

**2019 FLEX SEL AWD**  
  
**\$32,995**

**2016 TRANSIT 350**  
  
**\$30,995**  
15 passenger

**2015 ESCAPE "SE"**  
  
**\$11,995**  
Stk #14414A

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

# THE EXPRESS

VOLUME 6 EDITION 50 THURSDAY, DECEMBER 12, 2019

## WEEKLY NEWS

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



**CHRISTMAS GIFT Ideas**

**STIHL MS170 Chainsaw**  
• 30 c.c. • 16" bar • 1 year warranty  
  
**\$199<sup>00</sup>**

**BG50 Gas Blower**  
  
**\$199<sup>95</sup>**

**FSA45 Battery Trimmer**  
  
**\$149<sup>95</sup>**

**BGA45 Battery Blower**  
  
**\$149<sup>95</sup>**

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



## Hometown hero

EXPRESS PHOTO BY THE CHICAGO WOLVES  
Arborg's Jermaine Loewen scored his first AHL goal to spark the Chicago Wolves to a 4-2 victory over the Manitoba Moose on Saturday evening.

> everything you need to know in your locally owned and operated community newspaper

**FISHER POWERSPORTS**  
63 Main St. Fisher Branch MB    1-204-372-6648  
**Kawasaki**

**Rebate of \$1000  
or 3.99%  
Financing OAC  
for the 2019  
Mule Line up**

Promo runs until  
January 1, 2020.

  
**MULE™ THE LATEST GENERATION OF STRONG**  
Accessorized units shown.  
Kawasaki

# Arborg celebrates Old Tyme Christmas

By Evan Matthews

As much of the Interlake is in full holiday swing, so too is the Town of Arborg.

On Saturday Dec. 7, Arborg Legion's clubroom manager Gail Mather said the town hosted its Old Tyme Christmas Celebration, with this year's festivities having activities located all over town and being put on by an array of organizations.

"Most everything happened for no cost, and it was a very successful event," said Mather.

"Santa came to town and even spent some time meeting with people on the Library Park Stage after the parade."

The local Co-op donated hotdogs, and organizers hosted a bonfire and wiener roast near the river, she said.

The legion's pancake breakfast kicked off the day, with the legion also hosting the Kids' Christmas Market, formerly known as Santa's Store.

All proceeds from the pancake breakfast and the Kids' Christmas Market are donated to the Christmas Cheer Board, according to Mather.

The day capped off with the community gathering for the annual Christmas tree lighting and the perogy dinner at the legion. All proceeds resulting from the dinner are donated to the Reechka Ukrainian Dance Club, according to Mather.

Other activities throughout the day included Old Tyme Bingo, Heritage Village sleigh rides and skating on the river.



EXPRESS PHOTOS BY GAIL MATHER



## Baker Law

### CORPORATION

Do you have a current will?

Protect your family by having a current will, power of attorney and health care directive. Call us or stop in for more information and find out how we can help you.

## Grant D. Baker

### Barrister, Solicitor and Notary

Providing full time legal service to families and small businesses in Gimli and the Interlake.

**GIMLI LOCATION**  
72 Centre Street, Gimli, MB  
Our office is open 9-5 Mon to Fri  
204-642-8681 or 1-866-487-5688

**RIVERTON LOCATION**  
33 Main St. Riverton MB  
Open Mon & Wed 9:30-4:30  
204-378-5427

MANITOBA 150  
United in celebration • Unis dans la fête

## ILLUMINATE 150

JOIN US! SATURDAY, DECEMBER 14, 2019  
Manitoba Legislative Grounds 3:00-7:00 PM

**KICK OFF A YEAR OF CELEBRATION!**

Hold your breath as the flick of a switch turns on 300,000 LED lights covering the entire Manitoba Legislative grounds.

Family Fun begins at 3:00 PM  
Lights on at 5:30 PM

**FREE!** Manitoba Legislative Building  
2019 Open House 3:00-5:00 PM

@MANITOBA150 #MB150 [manitoba150.com](http://manitoba150.com)

With support from:

Manitoba, Manitoba Hydro, Pratt's Food Service, Tim Hortons, SNOMAN, forks trading company

# Hunters acknowledged

By Jo-Anne Procter

Last weekend the Eriksdale Game & Fish Club held its annual trophy night at the Eriksdale Arena.

There was one moose, three elk and 23 deer heads brought in to be scored for the event.

In the youth division, first place went to Jesse Lestrat for his deer that scored 127 7/8. Second place went to Austin Hanslip with a score of 113 7/8 and third place went to Andrew Mason for his head that scored 105 6/8.

In the adult division, John Kaartin-

en's typical head scored 150 4/8. Neil Brandstrom won the non-typical head, while Allan Anderson won the most symmetrical.

Youth prizes were \$100 for first, \$75 for second and \$25 for third, which was donated by club member Allan Anderson.

Payout for typical was \$200, non-typical was \$100 as well as a \$100 prize for the most symmetrical.

Winners of the gun raffle were Lorna Law, Scott Lestrat, Ray Vincent and Autumn Hanslip.



EXPRESS PHOTOS BY LYNDSEY FORSYTH

Left photo: Jesse Lestrat. Right photo: Austin Hanslip.



Pictured left: Andrew Mason. Middle left: Jamie Kaartinen (with John's deer head). Middle right: Neil Brandstrom. Right: Allan Anderson.

## Support Stonewall's 'Save the Kilns'

initiative with your purchase of a Signed Limited Edition 'Stonewall Quarry Sunset' print. All are numbered, signed and framed by photographer Randy Frykas.



Limited edition 150 prints OVER 50% SOLD

16"x 12" Each print will be signed, numbered, matted and framed \$150 each with \$100 being donated to the 'Save the Kilns' campaign

The photo is available for purchase at the Stonewall Teulon Tribune office, Stonewall Quarry Park, Home Hardware, Pizza Den, and online at <http://46fps.com>



We have the products and people to deliver professional results every time.

For the professional arborist to weekend gardener, Husqvarna is the name you can trust for superior service and innovative products. Our dealers have the expertise, service training, tools and resources to ensure you get professional results every time.

For more information visit your local Husqvarna dealer or [husqvarna.ca](http://husqvarna.ca)



CONNECT WITH US ONLINE [f](https://www.facebook.com/HusqvarnaCanada) [i](https://www.instagram.com/HusqvarnaCanada)

FIND YOUR HUSQVARNA AT

**Arborg Home hardware building centre**

**Here's How.**  
451 Main Street, Arborg  
204-376-5685

# Gimli Operation Red Nose keeping drivers safe

By Patricia Barrett

Keeping drivers safe during the holiday season is the priority of Gimli's Operation Red Nose team, which started providing the service at the end of November.

Clarina Taylor is in her fifth year of volunteering for Red Nose and in her second year of co-ordinating the program, which serves Gimli, Arnes, Matlock and Fraserwood.

"People use the service because they don't like driving at night or there may be inclement weather and they want a safe ride home," said Taylor. "Sometimes people just call us to sponsor us. They haven't had anything to drink, but they want to make a donation."

A team of three Red Nose volunteers will meet the customer at their destination and drive them and their car home. Two volunteers (one driving) will ride with the customer in their car while a third volunteer will follow behind in a second vehicle.

The service is free, but customers are encouraged to make a donation.

Proceeds will go towards five community organizations that have applied for funding under the program and that will also be helping staff the service on a particular night.

"The Gimli Ski Club has taken a night as they're looking to raise some money. Gimli Minor Hockey already did a night," said Taylor. "We also have the Wave (youth drop-in at Dr. George Johnson Middle School) doing a night, the Tiny Tots (daycare) of Winnipeg Beach and Gimli Soccer. The total amount raised by the cam-



**EXPRESS PHOTO BY PATRICIA BARRETT**  
Clarina Taylor is co-ordinating the Gimli Operation Red Nose program for the second year in a row.

paign will get divided amongst them." The program sees the whole community coming together to ensure its success.

Local businesses such as Noventis Credit Union — which donated \$200 towards the program — and the Dia-geo distillery volunteered to staff the program on one night, said Taylor. Businesses such as Pharmasave, Rona and Domo Gas in Winnipeg Beach have sponsored items for volunteers, and Gimli Ford and Giesbrecht's have donated vehicles. Local restaurants, coffee shops and grocery store Sobeys have provided food for the volunteers.



**EXPRESS GIMLI OPERATION RED NOSE FACEBOOK**  
Noventis Credit Union staffed the service on one night in November and donated \$200.

Prairie Mobile Communications in Winnipeg provided two-way radios for the volunteers.

"They are amazing," said Taylor. "They're in the city and have nothing to do with Gimli, but they donated radios last year and gave us radios again this year because this about safety."

Every community with a Red Nose program has to have an organization overseeing it, said Taylor. John Hykawy of the Gimli Car Club was instrumental in establishing Red Nose in Gimli and hosting the program for the past 15 years. After this season, the car club will be handing over the

reins to a new host organization.

"Operation Red Nose will next be looking for an alternative host next year and we've talked to some organizations that may be interested in hosting it," said Taylor.

With a few more weeks to go, Taylor said they're looking for volunteers to drive or staff the operations centre (at the Lakeview Resort), particularly on New Year's Eve.

The service is available Dec. 13, 14, 20, 21 and 31. Visit Gimli Operation Red Nose on Facebook for more information. To book the service, call 204-642-9000.

## Arborg RCMP respond to fatal two-vehicle collision

Submitted

At approximately 3:15 p.m. on Dec. 8, Arborg RCMP received a report of a two-vehicle collision on Highway 7

at the intersection of Road 107 North, located approximately five kilometres south of Fraserwood in the RM of Armstrong.

The investigation has determined that a pickup truck, being driven by a 23-year-old male from the RM of St. Andrews, was heading westbound on Road 107 North when it entered the intersection and collided with a southbound minivan being driven by a 66-year-old male from Winnipeg.

The 23-year-old male driver and his

passenger suffered only minor injuries and were treated on scene by EMS. The minivan was carrying six occupants at the time of the collision, and a 38-year-old male passenger from Fisher River was pronounced deceased at the scene after he was ejected from the vehicle. The remaining occupants were transported to hospital with serious but non-life threatening injuries.

The 23-year-old driver of the pickup truck was arrested on scene and taken

into police custody. He was later released with numerous court imposed conditions and scheduled to appear in court at a later date on charges including dangerous operation of a motor vehicle causing death and five counts of dangerous operation of a motor vehicle causing bodily harm.

Arborg RCMP, along with a forensic collision reconstructionist, continue to investigate.

## Arborg RCMP respond to fatal house fire

Staff

On Dec. 7 at approximately 2:45 p.m., Arborg RCMP received a report of a house fire in Meleb, approximately 20 kilometres south of Arborg.

When officers arrived, the local fire


department was already on scene, and the home was fully engulfed in flames.

The homeowner and lone occupant, a 74-year-old female, was later located within the home and pronounced de-

ceased at the scene.

RCMP and the Office of the Fire Commissioner continue to investigate.

**IS THIS A  
CREDIBLE  
SOURCE?**



[www.SPOTfakenews.ca](http://www.SPOTfakenews.ca)

# RMs express disappointment in Ag Minister

## Likely 'too late' to help locals

By Evan Matthews

After lobbying the provincial government multiple times and attempting to have two different agriculture ministers understand their plight, 19 rural municipalities are saying it's too late to help local farmers.

RM of West Interlake Reeve Arnthor Jonasson, who is doubling as the spokesperson for what was originally a group of 12 municipalities (and has since increased to 19), said there is really only one way to describe how the RMs have been made to feel.

"We're disappointed, to say the least. ... All along we've been trying to get our message out to the provincial government. We're not satisfied with the result," said Jonasson, who added the group wants nothing more than to keep the lines of communication open and continue civil discourse with the province.

"I still have hope with negotiations we can get something done. But we might be at a point now, though, where it's too late to help local people. A number of farmers are selling off their herds in complete dispersals.

"It's an inevitability that some people are going to head west for work. Whether or not they remain living in these communities, we just don't know."

Back in September, a news release sent collectively by the RMs of Alonsa, Armstrong, Bifrost-Riverton, Coldwell, Ethelbert, Fisher, Grahamdale, Lakeshore, McCreary, Ste. Rose, West Interlake and Woodlands declared a "State of Agricultural Disaster due to a severe drought situation."

The reason for the press release at the time was to start a conversation between the federal and provincial

governments to enact AgriRecovery to "save" farmers from inevitable industry exits.

That press release came before excessive moisture at harvest's end wreaked even more havoc on farming conditions and also came before the provincial government announced an increase as high as 300 per cent to costs associated with leasing Crown land.

"The (increase) in cost to Crown land is another issue that's going to hit our communities very hard. The last sale in Ashern saw the sale of 500 cows or more. ... That sale is just huge," said Jonasson.

"This is going to create an economic downturn for our communities. I don't think there is any way around that at this point. ... Suppliers are even selling less machinery. There is less money to go around."

### Pedersen meets with Association of Manitoba Municipalities

The Association of Manitoba Municipalities (AMM) met in Brandon from Nov. 25 to 27.

Different municipalities — as well as collaborative municipal groups such as the 19 municipalities to declare the state of agricultural disaster — had the chance to sit down with provincial government cabinet ministers to discuss local issues.

The farming disaster is one of those issues, and while Pedersen was available to the RMs, many farmers in attendance expressed disappointment when Premier Brian Pallister left the AMM convention early to attend the Winnipeg Blue Bombers Grey Cup parade.

To clarify, farmers expressed disap-

pointment to the Express Weekly News off the record, and it is not the view of the 19 municipalities to declare the state of agricultural disaster.

However, the affected RMs are acknowledging that many farmers in the Interlake are "cowering down."

"We met with (Minister Pedersen) as individual municipalities, as well as the group who had declared the disaster. He was able to hear our concerns. We also brought it up at the minister forum and asked questions from the floor," said Jonasson.

"There is a lot of reluctance from the minister and his staff to look at AgriRecovery. We made the case for it the best we could, but truth be told, we're pretty much past the point of initiating any program to retain our provincial cow herd numbers and retain farmers.

"People are being forced to make the hard decisions."

He added that the 19 municipalities are of the belief that the minister understands there will be significant shrinkage to the cow herd in Manitoba and that the province is prepared to allow that shrinkage.

### Pedersen makes comment

Not dissimilar to former Agriculture Minister Ralph Eichler, current Ag Minister Blaine Pedersen said the provincial government understands the hardship, though both ministers have been adamant about the fact that the province will not enact Agri-

Recovery to help farmers.

He said, rather, the province is taking a "multi-prong" approach to help producers manage the feed shortage and its associated challenges.

"We recognize the 2019 production year has been challenging in some areas of Manitoba for livestock producers," said Pederson via his spokesperson in an email.

"The department continues to promote Forage Insurance and also provides a number of resources and risk management tools for producers to manage feed supply risk."

Jonasson said that if you're a forage producer, then forage insurance is a workable Business Risk Management (BRM) Program.

However, if you're a cattle producer, forage insurance simply doesn't work, he said.

Jonasson said the 19 municipalities have started to discuss the potential of designing new funding programs to help cattle farmers re-enter the industry, but nothing concrete has happened to date.

The sooner cattle farmers can re-enter the industry, he said, the better off the 19 rural municipalities will be.

"THIS IS GOING TO CREATE AN ECONOMIC DOWNTURN FOR OUR COMMUNITIES. I DON'T THINK THERE IS ANY WAY AROUND THAT AT THIS POINT."

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

  
**KEN LOEHMER**  
 FUNERAL SERVICES

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

**IS THE PERSPECTIVE BIASED?**



[www.SPOTfakenews.ca](http://www.SPOTfakenews.ca)

**THE Flicks CINEMA**

319 First Street E., Stonewall, MB

**SHOWTIMES:**  
 Please check individual listings  
 Due to various picture lengths showtimes vary  
**204-467-8401**  
 PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE  
 Cash only

<b>FORD VS FERRARI</b>	FRI-THURS DEC 13-19 <b>CLOSED TUESDAY</b> at 8:00 pm Each Night
Coarse Language; Violence	<b>PG</b>
<b>JUMANJI: THE NEXT LEVEL</b>	FRI TO MON DEC 20-21-22-23 <b>CLOSED TUES &amp; WED DEC 24 &amp; 25</b> <b>OPEN THURSDAY DEC 26</b> at 8:00 pm Each Night
Coarse Language; Violence	<b>PG</b>

THE **EXPRESS**  
WEEKLY NEWS



**PUBLISHER**  
Lana Meier



**SALES**  
Brett Mitchell



**SPORTS EDITOR**  
Brian Bowman



**SALES**  
Stephanie Oland Duncan



**REPORTER/PHOTOGRAPHER**  
Evan Matthews



**REPORTER**  
Ligia Braidotti



**REPORTER/PHOTOGRAPHER**  
Patricia Barrett



**ADMINISTRATION**  
Corrie Sargent



**PRODUCTION**  
Debbie Strauss



**ADMINISTRATION**  
Jo-Anne Procter



**PRODUCTION**  
Nicole Kapusta



**DISTRIBUTION**  
Christy Brown



**PRINT**  
Dan Anderson



**ADMINISTRATION**  
Allana Sawatzky

OUR SISTER PUBLICATIONS

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

# getheard

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

> Got news?

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



## Holidays are a chance to reset

By Evan Matthews

No matter what holiday you celebrate, this seems to be a special time of year.

People everywhere are gathering, celebrating, and there is something magical about it.

It's a chance to feel good about life, and a chance to reset.

We're so often, as a society, faced with hardship and inevitable realities, and it can become overwhelming at times.

But, as busy as this time of year can be, it tends to slow down during that last week of December.

People are usually feeling generous, warm and compassionate.

We're presented with an opportunity to carry those notions in to the New Year and apply them as much as

we can.

Whether it's the Arborg Legion donating to its Christmas Cheer Board or the Teulon Food Bank raising funds via its Community Christmas Card, there are a number of inspiring causes — and inspiring people — all over the Interlake.

It's a chance for us to acknowledge that while things can be difficult and while those difficult things are worth talking about, there are so many good things happening, too.

It is the hope of our newspaper that we get to share those stories, too, and connect people with positive community features as much as anything else we cover.

Often, we rely on community members to see those stories as viable and to inform us of them.

Whether it be the Arborg boy Jermaine Loewen scoring his first AHL goal or whether it be the librarian in Eriksdale Linda Lee placing emphasis on the holidays for the children, we have so much to be thankful for.

As has been the case for many years, the *Tribune* and the *Express* staff takes pride in connecting people through stories to build stronger communities.

Of course, we hope the communities we cover feel the same way.

While the following year will undoubtedly have its ups and downs, ebbs and flows, we hope the number of positive stories to come out of this beautiful and inspiring region continues to grow.

We're excited to share them.

Here's hoping everyone has a safe and happy holiday.

## Legislation introduced to strengthen consumer protection at driving schools

Submitted by Manitoba government

As part of its 100-Day Action Plan, the Manitoba government has introduced legislation that would support the implementation of Mandatory Entry Level Training (MELT) for Class 1 commercial truck drivers, Infrastructure Minister Ron Schuler announced.

"Stronger consumer protection and compliance mechanisms are crucial to establishing and maintaining the integrity of mandatory entry-level training programs and reinforcing Manitoba's commitment to road safety," said Schuler. "The government's progressive discipline approach will support driving schools' performance, improve road safety and enhance driver education."

The province and Manitoba Public Insurance (MPI) implemented mandatory entry level training as a prerequisite for a new Class 1 driver's licence as of Sept. 1, 2019. New legislation will support MELT implementation through efficient enforcement tools and measures to protect students' financial and contractual rights.

The Drivers and Vehicles Amendment Act would:

- require surety bonds from driving schools to provide students with financial compensation if the school suddenly closes, for reasons such as permit cancellation or business insolvency;
- impose administrative penalties for schools and instructors that do not

comply with legislative requirements or permit conditions; and

- expand the Licence Suspension Appeal Board's authority to hear appeals related to administrative penalties.

Schuler noted the legislation would create consistency in driver training programs across the province and harmonize Manitoba with other Canadian jurisdictions that offer MELT.

More information on MELT requirements for Class 1 licensing is available on the Manitoba Public Insurance website at [www.mpi.mb.ca/Pages/mandatory-entry-level-training.aspx](http://www.mpi.mb.ca/Pages/mandatory-entry-level-training.aspx).

### ADVERTISING OR PRINT CONTACT INFORMATION

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

PHONE 204-467-5836

### OUR EDITORIAL STAFF

Brian Bowman Sports Reporter  
sports@expressweeklynews.ca

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

Patricia Barrett - Reporter/photographer  
Cell 204-407-6099 patricia@expressweeklynews.ca

### ADDRESS

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

### > EMAIL US

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

### PAPER DELIVERY OR FLYER CONCERNS

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

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

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

Advertising Deadline: Monday 4:00 pm  
prior to Thursday Publication  
View the Express Weekly News online at  
[www.expressweeklynews.ca](http://www.expressweeklynews.ca)



# getinformed

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

## Legislation introduced to authorize alcoholic beverage sales for take out and delivery service

Submitted by Manitoba government

The Manitoba government introduced legislation that would amend The Liquor, Gaming and Cannabis Control Act (LGCCA) to allow more options for consumers by allowing liquor to be sold with take-out and delivery meal service by licensed establishments, Crown Services Minister

Jeff Wharton announced Tuesday.

"For several years, restaurant owners have expressed interest in selling wine, beer and single-serve beverages through food take-out or delivery service," said Wharton. "This is a win-win for businesses and customers as restaurants will now be able to expand their business and offer an additional

service to customers."

Liquor delivery and take-out orders would be linked to meal orders and offered by licensed establishments whose primary business is food, such as restaurants. Liquor pricing will be the same as in-dining service menu prices, which will link wine and beer retail to the licensees' meal service.

The amendment also considers social responsibility in serving alcohol. Drivers delivering alcoholic beverages will be required to be 18 years of age or older, be certified by the LGCCA's Smart Choices responsible sales and service program, and conduct

Continued on page 9

## letter to the editor

Letters to the Editor:  
letters@expressweeklynews.ca

### Have your voices heard when it comes to your child's education

The start of the New Year will provide opportunities for public engagement on your local school division's budget. School boards will spend the first quarter of 2020 consulting with students, staff and citizens, in order to inform local choices for our communities. This is a prime opportunity for you to ensure that your perspectives are reflected in these budget decisions.

The relationship between communities and their local school boards is foundational to student success and fiscal responsibility in public education in Manitoba. As a parent or grandparent who wants the best for your child, or a taxpayer who wants the best return on investment, the connection between you and your

local school board is key. Strong local school boards continue to demonstrate positive impacts on student outcomes, and for the least cost—half a cent on every dollar spent on education today.

Every school board will tailor their annual budget consultation process to ensure those in the electorate who want to be heard, in fact, are. At local schools and with parent advisory councils, through round-tables or community town halls, and perhaps even through online and telephone surveys, each school board will reach out in an effort to hear from you.

The context for next year's budget will be different however than in previous years. While your local school board is getting ready to adopt their

budget in March, the final report of the K-12 Education Review Commission will also be made public. Both will come with significant impact for the future of our public schools.

The prospect of forced amalgamations or elimination of local school boards was present throughout the review. Whether it is bigger divisions (geographically, enrollment, both), fewer trustees and/or fewer superintendents, there have been many proposals. The only firm indication of the future came through assertions made by the Government and Review Commission that "Manitoba is not Nova Scotia and we are not going to do what Nova Scotia did."

Nova Scotia eliminated their elected school boards overnight, leaving local students, families and staff negatively impacted through a questionable process to "modernize" public education by substituting democratic decision-making with

the closed-door meetings of an appointed advisory committee for the entire province. The same is also being proposed in Quebec, which introduced the elimination of elected school boards alongside of prohibitions on the ability of citizens to wear religious symbols.

This holiday season, school boards wish all Manitobans the very best. We invite you to participate in our upcoming budget meetings. At the same time, we also invite you to reach out to your local MLA. Let them know that sweeping change, only for the sake of change, would negatively impact our kids, local schools and democratic rights. We cannot let that happen. Visit [www.localvoices.ca](http://www.localvoices.ca) to learn more.

Alan Campbell  
President, Manitoba School Boards Association  
Chair, Interlake School Division Board of Trustees

### Loss of family farms fall on government

I wish to thank your paper for highlighting the plight of cow-calf farmers in the Interlake as well as those in a number of additional rural municipalities whose councils have declared states of disaster for their cattle farmers.

As a candidate for the NDP in the provincial election, I travelled the Interlake speaking to farm families. I clearly recognized and acknowledged the extent of this disaster.

In a letter to then Agriculture Minister Ralph Eichler, I raised this issue calling for an immediate announcement of assistance starting with transportation of feed from

areas that were not feed deficient. I was told by Eichler's office that because of the election, an announcement could not be made. NDP leader Wab Kinew responded that the NDP would agree to waive this provision given the severity of the situation. The Conservatives decided not to make any announcement.

At the all-candidates forum in Arborg, Derek Johnson, MLA Interlake-Gimli, indicated that there would be help for cattle farmers and accused me of politicizing the situation.

Since then Eichler made an announcement that there would be no AgriRecovery program and further

stated that farming is "not for the faint of heart." So then who is helping these farm families who are cash strapped, short of feed and facing depressed markets for their animals?

One can conclude that the Conservatives are indeed stripping away the livelihoods of the rural Manitoba farmers and threatening the communities they support and belong to. The PC's disregard of the Interlake farmers reaffirms that they continue to govern with profit and austerity as motivation and will turn a blind eye to Manitobans in need. So much for the PC's support for the life blood of the western part of the Interlake.

Premier Pallister owes these farm families an explanation, given that the PCs campaigned on increasing

the cattle herd size in Manitoba. To add insult to injury, they are now moving to as much as triple the Crown land lease rates for many cattle farmers. So much for their campaign slogan of "leaving more money on the kitchen table." On whose table are these lease rate increases going to end up? And who is paying for the groceries on the kitchen tables of farmers who are losing their income?

Where is MLA Derek Johnson in all of this? Is this how you represent an important number of your constituents by being silent after you said that a PC government would provide assistance?

- Respectfully, Sarah Pinsent  
Interlake- Gimli NDP

# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> Fish tales?

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



## Stay off the ice until safe to do so

Hello my friends.

It's so great to see the municipal folks providing amenities at jump-off spots onto our ice-covered waterways so that we can all enjoy ice fishing. Last week I mentioned that we owed a debt of gratitude to the Selkirk provincial road guys for keeping #320 to Breezy drivable.

This week I was on Warner Road, a well-known jump-off spot to the lower west side of Lake Winnipeg. There, one could see how the mayor, council and road crews of St. Andrews had cleared the road and had put out porta-potties for anglers. St. Clements on the east side of the lake is doing the same while Gimli has taken it to a higher level by providing wide roads and lanes for ice fishers to spot their ice shacks on. Last year I saw the local Gimli police patrolling around the shacks in the evening. It's a new and wonderful era for ice fishing in Manitoba, my good friends!

When I was at the end of Warner Road and looking out across the ice, I could make out shacks and vehicles about a kilometre offshore. It was an overcast afternoon, but I also saw the bright yellow headlights of a car bouncing over the ice toward shore. When it came abreast of me, I got out of my truck and hailed it down.

"How thick is the ice out there?" I asked the young driver as he lowered his window, smiling.

"Maybe 12 to 14 inches," he said, gesturing with his hands.

"Can I ask your name and did you catch anything?" I asked.

"I'm Ken," he said. "No, we didn't get anything today but I heard they're really catching a lot of fish at Balsam Bay."

"Might you have a picture of yourself with a fish you caught we could share with our readers?" I inquired.

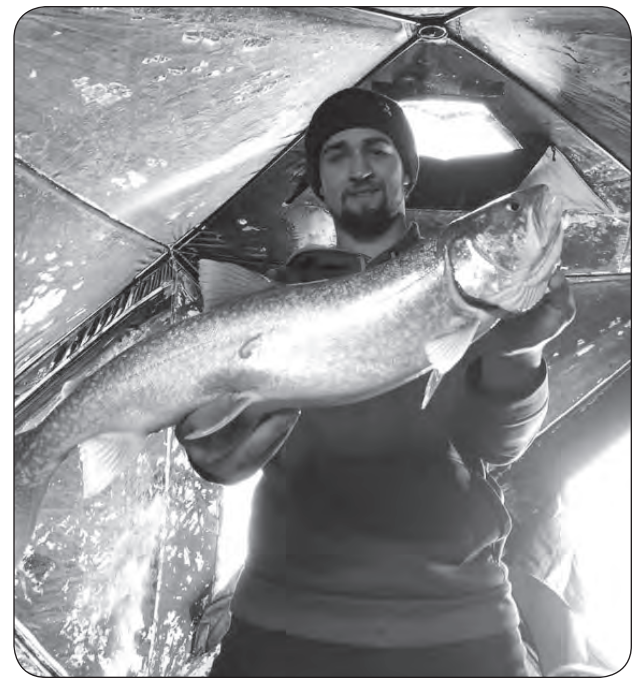
"Oh yeah," he exclaimed enthusiastically as he pulled out his cell phone and began going through hundreds of fishing pictures. As he scrolled through his pictures, selecting and trying to send photos, a young lady, Jaen, sitting beside him tried to help but we were in a dead area.

"I'll send you something when we get out of here," he offered.

"Before you go, has anything unusual ever happened to you when you were fishing?" I ventured.

He laughed, embarking on a somewhat chilling story.

A couple of years ago, he and a friend were driving in a truck over the ice on Lake Winnipeg. It had



**EXPRESS PHOTO BY ARNIE WEIDL**  
Ken Hofer with one of his great winter catches.

Continued on page 9

## Triple D Ranch in Fraserwood earns East Interlake Conservation District Watershed Award

By Patricia Barrett

The Triple D Ranch in Fraserwood earned an East Interlake Conservation District (EICD) award during the 2019 Watershed Awards Banquet, which was hosted by the Manitoba Conservation Districts Association Dec. 3 in Winnipeg.

The association supports the environmental preservation work of 18 conservation districts across the province and each year hosts a banquet to highlight their work.

The conservation districts themselves nominate individuals, farms or farm families, non-profit organizations, businesses or industries that fall within their boundaries. Nominees demonstrate good environmental stewardship that aligns with the vision of their respective conservation districts.

The EICD presented a Watershed Award to David and Sylvia Yablonski and family for adopting sustainable farming practices.

The Yablonski family operates a 3,930-acre cattle farm in Fraserwood that has 175 cows and calves, pasture, hay and cultivated areas. Approximately 40 per cent of their land is set



**EXPRESS PHOTOS SUBMITTED**  
Harold Foster earned an EICD Builder Award.

aside for wetlands, forest bluffs and other natural areas, according to the awards banquet program.

In 2014 the family changed how they handled pen manure that accumulates over the winter. They once stockpiled it and applied it directly to their fields. But in partnership with the EICD, the family began a composting program, laying the compost in 14-by-7-foot-wide windrows, which are turned two or three times. The method reduced the compost piles by 50-70 per cent.

The family also worked with the EICD to install a



**EXPRESS PHOTOS SUBMITTED**  
The Yablonski family of Triple D Ranch in Fraserwood earned a Watershed Award from the EICD.

pen runoff passive filter system — modelled on the wastewater treatment filter used by the Village of Dunnottar — to help reduce phosphorus entering the watershed. The full operation of the passive filter will occur next spring, and the benefits of the system will be measured.

The EICD also recognized Harold Foster, former reeve of Bifrost-Riverton, for his contributions to the conservation district program. Foster, who served as EICD board chair for nine years, was presented with a Builder Award for having worked with 16 municipalities to form the conservation district and for having provided outstanding leadership and support.

# Westshore Community Foundation to ring in the New Year with dinner and dance

By Patricia Barrett

After the success of its inaugural New Year's Eve dinner and dance in 2018, the Westshore Community Foundation will be holding another evening of feasting, merriment and dancing.

The fundraising event will be held at the Lakeview Resort on Dec. 31 and will include a three-course dinner and complimentary bottle of champagne to help people count down to 2020.

Westshore board director Michele Couture said last year's event exceeded their expectations with 125 people attending, and the dance floor was packed all evening.

As of last week, 107 tickets have been snapped up. The foundation is capping tickets at 150.

"We don't want the dance floor to be too crowded because, oh my goodness, last year it was so much fun," said Couture.

The band Cracked Eggshell, which has members from Sandy Hook and Steinbach, will entertain guests with

classic hits from the 1950s, 1960s and 1970s.

"We have Meghan Hennig of Geek Chic Decorating as a platinum sponsor this year," said Couture. "Her gorgeous decorations truly set a magical tone last year and we're ecstatic that she's on board again."

Last year the foundation held a silent auction in conjunction with the dinner and dance, but this year it will be offering a photographic keepsake of the evening. It will have a camera and printer set up to provide four-by-six-inch photos.

The Westshore Community Foundation, whose motto is Building a Lasting Legacy, provides grants to non-profit organizations throughout its catchment area of Gimli, Riverton, Dunnottar and Fraserwood. Its focus is on projects or programs in five key areas: the environment, the community, education, culture and heritage, and sports and recreation.

To date, the foundation has awarded over \$800,000 in grants to organiza-



EXPRESS PHOTO COURTESY OF MICHELE COUTURE

Westshore's first New Year's Eve dinner and dance fundraiser in 2018 was a swinging success.

tions bettering their communities, as well as annual grants to high school students pursuing post-secondary education.

"The money we raise from this dinner and dance is going to our endowment fund," said Couture. "Our whole reason for being is to provide grants to non-profit agencies in the area and scholarships to students from Gimli

High School and Riverton Collegiate." Gold sponsors of the New Year's event include Couture Capital Group and the RM of Gimli, and silver sponsors include Pharmasave, Lakeview Dental and Gimli Ford.

To reserve a ticket, call Michele at 204-641-0116 or pop into the Lakeview Hotel. Tickets are \$75 each.

## > ALCOHOLIC BEVERAGE, FROM PG. 7

mandatory identification checks.

Several private wine stores have indicated they see this as an opportunity to sell more wine to their corporate restaurant customers, noted Wharton, which will also support their economic viability.

The proposed legislation would also amend The Manitoba Liquor and Lotteries Corporation Act to remove the current reference to "beer" under the distributor section, which limits distribution for private distributors and replaces it

with "beverage alcohol categories." This will allow third parties to dispense a wider variety of product to licensed vendors including private wine stores and hotel beer vendors by agreement with Manitoba Liquor and Lotteries.

Wharton noted this is another step to reduce red tape and to provide more choice and convenience for the consumer and greater opportunities and flexibility for businesses.

## > GET FISHING, FROM PG. 8

snowed the night before and a wide break in the ice became covered with snow so that it looked like the same as the rest of the ice sheet. As they jostled along, without warning the front of the truck dropped. Ken and his friend screamed as they felt a sickening falling. In seconds, the front of the truck disappeared, engulfed in slushy, turbulent water.

Just as suddenly, the truck came to a grinding halt, its frame hung up on the ice edge and its box high in the air. Both men thrust open their doors and jumped onto the ice, feeling frigid water splashing over their pant legs. They circled the truck, stunned and trying to come to grips with their predicament. Fortunately, they had their cell phones and started calling people they knew for help but couldn't get anybody. Finally, in desperation, they called a tow truck who agreed to come and pull them out.

At two in the morning when Ken got home, Jaen, waiting and worried, asked if he was OK. All he said was, "I'm freezing. Get out of my way. I'm going to take the warmest, longest shower I've ever had!"

Regrettably, at least four vehicles were in the same predicament this past weekend out at Bal-

sam Bay. It just hasn't been quite cold enough on the east side to support those avid anglers.

Later in the day, I got an email from our brother angler Ken Hofer, who graciously sent a picture of one of his great catches. Thank you so much, Ken.

Not long ago I met a lady, Robyn Dierickse, who grew up beside Lake Erie in a place called Terrace Beach. Robyn told me a very interesting story of how her family enjoyed "scooping," which was part of the catching and preparing of smelts during their picnics. Mothers and fathers, kids and grandkids would gather along the shoreline with pails. The difference was that those pails had holes in the bottom smaller than the smelts. Then, laughing and scrambling about in the warm knee-deep water, they would scoop up dozens of smelts swimming in the shallows. They would set up a long table and, standing side by side, take the heads off the fish and then clean them, working as though they were on a factory line. Some family members would pan fry the smelts over fire pits while others cleaned off the table and filled it with picnic fare. Then everyone sat together and enjoyed a great summer meal!

Until next week, fellow fishers. Bye for now.

ATTENTION RESIDENTS OF THE RURAL MUNICIPALITY OF GRAHAMDALE

## Share Your Views

concerning the proposed relocation and expansion of a beef operation  
Gall Family Farm (TRC 12-062)

The Manitoba government has received a proposal from Gall Family Farm Inc. to relocate and expand its operation from 654 to 903 Animal Units at NE 33-26-8WPM and NW 33-26-8WPM.

If you would like to share your opinion concerning this proposal, you are invited to contact the Manitoba government by sending either a letter or an email with your name clearly identified to (TRC@gov.mb.ca) specifically referencing **TRC 12-062** no later than January 8, 2020. After this date, the proposal will be dealt with by the Livestock Technical Review Committee.

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry.

### For more information

If you would like more information on this topic, please visit [http://www.gov.mb.ca/mr/livestock/public\\_registries.html](http://www.gov.mb.ca/mr/livestock/public_registries.html) or the Rural Municipality of Grahamdale at 23 Government Road, PO Box 160, Moosehorn, Manitoba, R2C 2E0.

Technical Review Co-ordination Unit  
Municipal Relations  
604-800 Portage Avenue  
Winnipeg, MB R3G 0N4  
Fax: (204) 948-4042

Manitoba 

# Gimli Children's Centre celebrates 45th anniversary and dedicated staff

By Patricia Barrett

The Gimli Children's Centre is celebrating its 45th anniversary this year and paying tribute to staff who've helped make the daycare a success.

Early childhood educator (ECE 2) Kristine Arnason said she loves her job and has seen changes in both education and society over the course of her 40-year career at the centre.

"I just love to be with kids. Kids are like sponges; they absorb everything. If you pour love onto them, they want to be with you," said Arnason last Thursday as the centre held a little party to honour her dedication and achievements. "That's what made me last the longest — I love children and I love to be able to spend time with them and plant the seeds of love and respect for one another that they'll hopefully carry into their senior years."

Arnason specializes in kindergarten readiness, teaching four-year-olds the skills they'll need when they enter public school, including how to spell names and identify colours and how to listen and take direction. She works with nine children.

In addition to practical skills, Arnason said she encourages creativity through story time. The kids love to hear stories that she makes up on the spot, then make up their own stories in turn.

"Unfortunately, they'll ask me to repeat a story I told last week and I can't remember what I made up!" she laughed.

Arnason started with the centre in November 1979, five years after it opened in the Goulting School in Aspen Park, about four kilometres west of Gimli. The now-decommissioned school served the children of Royal Canadian Air Force personnel and other Aspen Park residents. Oil for heating became too expensive for the daycare so it moved to another building. In 1985 it moved to its present location in town near the municipal building.

The daycare fundraised to build its present centre when the province brought in rules requiring so much space per child, said Arnason. And the local Kinsmen Club were the primary funders.

The centre now has about 50 children, ranging from three months to 12 years old. It has a number of classrooms dedicated to children of different age groups and a huge central learning space.

In terms of societal changes over the past decades, Arnason said she's seen manners "go by the wayside" when society as a whole "dropped the ball." She saw this shift from "old-school parenting" come to the fore in the early 1990s.



EXPRESS PHOTO BY PATRICIA BARRETT

Early childhood educator Kristine Arnason with some of the centre's students.

"One of the biggest things I find now is there's a sense of entitlement out there without them knowing that they need to honour and respect others. And that's the one thing I push with my kids is manners. Manners are huge and they don't cost money," said Arnason.

"There's no such thing as a bad kid, I believe. It's all in how you work with them. By giving them boundaries, you're giving them love. I think parents have lost some of their consistency because it's easier than to continually say, 'No.' The [kids] think, 'How many times can I push her or him until I get a yes?' It's just easier to let kids do what they want."

At the same time parenting styles began to change, Arnason said societal attitudes towards public smoking and vehicle safety began to become more stringent. There was once a time when people could smoke at work — including in the daycare's staff room — as well as in banks and restaurants. And seatbelt use was lax. The daycare used to bundle as many kids as it could into a car and take them to the library in town.

Although the centre has seen many changes over

the years, its staff have remained constant for the most part, said director Michele Couture, who's been with the centre since 2003. She upgraded her ECE 2 training to program management in 2011 and became director in 2013.

Couture said the centre's former directors were Margaret Carlson and Debbie Thordarson, along with Arleen Kristofferson, who had served for 37 years before retiring in 2011. The centre's long-term childhood educators include Cindy Anderson (38 years), Judy Dudar (over 25 years), Mary Gretchen (over 20 years), Lorraine Collins (17 years) and Jen Levreault (8 years).

"There were enormous efforts made by women like Arleen, Margaret and Debbie and other staff members, who worked so tirelessly with the Manitoba Childcare Association to bring the profession up from where it was 45 years ago to where it is now," said Couture. "The people who get into this profession do it because it's what we love to do."

Arnason said it's an honour to be recognized by the centre.

"I'm really humbled by all this," she said.

## VIKING PARK CONNECTIVITY PROJECT Breakwater Timber Boardwalk



**Forge your name and message on a Boardwalk Plaque and help create a park that will inspire future Vikings!**

Boardwalk Plaques provide permanent recognition of a milestone in the life of a loved one. Tribute gifts, anniversaries, graduations... share your history with us! Donations will also be invested to help Islendingadagurinn continue to provide low or no cost events for generations to come.

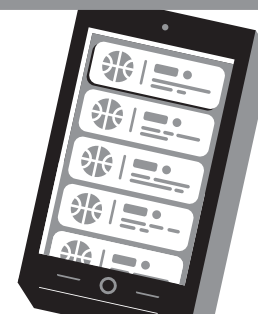
To order your Boardwalk Plaque visit: [www.icelandicfestival.com](http://www.icelandicfestival.com)  
phone: 204.642.7417 or email: [info@icelandicfestival.com](mailto:info@icelandicfestival.com)



2020 BOARDWALK PLAQUE  
ORDER DEADLINE:  
MARCH 30<sup>TH</sup>, 2020

\$250

**ARE  
OTHER SOURCES  
REPORTING THE  
SAME STORY?**



[www.SPOTfakenews.ca](http://www.SPOTfakenews.ca)



# Cub Cadet®

## 0% FINANCING OPTIONS AVAILABLE

### TACKLE THE BIGGEST SNOWFALLS WITH EASE.



**PRO SERIES**



STARTING AT  
**\$899\***

**1X 221 LHP**  
SINGLE-STAGE POWER

- 208cc Cub Cadet® OHV 4-cycle engine
- 21" clearing width and 13" intake height
- Throws snow up to 35'



STARTING AT  
**\$1,699\***

**2X 28"**  
TWO-STAGE POWER

- 272cc Cub Cadet® OHV engine
- 28" clearing width and 21" intake height
- Push-button electric start



STARTING AT  
**\$2,199\***

**2X 30" HD**  
TWO-STAGE POWER

- 420cc Cub Cadet® OHV engine
- 30" clearing width and 23" intake height
- Push-button electric start

**3-YEAR LIMITED WARRANTY**  
**INDUSTRY'S STRONGEST WARRANTY**

(\*)FINANCING ON APPROVED CREDIT. DEPOSIT = 15%. 0% - 12 MONTHS WITH A FINANCED VALUE OF \$500 OR MORE. 0% - 24 MONTHS WITH A FINANCED VALUE OF \$1,000 OR MORE. 2.9% - 36 MONTHS WITH A FINANCED VALUE OF \$1,400 OR MORE. ADMINISTRATION FEES MAY APPLY. OFFER VALID UNTIL MARCH 31ST, 2020. \*Product Price — Actual retail prices are set by dealer and may vary. Taxes, freight, setup and handling charges may be additional and may vary. Models subject to limited availability. †See your local dealer for limited warranty details and information. Certain restrictions apply. \*\*As rated by engine manufacturer. ‡ See operator's manual or your local Cub Cadet dealer for warranty details † See operator's manual or your local Cub Cadet dealer for warranty details † See operator's manual or your local Cub Cadet dealer for warranty details Specifications and programs are subject to change without notice. Images may not reflect dealer inventory and/or unit specifications. © 2019 Cub Cadet 3PV\_F

**SHACHTAY**  
**SALES & SERVICE LTD.**  
**www.shachtay.com**

**204-376-5233**  
**Arborg, Manitoba**  
**Family Owned**  
*Servicing the Interlake for 53 Years!*

# Coffee shop writer getting set to launch again

By Patricia Barrett

The hustle and bustle of the local coffee shop might prove distracting for some writers when plotting out a book or writing dialogue, but for Marlane Mazur, the noisier the better.

The Gimli-based writer and illustrator packs up her writers' kit bag — pen, paper, notes, sketch pad — and heads down to Robin's Donuts, where the creativity flows and her productive hours add up.

Known around town as the coffee shop writer, Mazur said, "It's the only way I can write."

Published under her full name of Marlane Lillian Mazur, her children's books include *Emily and Olivia's Snow Friends*, *The Flashlight Journals*, *Bug Jamboree* and *Koda, Brave Little Sea Bear*. She's also written inspirational books titled *101 Blessings* and *101 Promises*.

"I want to get people back to reading books as a family," said Mazur. "This is why I'm doing old-fashioned children's stories. They all have good endings."

In *Koda*, for example, an Inuit boy who rescues a young polar bear that got lost is convinced to release him so that he can find his mother and be-

cause "it's the right thing to do," said Mazur. "It was same when my kids used to bring home pets and we'd try to find their owners."

*Bug Jamboree* is a festive celebration of insects. Mazur's colourful hand-drawn illustrations show singing crickets perched on a tree stump while ants, snails, worms, dragon flies and bees dance to the song.

It's been a hit with adults, too.

"I laugh so much when I look at the bug book. I go through the whole thing and laugh," said Karen Bittner, who's organized a pet-food fundraising drive and is getting help from Mazur. "Some of the bugs have hats on or bows on their head."

Mazur said she's self-taught for the most part but has taken art classes along the way.

"I just started drawing one day when I was little and I never stopped," said Mazur. "I've taken art courses and I was doing a lot of wildlife art for a while, then I went into kids' books."

She's currently working on a children's book called *Little Pearl's New Red Boots* and a timely environmental book for kids called *Bella's Honey of a Story* that addresses the importance of



*Bug Jamboree.*

honey bees, whose populations have declined because of changing climate and agricultural pesticide use.

"It's an informative but fun book for little kids to learn about saving the bees and how important they are," said Mazur.

She'll have one of her books ready for I Love to Read month in February



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
Marlane Mazur is the coffee shop writer, having penned and illustrated several delightful children's books

and has already been booked into a few schools to read to students.

Mazur's books are available through her Facebook site, at area craft shows and Gimli's Hope Chest store in the Lakeview Resort.

# ONE

INSURANCE

looking after families from one generation to the next



## Lundar is excited to welcome Jenine Wallach to our team!

We are excited to have Jenine join our Lundar team. She is new to the insurance industry and comes to us with a Bachelor of Commerce. She is excited to serve the area in which she resides in and to assist in our continued efforts to support the community.

### Find out more about us online

[oneinsurance.ca](https://oneinsurance.ca)  

# ONE

INSURANCE

204-762-5501

Box 724, 17 Main St.  
Lundar, MB R0C 1Y0



# DRIVING UNDER THE INFLUENCE

## Nothing will ever be the same again

**Drinking responsibly over the holidays:  
WHAT YOU SHOULD KNOW**

Car crashes are more common on Christmas and New Year's Eve than at any other time during the winter. Here are a few reminders that'll help you celebrate the holidays safely.

### DRIVING UNDER THE INFLUENCE IS RISKY

The dangers of driving while impaired are well known. According to Mothers Against Drunk Driving (MADD), over half of the fatal crashes that occur every year involve drivers who test positive for drugs or alcohol. Cannabis is detected roughly half the time that drugs are involved.

Whenever you get behind the wheel, you're responsible for the safety of the passengers in your vehicle. You're also obligated to those you share the road with. Though driving under the influence of drugs or alcohol may seem like

a small matter, by doing so you're in fact risking many lives. Waiting for a cab or spending the night on a friend's couch may seem inconvenient, but it's a small price to pay to ensure everyone's safety, your own included.

### HOW TO GET SOBER IF YOU'RE IMPAIRED

Once you've consumed alcohol, it will remain in your bloodstream and affect your cognitive and motor functions for several hours, no matter how many cups of coffee you drink or how much food you eat. Indeed, there's no quick way to get sober. Therefore, the best strategy is to simply sleep it off or call a cab, a designated driver service, or a friend or family member to take you home.

### ENSURE YOUR FRIENDS GET HOME SAFELY

If you notice that a friend, colleague or family member is planning to drive even

though they've had a few drinks, try to talk them (possibly away from other guests so they don't feel attacked). Offer to call them a cab and, if they become confrontational, get someone to help you. If all else fails, you may need to call the police.



Driving under the influence of drugs and alcohol is risky but getting behind the wheel while tired or distracted can also cause road accidents. The Canadian Automobile Association reports that driver inattention is responsible for nearly 4 million crashes in North America every year.

**Smitty's**  
FURNITURE & APPLIANCES  
321 Main Street, Arborg  
204-376-5242

**BRENNIVINS**  
PIZZA HUT  
Gimli  
(204) 642-5555

**Rural Municipality of GRAHAMDALE**  
www.Grahamdale.ca  
204-768-2858

**WIWCD**  
West Interlake Watershed Conservation District  
204-762-5850

**CO-OP**  
Ukrainian Farmers Cooperative  
Fisher Branch, MB  
(204) 372-6202

**Drive Responsibly**  
Powerbend Tire & Service  
(204) 376-2247, Arborg  
**GOODYEAR**  
MORE DRIVEN

**Interlake Auto & Tractor Parts Ltd.**  
Arborg, MB (204) 376-2667 iauto@mymts.net

**McMunn & Yates**  
Building Supplies  
16 Main St, Eriksdale, MB (204) 739-2110

**RURAL MUNICIPALITY OF WEST INTERLAKE**  
(Ashern) 204-768-2641  
(Eriksdale) 204-739-2666  
www.rmofwestinterlake.com

**THE EXPRESS**  
WEEKLY NEWS  
(204) 467-5836

**CO-OP** Interlake Coop  
Arborg 204-376-5245  
Eriksdale 204-739-2116

**Municipality of Bifrost-Riverton**  
Phone 204-376-2391  
Reeve, council and staff

**Rural Municipality of Gimli**  
Council and Staff

**J. Brandt ENTERPRISES**  
Arborg  
(204) 364-2775

**GARRIOCK INSURANCE**  
WE PROTECT your CASTLE!  
Gimli P. 204-642-8591 Winnipeg Beach P. 204.389.483  
61 A. Centre Street 54 Main St. www.garriock.ca

**Interlake Graphics**  
For all your printing and publishing needs  
467-5836

**VIDIR**  
vertical storage solutions  
**Travel Safely**  
Elevating Careers and Community  
204.364.2442 storevertical.com

# 'Pets Need Christmas Too' fundraiser keeping the spirit alive for Gimli Humane Society



Several books written by Marlane Mazur will form part of the prize package for one lucky donor. Cheryl Buhler will also be donating Robin's items.

By Patricia Barrett

A Gimli woman has embarked on a holiday season pet-food drive for dogs and cats in the care of the Gimli Humane Society.

Karen Bittner has been organizing the "Pets Need Christmas Too" fundraiser for the past 15 years in various Interlake communities, realizing that animals can sometimes be overlooked or that the shelters need a helping hand during the holiday season.

"There's not a lot of food in at Christmastime for animals in the humane society," said Bittner, who used to volunteer at the Winnipeg Humane So-

ciety. "If this can help one more kitty or one more puppy to live an extra couple of days, then maybe somebody can rescue that pet."

The drop-off depot is at Robin's Donuts, where owner Cheryl Buhler has set up a Christmas tree under which donors can leave their gift.

Inspired by her mom, who either donated money or pet food to animal shelters, Bittner has collected food for shelter animals in various communities, including Beausejour, Ashern, Arborg and Gimli.

"Last year we did it at Viking Motors in Arborg. We raised over 1,000 pounds of pet food and split it between the Gimli and Arborg shelters," said Bittner. "I'm hoping to get that much or more this year. Even if we get one bag, that helps one animal."



EXPRESS PHOTO BY PATRICIA BARRETT

From left: Marlane Mazur, who's helping round up pet food, organizer Karen Bittner and Robin's Donuts owner Cheryl Buhler, who's lending space in her coffee shop. People can drop off pet food, bowls, leashes and toys at Robin's and enter a draw to win a prize package.

The fundraiser started last week and several people have already brought in pet food.

Bittner said people will often get an animal from a shelter as a Christmas gift but sometimes return it after the holiday when they realize how much care is involved.

"Some pets go out and they don't really find a home because people end up bringing back their Christmas present, and they don't always have enough food," she said.

Local writer Marlane Mazur is helping Bittner with the fundraiser. And like Bittner, she'll pick up food from donors who can't make it out to Robin's.

"Some of my relatives are out of town so they'll send me money and I'll go pick up the food and bring it here," said Mazur. "Right now, I have eight more bags to bring in that people gave me."

Mazur is donating some of her books towards the prize draw.

Until Christmas eve, people can bring in pet food (canned or bagged) or other pet items to Robin's.

"It can be leashes or treats or whatever you want," said Bittner. "We've had people donate bowls and cat litter. The Gimli Humane Society needs everything."

Robin's staff will give each donor a paper heart stamped with a paw print that they can write their name on and have posted on the coffee shop's window. They'll also have their names put into the draw, which will take place on Christmas eve.

"It's really nice that Cheryl lets us do this," said Bittner. "She helps out a lot of people."

**MONSTER JAM**  
TRIPLE THREAT  
RESIDUES

**BELL MTS PLACE**

**JAN 25 – 26**

BKT, Great Clips, SUPER GLUE

Copyrights shown are subject to change. © 2019 Feld Motor Sports, Inc.

Interlake Immigrant Settlement Services

## Holiday Party

### Pot Luck

You are invited to join us for our 12th annual **Christmas Party** for **Immigrant Families** and community members

This **FREE** event will include a pot luck supper, children's games, prizes, and much more!

**What to Bring:** It is a potluck, so everyone brings a dish to share. (please no nuts)

**Sharing table:** please bring your gently used items; toys, sports equipment,

**Where:** **Arborg Christian Fellowship Church**  
(In Arborg corner of River Road and Hwy 326)

**When:** December 13 2019 Friday **Time:** 6:00pm

Please Contact Eugene 204-378-5106 – ezalevich@eastinterlake.com

# Alf Cuthbert students spread holiday cheer in Grahamdale

By Evan Matthews

Students from Alf Cuthbert were working hard last week to spread some holiday cheer.

Amanda Artimowich, the RM of Grahamdale's economic development officer and recreation programmer, said roughly 80 students ranging from kindergarten to Grade 8 participated in decorating the community Christmas tree. The RM hosted its tree lighting ceremony on Thursday, Dec. 5.

"Youth engagement is so incredibly important, and (we) try to work with the school when we can to make events like this happen," said Artimowich.

"We want the students to be in a community they want to live in, with the things they want to see happening. They're the future of our community."

The idea came from a CDC member who also sits on the Alf Cuthbert Parent Advisory Council, and the two organizations began putting it all together.

The tree is located in Wayside Park in Moosehorn, she said, facing the highway.

"It's 10 feet tall, and absolutely beautiful," said Artimowich.

"There are so many decorations, it's hard to give an exact number. Everything from popcorn strings, pinecones with birdseed, to yarn baubles and stars," she said.

Throughout the holiday season, Artimowich said it's important to focus on inclusiveness, community pride, and community engagement, so to have all community members feeling engaged.

"What better time of year to do that?" She asked.

Artimowich, as well as Public Works



Alf Cuthbert students, seen here, decorate the Christmas tree. Though the lights weren't super visible during the day, Amanda Artimowich said it's quite the sight after dark.

foreman Jason Price and CDC member Kim Ostafichuk were present at the tree lighting, despite the cold and windy weather last Thursday.

Students arrived at 2:30 p.m. and began decorating, with the tree lighting taking place at 3 p.m.



EXPRESS PHOTOS AMANDA ARTIMOWICH  
Alf Cuthbert students get set to decorate the community Christmas tree, including stringed popcorn.

Students each got a cup of hot chocolate with marshmallows and a candy cane to cap off the day.

Artimowich thanked the students for participating, as well as Gene Price and Raymond Ashley for acquiring the tree. Diane Price contributed 100 Thermos cups for the day, and Artimowich added thanks to the many other volunteers who made the day possible.



www.SPOTfakenews.ca

NEW to Gimli  
as of Jan 3

## Chiropractic Services

Fridays - Gimli  
Thursdays - Arborg

Welcome  
Dr. Stefano  
Trunzo



**QUARRY**  
PHYSIOTHERAPY  
AN inMotion CLINIC

~ Massage Gift  
Certificates Available ~  
Gimli Arborg  
204.642.5353 204.376.2406  
inmotionnetwork.ca

## TOYS FOR KIDS-BIG OR SMALL

at Leo's, your Case IH dealer

**NEW!**

**1:16 Black Knight 970 Tractor**  
Die-cast body, cab and front axle. Clear windows, soft feel tires mounted on die-cast wheels. Authentic Black Knight markings.  
Part No. ZFN44189  
Case Pack: 4  
Age grade 14+

**1:64 Case IH Maxxum 145 with Round Baler and Mower Conditioner**  
Die-cast tractor body and front axle. Clear tractor windows. Die-cast mower conditioner body and die-cast baler body. Bale chamber opens and closes.  
Part No. ZFN44181  
Case Pack: 6  
Age grade 3+

**1:32 9240 Axial Flow® Combine**  
Part No. ZFN14931 | Pack: 3 - Age grade 14+  
Die-cast upper body with right side screen vents, air cleaner tub and duct work, Tier 4B muffler, left side operator platform with grab rails. Rear ladder with grab rails, right side platform railing and rear deck railings. Detailed interior, seat and right side arm rest and controls.  
12 row folding corn head and 40 foot draper head.

**Magnum™ Pink Battery Operated 12-Volt**  
2 speeds plus reverse; 2 1/4 and 4 1/2 mph (4 1/2 mph lockout for beginners). Adjustable seat with flip-up armrests. Ages 3+. Weight capacity 85 lbs. Made in the USA using domestic and global components.  
Part No. ZFN44005  
Pack: 1 - Age grade 3+

**Magnum™ Battery Operated 12-Volt**  
2 speeds plus reverse; 2 1/4 and 4 1/2 mph (4 1/2 mph lockout for beginners). Adjustable seat with flip-up armrests. Weight capacity 85 lbs. Made in the USA using domestic and global components.  
Part No. ZFN44006  
Pack: 1 - Age grade 3+

**1:64 Case IH Harvesting Set**  
Includes 9250 tracked combine, low boy trailer, semi, straight truck with grain box, header cart, corn head and draper head.  
Part No. ZFN44165  
Pack: 6 - Age grade 3+

**1:64 Steiger 500 with Case IH Semi**  
Includes the Steiger® 500 tractor with singles, semi with Case IH graphics, and die-cast lowboy trailer.  
Part No. ZFN44082  
Pack: 6  
Age grade 3+

VISIT LEO'S AND ADD THESE TO YOUR COLLECTION TODAY!

**LEO'S**  
SALES & SERVICE, LTD.

Highway 101 at Sturgeon Road  
Winnipeg, Manitoba  
Phone: 866-694-4978

www.leoscasleih.com

LIMITED QUANTITIES OF CERTAIN ITEMS

YOUR INDEPENDENT FAMILY-OWNED CASE IH DEALER SINCE 1940!



©2019 CNH Industrial America LLC. All rights reserved. Case IH is a trademark registered in the United States and many other countries, owned by or licensed to CNH Industrial N.V., its subsidiaries or affiliates. CNH Industrial Genuine Parts is a trademark in the United States and many other countries, owned by or licensed to CNH Industrial N.V., its subsidiaries or affiliates. www.casleih.com MRCFULL

# get inspired

> MEAL IDEAS



## Cheesy Baked Mushroom Chicken

Cut each chicken breast in half. Place flour in resealable bag. Place chicken in resealable bag with flour; toss to coat. In large skillet, melt butter. Add chicken to skillet; brown all sides. Transfer chicken from skillet to 11-by-7-inch baking dish. In skillet, saute sliced mushrooms in remaining butter until softened. Add chicken broth, salt and pepper. Bring to boil then cook 5 minutes. Spoon over chicken. Bake 15 minutes. Sprinkle with cheeses and green onions. Bake 5 minutes, or until cheese is melted.

Nonstick cooking spray  
4 boneless, skinless chicken breasts  
1/2 cup flour  
4 tablespoons butter  
8 ounces mushrooms, sliced  
1/2 cup chicken broth  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 cups shredded mozzarella cheese  
1/2 cup Parmesan cheese, grated  
1/4 cup green onions, sliced  
Heat oven to 375 F. Prepare baking dish with nonstick cooking spray.



## Pasta and Chicken in Garlic Cream Sauce

pan; discard remaining.  
2. Add chicken to bacon drippings in pan in two batches. Using saute function, stir-fry chicken 2-3 minutes, or until cooked through. Use slotted spoon to remove chicken from pan. Repeat until all chicken is cooked. Press cancel.  
3. Stir pasta, broth, garlic, Italian seasoning and pepper into drippings in pan. Secure lid and set pressure release to sealing function. Select high pressure setting and cook 5 minutes. Press cancel.  
4. Allow pressure to release naturally 5 minutes. Move pressure release to venting function to release any remaining steam. Remove lid.  
5. Stir cream into pasta mixture. Using saute function, cook and stir, uncovered, until boiling. Boil, uncovered, about 4 minutes, or until sauce generously coats pasta, stirring frequently. Press cancel. Stir in chicken and Parmesan cheese.  
6. Place spinach and bacon in large bowl. Pour pasta mixture over top. Toss until combined. Ladle into serving bowls. Top each serving with tomatoes.

Recipe courtesy of Milk Means More  
Prep time: 30 minutes  
Cook time: 10 minutes  
Servings: 8  
• 4 slices bacon, cut crosswise into 1/2-inch-wide pieces  
• 3/4 pound boneless, skinless chicken breasts, cut into 3/4-inch pieces  
• 10 ounces (about 4 cups) farfalle (bow tie) pasta  
• 2 1/2 cups reduced-sodium chicken broth  
• 4 cloves garlic, minced  
• 1 1/2 teaspoons dried Italian seasoning  
• 1/2 teaspoon coarsely ground black pepper  
• 1 cup heavy cream  
• 1 cup grated Parmesan cheese  
• 3 cups baby spinach leaves  
• 1 cup halved cherry tomatoes, for garnish  
1. Place removable pan inside programmable pressure cooker. Using saute function, cook bacon, uncovered, until crisp. Use slotted spoon to remove bacon from pan. Drain bacon on paper towels. Leave 1 tablespoon drippings in



## Genuine Caring is Best Christmas Present

thoughts.  
You are just gathering information. Let him or her talk. When the speaker seems to have come to the end of the train of thought, you can ask clarifying questions. These are questions that help you to be clear about what is being said. They are not questions that lead into an expression of your point of view. When the listener feels you have really heard, there will be a sense of warmth, opening and closeness.

The best gift we can give to another is genuine caring. I mean the kind of caring that is evident when someone looks into our eyes when asking how we are, and really wants to know. When they have the time, or will make the time, to truly listen. You have the sense that, for that person, in this moment, you are all that matters. They are not waiting to tell their story, looking at their watch, or telling you what you should do.

Sometimes it seems teenagers do not share enough with parents, or men do not communicate enough with their partner. This just might be because they sense we are not truly listening to what they are saying.

Imagine that words are just the tip of an 'iceberg' the other is trying to describe to you. Your job is to actively work to understand as much of it as you can. Part of this task requires being silent, allowing the person the time and space to gather his or her

You can ask if there is anything he or she needs from you. If the answer is 'no', just leave it alone, and thank the person for sharing their thoughts with you.

If you use this approach consistently, you will be approached more often, just to 'talk'. What this really means, though, is that the person feels you care about them. Your gift has been received.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to [www.gwen.ca](http://www.gwen.ca). Follow her on Facebook for daily inspiration.



## Hearty Roasted Winter Vegetables

1/4 teaspoon salt, plus additional, to taste (optional)  
1/8 teaspoon pepper, plus additional, to taste (optional)  
2 cups Brussels sprouts, ends trimmed and scored with cross-cut  
Heat oven to 400 F. Place beets, onion, mushrooms and squash on rimmed 15 1/2-by-10 1/2-by-1-inch baking sheet; drizzle with olive oil. Add garlic, rosemary, thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper; toss to coat. Roast 15 minutes. Add Brussels sprouts, stir and continue to roast until vegetables are tender and browned, about 30-35 minutes, stirring once. Adjust salt and pepper, to taste, if desired.

Prep time: 10 minutes  
Cook time: 45-55 minutes  
Servings: 6  
1 jar (16 ounces) Aunt Nellie's Whole Pickled Beets, drained  
1 small red onion, cut into 12 wedges  
2 cups baby portobello mushrooms, cleaned and stems trimmed  
2 cups butternut squash, peeled, seeded and cut into 3/4-inch chunks  
3 tablespoons olive oil  
1 clove garlic, finely chopped  
2 teaspoons chopped fresh rosemary  
2 teaspoons chopped fresh thyme



## Caprese Bean and Salami Salad

Recipe courtesy of "The Reluctant Entertainer"  
Prep time: 25 minutes  
Servings: 16  
5 cans (15 ounces each) READ 3 Bean Salad (3 cans drained, 2 cans undrained)  
1 pint grape tomatoes, halved

1pound small marinated mozzarella balls, drained  
3/4 cup (1 ounce) fresh basil, chopped  
8 ounces dried salami, sliced  
salt, to taste  
pepper, to taste  
2 whole-wheat baguettes (13 ounces each), sliced  
In large bowl, stir together bean salad, tomatoes and mozzarella balls. Before serving, add basil and salami. Add salt and pepper, to taste. Stir to combine.  
Serve on large platter surrounded by baguette slices.

**ISAGENIX**  
Weightloss • Energy & Performance • Healthy Aging  
Allana Sawatzky  
allana333@hotmail.com  
Janice Gulay  
jkaraim@mymts.net (c) 1-204-648-3836  
Rose Sawatzky  
isa.rose1957@gmail.com (c) 1-204-479-8227  
[www.isaproduct.com](http://www.isaproduct.com)

Learn how to create  
a safe haven.

We help you radically reduce  
chemicals in your home

**Norwex**

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant  
cleanwithwater15@gmail.com

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Second-period collapse costs U18 Lightning

By Brian Bowman

The Interlake Lightning could not have planned a better start to their Manitoba U18 AAA Hockey League game against the very talented Yellowhead Chiefs on Sunday afternoon.

Interlake stunned Yellowhead by jumping out to a 3-0 lead 17:46 into the game.

"We were just sticking to our game plan, sticking to our style of play, which is getting pucks up quick and stretching the ice out," said Lightning head coach Scott Wong. "It was working but Yellowhead is very good and very fast. When you can't keep up with their forwards, you're taking penalties down low because you have no choice but to either trip or clutch and grab."

Interlake's great start was quickly erased by a disastrous 18:03 span that started late in the opening period and carried over to the second frame.

Yellowhead scored five goals during that time frame on their way to a 5-3 comeback victory in Teulon.

Mathew Vandel, Carl Ingalls and Cole Emberly gave Interlake the 3-0 lead.

But the Chiefs' Colby Wotton potted a power-play goal at 19:14 of the opening frame and then Mitchell Collyer, Owen Wareham, Briley Wood, Conor Geekie tallied in the second.

Yellowhead's special teams were very good as the Chiefs scored three power-play goals and a short-handed tally.

But Wong was impressed with how his team played against the second-place Chiefs.

"On the bright side, we're a rebuilding team and we're very young," Wong said. "It's a very good sign that we can play with these teams."

On Saturday evening, Interlake was defeated 6-1 by the Pembina Valley Hawks in Morden.

"It was just one of those games," Wong said. "The highways were brutal and everyone came late. We weren't ready mentally but in the second period we



EXPRESS PHOTO BY RICK HIEBERT

Lightning goaltender Dominic Jacobson made 52 saves against the Pembina Valley Hawks last Saturday.

still took it to them pretty good. I thought we had some really good opportunities but, in the end, it didn't work out the way we wanted it to."

Trailing 5-0, Ingalls scored a goal, assisted by Ethan Johnson and Dominic Jacobson.

The Hawks, which built period leads of 2-0 and 4-0, received goals from Derek Wiebe (two), Cameron Brunn, Trent Penner, William Irvin and Brett Bergman.

Jacobson made 52 saves in the losing cause.

On Dec. 4, the Lightning edged the Central Plains Capitals 4-3 in Teulon.

"It was a very good (effort)," Wong said. "We took it to them for three periods."

Ayden Manningway led Interlake with two goals while Karson King and Lyle Murdock also tallied. The Lightning's Kaden Stewart had two assists.

Riley Borody (two) and Cameron Trimble replied for Central Plains.

Chris Fines made 27 saves for the win.

Interlake will play the first-place Winnipeg Wild on Wednesday (7 p.m.) at the Bell MTS Iceplex and then will continue on the road with a pair of games this weekend in Kenora against the Thistles.

The two teams will play Saturday (7:30 p.m.) and Sunday (2:30 p.m.).

## Weekend wrap-up for Interlake curlers

By Ty Dilello

Winnipeg Beach's Josh Maisey and Matthew Bijl claimed the two U21 provincial berths available for the Interlake/Eastman Regionals this past weekend at the Selkirk Curling Club.

There were four teams competing for the two berths in Selkirk and it was Maisey who ran the table in the A-Side, winning both his games to punch his ticket to Dauphin. Team Bijl had to go through the hard way in the B-Side and defeated Aaron

Van Ryssel 10-2 to win the berth.

The Senior men's regionals also took place last weekend and the Interlake regionals were held at the Teulon Curling Club with East St. Paul's William Kuran and his team of Darren Oryniak, Rob Atkins and Ron Mathwig going undefeated for the berth. Kuran defeated Pinawa's Richard Muntain in the A-Side and B-Side final to capture the berth.

In other news, the MCT Championships were recently held in Winnipeg at the Heather Curling Club. St.

Vital's Ryan Wiebe defeated Dennis Bohn 5-4 in the final to win a berth to the men's Viterra provincials in February. On the women's side, Kristy Watling won the championship with a 6-1 win over Beth Peterson.

Finally, the Lott brothers of Winnipeg Beach were competing this week at the Changan Ford International Curling Elite event in Xining, China as Team Canada. At the time of printing, Team Horgan had qualified for the playoffs with a 4-3 record which put them in the semi-final

against the top seed Chang-Min Kim rink from South Korea.

"We've had a wonderful time in China," said Colton Lott.

"The round robin was a grind on some tough ice conditions, but the chance to come across the pond and play in a foreign country like this in such a prestigious event is one that were all going to cherish and remember for the rest of our lives. It's been a blast."

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Sharks bite Bantam Lightning with third-period comeback

Staff

The Interlake Lightning were bitten by the Winnipeg Sharks in the third period on Sunday in Bantam AAA hockey action.

Winnipeg erased a 3-1 third-period deficit with three unanswered goals for a 4-3 victory in Warren.

The Sharks' Caleb Neufeld started the comeback with a goal early in the third. Hayden Chaloner tied the score midway in the period and then the Sharks' Dylan Vitelli scored the game winner at 16:13.

The first period was scoreless but Interlake started the second with goals from Rylan Slatcher and Hayden Wheddon.

Winnipeg's Nathan Leclerc cut that lead in half at 12:38 of the middle frame.

But the Lightning regained their two-goal advantage when Wheddon scored just over four minutes later. Wheddon leads the Lightning in goals (20) and points (32) in 14 games this season.

Interlake's Dawson Cowan played very well in goal, making 48 saves.

The Lightning were scheduled to

play the Norman Wolves last Saturday in Stonewall but the game was postponed.

Interlake will play the Southwest Cougars on Saturday at 5 p.m. in Souris and then will battle the Yellowhead Chiefs on Sunday (noon) in Shoal Lake.

In U17 Prep play, the Lightning were beaten 8-1 by the Brandon Wheat Kings on Friday in Warren.

Trailing 6-0, Connor Crosby scored Interlake's goal at 4:43 of the third period.

Jackson Jacques (two), Reid Wells, Addison Hamm, Jackson Gudz, Will Fawcett, Brayden Mackay and Callum Halls tallied for Brandon.

Hayden Myskiw made 47 saves in the loss.

Interlake will play the Winnipeg Thrashers on Wednesday (8:30 p.m.) at Gateway Arena. The next night, the Lightning will battle the Winnipeg Wild at 7:35 p.m. at the Bell MTS Iceplex.

Interlake will continue on the road Saturday with a game against Brandon. Puck drop is 7:45 p.m.



EXPRESS PHOTO BY LANA MEIER

The Interlake Lightning's Calder McPherson carries the puck up ice against the Winnipeg Sharks.

## Christensen scores in Portage's road win over Selkirk

Staff

Portage Terriers' forward Logan Christensen scored a goal just 1:28 into the third period to lift his club to a 6-2 road victory over the Selkirk Fishermen in Manitoba Junior Hockey League action on Sunday evening at the Rec Complex.

Christensen, a Lundar product, now has 11 goals and 26 points in 30 games with Portage this season.

He played in the Western Hockey

League with the Saskatoon Blades and Medicine Hat Tigers. During his WHL career, Christensen scored 27 goals and produced 77 points in 251 regular-season games.

He also had three assists in six playoff games with Medicine Hat last season.

As of Monday evening, Portage was in first place in the 11-team league with a 22-7-1-0 record and 45 points. That was one point ahead of Stein-

bach although the Pistons had played two fewer games heading into this past Tuesday's matchup with the Winnipeg Blues (no score was available at press time).

The Terriers will host Winnipeg on Friday and then will hit the road to play the Waywayseecappo Wolverines on Saturday.

Selkirk, meanwhile, has really been struggling with just one win in its past nine games.

The Steelers also lost 9-3 to the Kings in Dauphin on Dec. 3.

Selkirk will be real busy this week with four games in just five days. The Steelers will visit the Steinbach Pistons on Wednesday (7:30 p.m.) and then will host the Swan Valley Stampers on Friday (7:30 p.m.) and Saturday (6:30 p.m.).

Steinbach will be in Selkirk on Sunday for a 7:30 p.m. game.

## Peguis splits weekend games with Cross Lake

Staff

Defence was nowhere to be found last weekend in Cross Lake.

The Peguis Juniors and Cross Lake Islanders combined for 26 goals in just two Keystone Junior Hockey League games.

Cross Lake earned a split with Peguis after an 8-3 victory on Sunday afternoon. The Islanders led 3-2 after

two periods but broke the game open with five third-period goals.

Nathaniel Murdock paced Peguis with two goals while Ethan Daniels also tallied.

Treyton Monias (three), Wilfred McLeod (two), Dennis Scatch, Quinton Scatch and Tyler Monias replied for Cross Lake.

The Juniors outshot the Islanders 56-

50.

On Saturday evening, Peguis won a wild one, defeating Cross Lake 8-7.

Marcus Crate and Daniels each scored twice for Peguis while Evan Thickfoot, Quinton Flett, Darian Murdock and Nathaniel Murdock added singles.

Quinton Scatch (three), Chris Ross (two), Kadin Ross and Justin Dorion

scored for Cross Lake.

Drey Flett made 43 saves for the win. Peguis will continue on the road with games this Friday (7 p.m.) and Saturday (1:30 p.m.) against the NCN Flames.

The Juniors' next home game is Dec. 21 when they host the Flames.

# Arborg native scores his first AHL goal

By Evan Matthews

Arborg native Jermaine Loewen did something few hockey players can say they've accomplished by scoring his first career American Hockey League goal against the team he grew up watching.

On Saturday evening, Loewen tipped in a shot at 18:52 of the first period to lift his Chicago Wolves to a 4-2 victory over the Manitoba Moose at Bell MTS Place.

Down 1-0 midway through the first period, the Wolves right winger Loewen — who measures in at 6'4" and 216 pounds — fought off a Moose defenceman and redirected the puck over goalie Griffen Outhouse's left shoulder for his first career AHL goal.

Loewen was later named the game's first star.

A group of approximately 100 screaming fans from Arborg celebrated wildly in the stands, while Loewen and his linemates celebrated on the ice as though they had brought home the AHL's Calder Cup Championship.

"I was absolutely elated. ... It's really special, I'll never forget it," said Loewen.

"We have a really good group of guys here in Chicago, and they were all really happy for me, to see me score in front of my family and friends like that. I always try to reciprocate that for them, too.

"There has been a lot of growth and learning for me this year," he said, adding he's been sent up and down from the AHL's Chicago Wolves and the East Coast Hockey League's (ECHL) Fort Wayne Komets.

Being a fourth line player, Loewen said sometimes it can be difficult to get ice time and crack the score sheet with a goal, as it is often other aspects to the game that get him on the score sheet. He's recorded one goal and one assist, to date.

Third- and fourth-line players are often the team's tough guys, reflected in Loewen's 27 penalty minutes in his 19 AHL games this season.

"Our line played a really good game on Friday, and then on Saturday we gave up that first goal against, which was tough," said Loewen.

"But (my) goal managed to give us a bit of boost, a bit of energy, and we played a really strong game after that. It felt really good to get the split in Winnipeg," he said, referring to the



PHOTO SUBMITTED

Loewen was named the game's first star.

Wolves losing the first but winning the second game.

It was a fitting place to score his first AHL goal, as Loewen said he remembers coming in to Winnipeg to watch James Reimer — a Morweena native — when he was playing for the AHL's Toronto Marlies.

Loewen also recalled watching the Manitoba Moose the year they went to the Calder Cup Finals, where they lost in six games to the Hershey Bears.

"At that time, I never envisioned playing in the AHL," said Loewen. "But here I am today."

Drafted in the seventh round of the NHL Entry Draft (199th overall), Loewen spent his time in junior hockey playing for the WHL's Kamloops Blazers. Over his five WHL seasons, Loewen recorded 50 goals and 46 assists in 236 regular season games.

Things started to develop for Loewen from there, he said, after he attended his first NHL training camp with the

Dallas Stars.

"(The Stars) didn't sign me, so I did some work with my agent, and we found a place in Chicago," said Loewen. "They had a bit of room for me on the roster, and they signed me to an AHL deal."

In describing the way he plays the game, Loewen said he's a player who takes pride in working hard every single day, being a good teammate and a better person, and is always focused on personal development and improvement.

"When adversity comes, it's about having the mental fortitude to over-



EXPRESS PHOTO BY CHICAGO WOLVES

Arborg's Jermaine Loewen scored his first AHL goal to spark the Chicago Wolves to a 4-2 victory over the Manitoba Moose on Saturday evening.

come whatever is thrown at me," said Loewen.

"For me, coming from an orphanage, working my way through all of that, as tough it all was, it's a big part of who I am, it comes out in my hockey and in my life in general.

"It's so important to remember where you came from, and how you got to where you are."

## A unique road to professional hockey

It's not just the fact that Loewen is from Arborg that makes his story unique, as he was originally from Mandeville, Jamaica.

In fact, Loewen is the first-ever Jamaican-born player chosen in the NHL Entry Draft, according to Color of Hockey's website. There has only been one Jamaican-born player, Graeme Townshend, to play in the NHL.

"We went down to Jamaica on a humanitarian trip, to work at a children's home. That's where we met Jermaine," said his father, Stan Loewen, who is one of the owners of Arborg's Home Hardware.

"He was three years old. We didn't go there to adopt, but shortly after we met him we started the adoption process. ... For us, it was a God thing. We didn't plan it. It just happened," he said, adding the family has since adopted another young boy from Jamaica and a girl from Ethiopia.

It was two years later that Jermaine came home to Arborg. Jermaine hadn't even seen snow at that point, according to his dad.

"Like most any Canadian boy, we got him a pair of skates for his first Christmas. He learned pond hockey near Morweena and played pick up (hockey) all the time," said Stan.

"It was pretty obvious, and very early on, that this kid could play. He had skill. What a thrill to see him score that first goal, here in Manitoba."

Stan said his son has never lacked work ethic or resilience, but whether or not Jermaine makes the NHL doesn't matter.

"If he does, good for him," said Stan. "But it's not my dream, it's his dream. We'll support him no matter what he does, and when he's done, we'll support him with that too."

Jermaine grew up skating on the river and at local rinks, but it was one of Loewen's childhood friends at school who asked him to consider joining organized hockey at the age of 10.

"I was down to give it a try. ... My parents said we'd try it out for a year, and just see how it went," said Jermaine.

"I got hooked. I was addicted to the game. Wasn't any turning back after that."

Though his story may be unique to some, Jermaine said he's lived it and he's thankful.

If it weren't for his parents, and for Arborg, Jermaine said he wouldn't be where he is today.

"I can't imagine it without them and their support, their time and energy, the way they've supported my dreams," said Jermaine. "They've been with me through everything."

## Lightning winless at Midget AAA Female Challenge

By Brian Bowman

The Interlake Lightning U18 female hockey team finished with an 0-4 record at Hockey Manitoba's Midget AAA Challenge last weekend.

Interlake started play with a 6-1 loss to the Yellowhead Chiefs on Friday.

Megan Humeniuk scored the Lightning's lone goal early in the second period, assisted by Ally Rakowski, to tie the score at 1-1.

Joie Simon scored for Yellowhead in the first period and then Mya Kubrakovich and Callie Maguire tallied in the second.

Kasey Fouillard made it 4-1 just 25 seconds into the third period. The Chiefs' first four goals were scored on the power play.

Toni Koskowski and Simon closed out the scoring late in the game.

Yellowhead outshot Interlake 33-13 as Abigail Glass took the loss.

On Saturday, the Lightning were shut out 1-0 by the Central Plains Capitals.

Jayselyn Nybo scored the game's lone goal in the second period.

Lightning goaltender Katelyn Dorsch stopped 19 Capitals' shots.

Later that evening, Interlake was edged 3-2 by the Weyburn Red Wings.

Dakota Bowler scored the game winner in the third period.

Weyburn took a 2-0 lead just 5:31



EXPRESS PHOTO BY LANA MEIER

The Lightning's Taylor Kristjanson tallied twice against the Weyburn Red Wings at Hockey Manitoba's Midget AAA Challenge.

into the game on goals by Sara Auchstaetter and Sydney Keddle.

But the Lightning's Taylor Kristjanson tallied twice before the first period ended. Her second goal came with just 12 seconds remaining in the period.

Rakowski, Humeniuk, Erin Yorke and Sarah Dowsett had assists in the game.

Glass stopped 29 Weyburn shots.

Sunday morning saw the Lightning lose 4-1 to the Eastman Selects.

Eastman snapped a 1-1 third-period tie with three unanswered goals.

The Selects' Liza Vigier scored 4:34 into the game but Humeniuk responded with a goal 1:54 later.

Madelaine DesRoisers, with a pair, and Anya Misner scored in the third. Dorsch made 40 saves in the game.

## Interlake 0-3 at Bantam AAA Female Challenge

Staff

The Interlake Lightning finished with an 0-3 record at Hockey Manitoba's Bantam AAA Female Challenge last weekend in Winnipeg.

Interlake started action Friday afternoon with a tough 2-1 loss to the Parkland Rangers.

Tessa Stewart gave Interlake a 1-0 first-period lead with the assist going to Ava Pool.

After a scoreless second period,

Parkland's Hailey Hojnocki scored a pair of goals. Her second goal came at 19:30 of the third period.

Parkland outshot Interlake 33-13 as Lightning goaltender Rachel Halldorson played very well, making 31 saves.

On Saturday, Interlake was shut out 6-0 by the Assiniboine Park Rangers.

Keara Parker (two), Cassidy Bodnaryk, Lauryn Phillips, Kahlen Wisener and Letta Mattheos scored for the Rangers.

Interlake closed out play Sunday with a 5-1 loss to the Winnipeg East Saints.

Stewart gave Interlake a 1-0 lead with a shorthanded goal at 7:02 of the opening period. The goal was assisted by Kylee-Emms Finnsson and Ava Farthing.

Katie Vigier (two), Hannah Dennehy, Charlotte Buffie, Maeryn Rempel scored for Winnipeg East.

## MWJHL to support Female Hockey Fights Cancer event

Staff

The Manitoba Women's Junior Hockey League will play four regular-season games on Saturday at the Seven Oaks Community Centre in support of the Female Hockey Fights Cancer event.

All seven MWJHL teams will be playing while a silent auction will also take place. All proceeds will go to Cancer Care Manitoba.

Games on the red rink feature Atom A1 Rockets versus Stars (10:30 a.m.),

Atom A2 Rockets against Storm Black (11:45 a.m.), Atom A3 Rockets versus Stars (1 p.m.) and PeeWee A2 Rockets versus Stars Purple (2:15 p.m.).

MWJHL games on the blue rink will include the Manitoba Gray Owls versus the Manitoba Blizzard (10:30 a.m.), the Silvertips against Polar Ice (12:45 p.m.), Prairie Blaze versus Northern Stars (5:30 p.m.) and the Western Predators taking on the Gray Owls (7:45 p.m.).

A Manitoba Women's Hockey

League game between the Winnipeg Avros and the Central Plains Capitals will take place at 3 p.m. on the blue rink.

As well, the Dale Hughesman Memorial Cup will be played at 3 p.m. on the blue rink.

There are several players from the Interlake on junior teams this season.

The event will wrap up the first half of the MWJHL season. The next games scheduled for the new year will be played on Jan. 8.

## Pawluk one of three MJHL Players of the Week



Brayden Pawluk

Staff

Dauphin Kings' defenceman Brayden Pawluk was named as one of three Manitoba Junior Hockey League Players of the Week for the period ending last Sunday.

Pawluk scored three goals and added three assists in three games for Dauphin last week.

The Kings were 3-0 last week, defeating the Selkirk Steelers (9-3), Winnipeg Blues (5-4) and the Virden Oil Capitals (3-2).

He has three goals and 18 points in 25 games with the Kings this season.

Heading into this week's action, Pawluk had played 44 games with Dauphin and another 95 with Virden.

The other two players of the week were Portage Terriers' forward Riley Bruce and Swan Valley Stampers' defenceman Mattias Dal Monte.

Bruce scored four goals and added two assists in two games while Dal Monte had five goals and eight points in four contests.

# Arnason was second generation NHLer

By Ty Dilello

Tyler Arnason was a second-generation NHLer that carved out a seven-season career for himself in the big leagues as a shifty pivot and solid playmaker.

He wasn't overly speedy, but he was very shifty. He had a knack for finding holes and exploding through them, excelling at stickhandling and weaving his way through traffic.

His dad was Chuck Arnason who played over 400 games in the NHL back in the 1970s. Chuck, who was born in Dauphin and raised in Ashern, played in eight different NHL cities in eight seasons. Tyler was actually born in Oklahoma City, four days after the Minnesota North Stars traded Chuck to the Washington Capitals. Chuck had been playing with the North Stars farm team in OKC at the time.

"My dad would give me some hockey advice here and there, insides that other parents wouldn't have," said Tyler Arnason. "Everyone's always talking about hockey but not everyone knows what they're talking about I think. One of the key things I learned from him is that you have to try and remain calm when everyone's losing their mind. You gotta act like you have experience and stuff like that."

The younger Arnason was a sixth-round draft pick (183rd overall) of the Chicago Blackhawks at the 1998 NHL Entry Draft. Despite being a later round draft pick, Arnason was a prolific scorer in his three years of college at St. Cloud State, which quickly made him a top NHL prospect. During his last two years at college he played in the Division 1 Men's Ice Hockey Tournament and lost out in the regional

quarterfinals and semi-finals respectively.

The 5'11" centreman was named to the USHL First All-Star Team in 1998, the WCHA All-Rookie Team (1999), WCHA Second All-Star Team (2000) and AHL All-Rookie Team (2002). He won the WCHA Most Outstanding Player in Tournament (2001) and Dudley "Red" Garrett Memorial Award as AHL Rookie of the Year in 2002. He also played in the AHL All-Star Game that season.

After his strong 2002-03 Calder Trophy candidate rookie season in the National Hockey League, Arnason was named to the NHL's All-Rookie Team alongside a couple of other forwards that went on to have decent careers in Rick Nash and Henrik Zetterberg. He played in the YoungStars Game as part of the All-Star Game festivities that year and was named the NHL's Rookie of the Month in both October and December.

"It was good for me breaking in with Chicago," said Arnason. "I got to be a part of the 2003 NHL All Star Game for the YoungStars Game down in Florida which was pretty cool. My parents came down to Florida for that one. And they came a lot to my games in the pros. I remember everything being weird the first couple of years in the NHL. It's just like, whoa, this is insane that I'm playing in the big leagues and everything that came with that."

Arnason centred what was known as the "ABC line" in Chicago with Mark Bell and Kyle Calder. They were thought to be the franchise's best hope for a turnaround. Three young players, with impressive credentials,



EXPRESS PHOTO SUBMITTED

Tyler Arnason appeared in 487 NHL games, spending time with the Chicago Blackhawks, Ottawa Senators and Colorado Avalanche.

who could eventually restore the Blackhawks to their glory days.

Arnason led the 2003-04 Chicago Blackhawks in points with 55. After the 2004-05 lockout, Arnason was dealt to the Ottawa Senators before signing with the Colorado Avalanche the following offseason where he spent three solid seasons producing as a second line centreman behind Hall of Famer Joe Sakic.

"In Colorado I got to play with Joe Sakic and that was more than enough of a reason to sign with the Avalanche," Arnason recalled. "He was just unreal.

I was there for one of the years where he put up 100 points and he was amazing every night. It's something to watch that's for sure, when you have a 100-point player on your team and what it takes to get there."

All in all, Arnason spent seven seasons in the National Hockey League spread out between Chicago, Ottawa and Colorado, finishing with 245 points in 487 games. He added five points in 13 playoff games, which put Arnason at exactly 500 career NHL games played in.

# Arborg ices first-place Fishermen

Staff

The Arborg Ice Dawgs' Capital Region Junior Hockey League game against the Lundar Falcons on Saturday was postponed due to poor travel conditions.

Last Thursday, Arborg handed the first-place Selkirk Fishermen a rare loss as they defeated the visitors 5-4 in overtime. It was just the Fishermen's third loss this season and second in overtime.

Josh Roche scored the game winner in OT. It was his third goal and fourth point of the night.

Selkirk's Kasen Andrushko had tied the score at 4-4 when he tallied with 3:29 remaining in the third period. It was his third point in the game.

That goal came just 28 seconds after Jordan Klippenstein gave the Ice Dawgs the lead.

Logan Clarke also scored for Arborg while Blaze Bezecki had three assists.

Selkirk's Evan Bedard and Evan Leeson each had a goal and an assist. Josh Poponick scored the Fishermen's other goal.

Arborg goalie Michael Merpaw made 45 saves for the win. At the oth-

er end, Brendon Hocaluk stopped 37 Ice Dawgs' shots.

Arborg will visit the St. Malo Warriors on Saturday for a 7 p.m. game.

The Falcons, meanwhile, lost 4-3 in overtime to St. Malo last Friday in Lundar.

Tyler Cormier scored the game winner in OT.

Alex Murray gave St. Malo an early 1-0 lead but Lundar came back with goals by Ryan Gleich and Dennon Sichewski just 18 seconds apart a couple of minutes later.

Warriors' forward Maxime Collette,

the league leader in goals and points, scored the next two goals of the game before Josh Wilkinson tied the score at 3-3 with a power-play goal with 1:31 remaining in the third.

Gleich and teammate Braden Paulic each had two points in the game.

Lundar, which outshot St. Malo 30-23, will host Selkirk on Saturday (7:30 p.m.) and then will play the North Winnipeg Satellites next Tuesday (8 p.m.) at the Billy Mosienko Arena.

# Classifieds

THE **EXPRESS**  
WEEKLY NEWS

## 2 brand new Decor cancelled kitchens.

Can be configured  
to fit your space.

Retail \$15,000 each.

**Blow-out for  
\$5,500 each!**

Send us your  
measurements.  
We will help  
make it fit.



office@fehrs.cabinets.com  
**204-746-2223**

## ONLINE ONLY AUCTION SUPREME STEEL

## Structural Steel Fabrication PLANT CLOSURE

BIDDING CLOSING:  
**TUESDAY, Dec. 17 • 10 AM CST**  
INSPECTION:  
Mon. Dec. 16 • 9 AM – 5 PM CST  
LOCATION:  
1001 Jarvis Ave. Winnipeg, MB

**FEATURING:** • Beam Drill Line  
• Horizontal Band Saw • Shot Blast  
System • Vertical Band Saws  
• Radial Arm Drill • Ironworker  
• Welders with Wire Feeds  
• Scissor Lift • Forklifts • Shipping  
Containers • Trucks • Much More  
*Bid On Line at: BidSpotter.com*

**DGAUCTION SERVICES**  
**www.dgauction.ca**  
**306.729.0020**



## Need Cash?

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

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

**CAI Financial**  
Unit K - 2151 Portage Ave.  
Winnipeg MB  
**www.caifinancial.ca**

## Integrity Post Frame Buildings

SINCE 2008

**Built with  
Concrete Posts**  
Barns, Shops,  
Riding Arenas,  
Machine Sheds  
and More

**Craig.c@  
integritybuilt.com**

**1-204-596-8620**

**www.  
integritybuilt.com**

## HIP/KNEE Replacement?

**Other medical  
conditions  
causing trouble  
Walking or  
Dressing?**

The Disability Tax  
Credit allows for  
\$2,500 yearly tax  
credit and up to  
\$50,000  
Lump sum refund.

**Expert Help:  
204-453-5372**

## McSherry Auction

12 Patterson Dr.  
Stonewall, MB

## Estate & Moving

Last Auction for 2019  
Sat Dec 14th @ 10 AM

**1st 100 Bidder #'s - Free  
Touques - Free Draws  
Throughout The Auction**

Yard \* Recreation \* Tools \* Misc  
Antiques \* Furniture \* Household

**January Sales Will Be Announced  
Consignments Welcome!**

**(204) 467-1858 or  
(204) 886-7027**

**www.mcsherryauction.com**

## SCRAP METAL

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

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

## STEEL BUILDINGS

Steel Building Clear-  
ance ...Fall Blowout -  
Priced to Clear! 20X25  
\$6,687. 25X29 \$7,459.  
28X29 \$8,196. 30X35  
\$9840. 32X37 \$9,898.  
One end wall included.  
Pioneer Steel 1-855-  
212-7036 [www.pioneersteel.ca](http://www.pioneersteel.ca)

## FOR RENT

1 bdrm. shared ac-  
commodations. Kom-  
arno area. 45 mins. to  
Wpg., 15 minutes to  
lakes. Fully furnished,  
includes wifi & utilities,  
available ASAP. Call or  
text 204-886-8661.

## FIREWOOD

Approx. 80-100 acres  
standing birch/poplar/  
spruce/tamarack trees  
for harvest. Open to  
offers. Located 7 miles  
north of Riverton.  
Phone Don at 204-378-  
2738 (evgs) or 204-  
378-0092 (cell).

## APARTMENT FOR RENT

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

## MISCELLANEOUS

Batteries for everything.  
Automotive, farm, con-  
struction, ATV, marine,  
motorcycle, golf carts,  
phones, tools, radios,  
computers etc. Recondi-  
tioned, obsolete and  
hard-to-find batteries.  
Solar equipment. The  
Battery Man. Winnipeg.  
1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

Sales - Financing -  
Leasing of trucks, truck-  
beds, trailers, full repair  
and safeties. Vehicle  
parts, tires & wheels,  
vehicle & trailer parts &  
batteries. Best products  
- best prices! Kaldeck  
Truck & Trailer Inc.,  
Hwy #1 MacGregor,  
MB. 1-888-685-3127  
[www.kaldecktrailers.com](http://www.kaldecktrailers.com)

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

## MISCELLANEOUS

BOSCH mixers, An-  
karsrum mixers, VITA-  
MIX blenders, LEFSE  
supplies & more. Free  
shipping. Call toll free  
1-888-692 6724 Hom-  
etech BOSCH Appl 375  
Broad St, Regina [www.hometechcanada.ca](http://www.hometechcanada.ca)

Christmas is coming!  
Do you have a Christ-  
mas message or a  
last minute Christmas  
sale that you would  
like to get out to the  
public? Deadline is no  
later than Dec 17th at  
noon for the province  
wide classifieds. The  
classifieds reach over  
400,000 Manitoba  
readers weekly. Get  
results. For as little as  
\$189 + GST, you could  
book your ad now!  
Don't miss out! People  
rely on these classi-  
fieds to find what they  
need in your area and  
across the province.  
Catch them looking  
at your material in our  
48 weekly community  
newspapers. Call us at  
204-467-5836 to book  
now or email classi-  
fied@mcna.com for de-  
tails. MCNA 204-947-  
1691. [www.mcna.com](http://www.mcna.com)

## HEALTH

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



## Power Builder Advertising WORKS!

- GET SEEN by over 400,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 48 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

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

## CARD OF THANKS

The family of the late Inga Palson would like to express our heartfelt thanks to everyone for their love and support. The phone calls, cards, donations and flowers were truly appreciated. Thank you to the doctors, nurses, staff and ambulance attendants. Thanks to Reverend Courtney Reedman Parker for her prayers and service, the Ardal Geysir Lutheran Church and choir, Ken Firman and staff for the luncheon and MacKenzie Funeral Home for the arrangements.

## CARD OF THANKS

Thank you to everyone who purchased bulls and to those who showed interest by coming down and calling. Wishing everyone a Merry Christmas and all the best in 2020!

-KLCC Charolais,  
Ken and Linda Cherepak, Arborg  
Phone: 204-376-2418

## BABY SHOWER

**Baby Shower  
A Come and Go  
Jack and Jill Shower  
in honour of  
Rhett Vandersteen  
son of Quinn and Jessica  
is being held on Saturday, December 14th  
from 12 – 3 p.m.  
at Silver Community Hall.  
Registered at Babies R Us**

## FARMERS & RANCHERS

**Plan to attend the Bred Cow Sale  
December 14th 11:00 am  
at the Ashern Auction Mart**

We will offer for sale:  
25-50 mostly Black, Black cross cows  
To calve April 1st  
Bred to Black Angus bulls  
Selling because of feed shortage  
50 char cross cows  
Bred Charolais  
To calve April – May  
Selling because of feed shortage

**For more info contact:  
Buddy – (204) 768-0018  
Kirk Kiesman – (204) 768-0019  
Auction Mart – (204) 768-2360  
(License #1128)**

## PUBLIC NOTICE

**Wharf Reconstruction  
Little Grindstone Point, MB**

Fisheries and Oceans Canada, Small  
Craft Harbours Branch, will undertake  
work at Little Grindstone Point Harbour  
during the winter/spring of 2020, pending  
a successful tender process.  
The construction is planned to occur from  
January to May 31, 2020. The timelines  
are subject to weather conditions and the  
results of the tender process.

The project includes the removal of the  
existing L-shaped timber pile wharf and  
the construction of a new steel sheet pile  
structure of the same footprint, with a cap-  
ping channel, timber wheel guards, and  
gravel surfacing.

During winter construction, the harbour  
will be closed to all users and the general  
public. For spring commercial fishing sea-  
son (May 2020), access to the lake from  
the harbour will be available through the  
existing south float wharves. Parking at  
the harbour will be restricted to the west  
parking lots.

For inquiries please contact:  
Small Craft Harbours  
Fisheries and Oceans Canada  
(204) 984-5610

## AVIS PUBLIC

**Reconstruction du quai  
Little Grindstone Point, MB**

La Direction générale des ports pour petits  
bateaux de Pêches et Océans Canada en-  
treprendra des travaux dans le port de Lit-  
tle Grindstone Point au cours de l'hiver / du  
printemps 2020, en attendant le succès du  
processus d'appel d'offres.

La construction devrait avoir lieu de jan-  
vier au 31 mai 2020. Les délais sont soumis  
aux conditions météorologiques et aux ré-  
sultats du processus d'appel d'offres.

Le projet comprend le retrait de l'actuel  
quai sur pieux en bois en forme de L et la  
construction d'une nouvelle structure de  
palplanches en acier de même empreinte,  
avec un canal de recouvrement, des gar-  
de-roues en bois et un revêtement de gra-  
vier.

Pendant la construction hivernale, le port  
sera fermé à tous les utilisateurs et au  
grand public. Pour la saison de pêche com-  
merciale de printemps (mai 2020), l'accès  
au lac depuis le port sera disponible via les  
quais à flotteur sud existants. Le stationne-  
ment sur le port sera limité aux parcs de  
stationnement ouest.

Pour toute demande de renseignements,  
veuillez contacter:  
Ports pour petits bateaux  
Pêches et Océans Canada  
(204) 984-5610

## EMPLOYMENT OPPORTUNITY

Johnson Seeds is an integrated dry grain and certified food processing  
facility with national and international markets. The company is  
accepting applications for the full-time position of:

## ADMINISTRATIVE/QUALITY CONTROL COORDINATOR ASSISTANT

Position will have an integrated role which will include assisting with  
basic financial accounting, assisting with managing the Food and  
Safety Quality System, and assisting with day to day office duties.

The successful candidate must possess strong organizational  
skills, be accurate with a focus on attention to detail, have excellent  
interpersonal, oral, and written communication skills, and must be  
proficient in MS Word and Excel.

A Diploma and/or background in Agriculture would be an asset.

Johnson Seeds offers a competitive salary dependent on qualifications,  
and a benefits package.

Please send resume to:

S.S. Johnson Seeds Ltd.  
Box 3000  
Arborg, MB R0C 0A0  
Fax: (204) 376-2201  
Email: [linda@johnsonseeds.com](mailto:linda@johnsonseeds.com)

*We thank all who apply but only those selected for an interview will  
be contacted.*



Canada

# Announcements



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

**JEFF MALCOLM**  
July 16, 1981 - December 12, 2009

*Words cannot convey how much we  
Love and Miss You.*

## OBITUARY

**Remembering Gerald Arnold Sigvaldason**  
March 8, 1960 - November 23, 2019

We will greatly miss our beloved son, brother, brother-in-law, uncle, great-uncle, nephew, cousin and friend. Gerald is survived by his parents, Ingi and Mae; his brothers Wesley (Debbie), Bradley (Diane), Morley (Roslyn); his sister Corrina and his nephews and nieces.

He was born in Arborg in 1960 and received his education there. He continued his education at Red River College where he received a degree in Electronic Technology. He lived and worked in Winnipeg for several years before returning home to Geysir.

Gerald will be remembered for his quiet presence, his smile, his strong work ethic and his kind gentle nature. His knowledge of art was extensive and proved invaluable to those whom he shared it with. He especially loved the thrill of finding that "special piece".

Gerald was a caring person always willing to help anyone that needed assistance. He loved spending time with family especially teasing his nieces and nephews.

He will be in our hearts forever



204-949-2200  
Gimli 204-642-7124  
[neilbardalinc.com](http://neilbardalinc.com)



**Biz Cards**  
Call 204-467-5836

### Stephen's Handyman Service

- Carpentry • Plumbing
- Minor Electrical

Proudly serving  
Selkirk and Interlake  
Seniors Discounts  
204-647-4919

### GREEN CONNEX ELECTRIC

*Bringing Power to the People*  
RESIDENTIAL • COMMERCIAL • INDUSTRIAL  
Curtis Becker Call: 204.641.1915  
becker.c89@hotmail.com Office: 204.278.3307



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

**TO ADVERTISE  
IN THIS SPOT  
Call 204-641-4104**

**Grandmont**  
ANTIQUES  
Jack Grandmont  
(204)-383-5382  
(204)-461-2201  
[jgrandmont@live.com](mailto:jgrandmont@live.com)  
[www.grandmontantiques.com](http://www.grandmontantiques.com)

**pampered chef**  
INDEPENDENT CONSULTANT  
• Cooking Shows • Meal Prep Solutions  
• Fundraisers • Individual Orders  
204-485-4272 call or text  
[stoneware444@gmail.com](mailto:stoneware444@gmail.com)  
[www.pamperedchef.biz/michellebalharry](http://www.pamperedchef.biz/michellebalharry)

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

**CONVENIENCE**  
Grocery • Drinks • Snacks  
• Coffee to Go • Ice • Firewood  
• Fireworks • ATM • Greeting Cards  
• Newspapers • Books • Pet Food  
• Toys & more  
**SNAXS** 20088 First Ave,  
FIRST AVENUE Sandy Hook  
OPEN YEAR ROUND 10AM - 6PM  
7 DAYS A WEEK

**PharmaChoice**  
You have QUESTIONS, We have ANSWERS!  
• Prescriptions • Liquor Store  
• Home Health Care Aids  
• Snacks and more!  
*Advice for Life*  
**LUNDAR PHARMACY** 204-762-5431  
18 Main St., Lundar

**Glass Specialists** • Sealed Units  
• Flat Glass  
• Mirrors  
• Laminated  
• Tempered  
• Plexi/Lexan  
**Construction** • Windows & Doors  
• Siding  
• Custom Cladding  
• Decks  
• Construction/Renovations  
19046 Ukrainian Park Road  
Camp Morton, MB  
204 376 5177  
204 642 2980  
[Intglass@mymts.net](mailto:Intglass@mymts.net)

**WE DO IT ALL!**  
• Window Coverings by HunterDouglas  
• Floor Coverings • Countertops  
• Cabinetry by Kitchen Craft & More!  
Mon-Fri 9am-5pm  
Hwy #9 & Colville Dr., Gimli  
(204) 642-8585  
[www.thehomestoregimli.com](http://www.thehomestoregimli.com)

**KenGro Electric**  
• Commercial • Residential  
• Renovations  
Gunton, MB [grosswight@gmail.com](mailto:grosswight@gmail.com)  
Ken 204-805-5353 Dwight 204-894-3154

**Arborg Family Dental**  
Under new ownership -  
Come in and meet Dr. Mohassel Mofrad (Dr. Elle)  
Complete dentistry for the whole family  
State of the Art Equipment  
General Dentistry  
Invisalign Orthodontics  
Crown & Bridge  
Root Canals  
Teeth Whitening  
Oral Surgery  
Cosmetic Dentistry  
Easy Payment Plans  
Insurance Plans Welcome  
[www.arborgfamilydental.com](http://www.arborgfamilydental.com)  
145 Sunset Blvd, Arborg, MB 204-376-2624

**ALICE ROOFING LTD**  
Complete Roofing Services  
• Residential • Agricultural  
Licensed and Insured  
**204-757-9092**  
[www.aliceroofing.ca](http://www.aliceroofing.ca)

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

# Year-End EVENT

INTERLAKE'S ONLY FORD DEALER!!



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

\*All prices are plus taxes, and after delivery allowance.  
See dealer for details.

Dealer  
#5358