce this new equipment to their players.

"We're really excited as a club and the girls' program will be the first to use them because they play in a spring league," said McDonald, noting the girls had a chance to use the equipment at last week's practice in Warren.

"We can't wait to get out on the grass and get after it."

MacDonald said the Thunder are committed to putting money back into the program.

"The players' fees go back to the players," he said. "We're not going to be putting a bunch of money in a bank account, so it can just sit there for a rainy day or for some future thing that these kids today won't be able to make use of."

"We want to keep our fees as reasonable as possible."

Anyone that wants to play football for the Thunder can visit the program's website for more information.



EXPRESS PHOTO BY LANA MEIER

The Thunder's Franny Coutu of St. Laurent demonstrates how to use the Shadowman Pro tackling form to train.

Peguis Juniors cause a major storm in OCN

By Brian Bowman

It's fair to say that the OCN Storm are tired of playing — and losing — to the Peguis Juniors.

For the third time this month, Peguis has defeated OCN, including twice last weekend.

The Juniors edged the Storm 7-6 in a shootout Saturday night and then pounded the home side 7-3 on Sunday afternoon.

In Sunday's lopsided win, Ethan Daniels and Tyrome Spence-Bair each scored twice for Peguis while Chase Beach-Ducharme, Keifer Tacan and

Michael Markus added singles.

Ethan Stuckless, Bryson Werbicki-Martin and Vergus Chartier replied for OCN.

Allan Kohli made 25 saves for the win.

In Saturday's game, Markus and Storm Swan scored for Peguis in the shootout while Broady Personus answered for OCN.

Tacan (two), Markus (two), Spence-Bair and Coulson Nepinak tallied for the Juniors in regulation time.

Bryce Young (three), Rylan Bartley, Personius and Chartier scored for

OCN.

Luke Penner made 33 saves for the win.

Peguis now has a 25-3-0-1 record and 51 points to occupy third place in the Keystone Junior Hockey League standings.

Selkirk leads the league with 55 points while OCN has 53.

Peguis will play the Ice Dawgs in Arborg tonight (7:45 p.m.) and then will host Cross Lake on Saturday (7 p.m.).

The Lundar Falcons, meanwhile, had just one game last week but they made it count with a 10-0 win over the

Fisher River Hawks.

Eric Miller led Lundar with two goals and three assists while Derek Benson also scored twice and added two helpers.

Landon Gray, Liam Brown, Braden Paulic, Mason Medeiros, Josh Eardley and Zack Bone also scored for the Falcons. Christopher Lesage made 29 saves to earn the shutout.

Lundar visited North Winnipeg on Tuesday and then will host Arborg Saturday (8 p.m.). The Falcons will then have St. Malo come to Warren on Sunday for a 7 p.m. game.

Ice Dawgs split pair of weekend road games

By Brian Bowman

The Arborg Ice Dawgs split a pair of Keystone Junior Hockey League road games last weekend.

Arborg lost 7-4 to the Cross Lake Islanders on Saturday but rebounded nicely to defeat the Norway House North Stars 6-3 Sunday afternoon.

Byron Gard, Ethan Chwaliboga and Clint Torfason scored to give Arborg a 3-0 first-period lead against Norway House.

After Norway House's Glen Paupenakis scored late in the first period, the Ice Dawgs' Teagan Sigurdson, Cal Finnsen and Gordie Longbottom tal-

lied in the middle frame. Longbottom's goal was a power-play marker.

Drew Tait-Reaume and Ronald Robertson replied for the North Stars in the third period.

Travis Rigden made 36 saves for the win as Arborg outshot Norway House 52-39.

In Saturday's loss, Arborg blew a 4-2 second-period lead as Cross Lake scored five unanswered goals. Four of those goals came in the third period.

Finnsen, Jordan Kristjanson, Logan Sigvaldason and Clint Torfason scored for the Ice Dawgs.

Treymian Trout (three), Tie Braun,

Vince Scott, Tyrell Armstrong, and Tyler Monias replied for the Islanders.

On Feb. 7, Arborg defeated the Fisher River Hawks 10-2 as the Ice Dawgs held period leads of 4-1 and 8-2.

Longbottom paced the Ice Dawgs with two goals and an assist while Torfason also tallied twice.

Clayton Nichol, Gard, Finnsen, Teagan Sigurdson, Josh Roche and Chwaliboga added singles.

Kieran Raknerud and Joel Wilson replied for Fisher River.

Joey Fratantonio made 27 saves for Arborg while Dray Flett made 37 stops for Fisher River.

Arborg played the St. Malo Warriors this past Tuesday but no score was available at press time. The Ice Dawgs will host the Peguis Juniors tonight (7:45 p.m.) and then battle Lundar in Warren on Saturday (8 p.m.).

Fisher River, meanwhile lost to Lundar (10-0) on Friday and St. Malo (5-3) Saturday.

Darryl Thaddeus, Kieran Raknerud and Darian Genialle scored for the Hawks against the Warriors.

The Hawks will host Cross Lake on Friday (8 p.m.) and then Sunday (3 p.m.) to conclude their regular season.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dyck blanks Dinos in Bison win



Rachel Dyck

Staff

The No. 1-ranked University of Manitoba Bison women's hockey team finished their regular season atop the Canada West standings after beating the Calgary Dinos 1-0 last Saturday afternoon.

Bisons' goalie Rachel Dyck of Winni-

peg Beach picked up her 15th career shutout — and fifth of the season — in her final regular-season game with the Herd.

"It was a tighter game than yesterday, but I felt good in the net and wanted to end on a high note," said Dyck on the Bisons' website. "So yeah, it was pretty cool."

Dyck made eight saves for the shutout and was named the game's third star. She was one of four Bison graduating players recognized prior to Saturday's game.

The Bisons scored the only goal of the game midway in the third period, when Jordyn Zacharias was able to wire a shot past Calgary goalie Kelsey Roberts.

The win extended the Bisons' win streak to nine games. Manitoba completed the 2017-18 regular season with an impressive 19-5-3-1 record and will begin the playoffs Feb. 23 when they host one of the best-of-three Canada West semifinal series.

On Friday, Manitoba blanked Calgary 6-0 as Lauren Taraschuk posted the shutout.

Steelers, Hughes part ways after lopsided loss

Staff

The Selkirk Steelers announced Monday that the team and head coach Dustin Hughes have parted ways.

The decision comes after the Steelers were embarrassed 7-1 by the Oil Capitals in Virden on Saturday evening.

Hughes assumed the head coaching position near the end of the 2016-17 season, replacing Wayne Bartley.

Steelers' assistant coach Nick Lubimiv has been appointed the team's new head coach. Hudson Friesen will remain as an assistant coach.

The Steelers had a 26-21-3-1 record and 56 points to sit tied for sixth place with the Winnipeg Blues heading into this past Tuesday's home game against Winkler.

Neither Ken Petrasch, the Steelers'



Dustin Hughes

general manager/director of hockey operations or Hughes, could be reached for comment by Tuesday's press deadline.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Steinbach Pistons	52	41	8	2	85	260	114
Portage Terriers	52	33	14	2	71	220	141
Virden Oil Capitals	53	34	17	2	70	226	166
Winkler Flyers	52	31	21	0	62	174	144
OCN Blizzard	51	27	17	5	61	180	162
Selkirk Steelers	51	26	21	3	56	171	181
Winnipeg Blues	51	25	20	4	56	183	189
Swan Valley Stampeders	49	23	21	5	51	157	166
Neepawa Natives	52	23	26	2	49	186	212
Dauphin Kings	52	13	37	1	28	126	243
Waywayseecappo Wolverines	51	7	40	3	18	117	282

KEYSTONE HOCKEY LEAGUE							
Central Division							
GP	W	L	OTL	PTS	GF	GA	
Peguis Juniors	32	25	3	1	51	222	102
Arborg Ice Dawgs	31	19	8	4	42	148	105
Fisher River Hawks	32	3	27	2	8	81	265
North Division							
GP	W	L	OTL	PTS	GF	GA	
OCN Storm	33	25	4	3	53	270	131
Cross Lake Islanders	31	12	18	1	25	187	183
Norway House North Stars	33	5	27	1	11	108	323
South Division							
GP	W	L	OTL	PTS	GF	GA	
Selkirk Fishermen	32	26	3	3	55	154	81
Lundar Falcons	31	15	12	4	34	141	124
St. Malo Warriors	31	14	13	4	32	127	111
North Winnipeg Satellites	32	15	16	1	31	130	143

AAA MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Wild	43	37	4	1	76	294	91
Brandon	44	36	6	0	74	237	111
Bruins	44	28	11	2	61	185	144
Eastman	44	25	15	2	54	178	146
Thrashers	44	25	18	1	51	167	170

Yellowhead	43	24	17	2	50	152	127
Pembina Valley	43	22	16	2	49	169	163
Southwest	43	22	20	1	45	141	140
Central Plains	42	18	18	2	42	170	169
Kenora	44	16	24	0	36	138	169
Parkland	43	15	24	2	34	137	189
Interlake	43	11	29	2	25	108	221
Norman	44	3	40	0	7	112	348

AAA CITY MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Monarchs	32	26	2	0	56	203	68
Selects	30	21	7	0	44	159	100
Hawks	31	21	8	0	44	160	92
Warriors	31	13	17	0	27	111	134
Sharks	31	9	19	1	21	77	130
Lightning	31	0	30	0	1	35	221

AAA BANTAM HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Sharks	32	26	3	0	55	172	66
Monarchs	34	26	6	1	54	174	90
Hawks	32	24	8	0	48	220	91
Selects	32	21	10	0	43	146	77
Lightning	35	8	27	0	16	109	204
Warriors	33	4	28	0	9	80	197

MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE						
GP	Reg W	Reg LT	OTW	OTL	Pts	
Winnipeg Avros	30	17	5	-	8	50
PV Hawks	30	17	8	-	3	42
Westman Wildcats	30	14	9	-	4	39
Yellowhead Chiefs	30	11	10	-	3	34
Eastman Selects	30	13	12	-	-	31
Central Plains	30	9	15	-	2	26
Interlake Lightning	30	2	24	-	2	10

STATS AS OF TUESDAY, FEBRUARY 13

SUDOKU

See answers pg. 8.

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

Level: Intermediate

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!

Classifieds



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RURAL MUNICIPALITY OF GIMLI NOTICE OF PUBLIC HEARING FEBRUARY 28, 2018

PUBLIC NOTICE is hereby given that the Council of the Rural Municipality of Gimli intends to pass By-law No. 17-0013, to close portions of a municipal road and authorize the sale of the said portions of the road to the owners of the adjoining land, pursuant to Section 290(2) of the Municipal Act, at a Public Hearing in the Council Chambers of the RM of Gimli on the 28th day of February 2018 at 7:00 p.m..

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the By-law as provided.

"All that portion of First Avenue Plan No. 13744 WLTO (Dep. No. 988/17) in Frac SW ¼ 16-19-4 EPM shown as Parcels "A" "B" and "C" and excluding all mines and minerals and other reservations as set out in The Crown Lands Act and sworn to by Peter William Philip Isaac M.L.S. on the 5th day of September 2017."

Copies of the By-law are available for review and may be examined by any person during the regular office hours of the Municipal Office at 62- 2nd Avenue, Gimli, MB.

Joann King
Chief Administrative Officer
Rural Municipality of Gimli

PROPERTY FOR RENT

Agricultural crown lands are presently available for rent for cropping. These lands are situated in the Rural Municipalities of: City of Winnipeg, Swan Valley West, Westlake-Gladstone. Closing date for Cropping Tenders is 10:00 a.m. on March 2, 2018 at 308-25 Tupper Street North, Portage la Prairie, Manitoba, R1N 3K1. Please contact your nearest Manitoba Agriculture Crown Lands District Office for more information or call Crown Lands and Property Agency at 1-866- 210-9589. A listing of Manitoba Agriculture Crown Lands District Offices can be found online at: www.gov.mb.ca/agriculture/land/crown-land/agricultural-crown-lands-districtoffices.html. A complete listing of Agricultural Crown Lands available for rent can be found online at: http://www.clpamb.ca/leases_and_permits/LPproperties.aspx or at any Manitoba Agriculture, RM, or First Nation Band office.

RECYCLING

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

APARTMENT FOR RENT

Small 1 bdrm apt. centrally located in the Town of Teulon. Close to all amenities within walking distance to everything you need. \$610/mo. heat, hydro, parking included. Text Kirt at 204-886-7717.

PROPERTY FOR SALE

For sale - N4-9-8W, 240 acres. Roughly 75 acres cultivated land, 165 bush. Submit tenders prior to March 4, 2018 to: Marty Gaudet, Box 33, Rathwell, MB R0G 1S0. For info 204-751-0364.

FARMLAND FOR SALE

RM of Fisher - 160 cultivated acres. NW 16-24-1E. Send offers by Feb. 28, 2018 to Bob Thompson, Box 342, Arborg, MB. R0C 0A0.

HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: Career-Step.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

HELP WANTED

Truss Designer - Prairie Truss is seeking an individual with excellent organizational and computer skills, knowledgeable in the construction industry, and willing to work alongside the senior truss designer. Truss design knowledge is an asset but not require as training will be provided. Send resume with qualifications and references to careers@prairie-truss.com

Full-time cook required. Experience preferred. Contact Sheri at Rockwood Motor Inn, Stonewall 204-467-2354.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

MISCELLANEOUS

Parts & full trailer repair, trailer safeties & Autopac Trailer Repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, Mb. 1-888-685-3127.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stone_wodelk@hotmail.com

Medical condition? Receive up to \$50,000 from the Canadian government? For your no obligation information package call Manitoba Benefits 1-800-211-3550.

MORTGAGE SALE

The building and land know as Parcel 1 Plan 10995 WLTO Exc: Plan 43391 WLTO in NE 1/4 15-24-10 W, Oakview, MB and legally described in Certificate of Title No. 2062095/1 will be sold at an auction by a licensed auctioneer, on Friday, the 9th day of March, A.D. 2018, at 2:00 pm. This auction sale will be held at the offices of Community Futures West Interlake Inc., #61 TBJ Mall, Main Street, Ashern, Manitoba.

We are advised the property consists of a single storey lodge, built in approximately 2002 - main lodge is 11,866 square feet, six motel units; convenience store/office being 1800 square feet; 127 seat tavern with outdoor patio; 170 seat dining room; conference facilities; self-contained suite or residence; office space; mens, ladies and staff washrooms; water is by well; 800 amp electrical service; the entire complex is geothermal with pipes that go from the building down to the lake; building walls and ceiling dry walled; carpet and sheet vinyl flooring; on a crawl space; large stone fireplace; decorative log construction.

PRIOR ENCUMBRANCES: Caveat No. 193909/1, Mortgage No. 2370600/1, Agreement to Extend No. 2648389/1, Agreement to Extend No. 2722284/1, Mortgage No. 2910376/1, Caveat No. 3045914/1, Caveat No. 3358954/1, Mortgage No. 3463224/1, Caveat No. 3503096/1, Caveat No. 3924525/1; TAXSN 4732796/1.

TAXES: Taxes levied against the subject property for 2017 were \$32,848.79.
Taxes are paid to December 31, 2011
Outstanding taxes as of November 9, 2017 are \$98,863.35

TERMS: Deposit of \$99,500.00 in cash, certified cheque or money order payable to Grantham Law Office and the balance according to the conditions to be announced at the time of sale. **This sale shall be subject to a reserve bid in the approximate amount of \$497,500.00 with the exact reserve bid announced at the time of sale. The reserve bid contains the amounts of the previous mortgages and they will be discharged upon the sale of the property.**

THE subject property is located approximately 2 hours and 20 minutes north of the City of Winnipeg and can be reached by taking HWY #6 north of the City of Winnipeg perimeter for approximately 1 3/4 hours to the turnoff to HWY #68. Continue on HWY #68 for approximately 1/2 hour and the subject property is on the left hand side of the road, just before the bridge over the Lake Manitoba Narrows.

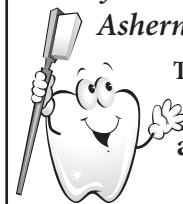
Further information may be obtained from:
GRANTHAM LAW OFFICES
Lawyers & Notaries Public
P.O. Drawer 1400
Stonewall, Manitoba
R0C 2Z0
Telephone: (204) 467-5527



Call 467-5836

Ashern Dental Centre Help Wanted

We are looking for a part time to full time Receptionist at Ashern Dental Centre.



Training will be provided.
Send resume to:
ameu2021@yahoo.ca
(204) 768-2730



Stonewall & District Lions Manor

F/T MAINTENANCE PERSON REQUIRED

The Maintenance Person will assist with inspecting, maintaining, cleaning and repairing the Lions Manor building & grounds, suites, equipment and fixtures. Must be able to work independently and be part of a team. Must possess good communication skills and be able to address tenant concerns in a respectful manner. A problem solving handyman with knowledge in basic carpentry, plumbing & electrical would be an asset. Monday to Friday with possible evening & weekend call-ins.

Please submit your resume and salary expectations by Tuesday, Feb. 20 to 622 Centre Ave, Stonewall MB R0C 2Z0, E-mail manager@stonewallmanor.ca or Fax 204-467-2198

FARMERS & RANCHERS

Plan to attend the Complete Dispersal of: 46 Black & Black/White face Cows

February 14, 2018

After the Feeder sale Sale consists of 20 Black Heifers - bred Black Angus 25 Black & Black/White face Cows - bred Black Angus or Hereford Cows are on a full health program Bull turned out June 1 w/calving 1st week of March

Also consigned to the sale are 5 Black Heifers Gate run from the consignor's pen - Bred Angus Full health program Bulls turned out July 27

For more info contact:
Buddy Bergner - (204) 768-0018
Kirk Kiesman - (204) 768-0019
Ashern Auction Mart - (204) 768-2360
(License #1128)

Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 467-5836

Classifieds



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Evergreen Foundation of Manitoba Inc.

Hall of Fame Award Nominations

The Evergreen Foundation of Manitoba Inc. will receive nominations for induction into the Evergreen Foundation Hall of Fame.

Applications forms and criteria are available on the School Division Web Site (www.esd.ca).

DEADLINE FOR APPLICATIONS: February 23, 2018

Please forward applications to:
The Evergreen Foundation of Manitoba Inc.
Box 1200, 140 Centre Avenue West
Gimli, Manitoba R0C 1B0



Evergreen School Division Employment Opportunities In Riverton, Arborg, Gimli and Wpg Beach **Spare Bus Drivers**

Extra-Curricular Trips: \$17.41 per hour
Regular Routes: \$87 to \$106 for daily route

If you work well with and enjoy young people and are committed to enhancing the student experience, we would like to talk to you about this opportunity.

Qualifications

- Manitoba Driver's License in Good standing
- Clear Driver's Abstract, criminal record
- Clear Child Abuse Registry
- Must be eligible for Class 2 License
- Minimum Grade 12 Education
- Available before and after school and some weekends
- Mid Day work may be required

If this position is of interest to you please contact:
Blanche Bernardin
Transportation Supervisor
204 642 6263
blanche.bernardin@esd.ca

EMPLOYMENT OPPORTUNITY

Person required to clean government offices in Fisher Branch, Manitoba.

Hours required are evenings after the offices close - 5 days per week Monday to Friday.

There are two departments. One office is a medical center and the other is a general office.

Please contact: Kirsten McConnell
Phone 1-204-297-2333 – email:
kirstenmccconnell76@gmail.com
or Susanne McConnell
email gmccconn@mymts.net

References Required

Call 467-5836

ARBORG BIFROST PARKS AND RECREATION COMMISSION Summer Job Opportunities

Summer Camp Coordinators

2 positions, June 20 - August 20

Summer Green Team

1 position, June 1 - August 27

NOVENTIS AQUATIC CENTRE

Lifeguards and Red Cross Swim Instructors

June 1 - September 2

Please send resumes to:
Arborg Bifrost Parks and Recreation Commission

Box 555, Arborg, MB, R0C 0A0
or email: tom.abprc@mymts.net
204-376-5576

Topigs Norsvin is hiring for Delta Canada

Positions: Research and Development Manager
Farms Manager
Genetic Supervisor
Swine Supervisors
Swine Technicians

Location: Woodlands, Manitoba



Topigs Norsvin is constructing Delta II, a new high tech genetic nucleus facility in Manitoba, Canada that will drive genetic progress in global selection lines. High precision technologies such as CT scanning, camera technology and automatic feed intake recording equipment are used to select the best individual animals. We are looking for applicants who together with the global GN team have the ambition to set the standard in our world leading genetic program.

Position Summaries

The Delta II Research and Development Manager is accountable for the genetic and production performance of Delta II, with health, genetic progress and product quality being the key drivers. Effective management will be achieved through leadership and strong communication between all departments as well as great collaboration and coordination with other members of the Topigs Norsvin Canada team and departments within Topigs Norsvin worldwide. Key responsibilities; managing a team across multiple locations, production and quality control, research and development activities, HR and administrative management. Qualifications; post-secondary degree (M.Sc. or Ph.D.) in Genetics, Agriculture or Business.

The Delta II Farms Manager is accountable for the production and performance of the Delta II facilities, with health, genetic progress and product quality being the key drivers. Effective management will be achieved through daily supervision and production oversight with strong communication between all departments. Key responsibilities; managing a team across multiple departments, production and quality control, HR and administrative management. Qualifications; degree or diploma in Agriculture or Business.

The Genetic Supervisor is part of the Topigs Norsvin team carrying out day to day activities within the GN barn. Effective results will be achieved through daily supervision and production oversight with strong communication between all departments. Key responsibilities; animal health and welfare, daily data collection and evaluation, implementing protocols, selection of breeding stock, health and safety and biosecurity. Qualifications; post-secondary degree (M.Sc. or Ph.D.) in Genetics or Agriculture.

The Delta II Swine Supervisor is part of the Topigs Norsvin team carrying out day to day activities within the Delta barn. Effective results will be achieved through daily supervision and production oversight with strong communication between all departments. Key responsibilities; animal health and welfare, daily data collection, implementing protocols, selection of breeding stock, health and safety and biosecurity. Qualifications; degree or diploma in Agriculture.

The Delta II Swine Technician is part of the Topigs Norsvin team carrying out day to day activities within the Delta barn. Key responsibilities; animal health and welfare, daily data collection, health and safety and biosecurity. Qualifications; degree or diploma in Agriculture.

Working conditions

Hands-on positions. May require evening/weekend work and travel. Physical: some hands on physical barn work. Mental: strong ability to balance multiple priorities.

Salary and Benefits

Salary: depending on experience plus annual bonus. Benefits: comprehensive benefits package including health and dental and registered pension plan (50% employer:50% employee).

If you want to be part of a progressive, world leader in swine genetics please email your resume to: mike.shaw@topignorsvin.ca, highlighting which position you are applying for. For further information please see; www.topignorsvin.com/careers

Closing date for application: 20th February 2018

Make a Difference in Federal Elections Be a Returning Officer



Your opportunity to serve democracy in the riding of Churchill-Keewatinook Aski

The work of a returning officer is challenging and rewarding. If you're a leader with management experience and knowledge of your community, this may be the job for you.

As a returning officer, you will plan and manage federal elections in your riding during a ten-year appointment. You will represent Elections Canada and be on the front line for electors and candidates.

The hours of work vary between elections, but increase significantly in the year leading up to an election.

To qualify as a returning officer, you must be a Canadian citizen, at least 18 years old, and live in the federal riding where you're applying to work.

To find out more about the role of a returning officer and how to apply, go to elections.ca and click on Employment or call 1-800-463-6868.

The online application will be available February 16 to March 9, 2018.



Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.





**VISION and VOICE
Divisional Ratepayers
Public Meeting**

- Budget Information
- 2018 - 2019 Planning

Division Office
Eriksdale, MB
February 27, 2018
Starting at 2:00 p.m

**Aurora Recovery Centre
PART-TIME CASUAL DRIVER**

Qualifications:

1. Must possess a valid Manitoba Class 4 or higher drivers license.
2. Must provide a Manitoba Drivers Abstract, Adult Abuse Registry, Child Abuse Registry and Criminal Record Check when hired.
3. Ability to maintain complete confidentiality with clients and staff.
4. Excellent time management and customer service skills.
5. Knowledge of or currently working the 12 Step Program.

If this type of work interests you
please send Resume to:
Transportation Supervisor
brian@aurorarecoverycentre.com



**SERVICE CO-ORDINATOR/
TECHNICAL SUPPORT**

Vidir Solutions is a leading manufacturer and worldwide supplier of vertical motorized storage carousels, display systems and rolled goods cutting systems. Our highly versatile product lines offer industry solutions for construction, retail, medical, warehouse, government, automotive, printing and manufacturing.

Individual will be providing service and customer support to Vidir Solutions customers.

Candidate must:

- Be capable of problem solving.
- Have good communication skills
- Mechanically inclined,
- well organized,
- self-motivated,
- be able to work independently and also in a team environment,
- On-call availability after hours and on weekends on a rotating basis,
- Individual must also have a working knowledge of computer programs, including Word and Excel. Also must be capable to learn a work order management and inventory control software system.

Deadline for resumes March 2, 2018

Please email resume, to hr@vidir.com. or mail to: Box 700, Arborg, MB
ROC OAO or fax to: (204) 364-2454

Only those selected for interviews will be contacted.

www.storevertical.com

Announcements



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**RURAL MUNICIPALITY OF GIMLI
INVITATION TO TENDER**

CLOSING DATE: Thursday, February 22, 2018 at Noon

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

- 1) **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, 2018, until completed. Additionally, there may be spot hauling continuing until December 31, 2018.
- 2) **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, 2018, until completed. Additionally, there may be spot hauling continuing until December 31, 2018, approximately 12,000 cubic yards. While the Municipality would normally be responsible for loading, contractors are asked for the option of supplying a loader.
- 3) **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.
- 4) **2018 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 2018 works season ending March 31, 2019. 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.
- 5) **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, 2018 to October 31, 2018, as required by the Municipality.

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.



HIKE METAL, a busy ship and boat building company in Wheatley ON is seeking candidates with the following skill sets: Welders/Fitters/Fabricators (aluminum preferred), Outfitters/Millwrights/Riggers, Spray painters, Pipe Fitters & Plumbers

Attributes Required:
Dexterity, Proficiency, Reliability, Aptitude, Initiative and Versatility

Employment Perks:
Competitive wages, Benefits Pkg., Days, and a Creative Work Environment

To apply, please email: frank@hikemetal.com or call 519.825.4691

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ANNOUNCEMENT

CARD OF THANKS

Dorothy Cherepak – Thank you to everyone for the cards, phone calls, food, and expressions of sympathy on Mom's passing. We are truly grateful for the kindness and thoughtfulness shown to us during this sad time. We will always remember Mom as the spirited, caring, tough and self-sacrificing woman that she was. Her directness, determination, and sense of humour with her unique laugh were all a part of her unmistakable character and we will cherish our memories of her. She will be forever loved, and sadly missed.

-Ken and Linda



**Assistant Manager,
Lumber & Building Materials**

Working under the Manager of L.B.M. and the Dealer/Owner, duties would include:

- Inside Sales and estimating of lumber and building material orders;
- Taking and filling customer orders in person, by telephone, and by e-mail;
- Will work with the Building Supply Co-ordinator to receive product, and manage computerized inventory counts;
- Stocking of lumber and building materials shipments;
- Keeping the lumber yard and warehouse tidy and well-organized;
- Operating forklift and/or skidsteer equipment in the above duties;
- Backup delivery and pick-up driver;
- Backup Hardware Salesperson in the retail store, during non-peak periods;
- Training towards the L.B.M. Manager position.

Requirements:

- Minimum 5 years experience at a Lumber and Building Material sales outlet in a sales role; or, minimum 10 years experience as a construction contractor with a strong preference for Journeyman/Red Seal certification; or, a minimum 3 years experience in a retail management role and must complete our comprehensive training program within the first 2 years of employment.
- Valid Class 5 Drivers License.
- Good knowledge of Microsoft Office software.
- Experience using Seljax estimation software not required, but would be an asset.
- Forklift operator ticket would be an asset.

The ideal candidate will be well organized, able to work independently, and have a desire for promotion to the L.B.M. Manager position within 3-5 years.

Competitive salary, benefits package, and employee discount program is available, and assistance with relocation to the Ashern area is available.

Please submit your resume at #28 Railway Ave., Ashern,
or send your resume and cover letter to:
jason.carpenter@homehardware.ca

Deadline for application: March 10, 2018.

**Don't forget to send your
special wishes to your
friends and family.**



204-467-5836 classifieds@expressweeklynews.ca

Announcements

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OBITUARY



Clifford Gislason
August 4, 1946 – February 2, 2018

It is with sorrow that we announce the passing of Cliff at the age of 71 years.

Cliff is survived by his wife Sylvia; daughter Christa (Dennis); grandsons Carter and Ryland; brothers Robert (Reta), Bruce, Leslie (Donna); several nieces and nephews, brothers and sisters-in-law.

He was predeceased by his parents Einar and Lilja Gislason; his in-laws Kris and Phyllis Sigvaldason; brothers-in-law Raymond Sigvaldason and Halldor Finnson; numerous aunts and uncles.

Cliff grew up in Arborg, MB and worked for Canadian Pacific Railway for several years as a station agent. The indoors were not for him. He went on to work construction and became a Structural Iron Worker, being a proud Member of Ironworkers Local 728. He

worked on jobs throughout Canada and the United States, including many Hydro dams in the north.

Hockey was his passion. He played for local teams in Arborg and Riverton and went on to play junior hockey with the Fort William Canadians. He loved hunting with his buddies Kenny and Halli and smoking fish with Joe. When living in Thompson, MB he along with Sylvia and Christa spent many hours in their boat fishing, and was a true outdoorsman.

Cliff loved to travel. He and Sylvia especially loved cruising, going on cruises to the Caribbean, Europe, Russia, Israel and Mexico. They also did many road trips, visiting all Canadian provinces and all but six states in the United States. In September they went to Iceland and toured the country, seeing where their ancestors came from. They also had many fun trips with their close friends, Pat and Dennis Dick.

His grandsons were his pride and joy. He rarely missed a hockey, basketball or baseball game. He and Sylvia took the grandsons on a Cuban cruise on Spring Break, making wonderful memories.

He also loved working with wood. He and Raymond had so many good times at the sawmill. From the lumber they created keepsakes. Carter and Ryland spent many hours in his workshop with him. They each made a cabinet with Papa's help.

Cremation has taken place and a private graveside service will take place at a later date.

Donations can be made to the Icelandic River Community Foundation – Recreation Fund, Box 159, Arborg, MB R0C 0A0.

MacKenzie Funeral Home
Arborg
1-800-467-0024
info@mackenziefh.com



Looking for a way to contribute to your community?

Well, we have just the thing.

Noventis is putting out a call for nominations for our Board of Directors, and we want you!

If you have the drive to steer your community's financial future, the passion to make positive change and the dedication to see it through - we want to hear from you.

You can get all the information you need over at noventis.ca.

Once you have all of your ducks in a row, you can send us your application. Just be sure to get it to us by **March 9, 2018.**

noventis.ca

Get The Job Done! *Biz Cards* 204-641-4104 or email ads@expressweeklynews.ca

NEW LOCATION 4348 Main St West St. Paul, Mb (formerly Young & Yaremchuk's Stoneworks)
15% DISCOUNT ON ALL MONUMENTS SOLD IN FEBRUARY
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intglass@mymts.net

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Call 204-641-4104
ads@expressweeklynews.ca

Arborg Family Dental

Box 983
145 Sunset Blvd.
Arborg, MB R0C 0A0

204 376 2624
arbordental@gmail.com

Our goal is to partner with our patients to help them achieve and maintain a lifetime of excellent oral health.
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McCreary MB 204-835-2365 204-476-0147

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