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VOLUME 6 EDITION 13 THURSDAY, MARCH 28, 2019

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Crafty teaching

EXPRESS PHOTO BY EVAN MATTHEWS

Mark Blieske, left, owner and operator of Sunset Paddles, visited Fisher Branch Collegiate last week to teach students the hands on techniques of traditional paddle making, leather work, spoon carving and blacksmith.

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

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Teaching traditional cultural craftsmanship

Students learn paddle-making, leather-working and blacksmithing

By Evan Matthews

Fisher Branch Collegiate students had a unique and original opportunity, as a traditional paddle-maker, leather-worker, spoon-carver and blacksmith taught the students some hands-on techniques.

Mark Blieske, owner and operator of Sunset Paddles, came to the school — at one point in traditional Metis gear — to teach the students all about paddle making and the culture surrounding it.

"I get dressed up in costume, as a traditional woodworker and blacksmith. I talk about the Voyageur and the Métis. I talk about Indigenous culture," says Blieske.

"I talk about how it relates to the fur trade and show some of the traditional equipment that was used ... or of that same era."

Students throughout the school took in Blieske's teachings over the course of the week.

Blieske's real specialty is paddle-making, he says.

"If you really squint and look at a canoe, whether it's birch bark or plastic, it usually appears to be the same (design). ... The same can be said for a paddle," says Blieske, who's been teaching his crafts to students for 42 years.

"But since I've been folding back these layers of paddles across Canada, I'm realizing there is much more to it than meets the eye. From each and every region, there are minor differences in design and things change."

The Cree peoples used a very narrow paddle because there were smaller trees in the region, while the east coast's Mi'kmaq peoples made bigger paddles because they had access to bigger trees, according to Blieske.

The Iroquois people, historically a powerful and sometimes aggressive peoples, had a paddle design that doubled as a weapon, Blieske says, while also integrating a Mi'kmaq handle.

Blieske was brought in to the school through grant funding, which required the guest to involve exposure to Indigenous culture.

While he's teaching kids about Indigenous culture and heritage, Blieske isn't limiting his own experience since he's taking on some creative projects of his own.

Blieske is calling his most recent project "52 weeks; 52 paddles."

"I'm making one paddle a week. ... It's all about Indigenous culture. It's where paddle-making and design in our country begins," says Blieske, who is also heavily involved in Festival du Voyageur.

"I'm really interested in re-creating 52 (Indigenous) paddles from across Canada."

Grant Harrison, Fisher Branch Collegiate's industrial arts teacher, was actually a student teacher under Blieske's supervision.

Knowing what an amazing craftsman Blieske is, Harrison says he would've done whatever it took to get Blieske in the school and teaching the students.

"I offered to have him stay at my house, so he did a huge supply run, loaded up his truck and drove up here for a four-day workshop," says Harrison, having known Blieske for 15 years.

Though teachers get together to discuss strategy regularly, Harrison says those meetings often centre around topics like literacy — meaning an opportunity like this one doesn't come around very often.

"(Mark) has helped me become a better teacher. He's just a phenomenal craftsman, and I want to expose that to my kids and learn it better myself."

"It's almost a bit of professional development for myself. It's hard to get this kind of resource, and we're very grateful."



EXPRESS PHOTOS BY EVAN MATTHEWS

Mark Blieske, left, teaches spoon-carving to Colby Lazorak, Scott Barrett and Aaron Plett, with teacher Grant Harrison in the background.



Blieske discusses the craft of leather-working and some projects the students could attempt, such as the carrying case in front of him.



Emily Mazur meticulously shapes her paddle. Attention to detail is key when woodworking.



Jacob Harry scrapes away a layer from his paddle.

Correction

Staff

In the article titled "Gimli resident gets called up to teach film star on set" published in the *Express Weekly News*, Suzanne Beaumont should have been identified as an educational consultant.

The *Express* apologizes for the error.

Vidir swing project pays homage to founder's wife

By Evan Matthews

The towns of Arborg and Teulon will soon have a new community swing set, courtesy of a major corporate community member, Vidir Vertical Storage Solutions.

Arborg will install the swing set in "a new park area" at the former location of the daycare, which is within the recreation centre area, according to chief administrative officer Lorraine Bardarson.

"We are very excited to be working with Vidir Storage to create a new park area in town. The very generous donation of the swing set will be a focal point of the park and offer something that people of all ages can enjoy for years to come," says town councillor and deputy mayor, Ron Johnston.

"Vidir's strong promotion and belief in the growth of Arborg as a great place to live and raise a family is a shared vision we both have."

Vidir estimates the cost for each swing set donation to be around \$27,000, according to the company's executive assist Carissa Rempel. Arborg should see its swing set installed by the end of summer 2019.

The Town of Teulon, too, will see a donation; however, its installation is quite a ways off with no estimated timeline.

"It's very preliminary in Teulon, but basically we want to give council a heads-up because we knew they were going to be looking at reviewing their current swing sets," says Rempel.

"We want them to know it's in our

plans, too, as they move forward."

The swing sets will be made up of a variety of different swings, making the set accessible to anyone who wants to use them.

The swing set will include two regular belt swings, which any adult or child can use, according to Rempel, but the swing set will cater to those who have special needs, too.

There will be two "diaper" swings, designed for toddlers and young kids, but Rempel says these swings won't work for a child who has a disability or a young baby who can't sit up on its own yet.

So, as a solution, Vidir will have a couple ADA-approved options.

"These swings will look more like a car seat, with a full back and a five-point harness," says Rempel.

"We also want to include one where people in wheelchairs could swing. Our founder is now in a wheelchair, and though Elizabeth has passed away, we wanted him to be able to enjoy the swing set, too."

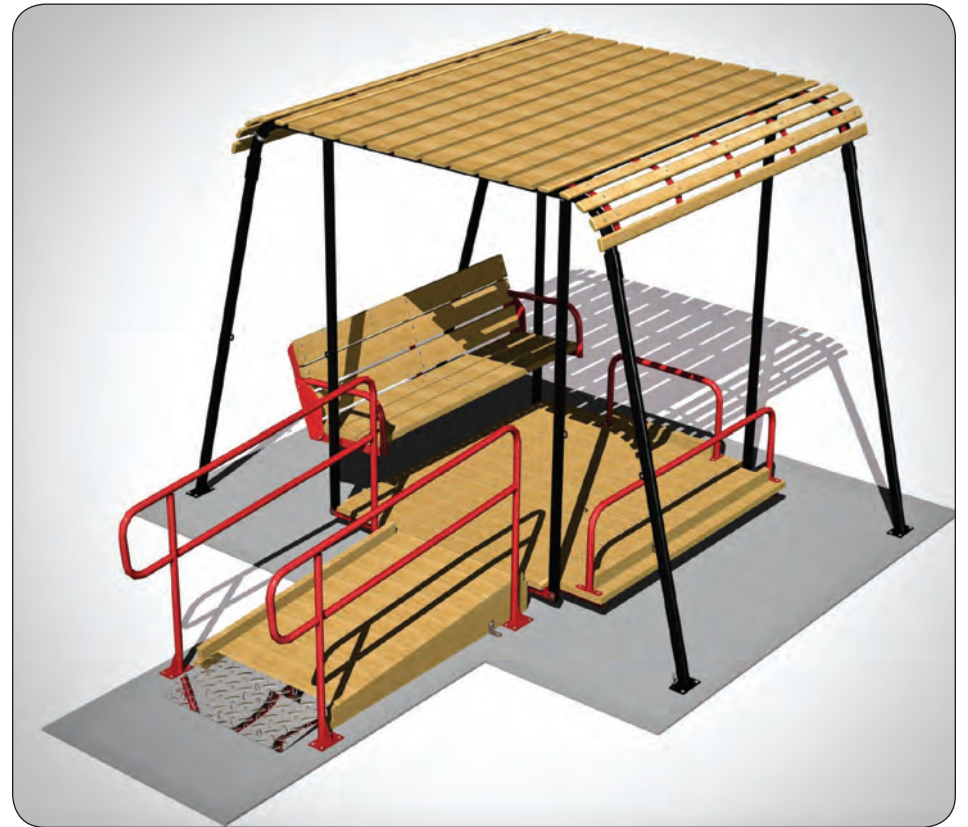
One of the main reasons Vidir wanted to go ahead with the project is in order to pay homage to Elizabeth Dueck, wife of Willy Dueck, who founded the company.

Arborg's mayor, Peter Dueck, is married to Elizabeth's daughter, Trudy.

"Elizabeth loved swings. She always loved to swing her grandchildren, and she loved the poem The Swing by Robert Louis Stevenson," says Rempel.

"In honour of her ... Vidir decided to

"OUR FOUNDER IS NOW IN A WHEELCHAIR AND THOUGH HIS WIFE HAS PASSED AWAY. WE WANTED HIM TO BE ABLE TO ENJOY THE SWING SET."



EXPRESS PHOTO SUBMITTED BY VIDIR

Vidir will install a carriage-style swing set as a way to ensure that the donation is accessible to all community members. Elizabeth Dueck, the late wife of Vidir founder Willy Dueck, had a passion for swings.

donate swings to the communities. ... That and actual need in the communities."

With facilities in Arborg and Teulon, Vidir says its important to elevate careers and community within the communities it operates in.

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Bridge Youth Drop-in Centre celebrates eight years in Arborg

By Teresa Carey

The Bridge Youth Drop-in Centre, located on the corner of Ardal Street and 1st Avenue, has been part of the Arborg landscape for eight years now.

Staff and youth who were there for the regular Tuesday evening activities celebrated the milestone with a large cake on March 19.

The Bridge's founder, Carissa Rempel, also made an appearance during the evening. While she is no longer involved with the drop-in centre, Rempel said the Bridge has successfully fulfilled her original vision of providing a safe place in the community where Arborg's youth could go and where adults would be on hand to provide them with support.

Rempel said she and her peers had few options as teens as to where they could just hang out.

"I was a teenager in Arborg. A safe place where teens could go would have been helpful for my friends and me," she said.

The Bridge, a Youth For Christ centre, started as an idea in 2008 when Rempel and others from her church came together with a plan to establish a safe place for youth. The first board of directors consisted of members of the Connexion, a church located in

the same building as The Bridge that also doubles as an arts and performing space for the community. Members from nearby churches — Arborg Christian Fellowship and Morweena Church — also got involved. Together they set some goals and raised funds to make the vision a reality.

On March 19, 2011, a ribbon-cutting ceremony marked the official opening of The Bridge. It was followed by an evening concert performed by a Calgary-based band. The next evening, the doors were opened to youth, initially for five nights a week. Before long, 40 youths were regularly dropping in.

The Bridge is now open four nights a week and provides free suppers on Mondays, Tuesdays and Thursdays, and drop-in nights on Tuesdays and Thursdays. There are also a variety of programs being run under the leadership of executive director Anders Kuusalka and program co-ordinator Krista Klassen.

A drop-in cooking class takes place on Mondays and an all-girls dance class on Wednesdays. In addition, a junior volunteer program, C.R.E.W., has just started up. Its focus is on social justice and takes youth out into the community. Other activities have



EXPRESS PHOTO BY TERESA CAREY

Bridge Youth Drop-in Centre co-ordinator Krista Klassen, left, executive director Anders Kuusalka, middle, and Bridge founder Carissa Rempel helped celebrate the centre's eighth year in Arborg with a cake on March 19.

included garage bands for the older youth, along with performing and networking opportunities with youth in nearby towns.

The Bridge is like "a second home"

to many of the youth who come there, said Klassen. It offers youth of all ages a place where they can gather and learn skills, or just have fun playing board games or a friendly game of hockey.

'Catch and kill' quota program alarms commercial fishers in north Interlake

By Patricia Barrett

Fishers in the northern Interlake say Sustainable Development's quota buy-back program and potential mesh size changes are an attempt to kill the commercial fishery on Lake Winnipeg, and their communities will be taken down with it.

Fishers from Selkirk to Norway House became aware of the changes via a public news release March 11, indicating they had two weeks (March 21 deadline) to consider selling their quota to the department, and that a single 3 3/4-inch net is expected to be implemented in the South Basin and Channel areas for Nov. 1 when the winter fishery season opens.

The department said in a statement accompanying the news release it wants to develop "comprehensive shared management strategies in consultation with First Nations, Metis and licensed hunters and anglers" for the long-term sustainability of fish, making no mention of commercial fishers.

Fishers from Fisher River Cree Nation's McBeth Fisheries and the Matheson Island Marketing Cooperative told the *Express* their communities reacted with dismay to the surprise announcement, which came during the last leg of the winter fish-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Fisher River Cree Nation's McBeth fishers, seen here in 2017 with Freshwater Fish representatives, oppose Sustainable Development's quota buy-back plan.

ery season.

Fisher River employs roughly 200 people in the fishing industry, about 148 of whom are licensed fishers. The band's council organized a community-wide meeting March 18 to discuss what the changes might mean for their future and to decide how to move forward.

Sharing the same concerns about the fishery and how its loss could devastate their community, several officials from Matheson Island, about 150 kilometres north (by road) of Fisher

River, also attended the meeting.

Commercial fisher and FRCN Band Coun. Vince Crate said the department's news release and the "ready-made" quota buy-back form attached to it came out of the blue without their having been consulted.

"It's not a buy-back program, it's a catch and kill program. That's what I call it. It's the same tactic used against American tabloids where they're offered a ridiculous price for the rights to a naughty story so it can't be run," said Crate by phone last week. "The

province wants to catch and kill commercial licenses so they don't exist anymore. That's a threat to many of our members' livelihoods and to our traditional activity, which is commercial fishing."

It would also mean a loss of economic opportunity for the First Nation community's youth.

Having anticipated no further threats to Manitoba's commercial fishery after the open market fiasco a few years ago in which hundreds of

Continued on page 13

Death Cab for Cutie, Kacey Musgraves to headline 2019 Folk Fest

Staff

Death Cab for Cutie, Kacey Musgraves and Jason Mraz will grace the Winnipeg Folk Festival's main stage this summer under the trees in beautiful Birds Hill Provincial Park.

Organizers behind the event's 46th edition announced their 2019 artist lineup via video last Thursday evening, which features some of the finest folk, roots, bluegrass, pop, rock, indie, country and world music acts from around the world.

Other top acts this year include Half Moon Run, The Sheepdogs, K'NAAN, Alvays, Charlotte Day Wilson, Kathleen Edwards, The Lone Bellow and many more.

"The Winnipeg Folk Festival is a celebration of music and people transcending time and genre — allowing us to have the likes of 2019 Grammy-Award winning country star Kacey Musgraves on the lineup along with longtime renowned folk figures like John Cohen," Chris Frayer, artistic director of the Winnipeg Folk Festival, stated in a release last Thursday.

"We are committed to presenting some of the best artists from around the world on our stages and once

again this year, we worked hard to ensure we will bring together artists from all genres to collaborate and celebrate with us the power of music."

Alongside multiple musical performances throughout the four-day festival by more than 70 artists, there will also be two new workshops this year including:

- **Icelandic Sounds:** Icelandic talent will be at the heart of the festival this summer with acts Snorri Helgason, MAMMÚT, Ylja and FM Belfast, according to organizers.

"With so many people in our province having deep connections to Iceland, it will be a one-of-a-kind opportunity for festival-goers in Manitoba to discover so many artists from Reykjavik through unique workshops and performances over the weekend."

- **Pete Seeger's 100th B-Day Hootenanny:** Folk legend Pete Seeger would be celebrating his 100th birthday this year and the festival will mark the occasion with a "hootenanny" workshop including Seeger's past collaborator John Cohen of the New Lost City Ramblers, Eli Smith, Jim Kweskin, Jeron "Blind Boy" Paxton and the Steel City Jug Slammers.



EXPRESS FILE PHOTO BY JUSTIN LUSCHINSKI

An excited crowd enjoys the sights and sounds at last year's Winnipeg Folk Festival in Birds Hill Provincial Park. Death Cab for Cutie, Kacey Musgraves and Jason Mraz will headline this year's four-day festival, which takes place July 11 to 14.

The 46th edition of Winnipeg Folk Festival runs Thursday, July 11 to Sunday, July 14 in Birds Hill Provincial Park. Main stage act Death Cab for Cutie will hit the stage July 11, followed by Jason Mraz on July 12, Half Moon Run on July 13 and Kacey Musgraves will perform on July 14. The

complete main stage schedule is expected to be released in the coming weeks.

Tickets are available at early bird prices until April 30.

For more information, visit winnipegfolkfestival.ca.

RHA to host Building Circles of Support FASD presentations

Submitted by Interlake-Eastern RHA

Interlake-Eastern RHA's fetal alcohol spectrum disorder (FASD) diagnostic co-ordinators are offering Building Circles of Support an eight-week educational series for parents, caregivers, family members and professionals who support children and youth diagnosed with FASD.

FASD diagnostic co-ordinators, Sherisse Picklyk Dear and Devon Ungurain, who work with families with children/youth exposed to prenatal alcohol, are now accepting registration for sessions in Pinawa and Selkirk.

"Building Circles of Support is an informational series that helps caregivers and professionals understand the complexities of FASD. It provides brain-based strategies to use at home, school and in the community," Picklyk Dear said.

"It also gives people a chance to connect and network with other families or professionals, who may have similar experiences. Over the nine years we have been hosting this series in the region, we have received very positive feedback from the participants."

Starting April 4, Building Circles of Support will be broadcast via Telehealth across Manitoba. Registration deadline is Tuesday, April 2 for the

hospitals in Selkirk and Pinawa. Both sessions run 4:30 to 6:30 p.m. every Thursday starting April 4 and ending May 23. To register for the Selkirk session, call Sherisse Picklyk Dear at 204-785-7547. To register for the Pinawa session, call Devon Ungurain at 204-268-7705.

FASD is a medical diagnosis that refers to the range of effects that may occur in a fetus exposed to alcohol prenatally (Canadian Guidelines 2015). FASD is a lifelong brain-based physical disability that can impact individuals, their families and society. Effects can vary and may include a range of physical, cognitive and behavioral challenges. FASD is often called an "invisible" disability because most people affected do not have noticeable physical features. While individuals may share common characteristics, every individual is unique with their own strengths and challenges. Individuals with FASD can have struggles with social skills and relationships, memory, focus and attentions, under-

standing cause and effect and learning and they may experience sensory differences.

The Province of Manitoba advises that there is no known safe amount of alcohol for women while pregnant. If possible, women should try and abstain from drinking alcohol during pregnancy or if trying to conceive. Current research shows that about 15 per cent of Manitoban women reported drinking during pregnancy. There are many reasons why a woman may drink during her pregnancy, including being unaware that she is pregnant. Interlake-Eastern RHA focuses on honouring each woman's life story and experiences and provides non-judgmental, trauma-informed support and information for women to have a healthy pregnancy.



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WEEKLY NEWS



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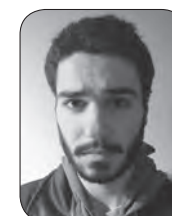
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Manitoba government delivers as promised

By Evan Matthews

It's a joyous time for Manitoba taxpayers, as the PST rate is about to be rolled back to seven per cent come July 1.

This is a major positive for taxpayers, correct? Well, it's a subjective question, with a subjective answer.

If there is one thing to be said for Manitoba Premier Brian Pallister, what you see is what you get.

The leader of the Manitoba Progressive Conservative Party, by most accounts, has done all he promised to do during his election campaign.

The provincial deficit is being reduced, spending has been cut and the PST is now being scaled back.

It's what the people voted him in to do.

Media reported Finance Minister Scott Fielding, praising his government's efforts to increase the basic personal exemptions and funding to film productions, while decreasing things like ambulance fees, etc.

The province is saying it will make

up some finances on federal transfer payments and more expected income tax due to a growing province.

It all sounds nice, but with an early election likely around the corner, now is the time to question where else money is being made up by the Manitoba Conservatives.

There are three areas people could label as sore spots in terms of budget cuts.

Health care. Though the (health-care) budget itself is one per cent more than the year previously, a one per cent budget increase is unlikely to match inflation.

Post-secondary education. The provincial government outlined a 0.9 per cent decrease to operating grants and strategic initiatives. This in addition to scrapping a tax rebate for Manitoba post-secondary graduates who have decided to stay in the province.

Pharmacare. Manitobans who did not have to pay for deductibles relating to their prescribed pharmaceuticals will now have to pay. Media

reports suggested there are 800 Manitoba families affected by the change, upwards of 1,200 individuals.

So, while there is "more" money in the pockets of taxpayers, are we really getting "more"?

As the province inches closer to an election, Manitobans need to be real about the political landscape.

This is not a case of a government lying about promises it's made or not following through on its word.

On the contrary, as the government has followed through on its word to the letter.

The question becomes, what are priorities to Manitobans? Are they being met?

Social programming like education, health care and Pharmacare are extremely important, but at the end of the day, so is money.

Where do you fall on these issues? Are you being represented?

The best way to have your voice heard is to go out and vote.

Obituary: the Liberal balanced budget promise

By Aaron Wudrick, the CTF Federal Director

The Liberal Balanced Budget Promise passed away on March 19, 2019, surrounded by the national press gallery, following a prolonged battle with deficit spending, aged three years and six months.

Born in August 2015 to Justin Pierre James Trudeau and an extended Liberal family, the promise began its life with incredible promise, helping secure a majority government for the Trudeau Liberals in the October federal election later that year. On the campaign trail, proud papa Justin never missed an opportunity to showcase the promise, brag-

ging about it prominently in stump speeches and even including it in the Liberal campaign platform.

Tragically, fiscal health issues soon followed. Some time around the spring 2016 federal budget, the promise contracted a case of severe deficit spending, diagnosed as acute spendicitis, which would plague it for the rest of its short life. By the 2017 budget, many of those closest to the promise feared the worst, and by the 2018 budget, the prognosis was grim that the promise would survive to see the next election campaign.

Hopes were briefly raised as recently as last week that an unexpected last-minute infusion of revenue

could lead to a full recovery, but sadly it was not to be.

Predeceased by its promise siblings, electoral reform and ending omnibus legislation, the promise is survived by its father Justin, guardian Bill Morneau of Toronto, and the promise to legalize cannabis.

Document recycling has taken place. In lieu of flowers, friends of the promise ask that you consider a donation to the Canadian Taxpayers Federation's campaign to preserve the legacy of the promise by raising awareness about the dangers of deficit spending, which can be made online at taxpayer.com/donate.

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A government getting the job done

Three years ago, Manitobans chose a new direction for our province. After 17 years of mismanagement by the previous government that left us with a growing debt, the longest health-care wait times in Canada and the worst education outcomes, Manitobans chose a new path.

They elected our government to fix the finances, repair services, and rebuild our economy — and we're getting the job done.

Fixing our finances

The former government left our province with a deficit approaching \$1 billion annually. Budget 2019 reduces the deficit to \$360 million, and ends the years of growth in our debt-to-GDP ratio.

Repairing our services

Each year we have increased our investments in health care, in education, and for families to the highest levels in Manitoba history. Budget 2019 continues this trend.

Funding for health care is increased by \$47.8 million, including money for additional paramedics, Pharmacare and addictions treatment. Funding for K-12 education is increased by \$6.6 million, while the K-12 capital budget increases by \$56.1 million to \$202.2 million. It will pay for structural repairs, roof replacements, new mechanical systems and accessibility projects for schools across the province.

Rebuilding our economy

Manitoba is once again open for business, and the world is showing their confidence that we are a place to invest and grow. Manitoba has led the nation in private capital investment this past year, and we're on

pace to be among the leading provinces again this year.

Budget 2019 keeps our commitment to spend at least \$1 billion annually on strategic infrastructure such as roads and bridges, flood protection, hospitals, schools, universities and colleges. It allocates \$350 million in funding for highways and \$45 million for special Manitoba 150 infrastructure projects.

Reducing Manitobans' tax burden

A recent study found that more than one-half of Manitoba families have less than \$200 remaining after paying their bills each month. The prospect of higher interest rates, higher utility bills and tax increases by other levels of government will add to the pressure many families are experiencing.

Budget 2019 responds to this pressure by leaving more money in Manitobans' pockets. Families will save \$1 billion over the next six years as a result of the PST cut. A family of four will save approximately \$500 per year and \$3,000 in total by 2024.

Manitoba businesses will save more than \$130 million annually from the PST cut. Local governments, school divisions, post-secondary institutions, regional health authorities and other government agencies will also benefit from the PST cut. In total, government agencies from all levels will save \$16 million annually.

Supporting our communities

Manitoba's operational support for municipalities is among the most generous in Canada. Budget 2019 includes a total of \$313.5 million in basket funding for local governments. Our unconditional operating and public safety funding baskets provide municipalities with the flexibility they need to meet local needs, and infrastructure support for planned

capital projects.

The City of Winnipeg alone will save approximately \$1.7 million annually from the PST cut.

Keeping Manitobans safe

Budget 2019 adds 29 positions to Manitoba's RCMP staff, including 27 additional officers. It adds \$2.3 million in funding that targets drug-related criminal activity, including meth and gang-related crime prevention. It also allocates an additional \$325,000 for victims' services.

Keeping our promises

In 2016, we promised to reduce the PST to seven per cent. Budget 2019 keeps that promise. We promised to cut ambulance fees to \$250 by the end of our first term, and Budget 2019 honours this promise too.

We promised to balance the budget in our second term, and we are on track to honour that commitment.

A bright future

We've made tremendous progress over the past three years, but considerable challenges remain. We will continue to face those challenges, confident that Manitoba's best days are ahead of us — and confident that the only thing better than today in Manitoba is tomorrow in Manitoba.

- The Honourable Brian Pallister
Premier of Manitoba

A letter to all disciples of the Diocese of Rupert's Land

Dear Disciples,
I write to you today deeply grieving of those who were murdered at two Mosques this morning in Christchurch, New Zealand.

Those murdered and those critically injured, and all who love and care for them, shall have the prayers of the Body of Christ continuously before God. We pray that God will strengthen those who have suffered greatly at the hands of those who acted with violence, hatred, extremism and terrorism toward the human family, God's children.

We shall not allow fear and hatred to hold the world hostage.

We shall physically and spiritually stand with our human family, in all faiths and walks of life, especially those who have become targets of hatred and violent acts.

We chose to act now, to build and rebuild healthy relationships with all people, loving our neighbours as ourselves.

We choose to live out our baptism into the Body of Christ by accepting our call not only to respect the dignity of every human being but to live that out by courageously walking with all who persecuted.

Now, more than ever, may we strive for the Peaceable Kingdom. Let us pray for those who lost life and those who love them. Let us walk outside our comfort zone to always greet new human family members. And let us proactively work to build health and wellness into all the world. Let us, with courage, call out the fear that drives people to extremism and terrorism.

Let us join in love to pray this day through, to listen to one another for God's voice and call, and to imagine how we can join God in breaking the fear that causes such hatred and violence in the world.

Yours in faith,
The Rt. Rev. Geoff Woodcroft
Bishop of Rupert's Land

Taking your time can help you spot a financial scam

By Lindsey Enns

When it comes to protecting yourself from fraud and spotting a scam, one of the best things you can do is take your time and think things over before handing over money or your personal information.

"It's important to take your time with everything," said Cst. David Wong, the Selkirk RCMP's community policing officer. "One of the resounding themes amongst most of the scams out there is that they will tell you that it is very time sensitive."

March is Fraud Prevention Month across Canada. According to the Canadian Anti-Fraud Centre, fraudsters target specific segments of the population, including small businesses, seniors and students but no one is immune to fraud.

Wong says the best advice he could suggest is that if you're ever in doubt, ask for the advice of a close friend or relative, or even your banker.

"The more you talk about it, people will see those red flags," he said. "If you're concerned about your bank

accounts, I recommend you call your bank, not answer the questions that were given to you over the phone from an unsolicited call.

"Hang up on them and call your bank," Wong added some of the more popular scams as of late include romance scams and ones involving the Canada Revenue Agency.

In 2018 alone, Canadians lost approximately \$97 million to fraud, which only accounts for the estimated five per cent of cases that were reported to the authorities, according to

Competition Bureau Canada.

This year, the bureau launched a new webpage to help businesses fight fraud and a new fraud prevention online portal. For more information, visit competitionbureau.gc.ca.

Wong also strongly encourages community and area members to report any suspected fraudulent activity.

You can advise the RCMP of this fraudulent activity by calling the Canadian Anti-Fraud Centre at 1-888-495-8501 or by contacting your local RCMP detachment.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net

The end of ice fishing season is just days away

By Arni Weidl

Hi gang. How was your week?

It's funny how we're surprised each spring when the world we see around us almost instantly changes from short dark winter days in endless white snowfields to last summer's greening grasslands and the coming alive of our trees. We feel an awakening of renewed vitality surrounded by longer sun-filled evenings.

On our snow/ice-packed rivers and lakes, we squeeze out the last of this year's ice fishing days before the six-week spawning layoff from April 1 to May 11 is upon us.

Contentedly cruising down our roads lately with the strengthening sun's heat on my face, my thoughts wandered back to a time on the Red River just before the ice-cutters began doing their magic and I happened upon a red portable ice shack. As I pulled up to it and got out of Old Red, I could hear radio music from inside. I called out, "How's fishing?"

"Not worth a darn," came back a frustrated answer.

Still, there was a welcoming tone to the voice so I opened the zipper door and before me sat the chap you see in this week's feature photo. The fish he's showing us was caught days earlier.

We got talking and the subject of thinning spring ice came up. Our new



EXPRESS PHOTO SUBMITTED
Jeff Correia shows off one of the fish he caught this winter.

friend, Jeff Correia of River Bend in Winnipeg, said, "I take very seriously the thin ice in the fall and spring along the shoreline of our waterways. That's usually where you go through."

I can't argue with that.

Some weeks ago I came across George Swain of Winnipeg ice fishing offshore from the Belair area. He was a big happy-go-lucky guy with a grey pointy goatee, loud deep voice and kind friendly eyes. When I asked if anything unusual had happened to him while fishing, his eyes lit up.

"I was summer boat fishing farther north of here last year and caught a smaller jackfish. It broke from the water's surface maybe two boat-lengths

away but it was hard to see it because the glare of the afternoon sun in my eyes. I got the impression I was looking at two fish on my one hook," he explained.

"The white underbelly of the fish showed as it rolled over on top of the water, I lowered my head from the sun and pulled down the peak of my cap so I might better see my catch. I was stunned! The fish had two tails.

"Head down, I reeled in the not-so-heavy fish. Close to the boat it disappeared under a wave, but when I hauled up on my line, it floated to the top of the water. Before me were two fish bodies, one a jackfish having taken the hook, the other a salamander stuck fast with its sucker to the side of the jack."

Swain said both got used for bait later that day.

Not long ago I met a trio from Morden, Dalas Loettke, Levi Wiens and Rob Dudgeon, who had come to try their luck off the west side of Lake Winnipeg. Levi was a jolly energetic guy who had the habit of jerking his head from one side to the other as he talked rapidly. His round face was covered with a dark brown three-day-old beard. Dalas had a powerful body, short hair and a long pointed beard with streaks of grey. Rob was a tall guy, well built with short cropped hair and a handlebar moustache. He was

also the most talkative of the group.

I asked him for a story for us. After thinking for a moment, he began.

"Well, I've had a few unpleasant things getting in the way of some good fishing. Coming here today, we were 10 minutes from my house when I realized I had forgotten our tub of minnows, I would have picked up some on the way but my buddies insisted that I turn back and get those 'special' minnows," Dudgeon said.

"Last spring I was ice fishing on the Pembina River and, all of a sudden, a muskrat comes splashing up from my ice hole with my minnow bait in its mouth. I grabbed a piece of firewood and tossed it at my thieving unwelcome guest. Fate and a lucky throw decided that piece of firewood would end the errant rodent's time on earth."

Dudgeon rose and gathered the hapless rat, walked with it to the edge of the riverbank and set it into its final resting place in a snowdrift.

As my time with you for this week comes to an end, I welcome my Canadian fishing brothers and sisters in joining with me to thank our American brothers and sisters for coming to enjoy sport fishing in Manitoba. We love to see and share great fishing experiences with you. You are never alone here! If you have trouble, we will do our best to help you anytime.

See you next winter! So long for now.

SNC-Lavalin scandal overshadows federal budget: Bezan

By Justin Luschinski

The new federal budget has offered some help for seniors, but it may be too little, too late.

The Liberals released their last federal budget before the fall 2019 election last Tuesday.

They've committed \$22.8-billion across a number of areas, spending a majority of the \$27.8 billion revenue bump in 2018, including tax breaks for working seniors.

But some feel that the budget does little to address Canada's aging population.

Melody Bodnarchuk is the co-chair of the Kildonan/St. Paul's Senior Council. The council held forums around West St. Paul, listening to the troubles facing seniors, and handed a report off to Prime Minister Justin

Trudeau.

Bodnarchuk said that while there are some positives to the budget, very few of the council's recommendations were addressed.

"It was good to see that working seniors will keep more of their money, before the claw back. But it's a little disappointing to see nothing helping seniors age in place, or a national pharmacare system," Bodnarchuk said. "Seniors are making decisions on whether they eat, or pay for their medications.

"For many of these policies, it's a step in the right direction, but it's not enough."

Bodnarchuk said she would have liked to see a housing incentive for seniors, which was one of the recommendations the council put forward.

The council pushed for housing that would not exceed 30 per cent of a senior's income as well as a national pharmacare program to help deal with increased medication costs.

Seniors receive benefits from the Guaranteed Income Supplement (GIS), which is a tax-free incentive available to low-income families collecting an Old Age Security pension. Currently, seniors and their spouses can earn \$3,500 a year before they get a reduction in benefits, usually referred to as a "claw back."

That only applies to employment income. Self-employed seniors do not receive benefits.

The new rules raise the cap to \$5,000 in income a year before the claw back, and it applies to self-employed and regular working seniors. The second

cap stops just shy of \$30,000 a year, before the benefits are reduced. The new caps are expected to take effect in July 2020.

The Conservatives say the Liberals massive spending spree is meant to distract Canadians from the SNC-Lavalin scandal.

Selkirk-Interlake-Eastman MP James Bezan called the Liberals latest budget "very underwhelming."

"I don't really see how it's going to benefit anyone. For working seniors the (tax benefits) might be helpful, but a national pharmacare program is nowhere in sight," Bezan said. "The Liberals want to change the channel on the (SNC-Lavalin) scandal, and change the channel on how they shut down the justice committee hearing."

get inspired

> MEAL IDEAS



Roasted Red Pepper, Sun-Dried Tomato & Feta Topped Chicken

Serves 4
 4 boneless, skinless chicken breasts (6 to 8 ounces each)
 1/2 cup My Grandma's Greek Dressing (see below)
 1/3 cup diced charred red bell pepper (see below)
 1 tablespoon minced sun-dried tomatoes
 1 tablespoon brined capers, rinsed and drained
 1 tablespoon minced fresh flat-leaf parsley
 1/4 teaspoon kosher salt
 1/8 teaspoon freshly ground black pepper
 3/4 cup crumbled feta cheese
 1 tablespoon unsalted butter
 1 tablespoon olive oil

Preheat the oven to 350 F.
 Place the chicken in a medium bowl or large resealable bag and pour the Greek dressing over the top. Marinate the chicken on the countertop for 20 minutes. (Any longer and the lemon juice will start to break down, or "cook," the chicken.)
 In a medium bowl, combine the bell pepper, tomatoes, capers, parsley, salt, black pepper and feta.
 In a 12-inch cast-iron or other oven-safe skillet, melt the butter with the olive oil over medium-high heat. Remove the chicken from the marinade and let any excess marinade drip back into the bag. Place the chicken top-side down in the skillet and sear for 4 to 6 minutes. Turn the chicken over and divide the pepper and feta mixture over the top. Slide the skillet into the oven. Bake for 15 to 18 minutes, or until the chicken is cooked through. Carefully

transfer the chicken to a platter and let it rest for 5 to 6 minutes before serving.

My Grandma's Greek Dressing
 Makes 3/4 cup

1 large clove garlic
 1 teaspoon dried oregano, crushed in your palm
 1/2 teaspoon kosher salt
 1/4 teaspoon coarsely ground black pepper
 1/4 cup fresh lemon juice, strained of pulp and seeds
 1/2 cup olive oil

Pass the garlic through a garlic press into a glass jar or resealable storage container. Add the oregano, salt and pepper. Pour in the lemon juice and olive oil.
 Shake. Pour. Swoon.
 Store the salad dressing in the refrigerator, but pull it out 10 to 15 minutes prior to using to warm up the solidified oil, or run the jar under warm tap water. Store in the refrigerator for 3 to 4 months.

Charred peppers:
 Grill: Heat a grill to medium-high. Place a pepper (or peppers) on the grates, close the lid and let it char for 5 minutes. Rotate and repeat this process until all sides are charred. After 12 to 15 minutes, the skin should be black and blistered.
 Gas stovetop: Using metal tongs, hold the pepper over a medium-high flame, rotating it to create an even char.
 Oven: Preheat the broiler to high and crack the oven door. Place a washed pepper on a foil-lined, rimmed baking sheet and slide it under the broiler, rotating it every few minutes until it is charred.



You're Not the Only Teen Suffering

The truth is, more of the other kids at school than you would ever imagine go home feeling the same way - even the popular ones. Your parents probably went through times like that too.

Truly, it is a part of being an adolescent. It is so important, and healthy, to have someone you trust that you can talk to. If it does not work for you to talk to friends or family, consider a professional, particularly if you are getting depressed or feeling like you do not want to be here.

Many teens get counseling and actually enjoy it once they discover it is really not as weird as they thought.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

I work with many, many teenagers. I see that one of the most painful aspects of having emotional difficulties as a teen is the feeling you are the only one suffering.

It seems as though everyone else has it together, is confident, has friends - is happy. You try to keep it together all day, fake your way through it, until you get back to the privacy of your own bedroom. Then the feelings surround you.

You often do not want anything to do with family, so they think you are grumpy. Really, you are sad, frustrated, and just want to be alone. You do not want to even talk about it, and it makes you mad when parents ask what is wrong.



Silken Chicken

single layer in a large baking dish and rub both sides with the salt and lemon juice. Leave for 5 minutes. Meanwhile, combine the cream with the garam masala, cayenne, cumin seeds, paprika, garlic, and ginger in a bowl. Stir this mixture well and pour it over the chicken. Rub it into the meat and leave for 10 minutes.

Lift the chicken pieces up (most of the marinade will cling to them) and place them down in a single layer in a shallow baking pan lined with aluminum foil. On top of each, sprinkle a little salt, black pepper, garam masala, ground roasted cumin seed, cayenne, dried mint, and lemon juice. Put into the top third of the oven and bake for 15 minutes, or until the chicken is just white all the way through. Serve immediately, minted side up.

Garam Masala
 1 tablespoon cardamom seeds
 1 2-inch cinnamon stick
 1/3 of one nutmeg
 1 teaspoon black peppercorns
 1 teaspoon black cumin seeds
 1 teaspoon whole cloves

Place ingredients into a clean coffee or spice grinder and ground to a powder.

To make ground roasted cumin seeds: Put 4 to 5 tablespoons of the whole seeds into a small cast-iron frying pan and set over medium heat. Stir the seeds and roast them over dry heat until they turn a few shades darker and emit a wonderful roasted aroma. Wait for them to cool slightly and then grind them in a clean coffee or spice grinder. Store in a tightly closed jar.

Serves 2 to 4
 For marinating the chicken:
 4 boned, skinned chicken breast halves (about 1 1/4 pounds)
 1/2 teaspoon salt
 2 tablespoons fresh lemon juice
 1/4 cup heavy whipping cream
 1/2 teaspoon homemade garam masala (see below)
 1/4 teaspoon cayenne pepper
 1/4 teaspoon ground roasted cumin seeds (see below)
 1/2 teaspoon paprika
 1 clove garlic, peeled and crushed to a pulp
 1/2 teaspoon peeled, finely grated fresh ginger
 For sprinkling over the chicken:
 Salt as needed
 Freshly ground black pepper
 A little homemade garam masala
 A little ground roasted cumin seed
 A little cayenne pepper
 1 teaspoon dried mint flakes
 Generous squeezes of fresh lemon juice

Preheat the oven to its highest temperature and arrange a shelf in the top third of the oven.
 Cut 3 diagonal slits across the top of each piece of chicken breast, being careful not to cut all the way through and also not to go to the edge. Prick the chicken pieces with the sharp point of a small knife. Put them in a

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Gimli Humane Society gives symbolic gift to children

By Evan Matthews

The only no-kill animal shelter in the Interlake area decided to give a gift of symbolism to a group of lucky children last week.

Cindy Salamandyk and Brian Derby, Gimli Humane Society's shelter managers, donated three big recycling bags full of teddy bears to the Gimli Children's Centre on Thursday, March 21.

"We want to bring awareness to young people and show them how important animal welfare is ... how each animal deserves to be loved and cared for," says Salamandyk, adding the organization donated an estimated of 60 bears.

"These people are the animal advocates of the future. The teddy bears are a little animal to love."

Salamandyk and Derby did a brief presentation to the kids, touching on the importance of caring for animals.

The kids take note of presentations like the Humane Society's, too, according to Michele Couture, director of the Gimli Children's Centre.

"Building this kind of a relationship

with kids at such a young age makes a difference. ... Kids will remember this," says Couture.

"It's always nice to build partnerships with people in the community, so when you start doing it with these young kids — to them right now — it might just be a stuffed animal, but they get to take these home and talk about it with their parents."

"The parents know what it represents, in how you care and treat for animals."

Children Centre staff will work the toys into the children's play, Couture says, and the concepts will be recurring themes for them.

Derby and Salamandyk hope the themes, as they become reinforced to the kids, impact them in the same way it has for them.

"We have a huge love for animals," says Derby. "We go above and beyond. It's a passion of ours, and it's a community need."

PetSmart on at 1050 Leila Ave. in Winnipeg donated the bears to the Gimli Humane Society, as the organizations are now pairing together on certain initiatives, according to Salamandyk.

"THESE PEOPLE ARE THE ANIMAL ADVOCATES OF THE FUTURE. THE TEDDY BEARS ARE A LITTLE ANIMAL TO LOVE."



Michele Couture, left, Brian Derby, middle, and Cindy Salamandyk dump out the stuffed animals to the ground as the kids rush forward for their best pick.



EXPRESS PHOTOS BY EVAN MATTHEWS

The masked Bexyn was the life of the party, jumping into the pile of stuffed animals a number of times.



The Gimli Humane Society donated more than 60 stuffed animals to the Children's Centre last week as a way of teach kids the importance of caring for animals.



Chase enjoys his new plush friend.



Harley clenches her stuffed animal tightly, seemingly pleased with her retrieval.

Gimli dancers compete at Manitoba Ukrainian Dance Festival



EXPRESS PHOTOS SUBMITTED

The Gimli Barvinok Dance club competed at the Manitoba Ukrainian Dance Festival hosted by Troyanda Dance Ensemble at the Seven Oaks Performing Arts Centre earlier this month. Gimli Barvinok dancers came home with many silver medals while their senior group got a gold medal for their Polissia performance. The Junior Hopak had the second highest mark in their category which was an achievement as the competition for that was high. Left photo, Maggie Michaluk and Brooklyn Senga with their coach Stephanie Johnson prior to their bukovyna silver medal performance. Middle photo, the Novice mixed group with Ayla Fletcher, Adley Gibson, Dekklayn Mishtak, Wren Nickerson, Piper Swirsky, Jordana Swirsky and Brayden Zaharuik with coach Maggie Michaluk and helpers Jacob Senga and Jayde McGill. Right photo, Tyra Angus Mohan and Ava Lebel performed a duet and earned a silver medal.

Gunshots fired near Peguis

By Evan Matthews

An adult woman will be in a Peguis courtroom this month, as gunshots rang out at the First Nation.

On March 19 at roughly 11 a.m., Fisher Branch RCMP responded to a request to assist an "external agency" at Peguis First Nation, according to a press release.

RCMP defines external agency as community partners, according to Fisher Branch RCMP Cpl. Gabriel Simard.

"We were assisting them with a call," says Simard. "It could be Child and Family Services, the local fire department, emergency medical services (EMS), etc."

While RCMP members were en route, the external agency provided an update that shots had been fired.

Once on scene, RCMP had a brief negotiation with the woman and took the suspect into custody without further incident. Police seized four firearms and ammunition, according to Simard.

She's been charged with numerous weapon-related charges, according to

RCMP, and will appear in court later this month.

RCMP would not release any details about the individual's identity.

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Hospital Guild donates \$90,000 for ultrasound machine and EMS stretchers

Submitted by IERHA

Ashern Lakeshore Hospital patients are benefiting from a very generous donation from the Lakeshore Hospital Guild.

A total of \$90,000 was raised to purchase a portable ultrasound machine and two new modern stretchers for emergency medical services paramedic staff.

"Thanks to the generosity of the community, we were able to reach our goal in a less than eight months as part of our guild's 40th anniversary last year," says Shelley Bjornson, chair of the Lakeshore Hospital Guild.

"Once we talked to the community, we had wonderful support from friends and businesses."

The Lakeshore Hospital Guild raised money through its annual spring tea, sales from homemade canned jellies, baking and appeals to local businesses. Instrumental in the large donation were individual donations of \$25,000 from the estate of Alice Sutton, \$20,000 from the Royal Canadian Legion #57, \$11,000 from Reg and Lenore Hoover, and \$10,000 from Noventis Credit Union.

The portable ultrasound has the flexibility to provide doctors with the ability to visualize blood vessels, muscles, tendons, nerves, internal organs and eyes so they can diagnose or rule out potentially serious medical issues in the emergency department. This will reduce the need for patients to be sent for tests in other hospitals. Two physicians have already pursued training on their own for the ultrasound machine.

The stretcher provides a smoother transport for patients and allows paramedics to lift patients with the touch



The Lakeshore Hospital Guild donated funds to purchase two modern stretchers for emergency medical services paramedic staff.

of a button. From letting the guild know of the need for new stretchers to arranging the purchase of the equipment, local Ashern paramedic Dustin VanDamme was instrumental in arranging for the new stretchers.

"These power-lift stretchers, capable of hydraulically lifting patients of up to 700 pounds, drastically improve the chances of those paramedics being able to safely do their job and serve their patients," says Dustin VanDamme. "We are endlessly grateful to the Lakeshore Guild and their supporters for getting us there."

The guild has also recently facilitated the purchase of new sleeper chairs for the palliative care room and an ambulatory blood pressure machine for patients to take home to get a more accurate blood pressure reading. The Interlake-Eastern RHA thanks the guild, local businesses and individual donors for their generosity. to Lakeshore General Hospital.



EXPRESS PHOTOS SUBMITTED

Pictured with the new stretchers, left to right, front row: Guild members Julie Bergner, Shelley Bjornson, paramedic supervisor Lenore Olafson and paramedic Byron Hernandez; middle row: Guild member Lise Jones, paramedic supervisor Shelley Karlson-Eastman, paramedic Kim Dubek and paramedic Nicole Puelles; back row: paramedic supervisor Blair Milling, paramedics Richard Carrier and Cory Rey, paramedic supervisor, Bryan Diboll and paramedic Tanner Bollenbach.



Pictured with the new portable ultrasound machine, front row, left to right: Guild members Julie Bergner and Shelley Bjornson and Royal Canadian Legion #57 member Maria Ebberts; back row: Royal Canadian Legion #57 member Donna Price, Dr. Chris Okpaleke, Royal Canadian Legion #57 member Bill Ebberts, Dr. Ayman Soliman, acute care manager Charlene Thorkelson, Dr. Rezvaneh Azad-Armaki and Dr. Armin Sabri.



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The fireplace is the heart of a home

Eaglets Daycare hosts annual Easter Bunny breakfast

By Evan Matthews

For the 13th straight year, the Easter Bunny made an early visit to Eriksdale residents.

On March 23, 150 people packed the Eriksdale Recreation Centre between 8:30 and 11:30 a.m., as the Eaglets Daycare Co-Op hosted its annual Breakfast with the Easter Bunny. People from Eriksdale, Ashern and Lundar were all in attendance.

"It was so nice to see everyone together," says Cheryl Law, the daycare's administrative assistant.

Breakfast was \$5 — free for kids under one year — and included pancakes, sausages, scrambled eggs, fruit, coffee, tea and juice. The \$5 also included admission to the entertainment, which included glitter tattoos, pictures with the Easter Bunny, entertainment by Ryan Price Magic, arts and crafts, 50/50 draw and a silent auction.



Magician Ryan Price and his helper, Lincoln Morsette, add a bit of entertainment to the day's festivities.



EXPRESS PHOTOS BY CHERYL LAW

Darren Sweetland, Halli Monkman, Taryn Watson and Theresa Stevenson were creative at the arts and crafts station at the Eaglets Daycare Co-Op annual Breakfast with the Easter Bunny.



Over 150 attended the Eaglets Daycare 13th annual Breakfast with the Easter Bunny.

> FISHERS, FROM PG. 4

fishers on Lake Manitoba and northern lakes lost about \$1 million to private fish dealers, Fisher River started making plans to build its own fish station.

A station close to home would help fishers cut down on delivery (transportation) costs, said Crate. But a loss of, say, 10 or 15 licences through the buy-back plan would likely halt construction.

"We've prepared the business plan, the design of the building and the location. We're just determining funds for it," said Crate. "The province knows this. They know it because we told them."

If the department decides to restrict North Basin fishers to a mesh that's too big, as it's proposing in the South Basin, Crate said they won't be able to catch certain species.

"One size fits all may work in a certain season, but other seasons it may not. It's just a matter of time before you crash and can't catch anything," he said. "Every fisher has different sized nets because that's what fishing's about."

Crate said he thinks the department will take "all comers" expressing interest in selling their quota. Even if 100 offers came in — which would entail a hefty pay-out — the department would "find the money" to kill the licences.

Based on concerns from their fishers and the wider community, Crate said

council is considering launching a legal challenge against the province to oppose licenses leaving their area.

"We've already sent a letter to Minister [Rochelle] Squires, indicating we're opposed to this process and that we'd like to meet with her at some point," said Crate.

Commercial fisher David Monkman, who sits on Matheson Island Co-op's board and is Area 5 representative for the Lake Winnipeg Fishery Co-management Board, said he and his fishers are feeling stressed.

"The last meeting we were at with the Co-management Board [November 2018], Squires was there and she told us nothing was going to happen, there wasn't going to be changes," said Monkman. "All this stuff is done behind closed doors, and then it comes out with no warnings and consultations."

Located in the Channel area, the island of about 100 people all fish and depend on it exclusively to earn a living, delivering about 1 million pounds each year. If the department forces through the 3 3/4-inch net, Monkman said they're finished.

"If that happens, our industry will be ruined," said Monkman, who comes from a long line of fishers stretching back over a century. "With that size of a net, we won't be able to get tullibee, no goldeye, no perch. We use the smaller nets for those species."

Monkman said the Co-op stands to lose a lot of revenue if even a quarter of its fishers decide to give up their quota, and businesses that rely on the fishing industry will take a hit.

"It has a big effect on the communities and whoever we deal with to buy our outboards, boats, snow machines, quads, nets, vehicles and our groceries," he said. "Fishing is the only thing we have left in the community to make a living at. We don't have anything else."

The buy-back program may not even be worth the bother, he said, because if fishers have to pay off loans, the money will come off the final buy-out amount and they'll find themselves with "nothing to live on."

As many fishers are older adults, they'll have no opportunities to retrain and find new jobs. Monkman and his wife Marlene, who's also a commercial fisher, told Squires in a letter dated March 16 that when the industry is gone "what do we do? Is the government prepared to look after fishers? Will you pay our mortgages, bills and loans? Will you relocate and train us for other work?"

Monkman said his own prospects of finding another job are slim as he's also an older fisher.

NDP environment critic Rob Altemeyer said none of the fishers he's been in touch with had any indication this was coming and they're feeling "very targeted" by the government.

"There were certainly no discussions

about this with any of the official fisher bodies prior to it being introduced," he said. "And lo and behold, when you ignore the expertise of the people who are working most closely with the resource, you end up with a really stupid proposal from government."

Writing a plan for a sustainable fishery can't be based on a single species of fish [walleye], said Altemeyer, with reference to the department's accompanying document which states wall-eye is the primary concern for now, and perhaps whitefish in the future.

The idea of a quota buy-back isn't new as it's been done in other fisheries as one policy option, but "you don't go and impose this on people without any consultation in advance," he said. "Fishers are pretty much universal in their condemnation about what the Pallister government is trying to do to them."

A spokesperson for Sustainable Development said no areas in the North Basin will see a change in mesh size.

"The centre of the North Basin will continue to be (as the release says "retain") a 4.25 inch mesh size. This is known as the whitefish area while the rest of the North Basin has always fished with a minimum mesh size of 3.75."

The department will also disclose how much it paid out once the quota buy-back process has been completed, said the spokesperson.

Mystical, fantastical, wonder-filled odyssey



Emma Barkman

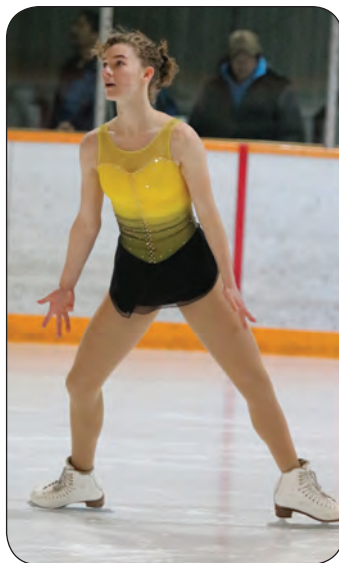


EXPRESS PHOTOS BY LANA MEIER

The Arborg Skating Club held their annual ice show "Imagine if..." last Thursday with solo performances by their senior skaters and themed musical routines by the youngsters learning to skate. Pictured above, the Wizard of Oz group with Olivia Shepell, Connor Garton, Nathan Verbong and Connor Buehlmann. Also posing with the group is Smurf Ragnar Stansell.



Chloe Howell



Natasha English



Shannon Bodnarus



Jenica Sul



Coach Tracy Finnson, right, is recognized by Sherri Orbanski, middle and Jenica Sul.



The skaters gathered at the end of the show for group photo.

Fisher Branch RCMP to ramp up community presence



EXPRESS PHOTO SUBMITTED

Fisher Branch RCMP are stepping up their traffic enforcement in Fisher Branch, Peguis First Nation, Fisher River Cree Nation, Jackhead and the RM of Fisher.

By Evan Matthews

The community of Fisher Branch may notice an increase in RCMP presence in the coming weeks.

Fisher Branch RCMP Cpl. Gabriel Simard told the *Express Weekly News* that the police are stepping up their traffic enforcement in Fisher Branch, Peguis First Nation, Fisher River Cree Nation, Jackhead and the RM of Fisher.

"We're doing this for visibility, and to encourage safer roads," says Simard.

"It's a divisional RCMP priority. With spring and summer coming along, we want to make sure everyone is driving safely and getting where they need to go."

RCMP is reminding motorists to slow down, to stay off cell phones while driving and to drive sober, according to Simard.

Though RCMP has not noticed specific problems, nor does the organization have a specific timeline for ramping up its efforts, the unit will be keeping up with enforcement as summer rolls along.

Lundar annual winter carnival to include Jets Alumni game

By Ty Dilello

The town of Lundar is very excited for their Winter Carnival and grand opening of the new Lundar Memorial Arena this week from March 29-31. Over the course of the weekend they have an abundance of activities lined up to provide tons of fun and entertainment for the town.

"We are very excited to be hosting the Jets Alumni game versus our Senior Falcons for our grand opening of our new arena. We have a weekend full of fun activities for the family planned, lots of hard work has been put in by volunteers to make the grand opening of our arena successful," says Breanna Rae, the Recreation Director of the RM of Coldwell.

"The new arena is beyond exciting for people of all ages of our community. Since it has opened, there has been hockey for all ages (including parents and tots, initiation, novice, atom, peewee, bantam, midget and rec hockey), skating and figure skating, and many people utilizing the walking track. It is still hard to believe that we have

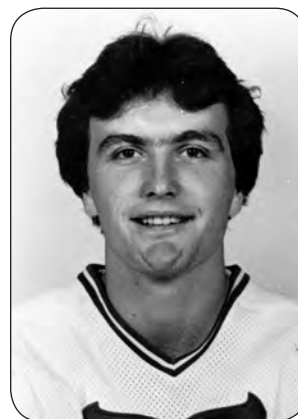
such a beautiful facility in Lundar. We are very excited!"

On the Friday there will be public skating, stick time, a Rec hockey game and an escape room to try out. Saturday has the day starting with the Squirts game vs their parents/grandparents. There is a mini-stick tournament for kids aged 5-16 on the Saturday from 12-2 p.m. A lot of activities will be happening at Funland from 10 a.m.- 2 p.m. in the curling rink. The Winnipeg Jets Alumni game will be taking place at 3 p.m. followed by the opening ceremonies and the crowning of the carnival King and Queen. There will be a broomball tournament starting Saturday evening and running all-day Sunday. These are just some of the events that are being planned. A full list of the activities that are going on can be found on the Lundar Arena - Grettir Coop Inc. Facebook page.

The premier event of the weekend is on Saturday at 3 p.m. (doors open at 2 p.m.) when the new arena kicks off with the Winnipeg Jets Alumni going up against the Senior Lun-



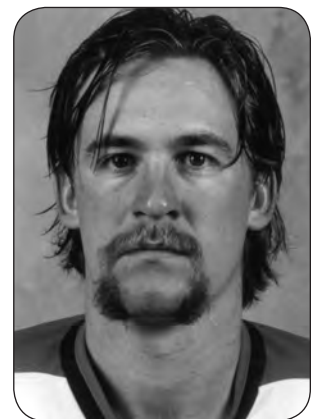
Wayne Babych



Jordy Douglas



Derek Meech



Trevor Kidd



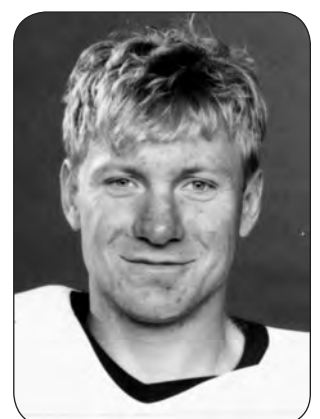
Bob Fitchner



Carey Wilson



Andrew Murray



Thomas Steen

dar Falcons.

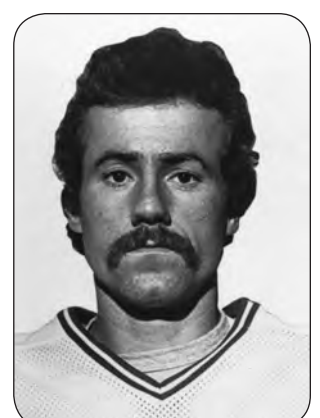
The Jets Alumni will feature the likes of Jordy Douglas, Derek Meech, Trevor Kidd, Anders Strome, Andrew Murray, Thomas Steen, Gerard McDonald, Wayne Babych, Carey Wilson, Jimmy Mac, Bob Fitchner and Ryan Bonni. It's a star-studded lineup that features Stanley Cup winners, NHL All-Stars and scoring lead-

ers. The former NHLers always put on a good show and it's going to be a wonderful game.

Admission for the game is \$20 for adults, \$10 for youth 5-17 years of age, while kids 4 and under are free. Tickets are still available at the Lundar General Store and RM of Coldwell Office. You can also call Michelle Sigfusson at 204-739-6304 for tickets.



Ryan Bonni



Gerard McDonald

Manitoba expands rebate available to young farmers

Submitted by Manitoba government

As part of Budget 2019, the Manitoba government is partnering with the Manitoba Agricultural Services Corporation (MASC) to increase the maximum amount eligible for the Young Farmer Rebate program to \$200,000 from \$150,000, Agriculture Minister Ralph Eichler announced this past Monday.

"One of our government's priorities is to increase the number of young people in the agriculture industry," Eichler said. "Increasing the young farmer rebate supports our focus on young producers by reducing the cost of borrowing while they grow their

operations."

Recent census data shows the average age of a Manitoba producer is over 53. In consultation with stakeholders, industry groups and young producers, it was noted that assistance for young farmers is necessary, given rising costs and changes in farm economics over the past decade.

The program provides an annual rebate of up to two per cent on the principal of a loan from MASC for up to five years. As a result of the expansion, the lifetime maximum rebate will also increase, to \$20,000 from \$15,000.

"Agriculture is the backbone of Manitoba's rural economy, and young

farmers are the future of the industry's growth," said Jared Munro, president and CEO, MASC. "This enhancement to the Young Farmer Rebate program is expected to provide an additional \$500,000 in interest reductions next fiscal year."

MASC designs and administers lending and insurance programs targeted at young and beginning farmers. As farms consolidate and barriers to entry increase, MASC is enhancing its programs, with a target that 75 per cent of new loan approvals be for young farmers.

The young farmer rebate program is part of MASC's Bridging Genera-

tions Initiative, which provides producers under the age of 40 with financial incentives and customized terms and repayment options. In 2017-18, MASC issued 815 direct loans under the Young Farmer Rebate program. Other measures geared at young producers include higher percentages of available financing for large purchases and the ability to make interest-only payments for the first five years of a loan.

Eichler noted this change will be implemented on April 1. For more information on Budget 2019, visit www.gov.mb.ca/budget2019/index.html.

sports & recreation

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Interlake Thunder players receive championship rings

By Ty Dilello

The Interlake Thunder midget football team's perfect 2018 season was completed last week when the Interlake squad received their championship rings.

They were the best team in the Rural Manitoba Football League all season long, winning all nine games in convincing fashion so they definitely earned their rings to say the least.

The Interlake Thunder football program has long been a fixture that has provided athletes in the 14-17 age range with the opportunity to play football at a high level while the kids are still in high school. The Thunder compete in the Rural Manitoba Football League and it's an eight-team league where at season's end the top four teams compete for the Doug Steeves Trophy while the last four teams compete for the Murray Black Cup.

After going 7-0 in the regular season, the Interlake Thunder were the top seed in the playoffs and defeated Virden in the semi-final 32-6 before capping off their season with a 42-20 win in the championship final over Swan Valley.

The championship rings were done by Corrie Aasen at Heavy Metal Design in Winnipeg. Interlake Thunder head coach Mitch Obach said, "She



Interlake Thunder midget football team championship ring.

is a local jeweller who does awesome work. When I won the 2008 provincial championship coaching the Stonewall Rams, we got our rings through her, so it was a no-brainer to go back to her again this year."

Coach Obach is extremely proud of the boys' work this season and is excited that the team will have these championship rings to remember their season by for the rest of their lives.

"This was by far the best group of guys that I have ever played football with and would not have wanted to win a championship with anyone else," said running back Graeme Perrie.

"This season everyone worked really hard pushing each other to become the best that they could be and it paid off. Everybody on our team was super hyped about winning the championship but even more excited to get the



EXPRESS FILE PHOTO BY JO-ANNE PROCTER

The Interlake Thunder midget football team won the Rural Manitoba Football League last season.

rings. It took a while to get the rings but it's well worth the wait. They were everything that I and the team were expecting them to be. They represent our season very well and look really nice. My favourite part about the rings is how heavy they are and how big they are. Everybody comments on them saying that the rings are super cool and shiny."

"Winning the championship was awesome," added quarterback Josh Charison. "We had a really good group of guys; the coaches were great and we had a lot of fun all year. The championship was the perfect way to cap off the undefeated regular season. The rings we got are really cool and we'll always have that piece of hard-

ware that will remind us of this year."

"It was a pretty fun season because in my previous years of playing football the teams, I was never on a team that won a lot like this season," recalled running back Benjamin Olafson. "It's a good feeling to be on the winning side of the game. Getting the ring is cool because it'll be a part of something that I will remember forever. It was great finally getting the ring to show that I was a part of this winning team."

The Interlake Thunder are excited at the prospect of possibly defending their Rural Manitoba Football League championship and hoisting another Doug Steeves Trophy this fall.

Training sessions to be held in the area

Staff

Competitive athletes looking to work towards being a better — and more resilient athlete — for next season are invited to register for spring training sessions from April 1 to May 30.

The sessions aim to improve movement, speed, co-ordination and strength. Depending on the sport and current activity level of the athlete, the sessions may include mobility, core, resistance, plyometric, sprint and reactive agility training.

Sport Manitoba athlete development co-ordinator Jordan Koroll will run the sessions.

He played CIS football and now works with athletes from the Mani-

toba Games, Canada Games and university sports.

The sessions, for athletes ages 14-19, cost \$225.

There will be no sessions on April 3, April 17, April 22 or May 20.

The training program includes up to 12 sports, all taking place in the Lord Selkirk Regional Comprehensive Secondary School weight room on Mondays and Wednesdays from 3:45 to 8:45 p.m.

Meanwhile, the summer session program focuses on speed development for athletes aged 13-20 who are pursuing high-level competitive success.

The program is designed for athletes

with a background in competitive sport(s) who may benefit from speed and power training. Further, the goals of this learning-based program are to improve linear speed, change of direction, co-ordination and running efficiency.

The program also includes:

Speed-specific warmup: activation, mobility, co-ordination and running efficiency

General and sport-specific strength circuits

Functional and transferable games

Testing and monitoring

Athletes may be coached one-on-one, in small groups or in sport-specific groups. The program will also be

run by Jordan Koroll.

Program and location details:

When: Monday and Wednesday through July and August (no sessions July 1 or Aug. 5). It ends Aug. 28.

Where: Beausejour: 12-1 p.m., Sun-gro Centre

Selkirk: 2:30-3:30 p.m., Selkirk track
Stonewall: 5-6 p.m., Stonewall soccer fields

Cost to register before May 30 is \$240.

After May 30, the cost is \$320.

For more information on either session, please call Jordan Koroll at 204-481-0974 or via e-mail at jordan.koroll@sportmanitoba.ca.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg's Johnson and Prairie Blaze win MWJHL title

By Ty Dilello

For Arborg's Jamie Johnson, it was a fairy tale ending for her first year playing junior hockey.

Her team the Prairie Blaze, captured the Manitoba Women's Junior Hockey League (MWJHL) provincial title, defeating the Silvertips in a wild championship final series that saw the final game go to double overtime and then a shootout on March 16.

The Prairie Blaze finished the regular season in fourth place with an even 12-12 record and weren't exactly pegged as a favourite going into the post-season, but the team fought through some key injuries and ended up winning the whole thing.

"This year was a great experience with the team as a first-year manager in this league and I really enjoyed it," said Prairie Blaze head coach Steven Daniels-Webb. "We had lots of fun with the ladies and had are ups and downs. Our first goalie dislocated her shoulder so we then picked up another goalie and she got hit and had a concussion and she was out, too, but our team played great and the girls really turned it up before playoffs. I had a good feeling going into the playoffs and they kept the wheels going and just didn't look back."

With the team's two goalies out with injuries, Emma Plett, a netminder still in the Midget ranks filled in admirably for the Prairie Blaze and helped lead them to the title. The finals against the Silvertips was a best-of-five series at the Iceplex. It was in Game 4, while leading the series two-to-one, that the Prairie Blaze won that crazy double overtime and shootout game on a goal by Sonya Neale to seal it in the fourth round of the shootout.

Arborg's Jamie Johnson was one of the key de-

fencemen on the Prairie Blaze team. During the year, she had two goals and four assists while working the blueline and keeping opposing team's offenses at bay.

Johnson grew up and went to school and played hockey in Arborg and for the Interlake Lightning.

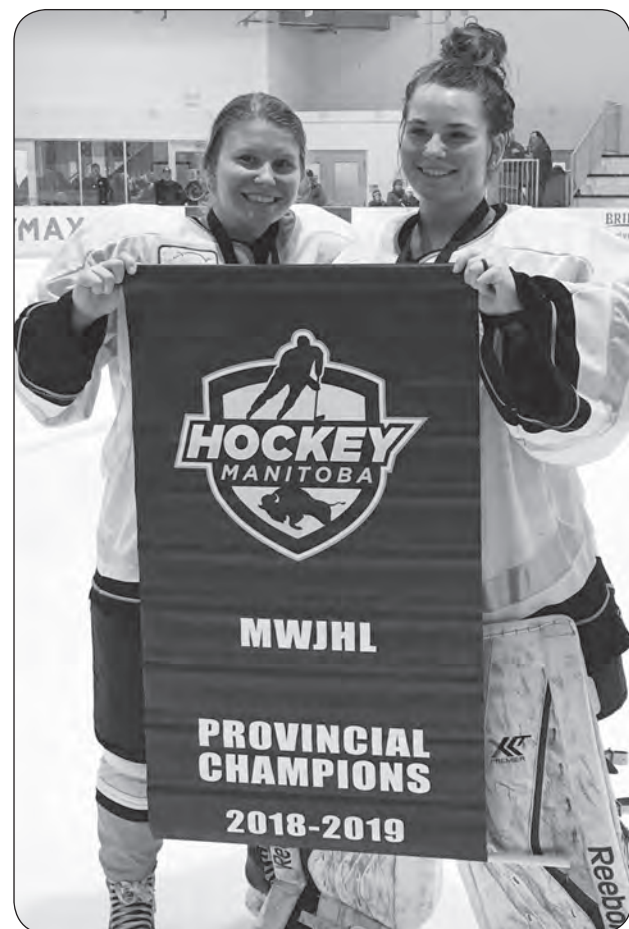
"My dad got me into hockey when I was a kid," says Johnson. "He would always make a rink in our backyard and we would always be out there."

Talking about her own game, Johnson says, "I consider myself a very defensive player. I think that's one of my strengths, playing in our own end. I feel I am hardworking and a good team player."

"This was my first season in this league and I was very happy to be a part of it. We struggled a bit during the middle of the season but peaked at just the right time. Rolling into playoffs we were playing more as a team and working well together. The final series was a very exciting one. Both teams fought hard and were aggressive, it was a very evenly matched series. The final game was stressful, but we played well under the pressure and came out with the big win in the shootout. It was an incredible feeling, one I won't forget. I am just thrilled to be a part of it."

Johnson has no plans of slowing down after the strong finish to this season and already has her sights on next season and possibly defending the MWJHL championship.

"I plan to continue with the Blaze in this league moving forward. I love the competitiveness and I've made some great friends on the team. I am already excited for next season."



EXPRESS PHOTOS SUBMITTED

Arborg's Jamie Johnson, left, and goaltender Emma Plett helped lead the Prairie Blaze to the MWJHL championship on March 16. Both girls played for the Interlake Lightning.

Steelers' series loss ends season for Basarab, Johannesson

Staff

With the Selkirk Steelers' playoff loss to the Virden Oil Capitals in their Manitoba Junior Hockey League quarter-final series earlier this month, it ended the hockey seasons for a pair of local players.

Gimli's Noah Basarab and Arnes' Wayne Johannesson played their final game this season when Selkirk was defeated 3-2 by Virden on March 17.

Basarab scored twice and had four points in six games in the series. During the regular season, he finished third overall on the Steelers in goals scored (28) and points (55) in 58 games played with both Selkirk and the Swan Valley Stampeders.

Basarab, who has one more season of Junior "A" eligibility remaining,

was also named the Steelers' best defensive player at the team's recent awards banquet.

Johannesson, meanwhile, picked up an assist in Game 4 of the playoff series. He had five goals and 19 points in 37 regular-season games with the Dauphin Kings before being traded to Selkirk.

With the Steelers, Johannesson had six assists in 14 games this season.

The talented defenceman had a successful junior career, playing three seasons with the MJHL's Waywayseecappo Wolverines and part of one with the SJHL's Nipawin Hawks.

He led Nipawin to the Canalta Cup last season before falling just short in the ANAVET Cup against the Steinbach Pistons.



Noah Basarab



Wayne Johannesson

Falcons force a Game 7 in CRJHL semifinal series

Staff

All seven games were needed to decide the winner of the Selkirk Fishermen and Lunder Falcons' best-of-seven Capital Region Junior Hockey League semifinal series.

Selkirk hosted Lunder in Game 7 this past Tuesday evening at the Rec Complex but no score was available at press time.

Lunder forced a Game 7 after edging Selkirk 3-2 on Sunday.

Josh Wilkinson scored the game-winning goal with 3:45 remaining in the third period.

The Fishermen's Evan Bedard had tied the score at 2-2 about six minutes earlier.

Kobe Campbell gave Selkirk a 1-0 first-period lead but Lunder answered with goals from Eric Miller and Storm Swan in the middle frame.

Chris Lesage made 35 saves for the win. At the other end, Austin DeBoer stopped 34 Lunder shots.

Selkirk took a 3-2 series lead after a 3-2 victory last Saturday at the Rec Complex.

Campbell scored the game winner in the third period.

The Fishermen grabbed a 2-0 first-period lead with goals from Jordan Donald (on the power play) and Julian Garcea.

But Lunder's Xavier Haltermen responded with a power-play goal before the first period ended.

The talented forward has had a great playoff, with eight goals and a league-best 18 points through nine games. His eight goals had him tied for the league lead with Wilkinson heading into Game 7.

Wilkinson then scored the lone goal in the second period.

DeBoer made 27 saves for the win while Lesage stopped 23 Selkirk shots.

CRJHL announces league all stars

The Capital Region Junior Hockey League announced its all-star team for the 2018-19 season last Sunday.

Each team had two players selected while a pair of goalies were also selected to the team.

The Arborg Ice Dawgs were represented by forwards Derric Gulay and Colton Davies.

Davies led the CRJHL with goals scored (27) and points (45) in 31 games. Gulay finished seventh in league scoring with 12 goals and 36 points in just 25 games.

The Lunder Falcons' all-star representatives were Mason Medeiros and Josh Wilkinson. Wilkinson led Lunder with a team-high 14 goals and also had 22 points while Medeiros chipped in with three goals and 19 points.

The other league all stars included



EXPRESS PHOTO BY BRETT MITCHELL

Lunder Falcons' forward Xavier Haltermen (19) scored a first-period goal in his club's 3-2 loss to the Selkirk Fishermen in Game 5 of their Capital Region Junior Hockey League best-of-seven semifinal series Saturday at the Rec Complex.

North Winnipeg Satellites (Rustyn Lodon and Derian Emes), St Malo Warriors (Robert Guimond and Tyrel Bueckert), Selkirk Fishermen (Reece Tessier and Dawson Courchene).

The all-star goalies chosen were Ar-

borg's Tre Strachan and Selkirk's Austin DeBoer.

Strachan posted a 11-9-2 record with one shutout. He also had a 3.64 goals-against average and a .907 save percentage.

Arborg iced by North Winnipeg in CRJHL semifinal series

Staff

The Arborg Ice Dawgs' first season in the Capital Region Junior Hockey League is now over.

Arborg saw its season come to an end after a 4-0 road loss to the North Winnipeg Satellites in playoff action March 19.

North Winnipeg won the best-of-seven semifinal series in six games.

In Game 6, the Satellites took a 1-0 first-period lead on a goal by Parker Cassie.

North Winnipeg then took advantage of a five-minute major penalty assessed to an Arborg player to score a pair of power-play goals.

Brett Williams and Braden Zamrykut scored just 47 seconds apart midway in the middle frame.

It was the turning point of the

game.

Eli Caparros then closed out the scoring in the third.

Kenton Brass made 29 saves for the shutout while Arborg's Tre Strachan stopped 29 North Winnipeg shots.

Arborg finished the regular season tied with North Winnipeg, each with 46 points. The Ice Dawgs compiled a 14-15-1 record with an overtime win and an overtime loss.

Three Arborg players — Colton Davies, Dylan Furgala and Derric Gulay — each finished the playoff series with four points.

Davies led the Ice Dawgs with three goals while Ryan Hill, Connor Dowhy and Cadrick Dueck each tallied twice.

Oil Capitals trail Terriers in MJHL semifinal series

Staff

The Virden Oil Capitals are having a tough time figuring out the potent Portage Terriers.

Virden found itself down 2-0 in their Manitoba Junior Hockey League best-of-seven semifinal series heading into this past Tuesday's Game 3 in Portage la Prairie.

No score from that game was available at press time.

Portage started the series with a 4-1 home win on Saturday and then defeated the Oil Capitals 5-2 on Sunday in Virden.

Gimli's Jack Einarson has been held scoreless so far in the series. But he did have a goal and two assists in six games in Virden's quarter-final series victory over the Selkirk Steelers.

During the regular season, Einarson scored 18 goals and had 41 points in



Jack Einarson

60 games.

Game 4 of the series is slated for Thursday at 7:30 p.m. in Virden.

SEMHL final decided in Game 7

By Brian Bowman

The South Eastern Manitoba Hockey League championship was decided in the very last game of the season.

The Mercs hosted the Morden Redskins in Game 7 of their final series this past Tuesday in Warren but no score was available at press time.

Warren forced a series-deciding game after defeating the Redskins 5-4 in overtime in Morden on Sunday.

Trent Genyk scored the game winner on the power play in OT.

Morden jumped out to a 2-0 lead with goals from Jordan Cameron and Mike Rey. The Mercs' Kyle Lundale and the Redskins' David Victor then traded goals before the first period ended.

Warren's Travis Bobbee scored the lone goal of the second period on the power play and then the Mercs took their first lead of the game when Brenden Luschnski and Trent Genyk tallied just 1:33 apart midway in the third.

But that lead didn't last very long as Tyler Grove struck with the man advantage 35 seconds later.

Alcide Grenier and Bryce Spittal

split the goaltending duties for the Mercs.

The Redskins took a 3-2 series lead after a 5-2 road win last Thursday.

Tied at 2-2 late in the third, Morden's Jessi Freund and Grove scored just 1:33 apart.

Rey then added an insurance marker into an empty net with the Mercs' goalie pulled for an extra attacker.

Trent Genyk had tied the score at 2-2 at 4:21 of the third period.

Bobbee opened the game's scoring with a power-play goal just 1:28 into the game. But Victor replied at 16:30 of the first period.

Rey scored the lone goal in the second period.

Morden evened the series at two wins apiece after a 4-2 home win on March 19.

Grove and Lundale traded first-period power-play goals. Grove and Rey added power-play goals in the second to put the Redskins up 3-1 after 40 minutes.

Morden's Jay Fehr put the home side up three goals before the Mercs' Eric Swanson struck with the man advantage with 3:14 remaining in the game.

Christensen assists on winning goal in Game 1 of WHL playoff series

Staff

Lundar's Logan Christensen had a second-period assist on Winnipeg's Hayden Ostir's eventual game-winning goal to propel the Medicine Hat Tigers to a 2-1 victory over the Edmonton Oil Kings in Game 1 of their Western Hockey League first-round playoff series on Saturday.

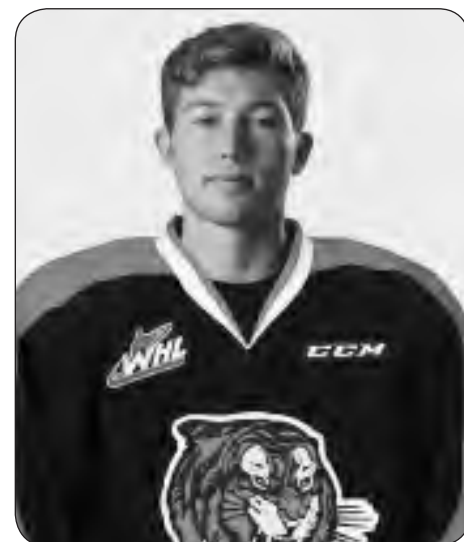
Christensen also had four shots on goal in the game.

Edmonton bounced back to win Game 2 by a 4-3 score on home ice Sunday.

Game 3 of the series was played Tuesday in Medicine Hat but no score was available.

Game 4 will be hosted by the Tigers on Wednesday while Game 5 returns to Edmonton on Friday.

Christensen started the season with the Saskatoon Blades, scoring a goal and producing three points in 16 games. The 5-foot-10, 181-pound forward was then dealt to Medicine Hat where he scored six goals and added 13 assists in 54 games.



Logan Christensen

He has played 251 WHL regular-season games, scoring 27 goals while collecting 77 points over four seasons.

He saw his first WHL playoff action last weekend.

Christensen was a second-round pick by Saskatoon in 2014

A banner season for Arborg Falcons PeeWee team



EXPRESS PHOTO BY THERESA ZUK

Arborg's PeeWee hockey team had a great season, finishing it by bringing home the Interlake Minor Hockey 'A' banner. Arborg swept Stony Mountain in a best-of-three final series, winning by scores of 4-3 and 5-2. Pictured in front is William Caldiera, Jaxon Loewen, Johann Fridfinnson and Josh Bazilewich. In the middle row is Jason Zuk (coach), Matthew Barkman, Ashton Kornelsen, Cyranno Dueck, Evan Asham, Austin Loewen, Danien Jacobson, Kendall Asham (safety) and Brian Baryliski (coach). Top row features Sawyer Zuk, Brooke Baryliski and Brandon Burak. Missing from the photo is Roger Burak (assistant coach).

Peguis advances to KJHL final in thrilling fashion

Staff

The Peguis Juniors definitely had the flair for the dramatics in their Keystone Junior Hockey League playoff series with the OCN Storm.

Trailing 2-0 in the best-of-five semifinal series, Peguis stormed back to win three consecutive games to earn a spot in the league finals. The Juniors capped off the tremendous comeback

with a thrilling 6-5 overtime win last Thursday as Ethan Daniels scored the game winner. It was Daniels' fourth goal of the game.

Peguis led OCN 5-0 late in the second period before the Storm's Milan Constant scored before the period ended. Devan Tobacco then tallied three goals in the third, including a pair on the power play late in the

game. Branden Hill scored OCN's other goal.

Daniels scored the first three goals of the game and then Shaydon Mousseau and Wyatt Bear, on the power play, tallied late in the middle frame.

Dray Flett made 37 saves for the win.

OCN won the first two games of the series by scores of 5-4 (in overtime) and 7-4 but Peguis came back with 5-3

and 8-3 victories.

Peguis now advances to play the top-ranked Cross Lake Islanders in a best-of-seven final.

Games 1 and 2 of the series will be played this Friday and Saturday in Peguis. Puck drop for both games is 8 p.m. Cross Lake swept the Norway House North Stars in their semifinal series.

Sahaidak/Lott reach National Mixed Doubles semi-final

By Ty Dilello

The Winnipeg Beach duo of Kadriana Sahaidak and Colton Lott have once again found themselves in the curling spotlight with more mixed doubles success.

This past week they reached the semi-final of the 2019 Canadian Mixed Doubles National Championship at Willie O'Ree Place in Fredericton, N.B.

It was one year ago where the Lott/Sahaidak pairing first stood in the spotlight as they won the Mixed Doubles Provincials and then from there advanced to the National Championship in Leduc, Alta., where they got all the way to the final before falling last-rock in a very tight affair with Laura Walker and Kirk Muires.

This year it was more of the same as Sahaidak and Lott have established themselves as one of the premier mixed doubles teams in not only Manitoba or Canada but the world.

The Winnipeg Beach pair went 6-1 in the round-robin to get them into the 12-team playoff round. In the first round of the playoffs they dispatched

fellow Manitobans Melissa Gordon and Kyle Kurz 7-4 to advance to the quarterfinals, where they continued their run with a 7-4 victory over British Columbia's Dezaray Hawes and three-time defending Canadian junior champion Tyler Tardi.

In the semi-finals, Sahaidak and Lott went up against Nancy Martin and Tyrel Griffith and had an old-fashioned back-and-forth barn burner that went down to the last rock of the game. Sahaidak/Lott rallied from a 5-2 deficit to tie the game at six apiece headed to the last end. Unfortunately, Martin/Griffith held the last-rock in the final end and scored a single to win 7-6.

Martin/Griffith would go on to lose the final to Brett Gallant of Team Gushue and Jocelyn Peterman of Team Jones by a 9-6 scoreline. Peterman and Gallant are now off to the 2019 World Mixed Doubles Curling Championships to be held in Stavanger, Norway, from April 20 to 27.

"We had a great run and it was an awesome week for us," said Lott. "Obviously it would have been nice to win

the semi-final, but we are very happy to get as far as we did and we hope to keep up our play going forward."

East St. Paul's Kyle Doering and his partner Ashley Groff on the other hand weren't so successful as they went a disappointing 2-5 on the week.

"We had a lot of close games and had a lot of leads during some games but we couldn't them out," said Doering. "It's unfortunate but it's always a process and we learned a lot and had a really enjoyable experience out in Fredericton."

Sahaidak and Lott will now shift their attention to the upcoming Curling World Cup finale in Beijing, China, from May 8 to 12. It's an experience that the pair has been relishing ever since they won the World Cup leg in Jonkoping, Sweden, back in early February to qualify them for the event.

"We both are just so excited to be able to go travel overseas, not once but twice in one season," said Lott. "And it's a trip we can't also wait to get started because of the experience of it and it's going to be a blast. It's the first time for both of us going to



EXPRESS PHOTO SUBMITTED

Winnipeg Beach's Colton Lott sweeps a rock at the 2019 Canadian Mixed Doubles National Championship in New Brunswick.

China so it'll be a great trip and hopefully we'll be able to play like we can as well there too."

Loewen scores overtime game winner in Game 2

Staff

Kamloops Blazers' forward Jermaine Loewen of Arborg scored the game-winning goal at 5:14 of overtime to lift his club to a thrilling 4-3 victory over the Victoria Royals in Game 2 of their best-of-seven Western Hockey League first-round series last Saturday.

Loewen did a great job following up a play and poking a juicy rebound past Royals' goaltender Griffen Outhouse.

Loewen also had a third-period assist, setting up a pretty passing play that resulted in a Kyrell Sopotyk power-play goal at 3:54 of the third period.

Victoria won Game 1 of the series 4-0 on Friday. The first two games of the series were played in Victoria.

Game 3 of the series took place this

past Tuesday in Kamloops but no score was available at press time.

Game 4 will be played Wednesday in Kamloops while Game 5 returns to Victoria on Saturday.

Loewen, a former Interlake Lightning star, scored 28 goals and had 46 points in 59 games this past regular season.

Overall, he has played five seasons in Kamloops, scoring 78 goals while collecting 142 points in 295 regular-season games.

In the playoffs, Loewen now has three goals and five points in 16 games.

The 6-foot-4, 227-pounder is a seventh-round pick (199th overall) of the National Hockey League's Dallas Stars in last year's draft.



EXPRESS PHOTO JAY WALLACE/VICTORIA ROYALS

Kamloops Blazers' forward Jermaine Loewen, left, of Arborg celebrates after scoring the game-winning goal at 5:14 of overtime to lift his club to a 4-3 victory over the Victoria Royals in Game 2 of their best-of-seven Western Hockey League first-round series last Saturday.

Lightning 1-1 at Director's Cup exhibition

Staff

The Interlake Lightning finished with a 1-1 record at the Director's Cup exhibition last weekend in Morden.

Interlake started the exhibition with a solid 6-2 win over Norman last Sat-

urday.

The Lightning, which held period leads of 2-1 and 3-2, broke the game wide open with three unanswered goals in the third.

Hayden Wheddon led the Lightning

with a goal and four assists while Max Van Heyst, Nicholas LeClair, Adam Vigfusson, Ryan Dueck and Reid Byle also tallied.

Hutton Hurst-Foster and Joey Lies replied for Norman.

On Sunday, the Lightning lost 5-2 to Pembina Valley.

Wheddon and Vigfusson scored for the Interlake while Tyler Parr (two), Ryan Orchard (two) and Carter Campbell tallied for Pembina Valley.

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AUCTIONS

Fabrication Facility – Battleford, SK. Ritchie Bros. Auctioneers Unreserved Auction, April 8 in Saskatoon. 11.1+/- title acres, 43,821+/- sq. ft. Fabrication Facility. Ed Truelove: 306-441-0525; Brokerage: Ritchie Bros. Real Estate Services Ltd.; rbauction.com/real-estate.

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

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EMPLOYMENT WNTED

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Dream Job! Live in caregiver/housekeeper. Summers in Winnipeg and winters in the tropics. Call 204-997-4629.

HELP WANTED

Barney Gargles Restaurant in Selkirk is looking for serving staff, prep cooks, dishwashers, line cooks & a baker. Must be upbeat and excited about working in a fast paced environment with the other members of the Barney's Team. Email resume to: matthew@barneygargles.ca

Seasonal work in Churchill, MB. Mechanic needed to work on buses and passenger vehicles. Welding experience an asset. Transportation to Churchill supplied. Contact Paul at yyqpounder@outlook.com or phone 204-348-7444.

EXPRESS
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BUSINESS OPPORTUNITY

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MISCELLANEOUS

Events, Sales, Employment Opportunities, Auctions, Wanted Ads, For Rent, Volunteer Opportunities, etc. People rely on these classifieds to find what they need. Catch them looking at your material in our 48 Weekly Community Newspapers. Call us at 204-467-5836 for details.

WANTED

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

LIVESTOCK

Purebred Yearling Charolais bulls for sale. For more information call Ken at 204-376-2418 or email cherepak@mymts.net

LIVESTOCK

Purebred Border Collie pups, \$250. Purebred Black Angus heifer bulls, AI bloodlines, \$3000 - \$3500. Purebred Black Angus heifers. Phone 204-448-2317.

UPCOMING EVENTS

Antique & Collectible Sale! Huge spring event! Largest of the season. Over 220 tables! Friday, April 5, 4 p.m. – 9 p.m. and Saturday, April 6, 10 a.m. – 4 p.m., \$7 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking. Ph: 204-478-1057.

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The Westshore Community Foundation is accepting **Grant Applications** from eligible registered charities. Application Forms & Guidelines @ www.westshorefoundation.com Mail completed application to: BOX 395, Gimli, MB. ROC 1B0 **APPLICATION DEADLINE MONDAY, APRIL 15, 2019 NO LATE APPLICATIONS TAKEN** For more information please call **204-642-9796** *"Building a Lasting Legacy"*

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The program runs from April 23 until August 31 and is open to Full Time High School and University Students aged 15 – 30 who are returning to school in the fall

Send your resume Attention: Elaine Gibbs indicating which position you are applying for to: ebnprograms@mymts.net or drop off at 71 4th Ave



RURAL MUNICIPALITY OF GRAHAMDALE PUBLIC NOTICE REGARDING THE 2019 FINANCIAL PLAN

Public Notice is hereby given pursuant to Subsection 162(2) of *The Municipal Act*, that the Council of the R.M. of Grahamdale intends to present its Financial Plan for the fiscal year 2019 at a Public Hearing in the R.M. of Grahamdale Council Chambers, 23 Government Road, Moosehorn, MB on Wednesday, April 24, 2019 at 7:00 p.m.

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection to the Financial Plan as provided.

Copies of the Financial Plan will be available for review on the 12th day of April, 2019 and may be examined by any person during regular office hours at the Municipal Office or on our website at www.grahamdale.ca.

Dated this 6th day of March, 2019.

Shelly Schwitek, CMMA
Chief Administrative Officer
RM of Grahamdale

ARBORG BIFROST PARKS AND RECREATION COMMISSION

SUMMER Employment Opportunities

The Arborg Bifrost Parks and Recreation Commission is looking for individuals to fill the following positions at the Noventis Aquatic Centre:

Head Lifeguard, Lifeguard, Swim Instructors, and Cashier

The following summer positions are also available: Summer Green Team and Summer Camp Instructors.

Please forward resume with required qualifications to: Arborg Bifrost Parks and Recreation Commission Box 555 Arborg, MB ROC 0A0 or email to: tom.abprc@mymts.net

Contact Recreation Office at 204-376-5576 for more information on any of the summer employment opportunities

Announcements



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BIRTHDAY



Happy Birthday to
Larus Palsson,
celebrating his 90th birthday
on April 3rd
Best wishes from his family!



WEDDING SHOWER



Bridal Shower Brunch
in honour of
Richie Hjordleifson and Crystal Christofferson
Saturday, March 30 from 2 to 4 p.m.
at Silver Community Hall
Please join us in celebrating the long awaited
engagement of this wonderful couple. Gift
cards are preferred.
A social event is also planned for later that
evening at the same location.

BIRTH ANNOUNCEMENT



Bostyn Victoria Johnston
Lauryn Johnson and Kirk Johnston of Arborg
are over the moon excited to announce
the birth of their beautiful daughter, Bostyn
Victoria, on February 12, 2019 at 12:25 a.m.
Bostyn was born at the St. Boniface Hospital
weighing 7 lbs 12 oz and measured 20.5 inches
long.
Bostyn is joined by her proud big sister Alaina,
grandparents Chad and Lori-Anne Johnson,
Rick and Sheila Johnston, great-grandfather
Victor Potoski and great-grandmother Beatrice
Johnston.

BABY SHOWER ANNOUNCEMENT

Baby Shower
for
Bostyn Victoria Johnston
Daughter of Lauryn Johnson and Kirk
Johnston
Saturday, April 6th, 2019
1:00 - 4:00 p.m.
at Riverton Curling Club
175 Reggie Leach Drive
Riveron, MB

OBITUARY

Victoria Kaminski

Peacefully, on March 16, 2019 at the Gimli Community Health Centre, Victoria Kaminski, aged 93 years of Gimli, MB passed away.
A Memorial Mass will be held on Saturday, April 6, 2019 at 11:00 a.m. in the St. Michael's Roman Catholic Church in Gimli.
Full obituary will run in next week's Express.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Robert Allen Weik (Bob) May 14, 1949 – January 15, 2019

With sadness, we announce the passing of Bob on January 15, 2019 after a yearlong battle with cancer.

Bob leaves behind wife Val; daughters Nicole Peers (Robert) and Rachelle Dillabough (Keith), and son Deni Weik, and grandsons, Nigel and Theo. Also mourning his loss, father William Weik; sisters Karen Andries (Larry), Debbie Fridfinnson (Eric) and Sally Sigvaldason (Warren); brothers Glen Weik and Ernie Weik (Tracy) and numerous nieces and nephews.

He was predeceased by his mother, Erica and brother, Don.

Celebration of Bob's life was held in February in Mission BC. A private interment will be held in Manitoba at the Homer Cemetery in April.

OBITUARY

Edward Martin Hurak

May 11, 1941 – March 22, 2019

The family of Edward Hurak sadly announces his passing on March 22, 2019 at the Gimli Community Health Centre after a year-long illness.

Ed will be sadly missed by his brothers - Richard, Alfred, Jerry (Caroline); sisters - Mary Bergman, Joan Kristofferson (Keith) and Betty Lubinski (Andy); and many nieces and nephews who provided him with love and joy throughout his life. He was predeceased by his parents, Joe and Kay Hurak; nephew, Brian Hurak; sister-in-law, Margaret Handford; sister-in-law, Joanne Hurak and brother-in-law, Ray Bergman. Ed will also be missed by a large circle of relatives and friends.

Ed had a terrific sense of humor and often played the role of family comedian, livening things up with his quick wit at numerous family gatherings. Ed had many interests, especially his love of nature, taking daily walks through the fields and forest with his beloved dog, Bear, who passed away last fall. In earlier years, Ed was a member of the Camp Morton Angels hockey team and also played accordion in a band at many weddings and other community events. He was a devoted son, who deeply loved and cared for his mother right up until she was placed in Betel home.

Ed never missed watching a Winnipeg Blue Bomber, or Winnipeg Jets game. Towards the end, he would always ask if Winnipeg was playing that evening. Ed greatly loved his family and would provide his help and assistance when anyone was in need of his services often before being asked for it.

The family would like to thank staff at EMS, Home Care and the Gimli Community Health Centre who provided an excellent standard of high quality care throughout his prolonged illness including Dr. R.C. Patel and Dr. Sara Blleloch. We would also like to thank Ed's many visitors including Father Art Seaman and members of St. Benedicts and St. Michael's church community and his many friends and relatives for their support and compassion.

In keeping with Ed's wishes, cremation has taken place and a Memorial Mass will take place on Friday, April 5 at 11:00 a.m. in the St. Michael's Roman Catholic Church in Gimli Mb.

In lieu of flowers, donations can be made in Ed's memory to Interlake Eastern Health Foundation, Gimli Hospital, Box 5000 – 120 Easton Drive, Selkirk, MB R1A 2M2, or a charity of your choice.

Condolences may be left on Ed's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Georgina Peiluck

On Monday, March 18, 2019 at the Health Sciences Centre, Georgina Peiluck, aged 68 years of Winnipeg, Mb, passed away.

As per her wishes, cremation has taken place and a memorial service will be held at a later date. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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Announcements

THE **EXPRESS**
WEEKLY NEWS

OBITUARY



Michael William Leochko
July 21, 1960 – March 21, 2019

After a short and courageous battle with cancer, with his family at his side, and heavy hearts, we announce the passing of Michael William Leochko on the early morning of March 21, 2019, at the age of 58, at the Health Science Centre Winnipeg.

Left to mourn his passing his loving family, wife Karen, sons, Jasper (Skylar) and Zak; mom Theresa, sister Sherry and Tom Pedlow, brother Billy and Bev Leochko, children Devin and Samantha; mother-in-law Mary Bernice Swedlo, Sharron and Paul, Janice and Barrett, Jenn and Pete, Sandy and Billy, Kalon and Alysha, Connor and Carlea, Jim, Joyce, Jack and Wendy, Blake and Janelle, Johl and Keelan; aunties, Annette, Cecile, Yvonne, Agnes, and Rita (Tata); numerous cousins and lifelong friends.

Michael was predeceased by his Dad Walter (Slim) Leochko, infant brother (baby), nephew Kyle, father-in-law Pete Swedlo, and many aunties and uncles, cousins and friends.

In 1991 Michael married Karen and took over the family farm. Michael also worked at the Department of Highways since 1983. From shoveling asphalt, to filling holes, snow plowing and eventually became the sub-forman. Along the way he made many friends and many stories to be told.

In Michael's spare time he enjoyed snowmobiling, playing a good poker game, fishing, camping, a hunting guide and an overall avid hunter. The best achievement for Michael were his two sons Jasper and Zak. They were the highlight of his life, from going to baseball, hockey and curling games, feeding the buffalo or just a tour around to look for deer or elk, which he didn't have far to go. Having the two of them achieve awards for their deer horns, so early in life is quite the accomplishment because who knows when the next time will be.

Michael was a hard worker and always ready to lend a helping hand wherever needed, even in the kitchen. Michael and his Mom made perogies and were successful, even making the cabbage ones (and good at that). His forever all time favourite, and will be missed, his head cheese, he was particular and done to a "T".

From going to King Buck for coffee, or just having a visit with friends, Michael was well liked, a smile on his face (or that grin look). He will be sadly missed by many, forever in our hearts.

A celebration of Michael's life will take place Friday, March 29 at 1:00 p.m. in Poplarfield Community Hall, with Shirley Williams officiating. Burial will take place at the Poplarfield Community Cemetery.

Pallbearers: Kalon Jonasson, Jenn Humeny, Tony Welsh, Gary Kochan, Lawrence Staska and Wayne Pokrant. Honorary Pallbearers: Paul Humeny, Donny Wallach and Larry Leschynschyn.

In lieu of flowers, if friends so desire, you could make a donation to Terry Fox Foundation.

We would like to thank the staff at Arborg & District Health along with Dr. Donnelly, plus at the Health Science Centre. Also thank you all who helped while Michael was sick and during the hospital stay. Words can't express the gratitude!!! Never be forgotten.

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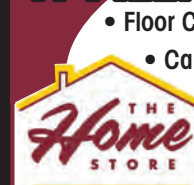
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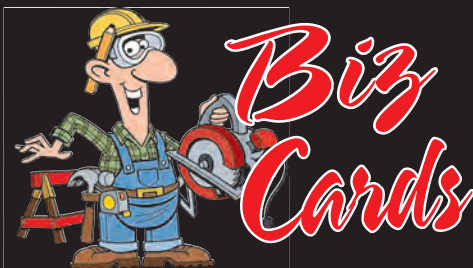
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