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# Fisher Branch girl wins RCMP for a Day contest

By Jeff Ward

Fisher Branch Early Years School Grade 3 student Kiana LaFreniere (FBEYS) will suit up as an RCMP officer for a day after winning a letter-writing competition last month.

LaFreniere said she was very excited to be chosen and is happy to become an officer for a day. The eight-year-old wrote a short letter in March for a competition that involved schools across the province.

RCMP communications advisor Holly Plato said that the contest was a first for the Manitoba RCMP and that the communications team selected LaFreniere's letter from a pool of 70. Plato added that they've taken the student's measurements and are making her a special uniform for her day as an officer and are in the process of planning activities for her to take part in, which are tentatively scheduled for May 5.

Grade 3 teacher at FBEYS Angela Caines said the contest came with a template that instructed students to explain why they would want to be an RCMP officer for a day. LaFreniere's submission expressed her desire to help people and to do the right thing in life.

"I want to be an RCMP for the whole day because I've never been mean before and I never kick or punch," said LaFreniere.

"It's very exciting. I want to walk around

Continued on page 4



EXPRESS PHOTO SUBMITTED BY ROGER MCCULLEY

Fisher Branch Early Years School Grade 3 teacher Angela Caine and student Kiana LaFreniere hold up the letter that won the young student the RCMP for a Day contest. In just a few weeks, LaFreniere will don an official and specially made RCMP uniform for a day with Fisher Branch officers.

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# Lake Manitoba Channel could force farmers off their land

By Jeff Ward

RM of Grahamdale landowners met with members of the provincial government last week to discuss preliminary plans for a Lake Manitoba Emergency Channel that would cut through 22 kilometres of occupied farmland.

Director of regional operations for Manitoba Infrastructure Mark Allard said the meetings were conducted to explain the situation to potential landowners who could be affected and to listen to their concerns about the project. Allard said representatives from Manitoba Infrastructure and Crown Lands and Property Agency (CLPA) were on hand to field questions. RM of Grahamdale reeve and council members were also in the meetings.

The proposed channel is a 22.8-kilometre ditch that would connect the northern part of Lake Manitoba at Watchorn Bay to the southern part of Lake St. Martin. The project would also require a section of Highway 6 to be rerouted so that the channel would have optimal hydraulic efficiency. When completed, the channel would have water in it year round and is designed to operate at 7,500 cfs when Lake Manitoba is at 814 feet. The Fairford Water Control Structure would remain the primary way of get-

ting water out of Lake Manitoba and this new channel would only be used when the lake is above flood stage of 814 feet, according to Allard.

The bad news is that this means the channel will run right through occupied farmland, and that has many residents in the Hilbre area concerned.

Iver Bankert's son Christopher will lose nearly 70 per cent of his land if the channel is placed the way it shows on the maps Manitoba Infrastructure mocked up. Allard said that plan isn't set in stone yet and that they are still in a preliminary design stage.

"It's concerning because my son is working to become a full-time farmer and he's losing so much land," said Iver Bankert, who added that his daughter will be losing an access road requiring approximately 30 kilometres round trip to reach the other side of her land. "These are my children and I'm going to fight for them. I'm glad that they're listening to us and are willing to negotiate on the placement of the channel, but this definitely has us concerned."

Christopher Bankert said it's his goal to become a self-sufficient farmer and, he and his wife Serena have put a lot of work in making it a reality. Bankert works at the Graymont mine in Faulkner and has been working to



EXPRESS PHOTO BY JEFF WARD

Christopher Bankert, right, and his wife Serena could lose nearly 70 per cent of their farmland if the provincial government signs off on the construction of the preferred alignment to the Lake Manitoba Emergency Outlet.

purchase farming equipment for his future operation.

"And now we just don't know," he said. "This doesn't stop our progress but it does slow us down quite a bit. It's not like there's someone out there making new land everyday. It comes along once in a lifetime sometimes. This news has been devastating."

Allard said he is sympathetic to the concerns of people like Bankert but this is the preferred route based on a number of criteria including a socioeconomic assessment.

"We are looking at making minor adjustments to the preferred alignment, and it should be known that

this is only a proposed route as opposed to a final location," said Allard.

Ward 3 Coun. Dan Meisner said that he was present for all of the meetings last week and his immediate reaction to hearing the placement of the flood channel was "Why there?"

"Right now, we have a lack of information from the province and there was way too much stuff that they didn't bring to the table — we need to know more," said Meisner.

He added that he would be speaking with different levels of government on this issue over the next few weeks to get a clearer picture of what, if anything, can be done.

## Lake Manitoba rising quickly, likely to reach 814

By Jeff Ward

The science advisor for the Association of Lake Manitoba Stakeholders (ALMS) Scott Forbes said that the level of Lake Manitoba would likely reach 814 feet within the next 10 days.

The barrier of 814 is when Lake Manitoba officially crosses into flood stage and when the RM of St. Laurent will

officially declare a state of emergency. Forbes said that flooding is not guaranteed but that the stars will have to align to avoid one.

At the time of writing this article, Lake Manitoba sits at just under 813 ft. and is rising quickly. Forbes said he estimates that by Friday, April 14,

Continued on page 9

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# Deputy Minister of Education Strain tours Gimli High School

By Patricia Barrett

Deputy Minister of Education Bram Strain took a tour of Gimli High School April 7 to see some of the special programs the school offers and visited students in the cramped band room, which the Evergreen School Division wants to turn into a media and sound engineering room.

The province made a commitment to \$450,000 in funding for a new music learning space, which the division wants built along the north side of the school near the parking lot, said Supet. Roza Gray.

"The board will put in the remaining expected \$1 million to have the band room that we [designed]," she said.

The province originally approved the renovation in 2015, and the division had reported in its 2017-18 budget that the music centre partnership with the province's Public Schools Finance Board was \$1.5 million.

"We're showing [the deputy minister] what we have and describing our needs," said Gray, who led the tour.

Board members Dianna Auer, Ruth Ann Furgala, Assistant Supt. Scott Hill and Gimli High School principal Leona Groot accompanied the deputy minister on the tour.

Strain spoke with a number of students working on projects in the wood-working and metal-working shops.



Bram Strain received a Viking statue from metal-working students at Gimli High School.

Students Stefan Peiluck and BJ Ford made a metal Viking statue mounted on a wooden base for the deputy minister.

Peiluck also showed the deputy minister how to program, via computer, the special wood-cutting machine to make various items, such as signs for area businesses.

Grade 12 students are required to design a project, said wood-working teacher Tony Michaluk, showing Strain how the arm of the machine etches a design into the wood.



EXPRESS PHOTOS BY PATRICIA BARRETT

Teacher Tony Michaluk helps student Stefan Peiluck program the wood-cutting machine as Deputy Minister Bram Strain looks on.

Strain then visited the band room, where Grade 9 students were practising.

The band room is a very cramped space. The division wants to knock out the north wall and build an addition. The creation of private music rooms and a recording studio are part of the design.

"There will be area down at the bot-

tom where they can actually record music," said Dianna Auer, the board's finance chair. "They can record music and they can edit."

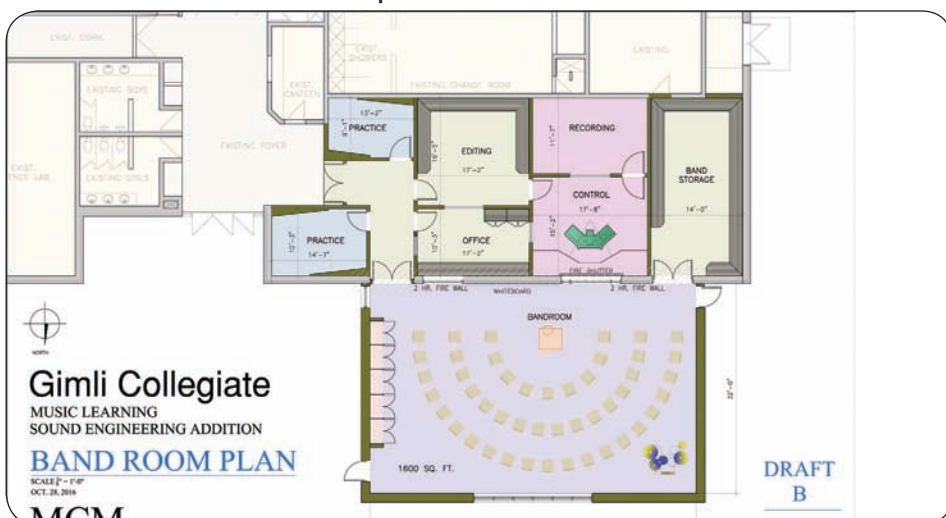
The division also wants to make the recording studio available to the public.

"At the same time, too, it's going to be great for the community if anybody

Continued on page 4



Music students in the cramped band room.



Gimli band room draft.

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**Here's How.**



# Interlake MLA says fish plant investors unconcerned about Bill 23 delay

By Patricia Barrett

Investors interested in building fish plants in St. Laurent on Lake Manitoba have no concerns over the NDP's delaying the Fisheries Amendment Act (Bill 23), according to Interlake MLA Derek Johnson.

Bill 23, which will sever ties with the Freshwater Fish Marketing Corporation, was introduced by the Conservatives March 15 and delayed by the NDP April 6.

The bill can only be held until the fall, said Johnson. Then it will be put to a vote before the throne speech and likely be passed.

"I called three investors who are investing on this side and they were fine with it [the delay]," he said, without naming them.

As far as Lake Manitoba is concerned, the delay may actually work in investors' favour because the fishing season starts every November, he said. The eventual passing of the bill will coincide with the opening of the fishery.

"We don't have an open water season on Lake Manitoba and we don't have a spring fishery. Our next season ... is not until 'safe ice' or Nov. 1," he said. "It's a different type of fishing over here than on Lake Winnipeg."

Another potential benefit to the delay is that it will give investors time to build a facility without having to resort to erecting a temporary fish shed on what-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Interlake MLA Derek Johnson says the delay of Bill 23 will actually work in investors' favour because the fishing season starts in November.

ever land they've acquired.

"It would be tough to have a building open by open season on Lake Winnipeg — that's coming up quickly," he said.

If investors were unable to have a facility built in time to coincide with a particular fishing season, they could build a temporary structure with a scale, ice machine and loading dock, said Johnson. They would only need to obtain a building permit.

Johnson said there have been offers to purchase land in the RM of St. Laurent, and the municipality is "very excited."

There are two fish plant owners "actively seeking" to build here, he said. One wants to export fish to the Philippines, the other to China.

One of those owners may even build a fish farm (on land), which will create year-round jobs in the RM.

"The fishing season in Manitoba is only ... roughly seven months," said Johnson. "What does a plant do for the other five months that are idle? They produce their own fish and they can keep the jobs and the people in the community working year-round."

Investors are eager to build on Lake Manitoba, he said, because there is a lot more rough fish in that lake than there is in Lake Winnipeg, and rough fish is what investors want to market.

Until Bill 23 is passed, Johnson said it will be "business as usual with Freshwater."

For those fishers opposed to an open market, Johnson said "all they have to do is continue to sell to FPMC."

## > EDUCATION, FROM PG. 3

needed to use the space," said Auer.

She said the proposed music centre is something "no schools in Manitoba have, not even the universities."

The school and division have completed a draft design of the new centre.

Principal Leona Groot, music teachers Rob Chrol and Lindsey Collins, and operations manager Gary Thompson executed a draft design. It received initial approval from the Public Schools Finance branch, said Gray.

"More detailed drawings are now necessary for additional levels of approval before the project is tendered," she said. "This second design stage is expected to take a number of months."

Gray said some of the renovation work could begin in 2018.

"It usually takes a year from about this stage to break ground," she said.

At Arborg Collegiate, which Strain visited later that afternoon, the division wants to expand its metal-working program to meet the demand for skilled workers in the Interlake.

"We want to move into welding in a big way. We don't have a big metal shop," said Gray.

In addition to its plans to improve the two collegiates, the division has made Gimli High School available to the 2017 Canada Summer Games committee for the sailing competition this summer. The high school will be turned into an athletes' village.



EXPRESS PHOTO BY PATRICIA BARRETT

April 7 visit, left to right, Leona Groot, Bram Strain, Roza Gray, Scott Hill, Ruth Ann Furgala and Dianna Auer.

## > RCMP FOR A DAY, FROM PG. 1

the station and go for a ride in an RCMP car. I want to help people."

LaFreniere's mother Hilary said that

she is extremely proud of her daughter and excited for her to have this once-in-a-lifetime opportunity. She said that during spring break, the family received a call from a relative

who told them to look on the RCMP Facebook page, where they saw a video of her letter being read.

"She was so excited to see the video. She kept telling me, 'It's on YouTube,

mom,' and it's all she can talk about right now," said Hilary LaFreniere.

"When we saw the video on Facebook, I started crying because I was so happy for her. She's a very good girl and she is young, but I could definitely see this coaxing her in the direction of this as a career."

Kiana LaFreniere said that she's too young to make the decision right now but she does like the idea of becoming an officer. She is interested in many career paths, including a firefighter, doctor, nurse and even being involved in a daycare. She said that she wants to do a job that helps people, and as long as she's doing that, she'll be happy.



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# Disaster expert helps Gimli business owners prepare for emergencies

By Patricia Barrett

Gimli's Chamber Commerce invited a disaster and emergency management expert to town to teach local business owners how to prepare for and handle adverse events.

Robert Munro provided a free two-hour information session March 30 at the Lakeview Resort, covering virtually every emergency business owners can encounter.

"A key component to any crisis management situation is knowing immediately what to do, not standing outside on the curb looking at your business," said Munro, who is trained in disaster management and has dealt with floods, fires, tornadoes, health facility evacuations and drug shortages.

To deal with emergencies, business owners need to have a continuity plan.

"A business continuity plan is really like a roadmap," said Munro. "And it shows you where you might need to go if something changes in your business or if you need to restore critical functions after a disaster."

Munro said staff need to be empowered by contributing to and being informed about procedures.

Power outages may not constitute a major disaster, but they can affect a business's bottom line. Staff should know when to close a business and how to process transactions when debit machines don't work.

"I'm going to need something called a pen and I'm going to write the charge in," said Munro, causing much laughter. "You own a business and you just can't say, 'Well, no power.'"

The "roadmap" should contain the names and numbers of plumbers, electricians, lawyers etc., and be reviewed every six months to keep it current. Knowing where you can obtain equipment needed to run a business should be part of that. And all that data should be backed up and kept off site.

Purchasing a generator with a transfer switch will give business owners time to shut down vital systems.

To prevent events such as flooding or fires inside a business, owners should

install a sump pump and smoke detectors (and change the batteries every six months).

A disaster recovery plan is another important component of emergency management, and should include a communications strategy in the event a business needs to shut down for a period of time.

Messages should be positive, sent out more than once and indicate a possible re-opening date, said Munro.

For businesses involved in food services, power outages can lead to food spoilage. Although generators are expensive, Munro said it may be "more financially stable" to have one.

He shared a neat trick to tell if frozen meat has thawed and re-frozen during an outage

"Take a cup...and fill it half full of water and put it in the freezer and let it freeze. Put a coin on top of that frozen block of ice. If the power goes out, look at the cup. If the water's frozen, but the coin is at the bottom...all that stuff in your freezer [should be thrown out]."

Gimli is not immune to disasters. Munro cited the airport and railway line, pandemics, forest fires, terrorism, blizzards and Lake Winnipeg as potential hazards that could either cause mass casualties or disrupt vital services.

The RM's emergency measures coordinator Don Emes, who attended the session, said Gimlites are particularly vulnerable to storms and flooding.

"If Mother Nature decides to kick the lake up, we might end up with the whole town moving somewhere."

The RM has 20,000 sandbags ready to go, said Emes, and about 500 super sandbags that can be filled in short order.

And Gimli is one of the few towns that have a siren. It has a two-mile radius, said Emes. If it doesn't stop, you'll know a severe weather event, such as tornado, is on its way.

Members of the Canadian Red Cross attended the session and spoke about their role during a crisis, which includes evacuating people and helping them obtain lodgings, clothing



EXPRESS PHOTOS BY PATRICIA BARRETT

Chamber members attended a disaster management session given by Robert Munro. Back: Nic Munday, Peter Holfeuer, Cheryl Buhler, Leona Johnson; front: Melanie Specula, Robert Munro, Michael Lazer.



Robert Munro, disaster management expert, advised business owners to buy a weather radio in the event of power outages



Red Cross Volunteer Andrew Johnson.

and food.

"We've helped up to 168 families and 400 people in the last year in Manitoba," said volunteer Andrew Johnson.

The organisation has nine trained volunteers in Gimli, but welcomes more. Call 1-888-800-6493 for more information.

## letters

Letters to the Editor:  
letters@expressweeklynews.ca

### Who is monitoring the fishers?

Lake Manitoba commercial fishing season came to an end on March 31, 2017.

The pickerel were the best we have seen for a few years, catching 40 - 60 plus per net in the Oak Point, St.

Laurant area.

However some fisherman with harvest cards pulled their nets back in for a

few more lifts. A group of us senior fisherman are calling this act greed

and discrimination to the rest of the commercial fisherman.

We are confused to who is running this commercial fishery. The Government or the Metis Federation.

Alfred Nast

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# getfishing

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## > ARNIE WEIDL **Some have better luck fishing with wieners**

Welcome back, friends.

Isn't it amazing how quickly we can mentally adapt to the change from white snowdrifts everywhere to the sight and smell of green grass? Only days ago, the ice pack on our lakes was steel strong yet now has become weak blue-grey slush. Our rivers and creeks are running and soon we'll be netting suckers again.

We have some good fish stories graciously given to us by fellow anglers to carry us through the coming weeks of no fishing. Here's one.

About a month ago, I sat in warm comfort in Old Red surveying westward the icescape of Shoal Lake with my binoculars. I could see far out two men sitting in their truck beside a hard wall shack. They might have a story, I thought.

The deep ruts at the jump-off spot beside the old Erinview church were full of water. I was a bit concerned but forced my truck through them to smoother ice. Then, at a good clip on glare ice, I made for them. As I approached their truck, they jumped out apologizing for being near "my" shack. I held up my hand with a half smile to ease their anxiety, explaining the shack wasn't mine and who I was.

I learned that these two 40-something lean guys, Ray Rempel and Brent Bekiaris, were paramedics from Steinbach. They said they only wanted to use the shack for a windbreak while they fished. They were congenial outgoing chaps and soon related a story when they were summer fishing at Caddy Lake.

It was a sunny, hot afternoon, and every time they caught a jack, as they



**EXPRESS PHOTO BY ARNIE WEIDL**

MIFA contributors and winners, from left to right, MIFA secretary Margaret McArthur, Cara Buchannan-Gillespie of Smitty's, Dianna Kolkata (portable ice shack winner), MIFA president Lawrence Proulx, Cory Andrusko of Canadian Tire, Brett Mitchell of the *Selkirk Record*, Don Marchand (winner of the fish flasher) and Gisele Anniuk (accepting the ice auger for Perry Anniuk).

reeled the fish to the surface close to the boat, an eagle would swoop down and steal it. During the theft, the bird would clamp onto the fish's body, allowing the hook to be torn away. This happened a few times until an eagle's claws almost became entangled in the fish line, so the boys decided to beat a hasty retreat to shore and enjoy the few fish they still had left.

Throughout the summer on that lake, though, the guys noticed many times the fish they caught had scars on their sides. They put two and two

together and realized the eagles were clawing fish from the water only to have them slip through their talons, causing those scars. It seems even eagles have trouble hanging onto slippery fish.

I'm pretty sure I've told you stories where anglers used unusual bait, but this next story has a little different twist.

I was talking to Corny Bergen and Jake Fehr, longtime anglers from

Continued on page 8

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# Northern Walleye purchases land in Gimli for fish plant

By Patricia Barrett

The former president and CEO of the Freshwater Fish Marketing Corporation announced April 8 he purchased land in Gimli for a fish plant but does not know what his plant capacity will be or what prices he'll offer fishers.

Donald Salkeld incorporated Northern Walleye last July after being placed on administrative leave by FFMC in March. He announced in December, just before he was fired, that he had formed a partnership with Mike Schafer of Schafer Fisheries in Illinois and would build a fish plant in Gimli.

"We're at this stage here where I can inform everybody we've been working with the town of Gimli, and they've been very co-operative," said Salkeld to about 60 people at the Lakeview Resort. "We have some property now purchased out by the airport in the Industrial Park."

Salkeld said it would take two weeks to erect a precast concrete building once the foundation is laid, but the RM still has work to do at the site.

"You probably won't see anything happening there for a few months. The town of Gimli still has to get it subdivided and the lot plotted out."

In the interim, Salkeld said he may set up a temporary fish plant in Teulon in the De Luca building.

When asked if he has to obtain a development agreement with the town, Salkeld said there's a little bit of a "zoning issue there, whether it's zoned properly for fish."

The property is currently zoned commercial, he said, and the South Interlake Planning District indicated it should be zoned industrial.

At his Gimli plant, Salkeld will be working with Dianna Upton, whom he said he worked with for a few years, and her daughter Brittany Upton, as well as with his wife's son, Shane. Dianna's LinkedIn profile, viewed April 8, indicates her experience in the fish industry with "overall purchasing responsibilities" for FFMC's Transcona plant.

Salkeld wants to embark on a new marketing strategy that will entail portion controlling [cutting fish into different sizes] and value-added products.

"The whole world is basically going to portion controlling and better choices for the consumer," he said.



Dianna Upton and Shane, the son of Salkeld's wife, will be working with Salkeld.

"And that's not happening with your fish."

He and Schafer may be sharing fish processing activities between their plants.

"The facility here in Gimli might be utilized in different ways to move fish to [Schafer's] plant for the processing," he said. "It doesn't have to be all necessarily done in one house. ... The partnership ... will actually increase the jobs in Canada because we are making plans to bring a lot of American fish up to this plant and process it here."

A fisher said that will drop capacity of the Gimli plant for local fishers. When asked for specifics about Northern Walleye's capacity, Salkeld was unable to state definitively what it will be.

Kris Isfeld, representative for Area 2 Lake Winnipeg fishers, asked Salkeld if he'll be turning away fishers.

"When you guys reach capacity, you just shut your doors?" he asked.

"We have a limited capacity," said Salkeld. "When I look at what's gone on in the past years, Freshwater, under the Act, has to take all the fish that are delivered whether they throw them away or not."

When asked if FFMC had been throwing away fish, Salkeld said yes.

Everything that comes through his plant will be utilized, but he said he'll have to close the door to other fishers if it reaches capacity.

Another fisher said that may mean they'll get a reduced price if their fish

has to sit in totes while they wait to get in.

Isfeld pressed Salkeld about capacity.

"We talked to the builders today," said Salkeld. "We can build a 10,000- or 20,000- or 40,000-foot building."

The dilemma he's facing is figuring out how many fishers will sell to him, which will help determine plant size.

Isfeld said, according to the Fisheries Envoy, 85 per cent of fishers are going to stick with FFMC.

Fishers asked several times about Salkeld's fish prices.

Mike Schafer said he "doesn't know [if] we want to quote pricing at this point."

When pressed, Schafer said they'll probably be able to pay "what the market is on Freshwater's prices on whole round fish."

"So, you're starting low," said one fisher.

"We're still quite a ways away," said Salkeld, fielding another price question. "We're talking about next winter fishing, and for us to give a price today, it's imaginary down the road. We're too far away. But we will be competitive."

Schafer said they'll be buying only whole fish and doubt they'll be able to take fillets because they would need a Canadian Food Inspection Agency inspected plant.

"One of things we want to see different from what Freshwater's doing is we want to buy the whole fish," said Schafer. "We want fishers to be good at what



Donald Salkeld purchased land at the Gimli Industrial Park for his Northern Walleye plant.

they're doing, and that's catching fish, not spending your time having to head and gut."

Dale Einarsson, president of the Dauphin River Commercial Fishers Association (a North Basin fishery worth about \$5 million a year), asked Salkeld about roe.

"You're now taking the fish whole and getting the roe for just the price of the fish," she said. "Are you going to put a higher price on that fish to compensate for fishermen losing the roe?"

"Absolutely, yeah," said Salkeld. "Whatever we get, we're going to share with you."

After the meeting, Einarsson said she's concerned about selling fish in the round because fishers don't really know if a fish has roe until they cut it open.

"If we sell a medium whitefish," she said, "we get \$2.81 for it. But we get almost \$7 for the roe on top of that. When we clean out the fish ourselves, we sell the roe separately. We get that value-added ourselves. They want to buy the fish round and they'll be taking it out themselves."

She said she's happy Bill 23 has been delayed because the former July 1 date landed in the middle of their spring fishing season, and they'll now have some time to figure out what they want to do.

**"WE GET THAT VALUE-ADDED OURSELVES. THEY WANT TO BUY THE FISH ROUND AND THEY'LL BE TAKING IT OUT THEMSELVES."**

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# Community banding together after double-murder suicide

By Scott Billeck

More than one week after a double-murder suicide shocked those living along a quiet gravel street in East Selkirk, the tight-knit community is banding together as it tries to come to grips with what happened.

"I think every time people drive down that road and see that street, those thoughts are going to come back for a while," said St. Clements Mayor Debbie Fiebelkorn. "For the neighbours in close proximity, it's going to take a while for the community to get over it."

"But they will. Everyone in our community are good friends. They will band together to do what they can to get through it."

Selkirk Mayor Larry Johannson shared the same sentiment as Fiebelkorn.

"In times of tragedy, it's hard but we realize that we're all in this together. Everyone pulls together," Johannson said. "It's important that the extended family, the neighbours and people who knew them know there are people in their corner."

Multiple 911 calls poured in to Selkirk RCMP just after 7 p.m. on April 3 after several gunshots were reported heard at a 15 Cooks Cove in East Selkirk.

Officers arrived to a grim scene, with two adult men and an adult woman

found dead from apparent gunshot wounds outside the home.

RCMP would not confirm the names of the victims but multiple sources have confirmed it was husband and wife James Gregoire, 43, and Nicole Rach-Gregoire, 41, along with Bill Wozney, 49.

Reports by the *Winnipeg Free Press* revealed that Rach-Gregoire was a physiotherapist who worked for Wozney, the owner of Physiotherapy on the Red in Selkirk. These reports suggested that distress between the two over fraudulent insurance claims may have led to the events that unfolded in front of the couple's home.

The RCMP closed their investigation last Friday, stating that Gregoire and Rach-Gregoire were homicide victims while Wozney died of a self-inflicted gunshot wound.

"It's been very touching, very hard," Fiebelkorn said. "I don't really know what to say. The community is almost in disbelief this can happen in our quiet little community."

A funeral for the couple was held last Saturday in Grand Marais.

"For those of us that were there, there were neighbours, friends, relatives — everybody came together and celebrated their life under very, very bad circumstances," said Fiebelkorn, who attended the funeral.

According to their obituary, the cou-



EXPRESS FILE PHOTO BY BRETT MITCHELL

RCMP remained on scene along Cooks Cove in East Selkirk on April 4 following a double-murder suicide on April 3. East Selkirk community members are now banding together during this difficult time.

ple had two children.

"I can say my brother was an amazing brother, son, husband and dad. He will be extremely missed," said Gregoire's sister Rachelle Gregoire.

A YouCaring fund has been set up to raise money for the couple's children. By Monday afternoon, more than \$12,000 of their \$25,000 goal had been raised.

Facebook posts and messages left on Gregoire's and Rach-Gregoire's obit-

uaries over the past week came pouring in last week, painting a picture of a couple that always brought a smile to the faces they met.

"Missing you both will be forever in our lifetime," read one post. "You were both always smiling! The laughs, the good times will be so fondly remembered though we have all been robbed of the many more memories that were yet to be."

## Number of Peguis residents evacuated rises to over 200

By Jeff Ward

The number of evacuated Peguis First Nation residents has tripled over the last week as floodwaters affect more homes and roads.

Peguis First Nation Chief Glenn Hudson said that the newest evacuations took place early last week but the good news is that the water has actually gone down since then by almost a foot and a half.

Hudson explained that the official count of evacuated residents is 229 and that number would be higher but there are a few people who refuse to leave their home. Evacuations are now done on a home-by-home basis. If a home is surrounded by water or has no road access, evacuation is necessary.

"I think people have decided to remain in order to keep their home dry and in a safe condition," said Hudson on why some members refused evacuation.

"I think the other issue is that they don't want to be out for six years like some of our others have. We still have

more than 200 evacuated from 2011 who haven't returned home."

Last week, NDP MP for Churchill-Keewatinook Aski Niki Ashton spoke in the House of Commons about the need for federal support in a permanent flood solution.

"This isn't the first time this is happening, and every time it happens, First Nations are hit the hardest. So this prime minister likes to talk about First Nations, but what people in crisis on the ground need is immediate action," said Ashton, who then asked if Justin Trudeau would provide Peguis with the support it needs.

Trudeau responded by saying his government would work to support Peguis and other First Nations like it but didn't say how or when.

Hudson said that he contacted Ashton to speak on their behalf and that he commended her for making her statement.

Hudson said he is unsure how many more will be evacuated and there is no timeline for a return for those who have left their homes.

### > FISHING, FROM PG. 6

Plum Coulee out on Lake Winnipeg's south basin some time ago.

Corny said they were ice fishing on Rock Lake west of home one time and ran out of smelts so they dug into their lunch supplies and retrieved some wieners for bait. After a while, Corny had a fish slip his hook and, not thinking much of it, rebaited it with another wiener and continued to fish.

About 15 minutes later, there came a knock on their door. It opened and a guy from the neighbouring shack stuck his head in inquiring, "Are you guys using wieners for bait? I just caught a jack with one in its mouth."

Now, if I may, I would like to give special thanks to certain folks who have been so good to the Manitoba Ice Fishing Association over the years.

First there is Mick Walsh and his gang at Selkirk's Canadian Tire.

They have been just great to us with their donations of portable ice shacks, discount prices on augers, and now a fish flasher that we offer in our raffles. Then there is Alana Waite, manager of Smitty's, who has given us room to hold our meetings and raffle draws. Finally, there are the wonderful people at the *Selkirk Record*, the *Express* and *Stonewall Teulon Tribune*, headed by Lana Meier and Brett Mitchell, who have always been there with MIFA, publishing articles encouraging folks not to litter around our Manitoba waterways and to promote the Manitoba fishing industry.

All you folks are just the best.

By the way, a few delightful longer fishing stories came my way. I'm going to play with them for a bit then pass them along. I think you'll like them.

Be good. See you soon.



# NDP delays bill to sever ties with the Freshwater Fish Marketing Corporation

By Patricia Barrett

The provincial NDP made good on its promise to support fishers opposed to the Conservatives' plan to open Manitoba's fishery to competition by delaying further readings of Bill 23 until the fall.

Introduced March 15, the Fisheries Amendment Act will sever ties with the federally operated Freshwater Fish Marketing Corporation.

Using Section 2(9) of Rules, Orders and Forms of Proceedings of the Legislative Assembly of Manitoba, the NDP delayed the proposed legislation April 6.

Environment critic and Wolseley MLA Rob Altemeyer, who met with NDP caucus to recommend the delay, said there was "a lot of bad legislation" to choose from, but they made the right decision to stand up for fundamental principles ignored by the Pallister government.

"The principle is what the government has done, not just in this legislation but in how they've conducted themselves," said Altemeyer. "The way they've gone about consultation is very likely a violation of treaty rights. And treaty rights for far too many decades and centuries have been disrespected. We need to do our part to make sure that treaty rights see their proper due."

One day after a Dec. 1 Fisheries Envoy meeting in Gimli — at which one envoy admitted they were hired guns for the province — Altemeyer rose in the house and called the consultations a "sham."

First Nations, he said, have contacted Sustainable Development Minister Cathy Cox regarding their right to fish for commercial purposes.

"The Indigenous communities have been writing to [her], trying to educate her as to the nature of their rights when it comes to proper consultation

processes — which aren't being conducted — [and] to their treaty rights to engage in fishing for economic purposes. They're not getting any satisfaction or any indication from this minister so far that she's even listening to them."

The delay is intended to force the government to listen to all fishers' "legitimate questions."

Altemeyer said he thinks there's a "real possibility" Bill 23 may hit a snag in the fall. And that could come through potential court challenges launched by First Nations.

"In previous instances which have worked their way up to the Supreme Court, when people thought they could ignore treaty rights and First Nation obligations for proper consultation by the Crown, you've ended up in a lengthy court battle."

"For Minister Cox to put in writing ... to Fisher River Cree Nation that they don't have the right to fish for economic purposes, that's a pretty blunt approach to conversations that should be conducted in a much more respectful and much more informed manner," he said.

Altemeyer said if he were a fish plant investor, he'd be concerned about the Conservatives' ability to deliver Bill 23.

"An investor has to ask themselves, 'How certain am I that law is going to get changed? Is it going to be challenged on a constitutional basis at the court? Is that court case going to be resolved quickly or is it going to proceed all the way up to the Supreme Court as previous court cases on this front have?'"

If investors were unable to move forward, Altemeyer said First Nations shouldn't be blamed. Criticism should be directed towards the Con-

servatives for failing to honour treaty rights and a duty to consult.



Wolseley MLA Rob Altemeyer and the NDP delayed Bill 23 last week, citing concerns over a lack of consultation with fishers and First Nation treaty rights.



EXPRESS PHOTOS BY PATRICIA BARRETT  
Gimli MLA Jeff Wharton "guaranteed" Bill 23 will pass this fall.

**"OUR GOVERNMENT IS DISAPPOINTED THAT THE NDP HAS CHOSEN TO PROLONG THE MONOPOLY OF THE FFMC, THEREBY REDUCING EARNING POTENTIAL FOR OUR COMMERCIAL FISHERS."**

servatives for failing to honour treaty rights and a duty to consult.

"These are not just random concepts," he said. "These are constitutional obligations of the government enshrined in law, and the Pallister government has ignored them and ignored them at their peril."

Gimli MLA Jeff Wharton, addressing fishers at a Northern Walleye announcement April 8, said the passage of Bill 23 is "guaranteed."

"You will have that bill passed in law by this fall, guaranteed," he said.

The delay, he added, will likely benefit fishers.

"I've had some conversations with fishers and investors since that day, and I've understood in some cases this may be a benefit for you as you move forward in the process of whether you choose to sell your fish to other ... buyers."

"It will give you little bit more opportunity over the summer to certainly look and try to secure some of those contracts as you move forward with potential buyers or choose to go with the Freshwater Fish Marketing Corporation, which you certainly will

have that option to do."

When asked if fishers are allowed to sign contracts right now while there's no open market or whether they have to wait until the legislation passes, Wharton said:

"That's something I think we need to look at. We talked about maybe having fishers have the opportunity to look at an export dealers' licence and help expedite those issues so that we can go ahead and have those markets. ... We may re-visit that to see if that's possible. We feel it is."

A spokesperson for Sustainable Development commented on the delay:

"Our government is disappointed that the NDP has chosen to prolong the monopoly of the FFMC, thereby reducing earning potential for our commercial fishers. We remain committed to providing market flexibility to fishers and will allow Manitoba fishers the opportunity to achieve their earning potential."

Altemeyer said the province has failed to provide information about possible changes to regulations or address conservation matters, and the bill's delay will give fishers time to, hopefully, get some answers.

## > LAKE MANITOBA, FROM PG. 2

Lake Manitoba will be over 813.5 feet.

"Currently, we should expect something very similar to the event of 2014," said Forbes.

"The water that is going into the lake now will take 12 to 18 months to subside and communities on the shore need to be prepared for wind storms this summer. And we should expect

at least three strong wind storms this summer of 80 km/h winds."

Forbes explained that winds like that can make the lake level rise as much as four feet and that the power of crashing waves can be devastating to shoreline property and even farther inland.

In his April 10 blog post, Forbes ad-

vised Lake Manitoba residents to start to move their property above an elevation of 818 feet, if possible, to avoid damage.

"In 2011, the lake rise during wind storms was five feet, and when you look at the damage on the edge of Lake Manitoba, I would say it's equivalent to an F4 tornado," said Forbes.

It's not all doom and gloom, though,

since Forbes said the government has been aggressive in pushing water down the Assiniboine, upwards of 17,000 cfs, to keep flows through the Portage Diversion lower. Combined with the fact that the Fairford Water Control Structure has been open all winter, that has given Lake Manitoba a fighting chance at staying out of a more significant flood event.



# Breakfast with the Easter Bunny an 'egg'citing event

By Jeff Ward

The Eaglets Daycare Breakfast with the Easter Bunny fundraiser featured a visit from the Easter Bunny and included face painting and singing for more than the 150 who took part in the annual event.

The event took place April 1 at the Eriksdale Recreation Centre and

played double duty as a fundraiser for the daycare and a fun family-friendly springtime event.

Organizer Natalie Sweetland said that the event remains very popular with families and that the young children really get a kick out of the Easter Bunny. Last year, the event raised \$1,700, and Sweetland said that she

estimates a similar number this year but hasn't finished tallying the total.

"We noticed there's a lot of support from Lundar and even a few faces we didn't recognize this year," said Sweetland.

"It's always great to have people come out and support us because the money we raise goes directly to help-

ing us improve the daycare. Last year, we took the kids on a field trip, and this year, we want to fix our outdoor play area and enhance it as well."

Sweetland hopes to accomplish that goal at some point this summer but said that there were no guarantees.



A young girl is beaming during the Eaglets Daycare Breakfast with the Easter Bunny fundraiser.



Jodi Sveistrup holds her young son Grayson as they watch the Easter Bunny.



EXPRESS PHOTOS BY CHERYL LAW

Dozens of youngsters look on as the Easter Bunny sings songs.

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# Arborg Library raises over \$1,000 in quilt raffle

By Patricia Barrett

The Arborg Library raised over \$1,000 in a quilt raffle it held last month and announced the lucky winner.

Tenleigh Smolinski from Arborg won the book-themed quilt that was made by library supporter/quilter Janice Skene.

"She was so excited," said branch librarian Rachel Plett, referring to Tenleigh's win. Her grandmother had purchased the ticket for her.

The quilt proved to be quite a draw. "Just over a \$1,000 was raised," said Plett, who has been working at the Arborg library for nine years. "The support of the community was amazing. People were buying tickets for family members living across Manitoba, as well as several other provinces and in the United States."

Plett said they haven't yet decided how the money will be used, but it

will go towards improvement to the branch.

Plett said the Town of Arborg plans to undertake some library renovations, such as replacing flooring, later in the year. Some of the money could go towards a new seating area if fundraising for that particular project falls a little short.

"Depending on if we can get business support, it might go towards that [seating area]," said Plett. "If we can get businesses to support that, I think it will go towards books. At this time, I'm not really sure where the money is going to go."

Plett envisages a quiet area with big comfy chairs. People can grab a book and read or do some work on a laptop.

She said appreciated the support of everybody who purchased tickets, and thanked Janice Skene for donating the beautiful quilt.



EXPRESS PHOTO COURTESY OF RACHEL PLETT

Tenleigh Smolinski (left) and branch librarian Rachel Plett with the book-themed quilt that Smolinski won in the Arborg Library raffle.



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# Be aware: blacklegged ticks are out in Manitoba

By Jeff Ward

A minor nuisance most years is a more serious health risk this year as the blacklegged tick is now reportable in Manitoba.

The blacklegged tick can potentially carry Lyme disease and has been gradually pushing its way into the Interlake. The ticks are the main carriers of pathogens and the bacteria that cause Lyme disease, and their numbers are growing.

Kateryn Rochon, University of Manitoba assistant professor of entomology, explained that wood ticks — also known as the American red dog tick — is common in the Interlake and that Eriksdale was a real sweet spot for her when she was collecting samples a few years ago.

Rochon said that the ticks aren't anything to be concerned about and don't have pathogens that can be transmitted to humans. This other species however, the blacklegged tick, can transmit to humans and have been moving north over the last few years.

"Their geographic distribution is expanding and they are moving north and west," said Rochon. "They are crawling into the Interlake and have been found in places like Narcisse

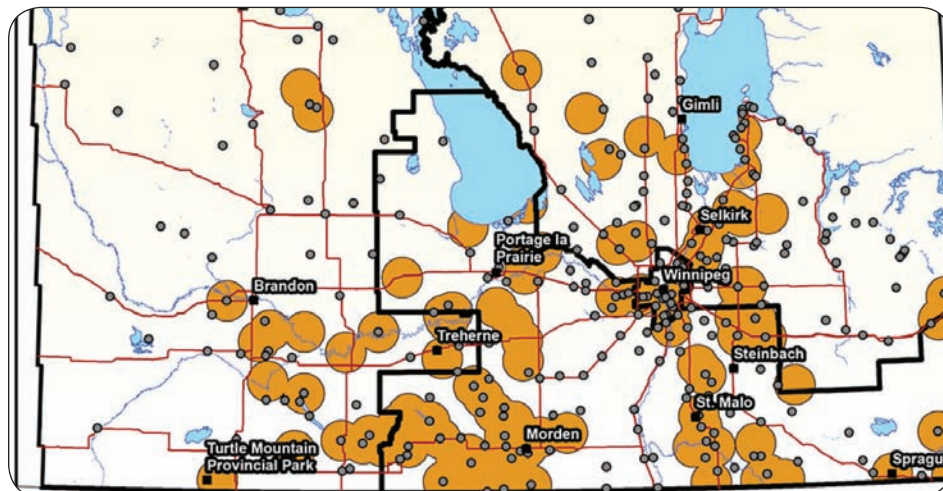


The blacklegged tick can potentially carry Lyme disease and has been gradually pushing its way into the Interlake.

and Ashern. These ticks are small, about the size of a poppy seed, and the nymphs are even smaller, so you need to check your body carefully."

Rochon said that a blacklegged tick needs to be attached to a human and feeding for at least 24 hours before infecting a human. Therefore, if one is found on a human, it's not a life-or-death situation. If you have been outside, Rochon suggests to put clothing in the dryer because the heat will kill any hitchhikers or to take a hot bath or shower. Using products with Deet or Icaridin in them will also help repel ticks from latching on.

Rochon recommends wearing clothing that protects your skin such as



EXPRESS PHOTO VIA GOV.MB.CA

This map shows areas of Manitoba where blacklegged ticks that carry bacteria that cause Lyme disease can be found.

long pants and sleeves and to avoid areas with dense vegetation. Rochon said that checking your pets, if they've been out, should also be routine during tick season.

"In this time of year, you should be always checking yourself for ticks and you should be thorough," said Rochon.

Lyme disease is a bacteria that can manifest in many symptoms including a rash, flu-like symptoms, jaw pain, and muscle and joint pain. The disease is treatable with antibiotics.

## Blacklegged ticks

Blacklegged ticks are parasitic animals that are related to spiders. Blacklegged ticks cannot jump or fly. Instead, they seek hosts by climbing on vegetation such as grasses or shrubs and waiting for a host to rub against them. When this occurs, they climb onto the host's body and eventually attempt to attach and feed.

Blacklegged ticks feed by attach-

Continued on page 13

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# Gimli's Viking Park contract awarded to Shelmerdines

By Patricia Barrett

The Icelandic Festival of Manitoba announced April 4 that Shelmerdine Ltd. received the contract to build Gimli's Viking Park, and local fundraising efforts to date have enabled the work to get underway later this month.

The festival's fundraising committee raised \$915,000 in cash and pledges, according to its press release, and is close to the \$1 million mark required to create the main components of Phase 1 of the park and to replenish the festival's reserve funds.

"In partnership with Betel Home Foundation and the RM of Gimli, the festival and project supporters are creating a park that celebrates Gimli's spirit and will contribute to its growing tourism industry," said Kristine Sigurdson, executive director of the Icelandic Festival of Manitoba.

The iconic Viking statue is the focal point of the park, which will extend from Second Avenue to the foot of the hill that overlooks the harbour and Lake Winnipeg.

"With its Elf and Troll Storm Gardens, Breakwater Garden and runic puzzles, Viking Park will provide a unique Icelandic experience in Canada," said Sigurdson.

Tim Arnason, a member of the 125 Legacy Project Campaign Cabinet,

## > TICKS, FROM PG. 12

ing their mouth parts to the skin of an animal (including humans) and drinking blood very slowly over a period of days. A tick bite is generally painless. As ticks feed, their bodies expand to accommodate the blood meal. This is called engorgement. If a blacklegged tick is infected with a tick-borne disease-causing agent, it can pass this infection along to its host during feeding.

Even if you are bitten by a blacklegged tick, the likelihood of disease transmission is not a certainty. First, not all blacklegged ticks are infected with disease-causing agents. Second, only nymph and adult stages can transmit infection (larvae need to acquire the disease agent(s) when feeding). And third, blacklegged ticks need time to prepare their bodies to significantly expand with blood and often do not start to feed for the first 24 hours after attaching themselves to a host. Therefore, transmission of the disease causing agents of Anaplasmosis, Babesiosis and Lyme disease typically require a minimum attachment period of at least 24 hours. This is why performing a tick check is so important.



**EXPRESS PHOTO BY PATRICIA BARRETT**  
The iconic Viking statue is the focal point of Gimli's Viking Park.

said the festival is thrilled by the community's response to the recent Pathway Stones campaign.

"We raised over \$400,000 this winter," he said. "About half of these funds came from Gimli residents. We will all enjoy seeing their personal tributes on the recognition features in the park."

Local schools will be commemorating Canada's 150th birthday by authoring inscriptions on some of the pathway stones provided to them by the festival.

"Gimli schools are honoured to be given the opportunity to take part in a project that not only commemorates the 150th birthday of Canada but also pays special tribute to the role Icelandic settlers and Indigenous



**EXPRESS ILLUSTRATION BY HTFC PLANNING & DESIGN**

The Elf garden will include elves, trolls, rain gardens, and an accessible Viking statue formed part of a tentative proposal to revamp the green space ringing Gimli Harbour.

people played in the development of our community and from which many staff and students owe their ancestry," said Jim Gibbs, principal of Dr. George Johnson Middle School.

Fundraising is ongoing, but local enthusiasm for the project prompted the festival to move forward with the construction.

There were no bids received from local contractors. Shelmerdine will, however, endeavour to hire workers and purchase materials locally.

"We plan to involve as many local companies as possible to build this beautiful park," said Bo Wohlers, president of Shelmerdine.

Because some donations are coming in as pledges over time, the festival will require bridge funding to build

the park. That is being provided at very low interest through the generosity of an anonymous donor, according to the press release.

"There is still ample opportunity to contribute to a project that reflects the unique spirit and ancestry of Gimli," said Arnason. "Donations raised between now and Aug. 1, 2017, will be inscribed on recognition pieces in time for the 129th Islendingadagurinn. We need to raise another \$100,000 to complete Phase 1 of the campaign."

The official opening of Viking Park will take place Saturday, Aug. 5 at noon during the Icelandic Festival.

For more information, contact Kristine Sigurdson by email at kristine@icelandicfestival.com or phone at 204 642-7417 or on her cell at 204-894-0653.

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# Elvis Tribute Artist to perform in Eriksdale for 200 Club dinner

## Tickets on sale for April 29 fundraiser

By Jeff Ward

The King is returning to Eriksdale for a fundraiser that will benefit the Recreation Centre for a night that won't be soon be forgotten.

The annual 200 Club Dinner and Dance is planned for April 29 and is one of the largest fundraisers the recreation centre hosts to support the facility.

Organizer Jerry Saunders said that the money raised would help keep the lights on along with ongoing maintenance. Saunders said that while the event has dropped off in popularity a bit over the years, it hasn't deterred organizers from putting in the work to make it a fun event.

At one point, there was a two- to three-year waiting list for tickets. Only 200 tickets are sold for the event and the cost is \$60 per couple, which includes a meal from Broad Valley Catering and a live show by Elvis tribute artist Daylin James.

"Last year, we had Robin Chestnut perform, and

it went over really well. People loved that the event had a live performance aspect to it," said Saunders.

"This event is all about fundraising, and this is the meat and potatoes of how we pay the bills, so the support is needed. We want to make sure that people are getting good value for their money, so we're always looking at ways to make it more enjoyable."

Every ticket purchased will be drawn for door prizes during the event. For every 10th ticket drawn, the winner will receive \$60 — the cost of their admission back. When the 100th ticket is drawn, the winner will receive \$500, and when the final ticket is drawn, \$1,000 will be awarded to the ticket-holder.

Saunders said that the event is a '50s and '60s themed event and there will be prizes for those who dress up.

To purchase tickets, contact Jerry Saunders at 204-739-5334 or Kelly Stuart at 204-739-2119.



Daylin James of Thunder Bay will be entertaining at the Eriksdale 200 Club dinner.

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**BUILDING A STRONGER COMMUNITY  
WHY THE VELOCITY OF MONEY MATTERS!**

The term "velocity of money" (also "velocity of circulation of money") refers to how fast money passes from one holder to the next. Many local economies are languishing not because too little cash comes in, but as a result of what happens to that money.

Money is like blood. It needs to keep moving around to keep the economy going, noting that when money is spent elsewhere—at big supermarkets, non-locally owned utilities and other services such as on-line retailers—"it flows out, like a wound." By shopping at the corner store instead of the big box, consumers keep their communities from becoming "ghost towns". At the most basic level, when you buy local more money stays in the community.

The point is not that communities should suddenly seek to be self-sufficient in all ways, but rather, to shift the balance. Can you produce more locally? Of course you can if the raw materials are there, and the raw materials are often human beings. More importantly, you can definitely increase the speed of money when you spend it locally.

Imagine that a farmer, a grocer, a mechanic, and a boutique owner live in the world's smallest country. Between all of them, they have \$1,000 in money supply. Over the course of a month, the following transactions take place:

The farmer sells \$500 worth of food to the grocer.

The grocer marks up the price and sells \$700 worth of food, split among the mechanic and boutique owner who are his two customers.

The grocer requires his vehicle repaired. He goes to the mechanic and pays \$200 to the shop for repairs.

The boutique owner needs fertilizer for a garden project. She goes to the farmer and pays him \$300.

The mechanic requires a gift for his wife's birthday – so he visits the boutique and pays \$300 for a gift.

The total value of the transactions in our time period is \$2,000. We have \$1,000 in money in our economy, so the velocity of money is 2.

"Buy Local"—you see the decal in the store window, look for the bright, cheerful logo – the apparent message is "let's-support-local-business", a kind of community boosterism. But buying close to home may be more than a feel-good matter. A number of researchers and organizations are taking a closer look at how money flows, and what they're finding shows the profound economic impact of keeping money in town—and how the fate of many communities around the nation and the world increasingly depend on it. Those who you support in your town can in turn support you and build stronger communities. Small local businesses are able to hire more employees, aid in non-profit endeavours and feel stronger ties to becoming an integral part of the community.

As the nation limps through the recession, many towns and cities are hurting. "Buy-local" campaigns help local economies withstand the downturn. For communities, this is a hopeful message in a recession because it's not about how much money you've got, but how much you can keep circulating without letting it leak out.

Think about it, if everyone in a small town spends all their money at one single big box store, and that store sends all its money back to headquarters out of province, then we all have no money!

The idea is Think before You Spend! Is This Something We Can Buy Locally?

When you take your vehicle to your local Service Provider, you're helping to pay the wage of over 80 people who will in turn be spending more money in the community.

Most businesses also support local fundraisers, hockey teams or other community events, so be sure to give them the opportunity to serve you.

What Difference Am I Making? Every additional dollar spent in Your Community Helps! Let's Build a Stronger Community Together.

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# Your FARM



## Farmer plants seeds of knowledge about agriculture

By Teresa Carey

St. Andrews farmer Curtis McRae was at The Forks Market in Winnipeg last month for the annual Meet a Farmer event.

The event, sponsored by Keystone Agricultural Producers, aims to help people learn about agriculture without having to leave the city.

The event showcases the foods that are grown, raised and processed in Manitoba, with interesting displays and farm-related exhibits — offering information, contests, games, giveaways, recipes and hands-on fun, like making butter and milking an artificial cow.

McRae, whose family owns a 5,000-acre grain and cattle farm north of Selkirk, has a keen interest in educating people about agriculture. His favourite thing about taking part in

events like these, he said, is meeting with young people and answering their questions about farming.

"I love Grade 4 and lower students. They have no filters and ask a lot of questions. I had an eager group this time. It made me feel good," said McRae.

"People ask all kinds of questions. They want to know if the cows have names, some do and some don't. They are always amazed by how many seeds that we have to put in the ground. They just want to know if we're normal people."

McRae has also worked extensively with Agriculture in the Classroom to help bridge the urban/rural divide, regularly visiting schools to make presentations and participating in

Continued on page 16



EXPRESS PHOTO BY TERESA CAREY

Mixed farmer Curtis McRae feeds his cattle at his farm in St. Andrews. McRae has a keen interest in educating people of all ages about agriculture.



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# New handivans for Arborg and Fisher Branch

By Patricia Barrett

Joint federal and provincial funding in the amount of \$6.6 million for 43 transit funding projects across the province, announced March 30, will see Arborg and Fisher Branch in receipt of new handivans.

Interlake MLA Derek Johnson made the rounds of the two towns last week, delivering cheques to members of council and handivan board members.

The Arborg & District Handivan received \$115,000. The federal government will pay 49 per cent of the cost; the province, 25 per cent; and the Town of Arborg, 26 per cent.

Johnson also delivered a cheque for \$95,000 to the RM of Fisher for a new handivan. The federal government will cover 50 per cent of the cost; the province, 25 per cent; and the municipality, 25 per cent.

"It's something that's often taken for granted with public transit in the city," said Johnson. "And out here, it's quite

vital to have a handivan that you can just call and come pick you up."

People have the luxury of calling a taxi in Winnipeg, he said, but lack such service in rural areas, where getting to medical appointments is a little more difficult.

Greyhound/Grey Goose bus service to Fisher Branch was reduced and eventually cut a number of years ago.

"This funding helps replace that," said Johnson.

Selkirk-Interlake Eastman MP James Bezan said the province will be rolling out more funding in the future specifically for transit support and other infrastructure projects. Funding for Arborg and Fisher Branch will, in the meantime, ensure people get access to transit services when they need it.

"It is a welcome program," said Bezan, "and one that will see our communities get access to [transit]. And, ultimately, it helps enrich the lives of our residents, allowing them to stay in their communities longer."



EXPRESS PHOTO BY HEATHER SIGURDSON

Interlake MLA Derek Johnson (left) presented a cheque for \$115,000 to Senior Resource co-ordinator Maureen Sigurgeirson, Arborg Mayor Randy Sigurdson and driver Allan Sigurdson for a new handivan for the Arborg & District Handivan service.

## > AGRICULTURE, FROM PG. 15

events that explain agriculture.

Interestingly, McRae has found little difference between urban and rural students' understanding about agriculture, a fact that surprised him.

"Generally, the students have a lack of knowledge about agriculture. Country kids are asking the same questions as city kids," he said.

"They ask questions like what is my No. 1 priority on the farm. I tell them it's running a safe farm: human safety, animal safety, and environmental safety. My next priority would be to have a fun place for the family to work."

McRae believes it is important that the average person gets educated about agriculture, since politicians take their lead from the voters. He also wants to dispel some of the common misconceptions the average person might have.

"You have to educate people so you have allies that understand what we are trying to do," McRae said. "The big thing I want to give people is critical thinking. I want them to ask themselves, 'Does that make sense?' The Internet is full of false stuff, for example, food safety and the techniques that we use to grow the food. If I, as

a farmer, didn't think it was sound, I wouldn't grow the food."

Some of the misconceptions people may have concern agriculture and the environment and misconceptions about corporate farming, to name a few.

McRae said that much misinformation about the effects of pesticides is widespread and stresses that every pesticide used on the farm has been safety tested. Another misconception is that many people believe that over-use of fertilizer is impacting the environment.

"Does it make sense to let fertilizer

run off the fields? Fertilizer is expensive. As a farmer, am I going to waste it?" he asked. "Agriculture isn't even listed in the Top 5 anymore when it comes to lake issues."

McRae explained that most farms are corporate farms but that it does not mean that they are large and impersonal.

"Ninety-five per cent or more of farms are corporate. A corporate farm can be a 10-acre farm," McRae said. "One reason to incorporate a farm is to pass it on to the next generation."

"It takes two lifetimes to build a farm," McRae added.

# Icelandic Festival of Manitoba hires new executive director

Submitted

The Icelandic Festival of Manitoba's board of directors is pleased to announce that Kristine Sigurdson will

join the festival as our executive director. Sigurdson has a wealth of experience working in festival and event management and in tourism marketing.

A local Gimli resident and former business owner of Sandstone Gift Essentials, Sigurdson returned to Gimli two years ago after spending a few years in the two major wine areas of Canada, studying wine business management and working in the wine tourism industry.

Sigurdson is active in the business community and is past-president of

the Gimli Chamber of Commerce. She also served as executive director of the Gimli Film Festival during its formative years between 2003 and 2010.

Sigurdson's Icelandic heritage and culture is very important to her. She visited Iceland several times for personal and trade purposes and studied Icelandic literature and language.

Sigurdson joins us at an exciting time as we plan the execution of our 128th festival in our 85th year in our host community of Gimli.

Although fundraising for Viking

Park is ongoing, we will celebrate its grand opening during the Icelandic Festival and honour all of our generous donors.

This is our second festival with new branding, and we look forward to continued and renewed friendships and partnerships with communities in Manitoba, North America and Iceland as we celebrate our Icelandic heritage.

Islendingadagurinn is thrilled to have Sigurdson as part of our team, and we look forward to many successful Icelandic Festivals with her at the helm.

**Our office will be closed  
on Friday, April 14  
for Good Friday.**  
*Sorry for any inconvenience this may cause.*

Stonewall Teulon  
**Tribune EXPRESS**  
WEEKLY NEWS

*Happy Easter to You & Your Families*



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Peguis wins back to back KJHL championships

By Brian Bowman

For the second season in a row — and third time in five years — the Peguis Juniors are Keystone Junior Hockey League champions.

Peguis ousted the Arborg Ice Dawgs in six games of their best-of-seven final. The Juniors won Game 6 by a convincing 6-1 score on Saturday evening in Peguis.

"The guys played great," said Peguis head coach Kevin Monkman. "We have our up-and-down games but, overall, we're playing good hockey right now."

It was a great feeling for the Juniors to win the title on home ice in front of another boisterous — and supportive — crowd.

"I think someone was saying that this was the first time that Peguis has clinched on home ice," Monkman said. "So it was a good feeling and the rink was sold out, too."

Peguis, which held period leads of 1-0 and 2-0 in Game 6, broke the game open with four third-period goals.

"Once we got that third goal, we kind of knew that we had to limit our (mistakes)," Monkman said. "We were shutting them down all game and clogging the middle of the ice."

Peguis' Theoren Spence scored with the man advantage in the first period and then Devon Garson made it 2-0 in the second.

Romano Paul needed just 24 seconds into the third to put the Juniors up 3-0 before Arborg's Colton Davies tallied with 6:28 left in regulation time.

The Juniors then put the game away with goals by Keifer Tacan, Devun Groot and Theoren Spence.

Luke Penner made 26 saves for the victory.

With another league title under their belts, Peguis has to be feeling good about the fact that they have built a very successful Junior "B" hockey program.

"I just got involved this year but over the last 10, 15 years, (Peguis) has always had a good program," Monkman said. "A lot of the kids come from Peguis and they have a good minor hockey system there."

"And we also bring in other players from other communities, so, overall, it's been good and positive."

Arborg staved off elimination in the



EXPRESS PHOTO SUBMITTED BY KEVIN MONKMAN

The Peguis Juniors are Keystone Junior Hockey League champions for a second year in a row after defeating Arborg 6-1 last Saturday in Game 6 of the final series.



The Juniors' Waylon Neault races for the puck against Arborg.



EXPRESS PHOTOS BY LANA MEIER

The Juniors' Tyler Woodhouse (55) and Theoren Spence look to corral a loose puck against Arborg last Thursday.

series with a 4-2 home victory last Thursday.

Arborg's Travis Kilbrei scored a first-period goal and then Jordan Kristjanson, Clint Torfason and Corbin Pasternak tallied in the first half of the second period for a 4-0 lead.

Paul and Keesin Richard, on the power play, replied for Peguis in the

third.

Arborg outshot Peguis 60-37 as Jordan Liske earned the win.

Peguis took a 3-1 series lead with a 3-2 home win April 4.

Paul scored the game winner with 2:27 left in the third, assisted by Tyler Woodhouse.

Garson gave Peguis a 1-0 first-peri-

od lead but Arborg responded with second-period power-play goals from Spencer Kilbrei and Kristjanson.

Spence then scored a huge goal with just nine seconds remaining in the middle frame, assisted by Woodhouse, to tie the score at 2-2.

Penner made 32 saves for the win.



## Peguis pumped for return to Keystone Cup

By Brian Bowman

Fresh off winning the Keystone Junior Hockey League championship, the Peguis Juniors did not have too much time to savour that title.

In fact, they just had a few days.

Peguis was busy this past week preparing for the Keystone Cup, which will be held in Arborg beginning Thursday.

"We have two games Thursday," said Juniors' head coach Kevin Monkman Monday afternoon. "We have Arborg and Ontario. We're skating (Tuesday) night and we're going to go over some stuff."

Peguis played in last year's Keystone Cup in Regina, finishing with a 1-4 record. But Monkman said the players definitely want a better result this time around.

"The guys want to put on a better showing than they had last year," he stressed. "I know if we compete and stick to our game plan, then we'll be

fine."

Peguis and Arborg will open up the western tournament with an early 9 a.m. game on Thursday. The Juniors will then battle the Nipigon Elks later that day at 5:15 p.m.

A good start on the first day would be a huge bonus for the Juniors.

"A strong start is important for us, especially getting that first goal to calm the nerves a bit," Monkman said. "That's huge for this hockey club."

Peguis will continue action in the six-team tournament on Friday when they play the Extreme Hockey Regina Capitals at 2:45 p.m.

On Saturday, the Juniors will hook up against the Wainwright Bisons (11:45 a.m.) and then the Beaver Valley Nitehawks (8 p.m.).

All Keystone Cup games will be played at the Arborg & District Arena.

## Banner win for Arborg



EXPRESS PHOTO BY KIM ASHAM

The Arborg Falcons won the 2016-2017 Interlake Minor Hockey Atom "A" North Division banner. Arborg defeated the Riverton Eagles in Game 2 of the best-of-three series.

Pictured, front row: Matthew Barkman, Jaxon Loewen, Johann Fridfinnson, Joshua Bazilewich, Dainen Jacobson; back row: Ty Plett, Roger Burak (assistant coach), Cyranno Dueck, Leandro Knelsen, Austin Loewen, Brandon Burak, Sawyer Zuk, Brian Barylski (coach), Brooke Barylski, Evan Asham, Kendall Asham (assistant coach). Missing from the photo is Danelle Plett (manager).

## Blizzard beating Terriers in MJHL final

By Brian Bowman

The OCN Blizzard are two victories away from winning their first Manitoba Junior Hockey League championship since 2003.

OCN blanked the Portage Terriers 6-0 Sunday night on the strength of goals from former Interlake Lightning Kevan Daniels-Webb, Jeremy Dumont, Tristan Elle (two), Daylon Campbell and Kyle Wiltshire.

Brett Epp posted the shutout.

The Blizzard started the series with a dominating 8-3 home win on Saturday evening.

Former Selkirk Steelers' forward Victor Knaub had three assists in the game while Daniels-Webb added a second-period assist.

The first Blizzard shot of the game found the back of the net as Elie beat Terriers' goalie Kurtis Chapman.

Brady Valiquette made it 2-0 before the Terriers' Mackenzie Dwyer potted a power-play goal with just three seconds left in the opening period.

Elie and Portage's Jeremy Leipsic traded goals and then the Blizzard took a 5-2 lead as Campbell and Brayden Dale tallied.

OCN's Brady Keeper, Campbell and Elie scored in the third while Spencer Kuhlman replied for Portage.

Game 3 of the series was played last night (no score was available) while Game 4 is slated for tonight in Portage.

If necessary, Game 5 is set for Sunday in OCN, followed by Game 6 next Wednesday in Portage. If the series goes a full seven games, the decisive game will be played April 22 at OCN.

## Ice Dawgs set to host Keystone Cup this weekend

By Brian Bowman

After months and months of preparation and anticipation, the Keystone Cup has finally arrived in Arborg.

The Ice Dawgs are the hosts of the six-team tournament, which also features the Peguis Juniors, Extreme Hockey Regina Capitals, Beaver Valley Nitehawks, Wainwright Bisons and the Nipigon Elks.

Arborg is excited to be back in action after losing the KJHL final in six games to Peguis last weekend.

"It's a great opportunity and it's always an honour when you get a chance to host a western Canadian

championship for the team, the franchise, and the community," said Ice Dawgs' head coach Cody Didychuk Monday evening.

Arborg will have a very important first day of action on Thursday with a pair of key games.

"We're going to take it one game at a time and it's obviously a different season now," Didychuk said. "Every game is like a playoff game and every game is important. Only two teams will be playing in the final on Sunday."

The Ice Dawgs will battle the Juniors at 9 a.m. in the first game of the tournament and then will play the Capi-

tals at 8:30 p.m. that evening

"It's a very rare opportunity that if you lose in the league final you get to play that same team four days later," Didychuk said. "It doesn't happen every year so we're excited for the opportunity and, hopefully, we can get the job done at home."

On Friday, Arborg will play Beaver Valley at 11:45 a.m. and then Wainwright later that evening at 8 p.m.

The Ice Dawgs will then wrap up round-robin action Saturday with a 2:30 p.m. game against Nipigon.

Besides Peguis, Didychuk admitted he doesn't know too much of the

other teams that will be competing at westerns.

"I'm pretty much going in there not knowing much about them," he said. "We'll get a chance to watch them play and see them once before we play them. Luckily, the way the schedule works out we will play Peguis, who we are very familiar with, in the first game and the other teams will be playing throughout the day."

"We'll be able to watch each and every team and see what we are up against and what we will need to do to be successful."



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## HOUSES FOR SALE

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## PUBLIC NOTICE

### REGARDING THE 2017 FINANCIAL PLAN

Public Notice is hereby given pursuant to Subsection 162(2) of The Municipal Act, that the Council of the R.M. of Grahamdale intends to present its Financial Plan for the fiscal year 2017 at a Public Hearing in the R.M. of Grahamdale Council Chambers, 23 Government Road, Moosehorn, MB on Thursday, April 27, 2017 at 7:00 p.m.

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

Copies of the Financial Plan will be available for review on the 19th day of April, 2017 and may be examined by any person during regular office hours at the Municipal Office or on our website at www.grahamdale.ca.

Dated this 17th day of March, 2017.

Shelly Schwitek, CMMA  
Chief Administrative Officer  
RM of Grahamdale

## RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY

### #1 YOUTH EMPLOYMENT OPPORTUNITY

The Rural Municipality of Woodlands is accepting applications for 2 Summer Youth Positions. Positions shall commence July 4, 2017 until August 26, 2017. Eligible employees must be students or unemployed youth aged 16 to 29. A valid driver's license is required.

The successful applicants shall be responsible for the following:

- Mowing, trimming, landscaping of municipal properties
- Assist with grounds maintenance and some painting
- Maintenance of equipment
- Installation of culvert markers

Applications must be in writing and may be sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB. R0C 3H0 or delivered to 57 Railway Avenue, Woodlands, MB. Applications will be accepted until 12:00 noon May 6, 2017.

### #2 YOUTH EMPLOYMENT OPPORTUNITY

The Local Urban District of Warren in partnership with the Warren Park Development Committee is accepting applications for 1 Summer Youth Position. Position shall commence June 26, 2017 until August 31, 2017. Eligible employees must be students or unemployed youth aged 16 to 29. The successful applicants shall be responsible for the following:

- Mowing, trimming of town properties
- Assist with grounds maintenance
- Landscaping
- Maintenance of equipment
- Maintenance at Warren Park

Applications must be in writing and may be sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB. R0C 3H0 or delivered to 57 Railway Avenue, Woodlands, MB. Applications will be accepted until 12:00 noon May 6, 2017.



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## RURAL MUNICIPALITY OF GIMLI

### PUBLIC NOTICE

### REGARDING THE 2017 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the Rural Municipality of Gimli intends to present its Financial Plan for the Fiscal Year 2017 at a Public Hearing at the Council Chambers of the Rural Municipality of Gimli on the 20th day of April, 2017 at 6:30 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan, as provided.

Copies of the Financial Plan will be available for review on the 20th day April, 2017 and may be examined by any person during the regular office hours of the Rural Municipality of Gimli, located at 62 – 2nd Avenue, Gimli, Manitoba.

Dated this 30th day of March, 2017

Joann King, CMMA  
Chief Administrative Officer  
Rural Municipality of Gimli

## EASTERN INTERLAKE PLANNING DISTRICT



### Employment Opportunity OFFICE ASSISTANT

The E.I.P.D. is seeking a confident person for the position of Office Assistant.

The position is "Seasonal" and is anticipated as follows:

- Full Time: June through August
- Part-Time: April, May, September and October
- Casual (with likely lay-off): November through March

The successful candidate will provide general day to day administrative duties, such as:

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- Ensure compliance with the local Municipal and Building By-laws
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### Preferred Qualifications:

- Grade 12 Graduate or equivalent. Extra consideration will be given to those who have completed post-secondary education related to office administration or preferably post-secondary education related to Municipal Administration or experience in a Planning Department.
- Computer proficiency in processing documents and spreadsheets and operating e-mail software.
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- Attention to detail and work well in a team environment with a positive attitude.

A detailed job description can be found on our website: www.interlakeplanning.com. Interested candidates are invited to submit a resume on or before **APRIL 26, 2017** to:

**E.I.P.D.** c/o Nancy Thom, CAO

Drop off: 62 - 2nd Avenue, Gimli, MB Mail to: PO Box 1758 Gimli, MB R0C 1B0  
Email to: eipd@mts.net Or Fax to: 204-642-4061

We thank all who apply; however only those selected for further consideration will be contacted.



# Classifieds

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THE **EXPRESS**  
WEEKLY NEWS



## Town of Arborg PUBLIC NOTICE 2017 Financial Plan

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

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

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

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

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

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

## RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY

### SEASONAL EMPLOYEE, 2 POSITIONS OPERATOR 1

The Rural Municipality of Woodlands invites applications for the position of Operator 1 Seasonal Employee. The Operator 1 reports to the Public Works Foreman.

#### Summary of Position:

The Operator 1 is responsible for operating a variety of light equipment and vehicles in performing a variety of labour tasks in constructing, maintaining and repairing the municipal infrastructure.

#### Specific Duties and Responsibilities:

- Operates all-wheel tractor, crawler and mower
- Cuts grass on roadsides, parks and cemeteries
- Installs and repairs culverts
- Installs and repairs signs
- Hauls and spreads gravel
- Assists with surveying
- Performs minor repairs and maintenance to equipment and vehicles
- Performs other related duties as assigned

#### Working Conditions:

- Seasonal
- Working hours set as per weather conditions
- Must be able to handle moderate physical tasks as some heavy lifting may be required
- Use of safety goggles, gloves, and safety shoes and clothing may be required to operate specific equipment

#### Education, Skills, Abilities, Knowledge and Experience Required:

- Graduation from a Senior 4 (Grade 12) High School Program or an equivalent combination of training and experience
- Training in operating construction and maintenance equipment
- Experience in surveying an asset
- Experience in road construction and maintenance
- Ability to work with minimal supervision
- Knowledge of safety procedures and of the use of safety equipment
- St. John's Ambulance Course
- Ability to work as a member of a team
- Good communication and interpersonal skills
- Class 1 driver's license with air brake endorsements or willingness to obtain
- Clean Drivers Abstract

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands.

Persons applying should submit letter of application, including a current driver's abstract, on or before 4:30 p.m. local time Friday April 28, 2017.

R.M. of Woodlands, Personnel Committee  
Box 10, Woodlands, MB R0C 3H0  
Fax: (204) 383-5169 Phone: (204) 383-5679  
Email: [finance@rmwoodlands.ca](mailto:finance@rmwoodlands.ca)

*We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.*

## RURAL MUNICIPALITY OF FISHER PUBLIC NOTICE

### 2017 Financial Plan

**Monday, May 1, 2017 - 7:00 p.m.**

**30 TACHE STREET, FISHER BRANCH, MB  
R.M. OF FISHER COUNCIL CHAMBER**

At this time, the Council will present the proposed 2017 financial plan for the municipality.

The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

Copies of the proposed financial plan will be available April 28, 2017 upon request at the RM of Fisher Municipal Office, 30 Tache Street, Fisher Branch, MB during regular business hours. Questions and remarks may also be directed by letter to the Chief Administrative Officer or through our email address at [rmoffisher@mts.net](mailto:rmoffisher@mts.net)

Consultation with our community is an important component of the Municipality's budget process. Council encourages you to attend.

Linda Tremblay, CIM, CLGM  
Chief Administrative Officer  
Rural Municipality of Fisher  
Box 280  
Fisher Branch, MB R0C 0Z0



## Proposals for Grass Cutting

The Evergreen School Division invites proposals to cut all the grass on lawns, play area, boulevards, and ditches. Also included is trimming around the buildings, trees and play structures, etc at the following locations for the 2017 and 2018 seasons:

1. Arborg Early Middle School and Bus Garage	12 acres
Arborg Collegiate	8 acres
2. Riverton Early Middle School	8 acres
Riverton Collegiate	11 acres
3. Gimli High School and SS Early School	14 acres
Dr. George Johnson Early Middle School	5 acres
Evergreen Support Centre	4 acres
TEC Centre (Industrial Park)	2 acres
4. Winnipeg Beach School	5 acres

**Note:** All acreages are approximate

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

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

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

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

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

### HELP WANTED

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

### HELP WANTED

Grain farm seeking full time farm equipment operator/general farm labourer. Must have a valid driver's license. Must have farming experience (combines, swathers, sprayers, etc.). Position will include the safe and efficient operation, repair and trouble shooting of farm machinery. Must be able to perform physical duties and work long hours during peak times. This is a unique opportunity for the right individual who must be proven a self-starter, honest, reliable and able to work effectively in an unsupervised environment. References are required. Wage or salary are dependent upon experience and negotiated at time of interview. Located south of Dauphin, email resume to [mdewar16@hotmail.com](mailto:mdewar16@hotmail.com)

## Ashern



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

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

Must be able to lift 50 lbs. unassisted.

Valid driver's licence is preferred.

**Deadline for applications is April 21/17.**

Drop resumes at #28 Railway Ave.  
fax to 204-768-2629, or e-mail to  
[jason.carpenter@homehardware.ca](mailto:jason.carpenter@homehardware.ca)

Everything you need to  
promote your business



**Call Today! 467-5836**



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## HELP WANTED

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

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

Barn Manager. Life-long horse experience mandatory to care for 40 horses. Located in Winnipeg. Call Laurie at Meadow Green Stables at 1-204-471-6404.

## BUSINESS OPPORTUNITY

Winnipeg Frame Shop & Gallery. Profitable family owned business. Over 25 years same leased mall location. Includes all modern equipment and leasehold improvements. \$99,900 plus inventory at cost. Call 204 754 8725 for more info.

## 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)

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

## MISCELLANEOUS

Hardy tree, shrub, and berry seedlings delivered. Order online at [www.treetime.ca](http://www.treetime.ca) or call 1-866-873-3846. New growth guaranteed.

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

## WANTED

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

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail [stonewoelk@hotmail.com](mailto:stonewoelk@hotmail.com)



## MUNICIPALITY OF BIFROST-RIVERTON SEASONAL EMPLOYMENT OPPORTUNITIES



**Roadside Tractor & Mower Operator:** Required during growing season to cut roadsides and drains within the municipality. Equipment operation and maintenance experience needed.

Resumes including three references will be accepted by the undersigned until noon on Friday, April 28, 2017.

**Green Team:** Seasonal student position(s) from approximately June to August.

Resumes including three references will be accepted by the undersigned until noon on Friday, May 26, 2017.

Jason Comeau, Public Works Manager  
Box 70, 329 River Road, Arborg, MB R0C 0A0  
Phone: 204-376-2391, Fax: 204-376-2742  
[pwbifrost@mymts.net](mailto:pwbifrost@mymts.net)



## MUNICIPALITY OF BIFROST-RIVERTON EMPLOYMENT OPPORTUNITY



The Municipality of Bifrost-Riverton invites applications for a **SEASONAL FULL-TIME HEAVY EQUIPMENT OPERATOR**. The successful applicant must be energetic, dependable and able to work independently with good problem solving skills. Main duties include grading and maintenance of municipal roads, service and maintenance of equipment and assisting other employees.

The preferred candidate should possess:

- Experience operating a motor grader
- Experience operating any and all equipment
- A valid driver's license with a minimum of class 3 with air endorsement
- Mechanical skills would be an asset
- Strong communication skills and the ability to work within a team setting

Resumes with a cover letter and three references will be accepted by the undersigned until April 21, 2017 at noon.

Jason Comeau, Public Works Manager  
Box 70, 329 River Road, Arborg, MB R0C 0A0  
Ph: 204-376-2391 Fax: 204-376-2742  
[pwbifrost@mymts.net](mailto:pwbifrost@mymts.net)

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# take a break > GAMES

## SUDOKU

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

Level: Intermediate

### Here's How It Works:

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

### Fun By The Numbers

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

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

Sudoku Answer

S	O	W	E	W		N	O	S		I	E	W
E	H	N	I		Q	E	H	S	V	E	T	N
E	J	I	N	K	E	H	L	B	E	Q	N	O
Q	V	S		B	V	V	N	V	B	A	D	
			S	O	H	W			E	N	I	O
V	I	B	V		A	D	V	O	E	X	K	E
O	C	V	W	S	E	T	V	S	O	C	V	L
D	S	E		E	H	O	D		O	C	V	V
V	N	E	T	E	H		S	E	W	W		
W	S	V	H	O		L	V	E		H	S	S
N	V	I	O	N	I	O	N	V	T	E	A	E
O	N	E	I	N	E	S	S	E	D	I	A	
H	S	V	S		S	E	O	I		S	H	V

Crossword Answer



## CROSSWORD

### CLUES ACROSS

- Volcanic craters
- Makes nervous
- Long strip of cloth
- Expressions of surprise
- Perception
- 2016 World Series runner-up
- Former Communist power
- Consume
- Abyss
- Regulator gene
- Card game
- Women (French)
- State capital
- Nursemaid
- Surface opening
- Second sight
- Beloved Mexican dish
- Discounts
- Ceremonial staff
- Support with difficulty
- Reluctant to share information
- Song
- Relating to songbirds
- Conductance units
- Breezed through
- Supervises flying
- Chemical ring
- Swiss river
- Not happy
- Surgery (slang)
- Let go
- Take effect
- and greet
- Male offspring
- Notes

### CLUES DOWN

- Vertebrate oncogenes
- Troubles
- Imitator
- Increase motor speed
- Midway between south and southeast
- Sir \_\_ Newton

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18							
19					20				21			
				22				23				
				24	25				26			27
29	30							31				32
34					35	36					37	
38					39						40	
				41	42					43	44	
					45				46			
				47	48				49			
53								54			55	56
57											58	
59											61	

- Penny
- Ultimate
- Gummed labels
- Quiet and dull
- Cuckoos
- Dishonest scheme
- Adult female chicken
- Breathe in
- Pieces of land
- Of I
- Type of footwear
- Heavy clubs
- Conductance unit
- Approaches
- Fungi cells
- Devoured
- Type of shark
- Work steady at one's trade
- Vegetable
- Sound-mindedness
- Matured

- Chinese communist revolutionary
- Large insect
- Transportation tickets book
- Female horse
- Expresses surprise
- Saudi Arabian king
- Unleavened bread
- Christmas
- Deity of monotheistic cult
- Flowering plant genus
- Hairstyle
- Radio personality Rick
- Something you chew
- The 17th letter of the Greek alphabet
- Basinger, actress
- Midway between north and northeast



# Announcements

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## McSherry Auction Service Ltd

### AUCTION SALE THE ESTATE OF CHARLES MOLINSKI

**Saturday April 29th @ 10:00 am**

Beausejour, MB

North 13 Miles on Hwy 12 Then East 6 Miles  
On Hwy 317 Then South 2 Miles on Woodrow Rd  
Then East ¼ Mile Then South 1/8 Mamocha Rd #317  
Contact # Kyle (204) 213-0320

Property RM of Lac Du Bonnet NW ¼ 32-14  
- 9E, Approx. 11 Acres Yard Site Bungalow  
1266 Sq Ft w Full Basement & Attach Garage,  
10 Farm Buildings \* Tractors & Crawler Vers.  
160 Bi Directional 3 PH Hyd. w S.L. FEL \* INT  
Super WD6 Hyd \* INT TD6 Crawler w FEL \*  
MF 245 HL 3PH 1985 Hrs. \* Ferguson TE 20  
3PH 540 PTO w FEL \* MH 30 \* INT W6 \* Log  
Grapple \* Haying & Misc Equip McKee 1578  
RD Baler \* MF Square Baler \* Sickle Mower  
\* Side Del Rake \* NH 513 Manure Spreader  
\* 3PH 5' Finishing Mower \* Grain Equip  
Cockshutt Combines \* Cockshutt 20' Tandem  
Disc \* Cockshutt 20' Deep Tiller \* Cockshutt  
22' Cult \* Cockshutt 15' Discer Seeder \* JD  
Plows \* Co op Swathers \* Auger \* Trailers  
& Vehicles 08 8' Flat Deck & Trailer \* 04 20'  
Tandem Flat Deck \* 71 Ford 500 w 14' B & H  
\* 80 GMC 500 w 15' B & H \* 70's Ford F700  
w HyHoe Backhoe Attach \* 56 Ford F700  
Tandem w 14' B & H \* 2) 56 Ford F350 w B  
& H \* 61 Ford Meteor Montcalm Convertible  
\* 72 Ford Meteor \* 99 Chev Malibu \* 05  
Montana Passenger Van \* 85 Dodge Ram Van  
\* Recreation 07 Polaris 6x6 500 \* 95 Polaris  
Explorer 400 \* AL 17' Boat Johnson 90 HP  
w Lund Trailer \* 3) AL Boats \* 95 Rustler  
22' 5th Wheel Camper \* 80's Jayco BH 21'  
Camper \* 2000 Skidoo Grand Touring 600  
Rotex Reverse \* 2) 70's Ski Doo 440 TNT \*  
300 TNT \* 69 Ski Doo Nordic 399 \* 2) merc  
Outboards \* 13 Guns \* 8'x10' Walk In Cooler  
\* Jiffy Ice Auger \* Camping & Fishing Items \*  
Tools & Misc Danmare 7000 lb 4 Post Hoist \*  
New Hobart Welder/10,000 Wat Generator \*  
5 HP Upright Air Compress\* 36" Metal Lathe  
\* Drill Press \* AC/DC Welder \* Older Metal  
Lathe 90" Bed \* Table Saw \* Chain Saws \*  
Tire Changer \* Power Tools \* Air Tools \* Hand  
Tools \* 10' x 20' Carport \* 16' x 20' Storage  
Shed \* Honda 2200 Generator \* Home Repair  
\* Farm Equip Parts \* Various Tires \* Ariens  
Zero Turn R Mower \* Motomaster 16HP R  
Mower \* Antiques Grader on Steel \* Tandem  
8' Disc \* Case Threshing Machine \* Cream  
Separator \* Steel Wheels \* Oak Buffet \* Oak  
China Cabinet \* Various Household \* Partial  
List Go To Web!

**Stuart McSherry - Stonewall, MB**  
(204) 467-1858 or (204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

*Don't forget to send your special  
wishes to your friends and family.*  
204-467-5836 [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## McSherry Auction Service Ltd

### AUCTION SALE ALMA WENZOSKI LATE TED

**Sat April 22nd 10:00 am**

Beausejour, MB

East 12 Miles on Hwy 44  
Then North 2 Miles on Hwy 214  
Then 25 Yards West on Buchan Rd #6  
The Farm is Sold So Everything Sells to the  
Highest Bidder!  
Contact # (204) 268-1792

JD 4250 Cab 3PH Duals 5,868 Hrs \* JD 4040  
Cab 540/1000 w JD 148 FEL Duals, 10, 200  
Hrs \* JD 6620 Combine 2,530 Hrs \*84 GMC  
7000 Dsl w 16' B & H \* NH 1090 18' Swather  
\* JD 10' Offset Disc \* Wilrich 2500 24' Cult \*  
Int 5500 18' Chisel Plow \* JD 8350 24 Run  
Seeder SA GA FA \* JD 3600 6B Plow w \* Farm  
King 50' Harrows \* JD 930 Moco 12' Disc  
Bine \* JD 535 Rd Baler \* NH 1033 Auto Bale  
Wagon \* JD 3PH Hyd 9' Blade \* More Equip,  
Livestock Equip, Farm Misc., & Tools \*

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

## McSherry Auction Service Ltd

### CONSIGNMENT AUCTION

**Saturday Apr 15th @ 10:00 am**

#12 Patterson Dr., Stonewall, MB

TRUCKS, TRACTORS, TRAILERS & VEHICLES  
97 Freightliner w 25' Flat Tilt Deck \* 95 Int  
4700 w A/C, 20' Cube Van \* 89 Ford F Cube  
Van \*82 Dodge Rampage \* Estate Car 06  
Lincoln LS 145 145,000 KM Sft \* Int 1586  
4403 Hrs \* Ford 9030 Bi Directional FEL 3PH  
8249 Hrs Good Rubber \* Ford 1715 MFWA  
3PH FEL, 1520 Hrs. \* JD 750 MFWA 3 PH w  
Allied 180 FEL 1924 Hrs. \* EQUIP Case IH  
8312 12' Disc Bine \* NH 1049 Gas Auto Bale  
Wagon \* NH 2332 Disc Bine \* PMI PR 1511  
Rd Baler \* 3 PTH Back Hoe Attach \* 2) 3PH  
Rotor Tiller 1) 80"2) 48" \* 3PH Flail Mower  
\* 3PH Wood Chipper \* Farm King Finishing  
Mower \* Sovema 48" Roto Vator \* 3PH 2B  
Plow \* 3PH 4' Cult \* Skid Steer Dozer Blades  
\* Roller Mill \* 72" Fork Extensions \* Skid  
Steer Hyd Trencher \* Bucket \* Grapple \*  
Bale Forks \* NEW CANOPY BUILDINGS &  
BUILDING SUPPLY 30'x65'x15' \* 20'x30'x12'  
\* 8'x10' Green House \*Trusses \* Scissor  
Trusses \* White Steel Cladding - 44 Sheets  
\* TOOLS & Misc Tool Cabinet - 12 Drawers \*  
Work Bench \* Shop Press \* 8800 LB Two Post  
Auto Lift \* Tire Changer \* Wheel Balancer \*  
Chain Hoist \* Pipe Bender \* Porter Power  
Kit \* Welder \* Drill Press \* Air Compressor  
\* More Tools \* Farm & Shop Misc \* Wrought  
Iron Driveway Gates (1 Set) \* Snow Blower \*  
Yardman R Mower \* Rear Tine Tiller \*8 Guns\*

**Stuart McSherry - Stonewall, MB**  
(204) 467-1858 or (204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)



**FURNITURE & APPLIANCES  
ARBORG**

## Employment Opportunity

## Part Time Sales Position Available

Please email resume to  
[smittysfurniture@mymts.net](mailto:smittysfurniture@mymts.net) or drop off in store

## McSherry Auction Service Ltd

### ACREAGE PLUS MEAT EQUIP AUCTION SALE ADOLF & SANDRA GUT

**Sunday April 30th @ 11:00 am**

Beausejour, MB

7 ½ Miles East on Hwy 44 #5252  
Contact # (204) 268-4316

Tractors & Equip Int 966 Cab 540/1000  
Dual Hyd. 18.4, 38 Duals Approx 7000 Hrs.  
\* JD 530 Auto Tie RD Baler \* 2) NH 56 Side  
Del Rakes \* 32' Hay Trailer \* Int 45 18' Cult  
\* Coop 14' Deep Tiller \* MF 880 6 B Plow \*  
45' Hyd Diamond Harrows \* Westfield Hyd  
Tailgate Drill Fill \* Farm King 6" x 36' Auger  
\* Farm King 11' Hyd Auger \* Livestock  
Equip NH 353 Mix Mill \* Roller Mill  
Mounted on Mix Mill \* Lewis Cattle Oiler  
\* 6) 12' Corral Panels \* 5 RD Bale Feeders  
\* 3) Metal Bunk Feeders \* Portable Fresh  
Grass Chicken Cages \* Saddle & Bridle \*  
Meat Cutting Equip 2 Meat Band Saws \*  
Butcher Boy Mixer Grinder \* Meat Grinder  
Berkel Tenderizer \* Digital Scale w Printout  
\* \* SS Cutting Table \* 60 Roller Hooks \*  
Along w Farm Misc \* Some Tools \*

**Stuart McSherry - Stonewall, MB**  
(204) 467-1858 or (204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)



## Stonewall & District Lions Manor

### F/T MAINTENANCE PERSON REQUIRED

Under the direction of the General Manger the Maintenance worker will coordinate and assist with inspecting, maintaining, cleaning and repairing the Lions Manor building & grounds, suites, equipment and fixtures. Coordinate & supervise tradesman. Organize & assist with work orders. Communicate with and service tenant concerns in a respectful manner. Possess a working knowledge of carpentry, plumbing, electrical, & HVAC systems. Be familiar with building maintenance & operations, preventative maintenance programs and health & safety protocols. Please send your resume to 622 Centre Ave, Stonewall MB ROC 220 with salary expectations. E-mail [manager@stonewallmanor.ca](mailto:manager@stonewallmanor.ca) Fax 467-2198

## HEALTH

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

## LIVESTOCK

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

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

Polled Salers bulls  
on farm & at MB Test  
Station. BW from 77  
lbs. Strong growth  
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traits. Semen tested,  
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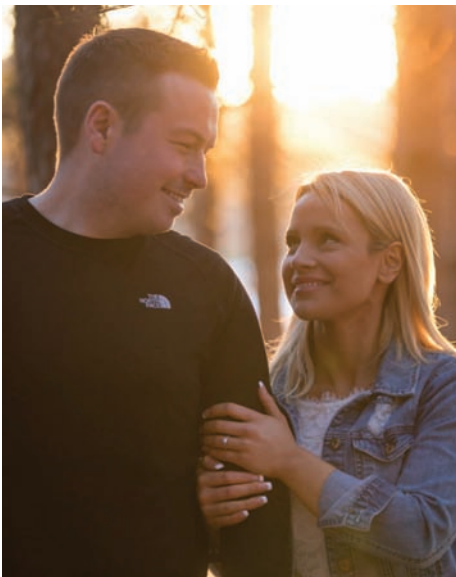
# Announcements

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## ANNOUNCEMENTS

### ENGAGEMENT



**Congratulations  
Lindsay and Kyle**

It is with great pleasure, Dorothy and (the late) Brian Thordarson announce the engagement of their daughter, Lindsay to Kyle Sigurdson, son of Jacquie and Jeff. A September wedding is planned. A bridal shower will be held at the Arborg Community Hall, on Saturday, May 6th at 1:00 p.m. Social to follow that evening at 8:00 p.m. Donations can be left at Interlake Coop Grocery in Arborg and Arborg Home Hardware. Registered at Arborg Home Hardware, Bed Bath & Beyond, The Bay Home Store, and Canadian Tire (Polo Park and Selkirk). The committee respectfully requests unwrapped gifts. Best wishes!

## ANNOUNCEMENTS

### ENGAGEMENT



**Alicia Perry and Travis Giesbrecht**

Arlene and Reg Perry along with Trudy and Marv Giesbrecht are pleased to announce the engagement and upcoming wedding of their children Alicia Perry and Travis Giesbrecht. A bridal shower is being held on Saturday, April 22, 2017 at the Arborg Community Hall at 1:00 p.m. Registered at Arborg Home Hardware, Bed, Bath and Beyond, The Bay, and The Bay Store (Home Outfitters). Social will take place the same evening from 8 p.m. - 1 a.m., 18 and over. Wedding will take place July 15, 2017.

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# get inspired

> MEAL IDEAS

## Slow cooker pork roast and veggies



6-8 servings / 8 hrs 20 min

Prep 20 min / Cook 8 hrs

Ingredients

- 3 each large carrots and parsnips, peeled and cubed
- 3 cloves garlic, minced and divided
- 1 onion, sliced
- 2 tbsp (25 mL) chopped fresh parsley
- 2 tsp (10 mL) canola oil
- 1 tsp (5 mL) each dried oregano and dried basil leaves
- 1 tsp (5 mL) fennel seeds, crushed
- 1 tsp (5 mL) smoked paprika

1/2 tsp (2 mL) fresh ground pepper  
1 boneless pork loin roast, trimmed, about 800 g

3/4 cup (175 mL) sodium reduced vegetable broth

1 tbsp (15 mL) tomato paste

Directions

Combine carrots, parsnips, garlic, onion and parsley in slow cooker.

In a small bowl, combine oil, oregano, basil, fennel, paprika and pepper. Rub all over pork roast and place on top of vegetables.

Whisk together broth and tomato paste and pour around roast onto vegetables. Cover and cook on Low for 8 hours or on High for 4 hours or until pork and vegetables are tender.

Remove roast to cutting board and let stand 10 minutes before slicing. Serve with vegetables and slow cooker juices.

## Pulled Pork Soft Tacos

Prep time: 8 hours, 35 minutes

Servings: 6

For pork:

- 2 pounds boneless pork loin roast
- 2 tablespoons brown sugar
- 1 tablespoon ground ginger
- 2 garlic cloves, smashed
- 1 small white onion, coarsely chopped
- 1/2 cup orange juice
- 2 limes, cut in half

For tacos:

- 1/2 cup nonfat sour cream
- 1 teaspoon cumin
- 2 scallions, trimmed and chopped
- 12 soft corn tortillas (6 inches each)

1 1/2 cups shredded reduced-fat Colby Jack

1 bag (8 ounces) shredded red cabbage

3/4 cup fresh salsa

Trim excess fat off roast. In small bowl, combine brown sugar and ginger; rub generously over roast. Place in slow cooker with garlic, onion and orange juice; cook on low heat 8 hours (or high 4-6 hours.)

Transfer pork to large bowl and shred with forks. Strain pork liquid from slow cooker and pour over pulled pork to moisten. Squeeze lime juice on top and mix well. Divide into 12 servings.

In small bowl, mix together sour cream, cumin and scallions.

Cover each corn tortilla with 2 tablespoons cheese; microwave 20 seconds. Top with pulled pork, 2 teaspoons sour cream mix, 1 1/2 tablespoons shredded cabbage and 1 tablespoon salsa. Fold and serve immediately.

## Raspberry-Strawberry Yogurt Smoothie



Prep time: 5 minutes Servings: 4

- 1 cup low-fat vanilla yogurt
- 1 cup unsweetened frozen raspberries
- 1 cup unsweetened frozen strawberries
- 3/4 cup low-fat milk
- 1 cup ice (about 12 cubes)

Blend all ingredients in blender until smooth. Serve immediately.

## Antidepressant stigma



"ALTHOUGH THE WORLD IS FULL OF SUFFERING, IT IS ALSO FULL OF THE OVERCOMING OF IT."

HELEN KELLER

Many people suffer from depression, which may range from mild to debilitating. It may be the result of life circumstances, hormonal influences, or the individual's body chemistry.

Some mild depression requires no treatment. It goes away on its own. Situational depression may lift when action is taken to change the circumstances that are contributing to the problem.

When depression is deeper, or more long lasting, that is when it can interfere with the quality of life. Some turn to drugs or alcohol. Others feel sad all the time, and lose interest in the things they used to enjoy. Relationships can be affected.

In severe depression the individual may not even want to get out of bed, neglect personal self-care, or even be-

come suicidal.

There are common sense things that can be done to help alleviate depression. Getting exercise, eating healthy foods in normal amounts, getting a good night's sleep and avoiding negative people all help.

Seeing a therapist is also advisable, and some individuals require anti-depressant medication. In some cases it is true that a combination of therapy and medication together work better than either one alone.

Unfortunately some are reluctant to consider medication because they feel there is a stigma attached to having to take medication. I tell my clients it is no different than a diabetic having to take insulin. A depression with biochemical attributes is neither the person's fault, nor is it a weakness.

If you are someone who requires this medication, do not be hard on yourself. If you are someone who has never been depressed, or required such medication, be supportive of those who require it. Do not make jokes about anti-depressants because there is a good chance someone in the room is taking them.

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.



## Carrot Crumble Bars

Prep time: 15 minutes

Cook time: 30 minutes

Servings: 16

Crust/Topping:

- 1 cup all-purpose flour
- 1 cup old-fashioned oats
- 1/2 cup packed light brown sugar
- 6 tablespoons unsalted butter, melted

Filling:

- 1 jar (15.5 ounces) Glazed Small Sliced Carrots
- 1 egg, beaten
- 1/4 cup granulated sugar
- 1 teaspoon pumpkin pie spice or ground cinnamon

1 teaspoon vanilla extract  
Heat oven to 350 F.

In large bowl, combine flour, oats and brown sugar. Add butter; stir to coat. Reserve 1/3 cup for topping. Press remaining mixture evenly into bottom of 9-inch square baking pan lined with aluminum foil, if desired. Bake 10 minutes, or until lightly browned and set.

For filling, place carrots and liquid in food processor or blender container; puree until smooth. Transfer to medium bowl. Add egg, sugar, pumpkin pie spice and vanilla; stir until well combined. Pour over baked crust.

Sprinkle carrot mixture evenly with reserved crumbs. Bake 30 minutes, or until knife inserted near center comes out clean. Cool completely on wire rack. Refrigerate until firm.

Cut into 16 squares. Refrigerate leftovers, covered, for up to 3 days.

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