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THE

# EXPRESS

VOLUME 5 EDITION 11  
THURSDAY, MARCH 15, 2018

*St. Patrick's Day*  
March 17

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## Winter fun

Breanna Stodgell was busy helping to build an ice castle out of coloured ice blocks at the Fisher Branch Family Fun Day last weekend.

EXPRESS PHOTO BY LARISSA NAHULIAK

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

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# Commercial fishers ask minister to respect their industry

By Patricia Barrett

Commercial fishers had plenty to say about the government's treatment of their industry when Minister of Sustainable Development Rochelle Squires met with them March 1 in Gimli to discuss her department's pending changes to the Fish Marketing Regulation.

The new regulation was released last November and fishers contend it has turned them into bookkeepers through "ridiculous amounts of new paperwork" and failed to protect four sheds from a \$1-million alleged fish heist involving Northern Walleye's Donald Salkeld.

Squires told about 40 fishers at the Waterfront Centre that the department is in the process of "strengthening" the regulation and is "committed" to working with them.

"My approach to governing is I can't sit and govern your industry on Broadway without getting to know you," said Squires, referring to her sojourn on Lake Winnipeg last month with Gimli's Kristjanson family. "I have to walk a mile in your shoes before I can make decisions that will impact you. So today is about that."

Defending her government's decision to create an open market, Squires implied it will weed out blackguards

as "competition builds credibility" and competitors will "keep others in the business on the straight and narrow and be more transparent with their prices and their practices."

Fishers were highly skeptical of the olive branch the minister appeared to be holding out as it's coming after multiple fails accomplis, including ignoring a Lake Winnipeg Fishery Co-management Board resolution to suspend the regulation and draft it with fishers' input, appeasing anglers by banning commercial fishers from catching and selling catfish, permitting the City of Winnipeg to use their work site (Lake Winnipeg) as a toilet for another 27 years, and refusing to yank Salkeld's fish dealer licence.

Wendy Vigfusson, who manages four Gimli Fish Market outlets in Winnipeg, said the government has been disrespectful towards their industry and a "way of life" fishers pass down to succeeding generations.

"It's your job to look after us to do what we do, and to protect that and to regulate it respectfully. We need you to do that," said Vigfusson. "Otherwise what's in our future? The Americans to come here and exploit what we have? It's not acceptable to people who have given their entire lives to [this]."



EXPRESS PHOTO BY PATRICIA BARRETT

Sustainable Development Minister Rochelle Squires chats with Lake Winnipeg fisher Bruce Benson before the meeting.

Vigfusson and other fishers asked why the department hasn't afforded the commercial fishery the same level of respect and support as, say, the agricultural or angling industry in terms of promotional initiatives — which could include a "Visit a Fisher" Day similar to the annual Open Farm Day event.

"We should be proud of what we've got here. We've got the finest whitefish you can buy. We've got the best fish you can have — Lake Manitoba, Winnipegosis — all the lakes we have," said 84-year-old Lake Winnipeg fisher Robert Kristjanson. "We would wish to have government behind us, trying to help sell that wonderful whitefish. Not one [government] will open their mouth to say, 'Let's [promote] our whitefish.'"

With reference to protecting fish health, one fisher challenged Squires on her decision last November to give the city another quarter century to "pollute" Lake Winnipeg through combined sewer overflows, which dump tonnes of raw sewage into the Red River about 20 times a year.

"I'm a former contractor and I worked on the sewage treatment plants in Winnipeg," said the fisher, who did not state his name. "It's pretty sad our government allows raw sewage in this lake. It's a simple fix and I don't see any political will to do it. What gives the city the right to pollute this lake, and you turn around and put the regulations the way you are on the fishermen?"

On behalf of the municipality, Gimli Coun. Thora Palson urged Squires to "prioritize protecting our natural resource [the lake] for the long-term health of the commercial fishery" so

that fishers and their families can continue to earn a livelihood, contribute to the Interlake economy and support Manitoba's overall tax base.

Squires said the situation with the city is "complex," and the department is working on collaborative agreements with Ontario, Saskatchewan, Alberta and four U.S. states, all of which send water to Manitoba.

Co-management Board representative and fisher Kris Isfeld tackled the department's ban on catfish, suggesting it has to do with Deputy Minister Rob Olson's past presidency of the Manitoba Wildlife Federation and the fact that he's "an avid angler and would like to see catfish saved for the anglers but not for people who actually want to eat them."

The department should shelve the regulation, he said, because it clearly isn't working to the benefit of anyone save fish dealers.

"For every fishermen in this room, the old set of regulations worked for decades and then you came out with new regulations loaded with red tape, loaded with issues that have nothing to do with the open market," said Isfeld. "A letter from the minister can park these regulations, and we'll operate under the federal regulations that existed until you take the time to properly 'walk in our shoes' and consult with us."

Squires said her department is "looking to change things" on catfish but did not elaborate. After pressure from Isfeld to state what changes she specifically intends to make to the regulation, Squires cited seven new clauses pertaining to "agents," such as

Continued on page 7

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# Province provides grant to help Gimli remove diseased Dutch elms

By Patricia Barrett

The department of Sustainable Development awarded the RM of Gimli \$6,000 to help combat Dutch elm disease. Gimli MLA Jeff Wharton presented the cheque as he and Gimli Mayor Randy Woroniuk walked down Fourth Avenue, which has a number of Dutch elms.

"I am proud to present the RM of Gimli with this important grant," said Wharton in a press release. "The Dutch Elm Disease management program does critical work to control the spread of this disease. This grant

will enhance measures to protect our community from Dutch elm disease through greater community awareness and increased tree removal capacity."

Dutch elms are susceptible to a fungus that's spread by elm bark beetles, according to Sustainable Development's Forestry Branch website. The fungus impedes the movement of water through the tree and causes it to die. Infected trees may produce few leaves in the spring or a sudden wilting of leaves usually at the crown during the growing season. Young trees

can succumb to the disease within weeks, whereas older trees usually take a couple of years to die.

Storing and transporting elm as firewood is illegal because of the risk of spreading the disease.

Gimli, Arborg, Riverton, Stonewall, Selkirk and St. Andrews are among the 38 communities participating in a provincial management program. Inspectors survey managed areas for infected and dying elms, as well as for elm firewood piles, states the branch website. Under the Forest Health Pro-

tection Act, inspectors and officers may enter private property for the purposes on inspection without permission of the property owner.

In 2014, the RM of Gimli, Stonewall and East St. Paul sponsored an Association of Manitoba Municipalities resolution asking that province maintain the removal of diseased trees or provide funding to allow for the removal of trees at 100 per cent cost recovery. Removal of trees costs between \$700 and \$1,000 (2014 figures) per tree.



EXPRESS PHOTO COURTESY OF TAMMY AXELSSON  
MLA Jeff Wharton (right) presented Gimli Mayor Randy Woroniuk with \$6,000 to help the RM remove diseased elms.

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# Budget 2018 delivers largest tax cut in Manitoba history

## Submitted by the Manitoba Government

Tax cuts for individuals and business, record spending in health, education and families, and a dramatically reduced deficit are the highlights of Manitoba's 2018 budget, Finance Minister Cameron Friesen said as he introduced the budget today in the legislature.

"We promised to fix the finances, repair the services and rebuild the economy," said Friesen. "We are keeping our promises."

By increasing the threshold under which individuals pay no income tax by \$2,020 over the next two years, the Government of Manitoba is taking more than 30,000 Manitobans off the tax rolls — that is more than 30,000 more Manitobans who will pay no income tax — and adding more than \$230 million to the economy by putting it back in the pockets of Manitobans.

Budget 2018 also gives small and medium-sized businesses a break by raising the small business income tax threshold to \$500,000 from \$450,000. This will save individual businesses up to \$6,000 a year — money they can reinvest in new jobs or technology — and pump \$7 million back into the economy each year starting in 2019.

This year's budget makes a further dramatic step on the path to balancing the budget with the biggest reduction in the deficit since summary budgeting was introduced in 2007, Friesen noted. Budget 2018 reduces the deficit by \$319 million from Budget 2017.

"Manitobans face challenges of rising hydro rates, increased federal and municipal taxes, and interest rates rising. They deserve a break," the minister said. "With this budget, and the biggest tax cut in Manitoba's history, we are giving them a break by taking money from the cabinet table and putting it back on the kitchen table."

Other highlights include:

- a historic investment of \$102 million to establish an independently run conservation trust that will fund projects to support the Made-in-Manitoba Climate and Green Plan;
- a record investment of \$6.2 billion in Manitoba Health, Seniors and Active Living including an additional \$14 million for the Home Cancer Drug program, \$7.7 million for expanded dialysis treatment and \$3.1 million for rare disease drugs, and the creation of 60 new full-time paramedic positions
- decreasing ambulance fees to \$340 from \$425, totalling a 32 per cent decrease since forming government and keeping on track to reduce to \$250 as promised;
- a \$60.5-million increase in funding to Manitoba Families including \$13 million more for Community Living DisABILITY Services, an increase in funding to improve the supply and quality of affordable housing;
- support funding for over 700 new child-care spaces including funding for the construction of 251 new spaces;
- a \$13.7-million increase in education funding and confirmation of the construction of five new schools:

Seven Oaks (kindergarten to Grade 5); Waterford Green (kindergarten to Grade 8); Southeast Brandon (kindergarten to Grade 8); Pembina Trails Waverley West (kindergarten to Grade 8), and Pembina Trails Waverley West (grades 9 to 12);

- a new Child Care Centre Development Tax Credit that gives businesses an incentive valued up to \$10,000 over five years to create daycare spaces for workers' children;
  - \$70 million to launch the Lake Manitoba outlet project;
  - funding to complete "Freedom Road" this year to complete the Waverley Street underpass and upgrade the Portage la Prairie wastewater treatment plant;
  - partnering with the federal government to invest \$176.8 million in strategic agricultural initiatives over the next five years;
  - investing in Look North, the long-term economic development strategy for growth and prosperity in northern Manitoba;
  - supporting a northern tourism strategy; and
  - a \$16-million commitment for the coming fiscal year for the Manitoba Film and Video Production Tax Credit.
- "Even as we take a moderate and balanced approach to fiscal management and fixing our finances, we are investing in the priorities of Manitobans," said Friesen. "Whether you are a small business owner, a student, a senior or a working Manitoban, Budget 2018 is designed with you in mind."

The importance of fiscal discipline and fixing the province's finances is demonstrated by the fact that for the first time in Manitoba history, debt servicing costs will exceed \$1 billion.

"Years of mismanagement and reckless spending by the previous government have created a situation where we take \$1 billion out of our economy and ship it to out-of-province bankers — money that cannot be invested on health, education, families or any priorities of Manitobans," the minister said.

If debt servicing was a government department, noted Friesen, it would be the fourth-largest spending department by budget.

"We cannot lose sight of the importance of fixing our finances," said Friesen. "Debt and deficits are not abstract concepts. It is about people, Manitobans and ensuring government can continue to provide the services that citizens need and deserve. Not just now, but into the future."

Budget 2018 reaffirms the government's commitments to reduce the PST to seven per cent by 2020 and balance the budget during its second term.

"Our plan is working, and when you have a plan that is succeeding — that's getting the results you promised — you stick with it," said Friesen. "That's what Budget 2018 does."

A list of Budget 2018 fact sheets for government departments can be found at [www.gov.mb.ca/budget2018/departments/index.html](http://www.gov.mb.ca/budget2018/departments/index.html).

## Government to help protect Manitoba's freshwater and wildlife

By Jeff Ward

The Canadian Parks and Wilderness Society Manitoba Chapter is thrilled with the federal government's 2018 budget that includes \$1.3 billion over five years to protect Canada's land, freshwater and wildlife.

Ron Thiessen, executive director of CPAWS Manitoba Chapter, said that this investment could be a "game changer for nature conservation across Canada, including Manitoba."

He said that this investment not only allows for funding for federal action on nature conservation but that it also provides significant support for provinces, territories and Indigenous governments to establish more protected areas.

The boreal forest, which begins in the northern Interlake, is one of the key zones that CPAWS works to protect. The boreal forest is one of the

world's biggest carbon stores, which also houses one of the planet's biggest supplies of freshwater.

"This is an opportunity for Manitoba to secure much-needed funding to support the creation of new protected areas in our province, including proposed protection for important terrestrial polar bear habitat along the Hudson Bay coast and conservation designations in the Fisher Bay region located on the southwest basin of Lake Winnipeg," said Thiessen.

"With this additional support, we hope to see accelerated action to protect these and other important natural areas."

The budget includes \$500 million over five years for a new \$1 billion "Nature Fund," which will work to support conservation partnerships. It also includes \$800 million over five years to support new federal pro-

tected areas, increased national park management capacity, increased capacity to protect at risk species and funding to establish a co-ordinated network of conservation areas.

In 2010 Canada, as a signatory to the UN Convention on Biological Diversity (CBD) endorsed a strategic plan to reverse a global biodiversity crisis. That strategy meant making a commitment to protect at least 17 per cent of land and inland waters and 10 per cent of ocean areas by 2020. CPAWS said that this federal investment will enable

Canada to achieve that commitment.

Canada currently has 10.6 per cent of its landscape protected while Manitoba has protected 11 per cent of its lands and freshwater.

"Budget 2018 recognizes the scale of the biodiversity crisis we face, the need to move quickly to deliver on our promises, and the need to support

efforts by all levels of government, civil society, and other partners to protect our treasured natural heritage," said Thiessen.

**"WITH THIS ADDITIONAL SUPPORT, WE HOPE TO SEE ACCELERATED ACTION TO PROTECT THESE AND OTHER IMPORTANT NATURAL AREAS."**

# Winnipeg Folk Fest unveils 2018 lineup

Staff

Folk Fest fans will get a chance to soak up the sun with Sheryl Crow this summer at Birds Hill Provincial Park.

There may still be snow on the ground, but the Winnipeg Folk Festival unveiled its exciting lineup last Wednesday.

This year's main acts include Sheryl Crow, Bahamas, Courtney Barnett, The Strumbellas, Elle King, Passenger, John Butler Trio, Natalie MacMaster, A Tribe Called Red and more.

"It truly is a banner year for programming at the Winnipeg Folk Fest with a great variety of headliners and emerging artists from across musical genres," said Chris Frayer, artistic director of the Winnipeg Folk Festival.

"We're thrilled to celebrate our 45th edition by doing what we do best — sharing spectacular music with our audience."

This year's Folk Fest will take place from Thursday, July 5 to Sunday, July 8. The festival will feature nine stages throughout the festival site, daytime workshops and family festivities.

The festival is run annually by 18 permanent and contract positions, overseen by a volunteer board made up of 14 people. Every year, more than 2,700 volunteers help run the four-day festival.

Early bird tickets are on sale now until April 30. For more information and for the full list of performers, visit [winnipegfolkfestival.ca](http://winnipegfolkfestival.ca). Tickets can be



EXPRESS FILE PHOTO

This year's Winnipeg Folk Festival at Birds Hill Provincial Park lineup includes Sheryl Crow, Bahamas, Courtney Barnett, The Strumbellas, Elle King, A Tribe Called Red and many more.

purchased online or by calling 1-888-512-SHOW (7469) through Front Gate Tickets or in person at the Winnipeg

Folk Festival offices located at 203-211 Bannatyne Ave. in Winnipeg.

## letter to the editor

Letters to the Editor:  
[letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)

### Our water resources are a public trust - World Water Day is March 22

An ancient trust doctrine dating back to the sixth-century Rome has been declared.

"By the law of nature these things are common to mankind — the air, running water, the sea and consequently the shores of the sea."

Officially, March 22 has been allotted World Water Day, where we are to appreciate and recognize the importance of this life-sustaining liquid, water. A dedication day, set aside by the United Nations, to address and examine water issues around the world.

Canada and our province of Manitoba has been blessed with an abundance of water, and for that we should be grateful, for there are many people in this world who do not have clean water to drink and cook with. They struggle every day to get by on five or six litres of whatever they can obtain.

On average, in Canada, we will consume, use, waste, and flush over 250 litres every day (per person), and because of our abundant sources, we often tend to take our water, and its use, for granted.

However, changes are coming to the forefront, and these changes, if not corrected, will eventually affect us also, and not in a very nice way, for water is a finite resource. Unfortunately, our governments and water managers have yet to fully realize that we all need clean, unpolluted fresh water to survive.

Sadly, they ignore the inevitable consequences as they continually strive for the Holy Grail in economy.

For the present time, Canada and the provinces have an abundance of fresh water to drink and sustain the

peoples needs.

The looming situation, however, is that governments at all levels have become extremely complacent in the protection of all our water sources.

Lake Winnipeg is but one example; there are many others.

The "green" in the waters of Lake Winnipeg is not because of recent St. Patrick's Day celebrations.

It is because there is an excess of sediments and nutrients from the immediate area and from the huge watershed that feeds into the Lake. Why is this all happening now?

Well, in fact, it probably has been progressing over the past 40 years or more, and through the years, nature's own cleaning and filtering devices, such as marshes, sloughs, ponds, etc. have been greatly reduced and practically eliminated.

Much of the land has been drained. Large cattle feedlots and industrial hog operations are contributing vast amounts of manure pollution, and cities, like Winnipeg, occasionally permit the dumping of raw sewage into the Red River, which feeds into Lake Winnipeg.

As well, municipalities are not exempt from their own contributions of pollution, and the list goes on.

In so many instances, we have eliminated nature's de-

fences, and our government(s), although professing to be defenders of water, knowingly are agreeable to allow lakes to become polluted, as dumping sites for the benefit of mining operations.

With actions like that, I have come to the conclusion that perhaps the United Nations has a role to play, right here, in Manitoba and Canada. For in so many cases we, along with our governments, have not dedicated the respect and appreciation that our waters need and deserve.

In closing, I would like to thank the newspaper for publishing this submission.

John Fefchak, Virden

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*kl*  
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# getfishing

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## Be prepared out on the winter ice

Hi gang. It was a bright, yet chilly morning as I rolled to a stop at the edge of the ice pack on Shoal Lake north of Stonewall. Coming toward me, I saw a couple trudging through the snow pulling a sleigh loaded with fishing gear. They bent forward, their steps measured, never stopping until they reached the shore line beside my truck.

The lady, who I later learned was Dorothy Braun, busied herself stowing their belongings in their truck while Bill Massey introduced himself saying they were from Grosse Isle. Bill was a well-spoken engaging sort, who graciously took the time to share a fishing experience before leaving. Bill recalled when he, his father and his son, Aaron, flew out of Riverton to fish at a camp in northern Ontario.

It was warm their first morning on the camp lake. A mist was mixed with the smell of camp smoke. Their small boat wobbled in the small waves as they spotted themselves at the narrow mouth of a small bay. Their lines went in the water, and while Bill and his dad enjoyed the pure solitude, young Aaron broke the silence exclaiming, "Nothing's happening!"

"Just wait son," Bill urged.

Young, spindly, blond-haired Aaron tightened his line then cried out, "I'm snagged on a log!"

Instinctively, he hauled up on his rod but his "snag" began coming toward him. Aaron cautiously reeled in. The load on the line was heavy until suddenly a sleek metre-long jackfish arose beside of the boat rolling lazily over. The boy was beside himself, and again, purely by reflex, pulled up hard on his rod to the shocking sound of his line breaking.

Dad, having seen this happen before,



EXPRESS PHOTO BY ARNIE WEIDL  
Les Yasinsky of Winnipeg with a nice pickerel he caught in the Red.

sprang into action. As the jack lay in the water for an instant, Bill took his big net and thrust it under the freed jack, hauling it into the boat!

Not long ago, on the Red River downstream of Selkirk, I noticed the biggest hard-wall ice shack in the area and decided it might be nice to visit the owner. Les Yasinsky, the chap you see in this week's picture, met me at the door. We were no sooner sitting inside, and darned if he didn't catch the pickerel he's holding up. As we talked of fishing experiences, Les happened to mention he had heard the North Red Waterway Maintenance outfit was going to stop ice breaking on the Red. I called Darrell Kupchik, who runs NRW, and he said the rumours aren't true. Ice breaking will continue.

I was talking to angler Kerry Thomas of Balsam Bay a few weeks ago and he gave us a story that lends itself to being careful out on the winter ice. Being a local boy, this fit, forceful fellow said he's usually the last one off the lake in the evening.

Not long ago, he was coming off the ice on his sled when he saw lights flashing out of the corner of his eye. He turned around and made for the lights, which turned out to be a truck stuck deep in a snow bank. He gunned his sled up the drift to the driver's window in the darkness and dismounted, sinking knee-deep in the snow. He struggled to the window and could just make out two shivering anglers lightly dressed inside. The driver lowered his window slightly.

"Are you guys OK?" Kerry shouted. "Do you have a shovel? where's your heavy clothes?"

He could tell they were not prepared to be out here. "Come on," he called out. "Get on my sled. We'll go to my place."

At home, he made them lunch while they warmed up and then they called friends to come fetch them. Good job, Kerry! Oh, by the way, Kerry's ice shack, painted up like a volcano, won Shack of the Week in *The Selkirk Record* ice shack contest. Now, let's go back to Shoal Lake where I got a funny little story in the oddest way before I met Bill and Dorothy. I was rounding the curve in Old Red before the Erinview church and almost ran into a white truck. I smiled in relief at the other driver while approaching side by side with him. We rolled our windows down and he gave us this story.

He said he was Tom from Balmoral and went fishing with his daughter, nine-year-old Telesa off Chalet Beach where she caught one master walleye after another in a very lucky ice hole. Neighbouring anglers watched in disbelief. When they could stand it no longer, they walked over and offered the girl \$150 for her fishing hole, to which she responded, "No way!"

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# Lundar Ag Society and Lundar Bull Sale to build new office space

By Jeff Ward

A new office will give both the Lundar Bull Sale and Lundar Agricultural Society a space to hold meetings, organize events and store important documents.

The new building is slated to begin construction this summer and will be an unattached addition to the Lundar Agri-Ed Centre behind the arena. The building will be an 1,800-square-foot office space with washrooms and concession area. The interior will be L-shaped but the layout hasn't been decided on yet. The finished product will allow for meetings, money transactions and education to take place.

The building will cost \$130,000, with the investment coming from the RM of Coldwell, Noventis Credit Union and Farm Credit Canada. The Agricultural Society will also use donations from fundraising and a loan to pay for the building.

Lundar Agricultural Society president Mike Kostyshyn said the building will make life easier for both organizations, giving them a dedicated space to conduct business.

"This is something that we would have used other people's homes for in the past," said Kostyshyn.

"But with a new office, we will have

a space that's just for us and it'll be good to have everything right next to each other. I think for the bull sale folks, it'll be so much better for their event."

Lundar Bull Sale president Jim Beachell echoed Kostyshyn's comments. He said that while it's not that much of a hassle to host meetings in people's homes, having a new dedicated space for transactions after the bull sale will be a big benefit. Previously, the sale was hosted in the Lundar Arena and the actual payment of the bulls would be done in the same space.

"In the first week of April, it can be beautiful but it [can be the opposite] as well," said Beachell.

"To have a permanent heated office and washrooms will make people more comfortable during the sale. No more standing outside in the cold or waiting in line at the porta potty."

This year marks the 50th anniversary for the Lundar Bull Sale and the last year before they have access to a new office.

Aside from regular business, the building will also be used for education seminars. Agricultural Society secretary treasurer Cynthia Wirgau explained that a clipping clinic, arti-



EXPRESS PHOTO SUBMITTED BY CYNTHIA WIRGAU

Members of the Lundar Agricultural Society and Lundar Bull Sale stand on the future site of a new office space that will allow for both groups to better plan and facilitate their annual events. Pictured from left: Ken Erickson, Cynthia Wirgau, Mike Kostyshyn and Jim Beachell.

cial insemination seminar and a safe cattle handling seminar are all future events that could make good use of the new space.

The groups plan to break ground this summer and have the building completed and open in the fall.

## > RESPECT, FROM PG. 2

sheds that sell to licensed dealers.

They include adding a formal definition of an agent, a process for appointing them, providing "mechanisms" for agents to be held responsible for "certain requirements," and introducing requirements for bills of lading.

As to whether the department will strengthen rules around the operation of fish dealers and make them put up bonds — something the Fisheries Envoy report strongly advised and which fishers pressed for during the meeting — Squires did not say.

Lake Winnipeg fisher Bill Buckels suggested the department require fish dealers to attend "dealer school," where they can learn how to follow rules and become a professional before the province grants them a licence.

A lack of protection for fishers will only make them "scared" to venture out into the open market, said Lake Manitoba fisher Bill Finney and member of the Eddystone shed, which has still not been paid in full for the fish Salkeld had shipped to America.

"If that money never comes back — and I've heard some of that fish is already in Turkey or someplace — to

the fishermen in that co-op, which is the whole west side of Lake Manitoba, basically, and the fishermen aren't going to be paid for those three weeks, I don't see them ever saying, 'We're going to take a chance again and try to deal with Mike Schafer or [Salkeld],' said Finney. "I don't see the fishermen having any confidence to say, 'Let's try this again.' I don't fish much anymore, but I didn't enjoy missing three weeks of pay either."

The fishers' overall message to Squires was one of collaboration, whether that pertains to regulatory changes or to the department's method of assessing fish stocks. It also came with invitations from Fisher River Cree Nation Coun. Vince Crate and West Interlake Reeve Randy Helgason to have Squires to visit their respective communities.

"You've got 1,000 people on the lake and, collectively, about 20,000 years of experience," said fisher Bruce Benson, referring to the department's unwillingness to tap fishers' experiential knowledge of fish stocks. "You're crazy not to access the information we have. And we will willingly give it. We want to work with you. We do."

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# ESD taxes increasing, with provincial funding decrease

By Patricia Barrett

Although the province increased public school funding by 0.5 per cent this year, the Evergreen School Division said that funding will actually result in a two per cent budget decrease for the second consecutive year.

As a result, the division has had to turn to local taxpayers to balance its budget. Residential property owners with a dwelling assessed at \$200,000 will see a \$3.60 increase in school taxes for 2018-19.

"We are presently in a year where we have less money than we had last year," said ESD Supt. Roza Gray during a public budget consultation March 7. "And last year we had a two per cent reduction. This year again we have another two per cent reduction. And the province has also limited our ability to raise taxes to two per cent on a special requirement."

The proposed budget for 2018-19 has been set at \$21,378,277, an increase of 0.79 per cent over last year. The division receives about 59.57 per cent of its revenues from the province, 39 per cent from local taxes and the remainder from other sources, such as First Nations and other divisions.

"We're constantly trying to make sure we have the right balance between the quality of education we provide to our children and the cost to the taxpayer," said Gray. "Because the provincial government has actually been backing [away] on the amount of money they provide, more and more school divisions need to go to the local taxpayer in order to make up the difference."

Despite the funding decrease, Gray said the board has maintained student programming and services. And students with complex needs will receive the same level of support from the division, which receives provincial "block" funding that hasn't changed

for the past two years.

"For the new kids with more complex needs that are coming into the division, the division needs to find different ways to get revenue because the provincial government has not made changes to the amount of funding we receive," she said.

The division cut about \$100,000 in places that will have "minimal impact on the classroom." It reduced, for instance, 0.8 in teaching staff and shifted educational assistants (EAs) from high schools to early middle schools.

It's also adding additional supports and will continue to focus on literacy, numeracy and well-being, as set out in its five-year educational plan. It hired a math facilitator who will work directly with teachers, and will add an EA to each kindergarten class with more than 22 students.

Sigurbjorg Stefansson will get a junior kindergarten class, Arborg Early Middle will get a Grade 7/8 class, and a mature student diploma program the division launched last year will receive additional support based on an influx in enrollment.

About 70 per cent of the division's 1,443 students are bused to its eight schools, and the division will be adding more money to the bus reserve. Last year's transportation costs were \$1,583,250; this year the division budgeted \$1,645,930, representing a 3.96 per cent increase.

Salaries and benefits and allowances (about \$16.5 million) make up 78 per cent of the ESD budget.

The province has mandated a 15 per cent reduction in administration expenses, and board chair Ruth Ann Furgala said the division plans to reduce professional development allowances, amalgamate committees, reduce the numbers of meetings, and possibly not provide food at meetings.

"I think this is the most difficult bud-



EXPRESS PHOTO BY PATRICIA BARRETT

Front row from left: Secretary-treasurer Charlie Grieve, board chair Ruth Ann Furgala, Supt. Roza Gray. Back: Assistant Supt. Scott Hill and finance chair Gladys Kohler.

get we've ever had to deal with," said Furgala, "not only because of the reductions but because of the already low administration cap that we function under and the fact that it was reduced another half a percent. I think in small divisions, that's brutal."

Finance chair Gladys Kohler, who explained how the tax increase was calculated and provided a breakdown of how the division spends its money, said she's pleased the board was able to maintain a "reasonable budget without negatively affecting programs and services to students and, at the same time, keep taxes reasonable."

One of the four taxpayers attending the meeting asked the board how the province justified its reduced funding support.

Gray said, "They continue to tell us that it's a balance of things like how much hospitals cost, how much infrastructure costs, how much education

costs, and they try to balance those big questions and determine how much money goes to education. Within education grants, they determine how they're going to spend that. Some of it goes to capital expenditures to build new buildings and new schools, and then they have less money left over to distribute to school divisions."

She also cited declining enrollments in rural areas that affect how much money divisions receive.

"We made sure that not only do we have adequate programming in all of our schools, but we have equitable programming so that schools with greater needs have greater resources."

The division has posted a property tax estimator on its website for the public to calculate their 2018-19 school taxes, along with an overview of the new budget. Visit [www.esd.ca](http://www.esd.ca).

## Ashern Winter Carnival to feature ice show and dinner theatre

By Jeff Ward

Live dinner theatre, an exciting ice show by the Ashern Skating Club and the crowning of the carnival king and queen are taking place this weekend in Ashern at the annual Winter Carnival.

The festivities begin with a pancake breakfast at the Ashern Centennial Hall this Saturday, March 17 from 8 to 11 a.m.

Later in the evening is the HUNKS sketch comedy group dinner theatre and live auction at 5 p.m. presented by the Ashern Arena and Ashern Minor Hockey.

Tyler Geisler, president of Ashern

Arena, said this dinner theatre should be a very fun time for attendees who will be treated to the comedic stylings of former Interlake resident Quinn Greene and the rest of the group.

Tickets are \$20 and the proceeds from the event are split 50/50 between the arena and minor hockey.

"You can't go wrong with an event that provides live entertainment and feeds people at the same time," said Geisler.

"This group has been featured at Just For Laughs Comedy Festival and has performed all over. It's also nice to have someone local in [Quinn Greene] coming back to perform. The

money we raise for minor hockey will go towards making the game more affordable to play."

Ashern Central School's safe grad committee will be doing a sign party to raise funds for their safe grad. The event begins at 1 p.m. at Ashern Central School. There will also be public skating from 1 to 4 p.m. at the Ashern Arena on Saturday.

Sunday afternoon at 2 p.m. at the Ashern Arena is the Ashern Skating Club Ice Show with the theme of "Funny Farm." Skaters range in age from three to 14 and have been practising all winter for the big show. The skating club is well known for going

above and beyond with their production value for the show.

Tickets are free for kids under five, \$3 for students ages five to 18, \$5 for adults and \$4 for seniors over 65.

The crowning of the carnival king and queen will take place at the Ice Show. Carnival Queen contestants are Mackenzie Gibson, Lincoln Larson and Emily Thorlacius. Carnival King contestants are Cole Meisner, Cody Meisner, Kirt Garrioch, Derrick Gould and Tristan Woodhouse. Contestants sell tickets at \$1 each, raising money as an arena fundraiser. The person who sells the most tickets is crowned king and queen.



# GoFundMe page set up to save Eriksdale Memorial Community Centre

By Jeff Ward

A new GoFundMe page has been set up to help raise funds in an effort to fix the nearly century-old Eriksdale Memorial Community Centre that is in bad need of repairs.

The space is still used often today as a place to host smaller events that don't need the large Eriksdale Recreation Centre. But after nearly 100 years, the building is in need of repairs to its foundation, interior walls, flooring and more.

Cheryl Law, the new secretary treasurer for the board, said that right now the group isn't sure exactly how much those repairs will cost but that they are looking to raise as much money as they can to help pay for it.

A GoFundMe page ([www.gofundme.com/help-our-little-centre](http://www.gofundme.com/help-our-little-centre)) has been set up in the centre's name and the group is trying to raise \$10,000.

Law said that she's been to dozens of events over the years and that the building is in need of help.

"We're trying to save it," said Law. "It needs a lot of work, and right now we're just trying to get the word out because I don't think many people even know that the building is in trouble. It's been around for almost 100 years and it would be really sad to see it closed."

Law said that while things are in a bad way, the doors won't close tomorrow if they don't raise the money right away. Much of the board is new,

so right now they're looking at getting repairs assessed and triaging what they have to do right away and what can wait.

The building has seen multiple generations of Eriksdale residents pass through its doors and celebrate and mourn inside its walls. Birthdays, baby showers, meetings and even funerals have all taken place inside the 99-year-old building. The floor, Law said, is still original and is as old as the town itself.

"There's a lot of history here and it is really interesting to think about how many people have stood where we're standing. At one point, this building was an RCMP office that had lockup cells," said Law.

The community centre was first Maddin's Store, and according to an old newspaper ad, the opening night was Feb. 28, 1919. The ad read "Music from the City, Good Supper, Everyone Welcome, ADMISSION FREE." The store then became Almond & Son, and in the '40s, it was converted into a community centre.

A Facebook page has also been set-up (called "Eriksdale Memorial Community Centre"), where people have been sharing stories of events they've held there over the years as well as photos of those fun times.

"I think if people remember the times they've had here, it might make them more likely to donate. No one wants to lose this place," said Law.



EXPRESS PHOTO VIA FACEBOOK

The Eriksdale Memorial Community Centre is in dire need of significant repairs. The board for the centre has started a GoFundMe page to help raise money and awareness for the cause.

The RM of West Interlake will also issue tax receipts if a donation cheque is made payable to the RM with the community centre in the memo line.

The road to save the community centre is going to be a long one, but one thing that's for certain is the board isn't going down without a fight.

## Eriksdale garbage and recycling pickup public meeting this month

By Jeff Ward

The RM of West Interlake is holding a public hearing on March 27 to renew the existing special levy bylaw for the pickup of garbage and recycling in Ward 1.

The estimated cost for pickup in 2018 is \$87,400 and the per-parcel rate will be between \$190 and \$200 for a single-family residence, while a duplex will cost between \$380 and \$400.

Ward 1 councillor and deputy reeve John Wainwright said that the public meeting, which takes place at 7 p.m. at the council chambers in Eriksdale, will give the public the opportunity to have their voices heard if they oppose the bylaw. He added that this bylaw isn't new, though, and that this is the renewal process for an already existing bylaw. The rates will be the same and nothing about the bylaw will change.

"This bylaw just replaces the exist-

ing one, which we've had for three years," said Wainwright.

"When we did the special levy, we made it for a three-year term and that term is over, so we have to make a new one to replace it. This bylaw covers both urban and rural garbage and recycling pickup."

Wainwright said that the three-year timeframe was used so that council can react to cost changes more effectively.

"Costs can change within three years," he said.

Garbage and recycling are collected once a week in the town of Eriksdale and once every two weeks in the rural areas of Ward 1.

For those who want more information on the special levy, copies of the proposal are available at the RM office in Eriksdale and on the municipal website at [www.rmofwestinterlake.com](http://www.rmofwestinterlake.com).

## Welcome to the Team!

### New veterinarian joins Selkirk Veterinary Services

Dr. Klug, Dr. Penner and the rest of the staff at Selkirk Veterinary Services (SVS) are pleased to welcome Dr. Shantel Munro to their team.

Dr. Munro graduated from a four-year program at the Western College of Veterinary Medicine in 2016 with an award in clinical excellence. Dr. Munro's love for animals started at an early age even though her parents wouldn't let her have any pets of her own.

"I have wanted to be a veterinarian since I was very, very young," she said.

Today, she has three pets of her own, a Jack Russell named Sadie, a Lab named Maddy and a senior cat named Tess.

Originally from Winnipeg, Dr. Munro started practicing in Russell, MB, before moving closer to her family and choosing Selkirk as her new place to practice veterinary medicine. When asked why she chose Selkirk, Dr. Munro replied, "SVS basically has everything I was looking for in a veterinary practice. Their focus and their emphasis was really where I wanted to go in my career. The biggest thing for me was how much focus is on the dental care, they have an excellent dental set-up and training. I really want to focus on animal dentistry and SVS is really good for that."

Going forward and growing her practice, Dr. Munro is hoping to gain dental experience and branch out into complicated surgeries while treating the wide range of conditions they see daily at SVS. When asked what her best advice to pet owners is when it comes to taking care of their animals' teeth, Dr. Munro says prevention is the best medicine.

"Start early, the number one thing is to always have a look at your pet's teeth. Just occasionally lift the lip and have a look, look for fractures or lots of tartar. Talk about your pets teeth with your vet and start early, this can prevent a costly and serious procedure down the road."

Although the doctors at SVS treat all types of companion animals, Dr. Munro finds ferrets fascinating.

"I love ferrets and welcome clients to come visit us with any ferret concerns," she says. "The small exotic mammals in general, rabbits and guinea pigs, I really like those as well."

Selkirk Veterinary Services is located at 6 Wersch St. in Selkirk. To book an appointment, call 204-482-5720. Dr. Klug, Dr. Penner or Dr. Munro look forward to helping all your beloved, furry friends.



Dr. Shantel Munro



# Fisher Branch Recreation Centre hosts Family Fun Day

By Patricia Barrett

The Fisher Branch Recreation Centre hosted a Family Fun Day last Saturday that included plenty of winter-themed games for the kids, a supper and ice dancing.

"It started with a pancake breakfast and we had kids' carnival games," said Fisher Branch Chamber of Commerce member Tannis Yuzwa, who took part in the day.

The Town holds a carnival and participates in a radio talent show on alternating years. Because the talent show was held this year, the Rec Centre decided to host a fun-filled day to bring the community together.

Charging a small admission fee, the Rec Centre organized a youth curling bonspiel, a hockey skills competition, ice bubble ball and snowshoe races.

"We also built an ice castle, which is probably going to melt in two days," laughed Yuzwa.

To cap off the day, participants sat down to supper consisting of steak or chicken then took part in an ice skating dance. Kids also enjoyed a movie later in the evening.



EXPRESS PHOTOS BY KAREN ABAS, SHERRYL WOLOSHYN AND LARISSA NAHULIAK





# Viola Desmond, Human Rights Museum featured on Canada's new \$10 bill

## Submitted

A prominent image of the Canadian Museum for Human Rights (CMHR) will be featured on the new \$10 bank note as a symbol of Canada's ongoing pursuit of rights and freedoms, the Bank of Canada revealed last week.

The front of the note displays a portrait of Viola Desmond, whose defiant stand against racial segregation is featured in an exhibit housed in the CMHR's Canadian Journeys gallery.

An external façade of the CMHR, overlaid on an image of its glowing alabaster rampways, will be portrayed on the back, alongside an excerpt from the Charter of Rights and Freedoms and an eagle feather representing the continuing struggle for recognition of the rights of Indigenous Peoples in Canada.

The note was officially unveiled by Stephen Poloz, governor of the Bank of Canada, and the Honourable Bill Morneau, minister of Finance, at a ceremony in Halifax. A reveal event in Winnipeg was held beside the Viola Desmond exhibit, in front of an audience of surprised and delighted elected officials, visitors, donors, members and business and community leaders last Thursday.

"It's hard to put into words how proud and excited I was to learn that our mu-

seum would be featured on this historic bank note," said Dr. John Young, speaking at the Halifax ceremony. "Viola Desmond's courage has inspired our visitors by demonstrating that one person can make a difference. Hers is a story that all Canadians need to know and one that we are honoured to share."

When the new \$10 bill begins circulating in late 2018, Desmond will become the first Canadian woman to be portrayed on the front of a regularly circulating Canadian bank note. The CMHR will become the first museum ever pictured on a Canadian bank note.

"This is an incredibly proud day for everyone who contributed to building the Canadian Museum for Human Rights," said Gail Asper, a member of the CMHR's board of trustees and national campaign chair of the Friends of the CMHR's capital fundraising campaign. "This museum has become a place of inspiration for visitors from across Canada and around the world."

For more information on the visual elements and security features on the new \$10 bank note, including some 360-degree views inside the CMHR, visit the Bank of Canada's website.



EXPRESS PHOTO SUBMITTED

The Canadian Museum for Human Rights, along with a portrait of Viola Desmond, is featured on Canada's new \$10 bank note.

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# Province upgrading access roads to future sites for outlet channels

By Jeff Ward

Provincial Infrastructure Minister, Ron Schuler announced last week that the crews will soon begin upgrading the access road for the new permanent Lake St. Martin outlet channel.

Schuler announced last week that the project has three main components: road access to the construction area for the Lake St. Martin channel, a new channel constructed from Lake Manitoba to Lake St. Martin and a new channel from Lake St. Martin to Lake Winnipeg.

"The first phase of this project will involve upgrades to the road that provides construction crews with access to the site of the proposed Lake St. Martin channel," said Schuler.

"A project of this size requires considerable planning and levels of approvals, and we continue to work with Indigenous groups as we move forward on the components of this project."

The access road is north of Spearhill and will go east into the Mantagao Wildlife Management Area before reaching the north east corner of Lake St. Martin. The map provided by the province also shows where new hydro distribution lines would go.

**"THE FIRST PHASE OF THIS PROJECT WILL INVOLVE UPGRADES TO THE ROAD THAT PROVIDES CONSTRUCTION CREWS WITH ACCESS TO THE SITE OF THE PROPOSED LAKE ST. MARTIN CHANNEL."**

Schuler said that work on the road is scheduled to start this year and be completed with joint ventures with Indigenous communities.

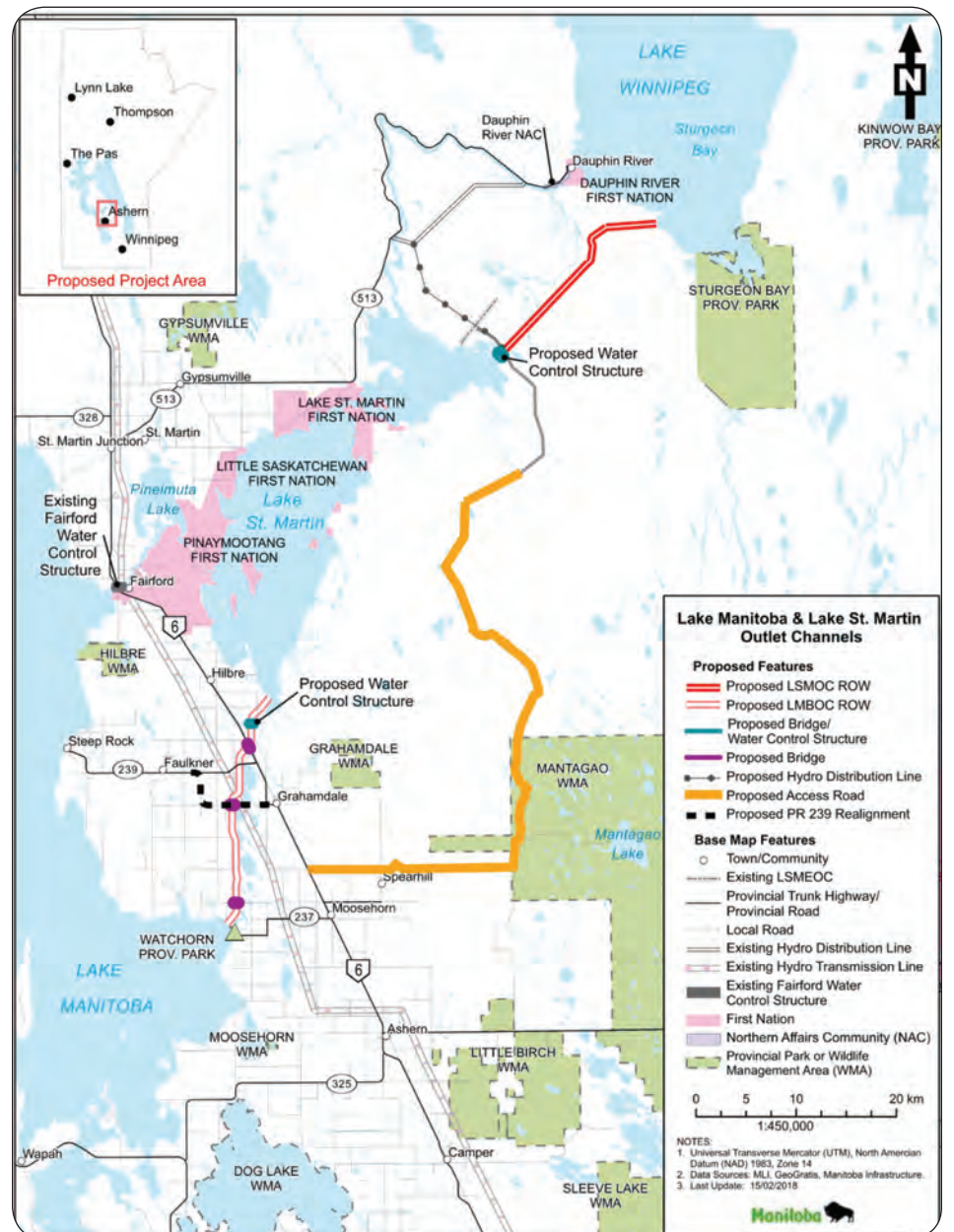
There is some controversy as to the nature of the tenders awarded for the access road. Manitoba Heavy Construction Association president Chris Lorenc told the CBC the project should have been publicly tendered so as to ensure the "lowest qualifying price."

Schuler said that the projects were awarded through a single-source tender for an agreed-upon price.

The contracts were awarded to two partnerships. Lake St. Martin First Nation partnered with Glen Hartman Construction and the Interlake Reserve Tribal Council partnered with Sigfusson Northern. Schuler said the contracts stipulate 50 per cent Indigenous representation.

The minister told the CBC that their communities were wiped out and that this deal offers those returning home, many to new homes, an economic opportunity.

"This allows those who are going back [to Lake St. Martin] to have some economic opportunity. We think that this is a very positive step," Schuler told the CBC.



MAP COURTESY OF MANITOBA INFRASTRUCTURE

This map shows the access road in yellow and its path to the future site of the Lake St. Martin Outlet Channel.

## Paterson Grain explores possible expansion in Arborg

By Patricia Barrett

The Paterson Grain facility in Arborg is exploring a possible expansion of its operations and has asked town council whether it can lease or purchase land.

Paterson representatives Patrick Chomokovski and Chris Nordal attended council's regular meeting Feb. 14 to discuss the company's potential expansion plans to the north and east of the facility, which is situated at the north end of the town.

The land Paterson is interested in was once part of an old rail line that ran through town.

"With respect to Paterson's proposed expansion, the land is the former CP Rail land, now owned by the Town of Arborg," said CAO Lorraine Bardarson last week. "This is the only comment that can be made at this

time."

During its meeting, council instructed Bardarson to speak with the town's solicitor regarding the request.

Founded in 1908, Paterson supplies seeds to farmers and markets grain to domestic and international customers. The grain company has a network of inland terminals, elevators and ag centres that offer products and services such as soil testing, crop nutrition advice, chemicals, equipment rentals and grain pricing information, according to its website. It has 18 locations in Manitoba and several across Saskatchewan and Alberta. Paterson's Crop Inputs Centre in Arborg customizes farm business plans to meet producers' needs.

The company did not respond to a request for more information about the possible expansion.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Paterson Grain in Arborg.



# Volunteers help remove invasive species from Corner Brook Marsh

## Submitted

When Ducks Unlimited Canada (DUC) conservation specialist Emma Bocking learned of purple loosestrife growing in Corner Brook Marsh, she knew there was no time to lose.

It was the first reported sighting of the notorious invasive plant at the Newfoundland wetland. She hoped it would be the last.

"Once an invasive species like purple loosestrife gets established in an ecosystem, it's very difficult to remove," says Bocking. "That's why we made it a priority to remove as many plants as possible right away, before the population had a chance to really take hold in the marsh."

DUC staff and volunteers canoed between islands in the marsh, pulling up plants as they went. They used trowels to make sure they removed all of the roots. Since completing the dig, they've monitored the area regularly to watch for any sign of its return.

It's not that they didn't like the look of the bright fronds swaying in the breeze between cattails. But purple loosestrife takes over wetland ecosystems, chokes out native plants and leaves less food for waterfowl and other wildlife to eat.

The perennial plant arrived in eastern North America in the early 1800s. Settlers brought the beautiful plants for their gardens, and seeds were present in soil used to provide weight for stability on European ships. Since it was introduced, it has spread westward and is now found across much of Canada and the United States.

The team at Corner Brook Marsh was successful in removing purple



EXPRESS PHOTO SUBMITTED

When Ducks Unlimited Canada conservation specialist Emma Bocking, pictured above, learned of purple loosestrife growing in Corner Brook Marsh, she knew there was no time to lose.

loosestrife. They were fortunate that local volunteer Jason Foster spotted it early. Too often, affected areas are not treated until the plant has spread much further — creating a sea of purple flowers too numerous to dig up.

When a plant from one continent is introduced to another, it usually comes without its natural enemies — other species that keep its population under control in its native habitat.

"The reason why purple loosestrife is so invasive here is because it doesn't have its natural predator, which is a beetle from Europe," says Jade Raizenne, conservation and program specialist with DUC's Native Plant Solutions (NPS).

"Researchers determined it was safe to introduce the beetles to Canada as a biological control. The beetle only eats the purple loosestrife plant — it

doesn't have any other host — so it doesn't affect native species."

Starting in 2015, beetles were put to the test Manitoba's Rural Municipality of Brokenhead. In partnership with the Centre of Indigenous Environmental Resources (CIER), NPS and members of the Brokenhead Ojibway Nation (BON) released approximately 450 purple loosestrife beetles at five wetland sites.

They focused on an area around the

Brokenhead Wetland Ecological Reserve, known for rare plant species and species of cultural importance to the community.

"Ultimately, what we wanted to do was leave the community with the capacity to take this on in future years," says Jessie DeGrave, CIER project manager/research associate and project manager for the Brokenhead project.

DeGrave says demonstrations on beetle release were followed by the release of the beetles by BON community members. NPS staff later provided instructions on how to collect and rear purple loosestrife beetles for future distribution efforts.

In the year following the release, beetle presence and their damage to the plants was evident where the releases had taken place.

Similar tactics have been used elsewhere in Canada with success. A release at wetlands in Ontario in the 1990s has shown purple loosestrife reductions as high as 90 per cent. Native marsh vegetation has naturally re-established in its place — proving that with the right tools available, wetland habitats can be reclaimed from aggressive invaders like purple loosestrife.

## Glow Fitness hosts grand opening



EXPRESS PHOTO BY BRETT MITCHELL

Glow Fitness For Women owner Katie Hartle, far right, helps a customer during the grand opening of her new facility, located at 217 Clandeboye Ave. in Selkirk on Sunday. For more information about the women's-only gym and yoga studio, visit [glowfitnessforwomen.ca](http://glowfitnessforwomen.ca).

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# Evergreen Foundation of Manitoba gears up for educational excellence

By Patricia Barrett

The Evergreen Foundation of Manitoba will be honouring the achievements of past and current Evergreen School Division staff members during an awards ceremony slated for April 20 at the Hecla Lakeview Resort.

"It will be a celebration of their dedication to education and our communities," said ESD board chair Ruth Ann Furgala last week.

This year, the foundation will be recognizing four people: ESD board member Robert Arnason, ESD board secretary-treasurer Charlie Grieve, Margaret Wishnowski (retired Riverton teacher) and Michael Cherlet (retired Gimli band teacher).

In 2016, the foundation recognized eight members, including Furgala, Morris Finnbogason, Paul Cuthbert and Kris Gudmundson, for their contri-

butions to education.

The Evergreen Foundation of Manitoba is a registered corporation that provides funding for student scholarships and bursaries, and for research and educational purposes.

The awards ceremony includes a buffet dinner. Tickets are \$25. For more information, call the division's administration assistant Velma Darroux at 204-642-6260 or any of the high schools.

**EXPRESS FILE PHOTO BY PATRICIA BARRETT**  
Evergreen School Division board chair Ruth Ann Furgala, with Robert Arnason, was inducted into the Foundation's Hall of Fame in 2016 for her outstanding support for education.



## BBB's Canadian National Password Day March 15 #BBBPasswordDay

Submitted

The numbers of passwords stolen are staggering. In 2016, 32 million Twitter password accounts were hacked and in 2012, 117 million user names and passwords were siphoned from LinkedIn. With all these personal passwords floating around the dark side of the Internet, should you be worried?

According to the 2017 Norton Cyber Security Insights Report, 10 million Canadians experienced cybercrime within the last year. And 53 per cent were impacted by an online security

threat or know someone who was. That is why the Better Business Bureau of Manitoba and NW Ontario is announcing its third annual BBB National Password Day #BBBPasswordDay. Whether you are a consumer or a business owner, it's important to change your passwords on all online accounts two or three times a year to better protect personal and financial information.

Len Andrusiak, CEO of the Better Business Bureau of Manitoba/NW Ontario remarked, "By the end of the decade the average person will have

over 200 online accounts and subscriptions that contain sensitive information." Andrusiak added, "Online security is not a responsibility to be taken lightly. Company data is one of the most valuable assets in your business. Some analysts suggest up to 58% of businesses are not prepared for breach or loss of their data. Protection is all about prevention through due diligence."

On Thursday, March 15, the BBB encourages everyone to celebrate National Password Day by scheduling 30 minutes to update your passwords across bank accounts, social networks, email accounts and even point-of-sale (POS) equipment. To reduce your risk of being hacked, the BBB recommends the following:

- Use a different password for each account.
- Do not share any of your passwords

with anyone.

- Change your passwords regularly – at least 2-3 times a year & update password for cell phones.

- Turn on multi-factor authentication. i.e.: answer security questions; input unique codes.

- Build strong passwords – use at least 8 characters; upper & lower-case letter; numbers & symbols.

- Avoid words found in dictionary; avoid family & pet names, birth dates.

BBB National Password Day runs in conjunction with BBB's National Top 10 Scams and the Competition Bureau of Canada's Fraud Prevention Month - both launched in March.

To learn more, including additional password security best practices, go to [bit.ly/password-day](http://bit.ly/password-day).

For information on BBB's National Top 10 Scams, go to [bit.ly/top10scams](http://bit.ly/top10scams).

## Lundar to celebrate 70th annual Winter Carnival this weekend

By Jeff Ward

Lundar residents will flock to the Lundar Legion this weekend for their annual Winter Carnival which is now celebrating its 70th anniversary.

The annual event will celebrate family friendly games and activities that start with a 1 p.m. St. Patrick's Day themed Ice Show at the St. Laurent Arena. The show's admission price is a silver collection. Following the show there will be a bevy of indoor and outdoor activities at the Lundar Legion from 3-5 p.m. Life size board games like Jenga and checkers, a massive snow hill, Olympic relay and road hockey are just a few of those activities. At 4 p.m. the Lundar Fire Department will host a bonfire with free

hotdogs and hot chocolate.

At 5:30 p.m. the Bud, Spud and Steak dinner will kick off inside the Legion. Tickets cost \$25 each.

Capping off the weekend's festivities is the crowning of the carnival queen. Contestant Kianna Sweetland-Laughlin is sponsored by the Lundar Legion Ladies Aux. #185, JoLene Spray is sponsored by the Lundar Elks Lodge BR #528 and Sidney Priemski is sponsored by the Lundar Grettir Co-op. Each contestant has been selling tickets to raise money for the Lundar Arena, and the contestant with the highest total sold will be crowned carnival queen at 8 p.m.

Every event except the Ice Show and bud, spud and steak are free.



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# RETHINK INK



A message from the members of the Provincial Community Newspapers Associations of Manitoba and Saskatchewan and AdCanada Media Inc.

\*[www.smartinsights.com/internet-advertising/internet-advertising-analytics/display-advertising-clickthrough-rates/](http://www.smartinsights.com/internet-advertising/internet-advertising-analytics/display-advertising-clickthrough-rates/)  
\*\*[www.theverge.com/2016/2/20/11079078/untitled](http://www.theverge.com/2016/2/20/11079078/untitled)



# SnoBears about to rumble into Gimli

Ice fishing fundraiser  
March 16-18

By Patricia Barrett

SnoBear Canada's annual angling event is set for March 16-18 in Gimli and includes an ice fishing fundraiser for the local KidFish charity.

"SnoBear owners and fans from across North America gather together for a weekend of fishing, fun and friendship," said spokesperson Karla Folstad. "It's a chance to show off customized SnoBear units, learn about the latest in ice fishing technology, swap stories, and fish with like-minded people from all over Canada and the United States."

A number of sport fishers — including Ted Takasaki from South Dakota, Minnesota-based fishing guide Dan Eigan and Ontario angler Bob Izumi, who hosted a television show called

Bob Izumi's Real Fishing Show — will be joining the winter recreational sports company for the weekend.

The company will be showcasing its SnoBear product lines, such as a SnoCoach that can carry up to 14 passengers, and a "Grizz."

"Certainly anyone in the area who wants to come out and see a SnoBear is welcome to come all weekend," said Folstad. "I'm sure we can find someone who'd be willing to let them see the interiors."

On Friday, March 16, SnoBear will be hosting an Ask an Expert event that gets underway at 7:30 p.m. at the Lakeview Resort. The session is open to the public, but people are encouraged to make a donation to KidFish.



EXPRESS PHOTOS COURTESY OF KARLA FOLSTAD

An ice fishing fundraiser for the local KidFish charity is being held in Gimli March 16-18.



Participants in the 2017 SnoBear Migration on Lake Winnipeg.

## Gimli and District Kiwanis Club recognized for philanthropic work

Submitted

The Kiwanis Club of Gimli and District was acknowledged at the Manitoba Legislature for their ongoing philanthropic work by a round of applause from the entire Legislative Assembly on March 7.

This was preceded by a private member's statement from Gimli MLA Jeff Wharton and by a presentation to the attending Kiwanis members present in the gallery.

"Madame Speaker, I rise in the House today to honour the Kiwanis Club of Gimli and District, which was established in 1974," said Wharton. "Today, it is the most respected club in the Western Canada District, with 84 members. The club has provided valuable services and support in Gimli and surrounding areas for the past 44 years."

The Kiwanis Club sponsors a Ser-

vice Leadership Program encouraging leadership, volunteerism and community service to youth in every school in the Gimli area.

The club also supports community services for seniors and adults living with disabilities.

The club has a flag program, which assists with putting up a Canadian flag on businesses in the community promoting patriotism.

The Kiwanis Club also supports community projects and programs including the natural playground project in Gimli, school breakfasts, women's organizations, local food banks and local sports organizations.

Wharton asked his fellow Legislative Assembly members to join him in congratulating the Kiwanis Club of Gimli and District for the outstanding contribution they make to communities they serve.



EXPRESS PHOTO SUBMITTED

The Kiwanis Club of Gimli and District members were recognized in the Legislative Assembly on March 7. Pictured left to right: Phil Laing (District Key Club Administrator), Nancy Laing, Norma Sharp, Gimli MLA Jeff Wharton, Sam Sekhon (Past Governor and currently the International Trustee for Canada and Caribbean), Terry Sekhon (past Distinguished Lieutenant Governor in the Western Canada District) and Mike Owen (club president).



# Social planned for Petersfield man who survives head-on crash

By Justin Luschinski

A Petersfield man was severely injured in a car crash, and now his family is trying to raise money to help him get back on his feet.

Chris Waterman, 40, needed a few things in the city, so he drove up to Selkirk on Feb. 11. On his way there, Waterman was heading southbound in a pickup truck on Highway 9 near Clandeboye when he was hit by a northbound SUV that had come into his lane while trying to pass another vehicle. The driver of the SUV, a 57-year-old man from Winnipeg, was killed in the crash, which closed the highway for several hours.

Waterman was so badly injured he had to be air-lifted to Health Sciences Centre (HSC) in Winnipeg, where he is currently recovering.

Days after the collision, Mandy Gibson, Waterman's sister, started a GoFundMe page to help raise money for his medical fees and to help make the family's home wheelchair accessible.

Gibson said the accident was devastating to her brother and his family.

"We didn't know the extent of his injuries until we got there," Gibson said. "It was devastating. I was already pretty upset before I got there. I rushed to the hospital as soon as I could. ... We were all in shock. I think we're all still in shock."

"We're trying to stay strong and pos-



EXPRESS PHOTO SUBMITTED

Chris Waterman of Petersfield, pictured second from right, along with his family, is on a long road to recovery after surviving a head-on collision last month.

itive."

According to Gibson, Waterman has two broken feet, two broken legs, a

broken sternum, T12 vertebrae fracture, and severe spinal cord damage. He cannot sit up on his own, and he

cannot feel anything below the waist, but he is conscious and able to work on physiotherapy. Gibson said that once Waterman's physical condition is more stable, they plan to move him to the HSC's neurology ward.

As of Monday, the GoFundMe had raised \$10,055 out of their \$25,000 goal. A social will also be held on Saturday, April 7 at the Petersfield Community Club to help with medical bills as well.

Gibson said that her family is overwhelmed by the outpouring of support they've received so far.

"I wasn't really sure what to put as a goal. I thought it was maybe unattainable. But we've received so much support from friends and family, it kind of spiraled from there," she said. "The support has been overwhelming. You don't ever think that something like this would succeed. I know everyone talks about how amazing people are, but he's the most kind-hearted, big-hearted, caring person I know."

"I want to do everything I can for him because he'd do the same for me."

Gibson said, in the meantime, Waterman is trying to stay positive and is working hard to fully recover.

For more information, or to donate, visit [gofundme.com/love-for-the-waterman-family](http://gofundme.com/love-for-the-waterman-family).

## Interlake Juried Art Show accepting submissions until April 3

Staff

Organizers behind this year's Interlake Juried Art Show is putting out a call to local and area artists.

Artists over the age of 12 are invited to submit their works to the 39th annual Interlake Juried Art Show hosted by the Gwen Fox Gallery and taking place from April 7 to 29 at Banquet Hall inside the Selkirk Rec Complex.

Artist entry forms can be round online by visiting [gwenfoxgallery.com/](http://gwenfoxgallery.com/)

page/ijas2018 or by stopping by the Gwen Fox Gallery in Selkirk during regular gallery hours.

The deadline to enter is April 3.

Joaine English, a Gwen Fox Art Gallery volunteer, says the art show is an excellent opportunity for local artists.

"Hosting this event will promote the growth of culture by providing opportunities for emerging visual artists and crafts people to exhibit their work, maintain and develop cama-

raderie and develop critical skills by having their work critiqued by adjudicators," English said. "There are 10 different categories, for both the youth and adults."

English added there will be a group of youth and adult jurors on hand to judge all of the works.

The Interlake Juried Art Show is part of a series of art shows that take place in the six regions of Manitoba each year. The winners of each 10 catego-

ries are then invited to enter into a regional level show, which is hosted in Winnipeg at a later date.

"Last year, our area won Best of Show for Manitoba and also the Best in the Sculpture Category in Manitoba," English said. "Both artists will be entering into this year's Interlake Juried Art Show."

## Peguis man facing firearm charges after standoff with RCMP

By Patricia Barrett

A 23-year-old man from Peguis is facing firearm-related charges after he barricaded himself inside a residence on the First Nation last Saturday.

Officers convinced the man to stand down and there were no in-

juries reported, said RCMP spokesperson Sgt. Paul Manaire.

"Officers attended the location and we were able to negotiate his surrender," he said. "A 23-year-old male from Peguis was taken into custody without incident and will be facing firearm-related charges."

What prompted the response was an earlier report of a disturbance, said RCMP Cpl. Gabriel Simard of the Fisher Branch detachment, whose officers assisted Peguis RCMP.

"For assistance, we had the emergency response team attend as well

as crisis negotiators," said Simard. "It turned into a critical incident where appropriate units were called in to assist."

Police were unable to say whether other people were in the home at the time of the incident.



# Evergreen approves tennis court revitalization subject to conditions

By Patricia Barrett

Members of a volunteer committee that took it upon themselves last year to clean up the disused tennis courts behind Gimli High School attended Evergreen School Division's budget meeting last week to initiate discussion on the re-development of the courts.

The GHS & Community Court Revitalization Committee, whose members include parents sitting on Gimli High School's Parent Advisory Council (PAC) and ESD trustee Dianna Auer, wants to turn the courts into a multi-sport complex that can be used for tennis, pickleball, basketball and ball hockey.

In the summer of 2017, Revitalization Committee members cut down trees around the court and pulled weeds. One of its members approached the municipality and had it patch cracks on the court's surface. The committee also put up posters in local businesses, outlining its plan to revamp the tennis courts.

The division owns all the property encompassing both Gimli High School and Sigurbjorg Stefansson Early School, including the tennis courts, and the Revitalization Committee had carried out the clean-up before securing board approval for the project.

"There's support for the project," said Supt. Roza Gray, fielding questions from a few committee members who showed up for the March 7 budget hearing. "What's important to be mindful of is I hear people talk about this as a community project, and in my view, it is a partnership. The place you're working on is part of school division property and, therefore, it needs to be a project where we're seen as partners. We're grateful it's happening, but you can't do it to us — you need to do it with us."

Before the budget meeting got underway at 7 p.m., the board had passed a motion (at its 6 p.m. regular meeting) approving in principle the enhancement of the tennis courts.

But the project is subject to a number of conditions, including having the division's manager of operations ensure the base is stable enough to sustain resurfacing so that it won't result in expensive maintenance costs down the road, having the committee raise 80 per cent of the total cost before tendering, having the division handle the payment of all bills (the division doesn't pay GST and can reduce project costs by handling bills), and recognizing the division governs the use of its property.

The division will fund 20 per cent of the project up to \$30,000. Revital-



Gimli's Deals For Dollars store currently has a poster in its window about the multi-sport project.

ization Committee members did not indicate how much the project will cost or what they've raised to date. Some of the Revitalization Committee members are also members of another committee called the Pond Hockey Committee, which intends to hold hockey games to help raise money for the multi-sport project.

PAC and Revitalization Committee member Tom Cowell gave the board several photographs of GHS grounds, calling them unkempt and lacking infrastructure for outdoor physical activity.

"It's time to find some money in the budget to do something for that high school," said Cowell. "It's ridiculous, really. It's a great school on the inside and the band program is awesome. But the outside is actually an embarrassment. That was the main reason I took a chainsaw and went down there [tennis courts] and started cutting because no one's doing nothing there. It's an embarrassment to the town."

He disagreed with the board's requirement that the court's foundation be evaluated prior to resurfacing.

"For somebody who has spent probably 100-plus hours clearing that place, pulling weeds and cutting trees down and grinding stumps, I really don't see that we need an engineer. We're not driving semi-trucks on that unless we have somebody the weight of a semi-truck playing tennis. We'll



EXPRESS FILE PHOTO BY PATRICIA BARRETT  
Volunteers pulled weeds, chopped down trees and had the RM of Gimli fill in surface cracks at the tennis courts behind Gimli High School.

be OK with that surface the way it is." Cowell also broached the issue of turning the field between the high school and the early school into a soccer pitch. Although Gimli has soccer grounds at the north end of town, Cowell said students shouldn't have to walk a mile down the highway to get there.

"You're already cutting the grass. It shouldn't be a big deal. You've got to do your part," he said. "You've got to put in the money ahead of time to take care of the maintenance of what exists. As a parent and taxpayer, I want to see money put into these simple things that don't cost a lot of money. It just takes effort. And I don't want to wait another year or two years for that to happen. There's no excuse for it."

Gray said part of the field is already accounted for; the division had approved the construction of an outdoor playground project at SSES.

Phase I of the project involved several years of planning, designing, consultations and fundraising, according to SSES's project overview. Phase 2 will see the construction of a forest — something students expressed a desire for during consultations. Phase 3 will see the enhancement of and additions to the forest, including pathways and natural play structures.

"Our natural playground will benefit all of our students, their families,

the entire community and tourists," states the overview. "It will also promote the importance of living in harmony with nature, having good mental health and being physically active in the outdoors. Due to the design of the structures, it will also encourage imagination and critical thinking."

ESD board chair Ruth Ann Furgala said the outdoor playground has "huge support from the community," and SSES had to provide the division with a financial report showing it had raised a required sum before construction could get underway. The work is scheduled to begin in July.

She added that the field is used for soccer games and has chalked lines drawn on it to indicate boundaries.

In response to Cowell's request for a soccer field, Gray emphasized collaborating with school principals on potential projects.

"What we need to be thoughtful about is that what you're asking is consistent and is meaningful for what the schools need," she said. "The schools need to be involved in these kinds of decisions. So part of the process would be to talk to the schools."

Cowell said even if SSES has earmarked part of the field for its outdoor playground, soccer fields can be different sizes and that the board can consult the Gimli Soccer Club for more information.

"There's no doubt you can fit a soccer field in that area," he said. "What I would say, I'm a parent, I'm a resident of the town, and I would challenge you to tell me another high school in this division or province that has worse outdoor facilities than Gimli High School."

The Division posts its decisions about projects, bylaws, etc., via a news release on its website at [www.esd.ca](http://www.esd.ca)

**"IT'S RIDICULOUS, REALLY. IT'S A GREAT SCHOOL ON THE INSIDE AND THE BAND PROGRAM IS AWESOME. BUT THE OUTSIDE IS ACTUALLY AN EMBARRASSMENT."**



# get inspired

> MEAL IDEAS



## Dark Chocolate Soufflé

2 egg yolks  
pinch of cream of tartar  
Heat oven to 375 F. Grease two 6-ounce ramekins with olive oil and dust with sugar.  
In double boiler, melt chocolate, 1/2 tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.  
Whisk egg yolks into cooled chocolate mixture; fold in egg whites, 1/4 cup sugar and cream of tartar. Pour into prepared ramekins; bake 15 minutes.  
Tips: This recipe can be easily doubled. Garnish with fresh berries, if desired.

Prep time: 10 minutes  
Cook time: 18 minutes  
Servings: 2  
1/2 tablespoon Filippo Berio Extra Light Olive Oil, plus additional for coating pan  
1/4 cup granulated sugar, plus additional for coating pan  
4 ounces 70 percent cocoa dark chocolate  
1 ounce 30 percent heavy cream  
3 egg whites

## Double-Chocolate Olive Oil Cake with Salted Chocolate Caramel Icing



Recipe courtesy of Chef Sharon Sanders  
Prep time: 15 minutes  
Cook time: 35 minutes  
Servings: 8-10  
1/2 cup, plus 2 tablespoons, Filippo Berio Extra Light Olive Oil, divided, plus additional for coating pan  
1 cup all-purpose flour  
1 cup granulated sugar  
1/4 cup unsweetened cocoa  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda

1/4 teaspoon table salt  
1/2 cup half-and-half  
1 teaspoon pure vanilla extract  
1 large egg, lightly beaten  
1/4 cup, plus 1/3 cup, mini dark chocolate chips, divided  
1 cup canned dulce de leche  
flaky sea salt (optional)  
Position rack in center of oven and heat to 350 F. Lightly coat 9-inch round cake pan with olive oil and line bottom with parchment paper. Lightly coat parchment with olive oil.  
In large mixing bowl, combine flour, sugar, cocoa, baking powder, baking soda and salt. Stir in half-and-half, 1/2 cup olive oil and vanilla. With electric mixer, beat in egg until well blended. Scrape batter into prepared cake pan and sprinkle top with 1/4 cup mini chips.  
Bake cake 25-30 minutes, or until toothpick inserted into center comes out clean. Place cake on cooling rack 10 minutes then turn cake out onto rack and let cool completely.  
In medium saucepan, heat dulce de leche over medium heat, stirring occasionally, until softened. Add remaining olive oil and chocolate chips and stir until chocolate has melted and mixture is smooth. Remove pan from heat.  
Transfer cake to serving plate. Pour icing over cooled cake, sprinkle with flaky salt, if desired, and serve.

## Coffee - Who can drink it and who should avoid it?

By Christina Hooper, Personal trainer and health coach

Coffee is healthy. Coffee is not healthy. Drink it. Avoid it.

Why all the confusion?

If you want to know whether you should drink coffee or avoid it, today's post is for you.

Coffee affects different people differently. It has some health benefits, but there are people who should avoid it.

Is this you? What should you consider before your next cuppa joe?

Coffee is one of those things - you either love it or hate it. You know if you like the taste or not (or if it's just a reason to drink sugar and cream). You know how it makes you feel (i.e. your gut, your mind, etc.).

Not to mention the crazy headlines that say coffee is great, and the next day you should avoid it.

There is actual science behind why different people react differently to it. It's a matter of your genetics and how much coffee you're used to drinking.

NOTE: Coffee does not equal caffeine. Coffee contains between 50-400 mg of caffeine/cup, averaging around 100 mg/cup. Coffee is one of the most popular ways to consume this stimulant.

But a cup of coffee contains a lot of things over and above the caffeine. Not just water, but antioxidants, and hundreds of other compounds. These are the reasons drinking a cup of coffee is not the same as taking a caffeine pill. And decaffeinated coffee has a lot less caffeine; but, it still contains some.

Let's look at caffeine metabolism, its effects on the mind and body, and whether coffee drinkers have higher or lower risks of disease. Then I'll give you some things to consider when deciding if coffee is for you or not.

Caffeine metabolism - Not all people metabolize caffeine at the same speed. How fast you metabolize caffeine will impact how you're affected by the caffeine. In fact, caffeine metabolism can be up to 40x faster in some people than others.

About half of us are "slow" metabolizers of caffeine. We can get jitters, heart palpitations, and feel "wired" for up to nine hours after having a coffee. The other half is "fast" metabolizers of caffeine. They get energy and increased alertness and are back to normal a few hours later.

This is part of the reason those headlines contradict each other so much - because we're all different.

The effects of coffee (and caffeine) on the mind and body

NOTE: Most studies look at caffeinated coffee, not decaf.

The effects of coffee (and caffeine) on the mind and body also differ between people; this is partly from the metabolism I mentioned. But it also has to do with your body's amazing ability to adapt (read: become more tolerant) to long-term caffeine use. Many people who start drinking coffee feel the effects a lot more than people who have coffee every day.

Here's a list of these effects (that usually decrease with long-term use): Stimulates the brain; Boosts metabolism; Boosts energy and exercise performance; Increases your stress hormone cortisol; Dehydrates

So, while some of these effects are good and some aren't, you need to see how they affect you and decide if it's worth it or not.

### Coffee and health risks

There are a ton of studies on the health effects of coffee, and whether coffee drink-



PHOTO SUBMITTED

Coffee affects different people differently. It has some health benefits, but there are people who should avoid it.

ers are more or less likely to get certain conditions.

Here's a quick summary of what coffee can lead to: Caffeine addiction and withdrawal symptoms (e.g. a headache, fatigue, irritability); Increased sleep disruption; Lower risk of Alzheimer's and Parkinson's; Lower risk of developing type 2 diabetes; Lower risk of certain liver diseases; Lower risk of death ("all cause mortality"); Mixed reviews on whether it lowers risks of cancer and heart disease; Many of the health benefits exist even for decaf coffee (except the caffeine addiction and sleep issues).

NOTE: What's super-important to note here is that coffee intake is just one of many, many factors that can affect your risks for these diseases. Please never think regular coffee intake is the one thing that can help you overcome these risks. You are health-conscious and know that eating a nutrient-rich whole foods diet, reducing stress, and getting enough sleep and exercise are all critical things to consider for your disease risk. It's not just about the coffee.

Should you drink coffee or not?

There are a few things to consider when deciding whether you should drink coffee. No one food or drink will make or break your long-term health.

Caffeinated coffee is not recommended for: People with arrhythmias (e.g. irregular heartbeat); People who often feel anxious; People who have trouble sleeping; People who are pregnant; Children and teens.

If none of these apply, then monitor how your body reacts when you have coffee. Does it: Give you the jitters? Increase anxious feelings? Affect your sleep? Give you heart palpitations? Affect your digestion (e.g. heartburn, etc.)? Give you a reason to drink a lot of sugar and cream?

Depending on how your body reacts, decide whether these reactions are worth it to you. If you're not sure, I recommend eliminating it for a while and see the difference.

Recipe (Latte): Pumpkin Spice Latte  
Serves 1

3 tbsp coconut milk  
1 1/2 tsp pumpkin pie spice (or cinnamon)  
1/4 tsp vanilla extract  
1 tbsp pumpkin puree  
1/2 tsp maple syrup (optional)  
1 cup coffee (decaf if preferred)

Instructions: Add all ingredients to blender and blend until creamy.  
Serve & enjoy.

Tip: You can use a tsp of coconut oil for added foam and good fats and will help keep your water colder longer.

Don't forget to drink your water.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Juniors lead Falcons 2-0 in KJHL semifinal series

By Brian Bowman

The Peguis Juniors proved that Saturday's 6-2 win over the Lunder Falcons was no fluke.

In fact, Peguis won by the exact same score on Sunday in Warren.

Those two victories give Peguis a commanding 2-0 lead in their best-of-seven Keystone Junior Hockey League semifinal series.

In Sunday's win, Peguis trailed 2-1 after 20 minutes but rebounded to score three unanswered goals in the second period and then added two more in the third.

The Juniors' Wyatt Bear opened the game's scoring 6:06 into the game but the Falcons' Derek Benson tied the score just 49 seconds later with a shorthanded goal.

Lunder's Shayne Desjarlais then gave the home side a 2-1 advantage with 5:01 remaining in the first period.

But Peguis came out strong early in the second period with shorthanded goals from Romano Paul and Keifer Tacan.

Paul put Peguis up 4-2 at 7:01 of the middle frame and then Paul and Christian Cochrane tallied in the

third.

The Juniors' Quinton Flett finished the game with two assists.

Peguis outshot Lunder 43-29 as Luke Penner posted the win.

The Juniors began the series with a four-goal win Saturday evening in Peguis.

Paul led Peguis with two goals and an assist while Keevan Daniels-Webb added a goal and three helpers.

Chase Beach-Ducharme chipped in with a goal and an assist. Tyrome Spence-Bair and Vincent Hughes also tallied. Braden Paulic scored a pair of power-play goals for Lunder.

Penner made 29 saves for the win.

Game 3 of the series will be played tonight in Peguis while Game 4 is set for Friday in Warren. Both games will start at 8 p.m.

If necessary, Game 5 will be played Sunday at 2:30 p.m. in Peguis.

In the other best-of-seven KJHL semifinal series, Selkirk led St. Malo 1-0 heading into this past Tuesday's game in St. Malo. The Fishermen won 4-3 in overtime in Game 1 of the series in Selkirk.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Peguis Juniors' Romano Paul (11) recorded a hat trick in his team's 6-2 victory over the Lunder Falcons in Warren on Mar. 11.

## Senior hockey league looking to restart next season

Staff

The Interlake Senior Contact Hockey League is looking start up again for the upcoming 2018-19 season.

Currently, the league has three teams with the Fisher River Terriers and potentially two Peguis teams (the Peguis Mohawks and Peguis Warriors although their name may change).

It was unsure if the Lake Manitoba Eagles were going to ice a team.

"We want to start taking names of potential teams and contact names from interested Interlake teams and start having meetings throughout spring and summer in the Interlake communities and have the hockey season start in October or November," said Gerald McCorrister in an email.

The Interlake area boasts a number of Junior B hockey teams but is lacking a senior league for talented

players that want to continue to play elite hockey.

"With the number of Junior B teams in the Interlake — Peguis, Fisher River, Arborg, Lunder and Selkirk — these hockey players have nowhere locally to continue playing after their Junior career and to play in a competitive contact hockey league," McCorrister reasoned.

"This will help them play locally and also have a strong community fan base from each Interlake community."

McCorrister said once they have enough interested teams, the league will arrange a spring meeting within the Interlake to discuss plans to start the hockey season in late October or early November.

If anyone is interested in entering a senior contact hockey team, please contact Gerald McCorrister at 204-308-0143.

## Groot commits to Blazers for next season

Staff

The CMU women's volleyball program recently announced the commitment of former Gimli Laker Mackenzy Groot for the 2018-19 MCAC season.

The 6-foot middle spent the 2017-18 season in the Ontario University Athletic Conference competing in U-Sports with the Nipissing Lakers.

"I am very excited to welcome another U-Sports calibre athlete to our program," said CMU head coach Evelyn Kampen on the school's website. "Mackenzy is an extremely dynamic and versatile middle. She is fast and explosive and will be a strong force in our offence and blocking next season."

As captain of her high school volleyball and basketball teams, Groot was selected as an MVP for both teams in Grade 11.

In basketball, the Lakers' forward was selected Most Valuable Player at the Manitoba High School "AA" Championships and was a roster nominee to Team Manitoba after leading Gimli to the 2017 Provincial Girls Basketball Banner.



Mackenzy Groot

As a club volleyball player, Groot led Manitoba Ice 18Us to a first-place finish at the 2017 Division 3 Club Nationals, an 11th place finish in 2016 at the Division 1 Club Nationals with Alliance Volleyball Club, and a bronze medal at Manitoba Club Provincials with Winman Volleyball Club in 2016.



# Dola leads Steelers to huge playoff win

## Staff

The Selkirk Steelers needed a win in a huge way on Sunday evening.

Trailing the Virden Oil Capitals 1-0 in their best-of-seven first-round series, Selkirk had little interest going down two games before heading to Virden for Game 3 this past Tuesday evening.

And Winnipeg Beach's Hayden Dola made sure the Steelers evened the series. He made 52 saves for the well-deserved win.

Offensively, Selkirk's Shanan McFadden scored two goals – including the game winner at 2:42 of the third period – to lift the Steelers to a 4-3 victory at the Rec Complex.

The Oil Capitals' Ben Dalke opened the game's scoring midway in the first period. But McFadden and Dawson Martin replied early in the second to give the home side a 2-1 lead.

Dalke scored his fourth goal of the series at 7:09 of the middle frame before Selkirk's Carter Barley and Virden's Marco Creta traded goals late in the period.

The Oil Capitals opened the series Saturday with a hard-fought 4-3 victory in Virden.

Dola was, once again, very busy in goal as he was peppered with 54 shots in the loss.

Game 3 of the series was played this past Tuesday in Virden but no score was available. Game 4 is set for Friday in Selkirk while Game 5 will be played Saturday in Virden.

If necessary, Game 6 will return to Selkirk next Tuesday and a series-deciding seventh game would be played the next night in Virden.

The remaining games in the series will start at 7:30 p.m.

# Peguis' Stevenson wins gold in wrestling

## Staff

Team East had a real good showing at the 2018 Manitoba Winter Games, bringing home 83 medals to finish third among six areas.

Thirty-five of those medals were gold while 23 were silver and 25 were bronze.

Winnipeg Gold was the top squad with 156 medals (47 gold, 56 silver, 53 bronze), followed by Winnipeg Blue (108 medals), South (53 medals), West (53 medals) and North (21 medals).

The Larry Desjardins Sportsmanship Award was presented to Team North for demonstrating sportsmanship and respect before, during and after competition.

The J. A. Ernst Spirit of the

Games Trophy was won by Winnipeg Gold. The award was presented to the region that shows the greatest enthusiasm, support, spirit, and cheering during the Manitoba Games.

Local athletes also did very well at the Games.

Peguis' Kevin Stevenson, 13, was fantastic in wrestling, winning gold in the 100-106 kg male division.

Badminton action saw Riverton's Gracyn Melsted win silver in the U17 mixed division.

In archery, Fisher Branch's Taylor Klimchuk, 13, won bronze medals in both female compound individual cadet and compound team mixed (with Zac Cross from Powerview).

# Provincial 'A' silver medallists



EXPRESS PHOTO SUBMITTED KARLA JOHNSON

The Gimli Vikings returned from the Hockey Manitoba Bantam 'A' provincials in Virden last weekend with silver medals. The Vikings fell to Swan Valley 9-1 in the final game after being defeated 7-3 by the same team in Game 1 of the tournament. Gimli defeated Rivers 3-1, Virden 2-1 and Grunthal 5-1 throughout the weekend. Pictured back row, left to right; Daeymen Bochoruka, Taylor Klocho, Karsen Karish and Thor Peterson; middle row, Logan Dykes, Jayden Dugay, Caven Allan, Dylan Woytowich, Clayton Lindell, Dylan Johnson and Gabriel McDonald; front row, Christian Woo, Adam Vigfusson and Matthew Huston and coaches Murray Monkman, Kurt Karish and Cory Huston.

# Thunder girls' tackle football registration next week

## Staff

The Interlake Thunder girls' tackle football registration will take place March 19 and 23 from 6 p.m. to 8 p.m. at the Ice Palace in Stonewall.

The junior division is for girls born from 2005 to 2008 while the senior division is for girls born in 2001 to 2004.

All athletes must first register with Football Manitoba and bring proof of such to the club registration.

Visit [www.footballmanitoba.com](http://www.footballmanitoba.com) and click on registration forms and then MGFA.

For more information on the Thunder girls' program, visit [www.interlakethunder.org](http://www.interlakethunder.org). If anyone is unable to attend one of the Thunder's registration events, please contact Joel McDonald at [president@interlakethunder.org](mailto:president@interlakethunder.org).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Team McEwen icing their curling relationship

Staff

It's never easy breaking up. But that's what Mike McEwen's curling rink is doing after announcing their decision on Facebook Tuesday morning.

The rink will part ways at the end of the season after 11 seasons together.

McEwen, B.J. Neufeld, Matt Wozniak and Denni Neufeld have played in three Briers and three Olympic curling trials over the last decade.

"After 11 years of friendship, personal growth, and amazing experiences, we will be parting ways at the conclusion of the 2017/18 season," said their

statement.

"We want to thank our families for their tremendous sacrifice and support that allows us to chase our dreams. Thank you to our friends and fans all over the world as it's amazing to be noticed and loved for what we do in our sport. We hope along the way we inspired many of the next generation of curlers. Thank you to our sponsors who have been such an integral part of our yearly success — right from our early beginnings you helped give us the tools and opportunities to grow and flourish."

This season, McEwen battled chick-

en pox at the provincials and then his foursome defeated Jason Gunnlaugson in the Brier wildcard game to earn a spot in the Brier for a third consecutive year.

But they posted a 7-4 record at the Brier and missed the playoffs.

"Many of our best memories as adults were made during this run as a team," read the statement. "We weren't just a team, we were so much more. From weddings, to new family additions, to celebrating tremendous wins and crazy heart thumping shots, to persevering from our biggest defeats with continued learning and

support of one another ... we did it all together.

"We will part ways with fond reflections and we hope continued success for whichever direction each one of us should choose, on or off the ice."

Team McEwen will compete in the Grand Slam of Curling's Elite 10 tournament, which begins today and continues through until Sunday at the St. James Civic Centre.

It has been reported that they will also stay together for the remainder of the Grand Slam season, which includes two more events.

## ANAVET Cup returns after brief hiatus

Submitted by the MJHL

The Manitoba and Saskatchewan Ju-

nior Hockey Leagues are pleased to announce that the two leagues have

renewed the ANAVET Cup series.

The winner of this best-of-seven se-

ries advances to the RBC Cup.

MJHL commissioner Kim Davis and SJHL president Bill Chow announced last week that ANAVET Cup play will take place in late April.

"Both leagues look forward to the renewal of the ANAVET (Army, Navy, Airforce Veterans) Cup," Chow and Davis said jointly in a media release. "The ANAVET Cup has a long and deep history going back to 1971.

"To be able to have the symbol of the ANAVETs associated to the MJHL and SJHL and, in a way of recognizing our veterans for their dedication for the freedom that Canada has today, is a huge honour."

The return of the ANAVET Cup was initiated after the former regional Junior "A" championship, the Western Canada Cup, was not renewed by the four partner leagues (BCHL, AJHL, SJHL and MJHL).

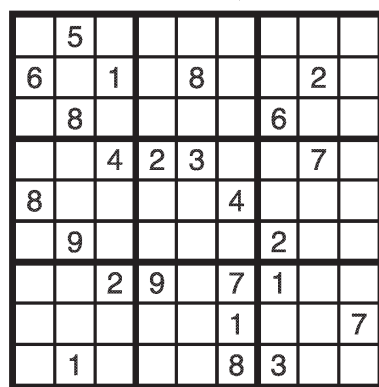
Subsequently, a renewal of the ANAVET Cup for Manitoba and Saskatchewan was negotiated by the two leagues and the ANAVETs.

The ANAVET Cup will begin on April 27 at the home arena location of the MJHL champion. The remaining games of the ANAVET Cup championship will be communicated to the public after each of the league playoffs get underway and a final schedule for the entire event is approved.

## take a break

> GAMES

### SUDOKU



Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

G	N	H	P	D	A	S	T	E	T
V	B	E	S	X	N	I	E	S	E
T	V	B	S	E	V	R	L	V	E
S	E	T	V	H	E	O	N	O	W
K	E	T	N	N	S	V	R	O	S
S	A	V	S	O	B	R	N	E	O
V	N	E	T	H	V	O	S	E	W
S	E	N	I	T	E	I	S	H	V
S	I	H	V	S	T	E	O	H	E
E	A	W	O	S	E	H	O	S	I
S	N	V	O	W	T	V	O	I	N
V	N	E	T	H	V	W	S	I	T
B	V	V	Y	T	I	V	J	N	V
V	O	V	P	S	H	W	V	W	O

Crossword Answer

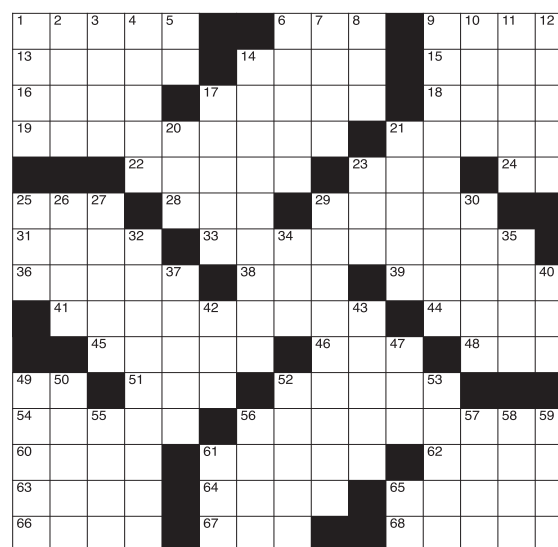
## CROSSWORD

CLUES ACROSS

1. Punctuation mark
6. Married woman
9. Nocturnal rodent
13. Suffix
14. A way to disappoint
15. Saddle horse
16. West African country
17. Philippine island
18. "Girls" creator Dunham
19. A type of twin
21. Groans
22. Infections
23. What a beaver makes
24. Thou
25. Make a mistake
28. Receive
29. Dresses
31. Burn the surface of
33. Where coaches observe
36. Ceremonial offices
38. Paddle
39. The body's main artery
41. Altered the original state
44. Alleges
45. Short-billed rails
46. Northern Thai province
48. Albanian monetary unit
49. Who the Wolverines play for
51. Oath
52. Astronomical period
54. A single unit
56. Presides over
60. Spoiled tot
61. Hillsides
62. Fertility god
63. Assuage
64. Signs a contract
65. Ancient Greek war dance
66. Allows
67. Lunar crater
68. Crash a motorcycle (Brit. slang)

CLUES DOWN

1. Loose-fitting undergarment



2. Western Romanian city
3. Unit of length
4. Type of electricity
5. Article
6. Mothers
7. Monetary unit
8. Single Lens Reflex
9. Tan-colored horses
10. Region
11. Cautious in spending money
12. Belittle
14. Sarcastic
17. Fathers
20. Clothes
21. Opera's Callas
23. Lentil dish
25. Energy-saving module
26. Make sense of a language
27. Hurries through
29. Songs to one's lover
30. Name given to plant groups

32. Improves
34. Patriotic women
35. Inflamed swelling on the eyelid
37. Instrument in Indian music
40. Request
42. Make into leather without using tannin
43. Defies
47. Neither
49. Flower cluster
50. Phonological unit
52. Leaves in water
53. Cavalry-sword
55. Famed American cartoonist
56. Messenger ribonucleic acid
57. Scarlett's home
58. Make
59. Stony waste matter
61. What to do at auction
65. Incorrect letters



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## HEALTH

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## WANTED

Wanted: old tube audio equipment. 40 years or older. Amplifiers, stereo, recording & theatre sound equipment. Hammond organs, any condition. Call toll free 1-800-947-0393.

## Thank God it's Friday Morning! (TGIFM)

You are welcome for coffee/tea and a muffin at Arborg Christian Fellowship. We are opening our doors on Friday mornings to anyone in the community who wants to drop in. There are no strings attached. Doors will be open from 10:00 a.m. until noon.

For more information please contact Linda Gerritsen at 204-376-2484.

## ANNOUNCEMENT

### IN MEMORIAM

**IN MEMORIAM**  
Mattern and Smith  
In Loving Memory of  
our dear Dad and Grandpa, Phillip,  
who passed away March 14, 1978  
In Loving Memory of  
our dear Sister and Aunt, Barbara,  
who passed away March 7, 1990  
There is a bridge of golden memories,  
From here to Heaven above;  
That keeps you very close to us,  
It's called the bridge of love.  
Your memory is our keepsake,  
With which we will never part;  
God has you in His keeping,  
We have you in our hearts.  
-Lovingly remembered, Mina, Dody,  
grandchildren, great-grandchildren,  
nieces and nephews

## ANNOUNCEMENT

### IN MEMORIAM



In Loving Memory of our dear  
Dad, Gigi, Great Gigi  
Frank Shynkarchuk  
March 19th, 2017

We think of you in silence,  
We often speak your name;  
What we would give...to hear your voice,  
And see your smiling face again.  
But we know you're watching over us  
And always by our sides.  
-Lovingly remembered,  
Perry, Gladys, Ben, and family

## ANNOUNCEMENT

### BIRTHDAY IN MEMORIAM



Evan Peder Engbaek  
March 16, 1999 – July 25, 2017  
GUESS WHAT? CHICKEN BUTT!!!  
Hahaha (an Evan Engbaek opening line)

Today would have been your  
19th Birthday Son!  
You should be here celebrating, instead,  
We are all blowing Kisses joining your dance,  
wonder what you're listening to?  
We closed our eyes, you became a man.  
For a very short four months. Life sure isn't fair,  
you were Dad's Boy and My Baby Son.  
If I kept you by my side that day, we wouldn't  
be sending a Happy Birthday Salute to the  
other side.  
One never thinks of that last Moment spent or  
words said as final. Now that's all we do: The  
significant and non. It's like Fog hat on guitar  
hero in Gimli Minor Hockey, Cinnamon Chal-  
lenge having asthma, Candy canes thrown at  
a cathedral ceiling fan, racing, endless stupid  
jokes. It becomes you Evan, in those times we  
laugh others we cry!  
But when one thinks of our Evan you just have  
to laugh sometimes. That was one of his gifts  
to us all!  
When you were little and then throughout our  
short journey together, you would say;  
Mom don't let me go; I'll fall  
Evan we will never let you go,  
Not Then and Not Now  
Dance (especially if it's Michael Jackson) Say  
how are you? A Smirk, Hug and I Love you  
Evan's gift back to us  
Might be your last moment  
We Miss you My Son  
Forever and Always  
Always and Forever  
Love you More..



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[blanche.bernardin@esd.ca](mailto:blanche.bernardin@esd.ca)

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## OBITUARY



### Henry William Kernot

On Saturday, March 10, 2018, at the Concordia Hospital, Winnipeg, Manitoba, Henry Kernot of Winnipeg passed away at the age of 68 years.

Predeceased by his parents; Peter and Anne; two brothers: Harold, Donald, and sister Betty-Anne. He leaves to mourn his passing his brothers, David (Johann), John, Douglas; sister Pat (Russell) Deneka; and several aunts, uncles, cousins, nieces, and nephews. He will be missed by his special friend Carol.

Henry was employed with Birds Hill Gravel for most of his working life. He enjoyed fishing, attending auction sales, and coming out to the farm and visiting with family and friends.

A private family service will take place at a later date and should friends so desire memorial donations can be made to a charity of your choice.

## OBITUARY

### Edward Tanguay

It is with heavy hearts we announce the passing of Edward Tanguay, on Friday, March 9, 2018, at the age of 83. Edward passed away peacefully at Arborg Hospital. He was predeceased by his loving wife Sophie in August of 2017. Ed will be missed by his many nieces and nephews in Ontario and Manitoba, his brothers and sister in Ontario and sister-in-law in Manitoba.

Ed worked all his life in road construction and enjoyed operating heavy equipment. Many evenings were enjoyed watching and laughing at his dog Peanut. Ed was always happy to stop and chat with neighbours and enjoyed coffee shop visits uptown.

Family would like to thank the staff at the Arborg Hospital for their care and attendance of Ed during his stay.

In lieu of flowers donations can be made to CancerCare.

As per Ed's wishes cremation has taken place and a private family service will be held at a later date.

Condolences, pictures and videos can be left on Ed's tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

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Gilbart Funeral Home, Gimli in care of arrangements.



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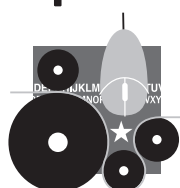
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**MS 170 | Gas Chain Saw** 

**\$199<sup>95</sup>**

MSRP \$289.95 with 16" bar

30.1 cc / 1.3 kW / 3.9 kg (8.6 lb)\*

This kit includes: a Woodsman's Care Kit, a STIHL bar and a 16" STIHL chain - an \$85 value! Hat may not be exactly as shown. While supplies last. Excluded Models: MS 160 C-E, MS 170, MS 171, MS 180 C-BE, MS 181 C-BE, MS 193 C-E, MS 211, MS 231, MS 241 C-M, MS 240, MS 251, MS 261 C-BE, MS 261 C-M, MS 271, MS 291 C-BE, MS 311 and MS 391.

**NEW**

**MSE 141 C-Q | Electric Chain Saw** 

**\$199<sup>95</sup>**

MSRP \$229.95 with 16" bar

120 V / 1.4 kW / 4.0 kg (8.8 lb)\*



**MS 250**  
Gas Chain Saw 

**\$379<sup>95</sup>**

MSRP \$459.95 with 16" bar

45.4 cc / 2.3 kW / 4.6 kg (10.1 lb)\*



**MSA 120 C-BQ**  
Battery Chain Saw 

**\$399<sup>95</sup>**

MSRP \$429.95 with 12" bar

36 V Li-Ion 2.8 Ah / 2.5 kg (5.5 lb)\*



**MS 271**  
Gas Chain Saw 

**\$499<sup>95</sup>**

MSRP \$569.95 with 16" bar

50.2 cc / 2.6 kW / 5.6 kg (12.3 lb)\*





**MS 261 C-M**  
Gas Chain Saw 

**\$649<sup>95</sup>**

MSRP \$759.95 with 16" bar

50.2 cc / 3.0 kW / 4.9 kg (10.8 lb)\*



\*Weight with powerhead only. \*Weight without battery.

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