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WEEKLY NEWS

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Life in the ice lane

EXPRESS PHOTO BY PATRICIA BARRETT

Vikings who lived in the period 850-950 A.D. entertained visitors at the Gimli Ice Festival last weekend with weapons demonstrations and reenactments of warfare. See story pgs. 2, 3 and 4.

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

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Life in the ice lane: Gimli throws an outdoor party

By Patricia Barrett

Vikings, race cars, fish and politicians were all part of another fun-filled outdoor celebration in Gimli last weekend.

The 5th Annual Gimli Ice Festival, held Saturday and Sunday, attracted visitors from all across the Interlake as well as the city.

Festival directors Peter and Susan Holfeuer held an awards ceremony Friday night at the Lakeview Resort to honour the volunteers and sponsors who helped them bring the event to life.

"It takes over 120 volunteers to put on this festival," said Peter Holfeuer. "That's what tonight is all about — to celebrate our volunteers and thank them for what they do."

Among those presented with Shining Star and Community Support awards were Olive Hnatiuk, Clint and Peggy Kennedy, Gord Anderson, Carol and Bill Szewaga, Alex Kristiansen, Bella Sacco and Gino Sacco.

The Holfeuers also presented Shining Star awards to a number of sponsors including Shachtay Sales & Service from Arborg, Robin's Donuts, the Lakeview Resort, Toomey Construction, Noventis, CJ107 and the Enterprise. Manitoba Liquor and Lotteries sponsored the awards ceremony.

Some of the night's entertainment was provided by singer-songwriter



Mike Shachtay from Arborg's Shachtay's Sales & Service won a sponsorship award.

Tracy Martin, who grew up in Husavik and now lives in Rosser.

Martin, who also helped host the event, wrote a witty song encouraging people to get outside. Riffing off Adele's song "Hello," Martin sang, "Hello, Cooley ... They say that winter's long and cold and all you want to do is watch TV."

Mike Shachtay from Shachtay Sales, a farm equipment and RTV business, engaged the crowd with a 1966 trivia competition honouring the year the Shachtay family started their business. He gave away jackets, T-shirts and model trucks. Shachtay provided free Kubota rides all weekend to different festival sites.

Having made friends on the snow coaster at Cooley's Ice Park a few weeks ago (see the Feb. 18 edition of the *Express*), Gimli's two MLA candidates, Jeff Wharton (PC) and Armand Bélanger (NDP), along with their spouses, shared a banquet table. The Conservatives, including Selkirk-Interlake-Eastman MP James Bezan, sat on the left (looking from behind) and the NDP on the right. Mayor



EXPRESS PHOTOS BY PATRICIA BARRETT

Pictured from left to right, Shining Stars Awards were presented to Alex Kristiansen, Bella Sacco, Gino Sacco by festival director Susan Holfeuer.



Commercial fisherman Ezra Reykdal and Mayor Randy Woroniuk performed a ceremonial dance while singer-songwriter Tracy Martin sang.

Randy Woroniuk took the centre.

"That's what I love about small-town politics," said Bélanger, referring to camaraderie with the opposition, "You get things done for the community."

Perhaps still slightly traumatized from his snow coaster adventure on an under-sized plastic sled, James Bezan made the 200-plus crowd laugh after he thanked the Holfeuers and the volunteers and sponsors for "hard work, tenacity and resourcefulness."

"Cooley's Ice Park this year is beautiful," he said. "The sculptures, the slide, which I almost bust my neck on ... is just amazing."

The federal government provided funding for the festival through the Heritage Fund.

Mayor Randy Woroniuk also spoke to the celebrants, thanking the director and volunteers and sponsors for giving visitors another reason to come to Gimli and getting people outside to



James Bezan won a hat from Shachtay Sales & Service for giving the answer to a trivia question — Northern Harvest Rye.

enjoy winter.

"This is community getting together ..." said Woroniuk. "This is our fifth year and it's just getting bigger and better."

The mayor expressed some concern about the snow coaster on which he competed against the two MLA candidates and Bezan.

"It's a little bit too much to the left," said Woroniuk, who had placed dead last. He called for "a little bit of straight, a little bit of right, a little bit of left."

After performances by the Spotted Wolf Pow Wow Dancers from Riverton, Viking storyteller Terry Vezna and local musical acts, dancing got underway.

The *Express* may (once again) sound

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The Winnipeg Sports Car Club provided excitement on the ice.

> GIMLI ICEFEST, FROM PG. 2

biased, but boy oh boy can the mayor ever trip the light fantastic.

The Holfueurs invited Woroniuk up to the dance floor to perform a ceremonial dance with commercial fisherman Ezra Reykdal.

The dance (we're making this up) symbolized mutual respect between Gimli's governing elite and the fisher folk who contribute in large part to the local economy. Moving through muted neon hues, Woroniuk and Reykdal's fluid lines expressed assurance that the flames fanning Gimli's

renown as the preeminent fishing centre in the Interlake — if not the world — will never die.

The mayor visited a number of festival sites the following day, including the Gimli Rotary Club's baking competition and auction at the Lakeview.

Olive Hnatiuk, artist with the Gimli Art Club, baked a devil's food cake in what she called a "heavenly cloud of white frosting."

MLA candidate Armand Bélanger sat in as judge for the pie competition along with Carrie Arseneault, owner of the Sugar Me Cookie Boutique & Bakery.

Arseneault, an expert baker, shared some judging tips.



Frozen fish tossing at the harbour.

"I eat first with my eyes," said the baker, who later provided dessert decorating classes to festival participants at her store on Centre Street.

MLA candidate Jeff Wharton and Lakeside MLA Ralph Eichler took to the floor for the auction that followed the competition. Eichler acted as auctioneer while Wharton handled the bidders.

As the two Conservatives helped raise money for the Rotary Club, the faraway din of motors on Lake Winnipeg signalled the start of the Fire on Ice motor races.

Continued on page 4

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> GIMLI ICEFEST, FROM PG. 3

The Winnipeg Sports Car Club provided an exciting show of nerve and daredevilry.

"Those guys are nuts," said Lakeview owner Michael Lazer. "They do 90 to 100 clicks."

On an ice course that looked like a cross between Formula 1 and NAS-CAR, drivers had to complete 10 laps.

The races are run under the same regulations as those used in Formula 1, said Scott McDonald, who is road race director at Gimli Motorsports Park. "The cars might get hurt," said McDonald, "but you don't."

Onlookers sat in their cars along the straightaway or stood on the harbour wall to watch the drivers vie for the corners and kick up plumes of snow.

The Manitoba Mini-sled Racers Association held a race for kids aged four to 14 closer to shore.

Back at the harbour, a large crowd gathered around a dozen or so Vikings wielding targes, spears and axes. They demonstrated different ways to slaughter opponents and staged mock battles.

While the Vikings warred, some people stood at the edge of the harbour wall and hurled frozen fish into buckets about 20 feet away.

Staff from the Riverton & District Friendship Centre were on hand, providing bannock and tea they cooked on an open fire.

Next year, the Holfeuers plan to expand Cooley's Ice Park and tie Canada's 150th birthday into its theme.



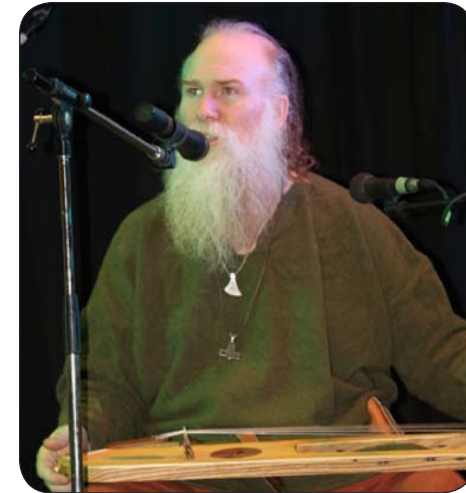
A Spotted Wolf Pow Wow Dancer.



Working on a mural at Gimli Art Club.



Singer-songwriter Tracy Martin



Terry Vezna told and sang Icelandic tales.

Workers at Gimli distillery hit picket lines after failed negotiations

By Patricia Barrett

Workers at the Crown Royal distillery in Gimli have gone on strike after negotiations for better wages and benefits failed.

Last Friday, 98 per cent of the Diageo distillery employees represented by United Food and Commercial Workers (UFCW) Local 832 rejected the company's final offer.

The workers make the Crown Royal line of whisky, which includes Northern Harvest Rye, and was named World Whisky of the Year by renowned whisky expert Jim Murray.

"Our members go to work every day with the mindset that they are making (the) world's greatest whisky," said



Local 832 President Jeff Traeger said in a press release. "The membership believes that if the company put the same effort into this round of bargaining we wouldn't be on strike."

Workers are seeking wage increases, more vacation time and health and welfare benefits, according to the UFCW website.

They voted for a strike mandate in early February in the event no deal was reached.

Although Traeger did not get into specifics about the company's final offer, he told CBC News that the company's financials would have allowed it to offer more than it had.

"The settlement that's on the table (that) they offered is not reflective of a company that's doing as well as they are," he said, "and not reflective of what kind of settlements we've been seeing in the industrial sector over the last year."

The Diageo plant employs about 50 workers. They began walking the picket line Saturday. They erected a sign on PR 231 between Highways 8 and 9 alerting drivers that they are on strike.

UFCW Local's 832 members are employed across the province in sectors including retail, food processing, textiles, health care and transportation.

For more information and updates on the strike, visit the UFCW web site at ufcw832.com



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Authorized by the Official Agent for Derek Johnson and Jeff Wharton

Better Plan. Better Future.

PC MLA candidate wants Gimli Hospital dialysis unit run at full capacity

By Patricia Barrett

The MLA candidate for the Gimli PC riding held an open house last Friday at his constituency office to hear residents' concerns heading into the provincial election.

"As you know, 46 days from today, a change for the better is coming," said Jeff Wharton to constituents and campaign team members gathered at the Centre Street office. "We're going to put forward a better plan for a better future."

One of the many changes Wharton would like to see implemented is Gimli Hospital's dialysis unit being used to its full capacity. At present, the unit operates three days a week.

"What we're hearing now," said Wharton, "is that a nurse's contract ended and there was not enough funding to renew her contract."

He said the unit "has to be" operating five days a week.

Health care is a priority under the Conservatives, who have promised to increase the numbers of long-term care beds across the province, something leader Brian Pallister said Gary Filmon had done when he was in power.

When asked about health-care funding cuts under Filmon that the Manitoba Nurses' Union said left behind a nursing deficit that was felt for years, Wharton said "not one nurse was fired under Filmon" and that those who were laid off were re-hired.

"Manitobans are paying more for health care [now]," he said, and "getting less."

The result of not running Gimli Hos-

pital's dialysis unit to its full potential is felt down the road at Winnipeg's Seven Oaks Hospital, where Wharton's sister works as a dialysis nurse.

"They're getting stacked up at Seven Oaks," he said.

Part of the key to addressing health issues is preventative initiatives, said Wharton, citing the RM's proposal to build a wellness centre in Gimli.

The province has already committed \$4 million to the project, and the RM is waiting to hear whether the federal government will match that funding. The RM itself would have to raise \$4 million.

Wharton also has his eye on Lake Winnipeg and some of the problems currently besetting commercial fishers.

A fisherman was among dozens of people who dropped by during the three-hour event to speak with Wharton.

The fisherman came with a number of concerns regarding Lake Winnipeg: Seafood Watch's allegation that the fishery is unmanaged and that fish stocks have been depleted, his perception that Conservation and Water Stewardship does not support commercial fishermen and the city using the lake as a sewage dump.

"It stunk in the south basin in 2011 when Winnipeg dumped raw sewage into the river," said the fisherman. "And the algae was so thick in 2012."

He pulled up a photo from that year showing a boat and fishing gear covered with algae.

Wharton — who has been door knocking throughout the riding,



EXPRESS PHOTOS BY PATRICIA BARRETT

Jeff Wharton (right) speaks with Selkirk PC MLA candidate Alan Lagimodiere at an open house at his constituency office last Friday. The MLA candidate for the Gimli riding would like to see Gimli Hospital's dialysis unit open five days a week.

meeting with municipalities and attending various cultural events — said he'd try to attend an upcoming meeting of Lake Winnipeg fishermen.

Wharton has a team of about 50 "great volunteers" helping him on the campaign trail.

"We could not do this without your help," said Wharton to those who attended the open house. "We will bring change to Gimli and to Manitoba."

He also thanked his wife Marielle (Mickey) for her support. She has worked hand-in-hand with Wharton running a moving company (which

they sold) and has been out on the campaign trail.

Selkirk-Interlake-Eastman MP James Bezan stopped by with his wife Kelly to chat with the Whartons and speak with constituents, as did Selkirk MLA candidate Alan Lagimodiere.

Wharton will be squaring off against NDP MLA candidate Armand Bélanger in a candidate debate April 4 at Clandeboye Hall.

The announcement for the election is expected to come around March 15 with the election itself scheduled for April 19.

Flood outlook predicts minor to moderate risk of flooding this spring

By Jeff Ward

Flood forecasters for the province have released their outlook for spring 2016 and the risk of overland flooding has been categorized as minor to moderate for Manitoba.

In their report, released Feb. 29, forecasters outlined half a dozen areas of concern including how much frost is in the soil, the soil moisture conditions during last years freeze-up, how much snow fell during the winter and ice jams, among others. The bottom line for Interlake residents, according to the province, is that the flood potential is estimated to be moderate and that flows in most lakes and rivers are normal for this time of year.

As of last Friday, Lake Manitoba is sitting at 811.63 feet and the level of Lake St. Martin is sitting at 800.73 feet. The Fairford control structure is open with a flow of 4,501 cubic feet per second (CFS) draining water out of Lake

Manitoba.

The report cautions that weather will be a big factor in how the outlook changes throughout the spring. The report mentions that the "extent of spring flooding potential is still very dependent on weather" and that "delayed thaw and spring rainstorms could result in rapid snow melt aggravating overland flooding and increasing tributary flows."

The province listed eight regions that have the highest risk of flooding in the event of unfavourable weather conditions, and the Interlake was among them. However, none of the regions on the list were above a

moderate risk.

The province also outlined its preparations and a list of flood-fighting equipment that included 19,900 super sandbags, 2.2 million regular sandbags, 32.5 kilometres of Hesco cage barriers and 69 kilometres of water-filled barriers, of which 35.3 kilometres are in rapid-response trailers.

The province will release another flood outlook at the end of March.

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Leg wrestling pickerel

Hi guys and gals.
Last week, as the ice-breaking crew on the Red churned their way upstream, our fellow anglers continued enjoying our pastime ahead of them by Sugar Island. The ice shack village there seemed thriving as I threaded my way amongst the hard walls and portables. Soon, a sturdily built, fairly narrow hut caught my eye. I pulled up to it in Old Red, got out and called, "Hello? Is anybody home?"

"Come on in," a kind voice came back from inside. I opened the door and before me three retired gentlemen — Wayne Domenco of Selkirk, Ryan Gudge of Meleb and Don Libich of Libau — were sitting in a row along one wall jigging their fishing gear in ice holes. Across from them, within easy reach, a big pot of perogies slowly boiled on the stove. A relaxed warm feeling hung in the air of the shack as we casually began talking of fishing experiences. While we chatted back and forth, my eyes fell upon a couple of Ziploc bags filled with fillets hanging on a nail from one of the shack rafters. I looked at the guys inquiringly and Don smiled, saying, "We catch 'em, clean 'em at home and that's our lunch the next day." Good thinking, boys.

Now, I mentioned before that these fellas know how to build a solid shack, including the door. Apparently, someone tried to break into it not long ago. While repeatedly pounding on the door's lock assembly, they broke their hammer, which the guys found in pieces in the snow the next day. Wayne, Ryan and Don reflect that had the thief gotten in, he would have left empty-handed because the

boys take everything home at night.

One of the guys remarked how he had been at Balsam Bay a few days ago and there were so many anglers out there that it was like a city. I had to agree, since I was there earlier in the week just after a truck broke through the ice. As I drove past it out to the "city," all you could see was the cab above the ice pointing skyward as crews worked to salvage it.

About a mile offshore, I came across a large ice shack that was more like a cottage. I knocked on the door and was greeted by Ben Barbula, his brother Julian and Uncle Roman Reinhold, all from Steinbach. Inside their nicely finished shack, Roman said they had been catching eating-sized pickerel here but that they also like to go to Moose Lake east of Sprague where it's been really good for all kinds of fish.

Lately, I've noticed an increase in the number of shacks on the ice at Gimli's south bay, so I made a point of running over there to visit with fellow anglers. Again, I came across a really nicely built hard wall shack. I swear, these shacks seem to be getting grander all the time. I knocked on the door and was invited in by locals Mack Licobpe and Caralynn Siatecki. We sat down in comfort and I asked, as I always do, if they had ever had an unusual or humorous fishing experience.

Mack and Caralynn, sitting on their sofa, looked at each other and smiled, saying "Oh, yes!" A short time ago, as they tell it, they were fishing here and Mack saw a nibble on his finder. Immediately, he felt a hard hit on his line. He slowly worked his catch to the ice



EXPRESS PHOTO BY ARNIE WEIDL
A huge pickerel that Caralynn Siatecki held down with her legs until Mack Licobpe landed it in their Gimli ice shack.

hole and, as it came up, he thought it was a large bass — but as the head broke water, he realized it was a huge pickerel. Mack got it onto the floor of the shack, but it was jumping around so much, it looked like it was going to fall back in the hole. Now, Caralynn is the sweetest, prettiest girl but is also no bigger than a minute. She could see Mack was having a hard time with his line, so without hesitation, she got down on the floor and with her tiny but determined legs, wrapped them around that fish and hung on until Mack had a chance to get it by the gills. Good job, girl.

Well, have fun on the ice in the heat this week. Bye now.

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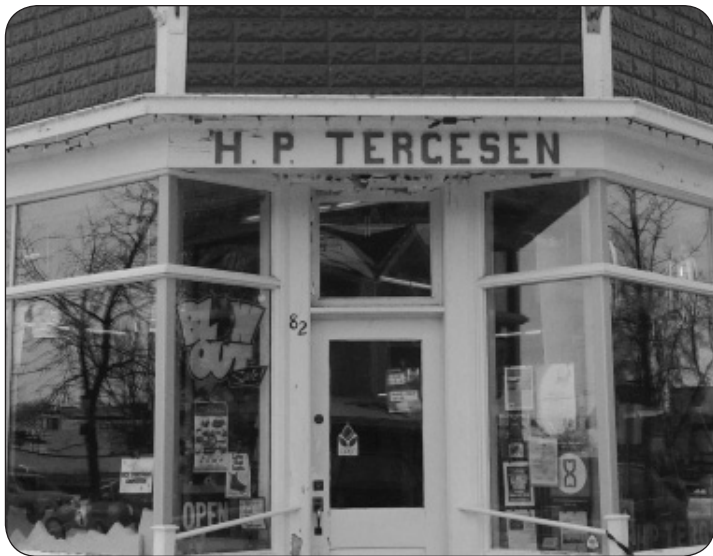
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Thief turns himself in after Facebook post goes viral



EXPRESS PHOTO SUPPLIED

The owner of H. P. Tergesen & Sons says he recently found and “friended” a young man on Facebook believed to have robbed his store.

By Jeff Ward

A Facebook friend request to an alleged thief that robbed H.P. Tergesen’s in Gimli, prompted a surge of guilt in the young culprit who then told the owner, Stefan Tergesen that he would turn himself in.

In the early morning hours of Friday, March 4, patrons at the Robin’s Donuts alerted Tergesen, that his front window on the 117-year old business was smashed. Tergesen said he went to investigate and found a watch lying in the street and a smashed display case in his store with half a dozen watches missing. After calling the police, Tergesen said he went to check his security cameras — there are 35 in the store — and found a clear view of the robber’s face and decided to post it on Facebook. Within 12 hours of the post the video had been viewed more than 10,000 times and within 24 hours it had been shared more than 8,000 times. The RCMP said that the thief was a 15-year old male from Winnipeg who has been released on a promise to appear in court at a later date. Break-in and property related charges are expected according to the RCMP.

“By then we knew his name and a customer sent me a photo of his Facebook profile so I figured I’d send him a friend request,” said Tergesen.

“I knew that he must’ve known that he was caught because of how many times the post was shared, but I wanted to be sure he knew. I also thought it would be fun, so I sent him a request and about 15 minutes later he accepted.”

Tergesen said that the culprit messaged him saying he felt guilty and that he was going to turn himself in, which RCMP spokesperson, Sgt. Bert Paquet confirmed he did on Monday, March 7. Tergesen messaged back saying that he has a full list of all the items missing and that he expects them to be returned, and said that he was doing the right thing by turning himself in.

At the time of writing this article the post is still being shared like wildfire and Tergesen’s phone has been ringing off the hook from media outlets all over the country. Tergesen joked that he should offer the thief a thank-you because of all the publicity the story has brought to his business.

“I can’t buy this kind of coverage and there is no bad publicity. I think the most encouraging part about this story for me is that I see how strong my local customers are. The way they’ve helped out has been really amazing and it felt like they were more violated than I was,” said Tergesen.

RCMP confirmed that all missing items were returned to Tergesen.



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St. Laurent skates into the Top 10 for Kraft Hockeyville

Voting opens on March 13 and closes March 14 to decide on the two finalists

By Jeff Ward

The Top 10 finalists for Kraft Hockeyville 2016 were announced on Saturday night.

After approximately 20 nominations and the support of the community, St. Laurent Arena has landed one of those Top 10 spots for this year's Kraft Hockeyville contest and a guaranteed prize of \$25,000.

However, the excitement doesn't end there because the big prize of \$100,000 in arena upgrades and a chance to host an NHL pre-season game is what supporters of the arena are really after.

And to win that, the community needs to make the Top 2 first. Voting

for the Top 2 begins this weekend on Sunday, March 13 at 9 a.m. and closes at midnight the next day, with all voting being done online at www.khv2016.ca.

The Top 10 were chosen from a record-breaking pool of 3,192 nominations this year. If St. Laurent is chosen for the Top 2, they automatically win a prize of \$100,000, but only the winner of Kraft Hockeyville will have the chance to host the pre-season game. Prize money will be used to renovate the washrooms and dressing rooms at the arena.

"I tuned into the TV and waited for the announcement, and when St. Laurent popped up, I just started scream-

ing and yelling," said Carl Bruce, one of people who nominated the arena.

"It was all very surreal, almost like I didn't recognize the name of our town. It still hasn't really sunk in yet. It really is unbelievable to be chosen after so many other communities were putting up nominations."

With only a few hundred words, Bruce wrote in his nomination that St. Laurent had gone through one of the toughest times in its history. The all-too-recent flood of 2011 had battered the community. After businesses were closed and homes were washed away, the arena stood as a beacon for the community.

"After the flood, the arena was the space we could all get together and escape that harsh reality for an hour or two. I think that story definitely struck a chord with the judges," he said.



Now Bruce wants all of St. Laurent and all of Manitoba to help get them into the Top 2 when voting opens on Sunday. He believes that it will take hundreds of thousands, even millions of votes to get the job done.

Bruce said that the \$25,000 will go a long way to helping repair and renovate the facility but that with \$100,000, they can get even more projects accomplished.

West Interlake reeve frustrated by slow pace for DFA claims

By Jeff Ward

The RM of West Interlake is still trying to retrieve nearly \$3 million for flood projects completed in 2011 and 2014, with no resolution in sight after more than a year of submissions of Disaster Financial Assistance (DFA) claims.

West Interlake Reeve Randy Helgason is frustrated by the DFA claims process and said that the toughest part for him is the knowledge that the ratepayers are paying the price — not in dollars but in the stagnation of local projects that are hampered by the uncertainty of outstanding DFA claims.

In late 2015, the RM was given an extension for their claims and they now have until November of this year to have everything in order. However, even though that deadline is many months away, Helgason's optimism is waning.

"I'm hoping the outlook is good, but it seems to be one stumbling block after the other in order to retrieve these funds," said Helgason.

"In the early spring of 2014, we were told by Premier Greg Selinger that we should do whatever it takes to protect property and citizens once the flood hits — and we did that. So now here we are fighting to get this money back and not really having the success that we want."

Helgason said that the main sticking point is the boundary line project, which DFA refers to as a new drain. He said that the drain has been there since the '70s and that the work done



West Interlake Reeve
Randy Helgason

to it was to help better protect citizens east of Ashern and citizens downstream. Helgason added that there are other smaller projects that have gotten deferrals — partial funds received — and some that have been fully retrieved but there is still nearly \$3 million left hanging in limbo.

With the council currently working on a new budget, the added stress of having that money unaccounted for has become a burden according to Helgason.

"I think it's a burden — I mean, what direction do you go next? It takes up a lot of the meetings and I'm sure every councillor feels the burden, no matter which ward they're from," said Helgason.

Helgason said that things have improved slightly from last year and that there has been some progress but things are moving far slower than he would like.

Weekend storm causes poor driving conditions



EXPRESS PHOTO BY LANA MEIER

Mother Nature whipped up some inclement weather last weekend, creating poor driving conditions while reminding drivers to slow down. Even the ravens were having trouble flying along Highway 68 near Highway 8 Saturday afternoon.

Fisher Branch students experience rare curling opportunity

By Jeff Ward

Students from Fisher Branch Collegiate participated in a unique and exciting opportunity to curl with and learn from some of the most decorated professional curlers in Manitoba during a youth clinic last month.

The clinic, held on Feb. 27 at the Fisher Branch Curling Club, had 16 Grade 5-8 students participate in an intensive full day of curling. Students received their instruction from 2011 World Curling champion Reid Carruthers who has had five Brier appearances, 2013 CIS/CCA women's champion Krysten Karwacki and Curl Manitoba coach Blaine Malo.

Students learned beginner and advanced mechanics of the game and had lessons in pre-game stretching and the importance of exercise. The clinic was organized through a partnership between The Youth Curling Group of the Fisher Branch Curling Club and the Lakeshore Recreation Commission. The cost was \$10 per student and that included a lunch and six hours of curling instruction.

"It was one of our goals to make sure that it was as affordable as possible," said clinic organizer Lisa Mazur.

"We restarted our youth curling last year and we wanted to help put a charge into it. I've seen that many of the kids are really interested in the sport so I thought it would be a great idea to have a clinic here that we can put on for them."

Mazur said that the clinic is a great way to engage more youth in the sport of curling, but as a byproduct, it could also reinvigorate the game for Fisher Branch Curling Club, which has been struggling.

Students from the Collegiate were given hands on training in throwing, sliding and sweeping. There were many different stations on the ice for drills. Mazur said that students had a lot of fun and said she saw immediately how positive of an experience this was for them.

"With the clinic being such a success, I'm looking forward to doing another one next year and having more students involved. I think that once the word of mouth gets out, there will many more students want to take part next year. We're open to as many people as possible joining up next year," said Mazur, whose own kids also participated in the clinic.

The purchase of new brooms and equipment for the curl-



EXPRESS PHOTO BY LISA MAZUR

Fisher Branch Collegiate Grade 5-8 students took part in a full-day curling clinic at the local curling club on Feb. 27. Pictured front row, left to right: Troy Shergold, Olivia Mazur; middle row: Krysten Karwacki, Yvonne Weins, Emily Mazur, Alyssa Gard, Cassidy Webb; back row: Lauren Letexier, Alayna Kochan, Ben Grocholski, Jaypee Javier, Shayla White, Walker Lappage and Dawson Gard.

ing club was also made possible with the grant, which, Mazur said, was a very nice value added to the whole experience because much of their equipment was aging and needed replacement.



Mark Wafer is coming to Selkirk

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Mark Wafer is the owner of six Tim Hortons restaurants in Toronto. Over the past 20 years Mark and his wife Valarie have hired 127 people with disabilities to fill meaningful and competitively-paid positions in all areas of the operations, from entry-level to logistics, production, and management. They currently employ 46 people with disabilities in a workforce of 250.

Mark believes there is a clear business case for inclusive employment.

Mark is a member of the federal government's Panel on Labour Market Opportunities for Persons with Disabilities; co-founder of Canadian Business SenseAbility, Canada's national corporate strategy for hiring people with disabilities; a member of Ontario's Economic Development Partnership Council; and an inaugural member of Ontario's Champions League. He was recently inducted into the Canadian Disability Hall of Fame.

Mark is also a motorsports enthusiast, race car driver and amateur sports car champion

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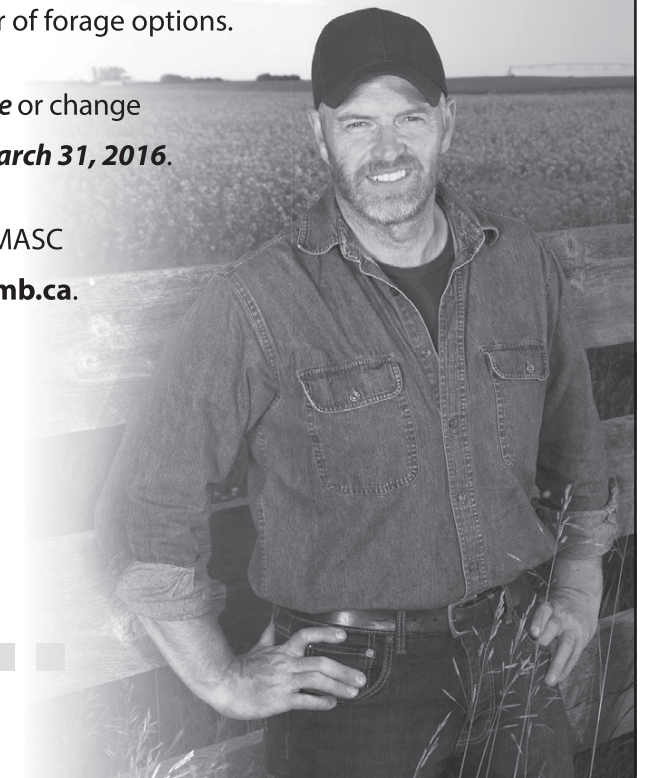
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Peguis man dies in Winnipeg after being assaulted

Staff

On Feb. 27, 2016, shortly before 3 a.m., emergency personnel were dispatched to the 800 block of Main St. in Winnipeg for the report of a male having been assaulted.

A 43-year-old male was located and transported to hospital in critical condition, suffering from injuries as the result of an apparent assault. He later succumbed to his injuries. The victim has been identified as Henry Kipling.

The investigation has revealed that the victim was assaulted twice within a short period of time by two separate individuals.

Initially, it's alleged that a female suspect and the victim became involved in a minor dispute while inside a nearby establishment. As a result,

the suspect was ejected from the business. A short time later, the female confronted the victim again outside the business and assaulted him further. The victim was assisted and the two went their separate ways.

Approximately 30 minutes later, the victim was assaulted and robbed while in the same area during a separate incident involving a male suspect. The investigation has revealed that Kipling was quietly waiting for a cab when he was attacked and robbed. He was incapacitated at the time due to the earlier assault. Kipling sustained further injuries and was eventually transported to hospital.

Jenna Rose Traverse, 23, was arrested on March 3, 2016, and charged with aggravated assault due to her alleged

involvement. She was remanded into custody.

A Canada-wide warrant for manslaughter was issued for the arrest of 23-year-old Travis Chief (a.k.a. Travis Guimond) as a result of the death of Henry Kipling.

On March 4, 2016, just before midnight, Travis Chief was located and arrested on the strength of the warrant in Waywayseecappo by members of the Dakota Ojibway Police Service.

Chief was turned over to members of the Winnipeg Police Service Homicide Unit without incident.

The Winnipeg Police Service thanks members of the Dakota Ojibway Police Service, the public and members of the media for their assistance.



Henry Kipling

Lundar principal rewarding students who have perfect attendance

By Jeff Ward

Lundar School principal Jane Dupre is challenging her entire student body to a month-long challenge for perfect attendance with the opportunity to win \$100.

Every March, schools in Manitoba participate in Perfect Attendance Month, a provincial initiative that began in 2013. At Lundar School, students are taking on the challenge with the hope of winning cash prizes,

funded from the profit of the school's canteen. Lundar School has approximately 140 students and many of them maintain nearly perfect attendance throughout the year, according to Dupre. A challenge like this celebrates that effort but also provides more incentive for other students to show up to class each day.

"The comparison I use is that we're expected to drive well, and if we do, we're rewarded with cheaper rates. I

think it's nice to be able to reward the students that are here all the time," said Dupre.

"When you miss a day, it's not an easy thing to just catch up the next day. Students never get the full impact of what they're learning unless they hear it directly from the teacher. And when students are behind, they're less likely to do well, which feeds into skipping more classes and it can spiral out of control."

Dupre said that she really cares about her students, as do all of her teachers and other staff. They want students in class every day, and Perfect Attendance Month is a good way to reward those that make the commitment and show up. Dupre also said that the challenge will not punish students who have an excused absence or missed school due to serious illness. Those students also have the opportunity to win prizes of \$20



Jane Dupre

and \$10, but only perfect attendance means a shot at the big prize.

Students from Lake Manitoba First Nation have a particularly rough commute to get to school each day, and their commitment is another thing that Dupre wants to recognize.

"Some of these students spend more than an hour on the bus. They're waking up at 7:30 a.m. or earlier to get here and learn, and that's a very long commute. It's not easy to make that every day," said Dupre.

There are 17 school days in March and, according to Dupre at the time of writing this article, there were only a few students who had missed a day of school.



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Thank You

The Arborg Ag society would like to send their thank-you's to all the MANY businesses, family, friends, and our members.

Your donations to our annual rodeo social on February 27th was very much appreciated! We would like to tip our hats to the band, Deuces Wild, which performed beyond expectations. Noventis, your generosity of your cheque donation will help cover some of the bleacher costs.

Last but not least, thank you to each and everyone of you who supported us at the social, as well as those who bought tickets but could not attend.

Breakfast with the Easter Bunny

By Jeff Ward

Next weekend will mark the 10-year anniversary of the Breakfast with the Easter Bunny fundraiser for the Eaglets Daycare.

Over the years, the fundraiser has helped provide new toys, activities and supplies for the daycare while also being a fun family event.

The fundraiser takes place next weekend on March 19 at the Eriksdale Recreation Centre. It costs \$6 for adults and \$3 for kids and includes pancakes, sausages and eggs. Photographer Haley Jensen will be on hand to take pictures with the Easter Bunny for \$5 each. There will also be a silent auction and a 50/50 draw. Tickets for the breakfast are not available in advance and admission is paid at the door.

According to daycare manager Natalie Sweetland, the funds raised this year will go towards local field trips for the children in the program.

"We've been talking recently about doing more local field trips, maybe to farms in the area when there are new calves or baby chicks — something that some of these kids maybe don't get the chance to do. We've been to the zoo and to the Children's Museum in



Eriksdale is hosting Breakfast with the Easter Bunny March 19.

Winnipeg before, but we feel it would be nice to do things in our backyard," said Sweetland.

She said last year's fundraiser pulled in approximately \$800, which helped buy new books and toys for the kids. Sweetland is always surprised at how supportive the community is when it comes to donating prizes for the silent auction. Local businesses and parents routinely donate prizes for the auction, and Sweetland said they're a big reason why the annual fundraiser is able to raise so much.

Interlake paramedics earn national recognition

By Jennifer McFee

Four Interlake paramedics have received national recognition for their excellence, courage and exceptional dedication.

Gov. Gen. David Johnston presented them with awards at a ceremony in Vancouver on Friday, March 4.

Donald Andruschak of Riverton and Wayne Kohinski of Selkirk both received the Emergency Medical Services Exemplary Service Medal with First Bar in recognition of 30 years of loyal and exemplary service to public safety in Canada.

Lorne Harley of Teulon and Rolland Fontaine of Selkirk both received the Emergency Medical Services Exemplary Service Medal in recognition of 20 years of loyal and exemplary service to public safety in Canada.

All four men are paramedics with the Interlake-Eastern Regional Health Authority. In total, more than 150 Canadians received the Governor General's Caring Canadian Award, an Exemplary Service Medal or a Meritorious Service Decoration.



EXPRESS PHOTO BY SGT RONALD DUCHESNE, RIDEAU HALL © OSGG, 2016

Donald Andruschak of Riverton received the Emergency Medical Services Exemplary Service Medal with First Bar in recognition of 30 years of loyal and exemplary service to public safety in Canada.

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Niki Ashton establishes presence on Peguis First Nation

By Patricia Barrett

As soon as Parliament adjourned last week, NDP MP Niki Ashton flew home to Manitoba to touch base with

constituents and band councils in the riding of Churchill-Keewatinook-Aski and to announce the opening of her constituency office.



EXPRESS PHOTOS BY PATRICIA BARRETT

Niki Ashton, NDP MP for Churchill-Keewatinook-Aski, has rented space in Peguis Mall and is in the process of renovating an office. Clif Evans, outreach and constituency contact, will be staffing the office while Ashton is in Ottawa.

With the assistance of her outreach and constituency contact Clif Evans, the MP rented space in Peguis Mall and plans to have the office up and running by April.

"I know there hasn't been an office ... in this area before," said the MP, speaking with radio manager and host Allan Churchill of Country Rock Radio in Peguis. "I feel very strongly about the need to service this area and make sure constituents here in Peguis, Fisher River and Jackhead have an opportunity to step into an office and get some help on key issues."

Ashton will be back in Ottawa when the office is launched, and she wanted to take the opportunity to let people know that it's another means by which they can contact her about issues affecting them and their region.

One of those issues is the Employment Insurance system. Ashton has been pressing the Liberals to reform the system, a system she said previous Liberal governments "pillaged" and made inaccessible to Canadians who paid into it.

Through various methods, such as increasing the numbers of working hours required to collect it, the "proportion of unemployed Canadians who received benefits was nearly cut in half between 1990 and 1997," said Ashton in the House of Commons on Feb 24. And the subsequent Conservative government created "even more barriers to accessing [EI]."

Today, fewer than four out of 10 Canadians have access to the system.

"It reverberates out to oil patch workers in the west," said Ashton, speaking with the *Express*.

The Alberta government is currently experiencing a sharp downturn in

the oil sector and has appealed to the government to modify the system.

"But the broader issue is that the Liberals campaigned on EI," said Ashton, "and there's no indication they will change it."

The MP said the accessibility rate is currently around 37 per cent.

"That's a system that is failing workers who pay into it."

Outside the Fisher River Band Office, a Lake Winnipeg commercial fisherman spoke with Evans about EI while Ashton was meeting with band council members.

The man, who works near Hecla, said he is worried about the government clawing back EI benefits paid to Fisher River's fishermen after hearing what happened at Norway House Cree Nation.

Fishers from Norway House said in February that Ottawa accused them of wrongly claiming benefits and cut them off.

Ashton, who is one of the vice-chairs of the Standing Committee on Human Resources, Skills and Social Development and the Status of Persons with Disabilities, said she put forward a motion last week that will see the committee study EI.

Ashton made several stops on her one-day tour of Fisher River and Peguis and was greeted warmly wherever she went.

"It's always good to go out and visit with the community," said Evans, former Interlake MLA (1990-1999). "Niki is so enthusiastic about coming out here and being with the people."

The MP spoke with constituents at Loretta Lynn's Restaurant in Fisher

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The changing role of pharmacists

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In a February 2015 report prepared for the Canadian Pharmacists Association (CPA), an online survey of Canadians showed that we are more likely to have a positive impression of pharmacists than of teachers, military officers and police officers. That information goes a long way in saying that we

put a lot of trust in our pharmacists every time we buy an over-the-counter product, get a prescription filled and get advice about chronic illness or medications.

In the past ten years, the scope of practice of pharmacists has expanded so they can do more for their patients as health-care providers and not just as prescription-fillers. In fact, 79 per cent of the respondents of the 2015 CPA survey agreed that "if pharmacists worked more closely with doctors it would reduce overall health-care costs... and patients' overall quality of life would improve."

During the month of March, ask your pharmacist which services he or she offers besides filling prescriptions. You may be surprised to learn that your pharmacy is almost a one-stop health shop.

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Planning stages for Métis Museum beginning in St. Laurent

By Jeff Ward

A proposed museum in St. Laurent that would showcase and honour the heritage and culture of the Métis people is entering the planning stages as council request a business proposal from three consulting firms.

The proposed museum would house many of the artifacts that are currently on display at the Smithsonian National Museum of the American Indian in Washington, D.C. A large bombardier returned to St. Laurent after rotating out of the exhibit during the summer last year and will be joined over the coming months by dozens of other artifacts as the Smithsonian exhibit closes down. Reeve Cheryl Smith said that it's important that these artifacts continue to tell the story of St. Laurent's culture and heritage — and that became one of the main reasons this museum was proposed.

"When you talk about history and this museum, the important thing is to maintain that heritage," said Smith.

"We want the museum to be highly interactive and have many programs that involve our elders, fishers, trappers and hunters who can tell visitors their stories. We want to be educating the youth that are coming up in future

years and let them know that there is a lot to be proud of here in St. Laurent."

Smith said that council will be sending out the tender to the three firms by the end of this month and that a deadline of June is likely for those firms to have their business plan in front on council. With whichever plan they choose, council will look for funding at the provincial and federal levels while also adding in capital from the RM. Smith said that St. Laurent needs to have skin in the game to help seek that next level of funding but that the investment will pay off in the long run.

"We work very hard as a council to try and bring some of that stability back to our community. We want people to feel that the community is becoming stronger, and when we put projects like this together, it can bring back that faith people had. People want to see economic development and big projects like this in the community because it gets others looking at us and wanting to invest," said Smith.

Smith said that the museum will be attached to the welcome centre because of its great accessibility and that



EXPRESS FILE PHOTO

This bombardier will be one of many cultural artifacts the museum will feature. Jacinthe Lambert (pictured) was a member of the committee that helped curate the artifacts currently on display at the Smithsonian.

it sits right in the centre of the community.

There are no firm deadlines for shovels to be in the ground, but given a good business plan and some luck

in finding funding, Smith said that it wouldn't be unreasonable to see construction start in spring of 2017.

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Gimli's Kiwanis Club and local schools 'bagging up'



EXPRESS PHOTO SUBMITTED

Winnipeg Beach School students Abby, Kailyn and Sean show off some of the bags collected thus far in the Bag It Up Challenge.

By Patricia Barrett

The Kiwanis Club of Gimli & District has recently teamed up with schools in the Evergreen School Division and Bag Up Manitoba/Take Pride Winnipeg to reduce the numbers of plastic bags going into landfill sites.

The Bag Up program challenges students to collect as many plastic bags as they can.

"The students will grow up with a greater understanding of how important today's small changes will impact the planet down the road," said Lt.-Gov. Terry Sekhon of the Kiwanis' Western Canada District, located in Gimli.

Students at Sigurbjorg Stefansson Early School and Dr. George Johnson Middle School in Gimli, along with students from Winnipeg Beach School, have "embraced" the initiative, said Sekhon.

He and fellow Kiwanian Wilma Palmer are spearheading the initiative.

The Take Pride program has been running since 2008. Elementary schools across the province have collected over seven million plastic bags that have been turned to good use. Items such as bird houses, benches, planter boxes and Frisbees have been made out of plastic bags, according to the Bag Up Manitoba/Take Pride Winnipeg website.

The David Suzuki Foundation said plastic bags harm the environment. It cited a University of British Columbia study that found 93 per cent of fulmars [seabirds related to the albatross] had "bellies full of plastic." Plastic, a petroleum product, has also been found in fish, turtles and hundreds of other marine species. Plastic bags take at least 1,000 years to break down.

Winnipeg Beach school principal Shawna Rudd said the school started collecting bags March 1 and plans to go beyond the usual two-month collection period.

"Why only do it for two months?" said Rudd. "Let's do it for a full year."

The school has set up two collection bins at the front door and another in the administrative office. Students are encouraged to bring in plastic bags from home.

"Once we get 1,000 bags, we'll call Kiwanis to pick them up," said Rudd.

Kiwanis will deliver the bags to a recycling depot in Winnipeg.

"I think the kids want to do it because it's a good thing to do," said Rudd. "They care about the environment."

Registration for the program is still open to other Gimli and area schools. For more information about the Bag Up program, visit www.takepride.mb.ca.

Get educated on lymphedema

By Jeff Ward

The Lymphedema Association of Manitoba (LAM) wants to get you educated on the chronic condition that affects the quality of life for approximately 140 million people worldwide.

Starting with a information session tomorrow, Friday, March 11 at the Ericksdale Wellness Centre from 10 a.m. until 2 p.m. and continuing with more events throughout the month, LAM hopes to educate as many as possible. Lymphedema is an illness that affects limbs by collecting lymph fluid, which causes swelling and redness in the limb. If left unchecked, the individual could run the risk of cellulitis, a serious bacterial infection.

"A few years ago, the province declared March 6 to be Lymphedema Awareness Day and we're planning a bunch of activities throughout the month to raise awareness. We want people to know that the association is here for awareness and support as

well," said chairperson of the association Isable Thorvardson, who suffers from the condition.

Lymphedema requires daily skin care and massaging of affected tissue to reduce swelling and encourage the movement of lymph fluid. Thorvardson said that it's important to make the distinction between disease and chronic condition. Lymphedema is a chronic condition with no cure and can either be inherited at birth or contracted due to blockages in the lymphatic system. Thorvardson said that lymphedema can also occur as a result of cancer treatment, which is how she contracted the condition.

There are currently no stats to know how prevalent the condition is within Manitoba.

For those interested in getting more information about lymphedema or any of the events happening this month, you can call Thorvardson directly at 204-762-5434.

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READY WHEN YOU ARE

Fisher council discusses infrastructure funding model

By Patricia Barrett

With the federal government's budget scheduled for release in a few weeks, Conservative MP James Bezan met with the RM Fisher during its regular council meeting March 2 to get a sense of what it would like to see in the budget and to discuss infrastructure funding.

Bezan is on a week-long parliamentary break, visiting some municipalities in the Selkirk-Interlake-Eastman riding and taking part in cultural events. Derek Johnson, MLA candidate for the Interlake riding, joined the MP on his tour.

"One thing I'm expecting to see in the budget is moving ahead with and enriching the Building Canada Fund," said Bezan, who is serving his fifth consecutive term as MP. "And, of course, I want to promote our riding and our municipalities, so I wanted to see if you have anything in the works."

Deputy Reeve Boyd Abas, who chaired the meeting in Reeve Shannon Pyziak's absence, asked about infrastructure funding for a sewage treatment plant to replace Fisher Branch's lagoon.

"I know there's funding available," said Abas. "It's pretty huge dollars to do such a thing."

Currently, federal, provincial and municipal governments share the cost of municipal infrastructure

projects, and Bezan sees no change to that model.

"I believe we'll probably still see the funding commitments at a third, a third, a third," said Bezan.

Abas said the RM has lobbied for a different funding model, one that is based on the ability of an RM to raise capital for infrastructure projects. Some municipalities have "stagnant growth in terms of the taxes they can raise" and are in need of a higher split.

"I've had some municipalities suggest that," said Bezan, "but — and this is the problem — if they do it for small municipalities, why don't they do it for big municipalities?"

"There are ways, I would think, of doing it," said Abas. "There are municipalities that are very small that are very wealthy ... it's up to [us] to ask for these changes."

Bezan said he has concerns asking for such a change because "the priority of the current government is on investing in urban infrastructure." Projects such as urban transit and sewer and water in the city would probably take priority over investment in smaller communities.



EXPRESS PHOTO BY PATRICIA BARRETT
Selkirk-Interlake-Eastman MP James Bezan discussed infrastructure cost-sharing with the RM Fisher during his visit March 2.

Continued on page 19

> ASHTON, FROM PG. 12

River and bumped into Rozanne Imhah, chairperson of La Via Campesina International Peasant's Movement, and Tracy Wevursky, co-manager of the Fisher Branch Funeral Home, who were there for lunch.

She also chatted with constituents at the Peguis Mall before meeting with a band councillor and taking part in Churchill's radio show.

Ashton represents over 30 First Nation communities across Manitoba's north and the northern Interlake region.

Ashton told Churchill and his listeners that the provincial NDP has worked hard to invest in the region.

"I just saw a big poster on the UCN [University College of the North] educational assistance program — that's provincially funded. And the commitment to the trade schools — that is a provincial commitment, and the kind of work we've seen in terms of infrastructure, the highway work that has been done."

The MP said it is time for the federal government to step in.

"I have to say that we need to start seeing the money allocated," said Ashton, who has won three consecutive elections. "We know there are fundamental issues of underfunding on First Nations in terms of education, the two per cent cap [on annual funding increases for First Nation's programs], health care and housing."

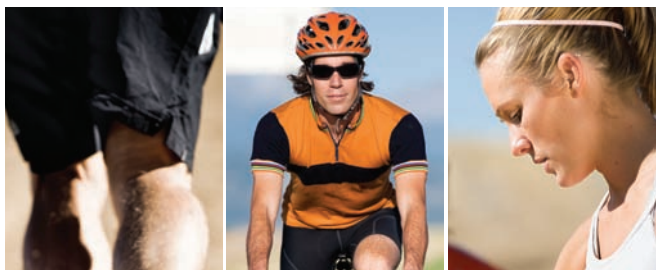
Ashton said she's concerned about

whether that funding will be addressed in the Liberal budget scheduled for release March 22.

Ashton's new office is located in Band Office B in the Peguis Mall. It is currently being renovated and is scheduled to open in April.

For more information, contact Ashton's Ottawa office at 613-992-3018 or email niki.ashton@parl.gc.ca.

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> YOUR FARM

Report outlines how to improve our transport systems

By Harry Siemens

Ever since the beginning of transportation systems, governments keep trying to make them more efficient.

David Emerson, a former Harper cabinet minister, had the task of heading up the latest review of our nation's transport systems.

The report, *Pathways: Connecting Canada's Transportation System to the World*, is the product of a review of the Canadian transportation system and the legal and regulatory frameworks which govern it, including the Canada Transportation Act.

Emerson held consultations and received advice from a broad range of transportation interests, other governments, experts, and members of the public.

"A recurring theme in the report is the inseparable relationship between Canada's international trade performance and the quality of the transportation and logistics systems," he says. "As a small, geographically dispersed trading economy, access

to a globally competitive transportation system is vital to the prosperity of the country, the competitiveness of industry, the sustainability of communities and the ease with which Canadians can travel."

Emerson says the advent of globalization has fundamentally altered the nature of industry and the evolving role of transportation and logistics in achieving competitive success. Not surprisingly, governments must also adapt policy and regulatory approaches to secure the competitive position of the country.

"The report makes significant recommendations on government decision-making and regulatory frameworks to reflect best practices in other jurisdictions," says Emerson. "A swath of specific recommendations deal with the transport of grain, Canada's trade gateways and corridors, the north, climate change, technology and innovation, accessibility, as well as recommendations relating to each major mode of transport."

In his 268-page report, tabled in the House of Commons on March

3, Emerson says Western Canada's grain transportation system needs to evolve "to a more commercially grounded framework."

That modernization, he said, should include major reforms, leading to the elimination of the Maximum Revenue Entitlement (MRE), which limits the amount of income Canada's two class one railways (Canadian National and Canadian Pacific) can earn shipping regulated prairie grain.

Producer organizations who depend so heavily on this mode of transportation for moving grain were quick to respond to the report's recommendations.

The Western Canadian Wheat Growers Association says the report includes several positive ideas, but misses on certain key issues on enhancing greater competition and service in rail shipping.

"Farmers have seen it very clearly for some time that major changes are needed in railway service for shippers, and it's good to see some of it recognized in the Emerson review" says Jeff Prosko, who chairs the association's transportation committee. "As we said in our submission to the review, 'farmers end up shouldering the cost of system failures,' and this has to change."

Prosko says farmers produce and export tens of millions of tonnes—and billions of dollars—in wheat and other grains from western Canada every year. Improved rail service for grain shippers is paramount to getting the grain to customers here at home and abroad, including to key

markets in Asia.

"We encourage the government to accept and implement the key recommendations on railway service, some of which would help create a more competitive market and incent greater investment in the grain industry," said Prosko. "However, grain growers also need to see much greater competition and increased capacity among the railways—we can't keep losing customers and valuable export markets due to system failures."

On the other hand, the Wheat Growers like the idea of modernizing the MRE program, improving level of service provisions (including for producer car shippers), performance standards, reciprocity, and creation of a dispute resolution unit within the Canadian Transportation Agency to address level of service issues and complaints.

The Wheat Growers believe some form of rate regulation around the MRE will likely still be necessary in seven years, given the lack of competition among railways and the lack of alternative market channels for large segments of the prairie farm economy.

Increased competition among railways, as well as expansion in the livestock and processing sectors, is essential before any real discussion takes place of the MRE being done away with completely.

"Further, the extended interswitching provision of 160 km should not automatically sunset this summer, as that will reduce competition rather than expand it," says Prosko.

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Your Wedding



Five tips for finding the perfect wedding dress



As the bride, you will be the focus of everyone's attention on your big day, including all the guests as well as your beloved, of course. But in order to be the most beautiful woman in the room, the star of the celebrations must choose her dress carefully. Here are a few tips to help you.

1. Think before you shop. It's exhausting trying on dozens of dresses at random in the hopes of finding

the perfect one. Before going shopping, be sure to browse some magazines and search the Internet to narrow down the styles you prefer.

2. Shop well in advance. Most people get married in the summer, so dressmakers' agendas soon fill up and the prettiest dresses fly off the racks quickly. Make sure you plan enough time for the fittings.

3. Choose carefully who you shop with. Don't shop with a crowd of

friends who will confuse you with all their comments and diverging opinions. Choose one or two people who know you well and who have good taste. You'll want them to be able to give you some honest feedback.

4. Choose a dress that you like. Your dress should make you feel good and allow you to be yourself. You also want to be comfortable walking up the aisle and dancing. Naturally, you'll also want to choose a model that flatters your figure.

5. Bear in mind the general atmosphere. Your outfit should harmonize with the wedding theme and the reception hall. For instance, a formal sequined dress is not really appropriate for a country setting.



One last tip: decide how much you want to spend on your dress before you begin your search. That way you

won't ruin your whole wedding budget by splurging on an expensive dress.



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Weighing in on the Interlake: Interview with Premier Selinger, Part 4

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 4 of this multi-part series, the premier weighs in on the lack of or non-existent mobile communications in some parts of the Interlake.

Mobile and Internet communications in the RM Fisher has been an ongoing issue for several years. Service is either poor, fleeting or non-existent in towns and surrounding areas.

Even though there are communications towers in or near a number of communities, they don't seem to transmit enough power to provide a signal, something the RM Fisher's reeve noted.

That affects the willingness of businesses to move into the area, according to council.

Many residents pay for two phone lines: a land line and a cell phone for travel into areas that have sufficient mobile coverage, such as Arborg.

The premier said the government is committed to finding solutions in the Interlake as well as in other rural regions of the province.

He said part of the problem stems from the 1996 privatization of Manitoba Telephone System, which was once

a Crown corporation.

"We are going to be working with MTS and Hydro and local leadership to find ways to improve local service," said the premier. "We think it's essential. And, of course, it's harder to do because the Conservatives privatized the telephone system."

The government can't force a private company to provide towers and cell access to areas in which the population is either small or spread out.

"If it was a Crown corporation ... we might be able to do those kinds of things — expand service into areas and have everybody pay similar rates," he said.

He is, however, optimistic that a solution can be found through partnership with Manitoba Hydro, which is a Crown corporation.

"The new CEO of Hydro, Kelvin Sheppard, just came over from MTS, so he has a good understanding of what the options are [and] what the constraints are," said Selinger.

The government has been working with Hydro to lay communications cables and "leverage our existing infrastructure."

"Hydro ... as they're doing all their transmissions projects ... are putting more dark fibre in everywhere with extra capacity."

Dark fibre is cabling used for wireless communications and refers to transmission infrastructure not owned or controlled by communications companies.

And where towers already exist, the premier said Hydro will make use of them.

"They always build extra capacity,



EXPRESS PHOTO BY PATRICIA BARRETT

Communications tower in Fisher Branch.

and when they have existing towers, sometimes it's easier [to] use [them] ... it can make it cheaper."

There may be things municipalities themselves can do to persuade MTS or other telephone companies to provide access, he said. One is to build a business case for service.

"We need cell phone and wireless for health regions, emergency [services] and schools — those kinds of things," said the premier. "So if we can bring everybody together at the local level and identify where the needs are, we can sometimes make a business case for additional capacity to allow for private cell phone coverage. A local provider could come in and provide for some of that."

The premier said he knows there are some Manitoba companies willing to provide service if they see a solid business case for it.

Just how soon rural municipalities might see cell and Internet service is unknown, but Selinger said he wants "to move on it."

"We are looking at it," he said. "And we are in the process of renewing our FleetNet system ... which is our emergency communications systems. Now that's limited to emergency responders, but we're in the process of renewing ... and upgrading that."

In next week's issue, the premier weighs in on public transportation in the Interlake.

> FISHER COUNCIL, FROM PG. 15

"I want to take the path of least resistance so we can get funding into our rural municipalities."

Bezan said the Liberals, under former Finance Minister Paul Martin and PM Jean Chretien [1990s and early 2000s], focused on urban infrastructure.

"They gave the City of Winnipeg an extra 10 per cent in infrastructure dollars ... there was a 20 per cent gap between what the City of Winnipeg got versus what we got in rural [areas]. So I fear that's going to happen again."

Bezan said what's needed is a strong argument for investment in rural communities.

"Infrastructure out here is just as important — maybe more important — than it is in the city," he said.

"That's why this budget is going to be so important — to see what's going to come out of it."

Abas said the province's next government might have to "step up to the plate" as well when it comes to funding, but also made the point that the federal government is a partner in the equation.

"The funds that flow between provincial and federal governments are negotiated and legislated," said Abas, "and that's where, if you're fighting for your home turf, you'd feel like you're a provincial MLA."

"No crossing lanes," laughed Bezan.

Coun. Clint Webb addressed the issue of funding for recreational infrastructure. The cost of insurance is "terribly high" and "it's going to close us down."

Bezan said in the past there has been federal funding and that he's hoping to see the Canada 150 Fund expanded by the Liberals.

"I've been a big advocate to make sure those programs stay in place because I know how difficult it is to maintain that infrastructure," Bezan said.

Other council briefs:

The RM's website is still offline. Council said the reeve is in the process of speaking with a web developer/designer to have the site restored.

Council discussed a request to have a beaver dam removed. There had been concern from some farmers about water spilling onto their land if the dam was removed, but the RM has determined that there's a small amount of water that should not result in flooding.

Deputy Reeve Abas said council will contact both Conservation and

Water Stewardship and the landowners to advise them of the dam's removal and then have a trapper confirm there are no beavers at the site before the dam is removed.

Council awarded a tender [amount unspecified] to Fort Distributors for dust control and provided \$400 to the Fisherton Horse Club for its annual rodeo on July 30 and 31.

Council approved payment for a safety inspection of one fire truck. In 2015, the province had made changes to the way large vehicle inspections are carried out. Tires and drums now have to be removed, entailing several hours of work and a bigger bill. The RM saw a 114 per cent increase in cost. The RM did not provide cost specifics.

Council held an in-camera meeting regarding utility billing at new 55-plus housing development in Fisher Branch.

Brandon University salutes outstanding female students

Submitted

In recognition of International Women's Day, Brandon University (BU) is spending the week saluting some of its outstanding female students.

Members of BU's faculty and staff were asked to nominate students who have excelled in their studies and provided meaningful contributions to the community. Based on the nominations, 15 female students are being profiled at brandonu.ca/womens-week/.

"Women across the world are being honoured this week for their contributions to the lives of others — male and female — by taking down barriers and opening opportunities," said Kathleen Nichol, a member of BU's Status of Women Review Committee and an instructor in the Faculty of Science. "This is our way of celebrating the efforts of some of BU's outstanding women, who are inspiring us all with their intelligence and commitment to the community."

This year's honourees are Morgan Campbell, Monica Carranza, Julia Cullen, Brooke Drummond, Louise Ferguson, Betty Anne Girard, Andrea Grove, Blythe Heywood, Donata Huebert, Kylee Lewis, Jenna Noordenbos, Woo (Claire) Son, Sheyenne Spence, Jill Vanderheiden and Shaylyn White.

Ashern's Jenna Noordenbos is pursuing a four-year Bachelor of Science with Honours at Brandon University with a chemistry major and biology minor.

When asked what accomplishments she is most proud of, Jenna replied that her increased autonomy, application of prior knowledge, and contri-

bution to the scientific community in her honours research have made her year at Brandon University the most academically rewarding.

Furthermore, to be the recipient of the Dr. Bruce and Mrs. Jane Forrest Scholarship for Fourth Year Major/Honours in Chemistry is a true honour, as it acknowledges her dedication to the pursuit of knowledge. She is not only proud of her academic accomplishments but also her athletic and volunteer work. She began running and, after a year, won second place in a half-marathon, proving to herself that hard work and dedication pay off.

Volunteering to accomplish something greater than oneself has also been a fun and enriching experience. This past summer, going to Haiti gave Jenna an opportunity to experience the world in a new way by experiencing their culture and language. Being elected as president of Brandon University Varsity Christian Fellowship and working at camps provided her opportunities to exercise and strengthen her leadership abilities.

This year, Jenna is proud to say that she is the president of a new organization, Illuminate, and has continued the role of a Sunday School teacher where she can be a positive role model to children.

Jenna was born and raised in the small town of Ashern with her three siblings, parents and more than enough pets. Her hobbies now and activities she enjoyed growing up include horseback riding, cooking/baking, photography and spending time with family and friends. Ever since Jenna was young, her dream has al-

ways been to become a veterinarian, and after graduating high school, she immediately attended Brandon University.

Prior to university, Jenna told herself she would never do chemistry as a major nor did she even consider doing an honours thesis. Her mind was set on pursuing a biology major and then heading off to vet school.

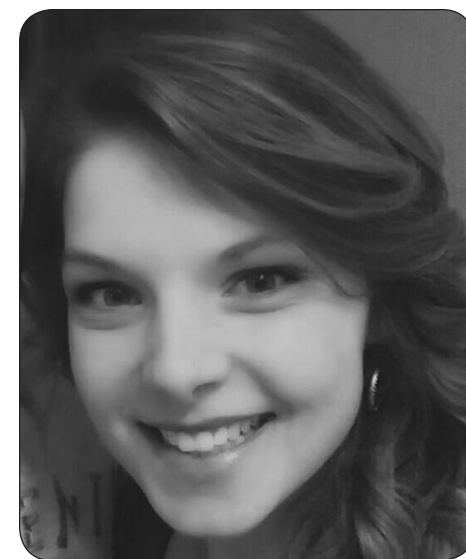
However, after the first month in, Jenna declared a chemistry major, and after three years, she decided to do research. She enjoyed what the world of chemistry had to offer, and the more she learned about it and its application, the more she loved it. The chemistry department faculty greatly impacted Jenna's academic decisions with their support and encouragement.

Jenna's philosophy in life is faith, academics and health, and she believes them to be an important aspect of a well balanced life, along with family and friends. Each day, she strives to make herself a better person than the day before while showing love and kindness to others along the way.

After becoming a doctor in veterinary medicine, Jenna hopes to one day own her own vet clinic. She plans to start a family and travel when she can so that she gets to enjoy some of the many wonders that the world has to offer.

Nominator's comments:

We (the Chemistry Department) would like to nominate Jenna Noordenbos as an Exceptional Female Student in celebration of International Women's Day. Over the past two years Jenna has maintained a GPA above



Jenna Noordenbos

4.00, and has been heavily involved with tutoring and serving as a teaching assistant, in community involvement, and with participation in University clubs. Within our Department Jenna is well respected by her peers and frequently called upon to provide guidance and leadership. As a current 4th year Honour's student, Jenna is conducting fundamental research to better understand the mechanisms of cell death in brain cancer cells. Her efforts in this area of study will undoubtedly lead to her first authorship in a peer-reviewed journal. In this regard, Jenna has excelled in her academic studies, research and service. In addition to these attributes, Jenna has a very strong moral compass and continues to recognize her family as her inspiration and motivation. With much excitement, we feel Jenna is on a steep upward trajectory, and deserving of this recognition.

Gimli students win Red Cross Pink Day Film award

By Patricia Barrett

Two Gimli High School students won an award from the Canadian Red Cross for a film they produced in a digital storytelling class.

Grade 9 students Matthew Lake (executive director) and Zach Weidl (co-executive director) put together a compelling video about bullying and its devastating effects on victims.

They entered it into a Pink Day Film Festival contest hosted by the Red Cross in which students from across the province were invited to submit a video about respect, preventing bullying or promoting positive relationships.

"They chose the bullying topic because it is very pertinent to all young people since Amanda Todd's suicide," said their teacher Anders Kuusselka, referring to a 15-year-old student

from B.C. who had been sexually exploited online and then bullied by school classmates.

Kuusselka teaches digital storytelling at Gimli High School.

The short film begins with a student telling her diary that she experiences bullying every day and that nobody is helping her. It progresses to a suicide attempt. The two filmmakers recruited acting volunteers from Dr. George Johnson Middle School — including principal Jim Gibbs — and worked with them over lunch hours. They edited the footage during their digital storytelling class, said Kuusselka.

They also integrated footage from the Manitoba Paramedic's Association and used the song Cold by Jorge Mendez as part of the soundtrack.

To view the video, visit <https://red-cross-1.wistia.com/medias/jq9wjzdlx>



EXPRESS PHOTO COURTESY OF ANDERS KUUSSELKA

Anders Kuusselka, media teacher at Gimli High School, with Grade 9 students Matthew Lake and Zach Weidl.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wolves ousted from senior hockey league playoffs

By Brian Bowman

At the beginning of the season, the Gimli Wolves had visions of competing for a senior provincial title in April.

Instead, they were quickly dispatched in the first round of the Manitoba Senior Hockey League playoffs last Friday.

Gimli was swept in four games in their best-of-seven semifinal series against the Lac du Bonnet Blues. Lac du Bonnet won Game 4 by a 5-0 score in Gimli.

Ryan Kindret, Cody Einarson and Brent Wold scored for the Blues in the opening period and then Einarson tallied again in the second.

Steve Obelnicki closed out the game's scoring in the third.

The Blues took a 3-0 series lead after a 7-4 road victory March 2 in Gimli.

Lac du Bonnet built a 3-0 lead just 7:24 into the game but Gimli settled down and tied the score at 3-3 by the 16:06 mark of the second period.

The Blues then broke the game open with four of the game's next five goals.

Presley Kirkness led Lac du Bonnet with three goals while Corey Courchene had two goals and two assists. Myles Stevens also had a big game with a goal and four helpers.

Einarson chipped in with a goal and an assist.

Chris de la Lande paced Gimli with two goals and two assists while Derek Gagne and Brock Genyk added second-period goals.

The Blues will now battle the Stonewall Flyers in the best-of-seven final.



EXPRESS PHOTO BY LANA MEIER

The Wolves' Chris de la Lande scored twice and added two assists for Gimli in their 7-4 loss to the Blues on March 2. Lac du Bonnet swept Gimli in four games in the best-of-seven semifinal series.

Lakeside girls win bronze



EXPRESS PHOTO BY TARA LAW

The Lakeside PeeWee girls' hockey team defeated Hamiota 4-2 to win provincial bronze medals last weekend in Manitou. Lakeside beat Deloraine 7-1 and Neepawa 2-0 and then lost 4-3 to Holland in the semifinals. Pictured back row, left to right: Tori Goodman (coach), Shyanne Chartrand, Ashley Meisner, Paige Law, Keely Emms-Finnsson, Hannah Lussier, Kenady Christensen, Emma Pool, Rayna Gleich, Blair Pool (coach); front row: Caitlin Combot, Kylee Emms-Finnsson, Alexis Magnusson, Ava Pool, Izzy Roux, Mikayla Goodman.

Loewen scores on national T.V. for Blazers

By Brian Bowman

With a national T.V. audience watching on Sportsnet, Jermaine Loewen opened the game's scoring Friday evening against a very good Kelowna Rockets' team.

Loewen needed just two minutes and 25 seconds to give Kamloops a quick 1-0 lead in a game that the Blazers won 3-2.

The former Interlake Lightning power-forward from Arborg picked up a loose puck in the neutral zone, raced down the left side, and wired a hard wrist shot that cleanly beat Rockets' goaltender Michael Herringer.

Loewen had eight goals and 14 points heading into this past Tuesday's road game against the Tri-City Americans.

Friday's victory marked the Blazers first win over the Rockets since March 13th, 2015, ending a span of six straight losses to their B.C. Division rival.

Kamloops again defeated Kelowna by an identical 3-2 score Saturday. Loewen didn't notch a point but he did get into a third-period fight with the Rockets' Tanner Wishnowski.

Loewen now has 78 penalty minutes on the season.



Jermaine Loewen

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Canada 2-2 at the 2016 World Junior Curling Championships

Staff

Canada's Matt Dunstone was 2-2 after four draws at the 2016 World Junior Curling Championships in Taarnby, Denmark.

On Tuesday morning, Dunstone lost 7-5 to Switzerland's Yannick Schwaller – giving up five in the eighth end.

On Monday evening, Scotland's Bruce Mouat stole three in the final end when Dunstone's final draw slid too far to pull out a 10-7 win.

Dunstone and his Winnipeg squad of third Colton Lott (from Sandy Hook), second (and vice-skip) Kyle Doering, lead Rob Gordon, and alternate Wade Ford, earlier defeated Sweden 5-4 in 10 ends.

Dunstone opened play Sunday with a convincing 8-2 win over the U.S. Canada scored a deuce in the first and third ends and then ended the game with a steal of four in the sixth.

Event information, including news and live scoring, are available at the event website, www.worldcurling.org/wjcc2016

As well, selected games will be streamed live on the World Curling Federation's Youtube channel, www.youtube.com/WorldCurlingTV.



EXPRESS PHOTO COURTESY OF CURL CANADA

Sandy Hook's Colton Lott gets low on a shot at the World Junior Curling Championships in Taarnby, Denmark.

Peguis Juniors advance to North Division final

Lundar loses its semifinal series to St. Malo

By Brian Bowman

The Peguis Juniors have punched their ticket to the Keystone Junior Hockey League's North Division final.

Peguis made quick work of the Norway House North Stars, sweeping their best-of-five semifinal series after a 10-1 win last Friday.

Tyler Woodhouse paced Peguis with three goals and two assists while Keesin Richard scored three times and had an assist.

Montana Tanner, Donovan Tanner, Harold Linklater and Ian Sutherland added singles.

Corbin Tait scored a second-period goal for Norway House. Keifer Tacan made 26 saves for the win.

The Juniors outscored the North Stars 37-6 in the three games.

Peguis will now face the OCN Storm in the division final (the series schedule had not been released at press time). OCN defeated Cross Lake three games to one in their best-of-five semifinal series.

The Lundar Falcons, meanwhile,

were eliminated from the KJHL play-offs on Sunday after a 5-2 loss to the St. Malo Warriors in Game 5 of their best-of-five South Division semifinal series.

St. Malo took a 3-0 first-period lead on goals by Jared Magne, Chase Fincaryk and Ben Olson. Fincaryk and Olson's goals came while the Warriors enjoyed the man advantage.

Bryce Horning scored a power-play goal for Lundar with 6:13 left in the opening period but Robert Guimond gave St. Malo a 4-1 lead with a second-period goal.

Lundar's Jason Nikkel scored a shorthanded goal in the third but then St. Malo's Nolan McElroy iced the win with an empty-net goal with 1:32 remaining in the third.

Lundar staved off elimination in the series with an impressive 2-0 shutout victory in Game 4 Saturday evening.

Brenden Carlson scored a second-period goal for Lundar and then Bryden Turner tallied in the third.

Nick Lewis was very good in goal,

making 33 saves for the shutout.

In Game 3 of the series last Friday, St. Malo won 6-5 in overtime as Brady Allan scored the game winner. The Warriors' Jonathan Kostek had tied the score at 5-5 with 5:27 left in the third period.

Lundar took an early 2-0 lead on goals by Turner and Brandon Worthing. But St. Malo came right back with three goals before the opening period ended.

Bryden Johnson, Magne and Riley

Hunter scored to give St. Malo a 3-2 lead before Lundar's Landen Grey and Magne (shorthanded) traded goals in the second period.

Lundar then took a 5-4 lead with third-period goals by Trent Laycock and Turner.

With the series win, St. Malo advances to the KJHL South Division final against the Selkirk Fishermen. Game 1 of that series started Tuesday but no score was available at press time.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Play-off standings							
Swan Valley Stampede	1	1	0	0	2	4	3
Selkirk Steelers	1	1	0	0	2	6	5
Dauphin Kings	1	0	0	1	1	5	6
Waywayseecappo							
Wolverines	1	0	1	0	0	3	4
Neepawa Natives	0	0	0	0	0	0	0
OCN Blizzard	0	0	0	0	0	0	0
Portage Terriers	0	0	0	0	0	0	0
Steinbach Pistons	0	0	0	0	0	0	0
Virden Oil Capitals	0	0	0	0	0	0	0
Winkler Flyers	0	0	0	0	0	0	0
Winnipeg Blues	0	0	0	0	0	0	0

KEYSTONE HOCKEY LEAGUE							
South Division							
Selkirk Fishermen will play St. Malo in league semi-final							
Selkirk Fishermen win series against Arborg Ice Dawgs							
St. Malo Warriors win series against Lundar Falcons							
North Division							
Peguis Juniors will play OCN Storm in league semi-final							
Peguis Juniors win series against Norway House North Stars							
OCN Storm win series against Cross Lake Islanders							
AAA BANTAM HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Pembina Valley PV Hawks	3	2	1	0	4	9	9
Interlake Lightning	2	1	1	0	2	6	5
Parkland Rangers	2	1	1	0	2	5	6
Southwest Cougars	3	1	2	0	2	9	9

STATS AS OF TUESDAY, Mar. 8

Gimli Lakers to host JV basketball provincials

By Brian Bowman

Hard work and dedication will often take athletes a long way in their respective sport.

In this case case, it has taken a team to the MHSAA Junior Varsity "A/AA" Basketball Provincial Championships.

Already guaranteed a spot as a host team, the Gimli Lakers JV boys' squad earned their place at provincials with a dominating 71-27 win over Immanuel Christian in an interzone playoff March 3 in Stonewall.

Eric Petrowski scored 21 points to lead the Lakers while Owen Roberts had 14.

In a Zone 5 final on March 1, Gimli cruised to a 76-44 victory over the Warren Collegiate Wildcats.

"Our guys played super well," said Lakers' head coach Ian Tarnowski, in his fourth season with the team. "We played very strong defence...and our offence was clicking pretty good."

Offensively, Gimli did a real good making their shots from a variety of spots on the floor. The Lakers also did a real good job inside creating offence.

"We contained the boards very well," Tarnowski said.

The win over Warren was Gimli's fifth consecutive Zone 5 junior varsity

boys' basketball championship. That success hasn't come by accident.

The Lakers have been both consistent – and humble – over the years, said Tarnowski.

"They have to work hard in the gym at practices," Tarnowski stressed. "If they don't work hard in practices, then you don't succeed on the floor. Our mantra, which is all over our shirts, is 'Success isn't given – it's earned.'"

The Lakers, 21-4 on the season, don't have a lot of height, but they do have plenty of quickness. They also possess plenty of determination on the court.

Gimli, ranked No. 3 for the provincials, will begin play Friday against No. 6 Treherne. Tip-off is 1:30 p.m.

"Our expectations are to be in the final," Tarnowski said confidently. "We should actually be ranked No. 2 and should be in the final against (No. 1) Niverville on Saturday night."

Eight teams on both the boys' and girls' side will be in Gimli this weekend, with action beginning Friday and wrapping up Saturday.

The Lakers will also have a team on the girls' side as a host squad. Gimli, also ranked third at provincials, will play No. 6 Shevchenko on Friday at 9 a.m.



EXPRESS PHOTOS BY JO-ANNE PROCTER

Left photo, Eric Petrowski (10) scored 21 points for Gimli while teammate Owen Roberts (33), scored 14 points in their team's 71-27 victory over Immanuel Christian to win the interzone playoff match last Thursday in Stonewall. The Lakers will host the "A/AA" junior varsity boys' and girls' provincials this Friday and Saturday.



EXPRESS PHOTO SUBMITTED BY IAN TARNOWSKI

The Gimli Lakers Zone 5 junior varsity boys' basketball champs, pictured back row, left to right: Ryan Crave, Stefan Peiluck, Jacob Zazulinski, Tyler Olivier, Owen Roberts, Kalli Einarson; front row, Ian Tarnowski (coach), Evan Thorkelson, Eric Petrowski, Aaron Dryburgh, Zach Sieradzki, Brady Jonasson, Jaxson Groot, Janelle Hiebert (coach).



EXPRESS PHOTO BY LANA MEIER

Arborg's Jillian Sigurdson, who plays with the Stonewall Blues, wins the face-off during a 3-2 come-back win over the Twins in Winnipeg Female Hockey "AA" Midget playoff action last Friday. The two teams tied the first game 0-0, with the Blues winning their next two in the best-of-three series to advance to the semi final round against the Saints. The Blues lost their first game 3-0 to the Saints on Monday and now play Games 2 and 3 on March 10 and 12. If necessary Games 4 and 5 will be played on March 13 and 16.

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Evergreen Foundation Of Manitoba Inc. Hall of Fame Award Nominations

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

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

DEADLINE FOR APPLICATIONS: March 18, 2016

Please forward applications to:

The Evergreen Foundation of Manitoba Inc.
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UPCOMING EVENTS

The 20th Annual Manitoba Baseball Hall of Fame & Museum Induction Dinner will be held in Morden on June 4, 2016. Tickets may be obtained by contacting Jack Hrehirchuk at 204-638-6923/204-648-6395 or jhrehirchuk@wcgwave.ca, David Olsen at 204-284-8728 or dholsen@mymts.net, or Joe Wiwchar at 204-822-4636 or mabbhof@mymts.net. Deadline for ticket sales is May 15, 2016.



Faroex, located in Gimli, Manitoba, is a manufacturer of plastic and composite products for the Agriculture, Alternative Energy, and Mass Transportation markets.

We are currently seeking to fill the following two positions:

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- Proficiency using computers & Microsoft Office programs
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- Strong verbal and written communication skills (in English) and the ability to work effectively with customers, vendors, and various personnel throughout the organization
- Composites or plastics manufacturing experience a definite asset
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ENGAGEMENT



The families of Jena Gulay and Brett Olafson are thrilled to announce their engagement. A Bridal Shower/Social will be held in their honor on Saturday, March 19, 2016 at Arborg Community Centre Shower: 1:00 - 3:00 p.m. (Come and Go, unwrapped gifts please) Social: 8:00 pm Registered at Arborg Home Hardware, The Bay, Home Outfitters and Sears

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In loving memory of our dear sister and aunt, Barbara, who passed away March 7, 1990
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From here to Heaven above;
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OBITUARY

Margret Elva Thorun Eldjarnson (nee Arnason)

Peacefully with her loving family by her side, Mom/Amma/Lang Amma, Margret passed away on February 22, 2016 at the Gimli Community Health Center.

Margret was predeceased by her loving husband, Vic; parents, Magnus and Guðrun; brothers, Kris and Steve; sisters, Lilja, Bara Thorsteinson, and Lara Stokell; son-in-law Terry Smith and great granddaughter Fijona Robak.

She leaves to cherish her memory sons, Dennis and Robert (Michelle); daughter Elva Smith (Dean Woolley); grandchildren Trish (Curtis Grant) and JD, Shaylin and Elora, Inga (Darryl Robak), Stefan (Melany), and Kristjan (Jodi); great-grandchildren Madison and Colby, Joshua, Leif and Freyja, Taylor and Brooklyn. She also leaves to mourn her sister Eileen Wilbur, numerous nieces, nephews, cousin and friends.

Mom was born in Riverton on June 19, 1925 and then moved to Gimli, where she attended school and met the love of her life, Vic. They moved to Winnipeg where mom worked for many years at Eatons. Mom and Dad retired in Gimli. After Dad's passing, Mom lived with her daughter Elva and family for many special years. Mom spent her remaining years at the Waterfront, where she made many special friendships.

Mom was better known as Amma to all. She has a special charm, humour and beauty that everyone loved. She was young at heart and made everyone she met feel loved and special. She had a beautiful smile, twinkle in her eye and contagious laugh.

Mom enjoyed cheering for the Blue Bombers and a Crown Royal, but most of all she loved her family.

We would like to thank the Arborg Hospital and Gimli Community Health Centre staff for the wonderful care they gave mom.

At mom's request, there will be no service. Cremation has taken place and burial will be done at a later date.

Thank you to Gilbert Funeral Home for the arrangements.

We will always remember and love you. Thank you for the love and memories. "You're so good to me Henry"

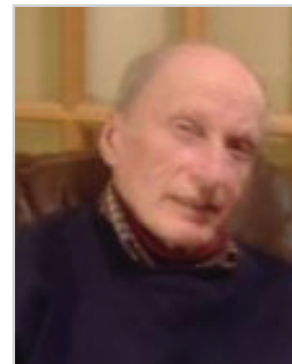
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OBITUARY

Donald Frederick Porth



The family of Donald Frederick Porth announce his passing on February 29th, 2016 at age 81. Don is survived by his best friend and wife Janet.

Born July 13th, 1934 in Winnipeg, Manitoba, where he was raised and educated. He obtained a Masters of Social Work Degree from the University of Manitoba. He worked in Winnipeg and Interlake Regions. Don's love of the water was the foundation for many adventurous years sailing different waters around the world. He loved the outdoors, especially the family cottage he built at Little Grindstone Point on Lake Winnipeg where he enjoyed many sports including fishing, tennis, golf, and cross country skiing. Don was on the Football Alumni of Daniel McIntyre High School and served as a board member of the Winnipeg Canoe and Gimli Yacht Clubs and as the Harbour Master at Little Grindstone Harbour.

Don will be remembered for his embrace of art, music, sports, and gardening. He would often combine his love of nature into one of a kind works of art that reflected his quirky and unusual sense of humour. He will also be missed for his sweet gentle nature and devilish pranks.

The family would like to express their appreciation and thanks to the Selkirk Mental Health Centre (Unit 4) and Gimli Betel Personal Care Home, Home Care and Adult Day Care staff for their loving and compassionate care during his journey these last few years.

A celebration of life will occur this summer in Gimli, details to follow.

In lieu of flowers donations to the Cancer Society are welcome.

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Marinated bocconcini, mushroom and tomato salad



Ingredients
1 small clove garlic, minced
3 tbsp (45 mL) balsamic vinegar
1 tbsp (15 mL) olive oil
1 tsp (5 mL) Dijon mustard
Pepper
3 oz (90 g) sliced drained mini lower fat Bocconcini cheese OR 2.5 oz (75 g) sliced drained mini regular Bocconcini

cheese
8 oz (250 g) cremini or white mushrooms, trimmed and quartered
1 cup (250 mL) grape tomatoes, cut in half
2 tbsp (25 mL) chopped fresh basil
6 cups (1.5 L) mixed salad greens (about 6 oz/175 g)
1/4 cup (60 mL) 1% plain yogurt
Directions
In an airtight container or a bowl, whisk together garlic, vinegar, oil, Dijon mustard and 1/4 tsp (1 mL) pepper. Add Bocconcini and mushrooms; stir to coat well. Cover and marinate in the refrigerator for at least 1 hour or for up to 1 day.
Add tomatoes and basil to Bocconcini mixture and let marinate in the refrigerator for at least 15 minutes or up to 4 hours.
To serve, arrange salad greens on serving plates. Using a slotted spoon, place Bocconcini mixture onto greens. Whisk yogurt into remaining marinade and season with pepper to taste. Drizzle dressing over salad.

Fiesta Citrus Salmon



Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4
1/4 cup orange juice
2 tablespoons olive oil
2 tablespoons McCormick Perfect Pinch Salt-Free

Fiesta Citrus Seasoning, divided
2 tablespoons packed brown sugar, divided
1 pound salmon fillets
In small bowl, mix juice, oil and 1 tablespoon each seasoning and sugar.
Place salmon in large re-sealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes, or longer for extra flavor.
In another small bowl, mix remaining seasoning and sugar. Remove salmon from marinade. Discard any remaining marinade. Rub salmon evenly with seasoning mixture.
Grill salmon over medium-high heat 6-8 minutes per side, or until fish flakes easily with fork. (Or bake in 400 F oven 10-15 minutes, or until fish flakes easily with fork.)

Cluttler and Stress

Do you feel stressed, overwhelmed and disorganized? It could be that your work or home environment is too cluttered. Karen Kingston, author of Clear Your Clutter with Feng Shui, suggests that areas of clutter drain our energy.

If there is a mess by the back door, each time you enter you may start thinking how you must do something about it: train the kids better, or tidy it regularly. Then you walk into the kitchen, and if there are dishes lying around, cereal boxes left out, newspapers scattered, you begin to feel the weight on your shoulders of all that there is to do.

Boldly, you decide you can tackle all this, so you go to get changed out of your work clothes, and cannot find the jeans you are looking for because the closet is in disarray. You also notice the jumble on the bathroom counter, just as you left it as you rushed out in the morning.

Although you were fine when you got home, you are beginning to feel depressed and cranky. At just about

this time, a child comes along to complain about what his sister did, and gets his head bitten off!

Although some can tolerate it, for many, clutter is stressful. The same is true in the workplace. If you have several projects on the go, spread over your desk, and you have to fumble through papers when someone wants information, your stress level goes up.

The thought of getting everything in order can be overwhelming. Kingston suggests starting with one little project at a time—one drawer, one corner of a room. You will notice how uplifting it is to look at a once messy area, and to see everything in its place. It does take time and effort to maintain an uncluttered environment, but the rewards in terms of good feeling and increased positive energy make it well worth it.

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

Citrus Herbed Chicken with Asparagus

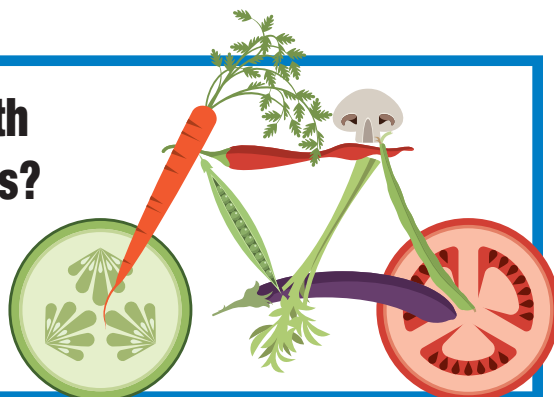


2 tablespoons lemon juice
In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.
In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm.
In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.

Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4
1/4 cup flour
2 tablespoons grated Parmesan cheese
1/2 teaspoon McCormick Garlic Powder
1/4 teaspoon McCormick Black Pepper, coarse ground
1 pound thin-sliced boneless skinless chicken breasts
1 tablespoon oil
1 1/2 cups chicken stock
1 teaspoon McCormick Basil Leaves
1 teaspoon McCormick Oregano Leaves
1 pound asparagus, trimmed and cut into 1-inch pieces

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