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VOLUME 3 EDITION 8 THURSDAY, FEBRUARY 25, 2016

WEEKLY NEWS

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## Welcome to Canada

EXPRESS PHOTOS BY PATRICIA BARRETT

Dozens gathered at the Connexion, a church affiliated with the Evangelical Mennonite Conference on Feb. 16 to welcome Arborg's newest residents: a family of seven Syrian refugees who are the first to settle in the Interlake under the Mennonite Central Committee of Canada sponsorship program. Pictured from left to right, Ghaly Abas from Hodgson is helping the Connexion and the Jarkas family communicate. See story on pg. 4.

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

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# Gimli woman claims Just Watch Me! contest prize

By Lindsey Enns

A Gimli business owner is among the winners of the 2015-16 Just Watch Me! video contest.

Michelle Wierda, owner of Curves in Gimli, has been named the World Trade Centre/Business InfoCentre Manitoba Start Up Entrepreneur winner.

Her video was chosen by a panel of judges from the Manitoba and Saskatchewan business community.

In her video, Wierda says she's always wanted to be an entrepreneur.

"Being a single parent of five children, it gives me the freedom and time," she said. "It also gives me more financial freedom and the ability to try new things."

Wierda said four years ago she had surgery to remove cancer from her uterus and she came to Curves to "re-build" her health.

"I'm getting stronger every day."

Wierda won a cash prize of \$250 along with business prizes to assist in her start-up success.

The Community Futures Just Watch Me! video contest celebrates the business success of rural entrepreneurs with disabilities or health conditions.

The contest is open to any entrepreneur who either has a self-identified disability or ongoing health conditions and is operating a business in ei-



EXPRESS PHOTO BY PATRICIA BARRETT

Michelle Wierda, owner of Curves in Gimli, pictured top row second from left, has been named the World Trade Centre/Business InfoCentre Manitoba Start Up Entrepreneur winner of the 2015-16 Just Watch Me! contest.

ther rural Manitoba or Saskatchewan.

Contestants have a shot at multiple monetary prizes ranging from \$250 to \$1,000.

Video entries closed on Jan. 20, and on Feb. 3, the top four finalists were announced by a judge's panel.

Public online voting began on Feb. 4 and wrapped up on Feb. 16.

This year's first-place winner was Apryl Harel, owner of Apryl Harel Photography from Steinbach.

Harel won a cash prize of \$1,000 and a customized website.

In her contest video, Harel shares her success story of being an entrepreneur and photographer.

A panel of judges from the business community chose her video as one of the top three in the Seasoned Entrepreneur Category.

Over the past two weeks, the public has voted for their favourite video.

Votes have been received from all over the Prairie provinces as well as from countries around the world.

"Over the long weekend, the voting for each contestant heated up and the results for the contestants were very close," said Susan Bater, Entrepreneurs with Disability program manager and spokesperson for the contest. "A huge thank you to the public that took the time to vote and support rural entrepreneurs with disabilities or health conditions."

The second place prize went to Wynyard, Sask., entrepreneur Codey Little, owner of Codey's Lawn Mowing and Snow Shoveling.

He won a cash prize of \$750 along with some great prizes to support his business. Cody Epp, owner of Eppic Industries, located in La Broquerie West won third place receiving a cash prize of \$500 and business prizes.

To watch all of the contest videos visit [justwatchmecontest.ca/2015-2016-entries/](http://justwatchmecontest.ca/2015-2016-entries/).

## NDP commits \$7.5 million to build North Interlake Training Centre

Staff

A re-elected NDP government is committed to building a new \$7.5 million North Interlake Training Centre in the RM of Fisher, Premier Greg Selinger announced Monday.

"We are focused on making sure that young Manitobans get the training they need to take advantage of good jobs and build their futures right here at home," Selinger said in a release on Monday. "This training centre would make sure that young people in the north Interlake have these same opportunities and prepare them for good jobs in high-demand fields to prepare them for successful careers."

The new North Interlake Training Centre would teach post-secondary training programs for jobs that are in high-demand in the region including autonomic technician, aboriginal language specialist, environmental technology and conservation tourism, financial management, HVAC, and building inspection, as well as literacy training, Selinger said.

"Everyone deserves a fair chance to get the education they need to get a

good job and build a bright future," said Chief David Crate of Fisher River Cree Nation. "This is a major commitment to the future of our community and to our young people."

The 19,000-square-foot facility would be owned and managed in partnership between Fisher River Cree Nation, Peguis First Nation and the RM of Fisher. This model would mean the communities who benefit from this training centre will be the ones making meaningful decisions, said Selinger. He added that programming at the centre would be delivered by accredited institutions like Red River College.

"Brian Pallister and the Conservatives will make cuts to education, cuts to infrastructure and cancel Manitoba Hydro projects," said Tom Nevakshonoff, NDP candidate for the Interlake. "These risky decisions would throw Manitobans out of work and eliminate opportunities for young people in the Interlake."

The province already provides \$700,000 for training programs in Peguis First Nation and Fisher River



EXPRESS PHOTO BY ANDREW TOD

The NDP government announced funding of \$7.5 million last Monday to build a North Interlake Training Centre in Hodgson. Pictured above Party leader Greg Selinger, Interlake NDP candidate Tom Nevakshonoff, Chief Cindy Spence and the council of Peguis First Nation.

Cree Nation with Red River College and Monday's announcement will

build on that commitment, the release stated.

# Gimli Ice Fishing Derby

By Patricia Barrett

Gimli kicked off its first Ice Fishing Derby last Saturday to raise funds for new thermal imaging equipment for the local fire department.

Cliff Stevens, who has been a hobby fisher for about 20 years, didn't take part in the derby but ferried the *Express* by snowmobile to the derby site just outside Gimli Harbour where about 75 competitors, including six children, took part in the three-hour competition.

Fishers from Gimli, Winnipeg Beach, Wabowden (south of Thompson) and surrounding areas brought tents, rods, bait and thermoses to the derby organized by Gimli's economic development clerk Brittany Isfeld, municipal services clerk Sarah Palson and Joshua MacVicar.

"You can catch as many [fish] as you can," said Palson, explaining the derby's rules.

There were three prizes up for grabs: a \$1,000 cash prize for the fisher with the heaviest fish; an ice shack, heater and chair for the competitor with the second-heaviest fish; and a one-night stay at the Lakeview Resort and a "fanny" warmer for the person snagging the third-heaviest fish.

Fishers were also eligible to win a flight for two to any Cana-



EXPRESS PHOTOS BY PATRICIA BARRETT

It didn't take long before the first catch of the day landed in the weigh scale at Gimli's inaugural Ice Fishing Derby last Saturday. Svala Thrastardottir's pickerel weighed in at 1.3 pounds.



Sarah Palson (left), Joshua MacVicar (middle) and Brittany Isfeld organized Gimli's inaugural Fishing Derby.

Continued on page 7

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# Arborg church welcomes young Syrian family

By Patricia Barrett

An Arborg church that offered to support one of Canada's Syrian refugee families officially welcomed the Jarkas family to town during a meet and greet on the evening of Feb. 16.

The ConneXion, a church affiliated with the Evangelical Mennonite Conference, met the family at the Winnipeg International Airport Feb. 11 and helped them settle into their new home before inviting them to meet with church and community members.

"The Jarkas family is overwhelmed by your generosity," said Trudy Dueck, who sits on the church committee that helps refugees. "Many, many times already they have said thank you. They can't believe it. They can't believe all that has been provided for them."

This is the first time ConneXion has sponsored a refugee family to Canada. It partnered with the Mennonite Central Committee of Canada, which matches churches and other charitable groups with refugees.

The church and members of the Arborg community are raising money to support the seven-member family for one year.

"Because of your generosity, we have been able to do this, bring the Jarkas family to Arborg," said Dueck.

A member of the church, who did not wish to be identified, bought a home in which the family will live. The church will pay rent and utilities. It has also established a budget and a bank account for the family.

Church member Ernest Rempel said they will help the family learn how to live in Canada. They'll work with them for the first few months to "help them figure out what a Canadian dollar is worth and what [it] can buy."

The church is receiving translation assistance from two Arabic speakers, one from Arborg and the other from Hodgson, north of Fisher Branch.

Ghaly Abas and her husband Boyd from Hodgson went to the airport with church member Audrey Hicks, and Dueck and her husband Peter to greet the family. They also attended the meet and greet to help both groups communicate with one another.

Dueck said she is "so grateful" to have the Abas family assisting them.

"I don't know how many times a day I call Ghaly — all the time and she's always willing to do the translating



EXPRESS PHOTO BY PATRICIA BARRETT

Pictured left to right, Lilaf, Ahmed and Zainab Jarkas, Peter and Trudy Dueck, Boyd and Ghaly Abas and Audrey Hicks.

for us," said Dueck.

"It's a good experience ... helping a family in need like that," said Boyd Abas. "They dealt with a bit of strife back home."

One church member said the Jarkas family left Syria for Lebanon, where they lived for about a year and a half. The family arrived in Canada with two suitcases and a few bags.

The federal Liberal government promised to bring 25,000 Syrian refugee families to Canada by the end of February. The Syrian Civil War, which began in 2011, has displaced 7.6 million people in Syria and caused more than four million people to flee to neighbouring countries, according to a July 2015 press release from the United Nations Refugee Agency.

Church and community members will be helping the Jarkas family with shopping, school enrolment and English lessons.

"There are as many folks from the town on the committee as there are committee members," said Audrey Hicks.

Carissa Rempel has already had the family over to her home, and her son taught the Jarkas kids to play floor hockey.

"I have loved getting to know them," said Rempel, "and our kids have loved it."

Crystelle Wiebe has already begun teaching the family English.

"We start with fun things such as flash cards," said Wiebe. "Then we review the next day. They are so excited and eager to learn."

Wiebe has experience teaching Eng-

lish to newcomers and said she would love to see federal funding for language programs in the area so that she can hold ongoing classes.

When the Jarkas family arrived at the church for the meet and greet, they chatted with about 25 church and community members and took part in a light supper.

Ghaly said the family is "very happy they're here."

"They're here for their kids more than themselves," said Boyd.

The church has to raise a total of \$28,000 to maintain them. It is \$10,000 short.

"We're hoping many people will come alongside and help us to reach our goal," said Dueck. "Every bit counts. Whatever you can do for the 12 months, we are committed to supporting this family will be an incredible help."

The church needs the following items:

- Monetary donations (which are tax deductible).
- Vegetables (the family's diet is based on vegetables).
- A vacuum cleaner.
- A dresser with a mirror for the Jarkas girls.
- iPads or laptops to help them learn English through the Rosetta Stone program.
- A mechanic willing to provide a free safety inspection of a van a community member donated.
- Job offers (Mr. Jarkas is skilled in carpentry and is willing to work).

Anyone wishing to help can call Trudy Dueck at 204-376-3490.

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# beautiful science day spa launches official opening

By Patricia Barrett

The owner of the beautiful science day spa in Gimli decided it was time to officially launch her business that has been providing beauty treatments to residents since 2012.

Leslie Leis held a grand opening celebration earlier this month and invited Mayor Randy Woroniuk to help her cut the ribbon.

"Because it's a brand new location," said Leis, "it was time to celebrate it."

She moved the spa to its Fourth Avenue location in May 2015 but was too busy to mark the event.

Leis said she has built a strong customer base since she opened. In addition to Gimli residents, she draws clients from all over the Interlake — Arborg, Hecla, Arnes and Winnipeg Beach — as well as from Winnipeg.

"I have a lady from the city who said her skin was still glowing days later," said Leis, who provides facials and relaxation massages.

Tired of city life, Leis moved to Gimli in 2011. She said she was attracted by its considerable charms, such as the lake. But it was also an ideal spot to raise her daughter, who is currently a member of the Gimli Barvinok Ukrainian dancers.

"I wanted her to be raised in a safe and secure small-town environment," said Leis.

The spa is named after a line of personal-care products called Sensé beautiful science, developed by manufacturer Usana Health Sciences. Leis is an independent Usana associate. She offers a range of beauty treatments such as lash tinting, lash extensions, brow, back and bikini waxes, nail treatments, makeup and Swedish massages. She also provides a tanning bed to clients over the age of 18.

"There's no other spa in town where you can get your hands and feet [nails]

done," said Leis, who has 19 years' experience as a nail technician.

The spa is open to women and men. For facials, Leis said she learned all the pressure points on the face.

"I think it's therapeutic," said Irene, one of Leis' regular customers who lives in Winnipeg Beach.

Irene said she likes the atmosphere in the spa, especially the music. Rather than the raucous radio music many shops play, Leis slips Bing Crosby or Dean Martin or Nat King Cole on the CD player.

"It makes you feel relaxed," said Irene, who was having her nails done before she left for vacation.

"It's easy-breezy music."

Client needs are important, said Leis. Sometimes they don't want to chat during a beauty treatment, while sometimes they want to have a "visit."

And sometimes "she can be a little pushy," laughed Irene, whom Leis gently scolded

when she pulled her hands out of the nail polish dryer before her nails had set.

"They all put up with me," said Leis. After hours, Leis will occasionally lend her spa to local entrepreneurs just starting out. Some have held a Sweet Legs (tights) party; others, a paint night.

"I'm a small business person," said Leis, "so anyone who wants to build their business, I'll support them."

For more information about Leis' services, pop into the spa at 85 Fourth Ave, visit her Facebook page at [www.facebook.com/BeautifulScienceDaySpa](http://www.facebook.com/BeautifulScienceDaySpa) or call 204-442-1063.

"I THINK IT'S THERAPEUTIC."



PHOTO COURTESY OF LESLIE LEIS

Gimli's mayor Randy Woroniuk was on hand to assist Leslie Leis (left), owner of beautiful science day spa with the ribbon cutting during the grand opening recently.

## Correction

In the the Feb. 18 edition of the *Express Weekly News* we incorrectly identified Armand Belanger as an NDP MLA for Gimli and Jeff Wharton as PC MLA for Gimli, when in actual fact Belanger is the Gimli NDP candidate and Wharton is the Gimli PC candidate.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL **Three times lucky**

Hi friends. Not long ago, I had occasion to meet a young chap who lives to fish in many far reaching places of Manitoba and Ontario.

Kent Fridfinnson of Arborg — a jolly guy with short brown hair, goatee and an unending optimistic expression on his face — told me that in any given month, you might find him fishing Sioux Narrows, Grand Rapids or his favourite place, Footprint Lake by Nelson House. He said that he likes to sight fish there but with a difference. Instead of watching the fish swim and strike his bait from a large ice hole covered by a dark tent, he drills a number of holes 20 or 30 paces apart and then moves from one to another. Lying on his stomach with his parka hood cutting out the light, he observes fish actions. He told of catching and releasing some 20 trout in a day, remarking that the water was so clear, he could see 15 feet to the lake bottom and count the pebbles. You're a true outdoorsmen, Kent.

Around the middle of last week, I came across three boisterous fun-loving brothers on the Red north of Selkirk. Dave, Chris and Dan Johnson of Winnipeg, somewhere in their 30s or 40s, were continuously teasing and joking with each other. As we stood around by their ice holes, they began telling a story. Last summer, after catching some catfish here in the rain, Dave and Chris, cats in hand, tried to climb the slippery bank. Don was tossing small stones at them as a joke. The guys would have dropped the fish and gone after Don but they wanted the cats for smoking.

Now while they were telling this

story, Dan happened to catch a small pickerel. He landed it, unhooked it and looked it right in the face, saying, "Back in the hole you go and we'll see you in a few years."

A minute later, the little fish took Dan's baited hook again. We laughed as he reeled him out of the water and, after unhooking him, walked over to another hole maybe six feet away and dropped him in saying, "Now get lost, Tiny."

Apparently "Tiny" didn't understand English because moments later it was back on Dan's line. Amid more laughter from his brothers, Dan released his unwanted guest into the furthest hole 20 feet away. This time, he didn't come back.

I have known many people in my time who cannot hear, but last week I met a young lady who, through sheer boundless energy and wisdom beyond her years, astonished me with her extraordinary talent for makeup and special effects drawings — not to mention a newfound love for angling.

A friend, Misty Grey Eyes of the Ojibway Brokenhead Nation, introduced me, and when we got a chance to get together, I thought she was going to give us a fishing story. She gave much more.

We began "talking" by writing on slips of paper, but it wasn't long before I could tell the pace was too slow for Misty. She took her cell phone and began quickly typing.

She told how she really hadn't been interested in angling until she was at a derby and caught her first fish, a derby winner. What got me though was how fast she could write, do sign



EXPRESS PHOTO BY ARNIE WEIDL  
Misty Grey Eyes of Ojibway Nation Brokenhead with her prize-winning jackfish.

language and type as she excitedly described her prize fish.

During the storytelling when I could not keep up, she would relax in her chair and with a Madonna-like smile, waiting for me. Then she showed me her artwork.

I was awestruck. Her powerful pictures ranged from delicate angelic figures to horrific illustrations to subtle mask studies that made me think out loud that if ever there was a person who should be illustrating for the theatre, TV or movies, it was Misty.

Later, as I was about to say goodbye, Misty, with that all knowing half-smile, looked me in the eyes and slid her hands palm over palm. Then, holding her forefingers up, she brought them together, signing she was happy to have met me.

Captivated, I signed back as we parted company. Till next week. See you.

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# Head-on collision with semi sends one person to hospital

By Jeff Ward

A head-on collision between a semi and a pickup truck 15 kilometres south of PTH 60 on Highway 6 sent one person to hospital with non-life-threatening injuries late last week.

The collision took place shortly after 1 p.m. on Feb. 18, causing Highway 6 to be closed for a short period following the accident.

The STARS air ambulance was dispatched to the scene with a STARS nurse and paramedic to administer critical care to the patient. The driver of the semi needed no emergency treatment; however, the husband and wife from Winnipeg in the pickup truck were attended to by paramedics.

RCMP spokesperson Sgt. Bert Pa-

quet said that the female passenger suffered minor injuries but the driver of the vehicle suffered serious non-life-threatening injuries.

According to a STARS spokesperson who spoke with the CBC, the patient was transported by a ground ambulance while the STARS air ambulance refuelled. Once the helicopter had been refuelled, it met the ground am-

bulance south of Gypsumville where the patient was transferred to the air ambulance and then transported to the Health Sciences Centre.

A traffic analyst is assisting the ongoing investigation in order to establish all contributing factors to the collision. No other details are available at this time.

## > FISHING DERBY, FROM PG. 3

dian WestJet destination.

About 20 minutes into the competition, a local woman snagged the first catch of the day.

Svala Thrastardottir made her way across the ice to the weigh scales beside the "coffee shack" and presented her catch to MacVicar, who pronounced it a pickerel before he lay it on the scale.

The province's Conservation and Water Stewardship department provided two scales for the event, one for fish up to five pounds, the other for fish up to 25 pounds.

Thrastardottir's fish came in at 1.3 pounds. MacVicar released it back into the lake through a hole behind the coffee shack (all catches were released after weigh-in).

Thrastardottir won a \$50 gift certificate from Gimli's Ace the Helpful

Place hardware store, a pair of sunglasses and other goodies. She headed back to her tent for another round.

Mike Lenton and Justin Gerbrandt, two commercial fisherman from Gimli, along with Amanda McGill, set up their fishing tent over a couple of holes and relaxed in lawn chairs while waiting for the first tug on the line.

Lenton said there's no secret to luring the fish from the depths.

"If they're going to bite, they're going to bite," he said. "We have better luck at commercial fishing."

The brisk wind cutting through the fishing camp and the occasional creaking of the ice didn't deter the open air fishers from their posts.

Hillory and Emily have taken part in a few fishing derbies, and like the commercial fishermen, claim there's no secret to getting fish to nibble at

the bait.

"If there is one, we haven't found it," said Hillory.

The two women vowed to stay on the ice until the end of the derby.

When Art Buhler, a recreational trapper and fisherman from Wabowden, turned his back on his hole for a moment, Robin's Donuts mascot Robbie the Robin — who came out to cheer on the participants — grabbed Buhler's rod and tried his wing at the sport.

A steady stream of fishers visited the coffee shack that Ace hardware donated for the event. It was equipped with a wood-burning stove and staffed by Robin's Donuts' owner Cheryl Buhler, who sold coffee, hot chocolate, doughnuts and apple fritters to competitors. Kris' Fish & Chips sold hotdogs.

"It's a great partnership we have with Robin's Donuts," said Isfeld, who popped in to warm her hands and

grab a cup of coffee.

She and Buhler will be teaming up on March 20 for a Robin's Easter Egg Hunt.

Toomey Construction plowed the derby site. Other sponsors of the event included Noventis Credit Union, Lakeview Gimli Resort, Home Hardware, Ace the Helpful Place, Red Apple, Husky, Mac's, Canada One Travel and Gimli's Community Development Corporation.

Thirty per cent of the derby proceeds will be donated to the Gimli Fire Department.

# Letters

Hello Editor,

My congratulations for the Feb. 18 article written by Patricia Barrett. Her take on the opening of Cooley's Ice Park was fun to read. Who would have thought that politicians going

down a snow slide would include a fashion review and a commentary on political races as the same time?

Patricia certainly took it all in and had a different slant from the ordinary. Enjoyed reading this very

much.

Keep up the great writing.

Thank you,  
Olive Hnatiuk

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 **Interlake-Eastern Regional Health Authority**

# Ukrainian family clears first hurdle in seeking citizenship

By Jeff Ward

Some good news for the Vasylievi family came in the form of an email a few weeks ago letting Alex Vasylievi know that he and his family are one step closer to getting their Canadian citizenship.

In the email received on Feb. 10, Alex learned that his Expression of Interest (EOI) was chosen from the intake pool and that he would be moving on to the next step in the complicated Manitoba Provincial Nominee Program (MPNP). The next step is to submit a detailed application that will highlight his working skills, education, work experience and official language proficiency. This process is all explained in detail in Vasylievi's Letter of Advice to Apply (LAA), which will help guide the family in putting together his application.

"At least now we have some hope — before we didn't really have any," said his wife, Tanya Vasylievi.

"The good thing with Alex getting his LAA is that we [Tanya and her young daughter Emiliya] are included in that as well. If one person gets selected from the family, that person becomes the main applicant and we are the people who are accompanying

him."

What's good news for Alex is good news for the whole family. Tanya said that her family has received immense support from the community in the form of a letter-writing campaign, media attention and support from both James Bezan and Tom Nevakshonoff. She said she is very grateful for it and said the outpouring of love from the community humbles her.

**"AT LEAST NOW WE HAVE SOME HOPE — BEFORE WE DIDN'T REALLY HAVE ANY."**

Another benefit to Alex receiving an LAA is that the family no longer has to go through a Labour Market Impact Assessment (LMIA) when applying for work or entertaining new job offers. A LMIA is an expensive — \$1,230 for a compliance fee — process for any prospective employer and takes much longer than the family has time for. During the LMIA process, any

job Vasylievi would be offered would need to be first advertised to Canadian residents before he is able to apply.

"We don't have time to get involved with the impact assessment, so it's good that Alex was selected because we don't have to go through that anymore. All that we're concerned with now is making sure our application is perfect so we can stop worrying about



EXPRESS FILE PHOTO

Alex, Tanya and Emiliya Vasylievi received some good news recently with their application for Canadian citizenship.

this," said Tanya.

She said that when she got the email, her husband had gone out to the store to get ice cream for the kids in the JUMP club that they run at Ashern Gospel Church. When he came back, all of them rushed at him at the door screaming with excitement.

"They were all so happy and scream-

ing 'You're not leaving us. You can stay here,'" said Tanya.

Once the province receives the application, it will be up to them to decide if Alex will be nominated. And if he is, the family will be able to make a separate application to the Government of Canada for permanent resident status for the whole family.

## Tea planned for those who share Queen Elizabeth's birth year

### Lieutenant-Governor plans tea with those born in 1926 to celebrate the Queen's 90th birthday on April 21

Submitted

The Honourable Janice Filmon, lieutenant-governor of Manitoba, is

encouraging Manitobans who share a 1926 birthday with Her Majesty Queen Elizabeth II to register for an invitation to a birthday tea on April 21 at 2:30 p.m. at Government House in honour of the 90th birthday of Her

Majesty.

"On Sept. 9, 2015, Her Majesty became the longest-reigning monarch in the long history of Great Britain — and the shorter history of Canada — surpassing her great-great-grandmother, Queen Victoria. On April 21, we will celebrate her 90th birthday, and it seems appropriate to mark the occasion with those who share her birth year," said the lieutenant-governor.

"Three generations of Canadians have come of age during Her Majesty's reign. Throughout this historic reign, she has extolled the value of service to community and country and she has made that a theme of speeches on many of the royal visits she has undertaken over six decades. I look forward to celebrating those who have also experience the passing of nine decades and have witnessed her many visits to our province."

The first 60 people who register will receive an invitation for themselves and a guest to join Lt.-Gov. Filmon for tea in recognition of this special milestone. Please contact the Office of the Lieutenant Governor at 204-945-2753 and register with your name, birthdate, address and the name of the accompanying guest for this special birthday party and an invitation will be mailed to you.

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# Free performances to bring Robert Munsch to life

By Jeff Ward

The Prairie Theatre Exchange is bringing the indelible and charismatic characters of Robert Munsch to vibrant life on the stage, with lots of high-octane energy and loads of laughs to the Interlake next month.

The much-loved classic Munsch stories, including *Thomas' Snowsuit*, *Mortimer*, *Angela's Airplane* and *Something Good*, plus new favourite *Too Much Stuff* will all be presented with the larger-than-life, kid-friendly entertainment with two separate performances in Ashern and Eriksdale.

The performances are presented free of charge and are sponsored by the board members of the West Interlake Early Childhood Development Coalition. The coalition runs the preschool programs from Eriksdale to Moosehorn and uses any excess money left over at the end of the year to host family-friendly events. The per-

formance is titled *Mission: Munschpossible*.

"Last year, we had a magician come to Eriksdale and Ashern, and that was a big hit with kids," said Tara Schoenberger, co-ordinator for the coalition.

"This year, we wanted to promote family literacy but also give parents and their kids a nice, fun event to participate in. We want to promote families spending time together and we want everyone to be able to come out and enjoy this, which is why it's free."

The coalition is funded through Healthy Child Manitoba and — depend-

ing on interest — uses that money to fund programs like preschool from as far south as St. Laurent and as far north as Gypsumville. Families do not need to be in the catchment area to partake in the free performances and there is no need to call ahead.

**"THIS YEAR, WE WANTED TO PROMOTE FAMILY LITERACY BUT ALSO GIVE PARENTS AND THEIR KIDS A NICE, FUN EVENT TO PARTICIPATE IN."**



EXPRESS PHOTO BY BRUCE MONK

Celebrated children's author Robert Munsch will have his characters brought to life in a live theatre performance in Ashern and Eriksdale next weekend. Pictured from left to right: Alissa Watson, Toni Reimer and Kristian Jordan in the Prairie Theatre Exchange production of *Mission: Munschpossible*.

The first show will be held in the Ashern Centennial Hall on Friday, March 4 at 6 p.m. and the second show will

be held in the Eriksdale Recreation Centre on Saturday, March 5 at noon.

## Gimli student wins Yes I Can Award



**EXPRESS PHOTO SUBMITTED** Gimli student Brady Sewell received a Yes I Can achievement award during an awards ceremony held Feb. 18 in Winnipeg.

By Patricia Barrett

Brady Sewell, a former student at Sigurbjorg Stefansson Early School, won a Yes I Can Award for outstanding achievement.

Principal Rosanna Cuthbert of Sigurbjorg Stefansson Early School nominated Brady for the award before he went into Grade 5 at Dr. George Johnson Middle School.

Guidance counsellor and resource teacher Kelly Milne at SSES was part of the team that considered Brady for the award. They nominated him in the "school and community activities" category.

"One quality he has is his ability to interact and do storytelling through signs, words and gestures that made the stories animated and which excited his classmates," said Milne.

The Manitoba Council for Exceptional Children established the Yes I Can Award to acknowledge the achievements of children and youth with disabilities and to encourage them to seek their highest potential.

It has several achievement categories in which students can be nominated: academics, arts, athletics, technology, self-advocacy, school and community activities, and transition.

Milne, who attended the Yes I Can Awards ceremony Feb. 18 at the Victoria Inn in Winnipeg, said she saw Brady grow over the years and wanted to celebrate his achievement.

"Another quality was his participation in and being an active member of the school community," said Milne.

Brady received a trophy at the awards ceremony.

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# RCMP sergeant reflects on time in Lundar serving the community

By Jeff Ward

A strong sense of duty and a passion for adventure are what lead Sgt. Richard Marshall to join the RCMP almost 18 years ago. And now, after nearly five years, he's looking back at the career path that brought him to Lundar.

Marshall has been stationed all around the province. He's spent time in Lake Winnipegosis, Russell, Gods Lake Narrows and now Lundar. According to Marshall, he would have either joined the military or the RCMP because of his desire to serve his community and his country when he was younger. However, he chose the RCMP because of the numerous interactions with officers during his early years in school. Marshall said that seeing officers supporting outreach programs and regular campaigns burned the idea of becoming one of them into his brain.

"I grew up with the idea that those members are out there to help me and I wanted to be a part of that," said Marshall, who oversees the operation of both the Lundar and Ashern RCMP detachments. Those two detachments cover the area south of Twin Lakes Beach north to Steep Rock, including Lake Manitoba First Nation and the Narrows.

"This is my community and I'm out here to help in any way I can. That feeling I get when I help someone or uphold the law is a reward in a sense. I really enjoy being here in Lundar because it's a great community and there's lots of opportunity to continue to grow here."

There are challenges, some significant, in being an RCMP officer in a small community. Becoming acclimated to the surroundings is one of them, but Marshall said that in Lundar, that process was rapid and he was welcomed with open arms. He said that one of the biggest challenges is covering such a large area with limited officers. Both the Lundar and Ashern detachments have five officers in each, and there are many times when only two officers are working at a time. Being on call becomes necessary and leaving the house at 3 a.m. to answer a call and not returning home for a few days isn't all that uncommon, accord-

ing to Marshall.

Another challenge is the knowledge that there will be days when doing the right thing means making someone angry. Traffic tickets are a prime example of that.

"I remember being stationed in Russell and issuing a ticket to someone not wearing a seatbelt. He didn't speak to me for five years after that," said Marshall.

Upholding the law isn't always a glamorous job, but Marshall said he didn't sign up for that anyways. Rather, he signed up to be a part of a team that helps keep people and communities safe. By proxy, anytime he or one of his members takes an impaired driver off the road, it not only helps keep the community safe as a whole but his family as well.

Marshall said that the job is a bit of a Catch 22. He doesn't want bad things to happen or for people to be in danger, but if none of that stuff ever happened, the job would be rather boring. His sense of adventure is piqued when there are more action-packed incidents, but those often bring with them the spectre of danger, or worse.

"Traumatic incidents happen. Car accidents, fires and other violent acts happen, and they're horrible. But it's all part of the job and, thankfully, the RCMP are very supportive these days when it comes to those traumatic incidents," said Marshall.

For all the challenges Marshall has faced, there are a nearly equal amount of successes. Drug busts, impaired drivers taken off the road, thieves busted and the success of general outreach programs are the silver lining to any cloud the job may have.

There are also many stories that Marshall believes people would find completely unbelievable. Most of them are funny things that might appear in a movie, but Marshall said they happen in real life far more often than you'd think.

"I remember once a person had parked at the hospital when I was in the village of Lake Winnipegosis. The driver didn't put the brake on and the car rolled down a hill and into the river. The car floated down the river until we were able to there. We believed



EXPRESS PHOTO SUPPLIED BY RICHARD MARSHALL

Sgt. Richard Marshall is the detachment commander for the Lundar and Ashern detachments.

his father was in the car but learned later he had been taken out before the car started rolling. Weird, crazy things happen like that all the time," said Marshall.

It's incidents like that that help keep the job fresh and exciting. There's always a new problem to tackle and there's always going to be some wild story to tell. Marshall said that he can't stand the idea of having a job where you do the same thing every day.

"On any given day, I can walk into the office and spend the whole day here answering the phone and directing daily operations or I can be flying around the province. Every day is different," said Marshall.

Most days for Marshall are a combination of reviewing case files and working with the RMs and different community groups to make sure his officers are doing everything they can to help where needed. He also deals with the public on a daily basis when he's on and off duty.

The future holds a multitude of options for Marshall as he looks ahead.

"There is always the danger that the more you become a part of the community, the harder it is to do your job effectively. I know these people personally, and you can't let your personal feelings cloud your judgment, and when that happens, it's time to move and make a change," said Marshall.



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**EXPRESS**  
WEEKLY NEWS

# Students help mural artist brighten Fisher Branch Collegiate

By Jeff Ward

A new mural showcasing the wild-life of Manitoba is now on display inside Fisher Branch Collegiate after a weeklong project.

The mural, painted by artist Annie Bergen, works through the Artists in Schools Residencies Program curated by the Manitoba Arts Council. Lakeshore School Division budgets annually for its schools to hire an artist for projects that help enrich their art programs while providing an interesting experience. Grade 5-8 students helped Bergen with the mural while working in groups of six, rotating in 30-minute increments each day throughout the week.

"It was a fairly exhausting project but very worthwhile," said Bergen, who's been painting for her entire life.

"We actually only had four days to complete the mural because of the storm on that Monday. It's actually kind of amazing that we got it done in four days because it's a large multi-layered mural. We worked on getting the background layer done first and then added layers on top to create depth. I let the students use chalk to outline what they'd like to do and then when I'm satisfied with it, we start painting."

Bergen said that there were many extra hours before and after school that went into getting the project complete because of missing that first day. She said that students really enjoyed their time putting together such a large-scale project and many of them were excited to see the transformation take place so quickly.

Fisher Branch Collegiate principal Shaun Lindal echoed those feelings as well.

"There was a lot of progress made even on the first day. Before it was a



EXPRESS PHOTO BY SHAUN LINDAL

Annie Bergen (pictured) worked with Grade 5-8 students for a week designing and painting a mural showcasing the wildlife of Manitoba at Fisher Branch Collegiate.

blank white wall with a door and now it's this beautiful mural that will last long after these students have graduated," said Lindal.

Bergen said that the mural will last for as long as the school does and the future children of these students will look at it when they're in school. The idea of changing the landscape of a building forever is one of the most exciting parts about being a mural artist, she said.

"Because we only had four days, I catered the experience to be more about having fun and doing something new. This will be something these students

remember for a long time, and that Bergen makes this work very fulfilling," said

## Lundar hoping for a Top 10 finish in Kraft Hockeyville

By Jeff Ward

With only nine days left to gain on-line support, residents of Lundar are asking everyone to use Twitter and Facebook to help signal blast their way into the Top 10.

On Thursday, Feb. 18, their nomination was officially approved by Kraft and now the group behind the nomination needs the help of everyone to get into the Top 10, which will guarantee them at least \$25,000 in cash. The grand prize is \$100,000 in cash to be

used for arena upgrades — or, in this case, an entirely new arena complex — and the opportunity to host a pre-season NHL game.

For those wondering what they can do to contribute, it's simple. Just share your hockey experiences on Facebook or Twitter and use the hashtag #KHV\_lundarmemorialarena166. Every tweet and post helps increase the chance for a Top 10 finish.

The finalists will be announced on March 5.

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# Métis artist Sierra Noble to perform this weekend in Lundar

By Jeff Ward

Internationally renowned fiddler and singer Sierra Noble will be performing in Lundar this weekend for an Agricultural Society fundraiser.

An acclaimed Métis artist, Noble is a fiddler, singer-songwriter and compelling live performer who has entertained citizens at many events. Noble can play many different styles of fiddle music, but Métis fiddle is her heart and soul.

As a child, her favourite pastime was learning over 100-year-old Métis fiddle tunes. Sierra has been touring worldwide since the age of 14, opening for Paul McCartney at 19, Bon Jovi at 20, and performing at the Vancouver 2010 Olympic Games.

The performance will take place Sunday, Feb. 28 at 7 p.m. at the Lundar Curling Rink with

the proceeds of the show going to benefit the Lundar Agricultural Society. Tickets cost \$25 at the door or \$20 if you buy them in advance at locations along Highway 6, including Randy's Tire in Lundar, Home Hardware and Interlake Depannuer in St. Laurent and Eriksdale Co-Op Hardware.

In partnership with the Manitoba Arts Network, Noble will also be performing at the personal-care homes

(PCH) in Lundar and Eriksdale as a part of her community outreach. Those shows will be free of charge to PCH residents and are only open to residents.

"My wife received a letter from the arts network about the possibility of her performing at the care homes so we looked into making that possibility a reality," said Mike Kostyshyn, vice-president of the Lundar Agricultural Society.

"We figured that we'd ensure she would do those free performances by booking her to perform in Lundar for us. So we get a fundraiser out of it, Lundar get a top-notch performer and the care homes get a special performance as well — it's win-win."

**"SHE HAS A LOT OF SHOWS COMING UP SO WE WERE LUCKY TO BOOK HER AT ALL."**

Kostyshyn said the curling rink can hold as many as 400 people, and he hopes to fill the hall to capitalize on the unique opportunity. The Winnipeg-born fiddler has travelled the world performing live, and Kostyshyn is very excited about a performer of that calibre putting on a show in Lundar.

"She has a lot of shows coming up, so we were lucky to book her at all," said Kostyshyn.



EXPRESS PHOTO COURTESY OF JEREMY GIACOMINI

Award-winning singer and songwriter Sierra Noble will be performing in Lundar this weekend.

## Dinner to help Japanese children orphaned by 2011 Tsunami

### Fundraising dinner to help Japanese orphans being held in Winnipeg on March 12

Submitted

Children orphaned by 2011 Earthquake and Tsunami in Japan still struggle with financial and mental difficulties.

Even though it will be five years since the disaster, children left orphaned are still often in custody of close relatives also affected by the disaster and even living in temporary shelters. In the affected area, the early phase of reconstruction is coming to its end. Some have to move out from shelters to more permanent ones, which requires extra expenses for them; thus, the environment of such children is still difficult.

In Japan, as high school is not mandated and families have to

bear extra costs, many children tend to think it's better to start to work as young as possible to support their custodians.

Japanese Cultural Association of Manitoba (JCAM) is hosting a fundraiser dinner Saturday, March 12 to support children who lost parents by the earthquake or tsunami in Japan in 2011. The fundraiser will help establish scholarships for some of these children with heartwarming help from Japanese / Japanese-Canadian friends in Winnipeg.

The dinner will take place at 5:30 p.m. at the Victoria Inn Hotel and Convention Centre, 1808 Wellington Ave. in Winnipeg. Tickets are \$100 per person (\$50

tax receipt will be issued) and will feature a ballet performance by RWB dancers including soloists Yayoi Ban and Yosuke Min, and Japanese drumming featuring a lion dance by Hinode Taiko. There will be live auctions of items donated by RWB, Hinode Taiko, artist Takashi Iwasaki and Chef Ono, as well as a silent auction, raffles and 50/50, including WestJet tickets for two. The hotel will serve a buffet dinner of Japanese Tempura & Sushi by Chef Ono, previous owner of Edohei, the first authentic Japanese restaurant in Winnipeg.

For further details, please contact JCAM, 180 McPhillips St. in Winnipeg or email [Mirai311revisited@gmail.com](mailto:Mirai311revisited@gmail.com).



RWB PHOTO BY DAVID COOPER

RWB dancer Yayoi Ban will be performing a solo at the Japanese fundraiser March 12.

# Sobeys



Be sure to stop in for fresh made pizzas, and fruit and veggie trays for the week-end! And enjoy the Ice Festival!



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Fire on Ice Car Racing on the Lake Practice @ 9am-11am Racing @ 12pm	9:00am – 3:00pm
Mini-Sled Racing on the Lake – WOW! Kid's 4-14	10:00am – 2:00pm
Baking Contest & Auction – at the Lakeview Resort	10:00am – 1:00pm
Admission to New Iceland Heritage Museum & Viking Indoor Village Life Display - Free with Festival Pass!	10:00am – 3:00pm
Kid's Storytelling - at the New Iceland Heritage Museum	10:30am-11:30am
Mini Snow Sculpting Competition – next to Gimli Art Club	11:00am – 2:00pm
Frozen Fish Toss - at the harbour	11:00am – 3:00pm
Gimli Art Club Family Fun Activities – at the Art Club	11:00am – 3:00pm
Crazy Outdoor Games - at the harbour	11:00am – 3:00pm
Bannock & Tea made on Open Fire - at the harbour	11:00am – 3:00pm
Kid's Fun-Time Ice Fishing - near the harbour	11:00am – 3:00pm
Cross Country Skiing Demo & Workshop at the Harbour	11:00am – 3:00pm
Viking Combat Live Demonstration - at the harbour	1:00pm – 1:30pm
Commercial Fishing Bombardier Camp - near the harbour	12:00pm – 3:00pm
Commercial Fishing Live Demo - near the harbour	1:45pm – 2:30pm
Sugar Me Cookie ... Decorate & Enjoy! – at 41 Centre St.	3:00pm – 4:30pm
Gimli Legion Meat Draw Madness - at the Gimli Legion	3:30pm – 6:00pm
Variety Entertainment Night at the Lakeview Resort	
Admission \$5 per person or Free with Festival Pass!	Starts 7:00pm



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5th Anniversary Edition March 5-6

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# GIMLI

5th Anniversary Edition March 5-6

# Ice festival

**Sunday March 6th**

## TODAY'S EVENTS!

## TIME

Kiwanis Pancake Breakfast - at the Museum	9:00am – 11:00am
Fire on Ice Car Racing on the Lake Practice @ 9am-11am Racing @ 12pm	9:00am – 3:00pm
Admission to New Iceland Heritage Museum & Viking Indoor Village Life Display - Free with Festival Pass!	10:00am – 3:00pm
Frozen Fish Toss - at the harbour	11:00am – 3:00pm
Crazy Outdoor Games - at the harbour	11:00am – 3:00pm
Gimli Art Club Family Fun Activities – at the Art Club	11:00am – 3:00pm
Cooley's Indoor Playground - at the Lakeview Resort	11:00am – 3:00pm
Bannock & Tea made on Open Fire - at the harbour	11:00pm – 3:00pm
Kid's Fun-Time Ice Fishing - at the harbour	11:00pm – 3:00pm
Cross Country Skiing Demo & Workshop at the Harbour	11:00am – 3:00pm
Viking Comat Live Demo at the Harbour	11:30am – 12:00pm
Kid's Storytelling - at the New Iceland Heritage Museum	12:00pm – 1:00pm
Rotary Best Chili Contest - at the CJ107 Radio Station	12:00pm - 2:00pm
Commercial Fishing Bombardier Camp - near the harbour	12:00pm – 3:00pm
Commercial Fishing Live Demo - near the harbour	12:30pm – 1:15pm
Frozen T-Shirt Competition - at the harbour	1:45pm – 2:15pm
Polar Games Team Competition - at the harbour	Starts @ 3:15pm

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**Sunday  
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# Choir of African orphans to visit Arborg

## Submitted

The Watoto Children's Choir is excited to announce their return to Canada with the production entitled *Oh What Love*.

The choir will be performing in venues across Canada from January to July 2016. Through this dynamic worship experience, the Watoto Children's Choir, who were once orphans, share their journeys to redemption and demonstrate that God desires to be a loving father to all mankind. *Oh What Love* will be presented in Arborg on Friday, March 11 at Freedom Worship Centre (145 Sunset Blvd.) at 7 p.m. The full tour schedule can be viewed online at [www.watoto.com/the-choir/see-the-choir](http://www.watoto.com/the-choir/see-the-choir).

"After losing my parents, I felt alone, with no one to love me. Now I know that God is my father. He loves and cares for me. As I travel on the choir, I am going to show people that God loves them too," says six-year-old Jackie Nakku.

Gary Skinner, Watoto Founder says, "God's heart for the marginalized is not just to see individuals rescued but rather to see them thrive as their lives are transformed. The stories of the children are real and represent thousands who are experiencing this

transformation."

Based on the Bible verse 1 John 3:1, "See what kind of love the father has given us, that we should be called children of God, and so we are," prepare for a unique worship experience that celebrates the urban African landscape and brings out the unique personalities of the children.

The production is indicative of emerging, modern Africa — a continent coming out of ruin and exploring its true identity. Africa is coming of age and so are her people. Her children and young adults are the key to the future.

"Through their unique personalities, the children now communicate and share the sense of belonging they found in God their father," says James Skinner, creative director of Watoto Children's Choir. Like Africa, the children are representative of many others who are beginning to understand their identity in Christ and what He has called them to be. They know that they belong to a family of believers.

Since 1994, Watoto Children's Choirs have travelled all over the world sharing the plight of Africa's orphaned and vulnerable. Each of the children in the choir has suffered the loss of one or both of their parents but they



EXPRESS PHOTO SUBMITTED

The Watoto Children's Choir will be performing in Arborg March 11 .

have been rescued and now live in a Watoto village. "What an extraordinary experience it is to host the Watoto Children's Choir. I mean, it lights up the place to see these beautiful kids, and when you hear their story, you think of all God has done — where they have come from to the transformation that has happened in

their lives. I would strongly recommend that you welcome the choir. They're only going to bless you, and the people will love it," Brian Houston, senior pastor of Hillsong Church.

To view a promotional video of the *Oh What Love* production, please visit <http://vimeo.com/106574540>.

## Legion poster contest



EXPRESS PHOTO BY ALISON BERTHAUDIN

More than 30 Winnipeg Beach School students were chosen by local members of the Royal Canadian Legion Branch 61 in their annual Remembrance Day poster and poem campaign. Students are encouraged to participate each November while taking time to remember veterans. Last week, legion members Norman Andrushak and Bob Abar presented students with certificates and prizes. Pictured left to right: Grade 4 and 5 students Reid Martens, Taylor Ford, Beth Friesen, Janessa Vicente, Evan Larocque, Carter Sutyla, Tyler Bubbenzer, Joshua Alguire and Leif Thorlakson.

## Fifty days and counting



TWITTER PHOTO

Kindergarten students have spent 50 days in school with many celebrating the milestone in different ways. Students from Arborg Early Middle School baked and decorated cookies with the help of Mrs. Marks on Feb. 12 to commemorate the day.

# Gimli High School officially recognized as a Fair Trade School

By Patricia Barrett

Fairtrade Canada designated Gimli High School a Fair Trade School last Friday at the 4th National Fair Trade Conference held at the Fort Garry Hotel in Winnipeg.

"We're the fifth [high] school in Canada," said Zack Gross, who is fair trade outreach co-ordinator for the Manitoba Council for International Cooperation. He worked closely with Gimli High School to help it earn the designation.

GHS joins Stonewall Collegiate, the only other Interlake (and Manitoba) school to be awarded the designation. The three other high schools are in Quebec and Alberta.

The award recognizes schools that have helped producers in the global south receive a fair wage for the products they sell.

It was the hard work of the students who were — and are — members of the Social Justice Club at GHS that caught the attention of Fairtrade Canada, a non-profit organization that licenses Canadian companies wanting to use the fair trade logo and ensures that products labelled fair trade meet international fair trade standards.

"I was in it since Grade 9," said student Carley Matkowski, referring to the Social Justice Club, which is made up of students in grades 9 to 11. "This year we focused on wanting to be a fair trade school, so we brainstormed on what we could do."

Club members decided to help cacao growers earn a fair wage. There are an estimated 50 million people around the world who rely on cacao as a source of income, according to one of the sessions held Saturday at the conference.

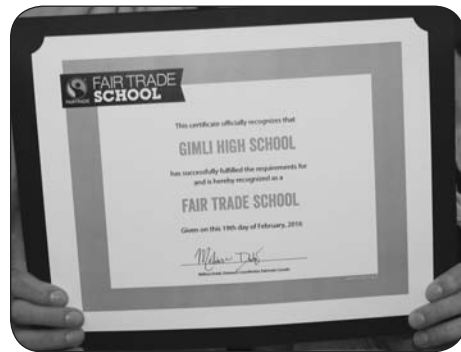
The club purchases chocolate (chocolate bars, hot chocolate) in bulk from Canadian fair trade company Camino via Zack Gross and from Gimli's Pharmasave, which sells Cadbury chocolate. The club then sells it at the same price, earning no profit. Their efforts help producers boost sales and find new markets for their products.

"We sold it in the halls," said Matkowski, who's in Grade 11. "And we have provincials for basketball [March 11-12] and hockey, so we'll sell it then."

The club will also be at the Gimli Ice Festival (March 5-6) selling chocolate.

Matkowski said the club supports fair trade in the Gimli community. Pharmasave, Sobeys and the Fresh Carrot all stock fair trade items.

The conference offered a number of sessions on topics such as spices, clothing, chocolate, wine and fresh fruit, and provided information on the



Sean McHugh, founder and executive director of the Canadian Fair Trade Network, presented Gimli High School's Social Club with a Fair Trade certificate.

logistics involved in and the collaboration necessary for getting fair trade products to market.

"There was a lot of good information," said Social Justice Club member Mia Gray. "We attended a presentation about fair trade supply chains."

Club member Isabelle Stevens said in one workshop, they split up into groups.

"We had a big discussion about how products get from the producer to the consumer," said Stevens.

"It's good to come to this," said Matkowski, "because we learn about it in the classroom then hear the actual stories."

She said one speaker went to a number of fair trade farms and discussed what impact they made in the community.

Teacher Rob Jantz, who oversees the Social Justice Club at GHS, said the students have been part of the fair trade project for the last eight years. The club also addresses LGBTQ and women's issues as part of its mandate.

"This is who we want to be," said Jantz, referring to the fair trade designation. "This is something the students believe in and have invested a lot of time and energy into for many years."

Jantz said it only works when the community is willing to buy in.

"Zack Gross has brought in [to GHS] half a dozen speakers," said Jantz. "And he brings his knowledge to the kids — all the things we need to do to work together."

After lunch, two Manitoba high school students performed a spoken word poem about consumption, emphasizing the message that we are all part of the global village and that we should think about the world as our community.

Sean McHugh, founder and executive director of the Canadian Fair Trade Network, then presented GHS with a Fair Trade certificate before



EXPRESS PHOTOS BY PATRICIA BARRETT

Members of Gimli High School's Social Justice Club, along with principal Tyler Moran and teacher Rob Jantz, were presented with a certificate designating the high school a Fair Trade School. Zack Gross, fair trade outreach co-ordinator for the Manitoba Council for International Cooperation, helped honour the school. Grade 11 student Carley Matkowski holds the certificate.



EXPRESS PHOTOS BY PATRICIA BARRETT

Fair Trade conference co-ordinator Naomi Happychuk, executive director of CFTN Sean McHugh and MCIC outreach co-ordinator Zack Gross. Gross said the conference drew over 300 delegates from around the world.

about 300 delegates.

Principal Tyler Moran, who spoke at the conference about what steps schools can take to become fair trade, said the recognition is part celebration and part pressure.

"It shows we met the baseline criteria for being a fair trade school," said

Moran. "We have lots of work ahead and ongoing commitments. We're on the hook to promote fair trade."

For more information about fair trade initiatives and products, visit [mcic.ca](http://mcic.ca). The spoken word poem is available on video at [mcic.ca/news/entry/spoken-word-project](http://mcic.ca/news/entry/spoken-word-project).

# Broken promises or promises never made by province

## RM of Bifrost writes off \$336,203 spent on sandbags

By Patricia Barrett

The RM Bifrost spent \$336,203 on sandbag dikes in the fall of 2014 to prepare for a lake storm that never happened, expecting it would be reimbursed by the province under the Disaster Financial Assistance program.

RM Bifrost-Riverton Reeve Harold Foster said the RM spent the money on sandbags for Pebble Beach and Balaton Beach, south of Riverton on the west shore of Lake Winnipeg, for a number of reasons.

One was an assurance he said he received from the province's Emergency Measures Organization that the province would pick up most of the tab.

"Emergency Measures personnel had promised us that sandbags qualified under DFA," said Foster, who was at that time running for and later elected reeve. "More than one. It was verbal, which is part of the problem."

Foster won't name the officials who made the promise, but he said he met with them in the RM office and had "numerous" telephone conversations before the sandbag dikes were erected.

According to Foster, the officials told him sandbags would be covered under the DFA regardless of whether a weather event occurred.

"That's what they told us," said Foster.

He added that "they [EMO officials] were under the same opinion that the surge was coming."

Foster said he believed sandbagging was necessary after he heard weather warnings on the radio and television in September 2014 about potential storm surges on the lake.

He said he's not sure whether a government department originally issued the storm warning.

"All I know is that it was on the news numerous times. Now whether it was just the weather people or the flood watch people or I don't know ... they talked about a four- to five-foot surge."

There was, indeed, a "wind alert" in September that some media outlets picked up. The province issued it Sept. 8, 2014:

"Manitoba Infrastructure and Transportation's Hydrologic Forecasting and Water Management Centre reports the lake wind-effect forecast for tomorrow [Sept. 9] suggests a high wind warning for the South Basin of Lake Winnipeg. ... Wind speed ... could raise levels by as much as three to five feet along the south shore of

Lake Winnipeg."

The forecasted event did not occur. There were no further wind alerts issued by the province until Oct. 2, 2014.

The RM, however, held a special meeting Sept. 12 at which it declared a local state of emergency existed:

"WHEREAS high lake levels and strong winds in the Rural Municipality of Bifrost are threatening both private and public property ... AND WHEREAS municipal staff will be required to access private property to build a temporary dike."

Foster said that based on past years of severe weather, sandbagging was a precautionary measure. And he said residents and cottage owners at the two beaches had expressed concern.

"In 2014, there was a yard at Balaton Beach that had water in it twice prior to the sandbags," said Foster.

Because of the potential for storm surges in the area, the province offered the RM up to \$300,000 (90 per cent covered by the province) for a permanent dike at Pebble Beach — a month before the RM called a state of emergency and purchased several thousand dollars' worth of sandbags.

On Aug. 4, 2014, Premier Selinger issued a press release promising financial assistance to Bifrost, Riverton, Gimli and other areas for permanent flood-protection measures.

When asked why the RM didn't take up the province's offer until a year later, Foster said there was no time.

"You just try, when you get the news at the end of August," he said, "you try do design work and put out a contract and a tender and get that all done before October. We said it's not possible."

The sandbagging work at Pebble Beach took about a month to complete, according to the RM. It started Sept. 14, two days after the RM's state of emergency, and was completed by Oct. 10. Sandbagging work at Balaton was carried out Oct. 14-31.

Information about how long it took to build a permanent earthen dike at Pebble Beach (completed in 2015) was not forthcoming from the RM.

When the RM sent its \$336,203 sandbag bill to the province (to pay 90 per cent of the cost), the province ruled it ineligible under the DFA program.

There are a number of criteria under the DFA that have to be satisfied in order for pre-emptive measures to be reimbursed. One of the major criteria is the occurrence of an event.

When contacted by the *Express*,



EXPRESS PHOTO SUBMITTED

Bifrost hired contractors to construct a sandbag dike at Pebble Beach in 2014 in anticipation of a storm event. The sandbags later became part of a permanent dike for which the province paid 90 per cent of the cost.

a spokesperson for the province emailed this response:

"During the fall of 2014, there were no weather conditions that posed an imminent threat to the RM of Bifrost and there were no weather warnings issued. A DFA program was not established for the fall of 2014 in the Lake Winnipeg area because there was no damage from weather, and therefore pre-emptive actions, such as the RM's emergency diking, are not eligible for assistance."

The province's ruling forced the RM to write off most of the \$336,203 (\$302,582.79) as bad debt. Bad debt is simply an accounting procedure necessary to balance the books.

The RM has filed an appeal with the province and is awaiting a response.

Although the RM spent \$336,203 for sandbags, plus another \$9,746 for the permanent Pebble Beach dike (built at a total cost of \$97,460, for which the province covered 90 per cent), Foster said it all balanced out in the end.

"We were being proactive versus reactive," he said. "Because reactive was what was done on parts of Lake Manitoba and we didn't want to go there.

So we were trying to prevent a catastrophe. That's what our intent was."

And the sandbags the RM had installed at Pebble Beach became part of the permanent earthen dike, which lowered its overall cost, he said.

The province has offered the RM the remaining balance (up to \$200,000) of the initial \$300,000 it granted for the permanent dike at Pebble Beach for a permanent dike for Balaton Beach. Foster said the work is expected to begin this year starting at the south end.

As for Foster's claim that "more than one" EMO official promised to reimburse 90 per cent of the cost of sandbagging at the two beaches, the province issued this response:

"Manitoba EMO staff met with RM staff on a number of occasions, and clearly communicated that preparedness and response costs were their responsibility and that certain costs, including construction of temporary dikes, would be eligible under the DFA guidelines only if a DFA program was established. EMO staff reinforced to the RM that no DFA program had been established as no disaster had occurred."

# Gimli's Pharmasave is No. 1 in fundraising for diabetes camp

By Patricia Barrett

For the past five years, the Gimli Pharmasave has been raising funds to send Manitoba kids with diabetes to a special camp called D-Camp, which are run by the Canadian Diabetes Association.

This year, it came in first in a friendly competition among all the stores in the central Pharmasave region (Northwestern Ontario, Manitoba and Saskatchewan) to see who could raise the most money.

"Over the past five years, Gimli Pharmasave raised \$45,000," said pharmacist Melissa Jacobs.

Every November (diabetes month), the store sells blue circles to raise awareness of the condition and to fund the summer D-Camps.

"Our community supports the cause and did a great job of contributing to it," said Jacobs, who has been a pharmacist for seven years.

D-Camps are for children aged seven to 15 with Type 1 diabetes. Campers learn how to manage the condition, share their experiences of living with diabetes and take part in traditional camp activities. Camps have been held at various locations throughout Manitoba, including Camp Arnes and Camp Douglas in Woodlands. It currently being held at Camp Briardale in the Whiteshell.

"The purpose of the camp is to empower kids with diabetes to manage



EXPRESS PHOTO BY PATRICIA BARRETT

Pharmacist Melissa Jacobs said the Gimli Pharmasave stores raised the most money out of all the stores in the central region for diabetes camps (D-Camps) for children.

it," said Jacobs. "There are nurses, dieticians and doctors on staff."

The number of people developing the disease is expected to increase to one in 10 people by 2030, said Jacobs. It can be acquired genetically or through lifestyle choices (poor diet and lack of exercise).

Type I diabetes used to be referred to as juvenile diabetes, she said, because it was common at that age. But people at any age can acquire it.

"The pancreas doesn't function," said Jacobs. "It doesn't produce any insulin and you have to have multiple injections a day. That's the only treat-

ment."

Improper management of diabetes can lead to complications such as diminishing eyesight, kidney failure, amputated limbs and cardiovascular disease, said Jacobs, who is a certified diabetes educator. She has to write an exam every five years to show she has kept up to date with evolving medical knowledge.

"Our goal is to be a centre for diabetes care in Gimli and the surrounding area," she said. "We work closely with doctors and we educate newly diagnosed patients about insulin therapy."

Pharmasave's front store manager Ryan Loos said the store broke ground on the provincial pharmacy scene by taking up the diabetes cause.

"We were the first pharmacy in Manitoba [about 10 to 15 years ago] to partner with the Canadian Diabetes Association and the community pharmacy program," he said.

Management held a meeting with staff to talk about the importance of sending kids to camp and of educating the public about diabetes and how it's caused, he said.

"The community got behind it," he said. "People bought two or three blue circles."

All proceeds from the blue circle campaigns went to the camp, said Loos.

For more information about D-Camps, visit [www.dcamp.ca](http://www.dcamp.ca).

# Selkirk Sportsman's Dinner serves up mighty feast

By Dave Baxter

A feast of fresh local food was served up in Selkirk last week and now an organization has more money in their pocket to give back to the community.

The 51st annual Selkirk Sportsman's Dinner saw food that was all caught in Manitoba served buffet style at the Selkirk Recreation Complex last Friday.

"It's a sportsman's dinner so it's all wild game," Selkirk Sportsman's Dinner executive member Wes Gilbert said. "It's all fish and wild game that is given to us by the local hunters and fishers."

Gilbert said the dinner is a chance for the community to eat the types of meat and fish that might not normally end up on their plates.

"There's things like moose, elk, deer, caribou, muskox and frogs legs, and it's different stuff, and that's definitely what makes it fun."

The dinner works as a fundraiser, as money is raised through ticket sales and then the executive decides where to donate it locally.



PHOTO COURTESY OF KELLY HELGASON

The Selkirk Sportsman's Dinner featured a buffet style feast of meat and fish all caught by local hunters and fishers last Friday in Selkirk.

"We don't donate to something specific every year," Gilbert said. "We often give it to people that need money for something like a heart operation or something serious like that, and we give to local organizations that need

money."

Gilbert said that after last year's dinner they donated \$5,000 to the Marine Museum of Manitoba and they also hand out scholarships at the Selkirk Comp.

The local high school also gets involved with the dinner, as students from the school's culinary program cater much of the event.

"The school does the cooking for us, and they just love doing it," Gilbert said. "It's giving them a chance to cater an event, and it takes a full week that they are working on it."

The dinner keeps raising money every year because almost all of their food is donated and there is a waiting list for tickets, Gilbert said.

"It's all local and it's all donated and it's many of the small guys that are donating," he said. "They just want to help."

The event will also help out those in need in Selkirk, as all food that is not eaten is donated to the Our Daily Bread Soup Kitchen.

Gilbert said they do not yet have a number of what was raised at this year's dinner, but typically they make between \$8,000 and \$9,000.

The executive is still deciding where to donate the money from this year's dinner.

## Weighing in on the Interlake: Interview with Premier Greg Selinger, Part 2

By Patricia Barrett

The *Express Weekly News* sat down with Premier Greg Selinger Jan. 28 to discuss major issues affecting some Interlake municipalities and what his government has been doing — and will be doing — to resolve the challenges people face in the central region of our province.

The premier addressed a number of issues: infrastructure support (drainage, sewer and water, highways), mobile communications, health care and transportation services.

In Part 2 of this multi-part series, the premier weighs in on the Portage Diversion and the flooding of communities around Lake Manitoba.

The premier said the NDP's infrastructure program has been a "top commitment" since the 2011 flood on Lake Manitoba that devastated communities along the lake and flooded several First Nation communities to the north.

A January 2016 KGS study examined a number of viable flood-mitigation solutions, such as expanding the capacity of the Portage Diversion and creating outlet channels on both Lake Manitoba and Lake St. Martin.

"Greater protection around Lake Manitoba and Lake St. Martin are hugely important for the Interlake," said Selinger.

The province plans to move ahead on better protection for lakeside communities and those situated along the waterways that take water from Lake Manitoba to Lake Winnipeg.

"We've worked with them over the

last several years on community dikes, and what we call individual flood-protection projects — that includes cottagers as well as homeowners."

The premier said flood infrastructure projects have to be a priority for whatever political party takes office in a few months.

"And I have to say when I saw the recent release by the Conservatives on infrastructure, not one word on flood protection [was] in there."

The premier said communities under water have no economy.

"The flood protection that you do allows for people to invest in their communities, knowing there's some security there ... whether you're a producer or a business person — or even for us, all the highways we're doing."

That's why the premier said he has taken steps to manage the volume of water flowing into Manitoba from Saskatchewan with an agreement to cooperate on drainage issues.

Tom Nevakshonoff, minister of Conservation and Water Stewardship, executed a memorandum of understanding Sept. 9, 2015, with Saskatchewan on water management. It "sets out broad principles for co-operation ... to mitigate flooding and drought and to protect and improve water quality."

The KGS study noted that interprovincial drainage has been "a long-standing and very contentious issue" that the two provinces have tried to solve in the past. It says "a lack of clear scientific understanding of the role



**EXPRESS PHOTO BY PATRICIA BARRETT** Manitoba has signed an agreement with Saskatchewan to co-operate on drainage and prevent the flooding of communities on and around Lake Manitoba.

prairie wetlands play on flood attenuation" has hampered an acceptable resolution.

It also says Saskatchewan's "illegal drainage" impacts Manitoba waterways but notes that Saskatchewan "is proposing" to introduce legislation addressing illegal drainage activities.

"We've also got the Assiniboine Basin Commission or Working Group," said Selinger, "which brings local players from producers and municipalities together on both sides of the

border to co-operate on how to make sure ... one's person solution is not another [person's] problem."

Selinger said Brad Wall, Saskatchewan's premier, is aware he's flooding Manitoba.

"He knows it's an issue, and he's heard about it from North Dakota, too ... because the Souris River flows down into Minot and then back up into Manitoba," said Selinger. "Minot, in the '11 flood, took a hammering."

Selinger said it's just as important to plan for dry years as it is for wet years.

"We all have to work together to manage the watershed," said the premier. "That's becoming increasingly important. It goes both ways — on flooding and then in dry years — we have to have agreements on making sure that one person doesn't take everybody else's water."

The premier said he is aware of the disparity between the number of drainage projects in the southern part of the province compared to those in the Interlake, but he's supporting the work of his Conservation minister to implement drainage projects.

"We've always been very supportive of him getting better drainage up there because, as you know, there have been several years in a row that producers have faced high water conditions and haven't been able to get crops in."

In next week's issue, the premier weighs in on municipal water and sewer infrastructure and highways.

## Wildlife federation calls for ban on spotlighting

Staff

The Manitoba Wildlife Federation (MWF) is taking the lead in calling for a ban on spotlighting in the populated portions of Manitoba to protect people, pets, farm animals and private property.

At a news conference on Feb. 16, the MWF used a dramatic re-enactment to illustrate the dangers of spotlighting by demonstrating how hunters are unable to see what's behind their target — or even what they are shooting at.

Along with the risk to people, numerous livestock have been killed or maimed by hunters using spotlights at night, according to the release.

The tragic death in January 2010 of a hunter from Sagkeeng First Nation was preventable and MWF Board Member and Hunter Education Instructor, Fred Tait, says it's time for

the Manitoba Government to stop spotlighting where it is unsafe before someone else is killed.

"Allowing anyone to hunt at night in populated areas of the Province flies in the face of universally accepted safe hunting practices and puts people in danger," Tait said in the release. "How many more tragic incidents have to happen before government will act?"

Joining the MWF in the call to ban spotlighting are the Association of Manitoba Municipalities, Manitoba Beef Producers and Manitoba Natural Resource Officers' Association, who have passed resolutions supporting the ban. Nineteen individual Rural Municipalities have passed anti-spotlighting resolutions.

Enhanced enforcement by Manitoba Conservation is badly needed. According to the Manitoba Natural Resource Officers' Association, there are

approximately 104 field staff which they believe is not nearly enough to provide adequate enforcement. Approximately 12 of those positions are currently vacant.

The MWF is calling for a strong commitment from the province to properly fund and support Natural Resource Officers so they have the resources for effective enforcement. Providing knowledge and background on enforcement issues at today's news conference was Dwayne Strate, who shared his experience and knowledge as a recently retired and long-time Natural Resource Officer in Manitoba.

The MWF conducts hunter safety training on behalf of the Province of Manitoba.

When safe practices are followed, hunting is one of the safest outdoor activities, with accident rates lower

than cycling, boating and fishing. MWF managing director, Rob Olson, says following safe practices and training is the key to safe hunting. "One of the fundamental principles of safe hunting is knowing your target and what is behind it. But how can you possibly be sure of your target at night," Olson said.

Current Manitoba hunting regulations state night hunting is legal for First Nations hunters, however, they are not permitted to discharge a firearm in areas "where it is dangerous to do so."

The NightWatch campaign clearly states the case for the ban on spotlighting and provides an opportunity for rural residents to come forward with their spotlighting stories and for all Manitobans to register their concerns regarding spotlighting in their communities.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lightning zap Northstars twice to end season

By Brian Bowman

After winning just one game over a 10-week period, the Interlake Lightning won a pair in less than 24 hours last weekend.

The Lightning wrapped up their regular season with a pair of road wins over the Norman Northstars – winning 7-6 in a shootout Saturday and 6-2 on Sunday – in Manitoba AAA Midget Hockey League play in Thompson.

The two wins were a real nice way to end a 10-34 season.

“It’s been a really, really tough year and it was nice to go out with a couple of wins to end the year on a positive note,” said Lightning head coach Dwayne Swanson. “It gives them a bit of a good feeling after what happened this year. It was nice to win a couple of games.”

In Sunday’s four-goal win, Interlake turned a close game into a rout with four goals in an 8:58 span to start the third period.

Jordan Kristjanson led the Lightning with three goals and an assist while Noah Basarab had two goals and a helper. Both players finished the season with 21 goals apiece while Basarab was the Lightning’s points leader with 37, three more than Kristjanson and Riley Vautour.

Jackson Kicenko chipped in with a power-play goal for the Interlake. The Lightning were 3-for-9 with the man advantage.

Tramaine Trout and Austin Caza scored for Norman. Nathan Cvar made 28 saves for the win.

On Saturday evening, the Lightning snapped a seven-game losing streak with the shootout victory over the Northstars.

Both teams scored goals in bunches in this one.

Interlake took a 2-0 first-period lead on goals by Vautour and Basarab but Norman came back with goals by Trout (two) and Keith Monias in the second.

The Lightning, though, grabbed a 5-3 lead by the 10:24 mark of the third as Dylan Furgalo, Basarab and Codey Beaulieu scored.

Norman’s Justin Nachbaur and Interlake’s Jack Einarson traded goals and then the North Stars tied the score at 6-6 as Drew Tait-Reaume and

Monias scored late in the third.

Tait-Reaume’s goal came at 18:50 of the final period and then Monias tallied just 21 seconds later.

“Like a lot of times this year, we tried to find a way to lose (this game),” Swanson said. “But for 58 minutes, we were the better club. They had more shots on goals than us but a lot of that had to do with shots from the outside – they were shooting from everywhere.”

Cvar made 40 saves for the win.

This past season was a tough one for the Lightning. Interlake started real well with wins in their first two games and they were .500 after 12 games.

But then the victories became very hard to come by over the next few months.

“We just never seemed to get together as a group, to be honest with you,” Swanson said. “The other part was we had injuries and suspensions really bad. We were playing games with 12, 13 skaters and that’s really hard to do at this level.”

“God Bless our APs because, without them, we would have had a hard time competing. We utilized our AP list a lot and our numbers in the Interlake are small, so our AP list isn’t that big.”

Despite their struggles at the Midget AAA level, Swanson predicts many of the Lightning players will go on to play in the MJHL or at the college level.



EXPRESS PHOTO BY LANA MEIER

Interlake Lightning graduating players from left to right, Nathan Cvar, Sean Loutit, Jordan Kristjanson, Dylan Furgala, Riley Vautour and Karson Collins.

“We did have some talent this year,” he insisted. “The only problem with our talent is that we didn’t have enough of it. When you go into a game and only have 13 skaters, it’s tough to put a winning team out there.”

“But I give these kids all of the credit in the world for going to war with short numbers and I’m disappointed that they didn’t get better results out of it.”

Looking ahead to next season, the Lightning have just a handful of play-

ers (five or six) eligible to return. It’s going to be tough, once again, for them to ice a competitive team in the Manitoba AAA Midget League.

“With this group, there’s not going to be too many kids coming back at all,” Swanson warned. “It will be a tough grind next year if it’s me or somebody else doing it. Whoever takes the reigns, it will be a development-type year and, hopefully, we can get some more guys to stay in the program.”

## Norway House knocks off Fisher River

By Brian Bowman

In the playoffs, it’s always said that anything can happen.

But one would have been hard-pressed to predict the outcome in the wacky Fisher River/Norway House best-of-three Survivor Series.

The two teams combined for a whopping 25 goals in Game 1 as Fisher River won the high-scoring affair 15-10.

But the North Stars came back to win Game 2 by a 6-4 score and then was awarded a forfeit in Game 3 to surprisingly win the series.

Norway House, which won just one

game during the regular season, will now face the high-powered Peguis Juniors in a best-of-five North Division semifinal series.

The series schedule had not been released at press time.

Meanwhile, Game 2 of the Fisher River/Norway House series saw the North Stars’ Corbin Tait score twice and Jarred Gore make 46 saves in the 6-4 road win.

Conley Spence, Darrian Sinclair, Braden Simpson and Mitchell Muskego also scored for Norway House.

Darryl Thaddeus led Fisher River with a hat trick while Gavin Mason

also tallied.

In Game 1 of the series, the two teams combined for 15 goals in the second period alone as the Hawks won 15-10.

Fisher River outshot the North Stars 81-50. Goal scorers for Fisher River included Thaddeus (four), Dalton Woodhouse (four), Evan Thickfoot (two), Tyler Kemball (two), Brent Sutherland (two) and Larry Traverse.

Antoni Grieves (four), Spence (three), Tait (two) and Muskego replied for Norway House.

Arnie Mason posted the win in goal.

# Arborg ices Satelites in Survivor Series

By Brian Bowman

It wasn't easy, but the Arborg Ice Dawgs have advanced to the South Division semifinal.

Arborg needed the full three games to dispatch the North Winnipeg Satelites in a best-of-three Survivor Series.

The Ice Dawgs won Game 3 on Monday by a convincing 8-3 score.

Arborg scored three power-play goals in the game, including a pair in the third period by Spencer Kilbrei to complete his hat trick.

Colton Davies also scored with the man advantage for Arborg while Cal Finnson, Neal Sigvaldason, Nico Morrow-Litke, and Travis Kilbrei netted even-strength goals.

Parker Cassie, Howard Grieves, and Sean Murray replied for North Winnipeg. Jon Narverud made 45 saves for the win.

The Satelites evened the series at 1-1 with a 7-3 home win last Saturday.

After Arborg's Spencer Kilbrei opened the game's scoring with a power-play goal early in the first period, North Winnipeg then scored the next five goals.

Glen Paupenakis scored two of those goals while Erik Rogalka, Murray and Jesse McIntosh added singles.

Travis Kilbrei then pulled Arborg to within 5-2 when he scored with 11 seconds left in the second period.

Murray and Arborg's Braydon Chwartacki traded goals in the third before Paupenakis completed his hat trick with 2:01 remaining.

The Ice Dawgs started the series with a solid 6-3 home win last Friday

in Arborg.

Tied at 2-2 in the third, Arborg scored four of the next five goals for the win.

Finnson and Cory Kuldys each scored twice for Arborg in the third. Finnson's first goal came on the power play.

Travis Kilbrei, who assisted on three of those goals, finished the game with four points.

Paupenakis, with the man advantage, and Jesse McIntosh replied for North Winnipeg in that final frame.

The Satelites took a 1-0 first-period lead on a power-play goal by Howard Grieves. But Arborg came back in the second with goals from Clint Torfason and Colton Davies just 1:59 apart.

Jon Narverud made 45 saves for the win.

Arborg now advances to play the Selkirk Fishermen in a best-of-five semifinal series, which begins tonight in Selkirk. Game 2 will be played Friday in Arborg while Game 3 returns to Selkirk on Sunday.

The Lundar Falcons, meanwhile, will begin their best-of-five semifinal series with the Warriors this Friday (8 p.m.) in St. Malo. Game 2 will be played Sunday (2:30 p.m.) in Lundar while Game 3 will return to St. Malo on March 4.

The Lundar Falcons, meanwhile, will begin their best-of-five semifinal series with the Warriors this Friday (8 p.m.) in St. Malo. Game 2 will be played Sunday (2:30 p.m.) in Lundar while Game 3 will return to St. Malo on March 4.



EXPRESS PHOTO BY LANA MEIER

Ice Dawgs' captain Cory Kuldys scored twice for Arborg in their 6-3 victory over the North Winnipeg Satelites last Friday.

# Wolves begin MSHL playoffs

By Brian Bowman

The real season started this week for the Gimli Wolves.

The Manitoba Senior Hockey League playoffs began Tuesday with the first-place Stonewall Flyers battling the fourth-place Beausejour Beavers in a best-of-seven semifinal series.

Last night, the Wolves and Lac du Bonnet Blues began their best-of-seven semifinal series. No Game 1 scores from either series were available.

Game 2 of the Wolves/Blues series

is set for Monday (8 p.m.) in Lac du Bonnet. The remainder of the series schedule was not on the league website at press time.

Both Lac du Bonnet and Gimli finished the regular season with 9-7 records.

Game 2 of the Flyers/Beavers' series, meanwhile, will be played this Sunday. Game time is 7:30 p.m.

Stonewall led the MSHL with a 15-1 record while Beausejour was 7-9.

# Einarson in the hunt at Scotties

By Brian Bowman

Manitoba's Kerri Einarson was 2-3 at the 2016 Scotties Tournament of Hearts in Grande Prairie, Alta. after a tough 6-5 loss Tuesday morning to Quebec's Marie-France Larouche.

Trailing 5-4 in the 10th end, Larouche scored a pair for the comeback victory.

Einarson had scored a deuce in the eighth end to take a 5-4 lead.

Einarson opened the game's scoring with one in the second end and then added a steal of another in the third. But Larouche came right back with three in the fourth end before Einarson replied with a single in the fifth to tie the score at 3-3.

Larouche added one in the sixth to take a 4-3 lead and then the two teams blanked the seventh.

With the win, Larouche improved to 3-2.

Einarson began the Scotties with a 10-2 thumping of B.C. but then lost 9-3 to Nova Scotia. The Manitoba skip, who lives in Camp Morton but curls out of East St. Paul, then defeated Ontario 5-3 before getting doubled 8-4 by Saskatchewan.

Einarson's rink, which also includes third Selena Kaatz, second Lyz Fyfe, lead Kristin MacCuish, and fifth Briane Meilleur, had six more games in the round robin.

At press time, Alberta's Chelsea Carey led the 12-team field with a 5-0 record. Winnipeg's Jennifer Jones, representing Canada, was 3-2.

The playoffs begin Friday with the gold-medal game set for Sunday evening.

## Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Portage Terriers	57	49	6	2	100	264	117
Steinbach Pistons	55	41	10	4	86	227	127
Winkler Flyers	55	39	12	4	82	238	136
Virten Oil Capitals	55	34	20	1	69	182	129
Winnipeg Blues	56	29	18	9	67	199	163
OCN Blizzard	54	25	27	2	52	170	193
Swan Valley Stampeters	56	22	26	8	52	167	189
Selkirk Steelers	54	22	29	3	47	181	229
Dauphin Kings	55	18	33	4	40	159	232
Waywayseccappo Wolverines	56	14	38	4	32	142	241
Neeopawa Natives	55	11	42	2	24	118	291

KEYSTONE HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
South Division							
Arborg Ice Dawgs	3	2	1	0	4	17	13
North Winnipeg Satelites	3	1	2	0	2	13	17
Lundar Falcons	0	0	0	0	0	0	0
Selkirk Fishermen	0	0	0	0	0	0	0
St. Malo Warriors	0	0	0	0	0	0	0
North Division							
Norway House North Stars	3	2	1	0	4	17	20
Fisher River Hawks	3	1	2	0	2	20	17
Cross Lake Islanders	0	0	0	0	0	0	0
OCN Storm	0	0	0	0	0	0	0
Peguis Juniors	0	0	0	0	0	0	0

## MANITOBA SENIOR HOCKEY LEAGUE

Semi Final B (Best of 7)  
Lac du Bonnet Blues vs Gimli Wolves  
Feb 24 -8pm - Gimli @ Lac du Bonnet  
Feb 29 -8pm - Gimli @ Lac du Bonnet  
Series tied at 0 at press time

## AAA CITY MIDGET HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	36	28	6	0	58	192	90
Winnipeg Hawks	36	23	11	1	48	168	127
Winnipeg Warriors	36	19	14	3	41	123	112
Eastman Selects	36	19	16	0	39	107	100
Winnipeg Sharks	36	15	16	2	35	137	144
Interlake Lightning	36	0	34	1	2	62	216
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0

## AAA BANTAM HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Winnipeg Warriors	34	28	2	2	60	237	76
Winnipeg Monarchs	34	28	4	1	58	225	73
Eastman Selects	34	21	11	1	44	180	122
Winnipeg Hawks	34	16	16	2	34	137	120
Winnipeg Sharks	34	10	22	2	22	106	172
Interlake Lightning	34	5	29	0	10	74	227

STATS AS OF TUESDAY, Feb. 23



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Kicking around changes for Gimli soccer program

By Jay Boaz

As soccer season approaches, changes are coming to the way the program is being offered in Gimli this spring. Volunteers in the community operate sports, such as hockey, figure skating and curling, and the RM of Gimli would like to see other sports, such as soccer and baseball, cast in the same mould.

"We would like to see consistency in how organized sport is offered in Gimli," said town councillor and chair of Public Safety and Recreation Thora Palsen.

"The RM is not looking to abandon amateur sport but rather ensure we can offer equitable support to all groups in the community."

As time before the snow melts is in short supply, the RM is proposing to operate the soccer program this spring in conjunction with a volunteer advisory

board, with the intent being the board would take over operations for the 2017 season.

"Our intent is not to dump the program on volunteers and leave them high and dry," said newly installed recreation director Chris Hornby. "We want to ensure a smooth transition to the new board and a positive experience for all participants along the way."

The RM will be hosting a community information meeting at the Gimli Rec Centre on March 9 at 7 p.m., with a similar meeting being planned for baseball in the near future. More information on the proposed changes to the soccer program, as well as a call for volunteers, will be made at the meeting. The meeting is open to anyone who has an interest, whether it be as a player, coach, referee, parent or just a lover of the game and community.

"While we will be looking for potential board members at the meeting, we will also be looking for volunteers who may be willing to help in a short term or limited way," Hornby expanded.

"Maybe you are willing to help inflate soccer balls and sort soccer jerseys or take registrations for a tournament. All contributions are encouraged and welcome."

Hornby noted board positions could include a chair, vice-chair, secretary-treasurer, equipment manager, tournament co-ordinator, coach/referee co-ordinator and a youth representative, but he made clear the structure of the new board would ultimately be decided upon by the volunteers.

Questions prior to the meeting should be directed to Hornby at 204-642-6670.

## take a break > GAMES

### SUDOKU

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

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!

Level: Intermediate

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!

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

Sudoku Answer

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

Crossword Answer

## CROSSWORD

CLUES ACROSS

- 1. Sold at a higher price
- 8. Instill fear
- 13. Can be domesticated
- 14. Oohed and \_\_\_\_
- 15. Make too simple
- 19. Plutonium
- 20. Necessary for breathing
- 21. Make happy
- 22. Mythological bird
- 23. A baglike structure in a plant or animal
- 24. Put on \_\_\_\_
- 25. Type of dough
- 26. Blushed
- 30. Celestial object
- 31. Point \_\_\_\_ National Seashore
- 32. Purplish red
- 33. Towards the mouth or oral region
- 34. Portuguese musical genre
- 35. Steals
- 38. Acts insincerely
- 39. City in Belarus
- 40. Anticipates
- 43. Paris airport
- 44. Deal with
- 45. No (Scottish)
- 47. Opens lock
- 48. Central parts
- 49. Sheep disease
- 50. Indicates position
- 51. Doing many things at once
- 55. Khoikhoi peoples
- 57. Informal alliance between countries
- 58. Long poems
- 59. The state of being poorly illuminated

CLUES DOWN

- 1. Portico
- 2. Delicacy
- 3. Punish with an arbitrary penalty
- 4. Household god (Roman)
- 5. Public television station
- 6. \_\_\_\_ Lilly, drug company
- 7. Degraded
- 8. Free from danger
- 9. Low bank or reef of coral
- 10. Exclamation of surprise
- 11. Lies down in rest
- 12. Give an education to
- 16. Provides
- 17. Fat from a pig
- 18. Belonging to a thing
- 22. Branches of a bone
- 25. Having a cheerless aspect or disposition
- 27. Edema (archaic)
- 28. Bo \_\_\_\_, "10"
- 29. Unfledged or nestling hawk
- 30. Surrenders
- 32. Type of dessert
- 34. Planted with trees
- 35. Washington town
- 36. Listen in
- 37. Inwardly
- 38. Chinese province
- 40. Garrison
- 41. Converts thermal energy to mechanical work
- 42. Holy people
- 44. Lowest point between two peaks
- 46. Boundaries
- 48. Utter obscenities
- 51. \_\_\_\_ and cheese
- 52. Member of the cuckoo family
- 53. Type of microscope
- 54. \_\_\_\_ and Barbie
- 56. Michigan

1	2	3	4	5	6	7		8	9	10	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			

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**Duties:**  
Reporting to the Manager of the Interlake and Peguis - Fisher River Campuses, responsibilities include: classroom instruction and management, curriculum development, supervision of students on practicum, and related administrative responsibilities as required. The incumbent is also expected to participate in Campus meetings and assist in activities such as student orientation and student support documentation.

**Qualifications:**  
Required:

- Undergraduate degree in Child and Youth Care, Social Work, Human Ecology - Family and Social Science, Recreation Studies or Psychology. An equivalent combination of education and relevant experience may be considered.
- Effective presentation and organizational skills
- Effective leadership skills
- Ability to work independently
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- Commitment to lifelong learning

**Assets:**

- Experience instructing adults, preferably in post-secondary, human service, or social service settings
- Related Master's Degree
- Certificate in Adult Education

**Conditions of Employment:**

- This position may be required to work evenings
- Candidates must be willing to travel
- Candidates must be legally entitled to work in Canada
- Satisfactory Criminal Records, Child Abuse Registry and Vulnerable Sector Checks are required

**Qualifications:**  
Required:

- Extensive experience working with vulnerable, at risk children and youth
- Experience supervising or mentoring employees and practicum students
- Experience working in a residential treatment setting
- Demonstrated knowledge and understanding of current issues facing at-risk youth (i.e. addictions, sexual exploitation, mental health, FASD)
- Demonstrated knowledge regarding the specific role of Child and Youth Care practitioners in the support of Aboriginal children, youth and families
- Effective interpersonal, oral and written communication skills

**Salary Range: \$56,588 to \$84,050 per annum**

Applicants are to clearly identify the competition number and how they satisfy the listed qualifications in their written submissions.

Apply to: Red River College  
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Email: humanresources@rrc.ca

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The other died with you.  
We often lie awake at night,  
When the world is fast asleep;  
And take a walk down memory lane,  
With tears upon our cheeks.  
Remembering you is easy,  
We do it every day;  
But missing you is a heartache,  
That never goes away.  
We hold you tightly within our hearts,  
And there you will remain;  
Until the joyous day arrives,  
That we will meet again.

-Missing and loving you,  
Evelyn, Shaunna, Earl  
and granddaughter Ashley



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The successful candidate will be responsible for promoting the sale and use of Co-op propane, accept, schedule and carry out service and installation orders, maintain an inventory of propane equipment, and ensure compliance to safety and preventative maintenance procedures.

The successful candidate must have a Grade 12 diploma or equivalent, a minimum class 3 with air driver's license and a safe driving record, be physically fit, and have excellent interpersonal and sales skills. Applicants must also be willing to do emergency service work on evenings and weekend, with short notice.

Contact:  
HR Advisor  
Federated  
Co-operatives Limited  
1615 King Edward Street  
Winnipeg, MB  
Email: [k.ganchar@fcl.ca](mailto:k.ganchar@fcl.ca)

### Betel Home Foundation

is accepting applications for the following management positions in our Gimli and Selkirk Personal Care Homes:

#### RESIDENT CARE MANAGER

Full time permanent available in Selkirk immediately  
Full time permanent available in Gimli to start May 16, 2016

Reporting to the Director of Resident Care, the Resident Care Manager will be a leader and innovator who is accountable for promoting excellence in nursing practice and for providing the highest level of resident care. As an integral part of the management team, you will direct resident care and coordinate resources and nursing activities for all nursing units and will assist with management of all nursing staff.

#### Qualifications:

- Bachelor of Nursing or RN/RPN with a suitable combination of education and experience
- Minimum five years nursing experience, with two years in a supervisory position, preferably in a long term care setting.
- Current registration with CRNM

#### CLINICAL NURSE MANAGER

Full Time Permanent available in Selkirk and Gimli to start April 4, 2016

Reporting to the Director of Resident Care, the Clinical Nurse Manager will be a leader and innovator who is accountable for promoting excellence in nursing practice and for providing the highest level of resident care. As an integral part of the management team, you will assist in directing resident care and coordinating the Staff Education and Infection Control programs.

#### Qualifications:

- Bachelor of Nursing or RN/RPN with a suitable combination of education and experience
- Certificate in adult education and teaching experience in a long term care setting preferred.
- Current registration with CRNM

These positions are Monday to Friday Days, but may involve some evening and weekend work.

Please forward your resume by **March 11, 2016** to:

Cheryl Nieckarz  
Director of Resident Care  
Betel Home Foundation  
212 Manchester Ave Selkirk, MB R1A 0B6  
Ph: 204-482-5469 Ext 20960  
Email: [cnieckarz@ierha.ca](mailto:cnieckarz@ierha.ca)

### Betel Home Foundation - Gimli

80 bed personal care home in Gimli, Manitoba is accepting applications for the following positions:

#### RECREATION WORKER

**Full Time Position (1.0 FTE)**  
Full time days and some evening and weekend work may be required.

**Qualifications:** Red River College Recreation Facilitator for Older Adults Certificate or its equivalent in recreation experience and training.

Please forward your resume on or before **Thursday March 3, 2016** to:

Bryanne Hjørleifson  
Recreation Coordinator  
Betel Home Foundation  
P.O. Box 10  
Gimli, MB. ROC 1B0  
[bhjørleifson@ierha.ca](mailto:bhjørleifson@ierha.ca)  
Phone: (204) 642-5556 ext. 22356  
Fax (204) 642-7243

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Margaret Worth  
Director of Resident Care  
Betel Home Foundation  
Box 10, Gimli, MB ROC 1B0  
[mworth@ierha.ca](mailto:mworth@ierha.ca)  
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• Manitoba Hunter Safety Course  
Classes are being held in the RM of Gimli. Classes starting in March, limited students per class.  
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# get inspired

> MEAL IDEAS

## Oatmeal porridge with almonds and cherries



chopped  
Added 1% milk, optional  
Directions

**Stove Top:** In a saucepan, combine milk, water and cinnamon. Bring to a boil over medium high heat, stirring often. Gradually add oatmeal and cherries. Reduce heat and let simmer, stirring often, until the oatmeal is tender – about 3-5 minutes.

**Microwave:** In a large microwavable bowl, mix together milk, water, cinnamon, oatmeal and cherries. Cook on high, 4-5 minutes, stirring once.

Once cooked, remove porridge from heat or microwave oven, cover and let stand 5 minutes. Sprinkle with the almonds and add more milk to taste.

**Ingredients**  
2 cups (500 mL) 1% milk  
1 1/4 cup (300 mL) water  
1/4 tsp (1 mL) ground cinnamon  
1 1/3 cup (325 mL) quick cooking oatmeal  
1/3 cup (75 mL) dried cherries or cranberries, chopped  
1/4 cup (50 mL) roasted almonds,

## Inside-Out BLTs



**Ingredients**  
Yields 12 bites  
8 strips premium bacon, sliced crosswise into 1/8-inch strips  
8 firm Roma tomatoes or green (unripe) tomatoes, cut into 1/4-inch-thick slices  
1 cup flour  
3 eggs, beaten  
2 cups bread crumbs or panko  
3 or more tablespoons olive oil

**Salt**  
Freshly ground black pepper  
1 4-ounce log goat cheese, approximately 1 1/2 inches in diameter, sliced 1/8-inch-thick  
24 arugula leaves, lower stems discarded  
Cook bacon over medium heat until crispy. Drain on a paper towel. Select the 24 most uniform tomato slices and save the rest for tomorrow's lunch. Dredge slices in flour, then in eggs, then pat down in bread crumbs. Reserve on plates, but do not stack.

In a sauté pan over medium-high heat, add 3 tablespoons oil. When oil is hot, add as many breaded tomato slices as the pan can accommodate without them touching. Fry for approximately 2 minutes per side, or until browned and crispy. Remove from pan and drain on paper towels. Add more oil if necessary for subsequent batches.

To assemble, line up 12 fried tomato slices. Season with salt and pepper, then top each with 1 cheese slice, a mound of bacon shrapnel and 2 arugula leaves. Cover with a second fried tomato slice. Secure with a toothpick. Let cool for a minute before serving. (Tomatoes have a surprising ability to hold the heat.)

## Quieting the Busy Mind

"FOR PEACE OF MIND, RESIGN AS GENERAL MANAGER OF THE UNIVERSE."

LARRY EISENBERG

Many people are bothered by their own busy minds. Often racing thoughts create anxiety and interfere with a good night's sleep. Sometimes it is hard to fall asleep because of constant thinking. Other times one wakes in the middle of the night, unable to get back to sleep due to churning thoughts.

The problem is an inability to discipline or control the mind. Like a blaring radio or television, we are unable to find the "off" switch. Some feel they are victims of the ongoing stream of negative or worry thoughts, and simply have to live with them.

However, we can learn to control our minds, but it does take practice. After a lifetime of listening 24/7 to a busy inner voice, it takes time to change that habit.

The first step is knowing that we can learn to control our thoughts. The second step is actually doing it. To begin the process of taking charge of our minds we can practice what is called "thought stopping." When you find your mind going over and over the same thing, or simply starting to focus on something

that creates discomfort, you can say to yourself, "stop!" You may have to force yourself to think of something else, even if it means counting by threes to one hundred or saying the alphabet backwards

This may work for a little while, but you then may find the thoughts coming back. Simply repeat the thought stopping process. The more you practice, the easier it becomes.

You start to recognize when your thoughts are having a negative impact on your mood, and can stop the process before it gets too far along.

Thinking about how to solve a problem is productive. Worrying or thinking of worst-case scenarios is not. Going over and over what someone said or did that was upsetting only makes one more hurt or angry.

Peace of mind is not something that comes only when everything is right in our world. We can create it by giving the mind a rest; allowing it to become like a still pond, rather than a choppy sea. We can do this, even in difficult times. No matter what we have to deal with in life, we do a better job of it if we can remain calm. It is all in the head.

*Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)*

## Savory Oatmeal with Soft-Cooked Egg and Bacon



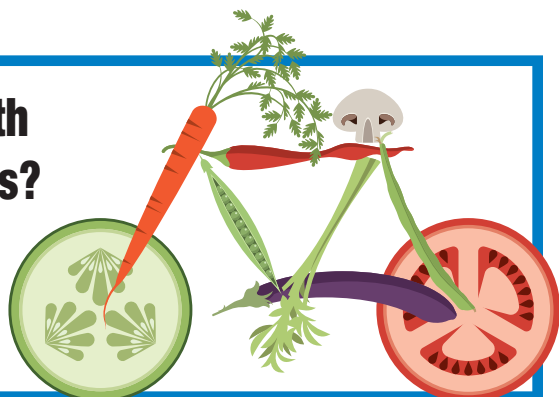
Servings: 1  
Protein: 32 grams  
1 cup lowfat milk  
1/2 cup old-fashioned oats, uncooked  
1 pinch sea salt  
1 teaspoon cooking oil (or 1/2-second spray)

1 large egg  
1 tablespoon cheddar cheese, shredded  
1 slice cooked bacon, coarsely chopped  
2 teaspoons green onion, sliced salt and pepper (optional)

Combine milk, oats and salt and cook according to package instructions. While oats cook, heat small, non-stick skillet over medium heat. Lightly coat with cooking oil. Add egg and cook about 3-4 minutes for runny yolk. Serve oatmeal topped with cheese, bacon, egg and green onion. If desired, season with salt and pepper. Serve immediately with 8-ounce glass of milk.

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