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WEEKLY NEWS

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Peguis born folksinger-songwriter William Prince wins Juno Award

By Jeff Ward

William Prince took home his first Juno Award for Contemporary Roots Album of the Year during the 46th annual awards show at the Canadian Tire Centre in Ottawa last weekend.

Prince was also nominated for Indigenous Music Album of the Year for his debut solo effort, *Earthly Days*. In his acceptance speech, Prince thanked his family for their support and also mentioned his hometown of Peguis First Nation.

"The Peguis First Nation where I'm from, a whole community of youth that need inspiring and to be just nominated outside of the Indigenous category and then to never mind win — thank you very much," said Prince.

His nominations and win are just another high point for the Aboriginal artist who was named Aboriginal Songwriter of the Year in 2014 at the Indigenous Music Awards and whose hit single "The Carny" was number one on XM's National Aboriginal Music Countdown Top 40 in November of 2015.

It was also a big year in 2016 for Prince, who opened for many well-known musicians like Amelia Curran, Marty Stuart and Buffy Saint-Marie as well as playing alongside such talented Canadian artists like Sam Roberts. Prince was also named Aboriginal Artist of the Year during last year's Western Canadian Music Awards.



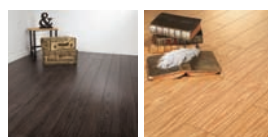
EXPRESS PHOTO VIA JUNO AWARDS YOUTUBE CHANNEL

Peguis-born folksinger-songwriter William Prince performs during the In Memoriam Tribute at the Juno Gala Dinner and Awards in Ottawa last weekend. The artist was nominated for two Junos and won for his debut album *Earthly Days* in the Contemporary Roots Album of the Year. The award was his first Juno win.

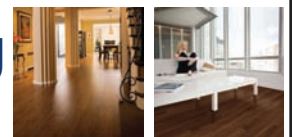
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Gimli Recreation offering sign-language course

The course will be held Tuesday and Thursday evening from 7 to 9 p.m. starting April 11

By Patricia Barrett

The Gimli Recreation Centre will be offering a 10-week American Sign Language (ASL) course starting April 11 that will teach people the basics of communicating through sign.

Recreation programmer Brenna Philp organized the course after discovering a demand for it in the Gimli area.

"We saw through social media that there were people asking, and there was a little bit of a demand for it in the community," said Philp. "So I reached out and thought it would be a good program to offer here."

Learning American Sign Language has a number of benefits for those without hearing loss. They include the ability to communicate in another language, the development of small motor skills and an improvement in dexterity.

David Burke, an instructor from Winnipeg, will teach the certified ASL course. It will take place at the recreation centre twice a week. Participants aged 15 and older can register for the course, which costs \$130 plus GST.

Philp said she is open to scheduling the course again in the future depending on the success of its inaugural run.

"If it's successful, and there's different times that work for a majority of people, then I can even try to offer it on the weekends too," she said.

Although Philp said she wouldn't be taking the course, she's interested in learning sign language.

"It's something I would be looking at into the future because I think it's really, really cool."

The course will be held Tuesday and Thursday evening from 7 to 9 p.m. starting April 11.

For more information about the course, contact Brenna Philp at 204-642-6670 or by email at grcprogrammer@rmgimli.com.

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EXPRESS PHOTO COURTESY OF BRENNA PHILP
Brenna Philp, recreation programmer at the Gimli Rec Centre, saw a need for sign-language training and organized a program that will start next week.

Spring flooding forces Peguis families to evacuate homes

By Jeff Ward

Eighty-four Peguis First Nation residents were forced to evacuate their homes over the weekend due to flooding and has put the community into a state of emergency.

Peguis First Nation Chief Glenn Hudson said that approximately 300 homes have been directly and indirectly affected by floodwaters, and he anticipates more evacuations in the near future.

Hudson said that the flooding has closed roads, and community members are banding together to protect homes most at risk. The community's cemetery is under a few inches of water and will likely be

under more as floodwaters continue to rise.

Those evacuated last Saturday were taken to hotels in Winnipeg, and Hudson said that there is no immediate timeline on their return.

"We want them back as quickly as possible, but right now, the focus is on saving as many homes as we can," said Hudson.

"We flood every year, so this is something we're used to dealing with. Declaring the state of emergency

means we can start working with the Red Cross and with the government. In 2011, we had about 500 homes affected so it's not as bad as 2011 yet."

Hudson said that safety has been

"WE WANT THEM BACK AS QUICKLY AS POSSIBLE, BUT RIGHT NOW, THE FOCUS IS ON SAVING AS MANY HOMES AS WE CAN."

the No. 1 priority in this situation and there are dozens of community members fighting to keep their properties safe. Flood fighting has become common on the First Nation, and Hudson explained that it's been 30 years of annual spring flooding. Once the water clears, there is still more work to be done.

"We end up having mould in our

homes, which is a big health hazard. So even if the home isn't destroyed by the flooding, the aftermath of mould issues can be just as worse," said Hudson.

Currently, the emergency operations staff is working to co-ordinate volunteers to where they're needed most and connecting with the Red Cross to get more support.



EXPRESS PHOTOS SUBMITTED BY GLENN HUDSON

Eighty-four residents have already been evacuated from the First Nation, and those that remain are working hard to protect homes.



Peguis First Nation cemetery is under water while the community braces for more water.

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"Band-Aid" work on PR 234 continues to threaten lives

By Patricia Barrett

A Pine Dock resident thought he was witnessing the death of his wife a few weeks ago when her vehicle slid off Provincial Road 234 and rolled into a ditch.

William Mowat, who lives in the fishing community about 89 kilometres north of Riverton, has been trying for over a decade to get the province to "fix" the dangerous road, which is the only access route in and out for residents living along the west shore of Lake Winnipeg.

"I got to watch that happen," said Mowat. "I thought I was watching my wife die in this vehicle. I was right behind her – we had both of our trucks – and she hit ice and rolled."

His wife survived, but sustained a number of injuries.

"Her legs are bruised on the top where they hit the steering wheel, and her shoulder is really bruised from where the seat belt went around her," he said. "We took her to our doctor and he figures because how violent the accident was, it's going to be six-to-eight weeks before her pain goes away."

Mowat's dog, which was travelling with his wife, also sustained injuries.

"She got a cut lip and her pelvic bones were separated," said Mowat.

About a week after Mowat's wife hit the ditch, another driver lost control at the same spot and rolled. The driver, who cut his hand, managed to extricate himself from his vehicle and make his way to Mowat's house for help.

"I went there to help the kid that was driving this van...and I was parked there with my flashers going, and somebody else came down the road and they hit that [patch]," said Mowat. "I honestly thought he was going to roll right on top of us. He managed to straighten out and stop. He said, 'Holy Smokes, is that ever hard to see. I didn't see that sign.'"

The "sign" refers to an orange flag located on a ridge where water from snowmelt has cascaded across the road. At night the water freezes, building up layers of ice over the muddy road.

"You can see the little orange flag. There's one on the bottom of the hill and one at the top, nothing saying it's icy, just this little orange flag," said Mowat. "But if you drive down 234, you'll see 25 of these little orange flags all over the place because there's holes all over the road. They [Highways] put the flags all over the road. They don't try to fix it."

In December 2016, a school bus rolled into a ditch south of Pine Dock. The Frontier School Division had been transporting students from Berens River First Nation to and from a fiddling competition. Twenty-five students between the ages of 12 and 15 and three adults were on board. A child and an adult were transported by air ambulance to hospital; the rest were transported by ground ambulance.

Earlier that year, Mowat spoke to the Express about the dangerous state of the road (see PR 234 a slap in the face to taxpayers in the Aug. 18 and 25 editions).

The province pays attention to the road after an accident or after someone speaks to the media, said Mowat. Then graders are sent out or gravel is laid here and there. But as soon as the furor dies down, the province "disappears."

He said the province improved "basically nothing" since he spoke out last August.

"You want to have faith in the government, but they don't seem to be [concerned]. The way I look at it, nothing is going to change – doesn't matter what government you have – nothing is going to change if the people making the decisions don't change."

PR 234 was built on bog in the 1950s, lacks proper ditches and cannot withstand the weight of thousands of semitrailers travelling to and from the region's peat mines.

When it rains, the road turns into a slurry and sucks whatever gravel is applied to it into the bog.

"They put the gravel there and there's nothing but mud underneath, so the gravel disappears after the first rain. And the holes are back the way they were before they gravelled it.



Water washing across the mud road froze, causing two accidents in two weeks.



EXPRESS PHOTOS COURTESY OF WILLIAM MOWAT
William Mowat's wife rolled her van after hitting ice on Provincial Road 234.

It needs to be fixed. You can't make them understand that," said Mowat.

It's up to grader operators hired on contract by the province to address the holes that peat moss trucks punch into the road.

Sunterra, one of the peat moss companies in the area – and which recently opened a new mine at Leaside Beach – declined to comment when contacted.

Mowat said he spoke with the owner of one peat moss company to see if he would be willing to put pressure on the province to fix 234. But the owner

told him he hires semis from a trucking company.

"They weren't his trucks, wasn't his problem."

And the grader operators, said Mowat, are unable to improve the road.

"They're arguing with Highways all the time that there's [no material] to work with," he said. "They're told, 'Just go and do it.' Shut the people up, sort of thing."

Grader operators' hands are tied, ac-

Continued on page 7



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Peguis chief wants to pick up where he left off

By Jeff Ward

Newly elected chief of Peguis First Nation Glenn Hudson is hitting the ground running on his new term and is looking to get some big things accomplished over the next two years.

Hudson said that his No. 1 priority for the new term, and something that he's already begun working on, is housing. The chief explained that there is a significant need for housing on the First Nation and in the surrounding areas and that development will help create jobs as well.

A close second to the housing priority is Hudson's commitment to finishing the personal care home project and attending to the sky-high debt of \$31 million that the community has on its shoulders. Hudson said that stimulating economic development is also something

he's looking into, but given the term limit of just two years, he has to be aggressive to get anything accomplished in such a short period of time.

"We want to take the idea to the community at some point in stretching our term limits to four years to allow us to get more done," said the chief.

"The federal government has a bill that supports four-year terms, and I believe 37 bands across the province have signed on. Two-year terms split our focus near the end because we still want to get projects complete but we have to go into election mode."

Part of Hudson's aggressive two-year plan is to start developing the Assiniboia Downs area that Peguis First Nation purchased back in 2013 for \$22 million. Developing the 162 acres with a hotel and conference centre, a waterpark and a gaming centre would bring in new

revenue to the First Nation that could be used to strengthen the community. The same goes for the First Nation's attempt to become the sole owner of the Kapyong Barracks in Winnipeg.

"We're looking at a design that blends into the area of Tuxedo and Fort Rouge as commercial development and green space, apartment blocks and commercial buildings and establishing businesses throughout that piece of property," said chief Hudson.

Both of those development projects are ongoing but would go a long way in reducing the overall debt of the First Nation, which Hudson said is a serious concern.

Hudson explained that much of the debt came from the former chief's mismanagement of a 37-unit housing project he had set up before Cindy Spence was elected. Hudson claims that the decision to expense the project over one year instead of 10 put undue pressure on the First Nation financially.

"Just this week, we were on the brink of third-party management. We met with the feds and financial institutions whom have faith we can get things back on track. But this situation



EXPRESS FILE PHOTO
Peguis Chief Glenn Hudson

is the result of some gross misspending and mismanagement, and we're currently faced with the challenge of stabilizing that," said Hudson.

Debt, Hudson said, is the community's biggest challenge right now, but if his strategy works out, those problems could be fixed sooner than later.

Eriksdale to host 7th annual CancerCare variety show

Variety Show and Pie Auction on April 8

By Jeff Ward

The 7th Annual CancerCare Manitoba Variety Show and Pie Auction takes place this Saturday in Eriksdale, and organizers hope to see another great show of support for cancer research.

Last year, the fundraiser raised nearly \$13,000. While organizer Debbie Lundale doesn't think it's possible to outdo that total, she still hopes to see people come down, enjoy the music, the auction and open their wallets.

Tickets can be purchased at the door at a cost \$15 each, which includes a \$10 tax receipt.

The event begins at 7 p.m. at the Eriksdale Recreation Centre and will feature the talented acts of Sol James, Derrick McCandless, Jerry Saunders, Ross Gumbriel and many more, along with the ever-popular pie auction featuring over 70 home-baked pies. Lundale believes that the reason people donate so selflessly each year to the cause is because the disease touches so many lives.

"You can't walk down a street in this town without pointing to a home

that's been affected by cancer," said Lundale.

"We just lost another great person in our community last year in Al Kelner. He was out planting flowers in our community, volunteering, and then a few weeks later, he finds out he's only got a few months to live. He emceed the first four years of this event for me."

Eriksdale resident Ruth Baxter volunteers to bake five pies for the event each year. Baxter said she couldn't remember when she started baking for the event but thinks it's probably been at least five years. Her family, like many others, has been touched by cancer. She lost her sister-in-law to the disease, and her own sister also thankfully battled through and is in recovery. She loves to bake, and with the event benefitting services that her family has used in the past, it seems natural for her to get involved. Baxter bakes a myriad of different pies each year, and this year's selection will include apple and Saskatoon berry pies. Baxter isn't the only one who do-

nates pies for the auction, since there are quite a few who work hard each year to supply the event with delicious baked goods.

In the past six years, this event has raised more than \$50,000. Last year, CancerCare Manitoba presented the organizers with a plaque honouring all the hard work the community has done to benefit cancer care and research.

"One thing that we've been very

fortunate in is that people have been so generous year after year. I hope they're still generous, but even if we only raise \$1,000, it's still money they didn't have before and that means a great deal," said Lundale.

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> ARNIE WEIDL American dairy farmers enjoy a day on our great lake

Hi folks. How was your week?

I suppose we can be forgiven for wandering aimlessly around the house, yard or garage lately with our minds filled with memories of this winter's ice fishing. It's tough friends, I know, but hang in there. We'll be on the water or docks by mid May with the warm wind on our faces and our long rods singing as they signal another fish striking our bait. At the same time, our commercial fishers will be plying the grey waves of our lakes to set and lift their nets. Just gets your blood rushing in anticipation, doesn't it?

It's been an exceptional winter, though, because Lake Winnipeg's south basin with hot and cold spells became one massive tabletop-smooth metre-thick plate of snowless ice. This allowed folks to scatter, dispersing themselves throughout the whole basin far from shore regardless of which town they jumped off from.

On the south-central end of the basin, maybe three weeks ago, I came across two guys filleting some fish on the tailgate of their truck. It was an overcast day with a cool enough breeze that made me pull my jacket hood tight over my head.

One chap, Ron Hummelt, was tall with dark hair while his partner Randy Papaschuk was shorter with ruffled light brown hair that poked out the sides of his cap. They were Selkirk boys about done fishing for the day and idly traded fishing experiences with me as they worked.

Ron, with a deep voice and subtle sense of humour, asked me for a favour. He said his buddy Dave Burdett had to be in the Caribbean and



EXPRESS PHOTO BY ARNIE WEIDL
Amy and Jason McDaniels of Iowa with some of their catch on Lake Winnipeg's south basin.

then Germany at the moment but really wanted to be here with them. So, Dave, when you read this, Ron and Randy wanted you to know they had the best day of fishing ever and you missed it.

Way out in the middle of the basin about two weeks ago I came across a nice couple perched on folding chairs with nothing around them for miles except their truck. I came up to them slowly with Old Red so they could see the sign on the door saying I wrote fishing stories for the newspapers. It always seems to put folks at ease.

The plates on their trucks were of Iowa, and as I stepped out onto the glare ice with strap-on spikes, the lady jumped up and began reeling in a fish. Her rod quivered under the tension as a nice eating pickerel popped out of the hole. Her husband unhooked and added it to their little catch.

The low late afternoon sun and

warm soft wind made for a quiet casual meeting. Our new American friends were Jason and Amy McDaniels, dairy farmers, who had decided to take a week off and come up to our great Lake Winnipeg to fish. They had heard a lot about our lake and wanted to see it for themselves.

In their words, when they were brought out miles offshore by acquaintances from the hotel they were staying at, they were dumbfounded by the vastness of the lake. Also, the day before I met them, they said they met a commercial fisherman and had witnessed him using a jig to pull nets under the ice. They were fascinated.

I told them how for years fishers made jigs out of a plank with a spring-loaded metal rig and now you could get battery operated "torpedoes" that would do the work for you. As I left them, we shook hands and they said they were already planning to come back next year.

A week later, not far from where the McDaniels were, I met Claude Borgois from Lorette. He was a kindly thin-faced soul with grey stubble, black hair now laced with silver and a personality that sought to get along with everybody. As we talked of fishing, he joked that although he had caught some fish today, for some reason, they had been slipping his hook just as he was bringing them up the hole. Time after time, he had to reach down into the icy water to retrieve his catch. His arm, he said, had been numb for an hour. It was only then I noticed the hook on his jig had been spread too far open. We got pliers and fixed it.

Bye for now, friends.

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Occupational therapist taking referrals in Interlake

By Jennifer McFee

An occupational therapist is bringing her services closer to home with the goal of providing support to children and youth in the Interlake.

Kellie Maxwell is currently taking referrals for occupational therapy clients, and she plans to start seeing people at the end of May or early June when she finishes her maternity leave.

At the same time, she plans to resume her work as an occupational therapist at the Health Sciences Centre, but her goal is to transition to private work in the Interlake. She is willing to travel to see clients who live up to an hour away from her home near Balmoral.

Although many people may have heard of occupational therapy, they might not understand what it is — especially since occupational therapy encompasses a huge variety of areas.

"We work with people who are struggling to do anything in their everyday life. It might be brushing their teeth, writing, social skills, going to the bathroom," said Maxwell, who attended the School of Medical Rehabilitation alongside physiotherapists and other rehab professionals to obtain her master's degree.

"For adults, it might be driving or going to the store to get groceries appropriately."

Despite having the word "occupational" in the title, occupational

therapy has nothing to do with jobs. Instead, occupational therapists help with anything that occupies a person's time.

For example, for people who have difficulty brushing their teeth, an occupational therapist might modify their toothbrush or provide hand-strengthening activities to make it easier to hold.

Offering something for everyone, occupational therapy is geared for people of all ages and abilities.

"OTs help moms with newborn babies and feeding, so they'll be helping you get the right latch or the right kind of bottle," she said. "Then it goes all the way up to care homes to make sure that people have the proper equipment so that they can get in and out of the bathtub or on and off the toilet."

For Maxwell, her primary focus is on children, although she is also open to working with adults.

"My experience to date has been mostly with kids — and that's where my passion is. I really think there is a need for preventative care," she said. "So if we can touch base with parents and help with issues that their kids might be having from a younger age, it might make school and work easier as they move forward."

For more information or to make a referral, visit www.electronic-health-information-system.ca/kelliemax



EXPRESS PHOTO BY JO-ANNE PROCTER

Occupational therapist Kellie Maxwell, pictured here with 10-month-old Reese, is currently taking referrals for clients to grow her private practise and will start seeing people at the end of May or early June.

welloccupationaltherapy/, call 204-990-2337 or email kelliemitchellot@gmail.com.

For additional information or for another way to contact Maxwell, vis-

it her Facebook page entitled Kellie Maxwell Occupational Therapy.

> 'BAND-AID' WORK, FROM PG. 4

cording to Leonard Huff, who worked for the province for 37 years and now works as a grader operator for a River-ton company that the province hires.

"It's wasted money thrown out the window, what they're [the province] doing," said Huff. "And I've talked to the [Highways] supervisor...and I've told him, 'Why don't you get proper gravel...crushed ¾ down limestone and put a base of that on the road?' Don't be pulling no shoulders and all that loose shit back up on the road. Because when you blade it, the gravel they have runs off like water from the blade. It's no good, you can't lay that."

Huff said the province obtained cheaply priced gravel that failed to meet code, then crushed a two-year supply to "stabilise" 234.

"They poured it on the road. And when we were up there trying to fix those holes and it rained, that stuff went to slop, just pure slop. In a cattle yard where the cows have been crap-

ping all winter and when it thaws out — that's exactly what that material went to," said Huff. "You couldn't believe it. They pretty well hauled that whole pile onto the highway to improve it, but it didn't improve it. And we're supposed to keep our mouths shut?"

Huff said it's "just a matter of time" until there's another fatality on 234 (in 2009 a man died in a collision on a slippery section).

He also said he's not afraid of possible repercussions for speaking out; he's concerned about the safety of those who use 234.

"[Last year] a semi went into the ditch just north of Sugar Creek and it blocked the road for a day. So I came there and I said, 'Well, aren't you going to dig this [hole] out? What do you expect me to do here? I'm sinking with the grader.'"

Huff said graders built up that particular section all summer, but the

holes reappeared.

The spot where Mowat's wife slid off the road is a problematic area Highways was supposed to fix last year.

"There's no proper ditching," said Huff. "That washed out last year. I fixed what I could with the grader to stop that water from going on the road, but it needs to be dredged. You have to do some work to make a ditch. They didn't do it. They were going to do it, they didn't do it. They knew about this [spot] for three weeks. They didn't do anything and then a vehicle rolled there."

Huff said the province's road stabilisation program doesn't work. To "fix" 234, a geotech blanket needs to be laid down along with good gravel. "Band-Aids after the fact" are useless.

"All of a sudden after the school bus accident, they've got the machines out there cutting ice," he said. "But they put salt and sand on the gravel, which makes it even worse. You're not supposed to use that on a gravel road...it goes to loose shit when it rains."

Mowat said the 109-kilometre stretch of 234 between Riverton and Matheson Island has stunning scenery. There are caves and bluffs near Pine Dock, and the area offers excellent sport fishing. But the chances of developing a tourist base is nearly impossible because the road is too dangerous.

"They [the province] have to get their priorities in line. This is a safety hazard, this road."

The Express contacted the constituency assistant for Interlake MLA Derek Johnson, whom Mowat spoke with last year, but was unable to schedule a date and time for an interview.

A communications spokesperson for Manitoba Infrastructure said he was "checking" on whether the Express could obtain comment on the condition of 234 and information about a long-term plan. No further communications were received.

Winnipeg Beach artist debuts new exhibit highlighting Interlake beauty

By Jeff Ward

Winnipeg Beach artist Helma Rogge Rehders unveiled her new exhibit last weekend featuring acrylic paintings and line drawings that pull from the unique landscape of the Interlake.

Rehders exhibit opened last Saturday and will run until April 26 at the Wayne Arthur Gallery in Winnipeg. The exhibit contains more than a dozen pieces that Rehders has been working on for the last year.

Rehders' collection has been inspired by ideas coming from all over the region. Marshes, lake landscape, water birds, beaver, deer and much more are all represented in her works and detailed with colours commonly found in the Interlake landscape.

Deep crystal blue and vibrant forest green command the attention of the viewer in her acrylic paintings while her simple but detailed line drawings called Coddiwomples — an old English word meaning "to travel toward a vague direction" — showcase how a skilled artist can transform a simple doodle into something much more meaningful.

"I moved here 20 years ago and got my inspiration from my surround-

ings, but I've mostly been interested in the waterbirds and the landscape," said Rehders.

"It's been about a year working on these pieces and it's very exciting to be able to show them to people. This area has always given me inspiration, and I find it lends itself nicely to my style as well."

Rehders explained that her acrylic pieces can often take a few months to complete and she will come back to them after periods of time spent on another project with a fresh perspective. She said the central figure in her Coddiwomples harken back to a day when the shores of Manitoba lakes were dotted with lighthouses — a central figure in many of her smaller pieces.

"I've always loved the way [the lighthouses] looked and it gave me the starting point of the lake. Start in the centre with that image and then I work outward to explore the relationship with the waterbirds," said Rehders.

For those interested in seeing more of Rehders' work, you can visit her website at www.helmarogueraiders.com.



EXPRESS PHOTO SUBMITTED BY MALCOLM ROGGE

Winnipeg Beach artist Helma Rogge Rehders, left, had her new art exhibition open last weekend with over a dozen pieces inspired by the Interlake landscape and wildlife.

letters

Taxpayer concerns over Lunder arena

Most people are excited about a new arena being built in Lunder. I think it is a great asset to the community. It looks like Grettir did their homework, and I commend them for the \$440,000 that they raised over the years. Our only concern is what is it going to cost us, the taxpayer, on our taxes. We are just a small municipality of just over 1,300, so any raise in taxes could affect us quite a bit. The taxpayers are now paying \$50,000 for insurance on the arena, which could go up with the new arena.

The RM will then levy \$66.22 a year on each household to raise \$50,000 for the RM's share. Grettir has to come up with \$87,815 for their share of the loan each year. If Grettir can't come up with their share, they have an option to use a gas infrastructure grant to cover their shortage. That's where I worry because that is just like taking money out of our pocket. If the RM doesn't use their gas grant money for roads, drainage, they have to budget for it, so it's the same thing as us taxpayers paying if Grettir uses this grant. This grant should

be used for roads, etc. to help keep our taxes down a bit as lots of our roads are in very poor condition. Doing a survey in the area, we got over 100 signatures who feel that gas infrastructure grant should be used for roads, not an arena. We feel \$100,000 plus from taxpayers is enough to support the arena, and some taxes went up 33 per cent. How much more can we bear? We have a lot of seniors in the area, widows and widowers, who are struggling to make ends meet. Can they afford higher taxes to support an arena? This could affect their lifestyle. We also get a VLT grant, which should go for recreation. Council saw fit to give the fish shed in Lunder \$3,500 of this money, which is a business, and if they can't operate on their own, they should shut down, like Oak Point fish shed did, not use money that is for recreation.

To me, that is abuse of grant money for recreation. Once again, we are all for the arena, just concerned what it's going to cost us on our taxes.

Ronald Nast

Correction

Staff

In the article "Opportunities abound for winter tourism in the Interlake" that appeared in the March 30 edition of the *Express Weekly News*, we incorrectly published Derek Johnson's photo in place of Travel Manitoba CEO Colin Ferguson.

Ferguson was the guest speaker at the Interlake Tourism Association's annual general meeting on March 23 at the Argyle Memorial Community Centre and spoke about tourism opportunities in the Interlake.

The *Express* apologizes for the error.



Our office will be closed
on Friday, April 14
for Good Friday.

Sorry for any inconvenience this may cause.

Stonewall Teulon
Tribune **THE EXPRESS**
WEEKLY NEWS

Happy Easter to You & Your Families

Federal and provincial funding nets Gimli a new handivan

By Patricia Barrett

The RM of Gimli will be purchasing a new handivan for the Eastern Interlake Handivan service thanks to federal and provincial funding support.

Representatives from the two levels of government announced March 31 that \$6.6 million will be allocated towards 43 transit projects across Manitoba, and Gimli is one of those.

The federal government is covering 50 per cent of the cost of the new handivan, and the provincial government, 25 per cent. The five participating municipalities that use the service will cover the remainder.

"Let's go buy a bus!" said Gimli MLA Jeff Wharton as he presented Coun. Thora Palson with a cheque for \$58,836 during a presentation March 31 in council chambers.

"This is the Government of Canada and Manitoba providing the funding under the new public infrastructure fund with a focus on repairing current — and, of course, adding to our fleet of two, now three — [handivans], which is great for our communities," said Wharton.

The RM of Gimli currently owns three handivans (one is decommissioned). They serve Gimli, the Town of Winnipeg Beach, the Village of Dunnottar, and the RMs of Armstrong and St. Andrews.

"It is with great pleasure to be here today and to thank the federal and provincial governments for this fantastic opportunity on behalf of the Eastern Interlake Handivan," said Palson, who serves as the board's secretary. "It is partnerships and funding like this that makes it possible for the handivan to continue its quality of service."

Palson also thanked the past and present members of the handivan board for improving the lives of those who rely on the service.

"I truly appreciate the hard work and dedication that a volunteer board commits to, to ensure the continuation of this essential service in our communities," she said. "... Their contribution to this organization has really been above and beyond the call of duty and, with much gratitude, we thank you."

The RM of Gimli took its third bus out of service this year. The replacement vehicle is expected to provide more opportunities for recreational use or special events and perhaps offer greater flexibility in its service hours, said Palson.

"I think we can enhance this service with what we have now," she said.

Winnipeg Beach Mayor Tony Pimentel, who is vice-chair of the handi-

van board, attended the funding announcement and spoke to the costs associated with the vehicles.

"With the new van, our reliability of the fleet is much better," said Pimentel. "We have had problems in the past ... with the older fleet and the equipment has to sit out. What this does is enhances the reliability of our handivan service. We want to have that service available at all times. When we have mechanical breakdowns, unfortunately, these things have to go to the shop to look at and it could take one or two days or even a week before the problem is resolved."

Pimentel said the decommissioned handivan has a blown engine and the cost of repairing it is prohibitive. There are also costs associated with fixing mechanical features such as wheelchair lifts.

"We're pretty fortunate we have Bruce [Macdonald], who's our driver," said the mayor, gesturing to MacDonald, "and he really does a good job of ensuring that all the equipment is up to snuff, and when there's a problem that it's brought in to get looked at immediately."

MacDonald, who is retired, said the service is not currently at capacity and that "we can take a lot more people. Unfortunately, we're losing a lot of riders through illness — they just can't get out anymore for any reason at all."

MacDonald said the Adult Day Program has been shut down for almost two months now (but will be starting up again) and there's room for expanding the ridership.

The handivan provides transportation to seniors and to those with disabilities. People pay a fee for each ride. The handivan travels to and from Winnipeg so that seniors can attend medical appointments or it takes groups of people to casinos and shows.

It also serves those with temporary incapacitations.

"If I broke my leg and wasn't able to drive my vehicle, I would fall under the mandate of that service," said Palson.

After Greyhound pulled its bus service from Gimli in 2012, the general population has been without a source of public transportation. Youth who would like to travel to another town have to rely on their parents to drive them.

Wharton said the province is working on restoring rural transportation in the Interlake.

"I can tell you that that's an area my office is working very hard at to get those conversations started," he said.



EXPRESS PHOTOS BY PATRICIA BARRETT

Age Friendly and Eastern Interlake Handivan members celebrated with MLA Jeff Wharton, Coun. Thora Palson and Winnipeg Beach Mayor Tony Pimentel.



Coun. Thora Palson received a cheque for \$58,836 from Gimli MLA Jeff Wharton on behalf of the federal and provincial governments.

"And we have started them and are looking at bus suppliers throughout Manitoba that currently exist and how we entice them to come up to the Interlake to support a well valued resource that we've lacked here for several years. It's definitely on our radar."

The five participating municipalities, which pay a certain percentage of the handivan's operational costs, will be contributing about \$19,000 towards the purchase of the new van.

"We'll pay the difference out of the operating account, which the other munici-

palities contribute to," said Doug Kozlowski, chair of the handivan board.

Palson said the purchase of the new vehicle will be subject to a tendering process.

"We will have to go through a fair tendering process in order to quality under the guidelines for the grant."

River Cruising with Avalon Waterways

Join us on Tuesday, April 18 at 6:30 pm for a Presentation
Learn how every journey tells a story, and discover the latest river cruising itineraries and how you can enjoy the highest standards of luxury. Plus, learn how you can add to your vacation experience when you book an unforgettable pre or post-cruise land vacation with Globus, Cosmos Vacations, and Monograms!
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Arborg-Bifrost Fire Department launching community survey

By Patricia Barrett

The Arborg-Bifrost Fire & Emergency Department will be sending out a survey within the next few weeks asking the community for feedback on its services and operations.

"The idea of the survey is to get a consensus of how the townspeople and RM people feel about the fire service," said Deputy Chief Jeff Pearce during an awards ceremony that took place at the fire hall March 27. "It will also ask what they would like to see improved, what they feel we offer to the community and somewhat of how we are viewed in the community."

The survey was developed last fall and presented to the joint fire committee, made up of councillors from the Town of Arborg and the RM of Bifrost-Riverton. Fire committee members then took it back to their respective councils for review and approval, said Pearce.

The survey's preamble notes that there has been a "decline in volunteerism and a significantly growing amount of requests for service."

Pearce said the survey results will help the department align services with current capacity.

"The survey will provide the de-



EXPRESS PHOTO BY PATRICIA BARRETT

Members of the Arborg-Bifrost Fire Department gathered March 27 at the hall to honour those dedicated to protecting lives and property.

partment with a representation of what the community wants from the fire service and their various service needs," said Pearce. "It will help us determine how to move to the next step, providing the community with support, equipment and needed services."

The survey will be mailed out with the next water bill, and there will also

be a link to it on the fire department's website, said Operations Deputy Chief Leroy Loewen.

"We want to know how we can better serve our community," he added.

Survey respondents do not have to provide their names.

As with any organization, the department must operate within the limits of its budget and determine

service priorities.

"We are trying to prioritize our budget and work within its constraints," said Pearce. "Everybody's facing pressure to do more with less."

For more information about the survey, contact the fire department at 204-376-FIRE or by email at chief@arborgfire.com.

New Rosedale Feed Mill

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April 12 10:00 a.m. to 1:00 p.m.

at Countryside Home Building Centre in Fisher Branch

Countryside is adding to their Feed and Mineral supplies by adding New Rosedale Feed Mill as another supplier to their existing Masterfeeds dealership. New Rosedale Feedmill offers milk replacement, calf starter and calf grower, beef supplement, and various beef minerals including chelated mineral. New Rosedale also supplies broiler chicken feed, laying chicken feed, hog starter and grower, and more!

For the meeting, **Mike Paterson** is the main speaker, he works in the animal health business and was a nutritionist with a feed company. Mike has a few hundred cows and is a great speaker for producers to listen to.

A nutritionist will also be in attendance and representatives and products from New Rosedale Feed Mill. **Lunch will be provided.**

Countryside
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building centre

Fisher Branch
204-372-8501



Ashern to lose two medical doctors by end of April

By Jeff Ward

With the announcement that two doctors will be leaving Lakeshore General Hospital in Ashern by the end of the month, many residents are left wondering what their access will be to emergency services.

West Interlake Reeve Randy Helgason said that he is deeply concerned about the vacancy that two doctors will be leaving. Dr. Kahn is leaving April 13 and Dr. Emadi is leaving April 28. Helgason said that even in its current state, there is a doctor shortage in the area and losing two doctors so close to each other is going to make access more difficult.

Dr. Kashur and Dr. Roets will remain on staff and are taking new patients, but emergency services aren't as robust. Interlake-Eastern RHA communications associate Lita Hnatiuk said that they are committed to recruiting doctors to the area and that they will work to ensure that at least one ER is open in the region at all times.

Posted on the Interlake-Eastern RHA website is a chart that details when physicians will be working in the ER, and residents can also phone 1-866-267-5818 for that information.

"I don't think people are going to have time to call or check a website when its an emergency," said Helgason, who spent a good deal of time himself in the Ashern ER last year due to health concerns.

"We're extremely concerned about this because we're all getting older, the population is aging and a good and stable health-care system is something they deserve."

While the Interlake-Eastern RHA works to bring in more doctors via the



Interlake MLA Derek Johnson

International Medical Graduate program and through more long-term investments, Interlake-Eastern RHA will be stemming the tide with locum coverage, which is when physicians are temporarily replaced by another physician.

Interlake MLA Derek Johnson said that he, too, is concerned about the news but that you can't force doctors to stick around. He said that the focus should be on attracting doctors who want to live in the Interlake.

"I suggested searching for doctors with the same ethnic backgrounds like Icelandic or Ukrainian that we have here. We can try to get people to come here that will feel comfortable with their surroundings and want to put down roots," said Johnson.

It's important to note that the MLA isn't saying that the two doctors

April 1 to 15 Doctor availability in emergency depts.										
		Arborg	Ashern	Beausejour	Eriksdale	Gimli	Pinawa	Pine Falls	Selkirk	Stonewall
		Shifts start at 8 a.m.	Shifts start at 9 a.m.	Shifts start at 8 a.m.	Shifts start at 9 a.m.	Shifts start at 9 a.m.	Shifts start at 8 a.m.	Shifts start at 8 a.m.	Shifts start at 8 a.m.	Shifts start at 9 a.m.
Day of the month										
Sat.	1	No doctor available	Doctor available	No doctor available	Doctor available	Doctor available	No doctor available	Doctor available	Doctor available	Doctor available
Sun.	2	Doctor available	Doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available
Mon.	3	No doctor available	Doctor available	Doctor available 8 a.m. to 8 p.m.	No doctor available	Doctor available	No doctor available	Doctor available at 5:00 p.m.	Doctor available	Doctor available
Tues.	4	Doctor available	Doctor available	No doctor available	No doctor available	No doctor available	Doctor available	Doctor available at 5:00 p.m.	Doctor available	Doctor available
Wed.	5	No doctor available	Doctor available	Doctor available 8 a.m. to 8 p.m.	No doctor available	No doctor available	Doctor available	Doctor available at 5:00 p.m.	Doctor available	Doctor available
Thurs.	6	Doctor available	Doctor available	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available at 5:00 p.m.	Doctor available	Doctor available
Fri.	7	No doctor available	No doctor available	Doctor available at 5:00 p.m.	Doctor available	No doctor available	No doctor available	Doctor available at 5:00 p.m.	Doctor available	Doctor available
Sat.	8	No doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available
Sun.	9	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	Doctor available	No doctor available
Mon.	10	No doctor available	Doctor available	Doctor available 8 a.m. to 8 p.m.	No doctor available	Doctor available	No doctor available	Doctor available at 8:00 p.m.	Doctor available	Doctor available
Tues.	11	Doctor available	Doctor available	No doctor available	No doctor available	Doctor available	Doctor available	Doctor available at 8:00 p.m.	Doctor available	Doctor available

EXPRESS PHOTO SUBMITTED

This table is one of two resources residents can use to find out if their ER is open.

leaving don't feel comfortable in Ashern but that a strategy in more long-term solutions could be lining up a lifestyle and cultural background familiar to those coming from overseas.

Johnson said that there are three major hurdles in the long-term recruitment of doctors. The first, he said, is that Manitoba is one of the highest taxed provinces in Canada on personal income tax, and for physicians, that higher tax bracket could be a deal

breaker.

Another hurdle is our ranking on education — near the bottom, according to Johnson — and for doctors with children. that fact might not be so attractive.

The last hurdle is the challenge of offering gainful employment to a physician's spouse, should he or she want to work in the rural communities.

Continued on page 12

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Arborg-Bifrost Fire & Emergency Department praised for years of dedication

By Patricia Barrett

Volunteer firefighters with the Arborg-Bifrost Fire & Emergency Department were praised for years of dedicated service during a special presentation at the fire hall March 27.

Fire Chief George Chyzy, Deputy Chief Jeff Pearce, Deputy Chief Leroy Loewen, Captain Randy Dueck and firefighters Richard Kozminski, Annya Foster and Denis Chyzy received accolades from fellow firefighters and from Selkirk-Interlake Eastman MP James Bezan, who presented them with service pins and certificates.

Chyzy has 42 years of service with the department, 32 of those as chief, and was honoured for his longevity and dedication to saving lives and property in the municipality, as well as those in neighbouring municipalities through the mutual aid program.

In addition to a 40-year service pin, Chyzy was honored with a Diamond Jubilee medal.

"I am proud to present to you, George, the Diamond Jubilee medal to recognize your 40 years of service, your volunteerism and your commitment to this community," said Bezan. "And, of course, your commitment to your team."

Diamond Jubilee medals were created in 2012 to mark 60 years of the Queen of England's reign.

Dave Edge, provincial fire instructor and assistant deputy chief, was instrumental in seeing that Chyzy received the special award, many of which were presented to members of the Armed Forces and firefighters.

About 20 firefighters who gathered for the ceremony, along with the department's paramedics, gave their chief a lengthy standing ovation.

"This is going to hurt," said Bezan as he pinned the medal to Chyzy's uni-

form.

"He's full of hot air," someone laughed, referring to Chyzy's take-no-prisoners approach to ensuring his firefighters have up-to-date turnout gear and training in firefighting techniques.

Chyzy paid tribute to his firefighters for ensuring the success of the department.

"It's just not me," he said. "It's a team effort. Everybody here helps and works towards its success."

Bezan honoured all of the department's emergency personnel, calling them heroes for risking their lives.

"I appreciate each and every one of you and thank you on behalf of all the constituents of not just Arborg and area but the entire riding," said Bezan. "It's volunteer firefighters that are the true heroes that live amongst us. You are always willing to put your life on the line to defend our families and protect our properties."

"Everyone knows that they can trust that our fire department will be there. Whether it's doing fire services or emergency calls, they really go above and beyond the call of duty."

Service Pins:

- Fire Chief George Chyzy: 40-year pin (42 years of service) and Diamond Jubilee medal.
- Richard Kozminski: 20-year pin.
- Administration Deputy Chief Jeff Pearce: 15-year pin.
- Operation Deputy Chief Leroy Loewen: 10-year pin (12 years of service).
- Annya Foster: 10-year pin (11 years of service).
- Training Captain Randy Dueck: 10-year pin (13 years of service).
- Denis Chyzy: 10-year pin (14 years of service).



EXPRESS PHOTOS BY PATRICIA BARRETT

Selkirk-Interlake-Eastman MP James Bezan (right) presented Arborg Fire Chief George Chyzy with a pin and certificate for 40 years of service and a Diamond Jubilee medal.



Richard Kozminski has served for 20 years with the department.



Deputy Chief Jeff Pearce received a 15-year service pin.



Leroy Loewen (centre) received his 10-year service pin.



Annya Foster received her 10-year service pin. Foster has contributed 11 years of service.



Training Captain Randy Dueck received a 10-year service pin and certificate.



Denis Chyzy (centre) received a service pin for 10 years of fire fighting service.

> DOCTORS, FROM PG. 11

"For those spouses that do want to work, it is a lot harder for them to find employment in rural areas. If a doctor is looking to check all of those boxes, will Manitoba be the choice they make?" asked Johnson.

The MLA said that the strategy at a provincial level will go through some changes over the next few years to address matters like this and hopefully make Manitoba

**"WE'RE
EXTREMELY
CONCERNED
ABOUT THIS
BECAUSE WE'RE
ALL GETTING
OLDER."**

Helgason.

a more attractive place top to bottom for doctors.

For Helgason and other residents like him who count on the ER to be open 24-7-365, the concern is very real. The reeve said he thinks the staff at both hospitals are great and doesn't want to see any of them leave.

"Our hands are kind of tied a little bit on this. It's a busy place and we need doctors, end of story," said

Narrows' fishing derby and dinner draw crowds

Staff

A fishing derby at Lake Manitoba Narrows hooked plenty of interest from participants last weekend.

On Saturday, March 25, fishers lined up to register for the event hosted by the Lake Manitoba Narrows Game and Fish organization. The 115 participants headed out to Skunk Bay, where the four-foot-thick ice is smooth as glass in some areas. People of all ages participated in the derby, which sold 176 holes.

Throughout the windy day, people found creative ways to keep warm. Some made fires on the ice while others brought pop-up tents. Some people even positioned their vehicles to block the wind.

"Nothing was going to stop us from having a great day on the lake — and nothing did," said organizer Rhonna Rodriguez. "From every corner of the derby area, laughter could be heard as well as screams of delights when people got a nibble or excited yells of 'Fish on!'"

After the horn blew, fish chair Dennis Giesbrecht announced the winners on the ice. First-place trophy and \$670 prize money went to Mike Kubas with a 4.8-pound Mariah. The second-place trophy and \$400 prize money went to Ezra Kleinsasser with a 3.9-pound Northern Pike. The third-place trophy and \$270 prize money went to Corey Isbister with a 3.72-pound Northern Pike.

After the announcement, everyone headed back to Narrows West Lodge for the wrap-up dinner, sponsored by the lodge and by Danny's Whole Hog.

"While the participants enjoyed a great day on the lake, the staff at Narrows West Lodge were busy setting up the dining room and tavern for the private function," said Rodriguez. "Our chef, Klaus Pagel, spent the en-

tire day slow roasting the magnificent pig that was so generously donated by Danny's Whole Hog. Eileen and Grace were busy making homemade buns while Debbie and Klaus worked on the sides and desserts."

The combined efforts of event sponsors, staff and volunteers, provided a mouthwatering meal for more than 150 people. Thanks to the sponsors' generosity, the dinner was free for



Isaiah Kleinsasser shows off his northern pike with his father, Danny Kleinsasser.



Lynette Carey caught a nice pickerel.



Ryder Rodriguez had fun on the ice taking part in the derby.



Howard Deer puts some wood on his campfire.



EXPRESS PHOTOS SUBMITTED

Game and Fish vice-president Roger Gulay with first-place winner Mike Kubas, second-place winner Ezra Kleinsasser, third-place winner Corey Isbister, sponsor Danny Kleinsasser of Danny's Whole Hog and in the back Game and Fish president Blair Olafson.

derby participants and \$5 for others, with the funds going towards the Game and Fish organization.

"It was the perfect way to end a great

day," Rodriguez said, "and people enjoyed themselves sharing fishing tales well into the night."

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Flooding at Boundary Creek Marina in Winnipeg Beach

By Patricia Barrett
Flooding at the Boundary Creek Marina in Winnipeg Beach last week had Public Works out to break up ice blocking a culvert running under Prospect Street. Water flowed onto the road and began flooding nearby properties on Laurel and Maple.
“The ice built up in Boundary Creek during the rainfall and ice plugged up the culverts,” said Mayor Tony Pimentel. “The water went over our flood berms we had built for the 2011 flood.”
By Thursday, the water had receded from the properties, but an access road into the Marina was still swamped late Friday afternoon. The bridge over Boundary Creek was also closed. The railings looked as though they had sustained some damage from large chunks of ice.



Water has flooded the access road into the Boundary Creek Marina.

EXPRESS PHOTO BY PATRICIA BARRETT

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Tips for spring cleaning your car

1 Clean your car's undercarriage – Depending on where you live, your car has likely been exposed to salt, sand and other grime that can accumulate underneath your car and even cause erosion. Go to a car wash that does a thorough undercarriage wash, or use a garden hose with as much pressure as possible to get rid of all of those lovely winter leftovers.

2 Deep clean your car's interior and exterior – Giving your car a full interior/exterior cleaning is a nice way to mark every season change, but it's especially important in the spring considering the mess that winter brings. Get any residue away from your paint job and give your car a good wax. Clean those floor mats and empty out any extra brushes or winter necessities from your trunk – 'tis the season to start-a-new!

3 Take off your winter tires – Living in the Interlake winter tires are a safety necessity when the temperature drops. Once the mercury climbs above 7°C (and starts to stay there!) it's time to switch back to your all-season or performance tires.

4 Get your brakes checked – Road salt can impact the condition of your brakes. Salt can corrode metal and your brake pads rely on clean, properly lubricated metal frames to work properly. Save a step and get this checked while your car is already elevated having its tires changed at your local service center.

5 Get your tire alignment checked – Potholes are one of the unfortunate elements of winter driving and they can certainly take their toll on your car. Have your tire alignment checked in the spring, and if you kept your all-season or all-weather tires on over the winter, consider having them rotated as well.

6 Get your tire pressure checked – Checking your tire pressure is something many people do all year round. Because your tires lose about one pound per square inch for every 6°C drop in temperature, it's especially important to check your pressure throughout the winter and as you get your car ready for the warmer months. Learn how to check your tire pressure.

7 Replace your wiper blades – Your windshield wipers get a real workout keeping your view clear of snow and sleet over the winter, so replacing them every spring (and fall) is a small investment in making sure you have unobstructed views of the road.

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BASIC addressing drainage infrastructure and excess moisture to improve farmers' futures

By Patricia Barrett

Since 2005, crop and livestock farmers in the RM of Bifrost-Riverton have been battling excess moisture that has affected their livelihoods and area businesses that rely on them.

After a few years of heavy rain events and subsequent damage to their fields, farmers took matters into their own hands, forming the Bifrost Agricultural Sustainability Community Service Cooperative Inc. (BASIC) to find ways of dealing with Mother Nature.

Established in 2008, BASIC is comprised of 90 per cent of the municipality's farmers, 12 of whom sit on its board. The co-operative is dedicated to rectifying inadequate drainage systems in order to remove standing water before it has a chance to soak up nutrients (such as phosphorus) that can enter rivers and lakes.

"The overall objective of the project is to improve our drainage infrastructure because of the wet cycle we're in since 2005," said board member Len Loewen, who grows grain and forage seeds near Riverton. "Our existing ditches and drains have become clogged and don't function properly. Even if a farmer is able to drain water to the field's edge, often the municipal ditch or the provincial waterway isn't functioning properly or it's overgrown."

Drainage infrastructure in our municipality was not built to current standards and is not on par with systems developed in other parts of the province, he said.

Facilitating the timely exit of water from farmers' fields can prevent nutrients from entering the lake and contributing to poor water quality.

In 2012 researchers from the universities of Winnipeg and Manitoba released a study titled Investigating phosphorus release from waterlogged soils in Manitoba..., showing that standing water can lift nutrients from the soil.

"If you leave water standing for too long, the phosphorus, which is normally tied up with our soils, has a tendency to become part of that nutrient tea," said Loewen. "Then it...gets washed out of the ground and into our streams. What we're always saying from an environmental [standpoint] with the nutrients is to move the water off in a reasonable amount of time and have a healthy growing plant with a strong root system."

Based on crop insurance records for

2005, 2008 and 2009, crop losses in the RM amounted to \$67 million and affected the bottom line of area businesses relying on farmers for sales. Using a conservative multiplier of three results in a negative impact in excess of \$200 million, said Loewen.

"But crop insurance paid out less than that because it pays only a portion of actual losses," he said. "They just pay you a percentage. In those three years, crop insurance paid out \$16.4 million."

Phase 1 of the BASIC initiative was funded by a federal/provincial grant and involved conducting extensive surveying of all the land in Bifrost-Riverton. To understand the big picture, LiDAR surveys were undertaken (laser surveying from an airplane). A more detailed picture was provided by geo-reference surveying which uses GPS to survey the edge of the field, the ditch and the road. The surveying assisted the engineering firm KGS to complete a drainage study.

"BUT IT'S A LITTLE LIKE WHEN THE BATHTUB IS FULL: IT OVERFLOWS AND GOES ANYWAY."

"The LiDAR survey information will provide significant help in preparing a comprehensive regional drainage plan and also identifying flood mitigation efforts that are required to keep our communities safe," said Brian Johnson,

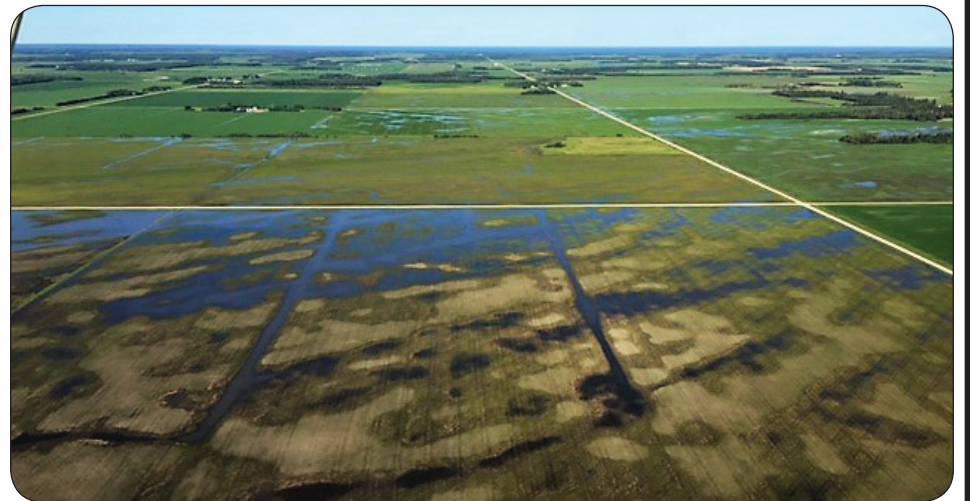
Chair of BASIC. "It will also be an invaluable tool for individual farmers to understand each field's topography and plan effective on-farm drainage measures."

The federal and provincial governments stepped up again last year, granting BASIC \$1 million over a three-year period through their Growing Forward 2 program. BASIC hired a project manager and administrative staff to assist in the development and implementation of a water-management plan and to rehabilitate 220 miles of drainage infrastructure.

To date, 206 miles have been surveyed and 34 miles of drains have been rehabilitated.

Bifrost-Riverton invested almost \$700,000 into the rehabilitation between the summer of 2016 and the end of March, 2017. In addition, BASIC (through the Growing Forward 2 program) has invested \$365,000 in surveying, engineering, planning and administration.

On top of these amounts over the same time period, the municipality and BASIC members have contributed close to \$25,000 in in-kind do-



EXPRESS PHOTO COURTESY OF BASIC

Excess moisture causes reductions in crop yields and can lead to environmental damage. BASIC is working to protect the environment and provide economic opportunities through effective water management.

nations such as office space, supplies, equipment and member time.

Part of the funding is going towards agronomy trials to examine the effects of artificially induced excess moisture on different plant varieties and identify crops able to withstand wet conditions.

"Soybeans have done really, really well in this area. They are one of the most water-tolerant crops we can grow," said Loewen.

The Prairies East Sustainable Agriculture Initiative (PESAI), a partnership of farmers and Manitoba Agriculture, is conducting the agronomy research.

BASIC will be contributing some grant money to upgrades of the irrigation capacity at PESAI, located a few

miles west of Arborg.

Loewen said there's value in establishing water retention areas or wetlands near farms as a means of improving water quality, but the primary goal is to drain water before it can absorb nutrients and carry them into rivers and lakes.

"There's a perception if you hold back the water, you stop the runoff. But it's a little like when the bathtub is full: it overflows and goes anyway. Water runs downhill. There's nothing to stop it. But what we're saying is if you take it off the fields in a timely manner, you're not going to get nutrients, such as nitrogen or phosphorus [in runoff]."

For more information on BASIC contact email: BASiC.adm6789@gmail.com or phone 204-641-5112.

PESAI crop trials

By Patricia Barrett

Researchers at the Prairies East Sustainable Agricultural Initiative (PESAI) are partnering with BASIC to study the effects of artificial flooding on select crops and identify those able to withstand the RM of Bifrost-Riverton's chronically wet environment.

"Because Manitoba has a big problem of excessive moisture, farmers and producers are looking at new seed varieties and/or tile drainage as a solution," said diversification specialist Dr. Nirmal Hari. "Tile drainage is pretty costly...so producers want more information before they make that decision."

Tile drainage consists of pipes buried about three feet under the soil. The system funnels water off fields into ditches.

Researchers are flooding crops that don't have a drainage system and comparing them with those that have sub-surface drainage.

Last year, PESAI scientists subjected canola and flax to a weekly one-inch rainfall. The study will be replicated this year using two inches of water.

If exposed to heavy rainfall early in its development, flax can develop chlorosis (pale leaves), said Hari. And that can stunt growth and affect overall yields.

BASIC and PESAI also plan to work with commodity groups and study other crops and varieties this year.

Depending on how well the test plants fare, farmers may be able to improve yields by using alternative seed varieties and/or tile drainage.

Community Futures West Interlake connects with entrepreneurs using Facebook

By Jeff Ward

As part of a province-wide initiative to spread awareness and bring value to current clients, Community Futures West Interlake (CFWI) has created a Facebook page.

Lana Cowling-Mason is the general manager and community development co-ordinator for CFWI. She said that the strategy has been in the works for the last five months and that it just came into action March 27.

CFWI is working with the other 15 chapters of Community Futures to help bring new value to existing clients through social media and attract new clients thinking about entrepreneurship. Cowling-Mason explained that their Facebook page will feature weekly content devoted to helping new businesses while also featuring blogs from CFWI clients who will detail their success and challenges.

Ashern entrepreneur Shawn Cote, who owns Blue Raven Design and

Print, was the first client to jump on board. Cowling-Mason said that CFWI wants to make sure that the content being published is worthwhile to clients, and a lot of work has been done to ensure it is.

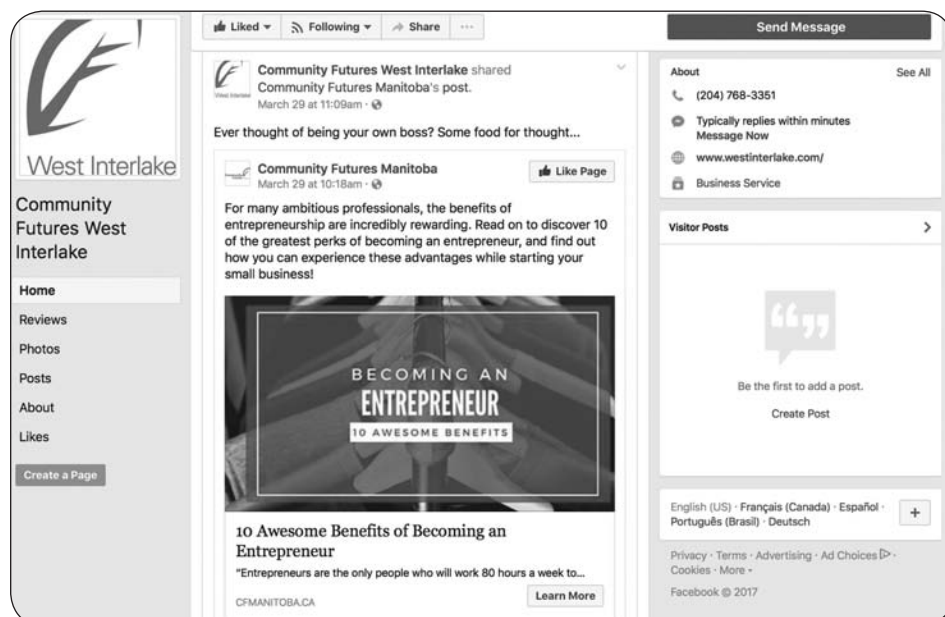
"We want to make it a place that people will want to check out," said Cowling-Mason.

"And we wanted to make a real commitment to do it well. The content on there has to be of interest for our clients. A good chunk of that content is coming on a provincial basis, but we also want to be sharing the success stories of people in our region and others."

Cowling-Mason added that they want to use Facebook as a way to attract new clients as well.

"We want to make folks aware of what services we offer because there are a lot of people out there in our region thinking of starting a business. We can help them with that and help them grow their operation," said

"WE WANT TO MAKE IT A PLACE THAT PEOPLE WILL WANT TO CHECK OUT."



EXPRESS PHOTO VIA FACEBOOK

Community Futures West Interlake has started up a new Facebook page designed to attract new clients and give helpful tips to new entrepreneurs.

Cowling-Mason.

With weekly content, marketing tips, growth opportunities and an in-depth look at success stories from business owners all over the province, the CFWI Facebook page is a valuable re-

source for those looking to blaze their own trail.

Anyone interested in viewing or liking the page can search for Community Futures West Interlake in the Facebook search field.

Arborg accepting funds for proposed personal care home

By Patricia Barrett

The Town of Arborg has established a trust fund for public donations that will go towards the proposed personal care home that it and the RM of Bifrost-Riverton want to build in town.

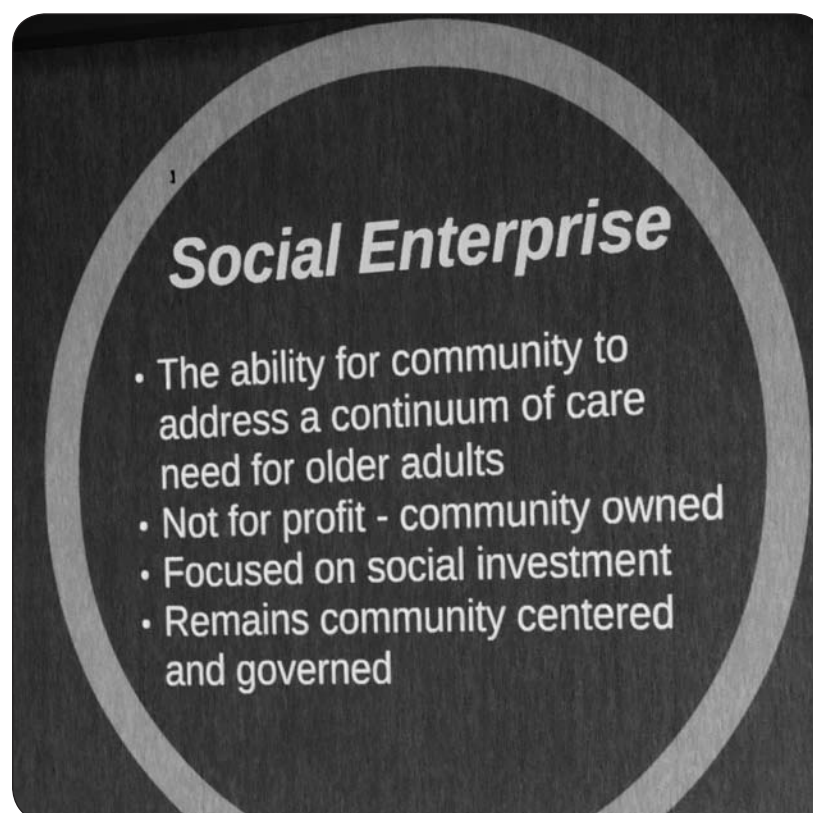
"People have started to donate to the personal care home," said Mayor Randy Sigurdson. "We're accepting donations through the town because [we can] give out a tax receipt."

The town will provide donors with a charitable receipt for income tax purposes, said CAO Lorraine Bardarson.

The mayor said the money will be kept in a separate trust account at a financial institution until it's needed.

The town and the RM had hired Gordon Daman, president of Red River Group property consultants, to oversee the design of the proposed PCH, which may include a bistro and space for community organizations. The proposal is currently in the process of being reviewed by the province.

Anyone interested in donating to the PCH can call the town office at 204-376-2647.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Gord Daman of Red River Group property consultants presented an overview of the town and RM's proposed PCH during an information session last year.

Four generations of Halldorsons take final skate

By Jeff Ward

Four generations of Halldorsons took their final skate as a family under the soon-to-be-replaced roof of the Lundar Memorial Arena a few weeks ago, bringing up emotions and memories of the family's most treasured moments.

For the past 64 years, the Lundar Memorial Arena has stood as an obelisk of community pride and a gathering place for thousands of events. The arena is much more than just a place with an ice surface.

For Nicole Halldorson, it's a place where she has vivid memories of her family's history. Last month during the 69th annual Lundar Winter Carnival, Halldorson's grandfather Murray, her father Kevin and her daughter Harley all dressed in their hockey gear for one final skate before a state-of-the-art renovation takes place.

And while the arena won't be changed in a way that makes it indistinguishable from what it is currently, the change

will be a large one with an entire new precast concrete building shell and future improvements to the interior. The Winter Carnival was, in a sense, a send-off to the old barn and an opportunity to look back and reminisce.

"My family has been part of the arena since it was built," said Nicole Halldorson.

"My great-grandfather Edy Eyford was among some of the dedicated hardworking men and women who took part in building the arena. My great-grandmother Irene Halldorson

was a carnival queen along with her three daughters Patsy, Judy and Darlene."

Halldorson said her family has three generations of carnival queens among many hockey players who have all spent considerable time within the arena. Her grandfather Murray had the nickname Mad Dog during his time playing Lundar Old Timers hockey and spent many years refereeing games at the arena. Her father Kevin also spent a lifetime devoted to the game and coached many teams.

Halldorson said that for her personally, the final skate with her family was a very emotional and touching experience that brought a few tears to her eyes.

The reality of the situation is that Halldorson and her family are not alone. There are dozens of stories just like these that speak volumes of the building. Except that for Lundar residents, the arena is more than a building; it almost takes on a life of its

own. It's part of the community, and for many like the Halldorsons, it has become part of their family.

Halldorson said the moment is bittersweet because while she will miss the way things are, she can't deny that the future is looking awfully bright for the arena.

"This means everything to me knowing my children and ever other children in this community have this opportunity to have a new arena and create their own memories — it's very amazing," said Halldorson.

"MY FAMILY HAS BEEN PART OF THE ARENA SINCE IT WAS BUILT."



EXPRESS PHOTO SUBMITTED BY NICOLE HALLDORSON

Four generations of Halldorsons pose for one final picture at the Lundar Memorial Arena before state-of-the-art renovations are underway. Pictured from left to right: Murray, Harley, Kevin and Nicole Halldorson.

What Halldorson will miss the most, she said, will be looking up at the roof from inside the arena and thinking about the history behind it.

Change is never easy, and Halldorson said that she is excited for the change to the arena. And for all the generations of Coldwell residents who will witness one of the largest infrastructure projects since the con-

struction of the area more than six decades ago, the first skate under the new roof will be just as important as the last skate under this one.

This isn't the end for the arena; in fact, it's far from it. This is the next evolution in the life of Lundar's most iconic building. And for families like the Halldorsons, it's just another treasured memory to add to the list.

MC College hosts open house this weekend

Win a \$1000 tuition scholarship!

Submitted

On Saturday, April 8 from 10am to 2pm, join MC College at their Open House to learn about programs offered, test the latest beauty trends, create fashion sketches, enter to win a \$1000 tuition scholarship and more! The event will be held at the MC College Winnipeg campus located at 575

Wall Street.

At MC College, it's more than an education; it's an experience. From gaining hands on industry experience to making a difference in the community. School Director, Anna McGregor, said the event will allow visitors to discover the school's diverse and fun student culture, career opportunities

in the beauty and fashion industry, and meet with MC College staff, current students, graduates and industry partners.

Test out MC College's interactive learning platform, Learn About Beauty, while taking a tour of the campus. Do-it-yourself stations will be set up throughout the campus to give attendees the opportunity to try techniques in nail art, braiding, make up,

fashion sketching and fashion draping. Throughout the event, attendees will have the opportunity to watch an exclusive behind the scenes demonstration of medi-spa treatments and special effects make up such as creating scars, cuts and bruises.

To RSVP to open house, visit www.mccollege.ca/open_house

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg wins Game 3 of KJHL final

By Brian Bowman

The Arborg Ice Dawgs needed a win in a big way on Saturday evening.

Trailing 2-0 in the KJHL final to the Peguis Juniors, Arborg got right back in the series with a 3-1 home win.

"Game 3 is always a crucial game in any series," said Ice Dawgs' head coach Cody Didychuk. "We really needed to bear down and I thought we did a pretty good job (Saturday) night."

After a scoreless first period, Peguis' Romano Paul and Derric Gulay traded second-period goals before Jesse Mitchell struck twice in the third.

Mitchell's game-winning goal came on the power play just 4:34 into the third and then he added his second goal of the period about eight minutes later.

Arborg outshot Peguis 45-38 but a lot of those shots came from the outside.

"We didn't play our game," said Peguis head coach Kevin Monkman. "We weren't moving our feet and we weren't being first on the puck."

Peguis took a 2-0 series lead after a 4-0 home win last Thursday.

Paul, who has played very well in the series, opened the game's scoring with a shorthanded goal midway in the first period and then Waylon Neault and Theoren Spence tallied to make it 3-0 by the end of two periods.

Dylan Stevenson then closed out the game's scoring with an empty-net goal with 23 seconds left in the third.

Luke Penner was solid in goal, making 39 saves for the shutout. Nineteen of those saves came in the first period.

"It's a big downer when you outplay

a team that bad in the first period and you're down two goals," Didychuk said.

The Juniors started the final series with a 5-3 road win March 28.

Trailing 3-2 in the third, Peguis scored three unanswered goals for the come-from-behind victory. Storm Swan started the comeback with a power-play goal and then Quinton Flett and Neault tallied late in the game.

Peguis' Tyler Woodhouse gave the visitors a 1-0 lead just 48 seconds into the game and then Swan tallied in the second.

Clint Torfason had a pair of goals for Arborg while Dylan Furgala added a single. Two of the Ice Dawgs' goals came via the power play.

Penner stops 42 Arborg shots for the win. An important Game 4 of the series was played this past Tuesday in Peguis but no score was available at press time.

Monkman feels his club benefits from the bigger ice surface in Peguis as they utilize their speed. Both coaches strongly felt Game 4 was a huge one in the series.

"All of the games are important at this point," Didychuk said. "I know the boys are going to be ready to go on Tuesday. It's the biggest 60 minutes of the year and we (have to be) ready to play."

Game 5 of the final is set to go to night at 8 p.m. in Arborg.

If needed, Game 6 will be played Saturday (8 p.m.) in Peguis while a Game 7 is slated for Sunday (7 p.m.) in Arborg.



Ice Dawgs' forward Clint Torfason had a pair of goals in Arborg's 5-3 loss against Peguis.



Goaltender Luke Penner celebrates the Juniors' Game 1 win against the Ice Dawgs.



EXPRESS PHOTOS BY LANA MEIER

All eyes were on the puck as it crossed the goal line to give Peguis the go-ahead goal in their 5-3 road win.

Ice Dawgs preparing to host Keystone Cup

By Brian Bowman

While the Ice Dawgs are busy battling the Peguis Juniors in the KJHL final, the organization has also been working very hard off the ice as they prepare to host the Keystone Cup.

Arborg will be home to the Western Canadian Junior "B" championships, which will begin next Thursday and continue to April 16.

There is plenty of enthusiasm regarding the elite tournament, which will have plenty of talented hockey players, converge on our area for four days.

"We've been excited since we got the

announcement to put this on," said Ice Dawgs' general manager Ivan Gulay Monday afternoon.

"Absolutely, we're excited."

Gulay said sponsorship and volunteer support has been excellent.

"It has fallen in place great," Gulay enthused. "We have a great, great western committee, made up of about 16 committee members."

With the Ice Dawgs competing in this year's KJHL final, it has added excitement for the host team of the westerns.



"Last Saturday, we had a crowd of 750," Gulay said, noting 800 spectators is the maximum capacity for the Arborg Arena. "It was huge and it looks like a lot of people will be coming for the westerns."

Arborg has iced a real good team this season and hopes to perform well against clubs from B.C., Alberta, Saskatchewan and northern Ontario.

"These teams are like Junior 'A' calibre," Gulay noted. "These (teams) bring out the top players — it's going to be great hockey for the fans."

"We're going to have to be prepared

and I think we will be ready. We're going to be playing in front of a lot of home fans and that's going to bring a lot of excitement to the players."

A tournament pass is \$60 for adults and \$50 for seniors/students. A five-game day pass is \$25 (adults) and \$20 (seniors/students).

A game pass is \$10 while Sunday games are \$15. Kids aged 12 and under are admitted free.

Tickets are available at the door or by pre-ordering by contacting Cindy Stansell at 204-376-2391 or 204-376-5472. Stansell can also be contacted via email at cindystansell@gmail.com.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake accepted into MJBL this season

By Brian Bowman

It's official.

The Interlake Blue Jays have been approved to re-join the Manitoba Junior Baseball League for this season.

The decision became official at a MJBL meeting March 27.

The Junior Jays will play their home games in Stonewall. Adam Kirk will be the club's president/head coach.

"It will be great for kids around here to have an option," Kirk told the *Tribune* earlier this year. "They have an option to play better ball and we do have some kids that are more serious about baseball and

still want to play after finishing high school and stuff."

The Blue Jays held their first meeting last night at the Grosse Isle Hall.

"We have a pretty good number of players already that we know are coming out," Kirk said last Thursday afternoon. "At the end of the day, I'm hoping to get 20 to 25 kids out. That would be nice."

There is no catchment area for the league, meaning players can play anywhere they want after getting a release from their respective organizations.

Kirk would be open to accepting talented players from other areas of the province after they have received their release.

"We're looking to put a good product on the field," he said. "And, hopefully, we get some people come out and watch the games. It's pretty exciting and we're going to take a good run at this."

The MJBL is designed for players aged 18-21 with games beginning next month and continuing through July (each team plays 24 games mostly on Wednesdays, Fridays and Sundays) followed by playoffs.

Teams that played in the league last year included Altona, Brandon, Carillon (Steinbach), Elmwood, Pembina Valley (Morden), St. Boniface, St. James, and Winnipeg South. The MJBL schedule is expected to be released soon.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Winter melon
- Solar energy particles (abbr.)
- Requiring fewer resources
- Nest
- Name
- Actress Vergara
- Very near in space or time
- Authorized program analysis report
- Spoken in Vietnam
- Brews
- Drops
- Last or greatest in an indefinitely large series
- Congo capital
- Soldier
- Bronx Bomber
- Argon
- Open
- Popular sandwich
- Protect from danger
- Goddess of spring
- Large hole
- Vegetarians won't touch it
- Actress Neal
- Finger millet
- Small waterfalls
- Israeli city
- Most gummy
- NFL owner Snyder
- Spindles

CLUES DOWN

- Italian Lake
- Cuckoos
- Sound unit
- Doctors' group
- The cutting part of a drill

			1	2	3	4	5	6			7	8	9
	10	11									12		
	13										14		
	15										16		
17										18			
19			20							21			
22				23	24	25	26			27			
	28							29			30	31	32
				33				34					35
											37		
											39		
	40									41	42	43	
44							45	46	47				
48							49						
50							51						

- A team's best hurler
- Couches
- Muslim ruler
- Round globular seed
- A way to confine
- Men wear it
- Chinese province
- Soup cracker
- Expression of disappointment
- West Chadic languages
- Midway between south and southwest
- An opal
- Main artery
- Junior's father
- Sierra Leone dialect
- Cyrillic letter

- Native American tribe
- Passes
- Most unnatural
- Insecticide
- Blatted
- Actress Fox
- Actresses Kate and Rooney
- Outside
- The habitat of wild animals
- Days falling in the middle of the month
- Radioactivity unit
- Certified public accountant
- Swiss river
- Sino-Soviet block (abbr.)

Classifieds

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THE **EXPRESS**
WEEKLY NEWS



Betel Home Foundation

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

LPNs - various EFTs

HCA's - Health Care Aide certificate preferred but may consider suitable combination of education and training

Nursing applicants may qualify for up to \$6000 NNRF grant for rural / long term care nursing

Please forward your resume to:

Cheryl Nieckarz, Director of Resident Care
cnieckarz@ierha.ca Ph: 642-5556 ext 22355



Town of Arborg PUBLIC NOTICE 2017 Financial Plan

PUBLIC NOTICE is hereby given pursuant to Section 162(2) of The Municipal Act that the Council of the Town of Arborg shall hold a Public Hearing to present the Financial Plan for the fiscal year 2017 on:

Wednesday, April 26, 2017 at 10:00 A.M.

Town of Arborg Municipal Office, 337 River Road Arborg, MB

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Arborg's 2017 Financial Plan.

Copies of the 2017 Financial Plan are available for review at the Town Office during regular office hours.

Dated this 6th day of April, 2017. Lorraine Bardarson, CMMA
Chief Administrative Officer
Town of Arborg

LIQUOR LICENCE APPLICATION PUBLIC NOTICE

6508988 MANITOBA LTD.

operating as
at

**MASK RESTAURANT
129-7th AVENUE, GIMLI, MANITOBA**

has applied for

**DINING ROOM LIQUOR SERVICE LICENCE
PATIO AREA UNDER DINING ROOM LIQUOR
SERVICE LICENCE**

to serve liquor from: 9:00 A.M. TO 2:00 A.M. MONDAY TO SUNDAY
1:00 P.M. TO 2:00 A.M. REMEMBRANCE DAY

Citizen and community input is an important part of the application process.

If you have any questions about this application, please call the Liquor and Gaming Authority of Manitoba at 204-474-5619.

If you have any questions about zoning by-laws and requirements, please contact your municipality.

If you want to make a formal objection to this application, please send us your objection in writing by 4:00 p.m.

14 days following the publication of this advertisement

You can email, mail or fax your objection. Please include your contact information.

Email: licinspect@LGAmnitoba.ca
Mail: Liquor and Gaming Authority of Manitoba
P.O. Box 1023
Winnipeg, MB R3C 2X1
Fax: 204-453-5254

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.

AUTOS

1996 white '98 Oldsmobile for parts. Good running cond. Rusted frame. \$800 obo. Bert 204-378-2944, Riverton.

PROPERTY FOR SALE

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that acquires oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4055 or visit www.prairiesky.com/Selling-Your-Royalties.

STEEL BUILDINGS

Steel Building Sale ... "Priced to sell!" 20X21 \$5,997 front & back walls included. 30X33 \$7,339 no ends included 35X37 \$11,782 one end wall included. Check out www.pioneersteel.ca for more prices. Pioneer Steel 1-855-212-7036.

MOBILE HOMES

3 only 16 x 80, 3 bed, 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

PROPERTY WANTED

Land wanted for weekend or permanent getaway. 10-160 acres. May offer assessed value. Maximum \$30,000. Must have trees and road access. Nothing swampy. 204-589-1886, ejco@mts.net.

LAND FOR RENT

For rent, 2 - ¼ sections located near Hilbre, Mb. Cross fenced with dugouts, plenty of water. Ph 204-449-2182, leave message.

ROOM FOR RENT

Shared accommodations in furnished home in Komarno. 15 minutes north of Teulon, 45 minutes from the city. Must like cats. For rent ASAP. \$500/mo. Close to lakes. Ph 204-886-3380 (home) or text 204-886-8661.

HOUSE FOR RENT

House for rent in the Town of Teulon, newly renovated, 2 bedroom, fridge & stove included, within walking distance to Main Street, \$800/mo. utilities extra. Please call Lynne at 204-467-5527 for further information or email granthamlaw.lynne@mts.net

HOUSE FOR SALE

328 3rd Street West, Stonewall. 1100 sq. ft. bungalow, 2 bedroom, 1 bathroom, hardwood floor in LR & hall. Newer windows, bay window, central air conditioning, gas fireplace, newer fridge, smooth cooktop, convection wall oven, Maytag dishwasher, water softener, gas furnace, large utility room with stacking washer/dryer. Gazebo on back deck, bricked driveway, 4 garden boxes, fish pond, 14x20 shed. \$220,000. Call 204-467-9029 or 204-861-0253.

HELP WANTED

P/T - F/T bar & restaurant server required; looking for casual P/T sous chef for restaurant. Call Sheri at Rockwood Motor Inn 204-467-2354.

HELP WANTED

Canadian Taxpayers Federation is seeking District Sales Managers in Manitoba. We fight for lower taxes, less waste, accountable government. Salary + commission. Resumes to: rcunningham@taxpayer.com. More info call 1-800-667-2933 or visit www.taxpayer.com

Downtown Winnipeg Restaurant Manager and Special Teams Manager. This Pizza Pizza position is for leaders who have demonstrated their abilities to increase sales in a multi-unit food environment, improved the quality of products, and enhanced the overall customer experience. You possess 2 years of hands-on food industry experience and supervisor experience specifically in the fast food/restaurant business. You are available to work flexible work hours - long shifts, weekend and late evenings. You are able to travel to Thunder Bay and Brandon time to time for training/support. You will be required to go to Toronto if hired for 6 to 8 weeks for Pizza Pizza training. To join the team please email your resume to: tsousa@pizzapizza.ca

**NEWS
TIPS**
Call 467-5836

HELP WANTED

Stonewall Tire is currently accepting applications for Service Truck Tire technicians. Tire technicians will be required to repair, install and balance tires, provide on-site and remote services to customers, assist the mechanics as required, and generally provide exceptional customer service. We are a full service tire shop offering complete mechanical repair, as well as mobile farm repair. To be successful in this role, you must have manual dexterity, excellent coordination, the ability to build constructive working relationships with other shop and office employees, and a desire to provide exceptional customer service. Previous experience would be an asset. If you have a valid driver's license, are able to lift loads up to 100 lbs. and are looking for your next exciting opportunity, please reply to this ad with your resume and salary expectations or drop resume off at 377 1st Street east Stonewall. Email Stonewalltire@mts.net or call 204-467-5595.

MANITOBA COMMERCIAL FISHERS!

Northern Walleye Inc. & Schafer Fisheries

Would like to invite you to a meeting.

Lakeview Gimli Resort, Saturday, April 8, 2017

@ 2:00 - 4:00 pm Lakeview Rooms A & B

AND Eddystone Hall

Sunday, April 9, 2017 @ 1:00 pm



**LAKESHORE
SCHOOL DIVISION**

*You are
invited
to attend*

LAKESHORE SCHOOL DIVISION'S

40th Annual PROFICIENCY AWARDS

**at Ashern Central School
Tuesday, April 18, 2017 at 7:00 p.m.**



RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

REGARDING THE 2017 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 2017 at a Public Hearing at the Council Chambers of the Rural Municipality of Gimli on the 20th day of April, 2017 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 20th day April, 2017 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 30th day of March, 2017

Joann King, CMMA
Chief Administrative Officer
Rural Municipality of Gimli

Classifieds

Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

THE EXPRESS
WEEKLY NEWS

HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

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

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, leasing & financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, Mb. 1-888-685-3127.

Hardy tree, shrub, and berry seedlings delivered. Order online at www.treetime.ca or call 1-866-873-3846. New growth guaranteed.

New 12'x12' L-shaped maple shaker espresso kitchen \$3900. Cappuccino 33" bath vanity with soft close \$250. Granite 25"x84" tops for \$175 each. Fehr's Cabinet Warehouse 1-800-758-6924

MUSICAL INSTRUMENTS

Titano Stroller Accordion, 120 base, like new condition, \$875 fi m; Scandali Super VI Accordion, 1953 professional model, collector item, good condition, \$1000 firm. Phone 204-326-4610.

WANTED

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

HEALTH

Canada Benefit Group - Attention Manitoba residents: Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment

UPCOMING EVENTS

Antique & collectible sale! Huge spring event! Largest of the season. Over 220 tables! Friday, April 7, 4 p.m. - 9 p.m. and Saturday, April 8, 10 a.m. - 4 p.m., \$5 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking.

LIVESTOCK

Charolais yearling bulls for sale. \$2500. Good birth weights. Call John at 204-383-0308.

Hereford bulls for sale. Several yearlings. Moderate birth weights. Easy flushing. Semen tested & delivered. Ph Bob at 204-372-6515 or 204-280-0334.

Polled Salers bulls on farm & at MB Test Station. BW from 77 lbs. Strong growth and maternal milk traits. Semen tested, guaranteed. Can deliver. Ken 204-762-5512.

For sale - purebred Charolais bulls. Semen tested. Delivery available. Ph Darren at Prairieview Charolais 1-204-546-2995 or 1-204-937-7680.

HAY

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.



Ashern



Now Hiring a Full time Seasonal Position
Starting May 1, 2017

40 hrs per week, May 1 - August 31 (or Sept. 30 if available)

Must be able to lift 50 lbs. unassisted.

Valid driver's licence is preferred.

Deadline for applications is April 21/17.

Drop resumes at #28 Railway Ave. fax to 204-768-2629, or e-mail to jason.carpenter@homehardware.ca

McSherry Auction Service Ltd
AUCTION SALE
ALMA WENZOSKI LATE TED
Saturday April 22nd @ 10:00 am

Beausejour, MB

East 12 Miles on Hwy 44

Then North 2 Miles on Hwy 214

Then 25 Yards West on Buchan Rd #6

The Farm is Sold So Everything Sells to the Highest Bidder!

Contact # (204) 268-1792

Tractors & Combine JD 4250 Cab 3PH 540/1000 18.4-38 Duals 5,868 Hrs * JD 4040 Cab 540/1000 w JD 148 FEL Factory Duals, 10,200 Hrs * JD 6620 Combine 2,530 Hrs * **Grain Equip** 84 GMC 7000 Dsl 5 Spd x 2 w 16" B & H 175,000 Km * NH 1090 18' Swather * JD 10' Offset Disc * Wilrich 2500 24' Cult * Int 5500 18' Chisel Plow * JD 8350 24 Run Seeder SA GA FA * JD 3600 6B Plow w * Farm King 50' Hyd Lift Diamond Harrows * JD 10' Cult * Inland 54' Sprayer * Lode King 14' Tote Tank Drill Fill * Westfield 8" 46" PTO Auger * Westfield 7" 36" Gas Auger * **Haying & Misc Equip** JD 930 Moco 12' Disc Bine * JD 535 Rd Baler * NH 1033 Auto Bale Wagon * 26' Hay Trailer * JD 3PH Hyd 9' Blade * 2) Square Bale Elevators 1) 20' 1) 16' * **Livestock Equip** JD 450 Manure Spreader * Squeeze Chute * Lewis Cattle Oilers * 25) 10' Metal Corral Panels * 4) Rd Bale Feeders * 10' Metal Bunk Feeder * Western Saddle & Bridle * 40 Rd Bales - Straw * More Livestock Equip * **Tools & Misc** 84 Ski Doo Citation LS Snowmobile * Drill Press * Welder * Various Tools * Various Farm Misc * 4 Guns * Some Antiques *

Stuart McSherry - Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd
CONSIGNMENT AUCTION

Saturday Apr 15th, 2017 @ 10:00 am

#12 Patterson Dr., Stonewall, MB

Consignments Accepted!

Growing List on Web!

TRUCKS & TRACTORS 97 Freightliner w Tandem 25' Flat Tilt Deck * 95 Int 4700 DT466 Eng Hyd Brakes 6 Spd w A/C, 20' Cube Van w Reefer Sft * 89 Ford F Diesel Cube Van, 164,159 KM Sft * Int 1586 Cab Duals 4403 Hrs * Ford 1715 Dsl MFWA 3PH FEL, 1520 Hrs. * JD 750 Dsl MFWA 3 PH FEL 1924 Hrs. * **EQUIP** Case IH 8312 12' Disc Bine * NH 1049 Gas Auto Bale Wagon 1623 Hrs * 5 Wheel Hay Rake * 3 PTH Back Hoe Attach * 2) 3PH Rotor Tiller 1) 80" 2) 48" * 70" 3PH Flail Mower * 3PH Wood Chipper * 3PH 2B Plow * 3PH Inland 48" Snow Blower * 3PH 4' Cult * Skid Steer Dozer Blades * Stationary Roller Mill * 1200 Gal Poly Tank * Fuel Slip Tank * New 72" Fork Extensions * New Skid Steer Hyd Trencher * **BUILDINGS & SUPPLY** 30'x65'x15' * 20'x30'x12' * 8'x10' Green House * Trusses * Scissor Trusses * White Steel Cladding * Sheet Metal Screws * **TOOLS & Misc** Tool Cabinet - 12 Drawers * 20 Drawer Work Bench * 50 Ton Shop Press * 75 Ton Shop Press * 8800 LB Two Post Auto Lift * Tire Changer * Wheel Balancer * Chain Hoist * Pipe Bender * Hyd Porter Power Kit * **RECREATION & YARD** New 20' HD Bi-Parting Wrought Iron Driveway Gates (1 Set) *

Stuart McSherry - Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

HELP WANTED

Direct Support Workers to provide Assistance to Adults living with a Developmental Disability in the Community

We are looking to hire DSWs on a part-time or casual basis to work in our community residences - team players with a mature attitude, excellent judgment skills, caring disposition and a genuine interest in serving the exceptional people who live in our homes. Must be comfortable accompanying individuals on community outings and providing personal care such as bathing assistance. Other duties include household upkeep, daily cooking, and record keeping tasks.

A variety of shifts are available, including days, evenings, nights and weekends. If hired will be asked to provide clear criminal record and child/abuse registry checks. Valid driver's licence not required, but an asset, as are basic cooking skills and experience working in a caregiving capacity. Required training will be provided, covering First Aid/CPR, NVCI and the Vulnerable Persons Act.

Please apply in writing to: Executive Director
Riverdale Place Homes Inc.
Box 968, Arborg MB R0C 0A0

Or email: kfinnson_rph@outlook.com

Application Deadline: April 14, 2016

For more info contact: Kathy Finnson, Exec. Director 204-376-2940

Book Your Classified Ad Today - Call 467-5836 or
Email classifieds@expressweeklynews.ca



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 2017 and 2018 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 Early Middle School | 5 acres |
| Evergreen Support Centre | 4 acres |
| TEC Centre (Industrial Park) | 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, Manager of Operations at 642-6269 to obtain bid specifications sheet and additional information prior to submitting a proposal.
- The successful bidders must provide proof of liability insurance.
- Lowest or any proposal not necessarily accepted.

Proposals to Close, Friday April 21, 2017 at 4p.m.

Please send sealed proposals marked "GRASS CUTTING & TRIMMING" along with the location(s) bid for to:

Charlie Grieve, Secretary-Treasurer
Evergreen School Division
Box 1200, Gimli, Manitoba, R0C 1B0
Tel: (204) 642-6266

Announcements

THE **EXPRESS**
WEEKLY NEWS

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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. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

ANNOUNCEMENTS

CARD OF THANKS

A sincere thank you to Fisher River, Pequis, Hodgson and Fisher Branch communities for having the opportunity to work with you. Thank you for the many cards, well wishes and gifts at my retirement and to those who organized the events. I am very humbled by your generosity and have thoroughly enjoyed being part of your health care. You will be missed.

-Jeanette Bouchard

ANNOUNCEMENTS

SHOWER ANNOUNCEMENT



Please join us as we celebrate the upcoming marriage of Cody Hotel and Hannah Tamblin at a Come & Go Jack & Jill Wedding Shower Friday, April 21, 2017 7 to 9 p.m. Minerva Hall

OBITUARY

Pete D. Plett

July 17, 1927 - March 29, 2017

Pete D. Plett passed away on Wednesday, March 29, 2017, at the Arborg & District Health Centre, at the age of 89.

Pete was born on July 17, 1927 in Giroux, MB, to John and Sara Plett. He received his education in the Greenland area and married his sweetheart Mary Reimer on December 13, 1953.

In 1961, they moved from Blumenort, MB, to Arborg, MB, where they established a new home. Here Peter purchased farmland and after clearing the brush enjoyed many years of grain farming. He also farmed turkeys and chickens.

They retired to House of Hope in Arborg in January 2012. In his retirement years, Pete enjoyed many cups of coffee at the Chef where he warmly interacted with friends of the local community.

Left to cherish his memory are his six children: Glenn (Norma) Plett, Lorna (Milton) Loewen, Carol (John) Petkau, Ron (Sylvia) Plett, Beverly (Lowell) Stauffer, Gloria (Robert) Penner. He is also survived by many grandchildren who deeply love and respect him, great-grandchildren, two sisters and four brothers.



He was predeceased by his beloved wife Mary, two sons and one granddaughter.

The viewing for Pete D Plett was held on Sunday, April 2, 2017 at 6:00 p.m. at Birchwood Funeral Chapel, Steinbach, MB.

The funeral was held on April 3, 2017 at 2:00 p.m. in the Morweena EMC, Morweena, MB, with the interment at the church cemetery.

The family is grateful for the excellent care Dad received from Dr. Akinpelu and the staff at the Arborg Hospital and House of Hope.

Arrangements by
BIRCHWOOD FUNERAL CHAPEL
1-204-346-1030 OR 1-888-454-1030

OBITUARY

Victor George Klus

Peacefully on Wednesday, March 29, 2017 Victor passed away in his sleep at the Sutherland Hill Rest Home, Kelowna, BC at the age of 85 years.

He is survived by daughter Iris (Mark Benson), Sydney, BC and son John of BC; brother Bud Klus of Fisher Branch.

Keeping with Victor's wishes, cremation has taken place with burial at a later date.

McSherry Auction

Consignment Auction

Sat, April 15, 10:00 AM

Tractors * Equip * Vehicles

* Trailers * & More!

Consignments Welcome!

Estate & Moving Auction

Sunday April 23, 10:00 AM

12 Patterson Dr.

Stonewall, MB

(204) 467-1858 or

(204) 886-7027

www.mcsherryauction.com

Meyers Farm Auctions

for the Estate of T. Lazor

10 am Sat. April 22, 2017

Glenella, MB

John Deere 3020 Tractor

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Island resort on Lake of the Woods requires

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Seasonal work. Must be available to start early May.

Duties: boats, grounds & camp maintenance.

MAIL RESUME TO:

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P.O. Box 126

Nestor Falls, ON, P0X 1K0

or email: nina@youngswildernesscamp.com

youngswildernesscamp.com

Phone: 807-484-2930



Biz Cards



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Announcements

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WEEKLY NEWS

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OBITUARY



Thordis (Desa) Fridfinna Jonasson
(nee Finney)

April 8, 1924 - March 29, 2017

Peacefully, on March 29, 2017, Thordis (Desa) Fridfinna Jonasson (nee Finney) passed away at the Eriksdale Personal Care Home, with family by her side, at the age of 92. Formerly from Silver Bay, Manitoba.

Mom was predeceased by the love her life, Kristjan Jonasson; her parents Wilhelm and Gudny Finney; her siblings, Larus, Hallur, Alex, Thorbjorg, Gudjon, Olafur, Sigurlin, Sigursteinn and Sigurlaug and their spouses. Mom is survived by her loving family, daughter Gudny (Thor); sons, Arnthor (Jackie) and Kristjan; an amazing Amma to Kristy (Ryan), Jennifer (Luke), Bjorn (Tiffany), Katelyn (Geoff), Erika (Chad), Stefan (Tatianna), and Brynn; and a special Lang Amma to Koen, Finleigh and Bryce.

Born on April 8th, 1924, mom was the 2nd youngest of 10 children, an Icelandic Pioneer family that lived along the west shores of Lake Manitoba known as Asham Point. She was born and raised a proud, independent, hard working woman, working alongside her parents and siblings to do whatever job needed to be done. Whether it be fishing, farm work, gardening or housework, she was never afraid of getting her hands dirty. She would often be called upon to help care for (nanny) children for those families in need for months at a time.

Mom met the love of her life, Kristjan at the Hayland picnic and they were married the next year. They resided and built their family home at Silver Bay, on the east shores of Lake Manitoba. It was here they raised their three children and worked side by side creating a loving home for their family. After the early loss of her Kris, with the help of family, friends and neighbours, and the strength and will to persevere, Mom continued to maintain and work the family farm, all the while raising her three children to adulthood. At the age of 65, Mom moved to Ashern and became involved with the Leisure Club, where she was treasurer for many years. She also was involved with the Heritage Days at the school and never missed an opportunity to make ponukokur and talk about her Icelandic heritage, something she was extremely proud of. Above all, Mom was most proud of her family, grandchildren and great-grandchildren. She was our home away from home and it was not uncommon to stay over at Amma's. She rarely missed a game or event that we were involved in and could often be found waiting in her little red car to pick us up from school. There was only good food at Amma's and many a great conversation to be had.

Gotha Nott Elskin.

As per Mom's wishes, there will be no funeral or memorial service. A family interment will be held at a later date at the Betel Cemetery, Silver Bay, Manitoba.

In lieu of flowers, donations can be made to the Betel Lutheran Cemetery Fund c/o Grace Lutheran Church, Ashern, Manitoba.

Arrangements Entrusted To
ANDERSON FAMILY FUNERAL HOME
Ashern, Manitoba
1-866-293-4951

OBITUARY



Bricey Lauren Johnson
November 12, 1990 – March 28, 2017

It is with heavy hearts that the family announces the sudden passing of Bricey Lauren Johnson on March 28, 2017.

Bricey was born at Teulon Hospital on November 12, 1990 to Lois Fridfinnson and Darrell (Sam) Johnson. She also leaves to mourn her older brother, Keith Poleschuk (Sheryl) and nieces Emma, Laura and Hannah, her younger brother Dylan Johnson, stepmother, Karla, and her grandma, Evelyn Johnson. Bricey was predeceased by her dear brother, Michael, her grandpa, Eigill Johnson, and her Amma and Afi, Lillian and Kjartan Fridfinnson. She leaves to mourn numerous aunts, uncles, cousins and friends.

Bricey grew up in the Arborg area. She enjoyed her childhood on the farm in Geysir, and later in the town of Arborg. During her early years, she loved to go camping with the family at Hnausa and Steep Rock. Two special trips were to Disney World and a Caribbean cruise with Maureen and Craig. She developed a love for animals and spent hours playing with her bunnies and cats. Her cats meant everything to her, and they went where she went when she grew up. Bricey liked to try new things, and enjoyed taking part in soccer, skating, karate, and Ukrainian dancing over the years. She was creative and artistic. She loved to work independently; her favorite job was delivery and setting up of floral arrangements for events. Like her family, Bricey was musically talented, and with her cousin, Derek, she recorded one of Michael's songs after his passing. Bricey had a great sense of humour and fun, and people enjoyed her company. As a girl, she loved to goof around and giggle like crazy with her childhood friends. She had a beautiful smile that attracted people to her.

Bricey graduated from the Selkirk Comprehensive School in 2008 with the help of her Aunt Dianne and family, and her tutor, Sharon Bresoline. She moved to Halifax to pursue a college course in counselling. She returned to Winnipeg in 2010 and later moved to Selkirk, where she resided with her partner, Rodney Freeman and his mother, Ellen. Over the past few years, Bricey struggled with health and personal issues. Now her fight is over and she has joined her brother, Michael, in paradise, where they can be free to sing and laugh together once again.

In following with the family's wishes, there will be no service. A private family burial will take place at a later date.

In lieu of flowers, donations can be made to Bruce Oake Memorial Foundation P.O. Box 61084 Grant Park, Winnipeg, MB R3M 3K8 or online at bruceoakerecoverycentre.ca

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> MEAL IDEAS

Veggie Sammies with Peanut Butter Satay Sauce



Recipe courtesy of Ben M., San Francisco, California

Serves: 2
 4 tablespoons creamy peanut butter
 3 tablespoons lime juice
 2 tablespoons water
 4 teaspoons hoisin sauce
 2 teaspoons soy sauce
 2 teaspoons sriracha
 2 French baguette rolls (6 inches each)
 1/2 cup sliced cucumber
 1/2 cup white onion
 1/2 cup red bell pepper
 1/2 cup purple cabbage
 1/2 cup fresh cilantro
 In small bowl, combine peanut butter, lime juice, water, hoisin sauce, soy sauce and sriracha. Mix well.
 Spread sauce on both sides of bread then layer with cucumber, onion and bell pepper. Top with cabbage and cilantro leaves.

Graceland Mini Cupcakes



Recipe courtesy of Linda D., Coconut Creek, Florida

Serves: 36

Cupcakes:

2 cups all-purpose flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 4 ripe bananas
 1/2 cup light sour cream
 4 tablespoons unsalted butter, at room temperature
 2 tablespoons canola oil
 3/4 cups sugar
 2 large eggs, at room temperature
 1 large egg white, at room temperature
 1 teaspoon vanilla extract
 Peanut Butter Filling:

1/4 cup creamy peanut butter

Bacon Topping:

4 slices bacon
 1/2 cup brown sugar

Frosting:

8 ounces low-fat cream cheese
 1/2 cup butter
 1/2 cup creamy peanut butter
 2 teaspoons vanilla extract
 3/4 cups confectioners' sugar

Heat oven to 350 F. Line cupcake tins with paper liners and lightly spray with cooking spray.

To make batter: In medium bowl,

combine flour, baking powder and salt. Stir to combine and set aside.

In small bowl, mash bananas and add sour cream. Mix well and set aside.

Using electric hand mixer, beat butter, oil and sugar until incorporated, about 3-5 minutes. Add eggs, egg white and vanilla. Mix until combined. Slowly add half the dry ingredients and mix until almost incorporated. Add sour cream and banana mixture and gently fold into batter. Add rest of dry ingredients until combined.

Spoon batter into lined cupcake pans. Bake 18-20 minutes and let cool.

After cooling about 30-45 minutes, use paring knife to cut small circle in middle of top of cupcakes and remove plug, creating a well about halfway down cupcake. Add peanut butter to piping bag and fill each hole. Set aside.

In medium bowl, dredge both sides of bacon slices in brown sugar. Place on foil-lined baking sheet; bake 10 minutes. Flip and bake another 6-8 minutes. Remove bacon from oven and place on plate to cool. Once cool, chop bacon and set aside.

To make frosting: In large bowl, combine cream cheese, butter, peanut butter and vanilla extract. Mix until combined. Add confectioners' sugar and mix until well-combined.

Add frosting to piping bag. Pipe a dollop of frosting onto each cupcake and sprinkle with candied bacon pieces.

When Drinking is a Problem



FIRST THE MAN TAKES A DRINK; THEN THE DRINK TAKES A DRINK; THEN THE DRINK TAKES THE MAN.
 JAPANESE PROVERB

Alcoholism is an insidious disease. It adversely affects the life of the drinker, as well as his or her family. Many people think of alcoholics as people who start their day with a drink and are falling down drunk by four o'clock. Since they are not like this, they think they are not alcoholics. Others think they cannot be an alcoholic because they only drink beer.

Alcoholism is a dependency on alcohol, and it can take many forms. Some alcoholics do not drink every day, but when they do, they cannot stop.

The Mayo Clinic has developed a list of signs that indicate that drinking is out of control: drinking alone or in secret, not remembering conversations or commitments-sometimes referred to as "blacking out", making a ritual of having drinks before, with or after dinner and becoming annoyed when this ritual is disturbed or questioned, losing in-

terest in activities and hobbies that used to bring pleasure, irritability as usual drinking time nears, especially if alcohol isn't available, keeping alcohol in unlikely places at home, at work or in the car, gulping drinks, ordering doubles, becoming intoxicated intentionally to feel good or drinking to feel "normal", having legal problems or problems with relationships, employment or finances.

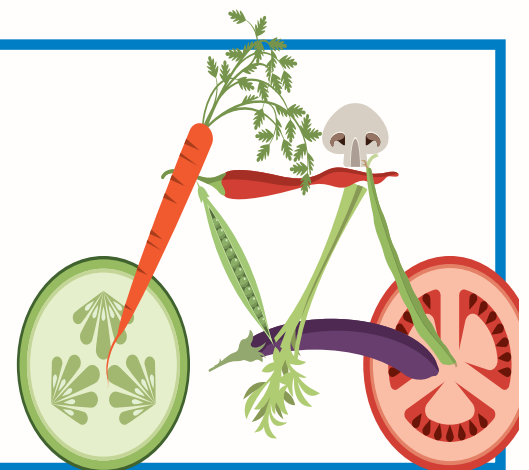
Excessive drinking is associated with impaired mental functioning, liver disorders, gastrointestinal problems, heart disease and stroke, lung disorders, and increased cancer risk. It also increases the likelihood of other addictions.

If you recognize you have this problem, or if others in your life are telling you that your drinking is a problem, it is time to do something about it. Left untreated, alcoholism can be fatal to one's relationship, career and even life itself.

Talk to your doctor, or begin attending Alcoholics Anonymous. The first step to healing is recognizing the problem. If you are recognizing yourself as you read this, do not ignore that inner knowing. Your life could depend upon it.

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.

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