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VOLUME 4 EDITION 8 THURSDAY, FEBRUARY 23, 2017

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## Clownin' around

EXPRESS PHOTO BY JEFF WARD

Lyndsay Forsyth and her young daughter Lauren pose with Snappy the Clown, who made Lauren a beautiful balloon butterfly during the Eriksdale Winter Carnival last weekend.

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

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# Uninvited guest drops by during Cooley's parade

By Patricia Barrett

An uninvited guest by the name of global warming made its presence felt during the Gimli Ice Festival's parade last Sunday, soaking spectators and further disfiguring the snow sculptures in Cooley's Ice Park.

The week leading up to parade day and official launch of the park had

been unseasonably mild, causing some damage to the snow sculptures and making the skating rink a little mushy. The rain and zero-degree temperature on Sunday continued that trend.

"Too bad it's raining," said Gimli resident Sheldon Vermette, who brought his son Aidan and nephew Preston to

the event.

Aidan said he didn't think he would need gloves given the temperature, but the rain chilled his fingers.

They paused to admire the work that went into the pickerel sculpture that Stonewall artist Ralph Tanchak made in honour of the community's fishing industry.

Sheldon said the sculptures at the Festival du Voyageur were also suffering from the mild temperatures.

Despite the unfortunate weather, some people came out to watch a short parade make its way down Centre Street to the harbour. Local busi-

Continued on page 3

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A Viking demonstrated his prowess to spectators along the parade route.



Members of the Gimli Art Club carried a giant pencil in the parade.

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A Viking mom and her children rest by the skating rink in Cooley's Ice Park after the parade.

## > COOLEY'S, FROM PG. 2

nesses, clubs, the Riverton Friendship Centre and politicians participated in the event.

Gimli Mayor Randy Woroniuk, Selkirk-Interlake Eastman MP James Bezan and Gimli MLA Jeff Wharton legged it the entire route, handing out sweets to the kids.

Viking warriors showed off their superb military prowess, and in keeping with their reputation for plunder, tried to confiscate a bag of candy from a child.

Cooley, the festival's polar bear mascot, seemed unfazed by the weather snafu as he rode down Centre with a Viking family. But he disappeared when the parade ended, and it's unclear whether he decided to forego a ribbon-cutting ceremony at his Ice Park in favour of hibernation to escape the mild temperature.

People milled about in the rain, spoke with the mayor or went into the Lake Winnipeg Visitor's Centre to enjoy a refreshment.

The budget for this year's Ice Park was \$8,750, according to the Gimli Ice



EXPRESS PHOTOS BY PATRICIA BARRETT

Ice Festival mascot Cooley waved to the crowd from a Viking family's float.

Festival's October 2016 financial statement that was submitted to the municipality.

The RM plays a role in ensuring the continuing success of the park and the festival. It gave festival co-chairs Peter and Susan Holfeuer a \$1,500 donation towards the cost of the event, paid for an advertisement in the festival's program, provided in-kind services from Public Works and the fire department, and had Recreation staff haul snow for the sculptures, as well as flood the

children's skating rink, according to CAO Joann King.

The RM also helps promote the festival on its web page and in its weekly events email. For the parade itself, the RM sent out staff to man the barricades and secure the parade route.

One can only hope that Mother Nature will assert her will in time for the March 4-5 festival, bringing conditions generally expected during a Manitoba winter — ice, snow and cold temperatures.



Preston, Aidan and Sheldon Vermette paid a visit to the pickarel snow sculpture in Cooley's Ice Park



A Viking took part in the parade.



Gimli Mayor Randy Woroniuk handed out candy along the route.

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# Soldiers conduct winter training on Lake Winnipeg

By Natasha Tersigni

Using Lake Winnipeg as a stand-in for Canada's Arctic, approximately 200 members of the Canadian Armed Forces have deployed to Gimli as part of the weeklong Exercise ARCTIC BISON (Ex AB 17).

The exercise is part of annual training that tests soldiers non-tactical winter warfare skills.

Ex AB 17 is 38 Canadian Brigade Group's annual Arctic Response Company Group's (ARCG) exercise and includes reservists from Saskatchewan, Manitoba and Northern Ontario. With the ARCG, used by the Canadian Armed Forces to support the Regular Forces and the Canadian Rangers during operations taking place in the Canadian Arctic, it is paramount that soldiers train regularly and participate in annual exercises in winter conditions. The majority of soldiers on the exercise are Reservists and serve in the military part-time.

"Ex ARCTIC BISON will mark a milestone in the preparation and training of the Arctic Response Company Group. They are preparing themselves for any contingency of a domestic operation, such as what we are presently seeing in OPERATION LENTUS on the east coast for the ice storms response," said Col. Geoff Abthorpe, who is the Commander 38 Canadian Brigade Group.

"Many soldiers take these 10 days off annually from their work and their family in order to hone their individual and collective skills, and because they like the challenge of working in these rigorous conditions."

This year, soldiers are travelling



EXPRESS PHOTO BY NATASHA TERSIGNI

Soldiers taking part in Exercise ARCTIC BISON 2017 pack up their snowmobiles and continue their trip north to Berens Island after spending Saturday night on Lake Winnipeg. Members will tend to a national plane crash and conduct various activities.

via snowmobile across Lake Winnipeg from Gimli to Berens Island to a notional civilian aircraft "crash site." In the scenario, soldiers will deploy



EXPRESS PHOTO BY STACIE NELLES

Selkirk-Interlake-Eastman Member of Parliament James Bezan, left, stopped by the Gimli Training Facility where the exercise headquarters is located and visited with soldiers, including 38 Canadian Brigade Group Commanding Officer Geoff Abthorpe, last Sunday.

to the "crash site," a 600-kilometre round-trip from Gimli, to assist government officials with their investigation and consequence management

of the crash. Soldiers will return to Gimli on Friday to perform their end-of-exercise drills before returning to their home units over the weekend.

## Winnipeg Beach extends pre-payment deadline for infrastructure upgrades

By Patricia Barrett

The Town of Winnipeg Beach is extending its deadline for taxpayers to pay up front their share of the cost of lagoon and water treatment plant upgrades.

The new pre-payment deadline for both projects is March 3.

"We are also sending out new no-

tices because we have determined through a number of incoming phone calls that a significant number of property owners have just recently received or have still not received the notices that we mailed on Jan. 12," said CAO Kerry Lawless, referring to the lagoon upgrade.

Lawless said no notices will be is-

sued for the Water Treatment Plant project because the town received no indication that property owners missed the first notice.

"This will not affect the interest rate on the borrowing nor our ability to have the necessary process completed in time for our budget deadline," he said.

## Coldwell Lundar Community Foundation announces new funds

By Jeff Ward

The Coldwell Lundar Community Foundation (CLCF) established three new funds last week that will serve local projects while celebrating a deserving student.

Three new funds are the Diane Jacobs Walking Trail Fund, which will support the maintenance of the trail along Lundar Beach; the Cal and Dorothy Bennett Memorial Fund, which will support the most deserving graduating carpentry student from Lundar School; and the Sweetland Family Fund, which is unrestricted and can be used to support any community endeavour.

All are established under the umbrella of the CLCF. The foundation looks after an endowment fund that grants out the interest it earns to

many different non-profit and charitable organizations each year. People can donate money, which gets added to the fund, but people can also donate with the expressed interest of creating a named fund with the intent of supporting a certain cause.

CLCF treasurer Irene Runolfson said that she is thrilled to see these funds established.

"It is very exciting to see because of the difference it can make in a small community. These are funds that will give back to the community year after year," said Runolfson.

Fred Bennett, one of Cal and Dorothy Bennett's eight children, said that he presented the idea of creating a fund in their memory to his siblings a



EXPRESS PHOTO SUBMITTED

Amanda Stevenson, left, presents a cheque to establish the Diane Jacobs Walking Trail Fund to CLCF chair Greg Brown.

Continued on page 8



# Text and talk: daily reading at Dr. George boosting literacy outcomes

By Patricia Barrett

Despite recent educational assessments that suggest Manitoba students fall below average in literacy, students at Gimli's Dr. George Johnson Middle School have been hitting the literacy heights.

Although the grades 5-8 students have been participating in I Love to Read activities over the course of February, they read on a daily basis every day, either in structured or unstructured time periods.

And that has boosted their comprehension and reading abilities.

"That's what we're aiming for," said principal James Gibbs. "Our mid-year results are at 80 per cent and our goal is 90 per cent. We're well on our way to meeting our goals for this year."

Gibbs said literacy is "really the key to learning" in and out of the classroom. And "making sure kids can read is the No. 1 thing we can do for [them] to make a better life for themselves."

One of the school's reading programs for student in grades 5 and 6 uses four core literacy strategies so that they "internalize that this is how you do a good job at reading."

The Reciprocal Reading program, in which a group of students read with a teacher, has students summarize what they've read, clarify, predict and question.

"There are cards for each one of those jobs," said Gibbs. "Ideally, the group has four people in it and they take turns being the summarizer of what they just read and the clarifier and the other roles. What we're trying to entrench in their thinking is that every time you read, these are the things you do as a good reader."

Having objectives while reading doesn't take the fun out of it because students usually have a say in what books they want to read, said Gibbs.

The ability to choose their own books is especially important for boys, whose developmental trajectory as far as language acquisition is concerned is different from that of girls. School is a language-intense setting, a place full of "text and talk," said Gibbs, and females have a natural biological advantage.

"When we were building a library, we had to look at the fact that boys generally lag behind girls in reading development," said Gibbs, who publishes papers in periodicals and studies the trends. "And [researchers] looked at this and [found] the type of things teachers picked to read tend to be books that girls are more interested in."

The idea of literacy has changed since the time he became princi-

pal 12 years ago, he said. There were middle school "library wars" in which only the best literature was accepted and "high interest" materials were frowned upon.

"But the problem with that was they were really excluding boys [who] tend to be more interested in the non-fiction stuff."

The school made a financial commitment to acquire books for boys: graphic novels, informational type materials, books on trucks, cars, bikes and so forth.

Students also have different reading abilities and will be left behind if given a book above their ability.

"There's an assumption that all kids [coming up from elementary] have learned to read and they haven't," said Gibbs. "Some kids are pre-primer and other kids at Grade 2. [And] we've got kids whose reading abilities are at the Grade 12 level. It's right across the spectrum in middle school."

To facilitate students' comprehension and promote meaningful engagement with a text, the school purchased colour-coded books (accelerated readers) that indicate the level of reading ability.

But that doesn't mean novels get the cold shoulder.

"The teachers still walk through a novel," said Gibbs. "We all remember a novel from our days in school. That text can also be models for good writing, so our teachers use novels for discussion. No matter what your reading level is, you can discuss it."

In addition to that, teachers read to students or project an e-book on the white board so that students can follow along.

"Kids love to be read to. We think it ends at a certain time, but it doesn't," said Gibbs. "We've re-discovered it's a way to turn kids on to reading ... because humans are great storytellers. That goes back to the most primitive times around the camp fire."

Gibbs said researchers found that one of the biggest problems in middle schools was that kids weren't reading enough and that was leading to language problems.

The school devotes 40 minutes each day to silent reading. Kids can read in hallways, the leisure room or the room that traditionally wasn't the centre of a school.

Years ago, Dr. George's library used to have a "morgue quality" to it in that it was located in the basement and had not been considered an "important place."

Presently, it take centre stage, and librarian Karen Smith stocks a vast range of books, from picture books to



EXPRESS PHOTO BY PATRICIA BARRETT

A group of boys was reading books in the library.

Shakespeare.

"We've got lots of places in the school where they can be loud, but here they know they can come in and sit quietly and get away from all the excitement and energy," she said. "It's a different perspective of school."

To mark I Love to Read month, Smith organized some creative reading activities.

She runs the Poetry Café, a throw-back to the '50s- and '60s-era beatniks, whose late-night poetry readings in a smoky subterranean club became synonymous with the clicking of fingers rather than clapping in order to not disturb the slumbers of residents in the flats above the club.

"We've got heaps of poetry books," said Smith. "And all of them read a poem or talk about a poem. It's actually impressive because even those students who wouldn't be comfortable take part. It's done in such a way that they all take part. And there's no clapping. They click afterwards."

For Valentine's Day, Smith organized a Blind Date with a Book event. She wrapped up a number of books, indicating only the genre. Students had to agree to read a few chapters before they determined they didn't like it.

"It introduces them to a book they maybe wouldn't have picked up or an author they haven't seen before," she said.

Books with the highest circulation are graphic novels. And most of the students enjoying their silent reading period in the library were hunkered down in the stacks or on the sofa with

a graphic novel.

Gibbs said Smith and the school library are "a big part of the positive outcomes" at the school.

Not only does reading improve literacy, but it is also key to success in life, said Gibbs.

"If kids can't read, it's hard for them to take control of their lives and be somebody they want to be. That makes them vulnerable to all the unfortunate things that can happen to them," he said.

When he arrived over a decade ago, he made it clear everybody that the "most important thing we'll ever do here is reading."

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Fishing with family and friends

To everyone who loves fishing stories as I do, welcome.

I've mentioned lately the ice on Lake Winnipeg's south basin has become completely dotted with ice fishing shacks of all descriptions. Somewhere in that maze last Wednesday, between Beaconia and Balsam Bay about a mile off shore, I saw a large blue portable shack with a chap stepping out to toss what looked like a jackfish onto the snow.

My truck careened violently over the crusty snow as I pulled abreast of his camp. I slipped out of Old Red to a warm, hazy afternoon, calling out to the now closed tent, "Hello, is anybody home?"

"Yeah, sure," came back a response in a heavy European accent. Two men in well-used snowmobile suits emerged from the shelter. I offered them my card and began passing the time of day with a tall, bespectacled, chiselled-featured man who had a full grey moustache and short grey hair under a hunting cap.

Bogdan Mutic from Beausejour was his name, he said, as he pointed to his shorter quiet friend by the name of Dino Stojanovic from Winnipeg. Dino's eyebrows, cheeks and nose were full and round, yet like his life-long friend, though senior, stood straight and had powerful hands. Bogdan proudly revealed he also had a cattle dugout on his property, which they seeded each spring with six-inch rainbow trout from the Garson hatchery and harvested them in the fall. Sport and farm fishing, well, you know what you like, boys.



EXPRESS PHOTO BY ARNIE WEIDL

A large group of family and friends from Stonewall with some of their catch on Shoal Lake. From left to right, back row: Matt Chamailard, Shaunne Precourt, Paul Breland, Marc Chamailard, Phil Soroka and Joe St. Laurent; front row: Nickolas Soroka, Jocelyn Chamailard, Emily Chamailard and Amanda Chamailard.

On Friday last, I toured up and down the Red hanging out with anglers until I came across a very narrow weathered plywood ice shack. A thin, brown-haired fellow stood up from a stool as I approached, sprinting to a rod whose end was wildly vibrating. The rod went still as I got out of my truck and we introduced ourselves.

Daryl Ellis of Winnipeg was a kindly sort with an unassuming caring nature. He was a thin man with a somewhat gaunt face and greying moustache. A gold tooth peeked above his lower lip, which his tongue played

with as he talked. Daryl kept one eye on his rod as we spoke and, sure enough, it snapped down again. As he pulled up his second fish of the day, he shot a smiling glance my way murmuring, "You're a lucky guy to have around, Arnie!"

He saw me looking inquiringly at his very narrow shack, so with a knowing grin, he explained how a number of times the wind had caught his shack and sent it skidding across the ice. It was small, light and old to begin with

Continued on page 7



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# Arborg's training facility launches health-care aide program

By Patricia Barrett

The Central Interlake Training Facility in Arborg launched its inaugural health-care aide training program last week with a full complement of students from various towns across the region.

Sixteen students from towns such as Lundar, Ericksdale, Arborg and Riverton filed into class last Tuesday morning weighed down with massive textbooks and binders containing medical information.

The 20-week certificate course will teach them how to provide physical and emotional care to hospital, home care and personal care home patients. Aides also provide vital social programs to keep patients active and independent.

"We've already started taking names for the February 2018 session," said Beverly Magaway, economic development officer for the Arborg-Bifrost Community Development Corporation (ABCDC). "We want to run this on a continual basis."

The Arborg & District Chamber of Commerce spearheaded the development of the facility in partnership with the ABCDC and Fieldstone Ventures, an adult education centre, to bring training opportunities to the Interlake and spur on economic growth.

Red River College is running the course.

The facility is located in the former Kinsmen and Age Friendly buildings in downtown Arborg. The fully renovated buildings house classroom space, computers and kitchen facilities. Last year, volunteers from the community pitched in to help renovate them.

Magaway, who helped students enrol in the course and obtain funding assistance, dropped by to greet the class on its first day.

Most of the students are recent high school graduates, said Magaway, who, in addition to her EDO duties, is a part-time health-care provider. But the course has also attracted a few mature students.

The facility wants to offer a two-year licensed practical nursing program, she said, but needs to hear



EXPRESS PHOTO BY PATRICIA BARRETT

Sixteen students have enrolled in a health-care aide training program that got underway last week at the Central Interlake Training Facility in Arborg.

from the province as to whether it will approve the construction of a new personal care home in town.

The Town of Arborg and the RM of Bifrost-Riverton, in conjunction with the Arborg Seniors Housing Corporation, unveiled plans in November 2015 to invest in and build their own personal care home, which would include an events hall, a bistro and possibly a daycare.

The Interlake-Eastern Regional Health Authority would operate the facility with funding from the province.

For the past eight years or so, the corporation has been lobbying the province for a new facility, anticipating a growing need for PCH beds and looking to free up beds in the region's hospitals.

"Right now, we have almost 80 people who've expressed interest in the LPN program," said Magaway. "Some on the list are already working as

health-care aides."

In addition to classroom instruction, students will undertake a six-week clinical practicum in various Interlake hospitals and long-term health centres.

"The practicum starts in mid-May," said the course instructor. "They'll have three weeks in an Interlake hospital and three weeks in long-term care."

Ashern-based Fieldstone Ventures will be stepping in towards the end of the program to offer the students employment support.

"Fieldstone is coming later to help the students find jobs," said Magaway. "And they'll be taught how to do resumes."

Magaway said there's a demand for health-care aides in the region. And if the province approves the proposed PCH, there will be a lot of job opportunities and economic growth in Arborg and the municipality.

## > GET FISHING, FROM PG. 6

and each time the wind took it for a ride, some of the more rotten parts fell off, which he had to pick up. Since Daryl didn't want to put new material into an old shack, each fix required it getting smaller and narrower. Now, one could barely squeeze into it.

Saturday afternoon on beautiful Shoal Lake north of Stonewall turned out to be a heartwarming experience.

The blazing sun was out in all its glory and the wind was soft and pleasant. Out in the middle of the flat glaringly white ice pack, I saw a large group bustling about their tent camp. It was an easy run up to them. Jumping out of the truck, the air was filled with kids yelling and chasing each other around in the snow (as well as eating some off their mitts). These friendly folks welcomed me, saying who

they were and showed the few fish they had caught.

An outgoing gal by the name of Shaunne Precourt from Stonewall introduced me to her group. In no time, all of us were having a fine old time joking and swapping fish stories as one of the kids, young Nickolas Soroka, got a bite on his line. He dashed over to it, grabbing it up as the end of the rod met the water. He was in command, though, and reeled up with authority. With the help of one of the men, Paul Breland, Nick brought a very respectable-sized jack out of the ice hole. The men laughed, remembering two years ago when Nick caught a jack and got so upset he almost didn't land it because as it broke water, he cried out, "It's looking right at me."

Till next time. Bye for now.

## Wharton contributing to literacy



PHOTO COURTESY OF WINNIPEG BEACH SCHOOL

Gimli MLA Jeff Wharton got out the spectacles last Thursday afternoon and settled in for a couple of hours of reading to students at Winnipeg Beach School in support of I Love to Read month.

Wharton read Gwen Smid's 2008 book titled *Mary's Atlas: Mary Meets Manitoba*, an enchanting tale of a girl who uses a magical atlas and a flying bison to find the Golden Boy's torch.

Wharton read to students at Sigurbjorg Stefansson School a few weeks ago.



# Local politicians visit Eriksdale for 'I Love to Read'

By Jeff Ward

Interlake MLA Derek Johnson and Selkirk-Interlake-Eastman Member of Parliament (MP) James Bezan read to students last week at Eriksdale School as part of "I Love to Read Month."

During the month of February, students from Eriksdale are involved in a number of activities that encourage more reading and writing in their daily lives.

Reading recovery and Grade 1/2 teacher Chris Hunt said that activities like the guest readers, cross-grade reading, a Robert Munsch book tournament and a special play at the end of the month from the Prairie Theatre Exchange are all about encouraging students to read as often as possible. Hunt said the input from guest readers like Johnson, who read *The Not-So-Perfect Penguin*, and Bezan, who read *50 Below Zero*, really do help get the students excited about reading. Many of them asked both guests about their favourite books and what they like to read.

"All of these activities are designed to spike students' interest in doing more reading in and out of school," said Hunt.

"The Munsch tournament isn't competitive between students or classroom because reading shouldn't be a competition with anyone but yourself. But this encourages them to understand more about what they like about the author and has students discussing which book they think is



EXPRESS PHOTO SUBMITTED

Interlake MLA Derek Johnson, left, and Selkirk-Interlake-Eastman Member of Parliament (MP) James Bezan read to Eriksdale students as part of "I Love to Read Month" last week.

better."

Hunt explained that when students engage in discussion about what aspects of a book they like, it can lead to a higher interest in reading more. Hunt said it also helps with the comprehension of what they're reading. As students discuss the content of their books, they hear different viewpoints and a whole new way of looking at the book can open up to them.

This metacognition can be one of the best ways that students become better

readers.

"We ask them, 'Why did you pick that book or author? Why do you like it?' and sometimes they need guidance to think about that, but it gets them thinking about their own reading and gives teachers more info about the students' mindset," said Hunt.

Teachers also encourage parents to read more often with their children as part of the month, although they are encouraged to do it year-round as well. Parents who take an active role

in their child's reading will help contribute to them being a stronger overall reader.

"Reading is a bit of an art, and sometimes it can be a challenge to find out what steps to take next to move a student forward. Every student is different, but the more practice they get in at school and at home, the better off they'll be, and that's what this month helps us do — get more practice," said Hunt.

## > COLDWELL LUNDAR, FROM PG. 4

while ago. Bennett said that everyone was on board and decided that because Cal Bennett valued the trades and was a long-standing school trustee, they would create a bursary, this year valued at \$300, for the most deserving carpentry student at Lundar School.

"My dad was quite interested in getting the carpentry program going at the school. He was interested in that because he saw a lot of kids going to

school that wanted to pick up a trade and get working right away. So carpentry, mechanics, electrical, he was interested in all of that," said Bennett.

Bennett added that the carpentry program has created a few working carpenters in Lundar, and he hopes the bursary will work to honour his parents' memory and encourage students to take up a trade after graduation.

Similar to the Bennetts, Herb and Olive Sweetland were also fiercely proud of their community, according to their daughter Sandra Pott. Pott said her parents farmed just west of Lundar and spent much of their free time volunteering in the community. "Both my mom

and dad worked hard for the Lundar Ag Society. My dad showed many of his animals during the fair and my mom did a lot of baking for it as well. They both wanted to see the community shine and they worked hard to do what they could to make that happen," said Pott.

The fund established in their name is unrestricted, which means that any worthwhile cause can become the beneficiary of the interest accrued on the fund. Pott said it is in the spirit of her parents to focus on who needs the help the most because that is the kind of people they were.

"It's amazing to know that this will continue to benefit the community in their name for decades," said Pott.

The final fund is the Diane Jacobs Walking Trail Fund, named after former Coldwell CAO Diane Jacobs. Runolfson said Jacobs was integral in establishing the walking trail along Lundar Beach in 1999. Every year, a cheque will be written to the RM to help pay for ongoing expenses to

maintain the walking trail. Things like grass cutting or gravelling will be covered with this fund so that people can continue to enjoy what Jacobs worked so hard to create.

Amanda Stevenson, chairperson of the Community Development Corporation (CDC) for Coldwell, said that the money to establish the fund — approximately \$4,000 — came from a bank account that was created during the fundraising effort for the trail.

"As a board, we wanted to make sure that we used the money for the purpose it was raised for, and we thought establishing a fund honoured that," said Stevenson.

Like the main endowment fund the CLCF continues to raise money for, these new funds will never go away and only the interest they make will be granted out. "We kind of act as the overseer of all these charitable groups, and through our endowment funds and through new ones, we can help those groups help the people of Coldwell," said Runolfson.

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# Students help Moosehorn family after fire destroyed their home

By Jeff Ward

The mother of a student at Alf Cuthbert School in Moosehorn said she is humbled by the support shown by the school, the students and the community who banded together to raise money after their home burned down a few weeks ago.

Marcie Mcrae said the fire that destroyed her home and all her possessions was the worst day of her life, but the support she gained from the community after has made her feel overwhelmed with love.

The incident happened on Jan. 28, and Mcrae said she was notified by her nine-year-old daughter Jasmine that there was a fire in the back room of their home just outside of Moosehorn. Mcrae said that she grabbed three different fire extinguishers but couldn't contain the fire and evacuated the home.

Both her daughters, Jasmine and 18-month-old Hazel, were unharmed and the pets were also rescued. However, the contents of the home were destroyed completely in the blaze. The house did have insurance and currently Mcrae is living with family in Moosehorn.

"It feels like part of you is dying," said Mcrae remembering what it felt like to watch her home burn.

"It was horrifying because everything that you've ever had in your life is burning and you just have to sit there and watch it. I could remember just yelling, 'Why?' and wondering when the fire trucks were going to get here. It was the scariest thing that's ever happened to me."

Mcrae said she never thought that anyone other than her family would care because she is new to the community, moving to the area in April of last year. Very quickly, she went from being overwhelmed

by sadness to being overwhelmed by love as people she'd never met came forward with messages of support. Cards, hugs, phone calls, donations of clothing, toys and prayers all helped to make the worst experience of her life a bit more bearable.

Mcrae's daughter Jasmine was the centre of attention at her school last Friday. Her classmates held a bake sale and school dance to raise money for the family, collecting \$1,136.50. Principal Alann Fraser said that when she announced the total during the dance, the entire school cheered.

"I interrupted the dance to let everyone know what we raised, and the smiles on their faces and the staff cheering was amazing. It almost brings me to tears now just talking about it. To make that kind of donation to the family, it's a very good thing," said Fraser.

Mcrae said that it was a weird feeling to be so profoundly happy that there are so many people in the community who care about her family when the shock of the fire still hasn't worn off. She said she's stuck in a strange emotional state that is hard for her to describe.

"I was almost at the point of crying because so many people took the time to bake things and the kids worked so hard to organize the dance. I felt like I wanted to cry, but all I could do was sit there smiling," said Mcrae.

The road to getting back on their feet will be tough but for the time being Mcrae said that she is comforted by the knowledge that the community has rallied behind her.

For anyone wanting to help the family out financially, an account has been set up at the Noventis Credit Union — Jasin/Mcrae Fire Fund.



**EXPRESS PHOTO SUBMITTED**  
Marcie Mcrae and her daughters Jasmine, left, and Hazel are humbled by the outpouring of support for their family after their home burned to the ground last month.

# Alf Cuthbert students empowering readers through buddy system

By Jeff Ward

Older students at Alf Cuthbert School in Moosehorn are creating relationships with younger students through a school-wide initiative called Buddy Reading that will promote good reading skills.

Once a week, the older students in the K-8 school pair up with younger students to read for 15 minutes. And during February's "I Love to Read Month" there is a different event to make the time special, with the addition of cookies and milk.

Alf Cuthbert School principal Alann Fraser said that Buddy Reading gives students the opportunity to listen to others read and follow along in the book themselves. This practice is an important building block for creating a stronger reader and helping develop better reading comprehension.

"Younger students have

someone with them who is able to support them with unknown words, discuss the stories and spend the one-on-one time to read to them. Older students have a younger student who is interested and enjoys being read to," said Fraser.

Most of the time, the older students will read aloud to the younger students, which helps in reading development. It gives younger students the opportunity to hear a stronger reader, pronounce words and hear the natural rhythm of a sentence.

Reading Buddies also works to create a better school community. Fraser explained that older students serve as role models for the younger ones and that in her school the older ones take on many roles and responsibilities — like Buddy Reading — that help support younger students.



**EXPRESS PHOTO BY JEFF WARD**  
Karemarie and Mathieu share some milk and cookies over a book during Buddy Reading.



# A winter carnival with spring time weather

## Staff

Hundreds flocked to the Eriksdale Recreation Centre last weekend for the annual carnival that felt more like a spring carnival than a winter carnival due to some warm weather.

The event took place Feb. 16-19 and featured dozens of fun activities for families including a pancake breakfast, kids games, crafts, a comedy clown show, balloon animals, face painting, a sleigh ride, fish fry supper, an ice show, dance and many other events.

A stick curling bonspiel, rec hockey games and the crowing of the Carnival Queen added to a packed weekend of things to do. Michelle Larson was crowned Carnival Queen after selling the most tickets for the rec centre fundraiser — beating out fellow competitors Emily Weatherburn and Abby Ryden.

While only one could be crowned Queen, the three girls combined raised approximately \$14,000, which will help the Eriksdale Recreation Centre continue to offer fun events and programs for the community.



EXPRESS PHOTOS BY JEFF WARD

Michelle Larson, centre, was crowned this year's Carnival Queen alongside Emily Weatherburn, left, Abby Ryden. The girls sold a combined \$14,000 worth of tickets with funds being donated to the Eriksdale Recreation Centre.







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## TODAY'S EVENTS!

	<b>TIME</b>
<b>Fire on Ice Car Racing on the Lake</b> <i>Practice from 9am-11am Racing from 12pm-3pm</i>	9:00am – 3:00pm
<b>Admission to New Iceland Heritage Museum &amp; Viking Indoor Village Life Display - Free with Festival Pass!</b>	10:00am – 3:00pm
<b>Gimli Vikings Atom Tournament - at the Gimli Rec Centre</b>	11:00am – 9:00pm
<b>Kid's Story Telling - at the New Iceland Heritage Museum</b>	11:00am - 12:00pm
<b>Mini Snow Sculpting Competition – next to Gimli Art Club</b>	11:00am – 2:00pm
<b>Frozen Fish Toss - at the harbour</b>	11:00am – 12:00pm 1:00pm – 2:00pm
<b>Gimli Art Club Family Fun Activities – at the Art Club</b>	11:00am – 3:00pm
<b>Family Fun Outdoor Games - at the harbour</b>	11:00am – 12:00pm 1:00pm – 2:00pm
<b>Bannock &amp; Tea made on Open Fire - at the harbour</b>	11:00am – 3:00pm
<b>Kid's Fun-Time Ice Fishing - near the harbour</b>	11:00am – 3:00pm
<b>Cross Country Skiing For You To Demo - at the harbour</b>	11:00am – 3:00pm
<b>Viking Combat Live Demonstration - at the harbour</b>	1:30pm – 2:00pm
<b>Rotary Best Borscht Contest - at the Kaffe Haus</b>	2:00pm – 4:00pm
<b>Gimli Legion Meat Draw Madness - at the Gimli Legion</b>	3:30pm – 6:30pm
<b>Variety Entertainment Night at the Lakeview Resort</b> <i>Admission \$5 per person or Free with Festival Pass!</i>	Start - 7:30pm



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# GIMLI Ice festival

6th Anniversary Edition March 4-5, 2017

[www.gimliicefestival.com](http://www.gimliicefestival.com)

**Sunday,  
March 5**

## TODAY'S EVENTS!

## TIME

<b>Kiwanis Pancake Breakfast</b> - at the Gimli Recreation Centre	9:00am – 11:00am
<b>Fire on Ice Car Racing on the Lake</b> Practice from 9am-11am Racing from 12pm-3pm	9:00am – 3:00pm
<b>Gimli Vikings Atom Tournament</b> - at the Gimli Rec Centre	9:00am – 6:00pm
<b>Admission to New Iceland Heritage Museum &amp; Viking Indoor Village Life Display</b> - Free with Festival Pass!	10:00am – 3:00pm
<b>Kid's Story Telling</b> - at the New Iceland Heritage Museum	10:45am – 11:45am
<b>Frozen Fish Toss</b> - at the harbour	11:00am – 12:00pm 1:00pm – 2:00pm

See page 14 for more Sunday events



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# GIMLI Ice festival

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**Sunday,  
March 5**

- |   |                          |
|---|--------------------------|
| <b>Family Fun Outdoor Games - at the harbour</b>                  | <b>11:00am – 12:00pm</b> |
|   | <b>1:00pm – 2:00pm</b>   |
| <b>Kid's Fun-Time Ice Fishing - at the harbour</b>                | <b>11:00am – 2:00pm</b>  |
| <b>Gimli Art Club Family Fun Activities<br/>- at the Art Club</b> | <b>11:00am – 2:30pm</b>  |
| <b>Bannock &amp; Tea made on Open Fire<br/>- at the harbour</b>   | <b>11:00am – 2:30pm</b>  |
| <b>Cross Country Skiing For You To Demo<br/>- at the harbour</b>  | <b>11:00am – 2:30pm</b>  |
| <b>Cooley's Indoor Playground<br/>- at the Lakeview Resort</b>    | <b>11:30am – 2:00pm</b>  |
| <b>Rotary Best Chili Contest - at the Kaffe Haus</b>              | <b>12:00pm - 2:00pm</b>  |
| <b>Viking Combat Live Demonstration - at the harbour</b>          | <b>1:00pm – 1:30pm</b>   |
| <b>Frozen T-Shirt Competition - at the harbour</b>                | <b>2:00pm – 2:30pm</b>   |
| <b>Canada 150 Ice Canoe Race - at the harbour</b>                 | <b>Start - 3:00pm</b>    |



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# Sweet success for Sugar Me Cookie owner in Just Watch Me video contest

By Patricia Barrett

The owner of Gimli's Sugar Me Cookie Bakery & Boutique took home a sweet award last Friday that recognized her entrepreneurial success.

Carrie Arsenault placed third out of four finalists in the Seasoned Entrepreneur category of the 2016-2017 Just Watch Me video competition, an annual contest sponsored by Community Futures' Entrepreneurs with Disabilities Program.

Arsenault was awarded the prize based on the numbers of public votes she received.

"Thank you, everybody, for voting," said Arsenault during an award presentation in Gimli council chambers. "That was amazing. It's been a journey that I entered last year as a new business and didn't make the final four. So this year we were a little better prepared and had a lot of fun mak-



**EXPRESS PHOTO BY PATRICIA BARRETT**  
Eugene Zalevich from Community Futures presented Carrie Arsenault with \$500.

Continued on page 16

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### Tips for Preowned Vehicle Buyers in the Interlake

The impression of used cars and trucks has changed dramatically in recent years. Now widely referred to as "preowned vehicles," such automobiles are now the first choice of many buyers who want reliable vehicles without having to pay full sticker price.

While buying preowned vehicles is less risky today than it might have been two decades ago, there is still some risk for buyers who purchase cars that are not brand new. The following tips can help Interlake motorists find preowned vehicles that suit their needs and budgets.

- Do your homework. Drivers rarely buy brand new vehicles without first researching the makes and models they are considering. Whether they are checking a vehicle's safety ratings, gas mileage or warranty terms, buyers know that such research is essential to making the most informed decisions. Preowned vehicle buyers should be just as diligent as new car buyers, researching the vehicle's initial assessments and ordering a vehicle history report to determine if a vehicle they're considering has been in any accidents and how many drivers have previously owned the car. Buyers also should research manufacturer warranty terms to determine whether the original warranty is still in place or if they will need to purchase a new one.

- Develop a realistic budget. Budgets are important whether buyers are purchasing brand new or preowned vehicles. But while new car buyers can reasonably expect their maintenance costs to remain low for a few years, preowned vehicle buyers, especially those purchasing cars without warranties, should expect to deal with repairs sooner than they would if they were buying brand new cars. Leave some room in your budget for repairs and then look for vehicles that fit your budget. Maxing out your budget could prove disastrous if your car needs repairs sooner than expected, and if repairs are a long way off, you are still saving money.

- Make sure you are getting the best price. Preowned vehicle prices may be more flexible than the prices of brand new cars, but it's still up to buyers to ensure they're getting the best price. Resources such as Kelley Blue Book (www.kbb.com) and the Edmunds.com True Market Value (TMV)® pricing tool can help buyers make the best buying decisions. Using such resources is quick and easy and can help buyers quell any concerns they might have about overpaying for preowned cars or trucks.

- Insist on a pre-purchase inspection for vehicles not designated as certified preowned vehicles. Before making an offer on a preowned vehicle, buyers should insist on a pre-purchase inspection performed by their own Auto Service Professional. If private sellers or dealers selling uncertified preowned vehicles resist your efforts to get a pre-purchase inspection, walk away and continue your search elsewhere.

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# Ball hockey tournament sweeps away financial concerns

## Donations pour in to save Inwood Arena

By Jeff Ward

The financial support keeps coming in for two local teens leading the charge to save the Inwood Arena after hosting a successful ball hockey tournament last weekend.

Organizer Graham Moore said that he estimates another \$3,000 was raised through the tournament last weekend, while the Go Fund Me Page he set up climbs closer to \$8,000. The support, Moore said, has been incredible and is something he never thought was possible when he and his friend Christ Mott came up with the idea for the fundraiser a few weeks ago.

Moore said that approximately 50 players came out to support the tournament and that many more packed the stands to watch and take in the concessions, beer gardens and silent auction. Moore said that other than the warm weather — which forced teams to abandon skates on the second day and use rubber boots as the rink uses a natural ice surface — the whole weekend went off without a hitch.

The names of the teams competing in the tournament echoed former Inwood hockey teams from “the glory days” said Moore. The Sharks, Renegades, Northstars and Invaders all competed for their shot at their version of the Stanley Cup — an old cream can that will be engraved with the winner’s names. The Invaders came out on top of the Northstars in the championship game and will be immortalized on the can sometime soon.

“With all that we’ve raised I think the arena will be open for the next few years for sure,” said an enthusias-

## > JUST WATCH ME, FROM PG. 15

ing the video. It’s amazing how things can come together when you need them to.”

In her video, Arsenault described the burgeoning success of her bakery, from online to store-front, the benefits of independent business ownership and some of the challenges she faced along the way. She also showcased many of the desserts she makes at her Centre Street bakery.

The Just Watch Me contest is open to rural entrepreneurs with disabilities or health conditions operating a business in Manitoba or Saskatchewan. Community Futures is a non-profit organization that helps rural entrepreneurs start or expand a business.

tic Moore.

“Before it was just scraping by but now we have some distance between us and closing down. But we’re not stopping, we’re going to have this be an annual fundraiser so that we can continue to support the arena every year.”

Moore said that one of the success of the event isn’t the raising of money — although he is grateful for the financial support. He explained that this event got people back into the building, to remember their time spent here years ago. It’s sparked an interest in getting their own groups together for a once a week game, or holding more events in the building.

Moore said that he and his friends will continue to look after the rink and do whatever they can to help the building stay open. And that even when times get tough this is not a project they have any intention of giving up on.

Since the ‘Save Inwood Arena’ campaign started a few weeks ago donations have flooded into the Go Fund Me page set up by Graham Moore with now close to \$8,000 raised and counting.

Moore’s mother, Teresa said she is amazed by the outpouring of support for the fundraiser but not surprised. Moore echoed the comments of her son and said that the influx is really about people becoming aware that the rink was in jeopardy of not being able to open for the next season this fall. Moore estimates that over 75 per cent of the donations have come from people who no longer live in Inwood but spent much of their youth skating in the arena.

“When I moved here 20 years ago I spent four or five nights week at the arena,” said Moore who is an avid curler.

“It was a big part of my life and

Staff from the municipality, members of the Chamber of Commerce and the general public packed council chambers to help Arsenault celebrate her achievement.

“It’s great to see a new business coming to Gimli and succeed,” said Mayor Randy Woroniuk, presenting Arsenault with a Just Watch Me certificate of participation.

Eugene Zalevich from Community Futures’ Riverton office presented Arsenault with a \$500 cheque.

“You’ll be getting a social media training certificate as well as domain registration,” said Zalevich. “And you’ll be having a feature in the Manitoba Chamber of Commerce’s spring



PHOTO SUBMITTED

The Invaders defeated the Northstars to capture the championship trophy at the first annual Inwood ball hockey fundraising tournament last weekend.

when I had kids it was always Friday night skating with them every week the arena was open. I think the big thing about the campaign was to get people talking about it again and it’s now been shared over 600 times on Facebook — it’s working.”

Moore said that much of the reaction from the community has been positive and that there has been a noticeable uptick in attention on the rink since the campaign went live. She added that part of the charm is knowing that it’s mainly a group of teenage boys who are devoting so much of their free time to maintaining the rink that it does tug on the heartstrings a little bit.

RM of Armstrong Ward 1 Coun. Allen Pfrimmer has lived in Inwood for more than 50 years and agreed that the work being done by the boys is very admirable and that he was happy to help support with a donation of \$250 on behalf of the RM.

“All the councillors were involved in that and everyone agreed to donate

edition, as well as a crowd-funding opportunity in Community Futures.”

Arsenault has no plans to rest on her laurels. She’s currently in the process of expanding her bakery to include a cooking school and has already hired two bakers.

She’ll be hosting Viking suppers that will give participants an opportunity to prepare a traditional Icelandic meal. A woodworker is building a huge Viking banquet table for her. Individuals or groups can reserve a spot and dress up in costumes.

“This is a whole experience,” said Arsenault as she handed each guest a sample of her famous vinarterta, a recipe that was handed down through

the money because those kids are working hard to keep that place open. It’s great to see such young people taking charge of their community. I’m pretty happy to see these kids are getting out there and trying to save their rink,” said Pfrimmer.

Messages on the Go Fund Me page are also pouring in alongside the donations detailing the memories the donators had at the rink when they were kids.

“I spent so much time in Inwood and made so many great friends and memories there in my younger years,” said Lenore Chartrand of Heaven Scent Flowers & Gifts.

“Growing up in Inwood I have great memories of the winter carnivals, broomball tournaments and September long socials,” said Leanne Moore.

The building might be struggling but the buzz around the community now with the success of this online campaign is working well to make sure that the doors stay open and the ice stays cold for at least a few more seasons.

her husband’s family. “They’re going to make skyr and they’re going to make pönnukökur and vinarterta. And we’re going to have smoked sheep’s head — that’s a delicacy.”

A recent flood forced the closure of her bakery, but Arsenault said she expects to be up and running by March 31.

In the Seasoned Entrepreneur Category, first place went to Lucy Fouasse, owner of Lil’ Steps Miniatures & Wellness Farm in St. Malo, Man. Second and fourth place went to rural Saskatchewan entrepreneurs.

The winning videos are available on the Just Watch Me website at [www.justwatchmecontest.ca](http://www.justwatchmecontest.ca).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Midget Lightning end season with wild weekend in Kenora

By Brian Bowman

There were plenty of wonderful stories told last weekend as the popular Scotiabank Hockey Day in Canada was held in Kenora.

And the Interlake Lightning had a couple of interesting stories to tell from their weekend trip to Kenora.

The Lightning were rubbing shoulders with the likes of Don Cherry, Lanny McDonald, and Ron MacLean before they put forth a great effort in a 6-5 overtime loss Saturday evening to the Kenora Thistles.

And then on Sunday, the Lightning led the Thistles 3-1 before the game was called after the first period due to ice problems.

"Their Zamboni had an electrical issue and it kind of sunk down to the concrete," said Lightning head coach Dwayne Swanson. "They tried for a half hour, 45 minutes, to get (the ice) playable but it just wasn't going to happen."

Interlake dominated that opening period of Sunday's game, jumping out to a 3-1 lead on two goals by Jack Einarson and another from Codey Behun.

The Lightning outshot the Thistles by a whopping 24-8 margin but the game was ended as a 3-3 tie due to league rules.

"It would have been really nice for our guys to end a tough year with a win," Swanson said. "But there are league rules and we have to abide by them."

On Saturday, Behun and James Maxwell led the Interlake with two goals apiece while Corbin Mariash added a goal and an assist in front of a jam-packed – and electric – crowd.

Einarson chipped in with three assists.

"The boys had a chance to meet Don Cherry before the game," Swanson noted. "It was a very distracted environment and our guys really played well."

Hunter Buzzi scored twice for Kenora, including the game winner in OT on the power play. Matthew Pitchenese, Sullivan Shortreed, Carter Tresoor, and Sean Gula also tallied for Kenora.



EXPRESS PHOTO BY CYNTHIA WIRGAU

The Lightning were rubbing shoulders with the likes of Don Cherry, Lanny McDonald, and Ron MacLean before they put forth a great effort in a 6-5 overtime loss Saturday evening to the Kenora Thistles. Interlake took part in Scotiabank Hockey Day in Canada in Kenora.

On Feb. 15, the Lightning upset the Eastman Selects 4-3 in a shootout with a gritty effort in Teulon.

"We are so injured and have so many guys out and others are coming into the lineup and doing a great job for us," Swanson said. "For the most part of that game, we were a consistently good hockey club."

Behun and Einarson scored for the Interlake in the shootout while Garrett Armistead tallied for Eastman.

Maxwell and Behun scored to give the Lightning a 2-0 lead but Armistead and Matthew Osadick replied by the 5:05 mark of the second period.

Interlake's Bryce Krauter and Osadick then traded goals in the third. Osadick's goal tied the score at 3-3 at 18:45 of the third.

Eastman outshot Interlake 57-36 as Riley Buhay notched the well-deserved win. Stonewall's Buhay was outstanding for the Lightning in recent games, said Swanson.

Interlake finished the regular season with a 10-28-1-1 record and 26 points. That left the Lightning in 11th place in the 12-team league and out of the playoffs.

**"IT WAS A VERY DISTRACTED ENVIRONMENT AND OUR GUYS REALLY PLAYED WELL."**



EXPRESS PHOTO BY LANA MEIER

Lightning captain Jack Einarson scored twice, giving Interlake a 3-1 lead, before the game was called after the first period due to ice problems on Sunday.

## KJHL playoffs begin for three local teams

Staff

The second season is set to begin in the Keystone Junior Hockey League.

Three of the four local teams made the post-season, with the Arborg Ice Dawgs getting the second seed.

The Ice Dawgs, 24-10 during the regular season, will begin their best-of-five playoff series with the North Winnipeg Satellites tonight in Arborg. Game time is 8 p.m.

Game 2 will be played Saturday (8

p.m.) at the Billy Mosienko Arena in Winnipeg before returning to Arborg on Sunday at 2 p.m.

If necessary, Game 4 is set for next Tuesday in Winnipeg while Game 5 will be in Arborg on March 4. Start times for those two games will be 8 p.m.

The Peguis Juniors, meanwhile, are the fifth seed and will take on No. 4 Selkirk in their quarter-final series. Game 1 will be played this Saturday

at the Selkirk Rec Complex.

Game 2 will go Sunday in Peguis, followed by Game 3 on March 3 in Selkirk. If necessary, Game 4 is set for March 4 in Peguis while a series-deciding Game 5 returns to Selkirk on March 5.

All the games in the series begin at 7:30 p.m.

Meanwhile, No. 8 Lundar will look to upset No. 1 St. Malo in their best-of-five series. Game 1 will be played

in St. Malo Friday (8 p.m.) while Game 2 is scheduled for Sunday (5 p.m.) in Lundar.

Game 3 returns to St. Malo on March 3 at 8 p.m. while a Game 4, if necessary, will be played the following evening (8 p.m.) in Lundar.

If needed, Game 5 will be played March 5 at 4 p.m. in St. Malo.

The other KJHL first-round series pits Cross Lake versus OCN.



## Local teams wrap up KJHL regular season

By Brian Bowman

It took the Arborg Ice Dawgs until the final day of the regular season, but they finally reached one of their goals this season.

The Ice Dawgs clinched top spot in the Central Division standings after finishing their regular season with a 24-10 record and 48 points. That was a single point ahead of Peguis (23-10-0-1).

Arborg won both of its games last weekend, trouncing Fisher River 14-2 on Friday and then defeating the Lundar Falcons 3-1 Saturday.

In Saturday's win, Josh Wilkenson gave the Ice Dawgs a 1-0 first-period lead. The score stayed that way until Arborg's Cal Finnson struck on the power play midway in the third period.

Karson Collins made it 3-0 just 21 seconds later before Lundar's Landen Gray potted a power-play goal with 58 seconds left in the game.

Dylan Ossachuk made 35 saves for the win. He finished the regular season with a solid 12-5 record, a 3.08 goals-against average, and .925 save percentage.

On Friday, Finnson led Arborg with five goals and an assist while Clint Torfason (two goals, two assists) and Colton Davies (two goals, three assists)

also had huge offensive games.

Karson Collins, Jordan Woytowich, Derric Gulay, Corbin Pasternak and Braydon Chwartacki also scored for Arborg. Nicolas Murdock and Tristan Starr replied for Fisher River.

Nathan Friesen made 35 saves for the win.

The Hawks then hosted the Cross Lake Islanders on Sunday (originally slated for Saturday), winning 7-5.

Starr led the Hawks with three goals while Darryl Thaddeus (two), Arnold Mason and Murdock added singles.

Lundar, meanwhile, was also in action Sunday, trouncing the Warriors 8-3 in St. Malo. Craig Weiss (three), Gray (two), Austin Nikkel (two), and Jason Nikkel scored for the Falcons.

Craig Caine had four assists while Mason Medeiros chipped in with three helpers.

Travis Rigden made 43 saves for the win.

On Friday, Lundar lost 4-3 to the North Winnipeg Satellites. Eric Miller (shorthanded), Jason Nikkel and Medeiros scored for Lundar.

Jesse McIntosh (two), Nathan Jones and Glen Paupanekis replied for North Winnipeg.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Cal Finnson scored on the power play in Arborg's 3-1 win over the Lundar Falcons last Saturday.

## Dola nominated for MJHL's top goalie award

Staff

Selkirk Steelers' netminder Hayden Dola is one of three nominees for the Manitoba Junior Hockey League's top goaltender award.

Dola, a Winnipeg Beach product, has been very good for Selkirk this season. The MJHL veteran has a 28-14 record to go along with five shutouts, a 2.70 goals-against average, and .907 save percentage.

He currently leads all MJHL goaltenders with 44 games played.

The Winkler Flyers' Cole Weaver and the Steinbach Pistons' Roman Bengert

are also up for the top goalie award.

Nominees for the MJHL's six major awards were finalized and announced this past Tuesday.

"Each team submitted a nominee for the awards and the league's 11 coaches subsequently conducted a vote," explained MJHL commissioner Kim Davis in a media release.

"Each of the nominees should be very proud of their accomplishment."

The respective winners will be announced this week. The Mike Ridley Award, given to league's top point producer, will be known when the

regular season comes to an end.

The other award finalists are:  
MVP Award – Steve "Boomer" Hawrysh Memorial Trophy

\* Mackenzie Graham - Steinbach Pistons

\* Chase Brakel - Portage Terriers

\* Brady Keeper - OCN Blizzard

Rookie of the Year Award – Vince Leah Trophy

\* Riese Gaber - Dauphin Kings

\* Will Koop - Steinbach Pistons

\* Cole Weaver - Winkler Flyers

Hockey Ability and Sportsmanship Award – Lorne "Windy" Lyndon Me-

morial Trophy

\* Jeremy Leipsic - Portage Terriers

\* Scott Gall - Winkler Flyers

\* Justin Metcalf - Neepawa Natives  
Top Defenceman Award – Brian Kozak Memorial Trophy

\* Brady Keeper - OCN Blizzard

\* Tyler Anderson - Steinbach Pistons

\* Lawson McDonald - Winkler Flyers

Coach of the Year Award – Portage Terriers "Muzz McPherson" Award

\* Paul Dyck - Steinbach Pistons

\* Ken Pearson - Winkler Flyers

\* Doug Hedley - OCN Blizzard

## Bantam 'AA' Lightning impressive in playoffs

By Brian Bowman

The Interlake Lightning Bantam "AA" hockey team had a real good start to their playoffs last weekend.

And they enjoyed that success on the road.

Interlake tied the Central Plains Capitals 3-3 Saturday and then pounded the Pembina Valley East Twisters 6-2 on Sunday.

"We had a great game (Sunday) against Pembina Valley," said Lightning head coach Kent Klimpke. "From puck drop to the final buzzer, we just went to town on them physically and on the scoreboard as well."

Interlake was also very good against

Central Plains. The Lightning are confident that they match up very well with the Capitals.

"We ran into a very, very hot goaltender that day," Klimpke noted. "We probably outshot them three to one but the kid just stood on his head."

Interlake is hoping to have the same type of results in the next few days when the Lightning hosts the Twisters Friday (7 p.m.) in Teulon. The Lightning will then battle the Capitals on Tuesday (7:15 p.m.) in Teulon.

"The road games are over with for now," Klimpke said. "We're at home for the next two and I like the way the team is coming together. We have an

awesome forecheck right now and the guys are playing very physical.

"They're buying into our system, and I have to give them credit, they are getting stronger as the calendar moves into the spring."

The Lightning are playing in a three-team pool along with Central Plains and Pembina Valley East on the consolation side of the playoffs. Each team will play each other twice, with the winner of the pool moving on to the next round of the playoffs.

That next round is a best-of-three final.

The top four teams in the 10-team league, meanwhile, are playing off for

the league championship. Interlake finished its regular season in eighth place with 13 points.

Besides the league playoffs, the Lightning will also be competing in the 10-team provincials in Steinbach from March 4-6. Interlake will be playing in a pool with Flin Flon and the Southwest Jets.

Southwest plays in the same league as the Interlake.

"I don't think our kids will be out-matched at all," Klimpke said confidently. "And I think they will go out and be competitive. We'll play a couple of solid games and see what happens after that."



# Dyck leads Bisons to playoff sweep

Staff

Winnipeg Beach's Rachel Dyck made 12 saves to lead the University of Manitoba Bisons to a 1-0 shutout win over the Mount Royal Cougars in women's playoff hockey action last Saturday.

Alana Serhan scored the game's lone goal at 8:18 of the third period. Eight of Dyck's saves came in the third period as she was deservedly named the game's second star.

"To have the presence of mind, and the confidence, and the stick-to-it-iveness to make a couple of those saves late in the game just shows you where her development is at as a goaltender," said Bisons' head coach Jon Rempel in a media release.

"She can will this team to do whatever it needs to do."

With the win, Manitoba swept the best-of-three Canada West quarter-final series in two games. The Bisons won Game 1 by a 5-1 score on Friday as Dyck made 26 saves.

Manitoba will now face the University of Alberta Pandas in the next round in Edmonton. That semifinal series will begin Friday.



PHOTO COURTESY OF MANITOBA BISONS

Winnipeg Beach's Rachel Dyck was very good in goal last weekend, leading the Bison women to a playoff sweep of Mount Royal.

## Ashern to host virtual and physical Louis Riel Classic hockey tourney

By Jeff Ward

While a real-life hockey tournament takes place on the ice at Ashern Arena next weekend a virtual tournament will be happening right alongside of it in the form of EA Sports, NHL17 played on Xbox One.

The 2nd Annual Louis Riel Classic Hockey Tournament is just over a week away now and will be part of a big weekend of fundraising for the Ashern Arena. The CFRY Radio Amateur Talent Show will take place

March 4 in the middle of the weekend (March 3-5) tournament and both fundraisers will be benefiting the Ashern Arena and the ongoing strategy for revitalization. Last year the Louis Riel Classic raised over \$5,000 according to organizer, Tyler Geisler arena president. The tournament will have teams competing for big cash prizes — \$2,000, \$1,500 and \$750 for 1st, 2nd and 3rd place respectively — and so will the video game version of tournament. A \$20 buy-in for the NHL17

tournament will be folded entirely back into prizing so those who play and last to the end will be rewarded for their skill on the sticks rather than their skill with one.

"We wanted something more for people to do as they watched the tournament on the ice and this was it," said Geisler.

"We have a lot of gamers in our community and I think the competition will be strong. Even for the guys on the teams on the ice, when they have

down time they can join in and try to win both tournaments."

A silent auction, 50/50 draw and money sticks will be available as additional fundraising efforts all going to the arena. Geisler said that an improved kitchen area — new flooring, sink, cabinets and countertops — as well as a new ice plant motor and paying off the balance of the new LED lights in the arena are all areas that raised funds will go to.

## Stonewall to host 21U Women's Baseball Championship

Staff

Stonewall will be hosting a prestigious baseball tournament this summer.

Fines Field will play host to the 21U Women's Championship from Aug. 24-27. It will be the first time that this major tournament will be hosted in Manitoba.

"The Town of Stonewall and the baseball community in the area are extremely excited to be hosting the 2017 and 2018 Women's 21U National Championships at Fines Fields in

Stonewall," said Darrell Humeniuk, committee member and Field of Play organizer, in a media release.

"We have a premier baseball facility in Stonewall that has not been seen on the national stage in a very long time. The participants will be the best baseball players and coaches our country has to offer."

There are also three or four players from the Interlake, who could potentially be playing with Team Manitoba, said Humeniuk.

"This event will provide us with a

fantastic opportunity to show off our baseball facility and our part of the province to the rest of the country," Humeniuk continued. "Our host committee anticipates that this will be the must-see sporting event of the summer."

The tournament is a stepping stone for players to gain exposure on the national stage.

"This movement will open more avenues for female youth baseball players in our province," said Roger Langlais, co-chairperson on the 21U

Women's Invitational Championship committee.

Committee members also include Humeniuk, Gail Langlais, Patti Hacault, Jeremy Culleton, Marc Bissonnette, Dee Dee Culleton, Bree Langlais, and Jason Miller.

The tournament committee is currently welcoming any volunteers or interested individuals who would like to garner a rewarding experience in women's baseball.



# Fairford wins first round



EXPRESS PHOTO BY LANA MEIER

Fairford's Damien Letandre, right, battles for the puck against a Warren player in the first round of The Interlake Minor Hockey Midget playoffs Monday afternoon. Fairford defeated Warren 8-3.

# Wildcats roar past Lightning in MFMHL playoffs

Staff

The Interlake Lightning was swept in three straight games by the Westman Wildcats in their best-of-five Manitoba Female Midget Hockey League playoff series.

Westman clinched the series sweep with an 11-1 win on Sunday in Hartney.

The Wildcats, which built period leads of 4-0 and 9-0, received goals from Ashton Bell (three), McKenzie Meek (three) Tori Williams (two), Gillian Gervin, Andrea Sanderson, and Shaelyn Vallotton.

The Interlake goal scorer was not listed on the league website at press time.

Westman took a 1-0 series lead with

a 6-1 home win on Feb. 15. The score was tied at 1-1 in the second period but the Wildcats broke the game open with three goals in the frame.

Westman then added two more goals in the third.

Bell (two), Brooklynn Klein, Andrea Sanderson, Vallotton, and Haley Wickham scored for Westman.

Jamie Johnson scored the Lightning's lone goal.

In Game 2 of the series last Friday in Teulon, Westman cruised to an 8-2 win.

Bell (three), Paige Hubbard (two), Josee Casavant, Gervin and Andrea Sanderson scored for the winners.

Jillian Henry and Sadie Somers replied for the Interlake.

# Classy to go head-to-head with Trashy at Arborg Ladies 'spiel

Staff

The Arborg Ladies Bonspiel set for this weekend will entail a whole lot of fun in addition to a whole lot of icy competition.

The theme of this year's bonspiel is Classy vs. Trashy.

Organizers will be decorating the Arborg Curling Club in keeping with

the theme, and teams can dress up on Saturday night for a supper at the Legion.

The bonspiel runs Friday through Sunday. The entry fee is \$160 per team (including supper). Call Dale at (204) 641-3546 to register.

# Provincial bound



EXPRESS PHOTO SUBMITTED

The Gimli Lakers senior boys curling team defeated Stonewall Rams 7-4 in zone finals to capture the Zone V MHSAA curling banner. The team is headed to Dauphin February 23 - 25 to compete in the MHSAA provincials. The Ashern Cobras girls will represent the zone after winning the senior girls curling championship. Pictured from left to right; Tyler Giesbrecht (lead), Cameron Lozinski (second), Oliver De Meyer (third) and Josh Maisey (skip). Missing from photo Sean Giesbrecht (fifth) and Dayna Ford (coach).

## Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Steinbach Pistons	54	45	8	1	91	232	108
Winkler Flyers	55	38	14	3	79	206	137
Selkirk Steelers	58	38	17	3	79	208	170
OCN Blizzard	55	36	16	3	75	186	140
Portage Terriers	55	34	18	3	71	235	177
Winnipeg Blues	56	27	24	5	59	188	190
Virden Oil Capitals	56	23	25	8	54	153	190
Swan Valley Stampeders	54	18	31	5	41	146	214
Neepawa Natives	53	16	31	6	38	144	206
Dauphin Kings	56	15	35	6	36	132	209
Waywayseccapo Wolverines	54	13	37	4	30	156	245
KEYSTONE HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Central Division							
Arborg Ice Dawgs	34	24	10	0	48	206	114
Peguis Juniors	34	23	10	1	47	248	164
Fisher River Hawks	34	9	24	1	19	179	316
South Division							
St. Malo Warriors	34	24	9	1	49	233	137
Selkirk Fishermen	34	24	10	0	48	205	83
North Winnipeg Satellites	34	15	18	1	31	149	164
Lundar Falcons	34	9	24	1	19	122	178
North Division							
OCN Storm	34	22	9	3	47	318	207
Cross Lake Islanders	34	18	15	1	37	199	185
Norway House North Stars	34	2	32	0	4	94	405
AAA MIDGET HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Wild	44	35	6	0	73	229	80
Yellowhead	44	30	6	2	68	197	120
Thrashers	44	27	12	1	59	196	118
Pembina Valley	44	28	15	0	57	170	134
Brandon	44	26	16	1	54	167	127
Central Plains	44	25	15	3	54	185	153
Eastman	44	25	15	2	54	152	124
Parkland	44	18	22	1	40	153	195
Southwest	44	16	25	2	35	125	175

Kenora	44	15	24	0	35	122	198
Interlake	44	10	28	1	26	117	216
Norman	44	7	36	0	15	111	284
AAA CITY MIDGET HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	36	32	4	0	64	226	115
Winnipeg Sharks	35	24	10	1	49	165	108
Winnipeg Warriors	36	22	12	1	46	191	146
Winnipeg Hawks	36	14	17	3	33	140	150
Eastman Selects	34	9	20	4	23	117	152
Interlake Lightning	37	4	33	0	8	84	252
AAA BANTAM HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs - B1	34	28	5	1	57	212	47
Winnipeg Hawks - B1	34	26	5	1	55	208	96
Winnipeg Warriors - B1	34	18	13	2	39	133	98
Eastman Selects - B1	34	18	15	1	37	151	123
Winnipeg Sharks - B1	34	10	22	1	22	75	138
Interlake Lightning - B1	35	4	30	1	9	100	244
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE	PLAY-OFFS - Pembina Valley sweeps series 3-0						
Game 1 - Pembina Valley Hawks 3 vs Central Plains 1							
Game 2 - Pembina Valley Hawks 3 vs Central Plains 0							
Game 3 - Pembina Valley Hawks 6 vs Central Plains 3							
PLAY-OFFS - Westman Wildcats sweeps series 3-0							
Game 1 - Westman Wildcats 6 vs Interlake Lightning 1							
Game 2 - Westman Wildcats 8 vs Interlake Lightning 2							
Game 3 - Westman Wildcats 11 vs Interlake Lightning 1							
PLAY-OFFS - Eastman wins series 3-0							
Game 1 - Eastman Selects 0 vs Yellowhead Chiefs 2							
Game 2 - Eastman Selects 1 vs Yellowhead Chiefs 0							
Game 3 - Eastman Selects 5 vs Yellowhead Chiefs 2							
Game 4 - Feb. 21 score not available at press time							
PLAY-OFFS - Winnipeg Avros sweeps series 3-0							
Game 1 - Winnipeg Avros 3 vs Norman Wild 2							
Game 2 - Winnipeg Avros 4 vs Norman Wild 1							
Game 3 - Winnipeg Avros 3 vs Norman Wild 0							
STATS AS OF TUESDAY, FEBRUARY 21							



# Classifieds



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- By Fax at 204-642-6404

\*Please note that phone calls will not be accepted.

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## take a break > GAMES

### SUDOKU

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

Level: Intermediate

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

Sudoku Answer

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

Crossword Answer

## X CROSSWORD

**CLUES ACROSS**

1. \_\_\_ fi (slang)
4. Carolina Panthers' Newton
7. Documented organizational practice
10. A way to change color
11. Boxing legend
12. Football coach Parseghian
13. Rewards (archaic)
15. Colbert's network
16. Palm trees
19. Capital of N. Carolina
21. LA ballplayers
23. Does not sit
24. A way to intensify
25. Penny
26. Elements' basic unit
27. Muscular weakness (pl.)
30. Makes sense
34. Helps little firms
35. Go quickly
36. Found at the end of books
41. A way of carving
45. The back of one's neck
46. Israeli dance
47. They help golfers
50. Western landmass
54. Evokes
55. A Big Easy hoopster
56. Small valleys
57. Water in the solid state
59. Acquired brain injury behavior science (abbr.)
60. Don't let this get too big
61. Motor is one type
62. Negative
63. A hiding place
64. Negative
65. Excavated

**CLUES DOWN**

1. Upright stone
2. Beat
3. Intestines (informal)

		1	2	3		4	5	6		7	8	9		
							11				12			
13	14					15					16			17 18
19					20				21	22				
23									24					
									25					26
27	28	29											30	31 32 33
34													35	
36					37	38	39	40		41	42	43	44	
										45				46
47	48	49											50	51 52 53
54													55	
56									57	58			59	
		60							61				62	
		63							64				65	

4. Distinguishing marks
5. Clerical vestment
6. Give cards incorrectly
7. Underground construction worker
8. Japanese art form
9. Franz van \_\_\_, German diplomat
13. Wife
14. Consume
17. Curve
18. Midway between south and southeast
20. Unit of heredity
22. Upon
27. Pressure unit
28. Australian TV station
29. Cool!
31. A person's guardian spirit
32. French river
33. Body part
37. Gratify
38. Watertight chamber
39. Dueling sword
40. Term
41. Having an attractive shape
42. Togo capital
43. Island nation
44. Arctic deer with large antlers
47. Dishonorable man
48. Equal to 100 sq. meters
49. Administered
51. Cake topping
52. Car for hire
53. Autonomic nervous system
58. Intelligence organization



# Announcements

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**ANNOUNCEMENT**



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

Please forward your resumé, writing and photography samples to:

Lindsey Enns  
Editor, The Selkirk Record  
Email: news@selkirkrecord.ca

Deadline to apply is Monday, February 27.



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# get inspired

> MEAL IDEAS

## Oatmeal choco-cranberry cookies



12 servings / 25 mins  
 Prep 10 min / Cook 15 min  
 In these cookies no egg or flour is used. These have a soft texture with an addictive taste.

**Ingredients**  
 2 very ripe bananas, peeled  
 1/2 tsp (2 mL) vanilla extract

1 cup (250 mL) large flake oats  
 2 tbsp (25 mL) ground flax or chia seed

1/4 tsp (1 mL) ground cinnamon  
 3 tbsp (45 mL) mini chocolate chips  
 3 tbsp (45 mL) dried cranberries

**Directions**

In a bowl, mash bananas until smooth. Stir in vanilla.

In another bowl, stir together oats, flax and cinnamon. Stir into banana mixture until well combined. Stir in chocolate chips and cranberries.

Scoop dough into 12 mounds onto parchment paper lined baking sheet. Flatten each slightly and bake in 350° F (180° C) oven for about 12 minutes or until cookies are firm to the touch. Let cool before removing from baking sheet.

## S'mores Ice Cream Birthday Pie



Prep time: 20 minutes, plus 8 hours  
 40 minutes freezing time

Cook time: 2 minutes  
 Serves: 12

Nonstick cooking spray  
 8 ounces milk chocolate, coarsely chopped, divided

2 1/4 teaspoons canola oil  
 30 chocolate wafer cookies  
 pinch of salt

5 graham cracker sheets, broken into bite-size pieces

6 cups Breyers Natural Vanilla Ice Cream, softened

4 large egg whites  
 1/2 cup sugar  
 birthday candles (optional)

Lightly spray 9-inch springform pan with 3-inch high sides with cooking spray.

In small bowl over simmering water, stir 3 ounces chocolate and oil until

melted and blended.

In food processor, grind chocolate wafer cookies into fine crumbs (about 1 1/3 cups). Add chocolate mixture and pinch of salt and pulse until moistened. Press crumb mixture evenly onto bottom and 1 1/2 inches up sides of pan. Freeze for about 10 minutes, or until crust hardens.

In large chilled bowl, fold graham cracker pieces and remaining chocolate into ice cream. Pour mixture into frozen crust and smooth top. Freeze for about 8 hours, or until ice cream hardens. Remove pie from pan and transfer to platter. Return pie to freezer.

In large bowl, using electric hand mixer on medium-high speed, beat egg whites until foamy. Gradually add sugar and beat for about 5 minutes, or until firm glossy peaks form.

Using large spoon, dollop meringue onto pie and spread decoratively, making sure no ice cream is exposed. Using kitchen blowtorch, torch meringue until browned all over.

Freeze pie for about 30 minutes, or until meringue has stiffened. Decorate with lit birthday candles, if desired. Slice and serve immediately.

Note: Pie, without meringue topping, can be made up to 1 week ahead, covered and frozen.

# Relationships: The Importance of Positive Talk



"YOU CANNOT SHAKE HANDS WITH A CLENCHED FIST."

- INDIRA GANDHI

When there are struggles in a relationship, a lot of time is often spent talking about what is wrong, or what we are upset about. There may be blame, criticism and judgment, which usually results in arguments, and if the negative talk continues things may spiral out of control.

Firing criticism back and forth does no more to change things than when countries bomb each other saying they are "fighting for peace." In fact, a lot of damage is done, which may be remembered for years down the road, continuing to affect the relationship between the two.

It is much better for couples if they can focus on what they want to create, rather than what is wrong. Of course reference may have to be made to what is upsetting, but the focus should then quickly switch to what it is that could make things better.

When there are ongoing issues and conflict between a couple they often stop listening to one another, and no longer feel like being kind or loving. It is like a plant that is struggling to survive, and then water, light and nutrition are withdrawn. It does not stand a chance.

All couples have issues at some time or another, so it is important to have some agreements about how difficulties will be discussed. A good beginning is to affirm caring for the other, and positive intent in dealing with the problem.

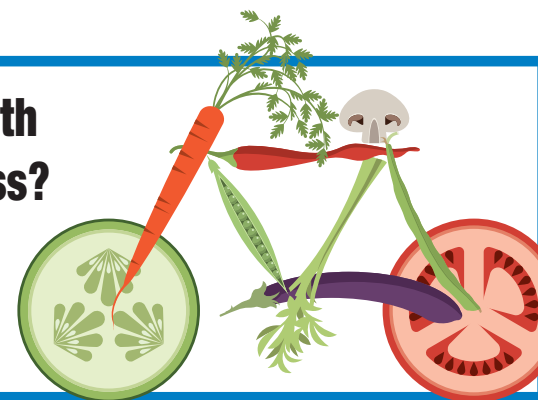
Couples should agree to avoid blame, criticism, judgment and put-downs. It is important to try to focus on the issue at hand, without bringing in too much of the past. Do not compare your partner to others. Telling her she is just like her mother levels two criticisms with one blow. Asking why he cannot be like your friend's husband is devastating: he will always think you are comparing him to "Mr. Perfect," and that he will never measure up.

Relationship issues can be delicate, and past hurts can get in the way of present solutions, so be careful what you say.

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](http://www.gwen.ca)

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