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# THE EXPRESS

VOLUME 4 EDITION 50 THURSDAY, DECEMBER 14, 2017

WEEKLY NEWS

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A Winnipeg Beach School student had an in-depth chat with Santa, while Leah (left) and Kylie (right) handed out treats at the free community breakfast at Winnipeg Beach School last Thursday. The Lakeside Lions club and the Kiwanis Club of Gimli & District helped with the breakfast.  
EXPRESS PHOTO BY PATRICIA BARRETT

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

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# Arborg's Watering Whole sees demand right off the hop

By Patricia Barrett

In a mere two months since opening, Arborg's Watering Whole has seen its beer- and wine-making kits fly off the shelves and owner Susan Bauernhuber and her business partners Cory and Candace Koomen hopping to keep up with demand.

In addition to beer- and wine-making kits, the Watering Whole sells all the paraphernalia associated with brewing, as well as water, ice and gourmet coffee.

But better yet, the store offers in-store beer-brewing and wine-making services for those who don't wish to set up shop at home or who don't have time to monitor it.

"We've had 28 wine customers so far," said Bauernhuber, referring to the demand for in-store brewing services. "And we've done about 25 beer customers so far."

The public part of the store somewhat resembles a chemistry lab with its rows of wall-mounted conical fermenters, each bubbling with a wide variety of wines. Each fermenter is labelled with a number that corresponds to a particular customer.

"Customers purchase a kit, pour the juice into the conical and put the yeast in," said Bauernhuber. "Then they leave and we look after everything else. We look after all the readings that have to be done. And there's some nutrients that have to go into it at some point in time. I keep an eye on the readings and temperatures."

It takes four to six weeks to make wine and two weeks to make beer. The Vinifera wine kit sells for \$74.99 and the Fontana kit for \$109.99. Beer kits cost \$50 or \$75 to have the store brew it.

The store stocks a wide variety of wines, including Merlot, Shiraz, Mal-

bec, Cabernet Sauvignon, Riesling and European Chardonnay. Beers include Brown Ale, Pilsner, Cream Ale, Blond Lager, West Coast IPA (India Pale Ale), Red Ale and Double Oatmeal Stout.

The beer kits make 23 litres that will result in 34 bottles (750 ml). The wine kits will yield 28 bottles. The store sells bottles or customers can bring in their own.

"The beer is flying out of here, the Blond especially," said Bauernhuber. "People love the Blond. We've had a Red Ale go. The Double Oatmeal Stout has gone and the person really liked that. And I got a call from a friend in Winnipeg, saying, 'Oh my God, we really like the wine.' So we've had no complaints about anything."

Bauernhuber and her business partners — son Cory and daughter-in-law Candace — studied the local market and found there was a need in town.

"Cory wanted to start doing something in town for the town," she said. "So we put our thinking caps on and he came up with water and ice. The ice isn't all that nice in town. And we see a company come through town a couple times a month delivering water to places. He thought, 'Why can't we do that?' But if you're going to do water and ice, you have to do wine and beer."

Until a few years ago, the province allowed retailers to sell only beer- and wine-making kits but did not allow in-store brewing. The former government modernized the provincial liquor laws in 2015.

The Watering Whole's back room contains a top-of-the-line bottle (water, beer, wine bottles) cleansing and sanitizing station and a 1,250-gallon water tank (connected to the town's



EXPRESS PHOTO BY PATRICIA BARRETT

The Watering Whole's Susan Bauernhuber can make your favourite beer or wine and provide advice on home-brewing.

water system) that's large enough to host a swimming party.

Bauernhuber said she puts the water through a reverse osmosis system, water softener and UV light, which removes some of the chemicals in the water and the sediment. That results in odour-free, crystal-clear water.

Ice is made with a special icemaker called the Gourmet Ice Machine.

"It's nice and clear and big and you don't get that sediment in your glass afterwards. We were told by our supplier that we're the first town in Canada to buy the ice machine."

The store delivers water to homes

and businesses in town and goes as far as Riverton and Teulon.

"Next year in the springtime, we'll be looking at going up to Fisher Branch, Eriksdale, Peguis and the Ashern area," said Bauernhuber.

The Watering Whole is located at 355 Main St. Hours are Monday to Friday, 10-5, and Saturday, 10-3. Come summer, the store may extend its hours.

For more information about its products and services, call 204-376-3069 or email [thewateringwhole@hotmail.com](mailto:thewateringwhole@hotmail.com).

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# Book by Terry Lewis available soon



**EXPRESS PHOTO SUBMITTED**  
Terry Lewis shares stories from his life in his autobiographical book.

By Jennifer McFee

Terry Lewis embraced adventure and found humour in the most unlikely situations.

The local man was diagnosed with ALS on Oct. 31, 2016, and he died on March 24, 2017.

His memory — and his memorable wit — will live on through his book *What a Long, Strange Trip It's Been*, which will likely be available in time

for Christmas.

His wife Lorraine explains that Terry had experienced symptoms of ALS for quite a while before his diagnosis.

"He was a very outgoing, vibrant person. He was always busy and this was just so hard for him," she said.

"Because of his sense of humour and all the stories he had to tell about this, everybody always said he should write a book — and finally a friend of ours convinced him that he should do it. It's a story about his life from when he was a child to present day."

Terry worked as an air traffic controller for about 35 years, and he was also a flying instructor and scuba instructor during part of that time.

"When he retired from air traffic control, he started teaching flying again. He was hired at South Port to teach aerobatics to military pilots for when they go into combat," Lorraine said.

"He also got involved with the air cadet league. He became chairman of Manitoba and he helped to set up the Stonewall air cadet league. He travelled all over and he always made sure he went to see every group. Then when he was diagnosed, he had to give that up."

To honour his interests, the proceeds of Terry's book will go to the Manitoba Air Cadet League.

"Everybody who's read this book absolutely loves it, so we decided to get it published. It should be ready in

the next week or so," Lorraine said.

"We've already got requests for more than 100 copies right off the hop. We want to make sure that we've got everyone covered that wants to buy it for Christmas gifts."

One chapter of the book focuses on Terry's experience with ALS, including his symptoms, progression and a detailed day-in-the-life account.

"It is a book full of stories about Terry's life and his many adventures as only he could tell them," Lorraine said. "As tough as it was, he kept his humour throughout everything."

*What a Long, Strange Trip It's Been* will be available at McNally Robinson for about \$30. For more information about McNally Robinson, visit [www.mcnallyrobinson.com](http://www.mcnallyrobinson.com).



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## Correction

In the Dec. 7 edition of the *Express Weekly News*, we published the article "Ashern Vet focus of new Animal Planet reality TV show," and reported that the show airs every Friday on Animal Planet.

However, in actual fact, the show airs every Sunday and does not change nights following its Dec. 10 Sunday night premiere.

The *Express* apologizes for any confusion this might have caused.



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# Lundar students help sort toys at Salvation Army in Winnipeg

By Jeff Ward

A dozen Lundar School students spent a few hours last week sorting toys for the Salvation Army's Toy Mountain that puts gifts in the hands of less fortunate families each Christmas.

The students worked to sort toys by age and helped to ease the pressure off of other Salvation Army volunteers who are building the mountain.

Lundar School vice-principal Lawrence Grzenda explained that each student who participated needed to also be caught up on all assignments to be able to take part. School comes first and only students who have lived up to their classroom responsibilities could join. He said that it was humbling for him to see young people give selflessly and be genuinely enthusiastic about helping out.

"I tried to get their attention to let them know we had water and to take a break, but they didn't hear me. They were so focused," said Grzenda.

"Unfortunately, we can't be here all day because it takes time to get back to Lundar, but I think it's good for them to put in the effort and chip in when they can. Every little bit helps."

Benjamin McNeilly, community ministries co-ordinator, echoed that sentiment for the Salvation Army. McNeilly explained that the time the students spent working in their warehouse, while short, had an immense impact on the colossal job they do each year. Every year, the job becomes



EXPRESS PHOTO BY JEFF WARD

Lundar School students helped organize toys for the Salvation Army's Toy Mountain last week in Winnipeg. From left: Cara Marttila, Caitlyn Marshall, Deidra Olafson, Courtney Burke, Talena Johnson, Shelby Edwards. Crouching, Jayson Christensen and Kaitlyn Christensen.

bigger and to have a group come in and chip a few hours off of the block means a great deal.

"It's two hours we don't have to worry about now. It helps us a lot because now we're that much farther along in the process," said McNeilly.

There is a staggering amount of toys at the Weetamah Centre in Winnipeg, and McNeilly estimated that

over 100,000 different items are in the building. Salvation Army staff appreciates the work the Lundar students did to help categorize those items.

Grzenda said that the lesson he hopes to see students take from this experience is that volunteering, wherever that takes place, doesn't have to be a marathon. Helping out a few hours a week can have a big impact

on world. And in a day and age when volunteers in the Interlake are sorely needed, perhaps these students will be the ones to take on those roles in the future.

"I think, if nothing else, it's just going to make them feel good that they were a part of something that helps people," said Grzenda.

## FCC contributes \$107,000 to 216 4-H clubs across Canada

### Submitted

The Farm Credit Canada (FCC) 4-H Club Fund is providing \$107,000 to 216 4-H clubs across Canada to support various local events and activities.

In Manitoba, 26 4-H clubs received a combined total of \$12,900, including the North Interlake Council (Ashern), the Minerva 4-H Club (Gimli) and the Argyle 4-H Beef Club (Woodlands).

The fund is part of FCC's \$1 million contribution committed over four years to 4-H Canada. This contribution, in addition to supporting local 4-H activities, supports national as well as provincial 4-H initiatives.

"The FCC 4-H Club Fund is part of our long-term investment in the future of agriculture," said Todd Klink,

executive vice-president and chief marketing officer at FCC. "Projects offered through 4-H Canada are aimed at developing the leadership, confidence and values young people will need to be successful in this vibrant and growing industry, as well as life outside of agriculture. Of course, it's no secret we want the next generation to consider a career in agriculture and the agri-food sector, so we are proud to support 4-H programs that strengthen the bond between this industry and young people across Canada."

The FCC 4-H Club Fund awards up to \$500 for projects such as achievement days, horse clinics, field trips, public speaking workshops and purchases of equipment, just to name a few. The next application period

opens in fall 2018.

"We are grateful to our partner FCC for their incredible support of 4-H in Canada," said 4-H Canada CEO Shannon Benner. "Having a partner that actively engages and shares in our values is extremely valuable to our organization. This generous partnership with FCC will ensure that 4-H at all levels has the tools it needs to continue helping to develop responsible, caring and contributing young leaders in communities across Canada."

For over 100 years, 4-H Canada has been one of the most highly respected positive youth development organizations in Canada. 4-H Canada has close to 25,000 members and more than 7,700 volunteer leaders, providing young Canadians with the

tools and guidance to build leadership skills in a safe, fun and inclusive environment. To learn more about 4-H Canada, visit [4-h-canada.ca](http://4-h-canada.ca).

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# West Interlake reeve wants to hook up to town's water supply

By Jeff Ward

RM of West Interlake Reeve Randy Helgason said that it's high time that Ashern Centennial Hall, Arena and Curling Rink were connected to the town's water supply and it's a project he hopes to accomplish next year.

Helgason said that he was on council in the former RM of Siglunes when the aforementioned buildings were connected to their own separate well in the '90s. He explained that they should have been connected to the

town's water supply from the beginning and couldn't remember why that decision wasn't made.

The town's water supply is a well east of town that is then filtered through a water plant near the Ashern Sports Grounds. Helgason said when those buildings are connected to the town's supply, there will be less possibility that the water could become contaminated.

"The water lines come right to [Ashern Central School] so it's probably

only 1,000 feet to hook up the others," said Helgason.

"There have been no issues that I'm aware of with that water so far, but the well is old and I think it's just better long term to have us hooked up to the town's supply."

Helgason said that the project likely won't be cheap, but he does not know at this time how much it could cost or how his council will budget for the expense. He added that he believes this is an important project for the

community, as those buildings are the focal point of many activities and events and this upgrade would serve to modernize them. The water in all three buildings is routinely used for drinking and cleaning, and Helgason wants it to be from a more regulated source.

Helgason said that he doesn't have a timeline for when the project could be completed, but did say that he wants it to be done ASAP and that it will be a priority in 2018.

# St. Laurent council supports cannabis sales next year

By Jeff Ward

St. Laurent council approved the request that local business owners Mike and Barb Futros apply for their business to be a potential proprietor of cannabis next year during last week's regular meeting.

Council agreed unanimously to allow the Futros, who own the MTT just south of town, to submit an application to begin the process. This application doesn't mean that legal weed will be sold in St. Laurent next year,

only that the RM has given approval for an application to sell it to be submitted to the province.

## Other news in brief

- Council reported that new security cameras and lights have been installed at the St. Laurent Welcome Centre.

- EDO Tiffany Desjarlais reported that she will be pursuing application for the federal government's new Smart Cities Challenge that awards a grand prize of \$50 million.

She said she will be working on an application which will be submitted next year.

- Dean Appleyard reported that the public works department went through a recent training exercise at the waste transfer site on safer handling of hazardous waste. He also said that a grapple hook was rented recently to clear metal debris from the dump. He said that he is looking into the costs associated with putting decals and lights on their trucks for

better visibility and recognition.

- Fire Chief Roger Leclerc said that the new lights for the water tanker truck were recently installed.

- St. Laurent recreation director Wendy Scharf reported to council that her grant application for Healthy Together Now for \$2,000 was approved. Scharf said she would use the money to help organize a new recreation expo that is meant to drive interest in new rec opportunities for St. Laurent and beyond.

# Ashern gears up for annual Christmas light competition

By Jeff Ward

It's neighbour against neighbour and business against business all in the name of friendly competition for Ashern's Christmas light competition.

The annual competition has four categories for residents to be nominated in. Business interior, exterior, homes in Ashern and rural homes are all judged separately and will have prizes for each.

Courtney Roehl, organizer of this year's event, said that prizes include a certificate denoting the win as well as a gift certificate from one of four Ashern businesses. Roehl said that the competition is to encourage more displays to go up to help brighten the town.

Nominations are officially closed, but Roehl said that those who weren't aware of the contest can still sneak in by calling her at 204-768-2346 as long as the judging hasn't been conducted. She said judging will take place on either Thursday, Dec. 14 or Friday, Dec. 15.

"We look for creativity mostly and we find that many local businesses get very creative with their displays," said Roehl. "I remember last year a business had a chimney with a fake Santa coming out of it. Stuff like that really

goes a long way into getting us excited about judging."

Roehl said that many residents were already putting extraordinary effort in their displays and that businesses have started to follow suit. The competition is an Ashern Chamber of Commerce initiative and interior decorations are designed to bring in more potential customers. Exterior lights are another good way to bring people into the town.

Roehl said that personally for her, it's just nice to see the town all lit up and colourful.

"We have lots of kids in the area and they like to go

around and see the lights. Me and my daughter drive around almost every night looking at them and it's a lot of fun for us," she said.

At the very least, these friendly competitions, which are now seen in nearly every community along Highway 6, are a good way to put locals in the Christmas spirit.

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Patricia Barrett



SALES  
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REPORTER/PHOTOGRAPHER  
Jeff Ward



PRODUCTION  
Debbie Strauss



PRODUCTION  
Nicole Kapusta



SPORTS EDITOR  
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## Sculptor shares a fish tale

Hi. Nice of you to drop in.

I guess it was about a month ago that I stopped at Lance Nobles' Smoke N Fish fishing gear shop in Selkirk to say hello. As I pulled up to the curb, I saw a crowd standing around a pickup truck with huge wooden sculptures of fish and eagles in the box. Rick Hall, the sculptor, from Hillside was standing beside his truck telling the media and an interested gathering how he went about creating these beautiful, majestic renderings.

I waited my turn and eventually stood with Rick, asking if he had an unusual fishing story.

He was a remarkable man with his upbeat nature, darting eyes and rapid-fire way of talking. We didn't have time to talk then, so last Friday I called him and that friendly, deep, raspy voice that I remembered at Lance's boomed from the phone.

Rick's subtle smiling face came back to me as he said, "I've been thinking of a story. I've got one."

Years ago, he began, by Thompson with his brother Carl, some eastern Canadians asked if they would take them out ice fishing. Though it was early spring and in places there was a few inches of water on top of three feet of ice, Rick and Carl agreed to give them their first taste of winter fishing. So off they sped on their sleds across the melting snow to Setting Lake. It was a beautiful, sunny, windless day as they pulled their augers off their sleighs, drilled holes, got baited hooks in the water and lunched on coffee and sandwiches. Suddenly, one of the easterners, eating a sandwich with one hand and holding his rod in



EXPRESS PHOTO BY ARNIE WEIDL  
Rick Hall of Hillside with one of his magnificent fish sculptures.

the other, had it almost ripped from his grasp.

He excitedly pranced around the hole reeling in his first fish when the water spread from the head of a monstrous jackfish. The easterner, instead of landing the jack by the gills, shoved his bare hand into its mouth and it clamped down hard! In a fit of pain,

he raised his arm with the fish dangling as blood appeared on his hand and the fish's head! Rick rushed forward, grabbing the visitor's arm and the fish's gills, shouting, "Don't try to pull your hand out. The fish's teeth go inward; push your hand further in." He did it and Rick, sensing the move pulled on the gills, making the fish open its mouth, freeing the easterner's hand. He dropped the fish, which fell tail first down the hole, leaving a trace of blood on the water. Carl wrapped the injured guy's hand with the newspaper from the sandwiches, holding it in place with his mitt.

Things settled down but no one was in the mood for any more fishing so they packed up and climbed on the sleds with the easterners sitting on the back. Now, Rick and Carl had a mischievous sense of humour and as they revved the sleds, they shot glances at each other. Then both at the same time tore off straight for a thin layer of water on top of the thick ice. Icy water sprayed over the easterners as Rick and Carl screamed, "We're going to sink and drown!" The easterners were petrified and hung on for dear life. In minutes, they were back on hard ice and soon at home. The guests climbed off the sleds vowing never to ice fish again.

Early last week, I walked onto the ice on the downside of the Lockport locks. With my old reliable foot spikes on, I stomped over to two guys as one of them pulled a mooneye out of his ice hole. "Mr. Lucky," Dave Barrett, a

Continued on page 8

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### OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293  
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381  
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter  
sports@expressweeklynews.ca

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# Ashern Central using Twitter to promote school

By Jeff Ward

Two Ashern Central School (ACS) teachers are taking to Twitter to promote the school's achievements and to bring positive exposure to their students.

Bobby Ellis said he's been using Twitter, a social media platform, since teaching at R.D. Parker Collegiate in Thompson and wanted to bring the same attention to ACS. He believes that Twitter is a great way to get the word out about success stories from within the walls of the school and is excited to begin the process.

Both Bobby Ellis and Jennifer Ellis, who teach at ACS, run the school's Twitter handle @Ashern-Central. Other Lakeshore School Division staff as well as Interlake MLA Derek Johnson follow the account.

Ellis said he hopes that as he continues to post on the platform, the word spreads about the successes of the students in the school. He said when people share those posts, with larger followings like Johnson, those success stories reach big audiences.

"Really, what I'm looking to do is just share all the good stuff we do, whether it's sports accomplishments or fundraisers or our learning celebration," Ellis said.

"These platforms can help us connect with students who are using them and also parents. It can be a great way to communicate."

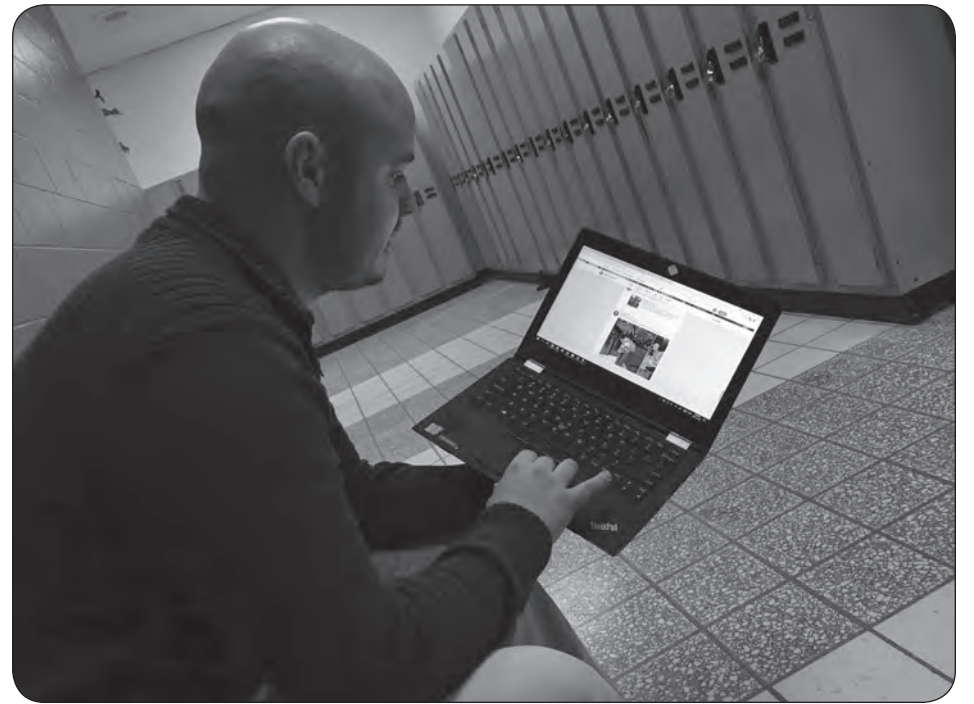
Ellis also worked to create a new ACS website [www.ashern-central.com](http://www.ashern-central.com) where their Twitter feed is displayed as well as a calendar of events and a list of teachers and staff. The school didn't have a webpage before this, so to have a landing page where parents can get info will be valuable, Ellis said.

The website and Twitter account can also serve in another way

and that's promotion of the school to the outside world. It can provide a positive look at the educational system in Ashern for those who might be moving to the area.

"I think there are a lot of good things going on here, and unless you actually come and ask us, there's not a lot of

**"REALLY, WHAT I'M LOOKING TO DO IS JUST SHARE ALL THE GOOD STUFF WE DO."**



EXPRESS PHOTO BY JEFF WARD

Bobby Ellis scrolls through Ashern Central School's new Twitter feed and is looking to celebrate and promote all of the good things that happen within its walls.

ways for other people to know about it. So now we can post about this stuff online," said Ellis.

There is a series of checks and balances for all outgoing posts. Given that these posts are freely available

for the world to see, safety of the students is a top priority. Ultimately the idea behind this account, Ellis said, is to simply promote all the good things the school is involved in and share those stories with whoever will listen.

## letter to the editor

### Olive is my name, not a joke

In the current atmosphere of harassment and bullies being exposed, the following is my story.

My name is OLIVE, not olive oil, and I am neither a green olive nor a black olive. My beautiful name makes some think that I would be a good target for ridicule.

In 1980, Robin Williams made the Popeye movie, a very bad movie with no artistic merit. What is worse, it was not even funny.

So for 37 years I have endured idiots and bullies who did not have an ounce of imagination. These have included people who held management positions, men and women of all ages. And, even a clown in church who spoke from the pulpit. But this clown is another story.

Very recently I was targeted for ridicule two times in as many days. One by a small woman with an even smaller brain, I would assume.

The other by a woman using a wheelchair who asked if I was a black olive or a green olive and no apology. This goes to show that bullies come in all shapes, sizes, ages and even some with disabilities. The worst thing is that the bully in the wheelchair gets the sympathy because the target is able-bodied.

Well, it is time to stop being stupid and think you are funny. You are not. I have heard your stupid jokes more than a thousand times.

Here is saluting all the wonderful women and girls out there whose name is Olive. It may not have been easy putting up with crap, but today we do not have to put up with this harassment. Our time has come to expose the bullies like so many other women out there in the world have on other harassment issues. You know they are stupid, but they don't, so let them know.

Olive Hnatiuk, Gimli

Letters to the Editor:  
[letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)



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# New Year lifestyle modification workshops being held in Teulon

## Teulon library launches six-week lifestyle workshops to help quit smoking

By Natasha Tersigni

If your New Year's resolution is to quit smoking, then the South Interlake Regional Library (SIRL) Teulon branch's new six-week lifestyle modification series is for you.

Starting Jan. 9 and running every Tuesday at 1 p.m. for six weeks, the Teulon branch will be hosting one-hour workshops focused on helping you to quit smoking. Each week, a new guest speaker will run the workshop and all the topics are related to kicking the habit.

"The first four weeks will be specifically to stop smoking, the fifth week will focus on meal planning and the sixth week will focus on stress reduction. The whole series is tied into smoking cessation. Everyone is welcome to come, whether they have a library card or not, and every session there are weekly giveaways during the workshops as well," explained Teulon branch librarian June Makowski.

The first two workshops, Jan. 9 and 16, will be hosted by the Interlake-Eastern Regional Health Authority (RHA) and

are entitled "Primetime to butt out" and "Let's have a plan." Week three, Jan. 23, will host a speaker from the Manitoba Lung Association and will be focused on all the healthy reasons not to smoke. For week four, Jan. 30, a speaker from the Manitoba Tobacco Reliance Association will talk about ways to quit smoking. During week five's workshop, Feb. 6, Interlake-Eastern RHA dietitian Jay Adams will talk about meal planning. The final workshop of the series, to be held on Feb. 13, will be focused on learning healthy ways to cope with stress.

Makowski added that the library worked with the Interlake-Eastern RHA to help organize the series and picked the smoking cessation topic

after learning that similar workshops have not been held for several years in the region.

"We have been doing wellness workshops at both branches for the past few years and we wanted to do something different this year. We found out that no one has done anything on smoking cessation for a long time and many people were asking for it," said Makowski.

All workshops are free to attend and participants do not have to attend the entire series. Registration is recommended and can be done by calling the Teulon branch at 204-886-3648.

## Traditional Christmas music to benefit Eriksdale Catholic Church

By Jeff Ward

A night of traditional Christmas music will serve to put attendees in the Christmas spirit while also helping to raise money for St. Erik's Catholic Church this Friday at the Eriksdale Recreation Centre.

The annual fundraiser showcases the musical talents of Jeannette Ryden,

Jerry Saunders, Ross Gumbrell and Derrick McCandless, who make up the band The Third Chins, which will perform live. Traditional music will be the backbone of the performance that will also feature more modern versions of old classics.

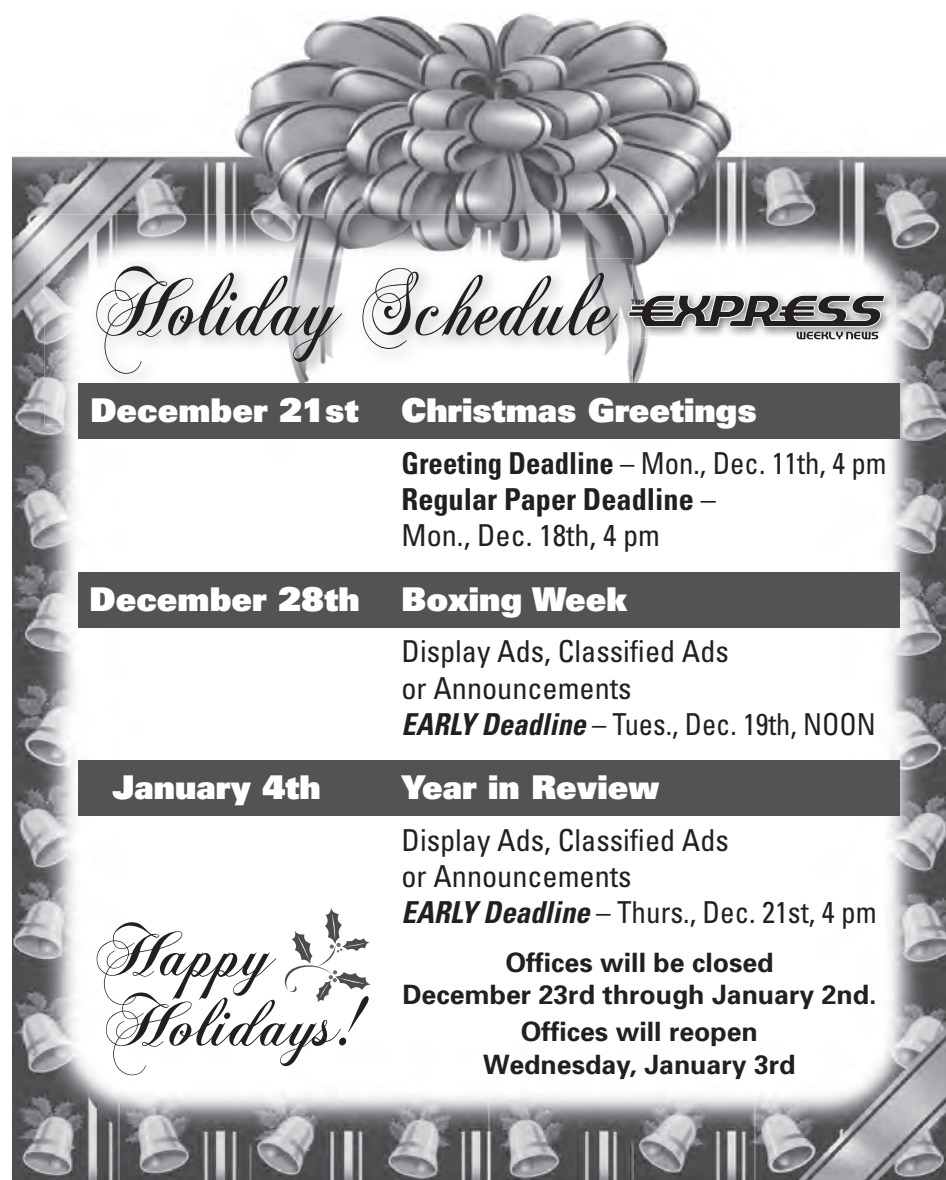
Ryden, the organizer of the annual fundraiser and a member of the

church, said there will be coffee and dainties served, a silent auction and a silver collection. The show begins at 8 p.m. and costs \$3 for kids aged 6-10 and \$5 for everyone 11 and older. Kids five and under can attend at no cost.

"I've heard a lot of people say that they come in not in the Christmas spirit, but when they leave, they're all

happy, and that makes us feel great. We're just trying to help raise a little money for the church and also put on a nice show for people at the same time," said Ryden.

She said that the average profits of the fundraiser are typically around \$1,000, which will be used to help sustain the church.



**Holiday Schedule** **EXPRESS** WEEKLY NEWS

<b>December 21st</b>	<b>Christmas Greetings</b>
Greeting Deadline – Mon., Dec. 11th, 4 pm	
Regular Paper Deadline – Mon., Dec. 18th, 4 pm	
<b>December 28th</b>	<b>Boxing Week</b>
Display Ads, Classified Ads or Announcements	
<b>EARLY Deadline</b> – Tues., Dec. 19th, NOON	
<b>January 4th</b>	<b>Year in Review</b>
Display Ads, Classified Ads or Announcements	
<b>EARLY Deadline</b> – Thurs., Dec. 21st, 4 pm	
Offices will be closed December 23rd through January 2nd.	
Offices will reopen Wednesday, January 3rd	

*Happy Holidays!*

### > GET FISHING, FROM PG. 6

shorter fellow with a long, brown beard and hair and lively nature, shot a triumphant look at his buddy, Paul Turner, a taller easy-going guy. "Dave's always lucky," Paul declared. We got to talking, and because they had lived in Ontario, I asked how folks were dealing with zebra mussels. Dave said they had made the water clearer and devoid of algae blooms in Lake Erie.

Last weekend, on the ice pack a half-mile from the Chalet Beach shore, I headed toward a far-off lone angler for a story for us. I walked alone with my thoughts.

The picks of my spike shoes squealed as they ground into the glare ice, my strides wide against the tearing wind. When I got to him, it was hard to talk in the howling wind with our new brother, young, blond-haired, Mark Lucas from Winnipeg. He hadn't caught anything and didn't care, he said. He loved being on the vast flat ice pack. "Soon there'll be hundreds of anglers out here," he said. "It won't be the same." I nodded, smiling, shook his hand and left him to his solitude.

Bye for now.



**THE EXPRESS** WEEKLY NEWS

**office will be closed.**  
**December 25th to January 2nd**  
**for the holidays.**



# Fishers fight back with province's new Fish Marketing Regulation

By Patricia Barrett

The Lake Winnipeg Fishery Co-management Board voted unanimously last week to reject the province's new Fish Marketing Regulation that took effect Dec. 1 and will govern an open-market fishery.

During a meeting Dec. 7 at the Canad Inns Regent Hotel, the board's area representatives adopted a resolution asking the province to "suspend" implementation of the regulation and consult with commercial fishers on its design.

"The fishers were 100 per cent unanimous that these regulations are a travesty," said fisher Kris Isfeld, who represents Area 2 (Gimli/Winnipeg Beach). "Sustainable Development decided they did not need to consult at all with anyone from our industry before coming up with a new set of regulations for us. And they did not consult with the First Nations."

Area reps are the voice of fishing communities across the entire lake (see below). The board represents about 80 per cent of the province's commercial fishers, the majority of whom are First Nations.

Isfeld said the department sent its biologist Brian Parker to the board's meeting to provide an explanation of the new rules.

"The first thing we said to him was, 'Why was nobody from our industry consulted?' Zero consultation," said Isfeld. "And Parker admitted it, saying, 'Yes, that's correct, we did not consult with anyone from the industry.'"

The board feels the impact of the regulations will be detrimental to the fishing industry, said Isfeld.

"We all have issues with these regulations. They're full of errors and poor decisions that negatively impact not only our income but the environment. Fish will be wasted [i.e., a ban on marketing catfish]. And there'll be more work for every single fisher. Most of the changes they made are absolutely unnecessary."

Parker had "no answer" to their concerns, he said.

The Tories ran on a promise to reduce bureaucratic red tape, said Isfeld but have seemingly taken whatever reductions they made for other industries and transferred the lot to the fishery. The new reporting system is "convoluted" and paves the way for increased fines.

"It does the same thing as the old system but only generates more work and red tape for dealers and fishers. A decision to make every fisher double the amount of information written on

individual trade record slips is unnecessary.

"Increasing this requirement is unacceptable to fishers who are already busy fishing and working seven days a week, 14-hour days. It exposes us to more opportunity to make clerical errors, which the department has shown in the past is a good enough reason to levy charges and fines."

During question period in the legislature later that day, NDP environment critic Rob Altemeyer — who attended the board's morning session — read out the fishers' resolution to the house.

"I would invite the premier to voice his response to Manitoba's fishing communities," said Altemeyer.

Contrary to fishers' steadfast contention that the Tories did not consult with them before and after announcing they would sever ties with the federally run Freshwater Fish Marketing Corporation, Sustainable Development Minister Rochelle Squires stated her government conducted "broad consultations."

She then lambasted Freshwater for offering fishers five-year contracts and for signalling its intent to offer reduced prices to fishers who want to sell fish to them without contracts, calling that "bullying practices" and "despicable."

The majority of the province's commercial fishers have signed contracts with FFMC, indicating an aversion to sell to private fish dealers.

"Over 90 per cent of them have now signed long-term contracts with the very same corporation that, for ideological reasons, only this government is set out to destroy," said Altemeyer.

In addition to the new regulations, Lake Winnipeg fishers are concerned about repeated claims being made by commercial-fishery opponents, who say the lake is experiencing "rapidly declining" catches.

Fishers cite a lack of scientific data backing up those statements and unwillingness by Sustainable Development to work with them on understanding how the fishery has successfully operated for the past 100 years, said Isfeld.

University of Winnipeg biologist Scott Forbes — who claims the lake's walleye population is falling — did not respond to the *Express*' request for information about stock assessment data.

Solmunder Palsson, who's interviewing fishers on their knowledge of Lake Winnipeg for the completion of a doctorate degree in anthropology

<p>As of 2017-11-20, this is the most current version available. It is the first version and has not been amended.</p>		<p>Le texte figurant ci-dessous constitue la codification la plus récente en date du 2017-11-20. Il s'agit de la première version; elle n'a fait l'objet d'aucune modification.</p>	
<p>THE FISHERIES ACT (C.C.S.M. c. P90)</p>		<p>LOI SUR LA PÊCHE (c. P90 de la C.P.L.M.)</p>	
<p>Fish Marketing Regulation</p>		<p>Règlement sur la commercialisation du poisson</p>	
<p>Regulation 145/2017 Registered: November 16, 2017</p>		<p>Règlement 145/2017 Date d'enregistrement: le 16 novembre 2017</p>	
<p>TABLE OF CONTENTS</p>		<p>TABLe DES MATIÈRES</p>	
Section		Article	
1	Definitions	1	Définitions
2	Form of fish	2	Forme du poisson
3	Trade records	3	Relevés de transaction
4	Immediate family may sell fish to public	4	Vente de poisson au public par la famille immédiate
5	Season-end declaration	5	Déclaration de fin de saison
6	Licence applications and renewals	6	Demandes de permis ou de renouvellement de permis
7	Decision on applications	7	Décision
8	Terms and conditions	8	Conditions
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10	Licence not transferable	10	Inaccessibilité des permis
11	Suspension or revocation of licence	11	Suspension ou révocation de permis
12	Reconsideration of decision	12	Révocation de la décision
13	Purchase requirements	13	Exigences s'appliquant aux achats
14	Fish purchase record	14	Déclares d'achats de poisson
15	Weekly fish purchase summary		
16	Fish sale record		
17	Monthly fish sale summary		

## FISH MARKETING REGULATION

The Lake Winnipeg Fishery Co-management Board passed a resolution to have the province's new Fish Marketing Regulation suspended.

at the University of Manitoba, said data gathering on fish stocks has to be more robust and a collaborative exercise between fishers and the government.

"What I'm interested in is the fishers' knowledge of the lake because they go out on the lake every day and they see what's happening," said Palsson, who grew up in Iceland. "But the government uses their own methods [test nets] to see how many fish are in the lake, and these two schools of thought clash."

Palsson said fishers' experiential knowledge is being overlooked by the province and cites inadequate staffing in the department.

"The government has to consult the fishers to manage the [biological aspects] of the lake better, and of course [consider] what's happening with the Freshwater Fish Marketing Corporation because we are talking about their livelihoods," said Palsson. "We can't dismiss the biologists and the academics either, but we can work together much more than we have in the past. Even though that's a slower process, I think in the long-term it might be much better for the lake."

Isfeld said he wrote to Gimli MLA

Jeff Wharton, requesting a meeting on the regulations and other concerns, but Wharton "just passed the buck" to the department.

Isfeld also sent an email to the department's Assistant Deputy Minister Nicole Armstrong and Deputy Minister Rob Olson, requesting a meeting with them and Squires to "work through the regulations and work cooperatively."

"I think we made it abundantly clear that the commercial fishers feel completely neglected and abused by the department's dismissive attitude towards our industry," he wrote. "The fact that there was absolutely no consultation with any of us within the industry — the only people actually affected by these regulations — is insulting and disgusting."

Lake Winnipeg Fishery Co-management Board areas: Selkirk; Fisher River/Peguis; Jackhead; Gimli/Winnipeg Beach; Riverton/Hecla; Pine Dock/Matheson Island; Victoria Beach; Berens River; Norway House; Wanipigow/Manitotagan; Grand Rapids; Dauphin River/Gypsumville; Princess Harbour/Bloodvein; Poplar River/Traverse Bay.





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WEEKLY NEWS



# Re-Discover Christmas festivities brightened up Gimli last weekend

By Patricia Barrett

Gimli's Re-Discover Christmas event last weekend offered two full days of merry-making to usher in the Christmas season.

The RM of Gimli's economic development and tourism clerk Brittany Isfeld organized a number of festive events for the community, including a bonfire, sleigh rides, kids' face painting, story time, cookie decorating, a pancake breakfast and skate with Santa and a parade.

"We split it into two events this year," said Isfeld, referring to the first Re-Discover event held on Black Friday a few weeks ago, which coincided with the town's tree lighting at the harbour. "It's hard to fight with big box stores on Black Friday, and other towns have their parades then."

Isfeld, along with Sugar Me Cookie bakery owner Carrie Arsenault and Kaffe Haus owner Shelly Petrowski, came up with the idea for an Ugly Sweater competition.

"We sat down to see what kinds of events we could have," said Petrowski, who volunteered to host the Ugly Sweater contest at her popular Centre Street eatery, which offers breakfast and lunch, specialty pastries and fair trade coffee. "So far we've had seven or eight contestants come in."

Isfeld, who acted as judge for the competition, awarded Katelyn and Hayden Cosby and their cousin Isabella Coffyn first prize for their sweaters. Each received a huge prize bag stuffed with goodies.

Petrowski also cleared a space in her restaurant for an artist who offered face-painting, and hosted a pie-eating contest for the kids.

"They got one pie and had to eat it as fast as they could," she said.

Over at the Lakeview Resort, photographer Anders Kuusselka was busy marshalling the kids lined up to

have their picture taken with Santa.

In between takes, Kuusselka had a heart-to-heart chat with the jolly elf about some of the hardships of the gift-delivery job and showed his Christmas spirit by offering Santa a \$20 bonus.

"Poor Santa gets paid once a year and he has to survive all year long on that one salary," said Kuusselka. "It's a very hard living."

Santa concurred, saying he "can't live on candy canes alone."

Santa is looking forward to the cookies and milk that Gimli's kids will be setting out for him on Christmas Eve.

Sonny Clearsky brought his wagon and horse team from Teulon and offered rides around town for six hours on Saturday.

"This is our first time doing this in Gimli," said Sonny's mom, who helped with the rides. "It's been fabulous and there's been a constant demand."

For this occasion, Clearsky hitched up Romeo and Juliet, whom he bought at auction.

"They looked like they were a team, and he took them home and hitched them up," said his mom. "And they're absolutely wonderful horses. They love kids."

Clearsky offers his service across the Interlake and beyond, including Bird's Hill Park Ranch. He provides teams of horses for hay rides, sleigh rides, weddings and funerals.

Some First Nation communities prefer to use horse teams rather than hearses for funerals. Clearsky has done funerals in Waywayseecappo and Rolling River and has offered his services to other First Nation communities such as Little Black and Hollow Water.

Organizers can book one of Sonny's horse teams by calling 204-470-1744.

Next year, Isfeld plans to hold one Re-Discover event in early December.



EXPRESS PHOTOS BY PATRICIA BARRETT

RM of Gimli economic development and tourism clerk Brittany Isfeld awarded Isabella Coffyn and Katelyn Cosby first prize for their elf sweaters in the Ugly Sweater competition.



Ice Festival mascot Cooley rode in the parade.



Anders Kuusselka and Santa.



Sonny Clearsky from Teulon brought his horses Romeo and Juliet to take revellers around town.



**THE EXPRESS'S**  
WEEKLY NEWS



# HOLIDAY GIFT GUIDE 2017

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# Children pose with Santa at Lundar Daycare fundraiser

By Jeff Ward

The annual fundraiser for the Lundar Daycare Centre that provides area families with the chance to have a photo with Santa had another successful year according to the daycare's director.

Bonnie Rae said that the event is still popular after 27 years in the community and she believes a big reason for that is the photography of Anders Kuusselka. The Gimli photographer has been one of the big focal points of the family-friendly event as parents would rather take a photo with Santa in their own community than drive into the city.

The event took place Dec. 2 in Lundar and acts as a fundraiser for the daycare. Also at the event was a DIY photo booth, cookie decorating, sucker pull, craft table and glitter tattoos. At press time, Rae was still tallying the receipts for the event and didn't have an exact number for how much was raised but mentioned that it was profitable.

"We saw 265 people this year, which is down a bit from last year but still great support from the community," said Rae.

"We try to make it an event where the kids can have fun and it's great to see everyone having a good time. Even after all these years, events like this create memories that never go away."

Money raised at the event goes towards purchasing new items for the daycare like toys and educational pieces. There is no one thing the money from this year will be spent on, but what it does allow for is the constant upgrading of the daycare's many items. Kids aren't typically gentle with toys and Rae said that they're just not made the way they used to be



Leighton and Brittin Nikkel were all smiles for their big moment with Santa.

so she's had to re-buy toys that have broken on a more regular basis as a result.

Rae said that the event has always been fun for her and that she's never worried about how much the fundraiser was going to take in.



**EXPRESS PHOTOS BY ANDERS KUUSSELKA**  
Erik and Thor Johnson sport matching sweaters for their meeting with Santa.

"We get such great support here and, honestly, that's how our community is for all of the different functions that go on around town," said Rae.



As the Holiday season is upon us, we take joy in extending a sincere "THANK YOU" to those who have helped to shape our business in a most significant way. We value our relationship with you and look forward to working with you in the year to come. We wish you a safe and Happy Holiday season along with a New Year filled with peace and prosperity.

## Season's Greetings

From Dwayne Smith & Staff at the Eriksdale and Fisher Branch offices.

### Holiday Hours:

Dec. 25th : Closed

Dec. 26th : Closed

Jan. 1st : Closed

\*\*Regular operating hours on all other days.\*\*

Fisher Branch: Mon-Fri 9am-6pm

Eriksdale: Mon-Fri 9am-5pm



**Evergreen School Division**

## HOLIDAY CONCERTS

**DECEMBER 13**  
Gimli High School Winter Concert – 7:00 pm

**DECEMBER 14**  
ACI/RCI Christmas Concert – Riverton Hall – 7:00 pm

**DECEMBER 18**  
Riverton Early Middle School Christmas Concert – 7:00 pm  
Sigurborg Stefanson Elementary School Christmas Concert – 2:00 pm & 7:00 pm

**DECEMBER 19**  
Arborg Early Middle School Gr. 3-4 Christmas Concert – 7:00 pm  
Dr. George Johnson Middle School Christmas Concert – 1:30pm & 7:00 pm

**DECEMBER 20**  
Arborg Early Middle School K – Gr. 2 Christmas Concert – 7:00 pm  
Winnipeg Beach School Christmas Concert – 2:00 pm & 7:00 pm



# Kiwanis and Lions team up with Winnipeg Beach School for a jolly good breakfast

By Patricia Barrett

Winnipeg Beach School got some help from the Lakeside Lions club and the Kiwanis Club of Gimli & District to host a free community breakfast last Thursday in the school gym.

In keeping with the spirit of giving, the school also invited Santa to dine with them.

Kiwanians fired up the grill in their portable kitchen and kept the pancakes and sausages flowing while the Lions served the masses.

"The Kiwanis Club and the Lions Club teamed up together to sponsor this pancake breakfast for the Winnipeg Beach School kids and parents," said Lions' member Marielle Wharton. "It's free. That's our way to give back to the community."

Senior students helped line up the younger kids for a chat and a photo with Santa.

"We help the kids sit with Santa and we give them goody bags when they leave," said Kylie, who was one of Santa's elf helpers.

Santa was in a very jolly mood and quite generous with his time. He asked kids when they mailed their letters and how they were holding up during the cold spell.

He also confirmed his love of Hot Wheels and Lego that some kids said they're hoping to see under the Christmas tree.

"Do you have Batman Lego?" said Santa to one boy. "I like Lego, too, but with my little fingers it's difficult and I get the elves to build these things."

As he is wont to do, Santa asked the kids to provide proof of just how nice they'd been over the course of the year and even agreed to take video evidence into consideration.

"It's normal for Santa to ask them a lot of questions just to get to know them better," said senior student Leah, who was one of Santa's reindeer helpers.

Leah had very positive news to share as far as the state of niceness was concerned.

"A lot of them have been pretty good," she said.

After a chat with Winnipeg Beach councillor and Lions' member Pat Green, Santa said she had been good all year. He also received a "goodness" report from Evergreen School Division's superintendent Roza Gray and assistant superintendent Scott Hill.

The school held an early breakfast from 8-9 a.m. for parents who were able to join their kids, which attracted about 100 people, then invited each classroom and the teachers to enjoy breakfast from 9 to 10 a.m.

"The whole reason we did this is we're a community school that has a



Jade and baby Zayna enjoyed the breakfast.



EXPRESS PHOTOS BY PATRICIA BARRETT

Santa said Lakeside Lions member and Coun. Pat Green had been good all year. Kylie (left) and Chloe (right).



Ms. Sveinson's Grade 1 class enjoyed breakfast and visits with Santa.



Teigan told Santa to bring her dad a remote-controlled monster truck for Christmas.

hot breakfast program which is sponsored by people like Kiwanis and the Lions, and lots of other community organizations, too. That's the reason we can serve hot breakfasts," said assistant principal Alison Lubinski. "And this is our way of giving back this holiday season by bringing everyone together. This is our first year holding a breakfast with Santa. It's been a wonderful turnout."



Lakeside Lions Brian Magnusson, Marielle Wharton and Debbie Kashuba served pancakes and sausages.



Even Evergreen School Division superintendents got to speak with Santa.



# Quarry Physio offers hip and knee rehabilitation program

By Jennifer McFee

A local business is putting the wheels in motion to help people who are recovering from hip and knee replacements.

The inMotion Network group of clinics is launching a new rehabilitation program, which will be available in the Interlake at Quarry Physiotherapy in both Stonewall and Gimli.

"With the announcements and the recent closures of the hospital-based physiotherapy departments, we've put together a hip and knee joint replacement rehab program," said physiotherapist and owner Scott Allan.

"These were previously offered in the hospitals, but since they are no longer going to be offered, we felt that it was important to be continued with equal access to all. We decided to put together a program for people following joint replacement so they can still get their therapy at an affordable price."

The program will run two days per week for four to six weeks, or even longer, depending on the needs of the patient.

"Once people have been discharged from hospital, they will enter the program with an initial individualized assessment and will continue with one-to-one care until they're ready for a small group setting," Allan said.

"Then they will be in a class format, exercising and working on any issues that they may have under the guidance of a therapist. Our program is a little bit different from others in that we're offering a very low therapist-to-patient ratio. We're going to have one therapist for two to five patients, so they'll get a lot of individualized care."

Each class will range from 60 to 75 minutes, and patients will also receive a home exercise program. As part of that program, they will be emailed a video with specific exercises geared for them.

No referral is needed to participate in the program, although many physicians and surgeons will likely refer their patients.

For more information or to make an appointment, contact Quarry Physiotherapy in Stonewall at 204-467-9101 or in Gimli at 204-642-5353.



EXPRESS PHOTO SUBMITTED

The inMotion Network group of clinics is offering hip and knee replacement rehabilitation program.

# Help prevent falls this holiday season and correct hazards

Submitted

Falls continue to be the leading cause of unintentional injuries requiring a hospital stay in Interlake-Eastern RHA, particularly among seniors over the age of 75. Falls can have serious consequences, including hospitalization, permanent loss of mobility and independence, and even death.

A public health agency report on seniors' falls in Canada has identified that 50 per cent of falls experienced by seniors that result in hospitalization occur in the home.

Most falls are preventable. If you find yourself in the home of elderly relatives this holiday season or if you are hosting them or living with them, the best gift you can give them is to spot and correct fall hazards.

"It's our objective to keep people living at home for as long as it's safely possible because we know that generally people are happier in their own homes. To keep older adults safe, it's important that families assess and address the risks for falls to occur over the holiday season and beyond," says Karen Stevens -Chambers, vice-president of community services and chief allied health officer with Interlake-Eastern RHA.

Here are some tips to keep in mind over the holidays and into the New Year:

- When moving furniture to accommodate guests or decorations, be sure to maintain clear and wide pathways.
- Keep walkways inside and around

homes clear of clutter.

- Ensure easy access to frequently used electrical plugs.
  - Tuck lengths of excess extension cords away from travel paths. Never run an extension cord across a pathway.
  - Tape rugs securely so they won't lift if feet shuffle over them. Watch for signs of lifting.
  - Dimmed lights add to ambiance but bright lighting is important for clear vision especially for people who are older.
  - Keep handrails and other essential supports easily accessible. If you run garland along your stairs consider weaving it below the handrail to ensure it's still a functional support.
- Many resources on falls prevention

are available. Follow this link <https://is.gd/preventfallsbooklet> for an online booklet that outlines nine key areas to focus on when preventing falls: being more physically active, managing medications, taking care of health, improving balance, developing safe way to walk, foot care and safe footwear, checking eyesight, eating well and identifying, removing and reporting hazards.

You can also complete an online home safety checklist that may help you identify some needed work in the home and yard to help keep people on their feet: <https://is.gd/preventfallsathome>.

Preventing falls is an excellent way to help ensure good health for older adults throughout the year.

# Province releases 2017 Fall Conditions Report and flood outlook

By Jeff Ward

The 2017 Fall Conditions Report released by the province last week detailed that most major lakes, with the exception of Lake Winnipeg, are above normal levels for this time of year.

Lake Manitoba at 812.2 feet and Lake Winnipegosis at 832.35 feet remain above their normal operating range but are both below flood stage.

Lake Manitoba is expected to remain near 812 feet throughout the winter and Lake Winnipegosis will remain around 832.4 feet. Outflows from Lake Manitoba, through the Fairford water control structure are near their maximum range at 7,900 cfs. The wildcard throughout the winter months is snowfall and the report stated that Environment and Climate Change Canada's precipitation fore-

cast, issued last month, for November to January indicated that precipitation will be above normal for most of Manitoba and Saskatchewan.

"We always have to be ready for a higher spring flooding risk if heavy winter precipitation occurs, or if a fast melt rate or heavy spring rainfall were to occur," said Manitoba Infrastructure Minister Ron Schuler.

Some good news out of the report

is that soil moisture levels at the time of freeze up, one of the major factors that affect spring run-off potential, are below normal for the watersheds of most Manitoba rivers.

Schuler said that the province has several months before the flood season begins and that this report, which is the first of many, is about creating a baseline understanding of the conditions before the winter.



# get inspired

> MEAL IDEAS



## Festive Popcorn Trees

low heat. Stir until marshmallows are melted and mixture is smooth. Remove from heat.

Stir in vanilla extract.

Pour mixture over popcorn in bowl. Toss well to coat popcorn evenly.

Line baking sheet with foil.

Spray hands with nonstick cooking spray then scoop up about 1 cup popcorn mixture.

Shape mixture into cone, keeping base flat to form tree.

Sprinkle tree with decorating sugars; place tree on baking sheet.

Make nine additional trees.

Pipe frosting on trees to make garland then decorate with sprinkles and silver dragees, as desired.

Serving suggestion: Place each tree on sugar cookie and decorate serving tray with shredded coconut to resemble snow.

Notes: For best flavor and color, start recipe with unflavored white popcorn. You can make your own colored sugar by adding food coloring to sugar then stirring in bowl or shaking vigorously in sealed container. Add additional food coloring for more intense tones.



## Harboring Resentment

Are you harboring resentment towards a person or situation right now? If you are, it means you are either hurt, angry, feel misunderstood, or that someone is taking advantage of you. Resentment is a bitter feeling that arises when we are not getting something we need.

Unfortunately, it does not do any good. It is like an acid that eats away at its container. When we feel resentful, we tend to replay the events, words or actions that caused upset in the first place. With each replaying, the resentment builds. Other feelings like anger, disappointment, sadness or even hatred may grow stronger.

One who is resentful may share those feelings with others. This adds more energy to the negative situation, and spreads it further. If this happens in a family, community or workplace, it soon pollutes the emotional environment for all.

How then, can one deal with feelings of resentment? First of all, it is important to realize that one has chosen to feel resentful. Yes, it is a choice. Behind resentment there is some blame based on a judgment. Someone is being blamed for not acting according to our best good. Often assumptions are made, implying we

are not important or valued.

The best antidote for resentment is to put all judgment aside, and see if there is a better way to do things that will feel good for all. Problem solving may get you somewhere: resentment will not. Without attacking, tell the other party how you are feeling, and ask if things could be done differently. This will work if you genuinely want resolution. If you are pounding someone on the head with your feelings, and blaming them for whatever happened, you will likely get a negative response which will only fuel your resentment.

If, for some reason, there is nothing you can do to change the situation, it is best for you not to harbor resentment. Just let it go. Harboring resentment, especially over time, will compromise your health, creating stress, anxiety and a compromised immune system. Focus instead on all that is positive in your life, and how you can bring good energy into your relationships with others. You will feel better, and so will those around you.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on FaceBook for daily inspiration.

## Holiday Popcorn Snowman



Yield: 5 snowmen  
1 package (1 pound) large marshmallows  
1/4 cup (1/2 stick) butter or margarine, plus additional

1 teaspoon vanilla  
10 cups popped popcorn  
sprinkles (optional)  
licorice (optional)  
gum drops (optional)  
cinnamon candies (optional)

In large saucepan, melt marshmallows and 1/4 cup butter.

Remove from heat and stir in vanilla.

Let stand 5 minutes.

Pour over popcorn and stir mixture.

Butter hands well and form into balls.

Decorate with sprinkles, licorice, gum drops and cinnamon candies, as desired.



## Chocolate Popcorn Reindeer

candies

Place popcorn in large mixing bowl.

In saucepan set over medium heat, heat marshmallows, chocolate, butter and salt, stirring often until smooth. Toss marshmallow mixture with popcorn until well combined.

Scoop 3/4 cup popcorn mixture into ball. Repeat with remaining mixture to make eight balls total. Place each ball in paper muffin cup liner.

Insert pretzel stick on each side of ball to resemble antlers, attach two eyeball candies for eyes and red candy for nose. Let cool completely.

Tip: Eyeball candies can typically be found in baking aisles of supermarkets or bulk food stores.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake well represented at MJHL Showcase

### Staff

The Interlake was well represented at this past week's 2017 Old Dutch — MJHL Showcase that took place at the Bell MTS Iceplex.

This was the 14th consecutive year that the MJHL has staged this event.

For the players, these games were a very important step in attracting the attention of the many college, major junior, university and pro team scouts in attendance from across North America.

The following is a list of Interlake players who play in the MJHL and were expected to participate in the MJHL Showcase:

Griffin Chwaliboga - Neepawa Natives (Arborg), Hayden Dola - Selkirk Steelers (Winnipeg Beach), Noah Basarab - Swan Valley Stampede (Gimli), James Maxwell - Swan Valley (Stonewall), Jack Einarson - Virden Oil Capitals (Gimli), Brayden Pawluk - Virden (Teulon), Riley Vautour - Waywayseecappo Wolverines (Stony Mountain), Wayde Johannesson - Waywayseecappo (Arnes), and Adam Swan - Winnipeg Blues (Ashern).

Each MJHL team played two regular-season games during the Showcase event which gave the players an opportunity to showcase their talents through playing meaningful mid-season games.

"This event has generated significant interest among scouts from both professional hockey to college levels," MJHL commissioner Kim Davis said in a media release.

"For many players, our Showcase is a highlight to their season. It allows them to showcase their talents with dozens of scouts evaluating."

Many rural fans from around the league travelled to Winnipeg to take in the Old Dutch Showcase as they had the unique opportunity to watch all 11 MJHL teams in action.

For scouts and evaluators, meanwhile, the event provided an efficient and economical way to watch every team and evaluate every player in the MJHL in one convenient location.



Griffin Chwaliboga



Hayden Dola



Noah Basarab



Wayde Johannesson



Jack Einarson



Adam Swan



Riley Vautour



Brayden Pawluk



James Maxwell

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Midget Lightning battle hard at female Showcase

### Staff

The Interlake Lightning Midget female team finished with an 0-3-1 record at Hockey Manitoba's AAA Showcase event last weekend at the Bell MTS Iceplex.

The Lightning began action Friday, playing to a 2-2 draw with the Weyburn Gold Wings.

Payton Mabee gave Weyburn a 1-0 first-period lead but Interlake's Nori Sigvaldason replied with a power-play goal in the second.

Jamie Johnson and Anna Shewchuk

assisted on the Lightning goal.

Interlake's Maggie Medock scored at 8:36 of the third, assisted by Brenna Barlyski, but Weyburn's Sierra Moroniuk answered with the equalizer just 52 seconds later.

Rachel Parson made 24 saves for the Lightning. Interlake was 1-for-10 on the power play while Weyburn finished 0-for-5.

On Saturday morning, the Lightning was shut out 3-0 by the Melville Prairie Fire.

Jaydea Guenter-Belte, on the power

play, and Cassidy Entz scored in the first period and then Taylor Halarewich tallied with the man advantage in the third.

Parson was busy in goal, stopping 42 Melville shots.

Later that evening, the Lightning lost 6-1 to the Pembina Valley Hawks.

Pembina Valley's Kendall Manness scored the lone goal of the first period and then the Hawks went up four goals as Hannah Petrie, with a pair, and Kaila Powell tallied.

Interlake cut into that lead with a

goal from Barlyski, assisted by Loren Proven.

The Hawks then put the game out of reach, though, with third-period goals from Sage McElroy-Scott and Petrie.

Parson made 21 saves in the loss.

Interlake closed out action Sunday with a 2-0 defeat to Pilot Mound Academy.

Mychaela Pitta potted a first-period power-play goal for Pilot Mound and then Gracie Perry added a shorthanded marker in the second.

Parson stopped 24 shots in the game.

## Falcons' struggles continue with pair of weekend losses

### Staff

What's happened to the Lunder Falcons?

After storming out of the gates to start the Keystone Junior Hockey League season, Lunder has suddenly struggled badly, winning just once in its past eight games.

Those struggles continued last weekend as Lunder was defeated 7-4 by the Warriors in St. Malo on Friday. It got worse Sunday as the Warriors handed the Falcons a lopsided 9-2 loss.

In Friday's game, Robert Guimond and Alex Murray (shorthanded) scored to stake St. Malo to a 2-0 lead but Lunder answered with goals from Brett Jocelyn and Derek Benson before the first period was over.

The Warriors had another good start to a period in the second as Shaquille Houle and Gavin Pott tallied.

Lunder's Lance Laycock and Pott traded power-play goals and then Jocelyn pulled the Falcons to within 5-4 with his second goal of the game.

Tyler Bueckert regained Lunder's two-goal lead with 4:57 left in the third and then Bueckert added an empty-net goal with two seconds left on the clock.

Lunder was just 1-for-11 on the power play while St. Malo was 1-for-9.

On Sunday, Lunder's Josh Eardley and Jocelyn scored the first two goals of the game but St. Malo dominated after that. The Warriors tied the score at 2-2 before the opening period was over and then tallied five times in the

second. Two of those second-period goals were shorthanded markers while another was a power-play goal.

Guimond (two), Nolan Handregan, Haden Hildebrand, Cody Dinardo, Pott, Dustin Wiebe, Michael Venne and Bueckert scored for the Warriors.

St. Malo was 3-for-14 on the power play while Lunder finished 0-for-5.

The Falcons, now 8-7-0-3, host the Norway House North Stars on Friday (8 p.m.) and then will visit OCN on Dec. 23.

## Thunder girls' football announces changes to age divisions

### Submitted by the Interlake Thunder

The Interlake Thunder are pleased to announce that our proposal to the Manitoba Girls Football Association to adjust the Junior age group from 10- to 13-year-olds and the Senior age group from 14- to 17-year-old athletes was passed with a substantial majority of 5-2.

The Thunder are members of the Manitoba Girls Football Association spring tackle league.

The MGFA is a league with registration occurring in March, followed by training camp in April.

Meanwhile, the Thunder will be holding weekend workouts beginning in late January/early February in the Stonewall Collegiate

gymnasium.

Dates and times are still to be determined.

In other news, the Thunder's annual trip to a Manitoba Moose game will be Jan. 14 (2 p.m. puck drop) against Iowa. Ticket information will be available shortly.

All returning Interlake junior and senior veterans, as well as anyone interested in participating in 2018, are welcome to attend our off-season training and events.

Anyone interested in participating with the Interlake Thunder girls' program or, would like more information, can contact Joel McDonald at [president@interlakethunder.org](mailto:president@interlakethunder.org).

## Lightning lose to Capitals in OT

### By Brian Bowman

When the Interlake Lightning Provincial Midget hockey team puts three strong periods together, they can compete with anybody in the Manitoba AAA Midget Hockey League.

They proved that twice last weekend. Interlake played real well in a 3-2 overtime loss to the Central Plains Capitals in Teulon on Sunday.

Reilly Funk scored the game winner on the power play in OT.

Interlake's Dylan Fontaine had tied the score at 2-2 with a power-play goal of his own at 19:23 of the third period.

Fontaine opened the game's scoring at 13:25 of the first period but Central Plains came back with a second-period goal by Tyler Van Deynze and a third-period marker from Mitchell Wilson.

Wilson's goal came at 15:49 of the third.

On Saturday, Interlake lost 5-2 at home to the first-place Brandon Wheat Kings.

Brandon led 3-2 in the third period before they scored twice to seal the victory.

Rylan Thiessen, Nolan Ritchie, Carter Sawchuk, Lynden McCallum and Tanner Morrison scored for Brandon.

Gabe Odowichuk led Interlake with a goal and an assist while Eric Krywy scored the Lightning's other goal. Jagger Bonkowski and Hunter Halcrow also had assists for the Interlake in the game.

The Lightning (5-17-0-1-0) were looking to snap a six-game losing streak when they hosted the Winnipeg Thrashers on Wednesday.

Interlake will then hit the road this weekend to play Southwest in Virden on Saturday (7:30 p.m.) and Yellowhead in Shoal Lake Sunday (2:30 p.m.).



sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning bitten by Sharks  
in City Midget play

Staff

The Interlake Lightning are getting closer to securing their first City Midget win of the season. Interlake battled hard in a 1-0 home loss to the Winnipeg Sharks last Sunday in Warren. After two scoreless periods, the Sharks' Tyler Carvalho scored the game winner on the power play at 17:31 of the third. Winnipeg outshot Interlake 30-28 as Cody Williams made 29 saves in the

Lightning goal. Last Thursday, the Lightning lost 9-1 to the Winnipeg Warriors in Stonewall. Rhett Woods scored Interlake's only goal. Interlake (0-20) is back in action Friday when it plays the second-place Winnipeg Hawks (12-5) at the Seven Oaks Arena. Game time is 7:30 p.m. The Lightning will then host the Eastman Selects (9-5) on Sunday in Warren. Puck drop is 3:30 p.m.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Lightning's Cadrick Dueck gets a shot off during the game against the Winnipeg Warriors last Thursday.

take a break > GAMES

SUDOKU

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

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

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

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

Sudoku Answer

S	S	V	S		H	K	S		N	R	U
I	B	B	V	R	E	O	V	D	E	I	T
D	E	L	I	A		P	O		A	K	A
	R	E	R	S	A	S	P		E	L	A
				S	A	S	E	S	S	A	D
R	E	S	T	O	H	P	E	R	E		
O	T	O	M	E		T	R		A		
N	V	A	E	V				N	O	E	L
					E	R		T	A	V	E
				S	U		E				
N	V	T	S		T	I	N		N	O	H
W	R	E	T		E	N	A		D	E	H
A	E	B	O		T	R	A		I	O	L
H	S	A			A	P	A		B	A	V

Crossword Answer



CROSSWORD

CLUES ACROSS

- 1. Member of a Semitic people
  - 5. Certified public accountant
  - 8. Residue
  - 11. Sayings attributed to Christ
  - 13. The products of human creativity
  - 14. Listen to
  - 15. Longed
  - 16. No (Scottish)
  - 17. Descriptor
  - 18. Yankees' sensation Judge
  - 20. Zero
  - 21. Comics legend Lee
  - 22. Honorary title holder
  - 25. "Uncle Joey"
  - 30. Graceful and stylish
  - 31. Pitching term
  - 32. Former Mets outfielder Jones
  - 33. One who avoids animal products
  - 38. Quick to learn
  - 41. Mechanism in an organ
  - 43. Redo with new materials
  - 45. Epics
  - 47. Wings
  - 49. Extrasensory perception
  - 50. Cavalry sword
  - 55. Bangladeshi monetary unit
  - 56. Not the bottom
  - 57. Afflicted
  - 59. Bound
  - 60. One who is highly skilled
  - 61. Jewish spiritual leader
  - 62. Tall, rounded vase
  - 63. Liturgical language of Hinduism (abbr.)
  - 64. Cheek
- CLUES DOWN
- 1. Pie \_\_ mode
  - 2. Portuguese cape

1	2	3	4		5	6	7		8	9	10
11				12		13			14		
15						16			17		
	18				19	20			21		
				22	23				24		
25	26	27	28	29							
30						31					
32								33	34	35	36
				38	39	40		41	42		
				43			44				
		45	46								
47	48				49			50	51	52	53
55					56				57		58
59					60				61		
62					63				64		

- 3. Ottoman military title
- 4. Movable frame used in burials
- 5. Type of coal
- 6. A treeless grassy plain
- 7. Artist's workroom
- 8. Assists
- 9. Protein-rich liquids
- 10. A song of praise to God
- 12. Much \_\_ about nothing
- 14. Japanese city
- 19. Atomic number 10
- 23. Egyptian goddess
- 24. Go places
- 25. Having ten
- 26. Complete
- 27. Automotive belt
- 28. Psyche
- 29. Melodious bird
- 34. Medical personnel
- 35. Acquired
- 36. Type of beverage
- 37. Neither
- 39. Spanish monetary units
- 40. Small area of grass
- 41. Your
- 42. Diana \_\_, singer
- 44. Salt's partner
- 45. Made of wood
- 46. No longer alive
- 47. Alaskan island
- 48. Wild animal's resting place
- 51. Swiss river
- 52. Partiality
- 53. "Luther" actor Idris
- 54. UNLV's "Runnin' \_\_"
- 58. Criticize



# Classifieds

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## Evergreen School Division Employment Opportunities In Riverton, Arborg, Gimli and Wpg Beach **Spare Bus Drivers**

**Extra-Curricular Trips: \$17.41 per hour**  
**Regular Routes: \$87 to \$106 for daily route**

If you work well with and enjoy young people and are committed to enhancing the student experience, we would like to talk to you about this opportunity.

### Qualifications

- Manitoba Driver's License in Good standing
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- Must be eligible for Class 2 License
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If this position is of interest to you please contact:

**Blanche Bernardin**  
Transportation Supervisor  
204-642-6263 • [blanche.bernardin@esd.ca](mailto:blanche.bernardin@esd.ca)



## RURAL MUNICIPALITY OF GIMLI SENIOR ELECTION OFFICIAL

Applications are being accepted for the position of Senior Election Official (S.E.O.) for the Rural Municipality of Gimli. The S.E.O. is responsible for the overall municipal election process and must be able to interpret and understand all aspects of legislation pertaining to the municipal election process and provide consistent advice to his/her election officials and to the general public.

Duties will include:

- appointing an assistant S.E.O. and other election officials as required
- providing effective leadership to this team
- assisting with preparation of required budget
- establishing and maintaining the voters list
- giving public notice of nominations
- establishing and equipping the voting stations
- giving public notice of elections
- printing the ballots
- overseeing all aspects of the election on election day and
- all other duties as established in The Municipal Councils and School Boards Election Act.

In the years when a general election is not required the S.E.O. will be responsible to conduct a by-election if required.

Hourly remuneration and mileage expense to be negotiated. Reimbursement will be provided for office supplies and phone calls and meals allowance for election day(s) and training sessions.

The successful applicant must have computer experience, strong communication and interpersonal skills. Management and previous election experience would be a definite asset. Applicant must be willing to attend election training sessions.

Written applications are to be submitted, complete with resume in a sealed envelope marked "SEO Application", and must be received at the office of the Rural Municipality of Gimli by December 22, 2017 to:

Joann King, CAO  
Rural Municipality of Gimli  
62 2nd Ave, Box 1246  
Gimli, MB. R0C 1B0

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### HEALTH

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## THE RURAL MUNICIPALITY OF ST. LAURENT CAREER OPPORTUNITY

### Assistant Chief Administrative Officer (Finance & Administrative)

The Rural Municipality of St. Laurent is inviting applications for the full-time position of Assistant Chief Administrative Officer (CAO).

The CAO will assist in the management and implementation of all aspects of daily municipal finance and administration. We are seeking an individual that has advanced skills in accounting, and has the ability to lead, oversee and implement organizational administration, assisting, reporting to and taking direction from the CAO. A high level of ability to communicate and assist staff, council, and the public will also be expected from the successful candidate and excellent human resource skills will be required.

The CAO will be expected to assume the authority and duties of the CAO in an acting capacity when the CAO is absent. Assuming the roles and responsibilities of other staff in extended absence may also be required from time to time.

Assets considered: CMMA course certification or extensive experience in local government/public sector environment; high-level accounting and managerial skills/background; knowledge of federal, provincial and municipal legislation; extensive computer and software (accounting and Microsoft) experience; political and financial acumen; and an individual who has excellent French language communication skills as well would be ideal.

The successful candidate can expect a salary and benefit package reflective of their experience and qualifications, starting at no less than \$21.00 per hour. Interested individuals may submit a cover letter\* and resume with three references to:

Hilda Zotter  
Chief Administrative Officer  
The Rural Municipality of St. Laurent  
16 St. Laurent Veterans' Memorial Road  
(Inside St. Laurent Recreation Centre)  
P.O. Box 220, St. Laurent, Manitoba R0C 2S0  
E-mail: [cao.rmstlaur@mymts.net](mailto:cao.rmstlaur@mymts.net)  
Fax: 204-646-2705

\*IMPORTANT: In your cover letter, please briefly describe each of your assets that would make you the ideal candidate for this position.

If you have any questions, please call the CAO at 204-646-2259.  
A complete job description is available upon request.

The deadline for submitting your Resume is Thursday, December 21, 2017 at 4:30 p.m. however this posting will remain open until a suitable candidate is found. The position is to commence in January 2018.

*We thank all that apply, however only those selected for interview will be contacted.*

### ANNOUNCEMENT

#### CARD OF THANKS

The family of Frank Swark wishes to thank everyone who sent cards, food and offered words of sympathy and condolences. Your kindness has helped make a difficult time a little bit easier.

-The Swark and Kiesman families

### ANNOUNCEMENT

#### CARD OF THANKS

We would like to give a huge thank you to the management and staff at South Beach Casino. Throughout the summer when we were dealing with our mother's unexpected medical problems, they went out of their way to help us cope. Going there was like going home.

-Louis and Sharon Cote

### ANNOUNCEMENT

#### CARD OF THANKS

**PATRICIA TANCHAK-** We the family of the late Patricia Tanchak would like to express our utmost and sincere thanks and appreciation for the support from our family and friends in our local and surrounding communities by expressions of sympathy, flowers, donations and meals prior to and after the passing of my wife, mom, a special amma and aunt.

Special thank you to Dr. Graham, nurses and staff at Stonewall Palliative Care; Dave Citulsky and staff at MacKenzie Funeral Home and to our pastors Nathan Young and Ron Hagglund. Thanks also to the Ladies Auxiliary of the Stonewall Legion for the lunch after the service.

Always remembered.

Love you forever my wife, my sweetie.

Wonderful Mom.

World's greatest Amma.

-Ralph Tanchak;

Jonathan, Carolyn and family;

Larissa, Mike Higuchi and family;

Julianne and Brad

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## ANNOUNCEMENT

### BIRTH ANNOUNCEMENT



#### Aubrey Kate Sawatzky

Adam, Allana and big brother Jase are excited to announce the safe arrival of Aubrey Kate Sawatzky. Born November 14th weighing 6 lbs 3oz and 18" long. Proud grandparents are Allan Sund, John and Rose Sawatzky, Janice and Ron Gulay as well as great-grandmas Dorothy Sund and Aileen Blyth. Welcome to the world our sweet baby girl!

## ANNOUNCEMENT

### ENGAGEMENT



I am thrilled to announce the engagement and upcoming wedding of my beautiful daughter Lauren Rachelle to Adam Geoffrey Beaton, son of Julie and Geoff of Perth Australia. Her daddy, the Late Ross Olafson, is looking down from heaven and is very proud of his little girl's choice. Mostly because Adam is a skilled fisherman and can un-snag a pickerel rig quite easily.

The wedding will take place January 18th, 2018 in Hawaii, a spot half way between the Canadians and the Aussie's.

To celebrate their marriage I, along with Brett and Jena wish to invite all our family and friends to a Pre-Wedding Celebration/Jack & Jill Shower on Saturday, January 6th, 2018 at 7:30 p.m. at the Arborg Legion. Everyone is welcome to attend to meet Adam and extend the happy couple best wishes for their future. Please bring your dancing shoes.

-Lenore Olafson  
Brett and Jena Olafson

The organizing committee respectfully asks that if friends so desire monetary gifts are preferred as the couple reside in Australia.

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Fax : 306-482-3574  
Charlie : 306-482-7897  
Greg : 306-485-7833

## Retirement Celebration

Help us celebrate **Garry Fedorchuk's** semi-semi-retirement from Pharmasave Gimli (he'll be back here and there). Garry came to work with Ernest for a year back in 1975 and stayed for many more. We want to thank him for his long hours in the dispensary over the years, especially holding down the fort when Ernest travelled for his other pharmacy interests and there were just the two of them. We wish him happy days ahead – grandparenting, traveling and enjoying the great outdoors.

Join us at Pharmasave Gimli on  
**Thursday, December 14, 2017**  
from 2 to 5:30 pm  
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