

**2012 F150 SUPERCREW XTR 4X4**  
  
**\$12,995**

**2015 F150 SUPERCREW XLT 4X4**  
  
**\$18,995**

**2018 TAURUS LTD AWD**  
  
**\$29,995**

**16-7TH AVENUE, GIMLI, MB**  
**SALES - 855-963-1818**  
All prices are plus taxes. See dealer for details.  
Dealer #5358

# THE EXPRESS

VOLUME 6 EDITION 15 THURSDAY, APRIL 11, 2019

## WEEKLY NEWS

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD

**2018 Honda TRX420FM**  
420 c.c.  
Toe shift  
1 year warranty  
  
**\$6499<sup>00</sup>**  
Plus PDI

**2018 Honda TRX500FA Rubicon**  
500 c.c.  
E. Shift/Auto  
Power Steering  
  
**\$9799<sup>00</sup>**  
Plus PDI

**2017 Honda TRX500FE**  
500 c.c.  
Electric Shift  
1 year warranty  
  
**\$8899<sup>00</sup>**  
Plus PDI

**2018 Honda TRX500FM**  
500 c.c.  
Toe Shift  
1 year warranty  
  
**\$7699<sup>00</sup>**  
Plus PDI

**SHACHTAY SALES & SERVICE**  
Arborg, MB  
**204-376-5233**



**EXPRESS PHOTO BY EVAN MATTHEWS**  
Left to right: Dijwar Jarkas (25), Amina Ali (24), and their children Jana Jarkas (4), Yehya Jarkas (3) and Ayah Jarkas (2) are celebrating one year in Canada after leaving Syria as refugees. See full story on pg. 4.

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

**Countryside Home**  
  
building centre  
Lot 1, Hwy 17 S, Fisher Branch, MB  
**204-372-8501**

Get a **FREE** 20" push mower with the purchase of a new 12x20 shed.  
**Until April 30th.**



# Evan Engbaek's family and friends let down by justice system

By Patricia Barrett

The sentencing last week of a youth who killed 18-year-old Evan Engbaek in broad daylight on a Gimli street over a year and a half ago has left Engbaek's family and friends stunned.

The youth, who can't be named under the Youth Criminal Justice Act, was released after sentencing April 3 in Gimli's Johnson Hall, which serves as a circuit court. Judge Murray Thompson ruled the teen will be subject to one year of community supervision and is prohibited from carrying a weapon for two years.

Evan had encountered the 16-year-old male on Second Avenue near the town's theatre on July 25, 2017, and died after having been fatally stabbed.

RCMP had charged the teen with second-degree murder a few days after the slaying, and he was sent to the Agassiz Youth Correctional Centre in Portage la Prairie. He pleaded guilty to manslaughter at a hearing last fall.

Evan's mom Leah Engbaek, who attended all the youth's court hearings, said her son was "bashed" throughout the entire process as though he were the one on trial, and that the youth got off lightly after invoking Gladue rights, which are rights accorded to Indigenous offenders.

It came as a surprise to her that the defence lawyer claimed the youth has Métis status — after Engbaek and her family had provided victim impact statements to the court — but it was not proven, she said.

Evan's own Indigenous ancestry had not been brought up because Engbaek said she didn't think the court process "was supposed to be a race thing" but about accountability.

"I thought this was supposed to be about a kid who murdered my son," she said. "And if I had known this was going to become a race-card thing at the last moment, I would have fully disclosed Evan's ancestry, that his grandfather was the first-born chief to the Dene Indian in Hay River, the fact his grandmother grew up in residential school and that he has an uncle from the Sixties Scoop."

The Supreme Court of Canada ruled in 1999 that people who identify as Indigenous (status and non-status Indian, First Nations, Métis and Inuit) have what are called Gladue rights under the Criminal Code. Recognizing that Indigenous people face racism in the justice system, that they've experienced great adversity in their lives and that a disproportionate number of them are sent to jail, the court ruled judges must give special consideration to bail

and sentencing hearings.

"I was expecting him to walk. I felt that in my heart," said Engbaek. "But the fact he played the Gladue card without proof of ancestry blows my mind. If my kid had got in trouble I could have said to him, 'Evan, play your First Nations card.' But that's not how it works — you did it, you own it."

The maximum sentence for manslaughter under the Youth Criminal Justice Act is three years, with two years in custody and one year of community supervision. The youth earned 1.5 days of "enhanced" custody or credit, which is extra time awarded for each day of detention. That gave him a total of just over 30 months.

Judges award enhanced credit for pre-trial custody to recognize a number of things offenders may face, including lockdowns, double bunking, violence, court delays, requests for a Gladue report or lack of counselling services, according to the online Criminal Law Notebook.

Judge Thompson was aware the teen had been involved in a violent incident three days before he stabbed Evan, but that wasn't taken into consideration during sentencing, said Engbaek.

She said she doesn't buy the argument the knife the teen was carrying was given to him by an employer to cut open bags of potatoes, and she also doesn't believe the claim that he didn't know he had stabbed Evan.

"It irks me this kid was made out to be an immature 16-year-old that didn't know what he was doing. That's a load of shit, trying to tell me he didn't know what he was doing carrying around a knife, and he didn't know he took it out of his pocket and stabbed Evan. And his stories kept changing. This just shows me people are getting away with murder, literally."

Evan's friend Jordan Woytowich, who attended the court hearing, said it was an "awful" sentence that didn't come close to reflecting the gravity of the teen's action.

"It makes no sense. How can you kill someone and only do one and a half years? That's insane," he said. "He is getting off for something he should do many years for."

During sentencing, Woytowich said the Métis status issue was brought up a lot, and he doesn't understand how that could have been taken into account while Evan's Indigenous background was completely ignored.

"And how didn't he get a weapons charge?" said Woytowich. "What restaurant in this world doesn't supply knives and anything you will need to do your job? That's just a bullshit excuse to get out of the charge."

Woytowich said he's still dealing with the loss of his friend, whom he described as a



EXPRESS PHOTO SUBMITTED

Evan Engbaek was stabbed in broad daylight on a Gimli street a year and half ago.

caring guy, someone who would put others first. Evan was always laughing and making jokes, and his adventurous streak and love for dirt-biking and hockey is how they ended up becoming such good friends.

"The time since he has been gone has been hard. It's hard to believe that it really happened and that he's gone and I will never see him again," said Woytowich. "But that's something I am going to have to live with for the rest of my life."

He and Evan's mom are in touch on a regular basis, he said, and even though she's a strong woman, he helps her in any way he can. He'll pay her a visit and sit with Evan's urn "because that's all we have now."

Engbaek said the Manitoba Organization for Victim Assistance had been a great help to her and her family from the start of their ordeal, and she doesn't know what she would have done without executive director Karen Wiebe to guide her through the entire process.

She said she hopes people will attend MOVA's victim remembrance walk Sunday, May 26 at the Forks in Winnipeg to show support for those who've lost a loved one to homicide.

The outcome of the sentencing hearing has only added to the family's grief as they try to move forward without Evan.

"I just have to try now to help my family heal. It's been a long road," said Engbaek. "My daughter is trying to figure out her life without her brother, who was her best friend. He was the one who looked out for her. Evan missed my older son's wedding. He's going to be having a child soon. Every day we miss Evan. That's how much of a presence he had."

**ASHERN HOME HARDWARE**  
**Summer Hours Beginning April 1!**  
**Monday-Friday 8:00 AM - 5:30 PM**  
**Saturday: 9:00 AM - 5:00 PM**  
*We offer a full selection of Lumber and Building Materials, and special order items service. Our estimators can help you with any kind of project.*

**ASHERN** #28 RAILWAY AVENUE  
**Home** ASHERN  
**hardware** 204-768-3980  
**HOMEHARDWARE.CA**

**WILD WEST Springtime in South Dakota!**  
**May 26 - June 1**  
**6 Nts. (4 in Deadwood, S.D.),**  
**6 Breakfasts,**  
**Transportation, Custer State Park,**  
**Mount Rushmore,**  
**Vore Buffalo Jump,**  
**Devil's Tower, Badlands**  
**Space Still Available, Call for Details**

**EMBASSY TOURS 757-9383 1-800-723-8051**  
**www.embassytours.ca E-mail: embassytours@mts.net** **Celebrating 27 Years**



# Riverton welding business growing nationally

By Evan Matthews

A Riverton-based business is growing as it showcases innovative design and metal work on request.

Wicked Welding, owned and operated by 46-year-old John Weedon, recently designed and constructed a barge for HudBay Minerals.

"We started by doing a lot of mobile work. ... A lot of work has been power line construction, but we're getting more work in the shop as we look to expand," says Weedon, who has been operating now for just over three years.

"We've been getting more into fabricating, and HudBay Minerals asked us for a quote on a boat. It was the first we had built."

HudBay is a Canadian integrated mining company with operations, development properties and exploration activities across the country.

Originally, Weedon went up to do some spot repairs for HudBay at its Lalor Mine in Snow Lake in November 2018. HudBay liked Weedon's work so much, they decided to contract him out to build a barge by April.

Weedon delivered.

"They asked me what I knew about boats, and I told them I know they go on the lake," says Weedon, laughing.

"They asked if I could build them a boat, and I said 'We sure can. We can build you whatever you want.'"

A barge, by definition, is a flat-bottomed boat for carrying freight, typically on canals and rivers, either under its own power or towed by another vessel.

HudBay provided Weedon with a photo of what they wanted, listed the specifics, and Weedon went to work.



Shannon Power, left, and John Weedon.

The barge is designed to be a work platform, according to Weedon, as the boats HudBay Minerals was using prior to Weedon's work were oft damaged due to ruptures in the pontoons.

Sometimes, the equipment HudBay Minerals had been using would last as briefly as two weeks, according to Paul Peddle, maintenance supervisor for HudBay Minerals.

"(John) is a really versatile guy, a very talented young man," says Peddle.

"The barge helps us to maintain piping located out on the lake. ... What he was able to accomplish was just far superior to what we had been using in terms of materials and workmanship."

Peddle says if HudBay were to have bought a mass manufactured barge, the cost would have been the same as it was with Weedon — roughly \$40,000 — but the quality of the barge wouldn't have come close to what Weedon produced.

"For any welding or mechanical type project, John is the guy," says Peddle. "It's worth giving him a look."



EXPRESS PHOTOS SUBMITTED

The barge built in Riverton by Wicked Welding for HudBay Minerals is enroute to its new home in Snow Lake.

With Weedon looking to expand his business, he says building the barge was a great way for him to showcase his versatility as a welder.

"We do everything from power line construction to heavy equipment repair, fabricating tables. ... We're even demolishing a building in Winnipeg right now," says Weedon.

"After that, The Forks has asked us to build bar tables. ... We'll do just about anything."

For local people, Weedon says there are recreational uses for his business, too.

The company is extremely efficient for boat repairs, fishing augers and now building boats, he says.

With the shop right off the highway, some people have confused the business for a farm shop, according to Weedon. He says anybody is welcome to pop in anytime.



**A Rotating Electric Specialty Supplier**  
**OEM or Aftermarket**

Starters • Alternators • Electric Motors • Batteries • Components

**Also Including:**

- Beacons • Powersport Fans • Blower Motors • Powersport Stators • Capacitors
- Pulleys - decoupler or clutch • Powersport Control Motors • Regulators • Distributors
- Solenoids • Fuel Pumps • Switches • Gauges • Tilt/Trim Motors • Horns • Turbo Chargers
- Ignition Coils • Voltage Converters • Ignition Modules • Winch Motors • Isolators
- Window Lift Motors • Oxygen Sensors • Window Regulators

**Special Pricing on all Batteries**

**GX31S Battery** 12V, 1250 cranking amps, 1000 cold cranking amps, 195 reserve capacity min., 18 month warranty, Dim. 12x6.8x9.5,

**\$108<sup>00</sup>** Exchange  
Canadian approved battery



SU1-190 for  
**\$38<sup>95</sup>** exchange

Part # 24M-XHD, Group size 24MS, 800 CCA, 1000CA, 135 RC

**\$108<sup>99</sup>** exchange

**311 Main Street, Arborg allelec@mts.net 376-5003**



## Fence Post & Barb Wire

2-3"x6Ft Fence Post	\$2.59 Bundle price	<b>\$2.45</b> per post
3-4"x6Ft Fence Post	\$4.89 Bundle price	<b>\$4.55</b> per post
3-4"x7Ft Fence Post	\$6.49 Bundle price	<b>\$6.25</b> per post
4-5"x6Ft Fence Post	\$6.69 Bundle price	<b>\$6.45</b> per post
4-5"x7Ft Fence Post	\$8.49 Bundle price	<b>\$8.25</b> per post
4-5"x8Ft Fence Post	\$9.49 Bundle price	<b>\$9.25</b> per post
5-6"x7Ft Fence Post	\$10.99 Bundle price	<b>\$10.65</b> per post
5-6"x8Ft Fence Post	\$11.99 Bundle price	<b>\$11.50</b> per post
6-7"x8Ft Fence Post	\$17.49 Bundle price	<b>\$17.25</b> per post

**12-1/2GA Barb Wire Wooden Reel \$79.99**

**15-1/2GA Barb Wire Wooden Reel \$69.99**





**Interlake**

**ERIKSDALE HARDWARE 204-739-2634**

**NOW IN STOCK**



# Refugees celebrating life in their new land

By Evan Matthews

Diyar Jarkas had never been swimming before he came to Canada.

There are no pools in Afrin, Syria, but opportunity presented itself when his family was granted refugee status in Canada.

"Now I beat everyone," says Diyar, 14, adding he can do 40 laps in just over 12 minutes.

As the Jarkas family celebrates its three-year anniversary in Manitoba, Diyar has obtained his bronze medalion and bronze cross, as he is well on his way to becoming a lifeguard.

He'll be going into Grade 9 in September.

Swimming and going to school — experiences many Canadians take for granted — are available to the Jarkas family because of the hard work by Arborg's residents and its welcoming community.

Though Diyar's mother, Zainab Jarkas, 43, originally did not want to come to Canada, she says she is forever thankful to the community that has welcomed her family in.

## Life in Syria

"At first, Syria was a great place," says Zainab.

"But then lots of shooting, lots of bombing. All of a sudden, there were no jobs. There was no food. We couldn't feed the kids, so sometimes they didn't eat. They didn't have clothes."

Zainab's husband, 47-year-old Ahmed Jarkas, built houses in Syria. During the war, people stopped building homes, and he was out of a job.

During the peak of the Syrian conflict, health care became non-existent and kids couldn't go to school. It was at this point Zainab says she knew the family had to leave.

The Jarkas family is from Afrin, Syria, which is in northern Syria and is near the Turkey border.

Through much of Syria's political unrest, Afrin was largely unaffected by bombings and war. The Canadian government granted the Jarkas family

refugee status, and they left the country just prior to the bombings began.

"My whole family lived in Lebanon and worked in a greenhouse, so I went and worked there for a year and a half, too," says Zainab.

"When I found out I was going to Canada, I didn't want to go because I didn't want to leave my family behind."

Zainab's oldest son, Jamil Jarkas, now a 20-year-old, did not leave Syria at the same time as his family.

Because he was a teenager while living in Syria and had no identification, he was forced to flee to Turkey. Young Syrian men without identification are often abducted and forced into the fight, or killed if they refuse, Zainab says.

Jamil and Zainab say it was three years they did not see one another, the majority of his late teens, before being reunited in Canada.

The Jarkas family had to pay someone to bring Jamil to the Turkey/Syria border, where he literally hopped a fence — which ripped his pants — and he ran to safety, while avoiding gunfire.

The Jarkas family identifies as Kurdish. ISIS has occupied much of Syria, and is fighting the Kurdish Army.

When the Jarkas family left Syria, they were loaded onto a bus, and Zainab says the family wore all black, with the women wearing hijabs. If the bus had been stopped by ISIS, and the family identified as Kurdish, ISIS would not have had any patience for the Kurdish family.

It could have meant the end for the Jarkas family.

## Refugees in Canada

But they made it out, and since arriving in Canada, it's been a different set of challenges for the Jarkas family: adjusting to Canadian life.

The food is very different.

School is different.

Language barriers exist, and the family is working very hard to learn English.



EXPRESS PHOTO BY EVAN MATTHEWS

The Jarkas family, left to right, Diyar (14), Ahmed (47), Zainab (43), Lilaf (8) and Diyar (10). The family is celebrating three years in Canada after leaving Syria as refugees. Missing from the photo are Jamil (20), Zozan (19) and Mohamad (17).

"I forgot my own language," says eight-year-old Lilaf, Zainab's daughter. "I want to speak English."

The fact her kids can learn at a school, her husband can work a job (at Vidir), and her family is safe, it means the world to Zainab.

"I'm very happy," she says.

That happiness is attributed to the Town of Arborg and its residents, but more specifically, to Trudy Dueck, who has spearheaded the efforts of settling Syrian refugees in Arborg.

The total number of Syrian refugees that now call Arborg home is up to 21.

Dueck estimates the total number of fundraising dollars for support has totalled \$150,000.

"We wanted to do it because there was a need," says Dueck.

"We talked about this for a long time. ... Once Trudeau came in (to power), it was kind of the push we needed to begin pursuing it," she says, adding at the first meeting 54 people showed up.

There was overwhelming community support, according to Dueck.

Fundraising has been done in a number of ways, according to Dueck, such as an auction, or a large Syrian supper, where the refugee families cooked for the community. Community members paid \$40 per ticket to eat a traditional Middle Eastern cuisine.

The community raised over \$20,000 the night of the Syrian supper.

And while the fundraising helps to settle the families, the ultimate goal is to have them adjust to Canadian living, and become self-sufficient.

The first Syrian family was partly sponsored by government, but since then the community has been the main support until the families can stand up on their own.

If Arborg brings in more Syrian refugees, it is a matter of how quickly the current families being supported can become self-sufficient.

Because of the high number of refugees settling in Arborg, Dueck says that Red River College has chosen Arborg as the location of its language-training centre.

# Ashern RCMP investigate multiple break and enters

By Evan Matthews

Ashern RCMP are asking for the public's assistance after a series of break and enters, and thefts in the town of Ashern.

Between Jan. 2 and April 2, there have been 23 break and enters to a variety of businesses in the area including a medical clinic, law office, arena and school.

"There is a belief the suspect(s) are from the area," said RCMP media re-

lations officer Cpl. Julie Courchaine.

"We believe the suspect(s) are doing commercial break-ins as they know that during the night, the downtown area is deserted, which means less possibility of getting caught, or someone seeing them."

The break-ins are occurring during the early morning hours, and in almost all cases, the suspects are gaining entry by breaking a window.

The suspects are taking mostly cash or small items from the businesses.

"If you see something, say something. Report any suspicious activity to police. For store owners, secure your doors and windows, keep outdoor lights on, and consider installing an alarm or video surveillance," says Sgt. Richard Marshall of Lunder RCMP.

"We want to remind everyone in the

area to be alert and vigilant."

Ashern RCMP is asking for the public's assistance, as Cpl. Courchaine says law enforcement is currently reviewing video.

Anyone with information is asked to contact Ashern RCMP at 204-768-2311 or call Crime Stoppers anonymously at 1-800-222-8477, or submit a secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com).



# Sensory pathway encourages students to remain active

By Ty Dilello

Riverton Early Middle School has been doing its part in getting students to stay active while in the hallways with the introduction of their sensory pathway.

Riverton joins schools across Canada that have adopted a sensory path to stimulate the students' minds to get them doing different things to stay active.

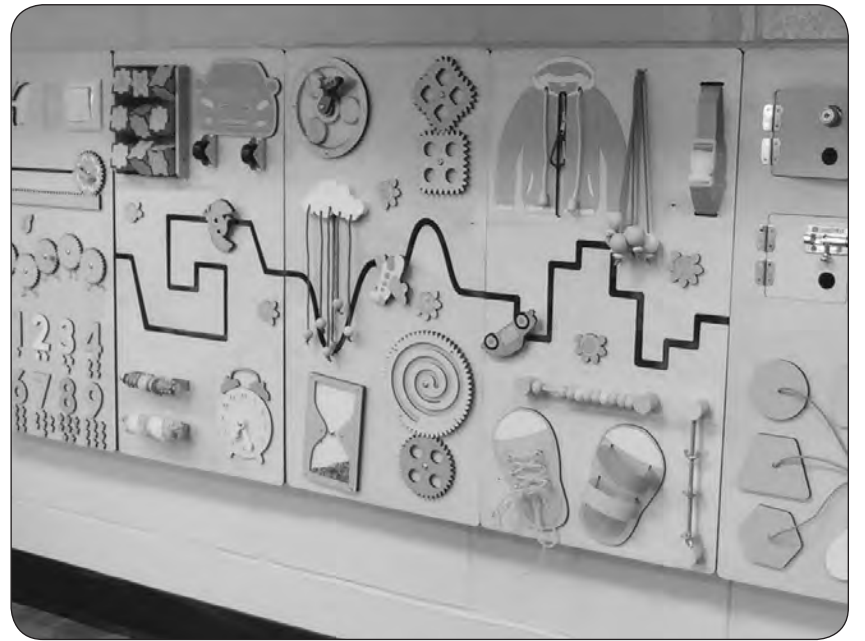
"There are many different types of sensory pathways on social media lately. As a school team, we meet regularly and discuss ideas for helping our students," said Katherine Zahariuk, a resource teacher at Riverton Early Middle School.

"When seeing sensory pathways in action, we had so many students come to mind whom would benefit from it. After showing our principal, Paul Bailey, a few of the sensory pathways, he was onboard 100 per cent."

With students utilizing the sensory paths, it can help prevent various behavioural issues that could happen with kids that can't regulate themselves to sit in class.

"For students with sensory processing difficulties, a classroom is a difficult place to navigate. The student's brain is trying to process several different things at once: the temperature of the room, what the child next to them is doing, smells, what the teacher is saying, what the child next to them is saying, the kid sharpening their pencil, the sound of someone's shoes in the hallway," says Zahariuk.

"For most kids, they tune out what is going on around them, but for others, they are the opposite; they are tuning in. The result is a student who is tense, maybe agitated, maybe talking louder, squirming in their seat, walking around the classroom. Kids with sensory processing difficulties can't turn off their brain and tune out. They instead need to give their brain a break because it is so overloaded and needs to be cleared."



EXPRESS PHOTOS SUBMITTED

Riverton Early Middle School students now have a sensory pathway installed at their school to help stimulate their brain and learning.

There are plenty of benefits for the sensory pathway that aren't just academic. With students working on these various types of exercises every day, it makes them more active and that's always a good sign because of all the health benefits that go along with being active from a young age.

"The sensory pathway has students complete movements that are meant to allow the body and brain to refocus. Kids are meant to move. Research shows that students benefit from regular short breaks throughout the school day. Movement increases blood and oxygen flow, which positively affects cognitive development and mental well-being. Even as adults, we need short little breaks. A quick break can help us be more productive the same is true for children."

Since introducing the sensory pathway at Riverton Early Middle School last week, it has been a big success with the students since kids from all ages have been trying it out and are excited for the future expansion of the sensory path to go all the way around the school.

"The excitement about the pathway from the kids is amazing. As I was laying the pathway down in the hallway, kids were automatically using it without even thinking. As sections went down, kids would be asking what is coming next. They wanted to know if it can stretch the entire hallway. The novelty will wear off and ultimately the kids who need the pathway will continue to use it and those who don't won't. Right now, it is fantastic to see all kids excited to use it."

## Friends and family encouraged to talk about health care values in advance

Submitted

April 16 is Advanced Care Planning Day – a day to remind everyone to discuss your wishes and values with your family and support system so, in the event of a health care situation where you cannot speak for yourself, your family will be able to reflect your values, what is meaningful in your life and how you would like decisions to be made, back to health care providers.

"It is very common for us to assume people know what we're thinking and what your preferences would be if they have to make health care decisions on your behalf," says Sandra Milotte, palliative care volunteer coordinator and community liaison, "But the best way to ensure your family and people who are your supports system know your wishes is to actually have the conversation."

Visit [www.ierha.ca](http://www.ierha.ca) and click "Care in your community" and then "Addition-

al services in communities" and "End of Life Care" for free, easy to use resources and workbooks that will help with your advanced care planning.

Milotte encourages people to ask the question 'Do my loved ones know about my wishes?'

"Until you talk to them, how will they know? Fortunately, there's an easy way to close this space: have a conversation," Milotte says. "Remember, it may take a few attempts before the conversation really gets going. Don't feel like you have to have the entire conversation at once. There are many ways to get the conversation started."

Here are some tips to help start talking about advanced care preferences. Be straight forward: "I have just filled out a workbook about my wishes for future health care and I want to share it with you."

"My health is good right now, but I want to talk to you about what I'd want if I was sick and needed you to

make decisions for me."

Blame someone else: "My doctor wants me to think about my wishes for future care. Will you help me?"

Find an example from the news: "That story about the family fighting about their mom's care made me realize that we should talk about these things so the same thing doesn't happen to our family."

Talk to those around you. Talk to your health care providers. Most importantly, talk to your substitute decision maker(s), the people who would make health care decisions in case you cannot speak for yourself; they need to know about your values, what is meaningful in your life, and how you would like decisions to be made.

Interlake-Eastern RHA's palliative care team is available to deliver community presentations to groups on advance care planning. To arrange for a presentation, please contact Sandra Milotte at 1-855-494-7369.

**THE Flicks CINEMA**

319 First Street E., Stonewall, MB

**SHOWTIMES:**

Please check individual listings  
Due to various picture lengths showtimes vary

**204-467-8401**

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE  
Cash only

---

FRI-THURS APRIL 12 - 18  
CLOSED TUESDAY

**SHAZAM!** at 8:00 pm Each Night

Coarse Language; Violence **PG**

---

FRI-THURS APRIL 19 - 25  
CLOSED TUESDAY

**CAPTAIN MARVEL** at 8:00 pm Each Night

Coarse Language; Violence **PG**



THE EXPRESS  
WEEKLY NEWSPUBLISHER  
Lana MeierSALES  
Brett MitchellSPORTS EDITOR  
Brian BowmanSALES  
Branden MeierREPORTER/PHOTOGRAPHER  
Evan MatthewsADMINISTRATION  
Corrie SargentREPORTER/PHOTOGRAPHER  
Ty DilelloADMINISTRATION  
Jo-Anne ProcterPRODUCTION  
Debbie StraussDISTRIBUTION  
Christy BrownPRODUCTION  
Nicole KapustaADMINISTRATION  
Allana SawatzkySALES  
Stephanie Oland DuncanPRINT  
Dan Anderson

OUR SISTER PUBLICATIONS

Stonewall Teulon  
**Tribune**  
**Selkirk Record**  
The Winkler • Morden  
**Voice**

# getheard

NEWS &gt; VIEWS &gt; GIMLI &gt; ARBORG &gt; HIGHWAY 6 &gt; SURROUNDING AREAS

&gt; Got news?

Call Evan Matthews at 204-990-9871  
evan@expressweeklynews.ca

## Carbon tax a missed opportunity for a green country

By Evan Matthews

The federal government has implemented its carbon tax in many places across the country.

While few think it's a move in the right direction toward a greener future, many are upset about paying more at the pump.

Whether you're for or against the tax, questions remain about the tax and where the funds will be used.

The carbon tax, according to the federal government, is a levy applied to fossil fuels and is calculated based on how much carbon dioxide the fossil fuel releases when burned.

At the pump, this translates to roughly an extra four and a half cents per litre (in tax) on gasoline purchased.

Media reports suggest Ottawa has committed that any province compli-

ant with the federal carbon price system will get the revenues to use at its discretion.

Reports have also said Ottawa will return 90 per cent of funds collected from carbon tax to Canadians.

So, then, why make us pay it in the first place? It still isn't clear.

Whether or not you believe in the tax, it's a reality.

But another reality is that without investment into green technologies and initiatives, the status quo will remain.

Our society will not see fewer cars on the road based on an extra four and a half cents per litre in tax.

The government had an opportunity to implement a tax that could have provided our population with tangible benefits by investing into green technologies and initiatives.

Solar, wind and hydro are obvious alternatives to look at.

If we see the carbon tax most commonly at gas stations, why didn't the government look at ways to make driving green vehicles more accessible?

Could the government have taken some of those tax dollars and installed electric charging stations along major highway routes?

It's just one example of something different the government could have done with those tax dollars to benefit Canadians.

But instead, this tax will be the same as every other and go directly back into government coffers — leaving Canadians with nothing to show for what could have been great concept.

There isn't any denying another botched policy by the feds.

## letters to the editor

Letters to the Editor:  
letters@expressweeklynews.ca

### Earth Day is April 22

Let us open our eyes to the gifts the Creator has blessed us with and give our thanks and gratitude for the abundance of his generosity.

The crisis of clinging to the lie. We can no longer take nature for granted. We can no longer continue to exploit our finite resources as we see fit, to fulfill the gluttonous greed of economic development and dump our waste into the environment. The consequences are far too grim.

In so many situations, we are so ignorant of the biological and physical world, yet we cling to the belief that we know what we're doing.

The truth is ... we have no idea. Ev-

erybody chases short-term wealth, even at the cost of destroying their long-term future in the process.

We must begin to live, grow and prosper as a partner with nature.

We have to keep reminding ourselves that the Sacred Balance with Mother Earth is vital to our very existence. And we must continue to do our part to secure the lives and promise to those yet unborn.

With the compliments of our government, federal and provincial environmental assessment laws, originally put in place to protect our waters and environment, have been gutted and stripped so as not to hinder the progress of industry.

These are the workings and influ-

ence of "corporate-first politics."

And any protection that still exists does not receive enforcement to ensure its well-being.

Is it any wonder that our planet is in trouble?

Indeed, man is a complex being. He makes deserts bloom — and lakes die.

I will mention two critical situations in Canada. The first is Lake Winnipeg.

Eutrophication (excessive nutrients) has put the world's 10th biggest lake on "death's doorstep." David Schindler, one of the world's top water authorities, says it is in worse

Continued on page 7

### ADVERTISING OR PRINT CONTACT INFORMATION

Branden Meier 204-641-4104  
ads@expressweeklynews.ca

Stephanie Duncan 204-461-4771  
ads@stonewallteulontribune.ca

PHONE 204-467-5836

> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca  
Classifieds: classifieds@expressweeklynews.ca  
News: news@expressweeklynews.ca  
Print: igraphic@mymts.net

### OUR EDITORIAL STAFF

Brian Bowman Sports Reporter  
sports@expressweeklynews.ca

Evan Matthews - Reporter/photographer  
204-990-9871 Email: evan@expressweeklynews.ca

Ty Dilello - Reporter/photographer  
204-250-6322 tydilello20@gmail.com

### ADDRESS

74 Patterson Drive, Stonewall Industrial Park  
Box 39, Stonewall, MB R0C 2Z0

### PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. — Keep your dollars working at home and shop local. Our commitment to you, the reader — we connect people through stories to build stronger communities.

Advertising Deadline: Monday 4:00 pm  
prior to Thursday Publication  
View the Express Weekly News online at  
www.expressweeklynews.ca





# getinformed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

## > LETTERS, FROM PG. 6

shape than the notorious Lake Erie pollution, and ecologist Eva Pip, formerly of the University of Winnipeg, believes it may be too late to recover.

And we all know, perfectly well, the lake is not polluting itself.

The second is the Alberta Oil Tar Sands. Here the land is being relentlessly stripped away on literally thousands upon thousands of square miles in a massive operation of retrieving bitumen. Bitumen is a black oily, viscous mixture of hydrocarbons, also known as asphalt. It is processed to make oil.

And with over 54,000 square miles of known underlies, it is not difficult to envision the devastation that this area already has and will continue to suffer.

And as stated by Bishop Luc Bouchard, "This short-sighted development of oil sands can't be morally justified."

"Industry in the tar sands uses as much water every year as a city of two million people. Ninety per cent of this water ends up in the world's largest impoundments of toxic waste: the tailings ponds. Industrial waste monitoring on the Athabasca River is a fraud. Canada has no national water policy and one of the worst records of pollution enforcement of any industrial nation," re: Tar Sands, Dirty Oil and the Future of a Continent by Andrew Nikiforuk.

Is it any wonder that this ravaging, pollution, waste and degradation deserves the title of a "man made Holocaust"?

"Our present 'leaders' — the people of wealth and power — do not know what it means to take a place seriously: to think it worthy, for its own sake, of love and study and careful work. They cannot take any place seriously because they must be ready at any moment, by the terms of power

and wealth in the modern world, to destroy any place," re: Wendall Berry.

Noah looked up and said "You mean you're not going to destroy the earth, again?"

"No," said the Lord, "the governments are doing it for me."

- John Fefchak  
Viriden

## Gimli Harbour Authority responds to harbour entrance closing

The Gimli Harbour Authority (GHA) is writing to respond to comments and questions raised in a letter to the editor by Norman Valgardson published in the April 4, 2019, edition of the *Express Weekly News* titled "Closing the harbour entrance is not an April Fool's Joke."

The GHA has the jurisdiction over and responsibility for controlling all vehicle traffic on the federal harbour property (which corrects a comment in a previous letter to the editor by Valgardson in the Jan. 10, 2019, edition of the *Express*. When GHA discussions about the winter road began in the fall of 2018, questions were raised about who would build and maintain the road, monitor its condition, and be responsible in the event that harbour property is damaged. The mandate of the GHA is to maintain and safeguard all federal assets on the federal harbour property as well as manage the harbour to support the commercial fishing industry.

The GHA is also tasked with ensuring the safety of harbour users. In addition to the questions about the road, the GHA was considering how the road would impact the three winter activities being planned by community organizations in the harbour. How would the road impact the safety

of participants and the spaces needed by these groups to conduct their activities?

The GHA also knew that the RM of Gimli was planning to build a winter access road one block north of the harbour at Goldfield Drive and possibly another location in the south end of town. So the GHA decided that a road in the harbour would not be necessary for recreational fishers and others to access the lake.

In February when the safety of the winter road at Goldfield Drive was compromised by runoff from a water main break, the RM contacted the GHA to see if a temporary access through the harbour could be constructed. The GHA agreed to help on the understanding that it should be closed again when the Goldfield location could be reopened. The RM agreed and took on the responsibility for the road's construction, maintenance, signage and risk.

Then in March, as temperatures climbed, the condition and safety of the road were adversely affected. The Goldfield location had been reopened so the RM decided to close the access in the harbour.

The GHA questions allegations that the absence of a winter road in the harbour impacted tourism and the opportunity for recreational fishers and others to access the lake. The RM of Gimli's winter road is only a block away from the harbour and several other points of access are located around town where snowmobiles and other winter vehicles access the lake.

Unfortunately, two of the events being planned in the harbour this winter were differed by the organizers, but the GHA looks forward to working with these groups next year to help facilitate their events. The GHA will continue to work with the RM of Gimli and community organizations to promote tourism and facilitate the use of the harbour.

Residents and visitors are welcome to walk the harbour property at their own risk throughout the winter, even though the harbour is closed. Warning signs have been posted because there is no staff on duty to maintain pathways and collect garbage.

The GHA encourages anyone with questions or concerns about the Gimli Harbour to contact the Harbour Masters at 204-642-2374 or any of the directors of the GHA board listed on the GHA website at [gimliharbour.ca](http://gimliharbour.ca).

- Baldi Johannesson  
Gimli Harbour Authority  
Board Chair

## Proposed pipeline to transfer hog manure concerns Gimli taxpayer

Dear Premier Pallister,

It is neglectful of you to allow Manitoba's hog producers to continue disposing of their liquid animal sewage without appropriate treatment. It's raw sewage!

It contains a host of diseases and parasites. And even a bigger problem for your Agriculture Minister to consider, even suggesting the building of a pipeline, to carry millions of gallons of hog manure to other parts of Manitoba. The proposed pipeline to transfer the hog slurry problem to other parts of the province at the tax payers expense. The estimated pipeline cost is \$42 million! <https://www.producer.com/2019/01/man-ag-minister-proposes-manure-pipeline/>

Not a good idea, from all those who will stop at nothing to rectify their problem, of getting rid of their slurry manure, which is recognized as a known polluter worldwide!

- Peter Marykuca  
Gimli

# Alcohol addiction medication added to provincial drug coverage

Submitted by Manitoba government

Showing its continuing commitment to implementing recommendations made in the Virgo report on mental health and addictions, the Manitoba government has made it easier to access two drugs used to fight alcohol addiction, Health, Seniors and Active Living Minister Cameron Friesen announced Thursday.

"Alcohol is a leading cause of injury

and death in Canada, including those resulting from impaired driving and from illnesses with known links to alcohol, such as certain types of cancer," said Friesen. "Changes we have made to the drug formulary will enhance access to anti-craving medications by allowing Manitobans to have prescriptions filled at any pharmacy without waiting for authorization or approvals."

Effective immediately, Naltrexone and Acamprosate will be moved from a Part 3 exception drug status (EDS) benefit to a Part 1 "open benefit" listing on the Manitoba drug formulary. This means that a physician prescribing the drug for a patient no longer has to receive prior approval from the Manitoba Pharmacare Program before doing so. Patients eligible for Manitoba pharmacare or drug plans

offered by Manitoba Families can then immediately take the prescription to a pharmacy and have the costs covered.

The move was recommended in the Virgo report as a means to making it easier for people misusing alcohol to access treatment.

"Improving access to medications

Continued on page 8

# getfishing

RED RIVER &gt; CHALET BEACH &gt; LAKE WINNIPEG &gt; NORRIS LAKE

&gt; Fish tales?

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

## Have you ever caught a mink eating a pickerel?

Hi folks.

Somewhere in the middle of our winter that has just passed, I was roaming around in Old Red on the Lake Winnipeg ice south of Victoria Beach when I came upon a solitary chap sitting on a folding chair by himself, slowly jigging a short rod with its line in the water of an ice hole. He was well dressed in high-quality winter clothing and seemed quite at home in his surroundings. I pulled up beside his sleigh that held his fishing gear and ice auger and slid out of my truck. Standing in snow up to the top of my boots we regarded each other. Then smiling as I looked out over the still vast flat white ice pack, I broke the silence, saying in a low voice, "Isn't it beautiful out here?"

He echoed my sentiment, replying in a rapid low monotone, "I like being out in the middle of nowhere. It was one of the reasons I was happy in the military until I retired."

I shot a now-interested look his way, seeing his clinched surveying eyes, weathered face with a hint of grey whiskers and agility that defied his age. I dug out my card and handed it to him. He looked at it and then extended his hand to shake mine, saying, "Ed Moore here. I live close by and my guess is that you're wanting a fishing story."

I smiled and agreed.

"Well, I remember a time years ago I was one of a four-man military crew

sent up to No Name Lake in Labrador for a week's survival exercise. They flew us in and dropped us on the lake ice. We made camp then drilled some ice holes to catch fish, which would supplement our food rations. It was overcast and not really cold so we relaxed a bit, eating the rations we had brought in," he said.

"The fishing wasn't good. On day four of our five-day exercise, we were running out food and then the fog rolled in. A pickup was out of the question until the weather cleared. We always came with 'hard rations,' which comprised of old canned salted beef. It got us through because other than the odd fish and a little wildlife, our canned beef lasted until the plane came three days later when the weather cleared."

On the Red River upstream of Selkirk sometime in February, I came across a lanky grey-bearded guy with thick glasses leaning up against the box of his truck, yelling back at his friends in their portable ice shack. Old nosey me couldn't help stopping to find out what was going on.

"You OK?" I called out from the turned-down window of my truck.

"Hi Arnie." The chap, who I now recognized as Dave Turnaya from West St. Paul, waved at me. "There are too many guys in that shack to suit me," Dave declared in his slow, methodical way. I laughed as I left my truck and pulled out my recorder.

He looked at it and said, "I can't think of a fishing story for you right now but I've been fishing this river and Lake Winnipeg's south basin just north of the mouth of the river. The catfish there, as well as other fish, have frogs in their stomachs."

I looked at him. "What does that mean?"

"There's not much food for them," he responded.

After I left Dave, he sent us a picture of a nice walleye he caught.

Some time ago on a chilly, overcast, gusty afternoon, I was on the ice east of Winnipeg Beach and Matlock visiting and trading fishing stories with fellow anglers. Eventually I came across another chap. Like Ed Moore, he was sitting out in the open on a folding chair working a couple short rods, their lines in ice hole waters. I drove up to him slowly. As I got out of my truck, I pulled the hood of my parka up to break the wind. Dressed in a camouflaged jacket and a fur cap with ear flaps, our new rugged-faced friend didn't seem to be bothered by the icy weather at all.

"Any luck?" I asked.

In a surprisingly upbeat manner, he responded, "It's more fun up north."

He said he was Lenny Mulvaney and explained that he had been fishing with his dad and uncle on a pier by Grand Rapids one summer when his dad caught and strung up a pickerel. Soon his uncle caught one and when



EXPRESS PHOTO SUBMITTED

Dave Turnaya from West St. Paul with a nice pickerel he caught on the Red River.

he went to put it on the stringer, he saw the cord shaking in the water. Curious, he tried to pull it up but it was very heavy.

"There's something wrong," he shouted back at my dad.

"It's probably a jack eating my pickerel," dad answered.

Uncle pulled up. There was something eating his pickerel all right, but it wasn't a jack; it was a big mink! They tried to smack it away with a stick but it wouldn't let go, so they took put out another stringer farther down the pier and let the mink have his way! See you next week. Bye now.

## > ALCOHOL ADDICTION, FROM PG. 7

such as Naltrexone and Acamprosate is an important step in improving health outcomes for Manitobans through expanded and more readily accessible treatment. Importantly, steps such as this not only helps to decrease stigma associated with alcohol use disorder but also helps to support patients in their recovery," said Dr. Ginette Poulin, medical director, Addictions Foundation of Manitoba (AFM).

"We also expect to see a reduction in time needed to treat patients within our Rapid Access to Addictions Medicine (RAAM) clinics, where these two medications are used on a daily basis."

Poulin added the formulary change is also a step toward expanding use of these medications to treat patients in

different areas of the health-care system including primary, hospital and acute care settings.

Released last year, the Virgo report detailed a strategy to modernize mental health and addictions services that had become antiquated in Manitoba. A number of recommendations have already been implemented including the opening of RAAM clinics, the addition of mental health services via a partnership with Strongest Families Institute, and the issuing of a request for proposals (RFP) for flexible-length treatment beds that are suitable for patients who are withdrawing from methamphetamine use. The implementation of other recommendations detailed in the report will be

announced on an ongoing basis, the minister noted.

In addition to making it easier for people to access Naltrexone and Acamprosate, lower costs were negotiated for 68 generic drugs already on the formulary as part of the pan-Canadian Pharmaceutical Alliance (pCPA), which conducts joint governmental negotiations for brand name and generic drugs in Canada. The minister noted the pCPA allows governments to achieve greater value for publicly funded drug programs and patients by using their combined negotiating power.

"By reducing costs for drugs, we are increasing access to treatment options for patients, as well as consistent

and lower costs for our program," said Friesen.

The Manitoba Drug Benefits and Interchangeability Formulary lists therapeutically effective drugs of proven high quality that have been approved as eligible benefits under the pharmacare drug benefit program.

The Manitoba Pharmacare Program is based on family income and covers 100 per cent of eligible drug costs once the income-based deductible is reached, regardless of medical condition or age.

For more information on the Manitoba Pharmacare Program, visit [www.gov.mb.ca/health/pharmacare](http://www.gov.mb.ca/health/pharmacare).



# Anderson's Hitch 'N Post Ranch celebrates 35 years

By Jennifer McFee

For anyone who's ever enjoyed a meal at Anderson's Hitch 'N Post Ranch, it's probably a safe bet that they didn't leave hungry.

The unforgettable Grosse Isle venue has taken a bite out of the hospitality industry and earned a following for its home-style meals served up amid conversation-starting décor.

Kyle Anderson and his wife Louise are proud to celebrate the 35th anniversary of the family business this year.

"My dad Ed Anderson and stepmom Arlene Kaiser started the business back in 1984. She had worked in the hospitality industry back in the early '80s, and through conversations with industry peers, it sounded like Winnipeg was lacking an off-site Western-feel venue that specialized in home-style barbecued meals," Kyle explained.

"Having an acreage here, my dad said 'I have the perfect spot.' And here we are 35 years later."

In the early days, Anderson's Hitch 'N Post Ranch became a popular destination for bus tours coming up from the States.

"At that time, we were small. We could only accommodate about 100 people or less. We did a lot of small tours, weddings, company parties and conventions. It was brand new, so people were very interested in it," recalled Kyle, who took over the business 17 years ago after his dad retired.

"It gave people a chance to leave the hustle and bustle of city life and see how peaceful it is out here in the country."

Soon after, a partnership with Prairie Dog Central Railway proved to be mutually beneficial for both businesses.

"We partnered up and offered a train ride to come out here for conventions. We got riders who would hold up the train and throw people in our jail, so it was quite a memorable moment for many people," he said.

"They were enjoying a beautiful train ride in the country prairies and then they looked outside the window to see a masked bandit holding up the train. That was really unique and popular."

Following two expansions in the '80s and early '90s, the venue can now accommodate about 600 people. On a couple occasions, they even set up a tent and hosted events for more than 1,000 guests.

Today, the venue is often busy with weddings, conventions, family reunions, team-building events, staff retreats and much more. Over the years,

they've welcomed a long list of entertainers and distinguished guests, including two Canadian prime ministers.

"We're known for our food. That's one of our biggest attributes. A lot of other venues don't do on-site catering, whereas we do. It's home-style cooked food, barbecued food, comfort food — and we serve lots of it. We encourage people to come for seconds or thirds. We don't want someone to leave our place and have to go eat on the way home because they didn't get enough food," Kyle said.

"Our specialty is probably our homemade baked beans and our apple crisp. Our beans are known throughout the world because we've done so many international conventions. They repeat every 10 or 12 years, and people will still remember eating our beans. They are famous — and they are a family secret."

The décor also keeps people talking, while simultaneously serving as an eye-catching backdrop for photos.

"We really have a love for antiques, and so did Eddie and Arlene," Louise said.

"It's cool to pass along that tradition of preserving parts of Manitoba history on our wall. To this day, people still love to walk around and look at everything. No one's ever bored when they come out here."

After investing their heart and soul in the business, Ed and Arlene are still familiar faces at Anderson's Hitch 'N Post Ranch.

"We're very lucky to have their support. They're our biggest advocates," Louise said.

"We also have a lot of nieces and nephews who help out. It's like a right of passage."

The local business continues to forge made-in-Manitoba partnerships with companies such as Farmery Estate Brewery and Lumberjax Axe Throwing.

"We can now offer axe throwing for weddings or conventions. That's something new we're doing this year, and it's quite a lot of fun," Kyle said.

"While the bride and groom are doing their pictures, the guests can throw axes and have a great time."

They're also gearing up for a sold-out Carnivore Night event on April 26, in partnership with Tailgaters BBQ Pit out Stony Mountain. Based on the overwhelmingly positive response, this meaty event will likely be the first of many.

While reflecting on the past three and a half decades, Kyle and Louise are looking forward to hosting a 35th anniversary party.



EXPRESS PHOTO BY JO-ANNE PROCTER

Anderson's Hitch 'N Post Ranch is celebrating 35 years in business. Pictured left to right: founders Ed Anderson and Arlene Kaiser and current owners Louise and Kyle Anderson.

"It's still in the planning stages," Kyle Instagram.

said. "We're really excited to start off our 35th season."

For more information about Anderson's Hitch 'N Post Ranch, visit [www.the-hitchnpost.com](http://www.the-hitchnpost.com). Updates are also posted on Facebook, Twitter and

From traditional to contemporary, we provide services to match what you want. **Just ask Ken.**

*kl*  
KEN LOEHMER  
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit [www.klfuneralservices.ca](http://www.klfuneralservices.ca)

## Share your views.

Manitoba Public Insurance welcomes your input on our current method of applying the Driver Safety Rating (DSR) in pricing insurance coverage and on potential alternatives.

Complete the survey at: [mpi.mb.ca](http://mpi.mb.ca)



# MPI to fund initiative aimed at distracted drivers

Police enforcement program to be in place  
April, July and October

## Submitted by MPI

Manitoba Public Insurance is once again funding a highly successful road safety initiative aimed at drivers who continue to illegally use hand-held electronic devices while driving.

Manitoba's public auto insurer is providing funding to support enhanced police enforcement programs for the months of April, July and October. Participating police agencies this year will be Winnipeg, Brandon, Winkler, Morden and RCMP.

"On average, one in three road deaths and thousands of collisions are attributed to distracted driving annually," said Satvir Jatana, vice-president responsible for communications,

Manitoba Public Insurance.

"These dedicated projects are highly successful, resulting in nearly 13,000 offence notices issued over the last six years. Changing driver behaviour can be achieved by the combination of education, awareness and law enforcement."

## Distracted Driving Research

A driver is four times more likely to be in a crash if they talk on their phone while driving. Texting while driving makes a driver six times more likely to be in a crash, according to research focused on distracted driving.

Using a cellphone reduces the type of brain activity needed for driving by as much as 37 per cent. Other ac-



EXPRESS FILE PHOTO

MPI is funding a road safety initiative aimed at drivers who continue to illegally use hand-held electronic devices while driving.

tivities identified as distracted driving are: reading or writing while driving, reaching for an object, an extended glance at an outside object, browsing/scrolling on a cell phone, operating other in-vehicle controls or devices, interacting with passengers (particularly for teen drivers-passengers), and eating and drinking.

## Stiff penalties

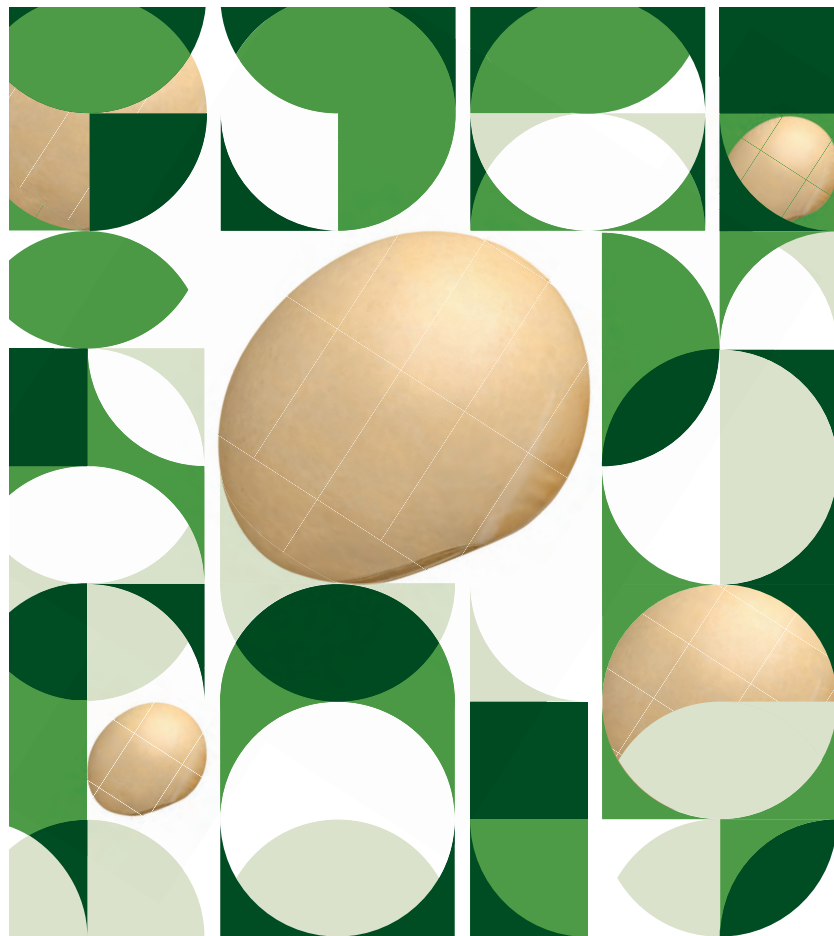
Drivers caught using a hand-operated electronic device while driving will receive an automatic three-day driver licence suspension and \$672 fine. Upon conviction, the driver will also move down five levels on their driver

safety rating.

A second offence within a 10-year period results in an automatic seven-day driver licence suspension and \$672 fine. Conviction will also result in five demerits.

## Distracted driving collisions rising

Distracted driving collisions in the province increased from 2,415 in 2011 to 15,000 in 2017, according to Manitoba Public Insurance data. The direct insurance costs associated with distracted driving have been estimated at least \$70 million per year, a figure that ultimately affects the insurance premiums that all vehicle owners pay.



## A WHOLE NEW TAKE ON SOYBEANS

With brand new varieties that redefine short season soybean performance, you'll be creating your own soybean masterpiece before you know it. So when you're selecting your soybean variety – go with Proven® Seed. No matter how you look at it, there's a Proven Seed soybean that fits your farm.

NUTRIEN AG SOLUTIONS  
ARBORG, MB  
204.376.5990

NUTRIEN AG SOLUTIONS  
FISHER BRANCH, MB  
204.372.6600



**Proven**  
SEED

**Nutrien**  
Ag Solutions™

Proven® Seed is a registered trademark of Nutrien Ag Solutions (Canada) Inc. Nutrien Ag Solutions™ and Design is a trademark of Nutrien Ag Solutions, Inc. 08/18-0120-3

## The Noventis Credit Union AGM

Notice to  
all members  
of Noventis  
Credit Union

**Tuesday, April 23, 7pm**  
Breezy Bend Country Club  
7620 Roblin Blvd, Headingley, MB

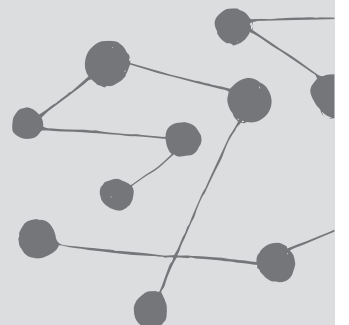
An amendment of the  
By-Laws of the Credit Union  
will be considered at this meeting.

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

*Dated this 1st day of April, 2019*  
NOVENTIS CREDIT UNION LIMITED  
By Order of the Board of Directors

**noventis.ca**

**Noventis**  
CREDIT UNION





# Interlake Relay for Life returning to Winnipeg Beach

## Pancake breakfast fundraiser May 4

By Ty Dilello

The 2019 Interlake Relay For Life will be taking place on Saturday, June 15 at the Winnipeg Beach Bandstand while organizers are kicking off the event with a pancake breakfast on Saturday, May 4.

Breakfast will be served at the Gimli Legion from 8 to 11 a.m.

For 20 years, Relay For Life has been the Canadian Cancer Society's signature fundraising event. The relay consists of participants walking around a designated track, and one member from each team is supposed to be on the track at all times, as a way to symbolize how we're all affected by cancer. With nearly one in two Canadians expected to be diagnosed with cancer in their lifetime, everyone knows someone whose life has been changed by this terrible disease.

Last year's Interlake Relay for Life brought the members from the Interlake together and raised a very impressive \$38,000, a number that is looking to be replicated if not surpassed at this year's event.

Bill Martin is a 12-year prostate can-

cer survivor and has been involved with the Interlake Relay for the past seven years. During that time, he's volunteered in several capacities including flipping pancakes, Survivor's chair, committee member, media relations and miscellaneous tasks as assigned.

"Relay For Life has been a very good experience for me. As a survivor, I have felt deeply and profoundly supported by our community," says Martin. "As a fundraiser, I have been honoured to ask for financial support. I have used the peer support programs offered from the Canadian Cancer Society national office and I have served as a peer support volunteer for about a decade. I am proud to be a part of the Canadian Cancer Society. The association provides great support and it is always striving to gather the most support possible to improve the cancer experience of people like me."

The Relay For Life is a wonderful opportunity for everyone in the Interlake community to help people who have cancer live their lives fully, to support the most promising research

in Canada, to stop cancer before it begins and to ensure that no one has to face cancer alone.

"We have five teams registered so far and we are expecting several more," says Martin. "We would welcome volunteers and have a number of jobs that people could do, now and also on the day of the event. We are hoping that as many survivors as possible will learn come out to be honoured and cherished on relay day."

Whether you are cheering on survivors, walking the track, joining in exciting track side activities, enjoying the Biivvers Band, Relay For Life is an unforgettable event and one you should definitely circle on the calendar.

Please consider participating by volunteering, creating a team, joining a

team, buying a luminary or making a donation. For more information, visit [relayforlife.ca](http://relayforlife.ca) or contact chairperson Betty Loewen at 204-389-5835 or [betloe@mts.net](mailto:betloe@mts.net).

"RELAY FOR LIFE HAS BEEN A VERY GOOD EXPERIENCE FOR ME. AS A SURVIVOR, I HAVE FELT DEEPLY AND PROFOUNDLY SUPPORTED BY OUR COMMUNITY," SAYS MARTIN. "

### Free Customer Appreciation BBQ on Monday, April 15

At the Interlake Co-op In Eriksdale at the Cardlock on Hwy 6  
11am-2pm Door prizes to be won

CFRY 920am will broadcast live at the Eriksdale location to collect entries from 10am-2pm for a chance to win the "reel" country Fishing Trip that includes a four day, fly-in fishing trip for six people at Sasa-Ginni-Gak Lodge, with accommodations in an Executive Cabin. To be booked between July-August 2019. The Fishing Trip is valued at over \$10,000, and there's only one way to win!



## SAVE NOW

**REBATES ON SELECT ENERGY STAR® CERTIFIED LIGHTING PRODUCTS**

ENERGY STAR CERTIFIED INTEGRATED LED FIXTURES \$5 OFF

ENERGY STAR CERTIFIED LED BULBS UP TO 40% OFF

LIGHTING CONTROLS \$5 OFF

**EFFICIENCY MANITOBA**

At participating retailers until April 30.

[efficiencyMB.ca](http://efficiencyMB.ca)  
Available in accessible formats upon request.

Participating retailers include: Home Depot, RONA, McMunn & Yates Building Supplies, Costco Wholesale, Canadian Lumber Timber Mart, Robinson Lighting, WM. DYCK & SONS, CO-OP, GRUNTHAL LUMBER, and Canadian Tire.



# Annual dinner theatre brings community together

By Teresa Carey

The Arborg & District Heritage Village held its annual dinner theatre at the Arborg Hall on April 6.

This well-loved event played to a crowd of 380 guests this year. The \$40 ticket fee included a buffet dinner and cash bar, a locally produced play, live musical entertainment and dancing by Country Pride, as well as prizes galore.

The actors involved in the live theatre production played double duty, first helping to seat guests at their tables and later returning to the floor to sell TV raffle tickets and mingle.

The master of ceremonies this year was Jeremy Wachal. His first order of business was to announce that the Town of Arborg has been selected as one of seven communities that could win the Dauphin Country Fest-sponsored "Our Birthday Your Party" contest. He urged everyone to cast their votes online at [www.ourbirthdayyourparty.ca](http://www.ourbirthdayyourparty.ca), from April 8 to 12 for a chance to have Charlie Major and George Canyon put on a show at the Arborg Hall.

Among the guests in attendance were Interlake riding MLA Derek Johnson and Selkirk-Interlake-Eastman MP James Bezan, along with their spouses; Bifrost-Riverton Reeve Brian Johnson; and Arborg mayor Peter Duek, who spoke about the value of museums to a community and then said the grace before dinner.

Heritage Village board members Pat Eyolfson and Barb Wachal later took the mike, thanking guests and everyone involved in putting the event together for their support. Eyolfson talked briefly about the history of the Arborg & District Heritage Village.

This year's theatre production was written and directed by Jan Larkin, who is now in her eighth year with the dinner theatre. After taking on acting



Master of Ceremonies Jeremy Wachal, left, congratulates Norman Danielson of Winnipeg Beach, who won the 65-inch television.



Guests had their choice from a dazzling array of desserts.

roles for six years, she has stepped behind the curtain for the past two of them — serving as director and writer.

This year's play, entitled *Hey, Have You Heard...?*, was adapted from the *Friends* episode "Little One With the Rumor." Larkin set the 20-minute play in Arborg during Thanksgiving dinner to make it as local, and relatable, as possible.

The seven-member cast, all drawn from the community, included three new faces this year — Mike Stobert, playing the character of Chandler, Tammy Karatchuk playing Rachel, and Sam Airey playing Will, who was played by Brad Pitt in a star guest appearance in the original episode.



EXPRESS PHOTOS BY TERESA CAREY

Arborg & District Heritage Village held its annual dinner theatre at the Arborg Hall on April 6. This year's play, called *Hey, Have You Heard...?*, was based on the *Friends* episode "Little One With the Rumor." The seven-member cast was drawn from the Arborg area. Jan Larkin wrote and directed the 20-minute play.



Guests danced to the old-time country music performed by Country Pride after the dinner and theatre.

Veteran actors included Katie Jones as Monica, Alanna Jacobson as Phoebe, Adam Orbanski as Ross and Odinn Simundsson as Joey.

In the past, the dinner theatre did take-offs from popular sitcoms like *The Beverly Hillbillies* and *The Golden Girls*. This is the dinner theatre's second time performing *Friends*.

After dinner and the show, guests played games and won prizes. In addition to the silent auction and rainbow auctions, everyone had an opportunity to win the door prize of \$2,500. The lucky winner of that draw was Erica Timchishen of Arborg.

A raffle for a 65-inch television followed. Ten preliminary winners were

called up and each chose a key for their chance at unlocking the prize. Husband and wife team Lawrence and Carole Johannson seemed to have the advantage since their tickets, numbers 8484 and 8485, were both called. Too bad for them that Norman Danielson of Winnipeg Beach had picked the key that would unlock the big prize. The first thing that he planned to watch on it is the NHL playoffs, he said.

A group game of Heads and Tails was also played during the evening. Abby Howardson of Arborg was the last one standing. She won a \$100 Interlake Co-op gift card.

**GIMLI BARVINOK DANCE**

## Spring Concert

**Ukrainian Dance**  
**SATURDAY, APRIL 27, 2019**  
**Gimli High School**  
**7:00 pm**  
 Doors Open at 6pm

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

Stonewall Teulon

# Tribune

THE EXPRESS  
WEEKLY NEWS

## Office will be closed Good Friday, April 19



# Arborg Personal Care Home volunteers thanked for uplifting work

By Evan Matthews

Volunteerism is the key to keeping things going, according to the Interlake-Eastern Regional Health Authority, so it's taking the time to say thanks.

As an annual tradition, the IERHA holds a volunteer appreciation tea to thank its volunteers, whom the organization could not operate without.

"Volunteers are a huge part of our community of service and care for our residents," says Dorothy Forbes, vice-president of finance and chief financial officer, IERHA.

"A lot of the service we provide, we just wouldn't be able to if not for the help of our volunteers, and we can never have too many volunteers."

On April 4, the IERHA hosted its volunteer appreciation tea at the Arborg Personal Care Home, though the organization is putting on similar events all over the region throughout the month of April.

The event consisted of a couple of thank you speeches from the IERHA board, and then all volunteers re-

ceived a token of appreciation — this year a candle — while being served lunch and dessert.

Volunteers play a critical role in the IERHA's palliative care programs, visiting with residents and patients, and seniors programs, according to Forbes.

There are a total of 10 hospitals and 17 personal care homes in the region, she says.

One of the most consistent volunteer organizations in Arborg and District Ladies Health Auxiliary, according to the organization's secretary, Vangie Bardarson.

"There are sometimes things the (IERHA) needs and just can't get a hold of," says Bardarson.

"They tell us what they need, and we work to get it for them. ... It's nice to be recognized."

Recent purchases by Arborg and District Ladies Health Auxiliary between 2016 and 2019 include a blanket warmer for the personal care home, an X-ray blanket, 16 new mattresses for the hospital, and an end-of-life



EXPRESS PHOTO BY EVAN MATTHEWS

National volunteer week runs from April 7 to 13 and this year's theme is The Volunteer Factor - Lifting Communities. Throughout the month, IERHA will be hosting a series of teas to celebrate the invaluable support volunteers provide to health care.

cart and Broda Chair for the personal care home, as well as five over-bed tables.

The purchases total over \$12,000, according to Bardarson.

The Arborg and District Ladies Health Auxiliary's recent efforts within the Arborg personal care home include serving lunches three times a year, baking and serving coffee during the spring tea in May, birthday

parties in June and a Christmas party in December.

The organization also donates bursaries to students from Arborg, Fisher Branch and Riverton.

In order to raise funds the Arborg and District Ladies Health Auxiliary holds raffles, Tag Day, book sales, rummage and garage sales, and Christmas greetings.



Anita Friesen, Sheila Stoyanowski, and Walter Hamm with the Sunshine Singers.



Gertrude Hauser and Norma Smolinski of the Roman Catholic Church Ladies Auxillary.



Joey Stoyanowski, a Sunshine Singer.



Joanne Johnson of the Arborg and District Ladies Hospital Auxillary.

## Correction

### Staff

In the April 4 edition of the *Express Weekly News*, the article "New fire truck and side by side roll into Fraserwood" incorrectly identified Susan Smerchanski as the reeve of Fraserwood, while she is in fact the reeve of Armstrong.

The total of the new side by side and pumper truck was also in-

correctly valued at \$750,000. The \$750,000 is the total value of the two new trucks for both Inwood and Fraserwood.

Inwood received its truck on Dec. 15, 2018.

The *Express* apologizes for any confusion and would like to clarify for constituents and ratepayers to ensure no misunderstandings.

Everything  
you need  
to promote  
your  
business

FLYERS  
BROCHURES  
BUSINESS  
CARDS  
STICKERS  
WINDOW  
DECALS  
SOCIAL TICKETS  
DOOR HANGERS  
LETTERHEAD  
ENVELOPES  
INVOICES  
ESTIMATE  
SHEETS  
POSTERS  
MEMO PADS  
POST CARDS



Call Today!  
467-5836

**Celebrating  
Our 1st Year  
Anniversary  
April 1, 2019**

*Icelandic River  
Health Clinic would  
like to thank Arborg  
and the surrounding  
communities for  
their support this  
past year.*

**Dr. J.P. Donnelly**  
**Icelandic River Health Clinic**

Monday- Thursday 8:30-4:30

Fridays 8:30-1:30

**204-376-2587**

*Same day appointments available*





# Cub Cadet®

## 0% FINANCING AVAILABLE\*\*

### Yard Machine Push Mower

132 c.c.  
20" 2 year  
warranty  
**\$199.00**



### RT65H Tiller

187 c.c., 18" Tilling  
Dual Dir. **\$1299.00**  
or 12 months 0%



### ST 100 Trimmer Mower

159 c.c.,  
22" cutting  
**\$499.00** or  
12 months  
- 0%



### CC100 Push Mower

159 c.c.  
side/mulch  
**\$329.00**



### CC3400 Pressure Washer

208 c.c., 3400 PSI  
2.5 GPM **\$739.00**  
or 12 months - 0%



### CC3600 Pressure Washer

200 c.c., 3600 PSI  
2.5 GPM, **\$999.00**  
or 12 months - 0%



### SC100 Push Mower

159 c.c. 21"  
side/mulch/bag  
**\$365.00** or  
12 months  
-0%



### LS25CC Log Splitter

208 c.c., 25 ton  
25" **\$1949.00**  
or 12 months  
-0%



**3-YEAR**  
LIMITED WARRANTY

INDUSTRY'S  
STRONGEST  
WARRANTY

### Cub Cadet - CC30

382 c.c., 30"  
gear drive  
**\$1399.00**  
or 0% -  
24 months



### 2018 XT1 LT-42 Riding Mower

547 c.c.  
hydro, 42"  
**\$2099.00**  
or 0% -  
24 months



**SHACHTAY**  
**SALES & SERVICE LTD.**  
[www.shachtay.com](http://www.shachtay.com)

**204-376-5233**

Arborg, Manitoba  
Family Owned

*Servicing the Interlake for 53 Years!*



# get inspired

> MEAL IDEAS



Serves 12

12 4-5 ounce or six 9-ounce thin-cut, farm-raised catfish fillets, halved  
1 1/2 cups buttermilk  
1/2 to 1 teaspoon hot sauce (optional)

## Creole Rémoulade Sauce

1 to 1 1/4 cups mayonnaise  
1/4 to 1/3 cup Creole mustard  
2 tablespoons prepared horseradish  
2 to 3 tablespoons chopped fresh Italian flat-leaf parsley  
2 tablespoons freshly squeezed lemon juice  
1 tablespoon sweet paprika  
1 to 2 shallots, minced  
1 teaspoon mild hot sauce  
1/4 to 1/2 teaspoon salt  
1/4 to 1/2 teaspoon ground black pepper  
1/4 teaspoon cayenne pepper (optional)  
1 16-ounce bag coleslaw mix  
Peanut oil for frying  
1/2 to 3/4 cup plain yellow cornmeal  
1/2 cup cake flour or Wondra flour  
1 1/2 teaspoons salt  
1 teaspoon ground black pepper  
1 teaspoon Cajun seasoning  
1/2 to 1 teaspoon cayenne pepper  
1/4 to 1/2 teaspoon garlic powder  
1 teaspoon paprika (optional)  
12 bolillo rolls or French-style rolls

Rinse the catfish fillets and dry using paper towels. In a small bowl, whisk together the buttermilk and hot sauce (if using). Place the catfish in a single layer in a 9-by-13 baking dish; pour the buttermilk mixture over the fish. Cover and refrigerate for 8 hours, turning once. (A buttermilk marinade enhances the flavor of the fish.)

## Fried Catfish Po' Babies With Creole Rémoulade Sauce

To make the sauce: In a medium bowl, combine the mayonnaise, Creole mustard, horseradish, parsley, lemon juice, paprika, shallots, hot sauce, salt, black pepper, and cayenne (if using), and stir to mix. Adjust the seasonings as desired. (Store in an airtight container in the refrigerator for up to 1 day.)

In a medium bowl, combine half of the rémoulade and the coleslaw mix; stir to combine. Cover and chill the slaw and remaining sauce at least 1 hour, or overnight, to let the flavors meld.

Let the fish fillets stand at room temperature for 10 minutes. In an electric fryer, large Dutch oven, or deep cast-iron skillet, add peanut oil to a depth of 2 to 3 inches. Heat to 360 F.

In a pie plate or shallow dish, stir to combine the cornmeal, flour, salt, black pepper, Cajun seasoning, cayenne, garlic powder, and paprika (if using).

Remove the fish from the buttermilk mixture, allowing excess liquid to drip off. Dredge the fillets in the cornmeal mixture, shaking off the excess.

Fry the fillets, in batches of two whole ones or four small portions, until golden brown, turning once, 5 to 6 minutes.

Remove the fish from the oil with a large slotted spoon.

Transfer the cooked fillets to a wire rack fitted into a rimmed pan. Keep warm, uncovered, in a 225 F oven until ready to serve.

Cut the rolls in half and, if necessary, lightly toast them (brushing the interiors with olive oil or melted butter, if desired).

Add 1/3 cup of the slaw to each roll and top with a catfish portion. Spoon 1 tablespoon of the remaining rémoulade on the catfish and top with the upper half of the roll. Serve ASAP.



Common sense tells us that little children need to feel nurtured, and safe. What we are learning now, however, suggests that the actual development of the brain, particularly during the second year of life when the infant begins to explore his world, can be affected by the child's emotional environment.

This is a time when certain brain functions are either established and used, or are largely lost. What happens during this time determines lifelong aspects of the child's mindset, worldview, sense of self, impulse control, and ability to relate to others. All of this - at a time when a toddler is getting into things, and often experimenting with the word 'no'.

Unfortunately, caregivers may become frustrated, or feel they must show anger and punish the child

## Little Children Need to Feel Nurtured and Safe

to ensure effective learning. A two-year-old does not understand parental frustration, and may not even equate parental anger with the fact that he was not co-operating.

At this age children need firm, but gentle guidance. Even as we are explaining why they cannot do or touch something, they must still feel our love and warmth.

To withdraw love and affection, as a form of punishment, will affect the child's self-esteem, self-confidence and trust in the world. A toddler is not 'bad', and should never be made to feel he or she is.

Handle with care -inside that cute, sometimes stubborn little head- a brain is still forming and blueprints for the adult are being drawn.

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](http://www.gwen.ca). Follow Gwen on Facebook for daily inspiration.



Serves 4

2 tablespoons olive oil, plus more for the pan

Juice of 1 lime (about 2 tablespoons)

1 tablespoon cornstarch

1 tablespoon chili powder

1 teaspoon ground coriander

1 teaspoon ground cumin

1 teaspoon dried oregano, rubbed in your palm

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

3/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

4 fresh tilapia fillets

### Garnish:

Lime wedges

Torn fresh cilantro leaves

Pico de Gallo (see below)

Place the oven rack in the top portion of the oven. Crack the oven door and preheat the broiler to high. Line a rimmed baking sheet with aluminum foil and lightly brush the foil with olive oil.

In a shallow dish, combine the olive oil, lime juice, cornstarch, chili pow-

## Broiled Chili-Lime-Crusted Tilapia

der, coriander, cumin, oregano, garlic powder, onion powder, salt, and pepper. Whisk to blend.

Dip both sides of each tilapia fillet into the spice mixture and use your fingers to coat evenly. Place the tilapia on the prepared baking sheet with the bottom facing up. Broil for 4 minutes, then carefully flip and cook for 4 to 5 minutes more, or until the fish flakes easily.

Serve with lime wedges and torn cilantro or top with a few spoonfuls of Pico de Gallo.

Pico de Gallo

Makes about 2 cups

3 plum (Roma) tomatoes, seeded and diced

1/3 cup finely diced red onion

2 scallions, sliced

2 tablespoons chopped fresh cilantro

1 tablespoons minced jalapeño

1 teaspoon minced garlic

Juice of 1/2 lime

1 teaspoon olive oil

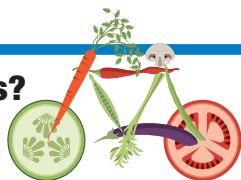
1/2 teaspoon kosher salt

In a medium bowl, combine the tomatoes, red onion, scallions, cilantro, jalapeño, and garlic. Add the lime juice and oil, season with the salt, and stir to combine.

Serve immediately or cover with plastic wrap and refrigerate until ready to serve.

## Do you have a Health or Wellness Business?

Call Branden at  
204-641-4104 to advertise



## Learn how to create a safe haven.

We help you radically reduce chemicals in your home

**Norwex**

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant  
cleanwithwater15@gmail.com

**ISAGENIX**

Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky

allana333@hotmail.com

Janice Gulay

jkaram@mymts.net (c) 1-204-648-3836

Rose Sawatzky

isa.rose1957@gmail.com (c) 1-204-479-8227

[www.isaproduct.com](http://www.isaproduct.com)



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake girls are fearless on the football field

By Ty Dilello

There are currently five Interlake girls who are members of the Manitoba Fearless Women's Tackle Football Team, which participates in the Western Women's Canadian Football League.

Julie Sprague from Grosse Isle is a six-year veteran; Isabelle McDonald from Woodlands is in her second year; while Maddie Siwicki from St. Laurent, Grace McDonald from Woodlands and Ashley McCabe from Selkirk are all in their first year.

Siwicki came to the Manitoba Fearless team after four years with the Interlake Thunder girls' team (MGFA) and one year with Interlake Thunder bantam team. She received the Interlake Thunder Offensive Most Outstanding Player four years in a row as their quarterback. She was also selected to the Manitoba Girls Football Association (MGFA) All Star Team twice.

McCabe joined the Fearless from the MGFA East Side Eagles team where she played as a Linebacker for four seasons. She also played football for her high school team, the Kildonan East Reivers. McCabe has just returned to football this season after taking the past couple of years off and is very excited to get back into it.

Grace McDonald is 16 years old and a defensive back that is entering her sixth season of football, which includes four years with the MGFA, one year with the PeeWee boys, and now her first with the Manitoba Fearless.

"I grew up surrounded by football," said McDonald. "My dad has



Grace McDonald



Julie Sprague



Maddie Siwicki



Isabelle McDonald

coached almost my entire life. I can remember going to practices and games with my mom and sister and helping in whatever way we could so it was just natural for me to start playing."

McDonald passed up her last two years of MGFA to play with the Manitoba Fearless so that she could continue to play with her sister, Isabelle, and to continue challenging herself by playing at a higher level.

"I am pretty young but the veterans have been really supportive and helpful, especially the other defensive backs," said McDonald.

"For the 2019 season, I am just wanting to learn from the coaches and veterans and adjust to the higher level of football and hopefully work towards a bigger role in a year or two."

Julie Sprague has been playing for the Manitoba Fearless for the past six seasons. She played two seasons for the St. Vital midget team, one season

with the Interlake Thunder midget and one season with the North Winnipeg Nomads. She won the Nomad Heart Award in 2013, Fearless Offensive Rookie of the Year Award in 2014, and the Fearless Offensive MVP in 2018. She's also coached the Interlake Thunder bantam team in 2015 and the Interlake Thunder MGFA team from 2015 to 2017.

"While playing on the Nomads MGFA team I completely fell in love with the sport of football and knew I had to continue playing," said Sprague, "so I signed up to play midget for the upcoming fall; however, I didn't want to stop playing women's football and I knew that Fearless was the best way for me to continue playing the sport I love. I am now going in to my sixth season with Fearless and now play along side with one of my coaches from the MGFA Nomad team and with girls I coached in Interlake which is extremely cool."

"Playing with the Manitoba Fearless is an amazing experience," says Sprague. "In the past three years, the goals for the Manitoba Fearless have shifted to becoming an elite competitive team in the WWCFL and have included more practices that have more of an emphasis on the mental game, hard training in-season and offseason and a mentality shift from all players. I don't have a goal for myself this year; however, as a team I hope to see us beat the Saskatchewan teams, as last year we were close and we have gotten some amazing additions to the team including Maddie Siwicki and Grace McDonald from the Interlake among many others. Going forward from this year, I believe the Manitoba Fearless will become a dominant force in the WWCFL."

The Manitoba Fearless kickoff their 2019 campaign at Mosaic Field in Regina when they take on the Regina Riot on May 5.

## MJHL finalists deadlocked at a win apiece

Staff

The Manitoba Junior Hockey League best-of-seven final series between the Portage Terriers and Swan Valley Stampede is tied at one win apiece.

Swan Valley evened the series with a 6-5 overtime victory on Sunday.

Bradly Goethals, a former Selkirk Steelers' forward, was the OT hero. He had tied the score at 5-5 at 13:38 of the third period.

Both of his goals came on the power

play as Swan Valley finished the game four-for-seven with the man advantage.

The Stampede took a 3-0 first-period lead with goals from Brian Harris, Josh Tripp and John Jebamani.

But Portage's Joey Moffatt and Orca Weisblatt made it a one-goal game before Swan Valley's Alexander Uryga and Portage's Chase Brakel traded goals before the second-period ended.

Brakel and Ty Barnstable then tied the score at 5-5 in the third.

Merek Pipes made 33 saves for the win.

The Terriers opened the series with a 3-0 victory in Portage la Prairie on Friday.

Moffatt scored a first-period power-play goal and then Barnstable tallied midway in the third.

Brakel added an empty-net goal with 58 seconds remaining in the game.

Ethan Peterson made 31 save for his first shutout of the playoffs. Pipes stopped 23 Portage shots.

Portage will host Game 3 of the Turnbull Cup final Wednesday and then Game 4 returns to Swan River on Saturday.

Game 5 will be played next Tuesday in Portage la Prairie. All three games will start at 7:30 p.m.



# Arborg girls represent Manitoba at Broomball Nationals

By Ty Dilello

A pair of Arborg Collegiate students represented Team Manitoba last week at the 2019 Broomball Juvenile National Championship in Riviere-du-Loup, Que. Despite being on the losing end of a lot of the games, Nori Sigvaldason and Keely Emms-Finnsson had a great time in Quebec playing a new sport for the provincial team.

"I was introduced to broomball when I was about 14, but it was not until this year that I decided to get involved with it again," said Sigvaldason. "Another girl on the team Raelyn Caumartin, and our coach Tina Caumartin, were the ones to invite me to join the team."

In the past, Sigvaldason had played two years for the Female Midget Interlake Lightning hockey team, but this year she didn't play and focused on broomball.

Emms-Finnsson juggled both sports as in addition to playing broomball for Team Manitoba, she also played hockey this winter for the AA Stonewall Blues Midget Female team.

"I got into broomball because the captain and I are good friends," says Emms-Finnsson, "and she asked me to come out to one of the practices and I really enjoyed it on the ice so I continued. Playing for Team Manitoba came about from the same friend that introduced me to the sport as we had a tournament called the Sask Invasion and we were given letters informing we were picked to be on the provincial team."

Broomball is still a fairly new sport in Manitoba and gets overshadowed by the likes of hockey, ringette and curling in the winter months.

"Compared to other provinces such as Quebec, broomball is not a popular sport in Manitoba," said Sigvaldason. "Many people are not aware that there is broomball being played, although farther south, especially around St. Claude, it is being played all

the time. We started practising just after Christmas and we alternated between Inwood, St. Claude and Glenella. These practices got to be about once a week the closer we got to nationals."

The Team Manitoba Juvenile girls didn't play in any regular season sanctioned games but travelled to Odessa, Sask., to take part in a tournament in addition to one in St. Claude that helped prepare them for last week's nationals in Quebec, which ran from April 3 to 6.

"It was tons of fun playing at a nationals and I'm very grateful for the opportunity," says Sigvaldason. "With the group of girls we had, we seemed to click pretty quickly and I think it was shown with how we played together on the ice. Even though we didn't end up with the outcome we wanted, I think we are all proud of the way we played this week."

"Quebec was phenomenal as I had never been on a trip this far away from home," added Emms-Finnsson. "Everyone on the team was very welcoming. The games didn't go as expected but we played our best."

Sigvaldason received the Most Valuable Player



Nori Sigvaldason was named Team Manitoba's most valuable player throughout the tournament in Quebec.



EXPRESS PHOTOS SUPPLIED

Keely Emms-Finnsson, left, in action for Team Manitoba at the 2019 Broomball Juvenile National Championship in Quebec.

Award for Team Manitoba at the banquet held on Friday night. She plans on continuing with broomball over the next few years.

"I'm looking forward for the opportunity to keep playing. I have come to really enjoy the game and the friendships that I have made within it."

Emms-Finnsson feels the same way, saying, "I do believe I'm going to continue with broomball going forward. Overall, the experience was great and I've now made new friendships that'll always be with me."

# Gimli's BJ Neufeld wins silver at World Championship

By Ty Dilello

Gimli's BJ Neufeld and the rest of Team Canada, featuring Kevin Koe, Colton Flasch and Ben Hebert, fell a few rocks short in Sunday night's World Championship 7-2 final against Sweden's Niklas Edin to claim the silver medal.

The fans at the ENMAX Centre in Lethbridge, Alta., enjoyed fantastic curling all week and got to see a well-played final that saw a couple changes of momentum, which ultimately saw Sweden pull away towards the end and escape with a World Championship.

This was Edin's fourth World Championship as a skip, which ties him for the all-time record with the great Ernie Richardson of the early 1960s.

Tied 2-2 in the eighth end, with Koe holding the final rock, there was a bit of a controversy as a rock malfunction provided a lengthy delay before Edin and Koe delivered their final shots of the end. Edin bared down and made his very difficult double, leaving Koe a draw to the button against three Swedish counters.

Koe's draw ended up being a few feet short resulting in a steal of two for Sweden. Edin would steal another three points in the ninth end before the gloves came off. After the game, Koe's lead Ben

Hebert remarked about the rock malfunction being the turning point in the game as the ice slowed down considerably during the delay and it proved difficult in judging Koe's last rock draw.

"This one will hurt for a while," said Kevin Koe after the game. "We weren't really in a lot of trouble all game until the eighth end. We kind of controlled the game and were in really good shape if we could score in the eighth we would have had a really good chance, so that really stung, and after that they played well."

Team Canada was one of the best teams throughout the whole tournament. In the 13-team round robin they went 9-3, which was good for third place. Sweden (Niklas Edin), Switzerland (Peter De Cruz), Japan (Yuta Matsumura), United States (John Shuster) and Scotland (Bruce Mouat) also qualified for the playoffs.

In the quarterfinals, Canada defeated Scotland 6-5 while Japan eliminated the United States 7-6 in an extra-end. The semi-finals saw Sweden dispatch Japan 8-2 and Canada defeat Switzerland 6-5 in an extra end thriller that saw both teams have chances to win throughout the back-and-forth affair. A few hours before the final, Switzerland beat Japan 8-4 for the bronze medal.

"It's disappointing. You work hard to get to this point and you obviously dream of seeing yourself at the top of the podium instead of that silver position so it's difficult," said Neufeld.

"It's a long road to get here, winning the Brier is a super difficult task and you want to take advantage of that when you get here and we fell one game short."

Despite the tough loss in the final, Neufeld will still take a lot of great memories from his team's performance at the World Championships. It was Neufeld's first time winning a Brier and then playing in a Worlds, so to come out of it with a silver medal is pretty darn good.

"It was a great week with the guys," said Neufeld. "We played our hearts out in front of a great crowd. As curlers you don't get this opportunity very often to represent your country in your home country and to have fans like this come out in a sold-out building making lots of noise, it's a pretty cool environment, I loved it."

Team Koe still has two more Grand Slam events coming up in addition to the grand finale of the Curling World Cup that they will be taking part in from May 8 to 12 in Beijing, China.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## High school varsity badminton season returns

By Brian Bowman

There were a lot of birdies flying around the Maples Collegiate gymnasium last Saturday.

The MHSAA varsity badminton season kicked off with 20 schools sending a multitude of players.

In the men's singles division final, the Stonewall Collegiate Rams' Chris Wiebe defeated Rene Piche (Leo Remillard) 21-4 and 21-14.

In a semifinal match, Wiebe beat Vu Minh Pham (Elmwood) 21-12 and 21-11. Quarter-final play saw Wiebe down Ayush Jain (Maples) 21-4.

In the consolation final, Liam Proven (Stonewall) defeated Riley Huston (Gimli) 21-18 and 21-19.

The ladies' singles final saw Janique Grenier (St Jean) beat Ashley Alimodian (Elmwood) 21-19 and 21-13.

In the consolation final, Abby Enns (Stonewall) defeated Betty Mae Ferrer (Garden City) by identical 21-15 scores.

Ladies' doubles action had Phoebe Riddell and Tayah Vanstone (Miami)

down Amélie Boissonneault and Bodin Boissonneault (Louis Riel) 21-11 and 21-17.

Amber Carriere and Chenille Preston (RD Parker) defeated Mae Legaspi and Miles Borbor (Maples) 23-21 and 21-11 in the consolation final.

Jacey Ledochowski and Mackenzie Garand (Teulon) dumped Jenna MacLean and Phillina Thorne (RD Parker) 21-17 and 21-19 in the third-place game.

Ledochowski and Garand had earlier lost to the Boissonneaults 22-20 and 21-12 in a semifinal matchup.

In quarter-final play, the Teulon duo defeated Laura Garric and Soffia Fridfinnson (Miles Mac) 21-18.

In another quarter-final game, Phoebe Riddell and Tayah Vanstone (Miami) ousted Alex Chester and Grace Goodman (Warren) 21-11.

In the men's doubles final, Alex McTavish and Bowen Cai (Vincent Massey) defeated Austin Personage and Ryan Hill (Teulon) 21-19 and 21-18 in a tightly-contested game.

Personage and Hill had downed John Han and Kaiden Bell (Garden City) 21-19 and 21-14 in a semifinal contest.

The Teulon pairing also defeated Gurmanpal Saggi and Murphy Krentz (RD Parker) 21-14 in the quarter-finals.

In the consolation final, Jerone Jamie and John Verga (Maples) defeated Joran Grenier and Samuel Hicks (St Jean) 21-17, 20-22 and 21-16.

Another quarter-final match saw Hans Tolentino and Ken Jimeno (Daniel McIntyre) beat Blake Magnusson and Jaxson Groot (Gimli) 21-19.

In mixed doubles, Dante Lourenco and Hunter Lupyrypa (Stonewall) defeated Jubilee Nichols and Eric Chobotar (Teulon) 16-21, 21-16, and 21-16 in a third-place game.

The Stonewall duo lost to Aileen Roque and JR Quinto (Maples) by scores of 16-21, 21-9, and 21-14 in a semifinal game.

In the quarter-finals, Lourenco and Lupyrypa beat Jolene and Bryce (Teu-

lon) 21-11.

Another semifinal game saw Isra Arunkiet and Andy Bagga (Maples) defeat Jubilee Nichols and Eric Chobotar (Teulon) 11-21, 21-15, and 21-11.

In quarter-final play, Nichols and Chobotar (Teulon) defeated Denali Sigurdson and Dalton Johnson (Riverton) 21-11.

Meanwhile, Isra Arunkiet and Andy Bagga (Maples) defeated Aileen Roque and JR Quinto (Maples) 21-14, 10-21, and 21-10 in the final.

Samantha Palaniuk and Josh Smud (RD Parker) downed Kaira Mas and Earle Ancheta (Garden City) 21-11, 17-21 and 21-16 in the consolation final.

The 2019 Aggregate Trophy was awarded to the Maples Collegiate Marauders. Maples finished with 65 points, ahead of Stonewall (48), Garden City (47), Teulon (41) and RD Parker (37).

## Winning on the ice



EXPRESS PHOTO SUBMITTED

Team Klompke were the winners at the Don Baldwin Memorial Manitoba Junior Curling Tour held at the Elmwood Curling Club in Winnipeg last weekend. The team went 3-0 in round-robin play and defeated Matt Bijl in the semifinal and Jack Hykaway in the final to win the event. Skip Emerson Klompke of Stonewall, third Jayden Rutter of Carman, second Reece Hamm of Winkler and lead Tim Johnson of Arborg have been playing together as a team since February. This was their third MJCT event since the inception of the team and it was a great way to end the season.

## Peguis staves off elimination with huge Game 5 road win

Staff

The Keystone Junior Hockey League best-of-seven final series has been an interesting one.

The Peguis Juniors staved off elimination with an exciting 6-5 win over the Cross Lake Islanders on Sunday afternoon.

Quinton Flett was very good for the Juniors, scoring three goals while adding an assist.

Peguis, which held period leads of 4-3 and 6-5, also received a goal and two-assist effort from Tyrome Spence-Bair and single tallies from Shaydon Mousseau and Wyatt Bear.

Garrison Garrioch, Armando Evans, Clinton Armstrong, Quinton Scatch and Drayden Garrick replied for Cross Lake.

Dray Flett made 36 saves for the win.

The Islanders took a 3-1 series lead with an 8-2 win Saturday evening. No scoring summary was listed on the league website at press time.

Cross Lake went up 2-1 in the series with a 5-4 comeback victory on Friday.

Bear scored a first-period for Peguis and then the Juniors went up 3-0 early in the second with goals from Keenan McPherson and Coulson Nepinak.

But Cross Lake rallied late in the middle frame as Dennis Scatch scored a shorthanded goal and then he added a power-play marker just 3:37 apart.

The Islanders carried that momentum into the third as Keith Monias and Garrioch, with a pair, gave the home side a 5-3 lead.

Peguis would pull to within a goal, however, as Lyle Murdock scored with 9:21 remaining in the third.

Dray Flett made 44 saves in the losing cause.

Game 6 of the series is set for Friday at 8 p.m. in Peguis. If necessary, Game 7 would return to Cross Lake on Sunday (8 p.m.).



# Interlake players win ringette championships

By Brian Bowman

Six Interlake players and a coach enjoyed a championship-type season as members of the U14A1 East End Wings' ringette team.

East End won a gold medal at the Winnipeg Ringette League Championship Playoff and then won another gold at the Ringette Manitoba Provincial Championship.

East End edged the MacDonald Wildfire 4-3 in overtime to claim the provincial crown on March 17. The Wings trailed 3-0 at the half before they mounted the impressive comeback.

"It was crazy," said Wings' coach Syd Langton. "We had a nice talk with the girls (at the break) to give them some words of encouragement and they came back to win it 4-3 in the second half. They were so excited. We dressed up for them and they were so pumped."

East End had lost to MacDonald 6-1 on March 16.

In the WRL final, the Wings defeated the Wildfire 5-3.

It was a tremendously successful for East End, which plays out of the Transcona Ringette Association.

"The girls were super pumped and motivated right from the start," Langton said. "No one really knew each

other so there was a lot of gelling that we did. We did four tournaments which allowed the girls to gel and get to know each other and they worked their butts off all season."

At a Transcona tournament, East End won the silver and the Wings also earned a bronze at the Mid-Canada competition.

Team members from the Interlake included Sara Fissel, Kayla Rehirschuk, Lily Campbell, Tyler Erickson, Julia Pennell and Dakotah Ataman. The local coach was Brooke Mayo-Lagace.

Those players worked really well with their new teammates.

"We had a lot of positivity and teamwork between the coaches, the parents, and the girls," Langton said. "Everybody was very supportive of us and everyone really wanted to be there and work hard."

It didn't take long for all of the girls to bond as a team. Eight of the 15 players are eligible to play at the U14 level again next season.

"It definitely took a few practices for everyone to get the hang of it and know where people are going and what positions to play," Langton said.

"But by the first month, everyone was pretty good friends and everyone was talking. There were no cliques or anything. It was a good season."



EXPRESS PHOTO SUBMITTED

Six players and a coach from the Interlake region amalgamated with the Transcona Ringette Association to play on the U14A1 East End Wings team this past season. They won gold medals at the Winnipeg Ringette League Championship and at the Ringette Manitoba Provincial Championship. Team members from the Interlake were, left to right, Sara Fissel, Kayla Rehirschuk, Lily Campbell, Tyler Erickson, Julia Pennell and Dakotah Ataman. Missing from the picture is coach Brooke Mayo-Lagace.

## Interlake Ignite win provincial U12A ringette championship

By Brian Bowman

It was a very successful season for the Interlake Ignite U12A ringette team.

Interlake won the 2018-19 provincial championship after defeating the BVRA Blaze 8-7 last month.

"The game was close but (the) Ignite worked hard, played smart, and was able to capture the win," said Ignite coach Jacqueline Mowat. "It was a good (game)."

"They were really excited. They went on the ice with good energy, focus, and they were certainly excited to pull off that big win."

The Ignite met BVRA in the Winnipeg Ringette League final on March 10 and fell short by one goal, 8-7, to earn the silver medal. Interlake avenged that loss at the provincials.

"The girls went on the ice with good energy and focus. They were determined to get the gold medal this time (and) they played extremely well. We are certainly very proud of them and

this big win," said Interlake coaches Mowat, Tracy Clegg and Geoff Payne in a prepared statement.

The Ignite's roster consisted of 14 players, nine of which reside in the Interlake. The other five came from North Winnipeg.

Interlake, which played its home games out of the St. Andrews Community Club, finished second overall in their loop in both halves of their season. They had a lot of fun at a Regina tournament and competed at a preseason tournament at Dakota.

The Interlake is producing a lot of good, young ringette players and the future in the sport looks bright.

"I see a lot of talent coming up," Mowat said. "Our focus this year was on our offensive strategy, getting the rings to the net and I really think that paid off in the finals when we won the championship."

"You definitely saw an improvement from the beginning of the season to the end."



EXPRESS PHOTO SUBMITTED

The Interlake Ignite ringette team won the U12A provincial championship last month after an exciting 8-7 win over BVRA. Interlake players pictured back row: Lexus Conwy, Abbygail Mowat, Sara Zorniak, Tatum Clegg-Morrisseau, Kaitlyn Beasley, Kasey Shrupka, Kelsey Erickson, Jayden Payne, Alana Miller, Danika Kontusic and Caitlin Alards. Front row: Emerson Jensen, Rylee Sain and Morgan Jensen.



# Classifieds

THE **EXPRESS**  
WEEKLY NEWS

Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## ARBORG BIFROST PARKS AND RECREATION COMMISSION

### SUMMER Employment Opportunities



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

**Head Lifeguard, Lifeguard,  
Swim Instructors, and Cashier**

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

Please forward resume with required qualifications to:  
Arborg Bifrost Parks and Recreation Commission  
Box 555 Arborg, MB R0C 0A0  
or email to: [tom.abprc@mymts.net](mailto:tom.abprc@mymts.net)

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



## PROPOSALS FOR GRASS CUTTING

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

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

**Note:** All acreages are approximate

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

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

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

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

## HELP WANTED

**Relief Meal Coordinator  
(Casual Permanent Position)  
Monday thru Friday**

The Relief Coordinator will assist the Meal Coordinator in providing well-balanced hot nutritious meals. Food Handler's Certificate required or willing to obtain once employed. Must be able to work in a team environment or independently and have good organizational and communication skills.

Current criminal record checks  
Must have a vehicle and valid driver's license  
Pension and Benefit Package  
Deadline for application: April 19, 2019

Submit Resume along with 3 references to:  
Gimli Seniors Resource Council Inc.  
Box 1928, Gimli, Manitoba, R0C 1B0  
[gsrc@mymts.net](mailto:gsrc@mymts.net)

*Thank you for interest but only those applicants selected for interviews will be contacted.*

Everything you need to  
promote your business



**Call Today!  
467-5836**

## ASHERN



### IS HIRING!

**Full Time Salesperson/  
Lumber Yard Worker**

**40 hours per week, plus benefits after 3 months.**  
Requirements:

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

**Deadline to apply is April 26.**

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

**Summer position, May 1 - August 31.**  
*Would consider permanent position after  
Aug. 30 for the right candidate.  
40 hours per week*

Requirements:

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

**Deadline to apply is April 26.**

**Please submit resume at #28 Railway  
Avenue, Ashern, or e-mail to [jason.carpenter@homehardware.ca](mailto:jason.carpenter@homehardware.ca).**

### SCRAP METAL

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

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.



**204-467-5836**

### WANTED

**WANTED BY RESTORER:** A 1920's to 1940's car or truck, any make or model, any condition, partial or complete and parts, stored indoors or outdoors. I will pay BETTER than scrap dealers! Phone 204-248-2221 early mornings.

### HANDYMAN SERVICES

For all your dock maintenance/painting, etc., yard/window cleaning etc. and help with all your spring & summer cleaning & hauling, call Mike 204-671-0003 or leave message with Bob 204-378-2905.

### APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

## RURAL MUNICIPALITY OF GIMLI PARKS AND RECREATION DEPARTMENT INDEFINITE TERM OPPORTUNITY

**Position: Facility Maintenance Operator**  
**40 hours per week. Position will require evenings and weekend shifts.**

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

### Duties:

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

### Qualifications:

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

### Skills:

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

Salary as per union collective agreement

For more information please Contact Tyler Yellowega at 204-642-6670 or [tyellowega@rmgimli.com](mailto:tyellowega@rmgimli.com)

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

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



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



# Classifieds

Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## HELP WANTED

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

Overland Truck Outfitters is looking for an employee to install truck accessories, training is provided and the successful applicant will have full time employment. Drop off a resume at 102 Aviation Blvd. St. Andrews.

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

## 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](http://www.batteryman.ca)

## MISCELLANEOUS

Caught you looking! Reach over 413,000 Manitoba readers weekly. Spring is here! Book your Spring Announcements, Events, Sales, Employment Opportunities, Auctions, Wanted Ads, For Rent, Volunteer Opportunities, etc. People rely on these classifieds to find what they need. Catch them looking at your material in our 48 Weekly Community Newspapers. Call 204-467-5836 for details.

## LIVESTOCK

Purebred Yearling Charolais bulls for sale. For more information call Ken at 204-376-2418 or email [cherepak@mymts.net](mailto:cherepak@mymts.net)

Registered Black Angus bulls. Black Angus yearlings low birth weights, moderate frame. Birth weights 82 - 84 lbs. Black Angus 3 year old. Low birth weight suitable for heifers. EPD's are available. For more information call 204-861-0126.

Yearling Charolais bulls for sale. Good bloodlines, popular bloodlines. Good prices. Call to inquire 204-383-0308.

## FEED AND SEED

Forage seed for sale: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Free delivery! Birch Rose Acres Ltd. 306-921-9942.

## HAY FOR SALE

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

## HEALTH

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

**EXPRESS**  
WEEKLY NEWS  
204-467-5836

## Purebred Black Angus Bulls

### DK Farms, Arborg MB

- 7 quiet yearling bulls
  - Will be semen tested
  - Can keep until needed
- Call or text 204-793-1251



**Vidir Solutions Inc., elevating Careers and Community**  
If you're looking for a chance to foster a deep sense of purpose in your work and the opportunity to elevate as a leader both in your career and in your community, exciting possibilities are waiting for you with Vidir.

Working at Vidir is about more than just being an employee; it's about being part of a growing family making a positive impact both globally and in your community.

From our operations in Arborg and Teulon to our work with communities, everything we do is with the future firmly in mind. We are always looking for innovative ways to do our business, deliver results and build a great work environment.

Our mission is to "Make the world's products safely accessible". We continue to innovate, implement best practices and adopt new technologies in all areas.

### THE OPPORTUNITY:

For our Teulon and Arborg Operations, we are seeking for current and future opportunities:

### Production Roles

- Welders
- Packer/Assemblers
- Brake and Shear Operator
- CNC Machine Operators including Tube Laser, Flat Sheet Laser, Milling Machines and Lathes
- Saw Operator

### Qualifications and Competencies Required:

- Well organized;
- Self-motivated;
- Mechanically inclined;
- Work independently and as a part of a team;
- Capable of problem solving;
- For the welding roles, the ability to read prints and measurements would be an asset. CWB Certification is an asset although training is available;
- Working knowledge of Microsoft Office including Word and Excel is an asset and must be willing to learn new programming;
- Will be accountable to support the model of safety and health; managing risks and hazards and lead by example;
- Continuously challenging the status quo seeking improvement and innovation in all aspects of work;
- Ability to work in an environment that fosters diversity and inclusion;
- And ability to lift material up to 50 lbs.

### Working at Vidir:

Vidir offers a competitive salary and benefits package; as well as incentives and promotes a culture of recognition. We support professional growth, development and success!

Explore our company and products at [www.storevertical.com](http://www.storevertical.com)

Apply at [HR@vidir.com](mailto:HR@vidir.com)

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

## Comforts of Home - Care is seeking Caregivers in Rural Manitoba

Are you a mature adult who would like to make a difference in the lives of the elderly and disabled. Comforts of Home - Care is hiring companion caregivers to care for seniors in their own homes. Companionship, Homemaking Skills, and some Personal Care required, as well as a valid drivers license and reliable vehicle. Flexible hours, day, evening or weekend shifts available. Hours are offered not assigned. In return, we expect commitment to your clients. If you are interested in pursuing this rewarding opportunity, see our Website at [www.comfortsofhomecare.ca](http://www.comfortsofhomecare.ca) on how to apply.

## RURAL MUNICIPALITY OF

*West Interlake*

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

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

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

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

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

Dated this 13th day of March, 2019.

Managed by:



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

## RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE REGARDING THE 2019 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of Gimli intends to present its Financial Plan for the Fiscal Year 2019 at a Public Hearing at the Council Chambers of the Rural Municipality of Gimli on the 23rd day of April, 2019 at 6:30 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan, as provided.

Copies of the Financial Plan will be available for review on the 23rd day April, 2019 and may be examined by any person during the regular office hours of the Rural Municipality of Gimli, located at 62 - 2nd Avenue, Gimli, Manitoba.

Dated this 28th day of March, 2019

Joann Murphy, CMAA  
Chief Administrative Officer  
Rural Municipality of Gimli



The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Please Call 204-467-5836

Don't forget to send your special wishes to your friends and family.

204-467-5836



[classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)



# Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## Shorepointe Village – Gimli, MB

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

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

## To all Farmers and Ranchers

**Ashern Auction Mart  
Will NOT be holding  
a Cattle Sale  
on April 17, 2019**

**Please contact**

**Auction Mart 204-768-2360**

**Buddy Bergner 204-768-0019**

**Kirk Kiesman 204-768-0018**

**for more information**

**License #1128**

## MORTGAGE SALE

3 parcels of land in the Rural Municipality of Fisher Branch will be sold at auction on Wednesday the 1st day of May, 2019, at 11:00 a.m. by a licensed auctioneer, at 349 Main Street, Arborg, Manitoba.

The available parcels of land are described as follows:

**Title No. 1100557/1**

**Directions:** Drive east on PR 233, the land is located on south side at Road 2W

**Land Description:** NE 1/4 15-24-1 WPM SUBJECT TO THE RESERVATIONS and provisoes CONTAINED IN THE GRANT FROM THE CROWN

TO THE BEST of the vendor's knowledge, there is a vacant 160 acres with 60 acres being bush and scrub.

PRIOR ENCUMBRANCES: NIL

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2017.

**Title No. 1684042/1**

**Directions:** Drive north on Highway 17, the land is located on west side at Road 142N

**Land Description:** NE 1/4 24-24-1 WPM EXC FIRSTLY: PUBLIC ROAD PLAN 8146 WLTO SECONDLY: WATER CONTROL WORKS PLAN 8151 WLTO AND 13208 WLTO THIRDLY: ALL THAT PORTION LYING TO THE EAST OF THE EASTERN LIMIT OF WATER CONTROL WORKS PLAN 8151 WLTO WHICH LIES TO THE SOUTH OF A LINE DRAWN WLY AT RIGHT ANGLES TO THE EASTERN LIMIT OF SAID 1/4 SECTION FROM A POINT IN SAME DISTANT SLY THERON 2405.6 FEET FROM THE NORTHERN LIMIT OF SAID 1/4 SECTION AND FOURTHLY: ALL MINES AND MINERALS AS RESERVED IN THE GRANT FROM THE CROWN

TO THE BEST of the vendor's knowledge, there is situated on the land is two flat bottom grain steel bins approximately 10,000 square feet each built in 2006 which is located on 145.19 acres with 15 acres being bush and scrub.

PRIOR ENCUMBRANCES: Caveat No. 1774088/1

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2017.

**Title No. 1684043/1**

**Directions:** Drive east on PR 233, must turn south at Road 1W, to access the land

**Land Description:** SW 1/4 of 13-24-1 WPM SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN

TO THE BEST of the vendor's knowledge, there is a vacant 160 acres with 4 acres being slough and bush.

PRIOR ENCUMBRANCES: NIL

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2017.

**TERMS OF SALE:** Each sale shall require a deposit of 20% of the purchase price by way of certified cheque or bank draft payable to Taylor McCaffrey, LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. Each of the parcels will be sold as an individual parcel subject to a Reserve Bid to be announced at the sale plus GST, plus such other additional and incidental costs which may be incurred by the Vendor from the 3rd day of April, 2019 to the date of auction and which costs will be announced prior to the commencement of the sale. If any parcels remain after completing the three auctions of individual parcels, all remaining parcels will be sold together, subject to a Reserve Bid to be announced at the sale plus GST, plus such other additional and incidental costs which may be incurred by the Vendor from the 3rd day of April, 2019 to the date of auction and which costs will be announced prior to the commencement of the sale.

FURTHER information may be obtained from:

9th Floor, 400 St. Mary Avenue,  
Winnipeg, Manitoba R3C 4K5

Attention: Daniel Ransom Phone: 204-988-0467/204-988-0419 File No.: 109726-1



## RONA

**Gimli Rona is seeking a full-time  
office assistant/sales associate**

**The successful candidate will have:**

- Good organizational skills
  - Experience with Microsoft Excel
  - An accurate and detail-oriented approach
  - The ability to work both independently with minimal supervision and within a team
  - Monday – Friday availability
  - Good problem-solving skills
- Responsibilities include:**
- Assisting and supporting the Controller
  - Greeting customers and providing product information
  - Operating cash terminal with debit cards, credit cards, and air miles
  - Be aware of current promotions and flyers
  - Assist with merchandising and shelf-stocking

**Please submit your resume to  
[laura@ronagimli.ca](mailto:laura@ronagimli.ca) or in person to:  
Rona Gimli, 100-7th Avenue,  
Gimli, MB, R0C 1B0**

## Meal Coordinator

**Monday thru Friday  
Pension and Benefit Package**

**Positon Summary:**

The Meal Coordinator is responsible for ensuring that well-balanced, hot, nutritious meals are supplied in a pleasant environment and to fulfill social means by bringing people together.

**Skills, Training and Education:**

1. Food Handlers Certificate or obtain once employed
2. Experience in food industry
3. Interact positively with others
4. Experience in dealing with nutritional and special diets
5. Self-starter and work well independently / team player
6. Must have good organization and communication skills
7. Adhere to policies and procedures
8. Menu planning & food budgeting within the guidelines of the program
9. Reliable and punctual

**Current criminal record checks**

**Must have a vehicle and valid driver's license**

**Deadline for applications: April 19, 2019**

**Submit Resume along with 3 references to:**

**Gimli Seniors Resource Council Inc.**

**Box 1928 Gimli, Mb. R0C 1B0**

**gsrc@mymts.net**

**Thank you for your interest but only those applicants selected for interviews will be contacted.**



## CAREERS WITH A FUTURE

INTERLAKE CONSUMERS CO-OP EMPLOYMENT OPPORTUNITY

## BULK PETROLEUM DRIVER

**Truck will be based out of Arborg**

**This position will have seasonal status.**

**Will be responsible for the deliveries and the day to day operations of the Interlake Co-op bulk petroleum trucks as part of the fuel delivery team:**

**Successful Candidate must have:**

- Class 3 License with Air
- Clean Drivers Abstract
- Good communication skills
- Must be physically fit and capable of lifting 50 lbs

**We Offer:**

- Competitive Salaries
- Extensive Employee In-house Training Programs
- Excellent Work Environment

**Please forward cover letter, resume and salary expectations to:**

**Ken Whalley, Petroleum Manager**

**Interlake Consumers Co-op**

**Or [Petro@interlakecoop.com](mailto:Petro@interlakecoop.com), 204-376-5201 phone, 204-376-2289 fax**

**Please note we thank everyone for applying, but only those selected for an interview will be contacted**

**Don't forget to send your special  
wishes to your friends and family.**



**204-467-5836**

**[classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)**



**EXCELLENCE  
THROUGH  
PEOPLE**



# Classifieds

THE EXPRESS  
WEEKLY NEWS

Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## CARD OF THANKS

The family of Olga Blahey would like to express our sincere gratitude for the cards, thoughts, prayers, food and flowers that we received in the past weeks. The support that our family, friends and our community has given to us during this difficult time is very much appreciated. We would like to thank Ken Loehmer Funeral Services for all of the arrangements.

-Sincerely Bruce, Sharon, Karen, Kathy and families



**www.gimliharbour.ca**

**McSherry Auction**  
12 Patterson Dr.  
Stonewall, MB

**Modern Commercial  
Fitness Equipment  
from Gym Closeout  
Along with  
Estate & Moving**  
Sat April 13th 10:00 AM

**Consignment &  
Equipment Auction**  
Sun Apr 28 @ 10:00 AM

Consignments Welcome!  
Booking Spring Farm Auctions!

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)



**Need Cash?**

- We Loan
- Easy application
- Approval with collateral
- Title Loans
- No Credit Check
- We service ALL of Manitoba

**Call Dan Devloo  
(204) 526-7093**

CAI Financial  
Unit K - 2151 Portage Ave.  
Winnipeg MB  
[www.caifinancial.ca](http://www.caifinancial.ca)

**LOCAL NEWS MATTERS**

Your newspaper helps stitch our communities together - questioning what needs questioning and serving as the voice of our democracy. Newspaper journalism is essential to protect our vibrant communities. Access to truthful, local news is under threat. Now more than ever we need reliable LOCAL journalism.

Join the list to keep LOCAL news alive at [newspapersmatter.ca](http://newspapersmatter.ca)

**NEWSPAPERS MATTER**  
NOW MORE THAN EVER

## PETKAU REPAIR SHOP

In Arborg, MB is looking to hire a  
**FARM TRACTOR/FARM MACHINERY MECHANIC**



Must have mechanic experience.



To apply call John at 204-364-2426  
or email [petkau@lakenet.ca](mailto:petkau@lakenet.ca)



**When disaster strikes in your community, you CAN help, and we can show you how.**

**VOLUNTEER WITH THE RED CROSS TODAY!**

Email: [vmb@redcross.ca](mailto:vmb@redcross.ca)  
Phone: 204-982-7634



**WE SUPPLY. WE BUILD. WE REPAIR.**

- Custom Fence & Gates
- Agricultural Fencing
- Repair & Maintenance
- Removal & Haul Away
- Commercial & Residential
- Temporary Fence
- Containment Fence
- General Construction
- Facilities & Airports
- Material Sourcing
- Highway Guardrails
- Fabrication - e.g. Gates

Serving MB & SK  
[info@guardianfencing.ca](mailto:info@guardianfencing.ca)  
204-573-7920  
Brandon, MB



**BLOWOUT SALE  
APRIL 26 & 27**  
Pre-Shop Online: [www.mbbattery.com](http://www.mbbattery.com)

**THIS WEEKS BATTERY SPECIALS:**

- Ford Truck - \$89.50\*
- ATV/Most Power Sport - \$55.00\* - \$80.00\*

\* All items are + Taxes & with core exchange

Ph: (204) 783-8787  
or: (855) 783-8787  
1026 Logan Ave,  
Wpg, MB

**READY TO MOVE HOMES**


Pictures, floorplans available at [wgiesbrechthomes.ca](http://wgiesbrechthomes.ca)

Custom builds also available.  
Can build on site.

For information or to view Showhomes call 204-346-3231  
or email [wilbert@wghomes.ca](mailto:wilbert@wghomes.ca)  
Ste Anne, MB

**Trouble Walking?  
Hip or Knee Replacement?**

Restrictions in daily activities?  
**\$2,500 Tax Credit**  
**\$40,000 refund cheque/ rebates**  
Disability Tax Credit.  
**204-453-5372**  
[www.disabilitytaxcreditwinnipeg.com](http://www.disabilitytaxcreditwinnipeg.com)



**Response Builder Advertising WORKS!**

- GET SEEN by over 400,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 48 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email [classified@mcna.com](mailto:classified@mcna.com)  
[www.mcna.com](http://www.mcna.com)



## Biz Cards

Call 204-641-4104  
[ads@expressweeklynews.ca](mailto:ads@expressweeklynews.ca)



Stephen Van De Spiegle 204-723-5022  
Treherne, MB Text/Call for estimate



70 Centre Street Gimli, MB R0C 1B0  
204-642-8398 [lmtvet@mts.net](mailto:lmtvet@mts.net)



Supplies & More  
Supplying All Your Pet's Needs  
**On-Site GROOMER**  
Call us for details  
317 Main St., Stonewall (204) 467-5924



**INTERLAKE INSULATORS**  
BALMORAL, MANITOBA  
• Spray Foam  
• Blow In  
**FREE ESTIMATES**  
Brent Meyers  
204-461-4669  
[interlake\\_insulators@hotmail.com](mailto:interlake_insulators@hotmail.com)  
**SPRAY FOAM SPECIALISTS**

**CONVENIENCE**

Grocery • Drinks • Snacks  
• Coffee to Go • Ice • Firewood  
• Fireworks • ATM • Greeting Cards  
• Newspapers • Books • Pet Food  
• Toys & more

**SNACKS FIRST AVENUE** 20088 First Ave,  
Sandy Hook

OPEN YEAR ROUND 10AM - 6PM  
7 DAYS A WEEK



**PharmaChoice LUNDAR**

You have QUESTIONS, We have ANSWERS!

- Prescriptions • Liquor Store
- Home Health Care Aids
- Snacks and more!

*Advice for Life*

**LUNDAR PHARMACY** 204-762-5431  
18 Main St., Lundar

**Glass Specialists**

- Sealed Units
- Flat Glass
- Mirrors
- Laminated
- Tempered
- Plexi/Lexan

**Construction**

- Windows & Doors
- Siding
- Custom Cladding
- Decks
- Construction/Renovations

**Interlake Glass** 365 Main St. Arborg, MB  
204.376.5177  
[intglass@mymts.net](mailto:intglass@mymts.net)  
WINDOWS, DOORS & MORE

**WE DO IT ALL!**

- Window Coverings by HunterDouglas
- Floor Coverings • Countertops
- Cabinetry by Kitchen Craft & More!

Mon-Fri 9am-5pm Closed Saturdays  
Hwy #9 & Colville Dr., Gimli  
(204) 642-8585  
[www.thehomestoregimli.com](http://www.thehomestoregimli.com)

**pampered chef**

INDEPENDENT CONSULTANT

- Cooking Shows • Meal Prep Solutions
- Fundraisers • Individual Orders

204-485-4272 call or text  
[stoneware444@gmail.com](mailto:stoneware444@gmail.com)  
[www.pamperedchef.biz/michellebalharry](http://www.pamperedchef.biz/michellebalharry)

**WARREN LAHAIE PARTS & SERVICE**

[WARREN@GIMLIFORD.COM](mailto:WARREN@GIMLIFORD.COM)  
16-7TH AVE., GIMLI, MB  
204-642-5137



**ALICE ROOFING LTD**

Complete Roofing Services

- Residential • Agricultural

Licensed and Insured

**204-757-9092**  
[www.aliceroofing.ca](http://www.aliceroofing.ca)





# THREE PEAT 2016, 2017, 2018

## CHECK OUT THESE SPRING SAVINGS

**2018 ECOSPORT SE**



MSRP \$28,739  
**SPRING SAVINGS \$23,995**

**2019 EXPLORER XLT 4X4**



MSRP \$53,289  
**SPRING SAVINGS \$48,829**

**2019 ESCAPE "S"**



**0% - UP TO 72 MTHS  
\$750 TECHNOLOGY BONUS**

**2018 MUSTNGE I4  
PREMIUM**



MSRP \$41,788  
**SPRING SAVINGS \$33,995**

**2018 F150 SUPERCAB  
XLT 4X4**



MSRP \$46,849  
**SPRING SAVINGS \$33,995**

**2018 F150 SUPERCREW  
XTR 4X4**



MSRP \$59,149  
**SPRING SAVINGS \$44,976**

\*All spring savings prices are plus taxes, delivery allowances & tech bonuses are taken off already. See dealer for details. OAC.



**16-7TH AVENUE, GIMLI, MB  
SALES - 855-963-1818**

Dealer  
#5358