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Easter 'egg'citement

EXPRESS PHOTO BY PATRICIA BARRETT

The 2nd Annual Robbie the Robin's Easter egg hunt drew about 100 kids to Gimli Harbour last Saturday afternoon. The youngsters took part in a number of fun-filled activities, including a freeze dance competition, basket decorating at the Lake Winnipeg Visitor Centre, an outdoor egg hunt, an egg relay and an 'EGG'cellent Egg Scramble. This group of girls were excited to compare their treats.

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

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Gimli Glider exhibit about to take off

By Patricia Barrett

An exhibit dedicated to the Gimli Glider is scheduled to open to the public in May, a few months before its official opening of July 23.

Located in the Lakeview Resort, the exhibit will contain artifacts and memorabilia from an Air Canada jet that ran out of fuel during a July 23,

1983, flight. The airliner, which had 61 passengers and eight crew, glided to Gimli and landed safely on a former RCAF runway that had been turned into a motorsport track.

The exhibit's committee members have acquired a number of parts from the now decommissioned airliner, and some that would have



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Windows from the 1983 Air Canada plane known as the Gimli Glider will be on display for a special exhibit open to the public in May. The official opening of the Gimli Glider exhibit is July 23.

been in use during the '80s.

A Ram Air Turbine, not part of the original plane, was donated by aerospace company UTC Aerospace Systems. That model of turbine is said to have played a role in the gliding and landing of the jet.

"It's significant to the display," said committee president Barb Gluck. "And a lot of people will certainly be interested in seeing how it operates."

The committee also found parts known to have been on the plane in 1983, including a panel containing three windows.

"I had access to satellite pictures that showed there were parts of the fuselage on the ground," said Gluck. "So I made an inquiry about the three-window panel ... because it was right below that area on the plane where the door was."

The committee had the panel restored to its original 1983 colour and displayed it at various spots around town prior to acquiring the Lakeview location.

"That's just been the delight of so many people to ... stand behind the windows to get their pictures taken," said Gluck.

The committee also acquired parts related to the operation of the plane, such as the yoke, throttle and fuel quantity indicator system.

A fire extinguisher rushed to the scene by a race car driver, and the pilot's (Capt. Bob Pearson) flashlight, will form part of the display.

"When Capt. Pearson came down the stairs after making sure everything was safe in the cockpit, he had this flashlight in his hand," said Gluck, recounting a story told to her by the race car driver. "And I was there with my fire extinguisher at the bottom of the stairs, and he said to me, 'Can you hold this please?' I tried to give it back to him three times, but he kept saying, 'Not now, not now,' and all of a sudden he was gone."

Stories from other people at the scene will round out the display.

"We're going to be filming in the next week," said Gluck. "One of our residents at that time was 14 years of age, and he and his father ... were out on the runway the next day looking at the plane and [he] found a large piece of metal fuselage on the ground."

The exhibit will include a simulator room in which people can try landing the plane and a theatre decked out

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Gimli's Easter egg hunt had kids scrambling for candy



EXPRESS PHOTOS BY PATRICIA BARRETT

Children of all ages and their families took part in the 2nd Annual Robbie the Robin's Easter egg hunt last Saturday afternoon. Photos from left to right: On "grandpa duty" for the day, Don brought his granddaughter Chelsey to the event. Chelsey was a first-place tie with another competitor in the freeze dance competition, earning chocolate, a pink bunny, a colouring book and a SpongeBob, all of which were donated by the RM of Gimli; An egg hunt competitor with his basket; Jackson Tarnowski won the draw for a gift basket; and a mom gets creative using a baseball cap for a basket to help her son collect candy during the egg scramble.

> GIMLI GLIDER, FROM PG. 2

with passenger seats.

"We will do showings of films and documentaries that have accumulated over the years ...," said Gluck. "It's such a huge story because of the skill level they used to bring it in."

Capt. Pearson had experience as a glider pilot and First Officer Maurice Quintal recalled the existence of the runway in Gimli from his days with the RCAF.

Committee vice-president Steve Bannister, a retired RCAF pilot, has met Pearson and chatted with him on several occasions.

"It's a unique Canadian aviation story," said Bannister. "So often these stories of big jetliners end up being

kind of bad. But this is a good news story — everyone walked away."

Visitors will have an opportunity to physically touch "a piece of history," he said.

The committee has received funding from the RM of Gimli, private donors and the province's tourism fund.

"We're so very grateful that these people have seen fit to support the concept and make it possible," said Gluck.

The committee is currently looking for volunteers. Call Barb Gluck at 204-642-5577 or email gimligliderexhibit@gmail.com.

Visit www.gimliglider.com for more information.

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Gimli council considers closure of public reserve for private development

By Patricia Barrett

Gimli council is considering closing a public reserve at Odin Green in order to accommodate the development of two separate lots bordering the reserve.

The public reserve consists of a walkway over which a developer wants to build.

At its regular meeting on April 13, council gave first reading to Bylaw 17-0006, which will have the walkway "transferred to the adjoining properties lots 20 and 21 in Block 3 Plan 44268 for development."

"The property owner is looking to develop on two corner lots, and in the middle of it is a public reserve — a walkway," said CAO Joann King. "They would like to build on both lots."

The land titles office may or may not require the public walkway to be moved to the edge of either lot, said King, but council will, nevertheless, hold a public hearing so that residents can express their opinion.

"I think it's important not to lose your walkways," said Coun. Richard Petrowski.

King said the walkway is an "odd" configuration. If it's removed, the property owner would have to consolidate his/her properties.

A public hearing will likely be held in the upcoming weeks to coincide with a regular meeting of council, said King.

Other council briefs:

- A quarterly report (January to March) from the RCMP shows an increase in crime throughout the municipality compared to the same time period last year.

Thirty-six crimes against property were reported this quarter compared to seven in 2016.

There were eight break and enters this quarter compared to two in 2016.

Six motor vehicles were stolen in the first three months of this year; no vehicles were reported stolen during the 2016 quarter.

Alcohol-related traffic offences also increased. There were 35 offences this quarter and 13 last year.

"The concerns I see here are crimes against property for this reporting period," said Mayor Randy Woroniuk.



Coun. Danny Luprypa

"Thirty-six crimes against property were reported compared to seven at the same time last year. That's concerning."

In addition to RM crime statistics, the report provides statistics for Gimli (town), the Town of Arborg, the RM of Bifrost-Riverton, Winnipeg Beach, Pine Dock, Matheson Island and Riverton (town).

In Gimli (town), there were 11 property crimes in the first quarter of 2016 and 13 in 2017.

Crimes against property in the RM of Bifrost-Riverton spiked from four in 2016 to 13 in 2017.

In the Town of Arborg, property crimes increased from three in 2016 to 10 in 2017.

In Riverton (town), there were two property crimes reported in the first quarter of 2016 and seven in 2017.

"I noticed in almost every community it went up," said Coun. Petrowski, referring specifically to property crimes. "Maybe they [RCMP] changed something in the way they're counting it."

The only town reporting a decrease in property crime was the Town of Winnipeg Beach. It reported eight in 2016 and five in 2017.

Pine Dock and Matheson Island appear to be an anomaly with zero crimes reported to the RCMP across all categories.

The mayor said he would get in touch with Sgt. Rob Gray from the Gimli detachment to discuss the statistics.

The quarterly report is posted on the



EXPRESS PHOTOS BY PATRICIA BARRETT
Coun. Richard Petrowski and Deputy Mayor Peter Peiluck

RM's website as part of the April 13 agenda.

- Council received as information a February report from the Interlake-Eastern Regional Health Authority's board of directors.

The report includes comments as to how the IERHA will meet a "financial efficiency target" after receiving a 2017-18 fiscal planning letter from the province's deputy minister of health.

"Senior leadership with input from program managers and directors will prepare a plan to achieve the level of efficiency expected for provincial consideration," states the report.

The report provides a financial update as of Dec. 31, 2016: the year-to-date deficit is \$4.4 million.

The IERHA board approved a communication stipend for itself. A payment of \$100 will be made to each director to cover communication expenses to the end of the 2016-17 fiscal year.

The IERHA's website shows 11 people sitting as directors.

- Council approved four grant applications (including one of its own) that will be made to the Westshore Community Foundation.

"Westshore ... each year has \$25,000 to distribute for grants within our area," said Coun. Thora Palson. "There are some organizations that have to apply under the umbrella of the RM."

The four grant requests are as follows: the RM (aquatic centre), Minerva Ladies Aid (windows), Sandy Hook Community Club (fridge) and Gimli

Minor Hockey (unspecified).

Council indicated that Sandy Hook's request is for \$5,000.

Palson said that amount will form part of the club's overall funding goal. It wants to host Canada 150 festivities and replace critical appliances.

"They said the total cost for their project is \$12,000," said Palson, "and they're requesting \$5,000 as a grant."

- Council passed third reading of Bylaw No. 16-0013 to borrow \$3,370,000.00 for water treatment plant and distribution system upgrades. The federal and provincial governments are contributing to the project.

- Council passed first reading of Bylaw No. 17-0005, which amends a 2013 bylaw (No. 13-0013) from which no borrowing had occurred. In 2013, the RM passed the bylaw to borrow \$1,286,953.75 for a sewer line renewal project in the Gimli urban centre, Aspen Park and the Industrial Park.

The 4.48 per cent interest rate obtained in 2013 will apply to the new borrowing bylaw.

"It's a debenture we're issuing based on previous borrowing [from 2013]," said King. "It was some paperwork mix-up with the Royal Bank who issued the debenture for us."

- Council authorized the following payments:

\$53,650.76 for payroll and remittances for the period ending March 25.

\$12,699.95 for council indemnities and expenses for the period ending March 31.

\$195,370.05 for bills for general operating expenses.

\$49,868.01 for pre-authorized utilities for March.

\$12,000 plus applicable taxes to Enns Brothers for a 2017 lease agreement, and \$6,129 plus applicable taxes for excess hours used in the 2016 season.

\$13,901.12 to Western Recreation for a change order for an addition to a curved slide, less a credit amount of \$11,313.75 for the pool mechanical building.

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MLA Lakeside reflects on provincial budget

Staff

Several items cropped up in the recent provincial budget that point to good news for the agriculture sector.

That's the opinion of Agriculture Minister Ralph Eichler, who serves as the MLA for Lakeside.

"There are a number of things that we ran on, and that was to fix our finances and to pay back our debt and, of course, make sure that we have the services that are important to all Manitobans, in particular for the people of Lakeside and the Interlake," said Eichler of the Progressive Conservative Party.

"With agriculture ... we wanted to make sure that we start to grow the beef herd, so we've got a permanent loan program out now that will assist producers in getting finances if they need it, if they want to get into the beef business. That is a substantial operation for those that want to get into the beef business.

"Of course, we want to grow the hog business as well, which is through our red tape reduction on some of the building codes. So I think we've positioned ourselves well to be able to start to move forward to see an increase in the livestock production."

He noted that the agriculture industry produces a high proportion of jobs for Manitobans.

"It's the economic engine that will continue to give and continue to help Manitobans find their life path of what they want to do," he said. "Certainly, we know that agriculture is that journey that will help us on the path to recovery."

As well, he said that the government is very proud of its grain sector.

"We're providing \$3 million in Going Forward 2 dollars for the Grain Innovation Hub," he said, "and we're very bullish about that."

In general, Eichler is pleased with the moderate approach to the 2017 budget as well as the consultation involved in the process.

"The main thing is we don't want to raise taxes but we want to bring our budgets in line where we can start paying down some of our debt and get rid of the deficit. We're doing that in a moderate manner that I feel is the balanced approach, ensuring that we maintain the services and yet still be able to bring that debt down," he said.

"So we're on that path to recovery and we feel that we're in the right place at the right time."



EXPRESS FILE PHOTO

MLA for Lakeside Ralph Eichler

Free business education courses in Arborg, Gimli, Selkirk about to get underway

By Patricia Barrett

Workshops designed to improve business writing skills, develop effective communication strategies and manage workplace conflict are set to get underway in Interlake towns starting April 20 and will run until June.

The Workplace Education Manitoba centre in Selkirk is offering the free workshops in Arborg, Gimli and Selkirk.

"We've been doing these workshops in our Selkirk facility for probably about a year now," said Melodie Mueller, Interlake project co-ordinator for Workplace Education Manitoba. "And we've had such great feedback that I'm wanting to bring them out to the communities in the Interlake."

Mueller said there's not a lot of support for businesses in the Interlake compared to Winnipeg, which has a "ton of places to go for training."

The free public workshops will be offered for the first time in Arborg.

"I know there is a great need for training in Arborg," said Mueller. "Hopefully, we can provide some support to the businesses there."

The Arborg Chamber of Commerce — via the Central Interlake Training Facility — is working with WEM to provide educational opportunities to

area business people and their employees.

"The chamber and Fieldstone Ventures [adult education centre in Ashern] are working with them to see what type of training is needed," said chamber president Owen Eyolfson, who will be attending one of the workshops. "And they'll implement what they're able to."

Eyolfson said a few of his staff members from the Arborg Hotel will be taking part in one of the workshops, and staff from the Arborg Pharmacy have also expressed interest.

The chamber holds a luncheon once a month at which business owners discuss workers' skills, what skill sets are lacking and how training needs can be met.

"We're responding to those needs," said Eyolfson. "We're always looking for different training opportunities with many different groups, such as WEM and Red River College."

WEM also provides workplace training on site. Its educators have worked exclusively with businesses in Arborg and Gimli.

"We deliver customized workplace training specifically to those workplace needs," said Mueller. "We'll do a free needs assessment on the

business and then we'll do training, whether it's one-on-one training with a manager or with groups ... on conflict management, leadership or time-management skills."

WEM's training centre in Selkirk helps the public upgrade workplace skills.

"If you're looking to get a job, or if you're wanting to [improve] your skills for the job you're already in, we provide one-on-one training there that's funded by the government," said Mueller.

The workshop times and dates are as follows:

Arborg: Effective Communication will be offered April 20 from 9 a.m. to noon at the Kinsmen Building; Conflict Management will be offered April 27 from 9 a.m. to noon.


A two-part workshop on Strengthening Business Writing Skills will be held June 8 and June 15 at the Kinsmen Building from 9 a.m. to noon.

Gimli: Effective Communication will be offered June 1 from 9 a.m. to noon at the Lakeview Resort; Conflict Management will be offered June 8 from 9 a.m. to noon.

Selkirk: Becoming an Effective Leader will be offered May 11 and May 18 (times unspecified) at the Selkirk

WEST Centre at 511 Robinson Ave.; a two-part workshop on Strengthening Business Writing Skills will be held May 25 and June 1 from 9 a.m. to noon.

To register or to find out more about the workshops, contact Melodie Mueller at 204-894-4701 or view WEM's Interlake spring newsletter online.

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Eggshells below the fishing hole – tip or trick?

> ARNIE WEIDL

Hi gang. How's it going?

On a hazy late January day on Lake Winnipeg's Sandy Bar east of River-ton, I found myself tossing about in Old Red as I headed far from shore toward a chap standing between his truck and a portable shack. To the north, the spectacular sweeping arc of the Bar's white sand banks topped with weathered beach trees rose above the ice. I idled up to the fellow I had spotted with my binoculars. As I left my truck, greeted by a gentle warm breeze, he called out in an engaging voice, "Hello, how are you?"

The pleasant day complimented this spritely fellow. Don Zembik, from Broad Valley introduced himself, and minutes after he knew who I was, he began revealing a fishing technique I had never quite heard before.

"You need crushed eggshells," he declared quickly as he lifted a sack from the back of his truck. His hand dove in, bringing out shell flakes to show me. "You drop them down the ice hole, and when they settle on the bottom, you get a white background. Now when you're inside a dark tent shack, you can see fish swimming around real easy," he explained.

I remembered others who had told us how they could see fish down their ice holes inside a dark portable ice shack. With the aid of the eggshells and being able to watch fish for a long time, Don began to learn how fish behaved. He revealed how he watched jackfish bite a small fish from the side, spit it out, and then attack and take it head first.

Don loved to talk. He told of a time when he took his daughter Melissa fishing many years ago. Once set up with their eggshell trick, he asked her



EXPRESS PHOTO BY ARNIE WEIDL
Jared Zanewich of Winnipeg with one of his catch on the ice off Grand Marais as he fishes with his club members of the Team Cut Cheeks.

to take a break and eat her lunch. But she had become totally engrossed in teasing fish by jigging bait right in front of them. She shot back, "No, daddy, you can eat my lunch. I'm having fun."

As the day went on, she was lying down by her ice hole, he said. Lowering a weighted jig, she guided it under a jack that was hardly moving. Then with a quick jerk, she snagged it under the jaw and landed it. In time, the news of Don's use of eggshells began getting around and two of his friends, Ernie and Lawrence, adopted the trick. Now, nobody in their circle of families throws any eggshells in the garbage.

Those Zembik folks sure are sharp.

One of the last anglers I talked to on the Red River ice by Selkirk before

the spring breakup was Dan Sancelmente and Vic Besson from Birds Hill. They were just a couple of great regular guys in their 30s having their kind of fun on a sunny warm morning. What made it even nicer for them was, for the first time in a long time, they were catching all kinds of fish.

They didn't have a story for us, but as we talked, I kept tossing a glance at their truck. It was suspended so high with oversized wheels that I finally couldn't help teasing them, asking if they needed a ladder to get into the thing.

About a week after I met Dan and Vic, I was well out on the ice off Grand Marais and came upon a guy coming out of his portable shack with some writing on his hoodie that caught my attention. He seemed a friendly, likable sort as he walked up to me while I got out of my truck. It turned out our new friend, Jared Zanewich from Winnipeg, and others in the tent belonged to a group called the Team Cut Cheeks who seek other anglers on Facebook to go fishing with. We traded fishing stories back and forth until Jared laughed, remembering when he was young and camping with family by Netley Creek.

He caught a drum, and some helpful neighbours told him to clean it, wrap it in tin foil and barbecue it. He was quite proud of himself for catching and preparing his own meal. Two hours after he ate some, he got sick. To this day, he doesn't like to eat fish. However, he loves to get outdoors fishing with his club pals but releases everything he catches.

Thanks for dropping in. So long for now.

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CancerCare variety show raises over \$8,000 selling pies

By Jeff Ward

The 7th Annual CancerCare Manitoba Variety Show and Pie Auction raised an incredible \$8,050.70 on April 8 in Eriksdale.

The show has become well known because of how much it raises annually. Although this year didn't break last year's record of \$13,000 plus, organizer Debbie Lundale is still very proud of the community. Lundale said that she was actually shocked to see how much was raised because she knows that there is no shortage of good causes to donate to every year. Another \$8,000 raised pushes the cumulative total since it began in 2010 to over \$60,000.

Lundale said that 78 pies were auctioned off and the Man Pie portion of the auction raised \$1,120 from its three contestants. Doug Kirby's tray of butter tarts raised \$370, Rick Willetts shepherd's pie raised \$500 and brothers Tyler and Ethan Brandt submitted what they called a Big Bang that raised \$250. Lundale

said the young Brandts put together a special lunch kit filled with treats the characters often eat from the TV show The Big Bang Theory.

Year after year, it seems almost automatic that the community, supports the cause and Lundale believes it's a combination of the importance of the fight against cancer and the variety show itself.

"I think the success is in that we have the variety show that showcases our great local talent and also a fun auction for amazing treats, but also there's no family here that hasn't been affected by cancer," said Lundale.

"I was shocked to see how much we raised and, honestly, I was thinking if we raised \$5,000, it would have

"I WAS SHOCKED TO SEE HOW MUCH WE RAISED AND, HONESTLY, I WAS THINKING IF WE RAISED \$5,000, IT WOULD HAVE BEEN A BIG SUCCESS."

been a big success. But, really, it's the people that make this happen. The donations are what we do it for and they don't disappoint."

Lundale said that she hopes over the next year to get some younger people



EXPRESS PHOTO SUBMITTED BY DEBBIE LUNDALE

The CancerCare Manitoba Variety Show and Pie Auction in Eriksdale has raised more than \$60,000 since it began seven years ago. The cancer fundraiser raised \$8,000 on April 8.

interested in taking on some of the responsibility of the show. The organization takes a great deal of work, and at some point the event will have to be handed off to someone else if it has any hope of staying alive.

For now, though, Lundale and the rest of her volunteers can be proud of all they've accomplished over the last

seven years and the community can be proud of how generous they continue to be.

"As a community, they do so much dollarwise that I just can't thank them enough. It's an amazing thing what they do. It really is," said Lundale.

West Interlake searching for new senior elections official

By Jeff Ward

The RM of West Interlake is currently searching for a new senior elections official (SEO), an important position that will oversee all aspects of any future election.

West Interlake CAO Larissa Love said that applications are now being received for the position and that the cutoff date for applying is May 5.

The job is an overseer role for any and all elections and one that demands an organized and thorough mind. Love explained that the duties of the position are appointing an assistant, establishing and maintaining a voters' list, giving public notice of elections, printing ballots and overseeing all aspects of the election on Election Day. The job brings with it an incredible responsibility to maintain and uphold the democratic process and to make sure that one of our most important inalienable rights, our right to vote, is preserved.

"It takes someone with a lot of organization skills," said Love.

"In my career, I don't believe I've ever had to advertise for a job like this. They don't come open too often. People tend to do them for multiple

elections, so it's not an opportunity that comes around all the time."

The RM's previous SEO, also referred to as the returning officer, was Andrea Sweetland. She said that the job can be very stressful, but that it's worth it to be a part of the process. In her time, she oversaw a federal election and a municipal election that was literally

"THERE'S A LOT OF GREY AREAS, AND YOU HAVE TO BE PREPARED TO MAKE THE ULTIMATE DECISION."

decided by one vote before an official recount took place.

Sweetland said that one of the tougher things to stay on top of as the SEO is the maintaining of the voters' list. The SEO will often work with the

CAO to get the details of land ownership changes and the number of legal age voting residents on any given property.

There is also hiring staff, getting the proper training to new election officials, finding scrutineers, setting up advanced polling stations and many other items that are all important parts of the process.

"Those running in the election will also be in communication with the SEO, and it is up to the returning officer to enforce the rules," said Sweetland.

"There's a lot of thought that goes into selecting an advanced polling location that people don't know about. Geographically, it has to be easily accessible and it also has to be a place where the people can vote without their privacy being compromised."

Sweetland's advice for anyone

interested in doing the job would be to understand that you're the one in charge. She said it can be very tough to have so much pressure on you because, ultimately, the success of an election is on your shoulders.

"There's a lot of grey areas, and you have to be prepared to make the ultimate decision. And you have to go by the manual and your training no matter how much someone is pressuring you," said Sweetland.

The job won't be for everyone, but for the right person, the task of conducting a fair election, where everyone who wants to vote gets to, can certainly be a big point of personal pride.

<p>Nashville 🎵 <i>"Music Capitol of the World"</i> Featuring an unforgettable stay at the Gaylord Opryland Resort! May 17-24</p> <p>Deadwood the Black Hills & Badlands Deadwood a National Historic landmark, where gold, gambling, and gunpowder were once the order of the day. June 11-16</p> <p>EMBASSY TOURS 757-9383 www.embassytours.ca 1-800-723-8051</p>	<p>Nashville, Branson, Pigeon Forge Oct 21-Nov. 3 The Great Smoky Mountains, Graceland, Dollywood, Live Music Shows</p> <p>PRESENTATION ON BOTH Tuesday, May 2, 6:30 pm Henderson Library - 1050 Henderson Hwy Please R.S.V.P.</p> <p>Branson and the Ozarks November 5-13 Unique Sightseeing, 7 Top-Rated Music Shows & Attractions Including Daniel O'Donnell & Silver Dollar City</p>
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Oak Point residents band together to save failing community centre

By Jeff Ward

An emergency community consultation to discuss the long term viability of the Oak Point Community Centre was held at the RM of St. Laurent council chambers last week with some encouraging results.

The meeting on April 13 detailed the recent troubles the centre is going through. A few weeks ago, their hydro was shut off due to an unpaid bill of approximately \$1,500. Residents asked council for financial help to address their hydro issue so that they could hold their upcoming Old Time Dance.

Reeve Cheryl Smith said that council held the meeting to determine if it was feasible to keep the hall going. Council was looking for a sense to see if residents still cared about the community centre and to be assured that if they provided financial assistance, it wouldn't be wasted. Smith said that she got that feeling from the 20 people that attended the meeting.

"We certainly were encouraged by

their attendance and we will be there to help them," said Smith.

"But we can't provide all the long-term answers, though. They have to band together as a community to figure that out. They need new blood on the board and they need to come up with ideas on how to keep activities going at the centre so it has a long term life."

During the meeting, council did commit to helping the centre financially, but the details on how that will manifest were unavailable at the time of writing this article.

Community centre president Glenn Byron said that he, among many other board members, has become burnt out trying to keep the centre open and part of a long-term strategy needs to be in getting more youth to participate.

"It's a senior community and it's typically the same four people on the board year in and year out," said Byron.

"We can't keep going like this and



EXPRESS PHOTO BY JEFF WARD

More than a dozen Oak Point residents attended an emergency community consultation last week to ask council for financial help to keep the Oak Point Community Centre open.

expect to survive. It just won't work. I agree the community needs to come together and solve this, but if it's the same people as always, it won't last."

Byron said that the community centre is a big part of the history of Oak Point and it would be a shame to let it rot away. Thousands of events have been held there over the years.

At this point, the lifespan of the community centre is unknown, and it will

take a community-wide effort — and perhaps the help of other communities — to keep it alive. But both Byron and Smith felt that the meeting was a good start and that maybe all they really needed was to be together in the same room and see that the support is there.

"I think there is still a lot of hope for the centre and I think we all needed to see that," said Smith.

Juno award winner credits Peguis for inspiring his musical career

By Jeff Ward

Juno award-winning folksinger-songwriter William Prince said that Peguis First Nation marked the beginning of his musical career and that living on the reserve put him onto the path that has made him into the man he is today.

Prince said that he owes a lot of his success to his father, who provided the opportunity that grew into his passion for music. Prince's father, who was a pastor, taught him everything he knows about music. The extremely long church sermons were where he learned to play guitar and sing.

His passion for playing only increased when he was able to play in front of a crowd every Sunday at church. Because he needed to play weekly, Prince pushed himself to be a better musician. Prince played, to his recollection, almost every funeral, wake and celebration that took place in Peguis for nearly half a decade before moving away.

"Peguis shaped me in a lot of ways, not just musically," said Prince.

"I credit Peguis with kind of being my entire start into the music world. We used to travel around to different communities and perform gospel jubilees, but I spent so much time learning about music in Peguis."

During his acceptance speech for his win for Contemporary Roots Album of the Year, Prince said that there are many youth that need inspiring in

Peguis. He said during our interview that it doesn't take an award to inspire anyone and that all it takes is a good person.

He said that he wants to be a role model and he's been working hard over the past few years to better himself so that he can lead by example.

"I'm trying to counteract this stereotype around Aboriginals so there's not this fear of us and this misconception that we're all gang members. I'm not trying to be a poster boy, but if so many people are going to identify me as First Nations, I'd like it to be for something positive," said Prince.

The Junos were a watermark for his young career and a weekend he said he'll never forget. Prince was not only nominated twice for Contemporary Roots and Indigenous Album of the Year, and took home one of those awards, but he was also asked to perform the "In Memoriam Tribute" to honour the memory of Canadian artists who've passed away.

Prince said that he's had many "full circle moments" over the past few years and that one of them came during that performance. Prince said that he's often compared to Leonard Cohen, so to perform the In Memoriam Tribute and to see Cohen's photo up on the screen behind him was a big deal.

"[Cohen's] son was there and we both lost our dads. I'm always surprised when people compare me to



EXPRESS PHOTO COURTESY OF THE JUNO AWARDS

Recording artist William Prince accepted his Juno award at Ottawa's Shaw Centre on April 1. Prince credits his family and Peguis First Nation for inspiring his music career.

[Cohen], so it was just a very emotional moment for me," said Prince.

It's perhaps a bit of a cliché to say that it's an honour just to be nominated, but that's truly how Prince felt. He said that when they walked into the Canadian Tire Centre that weekend, he and his family "already felt like winners." When the name of

his album *Earthly Days* was read out, Prince said he didn't recognize it. His table erupted with cheers from his family but he explained that his brain checked out for a second, like he forgot it was his album.

"They all kind of shook me awake from that moment and, honestly, I didn't expect to win because the category was such a heavy hitter. But I felt like I came through for a lot of people by winning. I wish my dad was still here to hear the album but, honestly, I think he would've been so excited that me winning a Juno would've killed him," said Prince.

Interestingly enough, the Juno statuette Prince received on stage is actually just a prop and the real one, which will have his name engraved into it, will arrive by mail to his home. He said that when he does receive the real one, it will stay at his mom's house.

The win still hasn't fully registered yet, Prince said, and will probably be the kind of thing that hits him in a few weeks when he least expects it. For now, Prince will head out on the road and perform all over Canada doing shows that are now backed by a Juno award-winning album.

"It's so weird to wake up a find out you're now a Wikipedia page, and I'm excited to get out on the road and perform for people who want to hear my music. I can't think of anything better," said Prince.

Provincial budget sets aside \$186K for Nova House

By Scott Billeck

Last week's release of the provincial budget included a big chunk of money for one of the Manitoba's most important safe-living facilities.

Nova House, a women's shelter in Selkirk that provides services to assist women and children escaping domestic violence in both the Interlake and North Eastman regions and a further 19 First Nations in the province, was promised \$186,000 by Premier Brian Pallister's Progressive Conservatives as part of their recently released 2017 provincial budget.

The money has come at a crucial time for Nova House, as they are planning on moving into a new 9,000-square-foot facility located along Clandeboye Avenue at the beginning of May.

"We were a little worried we'd have this lovely new facility but not have the ability to operate it," Nova House executive director Anna Pazdzierski said.

Their new two-storey facility will host 15 shelter beds and four apartment units for women. It will also house outreach, counselling and crisis rooms. The money set aside in the budget will go toward programs.

"For us, we've been operating as a medium shelter now for the past 12 years," Pazdzierski said. "This means we will actually get the funding to do that, so that's huge."



EXPRESS FILE PHOTO BY LINDSEY ENNS

Selkirk's new Nova House, located along Clandeboye Avenue, will officially start welcoming women and children escaping abuse in May. The local shelter was promised \$186,000 by Premier Brian Pallister's Progressive Conservatives as part of their recently released 2017 provincial budget.

Part of the funds will go toward the shelter's new Second Stage program, which will be a place for women who are unable to access housing because of Selkirk's low vacancy rate to live for up to one year. The women will also be enrolled in a program during that time which will include daily counselling sessions, training to help update their education and job skills if

required.

"We've relied on about \$100,000 in donations each year over the last quite a few years just to maintain the programming we have," Pazdzierski said. "This will definitely help and it will ease our reliance on donations as well."

In the shelter, Nova House sees 120 women and their children. Between

their non-residential program, follow-up and their crisis line, they deal with 600 people roughly each year.

Those in need of assistance can call Nova House's 24-hour crisis line at 1-877-977-0007 or locally at 204-482-1200. For more information, visit novahouse.ca.

Winnipeg and Westshore singers team up for Gimli concert

Happy Birthday Canada! Canadian Landscapes choral program April 29

By Patricia Barrett

The Westshore Singers have been invited to perform as guest artists at an upcoming Winnipeg Singers' concert that will celebrate Canada.

The choral program, scheduled for April 29 at Gimli's Waterfront Centre, is called Happy Birthday Canada! Canadian Landscapes. It will mark the country's sesquicentennial through songs specific to our diverse landscape.

The Westshore Singers will be performing renditions of folk songs either written by or arranged by Canadian composers.

"We'll be doing one called Rattle on the Stovepipe. It's a pretty rip-roaring, fun piece," said Muriel Smith, Westshore's artistic director. "All the Little Rivers is another one. It basically talks about how our lives are 'like a river with many long miles to go, reflect-

ing in the sunlight or sleeping under snow.'"

The song makes reference to a plethora of Canadian rivers, such as the Assiniboine, the Winnipeg, the Red, the Yukon, the Niagara and the Athabasca.

Westshore will also be performing Away From the Roll of the Sea, an east coast song about being in the harbour.

The Winnipeg Singers are keeping their repertoire list under wraps.

"The music will be fun and easy to listen to," said Smith. "As the title of their concert ... indicates, the music will cover the broad styles and variety found in Canadian music from folk repertoire to choral arrangements that include Indigenous music."

Smith said the Westshore Singers are honoured to be part of the Winnipeg choir's concert tour.

"When you're standing and per-



EXPRESS PHOTO SUBMITTED

The Westshore Singers will be performing at the Gimli Waterfront Centre April 29.

forming alongside the best choir in the entire province — an internationally acclaimed choir — we have to be on our toes," she said. "It's exciting to be invited."

The concert will be held April 29 at 7 p.m. in Johnson Hall at the Waterfront Centre. Tickets are available at Terge-

sen's store or from Westshore choir members. Remaining tickets will be sold at the door.

For more information about the Winnipeg Singers, visit its Facebook page at www.facebook.com/winnipeg-singers.

Ashern Central comes together for Day of Pink

By Jeff Ward

Students at Ashern Central School (ACS) dressed in pink as a show of solidarity and commitment to the fight against bullying last week on April 12 International Day of Pink.

The Day of Pink is an awareness day designed to celebrate diversity and to stop the tide of homophobia, transphobia and all other forms of bullying. ACS students took part in the day by baking pink cupcakes and preparing pink lemonade for their assembly that featured activities and games.

ACS teacher Chelsea Shepell, one of the organizers of the event, said that one of the activities was called “toothpaste words.” Students squeezed out all of the toothpaste and then had to try to put it back in with toothpicks in a short amount of time. The catch is that it’s impossible.

“It’s meant to illustrate that the words students say to each other can’t be taken back so easily, so we have to be mindful of how we speak to each other,” said Shepell.

ACS guidance counsellor Jill Mercer said that the school has been focusing a lot over the past few years on having students support each other instead of criticizing. Every school in the province has a zero tolerance rule about bullying, but ACS has been proactive in getting that across. Instead of just waiting for incidents to happen, school staff often thinks of ways to have more positive messages float through the halls.

And recently that has manifested itself in the form of a positive message word wall. Mercer said that the wall has been a great source of school pride over the past few weeks. Students have been approaching Shepell with their ideas for an inspiring quote or message and then adding it to the



EXPRESS PHOTO BY JILL MERCER

ACS students play “toothpaste words,” a game designed to show the difficulty of taking back hurtful words that have been said.

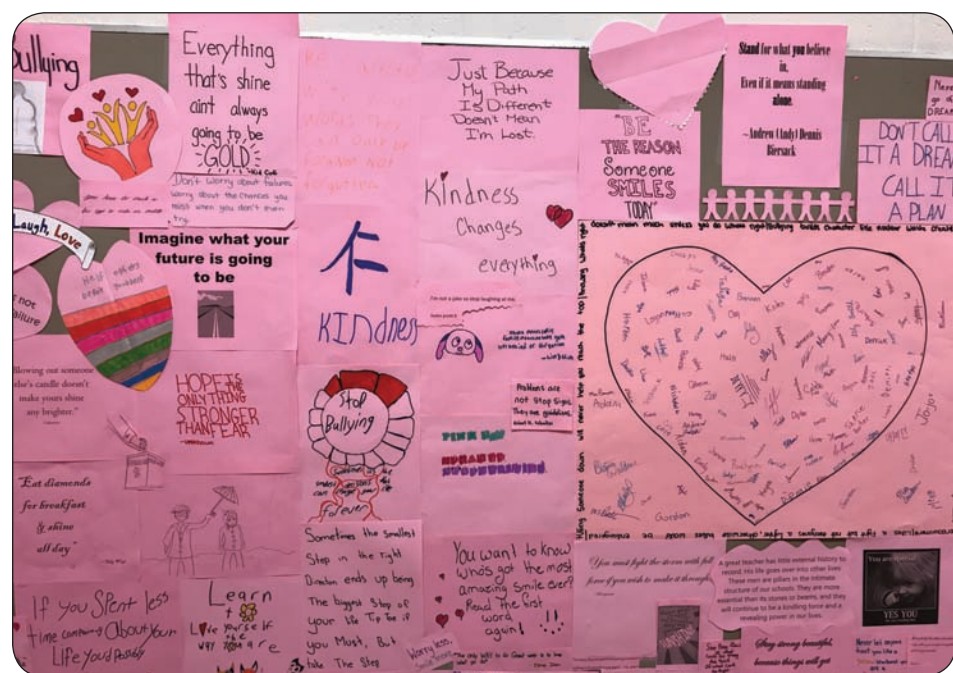
wall.

“I see them stopped in the hallway reading it and smiling,” said Mercer.

“It’s something that doesn’t take a lot of effort but can really lift someone up and, honestly, we need more of that all over the world. If we are constantly teaching our students that words can hurt, then the opposite must also be true and we should be encouraging that.”

It’s easy to be cynical about how much power words have on others. Telling someone they look nice or that they’ve done a good job might seem like an empty gesture, but the reality is that if the wrong words can start a war, than the right ones can bring peace.

The Day of Pink at ACS is about bringing peace to the school and allowing students to be who they are without the fear of persecution by their peers.



EXPRESS PHOTO BY JEFF WARD

The ACS word wall is filled with positive and uplifting messages from students to their peers.

Manitoba needs to cut spending to slay deficit

Submitted

The Canadian Taxpayers Federation (CTF) responded to the 2017 Manitoba budget by calling on the provincial government to cut spending in order to shrink the deficit faster.

“The deficit is projected to get a little smaller and that’s good, but this is very, very slow progress,” said Todd MacKay, prairie director for the CTF. “The problem is that spending is still going up and cost control is always critical for slaying deficits.”

Manitoba is projecting an operational deficit of \$840 million for the coming year, which is down slightly

from \$872 million last year. The deficit is shrinking because the government is counting on revenues to rise by three per cent this year and next year. Meanwhile, the government plans to increase spending by \$541 million.

“Spending less money is the way to slay a deficit, but Manitoba is increasing spending by more than half a billion dollars,” said MacKay. “Hopefully more money will come in and that will make it easier to balance the budget, but it’s risky to bet the budget on increasing revenues. Here’s the reality: the government needs to cut spending.”

Manitoba’s deficit is projected to push the province’s net debt to \$24.7 billion and the government will pay \$991 million to cover the interest on that debt this year. The government states that a one-point interest rate increase would drive up the province’s interest costs by \$100 million.

“It’s sad to see almost a billion dollars flow out of province just to cover interest payments,” said MacKay. “That’s money that can’t be used for schools, hospitals or tax relief, and those interest costs are going up every year.”

Unlike some other provinces, the

Manitoba budget does not increase taxes.

“Manitoba already has much higher taxes than some of its neighbouring provinces and families here simply can’t afford to pay more,” said MacKay. “The government is doing the right thing by making tough decisions with its own budget rather than hiking taxes and forcing Manitobans to make tough decisions with their family budgets.” A family in Winnipeg earning \$75,000 annually pays \$7,474 in provincial taxes while that same family would pay \$4,510 in Regina, according to the Saskatchewan budget.

Fisher Branch Early Years student is principal for a day



EXPRESS PHOTO SUBMITTED BY ROGER MCCULLEY

Kaylee Podaima was principal for a day at Fisher Branch Early Years School and got to shadow the school's principal, Roger McCulley, while he did his daily duties.

By Jeff Ward

A Grade 3 student with aspirations of one day becoming a teacher had the thrill of her lifetime winning a contest making her the Fisher Branch Early Years School (FBEYS) principal for a day.

School principal Roger McCulley challenged his students to complete a month's worth of reading during February's I Love to Read Month. Every student completing the challenge had their name put into a jar with one lucky student winning the opportunity to walk in Mr. McCulley's shoes for a day.

McCulley said there were a dozen students who completed the task and Grade 3 student Kaylee Podaima was the lucky winner. Podaima's luck was rather serendipitous because of her desire to become a teacher herself one day. Podaima spent the day shadowing McCulley as he performed his duties, which involved teaching a guidance class for grades 3 and 4.

"She did my duties with me all day and it was really humbling because she already knew so much about the class and how to teach," said McCulley.

"I can tell she has the talent to be-

come a teacher, and if she follows through with that later in her life, she'll be a great teacher. She taught her own peers and they were very supportive of her and attentive."

Podaima said that she was very excited to have her name drawn and that it meant a lot to her to be able to get a look at the other side of school life. She was invited to eat her lunch in the staff lounge and even had her name on McCulley's door. Podaima also helped select the school's artist in residence for next year, answered the phones and planned McCulley's week.

"I was nervous when the day started," said Podaima, who powered through her nerves quickly. "I want to be a teacher when I grow up, and sometimes when the principal is not in, I can fill in and do that also."

McCulley said that Podaima's grandfather was also a teacher and taught for many years in Fisher Branch. He visited Podaima during her day as principal as a show of encouragement.

"For her to step into the roll and pick it up so quickly is impressive. I really do believe she would be a natural teacher if she takes that path," said McCulley.

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Riverton Collegiate prepares Grade 10 students for the job market

By Patricia Barrett

Grade 10 students from Arborg and Riverton collegiates took part in a Youth Employment Services workshop April 12 that taught them how to prepare for the job market.

Five instructors from the Manitoba Youth Job Centre in Winnipeg spent the day at Riverton Collegiate conducting workshops on communication in the workplace, resumé writing, job searching techniques – including the “hidden” job market – and interview skills.

“It was a positive day,” said Evergreen School Division’s Career Development Consultant Gail Kreutzer, who organised the one-day training session for about 50 students. “When I looked at the students in my group, and how they were interacting and asking very intelligent questions of the presenters, I knew that they were engaged.”

Manitoba Youth Job Centres provide free employment referral services and advice on career development to youth aged 16 to 29 throughout rural and northern Manitoba. Kreutzer learnt about its services after taking part in a province-wide career development/professional learning session for school divisions.

Students not only learnt various tips and techniques over the course of the day, but they were also tested on what they learnt.

“The Job Party workshop touched on key things about job preparation,” said Kreutzer. “And they had a Jeopardy Game at the end of it. They broke into two teams and answered questions based on that seminar.”

Given the prevalence of social media, students were provided with important tips for managing those types of communications before and after acquiring a job.

“It focused on being careful on what you put online with Facebook or other social media sites because it’s always there,” said Kreutzer. “What an employer will do if they’re thinking of hiring is just Google your name. So it’s a cautionary thing.”

Kreutzer said one of the instructors provided an example of someone who landed a job, but was fired shortly afterwards because of the time spent on social media activities.

“She was so thrilled, and she was on social media telling people about this wonderful place she worked at and how happy she was to work there,” said Kreutzer. “And strangely enough, she was let go...because they noticed



SUBMITTED PHOTO

Success and Communication in the Workplace Workshop

in her time log that she was doing it on company time.”

The Interview workshop focused on questions students will typically be asked, and instructed them on how to turn potentially negative statements into positive ones by using the “sandwich” technique.

“Here’s your sandwich – the positive, negative, positive: I love working with people, however, I’m super shy, but I work hard at talking with people and make a point of asking them questions to overcome my shyness,” said Kreutzer, demonstrating the technique.

The Resumé Writing workshop was very popular, according to feedback Kreutzer received after the workshops.

“We need to learn how to let our lights shine,” she said. “They [students] don’t realise some of the things that they can contribute to the workplace, and they don’t know how to market themselves. And that’s what these workshops brought forward to them.”

When writing a resumé, Kreutzer said it’s important to describe how any past work experience/skills contribute to a bigger picture.

“If your task was cleaning a kitchen, go an extra step and talk about that task,” she said. “For example, you might say you cleaned a kitchen to comply with Public Health Act standards.”

When listing skills on a resumé, it’s important to back up statements with illustrations. A student could include “communication skills,” but without context – that they were, for example, a member of a debating club or worked on the school’s year book – the skill can fail to make an impact.

Kreutzer said the Job Searching

workshop emphasised how to access the “hidden” job market, which accounts for about 85 per cent of available jobs.

“We always talk about the obvious places people look for jobs, such as in the paper,” she said. “The instructor focused on the hidden job market.”

If a student were, for example, looking for a job with a florist, he/she should determine, via Google, the location of all the flower shops within a reasonable travelling distance then “cold call” rather than wait for a job posting to appear.

The Home Economics class at Riverton Collegiate, taught by teacher Sarah Boaz, provided students with a hearty lunch of lasagne and Caesar salad before the afternoon workshops got underway.

“That really helped to make the day run smoothly,” said Kreutzer.

At the end of the day, students filled out a survey form about what they liked best about the workshops and where improvements could be made.

A number of students said they would have liked training in public speaking; others said they found the tips on the hidden job market very beneficial.

“I would love to see this be an annual opportunity for Grade 10 students,” said Kreutzer.

Gimli’s Youth Job Centre is located at 62 Second Avenue (in the municipal office building) and is open year round. Staff will work one-on-one with youth between the ages of 16 and 29 to help them find jobs, practise interview skills and write a resumé.

For more information about the Manitoba Youth Job Centres, visit the province’s Education and Training web site.

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CN Rail continues to move grain at record-setting pace

By Harry Siemens

Canadian National Railway invested in new high-horsepower locomotives in 2016 that pull heavier and longer trains which benefit the entire grain and supply chain.

On April 11, in a statement on Twitter, the company said it shipped 486,000 tonnes of grain from Western Canada the previous week with zero backlogs.

In an interview last month, CN's director of marketing David Przednowek outlined the recent record-setting grain movement.

"[It was] a bit of a slower start in the fall time, August into early September, when we had a bit of a late harvest to start there," he said. "There were a lot of challenges through the fall and there's still a lot of crop out there, unfortunately, especially in the west. But since then, once demand picked up in September, we've set record volumes for grain movement on CN ever since, and that's including right through the winter."

Historically, an average of 4,000 cars a week was considered a good number.

"This year we've had weeks in excess of 5,000 cars moving record shipments of grain out of Western Canada," Przednowek says. "It looks like we're gonna have a record March as well."

Late last year, Przednowek said CN had put the whole aspect of grain first and it shows. He said then and again this spring that the railroad wants to move grain and that involves everybody in the supply chain making improvements, whether it's terminal infrastructure, destination, and improving loading assets in the country.

"More and more we're seeing a bigger percentage of shipments in unit train and a heavier emphasis on a port, so those shorter cycle trips mean that overall we can get the equipment back to destination or back to origin a lot faster," said Przednowek.

"We've seen a change in the mix over time. It's meant less long hauling and more movement, more emphasis by the grain companies on the move-

ment to port, and all those things that meant being able to come up with a bigger spotting program.

"Our operations team has done an excellent job through the winter, even with a couple of bad storms of course."

Przednowek said marketing and selling grain becomes vital when everyone steps up to the plate to improve the entire system and create more grain movement.

"I know there are some challenges this year with quality. Certainly the poor weather in the fall meant a lower quality grade profile, especially for some commodities like, certainly a lot of old crop off grade lentils still out there, a lot of lower grade durum," he said. "We had some pretty bad quality, particularly out west this year. So that's meant some challenges. And it's meant that certainly through the fall time and into the winter, we didn't see as strong a wheat movement; and we saw other commodities come to the fore."

Przednowek said a great example is soybeans with farmers in Manitoba and Saskatchewan looking to plant 2,000,000 acres in Western Canada this year.

"We've seen strong soybean movement right through. Of course, that's tailing off now with the South American crop coming to the fore and moving the market, but where some commodities have been slower, we've had stronger movement in others and net overall, we're moving these strong volumes of grain," he said.

"We got Thunder Bay all cleaned up now as well, so that's gonna mean a bump year at the opening of shipping for grain shipments east."

Things get even better long term.

G3 Grain's construction of an export grain terminal in B.C. will speed up the system, Przednowek said.

"That's gonna be a real game changer in this business," he said. "This facility, once it comes online in a couple of years time, is gonna have three loops, they're gonna be able to accept unit trains and that's gonna mean quicker cycling of assets through a port."



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Lundar students learn Métis history and jigging

By Jeff Ward

As part of an ongoing initiative to provide students with activities outside of their regular studies while promoting wellness, Lundar School is holding jigging lessons.

Lundar School vice-principal Lawrence Grzenda said that the school gives students 45 minutes every two days to explore things they're interested in that promote wellness. Activities like skating, hockey, yoga and access to an Internet café have become part of many students' weekly routines. The period is open to any Grade 9-12 student at Lundar School.

The idea, Grzenda said, is to give students an opportunity to break out of the structure of school, if only for a moment, and take some time to relax and do something personally fulfilling. One of the most popular activities right now is the jigging course taught by Heather Lambert. Students prac-

tise their routine but also learn about the cultural significance of jigging and how it relates to Métis history. Students who take part do have to be up to date on their assignments and anyone falling behind is required to take the 45 minutes to catch up.

"Some students are actually opting into using their 45 minutes as a chance to take an extra class," said Grzenda.

"The jigging has been popular with our students and it gives us a lot of ideas as to where this idea can evolve over the next few years. Our goal as a school is to educate our students to be good citizens and having them take ownership of their own personal wellness is part of that."

Grzenda said that for the students that have been struggling, the 45-minute period has been a chance to focus on those problem areas. He said

Continued on page 15



EXPRESS PHOTO SUBMITTED BY LAWRENCE GRZENDA
Carrie Godfrey, Kaelynn Harris, Caitlyn Marshall, Kianna Sweetland Laughlin, Andrew McLean and Shannon McLean are working hard to practise their jigging routine during the 45-minute wellness period at Lundar School.

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Wheel alignment on your vehicle is a lot like that. One or more of your wheels can get out of alignment; you feel a **vibration** in your steering wheel – which may also be off-center. Your vehicle might pull to one side and your tires start to wear unevenly – you could chew through a tire in a few months.

When all of a vehicle's wheels are lined up exactly with each other, your wheels are in alignment. Hitting a road hazard in the Interlake or even just the normal bumps and bounces of everyday MB driving can cause your vehicle wheels to be out of **alignment**. This can lead to expensive premature tire and suspension wear. Sometimes wheels get knocked out of alignment by something big like **hitting a curb**, or a bumpy Interlake road, or slamming into a pothole. But everyday driving takes a toll and vehicles lose alignment over time. That's why we recommend an **alignment check** at regular intervals. Check in with your Local Service Provider to see if they offer a full menu of quality auto repair and maintenance services, including wheel alignment.

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It's recommended to do the alignment every couple of years or upon installation of a new set of tires to save on

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Manitoba ski patrollers bring home a silver medal for mountain rescue

By Patricia Barrett

Ski patrollers from Manitoba earned a silver medal for mountain rescue at the Canadian Ski Patrol's conference and competition at the Big White Ski Resort in Kelowna a few weeks ago.

Robert Paige from Stony Mountain, Rob Perry from Selkirk and Deb Dixon from Winnipeg swept to victory on a mountain probably 10 times the size of any ski hill in Manitoba.

"We beat the B.C. and the Alberta teams," said Paige, who's a paramedic and works as a volunteer ski patroller at Spring Hill off Highway 59. "And they were not too happy about that."

Paige and his team practised at Spring Hill for the competition in which an injured person is strapped on a toboggan and transported as quickly as possible off a hill.

"You ski on the mountain with them," said Paige, who's also the president of Xtreme Sports Medics, a company composed of paramedics who provide first aid at sporting competitions such as motocross races. "The first part of it was to prep the toboggan, ski with the empty toboggan to get to the immobile patient then ski down. You need two people to ski an injured person down a hill to a finish line."

In addition to how fast a patient was transported, teams were judged on how well their patient was secured on the toboggan and how smooth their run was.

The Canadian Ski Patrol, a non-profit charitable organization composed

of about 5,000 volunteers from across Canada, holds a conference and first aid competition every year.

Toboggan handling hasn't been offered for about eight years, said Paige. The first aid competition is usually held indoors at a conference centre.

Paige's team was aptly named the Flatlanders. They weren't able to log many hours of practice because of the need to take time off from their regular jobs and because Manitoba's ski hills are relatively small. Essentially, they were "rookies."

"The win was a big deal because we don't usually run toboggans here," said Paige, who grew up in the Okanagan and has experience on big hills. "What they did was very unexpected. What we pulled off was a shock to everybody."

The Flatlanders team included back-up ski patrollers Kris Driedger and Kelly Sperling.

"They were definitely a big asset to helping us train," said Paige. "Anyone of those patrollers could have stepped in and we would have done just as well."

Paige said Flatlanders wants to recruit new patrollers so that they have a bigger pool of competitors to draw from next year.

And it's not only competitive glory patrollers are aiming for but also to hone their skills in order to make Manitoba's ski hills a safer place.

"We just want to be better patrollers," said Paige.

"WHAT THEY DID WAS VERY UNEXPECTED. WHAT WE PULLED OFF WAS A SHOCK TO EVERYBODY."



Rob Perry, Robert Paige and Deb Dixon took home a silver medal for toboggan rescue in the Canadian Ski Patrol's B.C. competition.



EXPRESS PHOTOS COURTESY OF ROBERT PAIGE

Robert Paige prepares the toboggan.

> JIGGING, FROM PG. 14

that there is a student who had been struggling with reading comprehension, and has gone up five grade levels in reading from this wellness period alone.

Many teachers across the division, including Grzenda, said that students are more likely to succeed in areas where they have more control. For a young person whose day is very structured, to be given the opportunity to break that up with something they want can be very empowering.

"This idea is in its infancy right now, but we're already seeing students who are feeling empowered. I think it would be easy for them to just brush this off and do nothing, but many of them take it seriously and they treat it as something they shouldn't brush off," said Grzenda.

The vice-principal added that closer to the end of the school year, students who are a part of the jiggling program will tour the division and perform their routine for other schools. Dates and times for those performances have not been decided yet.

"THIS IDEA IS IN ITS INFANCY RIGHT NOW, BUT WE'RE ALREADY SEEING STUDENTS WHO ARE FEELING EMPOWERED."

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> MEAL IDEAS

Chunky cucumber and tomato gazpacho pasta salad



10 servings / 23 min

Prep 15 min / Cook 8 min

We think of serving gazpacho in summertime, but don't forget about the great local hot house vegetables. This combination will surely take you away from those cold winter's nights!

Ingredients

- 1 pkg (375 g) whole wheat rotini pasta
- 4 hot house tomatoes, seeded and chopped
- 1 hot house English cucumber, diced

- 1 large clove garlic, minced
- 1/4 cup (50 mL) diced sweet onion
- 3 tbsp (45 mL) chopped fresh cilantro or parsley
- 3 tbsp (45 mL) chopped fresh basil
- 5 tbsp (75 mL) red wine vinegar
- 1/2 tsp (2 mL) hot pepper sauce
- 1/2 cup (125 mL) crumbled light feta cheese

Directions

In a pot of boiling water, cook pasta for about 8 minutes or until tender but firm. Drain well and rinse with cold water; drain again. Set aside.

In a large bowl, combine tomatoes, cucumber, garlic, onion, cilantro, basil, vinegar and hot pepper sauce. Let stand for 10 minutes.

Add pasta and feta; toss to combine. Let stand for 10 minutes before serving.

Tip: To make this a meal, add leftover chicken or steak. Have hard cooked eggs available in the fridge and add them to the salad to make a heartier vegetarian version for lunch.

Panzanella Salad



Serves: 8-10

- 1 whole wheat baguette, cut into 1-inch cubes
- 4 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons red wine vinegar
- salt, to taste
- pepper, to taste

- 1 cup grape tomatoes, halved
- 1 hothouse cucumber, diced
- 3 assorted bell peppers, diced
- 1/2 red onion, diced
- 10 sprigs basil leaves, julienned

Heat oven to 350 F. On baking sheet, spread bread in single layer and drizzle with 1 tablespoon olive oil. Bake 20 minutes, or until golden brown. Remove and set aside.

In bowl, whisk together garlic, mustard, vinegar, salt and pepper with remaining olive oil to make vinaigrette.

In large bowl, toss ingredients together, making sure to coat all ingredients with vinaigrette. Serve immediately.

Garlic Roasted Asparagus with Tomatoes and Balsamic

Serves: 6

- 2 pounds asparagus, ends trimmed
 - 1 pint cherry tomatoes
 - 4 garlic cloves, minced
 - salt, to taste
 - black pepper, to taste
 - reduced balsamic vinegar
- Heat oven to 375 F. On baking sheet, toss together all ingredients, except balsamic vinegar.

Roast 15 minutes, or until asparagus is tender. Transfer asparagus and tomatoes to platter. Drizzle with reduced balsamic vinegar to taste and serve.

Tip: Add some leftover fresh basil to the top of your lasagna for a pretty and flavorful garnish that complements your sides.

Memory Problems: Normal or Serious?



WHEN I WAS YOUNGER, I COULD REMEMBER ANYTHING, WHETHER IT HAD HAPPENED OR NOT. MARK TWAIN

Many people, as they age, begin to have concerns about their memory. Certain changes are normal, because as we age the brain may change the way in which it stores information, making it sometimes harder to recall.

Other causes of memory problems may include depression, dementia (severe problems with memory and thinking, such as Alzheimer's disease), side effects of drugs, strokes, head injury and alcoholism.

How can we tell if the problem is serious, or within a normal range? A memory problem is serious when it affects your daily living. If you sometimes forget names, where you left your keys, or why you came into the kitchen, you're probably okay. But you may have a more serious problem if you have

trouble remembering how to do things you've done many times before, getting to a place you've been to often, or doing things that use steps, like following a recipe.

Ordinary age-related memory problems do not tend to get much worse over time, while dementia gets noticeably worse over months or years. If dementia is suspected, a consultation with a physician is in order.

Recent research on healthy older adults shows that memory function can be improved. Activities that engage the mind can improve memory. Identifying areas we wish to improve, and utilizing strategies to assist in those areas can make a big difference.

It has been suggested that the brain is as responsive to challenge as any muscle, and that learning continues throughout life. Keep physically active, read, do different kinds of puzzles-any activities that challenge the brain. Do not simply assume that as you age your memory will go. Exercise your memory just as you exercise your body, and you will see results.

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

New England Maple Apple Dip



Prep time: 5 minutes

Servings: 6

- 1 cup cream cheese
 - 1/2 cup maple syrup
 - 1/2 teaspoon cinnamon
 - pinch of salt
 - 1/4 cup Greek yogurt
 - 2 apples, peeled and chopped into 1/4-inch cubes
- Stacy's Cinnamon Sugar Pita Chips or Stacy's Simply Naked Pita Chips
- Using food processor, blend cream cheese with maple syrup, cinnamon and salt until smooth.

Fold Greek yogurt into cream cheese mixture; mix in apples. Serve with pita chips.

Homemade Maple Cream Soda

Prep time: 1 minute

Servings: 1

- 1/2 ounce maple syrup
 - 1 tablespoon warm water
 - ice cubes
 - 6 ounces sparkling water
 - orange or lemon, for garnish
- Stacy's Fire Roasted Jalapeno Pita Chips
- Stir maple syrup in warm water to dissolve. Add ice and sparkling water; stir and garnish with orange or lemon. Serve with pita chips.

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INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs clipped by Capitals in bronze-medal game

By Brian Bowman

Arborg did a great job hosting the 2017 Keystone Cup.

And the Ice Dawgs did a really good job on the ice, too.

Arborg reached the bronze-medal game of the westerns on Sunday before losing 6-2 to a very good Extreme Hockey Regina Capitals' team.

"They're fast and they had a lot of speed," said Ice Dawgs' forward Corbin Pasternak, who lives in Stonewall. "Their top two lines were really big and they could put the puck in when they had their chances, that's for certain."

Regina came out flying in the opening period, grabbing a 4-0 lead on goals by Austen Brown, Braydon Delorme, Taylor Kreutzer and Keenan Lugt.

The Capitals' Cody Hegion and the Ice Dawgs' Travis Kilbrei traded second-period power-play goals and then Hegion and Pasternak tallied in the third.

Pasternak's goal came on the power play with just 1:35 remaining in the third.

"It was nice to finish off the year with one last goal," said the veteran forward. "(My junior hockey) career is over now, so it was nice to get that last goal."

It was also really nice to see a KJHL team get into the medal round while up against the best Junior "B" teams in western Canada.

"Our goal was obviously to go in there and win the tournament but it didn't happen that way," Pasternak said. "But to get into the game to play for the bronze medal was big and



EXPRESS PHOTOS BY LANA MEIER

The Arborg Ice Dawgs reached the bronze-medal game of the westerns on Sunday morning before losing 6-2 to the Extreme Hockey Regina Capitals.

big for the town. I went (to westerns) twice before and we didn't even get a sniff of a medal game, so it was nice to have a chance."

Early-morning blowout

Arborg started the westerns with a convincing 7-2 win over the Peguis Juniors last Thursday morning.

The Ice Dawgs scored five goals in the first 14:27 of the game and then extended their lead to 7-0 late in the second.

Colton Davies led Arborg with three goals and an assist while Clint Torfason added four helpers.

Kyle Barkman, Travis Kilbrei, Jordan Kristjanson and Derric Gulay also scored for Arborg. Waylon Neault and Devun Groot replied for Peguis.

Dylan Ossachuk made 33 saves for the win. Peguis was 0-for-16 with the



Arborg's Derric Gulay slips the puck passed Nipigon goalie.

man advantage while Arborg finished 3-for-11.

Caps KO Dawgs

Later that evening, Arborg suffered a 12-3 loss to the Capitals. Regina was 5-for-8 with the man advantage while outshooting Arborg 67-18.

Josh Wilkinson and Gulay netted power-play goals for Arborg while Jack Einarson added an even-strength goal.

Friday was a tough day for Arborg as the Ice Dawgs lost 9-1 to the Beaver Valley Nitehawks and then were blanked 5-0 by the Wainwright Bisons.

Colton Davies scored a second-period power-play goal for Arborg against Beaver Valley.

Arborg goes Elk hunting

The Ice Dawgs played just one game on Saturday but they made it count big time with a convincing 9-4 triumph over the Nipigon Elks.

Tied at 1-1 early in the second period, Arborg scored four goals in the middle frame and then added four more in the third.

Travis Kilbrei led Arborg with two goals and three assists while Spencer Kilbrei also tallied twice.

Cal Finnson, Pasternak, and Gulay each had a goal and an assist. Braydon Chwartacki and Davies added singles for the Ice Dawgs.

Dylan Ossachuk made 35 saves for the win. Wainwright won this year's Keystone Cup with a dramatic 4-3 overtime win over Beaver Valley in the gold-medal game Sunday afternoon.



The Ice Dawgs' Ryan Pochailo, Jordan Kristjanson and Travis Kilbrei celebrate a goal during Arborg's 9-4 win against the Nipigon Elks last Saturday.

Pasternak, Liske compete at Keystone Cup three times

By Brian Bowman

For most players, competing in a western Canadian hockey championship is a once-in-a-lifetime occurrence.

But for the Arborg Ice Dawgs' Corbin Pasternak and Jordan Liske, it was an experience that they had three different times in their junior hockey careers.

Pasternak and Liske were part of the Selkirk Fishermen's two most recent trips to the Keystone Cup before playing in last week's event in Arborg.

"It was a wicked experience," said Pasternak, a Stonewall resident. "You work hard all year to give yourself a chance to go and guys have played their whole career without getting a chance at going and we got to go three times. "And hosting it in our last year was really nice."

Both players really enjoyed their time in Arborg playing for the Ice Dawgs. Pasternak, who played three seasons in Selkirk, finished the regular season this year with 14 goals and 37 points in 33 games.

"It was really good," Pasternak said

of his time in Arborg. "We had great management and a really good coach this year. They looked after us and we really enjoyed being there."

For Liske, he also saw his successful — and lengthy — junior career end come to an abrupt conclusion on Sunday. He played in two of the Ice Dawgs' six games at this year's Keystone Cup.

"It was pretty awesome," Liske said Monday afternoon. "This was mine and Corbin's third year at westerns, so it was pretty sweet to be there three times."

The talented goaltender from Swan River saw his career begin in the Manitoba Junior Hockey League and end in the KJHL.

All told, Liske played six seasons of junior hockey — four of them with the Fishermen. He really enjoyed his time playing junior hockey in the Interlake.

"It was a good experience to get out and do that," said Liske, currently studying to be an electrician. "I won two rings and I went to the (KJHL) finals five times — that's a pretty good accomplishment."



EXPRESS PHOTO BY LANA MEIER

Arborg Ice Dawgs' goaltender Jordan Liske, left, and forward Corbin Pasternak played in the Keystone Cup three times throughout their junior hockey careers.

Peguis misses out on Keystone Cup medal round

By Brian Bowman

The Peguis Juniors finished with a 1-3-1 record — and out of the medal round — at the 2017 Keystone Cup last weekend in Arborg.

The two-time defending Keystone Junior Hockey League champions wrapped up round-robin play Saturday evening with an 8-2 loss to the Beaver Valley Nighthawks.

Peguis received a first-period goal from Romano Paul and a third-period marker from Tyler Woodhouse.

Earlier Saturday, Peguis played to a 5-5 draw with the Wainwright Bisons.

Theoren Spence and Waylon Neault scored first-period goals for Peguis and then Quinton Flett, Spence, and Paul added power-play goals in the third.

Luke Penner made 42 saves for Peguis.

Friday was a tough day for the Juniors as they were defeated 10-0 by the Extreme Hockey Regina Capitals.

Peguis started the westerns with a 7-2 loss to the Arborg Ice Dawgs last Thursday morning.

The Ice Dawgs scored five goals in the first 14:27 of the game and then extended their lead to 7-0 late in the second.

Colton Davies led Arborg with three goals and an assist while Clint Torfason added four helpers.

Kyle Barkman, Travis Kilbrei, Jordan Kristjanson and Derric Gulay also scored for Arborg. Neault and Devun Groot replied for Peguis.

Peguis was 0-for-16 with the man advantage while Arborg finished 3-for-11, according to the Keystone Cup website.

Peguis knocks off Nipigon

The Juniors then evened their record to 1-1 after nipping the Nipigon Elks 4-3 Thursday evening.

Trailing 3-1 midway in the third period, Peguis exploded for three unanswered goals in the comeback victory.

Keifer Tacan, a former goaltender, scored the game-winning goal with just 17 seconds remaining in the third period for the wild win.

Trailing 2-0 midway in the second period, Paul scored to cut the deficit in half and then Coulson Nepinak and Neault tallied to tie the score at 3-3 in the third.

Penner stopped 42 Nipigon shots for the win as Peguis was outshot 45-21.



EXPRESS PHOTO BY LANA MEIER

The Juniors' Keifer Tacan scored the game-winning goal in Peguis' 4-3 win against the Nipigon Elks last Thursday.

sports & recreation

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EXPRESS PHOTO SUBMITTED

Gimli's Madi Biluk, left, and Lakers' captain Carley Matkowski show off Biluk's 'AA' coach of the year plaque.

Basketball Manitoba honours local coaches

Staff

Interlake coaches were honoured at the 2017 Basketball Manitoba Awards banquet last Saturday in Winnipeg.

Gimli Lakers varsity girls' head coach Madi Biluk was named the "AA" coach of the year while Selkirk Royals' varsity girls' head coach Sue Gilmour was recognized for her 20 years of coaching service.

"It was surprising (winning the award)," said Biluk, who has now coached Gimli high school basketball for three years. "I didn't even know it was a thing. But I think it's more of a reflection of our team's success."

"It was pretty cool."

Biluk guided the Lakers to the MHSAA "AA"

varsity girls' basketball provincial championship this past season. Gimli won the provincial title after a 69-60 victory over the Souris Sabres.

Biluk hopes to continually build a strong high school girls' basketball program in Gimli.

"I think winning is good for the younger girls coming up that we've had success and that will motivate them to work hard," she said.

Meanwhile, Gimli's Mackenzy Groot was named to the second team in the A/AA/AAA female All-Manitoba Teams category.

Groot was one of three Gimli players invited to participate in last Saturday's graduating all-star day at St. Paul's High School in Winnipeg.

She was invited along with Lakers' Dawson Greene and Carley Matkowski.

Hockey Manitoba makes changes to Novice program

Staff

Beginning in the 2017-18 season, hockey players in the Novice age category (seven and eight years old) will play on a modified ice surface — slightly over half the size of a normal hockey rink — until Dec. 31 each season.

Games after Dec. 31st within each hockey season may be played on a full ice surface.

Hockey Manitoba said this new format continues age-appropriate modifications into the Novice program with the Long Term Player Development model and philosophy as the fundamental basis for change.

Players at the Novice level, said Hockey Manito-

ba, require a continued focus on physical literacy while also beginning to develop some of the more advanced individual skills inherent in the game. By moving from cross-ice at initiation to half-ice at Novice, the size of the ice surface increases in accordance with the increased size of the players.

"This modified ice will continue to provide players with an environment that is more inclusive, competitive and conducive to skill development through puck touches and puck control, shots, passes completed, transitions, decision making, puck support, overall involvement ... and fun," said a release on Hockey Manitoba's website.

"In addition, with the creation of the new Development Zone, kids will have up to 40 per cent more ice time during games."

Hockey Manitoba believes these modifications will benefit every player as they grow in the sport.

"We will do everything we can to support players, coaches and administrators with a well-structured, consistent program," said Hockey Manitoba. "We ask members, parents and hockey fans alike to approach this new progressive concept with an open mind to allow our young players to learn, develop and enjoy the game."

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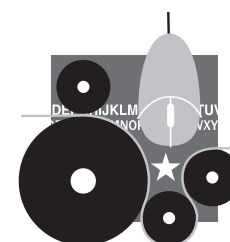
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Stonewall Tire is currently accepting applications for Service Truck Tire technicians. Tire technicians will be required to repair, install and balance tires, provide on-site and remote services to customers, assist the mechanics as required, and generally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

HELP WANTED

Counter person to work selling auto and agricultural parts. Experience an asset but not necessary.

Will train right candidate.

5 days a week, 2 Saturdays a month.
Full benefit package. Quarterly bonuses.
email iauto@mymts.net

INTERLAKE AUTO & TRACTOR PARTS LTD.
Box 249, 161 Sunset Blvd., Arborg
204-376-2667 Fax 204-376-5760

NEWS TIPS

Call 467-5836



MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE



REGARDING THE 2017 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that at 11:00 am on Wednesday, May 10, 2017, the Council of the Municipality of Bifrost-Riverton will hold a Public Hearing to present its Financial Plan for the 2017 fiscal year. The Hearing will be held in the Council Chambers of the Main Municipal Office, located at 329 River Road, Arborg, MB.

Council will hear any tax payer who wishes to make a representation, ask questions, or register an objection to the Financial Plan.

Copies of the Financial Plan will be available for review on the 28th day of April, 2017, and may be examined by any person during regular office hours.

Dated this 12th day of April, 2017.

Cindy Stansell, CMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton



MUNICIPALITY OF BIFROST-RIVERTON UNDER THE AUTHORITY OF THE PLANNING ACT



NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter(s):

The Municipality of Bifrost-Riverton By-Law No. 6-2017, being an Amendment to the Village of Riverton Zoning By-law No. 76/80, as amended.

HEARING LOCATION: Municipality Bifrost-Riverton Council Chambers
329 River Road, Arborg, MB

DATE & TIME: May 10th, 2017
10:15 am

GENERAL INTENT: Proposal to amend the Village of Riverton Zoning By-Law as follows:
• Section 3.7.2, by adding "Fish Processing Plant" as a "Conditional Use in the "C" Commercial District; and
• Section 3.7.4, by deleting the words "of Section 59" which references a section in the *Planning Act* which no longer applies.
* "Conditional Use" means a use of land or a building that may be permitted under a zoning by-law which requires a Public Hearing and is subject to Council approval.

FOR INFORMATION CONTACT: Nancy Thom, Chief Administrative Officer/Dev. Officer
Eastern Interlake Planning District
62-2nd Ave, Box 1758 Gimli, MB R0C 1B0
Ph: (204) 642-5478 Fax: (204) 642-4061
Email: eipd@mts.net
Web: www.interlakeplanning.com

A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.



Arborg Family Dental

FULL-TIME POSITION FOR DENTAL RECEPTIONIST

Our office is seeking a full-time Dental Receptionist. Experience in Tracker Software an asset. New grads welcome to apply.

The successful candidate must have personal drive to further his/her profession, passion for excellent patient care and positive attitude towards team building.

While we are a busy and very well organized office, we maintain a stress-free environment for our patients and dental family. We are equipped with digital X-rays, paperless charting and advanced technology focused at patient education.

If you are looking to be part of a progressive and hardworking team, please forward your resume at arborgdental@gmail.com or drop off your resume at the office, 145 Sunset Blvd in Arborg.

Arborg Community Cemetery

Tenders are being taken for the lawn care and general maintenance of cemetery grounds for the 2017 cutting season. Tenders should include cost per cut. Fuel and machinery to be provided by successful tender. **Apply to:**
Kris Gudmundson between April 10th and May 10th, 2017
Box 234 Arborg, Manitoba.

River Rock Massage Therapy



River Rock Massage Therapy clinic is continuing to grow. Our team is searching for an additional Remedial Massage Therapist (RMT) to enhance the wellness experience for our valued clients.

Qualifications must include:

- Member in good standing with MTAM or NHPC.
- Massage Therapy Diploma (minimum 2200 hours)
- Liability Insurance
- CPR Level C Certified

For more information or to send your resume, contact Jennifer Krulicki at rrmtc@outlook.com

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

BUSINESS OPPORTUNITY

Free vending machines - free countertop profit centers - generates huge cash income. Work 1 day per month. Supports Breast Cancer research. Locations provided. Full details call now 1-866-668-6629 website www.vendingforhope.com.

SERVICES

Denied Canada Pension Plan disability benefits? Under 65 and want to apply for CPP disability benefits? Disability Claims Advocacy Clinic can help. Call 1-877-793-3222 www.dcac.ca

MISCELLANEOUS

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

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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 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 or 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 email stonewoodelk@hotmail.com

HEALTH

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

LIVESTOCK

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

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

NEWS TIPS

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EMPLOYMENT OPPORTUNITY

Lumber pilers required immediately

Must be reliable and follow directions well.

Must be a team player.

Spruce Wood Loggers is looking for an energetic person who is physically able, punctual, trainable and can work with others. Must be at least 18 years of age and have a class 5 drivers license and dependable transportation. We are located approx. 18 miles north of Arborg.

Email resume to: swl@lakenet.ca or call 204-378-2997. References required



MUNICIPALITY OF BIFROST-RIVERTON CHANGE OF MEETING DATE

TAKE NOTICE THAT the Council Meeting of the Municipality of Bifrost-Riverton regularly scheduled for Wednesday, June 14, 2017 is changed to Wednesday, June 7, 2017 at 8:00am.

Dated at Arborg this 13th day of April, 2017.

Cindy Stansell, CMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton



TENDER NOTICE

SURPLUS SCHOOL BUSES FOR SALE

Lakeshore School Division is currently accepting tenders for the following:

Located in Fisher Branch:

Unit# 23-02 1992 42 Passenger, VIN# 1HVBZRM7NH428229
Unit# 23-28 1994 48 Passenger, VIN# 1HVBZRM3RH592504
Unit# 23-29 1992 54 Passenger, VIN# 1HVBZRM3NH428244
Unit# 23-36 1995 54 Passenger, VIN# 1HVBABM4TH343919
Unit# 23-40 1991 43 Passenger, VIN# 1HVBZRM9MH395734
Unit# 23-42 1999 66 Passenger, VIN# 1HVBABM3XH679275 missing rear diff,
Contact Fisher Branch Bus Garage for more info 204-372-6204

Located in Ashern:

Unit#23-01 1992 54 Passenger, VIN# 1HVBZRM5PH485886
Unit#23-19 2002 54 Passenger, VIN# 4UZAALW92CJ45127
Unit#23-32 1992 66 Passenger, VIN# 1HVBZRMXNH428273
Unit#23-33 1995 66 Passenger, VIN# 1HVBABM65H669221
Unit#23-38 1998 54 Passenger, VIN# 1HVBABM5WH552350 no transmission
Unit#23-44 2002 54 Passenger, VIN# 4UZAALW22CJ45129
Contact Ashern Bus Garage for more info 204-768-3110

There is a reserved bid on All buses except 23-38 and 23-42

Sealed bids marked "SURPLUS SCHOOL BUS" will be accepted until 2:00 p.m. DST, Friday, May 5th, 2017 at:

LAKESHORE SCHOOL DIVISION
Box 100, Eriksdale, MB R0C 0W0

No warranty is expressed or implied.
Highest or any tender not necessarily accepted.
Successful bidder must remove bus within fourteen days.



TENDER NOTICE

SURPLUS EQUIPMENT FOR SALE

Lakeshore School Division is currently accepting tenders for the following:

2 - 12,000 gallon water tanks (one is defective) could be used for calf shelters, storage, etc.

Located at the Sandridge Tower site on Highway 17 (tower is at the intersection of Hwy 17 and "Tower Road" in the RM of Armstrong)

For further information please contact Mrs. Marlene Michno at (204) 739-2101 ext 1222.

Sealed bids marked "SURPLUS EQUIPMENT" will be accepted until 2:00 p.m. DST, Friday, May 5th, 2017 at:

Lakeshore School Division
Box 100
Eriksdale, MB
R0C 0W0

No warranty is expressed or implied.
Highest or any tender not necessarily accepted.

McSherry Auction Service Ltd

CONSTRUCTION / AGRICULTURE AUCTION SALE FRED FEDAK

Saturday May 6th @ 10:00 am

Libau, MB

Jct 59 & 32E 1 Mile North on 32E 1/2 Way
Through Town Then West 1 Mile on Rd 86N
Contact # (204) 266-1005!

Internet Bidding will be available!
Go to www.bidspotter.com

Construction 97 Daewoo DH170 Track Excavator 36" Digging Bucket (Sold After 60" Ditching Bucket w Wrist Twist & Drott 3/4 Cord Wood Grapple) * Cat 950 Wheel Loader 7799 Hrs. * JD 1010 Crawler w FEL - Needs Motor Repair * High Hoe Gas Backhoe Mounted on GMC * JD Backhoe Attach w * 3 in 1 Bucket * Forestry Equip CAT 518 Grapple Skidder 3805 Hrs * CAT 518 Cable Skidder * Drott 1140 Tree Buncher w Harriarn Saw Head * Barko 80 Wood Loader * Tractors Vers. 855 4WD 3PH Quad Hyd 1000 PTO 3903 Hrs * Case 1175 Cab 540/1000 6248 Hrs. * MF 35 w 3PH * Coop Super Wild Cat II 4WD Showing 2808 NR * Agriculture Equip JD 6600 Combine 2435 Hrs. NR * Bush Hog 30' Tandem Disc * Int 4500 38' Vibra Shank Cult * Coop 204 20' Cult * Farm King 48' Diamond Harrows * Int 620 16' Press Drill * MF 880 8 B Plow * Westfield 8" 51' PTO Auger * JD 5 B Plow * Trailers 74 Arnes 22' Tandem Gravel End Dump * 60 Fruehauf Single Drop 30' Tandem * Fruehauf 36' Tandem Pulp Trailer * Fruehauf 32' Highboy Triaxle Trailer * PH 16' Tilt Deck Tandem Dually Trailer * Semi Trailer Converter * Trucks 96 Western Star CAT 3406C 13Spd O/D 40,000 lb Rears Wet Kit 380,000 Km (Fire Damage to Cab- Power Train Good!) * White 4000 250 Cummins 13 Spd Tandem w 13' Gravel B & H * 69 Chev C/50 w 14' B & H * 3) 60's 3 Ton Tandem Cab & Chassis * Construction Misc Portable 20' Tandem Insulated Bunk House * Portable 3 Cyl. Deitz Diesel Camp Generator * Jager 125 6 Cyl Gas Port. Air Comp * Port Gas Welder * Gas 3 Blade Power Trowel * 4) Culverts * HD Truck & Trailer Tires * Miller Bobcat 225 AC/DC Welder * Along w Graineries * Farm Misc * Tools * 3PH Equip * Yard * Antiques * 59 Dodge Sedan Panel Van *

Stuart McSherry - Stonewall, MB
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www.mcsherryauction.com

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MARCELL ESPENELL FARM AUCTION SAT., APRIL 22 • 10 AM

NEXT TO ST LUCIPIN VILLAGE. THIS IS SOUTH OF NOTRE DAME ON HWY 244, THEN EAST ON MILE 31, WATCH FOR SIGNS AUCTION DAY; OR 3 MILES NORTH OF ALTAMONT, SIGN ON HWY 23.



We have 1 hour of small selling then internet bidding begins. Good grain and cattle farm equipment as well as construction equipment. Check our website. Click on Espenell Auction and follow auction line up for each item selling live and online right from your computer.

See all photos and list, also register for internet bidding at www.billklassen.com

Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

GARRY AND CINDY KLASSEN FARM EQUIPMENT AUCTION FRI., APRIL 21, 2017 • 10 AM

PLUM COULEE, MANITOBA
LOCATION: AT THE FARM - FROM PLUM COULEE JCT. HWY'S 14 AND 306, TAKE 306 SOUTH 5 MILES, AND 1 MILE EAST ON ROAD 8 NORTH, YARD # 8015.



1995 John Deere 8400 FWA, 1980 John Deere 4440 tractor. 2012 Case Maximum 110, fwa, w/L745 loader, Global carrier buckets, Cab, 3hyd 3pth, 2100 hrs. John Deere 20 HP 650 Diesel FWA, 3pth, pto Gear drive, compact tractor. 1998 Volvo Highway tractor, 430 hp S 60 series Detroit, 18 Speed, safetied. 1988 Kenworth W 900, Cat, 13 speed, Tri axle truck, 20 ft live box silage end gate, safetied. 1997 Lode King 53 ft Tandem axle high boy trailer, safetied. 1992 Load Line 30 ft tri axle End Dump, grain / silage end gate, safetied. 1998 John Deere 9610 combine. John Deere 7000 planter 8 x 36 w/ Trash coulters, dry fertilizer, reg. hitch. John Deere 9350 pan press drills DD, 3 X10' = 30 ft, on carrier. Just a partial list. Check catalog or website. Owners 204 216 1550. **Internet bidding on this auction begins at 10.30 am.**

See www.billklassen.com for more pictures.

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Cell: (204) 325-6230
Fax: (204) 325-4484

Don't forget to send your special wishes to your friends and family.
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JOHN DEERE 2130 DIESEL, 145 LOADER, CAB, 3 PTH NICE CONDITION



SAT., APRIL 29 • 10 AM
Findlay Farm Auction 3/4 mile south of Jct. hws 3 and 14 Winkler/Morden.

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THOMAS AND MARY GEORGE FARM AUCTION

SAT., MAY 6, 2017 • 11 AM
HAYWOOD/ST CLAUDE, MANITOBA AREA.
OWNERS: 204-745-3819 FROM ST. CLAUDE, MANITOBA 3 MILES EAST ON HWY #2 AND 3 1/4 MILES NORTH ON ROAD 35W.



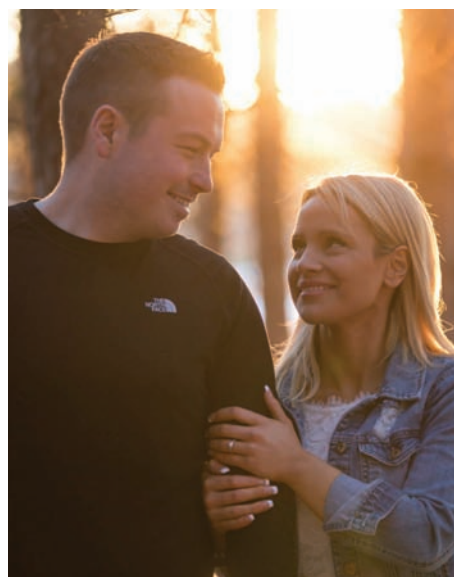
2006 New Holland model TL90ADT Serial #F4CE0454E, MFWD, 3pth, dual pto, and hyd, ROPS, with Q-40 Quickie loader, Joy stick, bucket with Grapple, manure bucket, bale spear, tractor hours are 3155 at listing. 1992 Ford model 7710 MFWD tractor, cab, 3pth, triple hyd, 18.4x34 duals 8161 hrs. 1986 Gehl Skid steer model 4610, Perkins diesel, operator gauge, with bucket Serial #074107. 2007 New Holland 1475 Haybine newer guards and knife, 16ft head, nice condition shedded Serial #Y613490245. 2006 New Holland BR780A Round baler, wide pickup, good unit shedded, Serial #5309. New Holland 269 square baler in good working order in shed. New Holland model 166 swath turner in shed. New Holland # 1000 square bale stacker hauler, 55 bale Cap. Lily 5 wheel side delivery rake Truck frame two axle large 17 bale hauler dual 900x20 tires, farm tractor hitch. Goose neck trailer. Yard only. 3pth hook up, triple axel, 8ftx24ft deck, with ramps. 3 ton truck frame trailer with 14' grain box and hoist with farm tractor hitch and hydraulics. Internet bidding will be available on this auction.

See www.billklassen.com for more information.

Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

ANNOUNCEMENTS

SHOWER ANNOUNCEMENT



Bridal Shower and Social
in honour of
Lindsay Thordarson and Kyle Sigurdson
Saturday, May 6, 2017
Shower: 1:00 p.m.
Social: 8:00 p.m.

Arborg Community Center

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 & Selkirk). The committee respectfully requests unwrapped gifts.

1980 IHC 1724 3 TON TRUCK



MV 404 engine. 5+2 short fourth transmission. 8.5x14 Loadline box with roll tarp and hydraulic corner cleanout. 900x20 tires (excellent condition). 73000 km one owner Plumbed for end gate drill fill auger. Recent safety.

SAT., APRIL 29 • 10 AM
Findlay Farm Auction 3/4 mile south of Jct. hws 3 and 14 Winkler/Morden.

Check our website www.billklassen.com

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ANNOUNCEMENTS

ENGAGEMENT



Nolting – Wasykowski

Heinz and Gisela Nolting of Rosser, along with Garry Wasykowski and the late Debbie Wasykowski of Fraserwood, are pleased to announce the engagement of their children, Christine and Brent. A community shower will be held on May 2, 2017 at 7:00 p.m. at the Grosse Isle Hall. A June wedding is planned.

ANNOUNCEMENTS

ENGAGEMENT



Johnson-Sylvester

It is with great pleasure that Raymond and Vickie Johnson announce the engagement of their daughter Lacey Jaye to Leigh Sylvester, son of Daryl and Kim. A shower is being held on Saturday April 29th at 1:00 p.m. A social evening was held on April 8th at the Riverton Hall. A big thank you to everyone who participated in making the evening a success! A June wedding is planned.

ANNOUNCEMENTS

OBITUARY

Margaret Donald (nee Vivian)
February 15, 1931 - April 8, 2017

With great sorrow, the family of Margaret Donald announces her passing at the Selkirk & District General Hospital. Margaret is lovingly remembered by her brother Edward and sister Jean; sons Jim (Janet) and JR; daughters Lynn (Glen), Norma and Joy; as well as numerous nieces, nephews, grandchildren and great-grandchildren. Margaret's warm spirit and generous nature will be missed by all of her friends and family. A private memorial will take place, according to her wishes.

Announcements

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PB Red Angus bulls for sale. Yearlings and 2 year olds. Call Shawn 204-378-5225.

Purebred Red & Black Angus bulls, good for heifers, yearling & 2 year olds; also, 5 purebred Border Collie pups. Call 204-448-2317.

HAY

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

HAY

200 grass round hay bales for sale. 1000 - 1100 lb. average at \$30 per bale. Call 204-642-5450, Gimli.

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1 - 6pm
Saturday, May 6
10 - 6pm
Sunday, May 7
10 - 4pm

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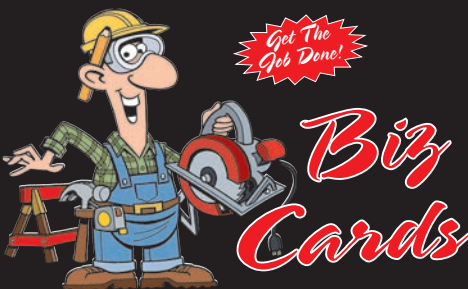
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2016 F150 S/CREW LARIAT 4X4



MSPR \$63,849
SPRING SPECIAL
PRICE
\$49,530
plus \$1000
COSTCO

2017 F250 CREW CAB XLT 4X4



MSPR \$66,899
SPRING SPECIAL
PRICE
\$58,444
plus \$1000
COSTCO

**2017 F150 price after delivery allowance & non stackable cash. * All prices are after delivery allowance. All price are plus taxes. See dealer for details.



**16-7th Avenue
Gimli, MB R0C 1B0
Sales - 855-963-1818**

*Year end price is plus applicable taxes. **2016 Edge is after non stackable cash, 0% is not combinable. Plus applicable taxes. OAC. See Dealer for details.

Dealer #5358