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Rediscovering Christmas fun at the New Iceland Heritage Museum

By Patricia Barrett

As part of the Gimli's Rediscover Christmas events last Friday and Saturday, the New Iceland Heritage Museum offered a variety of amusements for parents and children, including wool-spinning demonstrations, visits with Santa, a Christmas market and some Viking dress-up.

Natasha, Kevin and their daughter Tala, 4, from Washington, D.C., were in Gimli visiting family over the American Thanksgiving weekend and took in some of the festivities.

The museum provides Viking garb for visitors to try on. Natasha and Tala couldn't resist donning Viking helmets, hoisting swords and staging a mini-battle in the dress-up room.

Svala Thrastardottir showed visitors how she makes pure Icelandic sheep's wool mittens. The warm, water-resistant mitts come in a variety of sizes, designs and colours.

Thrastardottir's wool supplier is in Mosfellsbaer, a town about 12 kilometres (7 miles) east of Iceland's capital, Reykjavík.

"When someone comes [to Gimli] for a visit," said Thrastardottir, who was born in Iceland, "we ask them to stuff their packs with wool."

She and her daughter, Iris (who lives in Oklahoma), also make children's bibs, jumpers, socks, scarves and caps



EXPRESS PHOTOS BY PATRICIA BARRETT

Continued on page 3 Tala, 4, and her mom, Natasha, from Washington, D.C., play Vikings at the New Iceland Heritage Museum.

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

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EXPRESS PHOTOS BY MATTHIEU MEIER

Arborg's Parade of Lights



Arborg celebrates at official opening of covered bandstand

By Patricia Barrett

The man who envisaged a need for a covered bandstand in Arborg took part in its grand opening celebrations last Friday evening before a crowd of about 40 people.

Albert Sutyla from Ledwyn won \$10,000 in a "Toyota Tundra Projects are Calling" contest and turned it over to the Arborg Street Festival Committee who co-ordinated the building of the new bandstand in the park beside the library.

"The volunteers and Sue [Bauernhuber] made it happen," said Sutyla. "It was nice to see everyone pull together."

Sutyla wrote a prize-winning story about Arborg's Street Festival, the struggles it faced with inclement weather and its need for a permanent and protected stage. His story convinced the judges, who awarded him \$10,000 in a ceremony that took place Aug. 24.

The Street Festival hosts a variety of events that include street hockey, dog shows, dancing and band perfor-

mances, a dunk tank and an Amazing Race contest. Festival-goers to the second annual festival this past August got a bit damp from the rain and performances had to be moved indoors.

Local councillor and retired volunteer firefighter Susan Bauernhuber, who sits on the Street Festival Committee, expressed her gratitude on behalf of the Street Festival for Sutyla's donation. She also thanked each of the volunteers and sponsors who pitched in to help see the stage to completion.

"This is a community stage," said Coun. Bauernhuber, who played a big role getting the stage built, from handling paperwork, communicating with the engineer and contractor and organizing volunteers, among many other tasks.

Selkirk-Interlake-Eastman MP James Bezan attended the grand opening. He spoke to the hard work and dedication of the volunteers and sponsors who each played a part in bringing the stage to town.

Bezan, who is serving his fifth consecutive term as MP for the riding,

and who was recently appointed opposition critic for National Defence, said the bandstand will be a big draw for the town.

Bezan and Phil Bauernhuber, chairperson of the Arborg-Bifrost Parks and Recreation Commission, pulled a ribbon across the stage and each held an end. Mayor Randy Sigurdson cut it, officially launching the stage.

"It's important to recognize the volunteers — the time and effort they put in," said Phil Bauernhuber, who helped construct the stage. "[It] will be available for the community to enjoy for years."

The Street Festival's contractor, Yves Labonte, co-ordinated the work of the volunteer builders made sure everything was up to code.

"We were lucky to have him," he said.

The bandstand can be used by the public at any time and at no cost, said Coun. Bauernhuber. They just need to get in touch with her or someone at the legion to have the power switched on.

The Street Festival needed an ad-

ditional \$3,000 or so to cover the total cost of the stage.

"I put it out there on Facebook," said Coun. Bauernhuber, "and the response was overwhelming."

She said some of the donors who came up with the remaining money include Arborg's Home Hardware, River Tap parent group, Doug Stratton, Sigvaldason Plumbing, Chris Vigfusson, Oasis plumbing, Dave Shott, Interlake Auto and Tractor Parts, Jonathan and Sherri Orbanski, Wanda Sparkes, Roxanne and Darcy Kozub, Karl Bauernhuber, Claudia Kozera and Leanne Hibbert.

After the ribbon cutting, the crowd headed to the legion next door to warm up and grab a bite to eat.

"The bandstand will benefit the community and everyone else," said Albert Shewchuk, who checked out some of the Black Friday sales, watched the parade and attended the ribbon-cutting ceremony. "In case of bad weather, they can take cover under the new dome."

> REDISCOVERING CHRISTMAS, FROM PG. 1

of out sheep's wool.

Thrastardottir can make outdoor imbibing a pleasure with woolen beer mittens, which have a hole for securing bottles or cans. And to keep the chill of winter off the backs of pets, she and her daughter make "hound sweaters."

She sells her products at the museum and through her daughter's on-line business, Thora Knitting Products on Facebook.

"It's the same breed of sheep the Vikings brought to Iceland," said Thrastardottir, who supports and takes part in many community events.

Expert wool spinner Lori Frejek from Matlock sat across the aisle from Thrastardottir, showing visitors how to card and spin wool. The museum has Frejek visit once a month to use its antique spinning wheels.

"Like any machine, it wants to be used," said Frejek, who goes under the name The Roving Spinner. "It gets gunky [from the oil] if it sits and is not used."

On a regular basis, Frejek takes a modern spinning wheel to the Health Sciences Centre and spins in the main entrance.

"People stop and ask about it," said Frejek, who is a spinning wheel aficionado.

In the afternoon, Frejek goes up to both the personal-care wing and the long-term care wing at HSC and spins for the patients.

She makes a variety of handmade woolen items that she sells privately and at Wolseley Wool on Lipton Street in Winnipeg.

"I sell them to pay for my spinning habit," she laughed.

Brenan, 5, and his mom stopped by to watch Frejek card wool and spin. Fascinated by the spinning, Brenan asked to try it out.

Frejek taught him how to treadle, or work the foot lever that turns the wheel.

"I think it's magic," he said.

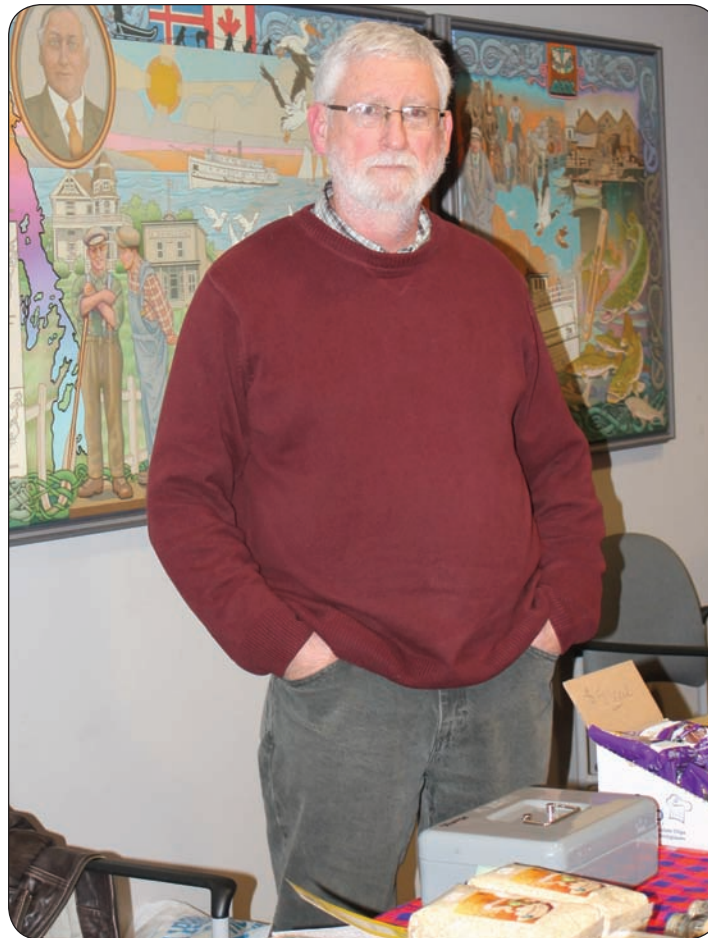
Zack Gross, who recently won a Lifetime Achievement Award from Fairtrade Canada, was on hand in the museum's Christmas market, offering a variety of fair trade products from around the world and chatting with visitors about the importance of supporting fair trade.

Consumers in thriving economic countries can help workers in the global south earn a fair wage and negotiate proper working conditions by purchasing products that are labelled fair trade.

"There was a huge crowd yesterday



Svala Thrastardottir, who makes woolen mitts and other items, has relatives in Iceland stuff their suitcases full of sheep's wool whenever they come to visit her in Gimli.



Zack Gross explained the economic and social benefits of purchasing fair trade products.

after the parade," said Gross, who is outreach co-ordinator for the Manitoba Council for International Cooperation. "Probably looking for a warm place to come!"

But even with the near-balmy temperatures Saturday, Gross said the market experienced another influx of people after lunch.

Gross is helping co-ordinate the 2016 National Fair Trade Conference, which will be held in Winnipeg in February. He said he and conference organizers hope to bring in Nelson Mandela's granddaughter, Tukwini, as one of the speakers. Her family sells fair trade wines.

"We've been crowd-funding to bring her in," said Gross.



EXPRESS PHOTOS BY PATRICIA BARRETT
Lori Frejek shows Brenan, 5, from Gimli how to treadle (work the foot lever) on one of the museum's antique spinning wheels.

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Armand Belanger nominated NDP candidate for Gimli

By Patricia Barrett

In front of a crowd of about 80 people at the Gimli Recreation Centre, Armand Belanger was elected NDP candidate for the Gimli riding.

Belanger and fellow candidate Scott Carman vied for candidate position at the three-hour nomination meeting Nov. 28.

Belanger is manager of the East Interlake Conservation District and a conservation officer for the province.

Carman owns the Ship & Plough Gastropub.

Both candidates had two people speak to their suitability for the position.

Cheryl Bailey, who teaches biology and environmental sciences at Gimli High School, and who was Belanger's teacher, said Belanger has "stellar qualities" that will make him the best representative for the post.

"Armand is a great communicator," she said. "Communication is not just about getting one's ideas across. It is also about listening to and considering the ideas of others."

She said Belanger is someone who can be depended on to get things done. "Working with him on the wetland development project at our school, for example, was amazing."

Village of Dunnottar Mayor Rick Gamble, who seconded Belanger's candidacy, said the conservation officer would make a great MLA for the Interlake.

"Armand has many years of experience with water issues, the environment and climate change — issues that directly affect our lives and livelihoods in the Interlake," said Gamble.

Brian Ellis spoke on Scott Carman's behalf, citing the success Carman has had with his business.

"He had the vision to open up a small business in Gimli in a location



Scott Carman said he'd bring a unique business perspective the candidacy position.

that had not been successful for a number of different reasons..." said Ellis. "And he also had the integrity to come to us and say, 'What is it that this community needs so that we can provide for it?'"

Cheryl Ashton, former Gimli Film Festival director, spoke about Carman's kindness, his pub's ability to attract tourism and his willingness to help others.

After the endorsements, both Belanger and Carman spoke about their experiences, strengths and vision for the Interlake riding.

Belanger, who grew up in Dunnottar, spoke of developing initiatives and strategies to improve Lake Winnipeg, phasing out fossil fuels, adopting sustainable agriculture, improving the lives of the impoverished, and creating training and job opportunities for youth.



EXPRESS PHOTOS BY PATRICIA BARRETT

Armand Belanger (left) was declared the winner by Greg Dewar, MLA for Selkirk, at the Nov. 28 NDP nomination meeting.

"As a father of three, I'm excited to become part of the NDP family and to know that we'll keep on investing into our future," said Belanger. "And we'll know that the jobs will be here for them."

Carman, who spent many years in the region around Glen Bay and Grindstone, said the health of the lake can affect business owners like him and that strategies are needed to address environmental problems.

He said his unique business perspective would bring a fresh outlook to the party.

"I've often thought about the potential of Gimli," said the former journalist, who worked in corporate communications at Manitoba Tele-

com Services before moving to Gimli and opening his pub. "And I've often thought that there was so much potential here in the Interlake and that we weren't in many ways living up to our potential for tourism, for economic growth and for population growth."

When the ballots were tallied, Belanger was declared the winner.

"Thank you to everybody who came here tonight and believes in the NDP and believes in me to represent this community come this spring," said Belanger.

Belanger will vie with PC candidate Jeff Wharton, businessman and longtime resident of Winnipeg Beach, for the Gimli seat in the provincial election next April.

Evergreen School Division consults the community

Celebration of Life

An afternoon of remembrance

Sunday, December 6, 2:00 p.m.

Gimli Community Health Centre

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By Patricia Barrett

The Evergreen School Division's Board of Trustees held a community consultation Nov. 30 at the TEC Centre in Gimli to gather feedback from parents, students, teachers and other stakeholders that it will use to develop its upcoming multi-year education plan.

"Feedback from the public is requested to determine priorities and approaches for the continued improvement of education in our communities," said Supt. Roza Gray by email. She said the division will

also use the feedback to help it determine the best way to "overcome challenges related to achieving the division's mission," which is to engage students in learning to become contributing citizens of a democratic society.

The division has about 1,500 students in eight schools located in Arborg, Riverton, Gimli and Winnipeg Beach.

"The board recognizes that students are facing new challenges as the society we live in is becoming increasingly complex," said Gray.

The new education plan is slated for completion by next spring, in time for the 2016-2017 school year.

An online survey consisting of 12 questions is also available on the division's website that the public can access to provide further ideas or comments about educational planning.

Visit www.surveymonkey.com/r/EVERGREEN_EDUCATION_PLAN or call the division at 204-642-6260 for more information.

Northern Harvest Rye wins award then skips town

Gimli's Crown Royal produces World Whisky of the Year

By Patricia Barrett

Crown Royal's Northern Harvest Rye has seemingly left the province a few days after winning the 2016 World Whisky of the Year award, the top spot in Jim Murray's famous Whisky Bible.

From pubs to liquor stores across the province, finding a dram, let alone a bottle, is about as likely as spotting a great grey owl, our elusive provincial bird.

The place you'd put your money on — Gimli, where the award-winning elixir is distilled — is bone dry, as though prohibition suddenly dropped in.

"We don't have any," said Scott Carman, owner of the Ship & Plough Gastropub on Centre Street. "I haven't yet tried it."

Carman said he stocks all the Crown Royal products but missed his chance to get a bottle of Northern Harvest after the Whisky Bible guru, who grades leading and lesser-known whiskies, awarded it 97.5 points out of 100 last Friday.

"Usually we buy from the liquor store. I saw it on the shelf and I thought, 'Oh, I should get some of that,'" said Carman, whose pub is a much-loved watering hole renowned for its pub quizzes.

At Gimli's Liquor Mart, the shelf reserved for Northern Harvest is bare.

"We've had customers say, 'Can't you just go down the road and get some?'" said James Dunlop, the store's manager, referring to Diageo's plant on the outskirts of town where all the Crown Royal products are distilled.

The couple of cases the Liquor Mart had were out the door by Saturday morning.

"We've probably had about 100 people walk in or phone asking for it," said Dunlop. "It caught everybody off guard."

The distribution centre in Winnipeg did an allocation to all the liquor stores in the province, he said, but they serve the big centres first, such as Winnipeg and Brandon.

At least he was able to have a snifter of it before it disappeared.

"It has a nice finish to it," said Dunlop. "The rye comes through."

A call to Seagull's Restaurant in the Gimli Lakeview Resort in search of the elusive whisky proved fruitless. And Gimli's deputy mayor, Peter Peiluck, said he was forced to bake a batch of

"whisky cookies" using Crown Royal's original blend.

But northwest of Gimli, in the town of Arborg, the amber-coloured philter was found soothing work-weary patrons in the lounge of the Arborg Hotel.

A regular customer, who would identify himself only as Mr. Reg, said, "I would compare it to a high-end whisky. It's like an oak whisky."

Mr. Reg seems to be in the know about the goings-on in and around the Diageo plant, which opened in 1969. He cited the "artesian well," the "burnishing of the barrels with flames" and the "three tankers that come in Mondays and Tuesdays to haul away a million bucks' worth of booze."

"Even if they closed down today," said Mr. Reg, "they'd have enough booze to last 50 years."

The plant may be brimming, but the hotel has only three bottles left.

"The pharmacy is the liquor vendor," said Owen Eyolfson, who owns the hotel and the Arborg Travelling Inn on the highway. "They're getting phone calls every day."

Eyolfson pulled up a website on his mobile showing liquor stores across the province and how many bottles of Northern Harvest are in stock. "Three in Dauphin, 12 in Russell..."

He said every once in a while — usually with beer — there's a big rush on a product because the demand is so much higher than expected. But he expects things will simmer down when supply returns to normal.

"I had a friend in B.C. text me because he's coming home for Christmas," said Eyolfson, who is the chair of the Arborg and District Chamber of Commerce. "They were completely out."

He said Northern Harvest is "definitely smooth. You don't get the burn that you get from other whiskies."

Its secret may lie with an iconic Canadian crop.

"It's about taking the heart of Canadian whisky — rye whisky — and celebrating that in a higher percentage rye whisky," said Alistair Kidd, brand director for whisky at Diageo.

He said Northern Harvest is 90 per cent rye, which gives it a unique character. Its fine taste is also down to the blenders working at the Gimli plant.

"The distillery has got a team with brilliant taste palettes," said Kidd,



EXPRESS PHOTO BY PATRICIA BARRETT

Owen Eyolfson, owner of the Arborg Hotel and the Arborg Travelling Inn, was able to obtain three bottles of the elusive Northern Harvest Rye last Wednesday.

who grew up in Ireland and has been living in Canada for eight years. "It's like painting: you take different whiskies and blend them together."

Perhaps he felt put on the spot, but Kidd chose Northern Harvest over

Continued on page 7

Arborg & District Christmas Cheer Board

Once again the Arborg & District Christmas Cheer Board is preparing Christmas hampers.

To make a request for a Christmas hamper, please contact Sandy at 376-2926 or Brenda at 376-3585.

The deadline for requests is Thursday, December 17th and the Christmas hampers will be delivered on Tuesday, December 22nd.

Monetary donations can be mailed to Box 185 Arborg ROC 0A0, or may be deposited at the Arborg branches of Noventis Credit Union or CIBC.

Non-perishable food items can be dropped off at participating local businesses, churches and schools.



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **Fishermen gearing up for ice fishing season**

Hi my friends. Well, I guess it's time to hang up our long rods until next spring and pull out our tip-ups and short rods for ice fishing.

Oh, sure, there's open water on the Winnipeg River and by the locks at Lockport, but when I stopped by some of those spots last week, it seems you guys decided to stay home. Not to worry, though. While visiting with our fishing brothers and sisters throughout southern Manitoba in early fall, they kindly offered many stories, so we'll be fine until we can get on the ice. I remember I was with folks on the Red's riverbank on a warm sunny day a while back and met Al Primmett from Lac du Bonnet along with his son David, who was with his girlfriend Amber Heron. Al stood out in my memory because he was a muscular man of average size with a big grey mustache who spoke in a cryptic matter-of-fact way that caught my attention. He recalled that a few years after Lac du Bonnet had put on its first ice-fishing derby, his son David, who had never fished before, entered and won a snowmobile.

Al said he also likes to fish off Hillside Beach between Grand Marais and Grand Beach in the winter, and both men were emphatic about good housekeeping on the ice, saying the only thing they leave out there is their footprint when they go home. You guys are a credit to our sport.

I also remember a nice, unassuming chap by the name of Maurice Remillard from Winnipeg — who is no relation to Ethan Remillard who we met by Grand Marais a couple of months ago along with his grandsons Jim and Kyle who told of worms that can climb



EXPRESS PHOTO BY ARNIE WEIDL
Maurice Remillard with his first catch of the day at Lockport pier.

up your line when pacific fishing and, if you're not careful, they'll bite you.

Anyway, I met Maurice on the Lockport pier a number of weeks back and he was quite content to fish right here. He joked that he hadn't fished for years until his son-in-law got him interested again. As we talked, he caught a fish, which wasn't that big and I really had to coax him to let me take a picture of it. You're a good sport, Maurice.

It's always such a pleasure running into world traveller Bob Pitt, as I did last week, who now lives in the Sandy Hook/Gimli area. Always ready with a fishing story, this big, tall, ruggedly featured, white-haired, intense char-

acter said he had a good one for us — about biting.

Once when he was piranha fishing in the Peru valley basin, his guide told him that another Canadian from the east coast he guided didn't listen too well. In case you're wondering why anyone would want to fish for piranha, apparently they give such an unbelievable fight it draws anglers from around the world.

Now, the guide told our Canadian brother many times not to try to take a caught piranha off his hook, saying that he would do it for him. They were catching these "flesh eaters" for a while, and eventually our Canadian felt he was ready to take one of them off his hook by himself. That's when fate struck, piranha-style. In a flash, it jackknifed in his hand, and with large razor teeth, viscusly began tearing at his finger. Our Canadian adventurer dropped the piranha and unemotionally studied the blood gushing out of the gaping hole in his finger. The guide, now worried that he might be sued, asked if he could take our impetuous friend to the hospital, "No way," our brave easterner exclaimed as he wrapped his finger with a piece of his T-shirt he had torn off. "Now I've got a great story and bragging rights with all my fishing buddies back home!"

Now that's a keen sense of game-manship, if not caution.

Hang on, folks. Here I am bringing you open water stories as we wait for good ice and I just heard through the grapevine that the "Winkler Boys" headed up by Ed Martins are out on the ice fishing in Pelican Lake west of their town.

So it starts. Bye for now.

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Voice

New rules to protect consumers on gift card fees

Changes take effect Dec. 1

News Release

With the holiday season fast approaching, the Manitoba government has put in place new rules to further protect consumers by prohibiting businesses from charging inactivity fees on gift cards, Tourism, Culture, Heritage, Sport and Consumer Protection Minister Ron Lemieux announced last Monday.

"Manitobans already enjoy strong consumer protection with respect to gift cards but there is room for improvement," said Lemieux. "The new rules continue our commitment to en-

suring Manitoba's consumer protection legislation remains current and promotes a fair marketplace."

Previously, a gift card sold by shopping malls could be subject to inactivity fees if the card had not been active for 12 consecutive months. Now, when consumers buy a gift card, they can be confident the value won't be eroded if they choose not to use the card for an extended period, the minister said, adding that this strengthens existing gift card rules that offer consumers protection by:

- prohibiting expiry dates on gift

cards, unless the card is for a specific good or service, or is given away for free;

- prohibiting suppliers from charging fees on gift cards unless they are replacing a lost or stolen card, customizing a card or the card is given away for free;

- requiring that all restrictions, limitations and conditions on the use of the card or certificate be disclosed; and

- allowing for administrative penalties to be issued if a business does not comply with the legislation.

The new rule comes into effect Dec. 1. If a business fails to comply with the

requirements related to gift cards, the business may be required to pay an administrative penalty ranging from \$1,000 to \$5,000 for an individual and from \$5,000 to \$20,000 for a corporation.

Manitobans are encouraged to learn more about their consumer protection rights under the law. For more information, contact the Manitoba Consumer Protection Office at 204-945-3800 in Winnipeg, toll-free in Manitoba at 1-800-782-0067, via email at consumers@gov.mb.ca or visit www.gov.mb.ca/consumerinfo/index.

> CROWN ROYAL, FROM PG. 5

Irish Whisky when asked which he preferred.

Landing the No. 1 spot in the Whisky Bible has put Canadian whisky on the map, said Kidd. "What we hope this award will do is raise the reputation and profile of Canadian whisky."

He said the award puts it on a par with Scotch and Irish whisky.

Diageo is aware there's a dearth of Northern Harvest across the country, and it's working hard with provincial liquor boards to distribute what stock it has available.

"The award was not something we anticipated," said Kidd, who has been with the company since 2009. "By Saturday, we had empty shelves."

But it's not as simple as turning a spigot on a barrel to get more.

"Whisky is an aged product," said Kidd. "It must be aged for three years ... so we must be a little patient."

Northern Harvest is bottled at the Diageo plant in Amherstburg, Ont., and will be back in stock across the country in the next two weeks.

"It will be there soon," said Kidd. "How long that will last is another issue."

UPDATED INFORMATION



Interlake-Eastern
Regional Health Authority

LUNDAR HEALTH CENTRE

is currently **CLOSED** for renovations.

We're sorry for any inconvenience you've experienced.

Dr. Burnet's Lundar Clinic remains open.

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services in Lundar please call:**

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Manitoba 

AMM gearing up for 2016 provincial election

PST rebate takes centre stage

By Natasha Tersigni

During the Association of Manitoba Municipalities (AMM) 17th Annual Convention held last week in Brandon, where more than 800 municipal leaders came together to discuss issues pertinent to Manitoba communities, the 2016 provincial election took centre stage.

On Nov. 25, the AMM held the first Provincial Leaders' Debate of the 2016 Election with Premier Greg Selinger, Leader of the Official Opposition Brian Pallister and Leader of the Manitoba Liberal Party Rana Bokhari. During the debate, health care, the economy and infrastructure were all discussed, with the Provincial Sales Tax (PST) garnering the most attention.

Bokhari pledged to rebate PST taxes to municipalities. Pallister promised that if his party won the election, the PST would be lowered back down to seven per cent. Selinger did not rule out another PST increase to help cover Manitoba's growing deficit.

During the convention, AMM members also voted on resolutions that were gathered from spring district meetings and on what issues the AMM will be lobbying for during the



EXPRESS PHOTO SUBMITTED

During the Provincial Leaders' Debate held at the 17th Annual Association of Manitoba Municipalities convention, the PST was a hotly debated issue. Left to right, Leader of the Manitoba Liberal Party Rana Bokhari, Leader of the Official Opposition Brian Pallister and Premier Greg Selinger.

upcoming election. The first resolution that was debated and passed was to lobby the provincial government to rebate 100 per cent of the PST that is paid by municipalities.

"The need for municipal dollars to be returned to the hands of municipalities is a resonating theme of this convention," said AMM President Chris Goertzen in a press release.

"Municipalities pay over \$25 million each year in PST and we think that should be rebated to municipalities, just like the federal government does with the Goods and Service Tax (GST).

This money could go directly to municipal infrastructure where it is needed the most."

AMM Interlake District Director Trevor King, who is also reeve for the RM of Woodlands, added that

it is important to continue to lobby the Province of Manitoba on the PST rebate as it is an issue that effects all municipalities in the province.

"We pay a huge amount of PST on any project that we do and we feel that one level of government taxing another isn't fair," said King.

The RM of Woodlands sponsored resolution to lobby the Province of Manitoba to amend the Emergency Medical Response (EMR) and Stretcher-Transportation Act to allow licensed trained volunteer fire departments to provide EMR services with limited outages was defeated with 54 per cent of votes against the resolution.

"I was disappointed and I thought it should have been debated more. There was one person that spoke in opposition to it and their argument was that it would put more responsibility on municipalities. I think some of the membership bought into that idea so they defeated it," said King, who added that the RM of Woodlands

will continue to lobby the province themselves without the support of AMM.

"We, as a council, feel it is important to utilize this service that we can offer."

Resolutions sponsored by Interlake municipalities to lobby the Province of Manitoba that did pass included to consider all types of composting, including direct composting, as eligible to receive Manitoba Composts Support Payments (sponsored by Town of Stonewall); to provide municipalities with maps that clearly define areas in which Manitoba Conservation deems night lighting to be a safe hunting practice (RM of Fisher); to extend the deadline to two years to apply for the Farmland School Tax Rebate (RM of Woodlands); and to revise the Canada-Manitoba Job Fund Agreement to include municipalities as eligible recipients (Town of Winnipeg Beach).



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Freshwater Fish delivers strong corporate returns

By Jeff Ward

Freshwater Fish Marketing Corporation announced that total final payments of \$3 million for the 2014/15 fiscal year has been distributed to over 1,700 fishers in the inland fishery. The corporation realized a total comprehensive income of \$2.2 million on sales of \$71 million.

The 2015 results were released last week at the organization's annual public meeting. The fiscal year ending April 30, 2015, was the fourth straight year where earnings

were above what was anticipated in the annual plan. The profit before the final payments to fishers and taxes was \$6.2 million. Higher revenues can be attributed to more focus on the market demand and plant upgrades.

Fishers received \$29.5 million in returns: \$26.5 million in initial payments and \$3 million in final payments. Overall sales volume was eight million kilograms.

Marketing will become a challenge going forward, with the change in species supply.

Freshwater Fish is committed to dealing with these issues and has undertaken to market whitefish fillets produced in Canada. Also, they have adjusted prices to reflect the market changes.

The corporation remains in a positive position, with strong international markets continuing to demand high quality, wild-caught fish products. Access to a wider mix of species and year-round inventory keeps Freshwater Fish competitive as a centre of plate choice throughout the world.

Drew Caldwell speaks out on West Interlake Resolution

By Jeff Ward

Manitoba Minister of Municipal Government Drew Caldwell is making a commitment to resolve the current situation in the RM of West Interlake as quickly as possible.

With the petition from the West Interlake Citizens Group (WICG) and the new resolution from West Interlake council to turn Eriksdale into a local government district (LGD), Caldwell is making an effort to come up with the best solution possible. His plans aren't clear yet, however, since he still needs to wait for recommendations from the Municipal Board on what they believe are appropriate courses of action. There is no official timeline on those recommendations, but Caldwell hopes that this process will move forward quickly.

"This is really a credit to the citizen engagement in West Interlake," said Caldwell over the phone.

"Citizens have been very thoughtful and conducted themselves with a great deal of respect, and the council has done the same. The petition and the resolution will both be discussed at the Municipal Board level and they will provide me with recommendations on their analysis."

Caldwell didn't want to comment further or share his opinion on the conflict in the RM until he was presented with the Municipal Board's findings, saying he didn't want to pre-judge the situation before having all of the information in front of him. He still believes in the process of amalgamation and said that the framework for the process is solid and based on good principals of creating a larger tax

base and a greater capacity to apply for federal funding. However, it's the dynamics on the ground that he feels are hard to account for, and he recognizes that the conflicts within West Interlake are complex and that it's time to put a stop to it.

While the citizens of the RM of West Interlake wait on the decision, Caldwell has asked the Municipal Board to move as quickly as possible. He explained that he wants a resolution that benefits all citizens and he wants that solution quickly.

"We like having resolutions that are

timely and that has been my perspective since coming to this office. And I know that the MLA (Tom Nevakshonoff), the citizens' group and the RM council all want the same. I've been encouraging the municipal board to act as expeditiously as possible," said Caldwell.

It is unclear if this conflict will have an official resolution before the end of the year or if citizens will need to wait until next year to know the fate of their community.

"THIS IS REALLY A CREDIT TO THE CITIZEN ENGAGEMENT IN WEST INTERLAKE."

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Manitoba 

RM of Gimli permits multiple mobile homes on lakeside property

By Patricia Barrett

With exceptions made for farmland, the maximum number of mobile homes permitted on a single site in the RM of Gimli is one.

But at its regular meeting on Nov. 26, council voted in favour of permitting three on a property adjoining Lake Winnipeg near Camp Neustadt Road.

A delegation consisting of Harold Peters and a relative appeared before council to discuss Peters' request for permission to situate three mobile homes on a part of his property that faces the lake.

"The mobile homes would suit the family," said Peters, referring to his children and grandchildren. "It's a start for us. Then in two to five years, we'd put up a cottage."

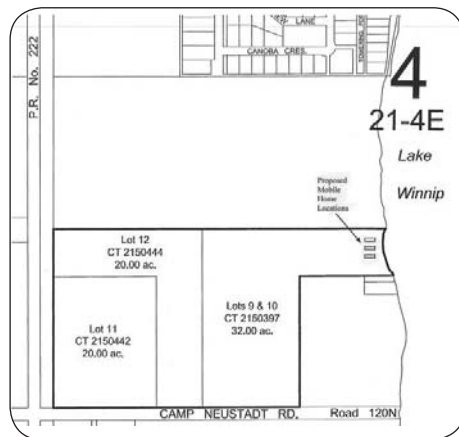
The zoning bylaw states, "There shall be only one main building and/or one main use on a site, except wherein otherwise stated or permitted by the Act."

Exceptions pertain to secondary homes that are part of agricultural activities, such as houses for temporary farm workers.

In an information package prepared for council, the development officer for the Eastern Interlake Planning District wrote that, to her knowledge, this type of variance has not been requested in the past.

There is a road already running through Peters' property, but he said he plans to build another access from Camp Neustadt Road.

That raised a bit of concern from a neighbouring property owner, who



Eastern Interlake Planning District's drawing shows the location where three mobile homes will be situated.

attended the hearing. He said he preferred the road not run along the southern boundary of his property.

Peters agreed to put the road on the north side. He also said he plans to construct a drainage ditch along the boundary line of the two properties.

CAO Joann King said any drainage work on private or public land requires a permit from the province's Conservation department.

Coun. Thora Palson raised concerns about wastewater disposal on the mobile home site, but Peters said he has holding tanks for sewage.

"We've been up there for years," said Peters, "and we don't plan to leave."

The family is resident in the summer. The mobile homes would remain all year round.

Deputy Mayor Peter Peiluck questioned whether three mobile homes



EXPRESS PHOTO BY PATRICIA BARRETT

CAO Joann King and Mayor Randy Woroniuk review a variance application seeking to situate three mobile homes on one site facing Lake Winnipeg.

on one site would set precedence.

King said a development agreement can be drawn up by the town pertaining to the age and condition of the mobile homes, a future need for separate titles, and the subdivision of the land if permanent structures were to be situated there.

Peters would have to abide by its terms.

Other council briefs:

- Council agreed to provide a retirement allowance for former municipal employee Phyllis Zaborosky, who was manager of recreation and leisure at the Gimli Recreation Centre for 27 years. Zaborosky will receive a lump sum payment consisting of two weeks'

allowance at the salary she was making when she retired.

Retirement payments for unionized municipal employees are set out in the contract, said a spokesperson at the town office. Other retirement payments are reviewed on a case-by-case basis.

- Council granted \$119,844 to Gimli's firefighters. The annual payment varies from year to year, said the town spokesperson. Each volunteer firefighter will receive a payment that's based on his/her training level and number of calls attended. There are 19 firefighters plus the chief on the Gimli Fire Department.

- Council gave first reading to a new

Continued on page 13

Students and the environment focus of eco conference

By Natasha Tersigni

Giving students the knowledge and tools needed to help protect the environment through school-based projects was the goal of the Blue Space Youth Conference on Nov. 26 hosted by the Manitoba Environmental Youth Network at the Oak Hammock Marsh Interpretive Centre.

During the event, students and their teachers attended a variety of workshops, activities and discussions that centred around water issues in Manitoba including how to write grant and project proposals, how to use social media to further a cause and connect with the public, how to design and manage a project and how to create art for the purpose of awareness around a certain issue.

Three Gimli High School students, — Amy Thorkelson (Grade 11), Maddie Burke (Grade 11) and Gina Baryliski (Grade 9) — and teacher Cheryl Bailey attended the conference to help

provide ideas and inspiration for their Enviro Club. Over the past few years, the club, under Bailey's guidance, has done several projects including tree planting and developing a wetland.

"Every year our biggest fundraiser is a dinner where we only serve vegan or vegetarian foods to show people that it is not that bad to eat those types of food," said Maddie, who added that the club is planning on planting a school garden this spring. Bailey added that the conference was a great way to show students how they can make a change in their community.

"The world is needing people who are leaders and who are informed. The more information anybody has, no matter how old they are, the better the decisions you can make and the better world we can have," said Bailey.

"These students that attended the conference are definitely leaders. I am excited that they are here and learning great things."



EXPRESS PHOTO SUBMITTED

Gimli High School students and teacher, pictured left to right, Cheryl Bailey, Gina Baryliski, Maddie Burke and Amy Thorkelson, attended the Blue Space Youth Conference to gain valuable information to help further projects for their school's Enviro Club.

Canada to welcome 10K Syrian refugees by Dec. 31

‘There’s still a lot of detail to come out on this plan,’ Bezan says

By Lindsey Enns

Selkirk-Interlake-Eastman Conservative MP James Bezan says he’s relieved Prime Minister Justin Trudeau has extended his plan to bring 25,000 Syrian refugees to Canada.

“Canadians were very concerned ... corners would be cut and we want to make sure we get this right,” Bezan said. “We want to welcome all of these refugees in but we want to make sure that the property security screenings and health screenings are taking place and that we’re using Canadian Armed Forces resources appropriately and that the housing arrangements are there for everyone that shows up.”

Trudeau unveiled his plan to welcome 10,000 refugees to Canada by Dec. 31 late last Tuesday. Trudeau said the plan is to welcome 10,000 refugees to Canada by Dec. 31 and the remaining 15,000 by the end of February 2016.

The government’s plan will be implemented in five phases including working closely with the United Nations Refugee Agency on security and health screening, transportation and resettlement.

Bezan said the first 10,000 Syrian refugees were screened under the Conservative government.

“The homework’s already been done on them and it’s just a matter of making sure that each and everyone of those families has a warm place to stay for the winter.”

Bezan said he isn’t aware of any refugees coming to Selkirk and area but added organizations and church groups across Manitoba are sponsoring refugees.

“It is a possibility but I have not been notified ... that there will be Syrian refugees coming to our communities,” he said.



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Selkirk-Interlake-Eastman MP James Bezan says he’s relieved Prime Minister Justin Trudeau is backing off his plan to bring 25,000 Syrian refugees to Canada before the end of the year.

As the official opposition, Bezan said they will continue to “monitor the situation.”

“There’s still a lot of detail to come out on this plan,” he said. “We are going to make sure the government is doing it right.”

The province is also gearing up to roll out its strategy to provide humanitarian relief and supports to the 1,500 to 2,000 Syrian refugees coming to Manitoba.

“Welcoming refugees to Manitoba will require working in collaboration with all levels of government, as well as with settlement agencies and community organizations to find suitable housing and start the long-term settlement process,” Premier Greg Selinger said in a release last Thursday.

Manitoba’s response will be led by Manitoba Labour and Immigration with support from the Manitoba Emergency Measures Organization and will be co-ordinated through the Manitoba Emergency Coordination Centre, where the capacity for plan-

ning, operations and communications already exists.

A team made up of representatives from several departments including housing and community development, education and advanced learning, multiculturalism and literacy, jobs and economy, health, family services, health and healthy living, and children and youth opportunities has been established, and will work with existing agencies and settlement services to ensure effective co-ordination and support for refugees.

Refugees will initially be housed in Winnipeg, where housing and services are available, while options for regional resettlement are explored. The Manitoba Housing Task Force will lead on identifying suitable housing in Winnipeg and other regions, taking into account accessibility and community support in the area. Privately sponsored refugees will go to the community where their sponsor group is located including to regional centres.

Experts are also being consulted to

ensure that programs on education, health and mental health, language and interpretation, and cultural competency are being lined up so the immediate health-care, psychosocial, socio-cultural, education and employment needs of families are met. The Manitoba Immigrant and Refugee Settlement Sector Association (MIRSSA) along with settlement agencies including Welcome Place, Accueil Francophone du Manitoba, Mount Carmel Clinic, NEEDS Centre, Manitoba Start and New Journey Housing will be actively engaged throughout the process.

The Manitoba government is working with the Red Cross to establish a help line for people wanting to assist, which will be formally launched on Monday.

“The Canadian Red Cross has the resources and volunteers available to assist the government of Manitoba in welcoming the refugees who have been forced to flee their homes in search of a better life,” Manitoba Canadian Red Cross vice-president Shawn Feely said. “We are pleased that we can work with the government and the people of Manitoba to extend to the refugees that caring hand of support that is the hallmark of this province.”

In September, the province committed \$1.4 million, including \$200,000 in front-line support for Syrian refugees.

“Manitobans are well-known for their kindness and generosity, and I know that together we will make a difference in the lives of those affected by the ongoing crisis in Syria,” Selinger. “We want every refugee to have the opportunity to build a new life and succeed here in Manitoba.”

Selinger added the province will continue to work closely with the federal government, Manitoba service partners and community groups to ensure refugees to Manitoba have the best start possible.

Noventis members approve bylaw changes

Submitted

Noventis members voted in favour of a suite of bylaw changes and amendments including one that allows for new ways of voting and holding meetings of the members so that more members can potentially vote on issues that affect the credit union’s future.

“These changes make voting easier and more convenient for Noventis members,” noted Lee Gregory, chair of the Noventis board of directors.

“We now have 11 branches and Noventis members are spread out over large distances.”

The bylaw amendment allows for simultaneous electronic meetings in real time.

That’s important, Gregory said, because one of the benefits of belonging to a credit union has always been the ability of members to have a say in its future — whether that is electing directors from the community or voting on important issues like mergers.

In total, 11 changes were proposed and approved by membership who attended the meeting which was held Nov. 25 at the Fraserwood Hall.

The amendments provided for:

- a change in year end from Sept. 30 to Dec. 31
- the ability to create director-at-large positions
- additional director qualification requirements
- new ways of voting and holding meetings of the members

As a result of the positive vote, the Noventis AGM would now be held in April. Interim financials would also be available.

“We believe that, overall, this was important housekeeping that will result in both a stronger organization and board of directors,” Gregory said.

For a full breakdown of the bylaws that were approved, please visit the Member News section of Noventis.ca

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HELP International announces year three of shelterbelt program

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News Release

It has been only two short years since HELP International took over the government's Shelterbelt Tree Program. In high-speed sequences, HELP ran the government's Indian Head Agroforestry Centre and provided trees across the prairies in 2014 and 2015. Then, in January 2015, HELP purchased and developed HELP's new 160-acre tree farm just outside of Weyburn, constructing plots, roadways, water reservoir and produced a record 600,000 seedlings of the fastest growing shelterbelt varieties ready for spring 2016 field planting.

HELP has just launched its 2016 Tree Shelterbelt campaign for farms, acreage owners, towns and schools in the Prairie Provinces.

Some important things to know:

- 100 per cent of the trees HELP produces are now container roots, which is a change over the government's Indian Head bare root system. This means that the 12- to 30-inch seedlings have a solid plug of soil on the root. This innovation allows the seedlings, unlike bare roots, to be shipped and planted while dormant or in full leaf with little to no transplant set back, unlike

the greater challenges experienced with bareroot seedlings in 2015.

- HELP has kept its promise that the tree cost of \$1.50 per regular seedling for shelterbelt quantities of 300 or more trees (global order) will not see any increase now nor into the foreseeable future.

- Fifty trees or more qualify for this Shelterbelt Program. Any order of 50 trees or more is considered a shelterbelt or environmental program.

- Tree orders can be done on line by clicking on "store" to do an online tree order at www.help-shelterbelts.com. Alternatively participants can download order forms from the site and mail, fax or email the order form. HELP also takes telephone orders at 306-842-2433.

Planting Design and Field Planting Assistance:

- A town or a cluster of neighbours combining to plant 4,000 metres or more tree lines can apply for HELP assisted planting where HELP brings personnel, trees, machinery and materials to plant trees, lay plastic mulch and install grass for low-maintenance tree planting.

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Province issues winter driving conditions reminder

News Release

Manitoba Infrastructure and Transportation advises:

- snow removal crews will be out plowing and sanding to keep provincial roads safe;
- plows will be out in affected regions as early as 4 a.m.;
- crews will be on highways while adverse weather conditions continue;
- there are 19,000 kilometres of provincial roads;
- the province has 341 pieces of winter maintenance equipment from sanders to plows;
- drivers are cautioned to be aware of snow-clearing equipment on highways and roads;
- drivers are reminded that all maintenance equipment uses flashing blue warning lights and to stay well back of all equipment;
- drivers are asked to slow down when pass-

ing approaching snowplows in operation and not to attempt to pass a plow in operation from behind at any time;

- whether on a highway or in a community, the posted speed limit is intended for ideal road and weather conditions;
- turning on headlights, rather than relying on daytime running lights, will help other drivers see you approaching and glowing tail lights will alert drivers approaching from behind;
- in bad weather or on slippery streets, drivers are requested to slow down; and
- drive for the conditions and get to your destination safely.

Road conditions are available anytime at 511 (toll-free), at www.manitoba511.ca by following the Twitter account at www.twitter.com/MBGovRoads.



EXPRESS PHOTO BY LANA MEIER

Drivers are being reminded to drive for the conditions and to slow down.

> LAKESIDE PROPERTY, FROM PG. 10

bylaw, the Gimli Age Friendly Advisory Committee Establishment Bylaw (15-0015), which seeks to repeal and replace a previous bylaw from 2007.

Palson said the intent of the new bylaw is to re-structure the committee.

"We needed a terms of reference," said Palson, "and we will have elections."

The bylaw also calls for a "set of priorities" and an "action plan." The committee will work with the RM and the province — the Seniors and Healthy Aging Secretariat — to improve services to seniors.

Age Friendly initiatives help seniors to age safely and actively in their communities. They include improved access to public buildings, well-designed and affordable housing, access to transportation and various social services, according to the Public Health Agency of Canada's website.

The bylaw calls for one member of council and five citizens who reside in the RM to sit on the committee. The RM would manage its financial accounts.

- Council approved a \$16,000 grant to the Betel Home Foundation and \$200 to Evergreen Basic Needs' Christmas hamper program.

- Council discussed a request from the Gimli Coast Guard Search and Rescue for a site it could use to store a backup ship.

"We can offer them a piece of the parking lot that was used before by the Yacht Club," said King. "But it will affect some views in front of the museum."

Council agreed to investigate future possible sites.

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Fisher Branch cadets prepare for outdoor winter survival

By Jeff Ward

The 158 RCACS Fisher Branch cadets spent the day in the bush near Lake Saint George last month getting their first lesson in cold weather survival.

The lessons are part of an in-depth program run by 158 Capt. Jocelyn Burzuik, who teaches outdoor survival six times per year. This lesson is the cadets first foray into cold weather survival, where they had to demonstrate first aid skills, ground-to-air smoke signals, building shelter and finding food and water. The lessons are carefully orchestrated to teach cadets important survival skills in the safest way possible.

"We're training for our February cold weather survival that will have the cadets spend the night outdoors," said Burzuik, who's been running the program for 15 years.

"For our first aid scenario, we simulate a car crash. One of our cadets plays the injured party while the others craft a stretcher and make sure the injured cadet is moved to where they can be rescued. They have to constantly monitor his vitals, and they have very limited resources to do this."

Burzuik said that her cadets are excited to do their survival training, but when the cold weather hits, there's some apprehension in the group. It's much more of a campground atmosphere during the summer when temperatures are warm. Even with temperatures as they are now, it still can be detrimental to cadet morale. And that's where the senior cadets come in to play.

Cadets who've been through the training a few years in a row and have more experience than some of the newer cadets are given opportunities to get into leadership roles. Being the leader of a small group of survivors means keeping morale high when the cold wind strips away the resolve of younger cadets. Leaders help motivate cadets into finding food, mak-



Aurora Bear bonds with a small field mouse during some down time.

ing snares, keeping the fire going and energy conservation. It's an important job that the cadets take very seriously.

"We have 15-year-olds leading groups this year and I'll be evaluating them on their abilities in our December training. I need to see shelter, firewood for the night, food, water, and I need to be confident that I can leave them out there safely overnight. We have a rotating staff that checks on each group every half-hour," said Burzuik.

There are usually a half-dozen volunteers that help supervise the cadets during their regular survival days. However, during the overnight survival in February, many parents come out to help as well. Burzuik will have almost 20 additional volunteers, along with a few paramedics who volunteer their time and skills in making sure everyone is safe.

According to Burzuik, making it through the program is no easy task. Cadets gut it out with each other and come through the experience as a much stronger unit — and much stronger individuals.



EXPRESS PHOTOS BY JOCELYN BURZUIK

Fisher Branch cadets Sgt. Cassidy Wallach, Flight Cpl. Bradley Nickel and LAC Dimitri Perriria put their winter survival skills to the test by making a winter shelter, building a fire, melting snow and purifying water.



Cadets immobilized a mock accident victim using minimal supplies to build an improvised stretcher.

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Infrastructure required before more children can be accepted

Gimli Children's Centre at maximum capacity with waiting list for all ages

By Patricia Barrett

In the Nov. 16 speech from the throne, the provincial government promised to create 12,000 new day-care spaces.

But one rural daycare says that process could take some time because of a lack of infrastructure.

Acting Director Michele Couture of the Gimli Children's Centre said that although the government's commitment to give more families access to daycare is "fantastic," it will require the physical infrastructure first to make it happen.

"They consistently make the commitment to add new spaces," said Couture, "but it takes time to put that in place — it wouldn't matter who was in government."

Gimli Children's Centre, which has reached its 50-space maximum, has waiting lists in all age categories. The greatest demand is for infant spaces: it has 15 infants on the waiting list.

In the two-year-old age group, the centre has six children on its waiting

list, and in the three- to four-year-old age group, there are five children waiting for a spot.

Couture also cited a "significant" need for space in the centre's school-age program, which cares for children aged six to 12. For several years, no children leave that group, and the centre can't accept new charges.

"I know there are a lot of parents who struggle with what to do with their children after school or during in-service days and holidays," she said.

Compounding the problem are regulations stipulating a certain amount of space per child.

"The only way we could expand is up," said Couture, referring to her one-storey daycare. "There are so many provincial regulations with respect to space per child — both indoor and outdoor — that we'd need an entirely separate structure."

She said she's not sure whether that applies to city daycares, but for rural areas, this is the case.



EXPRESS PHOTO COURTESY OF MICHELE COUTURE

Children at the Gimli Children's Centre enjoy a bit of sailing in the daycare's boat.

On page 7 of the throne speech, the government said, "We will create a universally accessible child-care system with 12,000 additional spaces for families, and expand Manitoba's workforce of early childhood educators with our partners, such as Red

River College and Université de Saint-Boniface."

"I wouldn't criticize any government for such an initiative," said Couture. "But where is there space for them?"



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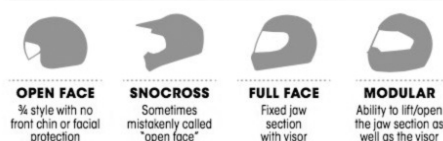
Choosing the best snowmobile helmet

When it's time for a new helmet, choosing one that meets your needs and your riding style is crucial so you get the most from your riding. It shouldn't be about what your friend or everyone else is wearing, or even the style you last wore – helmets have changed and maybe you have, too.

Some people actually need two helmets because the conditions or locations of their rides vary greatly. Take the time to really assess what you need from your helmet and make a decision based on the attributes you decide on.

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If you do a lot of trail riding and ride in very cold areas, look first at a Full Face or Modular helmet. Its full coverage, sealed design will keep you warm on those frigid days (made even colder by the higher speeds on trails) while also providing great vision.

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pecially our Modular 3 and BV2S models, you can easily stop and talk with your riding group or grab a quick drink or snack. It's also more comfortable getting the helmet on and off.

SC-4 Cross Helmet

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A few great choices we offer are the XP-R2 Carbon Light helmet that's made of carbon fiber for ultra lightweight) and the new XC-4 Cross helmet with a great design and features at a great price.

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Community horsing around



EXPRESS PHOTOS BY PATRICIA BARRETT

Noventis Credit Union sponsored free wagon rides around Gimli as part of the Rediscover Christmas event last Saturday.



Clydesdales Ice and Maverick, and their owners Mike and Lana Young, took townsfolk on free wagon rides around Gimli Saturday afternoon.

By Patricia Barrett

Equine Elegance Horse Drawn Services from Lac du Bonnet and Noventis Credit Union teamed up Saturday to provide free horse-drawn wagon rides through Gimli.

The rides were part of the town's two-day Rediscover Christmas event, which included markets, craft sales, children's events, carolling and the lighting of the tree near the harbour.

Mike and Lana Young from Lac du Bonnet own the service and provide carriages, sleighs, wagons and horses for special occasions such as weddings, graduations, princess-for-a-day celebrations and winter festivals. They travel all over southern Manitoba and parts of the Interlake.

Ice, 14, and Maverick, 8, are a breed of draught horse that were used for heavy farm work and business operations in the olden days.

"Maverick acts like a teenager sometimes," said Mike, who helped people in and out of the wagon and let some of the children ride up front with him and Lana.

The couple drove the horses (by horse trailer) to Gimli.

"We also do the Christmas bandstand in Winnipeg Beach," said Lana. "The horses really enjoy it."

There was a never-ending queue of parents and children in front of Noventis' Drive Thru eager to climb aboard.

Robins sponsored the free wagon rides Friday and Noventis picked up the tab Saturday.

"We thought we throw in our support for Rediscover Christmas," said Noventis branch manager Nic Munday, who was working Saturday.

He cited the work of Brittney Isfeld, who helped make the two-day celebration and sale a success. Isfeld sits on the Gimli Community Development Corporation and is the RM's economic development clerk.

"Brittney has done a great job," said Munday, who is also president of Gimli's Chamber of Commerce. "There are so many partnerships because of her hard work."

This is first year Noventis has sponsored a wagon ride.

"It was great to be involved," said Munday.

Innovative classroom furniture for a new age

By Jeff Ward

The traditional student desk has been the mainstay of classrooms for well over 100 years.

Popularized by the factory model of education, this piece of furniture was ideal for keeping classes in nice, neat rows. Since school work at the time focused on individual achievement and not collaboration, the fact that an individual desk also gave each student their own workspace was ideal.

However, since that time, our knowledge about how students learn has increased dramatically. And Alf Cuthbert School in Moosehorn has moved beyond the industrial era and into the information age, with all of its new demands and skills including new classroom furniture — desks and chairs that encourage students to focus and stay attentive.

At the beginning of the school year, the Grade 1, 2, 3 and 4 split classrooms were outfitted with new non-traditional chairs and desks.

Some of the chairs help improve posture while others help students stay more interested and focused in the classroom.

A few of the chairs are rockers. For some students, the simple motion of rocking back and forth has made them more attentive. The new desks, which are like circles with indents cut into them, provide students a lesson on space sharing and teamwork.

These two classroom upgrades are the last two rooms of the school's

three-year plan to provide a better learning environment for all Alf Cuthbert students. The upgrade cost Lakeshore School Division taxpayers approximately \$7,000.

"Our teachers are noticing that students who fidgeted a lot in their old chairs are more focused if they're in these rocking chairs," said Alann Fraser, principal at Alf Cuthbert School.

"We've seen the same change in students all over the school over the last three years with similar chairs in other classes. We even have these wobbly stools that students can sit on. We have students who just seem more engaged in learning if they're doing some small motion at the same time."

The science behind this improvement in student focus is well recognized. The Canadian Physiotherapy Association supports the claim that "active sitting" can lead to increased brain stimulation, alertness and learning ability. Stability chairs are now common in many offices and classrooms around the world and, as Fraser explains, the results can be almost immediate.

"I had told one of our kindergarten students that she needed to sit still and focus, and she told me that she couldn't and asked for the rocking chair. Once I gave it to her it was like a light switch flipped and she was immediately focused," noted Fraser.

According to Fraser, improving education doesn't always need to be advancing the technology in the school.

Sometimes all it has to be is some new furniture, a new coat of paint, or whiteboard tables that allow students to write directly on them. These small changes help focus students, and make the learning environment more fun. When students are having fun, their brains are more engaged

and their ability to retain information is stronger.

Now that all the main classrooms have been upgraded with desks and chairs, the staff at Alf Cuthbert will brainstorm new ways to improve the learning environment in the future.



EXPRESS PHOTO BY ALANN FRASER

Alf Cuthbert School students Addison Price (left) and Miles Metner are excited about the new desks and chairs in their classrooms. As a result of the upgraded furniture in other parts of the school, teachers have seen a noticeable improvement in student focus and teamwork.

Attention Kids...



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"All the elves were hard at work in Santa's workshop ... all but one, that is ..."
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4. Describe your family's holiday traditions.
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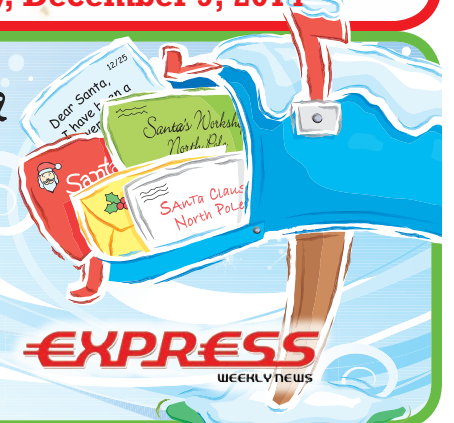


Letters to Santa

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EXPRESS
WEEKLY NEWS

Catching the wind: Gimli Yacht Club offers student scholarships

By Patricia Barrett

The Gimli Yacht Club is inviting students from across the Evergreen School Division to take to the waves next summer with its sailing school.

And it's providing them the funds to do it.

The yacht club has 10 scholarships up for grabs until the end of January, and the only requirement is to be seven years or older. The club sometimes makes exceptions for six-year-olds.

"They get in the boats and sail themselves the second day," said Cindy Blicq, who is a member of the yacht club and sits on the sailing school committee.

The club hopes to provide one scholarship to each of the eight schools in the division, which serves Winnipeg Beach, Gimli, Riverton and Arborg.

The scholarship covers the cost of a one-week training course (\$165). The club supplies the boats — called Optimists or Optis — the life vests and the know-how.

The beginner's sailing course takes students through the basics: they learn parts of the boat, how to rig and de-rig the sails, tie knots, tack (turn), and capsize and right their boats.

For the most part, students sail around Gimli Harbour, but they'll get to take part in a regatta on the open lake.

"They are so fearless, it's amazing" said Blicq, who started sailing with the club when she was 10 years old and went on to become a competitive sailor. "They just do it."

The club has a "much-loved" certified instructor, Luke Boguski, leading the courses, said Blicq. "The kids really like him."

Once students graduate, they can enrol in the next sailing level and are given privileges at the club for the season, which enables them to book an Opti and go sailing, and participate in weekend races.

The club started offering student scholarships in 2003, gradually increasing the number of scholarships and broadening the scope to include students in high school, as well as those in elementary and middle school.



PHOTOS COURTESY OF CINDY BLICQ

Two Evergreen School Division students enrolled in Gimli Yacht Club's Sailing School de-rig the sails of their Optimist boat.

Students from Riverton, Arborg and Winnipeg Beach usually come for the day of their lesson and return home. Their parents can stroll around town, dine and shop while their children learn to sail, said Blicq.

"I know there are grandparents here who want their grandkids to experience the joy of sailing," said Blicq, whose all-women sailing team, Manitoba Mischief, competes in the club's Wednesday night racing series and in women's championship races across Canada.

First-timers often go on to the next sailing level, Blicq said.

Once Joshua Tourand from Gimli finished his first course on a student scholarship, he signed up for the next one.

He has been taking sailing courses at yacht club since he was six years old, said his mother, Diana Tourand.

"His grandfather has a sailboat, and he used to

watch him race Wednesday nights," she said. That's how he became involved in the sport.

He especially loves tipping the boats, even though the Optis' flat-bottom design makes them difficult to tip, said Tourand.

"He'll do it 20 times," she said. "He's fearless."

As part of the course, students are forced to tip their boats and fall into the water, said Tourand, who also sails and was once pitched overboard during a squall.

"Right from the get-go, they learn about safety," she said.

Joshua has sailed as far as Willow Point with another student and is still mastering the intricacies of sailing.

"He's still learning how to capture the wind," said Tourand, "to get the highest speed without tipping the boat."

As students age and their body weights increase, they can start sailing Lasers, which travel at a faster speed.

Sport Manitoba, Lake Agassiz Marine, Lakeview Resort (Gimli and Hecla), Pharmasave (Gimli), and Westshore Marine and Leisure (Arborg) are providing the eight student scholarships.

The yacht club is providing the other two scholarships (called Community Scholarships). Any young person in the community, not necessarily a student, can apply.

The deadline for registration is Jan. 31, 2016. High school students are especially encouraged to register.

Winners will be announced in early February. The courses run July 4-8, July 18-22, July 25-29, Aug. 15-19 and Aug. 22-26. The club is hosting the Sail West Regatta for young sailors during the second week of July.

For more information about the scholarships, visit www.gimliyachtclub.com. To register for a scholarship, send age, name of school (not necessary for the Community Scholarships) and contact information to gimlisailschool@hotmail.com.

Funding announced for community kitchen equipment

News release

A new program will provide funds to purchase new food processing equipment in commercial community kitchens, Agriculture, Food and Rural Development Minister Ron Kostyshyn announced recently.

"There is a thriving community of small-scale food producers and processors in Manitoba," said Kostyshyn. "We want to see entrepreneurs act on their innovative ideas and develop their food products, and accessing community-based commercial kitchens in their communities can help make this happen."

The Commercial Community Kitchen Food Enterprise program will make \$100,000 in cost-shared funding available for the purchase and installation of new equipment in eligible facilities. Commercial community kitchens must be operated by non-profit community organizations and be inspected by Manitoba Health to be eligible. The minister noted that by installing new equipment, these facilities can offer food entrepreneurs who rent space more options to develop, scale up and commercial-

ize their food products. There are more than 20 permitted commercial community kitchens throughout the province that rent space to small-scale food processors.

"New equipment will help people who already use community kitchens make their products more efficiently and on a larger scale, but it will also attract new people to come and use the space," said Chris Hornby, manager of Teulon Rockwood Centennial Centre community kitchen. "The average person doesn't have access to a commercial kitchen or equipment, and by providing this, we're increasing the amount of food being made in Manitoba that can be sold in farmers' markets and stores."

The minister noted the province is committed to increasing the value of food processing to \$5.5 billion by 2022 from its current \$4.95 billion, and small-scale food producers and processors who start and grow their businesses will play an important role in achieving this goal.

In 2014, the province established the Small Scale Food Manitoba working group to build and strengthen the small-scale food production and

processing sector. The working group highlighted the importance of bringing together small-scale producers and processors from across Manitoba to discuss the need to formally organize.

Using funding from the Canada and Manitoba governments through Growing Forward 2, a federal-provincial-territorial initiative, small-scale producers will participate in a facilitated meeting on Nov. 24. This discussion will focus on the potential need for a formal organization and determine future activities to enhance small-scale production and processing in Manitoba.

"Small-scale producers and processors provide entrepreneurial spirit and employment in their communities," said Dr. Wayne Lees, chair of Small Scale Food Manitoba Report group. "If this group decides to organize into an association, it will make it easier for producers and processors to create common policy and provide direction to make their wishes known to government and industry."

For a list of commercial community kitchens in the province visit www.gov.mb.ca/agriculture/online-resources/community-kitchens-listing.html.

Early intervention methods help young readers

By Jeff Ward

A new Reading Recovery program has been implemented across the Lakeshore School Division and is helping students get back to grade level expectations.

The program is helping teachers identify problem areas with a students reading comprehension. As a result, teachers are able to isolate problems and give targeted lessons according to the difficulties. The program is already helping Grade 1 students at Lundar Early Years and many others across the division. Reading Recovery not only helps with reading skills but also with writing skills as well, since the two are intertwined.

"You have to understand that to some of these students, these words just look like a jumbled mess of lines and squiggles," said Raya Pool, vice-principal of Lundar Early Years and the teacher leading the program at the school.

"What we have to do is help them crack the code essentially. Many of these words can be memorized. They're called sight words, but some of them are just so foreign. You have to go through and sound them out."

Pool is working with a number of students who are having a bit of trouble reading. In one particular session, a student was having trouble with the word "come." Pool isn't sure why this word is giving her student trouble, but through Reading Recovery, Pool has many tools to help with the prob-

lem.

Separating the word into its two sounds is one of them. Having the student repeat the sounds over and over again helps ingrain them into their memory.

Another option is to have the student write the words on the whiteboard. Pool has the student write the word four or five times before erasing them and then having the student rewrite the words from memory.

The interesting part for Pool as an educator is understanding why some students can see a word and have no problem reading it, and then a few minutes later, look at a word as if it's the first time they have ever seen it.

"A lot of it has to do with memory, but some of it also has to do with the words that are surrounding the word they are having trouble with. Sometimes a word can get disguised in between two other words. It's a constant evolution of vocabulary," said Pool.

Another way Pool is helping students crack the code is by having them create a sentence of their own, which gives the sentence meaning and context. This gives the student a stronger connection to those words in her brain. Pool writes down all of those words and cuts them up so that each one can be shuffled around the table. The student is then asked to assemble them in the correct order.

The first part of the sentence confuses Janke a little bit. Mom is a word she recognizes with no issue, but the



EXPRESS PHOTO BY JEFF WARD

Ashern Early Years vice-principal Raya Pool (left) assists Grade 1 student Brenda Janke with her reading.

words made and me look very similar to her and, as a result, it's hard for her to put them in the right order. She catches on quick though after Pool helps her understand the different sounds those words make.

"You never know which word is going to be the tough one. Last week, 'come' wasn't one of them, and she read it fine, but this week, it's not registering. But once I find a word that's causing trouble, I can focus on it to

help her through it," said Pool.

Pool is confident that with the Reading Recovery program, most students will be reading at grade level before the end of the year.

According to Pool, there is a point where students get to when the flood gates open and they've cracked the code. The struggle isn't as prevalent and students are able to work them out on their own.

Kids in the House get new lieutenant-governor

By Patricia Barrett

The Board of Directors of Manitoba's Youth Parliament (YP) has invited a former NDP MLA to act as lieutenant-governor for its 94th Winter Session, which will take place at the Legislature Dec. 26-30.

Clif Evans, who served Interlake constituents from 1990 to 1999, joins the ranks of other distinguished lieutenant-governor alumni, such as Stanley Knowles, Muriel Smith, Justice Murray Sinclair and Lloyd Axworthy.

"It was absolutely surprising," said the 67-year-old former MLA from Riverton, who now works as Outreach and Constituency Contact on MP Niki Ashton's team. "I feel so grateful that they would even consider me."

Evans has worked closely with YP for over 10 years, acting as liaison between its board and the Association of Former Manitoba Members of the

Legislative Assembly, on which he serves as secretary.

Evans was instrumental in creating Bear Pit sessions (question period) for participants back in 2004 when YP found itself with a few spare hours too many.

"Bev [one of Legislature's clerks] said, 'YP has an opening and they'd like to see if the former MLA's Association could do something for them,'" said Evans, who helps find former MLA's willing to participate in YP. "I said, 'Why don't we have a Bear Pit?'"

That inaugural session became the basis for the official question periods that are part of YP today. Former MLAs and MPs take questions from participants.

Youth Parliament of Manitoba is a non-profit charity that has held annual winter sessions since 1922. Youth aged 16 to 20 from across the province

get to sit in the Legislative Assembly and debate the social, political and economic issues of the day. They also have an opportunity to meet with members of the NDP, Tory and Liberal caucuses.

Although the lieutenant-governor position is traditionally reserved for former YP participants, the board felt Evans was deserving of the post.

"I speak on behalf of the entire Board of Directors when I say we could think of no better way to honour the relationship you have built with our organization over the past many years than to offer you this position," wrote Kamal Dhillon, premier (Chairperson) of Manitoba's YP, in a letter to Evans.

Dhillon has been involved with YP since she was 16. She said Evans was



Clif Evans, who served as NDP MLA for the Interlake (1990-1999), was nominated lieutenant-governor for 94th Winter Session of Youth Parliament. He will read the Speech from the Throne, attend the Bear Pit session and close Parliament.

Continued on page 20

Leader in Me program progressing well in Ashern

By Jeff Ward

Leader in Me program progressing well in Ashern
The Leader in Me program at Ashern Central School has already turned some students into strong leaders only one short year after the program was implemented.

The Leader in Me is Franklin Covey's whole school transformation process and was implemented at the school as a way to turn every student into a leader at school or at home. Ashern Central and Early Years School are just two of three schools in Manitoba to adopt the Leader in Me program.

It teaches 21st century leadership and life skills to students and creates a culture of student empowerment based on the idea that every child can be a leader.

Students are now taking control, conducting the morning announcements, organizing and leading the Remembrance Day ceremony this year and even creating a new school-wide recycling program. The Leader in Me has sent a shockwave through the school and has students stepping up to make their school a better place.

"All our students are leaders in some way," said Erika Jonasson, one of the teachers at Ashern Central in the lighthouse team. The team meets once every two weeks to discuss how the Leader in Me program is progressing.

"We are noticing a lot more leadership roles that the students are taking on. We have students who are new to the building who are seeing role models in their own peers. When we started the program



EXPRESS PHOTO SUBMITTED
Grade 11 student, Brayden Noordenbos delivers the morning announcements at Ashern Central School as part of his leadership role.

last year we picked students to take on leadership roles, but now students are taking that initiative on their own."

Jonasson is very encouraged by the transformation the school has gone through. Students are becoming stronger and more connected as a result. She said that the day to day goals of the program are to continue to find leadership goals for students and to make the school look more like a Leader in Me school by using more visual displays.

Ashern Early Years School is also participating in the program. When students move on from the K-4 school and into Ashern Central for middle school, they've already become accustomed to the concept of taking initiative and becoming the leader of their own project, or joining an existing project.

"These students are coming to our school excited and ready to be in this environment. The recycling program is run by a student in Grade 11 and another student in Grade 5, there are no age barriers or limitations to get involved as a leader," explained Jonasson.

The process of implementing the program has had no significant challenges, according to Jonasson. Teachers have adopted the program quickly and it has become ubiquitous around the school.

"There was some resistance from a few students last year, but as time goes on, they're beginning to realize that this is a good program, and that resistance has almost gone away completely," said Jonasson.

Leader in Me representatives will be making trips to the school in January and March to check in and evaluate the program, and offer any guidance if needed.

Congratulations! Black Friday in Arborg Winners

Enns Brothers - Radio Controlled Truck - *won by Karen Ciemny*
Interlake Coop - \$250 Coop gift card - *won by Donna Gislason*
- \$100 food hamper - *won by Darlene Fortin,*
- \$100 food hamper - *won by Tammy C*
- \$100 food hamper 'just for stopping in prize'
- *won by Sandra Ryden*

Nordals - Winterization Package - *won by Fred Skorpep*

Smitty's - Twin Bed - *won by Susie Eyolfson*

Arborg Home Hardware

- 7 1/4" circular saw by Makita -

won by Johanna Gudmundson

- 2 red bonjo chairs with cup holders - *won by Brent Melsted*

- Kuraidori Induction cooktop - *won by Eva Podlaski*

Chicken Chef - 4 Manitoba Moose Tickets - *won by Roland Suytla*

Arborg Hotel - 3 \$25 Gift Certificates *won by Janice Meisner,*

Roland Suytla, Delores Jacobson

TDM Sports - Jets Hat - *won by Brian Suytla*

- TDM Freezer Hat - *won by Grace Hodgson*

- Carhartt Coupon - *won by Cindy Sinclair*

Shachtay's Sales and Service - Jacket - *won by Judy Chyzy*

- Kubota Toy - *won by Lawrence Stansell*

- Tools - *won by Brian Suytla*

Arborg Pharmacy

- \$100 gift certificate - *won by Rhonda Ostertag*

- \$250 gift certificate - *won by Linda Suytla*

Arborg Nic Nacs and Flowers - \$250 gift certificate -

won by Brent Melsted

Westshore Marine - Not available

Viking Motors - Not available

> LIEUTENANT-GOVERNOR, FROM PG. 19

"the obvious choice" for the post because of his support for young people.

"I'm really happy to recognize him," said the 23-year-old premier. "It reflects his hard work and dedication to our organization."

The YP experience is invaluable, said Dhillon, who joined the organization after taking part in high school debates.

"You get to work on your public speaking skills and network with peers from all over the province," she said. "You learn about democracy and the Canadian parliamentary system."

Of course, there are rules governing conduct in the Legislature, on which participants will be briefed.

"We have a cookbook," said Dhillon, "that explains the rules of the House. And we have a speaker who explains proceedings and debates, so they get a basic idea of how it works."

Members of YP's cabinet draft the legislation participants will discuss on the floor.

This year's legislation will address the abolition of the welfare system, mandatory vaccinations, legal reform, a mandatory sexual consent course for university students, the reduction of police power and the exportation of Canada's water.

Dhillon said it's important to draw youth from rural Manitoba into debate.

"We have a bursary award for rural students to subsidize travel costs and to cover registration," she said. Students from Teulon and Thompson

have participated.

The Association of Former MLAs also helps fund the travel costs of youth who live outside Winnipeg.

On Dec. 26, Evans, as lieutenant-governor, will open YP and read the speech from the throne.

He will attend the Bear Pit session Dec. 28 and take part in meetings and receptions organized for the young parliamentarians. Last Year, the real lieutenant-governor, Philip S. Lee, hosted a reception for YP participants.

Evans said the association is still in the process of selecting this year's "Bears."

He will prorogue (close) Parliament Dec. 30.

Evans said he got "hooked on YP" when he was MLA.

"I sat in on a few sessions," said Evans, who served as Riverton's mayor for a year before he went on to represent the Interlake. "I've got kids in a political family."

Among a myriad of duties that includes Chair of the Riverton's Chamber of Commerce and Niki Ashton's Interlake contact, Evans said his continued involvement in YP is down to the participants.

"It's the youth I've met that encourages me to keep going forward," he said. "Over the years, I have met with a number of fabulous young people."

For more information about Youth Parliament, including how to register, visit www.ypmanitoba.ca.

Collegiate students help raise money for Movember

By Jeff Ward

Students who are part of the Social Justice Club at Fisher Branch Collegiate have rallied behind the Movember cause and organized a dodgeball tournament to raise money to support prostate and testicular cancer research.

Movember is an annual month-long fundraiser that benefits men's health around the world. This year, Fisher Branch Collegiate students enlisted the help of their physical education teacher Justin Charrier to help with their fundraising efforts. Charrier gracefully donated his upper lip and grew out a moustache to bring awareness to the Movember cause. The moustache is the primary way Movember spreads awareness of men's health issues. This year the Social Justice Committee took on the challenge at the beginning of the month and arranged two dodgeball games, at a cost of \$2 per student, and raised approximately \$200.

"I'm kind of representing our school for Movember, so I guess I'm the face

of our fundraising," said Charrier, who normally sports a full beard, but shaved at the beginning of the month for Movember.

"Last year, we did a pie throw and students were able to buy pies to throw at my face. This year, students wanted to organize a dodgeball tournament. Our student population has always been very supportive of events like these."

Last year, the school raised \$150 with all monies being donated to the Movember Foundation.

According to Prostate Cancer Canada, prostate cancer is the most commonly diagnosed cancer among Canadian men. In 2015, an estimated 24,000 Canadian men will be diagnosed with the disease and more than 4,000 will die because of it.

The donations raised by students at Fisher Branch Collegiate will go directly to the Movember Foundation. Those donations will then be used to fund men's health programs around the country like Prostate Cancer Canada.



EXPRESS PHOTO SUBMITTED

Students from the Social Justice Club at Fisher Branch Collegiate have raised nearly \$200 this year for Movember after they organized two successful student dodgeball tournaments. Pictured, front row (left to right): KP Javier, Laine Vandersteen, Jessica Truthwait. Centre row: Hailey Stevenson, Cassidy Wallach, Taylor Bjarnason-Caldwell, Karmyn Hamrlik. Back row:) Kate Letexier, Cassidy Webb, Arik Lindal, Nikey Dillon, Jaden Kochan.

The ConneXion offers a helping hand

By Patricia Barrett

The ConneXion, an Arborg church affiliated with the Evangelical Mennonite Conference, is holding a public meeting Dec. 3 to provide information about how the community can help support a refugee family.

The church wants to partner with anyone willing to help in whatever way they can. That help can entail monetary donations, the provision of household goods or a job offer.

"They'll need a lot of support when they get here," said Trudy Dueck, who sits on the committee dedicated to helping refugees. This is the first time the ConneXion has been involved in sponsoring a refugee family to Arborg.

It has partnered with the Mennonite Central Committee of Canada, which matches churches and other charitable groups with refugees.

"It's hard having no support structure, trying to find a job and learn the language," said Dueck. "We want them to come here and feel part of the community."

The church will need to raise about \$27,000 to support a four-person family for a year, said Dueck. That would go towards their housing, transporta-

tion and utility costs.

"It's a steep learning curve for us," she said, "but hopefully we can make a difference in people's lives."

Finding appropriate housing is the biggest challenge, she said.

"We have to make sure it's not out of their price range, so if they decide to stay after a year and they find a job, they'll be able to afford it."

On the other hand, the church doesn't want to situate a family in substandard housing.

The church will also help refugees deal with a number of other challenges they'll face in a new country.

"We'll teach them what it means to maintain a house in Canada — especially in the winter," said Dueck, "and maybe money-management."

It will also help them find a job in the community and provide them with access to language instruction.

She said she has had positive feedback to the initiative.

"There is a lot of generosity around here," said Dueck. "Arborg is a welcoming place."

The information session will be held Dec. 3 at 7:30 p.m. at the ConneXion, 342 First Ave. in Arborg.

Holiday Schedule

EXPRESS
WEEKLY NEWS

December 17th	Christmas Greetings Edition
Greeting Deadline – December 7th, 4 pm Regular Paper Deadline – December 14th, 4 pm	
December 24th	Boxing Week Edition
Display Ads, Classified Ads or Announcements EARLY Deadline – December 16th, 6 pm	
December 31st	First Edition of the Year
Display Ads, Classified Ads or Announcements EARLY Deadline – December 18th, 5 pm	

Happy Holidays!

Offices will be closed
December 22nd
through January 1st.
Offices will reopen
Monday, January 4th

By Brian Bowman

The former Lundar brother duo led their Ft. Rouge Curling Club rink to the finals of the Travelers Curling Club Championship last Saturday in Ottawa.

"I thought we battled back pretty well," said Tyler Drews, 26, Tuesday afternoon. "We came back to within one and had a chance to tie it up."

"We just came out flat in the first couple of ends of the final," said third Josh Drews, 27, joined on the team by second Daryl Evans and lead Jake Zelenewich. "We just built too big of a hole to get out of."

Symonds threw a big-weight double to force Manitoba into a lone point in the seventh end. Manitoba applied pressure in the eighth, leaving Newfoundland and Labrador a quiet-weight inturn hit-and-stick for the



EXPRESS SUBMITTED PHOTO

After a 5-1 record and a first-place in their division, the Ft. Rouge Curling Club's (pictured left to right) Tyler Drews, joined by Joshua Drews, Daryl Evans, and Jake Zelenewich, came up a little short in the gold-medal game in the Travelers Curling Club Championship in Ottawa last Saturday.

After a first-game loss, Drews' rink got red-hot, reeling off six consecu-

tive wins to reach the finals. Tyler said it was a lot of fun getting on that hot streak.

"We had a first-round bye so we had a little bit of a disadvantage in the first game," added Josh. "Other teams got to play on the ice, so unfortunately in our first game, we lost."

"We were just a little late to catch onto the ice but after that we got into our rhythm and played our game. And things turned out well for us."

It was the seventh Travelers Curling Club Championship (formerly The Dominion) for Canada's top club curlers, which excludes players who have played at the Tim Hortons Brier, Scotties Tournament of Hearts, Canadian seniors or juniors the past four years.

The national event is considered the top amateur curling tournament in the country. Elite curlers from across the country had an opportunity to meet on a social level after the games.

"The atmosphere was friendly and sociable between games," Tyler said. "Teams sat down and had a drink with each other after the game. We were all

there for the competition but it never felt like there was too much focus on that part."

Josh said competing for a national title was a pretty cool experience.

"From the get-go, you get into your hotel room and your jacket is laying there on your bed with your name and provincial crest on it," he recalled. "Every curler strives to wear that crest, so that was emotional on its own just getting your jacket."

"Then it sinks in during the game that you're playing for a national championship."

Josh thought the idea of the Travelers Curling Club Championship is a great one for the sport.

"Curling has gotten so competitive and its borderline professional with all of the guys that play on T.V.," he noted. "And then you have your everyday guy that goes to work from 9 to 5 and then goes and plays a game of curling at night."

"This was our Brier – we strive for this."

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Portage Terriers	28	23	4	1	47	111	58
Winkler Flyers	26	20	4	2	42	114	58
Steinbach Pistons	27	19	6	2	40	110	68
Virden Oil Capitals	26	17	9	0	34	97	58
Winnipeg Blues	28	14	9	5	33	103	79
OCN Blizzard	29	12	15	2	26	86	105
Swan Valley Stampeders	28	10	15	3	23	76	96
Dauphin Kings	24	10	13	1	21	80	98
Selkirk Steelers	25	9	14	2	20	91	115
Waywayseccappo Wolverines	26	7	15	4	18	70	107
Neepawa Natives	27	6	21	0	12	52	148
KEystone HOCKEY LEAGUE							
South Division	GP	W	L	OTL	PTS	GF	GA
Selkirk Fishermen	15	11	4	0	22	60	39
St. Malo Warriors	15	10	3	2	22	69	55
Lundar Falcons	16	10	5	1	21	78	60
Arborg Ice Dawgs	16	7	8	1	15	73	68
North Winnipeg Satellites	17	4	13	0	8	55	84
MANITOBA SENIOR HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Gimli	3	3	0	0	6	25	4
Stonewall	3	2	1	0	4	17	16
Lac du Bonnet	5	2	3	0	4	30	23
Beausejour	4	2	2	0	4	20	25
Lakeside	3	0	3	0	0	5	29
AAA MIDGET HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Eastman	23	22	0	0	45	119	36
Wild	20	17	2	0	35	77	27
Yellowhead	20	13	4	0	29	66	45
Thrashers	20	13	6	1	27	87	47
Central Plains	20	10	6	1	24	65	58

Brandon	19	10	8	0	21	55	49
Kenora	20	9	10	1	19	62	77
Southwest	19	8	9	1	18	67	69
Parkland	20	7	11	0	16	62	85
Interlake	20	6	14	0	12	46	86
Pembina Valley	20	4	15	1	9	39	95
Norman	23	3	19	1	7	61	132
AAA CITY MIDGET							
HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Warriors - CM	16	11	5	0	22	65	38
Winnipeg Hawks - CM	17	9	6	1	20	75	62
Eastman Selects - CM	16	8	7	0	17	48	49
Winnipeg Monarchs - CM	10	8	2	0	16	59	29
Winnipeg Sharks - CM	13	5	5	2	13	49	53
Interlake Lightning - CM	14	0	13	0	1	23	88
Yellowhead Chiefs - CM	0	0	0	0	0	0	0
Parkland Rangers - CM	0	0	0	0	0	0	0
AAA BANTAM							
HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs - B1	16	16	0	0	32	101	30
Winnipeg Warriors - B1	14	11	2	0	23	99	27
Eastman Selects - B1	15	7	6	1	16	62	55
Winnipeg Sharks - B1	14	6	6	2	14	53	67
Winnipeg Hawks - B1	15	6	8	1	13	50	49
Interlake Lightning - B1	14	1	13	0	2	23	92
MANITOBA FEMALE MIDGET AAA							
HOCKEY LEAGUE	GP	W	L	T	OTW	OTL	Pts
Westman Wildcats	14	9	2	-	-	3	21
Yellowhead Chiefs	10	8	-	-	1	1	19
Central Plains	12	7	2	-	2	1	19
PV Hawks	12	7	3	-	2	-	18
Winnipeg Avros	15	5	5	-	3	2	18
Eastman Selects	11	4	6	-	-	1	9
Norman Wild	14	2	12	-	-	-	4
Interlake Lightning	12	-	12	-	-	-	-
STATS AS OF TUESDAY, Dec. 1							

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wolves blast Blues at home in MSHL action

By Brian Bowman

The Gimli Wolves improved their Manitoba Senior Hockey League record to 3-0 after an impressive 8-0 home victory over the Lac du Bonnet Blues last Friday.

Gimli, which held period leads of 1-0 and 5-0, received two goals apiece from Jared Morris and Wes Pawluk.

Trent Genyk, Travis Davidson, Ryan Seekings, and Brock Genyk also scored for Gimli. Trent Genyk, Brock Genyk and Pawluk each finished the game with four points.

Brett Gagnon earned the shutout.

Gimli will visit the Lakeside Phantoms in St. Laurent this Friday for an 8 p.m. contest.

Lakeside was also in action last Friday, losing 6-3 to the Beausejour Beavers.

Wyatt Lavallee scored a second-period goal for Lakeside while Troy Kaartinent and Tyler Medeiros tallied in the third.

Chris Stelmack led Beausejour with a goal and four assists while Steve Crampton added two goals and two assists. Trevor Mahoney, Richard Enns and Blake Bonnie also tallied for the Beavers.

With the loss, Lakeside is now 0-3 on the season. Beausejour is 2-2.



The Wolves' Jared Morris (right) races for the puck during Gimli's 8-0 victory over the Lac du Bonnet Blues Friday night.



Trent Genyk (left) finished the game against the Lac du Bonnet Blues with four points.

EXPRESS PHOTOS BY LANA MEIER

Lightning losing streak reaches eight games

By Brian Bowman

The Interlake Lightning's Manitoba AAA Midget Hockey League losing streak has now reached eight games.

Interlake lost 3-2 to the Brandon Wheat Kings Saturday evening and then 6-4 to the Parkland Rangers on Sunday. Both games were played in Teulon.

In the loss to Parkland, the Rangers built period leads of 3-0 and 5-0 but the Interlake made the game interesting with four goals in an 11:29 span in the third period.

Sean Loutit, James Maxwell, Riley Vautour and Jordan Kristjanson scored for the Lightning. Arborg's Kristjanson leads the Interlake in goals scored (11) and points (17) this season.

Parkland's Bradyn Smelski iced the win with an empty-net goal with 41 seconds left in the third.

Smelski opened the game's scoring

with a pair of goals while Darian Boychuk, Lane Kirk and Riese Gaber also scored for the Rangers.

Parkland outshot the Interlake 53-26, including 18-2 in the middle frame.

In the Lightning's loss to Brandon, Jaymes Knee and Carson Ransom scored first-period goal for the Wheat Kings while Brendan Kokorudz netted the eventual game winner at 19:47 of the second period.

Noah Basarab scored for the Lightning in the second period while Kristjanson potted a power-play goal in the third.

The Lightning will hope a change of scenery will result in a win or two as the club travels east this weekend for a pair of road games against the Kenora Thistles.

Interlake's next home game is Dec. 11 when the Eastman Selects visit Teulon.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Jack Einarson heads up the ice before taking a shot on the Brandon Wheat Kings' goalie in his team's 3-2 loss Saturday night.

Goals aplenty in KJHL last weekend

By Brian Bowman

No one can ever say that the Keystone Junior Hockey League is boring.

The local Junior "B" league continues to see plenty of goals scored in its games on a weekly basis.

Last Sunday, the Fisher River Hawks lost 14-8 to the Cross Lake Islanders as the two teams combined for 132 shots.

Tied at 5-5 in the third, Cross Lake scored nine goals — including six straight to begin the period — to secure the wild win.

Johnny Bealieu, Darryl Thaddeux, and Wyatt McCorrister each scored twice for Fisher River while Tyler McKay and Brent Sutherland also tallied.

On Saturday evening, the Hawks flew past the last-place Norway House

North Stars 9-2.

Leading 3-2 late in the second period, Fisher River broke the game wide open with six unanswered goals.

Tyler Kemball (two), Todd Maytwayshing, Larry Traverse, Arnie Mason, McCorrister, Evan Thickfoot, Johnny Bealieu and Thaddeux scored for Fisher River.

Thickfoot also had four assists while Martin Swan added three helpers.

Jarrett Hogue made 35 saves for the win.

The Peguis Juniors and Lundar Falcons were also in action last Saturday, both suffering losses.

Peguis was defeated 8-2 by the OCN Storm as Harold Linklater and Jesse Flett scored in the losing cause.

Lundar, meanwhile, was knocked off 5-3 at home by the North Winnipeg



EXPRESS PHOTO BY LANA MEIER

Lundar's Bryce Horning (left) continues to lead the KJHL with 41 points after scoring twice during the Falcons 7-3 win over the North Winnipeg Satellites Nov. 24.



EXPRESS PHOTO BY BRETT MITCHELL

The Juniors' Tyler Woodhouse goes for the puck during Peguis' 2-1 overtime loss against the Fishermen on Nov. 24.

Satellites.

Aldyn Gray and Cody Paul scored first-period goals for the Falcons while Mason Medeiros tallied late in the middle frame.

On Friday, Lundar beat the Arborg Ice Dawgs 10-3.

Bryce Horning, Storm Swan, and Jason Nikkel each scored twice for Lundar. Drake Zimmerman, Cody Paul, Medeiros and Bryon Spence also scored for the Falcons while Travis Rigden made 29 saves for the win.

Colton Davies and Spencer Kilbrei scored power-play goals for Arborg. Clint Torfason added an even-strength goal in the second period.

Peguis was also in action last Friday, getting shut out 4-0 by St. Malo.

Arborg visited Selkirk this past Tuesday while Peguis played at Fisher River on Wednesday but no scores from either game were available at press time.

Lundar will host Selkirk this Friday and then will battle the Ice Dawgs Saturday in Arborg.

Fisher River, meanwhile, will travel north to play Cross Lake Saturday and Norway House on Sunday.

The Juniors will play a pair of games this weekend in OCN against the Storm.

Fitness funding offered to physical activity leaders

Submitted

The Physical Activity Leadership (PAL) Committee recently expanded its offering of the leadership training bursary program to the entire Interlake-Eastern region. This bursary program provides funding assistance to those seeking to become certified physical activity leaders so they can offer physical activity programs in their communities.

Examples of those eligible to apply for this bursary would include fitness leaders, swim instructors and sport coaches.

"This bursary program gives those individuals wanting to take the leap into a new field a good start and sup-

port to begin their new journey," says Shelly Stumph Edbom, who is certified as a group fitness leader through the PAL program. "It's especially important because physical activity brings a community together."

"We direct the younger people who would like to become swim instructors to the bursary program because it helps offset the costs of the three courses necessary to obtain that certification," says Tom Chwaliboga, recreational director for Arborg Bifrost Community Centre. "The more instructors that can be certified, the more swimming activities we can offer our community."

Diabetes, arthritis, cancer and heart

disease are all illnesses that put a great deal of stress on the Manitoba health-care system, and physical inactivity is one of the major factors that lead to a patient being diagnosed with a chronic disease. Programs like this increase the number of physical activity options in rural areas and contribute to healthier communities.

The PAL committee is made up of a team of multi-disciplinary members who review the leadership training bursary applications from prospective leaders in the region. Applicants can apply to have their expenses such as course registration fees and mileage to attend the training session(s) covered up to a maximum of \$500

per year. Applicants understand that there is a commitment to offer programs as a leader within the Interlake-Eastern Regional Health Authority geographic boundary for a minimum of one year upon receipt of their bursary. Applications are accepted on an on-going basis and are reviewed by the committee monthly.

Interested applicants can visit www.ierha.ca and click "Care in Your Community" and "Community Wellness Team" and "Funding, Grants & Bursaries" or by phoning the Interlake-Eastern RHA Community Wellness Team, toll-free at 1-877-979-9355 or emailing wellness@ierha.ca.

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Skill Requirements:

- Applicants must possess a minimum Class 5 valid Driver's License.
- Must have experience in the operation of grader/snowplow.
- Maintain and service equipment and perform minor repairs.
- Receive direction and follow instruction

This is a full time position which may also require some evening and weekend hours. The RM of West Interlake offers a competitive salary with a complete benefits package.

Please forward resumes on or before 4:30 pm, December 4th, 2015 to:

R.M. of West Interlake
Box 370, 38 Main Street
Ashern, Manitoba R0C 0E0
Fax: 204-768-2301
Ph: 204-768-2641
email: cao@rmofwestinterlake.com

We thank all applicants, however, only those selected for an interview will be contacted.

FARMERS & RANCHERS

Plan to attend the Bred Cow sale

Saturday, December 12, 2015 at 1:00 p.m.

Ashern Auction Mart

There will be 2 separate lots sold:

Group 1 Herd Reduction consists of:

- Black Angus Cows & Heifers
- 25 Black Heifers bred Black Angus (birth weight 68 lbs)
- 25 - 2 year olds coming w/second calf
- 25 - 3 year olds • 32 - 4 year olds
- 8 - 5 year olds • 3 Cow/calf pairs
- Bulls turned out on June 1.

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For more info call:

Richard or Roseanne at (204) 767-2204

Group 2 consists of:

- 120 Red & Black Angus cows - Average age 4 to 7 years
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- 52 Red & Black Heifers - bred Black Angus (birth weight 82 lbs)
- All cows & heifers on full health program. Bull turned out June 5
- For more info call:
- John at (204) 364-2377 or Cell (204) 378-0174

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License #1128

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

6	7	8	9	2	1	7		
9	2	9	2	4	1	8	6	8
1	2	8	6	8	2	9	9	4
9	8	7	8	6	2	2	9	1
2	9	1	2	8	7	9	8	6
2	8	6	9	1	9	7	8	2
8	6	2	9	2	8	1	7	9
8	1	9	7	2	6	8	2	9
7	9	2	1	9	8	6	2	8

Sudoku Answer

S	O	N	O	T	O	H		
E	N	I	O	I	O	E		
I	I	A						
S	W	S	I					
R	E	S	R	V				
O	N	I	R	L	U	E	N	
E	K	V	L	S	E	H	L	E
S	E	T	V					
D	V	L	O					
O	R	E	V					
E	O	I	O	A				
N	O	H	Z					
O	T							

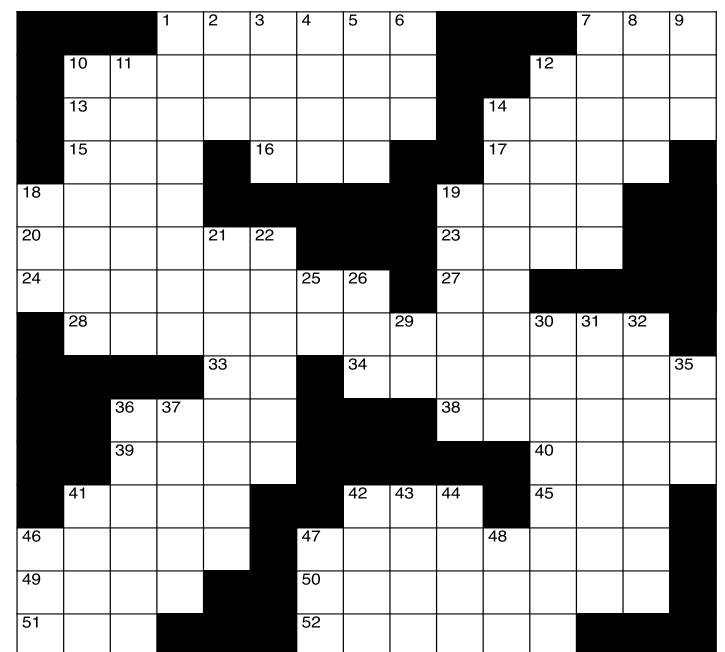
Crossword Answer



CROSSWORD

CLUES ACROSS

- Red wine
- Best nurse-patient aid
- Footwear closure
- Chinese dynasty 1122-221 BC
- Persuade to one's side
- Advocate
- Mandela's party
- A woolen cap of Scottish origin
- About aviation
- Shallowest of the Greats
- Sheathe
- Frightened
- Brews
- Relates
- Atomic #52
- Up the ante
- The "Kings's" initials
- Lepton
- Cornmeal mush (British)
- One who analyzes syntactically
- Algonquian tribe
- Systems, doctrines, theories
- Herb __, San Francisco columnist
- Informed about the latest trends
- Seven
- Morocco's capital
- What a doctor practices
- Beaks
- In a way, extends
- A number or amount not specified
- Gambling



CLUES DOWN

- Composition for orchestra and soloists
- Bulgarian monetary unit
- Settled upon
- Common frog genus
- Electronic counter-countermeasures
- Golf ball supporter
- Divided into 3
- Crazy (Spanish)
- Billiards stick
- More deficient
- Solomon Islands capital
- Larval crabs
- Malta capital
- Clairvoyance
- Tomato condiment
- Alleviation
- French seaport
- New Testament
- Shortened (abbr.)
- Employee (abbr.)
- Opposite of leaving
- Lip locking
- Foes
- Many not ands
- Covered with healing scrapes
- Regions
- Abel's brother (Bible)
- Greek Queen of the gods
- Esau's descendants (Bible)
- Canarium ovatum
- Ribonucleic acid
- Gas usage measurement
- An oppositional argument

Announcements

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OBITUARY



Annie Laurie Tomalty February 18, 1941 – November 26, 2015

On November 26, 2015, Annie Laurie Tomalty (née Burk) passed away peacefully with family at her side at the St. Boniface Hospital.

Annie Laurie lived in Gimli, Manitoba for the past 39 years, previously residing in Quebec. Beloved wife of Nelson Tomalty and loving mother of Laurie (Jim), Ed (Beth), Kathleen (Dave), and Bonnie (Tim). Proud grandmother of Christopher, Conner, Addison, Ally, Tristan, Nicholas, Bailey, Emma, and Aislinn. Sister-in-law of Kenneth (Wilda) Tomalty of Pembroke, ON. Daughter of the late Ernest Burk and Annie Silverson of Lachute, QC. Predeceased by sisters Alida (Witham), Elizabeth (McElroy) and Margaret (Gordon).

Funeral service was held Tuesday, December 1, 2015 at 11:00 a.m. at Gilbert Funeral Home (50-1st Ave. Gimli).

In lieu of flowers, donations may be made to the St. Boniface Hospital, Intensive Care Medical Unit (ICMU).

Gilbert Funeral Home, Gimli
in care of arrangements
www.gilbertfuneralhome.com

OBITUARY

William Phillip Peltz (Bill)

It is with great sadness that we announce the sudden passing of Bill on Friday, November 27 in Surrey, B.C.

Bill is survived by his loving wife Tracey, son Keegan (Ashley), daughter Ashley (Derek), grandson Lachlan Kace Anderson, brother Mark (Lisa), sister Nicole (Ben, Robyn, Ray, Wayne, Rylan), son of Ed and Mina Peltz, nephews Jason and Ryan, in-laws George and Pat Watson, Rob (Laura, Chloe, Calum), Geordie (Fil, Jordon and Jason) and Bill's loyal companions Sadie and Copper. Bill was predeceased by brother Robert.

In lieu of flowers, donations can be made to the Interlake Eastern Regional Health Authority/Crisis Stabilization Unit, 233A Main St., Selkirk, Mb. R1A 1S1.

A longer obituary will follow.

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COMING EVENTS

Brandon Gun & Collectibles Show. Sat., Dec 12, 10 a.m. to 5 p.m. & Sun., Dec 13, 10 a.m. to 4 p.m. Keystone Centre. Buy, sell, trade. Call 204-725-4363.

MUSICAL INSTRUCITON

Music lessons for all ages. Fiddle, piano, mandolin and guitar. Call between 5-9 p.m. Ph. 204-481-0189.

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LIVESTOCK

For sale - Jersey cow, milking. Phone 1-204-278-3504.

POTATOES FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

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Quantity of John Deere net wrapped bales of alfalfa hay and grass hay suitable for beef cattle; round bales of second cut alfalfa; round bales of wheat straw; small square bales of wheat straw. Call 204-375-6622.

1st cut and 2nd cut round bales alfalfa, brome, timothy. Call Bob 204-327-6515, cell. 204-280-0334.

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> MEAL IDEAS

Easy chicken biryani



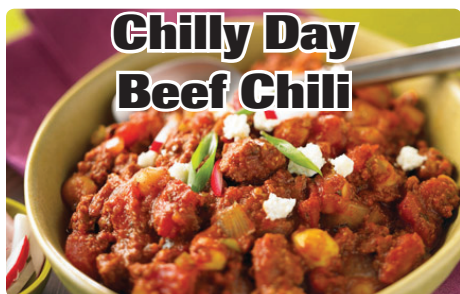
Ingredients
 2 tbsp (25 mL) canola oil
 1 cup (250 mL) finely chopped onion
 2 cloves garlic, minced
 2 tbsp (25 mL) finely grated fresh ginger
 1/2 tbsp (7 mL) ground cumin
 1/2 tbsp (7 mL) ground coriander
 3/4 tsp (4 mL) ground turmeric
 1/2 tsp (2 mL) ground cardamom
 3 whole cloves
 1 cinnamon stick

1 2/3 cup (400 mL) basmati rice, well rinsed
 1 lb (500 g) chicken breast, cut into strips
 1/3 cup (75 mL) plain, non-fat Greek yogurt
 2 fresh tomatoes, diced
 3 cups (750 mL) low sodium chicken broth
 fresh cilantro for garnish
Directions

In saucepan, heat canola oil over medium-high heat and sauté onion, garlic, ginger, cumin, coriander, turmeric, cardamom, cloves and cinnamon for 2 minutes to bring out flavours.

Stirring constantly, add rice, chicken, yogurt, tomato and broth; cover and simmer over medium heat 15 minutes or until rice is tender, chicken is cooked through and liquid is absorbed. Remove from stove and let stand 5 minutes.

Garnish with cilantro and serve.



Chilly Day Beef Chili
Ingredients
 2 1/2 pounds boneless beef chuck or round, cut into 1/2-inch pieces
 2 cans (15 1/2 ounces each) black beans, rinsed, drained
 1 can (15 1/2 ounces) chili-style tomato sauce with diced tomatoes
 1 medium onion, chopped

2 teaspoons chili powder
 1 teaspoon salt
 1 teaspoon ground cumin
 1/2 teaspoon pepper
 1 cup prepared thick-and-chunky salsa

Optional toppings:
 Shredded Cheddar cheese
 Diced red onion
 Diced green onion
 Diced avocado
 Dairy sour cream
Preparation

Combine all ingredients except salsa and toppings in 4 1/2 to 5 1/2-quart slow cooker; mix well. Cover and cook on HIGH 5 1/2 to 6 hours, or on LOW 8-9 hours, or until beef is tender. (No



Irish Soda Bread
Ingredients
 2 1/2 cups flour
 1/2 cup sugar
 2 teaspoons caraway seed
 1 1/2 teaspoons baking powder
 1/2 teaspoon baking soda
 1 teaspoon cinnamon, ground
 1/2 teaspoon salt
 1/2 cup raisins or currants
 1 1/4 cups buttermilk

2 eggs
 1/2 teaspoon pure vanilla extract
Preparation
 Preheat oven to 350°F. Lightly grease 9-inch round cake pan.

Mix flour, sugar, caraway seed, baking powder, baking soda, cinnamon and salt in large bowl. Stir in raisins. Mix buttermilk, eggs and vanilla in medium bowl; stir into dry ingredients. Spread in prepared pan.

Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely on wire rack.

Serves 16 servings

Should children witness their parents cry?

By Gwen Randall-Young

"Comfort in expressing your emotions will allow you to share the best of yourself with others, but not being able to control your emotions will reveal your worst."

~ Bryant H. McGill

Is it bad for children to see their parents cry? Well, that depends. Some parents believe that children should be protected from any show of parental emotions. The problem with this is that then the child may feel weird about his or her own feelings. Children learn what they see, and it won't take them long to think that the appropriate way to deal with feelings is to hide them. They may end up in therapy twenty years later trying to deal with all the feelings they buried over the years.

A distinction is necessary between the healthy expression of emotions, and unhealthy expression. There is nothing wrong with allowing children to see the healthy expression of emotion. What is crucial is that they also witness the healthy resolution of those emotions.

If they see us cry because our best friend is moving away, they learn about love and the pain of separation. If they then hear us say that we will still maintain the friendship through letters, phone calls and visits, and will develop new friendships, then they learn to survive difficult emotions. If Mom and Dad have a disagreement, and Mom has some tears, that's okay, as long as she explains that this is normal for couples. She can explain that Mom and Dad will work it out, and things will be fine. If she says nothing, so the child feels that Dad was mean to her and that's all there was to it, it's a different matter.

Of course out-of-control anger, or any type of abuse is also a different matter. These are unhealthy expressions of emotions, and it is better that no one, especially children, be exposed to these.

Being strong for our children does not mean being stoic and always pretending everything is okay. The reality is that sometimes things are not okay. Children sense this anyway, so we might as well be open. To completely fall apart as though the sky is falling, or to use our children to lean on in times of emotional crisis is not healthy. We can reassure them that even though things are not okay, WE will be okay.

The strong parent is not the one for whom nothing ever goes wrong, it is the one who is confident that he or she can deal with whatever comes along. The child who sees a parent crumble a little, but then regain strength and composure learns a valuable lesson. The child who never sees this has no model for overcoming strong emotions. Further, they may consider themselves weak or abnormal because they have emotions.

We cannot protect our children indefinitely from the realities of life. More than any other skill, humans need to refine the way in which they deal with emotions. If we don't begin to learn these skills ourselves, and to model them for our children, the evolutionary processes remain stuck. Children need real people dealing with real life to learn not only to survive in an ever more complex world, but to truly thrive.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

stirring is necessary during cooking.)

Just before serving, stir in salsa; cook 2-3 minutes or until heated through. Serve with toppings, as desired.

Total Time 6 1/2 hours Low

Total Time 9 1/2 hours High

Serves 6-8

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