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THE EXPRESS

VOLUME 3 EDITION 49 THURSDAY, DECEMBER 8, 2016

WEEKLY NEWS

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Songs and sounds of Christmas



EXPRESS PHOTO BY PATRICIA BARRETT

Students from Winnipeg Beach School took part in the town's annual Christmas on the Bandstand celebration last Friday evening by singing a number of popular carols. See story pg. 13.

Gimli fishers defend their ground

By Patricia Barrett

Gimli and area fishers wrangled with a mediation company that was hired by the provincial government to tout the benefits of the open market it intends to cast fishers into next year.

If any of the 40 or so fishers were in favour of the Conservatives' plan to opt out of the federally run Freshwater Fish Marketing Corporation, they did not make a public declaration during a two-and-a-half-hour meeting Dec. 1 at the Waterfront Centre when fisheries envoys Gerry Friesen and Perry Mohr from Signature Mediation took to the floor.

But those concerned about fish companies negatively affecting fishers' wages and small fishers' ability to sustain a viable operation certainly made their voices heard.

"Fifty years ago our fishermen were living in tin shacks and had a hard time paying their hydro

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Gimli fishers defend their ground at fisheries envoy meeting

Continued from page 1

bills," said long-time Lake Winnipeg fisher Brent Matechuk, referring to the gouging of fishers by fish companies before the advent of Freshwater in 1969 and the stabilization of the industry. "Us guys under the FFMC are now living in half-million-dollar houses and we don't have any trouble paying our hydro bills. That's the difference. And that history proves my point."

It became clear that the envoys did not come to consult with fishers per se but to break down opposition to the government's plan.

After an hour and a half of heated debate, Mohr admitted they were hired guns required to tell the province what it wants to hear:

"We've been given a job," said Mohr. "And I'll be honest with you ... when I got hired, one the people that hired me, I said to him, 'What if I come back to you and tell you this is the worst idea in the world?' He said, 'That's not a viable option because the province has already made the decision.'"

How much the government is paying Signature Mediation to conduct meetings with fishers across the province is unknown. A spokesperson for Sustainable Development said that may be "proprietary information" and provided nothing further by press time.

It's unclear what percentage of Manitoba's commercial fishers had asked the government to cut ties with Freshwater or whether the government had considered holding a referendum before announcing its intent to opt out next year.

Kris Isfeld, fisher and spokesperson for Lake Winnipeg fishers, questioned Mohr's upbeat forecast (job creation, better prices than FFMC's, etc.) for fishers in an open market system, catching him off guard a number of times with fishery questions to which Mohr had no answer.

"Please research pre-1970," said Isfeld.

Lake Winnipeg fisher Ray Isfeld voiced his opinion on what the provincial opt-out could mean to fishers'

wages if private companies get the upper hand and drive Freshwater out of the game.

"So the Freshwater board will say it's \$2 a pound for pickerel," he said. "The private guys come and pay \$2.50. Freshwater board goes belly up. The private guys come in and they pay \$1.50."

Mohr's personal success transitioning his Manitoba Pork Marketing company to the open market was discounted by fishers. He and fellow envoy Gerry Friesen used to work in the hog industry at the time the then Conservative government enacted a change in legislation (1996) that saw the industry move from single-desk marketing to dual marketing.

Kris Isfeld asked Mohr how many Manitoba pork producers there were in 1994 before dual-marketing and how many remain today.

Mohr said there was a decline.

According to the Census of Agriculture, hog farms steadily declined between 2006 and 2011, from 1,188 to 590. Mostly small farms were affected.

A 2015 Manitoba Pig and Pork Industry study prepared for the University of Manitoba shows that number has declined to 550.

Mohr said based on the numbers of phone calls [unspecified] he has received from the Gimli region, there is "a tremendous amount of optimism."

Isfeld disagreed, saying fishers are "very split" on the viability of the open market. "You guys are saying, 'Here's the potential plus side.' Is the next part of your presentation about the potential negatives?"

Mohr agreed there may be some downsides to open marketing such as "additional costs to the system" and "some inefficiencies," but that there will be no shortage of companies wanting to buy their fish.

"If FFMC was paying you guys the best price in the world," said Mohr, "I don't think all of these buyers would be coming in here looking at this as an opportunity."

Isfeld asked Mohr how he knows what the best price in the world is because "you just said there is no known



Lake Winnipeg fisher Kris Isfeld went head-to-head with fishery envoy Perry Mohr over dozens of points.

price out there for pickerel or for whitefish."

Mohr said a politician told him that fish prices will increase. At the same time, he said fishers' wages are of no concern to fish companies, only their own profits.

"Two or three times is what one of the politicians told us that you guys are going to get paid," said Mohr. "I heard the same thing in the hog industry, and my knee-jerk reaction to that is, 'If it's too good to be true, it probably is.' ... There are people ... looking at the Manitoba situation as an opportunity to come in and make money. All of these companies that are going to build here ... are in it to make money. They're not looking at this to make the fishers more money. At the end of the day that might be one of the side effects, but they're in it to make money for themselves."

Lake Winnipeg fisher Chris Kristjanson broached the issue of potential regulatory changes to fishers' quotas.

"I really want to hear more what the province says that they want to do with the rules and regulations of my quota," he said. "... I want to know now what my quotas, my family's quotas and my kids' quotas are worth, and what they're going to be worth on the decisions that the province makes."

Mohr said if he came to this meeting to find that out, he's at the "wrong meeting." But in his opinion, quotas would likely increase in value.

Kristjanson said he'd "pass on that optimism."

Other issues such as the provincial role in price reporting, sales tracking, dealer licences, quota monitoring, index netting, export permits and eco-



EXPRESS PHOTOS BY PATRICIA BARRETT What was billed as a consultation turned out to be a promotion of the Conservative government's plan to opt out of the Freshwater Fish Marketing Corporation after fisheries envoy Perry Mohr said he was hired to deliver what the government wants to hear.



Lake Winnipeg fisher Chris Kristjanson wanted to know if potential regulatory changes will change his and his family's quotas.



Former Interlake MLA Clif Evans, left, and Lake Winnipeg fisher Ivan Grimolfson. Grimolfson said he'll quit the fishery if FFMC folds.

certification gave rise to more heated debate but no answers as to what will happen.

Continued on page 4

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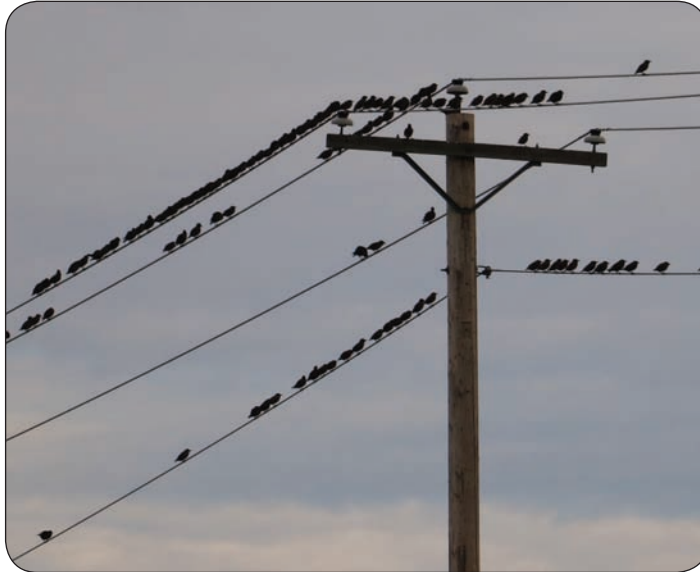
THE EXPRESS
WEEKLY NEWS

Counting on the birds to lend science a hand



EXPRESS PHOTO BY JOANNE SMITH

This black-capped chickadee was heard before it was spotted perching in a tree in Fisher Branch.



EXPRESS PHOTO BY PATRICIA BARRETT

Birds mass on a telephone pole near Arborg. The annual Christmas Bird Count in various regions of the province provides scientists with invaluable data about population trends and habitat health.

By Patricia Barrett

Organizers of the Gimli and the Hodgson Christmas Bird Count (CBC) events are inviting bird lovers to buff their binoculars and break out their notepads in preparation for upcoming counts.

Bonnie Chartier and Joanne Smith will be marshalling teams of citizen scientists to count our feathered friends.

Chartier, who has organized the Gimli CBC for the past 16 years, is inviting birders to contact her before the count gets underway so that she can determine their level of expertise and assign them specific routes.

"I've got to make sure that whoever is going out there is going to be able to identify what they're looking at and not ... get lost," she laughed.

Manitoba holds a number of annual counts. Each area consists of a 24-kilometre wide circle that encompasses towns or cities.

The Gimli CBC take in the Fraserwood, Gimli, Winnipeg Beach and Camp Morton areas.

The CBC in North America started in 1900 and is the longest running citizen science project. Counts occur in over 2,000 localities, according to the Bird Studies Canada website.

Every year between Dec. 14 and Jan. 5, people head into the bush and onto highways and back roads to record bird species and numbers. The information is then entered into a database and used by scientists.

Chartier will meet her volunteers in the Gimli Sobey's parking lot to brief them on their assignments.

"I'll come there with maps and ... show people the routes."

After the count, Chartier will be hosting a "count-up" at her residence along with a spot of lunch.

The Gimli CBC takes place Thursday, Dec. 15 at 8:30 a.m. Call Bonnie Chartier at 204-642-9777.

Joanne Smith is organizing the Hodgson CBC, which takes in the Fisher Branch, Hodgson, Peguis and Fisherton areas.

"The data collected by CBC volun-

teers are used by researchers, ornithologists and conservationists to study changes in bird populations and habitats," said Smith, who is in her sixth year as organizer.

The 2015 Hodgson count turned up some interesting species including

Continued on page 7

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Gimli Humane Society seeking homes and donations for cats

By Marlene Ness

With winter closing in and temperatures dropping, the Gimli Humane Society sees a mounting urgency to protect the welfare of stray, abandoned and feral cats in the Interlake.

The Gimli shelter runs at full capacity for cats year-round, but winter magnifies the health risks to homeless felines — and places increased pressure on the shelter to feed, house and provide care to ever-expanding stray cat populations.

The Gimli Humane Society is currently in dire need of dry cat food and cat litter donations in order to sustain their feral cat programs and care for existing shelter cats.

Brian Derby and Cindy Salamandyk, managers of the Gimli shelter and animal control officers for RM of Gimli, say the feral cat population continues to skyrocket in the Interlake region.

"Here at the shelter, we must draw the limit at 12 (cats)," explained Salamandyk. "In the past, we allowed our cat numbers to go as high as 20 but ended up with large vet bills due to overcrowding: \$1,000 for eye infections ... \$600 for ear mites. ... When you treat one cat, you have to treat all of them. Of course, our local vets con-



Hex is a an affectionate cat currently up for adoption.

tribute generously, but health care is expensive."

"For every cat we get adopted out, there's two more waiting to come in," stated Derby.

The Gimli Humane Society runs several feral cat programs aimed at feeding and rehoming the growing cat populations. Barn Buddies is one such program that transplants feral cats into farm environments after

Continued on page 5



EXPRESS PHOTOS BY MARLENE NESS

Brian Derby and Cindy Salamandyk, managers of the Gimli Humane Society, cuddle several adoptable cats residing at the shelter. Cat food and litter are desperately needed.

> FISHERIES, FROM PG. 2

Speaking with *Express* before the meeting got underway, Hecla fisher Ivan Grimolfson said without FFMC and its packing plant in Riverton, which shoulders the cost of distributing fishers' catches, he would likely have to fold his nets for good.

"I'm not going to run all the way to St. Laurent or some place to sell my fish," said Grimolfson. "I'm not going to run all over Winnipeg and try to sell it."

The envoys are to present recommendations to the province in the spring. The government said it will withdraw from FFMC in August but did not confirm a date.

One fisher expressed concern about when the province will indicate a withdrawal date to which Mohr responded that without one, potential investors will not "start looking at this."

Former NDP Interlake MLA Clif Evans, who has attended several envoy meetings across the Interlake and sat in on Gimli's meeting, said, "The feds have not heard from the province on a set date for opt-out. All they talk about is Aug. 17 or 18. There's nothing in writing from the province."

Evans was optimistic about Freshwater's ability to support Manitoba fishers once the province opts out.

"Right now they're [Freshwater] in the process of talking with fishers and others to set up contracts ... to sign on with Freshwater."

Evans said the envoys' meeting in Fisher River Dec. 2 was not a happy affair when the *Express* contacted him a few days later. Former Chief Lorne Cochrane had allegedly said he didn't

consider the meeting a "consultation" and that any changes to their fishery have to be considered within their treaty rights.

Gimli MLA Jeff Wharton, who was in session at the Legislature during the Gimli meeting, said he's willing to discuss fishers' concerns as the envoys continue their "fact-finding mission."

"I look forward to being a part of the solution," said Wharton by phone, "and to continue the dialogue at this very exciting time for the fishing industry. ... I've had discussions with individual fishers and groups of fishers and will continue that process and welcome the opportunity."

Former NDP Minister of Conservation and Water Stewardship Tom Nevakshonoff, who has attended a number of envoy meetings, said he fears that the demise of the quota system is in the works and that northern fishers will suffer the most.

"They're [the Conservatives] setting up the fishery for a corporate takeover," said Nevakshonoff by phone. "The quota system was designed to maintain a core quota in communities. It was set up to preserve a community block ... so that these communities could continue to fish."

Nevakshonoff said cabinet can change quota regulations "with the stroke of a pen," enabling companies from outside Manitoba or Canada to come in and "swoop up" quotas.

"My greatest fear is that quotas will be posted on the open market," he said. "I think it's a conscious strategy by the Pallister government."

Holiday Schedule

THE EXPRESS WEEKLY NEWS

| | |
|--|------------------------------------|
| December 15th | Christmas Greetings Edition |
| Greeting Deadline – Mon., Dec. 5th, 4 pm Regular Paper Deadline – Mon., Dec. 12th, 4 pm | |
| December 22nd | Boxing Week Edition |
| Display Ads, Classified Ads or Announcements EARLY Deadline – Fri., Dec. 16th, 4 pm | |
| December 29th | Edition |
| Display Ads, Classified Ads or Announcements EARLY Deadline – Mon., Dec. 19th, 4 pm | |

Happy Holidays!

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December 24th
through January 1st.**

**Offices will reopen
Monday, January 2nd**

Lake Manitoba fishers in favour of open market

By Jeff Ward

Following a meeting last week with the fisheries envoy team, Lake Manitoba Commercial Fisherman's Association president Allan Gaudry is optimistic that the transition from the Freshwater Fish Marketing Corporation to an open market will go smoothly.

Gaudry represents fishers in the south basin of Lake Manitoba and said that he was pleased with how the meeting on Nov. 30 in St. Laurent went. He felt like the two representatives, Gerry Friesen and Perry Mohr, explained the case of the open market well and listened to the 30 fishers who attended and responded well to their feedback and suggestions.

Gaudry has been in favour of abolishing the single-desk system for years and has very few concerns about what the future holds after Aug. 17, 2017 — the date when the province will be out of the Freshwater Fish Marketing Corporation (FFMC) monopoly. Gaudry said that he hopes the province will transition out of FFMC before that deadline because the fishers he represented don't want to wait any longer.

"We have buyers that are willing to come in and set up their plant right away," said Gaudry, speaking about

Community Development First who want to build a fish processing plant in St. Laurent.

"The longer it takes for the government to get out of Freshwater, the longer we have to wait for this plant to open. If things get done this spring, then we could be ready to sell during the next winter season."

Gaudry said that some of the concerns the fishers presented at the meeting were about how the government would protect fishers who choose to sell to new buyers. Fishers proposed that there should be a mandate to make prices public so that fishers that are more northern can get a fair price for their fish. Gaudry explained that fishers up north shouldn't be punished for their geographical location and that freight costs will unfairly impact those living farther north.

Gaudry also said that proper bonds should be in place to protect fishers from buyers in cases of business solvency. If a buyer's company folds, there needs to be proper insurance on the part of the buyer that makes sure that fishers are paid for their catch and not left hanging dry.

"We do have other concerns about sustainability as well. We don't want the lake to be fished dry and want to

make sure there is enough fish for everyone," said Gaudry.

The meeting in St. Laurent was a far contrast from the one that took place in Gimli the following night. Fishers there were unhappy with the decision to leave FFMC and made their feelings known during the meeting. Perry Mohr said that through the numerous consultations all over the province, he and Gerry Friesen have experienced a wide variety of needs from fishers.

"In very general terms, what we have discovered is that there is very strong grassroots support for the current system [in Gimli] and there are certain areas of the province that have more of an open market mentality. Because of their geographical situation, it makes sense they feel that way," said Mohr.

Gaudry agreed with that and said that fishers in Gimli are catching much higher value fish than those he represents. Pickerel and whitefish sell for higher prices than the jackfish and suckers that are caught on Lake Manitoba. The prospect of an open market means the possibility of getting many more dollars into the pockets of Lake Manitoba fishers.

Money isn't the only thing driving the decision, though, and Gaudry said that the freedom to choose their own

buyers is a big factor in why an open market is favourable to them.

There is still some ambiguity to the future of the open market, even though Mohr was there to toe the government line, as *Express Weekly News* reporter Patricia Barrett wrote about. He was very inconsistent with that message and during the Gimli meeting. Mohr said, "When I got hired, I asked one of the people who hired me, 'What if I come back to you and say this is the worst idea in the world? And he said, 'That is not a viable option because the province has already made the decision.'"

When asked about the trade market internationally, Mohr said that in certain situations there can be circumstances that can obliterate the market.

"Another thing to take into consideration are trade agreements between different countries. Trade sanctions between two countries can basically kill your market in one hour," warned Mohr.

Whether or not instances like that take place remains to be seen, but either way, these are now potential issues that fishers in Manitoba now have to consider.

Clarification

Staff

In the article "Diageo shows support with \$4K donation to EBN" in the Dec. 1 edition of the *Express Weekly News*, we would like to clarify that it should have read Diageo employees showed support with a \$4K donation.

The *Express* apologizes if this has caused any misunderstandings.

> GIMLI HUMANE SOCIETY, FROM PG. 4

spaying or neutering and vaccinating.

"Every day we must take bags of food to various feeding stations in the municipality. It's time-consuming and costly too," Derby continued. "We try to keep these feral cat programs going, but with the cost of food and veterinary care rising, it becomes harder and harder. What we're doing this year is actually traveling out into different areas with feral cat populations and feeding the cats — leaving them right where they are because we simply can't house that many here at the shelter."

The Gimli Humane Society stays in close contact with numerous rescue agencies throughout the region, in addition to a list of foster homes that provide temporary care to animals when the shelter is full. However, this small network of foster homes tends to be overused and animal-lovers burn out.

"We really need more people willing to foster," stated Derby. "Natu-

rally, finding each animal a permanent home is the ultimate goal, but in the interim, these cats require loving, healthy environments."

Adoption fees for cats at the Gimli Humane Society remain a low \$75, which includes a spay or neuter, vaccinations and deworming for each cat. "Our fees are a bargain," added Salamandyk.

By comparison, the Winnipeg Humane Society currently charges \$129 for kittens aged four to six months, and \$199 to \$299 for purebred mixes or purebred look-a-likes like Bengals or Persians. At the Gimli Humane Society, cats remain \$75 across the board, regardless of their breed, age or background.

Current adoptable cats in the Gimli shelter range from six months to eight years, with a wide cross-section of beautiful breeds, including tabbies, calicos and Persian-types. Only 12 lucky cats secure a spot in the Gimli shelter, while so many other unwanted cats continue to starve and face Manitoba winter

unprotected.

The Gimli Humane Society will be participating in a Santa Pet Photos fundraising event at Pet Valu in Selkirk on Dec. 10 and 11.

"All cats featured in our Santa Pet Photos event are shelter cats up for adoption in Gimli," said Salamandyk. "We truly hope to get a few adopted out before Christmas."

Dry cat food, clumping litter, or monetary donations may be made directly at the shelter or by phoning 204-642-4775.

But this season can also be stressful, especially for families struggling with limited resources. Sometimes, something as simple as a gift for a child can push a family into financial distress, which may translate into less food for themselves and their pets. The burden can even force some people with restricted or fixed incomes give up their much-loved pets to animal shelters at this time of year. We believe these pets deserve loving homes with their families and full food bowls.

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Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Patricia Barrett



SALES
Branden Meier



REPORTER/PHOTOGRAPHER
Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS REPORTER
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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Some people just have all the luck

Welcome, fishing pals.

In the last little while, some fishing stories have come to us bearing a humorous similarity about anglers fishing beside each other yet realizing vastly different luck.

It was still, sunny and warm on the Selkirk waterfront pier not long ago when I saw two young gals getting into a little red car, obviously leaving after a morning of fishing. As I passed the time with anglers close by, the girls got out of the car, having heard me asking for stories and one said she had caught a master walleye right here yesterday.

Standing before me, these two petite ladies, Emily Birley and Joelle Alexander, both nurses from Winnipeg, could have been twins. Emily said when she was here the day before, everybody up and down the pier wasn't catching a darn thing — except for herself, that is. Everybody was using ordinary minnows for bait, but for some unknown reason, the pickerel seemed to prefer Emily's.

The morning wore on and suddenly, again, her rod whipped toward the water with a whistling sound, but this time, her line began screaming as it spun off her reel. She tightened her drag, slowing the line payout and then methodically began hauling up on her rod, followed by reeling in as she lowered it.

Emily manoeuvred herself and the incoming fish to a spot in the pier where she could land the fish on a metal incline. Though heavy on her line, the huge pickerel, which everyone on the pier could see now, didn't really fight much until it was time to net it and then it thrashed about in one last attempt at freedom. With help, she landed the walleye that was almost as



EXPRESS PHOTO SUBMITTED
Emily Birley with a monster walleye she caught on the Red at the waterfront pier at Selkirk.

big as she was. They took pictures and then quickly returned it to its watery home.

When things settled down, Emily rebaited her hooks, cast out and, sure enough, got another bit. That did it for the guys sitting on either side of her. They hadn't caught anything all morning and were not going to be a party to this lopsided luck any longer. They packed up their stuff, got in their vehicles and headed for home.

Now Joelle, Emily's buddy, has the sweetest young daughter, Adrianna, who wanted to fish for the first time a few days later. She's at that age where she's thin as a rail, all arms and legs with the biggest charming smile you ever saw. On first cast, Adrianna got a

catfish. Keith, her dad, was there when she landed the fish, so he got down on one knee and began unhooking the fish to toss it back in the water. Kindly Adrianna, holding her rod tenderly, bent forward and said to the fish, "Hi. Hope you're OK!" Nice kid and lucky too.

It was blustery a couple of weeks ago when I was on the Hnaua pier and came across brothers Dennis and Lawrence Kirlicki of Winnipeg. These men looked very much alike with roundish faces, intense eyes and dark moustaches and beards laced with grey. They had been out since daybreak and Dennis was doing just fine having caught two pickerel at a time, twice. Lawrence, on the other hand, had only caught a small perch. Like the guys around Joelle and Emily, he wanted to go home.

I drove over to Victoria Beach not long ago for one last visit before freeze-up. The place was quiet. Snow patches lay at the feet of the winter-darkened pines and spruces. Tire trails showed the way to the pier where a few anglers, heavily clothed, sat hunched over in folding chairs at the far end.

I walked out to them, my boots crunching on small drifts of snow. One fellow, though, seemed more active than the others. He stood as I approached and, with a big smile, said he was Rick Sapecz from Narol. I asked him how the fishing was going and, with a proud smile, he pulled a beautiful mess of pickerel up out of the water. That's when the guys around him began grumbling. Everybody, including Rick, was using pickerel rigs and minnows, yet he was the only one catching.

Some folks are plain lucky, I guess! Well, so long. Have a good week and we'll see you soon.

> CONTACT US

Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
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Classified: classifieds@expressweeklynews.ca
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Branden Meier 204-641-4104
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Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca
or call our office at 204-467-5836

OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca
Jeff Ward 204-298-3381
jeff@expressweeklynews.ca
Brian Bowman Sports Reporter
sports@expressweeklynews.ca

View the Express Weekly News online at
www.expressweeklynews.ca

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

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Physician numbers of concern in Arborg

By Patricia Barrett

Town of Arborg councillors expressed disappointment that the provincial health minister declined to meet with them to discuss the need for more physicians in Arborg.

Arborg Mayor Randy Sigurdson and RM of Bifrost Reeve Harold Foster had written to Health Minister Kelvin Goertzen in October requesting a meeting to discuss the issue.

"They [the government] were unable at this time to receive our request," said Sigurdson at a special meeting of council held Nov. 30.

He read aloud the ministerial response:

"Regrettably, Minister Goertzen's schedule precludes him from meeting with you at this time. However, please be advised that information related to physician recruitment and service sustainability in rural Manitoba was shared at the 18th Annual Association of Manitoba Municipalities' convention ...," said the response from the office of the Deputy Minister of Health. "Interlake Eastern Regional Health Authority is committed to open communication and to continuing to work together to finding solutions to the various health-care concerns in the region. Should you wish to further discuss your concerns, please contact Ron Van Denakker, CEO in Selkirk. Minister Goertzen and I wish you and your councils all the best."

The response did not satisfy council.

Coun. Vivian Leduchowski suggested they contact Interlake MLA Derek Johnson to discuss the issue and indicate that they are "very unhappy" with the government's response.

"To me, that's just passing the buck," she said with reference to the department's suggestion that council take its concerns elsewhere.

Although the Arborg & District Health Centre gained a second phy-

sician this fall, Deputy Mayor Robbie Thorsteinson said Arborg should have four as it once had.

The two physicians currently serve patients at the medical clinic beside the hospital and take shifts in the emergency room on a rotational basis.

The ER closes periodically when there is no physician coverage available. Those seeking emergency care, however, are requested to come into the hospital and speak with health-care staff.

The IERHA is funded by the provincial government.

In an interview with the media in August (see the Aug. 18 edition of the *Express*), Ron Van Denakker said the IERHA is underfunded compared to other RHAs, and it needs at minimum 20 to 25 doctors to keep the region's emergency rooms open 24-7.

An IERHA spokesperson tried to arrange an interview with a health authority executive before press time Monday but encountered scheduling difficulties.

The health minister's office did not respond to a request for an interview.

Mayor Sigurdson advised council that he will contact Bifrost-Riverton council to see how it would like to move forward.

"We'll keep this flowing somehow as best we can," he said.

Council also indicated it would like to discuss the Town and RM's jointly proposed personal care home project.

The town and the RM had hired Gordon Daman, president of Red River Group property consultants, to oversee the design of a new PCH, and the project was presented to the public on Nov. 30, 2015, at the Arborg Community Hall.

The project was approved by the former NDP government shortly before the 2016 election. The new government has yet to indicate whether it



EXPRESS PHOTO BY PATRICIA BARRETT

The Arborg hospital's emergency room was closed the day the Town of Arborg council expressed its dissatisfaction with the government's response to their concerns over physician numbers in the region.

will give the PCH the go-ahead.

"It's basically at a standstill right now," said Thorsteinson, who had recently met with the Arborg Seniors

Housing Corporation, which is spearheading the project. "There's no headway anywhere."

> COUNTING ON BIRDS, FROM PG. 3

the northern goshawk, the American three-toed woodpecker and the northern shrike, along with numerous sharp-tailed grouse and snow buntings.

"Last year we had 23 participants who counted a total of 1,925 birds and 24 different species," said Smith, who spent a few hours herself on the back roads before slipping into a pair of snowshoes and heading into the bush where she spotted a black-backed woodpecker and a great-horned owl.

Of those 23 volunteers, 12 sat in the cozy comfort of their homes and counted all the birds they saw at their

feeders and in their yard.

"Even simply counting the birds at your feeder contributes greatly to the collection of data," said Smith.

She'll also be organizing forthcoming CBC4Kids events for two Lakeshore Division schools.

The Hodgson CBC takes place Friday, Dec. 23 at 8 a.m. Call Joanne Smith at 204-372-6144 or email pic-smith@live.ca.

For more information about Christmas Bird Counts, visit the Bird Studies Canada webpage at www.birds-canada.org/volunteer/cbc.

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Emergency medical station opens in St. Laurent

By Jeff Ward

A new one-bay emergency medical services (EMS) facility was officially opened in St. Laurent on Nov. 29.

Only 14 months after breaking ground, the new EMS facility had its grand opening to the delight of area residents and council.

"People living in communities like St. Laurent need to have access to high-quality emergency medical services," said Health, Seniors and Active Living Minister Kelvin Goertzen.

"This new facility will be a modern workplace for area paramedics while ensuring people in the area can get the care they need," said Goertzen.

The facility includes space for one ambulance and has an attached crew area with a washroom, kitchenette, work rooms and large multi-purpose room. The province invested \$680,000 to build the new station.

"Our paramedics are often the first members of our health-care teams to attend to medical emergencies, and we know they encounter complex and demanding situations every day," said Ron Van Denakker, chief executive officer, Interlake-Eastern Regional Health Authority. "This new station provides another appropriate home base for these teams when they aren't on our roads delivering and connecting people with the care they need."

Interlake MLA Derek Johnson was also present during the grand opening. He said he was excited that his hometown has a top-notch facility like this and that it will go a long way to making the community safer.

Beyond the short-term positive benefits are some long-term possibilities as well. Johnson said that a facility like this shows stability in the community and there are economic benefits to that. It could mean more families settle in the community or that more businesses move here as well.

"It has long-term implications that will continue to benefit the community. Short-term benefits are significantly reduced wait and transfer times, but



EXPRESS PHOTO BY JEFF WARD

The ribbon cutting for the new EMS facility in St. Laurent was an exciting moment for residents and council. The one-bay ambulance facility will act as the home base for Interlake-Eastern RHA paramedics.

long term, I think there could be some great economic benefits as well," said Johnson.

Having an ambulance in the backyard of the community means that residents will begin to feel safer knowing their emergency phone call won't be met with a 30-minute or more wait.

"I think it provides peace of mind to the residents of St. Laurent. Emergencies are going to happen, but we're much more prepared for them now," said Reeve Cheryl Smith.

The pledge to build this facility was a campaign promise during the 2014 election, and Smith said that this is a proud moment for the community.

"It's something we said we'd do and we went out and got it done," said Smith. "It's a proud moment for us all, for sure. The councillors are here and I know they're very happy, and they should be. With a facility like this, we're keeping our community safer, and with an aging population, this building has even more importance to it."

The minister noted the Manitoba government is committed to ensuring quality and affordable emergency medical services are available across the province.

"When someone is critically hurt or injured, they and their family need to focus on the care, not the costs," said Goertzen. "We continue to move forward with our work to ensure these services remain affordable for Manitoba families."

Manitoba Health, Seniors and Active Living has formed a working group with representatives from the regional health authorities to continue to implement a 50 per cent reduction of the current average ambulance fee of \$500 over four years, Goertzen said.

Ambulance services are outside the scope of the Canada Health Act and costs are the responsibility of the patient in jurisdictions across the country.

In Manitoba, land ambulance services are delivered by a combination of providers including regional health authorities and other service providers under agreement with regional health authorities such as municipalities or First Nation communities.

For more information on emergency medical services in Manitoba, visit www.gov.mb.ca/health/ems/index.html.

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Snoman announces second annual Free Ride Weekend

Submitted

Snoman (Snowmobilers of Manitoba) Inc. is pleased that Feb. 18 to 20, 2017, is the Manitoba Liquor & Lotteries Free Ride Weekend – Sled without Borders, coinciding with Louis Riel Day.

Sled without Borders focuses on visitors from Ontario, Saskatchewan, North Dakota and Minnesota, and the Free Ride Weekend focuses on

riders new to our trail network.

"This is certainly an exciting event for Snoman, and we will be encouraging our clubs to hold special events to host our guests," said president Alan Butler. "Sled without Borders will help with our cause for reciprocity with neighboring juris-

Continued on page 11

Lake Manitoba Fishers extend season, cut out perch for two years

By Jeff Ward

Lake Manitoba Commercial Fisherman's Association fishers voted to place a voluntary moratorium on the fishing of perch in the south basin for a period of two years at a meeting in St. Laurent on Nov. 13.

The decision came about through consultation with Manitoba's fishing program manager Bill Galbraith and regional fisheries manager Kevin Casper. The president of the association, Allan Gaudry, explained that due to an influx of jack fish in Lake Manitoba as a result of the flood, perch have become much more rare in the lake.

Jackfish are a predatory fish and Gaudry said that many of the fish fishers have pulled up in nets have been jackfish with perch in their bellies. The perch numbers have become quite low over the past few years, and Gaudry believes in proper conservation. Allowing a two year halt on the commercial catching of perch should give them enough time for their numbers to come back up to normal.

"We also got an extension on our

license that is active right now. Our season will end on March 31 instead of the 15," said Gaudry.

"So by targeting the jackfish, the numbers of those will go down and the numbers of perch in the lake should rise. The fish in our lake are produced very quickly. It's something our lake is well known for. We figured two years would be something comfortable and then we can do some test netting and see where the numbers are."

Gaudry said the licence extension allows fishers to catch more jackfish and pickerel because those species are more active in the last two weeks of March.

Gaudry said that not all members were in favour of the decision, although the majority of votes were in favour. He said that two fishers opposed the decision and explained that they were worried that relinquishing the licence of perch could mean they never get it back. Gaudry believes that it could be longer than two years if the perch numbers aren't rising the way they think they will but that this is a good solution to the problem and that



EXPRESS PHOTO SUBMITTED

Lake Manitoba Commercial Fisherman's Association fishers voted to place a voluntary moratorium on the fishing of perch in the south basin for a period of two years at a meeting in St. Laurent on Nov. 13.

fishing the lake dry helps no one.

Conservation is an important thing for Gaudry as he wants to see a strong fishery for many years.

"It really is a co-management between fishers and the government to

regulate the fishery and it's nice when two groups can work together like this. I think in two years we can look forward to an abundance of those fish again. It's all about balance," said Gaudry.

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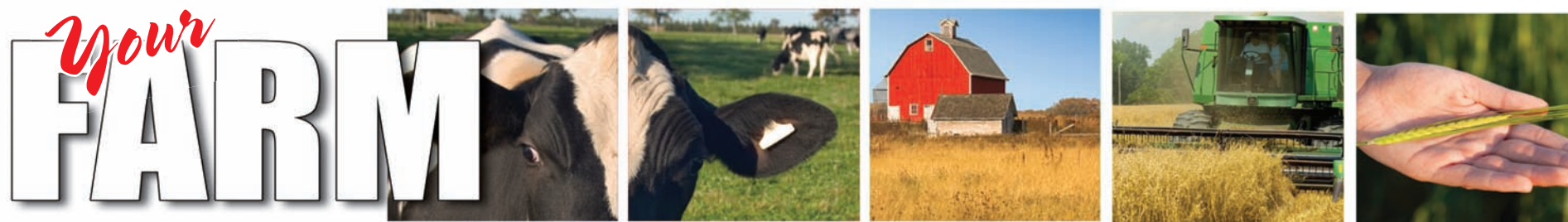
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Easing temporary foreign worker restrictions a positive step

By Harry Siemens

Manitoba Pork chair George Matheson says it appears adjustments by the new federal government to Canada's Temporary Foreign Worker Program will make it more responsive to the needs of the pork industry.

Hog producers discussed the issue at the organization's producer meetings in Niverville and Portage la Prairie this fall.

Matheson says working in a swine barn can be hard, dirty work and a lot of young people would prefer to do something else. Also, many of the barns are in remote areas, so it can be difficult to find labourers willing to live so far from urban centres.

Restrictions to the Temporary Foreign Worker didn't make things any easier for producers.

"On the federal scene, with the government now in power for about a year, one of the big issues we had was the source of labor that we need for our plants and for our barns often has been coming from the Temporary Foreign Worker Program," Matheson says. "The previous government made adjustments that did not work for us, making it more difficult for us to access a labour source. This federal government we feel will allow these foreign workers to stay in the country longer, hopefully, gain some English skills that will allow them to apply for citizenship and then become full-time residents and part of this country."

The previous Conservative federal government had restricted the percent of foreign workers that could work at processing plants, Matheson says. That is slated to possibly change under the Liberals, who are reviewing that and 20 other recom-

mendations of changes to the program made by a parliamentary committee.

Matheson says both producers and processors had relied on the Temporary Foreign Worker Program to fill positions that would have remained vacant, so these changes being made to the program are a step in the right direction.

Canadian Meat Council's Ron Davidson agrees, noting many of the proposed changes will be a boon to the red meat industry, as well.

"For example, they have spoken about increasing the speed and efficiency with which labor market impact assessments are undertaken. That would be very helpful," he says. "They have recommended a trusted employer program. This is an employer who has used the program in previous years and has demonstrated the ability or the willingness to follow the program requirements."

"There's a potential to permit minor modifications so, if you want to give a temporary foreign worker raise, you can do that. It's odd that we are being prevented from providing raises to foreign workers when they're in the country. That did not make a lot of sense."

"They've also recommended that the program has more specific application to reflect the realities mar-

ket needs in particular sectors and regions," Davidson says. "That's precisely what we're talking about. We're emphasizing in particular abattoirs in rural environments and looking at the one shot fits all just isn't living in reality."

"There's a reference to expanding the definition of primary agriculture. If primary agriculture is expanded to include primary processing, that

would be helpful to the meat industry."

While there are a few recommendations that could be problematic, depending on their interpretation, Davidson says that for the most part things look pretty positive.

The government is expected to respond to the report's recommendations early in the new year.

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Christmas on the Bandstand features Elvii, dancing mayor and Santa

By Patricia Barrett

Winnipeg Beach held its annual Christmas on the Bandstand event last Friday night that featured caroling, Elvis tribute artists, a craft sale, Santa and local politicians.

"I remember last year," said Gimli MLA Jeff Wharton, who attended the event with his wife and grandchildren. "I think the tree was blowing over and they had to tie it down."

The lakeside party opened with Winnipeg Beach School students performing a number of traditional carols as residents and visitors crowded around an open fire and sipped hot chocolate.

Elvis tribute artist Adam T. Elvis, also known as CJ107's Adam Tarnowski, shook up the crowd when he donned a sparkly jacket and performed Santa Bring My Baby Back to Me and Blue Christmas. He was later joined on-stage by his son Jackson T. Elvis.

After the Elvii rocked, Mayor Tony Pimentel displayed his dancing chops, much to the delight of the crowd.

He thanked Winnipeg Beach students for decorating the tree and the town's recreation director Allan Sulyma for organizing the event.

The mayor announced the imminent arrival of Santa, whom he had texted earlier in the evening to see if there were any traffic jams or inclement weather. Then he sang Here Comes Santa Claus when he spotted the jolly man making his way up Main Street in a horse-drawn wagon.

Dozens of kids took off across the park to greet Santa and surrounded him as he tried to make his way to the Bandstand.

"Without my reindeer, my magic isn't as strong," said Santa when he took centre stage and asked the kids to help him count to three to light the tree.

Despite an electrical malfunction, Santa pressed on. He asked the kids to count down from three, thinking that might do the trick. And, hey, presto, the tree lit up the night.

The town also held a craft sale in the Community Centre.

Ellie Hackie from Whytewold, who specializes in broomstick knitting



Marielle and Jeff Wharton engaged in some spontaneous dancing during Adam T. Elvis' performance on the Bandstand.



Adam T. Elvis rocked the crowd.

and Swedish weaving, and Rosemary Pugsley from Petersfield, who makes quilts, table runners and placemats, were among the vendors who had set up shop.

Gimli High School students Alexis Bahuaud, Blaze Senden and Cameron Lozinski offered a wide assortment of baked goods made by Grade 12 students to help raise money for their graduation.

The three students themselves had whipped up a number of treats. Bahuaud made perogies and cabbage rolls with a little bit of help from her mom and grandmother; Senden, pea-



EXPRESS PHOTOS BY PATRICIA BARRETT

Grade 12 Gimli High School students Alexis Bahuaud, Blaze Senden and Cameron Lozinski were part of the craft sale.



The mayor spots Santa coming up Main Street in a horse-drawn wagon, sending the kids flying across the green to greet him.

nut butter marshmallow squares; and Lozinski, sugar cookies designed like a Christmas sweater.

Lozinski said students are getting fundraising help from area businesses to sell their Grad Cash Calendar. Each day of the month has a cash prize sponsored by businesses, such as Eddie's Gravel, Noventis Credit Union, Gimli Snowmobile, Garriock Insurance and Kleen All Laundry.



Ellie Hackie from Whytewold (left) and Rosemary Pugsley from Petersfield sold a variety of textiles and Watkins products.



Santa counted to three and then cried 'Poof' to light the tree.

> FREE RIDE WEEKEND, FROM PG. 8

dictions. We currently have reciprocity with Saskatchewan and it is working well for our riders."

To register for the event and get your temporary weekend pass, which must be affixed to your snowmobile or downloaded to your phone, visit www.snoman.mb.ca. After you register, you will be able to access your

pass. It is important to note that there are minimum insurance requirements for riders entering Manitoba.

"We welcome riders on our trails and hope that it is a great weekend for all of those who participate," said executive director Yvonne Rideout. "Come ride with us and help us make this event a success."

Snoman Inc., a not-for-profit organization, is dedicated to providing strong leadership and support to its member clubs to develop safe and environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling in Manitoba.

Wool N' Needles donates to Lakeshore Women's Resource

By Jeff Ward

An Ashern-based knitting group is continuing its charitable mission work by donating unsold items from the recent Country Christmas Craft Sale to the Lakeshore Women's Resource Centre hampers.

Wool N' Needles has been active in Ashern since 1998 and donates all the money raised from the sale of handmade mittens, scarves, sweaters, toques and more to non-profits around the community.

Since their inception, the group has donated more than \$8,000 back to the community, along with the hundreds of items that aren't sold.

June Price, who has been a member of the group since Day 1, said that the group meets regularly at the Ashern LIFE (Living Independence for Elders) office to knit, to chat about new patterns and designs and to just have a good time. The happy byproduct of their hobby is an added bonus to the members who love to see their wares worn by people all over the Interlake.

"It's a cool feeling when you see someone wearing something you made and they don't know that you made it," said Kate Clow.

"We all do it as a hobby. We're go-

ing to be making these items if we sell them or give them away. So if we sell them and then donate the money and donate what we have left, it's a bonus for the community. It makes us all feel good that something we do for fun is also helping people," said Price.

Price said that the yarn used in the creations is almost all donated from residents. It happens often enough that the group hasn't had to purchase any yarn in years, unless they need a certain colour for a pattern.

Another happy byproduct of the group is the camaraderie the members get from being able to see their friends each week. Coming together to knit and talk and have fun with their hobby is a great benefit.

"This is something we can all do along quietly, but it's nice that we're all able to get out of our homes and just meet and talk. Friendships have been made through this group because we all bond over knitting," said Price.

Perhaps the most heartwarming aspect to the group is that it's not even a consideration to keep the unsold items for next year's sale. They've sold what they can, donated the money and capped off each year of generosity



EXPRESS PHOTO BY JEFF WARD

Kate Clow, Bernice Ruchotzke and June Price are donating all of the leftover items they've knitted this year to the Lakeshore Women's Resource Centre for their Christmas hampers.

by donating all the unsold items. The group has donated mittens to Ashern Early Years, and they routinely donate items to the Salvation Army, Koats for Kids and Siloam Mission.

The group is open to new members of any age and Price said they are will-

ing to teach anyone that is interested in learning. Sharing their passion and having new members is something the group is very excited about.

Anyone looking for more information can call June Price at 204-768-2394.

Lundar RCMP respond to fatal truck collision

Staff

On Nov. 30 just after 7:30 a.m., Lundar RCMP responded to a two-vehicle collision on Highway 6, approximately three kilometres south of St. Laurent.

A southbound pickup truck collided with the back end of a cube truck that had spun out of the northbound lane

and was in the southbound lane facing south.

The 29-year-old male driver and lone occupant of the pickup truck, from the RM of Coldwell, was pronounced deceased on scene. The 29-year-old male driver and lone occupant of the cube truck, from Winnipeg, did not suffer

injuries in the collision.

Road conditions are considered to be a factor in the collision. The highway had slippery sections at the time of the collision. Alcohol is not considered a factor. Both drivers were wearing seatbelts.

An RCMP forensic collision reconstructionist is assisting with the ongoing investigation.

Arborg and Gimli RCMP responded to a report of a collision involving a school bus from the Frontier School Division.

The initial investigation has determined that the bus was travelling North on PR 234, approximately two kilometres south of Pine Dock, with 25 students ranging in age from 12 to 15 years old and three adults, when it slid off the road and rolled on its side.

One adult and one youth were transported to hospital by air ambulance with non-life-threatening injuries. Both are in stable condition.

All other students were transported to hospital by ground ambulance or private motor vehicles as a precautionary measure.

Alcohol is not believed to be a factor.

Arborg and Gimli RCMP respond to school bus collision

Submitted

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THE EXPRESS
WEEKLY NEWS

NexGen youth program now being offered in Gimli

Submitted

The NexGen Connexions is the latest program being offered at Evergreen Basic Needs Inc.

The youth-oriented program evolved from the previous Connections program, a small drop-in after-school program for middle school students. The new program offers music, video production, photography, computer programs, acting classes, arts and crafts for youth between the ages of

eight and 18 years. Program facilitator Anders Kuusselka, a retired educator, is a very familiar face to area students and parents. Anders and his group of dedicated volunteers have been operating NexGen Connexions five days a week with 10 to 24 participants each evening.

EBN has been renovating a space within the EBN facility for the group with financial assistance from Manitoba Liquor and Lotteries.

Rhonda Powers, executive director of EBN said, "It has been a challenge, but all the right people became available at the same time — we hired a part-time building maintenance person with extensive experience in construction and highly skilled in electrical and building repairs. Kuusselka retired from teaching and EBN received a grant from Manitoba Liquor and Lotteries. There was a period where we contemplated shutting down the program until Kuusselka came to EBN to discuss his vision of what Connections could evolve into under his guidance. We had challenges with the development of the space. We tore down the computer room after discovering the walls had been built on top of bookcases. It was obviously a safety issue, so we had to begin from the ground up. We are very proud of what we have accomplished in a short period of time on a very restricted budget."

The NexGen Connections room will also serve as a multi-functional room within the facility.

"Our warehouse staff has transformed the boardroom into their workspace. Each month when our shipment of food from Winnipeg Harvest arrived, the equipment and tools would have to be shifted around the warehouse. The volunteers and staff lost their lunch room and the EBN board of directors had to meet in the warehouse, so the NexGen room will definitely be put to use."

EBN will be celebrating the opening of The NexGen space with an open house at EBN located at 71 Fourth Ave. on Monday, Dec. 12, 2016, from 5 to 8 p.m. The event is open to the public.

Guests are encouraged to bring a toy or monetary donation for the EBN Christmas Program. There are still spaces available in the Christmas Hamper Program to register. Please contact Elaine Gibbs at 204-642-9736.

Why bale when you can bear?



EXPRESS PHOTO BY PATRICIA BARRETT

There's no end to the creativity of Interlake farmers when it comes to storing hay or alfalfa bales over the winter.

J.C. Beef Builders erected a giant Teddy Bear on its property along Highway 68 near Road 1W to bring a little bit of cheer to the Christmas season.

The beef producer used what looks like plastic planters for Teddy's ears, feed trays for his eyes and a few strategically placed logs to reinforce his joints. A spotlight in front of Teddy was installed so that night-time drivers can enjoy the scene.

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GameSense

Stony Mountain Ski Area sliding into its 50th season

By Natasha Tersigni

With Mother Nature finally co-operating with cold weather and tons of snow, owners of the Stony Mountain Ski Area are gearing up for the hill's 50th season of operation starting on Dec. 10.

After a short 2015-16 season, Gary Dewar and Heather Campbell-Dewar have been eager to get the hill open for skiers and snowboarders. After several delays this winter season, there has finally been enough snow to build a base and the temperatures have dropped enough that the snow-maker can begin pumping out the white stuff.

This year, the hill will be celebrating its golden anniversary and is one of the oldest ski hills in Manitoba that is still in operation. In the 29 years that Heather has been running the hill with her husband, the duo has been able to stay ahead of the trends and

offer unique experiences for their customers.

Back in 1988 when the couple first purchased the business, the hill was primarily used for the Manitoba Alpine Ski Club's freestyle team, and the ski area really did not have a rider base other than the team members. The hill catered mainly to the freestyle jumpers and did not have a snow machine or other resort essentials like grooming equipment.

When the couple took over, they upgraded all the equipment, offered lessons and rentals and also opened their hill to up to snowboarders — something many other Manitoba resorts were not doing at the time.

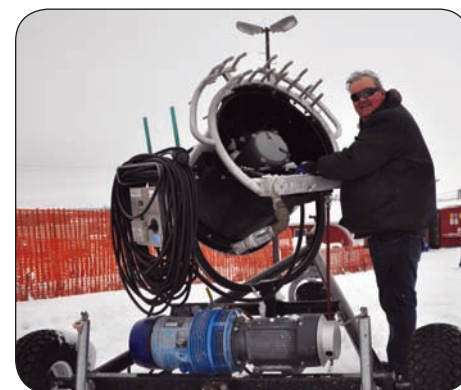
"When we first got here, some ski areas were not allowing snowboarders on them. We knew that was the way things were going and we had no desire to stop snowboarding. For the first three to four years, we embraced

snowboarders, while other resorts did not," said Heather, who added that is one of the reasons why Stony Mountain Ski Area has remained in business. Along with allowing snowboarders on the hill, they have a terrain park and offer board rentals and lessons.

"Today, 80 per cent of our customers are snowboarders. It is small hill; skiers get bored after a while. The snowboarders have the terrain park with a variety of features they can use."

As the years went on, Gary and Heather continued to add new programming and runs to keep the ski area fresh and exciting. The one thing that has been the biggest challenge is the weather, which has really impacted the business over the last few years.

"Two years in a row, we had the polar vortex and it was 40 below and no one was coming out then. Last year, we



EXPRESS PHOTO BY NATASHA TERSIGNI
Gary Dewar is happy to be able to start his snow machine and start grooming the hill's six runs after the late start to winter.

had the latest opening in our history, Dec. 18, and then we had to close up in the middle of March because everything was melting. Usually we stay

Continued on page 17

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Diesel Maintenance at Your Local Auto Service Provider

A lot of Interlake residents are excited about the new diesel engines that are becoming available in passenger cars and SUV's and they're curious about the preventive maintenance requirements for diesels. Interlake residents may not know that diesel engines have long been used extensively in Europe and Asia. In fact, in some markets, there're nearly as many diesel powered passenger cars as there are gasoline.

You may ask, why has diesel taken so long to be widely adopted in North America? There are a bunch of reasons like fuel tax policies and such, but the biggest hurdle was that North American diesel fuel had a high sulfur content — too high for the latest generation of highly refined diesel engines. Recent government mandates to remove sulfur now opens North America up to the engines the rest of the world has been enjoying for a long time.

Why are diesels so popular worldwide? Well, for starters, diesels get up to 30% better mileage than gas engines. And they last a lot longer. And modern diesel engines are refined, quiet and powerful — and there's none of that black smoke we used to see. Some Interlake residents may think that diesels create more pollution. But, you need to rethink diesels. Environmental pollution standards for diesel cars and light trucks are scheduled to be as strict as they are for gasoline vehicles.

A modern diesel engine is as clean as a gas engine. And, there are not a lot of trade off's with diesel in terms of performance. A modern passenger car diesel is very smooth, quiet and quick. Most Interlake residents wouldn't notice any difference. For folks who tow trailers and haul heavy loads, diesels will be an improvement.

Now diesel engines are heavy duty, so they cost more than gas engines. But they get better mileage — so the break-even point is largely dependent on the difference between gas and diesel prices at your Interlake pump and how many kilometers you drive. And diesels have a higher resale value in most provinces.

Now, let's get back to diesel maintenance in the Interlake. Diesels do require very clean fuel, air and oil, so their filters are much higher capacity than gasoline filters and cost more. The engine air filter needs to be changed more frequently as well. Repair costs in Interlake are similar. As with gasoline engines, proper maintenance is the key to long engine life and to avoiding

repairs. So pretty much what we have come to expect with gas vehicles; coolant system service, transmission service, power brakes, power steering, differential, filters, fuel system, and so on. And the payoff for you, if you're one of the Interlake residents that likes to keep your vehicles for a long time, is that a properly maintained diesel engine can last for hundreds of thousands of kilometers. Give your local independent service provider a call. We also can and will advocate for your warranty and point out other items that should be replaced under warranty should it apply. We'll steer you right. Our reputation depends on it!

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> MEAL IDEAS

Cowboy Cookies



Chipotle Aioli
 2 cloves garlic, minced
 1 egg yolk, room temperature
 1/2 tablespoon freshly squeezed lemon juice
 1/8 teaspoon salt
 1/8 teaspoon freshly ground black pepper
 1/2 cup olive oil
 1 teaspoon chipotle chili powder or 1 tablespoon puréed canned chipotle in adobo sauce

Cookies
 6 skinny yams or sweet potatoes, about 2 inches in diameter, or fatter ones if available
 3 tablespoons olive oil
 4 teaspoons salt
 3 tablespoons New Mexican or any other pure chili powder
 2 tablespoons sugar
 1 tablespoon freshly ground black pepper
 3 6-ounce filet mignons, 2 inches thick, or 1 whole 1-pound pork tenderloin
 1/4 to 1/2 cup of your favorite barbecue sauce
 1/4 cup Chipotle Aioli (optional)
 Preheat oven to 325 F.

Add the garlic, egg yolk, lemon juice, salt, and pepper to a blender or mini food processor and purée until smooth. Alternatively, whisk the ingredients together in a medium bowl.

Very slowly drizzle in the oil with the motor running and purée until

aioli thickens (should take between 2 and 3 minutes). If you are using a whisk, keep whisking while slowly drizzling in the oil until the aioli is thick. Stir in chipotle. Reserve.

Place yams on their sides. With your sharpest knife, cut into 3/8-inch-thick slices. If yams are more than 2 inches or so in diameter, use a 2-inch round cookie cutter or a paring knife to trim to desired size.

In a medium bowl, add olive oil. Toss yam slices until they are lightly coated with oil. Sprinkle with 1 teaspoon salt. Spread on a nonstick baking sheet or on any parchment paper-lined sheet pan and bake for 30 minutes. Turn yams over and bake for 30 more minutes, or until yams are browned, slightly condensed, and begging to be eaten. Reserve in aluminum foil to keep warm.

Preheat grill to high heat. While yams are baking, in a medium bowl, combine chili powder, sugar and pepper. Generously rub down the filets with this dry rub. Wrap filets in wax paper or plastic wrap and let stand at room temperature for 30 minutes.

Just before grilling, pat down filets with remaining 3 teaspoons salt. Over direct heat, sear meat for 2 minutes a side on all 6 sides. Transfer to indirect heat, cover grill, and cook for approximately 6 more minutes for medium-rare, or until filets have reached your desired degree of doneness. Alternatively, filets can be broiled for approximately 10 minutes per side.

Place meat on a plate and cover with aluminum foil. Let rest for 5 minutes before slicing. Set each filet on its side and cut into 1/4-inch thick round slices.

To assemble, set out 2 rows of 12 yam slices each. Spoon 1/2 teaspoon barbecue sauce over each slice in the front row and 1/2 teaspoon chipotle aioli over each in the back row (if you don't make the aioli, replace with barbecue sauce). Top each yam in the first row with a slice of steak and cover with an aioli-slathered yam slice.

Pistachio Honey Rolls

Baked goods can take some time to prepare. But as many baking enthusiasts know, the results are well worth the effort. Such is the case with the following recipe for Pistachio Honey Rolls.

Makes 32 rolls

2 cups shelled pistachio nuts
 1 1/2 cup sugar
 1 1/2 teaspoon ground cinnamon
 1 teaspoon finely grated orange zest
 16 sheets phyllo dough, rolled out and kept covered with a damp towel
 4 tablespoons butter, melted
 1 1/2 cup honey, warmed

Positive thinking can change your life



"A PESSIMIST SEES THE DIFFICULTY IN EVERY OPPORTUNITY; AN OPTIMIST SEES THE OPPORTUNITY IN EVERY DIFFICULTY."

~ WINSTON CHURCHILL

Can our thoughts really determine the quality of our life? For a long time it was believed that events in our life just happened. The world was out there, and there was no way that a thought in here could possibly impact an external event. Many no longer accept that arbitrary division.

There are at least two ways in which our thoughts can determine what happens in our lives. The first relates to the way in which our thinking affects our behavior. If one thinks he or she will never get that job, succeed in a course, lose the weight or find a partner, then that person will either not even try, or will not do the very things that could bring about what is desired. Negative thinking produces negative results.

The second way that our thoughts can impact our lives has to do with a more expansive view of reality.

In this view, everything is connected. Our inner world and the outer world are one complete whole, therefore what happens in one area affects everything else. In this perspective, it is held that it is our very thoughts that not only influence our reality, but in fact create it.

It is believed that our thoughts act like a magnet, drawing into our lives those things that match our belief system. If a woman believes that all men are jerks, she will continue to draw jerks into her life. If a student thinks he is "dumb" he will continue to perform poorly.

On the other hand, if we believe people are basically good, we will attract good people into our lives. If we tell ourselves we can learn, we can succeed, then we attract success. If we picture ourselves already possessing the attributes we value, we will soon exemplify those.

Clearly we give ourselves a distinct advantage by cultivating only positive thoughts about ourselves, our lives and our future. It can be challenging to consistently think positively if we have had a history of negative thinking. However, making the switch is probably the most important thing we can do to improve the quality of our lives, and the lives of those around us.

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

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Place the nuts, sugar, cinnamon and orange zest in a food processor and grind until nuts are finely chopped. Transfer to a bowl.

Place a sheet of phyllo dough on a work surface. Keep the remaining sheets covered with a damp towel after each sheet is used. Brush the sheet of phyllo with butter, top with another sheet of phyllo and brush with more butter. Lightly spread the sheet of

phyllo into four strips lengthwise. Roll up each strip, starting at the bottom, and place on a Silpat parchment-lined baking sheet, seam-side down. Continue with remaining 14 sheets of phyllo and nut filling. Bake on the middle rack of a preheated 375 F oven for 15 minutes. While still warm, drizzle with honey. Allow to cool completely before serving.

The Interlake will not be immune from fentanyl epidemic

By Natasha Tersigni

While local RCMP have yet to come across the dangerous opioid fentanyl within Interlake communities, they say it is just a matter of time before the powerful drug makes its way onto local streets.

As the availability of the opioid continues to rise, so does the number of deaths linked to fentanyl. In 2014, there were seven deaths in Manitoba and that increased to 18 deaths in 2015. So far this year, there are 24 confirmed opioid-related deaths, with fentanyl suspected to play a part in the majority of those deaths.

"We haven't come across fentanyl here yet, but we know it is in Winnipeg and it is not a stretch that it could be out here too," said Stonewall Staff Sgt. Kelly Glaspey, who explained why fentanyl differs from other opioids such as Oxycontin.

"In general, the public should be very concerned about fentanyl because it takes such a small amount of the drug to be lethal."

Increasingly, police have found that fentanyl has been mixed with other illegal drugs, including marijuana.

"Anyone who is taking drugs for recreational use should be aware that fentanyl could be in something they ingest and they might not even know they are taking it. It could be very dangerous. There are reports that some marijuana has been laced with fentanyl as well."

To protect first responders who may have come into contact with fentanyl or other dangerous opioids, all front-line RCMP officers in Manitoba have been issued a naloxone kit. The nasal spray can also be administered to others who are in medical distress and have or are suspected to have taken opioids, including fentanyl.

The province has been looking at different ways to combat the fentanyl crisis, and it was announced at the end of November they would launch a social media awareness campaign to educate people on the dangers of fentanyl and other dangerous opioids.



EXPRESS PHOTO COURTESY OF RCMP

Interlake RCMP are warning the public that fentanyl is a lethal drug.

The campaign will target both users and non-users, along with educating the public about the presence of fen-

tanyl in common recreational illicit drugs.

Manitoba RCMP launch Checkstop program during holiday season

Submitted

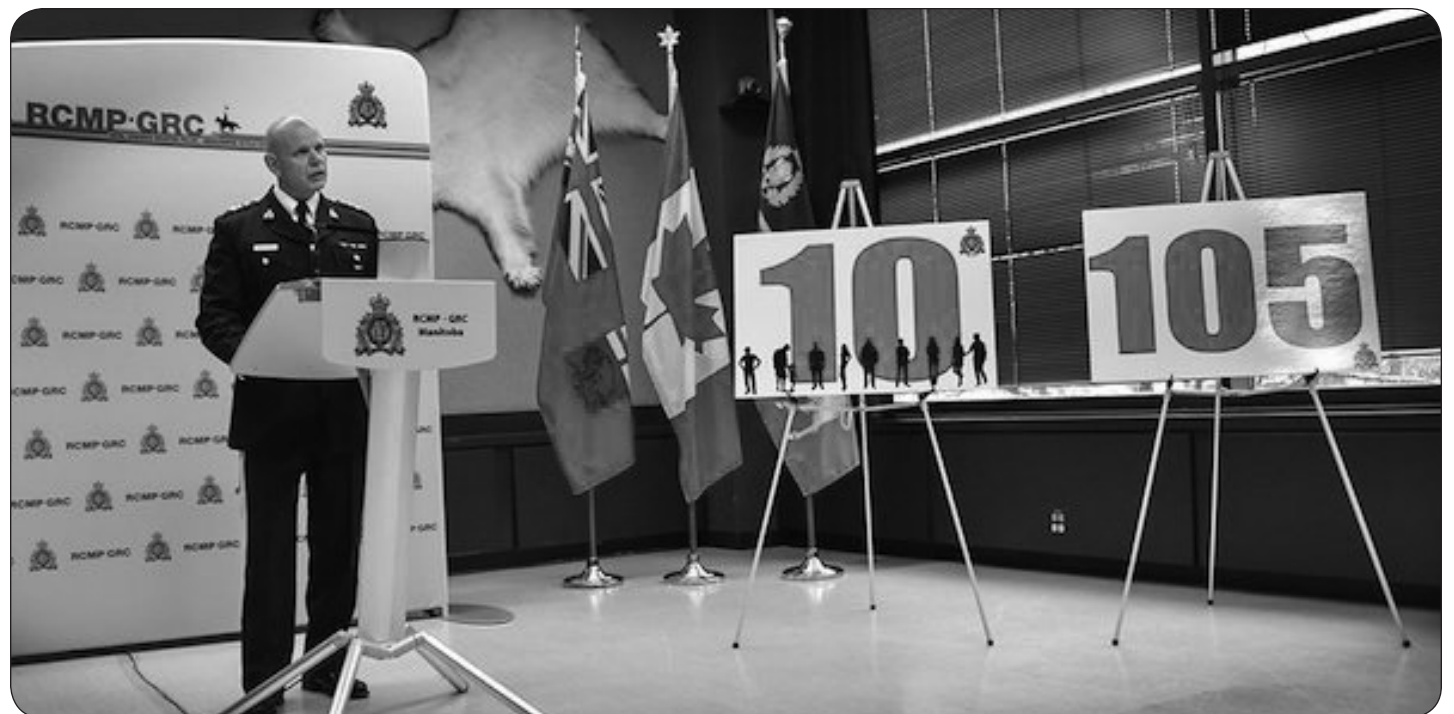
Assistant Commissioner Scott Kolody, commanding officer of "D" Division RCMP, announced Dec. 1 the kickoff of the 2016 Holiday Checkstop program. He was joined by the Honourable Ron Schuler, minister of Crown Services, and Shannon Bunkowsky, director of loss prevention for Manitoba Public Insurance.

To date, there have been 105 fatalities on provincial roadways. The total for 2015 was 80.

"We are seeing disturbing driving behaviours that are endangering the lives of Manitobans," said Kolody. "Of tremendous concern is people drinking and then driving — but we are also seeing texting and driving, speeding and lack of seatbelt use."

The Checkstop campaign will begin on Dec. 2, 2016, and run until Jan. 2, 2017. Of particular concern are people driving while impaired and high-risk drivers.

"Highly visible roadside Checkstops send a powerful message to all motorists that RCMP officers are committed to keeping our roads safe for everyone," said Schuler. "The consequences of getting behind the wheel after drinking or taking drugs can be tragic. The RCMP and likeminded road safety agencies are committed to making this a happy holiday season, and we encourage all Manitobans to



EXPRESS PHOTO SUBMITTED

RCMP Commanding Officer of "D" Assistant Commissioner Scott Kolody speaks during a news conference in Winnipeg on Dec. 1.

do their part to keep Manitobans safe on the roads this season."

Manitoba Public Insurance is also committed to reducing the number of fatalities on Manitoba roadways.

"Clearly, this year, the Holiday Checkstop Program has never been more important," said Bunkowsky. "The work of our law enforcement

partners has never mattered more to road safety. High-risk and dangerous driving behaviours have real consequences — not only fines, demerits, loss of a driver's licence but serious injuries and, too often this year, death."

"The truth is, if behaviours don't change, an estimated 10 people will

die on our roads during the holidays," said Kolody. "And in the past decade, there has not been a single year when someone has not died."

One more death is one too many. Don't be a statistic. Buckle up, drive sober, put your phone down and drive for the conditions.

Province requesting public input on health-care sustainability

By Jeff Ward

A member of the Highway 6 Health Advocacy Committee is urging residents to take the Manitoba government's survey designed to get feedback to help make the health-care system more sustainable.

Keith Lundale is a member of the committee that is dedicated to improving the health-care system in the West Interlake area. Finding solutions

to the ongoing health-care troubles facing residents in Lundar, Eriksdale and Ashern is part of the mandate of the committee.

Lundale says this survey is the perfect opportunity for residents to provide their input. Manitoba Health, Seniors and Active Living Minister Kelvin Goertzen said via a press re-

lease that the government is aware that costs of the health-care system are not sustainable and that now is the time to hear from Manitobans.

"The fact is that now we're at the table and this gives us the opportunity for more dialogue," said Lundale.

"I really do want to urge everyone to take this survey because if they see a large group of us saying this isn't right, this isn't working — they have to stand up, they have

to take notice. We've put a Bandaid on the problem short term with our ER situation but we still need doctors."

Lundale is frustrated, and has been for some time, with how long the process takes to get going. But he remains optimistic that both the government and the Interlake Eastern Regional Health Authority want to fix this sit-

uation. He said it is up to the public to continue to push for better health care and for solutions that aren't temporary. He wants solutions that are sustainable, long-term investments in the community.

The survey is being facilitated by the George and Fay Yee Centre for Healthcare Innovation, which developed it and are also administering it. The survey closes Wednesday, Dec. 14 and can be taken in 10-15 minutes by visiting www.gov.mb.ca/health/haveyoursay.

A final report and analysis will be completed in the spring of 2017. Goertzen said the data from the surveys will be used to provide the government with concrete recommendations to implement plans, timelines and estimates of cost savings.

The answers the public and health-care workers provide will be used to inform the decision on how health-care spending should be prioritized.

"And that's why it's so important because they are really going to be looking at the answers. If you want things to change, you have to seize



EXPRESS FILE PHOTO

Keith Lundale, seen here at a March 2016 rally outside of E.M. Crowe Memorial Hospital in Eriksdale, is urging rural residents to take part in the province's survey and give feedback about the rural health-care system.

opportunities like this. Taking the survey could help us get closer to a more stable health-care system here in our community," said Lundale.

Lake Manitoba polar bear swim in December

By Jeff Ward

Sherie Turek said that if there was no ice on Lake Manitoba on Dec. 1, she would go for a swim. And even though it was the shortest swim of her life, Turek kept her promise.

Turek said a few weeks ago she was

walking on Twin Lakes Beach near her home and couldn't believe how nice it was. It was then she made her pledge to her husband Jeff Dueck to take the plunge on Dec. 1 if there was no ice on the lake.

"I've been out at Twin Lakes Beach



EXPRESS PHOTO SUBMITTED

Sherie Turek lived up to her promise of taking a swim on Dec. 1 if no ice had formed on Lake Manitoba. The video was posted to Facebook and has more than 300 likes.

my whole life and I've never seen water like this in December. There was a small bit of ice on the shoreline but the water was wide open," said Turek.

She said that the temperature was actually a few degrees above freezing when she took her quick morning swim and that the water wasn't that cold. The stiff north wind on the way back to house was where she started to feel the burn. Turek took a few steps out into the water before jumping back into a wave. The whole incident

was captured on video by Dueck and uploaded to Facebook over the weekend.

"I challenged a few others after I did it and my neighbour went out and jumped in on Friday and my brother said he's going to come out and be the last one in the lake for the season. I wasn't worried about it being cold and it was actually very invigorating and exciting. I was actually hoping I would be able to do it because it's so rare," said Turek.

> SKI HILL, FROM PG. 14

open until the beginning of April," said Heather.

To continue to grow their business, the couple is adding snowshoe rentals and trails this year to the ski area.

"We are excited about now offering snowshoeing. We are going to have the trail out back where there is some bush area. The trail will then go down and take snowshoers along the bottom of the hill close to the fence line and then they will be able to access the new trails that are being built around Stony Mountain," said Heather.

"We decided it would be a great way to add an extra dimension to our business. It would be a great feature for schools or for parents who may not want to ski or snowboard but they can still get outside

and enjoy what we have to offer. There is a lot of wildlife in the area so that is a great factor with our snowshoeing as well."

Heather adds that she and her husband hope the area will still be around in another 50 years, and it is the loyal skiers and snowboarders that keep the couple coming back season after season.

"We really enjoy seeing people out on the hill having a great time. It is interesting because we now have third-generation customers. They were here when we first started, and when they had kids, they brought them. Now their kids are coming back with their little ones. Being able to see that and how our business has grown but still has that strong customer base is really neat."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Peguis, Fisher River knock off Norway House

By Brian Bowman

The Fisher River Hawks were determined not to give the Norway House North Stars their first KJHL win of the season.

Fisher River skated to a convincing 12-1 victory on Sunday as Brennan Cochrane scored six times and added three assists for a monster nine-point game.

Johnny Beaulieu had a hat trick and three assists while Samuel Spence, Gavin Mason, and Macrae Sinclair also scored for the Hawks.

It was the third time that Norway House got blown out last weekend. On Saturday, the Peguis Juniors knocked off the North Stars 14-3.

Coulson Nepinak (three), Ian Sutherland (two), Quinton Flett (two), Theoren Spence, Tyrell Sinclair, Travis McPherson, Devon Garson, Josh Cameron, Tristan Slater, and Dylan Stevenson scored for Peguis.

The Lundar Falcons were also in action Sunday, losing 9-1 to the Fishermen in Selkirk.

Bronson Kelly and Coel Forsyth each led Selkirk with a pair of goals while Milan Horanski had a goal and

three assists. Auzzie Loewen, Griffin Steeves, Connor Spratt, and Drayton Mendrun also scored for the Fishermen. Mendrun finished the game with three points.

Jason Nikkel ruined Travis Schalk's shutout bid late in the game. Schalk had an easy night in goal, facing just 11 shots.

On Saturday, the Arborg Ice Dawgs lost 9-4 to the St. Malo Warriors.

Derric Gulay scored twice for Arborg while Spencer Kilbrei, on the power play, and Clint Torfason also tallied.

Last Friday, Arborg edged the Falcons 6-5 in Lundar.

The Ice Dawgs grabbed a 5-0 lead on goals by Cal Finnson (two), Colton Davies, Kilbrei, and Braydon Chwartacki.

But Lundar made the game a competitive one by scoring five of the last six goals.

Dennon Sichevski and Landen Gray each scored twice while Brandon Worthing also tallied for Lundar.

Jordan Woytowich scored Arborg's other goal in the third period.

Dylan Ossachuk made 24 saves for the win.



EXPRESS PHOTO BY BRETT MITCHELL

The Falcons' Brody Southby fires the puck into the Fishermen's zone.

Chwaliboga named MJHL Defenceman of the Month

Staff

Arborg's Griffin Chwaliboga of the Neepawa Natives was recently named the Manitoba Junior Hockey League's Defenceman of the Month.

The talented 18-year-old rearguard recorded points in six of seven games last month. He scored twice and added seven assists.

Chwaliboga was also recently named to the MJHL's top 30 college prospects list. He is one of seven defencemen along with 19 forwards and four goalies.

The runners up for the defensive of the month award were 17 year old Tyler Jubenvill of the Winkler Flyers and 20 year old Brady Keeper of the OCN Blizzard.

Meanwhile, Mackenzie Graham of the Steinbach Pistons was selected the RBC Player of the Month for November while Winkler's Cole Weaver was named the MGEU-MJHL Goal-



Griffin Chwaliboga

tender of the Month

The IBAM-MJHL Rookie of the Month was Dallas Tulik, 18, of the Winnipeg Blues, who showed his offensive talents last month with 12 points in 13 games.

The Manitoba Pork Peak Performer for November was goaltender Riley McVeigh of the Virden Oil Capitals.



EXPRESS PHOTO BY LANA MEIER

Neepawa Natives' blueliner Griffin Chwaliboga of Arborg was named the MJHL Defenceman of the Month.

Lightning zapped twice in weekend play

By Brian Bowman

The Interlake Lightning started well against the Brandon Wheat Kings on Saturday.

But the game did not end very well for the local team.

The Brandon Wheat Kings snapped a 2-2 second-period tie to rout the Interlake 9-2 in Manitoba AAA Midget Hockey League action in Teulon.

Interlake's Foster Bytheway opened the game's scoring with a power-play goal at 6:08 of the first period, assisted by Jack Einarson.

Brandon's Dylan Halliday answered with a power-play goal just over three minutes later and then the Wheat Kings' Tate Popple made it 2-1 before the first period ended.

Einarson scored his team-leading 12th goal of the season at the 1:08 mark of the second period but it was all Brandon after that. Einarson also leads the Lightning in points this season with 23 through 21 games.

Brandon finished the second period with four goals — two of them coming with the man advantage — and then added three more in the third.

Brett Paddock (two), Christian Halls (two), Jaymes Knee, Halliday and Lyn-

den McCallum scored for the Wheat Kings in the final two periods.

Riley Buhay and Adam Swan shared Interlake's goaltending duties as the Lightning were outshot 57-23.

On Friday, Eastman snapped a 2-2 third-period tie with goals from Matthew Hill and Rylan Hoffman just 1:59 apart midway in the period for a 4-2 home win over the Lightning at the Sun Gro Centre in Beausejour.

Hoffman's goal came on the power play.

The Selects' Dallan Wilton scored the lone goal of the first period and then the Interlake's Tyler Broda and Eastman's Troy Beauchemin traded power-play goals in the middle frame.

Interlake's Keenan McPherson struck on the power play at 6:18 of the third period to tie the score at 2-2.

Both teams were 2-for-7 with the man advantage as Eastman outshot Interlake 37-31.

Danton Belluck earned the win in goal while Swan took the loss. Swan was recently named as an honourable mention for the league's top goalie of the month for November.

The Lightning, now 6-13-0-0-2, hosted the league-leading Winnipeg Wild



EXPRESS PHOTO BY LANA MEIER

Lightning goaltender Adam Swan makes a save during Interlake's 9-2 loss against Brandon last Saturday.

(17-3-0-0-2) last night but no score was available.

Interlake will now hit the road for four straight games, including a pair this weekend. The Lightning will be

in Brandon Saturday (7:30 p.m.) and then will play Yellowhead in Shoal Lake on Sunday (2:30 p.m.).

Interlake Bantam girls improving on the ice

By Brian Bowman

The Interlake Ice Bantam girls' hockey team lost a pair of one-goal games last week.

Interlake was edged 2-1 by the Rangers on Nov. 30 and then they lost 3-2 in a shootout to the Central Plains Capitals the following night.

Megan Humeniuk scored for the Ice against the Rangers and then Sarah Dowsett and Jacey Ledochowski tallied against the Capitals.

The Ice played a good game against Central Plains.

"Our team is getting much better," said Ice head coach Paul Miller. "We've changed the way we play in our own end of the rink, so our defence is getting better. Our defensive zone coverage has gotten a lot better, so our goals-against has been reduced."

But while the defence has gotten a lot better, Interlake is still having trouble scoring goals. The Ice has scored just 16 goals in 13 league games.

"We're confident that the offence will come in time," Miller said. "We need to put more pucks to the net.

We're not generating enough shots when we get to the offensive zone. We need to improve in that area and get more pucks to the net and get more traffic in front of their goaltender."

Interlake, currently 2-10-0-1 in league play, has five points. That leaves the Ice in eighth spot in the nine-team league. Eastman has a very strong team and leads the league with a 10-2-1-0 record. That's just three points ahead of four other teams.

Interlake has done a good job closing the gap between themselves and some of the elite teams, said Miller.

Interlake recently won a bronze medal at a tournament in Blaine, Mn. It was a great way to get the girls together for a trip while also finding some success on the ice.

"We went 3-1 at that tournament," Miller noted. "We played Thunder Bay in the final and we beat Thunder Bay 1-0. We only gave up 10 shots that game."

Interlake will be busy this weekend competing at a Showcase event at the MTS Iceplex. The Ice will play Norman, St. Vital and Central Plains.



EXPRESS PHOTO BY LANA MEIER

Ice goaltender Jalyn Miller makes a save during Interlake's 3-2 shootout loss to Central Plains during Hockey Winnipeg 'AA' female Bantam action on Dec. 1.

Check out our website for further updates and player stats at www.nwshl.com.

29. Pumpkin and apple are examples
31. China
32. Made illegal
33. Be mistaken
34. Stephen King's "Pennywise"
35. Semite
36. Martens with short tails
37. Large bodies of water
38. Lower in position
39. Dough used in Latin American cuisine
40. Calculating tools
44. Boxers do this
47. Macaw

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APARTMENT FOR RENT

2 bdrm. apt. for rent in Arborg. Ph 204-641-5902.

HOUSES FOR SALE

New homes for sale in Souris and Rapid City. Rent to own for \$1200-\$1500/month O.A.C. Will take livestock or farm land on trade. Phone 204-723-2455.

HOUSES FOR SALE

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MOBILE HOMES

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

PROPERTY FOR SALE

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

FIREWOOD

Seasoned oak, ash & poplar for sale. Can be cut, split & delivered. Call 204-861-0487.

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

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HEALTH

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

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

UPCOMING EVENTS

Brandon Gun & Collectibles Show. Sat, Dec 10, 10 - 5 p.m. & Sun, Dec 11, 10 - 4 p.m., Keystone Centre. Buy, sell, trade.

Last Chance Craft Sale! 2 floors, over 100 crafters! Sunday, December 11th, 11-5. Canad Inns, Club Regent Hotel, 1415 Regent Ave W. Winnipeg, Admission \$3.

HAY & FEED

Excellent quality horse & cattle hay, 5x5 grass bales & alfalfa grass mix bales. No rain. Call 204-461-0046.

Job Opportunity

Gimli Harbour Master

Open Water Season 2017

For detailed job description email: ghaexec@gmail.com

FARMERS & RANCHERS HERD DISPERSAL SALES

Saturday, December 10, 2016 at 1:00 p.m. Ashern Auction Mart

1) Complete Herd Dispersal for:
Jo-Ann & Fred Gittoes (204) 449-2056
Mostly red-white face Hereford cows & heifers to start calving first week of March
135 Cows & 25 Heifers
4 - 3 yrs old Hereford Bulls
& 1 Yearling Hereford Bull
Herd has been on full health program.

2) Complete Herd Dispersal for:
Marvin Bednarek (204) 449-2383
40 Red Angus cross cows - Bred Charolais (Triple "C" Bulls)
To start calving March 1
Full Health program w/scour guard

3) Cow & Heifer Sale for:
Ray Bittner (204) 768-0010
20 Cows Red & Red/White face - bred Horned Hereford bulls
13 Heifers Red/white face - bred Red Angus
To start calving March 15
Full Health program

4) Complete Herd Dispersal
37 cows, 1/2 are mostly Charolais up to 6 years old; 1/2 are mostly Red over 6 years old
Bred to Charolais bull
Full herd health program

5) Bred Heifers for:
Keith Warrenner
75 mixed heifers bred to Red Angus
Bulls turned out June 1, 2016
Herd health program

For more information on any of these cattle you can call

The Ashern Auction Mart
Buddy Bergner at 204-768-0018
Kirk Kiesman at 204-768-0019
License #1128



Royal Canadian Mounted Police Arborg Detachment

Arborg RCMP Detachment is currently looking for guard applicants. If interested please attend at the Arborg RCMP Detachment or call the admin office for further details.

Arborg Detachment Phone
204-376-5253 Ext 0

Ashern Auction Mart - Farm Market Report Week of November 23 • No. of Cattle: 1608 Total Slaughter Cattle 130 Total Feeder Cattle 1478

| | | | |
|---------------------|------------|------------------------------|---------|
| D1 & D2 Cows..... | 79-88 | Age Verified..... | 90-96 |
| D3 & D4 Cows..... | 70-78 | Heiferettes..... | 110-146 |
| Bulls..... | 85-105.50 | Older & Shelly Cows. 52 + up | |
| STEER PRICES | | HEIFER PRICES | |
| e300-400..... | 206-233 | 300-400..... | 170-201 |
| 400-500..... | 180-230 | 400-500..... | 165-196 |
| 500-600..... | 177-207.25 | 500-600..... | 160-190 |
| 600-700..... | 170-194.25 | 600-700..... | 150-179 |
| 700-800..... | 146-173.50 | 700-800..... | 145-150 |
| | | 800-900..... | 129-134 |
| | | 900-1000..... | 144-149 |

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Uncertified Substitutes

Evergreen School Division is seeking applications for Uncertified Substitutes, when certified substitute teachers cannot be found.

Qualifications:

- Completion of an undergraduate degree from an accredited university
- Willing to participate in an orientation session
- Cleared Child Abuse Registry Check and Criminal & Vulnerable Sector Record Checks (recent within the last six months)

*Will need access to a vehicle

Qualified candidates should provide a cover letter, resume and three references to:

Evergreen School Division
Fax: (204) 642-7273
Email: applications@esd.ca

Closing Date: January 10, 2017 (3:30 p.m.)

Classified booking deadline
is Monday at 4 p.m. prior to
Thursday's publication.

Call 467-5836

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For further information please contact:
LeAnne Price at leanne@aurorarecoverycentre.com



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EMPLOYMENT OPPORTUNITY Executive Director New Iceland Heritage Museum

Located along the western shore of Lake Winnipeg in Gimli, Manitoba, the New Iceland Heritage Museum (NIHM) is seeking a dynamic museum professional to serve as Executive Director (ED). Reporting to the Museum Board the Executive Director has overall responsibility for both strategic and operational activities that support the vision and long term sustainability of the New Iceland Heritage Museum and Lake Winnipeg Visitor Centre.

Key areas of responsibility:

- Oversees permanent exhibit quality and maintenance
- Fundraising, grant applications, NIHM endowment fund development
- Operation of gift shop and facility rentals as two revenue streams
- Public relations and marketing strategies
- All aspects of Collections Management
- Coordinates incoming travelling and temporary exhibits
- Building community relationships by liaising with other museums, cultural, arts, educational, and tourism organizations and local festivals and service organizations
- Staff supervision - one full time and seasonal staff
- Volunteer recruitment and co-ordination
- Planning and developing programs and events

The ideal candidate will possess a post-secondary degree or certificate in a relevant field of study (e.g. Museum Studies, History, Anthropology, or Business) or the equivalent in senior management experience with a cultural or non-profit organization. Knowledge of the unique history and culture of New Iceland would be an asset.

Submission deadline: Resumes will be received up to **noon on December 8th, 2016 or until a suitable candidate is found**

Salary range: \$37,000 - \$42,000

Resumes can be sent to the attention of Chris Brooks, President, New Iceland Heritage Museum by email to nihm@mts.net or delivered to the museum in person to #108 94-1st Ave. Gimli. We thank all applicants for their interest, however only those selected for an interview will be contacted.

New Iceland Heritage Museum, #108 94-1st Avenue, Gimli, MB
Phone: 204-642-4002 www.nihm.ca

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EXPRESS
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We have opportunities in our Power Line Technician Training Program. Power Line Technicians construct, maintain and repair electrical power transmission and distribution systems. You will participate in a four year apprenticeship program that includes on-the-job training and 10 weeks of competency-based trade schools.

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Aboriginal candidates who do not currently meet all the above qualifications may be interested in our six month Aboriginal Line Trades Pre-Placement Training Program. Selected candidates will receive on-the-job training and academic upgrading to meet the minimum requirements to compete for a position in the Power Line Technician Training Program.

To be considered, you will be a high school graduate with at least **one** of the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S or English 40. Proof of Aboriginal Ancestry is also required.

Applications for both the Power Line Technician and Aboriginal Line Trades Pre-Placement Programs **must** include a personal résumé and a complete transcript of marks (high school and any post secondary). **Only complete applications will be considered.**

Visit our website at www.hydro.mb.ca/careers to apply online. If you are unable to access a computer, please call our Employment Line at 1-204-360-7282 or 1-800-565-5200.

The deadline for applications is **December 20, 2016**. We thank you for your interest and will contact you if you are selected for an interview.

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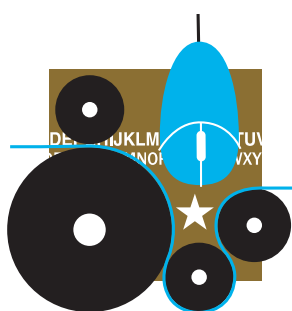
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