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WEEKLY NEWS

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(Left to right) Winnipeg Jets' Alumni Thomas Steen signs memorabilia for Thor Johnson, 8, Kyler Ducharme, 8 and Erik Johnson, 10.

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Clearing the air when it comes to recycling

By Evan Matthews

East Interlake area residents need to be careful about what they throw into their recycling bin, according to one watchdog.

Multi-Material Stewardship Manitoba (MMSM) is urging residents to check with their local RM offices to see which types of plastic can be recycled and which cannot.

Although some local residents are good when it comes to recycling, any bad products could contaminate and stall the machines that process those materials.

Karen Melnychuk, MMSM executive director, said there are many ways that Manitobans can recycle better.

“Make sure to check with your RM about what they accept,” Melnychuk said. “There are certain plastics that cannot be recycled, and if it’s sorted with the other recyclables, that could contaminate an entire section of materials.”

Melnichuk said typically, plastics designated as “number six plastics” cannot be recycled. When a resident fills up their blue bin, their recycling is thrown into a machine that sorts the material, running everything through a series of filters to catalogue everything coming in.

These machines are delicate, and they cannot discern between the different materials, so if a paper towel is put inside of a cardboard box, it could contaminate the cardboard when it’s processed.

Melnichuk also urges residents to not stuff materials into other recyclables, such as putting a water bottle inside of a cardboard box. Residents need to make sure all the items are separate, so the machine can discern between the different materials.

The Town of Arborg is heading in the right direction in terms of having more recycling and less garbage, according to Jan Larkin, Arborg’s CAO.

Though recycling is increasing, garbage collection cost will remain the same or even increase, depending on the contractor, she says. Landfill costs may decrease, but the impact on the mill rate may not be significant to actually reduce it, according to Larkin.

Bifrost-Arborg-Riverton waste administrator Cindy Stansell, also CAO of Bifrost-Riverton, says there hasn’t been any significant increase to waste management cost for the RM, but she notes that taxpayers may see an increase to cost in the coming years.

“We run a pretty tight ship at our landfill,” says Stansell.



EXPRESS PHOTO COURTESY OF METRO

When it comes to recycling, every community is a little different. To find out what you can and can’t recycle in your hometown, visit simplyrecycle.ca.

“As with any facility, we’re looking to expand. We’re at the end of our current landfill plan. When we expand, it’s going to increase in cost,” she says.

Riverdale workshop manager Alex Janowar says residents have improved by putting correct items into recycling bins, but there is still a ways to go in terms of understanding what is allowed and what is not.

“Styrofoam is a big one, and so is electronics. ... We can’t do anything with those,” says Janowar.

“We found people were dumping recycling into bins loosely, whereas putting them in blue bags really helps us bring things inside. There is definitely room to improve,” he says.

According to the MMSM, some examples of recyclable items include newspapers and flyers, aluminum food and beverage containers, glass food and beverage containers, box board as well as

glass food and beverage containers.

Some examples of unaccepted materials including aluminum foil, foil pie plates or foil food containers, dishes, ceramics or crystal, electronics, foam packaging of any kind, paint or oil cans, paper towels, tissues or napkins, window glass, mirrors of broken glass, steel pots and pans or scrap metal, wax or foil-coated paper as well as plastic bags or cellophane.

Some recycling tips from the MMSM include tossing your recyclables loosely into the bins without stuffing containers together. You don’t have to remove lids or labels, just make sure your bottles are containers are clean and empty.

For more information on what you can and cannot recycle, visit simplyrecycle.ca.

— With files from Justin Luschinski, *Selkirk Record*

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Wetland destruction raises environmental concerns in Siglavik

By Patricia Barrett

A property development in Siglavik, south of Gimli, that's seen intermittent activity over the last five years has dozens of residents raising concerns about the destruction of Lake Winnipeg's wetlands.

The development (NW 33-18-4E) is located at the east end of Sunrise Drive, and the original landowner – or the land manager doing the work on his behalf – began filling in part of the wetland sometime in 2014 to bring the lot up to a grade suitable to build a residence. But he had been stopped that year by the provincial department of Conservation when it became aware of what was going on.

Then, after the winter of 2016, Siglavik residents Jeff and Muriel Smith noticed fill being brought in again. In 2018 the infill activity ramped up, with an estimated 1,000-1,200 truckloads of earth worth about \$250,000 now having been dumped in the marsh.

An estimated four acres of wetland have been filled in, said Muriel Smith last weekend, and a canal over 100 metres long and 25 feet across has been dug so that the owner can park his/her boat.

Last month concerned area residents held a meeting to discuss the ongoing destruction and dozens of emails were sent to Sustainable Development, she said. They had also spoken to the manager overseeing the infill work. He told them he had a 2018

communique from Gimli MLA (and Minister of Municipal Relations) Jeff Wharton that authorized the work.

The Smiths penned a letter to the editor (March 21 edition of the Express), saying they spoke with staff at the Sustainable Development office in Gimli and were told nothing could be done about the destruction as "someone higher up the chain" was prepared to let it continue.

"Jeff [Smith] and I are appalled at the level of what appears to be political interference," said Smith. "The [department of Conservation's] letters of May and November 2014 that we were able to obtain clearly show that the proposed project – and indeed any project in wetlands – would violate established legislation. That legislation has not changed."

Smith said she and her husband re-

cently sent a number of communications to Wharton, underscoring concerns about wetland loss, but have not received a response.

"It is concerning that the election of Brian Pallister's Conservative government in 2016 brought with it a complete about-face with respect to developments within wetlands," said Smith. "This could explain why our MLA Jeff Wharton has not responded to any of our correspondence, preferring, it seems, to condone the destruction of rare coastal wetland."

She went on to say that it is "disturbing" political leaders seem to prefer development over the Interlake's "precious natural resources and future sustainability."

A spokesperson for Municipal Relations told the Express that "Minister Wharton did not give authorization or [the] go-ahead related to this."

When asked if the wetland development had ever come before council, a spokesperson for the municipality of Gimli said it's a "provincial matter,

Continued on page 4



This snapping turtle, which the Canadian government has classed as a "vulnerable" species (moderate risk of extirpation) in Manitoba, lives in the Siglavik wetland near Muriel and Jeff Smith's home.



EXPRESS PHOTOS SUBMITTED

Infilling of part of Siglavik's wetland has been an issue since 2014.

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Ambulance fees now reduced to maximum of \$250

By the Manitoba government

Keeping its promise to provide families with more affordable emergency medical services (EMS), the Manitoba government has reduced ambulance fees, effective immediately, to no more than \$250 per ride, Premier Brian Pallister announced Monday.

"Three years ago, Manitobans were paying the highest ambulance fees in the country," said Pallister. "Since taking office, our government lowered those fees by 50 per cent, ensuring more Manitobans going through a potentially life-threatening medical emergency won't worry about whether they can afford an ambulance before calling for one."

The provincial government worked with regional health authorities, Shared Health and other ambulance providers to ensure the fee reduction is consistent and will provide reliable and affordable care in all corners of the province. Fees were reduced in stages from an average of \$500 in 2016 to \$425 in 2017, and then again to \$340 last year. This additional \$90 reduction per trip, first announced in Budget 2019 and in effect today, means Manitoba now offers the lowest ambulance fees among all Prairie provinces.

"High ambulance fees affect many Manitobans, particularly older adults and seniors living on low or fixed incomes," said Connie Newman, executive director, Manitoba Association of Senior Centres. "Reducing fees makes it more affordable for all Manitobans when they need emergency medical care."

Since 2016, the Manitoba government has worked diligently to develop a 24-7 paramedic workforce of skilled professionals that are better equipped to handle the daily challenges they face. That commitment includes:

- giving the paramedic profession the right to self-regulate under The Regulated Health Professions Act;
- working to enact recommendations made in the 2013 EMS System Review that, when complete, will ensure response time targets are achieved and paramedics are able to work to their full scope of practice;
- funding to hire 95 additional full-time rural paramedics, including 35 announced last month in Budget 2019, to reduce the reliance on on-call staffing positions; and
- issuing a request for proposals to purchase 65 new ambulances that will

represent a refresh of approximately one-third of the province's overall fleet when the sale is completed.

Those investments build on the government's commitment to enact recommendations made in the 2013 EMS System Review that, when complete, will ensure response time targets are achieved and paramedics are able to work to their full scope of practice.

"As Manitoba's population ages and the incidence of chronic disease continues to rise, it is clear that demand for emergency medical services is only going to increase," said Health, Seniors and Active Living Minister Cameron Friesen. "Our work to enhance the high level of care paramedics can deliver means health care for Manitobans truly begins when the paramedics arrive and administer medical care. Lowering the ambulance fees is the other piece of the puzzle, ensuring Manitobans are not deterred by prohibitive costs from seeking EMS assistance."

Work is also underway to transition the planning, delivery and oversight of consistent, high-quality emergency medical services and patient transport to a provincial model within Shared Health, the minister noted.

He added this will ensure service planning is connected to the provincial and clinical and preventive services plan, currently being developed, to ensure consistent and integrated service is provided seamlessly across regional boundaries and by the various municipal-based and contracted service providers across the province.

Manitobans are reminded to call for a paramedic to access high-quality, reliable health care in emergency situations rather than driving themselves to a local hospital or emergency department.

"Our paramedics are trained to provide appropriate care upon arrival and to transport patients to, and between, health-care facilities when more acute services are required," said Scott Noble, regional director, emergency medical services, Southern Health-Santé Sud. "Ongoing efforts to build capacity, equip staff and hire skilled professionals support our efforts to create a reliable service for all Manitobans."

For more information on emergency medical services in Manitoba, visit www.gov.mb.ca/health/ems/index.html.

> WETLAND, FROM PG. 3

questions should be directed to the province."

Manitoba has lost more than 70 per cent of its wetlands to agricultural activities and development projects. Wetlands protect the ecosystem by filtering out phosphorus from runoff and sewage, storing carbon, retaining high water, providing water during droughts, and provide habitat to a diverse array of wildlife and plants.

The Conservative government's forthcoming changes to wetland management (via the Sustainable Watersheds Act regulation) has the Lake Winnipeg Foundation – which published an article in the Jan. 15 edition of the Free Press – worried they'll "actually roll back existing wetland protections" by making licenses available to drain class 3, 4 and 5 wetlands.

A spokesperson for Sustainable Development said last Friday the infill activity in Siglavik had been approved three years ago as the site had "likely been significantly disturbed" by a 2005 flood infrastructure project.

"In January 2016 a letter of approval was issued by the Director of the Drainage and Water Control Licensing Section for a single lot development at this location," said the spokesperson by email.

And the site is "not considered to be an undisturbed coastal wetland nor a Class 5 wetland, as classified using the Stewart and Kantrud classification system," the spokesperson added.

The Sustainable Watersheds Act defines a wetland as a marsh, bog, fen, swamp or ponded shallow water, and as low areas of wet or water-logged soils that are periodically inundated by standing water and able to support aquatic vegetation and biological activities.

In 2014 Sustainable Development's predecessor – the department of Conservation and Water Stewardship, along with other provincial departments – thought the site to be a "significant coastal wetland" and told the land manager to stop filling it in, according to documents obtained by the Express.

Manitoba Infrastructure and Transportation's Hydrologic Forecasting Branch had recommended no development take place after assessing the site.

"The property encompassed within [NW 33-18-4E] is comprised entirely of low lying marshland, generally of elevation 715 feet ... inland of Lake Winnipeg," wrote officer Brian Allum May 28, 2014, to the planning branch in Selkirk. "The 100-year flood level of Lake Winnipeg is 722 feet, and under

such conditions, this property would be totally inundated."

An inundation did, in fact, occur in October 2010 when the lake rose to 719.8 feet, he wrote. High water and high winds caused flooding in both Siglavik and neighbouring Miklavik and had 30 landowners applying for flood protection projects and funding.

"While we have no objections to the sale of this property," wrote Allum, referring to the original owner's plan to sell the property, "Hydrologic Forecasting recommends against the development of any permanent structures upon those lands."

In November 2014, Conservation's manager of Drainage and Water Control Licensing Geoff Reimer wrote to the land manager, reminding him the department had previously issued a desist order, and it would not, furthermore, be granting him permission to continue to build up the lot.

"The area in which you propose to fill and develop is contained within the Willow Island-Netley Marsh complex which has been identified as a provincially significant coastal wetland," Reimer wrote Nov. 26, 2014.

He added that the previous infill work contravened not only the Water Rights Act, but also the Planning Act and the RM of Gimli's development bylaws.

The East Interlake Conservation District had also reviewed the site in 2014 and passed a resolution (No. 803-8.7.8-14) stating it was "not in favour of any development on this parcel due to the fact that it's a rare coastal wetland."

In its response to the Express, Sustainable Development didn't say why the site is no longer considered a coastal wetland.

The spokesperson did say departmental staff attended the site sometime in 2018 to "remind" the manager of the scope of what had been approved. And in March of this year, the department became aware of "additional unauthorized excavation that was undertaken adjacent to the previously-authorized fill area" and a water resource officer put a stop to it on March 19.

The Drainage and Water Rights Licensing Branch followed up with a March 22 letter, said the spokesperson, providing "direction on activities needed to comply with the requirements of The Water Rights Act and The Environment Act."

The department said it will be monitoring the site to ensure compliance.

It did not respond to the Express' request for a copy of the January 2016 letter of approval.

Federal carbon tax adds 4.4 cents per litre of gas

Escalator tax on alcohol also means higher prices across Canada for beer, wine and spirits

By Aaron Wudrick, CTF federal director

The Canadian Taxpayers Federation would like to remind Canadians that the higher prices on gas and alcohol, which kick in today, are unfortunately not an elaborate April Fool's Day joke, but the new reality.

"Whether driving to work or unwinding at home with a cold beer, you'll be paying more starting today," said CTF federal director Aaron Wudrick. "It may be the cruelest April Fool's prank of all because squeezing family budgets is no joke."

The new federal carbon tax of \$20 per tonne of CO2 emissions, which will apply in Manitoba, New Brunswick, Ontario and Saskatchewan, will increase the cost of gasoline by 4.4 cents per litre and the cost of diesel by 6.4 cents per litre. By 2022, the federal government will charge 11 cents per

litre on gasoline and 16 cents per litre for diesel.

The federal escalator tax on beer, wine and spirits means that excise taxes on those products rise automatically each year, with no need for annual Parliamentary approval. As a result, Canadians will pay an additional \$193 million in alcohol taxes over the next three years.

"The escalator tax on alcohol sets a terrible precedent for tax-weary Canadians," said Wudrick. "Tax hikes should never be automatic. If politicians want to try to hike them, they should be transparent about it and face the music in Parliament."

Wudrick noted that Canadians are increasingly feeling affordability anxiety and that tax hikes will only make the problem worse.

"Many Canadian families are already stretched to the limit; gouging



EXPRESS PHOTO BY JO-ANNE PROCTER

Gas prices jumped to 119.1 Monday morning after the carbon tax took effect April 1.

them for more is about the worst thing governments can do," said Wudrick. "Instead, they should help increase

affordability by finding ways to leave more money in their pockets."

Mandatory entry-level training for commercial truck drivers announced

Submitted by Manitoba government

As part of the Manitoba government's commitment to public safety, mandatory entry-level training for commercial truck drivers will be implemented Sept. 1, Infrastructure Minister Ron Schuler announced Tuesday.

Requirements will include 121.5 hours of training, which is consistent with other provinces including Alberta and Saskatchewan.

"Our government is focused on public safety on our roads and highways in this province, and mandatory training for new truck drivers will make Manitoba safer," Schuler said. "Commercial truck drivers play an important role in moving our economy forward, and we

are focused on ensuring they have the necessary skills and qualifications to do their job in a way that ensures everyone is safe on the road."

In addition, there will be a one-year deferral of new training requirements for the agriculture sector to allow for additional consultations with the industry, in order to determine an appropriate phase-in strategy that mitigates impacts on the start of the 2019 farming season.

Currently, a person can obtain a Class 1 truck driving licence by successfully completing a knowledge-based written test and a practical road test. There is no mandatory training required prior to testing taking place.

Earlier this year, Manitoba Public

Insurance (MPI) began work on an implementation plan, focused on addressing all policy and operational requirements including addressing licensing policy issues and Class 1 driver testing considerations. MPI will continue to work on this plan and more details will be announced in the coming weeks.

"With these new requirements coming into effect, we are working with Manitoba Public Insurance to ensure that Class 1 testing is implemented in a timely manner and that disruptions are managed for the industry," Crown Services Minister Colleen Mayer said.

"MPI is an important partner in ensuring public safety on Manitoba's roads and highways."

Manitoba Infrastructure, Manitoba Public Insurance, and Manitoba Education and Training consulted with over 100 stakeholders including industry associations, agricultural sector agencies, Indigenous organizations, established sector councils, educational providers, municipal stakeholders and small-scale commercial carriers.

RCMP charge Peguis driver with numerous offences

Submitted by Fisher Branch RCMP

On March 23 at 3:25 p.m., the Fisher Branch RCMP observed a vehicle travelling at a high rate of speed near Dallas. A vehicle stop was initiated by police, and after a short distance, the vehicle eventually stopped and the driver fled on foot. After a brief foot chase, the male suspect was placed under arrest. Subsequent breath samples were obtained from the suspect and he blew nearly two times the legal limit. Thirty-one-year-old Vincent Tyler Sutherland, from Peguis, has been charged with numerous criminal code driving and non-driving offences. He has been remanded into custody and will appear in court later this month.

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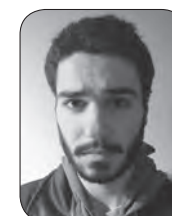
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Call Evan Matthews at 204-990-9871
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New rink makes you think

By Evan Matthews

As Manitobans, hockey is in our DNA.

Even if you're not the biggest fan of the sport, it's ingrained in our culture.

If you disagree, well, all you have to do is watch the Hockey Night in Canada montage for the Winnipeg Jets first game back home, right here in Manitoba.

During the montage, Winnipeg-band The Watchmen, sing the song Any Day Now, sending chills down your spine.

We live it every day. We breathe it in the air. We carry it with us.

The monumental opening of Lunder's brand new state-of-the-art arena transcends the concept of being a place to skate and play hockey.

It will be a community hub and staple, a place of life lessons, hard work, lifelong memories and personal growth.

A hockey rink is one of the few places on earth some people can go and feel truly at home or at peace.

There is the unforgettable smell of a cold, crisp rink.

The never-replicated sound of skates

carving up the ice while parents hoot and holler.

There is the sense of community.

I am, personally, thankful for the game of hockey; the time spent playing as a kid, the so-many memories, and the people I've met through the sport.

I don't know where I'd be without it. When I'm at the rink, everything else fades away.

Being at the rink is such a great reminder of one's priorities and what life, really, is all about.

How amazing is it these kids from Lunder, and its community members, will get to experience the greatest game ever created in a state-of-the-art facility?

How fitting to have some of the most prominent members of Manitoba's hockey heritage on hand to celebrate such a place?

Names such as Wayne Baby, Jordy Douglas, Derek Meech, Trevor Kidd, Bob Fitchner, Carey Wilson, Andrew Murray, Thomas Steen, Ryan Bonni and Gerard McDonald, all celebrating Lunder's newest crowning achievement and sure to be one of its most

celebrated places.

The celebration is taking place at the right time of year, too.

While prominent members of Manitoba's hockey past ring in a new building for members of Manitoba's hockey future, the province's hockey present gets set to take off on another Stanley Cup Playoff run for the Winnipeg Jets.

Led by captain Blake Wheeler, and alternates Mark Scheifele and Dustin Byfuglien, the Central Division leading Jets close out the NHL regular season on April 6 in Arizona.

Young guns Nik Ehlers and Patrik Laine will have to play a more prominent role on the playoff run than they have to date, as both have been afflicted by injury and scoring droughts.

But the pieces are there.

The players will take to the ice. The fans will flood the streets.

One out of the 16 remaining teams will hoist hockey's most prestigious prize.

Maybe there will be a Stanley Cup visit to Lunder. Who knows?

The bottom line: hockey is our game.

letters to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Preserving wetlands in the RM of Gimli

I write this letter to respond to the allegations that have been made against my family to the RM of Gimli council and our friends and to explicitly clarify the plans we have for the land. We understand the concerns that have been raised by some members of the public and are currently addressing these directly with the municipal and provincial gov-

ernment departments that oversee these matters.

To claim that our family not only does not care about preserving our beautiful natural habitat and surroundings but also wishes to destroy it is not only wholeheartedly incorrect but, even more so, very hurtful. Our family has been coming to Gimli for over 15 years. We fell in love with

Gimli instantly and connected with Manitoba, and Canada, as a whole, each and every day. Each of us has spent months at a time living in Gimli and becoming a part of the community. We have spent multiple Christmases in Gimli and have some of our best family memories in this wonderful community. We feel that

Continued on page 7

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letters to the editor

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> LETTERS, FROM PG. 6

Gimli is home and have built many wonderful friendships during these years.

I would like to clarify exactly what we plan to do with the land to remove any misconception. We intend to build one family home with water access to the lake for one boat. This is nothing more and nothing less than all other houses that have been developed, or are currently being developed, in this area. The issue of time occupancy is irrelevant as many homes both in Siglivik and Gimli are used as summer homes/cottages. Truthfully, we are astonished over the allegations made by some neighbours, especially given that some of these individuals are digging a private pond in the same wetland much bigger than any of our plans.

Our family is committed to preserving our beautiful habitat. In fact, we have donated nearly 35 acres of Class 5 wetland to the RM of Gimli to preserve the land as a bird sanctuary for the generations to come. It was one of the last wishes of my father, Max Rutz, who passed away from cancer. He loved nature and its animals and was very concerned about the pollution and state of Lake Winnipeg. His dream was to spend his retirement years in Gimli, but he did not get the chance to fulfil it. The land donation was his way of living that dream in the only way he could.

We hope that this letter clarifies any misconceptions about our development plans and communicates our strong desire to preserve

and protect the community we connect with as a home. We never intended to worry or anger anyone. We want to spend time in this special community with our family and Canadian friends and to give our children the opportunity to build wonderful, lifelong memories and relationships just as we did. Gimli is our home, and we cherish it each and every day.

- Ben Rutz

Low-pressure sewer system

As you may be aware, the Village of Dunnottar council are again pursuing funding for a lower pressure sewer system. It seems the mayor and council have a short memory.

The Municipal Board received many phone calls and 897 letters of objection because of the cost to install the system and the maintenance of it. The main pipe lines would run down the front street or back lane if the village council gets the funding from all governments.

The on-lot piping, electrical, etc., would be the responsibility of the residents, and these costs would be in the thousands of dollars.

After the 2012 referendum was held and residents came out by the hundreds, and the vote was no (901) to yes (377). Now my question is why council is pursuing this low-pressure sewer system again when the majority of residents said no?

Keep in mind, the current truck pump-out system requires no long-

term borrowing or maintenance costs.

Remember, a low-pressure sewer system requires a holding tank. Don't think that the funding process will take 20 to 30 years. The village pursued sewers in 2006 and were ready to dig in 2012. The Dunnottar Rate Payers Association is asking for another referendum before council spends tax dollars on studies again. A sewage advisory committee was formed and on July 15, 2006, and the committee spoke to the attending residents on these topics:

5.1 Current private truck pump-out system

5.2 Village owned truck pump-out system

5.3 Gravity piped system

5.4 Low pressure system (not pursued due to high capitol and operating costs)

5.5 Vacuum system (not pursued due to high operating costs, heavy dependence on automatic mechanical valves, concern for cold weather operation).

- Ed Strauman, President
Dunnottar Ratepayers Association

Closing the harbour entrance is not an April Fool's Joke

Every municipal election, candidate seeking to be elected or re-elected come out with the same old promises, promote economic development, low rental housing and assisted living, and promote winter

tourism.

Local businesses try to hold their own in the winter months. Sales drop 50 to 60 per cent. Some close for the winter; others cut their hours to limit their losses.

So why would our town council and the local harbour authority, which has two council members on it, Thora Palson and Peter Holfeuer, close the harbour entrance, re-open, then close it, re-open it and now close it one week before fishers have to have their huts off the lake?

We are home to the largest winter playground in Western Canada and also home to the longest Mercedes Benz track.

What are you people thinking? The latest harbour closing, I am told by Mayor Lynn Greenberg, was ordered by Kris Peterson, a federal harbour authority.

The reasoning given by Kris Peterson was that the 500- to 2,000-pound huts may damage the concrete boat ramp. This is not an April Fool's joke!

Seven white fish boats and the coast guard ship are brought up this boat ramp every fall. The white fish boats, I am told, weigh approximately 18 to 20 tonnes.

The audacity to suggest the fishers huts may damage the boat ramp is unreal.

Something is wrong with this picture. So I have taken two pictures, one of the closed harbour entrance and one the fishers have to use to get their huts off the lake just north of the library.

- Norman Valgardson

RHA reminds residents about cancer services close to home

Submitted by Interlake-Eastern RHA

April is cancer awareness month. Interlake-Eastern RHA has a cancer navigation team that includes two nurse navigators who work with people to ensure they have the information they need to make decisions about their treatment and guide and support them and their families through the entire cancer journey.

Receiving information and support in a timely manner can help to reduce distress and anxiety. The team's psychosocial oncology clinician is a social worker who assists with the emotional, psychological, social and practi-



cal issues that a cancer diagnosis can bring. With this help, clients can learn about and access support programs that may be of help. Nurse navigators and cancer counseling services are free and available to everyone. Cancer Navigation Services can be reached at 1-855-557-2273.

The cancer navigation services team also includes a community engagement liaison. This liaison who links

people requesting service to the team and provides people with information about cancer services. The liaison can be reached by calling 1-204-739-4457.

Interlake-Eastern RHA has three community cancer programs located in hospitals in Gimli, Pinawa and Selkirk. Community Cancer Programs are day clinics staffed by a team of family physicians, nurses, pharmacists, social workers and other health professionals who have received specialized education in oncology. Staff work with CancerCare Manitoba oncologists and their teams to provide comprehensive cancer care, includ-

ing chemotherapy, follow-up care and support closer to home, allowing patients to stay connected to their families and communities.

Interlake-Eastern RHA also reminds residents to keep in mind that cancer screening saves lives. To find out more information about cancer screening, visit <http://getcheckedmanitoba.ca>.

If you or someone you know thinks they might have cancer or has been diagnosed with cancer, please call cancer navigation services at 1-855-557-2273 for information on how they can provide help. For more information, <https://is.gd/cancercare>.

getfishing

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> Fish tales?

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

Mother Nature plays tricks on ice fishermen

By Arnie Weidl

Welcome, my good friends.

You would think your ice shack would have the good grace to stay where you put it on the ice of Lake Winnipeg. Adam Munia and his dad, Charlie, sure did but what escaped them was that sometimes Mother Nature can pitch a fit!

I met them off the west shore maybe three weeks ago, and other than an age difference, they looked like brothers as they recounted tracking their shack. They had it parked about a mile offshore last January on glare ice. One afternoon as dark closed over them, they laid their rods, scoops and minnows on the floor, planning to be back the next morning, and then jumped in their truck and took off home to Winnipeg.

The next morning, as they came to the shoreline with the lake ice fields ahead of them, other than the beauty of the white ice stretching to the horizon contrasting with the blue sky and the brilliant sun, they saw no drifting from last night's wind storm.

With a push on the truck's gas pedal, Adam pointed the truck east and south toward their shack. The truck bounced over small, hard drifts and then glided over many wide open areas of bare ice. Then approximately 20 car lengths in front of them, they could make out a small ice shack overturned on its roof up against a snow ridge. Adam

shot an unsettling sideways glance at his dad but said nothing as he urged his truck toward their shack. They turned on their GPS showing where the shack should be and scanned the shore line, which had become familiar to them having looked out the shack windows so many times.

Adam stopped the truck where the shack should have been. Could someone have stolen it? Then glancing at the ice, he made out large jagged circular scratch marks made by the shack's skis. The wind storm!

"Follow the ski scratches," Charlie said.

The white scratches were easy to follow and soon they knew they were on the shack's trail when they saw, at every bump in the ice, a rod or a minnow tub that had fallen out of the shack's floor holes. Then ahead there it was, jammed up against a huge ice break. They pulled up to it and there was little damage. Then, true fishermen that they were, they calmed down, hooked it up and towed it right back to where it had been parked in the first place. They broke out their fishing gear and got busy doing what they liked best — fishing!

That same week I happened to be roaming around on the Red River ice by Breezy Point and came upon a chap sitting on an overturned white plastic pail jigging his fishing line in an ice hole. As I approached this hus-

ky, rugged faced guy with a full, wooly grey beard. I called out, "Well, did you



EXPRESS PHOTO SUBMITTED

Adam Munia with a great walleye he caught while in his ice shack that went for a wind storm sailing trip last winter.

catch anything?"

"Just a few small ones, not big enough to keep," he replied in a very amicable voice.

Soon our new friend Bruce Nielson from West Pine Ridge had a story for us. He recalled when he was boat fishing once close by here, he felt a tug on a pickerel he had trailing in the water on a stringer. He turned to see a big jack eating his pickerel but before he could do anything, the jack became its own worst enemy by grabbing onto the pickerel's head and got itself caught on Bruce's hook. The pickerel was mangled, but Bruce took that jack

home.

A few weeks ago, on Lake Winnipeg somewhere between Beaconia and Balsam Bay, I met young, thin Steve Kowalyszyn sitting on a folding chair "open air" fishing. We got to talking about all the things one can have in their ice shacks and his eyes lit up remembering a funny thing that happened to him days earlier.

His shack is sitting in his back yard now, but when he looked inside it for the last time till next winter, he made a mental note to make the lighting better. Here's why: Steve and his friends, including a gal named Jenelle, liked to stay out in the shack fishing till all hours of the night. Once, after dark, Jenelle wanted to go home for something but the others told her to hang on and they would all go home. However, she jumped on one of the sleds and took off. In time the gang heard the growl of the sled motor approach and then die. They heard her boots crunching in the snow. The door squeaked open, and in the very dim light of the shack, Jenelle could be seen tripping. Then a swooshing water sound and Jenelle groaned. Steve grabbed his flashlight and pointed it on tiny Jenelle, who had one of her legs totally submerged in an ice hole.

Steve re-stoked the stove to get her dry and it was three in the morning before they got home.

Till next week. Bye now.

Manitobans are now paying more because of Liberal carbon tax

James Bezan
MP Selkirk-Interlake-Eastman

Submitted by James Bezan

James Bezan, Member of Parliament for Selkirk-Interlake-Eastman and Shadow Minister of National Defence, today highlighted the fact that Manitobans are paying more because of Justin Trudeau's Liberal carbon tax which came into effect on April 1.

"Life is more expensive now that the Liberal Carbon Tax is in effect. Manitobans are paying more to fill their gas tanks, buy groceries and heat their homes," Bezan said.

"The price of everyday essentials will climb even higher, making it that much more difficult for families who were already struggling to get ahead."

While the Liberal carbon tax starts at \$20 per tonne of greenhouse gas emissions this year, it will go up to \$50 per tonne in three years. And, internal

government documents show a hike to \$300 per tonne is planned. That's 15 times larger than this year's price. Who can afford to pay that much to fill up their tanks?

Justin Trudeau's carbon tax is not an environmental plan. If it was, he wouldn't have negotiated massive exemptions for Canada's largest emitters. They will be able to pollute for free while families and small business owners get hit with the full force of the tax. This is a cash grab, plain and simple.

In rural Manitoba, we must drive every day. It's not negotiable. This Liberal carbon tax will not change the amount of time we spend on the road to work, school, doctor's appointments and kids' sports games. While Justin Trudeau and his wealthy Lib-

eral friends can afford an extra \$100 a month no problem, everyday Canadians are already struggling to make ends meet.

"Justin Trudeau's carbon tax is going to have a detrimental effect on Manitobans," said Bezan.

"Fortunately, they have the opportunity this October to tell Justin Trudeau how they really feel about his carbon tax. A Conservative government, led by Prime Minister Andrew Scheer, will scrap the Liberal carbon tax, and remove the GST from home heating and energy bills to help you keep more money in your pocket where it belongs."

Canada's Conservatives will always work to help Manitobans get ahead.

Liquor Marts launch new efforts to combat theft

Staff

Manitoba Liquor and Lotteries is launching a multi-point theft reduction plan to combat Liquor Mart thefts and robberies.

Liquor and Lotteries has been working closely with the Winnipeg Police Service (WPS) to identify and arrest suspects using in-house technologies and intelligence. These collaborative efforts have resulted in 113 arrests since October 2018; however, aggressive thieves and an increase in the frequency of thefts has resulted in the need to introduce additional security measures to ensure the safety of employees and customers while protecting assets.

"Individuals who take alcohol products without paying have become increasingly brazen and unpredictable when confronted, and the measures we're taking address this shift," Liquor and Lotteries President and CEO Peter Hak stated in a release last week. "We want our customers and our employees to know that we take their safety seriously and we also want to send the message that if you steal from a Liquor Mart, you will be caught."

Tactics under the new strategy include:

- New trained Loss Prevention Officer team stationed at stores during peak periods or where incidents of theft have increased;
- Expanded use of uniformed Special Duty Constables in Winnipeg Liquor Marts;
- Bottle locks and alarm pedestals

and lockable shelf cases to secure high-value targeted products;

- Making certain high-value targeted products are available on a by-request basis;

- As per our "Show your Age" program, customers appearing under the age of 25 will continue to be required to show proof of age at point of purchase. All customers who enter a Liquor Mart, regardless of age, may be asked to show valid, government-issued photo ID to a security guard at the door. Those who are unable to produce the required identification may be refused entry;

- Requiring customers to check bags when entering some stores using a claim check system; and

- Video displays at store entrances to alert potential thieves they are being recorded along with continued use of high-resolution digital surveillance to assist WPS to identify and arrest suspects after they've left the store.

Other future measures will include:

- Creating additional physical barriers such as controlled entrances and exits;
- Additional security staff to support current complement; and
- Enhanced surveillance.

While some of these measures are already in place, others will be rolled out over the next several weeks and months, Hak said, adding that the measures will be supported by a public information campaign to let Manitobans know what to expect when they shop at Liquor Marts. The campaign includes sharing information



EXPRESS PHOTO COURTESY OF CHRISD.CA

Manitoba Liquor and Lotteries is launching a multi-point theft reduction plan to combat Liquor Mart thefts and robberies. Part of the new strategy includes bottle locks and alarm pedestals and lockable shelf cases to secure high-value targeted products.

about security measures and ongoing arrests at MBLL.ca/StopTheft, as well as outdoor signage, in-store posters, and digital media messages.

Liquor and Lotteries has also been working in close contact with the Manitoba Government Employees Union (MGEU); which represents Liquor Mart employees.

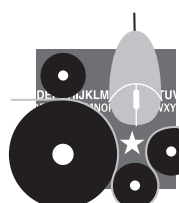
"We are very encouraged by these

initiatives. It shows that the employer has taken the concerns we've raised on behalf of liquor store employees seriously and has come up with a well-thought out plan," MGEU President Michelle Gawronsky stated in a release. "We will be anxiously waiting to see the results of these initiatives and what the outcomes will be."

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Lundar celebrates community and official arena opening

By Evan Matthews

Ten years of hard work through fundraising, political lobbying and construction has all, finally, come to fruition, as the community of Lundar celebrated the official opening of its brand new arena.

Sharing a name with the building that stood in its spot previously, the Lundar Arena Board (Grettir Coop Inc.) says the new Lundar Memorial Arena had a price tag of \$4.2 million, according to its president, Grant Sigfusson.

"We started fundraising just due to the fact that the previous facility was built in 1953. Maintenance costs were starting to rise," says the 52-year-old Sigfusson, who is also the CEO of Sigfusson Northern. He added fundraising efforts began over 10 years ago.

"We put on events like the Lobsterfest Dinner and Dance (which draws over 600 people), a couple of talent shows. ... It seemed like anything we decided to do ... we continued to raise the bar. Things just got better and better."

The municipality was able to borrow up to \$2.5 million for the facility, according to Sigfusson, and with federal and provincial grants covering roughly \$700,000, Grettir Coop Inc. was left to contribute roughly \$1 million.

Sigfusson attributes a lot of Grettir's success to the hard-working volunteer base of Lundar, a base he says (for the size of the town) just can't be rivaled. For that reason, Sigfusson says having his company involved was a no-brainer.

"We need a facility like this to keep our town alive. We see towns that lose facilities such as these, and what happens? We all joined together to make this happen," says Sigfusson.

"It was important for the company to be involved (with fundraising efforts). We live in this community, and I want to be part of the community."

"I grew up in the rink. All the guys I know here, we grew up together in the old rink or in the back alleys playing hockey. ... It keeps kids out of trouble."

Construction on the 460-seat arena began in Spring of 2017, and opened



Grant Sigfusson talked about the building and the importance of the new arena.

up in fall 2018.

The arena's seats came from the old Winnipeg Blue Bombers stadium. Including standing room, the capacity of the rink is roughly 600, not including the lounge area, which is separated from the rink but includes windows for viewing.

The facility is state of the art and is expected to make Lundar a hockey hub, according to Sigfusson.

"This facility is going to service a lot of communities around here whose rinks are getting old. There is lots of hockey coming here," says Sigfusson.

"This is such a multi-use facility. The old facility was ice sports. We believe we can do anything here."

Former NHL player and Winnipeg Jet Alumni Thomas Steen agrees with Sigfusson's sentiment.

There is no greater place for community than a hockey rink, according to Steen.

"I know how much it means to this community, ... 20 years of fundraising. I can relate to how hard they've worked," says Steen, who didn't get to play in the alumni game due to a hand injury.

"This is a beautiful area, one of the best in Manitoba. It's a special day to have this constructed."

As part of the opening festivities, the Lundar Falcons senior men's team took on Jets Alumni, which included Derek Meech (who won a Stanley Cup with Detroit), Trevor Kidd, Wayne Babych (who scored 54 goals and 96 points with the St. Louis Blues in 1980-81), Bob Fitchner, Carey Wilson and Ryan Bonni.

The Jets Alumni ended up taking the game 11-4.



EXPRESS PHOTOS BY EVAN MATTHEWS

Grant Sigfusson, middle, cuts the ribbon to officially open Lundar's brand new facility. Left to right, Gimli MLA Jeff Wharton, Liberal MLA for River Heights Dr. Jon Gerrard, Grant Sigfusson, Reeve Brian Sigfusson and Hope Sigfusson.



The Lundar Falcons Junior B hockey club stands in front of the crowd during the opening ceremonies, along with some TimBit hockey players. Trevor Kidd and Wayne Babych look on.



(Left to right) Danny Burdett, Michael Johnson, Grant Sigfusson, Sandra Johnson and Michele Sigfusson were all recognized during the opening ceremonies.



Loa and Iris Thorkelson sing O'Canada.



Having been named the Lundar Memorial Arena, organizers felt it important to include community members.



Lundar Kings and Queens collectively fundraised \$18,000 and were. Left to right: RM of Coldwell Reeve Brian Sigfusson and wife Hope Sigfusson, Murray and Lillian Halldorson, and Brian and Joanne Thomas.

Province unveils 'flexible' rural infrastructure funding program



EXPRESS PHOTO BY JUSTIN LUSCHINSKI
Municipal Relations Minister Jeff Wharton talks about the province's new rural infrastructure funding program during a press conference at RBC Convention Centre in Winnipeg.

By Justin Luschinski

Rural municipalities in Manitoba managed to

revive a provincial funding program, which will give them less funds, but it will come with more flexibility and less red tape.

As part of Budget 2019, the province will be distributing an additional \$10 million in unconditional operating funding to rural municipalities. The announcement was made last Tuesday during an Association of Manitoba Municipalities (AMM) event in Winnipeg, and it's supposed to provide the RMs with sustainable, long-term funding, on their terms.

The new funding is replacing the previous \$14-million municipal road and bridges program.

Municipal Relations Minister Jeff Wharton said the \$10 million in unconditional funding will help RMs in their decision making.

"Essentially AMM and their municipalities wanted a funding program that would be predictable, sustainable for the long haul and reduce red tape," Wharton said. "And this model that we presented today does exactly that."

The new funding model is unconditional, meaning the RMs can use the money on whatever projects they decide. The funding won't mandate a 50 per cent-matching requirement, which is common among other levels of government for road and bridge projects. It will also allow "stacking" with federal investment dollars. For example, this will allow municipalities to use the funds as their contribution to access provincial and federal funding through the Investing

in Canada Infrastructure Program or apply them towards projects funded under the federal Gas Tax Fund. AMM President Ralph Groening, said he applauded the move to more flexible funding.

"The funding is equivalent. The process of distributing will be similar. Perhaps (funding) can be improved on, but it will be similar," Groening said.

A spokesperson for Wharton said later that although \$14 million was available through the previous road and bridge program, only around \$9.7 million was accessed annually over the past six years. The new funding model won't have any lapsed or unused money.

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The Noventis
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Notice to all members
of Noventis Credit Union

Tuesday, April 23, 7pm

Breezy Bend Country Club
7620 Roblin Blvd, Headingley, MB

An amendment of the By-Laws of the Credit Union will be considered at this meeting.

The full text of the proposed By-Laws is available on request for members' review at all branches of the Credit Union and by visiting our website.

Proposed By-Law Amendments

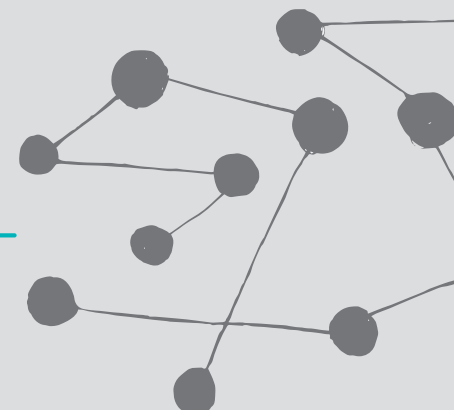
It is proposed that the By-Laws of the Credit Union will be amended by repealing the existing By-Laws and enacting new ones. Amendments will include:

- New by-law wording and format as recommended by Credit Union Central of Manitoba
- All directors beginning in 2020 to be elected at large
- Board minimum size change from 7 to 5 to be consistent with legislation
- Elimination of reference to districts and minimum per district

Dated this 1st day of April, 2019

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New fire truck and side by side roll into Fraserwood

By Evan Matthews

Based on necessity, and thanks to its taxpayers, Fraserwood has a brand new fire truck.

The typical life span of a “pumper truck” is roughly 25 years, and Fraserwood Fire Chief Brad Genik says the town’s fire department was due for an upgrade.

“The department had a need. ... This truck is a lot newer and more user-friendly,” says Genik, adding the new truck has far more storage space for equipment, too.

“Lighting was an issue with our old truck, and it just won’t be a concern with the new model.”

The department also invested in a Can-Am Side by Side, which includes a portable pumping tank, making it easier to fight fires in places that could be less accessible by truck.

The total cost for the two new pieces of equipment is estimated at \$750,000, according to Fraserwood Reeve Susan Smerchanski.

A hope to sell the previous pumper truck exists among the municipality and fire department in order to offset some of the cost, according to Reeve Smerchanski.

“It’s a huge cost, definitely,” says Smerchanski.

“But the funding came from (the municipality’s) reserves. ... It wasn’t a one-year purchase. We build up the reserves, and due to the fire department’s need, we put money toward it.”

The RM of Armstrong includes both Fraserwood and Inwood, with the In-



The Can-Am Side by Side is designed for some light off-roading, and its portable water tank makes it easier to fight fires in locations difficult to access.

wood Fire Department also getting a new truck back in December 2017. With the departments working closely together, an upgraded fleet bodes well for everyone in the region, according to Reeve Smerchanski.

In 2018, the Fraserwood Fire Department received and responded to 71 calls, ranging from fires to motor vehicle accidents, according to Chief Genik, but the most common calls typically relate to grassfires.

Heading into spring, and fire season, the fire department is taking the opportunity to caution rural dwellers to be pre-emptive in their approach to fighting fires. Summer 2019 is expected to be another dry spring, too, according to the department.



The Fraserwood Fire Department’s 21 members are eager to “spin the tires” of the newly purchased vehicle.



EXPRESS PHOTOS BY EVAN MATTHEWS

Roughly 50 people filled the Fraserwood Fire Hall to indulge in some Chicken Chef catering, celebrating the purchase of some much-needed equipment.

“For property owners, the key thing is to keep the property clean,” says Deputy Fire Chief Robert Spulnik.

“Keep garbage put away, your grass low, and you greatly reduce risk to your livelihood and homestead.”

Every five or so years, the Fraser-

wood Fire Department participates in educating its community by going door to door to check on fire alarms and smoke detectors, going over fire safety, fire prevention, etc. To complete a sweep of the entire rural municipality of Armstrong takes two and a half years, he says.

The volunteer-based fire department is typically made up of 18 members, Genik says, though the department currently has 21 active members. The department is over its average number of members, as a few veterans get set to retire while training a few rookies, he says.

The department simply can’t replace the experience the veteran fire fighters have provided to the young guys, says Spulnik.

“Our members who have been a part of the department for 34 years — we have three of them — they’ve been such an asset to this department, and they’re still so active today,” says Spulnik.

“We’re all looking forward to spinning the new tires down the road.”

The Fraserwood Fire Department is part of the North Mutual Aid District (NMAD), which includes 12 communities north of Highway 229. All fire departments aid other members of the NMAD as needed.



Reeve Susan Smerchanski, Fire Chief Brad Genik and Deputy Fire Chief Robert Spulnik say the new equipment was well worth the investment.

Peguis First Nation election taking place April 6

By Evan Matthews

Peguis First Nation is in the midst of an election for chief and council, as advanced polls opened up last week.

Thursday March 28 and Saturday March 30 were the first two advanced polls, while Monday, April 1 marked the final day for advanced polls.

On Saturday, March 30, election officer Joyce Mazur denied the *Express* entrance to the Peguis advanced poll, stating because the reporter was not a band member, they would not be permitted to enter the premises nor could they take photos.

The final date to cast ballots for the election is Saturday, April 6 at the Peguis Community Hall on the Peguis First Nation.

This year marks the first time in Peguis' history that an election official will not be allowing off-reserve band members to vote from locations away from the reserve, according to Cindy

Spence, a candidate for band chief.

Incumbent Chief Glen Hudson, along with Spence, are the only two band members on the ballot running for chief.

Both Spence and Hudson have served as chief in the past.

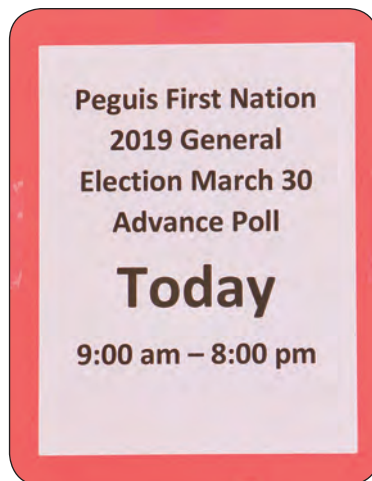
Candidates for councillors, in alphabetical order, include William Anderson, Alice Ann Bear, Darrell Wallace Bear, Mary Tyler Bear, William Darryl Bird, Dennis Kyle (Deno) Cameron, Allan Harvey Edward Cochrane, Martin Favel, Johnathon Flett and Crystal Hansen.

Incumbent councillors include Mary Tyler Bear, Annette

Spence-Meeches, Glennis Sutherland and Wade Sutherland.

Peguis First Nation is the largest First Nation community in Manitoba, with a population of approximately 10,000 people of Ojibway and Cree descent.

Peguis is located 190 kilometres north of Winnipeg.



EXPRESS PHOTO BY EVAN MATTHEWS

Peguis First Nation 2019 General Election advance polling took place March 28 and 30 and April 1.

81st

Annual Meeting

of Red River Cooperative LTD

OFFICIAL NOTICE

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Meeting: 7:00–9:00 p.m.

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New Horizon's annual tea rebranded Makers Market and Trade Show

By Teresa Carey

Wood carving, quilting, paintings, photography, knitting, baking and home canning were some of the offerings that could be found at the Gimli New Horizons 55+ Activity Centre last Saturday.

Close to 30 artists and crafters, along with a number of commercial vendors, took part in the March 30 event, which had formerly been known as the Annual Tea Sale. This year, it underwent a name change and will henceforth be known as the Makers Market and Trade Show.

"This year we decided to open up the sale to any New Horizon members who were interested in selling their handmade work," said Lorraine MacVickar, the main organizer of this event.

In the past, only those who participated in art classes at the centre took part in the art show and sale, which has been ongoing for six or seven years, she explained.

The Makers Market was a joint effort by all of the participants. In exchange for a donation of a piece of their work for the silent auction, each was given a free table to sell from. In addition, vendors each brought a food item —



Lorraine MacVickar helped to organize the Makers Market at Gimli New Horizons 55+ Activity Centre. She also heads up the centre's drop-in art group and had instructed several of the vendors who sold their art during Saturday's sale.

dainties, party sandwiches and other finger food — for the snack table.

Members of the public could eat for free and enter the draw for a door prize with a donation to the silver collection. All money raised from the sale helps fund the centre and its activities.

"It's been quite busy," MacVickar said of the foot traffic throughout the day.

MacVickar, in addition to spear-



EXPRESS PHOTOS BY TERESA CAREY

Paintings by Gimli artist Pat Johnson were one of the many offerings at the Makers Market held at Gimli New Horizons 55+ Activity Centre on March 30.

heading the organization of this sale, is herself an artist and runs the art group at New Horizons, teaching painting in a variety of media:

"Mostly acrylic, (but) some do oils; some do colour pencils — whatever medium they prefer," MacVickar said. "I help people to get started."

MacVickar's come and go, drop-in class is quite informal, with "lots of sharing of ideas." The group has up to 20 members dropping in at a time.

MacVickar explained that several of her students were selling their artwork at Saturday's show — some had been attending the art class for only a year and had developed their skills enough to create saleable work.

The art group is one of many activities available at New Horizons.

For more information about the group or other activities offered, visit www.gimlinewhorizons.com or call 204-642-7909.

Spring flood to reach or exceed 2009 levels: province

Staff

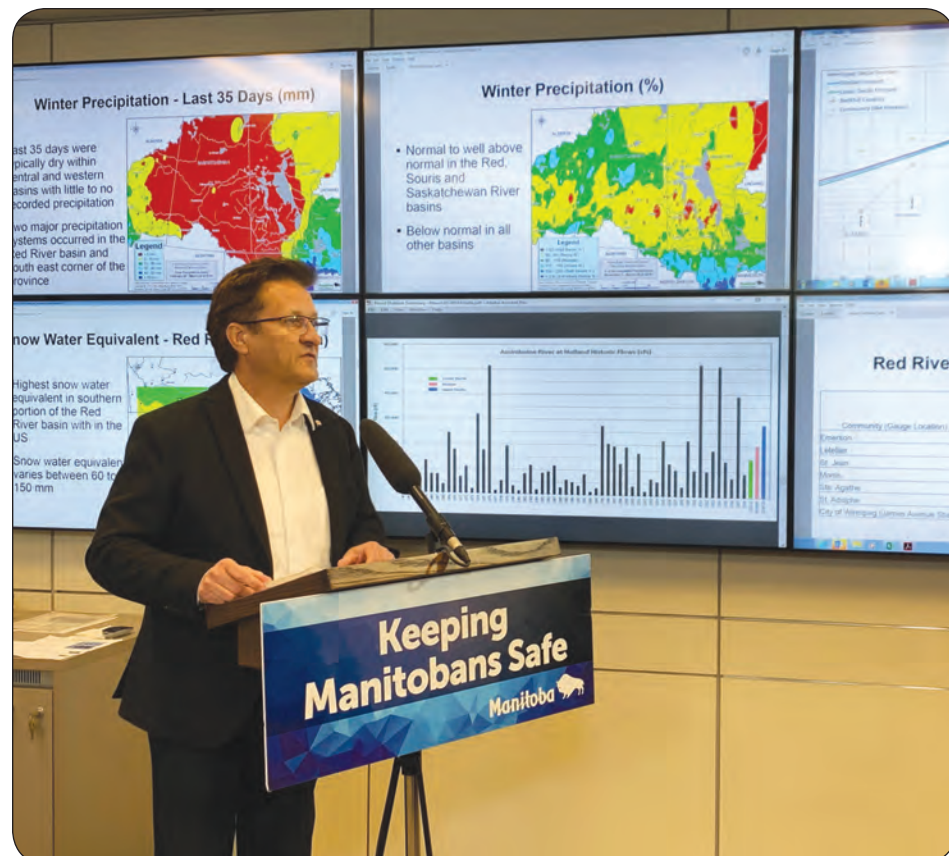
Flooding in Manitoba this spring is expected to reach or exceed 2009 water levels and preparations are well underway across the province.

"Manitoba Infrastructure continues to make preparations for high water and is working with municipalities to ensure they have the information and support needed for a flood of this magnitude," Infrastructure Minister Ron Schuler stated in a release

following the province's latest flood outlook release last Wednesday. "The Red River will once again carry a significant amount of water north, requiring the operation of the Red River Floodway and additional measures taken in partnership with local municipalities."

In its second 2019 spring flood outlook, the province notes that with fa-

Continued on page 16



EXPRESS PHOTO COURTESY OF CHRISD.CA

Infrastructure Minister Ron Schuler said flooding in Manitoba is expected to reach or exceed 2009 levels in the province's latest flood outlook, which was released last Wednesday.

GIMLI BARVINOK DANCE

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SATURDAY, APRIL 27, 2019

Gimli High School

7:00 pm

Doors Open at 6pm

Admission: \$7.00 at the door
Kids under 5 years of age are Free

get inspired

> MEAL IDEAS



Farro and Fig Salad with Arugula and Feta

(6-8 figs)

2 cups arugula

2 ounces crumbled feta cheese (about 1/2 cup)

In medium saucepan over high heat, bring farro and water to boil. Lower heat to simmer, cover with lid and cook until farro is tender, about 25 minutes. Remove from heat and let rest, covered, 10 minutes.

In large bowl, whisk lemon juice, red wine vinegar, olive oil, shallot, mustard, salt, pepper and turmeric. Add farro, figs and arugula; toss well. Crumble feta over top and toss again. Serve warm or at room temperature.

Servings: 6

1 cup semi-pearled farro

2 cups water

2 tablespoons lemon juice

1 tablespoon red wine vinegar

2 tablespoons extra-virgin olive oil

1 medium shallot, minced (2 tablespoons)

1 teaspoon Dijon mustard

1/2 teaspoon kosher salt

1/4 teaspoon black pepper

1/4 teaspoon dried turmeric

3/4 cup California Dried Golden or Mission Figs, stemmed and chopped



Pasta with Anchovies, Bell Peppers and Pangritata

Serves 4

2 large garlic cloves

7 tablespoons extra virgin olive oil

1 2/3 ounces (about 5 heaped tablespoons) coarse fresh breadcrumbs

2 broiled red bell peppers

2 broiled yellow bell peppers

3 1/2 ounces salted anchovies

1/2 to 1 large red chili

4 heaped tablespoons coarsely

chopped flat-leaf parsley

Sea salt and freshly ground black pepper

12 to 14 ounces penne

Smash the garlic with a little salt using a knife or a mortar and pestle. Pour 3 tablespoons of olive oil into a skillet and mix in the garlic. Add the breadcrumbs, mix well and cook gently, stirring continuously as they burn very easily. When they are just golden

brown, remove from heat, season with salt and place in a bowl, ready for serving. This can be prepared in advance. Bring a saucepan of well-salted water to a boil. Cut the peppers into thin strips and place in a bowl. Rinse the anchovies, dry on paper towels, and then finely chop them and the chili. Coarsely chop the parsley and add everything to the peppers with the remaining 4 tablespoons of oil. Check the seasoning. This stage can be prepared in advance, too.

Add the pasta to the boiling water, mixing well to prevent any strands from sticking together, and cook until al dente. Drain, reserving a cup of water to loosen the pasta sauce. Return the pasta to the saucepan, off the heat. Add the anchovy sauce and mix well, adding a little pasta water, if necessary. Serve immediately with the pangritata sprinkled on top.



Our children go through different stages when it comes to communicating with us. For a long time, when they are young, it seems they just cannot get enough of our listening attention. They always have something to tell, or they are asking questions. They are like open books when it comes to their ideas and feelings. As they approach adolescence, however, it is natural for that open book to begin to close somewhat.

Parents are often alarmed, or even hurt by this change. They may feel shut out of the child's life, or less loved than when the child was so eager to share everything. It is important to recognize that this shift is entirely normal and natural.

Just as a child begins to want privacy when bathing or changing, so young people will begin to want some level

Teenagers Need for More Privacy is Natural

of privacy regarding their emotional lives. They may not want to tell you everything that happened at school, or to talk a lot about their friends. They are developing a life outside of the family.

Yes, we may want to know who their friends are, and how they are spending their time, but we do not need to know what they talk about. When they come home from school, they may need time to unwind, reflect on their day, and make the transition from the outside world to home life.

Generally, they do not like to be greeted with a barrage of questions. Do not be too alarmed if an adolescent needs a little space. Be warm, supportive, interested and non-judgmental when they are in the mood to talk, and they will approach you more often.

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.



Miss Ruthie's Old-Fashioned Peach Cobbler

Take the dish out of the oven and spoon the remaining peach mixture over the baked pastry. Roll out the remaining pastry, then cut it into strips about an inch wide. Arrange the strips in a loose lattice pattern over the peach mixture. Bake an additional 15 to 20 minutes, or until browned. Remove from the oven. Serve warm.

Double Pie Crust

2 cups all-purpose flour, sifted

1/2 teaspoon salt

1 cup vegetable shortening, chilled

1 egg, beaten

6 tablespoons cold milk

In a bowl, combine the flour and salt. Cut the shortening into the dry ingredients with a fork or by pinching the shortening into the flour mixture with your fingers. The result should be coarse crumbs and small clumps the size of peas. Add the egg and mix well. Add the milk 1 tablespoon at a time. Don't be afraid to add more milk if necessary to achieve a dough that's wet enough to form into a ball. Being careful not to overwork the dough, form the dough into a ball with your hands. Wrap the ball in plastic, then chill in the refrigerator for 30 minutes. Transfer the dough from the refrigerator to a lightly floured surface. Flatten the ball slightly and dust the top of it with flour before rolling it out with a rolling pin. Divide the dough into two portions before rolling. Begin rolling at the center of the dough and work outward. Roll the dough out into a circle about 4 inches wider than the pie pan it will be placed in.

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Living with an invisible disease

MS support group helps local residents feel less alone

By Justin Luschinski

The fear of the unknown when it comes to living with multiple sclerosis (MS) can be scary, but for some Selkirk and area residents, getting together to talk about their experiences with the disease is what's carrying them through.

The MS Society of Canada's Manitoba division hosts a support group once a month at the Gaynor Family Regional Library in Selkirk. The group gives those living with MS a supportive network, where they can chat with other residents dealing with the disease, or bring family members along to learn about what MS might be doing to their loved ones in a confidential environment.

One Selkirk resident, who the *Record* is naming Jennifer because she wanted to remain anonymous, said she was initially terrified when she was diagnosed. After leaving the doctors office, she wracked her brain, imagining the worst possible scenarios for her disease. Will she be able to take care of her child? Will she be able to work ever again?

She said being able to talk about it with her peers helped her calm down.

"When I first came to the meetings (in 2018), I started to feel better about it. It was really good to know that I wasn't the only person going through this," Jennifer said. "To hear about

people who've had (MS) for 10, 15, 20 years, and they're still doing OK, I felt better. People who don't have MS don't understand. They'll try to give you solutions, but there really are no solutions.

"Symptoms are symptoms and they just stay with you."

Jennifer said she had some symptoms for a while, but it got really bad while she was at work. She used to work in a seniors complex, and as she walked back to the locker room, her legs gave out. She grabbed the handrails, but she couldn't feel anything in her hands.

One day when she got home, her husband told her to go to the doctor. She got a CT scan, and was diagnosed with MS a few days later.

MS is an autoimmune disease of the central nervous system, around the brain and spinal cord. The disease attacks the myelin, the protective covering of the nerves, causing inflammation and often damaging them. MS is very unpredictable, and can cause symptoms such as extreme fatigue, tingling, and cognitive impairment. Currently, there is no cure. The severity of symptoms vary wildly, and some days are better than others.

Canada has one of the highest rates of multiple sclerosis in the world. It's estimated that one in every 385 Canadians live with the disease.

Another local woman, who also wanted to remain anonymous, said she was diagnosed with MS in 2016 after struggling with her symptoms for a long time. After she was finally diagnosed, she felt relief, because now she had a label for the pain she was feel-



EXPRESS PHOTO COURTESY OF PIXABAY

The Selkirk MS support group meets every third Thursday of the month.

ing. She said she refused to make her name public because there's a stigma associated with the disease.

"The first thing people usually say is 'oh, you look great.' Which, OK, thank you, but I still have MS. When I was in the hospital, I had to use a walker, and the looks that I got, it just shocked me," she said. "Just so many disappointing looks. I guess they've never seen a younger person with a walker before. I'm so happy the walker gave me my mobility back, because I wouldn't have been able to walk very far on a bad day."

A "bad day," as described by many of the local support group's members, is when their symptoms flare up. Sometimes, their symptoms are so bad, they can barely walk through the Walmart parking lot. Both women mentioned similar experiences, where they parked in a handicap spot to shop for groceries, and faced disapproval and negative attention from residents who didn't know about their disease.

But the support group takes care of one another. Some members have even become friends.

Another woman, who the *Record* is referring to as Annie, was diagnosed with MS around 10 years ago. She struggled with accepting her disease

for many years, and she was scared to come to the MS support group, fearing that she would not be able to relate to the younger members.

But now she considers many group members her friends.

"These are not just ... people with MS. These are my friends. I get to hear about how they're doing, I learn new ways to cope, we're not just people that are going through the same thing," Annie said. "I am the grandma of the group, but they don't make me feel like the grandma. Age doesn't matter, you're a friend here. It's a nice group of friends who can chat with you."

Several members mentioned a few coping techniques. A few have had success with a local yoga program for people living with MS, which has helped alleviate some of their symptoms.

The Selkirk MS support group meets every third Thursday of the month.

For more information, contact Tara Mamchuk at the Manitoba MS Society at 204-943-9595 or via email at tara.mamchuk@mssociety.ca. You can also visit mssociety.ca/manitoba for more information.

> SPRING FLOOD FORECAST, FROM PG. 14

avourable weather, slightly less than 2009 flood levels on the Red River can be expected. With the use of the floodway, water levels at James Avenue in Winnipeg could reach 20.5 feet with unfavourable weather. At this time, the peak at Emerson is expected between April 12 and 23 depending on the rate of the snowmelt and water movement, along with temperatures on both sides of the border. Flood water levels will still be influenced by the

rate of snowmelt and future snow and rain accumulation.

Community ring dikes and the majority of individual flood protection works in the Red River Valley are at 1997 flood plus two feet (61 centimetres) levels. Since the 1997 flood, \$800 million in permanent flood-proofing measures have been put in place including \$630 million of completed improvements and expansion on the Red River Floodway and west dike enhancing, ac-

cording to the province.

Flooding on the Assiniboine and Souris rivers is expected to be moderate with low-lying areas and agricultural lands inundated, but levels will be below the top of community dikes. The Portage Diversion will likely be operated.

"The provincial government is also working with federal officials to ensure the safety of Indigenous communities and preparing to support municipal evacuations if

needed," said Schuler. "We are also working with the agricultural producers to ensure livestock is moved out of the impacted areas."

Updated flood material will be available as forecasts further develop. Updated flood info can be found online at gov.mb.ca/mit/floodinfo/index.html.

More information about flooding and how to prepare for an emergency situation is available at gov.mb.ca/flooding.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons' season ends with Game 7 semifinal loss

By Brian Bowman

It was an interesting first season for the Lundar Falcons in the Capital Region Junior Hockey League.

Lundar's season ended with a disappointing 3-2 double-overtime loss in Game 7 of their best-of-seven semifinal series to the Selkirk Fishermen on March 26.

"It was heartbreaking," said Falcons' head coach James Worthing. "Both sides had their chances and both goalies played well but it's especially heart-breaking when the puck is thrown to the front of the net and everybody is covered and it just goes off of one of our player's skate and trickles into the far post."

"It was definitely a hard one to swallow because it wasn't even a shot."

Kobe Campbell scored the game winner in OT. It was his second goal of the game as he and Reece Tessier (on the power play) scored first-period goals for Selkirk.

Lundar replied with a shorthanded goal by Braden Paulic and a power-play marker from Eric Miller in the opening period.

Josh Wilkinson assisted on both goals.

Despite the loss, Game 7 was a real beauty.

"Honestly, if you're going to go out in a series that's the way to go. It really is," Worthing said. "When you go to Game 7 in double OT, you couldn't ask for anything more. Both sides played so well and the goalies played so well. It was anybody's series."

Austin DeBoer made 37 saves for the win. At the other end, Chris Lesage stopped 43 Selkirk shots.

Lundar finished its regular season with 35 points and in last place in the five-team league. Selkirk, meanwhile, was the top squad with 68 points.

But, come playoff time, there was not much of a difference between the two clubs.

"When it came time to play them in our second (playoff) series and their first, we got a couple of guys back from injury and it definitely helped to get those guys back in the lineup," Worthing said. "In the playoffs, guys play a different type of game."

Lundar will lose just three players —

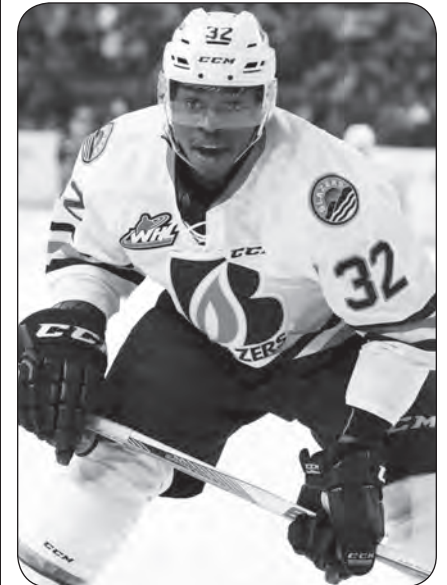
Keegan Sigurdson, Romano Paul and Drake Zimmerman — from this year's team due to them aging out of junior hockey. The Falcons expect, once again, to be competitive next season.

"Those are absolutely big losses," Worthing admitted. "But if we get everybody back, and we pick up a couple of players that weren't with us this year because they wanted to play high school with their buddies, there's a lot of hope for next year."

Many of the players from this year's team resided in a variety of places like Stonewall and Teulon. That's a good sign that those players are choosing to play in Lundar.

"The one thing that I take pride in is that when guys come play for me, they enjoy the season and have a lot of fun," Worthing said. "Players with us will say it's the most fun I've ever had (playing hockey). That's the reason we get these players from all over the place. Everybody talks in the hockey community, so when a guy tells you, 'Come play for this team and you'll have a helluva good time. You're going to have fun and enjoy it.'"

Loewen named first star in final WHL game



Jermaine Loewen

Staff

Jermaine Loewen's Western Hockey League career is now over, but he was very good in his final game.

Loewen was named the game's first star as his Kamloops Blazers were defeated 4-1 on home ice Monday evening by the Victoria Royals.

With the victory, Victoria won the best-of-seven playoff series in six games.

On March 26, Loewen scored a goal and added an assist in Kamloops' 3-2 loss to Victoria. He was named the game's second star.

The next night, the Blazers doubled the Royals 6-3 as Loewen assisted on the eventual game-winning goal in the third period.

Last Saturday, Loewen sniped a third-period goal in a 6-3 loss. He finished the series with three goals and three assists in six games.

Victoria now advances to play the Vancouver Giants in a best-of-seven semifinal series.

Meanwhile, the Medicine Hat Tigers, whose lineup includes Lundar's Logan Christensen, saw their season come to a close after a 4-3 overtime loss to the Edmonton Oil Kings on Sunday.

Edmonton won the series in six games.

On March 26, the Tigers blanked the Oil Kings 5-0 as Christensen had a pair of assists.

Edmonton will play the winner of the Calgary and Lethbridge series that was tied at three wins apiece. Game 7 was played this past Tuesday.

Peguis, Cross Lake tied in KJHL final series

Staff

The Keystone Junior Hockey League best-of-seven championship series is now tied up at a win apiece.

The Cross Lake Islanders evened the series after a wild 11-6 road win over the Peguis Juniors on Saturday evening.

Cross Lake led 3-2 after the first period and then 9-3 after 40 minutes.

Ethan Daniels had a great game for Peguis, scoring four goals while adding an assist. Tyrome Spence-Bair added a pair of goals and an assist while Quinton Flett finished the game with three helpers.

Keith Monias (two), Dennis Scatch (two), Justin Dorion (two), Armando Evans, Braeden Monias, Kadin Ross, Tristen Haldron and Quinton Scatch scored for the Islanders.

Cross Lake was 2-for-10 with the man advantage while Peguis was 4-for-8.

The Juniors opened the series with a convincing 9-4 victory last Friday in Peguis.

The score was tied at 4-4 midway in

the second period but Peguis closed out the game with five unanswered goals. Three of those goals came in the third period.

Peguis, which held period leads of 3-2 and 6-4, saw Quinton Flett and Spence-Bair each score twice and add an assist.

Darian Murdock had a goal and two assists while Lyle Murdock chipped in with a goal and a helper.

Travis McPherson, Keenan McPherson, and Tyler Ross also scored for the Juniors.

Peguis' Coulson Nepinak had three assists in the game.

Quinton Scatch (two), Clinton Armstrong and Dorion replied for the Islanders.

Dray Flett made 35 saves for the win.

Peguis was 1-for-3 on the power play while Cross Lake was blanked in seven opportunities.

Games 3, 4, and 5 of the series will be played this Friday, Saturday, and Sunday in Cross Lake.

The first two games start at 8 p.m. while Sunday's contest is set for 2:30

p.m.

Meanwhile, the KJHL is now accepting new team applications for the 2019-20 season.

Those interested are asked to contact league president Ed Albert via email at ealbert@nhcn.ca by April 19 for more information or to submit a team application.

The KJHL AGM is scheduled for May 4. All new team applications will be reviewed then.

In other league news, Brady Keeper, a former Norway House North Stars' player, made his NHL debut with the Florida Panthers in their 5-2 win over the Ottawa Senators on March 28.

He became the first member of the Pimicikamak Cree Nation to play in the NHL.

Keeper played 31 games during the 2012-13 season with Norway House, producing 34 points. He went on to play with the Manitoba Junior Hockey League's OCN Blizzard and two seasons at the University of Maine (NCAA Division I).

Morden trips up Mercs in SEMHL Game 7 final

By Brian Bowman

Losing in a championship final is tough to take.

But losing in a Game 7 is so, so much harder to handle.

That's the unpleasant experience the Warren Mercs suffered when they lost 5-3 to the Morden Redskins in Game 7 of their South Eastern Manitoba Hockey League final on March 26.

"We hit a couple of posts in the first period and I think that if we would have taken advantage of those opportunities, we would have gotten up two or three nothing but it didn't materialize," said Mercs' head coach Gerry Minaker. "The bounces just didn't go our way early and I think that ended up to be the difference because it was pretty even."

Morden's Jordan Valentino scored the eventual-game-winning goal at 10:33 of the third period. The goal came just four seconds after Warren had killed off a minor penalty to Braydon MacDonald.

"You might as well as have called it a power-play goal but it wasn't on paper," Minaker said.

The Redskins' Karl Fey then added an insurance marker just over five minutes later.

Warren's Brock Genyk and Valentino traded first-period goals. Valentino's marker came with just 19 seconds remaining in the opening frame.

"We thought we dominated the first period and that (late goal in the period) kind of gave them some life and they took advantage of it in the sec-

ond," Minaker recalled.

Morden took a 3-1 lead as Mike Rey and Tyler Grove tallied less than three minutes apart in the second period. That duo of Grove and Rey were very good in the series - especially in Game 7.

The Mercs' closed the deficit to a goal, though, when Mitch Hansen scored at 19:03 of the middle frame.

Hansen then added his second goal of the game at 5:27 of the third to tie the score at 3-3.

Curtis Beck made 40 saves in the losing cause.

The season-ending loss denied the Mercs a second-ever SEMHL title but it was still a great season for the local club.

Warren finished just two points out of first place during the regular season and then made quick work of the Winkler Royals and Portage Islanders in the playoffs.

"When the dust clears, we're pretty happy with the year," Minaker said. "I really feel confident that if we didn't have to deal with the adversity of losing our goaltender, we may be champions today. No slight to Curtis, he played a great game for us and gave us every opportunity to win but we just didn't score enough goals to support him."

"(Bryce) Spittal got hurt in Game 6 so we just rallied the troops. But, overall, we had a good season."

The future looks very bright for the Mercs, who have a real nice mix of veterans and younger players.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Mercs' Mitch Hansen scored twice for Warren in Game 7 of the SEMHL final last week.

"We're excited about it," Minaker said. "We have the makings of a team for the next few years to come but senior hockey is always interesting because life comes along."

"We had a lot of young guys that really enjoyed it and are looking at another crack at senior (hockey) next year."

Minaker wanted to thank the community for their support this past season and, especially, for the great

crowd which came out for Game 7 on a Tuesday.

"I'd like to thank the fans because we packed that barn for Game 7," Minaker said. "It was right full and different ones have told me that they have never seen that many people in there for a hockey game."

"It was a real good atmosphere and I would just like to thank our sponsors and the fans for coming out."

Nominees announced for coaching Manitoba Impact Awards

Submitted by Sport Manitoba

Manitoba coaches will be honoured for their achievements in sport, leadership, personal development, and coaching effectiveness at the 2019 Coaching Manitoba Impact Awards presented by Club Regent Casino and Event Centre on April 13.

"Coaches create a foundation for excellence in sport while building our next generation of leaders and helping us take amateur sport programs to the next level. We are honoured to celebrate their tireless and outstanding contributions every year at this fantastic event," said Jeff Hnatiuk, president and CEO of Sport Manitoba. "Congratulations to all this year's nominees."

The awards reflect the contributions and achievements the coach has made

to sport and athletes over their coaching careers. The 2019 Coaching Manitoba Impact Awards nominees are:

Vince Leah Memorial Award - Fundamentals

Michael Dorie - Hockey
Kim Dunford - Ringette
Charles Lerm - Tackle Football
June Mosiondz - Special Olympics Multi Sport
Jeffery Oduca - Judo
Dean Sproule - Baseball

Konica Minolta Dr. Jack Hunt Memorial Award - Learn to Train/Train to Train

Charlene Bodnarchuk - Hockey
Kevin Higgins - Tenpin Bowling
Dale Kinley - Badminton
Nicole Marcoux - Softball

Bonita Martens - Gymnastics
Dave Martine - Baseball
Dean McConnell - Baseball
Karen Morgan - Ringette
Airtan Nakamura - Judo
Breanne Nichol - Special Olympics Basketball
Nick Popiel - Swimming
Ken Shepherd - Ringette
Michelle Stamm - Swimming
Chris Sumner - Special Olympics Tenpin Bowling
Karen Williams - Swimming

Peter Williamson Memorial Award - Train to Compete/Train to Win

Heather Hancox - Curling
Keegan Jackson - Freestyle Skiing
Holly Kitchen - Softball & Basketball
Bryce Kosielnny - Athletics
Kirby Schepp - Basketball

Jerome Seremak - Paddling
Janine Stephens - Rowing
Jeff Stoughton - Curling
Zdravka Tchonkova - Rhythmic Gymnastics
Andrew Tough - Athletics

Peter Dick Award - School System

Heather Baranyk - Basketball
Scott Gurney - Athletics
Mark Hamm - Basketball
Charles Lahaie - Badminton
Barry Lewis - Hockey
Kyla Michalski - Volleyball
Stephen Rebizant - Soccer
Nathan Tocher - Rugby

To view the full list of nominees, visit sportmanitoba.ca/coaching-manitoba-impact-awards.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's BJ Neufeld set for World Curling Championship

By Ty Dilello

Team Canada's squad at this year's Men's World Curling Championship will feature a Manitoban for the first time since 2015 as Gimli's BJ Neufeld will be throwing third stones for Kevin Koe.

The team, based out of Calgary, is coming off a nearly impeccable season so far that was stamped with a Brier win for the ages over Brendan Bottcher. Koe went through the Brier undefeated at an impressive 13-0 and looks to carry that momentum into this week's Worlds in Lethbridge.

Neufeld has been a big-game player on the World Curling Tour for much of the past decade with Team Mike McEwen. Before that, Neufeld was a three-time provincial junior champion of Manitoba in 2004, 2005 and 2007. Winning a Brier and playing in a World Championships is just another feather in the cap for the 33-year-old head golf professional of Larters At St. Andrews Golf and Country Club and he'll be looking to relish the moment in Lethbridge.

Neufeld was just a young kid when his father Chris played second for Team Canada's Vic Peters at the 1992 World Championships. Peters won the Brier that year with a 4-3 extra end win in the final over the Ontario dream team skipped by Russ Howard that featured Glenn Howard, Wayne Middaugh and Peter Corner. Peters went to the Worlds in Garmisch-Partenkirchen, Germany, and led the standings after the round-robin with a 7-2 record, but ultimately fell in the semi-finals to Scotland's Hammy McMillan after McMillan made an incredible "around the horn" double takeout that made Peters ultimately have to settle for a bronze medal.

The younger Neufeld got into curling around the age of 10, and like his older brother and past teammate Denni, he got his inspiration from the game by watching his dad play the world's best as a kid.

Although Neufeld was playing for Team Alberta at this year's Brier in Brandon, Team Koe was sort of the adopted fan favourites after Team Mani-



EXPRESS PHOTO SUBMITTED

Team Koe from left to right, Ben Hebert (lead), Colton Flash (second), BJ Neufeld (third) and Kevin Koe (skip).

toba faltered early on, mainly because of Neufeld's Manitoba background. At this year's World's, Neufeld and company will definitely have the support of the crowd all week as Lethbridge is just a two-hour drive from

Team Koe's home club in Calgary. The World Men's Curling Championship is being held in Lethbridge, Alberta at the ENMAX Centre from March 30 to April 7.

All-star nod



EXPRESS PHOTO SUBMITTED

The Arborg Athletics' Connor Yarema has been selected to play in the MHSAA Graduating A/AA/AAA All-Star game at St. Paul's High School in Winnipeg on April 13. The talented, 6-foot-5 centre was a dominant force for Arborg this past season.

Signing with the Herd



EXPRESS PHOTO SUBMITTED

Former Interlake Lightning running back Colton Nedotiafko has signed with the University of Manitoba Bisons football team. Pictured with Nedotiafko is U of M football coach Brian Dobie.

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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 R0C 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

AUCTIONS

Fabrication Facility - Battleford, SK. Ritchie Bros. April 1, 2019 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.; rbauktion.com/realstate.

SCRAP METAL

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.

WANTED

WANTED BY RESTORER: A 1920's to 1940's car or truck, any make or model, any condition, partial or complete. ON NEXT COL.

WANTED

plete and parts, stored indoors or outdoors. I will pay BETTER than scrap dealers! Phone 204-248-2221 early mornings.

STEEL BUILDINGS

Steel Building Sale ... "Big Blowout Sale" - all buildings priced to clear! 20x23 \$5,977. 23x25 \$5,954. 25x27 \$7,432. 30x31 \$9,574. 32x31 \$9,648. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

PROPERTY FOR SALE

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that is looking to acquire oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4008 or visit www.prairiesky.com/Selling-Your-Royalties

HOUSE FOR RENT

For rent - 2 bedroom house. Single car garage. Located 10 miles East of Fisher Branch or 20 miles North of Arborg. Call Ivan 204-642-2252.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedrooms available. Nice quiet area located at 40 Eveline St. Tollak 1 spacious 2 bdrm. fridge, stove, air conditioners, large storage area and large balconies, utilities included, parking extra. Tollak 2 is a 55 plus bldg. Riverview apts. with central air, units have fridge, stove, dishwasher, microwave and a large storage area off the kitchen, also have balconies, utilities and parking extra. Call 204-482-2751 for more information.

EMPLOYMENT WANTED

Capable male willing to do all kinds of work from breaking ice to hauling garbage, and cleaning out garages! Part-time or full-time. Call Mike at 204-671-0003 or leave message 204-378-2905.

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

Petkau Repair Shop is looking to hire a farm tractor/farm machinery mechanic. Must have mechanic experience. Must be self-motivated. To apply, please phone John at 204-364-2426.

MISCELLANEOUS

Caught you looking! Reach over 413,000 Manitoba readers weekly. Spring is here! Book your Spring Announcements, 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 more info.

LIVESTOCK

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

Livestock for sale: Black Angus bulls for sale. Fertility tested. Vaccinated. Delivered. Weights and EPD's available. Bill, 204-567-3782, Black Meadows Angus.

HAY FOR SALE

Round bale silage green feed, 2000 lbs per bale, 35% moisture. Price: \$80 per bale. Call: 204-642-2572, Riverton.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood@mymts.net

Purebred Black Angus Bulls

DK Farms, Arborg MB

- 7 quiet yearling bulls
- Will be semen tested
- Can keep until needed

Call or text 204-793-1251



PROPOSALS FOR GRASS CUTTING

The Evergreen School Division invites proposals to cut all the grass on lawns, play area, boulevards, and ditches. Also included is trimming around the buildings, trees and play structures, etc at the following locations for the 2019 and 2020 seasons:

- | | |
|--|----------|
| 1. Arborg Early Middle School and Bus Garage | 12 acres |
| Arborg Collegiate | 8 acres |
| 2. Riverton Early Middle School | 8 acres |
| Riverton Collegiate | 11 acres |
| 3. Gimli High School and SS Early School | 14 acres |
| Dr. George Johnson Middle School | 5 acres |
| Education Support Centre | 4 acres |
| TEC Centre / Bus Garage | 2 acres |
| 4. Winnipeg Beach School | 5 acres |

Note: All acreages are approximate

Proposals are to indicate the location(s) (1, 2, 3 or 4 above) being bid for and the price per grass cutting per location(s), which would also include all of the trimming around all fixed objects and in ditches and removal of grass clippings from the site.

- Grass will be cut to keep it no more than 2 inches long. Weather will dictate the frequency of cutting. Creating thatch because grass is left too long between cuts is unacceptable. Grass cutting will not be permitted during regular school hours.
- Bids submitted must include the type of power rakes, mowers, trimmers and auxiliary equipment that would be used. We prefer Gator Blades on mowers. **Bidders are required** to contact Mr. Gary Thompson, Maintenance Manager at 642-6269 to obtain specifications sheet and additional information prior to submitting a proposal.
- We encourage bidders to visit sites before submitting proposal
- The successful bidders must provide proof of liability insurance.
- Lowest or any proposal not necessarily accepted.

Proposals must be submitted by Thursday, April 18, 2019 at 4 p.m. Please send sealed proposals marked "GRASS CUTTING & TRIMMING" along with the location(s) bid for to:

Amanda Senkowski, Secretary-Treasurer
Evergreen School Division
Box 1200, 140 Centre Avenue West, Gimli, Manitoba, R0C 1B0
Tel: (204) 642-6266



Driver/General Labourer

Ag Advantage an agricultural retailer in Meadows, MB is accepting applications for a Driver/General Labourer. Responsibilities include but are not limited to operation of a water truck and forklift as well as yard, building and equipment maintenance. Class 3 license with air brake required, Class 1 preferred. The applicant should possess good English communication skills as well as be able to work long hours and weekends during busy season. We offer comprehensive benefits and salary dependent on experience.

Please email resume to: tim@agadvantage.ca



Evergreen School Division's Junior Kindergarten and Kindergarten Registration For the 2019 - 2020 school year 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.

Monday, April 8 - Thursday, April 11, 2019

- Arborg Early Middle School
- Riverton Early Middle School
- Sigurbjorg Stefansson School (Gimli)
- Winnipeg Beach School

Children born in 2015 are eligible for **JUNIOR KINDERGARTEN** (Tuesdays and Thursdays; half days)

Children born in 2014 are eligible for **KINDERGARTEN** (Mondays, Wednesdays, Fridays; full days)

Please note: If your child attended a school in Evergreen School Division for Junior Kindergarten, you need to simply drop by your child's school office for a few minutes to confirm your child will be attending there for Kindergarten and to update your file.

ALL NEW REGISTRATIONS:

Please come prepared to provide the following: child's birth certificate, parent(s)/guardian(s) name(s), phone numbers, email, mailing and physical address, as well as an emergency contact name and phone number.

Experienced bartender/server needed at The Narrows Sunset Lodge Inc. for full employment. Email resume to lr@narrowssunsetlodge.com

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

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RURAL MUNICIPALITY OF GIMLI 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 Rural Municipality of Gimli intends to present its Financial Plan for the Fiscal Year 2019 at a Public Hearing at the Council Chambers of the Rural Municipality of Gimli on the 23rd day of April, 2019 at 6:30 p.m. Council will hear any person who wishes to make a 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 23rd day April, 2019 and may be examined by any person during the regular office hours of the Rural Municipality of Gimli, located at 62 - 2nd Avenue, Gimli, Manitoba.

Dated this 28th day of March, 2019

Joann Murphy, CMAA
Chief Administrative Officer
Rural Municipality of Gimli



RURAL MUNICIPALITY OF GIMLI PARKS AND RECREATION DEPARTMENT INDEFINITE TERM OPPORTUNITY

Position: Facility Maintenance Operator

40 hours per week. Position will require evenings and weekend shifts.

The Facility Maintenance Operator, under the direction the Manager of Parks and Recreation Services will assist in the operations and maintenance of the Gimli Recreation Centre and other municipal park spaces and buildings.

Duties:

- Operation and maintenance of a 180-ton refrigeration ammonia plant
- General facility cleaning duties – floors, bathrooms, common areas, etc.
- Hockey and Curling ice maintenance
- Building maintenance on various public buildings throughout the municipality
- Development and maintenance of sports field, including grass cutting
- Maintenance and beautification of playgrounds, park and recreational spaces, including Gimli Beach

Qualifications:

- Must have a Power Engineers Refrigeration Class Certificate or higher, as issued by the Province of Manitoba.
- Beneficial qualifications - Arena / Curling Ice Level I, Ice Making Certificate

Skills:

- Good communication skills, as this position deals with the public on a daily basis
- Ability to work well with others, have initiative and be flexible
- Ability to work alone and make decisions, with minimal supervision
- Wide range of skills to perform a variety of maintenance duties required for the position
- An understanding of sports, recreation and leisure services in the R.M. of Gimli
- Previous experience in Recreation, Public Works or Arena setting would be considered an asset
- Preference will be given to those with experience in the following trades: carpentry, electrical, mechanical, plumbing and ice making

Salary as per union collective agreement

For more information please Contact Tyler Yellowega at 204-642-6670 or tyellowega@rmgimli.com

Please submit resume with detailed skill set and references, by 4:00 p.m. April 18, 2019 to:

Kelly Cosgrove, CMAA
Assistant Chief Administrative Officer
Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246
Gimli, MB R0C 1B0
Email: gimli@rmgimli.com
Fax: 204-642-6660



We thank all applicants for their interest; however only those selected for an interview will be contacted.

RURAL MUNICIPALITY OF

West Interlake

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES MUNICIPALITY OF WEST INTERLAKE

Pursuant to subsection 367(7) of *The Municipal Act*, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 30th day of April, 2019, at the hour of 1:00 PM, at Municipality of West Interlake, 10 Main Street, Eriksdale Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
86329	BLOCK 2 PLAN 43391 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER NO. 2375961 WLTO IN FRAC NE 1/4 15-24-10 WPM - 2 SKINNY DIP DR	L -\$1,800	\$1,399.34
86340	BLOCK 4 PLAN 43391 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER NO. 2375961 WLTO IN FRAC NE 1/4 15-24-10 WPM - 6 SKINNY DIP DR	L -\$108,100 B -\$20,500	\$15,411.56
86391	LOT 7 BLOCK 8 PLAN 43391 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN IN FRAC NE 1/4 15-24-10 WPM - 26 SKINNY DIP DR	L -\$35,500	\$3,386.95
86400	BLOCK 3 PLAN 43391 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER NO. 2375961 WLTO IN FRAC NE 1/4 15-24-10 WPM FRAC NE 1/4 OF SECTION 15-24-10 WPM ACCORDING TO A TOWNSHIP DIAGRAM APPROVED AND CONFIRMED AT OTTAWA ON THE 8TH DAY OF JUNE 1895 BY E. DEVILLE SURVEYOR GENERAL OF DOMINION LANDS EXC FIRSTLY: ROAD PLANS 5897 WLTO, 765 WLTO (P DIV) AND 9739 WLTO SECONDLY: PLAN 43391 WLTO AND THIRDLY: ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN	L -\$129,700 B -\$270,000	\$140,894.82
86411	LOT 2 BLOCK 10 PLAN 43391 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN IN FRAC NE 1/4 15-24-10 WPM - 5 AUSSI RD S	L -\$18,000	\$2,305.48
86413	LOT 4 BLOCK 10 PLAN 43391 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN IN FRAC NE 1/4 15-24-10 WPM - 9 AUSSI RD S	L -\$18,000	\$2,305.48
86450	THE ELY 450 FEET PERP OF PARCEL 'A' PLAN 9739 WLTO (P DIV) EXC, ALL MINES AND MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE GRANT FROM THE CROWN, IN NE 1/4 15 AND NW 1/4 14-24-10 WPM.	L -\$32,100	\$10,881.40
90926	LOT 1 BLOCK 2 PLAN 13988 WLTO EXCEPTING THEREOUT ALL MINES AND MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE GRANT FROM THE CROWN IN NW 1/4 SECTION 14-24-10 WPM - 21 AUSSI DR N	L -\$30,000 B -\$44,400	\$44,546.79
183600	LOT 12 BLOCK 2 PLAN 425 WLTO (PP DIV) SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN IN NW 1/4 23-25-7 WPM - 6 1ST AVEN	L -\$4,800 B -\$107,500	\$18,563.78
198856	LOT 4 BLOCK 5 PLAN 14225 WLTO IN W 1/2 23-25-7 WPM - 1 IDYLWILD DR	L -\$5,600 B -\$10,700	\$3,971.10

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Municipality of West Interlake as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration costs.

Dated this 13th day of March, 2019.

Managed by:



Larissa Love
Chief Administrative Officer
Municipality of West Interlake
Phone: (204) 768-2641
Fax: (204) 739-2073

Shorepointe Village – Gimli, MB

We are now accepting applications for a person to maintain the condominium complex.

Duties will include general maintenance of the buildings and grounds. The applicant must be mechanically inclined, have a minimum grade 10 education and a valid driver's license. Certification in water and waste management would be considered an asset. Interested applicants can email their resume to: village@mymts.net

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IS HIRING!

**Full Time Salesperson/
Lumber Yard Worker**

40 hours per week, plus benefits after 3 months.

Requirements:

- Must be able to lift 50 lbs. unassisted, both daily and on a continuous basis
- Class 5 Driver's License
- Previous retail sales experience is preferred
- Previous experience in construction or building supply industry would be a strong asset.

Deadline to apply is April 26.

**Seasonal Full Time Salesperson/
Lumber Yard Worker**

Summer position, May 1 - August 31.

*Would consider permanent position after Aug. 30 for the right candidate.
40 hours per week*

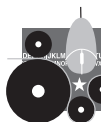
Requirements:

- Must be able to lift 50 lbs. unassisted, both daily and on a continuous basis
- Class 5 Driver's License
- Previous retail sales experience is preferred
- Previous experience in construction or building supply industry would be a strong asset.

Deadline to apply is April 26.

Please submit resume at #28 Railway Avenue, Ashern, or e-mail to jason.carpenter@homehardware.ca.

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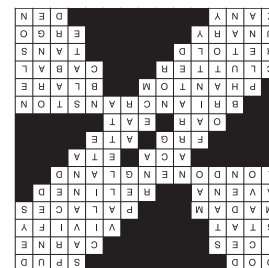


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OBITUARY



Victoria Kaminski (nee Malinowski)
December 10, 1925 – March 16, 2019

It is with great sadness that we announce the peaceful passing of our beloved mom, grandma and great-grandma, on Saturday, March 16, 2019. Victoria passed away at the age of 93 with family by her side at the Gimli Community Health Centre.

She will be lovingly remembered by her daughters Jane (Ken) Keller of Gimli and Linda Kaminski of Winnipeg; grandchildren Audra (Wally) Boyko and Derek (Nicole) Keller; great-granddaughters Sienna and Athena Keller all of Winnipeg. She is also survived by her sisters-in-law Mary Wyspianski of Thunder Bay, Anne (Mike) Penziwol of Gimli and numerous nieces and nephews.

Victoria was predeceased by her husband Walter; parents Frank and Pauline; brother Joe (Rose) and sister Emily.

Victoria worked for many years at the Canadian Forces Base Gimli and Seagram's Distillery until her retirement. She took great pride in her yard and flowers and was an avid gardener. She loved sports and never missed watching the Blue Bombers, Winnipeg Jets and curling. She always looked forward to Friday night bingos with good friend Dorothy and mostly loved to spend time and the holidays with her family. Victoria was a member of the Catholic Women's League for 25 years where she made many lasting friendships.

The family would like to extend a sincere thank you to Dr. Adeniyi Adegbesan and the wonderful nursing staff (especially Betty) at the Gimli Community Health Centre for their care and compassion.

Cremation has taken place and a Memorial Mass celebrating Victoria's life will be held at the St. Michael's Roman Catholic Church on Saturday, April 6, 2019 at 11:00 a.m. with Fr. Mike Nwosu and Fr. Art Seaman officiating. Private interment to follow at a later date.

In lieu of flowers, a donation in Victoria's memory can be made to Sts. Cyril and Methodius Cemetery, c/o P.O. Box 92, Gimli, MB R0C 1B0.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Stanley Marten Schnerch

Peacefully on March 31, 2019, with his family by his side, Stan, our father, grandfather, great-grandfather, brother and uncle, left this world to grasp the hand of his Savior, Jesus Christ and claim his heavenly inheritance promised to him in Baptism. Patiently waiting to greet Stan was his dear wife, Rose, dressed in her best, on her birthday.

Left to treasure dad's memory are children, Vicky (Les), Frances (Kevin), Michael (Aline), Robert (Liane), Mary-Anne (Gord), Laura (Craig) and Cindy (Daryl); 17 grandchildren and 13 great-grandchildren. Also left in his memory are sisters Mary, Josie, and Florence; brother, Alfie; sister-in-law Sherry and many nieces, nephews and relatives. He was predeceased by his wife, Rosalia (Rose); son David; daughter-in-law Kathy; grandson Randy; parents John and Mary; sisters Eva, Annie and Katie and brothers

Art, John, Adam and Joe.

Dad was born on March 9, 1931, in Berlo, MB, grew up in Arnes, and later moved to Winnipeg where he met his sweetheart, Rose; they had seven children and were married for 48 years. Dad worked in construction and the meat packing industry. He devoted his time to family and church, being involved in various activities. After retirement, he and mom enjoyed playing cards, going to bingo and having coffee at the mall with friends. A few years after mom passed, in 2011, dad moved to Isfeld Villa in Winnipeg Beach, MB. He enjoyed having coffee, doing puzzles and playing cards with everyone who lived there. He loved it there and said they were all like family to him.

The family would like to thank the wonderful nurses and doctors at the Gimli Hospital for their exceptional care.

Mass of Christian Burial will be celebrated at St. Michael's Church in Gimli, MB on Monday, April 8, 2019 at 11:00 a.m. Interment will follow at a later date, in Berlo, MB, with the immediate family.

If those desire, in lieu of flowers, donations may be made to the Gimli Hospital.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli, MB. in care of arrangements



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OBITUARY



Olga Blahey

It is with sad and heavy hearts our family announces the sudden and peaceful passing of Olga Blahey on March 22, 2019 at the age of 79 years. Olga will be lovingly remembered by her husband Bruce of 36 years; and her daughters Sharon (Terry), Alexis and Megan; Karen (Mike), Kailey (Bradley), Brett and Brooke; Kathy (Phil), Braeden and Brielle. Her brothers Michael (Anne), Bernie (Louise), and sister Clara. Sisters-in-law Anne and Inez, brothers and sisters-in-law and nieces and nephews.

Mom was predeceased by our father Walter in 1978; her parents Joseph and Mary, brothers Paul, Walter and Lenard and sister-in-law Liz.

Mom was born October 4, 1939 and she was the third eldest in a family of seven. She attended Rembrandt School and completed her education at Churchill High and Teachers College. Mom taught in one room school houses until the amalgamation in 1967. After this she joined the family business, Arborg Bakery where she carried on until 1983.

Mom loved her home, garden, and best of all cooking for her family. Her grandchildren loved her perogies, borscht, and her special baking that she did for each one of them.

During her life she was active in her community, mom was a lifelong member of the Legion Ladies Auxiliary branch, where she was awarded with a 40 year service award for being treasurer. Mom was also a very active member of St. Philips Roman Catholic Church in Arborg, and in the Chatfield Community Club as a treasurer and volunteer worker. Mom also enjoyed volunteering and spending time with the ladies from Meleb Park.

Those who knew mom, knew she poured her heart into everything she was involved with.

A prayer service was held on Sunday, March 31, 2019 at 7:30 p.m. at Fisher Branch Immaculate Conception Roman Catholic Church.

Funeral service was held on Monday, April 1, 2019 at 10:30 a.m. at Fisher Branch Immaculate Conception Roman Catholic Church Fisher Branch, Manitoba.

Pallbearers were Terry Wolbaum, Mike Oxenforth, Phil VanderZalm, Wayne Blahey, Paul Humeny and Bradley Mutchmor.

Interment followed at Meleb Cemetery on Highway 7.

Mom will be treasured forever in our hearts. Goodbye Olga, Mom we were blessed to have you in our lives.

In lieu of flowers, you may donate to Heart & Stroke Foundation or OHEYS Autism Programs.



204-886-0404

CROSSWORD

CLUES ACROSS

- Defense Department
- Diminutive hoopster Webb
- Cools
- Chili con ____
- Quantitative fact
- Enliven
- A woman of refinement
- Where royalty live
- Beverage made of oatmeal
- Replaced
- UK's largest city
- Obamacare
- When you expect to get there
- Deutschland
- Consumed
- Paddle
- A way to consume
- "Walter White"
- The opera has one
- Honk
- Disorganization
- Secret political clique
- Recounted again
- Converts to leather
- Consisting of a single element or component
- Therefore
- Clownish
- The habitat of wild animals

CLUES DOWN

- Dreary
- Book page size
- Become less lively
- Grassy plain
- Attached a figure to
- Hungry
- NY-based department store
- Pedestal
- Single-celled animal
- National capital
- China's chairman
- Al Bundy's wife
- Acid in all living cells
- Told
- Displays heartbeat
- Softly
- Swiss river
- Small chapel
- Electronic countermeasures
- Asian nation
- Neither
- Peacock network
- List of candidates
- Medieval garment
- Type of juice
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ANSWERS ON PAGE 21

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