



Interlake

ERIKSDALE LOCATIONS • Grocery • Hardware

ARBORG LOCATIONS • Food Store
• Gas Bar • Card Lock

BULK PETROLEUM 204-376-5201 or 204-376-5245



THE EXPRESS

VOLUME 3 EDITION 1 THURSDAY, JANUARY 7, 2016

WEEKLY NEWS

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

Time running out for family struggling to stay in Canada

By Jeff Ward

The clock is ticking for Oleksii and Tetiana Vasyliiev and their daughter of Hilbre as the young family desperately tries to extend their visiting visas or gain permanent residency in Canada.

The couple's five-year-old daughter, Emiliya, who was just sixteen months old when the family arrived in Canada in 2012, is struggling to comprehend the potential reality of having to move back to Ukraine from the country she proudly calls home.

The Vasyliievs continue to struggle with the fact that Tetiana and Emiliya's visas have only been extended a short time while Olesksii's has been denied. Tetiana and Emiliya have until May of 2016 when they will be forced return to the Ukraine. However, Oleksii was not granted his most recent request for an extension and is trying to apply for a 90-day extension as a last resort to stay with his family.

The family is in the Interlake doing religious work within the community. When they first arrived in the Interlake, they took on the roles of program directors at Eagle Bay Camp (Hilbre Bible Camp). For the past three and half years, the couple has dedicated the majority of their waking moments to the youth of the Interlake, creating the JUMP program at the Ashern Gospel Church, which runs during



EXPRESS PHOTO BY WENDY MCALPINE

An online petition and letter-writing campaign has started gaining steam to help keep the Vasyliiev family in Canada. The family (left to right): Oleksii, Emiliya and Tetiana have been living in the Interlake for nearly four years. If an extension on their visitor visa isn't granted, they will be forced to move back to Ukraine.

Continued on page 4

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

RONA

BUILDING CENTRE GIMLI

www.rona.ca

40lbs Wood Pellets

On Sale for

\$4.99 each



1-877-770-7662

HOURS: OPEN 7 DAYS A WEEK MON-SAT 9 am - 6 pm • SUN 12 - 4 pm

Son seeks answers over father's death in Mexico

Suspicious over case run high

By Austin Grabish

The son of a Lundar man who died in Mexico just days before Christmas while serving a prison sentence is demanding answers from officials in Ottawa about how his father's case was handled and why steps weren't taken to prevent his death.

Bruce Vigfusson, 45, died in the Mexican city of Hermosillo on Dec. 21. His body was to arrive in Winnipeg on Dec. 28.

Colt Vigfusson says he found out about his father's death through an inmate, who called to break the news, while officials with the Canadian Embassy in Mexico stayed silent.

"It makes me sick that I find out from an inmate about his death," he said.

"When I called the embassy, they didn't even know what I was talking about, and that's their



Lundar man Bruce Vigfusson, 45, died in the Mexican city of Hermosillo on Dec. 21.

job. They're supposed to be looking after him over there."

The Canadian government refused to cover the costs of sending the body home, and with no way to pay, his family turned to a GoFundMe page.

Donations quickly began to pour in, and on Dec. 27, \$5,875 had been raised.

"We got really fortunate with everyone who's contributed," said Colt, who still remains unsure of how his father died.

Colt said Mexican officials claim his dad died in hospital from a blood clot in his lung, but an autopsy has yet to confirm that, and suspicions about the death remain high.

Vigfusson was serving a prison sentence for a 2012 assault that took place during a home invasion in which he allegedly beat a thief.

But the Lundar man repeatedly maintained his innocence and insisted he was only acting in self defence.

In the days leading up to his death, Bruce left a desperate message for his son.

"The message said, 'I'm very sick. These people are injecting me with stuff that's getting me weaker, so I can't fight back.'"

The message came just weeks after his dad's lawyer tried to present new evidence to a Mexican court that contained audio from a 911 call made during the night of the home invasion, Colt said.

"He figured they were killing him because



PHOTO COURTESY COLT VIGFUSSON

Bruce Vigfusson, 45, is seen in this undated family photo with his son Colt, who is now demanding answers about his father's death.

they were going to have to let him off free if he got off not guilty, and they would have had to back pay him for all of his time served."

Colt said Canadian Embassy officials last visited his father in March and refused to check on his body after he died due to safety concerns.

He thinks that's unacceptable and wants to see changes made by Global Affairs Canada.

"I hope someone can step up and change their protocol or organization because I would never want another family to go through what me and my family went through," he said.

The *Express* asked Global Affairs Canada for comment, but our request went unreturned by press deadline.

New water and wastewater rates for Gimli

By Patricia Barrett

The Public Utilities Board passed interim water and wastewater rates for 2016 for the RM Gimli. They took effect Jan. 1, 2016.

PUB Order No. 144/15 dated Dec. 23 sets the interim rates for Gimli's four utilities, the Amalgamated Sewer Utility, the Urban Area Water System, the Pelican Beach Area Water System and the Gimli Industrial Park Area Water System.

"Overall, sewer rates are down and water is slightly up," said the RM's Assistant CAO Kristin Strachan.

How residential and business customers are billed is somewhat complex. Strachan said the

RM will be putting the new rates on its website in an easy-to-understand format.

"We'll make our own table with what people paid last year versus what they'll pay this year."

In 2014, the RM gave first reading to Bylaw No. 14-0011 containing proposed rates for a three-year period (2015, 2016 and 2017) then submitted them to the PUB.

The PUB regulates the rates charged for all water and sewer utilities outside Winnipeg.

"We do a standard rate study every three years," said Strachan. "It's a normal process to get approval from the PUB for our rates."

The rates the PUB approved for 2016 are tem-

Continued on page 3

upgrade your **WINDOWS**

'TRI'it for free

Why Choose Tripane?
As energy costs continue to rise for heating and cooling, tripane glass provides comfort in the form of greater thermal efficiency making it the appropriate choice for any Canadian home.
Added Comfort & Energy Savings

JELD-WEN
WINDOWS & DOORS

WARM-UP THIS WINTER WITH JELD-WEN
FREE TRIPANE UPGRADE!

WE INSTALL

Arborg Home hardware building centre 451 Main St, Arborg 204-376-3090

Riverton family welcomes first baby of 2016 at Selkirk & District General Hospital

By Dave Baxter

The Interlake-Eastern Regional Health Authority (RHA) welcomed its very first baby of 2016 into the world last Saturday at Selkirk & District General Hospital.

Keltie Lena Eyolfson was born Jan. 2 at 8:37 p.m. to parents Kristyn and Brett Eyolfson of Riverton.

The newborn weighed eight pounds 11 ounces, and her parents said they are looking forward to returning home to introduce baby Keltie to older siblings Madden and Deklen.

RHA said the couple thanked Dr. Speer for attending the delivery and hospital staff members for the care they received, and the auxiliary and staff at the hospital presented the family with a gift basket and play pen.

Odete Williams, the clinical team manager of obstetrics at Selkirk & District General Hospital, said that staff have reported the number of deliveries at the hospital last year was consistent with previous years.

"There were 290 babies born at the hospital in Selkirk in 2015," Williams said. "We hope to surpass that number over the next year period."



EXPRESS PHOTO SUBMITTED

Brett and Kristyn Eyolfson with New Year's baby Keltie Lena Eyolfson.

> WASTEWATER, FROM PG. 2

porary pending a review of the wastewater rates the RM established with the Diageo distillery. The RM will be accepting the plant's wastewater starting Jan. 1, 2016. It had made an agreement with Diageo to charge \$1.29 per cubic meter for its wastewater.

In Order No. 144/15, the PUB expressed concern over the possibility that Gimli could run a deficit based on that rate and its financial projections for 2016.

"To approve a lower rate than indicated by those projections could put the utility at risk of incurring a deficit, something that is not allowed by Manitoba law," wrote the PUB.

The PUB did, however, accept the possibility that a possible shortfall

could be avoided: "In reviewing the request from the RM, the Board noted that the potential revenue shortfall for 2016 resulting from the lowered rates could easily be accommodated within the contingency allowances which formed part of the expense projections for the various utilities."

The PUB will hold a public hearing in spring to review the 2016 interim rates.

Strachan said a large industrial user such as Diageo coming into the system is a big change for the RM and that it is "pretty standard to have a public hearing."

When the rates are finalized, the RM will amend Bylaw 14-0011 and give it second and third reading.

COUPON



Whitecaps Family Restaurant

72-1st Ave. Gimli, MB
(204) 642-9735
Tues-Sun 11 a.m. to 8 p.m.



Mozza, Bacon Burger & Fries
Buy one, get one Free

Only **\$10⁹⁵**

Coupon Expires Jan. 30, 2016



Melissa Jacobs
Pharmacist
Diabetes Educator
Injection Certified

our
COMMUNITY
matters
at
PHARMASAVE®

We at Pharmasave would like to hear from our community because our community matters. Starting in January 2016 we will hold a community matters conversation. Our focus is to bring people together to discuss health related topics and answer your questions or concerns with regards to matters on the minds of our community. These conversations will be on the second Tuesday of the month beginning with January 12th and will be held at New Horizons from 9:00 am to 10:00 am. You can pick up conversation selection forms at Pharmasave or New Horizons. Pick a topic from our list or choose your own. Submit it to Pharmasave by the 25th of the month for next month's forum.

Join us for coffee and conversation to learn more about your health. Hope to see you there.

LIVE WELL WITH
PHARMASAVE®

45 Centre Street, Gimli, MB (204) 642-5504

'Pawley was a remarkable Canadian'

Former premier, longtime Selkirk MLA dead at 81

By Austin Grabish

Howard Pawley is being remembered as a gentle but wise man and mentor to many.

The former Manitoba premier and longtime Selkirk MLA died last Thursday in Windsor, Ont. He was 81.

Tributes for Pawley began to pour in shortly after news of his death was announced and continued online over the weekend.

Premier Greg Selinger broke news of Pawley's death on Twitter, calling the late man a "true champion of social justice."

"Throughout his life, Howard fought for equality, social justice, and the rights of all peoples," Selinger tweeted.

Selinger remembered Pawley for leading changes to Manitoba's labour code that ensured workers were fairly paid, regardless of gender, and for the addition of sexual orientation into the Manitoba Human Rights Code.

After three unsuccessful attempts at provincial and federal politics, Pawley was elected into the Manitoba legislature as MLA for Selkirk in 1969.

He would serve as the province's attorney general before becoming premier in 1981, and in total he spent 19 years as Selkirk's MLA.

Pawley is perhaps best known for being the minister responsible for the birth of Manitoba Public Insurance,

which started in 1971.

At the time, Manitoba was only the second province to introduce a government-run insurance program.

Public insurance at the time was a highly contentious issue, but it was one Pawley championed and would go on to support for years after leaving politics.

Pawley's exit from the legislature came after he was blindsided by former Speaker Jim Walding, who voted against the NDP's budget leading to a successful non-confidence motion put forward by the opposition Tories.

Pawley resigned as leader of the NDP a day later and called a provincial election.

Longtime friend and local history buff Rob Sarginson remembers Pawley as "a refreshing guy" who gave full attention to everyone he spoke with, and it wasn't for show.

The St. Andrews resident recalls a shopping trip to Selkirk's mall that was stymied for two hours after Pawley started conversing with locals he knew.

"He just knew everybody in town and paid attention to everybody and shook hands with everyone," Sarginson said. "But it took forever for him to get a few hundred yards down the mall," he said with a laugh.

In 1990, Pawley returned to his home in Ontario to teach and mentor stu-



EXPRESS PHOTO COURTESY OF LAUREL SARGINSON

Former Manitoba premier and longtime Selkirk MLA Howard Pawley, pictured centre alongside local history buff Rob Sarginson (far left) during his book launch in Selkirk in 2011, died last Thursday. He was 81.

dents as a professor at the University of Windsor.

He retired in 2000 and went on to write his memoir entitled *Keep True: A Life in Politics*, which he premiered in Selkirk in 2011.

"I was lucky to meet Howard Pawley as a professor @UWindsor. One of the best classes at law school. Great Canadian," tweeted St. Catharines MP Chris Bittle.

Prime Minister Justin Trudeau said Pawley was an "exceptional visionary."

"Howard Pawley was a remarkable Canadian, widely respected for his championing of human rights, social justice and economic development," Trudeau said. "His legacy will live on in the many advances our country has made toward achieving greater social justice for all."

Pawley's obituary said he died with family by his side. Details about his funeral weren't clear by press time.

Condolences can be left online for Pawley at Manitoba.ca.

> FAMILY STRUGGLING, FROM PG. 1

the summer months.

"We've been really struggling to get our permanent status. If we don't get that or another extension, we'll be forced to go back to Ukraine," said Tetiana. "It's very dangerous to go back to the Ukraine right now. It's not safe. But more importantly, we love Canada. This is our country, and it's the only country my daughter knows. It's been a very stressful time for her. One day we were coming back from JUMP club and she said to me, 'Mom, I don't want daddy to go back to Ukraine. My home is Canada.'"

The official reason that Oleksii's request for an extension was denied is that the assessor reviewing the case felt that he did not "have sufficient funds, including income or assets, to maintain himself while in Canada."

The Vasylievs are only able to do religious-based work in Canada. Members of the community support them. A car was sold to the Vasylievs for only \$1, and they have been given a

rent-free home to live in. The money the family earns is used for groceries and to pay small bills, but the real way they give back is in their time. They work hard for the community and continue to work hard for area youth.

Tetiana is grateful for the support and says that this support has made her family want to invest in Canada and make it their permanent home.

Back in Ukraine, Oleksii was a lawyer and worked as a heavy-duty mechanic for a decade. Tetiana is a musician and is trying to get her accreditation through The Royal Conservatory. Even with the job skills that Oleksii has, Tetiana says that it's still very difficult for him to find work.

Tetiana said that for Oleksii to get any type of a job that isn't religious work, a labour market impact assessment (LMIA) has to be completed. During the assessment, any prospective employer has to show the government that a Canadian citizen can't fill this job first and that the job is just

temporary. This assessment costs the employer \$1,230 in the form of a compliance fee and can also take considerable time, according to Tetiana — a resource the family has very little of.

In response to the young family's struggles, residents from the Ashern and Grahamdale area are organizing a letter-writing campaign and an online petition to help show the government that the Vasylievs are a great asset to the community and they should be allowed to stay. "I see the good they do in the community and they're so valuable to have here," said Eleanor Koop, who began the letter-writing campaign last month.

"Right now, Canada is letting in thousands of Syrians, which is good. That's what we do as Canadians. But it is not OK that this little family might be forced to leave. That is unacceptable. Brutal things are happening right now in the Ukraine and I couldn't just sit around and watch this family leave."

Koop isn't the only one doing something. She said that while she doesn't have exact numbers, she knows that many have written letters to MP James Bezan and Minister of Immigration, Refugees and Citizenship John McCallum asking for the Vasylievs to be granted citizenship.

A petition at <https://www.change.org/p/the-honourable-john-mccallum-keep-alex-oleksii-vasyliev-in-canada-with-his-wife-and-child-don-t-separate-families> has 139 supporters at the time of writing this article and is full of comments supporting the family. For anyone wanting to help, Tetiana says that writing to Bezan and McCallum are the best ways to help out.

Bezan said that he couldn't comment on specifics about the case due to privacy concerns, but he did say that he has raised the issue with the minister and empathizes with the family.

Magic players find home at Gimli's ManCave

By Patricia Barrett

The owners of ManCave Hobbies and Games in Gimli offer up their back room every Friday night to about a dozen or so gamers who engage in battle, destroy civilizations, cast spells and have a whole lot of fun in the process.

Steve and Christine Nagy bought Up a Stump Used Books (formerly called Pages) about a year and a half ago and opened up the hobby shop next to it.

That was when they identified a need for a card-playing venue for Magic: The Gathering, a challenging game of strategy.

"There were seven different groups playing Magic in the Gimli area," said Steve Nagy. "They didn't know anyone playing, so we said, 'Come down.'"

Nagy, a retired military engineering officer, said the hobby shop has now become a focal point for Magic players from Gimli and outlying areas.

"A lot of people wouldn't have known one another," he said, "and now they're making new friends."

The game attracts both male and female players of all ages.

"I've seen parents play with other kids," said Christine Nagy, cutting up slices of pizza she and her husband bought for the players to celebrate the last Magic game of 2015.

In summer, cottagers and visitors from out of town drop by to play.

"We have store decks they're welcome to borrow," said Christine.

It's the welcoming atmosphere the Nagys have created that keeps players coming back.

"A lot of what they're doing is not so much running a business," said Brendan Koreen, who attended the last game of the year. "They're creating a community."

Koreen, who lives in Gimli, is a regular at ManCave, pitting his wits against other regulars and competing in tournaments.

The game is complex. It contains multiple stories set in a fantasy universe composed of planes through

which some characters can travel. Civilizations rise and die, characters commit atrocities, engage in civil war and possess powerful artifacts.

"Instructions on the card tell you what you can do with it," said Koreen before uttering some seemingly unintelligible game-related words to his opponent, Tyler Tousignant.

"There's a set of rules you follow," he said. "But the cards allow you to bend the rules."

Two hours of observation failed to generate an understanding of who was besting whom. And the language that goes with the game became even muddier.

Tousignant: "I will play an island and I'll signal."

Koreen: "I'll swing for three."

Not understanding the game is normal, said Tousignant, who drives from Fraserwood every Friday night.

It took the 21-year-old about a year to learn the game. "I'm still in the learning process."

The overall goal is to bring your opponents' life total down to zero, he said. The dice represent life, and once you reach zero, you're dead.

The gamers help each other with Magic's rules.

They also have Oli.

"Oli has been a help teaching me the game," said Tousignant, referring to the local fisherman keeping watch over the proceedings.

Oli completed his Level 1 judgeship and runs all the tournaments.

He described Magic as follows: "The strategy of chess, the politics of poker, and the collectability of hockey cards with the limitless construction of decks."

Oli's son, Jack, is a regular. He ran a tournament at ManCave and donated the proceeds to Gimli High School's Tabletop Knights, a lunch-hour club that plays a number of strategy-based card games.

There seems little chance of Magic growing stale and people dropping out.



Brendan Koreen from Gimli is a regular Magic player at ManCave. In a game with another regular Dec. 17, he found his life total dwindling to zero.



Tyler Tousignant from Fraserwood knows he's about to win the game.



EXPRESS PHOTOS BY PATRICIA BARRETT Steve and Christine Nagy, owners of Gimli's Up a Stump Used Books and ManCave Hobbies and Games, have created a Magic community.

"Every three or four months," said Steve, "there's a new set of cards — so we'll have a big event."

Although Friday night games are friendly, tournaments can bring out players' serious side.

"You can hear a pin drop," said Steve.

On Jan. 16 and 17, ManCave will host the pre-release of Oath of the Gatewatch from noon until 4 p.m. Visitors to the store will receive six to eight packs of new cards.

For more information about the event, or about Friday Night Magic, call ManCave Hobbies at 204-642-

9509 or email stumpcave@hotmail.com.

Reechka Ukrainian Dance Club Presents

Malanka 2016

Saturday, January 16, 2016
Arborg Community Hall

Doors open @ 5:00 • Performance @ 6:00
Supper to follow. Dinner & Dance
Music: By Destiny

Tickets are \$25 for adults and \$10 for children 5-12

For tickets and more info contact:
Marianne Stefanson @ 204-376-5820.

<p>Branson Express</p> <p>Celebrating springtime in Branson & Silver Dollar City's World-Fest April 24-May 1, 2016</p>	<p>Nashville, Branson, Pigeon Forge</p> <p>Breathtaking views of the Ozarks & Great Smokies along with a variety of music shows. May 15-18, 2016 & Oct. 23-Nov. 5, 2016</p>
<p>Nashville Express</p> <p>Discover a one-of-a-kind experience at the Gaylord Opryland Resort May 18-25, 2016</p>	<p>Minneapolis Baseball</p> <p>Toronto Blue Jays VS Minnesota Twins Enjoy three thrilling games from your Diamond Box Seats May 20-23, 2016</p>

EMBASSY TOURS 757-9383
www.embassytours.ca 1-800-723-8051

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

FRI TO THURS JAN 8-14
CLOSED TUESDAY

SISTERS at 8:00 PM EACH NIGHT

Coarse Language **14A**

FRI TO THURS JAN 15-21
CLOSED TUESDAY

DADDY'S HOME Fri & Sat at 7:30 PM & 9:30 PM
Sun-Mon, Wed-Thurs at 8:30 PM

Not Recommended for Young Children; Language May Offend **PG**



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES
Rick Reimer



SALES
Robin Chestnut



REPORTER/PHOTOGRAPHER
Jeff Ward



REPORTER/PHOTOGRAPHER
Austin Grabish



REPORTER/PHOTOGRAPHER
Patricia Barrett



SPORTS REPORTER
Brian Bowman



PRODUCTION
Nicole Kapusta



DISTRIBUTION
Christy Brown



ADMINISTRATION
Corrie Sargent



ADMINISTRATION
Tracy Farmer



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Luck really does come in threes for fishermen

By Arnie Weidl

Welcome back, my friends. While it's true that trucks and hard wall ice shacks are almost absent on the ice because of the warm weather, the explosion of portable ice shacks I have seen carted onto the ice at our favourite spots has left me amazed.

That certainly was the case as I drove Old Red along Warner Road toward the Lake Winnipeg ice at Chalet Beach last week with dozens of truck-trailer rigs coming and going as folks milled about on the ice between the tents. The afternoon was hazy and cloudy, and as I pulled onto the ice parking lot, I noticed a rig with Wisconsin plates preparing to leave.

I quickly got out of my truck and went over to the two men shedding their heavy clothes and asked how the fishing was. While one chap, Stacey Peterson, continued packing, his cousin David, a very tall dark-haired fellow with a soft-spoken accommodating nature, gave us a little time.

He said they had heard about Chalet from others at home in Prescott. This being their first trip here, they were very happy — not just because they had caught their limit but because he felt this was true hardcore fishing on a gigantic lake. I watched his eyes looking fondly over the lake as he told me of their great weekend here and I knew he would be back.

While talking with Dave, periodically, I glanced at the anglers on the ice and I noticed far out two black specs bobbing toward shore. As Dave and I talked, the specs became anglers on ATVs coming ashore.

I said so-long and wished Dave and Stacey a good trip home as three an-



EXPRESS PHOTO BY ARNIE WEIDL

Pictured from left to right: Pat Reilly from Libau, Reg Fredborg from Selkirk and Cody Gibson from Petersfield with some of their catch at Chalet Beach.

glers on their ATVs pulled up. I introduced myself, asking how things were going. The first chap to pull off his headgear, Reg Fredborg of Selkirk, said, "You're Arnie. I read you all the time!" He then told me he noticed the eating-sized walleye were a fair way out. His friends, Cody Gibson of Petersfield and Pat Rielly of Libau, got busy loading their gear into their trucks while Reg got a few of their catch out and the guys held them for a picture.

A few days later, going north on Highway 59, I thought of Pat from Libau and decided to check out what is was like getting onto the lake north of town.

I ran north to the creek off #32E and found ATVs and sleds were the only way to get to the lake from there. Later at Patricia Beach, as at Chalet, I saw before me an endless tent city stretching from here to Balsam Bay. There was a truckload of folks about to head home. Their windows were down, so I asked if they had a fishing story for us.

Myron Doerksen, Ryan Spear, Ryan's wife Erma and young family friend Madison Neufeld were all from Steinbach. Madison, sitting in the back seat, immediately became excited, jumping up and down, saying the wall of their tent had become loose. When she jumped up to fix it, she stumbled against the heater, slipping and plunging into an ice hole up to her knees breaking Ryan's fishing rod. It didn't faze her, though. She dried herself off and soon caught her first fish. Good for you, Madison!

It was my pleasure to meet another little princess days later by the name of Harmony Rigz who was fishing on the Red off the Selkirk Park landing with her young brother Geoffery and dad Nick Storozuk. In a visit beside their tent, she told in a loud animated way how all three of them had caught a fish at the same time and dad had a fine time landing them with Harmony yelling at him not to lose hers.

Well, thanks for dropping in. Bye now.

> CONTACT US

Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@expressweeklynews.ca
Classified: classifieds@expressweeklynews.ca
Advertising: ads@expressweeklynews.ca
News: news@expressweeklynews.ca



Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication

Stonewall Teulon
Tribune

Selkirk Record

The Winkler Morden
Voice

> CONTACT US

By phone: **204-467-5836**
fax: 204-467-2679

Find us: **74 Patterson Dr.,
Stonewall, MB R0C 2Z0**
Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Robin Chestnut 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-467-5836
ads@stonewallteulontribune.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jeff Ward (Highway 6) 204-298-3381
jeff@expressweeklynews.ca

Austin Grabish 204-785-1618
austin@selkirkrecord.ca

Brian Bowman
Sports Reporter
sports@expressweeklynews.ca

TROUBLE WITH PAPER DELIVERY?

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

The Express Weekly News is published Thursdays and distributed through Canada Post to 13,183 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. 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 will connect our people through stories in the paper to build stronger communities.

Province closes off 2015 with more debt

By Austin Grabish

The Selinger government closed off 2015 with a projected \$64 million increase to the government's core deficit for the 2015-2016 fiscal year.

Finance Minister Greg Dewar made the announcement in a Dec. 22 news release along with the release of the province's second quarter financial info.

The province's core deficit is now projected to be \$485 million — a \$64 million increase since the government's budget was released last April.

Dewar said the deficit is due to higher-than-anticipated costs in health care, child protection and this past summer's 454 forest fires.

"We will be there for Manitobans when the health-care demands of families rise and when people need to be protected from natural disasters, even when it means investing more than budgeted," Dewar said in the release.

"We've made a commitment to Manitobans and their

families to protect the services they rely on by investing in smart, strategic infrastructure projects that stimulate the economy and create jobs."

Manitoba's opposition Tories were quick to lambast the latest numbers.

Progressive Conservative finance critic Cameron Friesen said the numbers could lead the province to another credit downgrade.

Friesen said while Manitoba's core deficit is projected to be at \$485 million, the province's summary or "real" deficit — which includes spending by Crown corporations, health authorities, school divisions and universities — is set to hit \$550 million.

That's up \$128 million from the originally bud-

geted amount of \$422 million, he said.

"The debt hole the Selinger NDP is digging for future generations is getting deeper and deeper by the day," Friesen said.

Dewar said the province is committed to building a stronger economy even if it means running "modest deficits."

He then touted a familiar figure by the Conference Board of Canada, which predicts Manitoba's GDP will grow 2.5 per cent in 2016 and hit three per cent growth in 2017.

"These results reinforce the commitment to continuing to provide services that families rely on while finding efficiencies that won't harm services."

Literacy, teacher support high on superintendent's list of successes



Lakeshore School Division Supt. Janet Martell

By Jeff Ward

Looking back on the 2015 school year, Lakeshore School Division Supt. Janet Martell points to the restructuring of literacy, support of teachers and the beginning of new program initiatives as some of the division's biggest successes.

For the Lakeshore School Division, 2015 brought with it a plethora of changes — a newly redesigned and re-focused literacy program, the building of

classroom libraries and staff changes.

On a school-by-school basis, there are dozens of great programs, like Lunder School's hockey program, Ashern Central's continuing Leader in Me training, as well as multiple facility upgrades.

The biggest change in 2015 actually came at the end of 2014 with the creation of a document that redesigned and refocused the entire division's approach to literacy.

"Since then, we've been asking teachers to use this approach, and having this be adopted in all our schools has been our main focus," said Martell.

"We've been training our teachers on reading recovery and reading apprenticeship, and we've already seen progress with students in the programs. It's been really amazing the growth we've seen this year with the students in those

Investing in Manitoba's students

Every step of the way

Whether your child is just starting school or graduating to bigger and better opportunities, they can find the help they need at manitoba.ca. You'll find information concerning:

- **Reduced class sizes**
- **Child care openings**
- **Assistance for students having trouble with math or science**
- **Information on becoming an apprentice**
- **Getting an interest-free student loan**
- **...and much, much more**

Discover what Manitoba's significant investments in education mean to you at manitoba.ca

Manitoba 

Circle of birds

By Patricia Barrett

At the XTR gas station at the junction of highways 17 and 233 in Fisher Branch, the staff know who you're referring to when you say you're meeting someone to go birding.

Joanne Smith has rounded up volunteers in December for the past five years to participate in the annual Hodgson Christmas Bird Count.

"I'd rather be outdoors, even in minus 30," said Smith, who lives near Hodgson. "This is another excuse to not be doing housework."

Armed with pen, paper and binoculars, Smith's volunteers cover a 24-kilometre-wide circle encompassing Fisher Branch, Hodgson, and the Peguis and Fisherton areas. Stay-at-home bird counters (called feeder watchers) stand sentry near a window and count birds at their feeders.

Two of her recruits, Darcy Truthwaite from Fisher Branch and Elizabeth Luke from Stonewall, met her at the XTR to receive their assignment. They came well prepared, dressed in layers and a proper pair of insulated boots.

The Christmas Bird Count (CBC) is an annual event that takes place across North America. Since 1900, volunteers have been rounding up other volunteers to take to the roads, woods and wetlands to count birds. In the Interlake, Oak Hammock Marsh, Gimli, Selkirk, Balmoral and Delta Marsh held bird counts.

After reviewing the route she wanted her two volunteers to travel, Smith revved up her engine and headed out onto the streets of Fisher Branch.

She parked after a short drive and strode boldly into someone's backyard (someone she knows, it turns out), pointing at a poplar.

"Black-capped chickadees. You see them?"

Eventually.

"If you go out with other people who do it a lot," said Smith, who teaches music in Fisher Branch and surrounding areas, "you learn."

The back seat of her vehicle is obliterated by bird-related paraphernalia: field glasses of various magnification, bird books, maps, the requisite water bottle to ward off winter dehydration, and a camera with a zoom lens the length of your forearm. Smith means business.



On the backroads north of Fisher Branch, Joanne Smith scans the fields for sharp-tailed grouse.

She can identify birds with her eyes closed, tell from what direction they've chirped and let you in on a few bird secrets.

Take the blue jay, for instance. It has a raspy call, as though it has had one too many cigarettes and whiskey chasers, and a head that resembles a high-end bike helmet. But it seems innocent enough.

Well, according to Smith, it's a clever rascal that can mimic the calls of several different bird species, including the red-tailed hawk.

She pulls out her mobile and calls up i-Bird Pro, an app that plays the calls and songs of thousands of birds.

Jays are part of the raven and crow family — the smart birds. The reason for the mimicry is strategic: it may fool other birds feasting on some coveted morsel into thinking a hawk is nearby and cause them to fly off.

Smith's knowledge of birds made the two-hour sojourn through part of the Hodgson circle an eye-opening experience.

Originally from Newfoundland, Smith said she has always been an outdoors person. She thought nothing of spending an additional hour or so on snowshoes in the woods near her home after the town and backroads drive-by.

The bird data, which is entered into a database managed by the National Audubon Society, provide ornithologists, ecologists and students with an idea of trends, said Rob Parsons, who



TRIBUNE PHOTOS BY PATRICIA BARRETT

Joanne Smith (right) briefs Darcy Truthwaite (left) and Elizabeth Luke on their coverage area for the Hodgson Christmas Bird Count.



A red-breasted nuthatch (male) was spotted perching in a tree in Fisher Branch.

has been a part of the Winnipeg CBC for 33 years.

Trends in the Hodgson area cannot yet be reliably identified, he said, because the count is fairly young. But in Winnipeg, the data shows the number of bird species increasing.

"Black-billed magpies turned up for the first time in the 1950s, I believe, when the CBC was about 45 years old," said Parsons by email. "For the first few years, [they were] found in very low numbers, but as the years passed, their numbers climbed considerably."

The reasons for bird flocking to and making the city home are varied. Parsons thinks feeders may play a role as do evergreens and berry-bearing trees and shrubs planted around houses.

In the case of white-throated sparrows, which are found almost exclusively in the city, Parsons suspects a few "pioneering birds" discovered it was warmer and an abundance of food.

Bird data also tells scientists about habitat health.

"It can certainly indicate environmental health if individual bird numbers drop and/or species diversity declines," said Parsons.

In addition to gathering and entering the data, Parsons acts as "quality control" for the Manitoba bird count.



PHOTO COURTESY OF JOANNE SMITH
A bald eagle near Fisher Branch was one of three spotted.

There were a large number of crows, for example, that turned up on one Interlake count that "raised a flag" for him.

Crows are relatively rare in rural areas, he said. What the compiler probably saw were ravens, a larger bird with a more varied vocal range than the crows' standard caw.

The Hodgson count had 23 participants, 12 of whom were feeder watchers. In total, these citizen scientists counted 1,925 birds comprising 24 different species.

The snow bunting topped the count, coming in at 512. The common redpoll took second place at 385. Third place went to the house sparrow at 194.

But the unexpected proved to be the most rewarding.

Eyeing the sky on an isolated backroad on the outskirts of Fisher Branch, Smith suddenly sprang into action, lunging for the back door of her vehicle and her super zoom while calmly calling out "bald eagle."

When the majestic raptor hove into view over a snowy field, counting birds in minus 15 degrees Celsius (with the wind chill) really made sense.

Bird count data is available to the public at www.audubon.org/conservation/science/christmas-bird-count.

Grahamdale Christmas light competition a big success

By Jeff Ward

The competition was fierce between neighbours as they decorated their homes and yards for the very first Grahamdale Christmas light competition.

Judging on creativity, display, quantity of lights and effort, the judging committee went to more than a dozen homes in one night from St. Martin to Moosehorn looking for their winner.

The first-place prize, which was a \$125 gift card from the Moosehorn Co-op, was awarded to Dennis Rawluk of Moosehorn, whose light display had everything the judges were looking for. Five people judged the competition: Gra-

hamdale economic development officer Sandahl Bauch, two members of the municipal office and two members of the Grahamdale Community Development Corporation. The competition was created to celebrate and encourage all of the light displays that the RM has to offer.

"I think the competition went really well considering it was put together kind of last minute," said Bauch.

"What we wanted to do was really showcase our community and also inspire a bit of friendly competition as well. By the time we were in the second week of December, the nominations were rolling in quickly. I would have liked to see a few more nominations because there are dozens of displays in the RM, but I'm thinking next year we can get to a goal of 20 nominations."

Bauch said that there was a buzz in the community. People were talking about the competition and the feedback was good.

Second place was \$100 from Noventis Credit Union and went to Lorraine Kitchur of St. Martin. Third place received

a \$50 gift card from the St. Martin Garage and a \$25 gift card from Iron Oak Authentics, which was awarded to Lyle and Brenda Bauch of Moosehorn. And honourable mention went to Barb and Wayne Beaudry of Moosehorn, who received a \$50 gift card from Steep Rock Design.

Bauch hopes that the competition grows each Christmas and plans to continue the contest annually.

"WHAT WE WANTED TO DO WAS REALLY SHOWCASE OUR COMMUNITY AND ALSO INSPIRE A BIT OF FRIENDLY COMPETITION."



EXPRESS PHOTO BY SANDAHL BAUCH

The winning light display was the gorgeous and bright display from Dennis Rawluk from Moosehorn. His display was judged on creativity, display, quantity of lights and the overall effort put into them. He received a \$125 gift card from the Moosehorn Co-Op.

JOB OPPORTUNITY



Enumerators wanted to collect names for the voters list. Positions begin in February for the April 19 provincial election.

- Paid positions
- Paid training
- Visit door-to-door
- Responsible community residents
- Available part-time for two to three weeks

APPLY ONLINE

electionsmanitoba.ca
or call 204-945-3225
Toll-free: 1-866-628-6837


[Download our mobile app](#)





Apply today for the Farmland School Tax Rebate

The Manitoba government is offering a rebate of up to 80% of the school taxes levied on your farmland for 2015



This rebate is part of the government's ongoing commitment to help support the rural economy and provide tax relief to farm families.

How it works


If you are a Manitoba resident who owns farmland in Manitoba and you paid your 2015 property taxes, you may be eligible for the rebate. Your farmland does not have to be in cultivation or used for grazing to be eligible for the rebate. The rebate applies only to the school taxes assessed on your farmland and does not apply to residences or buildings.

Your application must be received by MASC by the **March 31, 2016** deadline.


For more information:
 Website: masc.mb.ca/fstr
 Email: fstr@masc.mb.ca
 Phone: 204.726.7068


How to apply

If you received a rebate for 2014, a 2015 application form was mailed to you. You can also download an application form from masc.mb.ca or pick one up from your local Manitoba Agricultural Services Corporation (MASC) office, Manitoba Agriculture, Food and Rural Development Growing Opportunities (GO) Office or municipal office.



Lending and Insurance
Building a strong rural Manitoba





Youth take on the Bears at the Legislature

By Patricia Barrett

Young parliamentarians gave former members of the Legislative Assembly a run for their money during Youth Parliament's Bear Pit (Question Period) session Dec. 28.

Youth between the ages of 16 and 20, which included two brothers from Teulon, grilled Judy Wasylycia-Leis, Joy Smith, Jerry Storie and Herold Driedger on a number of social, political and economic issues during the three-hour session.

"Not often do you get to participate in debate," said 16-year-old Mark Shinnie, who attended Youth Parliament (YP) for the first time. "You don't get the other side of things."

YP gave the Grade 11 student leeway to ask really hard questions about important issues and become accustomed to debate.

"I was absolutely terrified at first," said Mark, who has participated in drama, athletics and band at Teulon Collegiate. "But they encourage you to express your opinions — they're not thrown aside."

It also gave him an opportunity to get to know politicians on a personal level.

"You get a different perspective when you see them in person," said Mark, who's considering studying computer science at the University of Manitoba after he graduates. "And you can see how passionate they are about the legislative system."

His brother Eric, 20, was attending YP for the second time. The arts student at the University of Manitoba said public speaking is like "snakes and spiders" to some people.

But not to him. During Bear Pit, he addressed the Bears on the issue of political party loyalty after retirement.

Eric had formerly worked as a page in the Legislature and had been a student representative on Teulon's coun-



EXPRESS PHOTO BY PATRICIA BARRETT
Clif Evans, lieutenant governor of Youth Parliament, gave advice to some of the participants before the Bears took to the floor.

cil. He had also served as a Conservative intern under Stephen Harper.

"The bills are made to be very debatable and controversial," explained Eric, referring to the six pieces of legislation they were in the process of debating. "A lot of the bills take a radical stance. It's important there's a voice in opposition."

About 60 youth between the ages of 16 and 20 took part in Manitoba's 94th Youth Parliament, a model Parliament that began in 1922. It educates youth in the democratic process, provides a venue for public speaking and offers them an opportunity to interact with and learn from politicians.

Avis Gray, former MLA for Ellice and Crescentwood and former president of the Association of Former Manitoba MLAs, introduced the four

Bears and paid her respects to the young politicians.

"It's important you're here to debate the issues going on in the world," said Gray, who now works as a management consultant. "It affects us here in Manitoba."

It was second time former MLA Herold Driedger (Niakwa) took



Lt.-Gov. Clif Evans briefed former MLAs in a minister's office before the Bear Pit Session got underway. Left to right: Jerry Storie (Flin Flon), Joy Smith (Fort Garry), Judy Wasylycia-Leis (St. John's), Clif Evans (Interlake), Avis Gray (Ellice, Crescentwood) and Herold Driedger (Niakwa).

part in YP. In response to Eric Shinnie's question, he spoke about the importance of co-operating with members of all parties in order to move issues forward.

"Having sat here and observed how this place works ... it's actually the co-operation that happens in the hallways."

Joy Smith (former MLA for Fort Garry), who set up a foundation to assist victims of human trafficking, agreed, adding, "You're a human being above everything else and that's what you address."

Judy Wasylycia-Leis (former MLA for St. John's), who's currently involved with a number of social organizations, brought the House down a number of times with her good humour.

At one point during the session, she was affectionately chided by Smith for engaging in partisan politics when responding to a question about what she would do about the "abysmal state of access to justice here in Canada."

Wasylycia-Leis advised the youth to demand the Liberal government maintain its promise to restore the Court Challenges Program — cut by the Conservatives in 2006 — which helped minorities with court costs.

"This is non-partisan presentation," said Smith.

"Is it?" said Wasylycia-Leis, causing the House to erupt into laughter.

The unique perspective of each Bear was something 20-year-old Kelsey Smith from Winnipeg appreciated.

"I liked the diversity of the different parties," said the first-time youth parliamentarian in the rotunda after the session. "It was nice to hear their individual opinions."

She also liked the advice they imparted with regard to some of the bills the Youth Parliament cabinet had drawn up.

Smith cited former Flin Flon MLA Jerry Storie's answer to how he would approach the Syrian refugee issue: "It's not a problem of Canada accepting refugees, but it's a problem of refugees being caused in other countries."

Clif Evans, YP's lieutenant governor, said he was impressed by the quality of the prepared questions.

"Their ears were wide open," said the former Interlake MLA. "They were definitely interested in what the four Bears had to say."

To Mark Shinnie, the political system is something all Manitobans should take note of. "If they don't, it's hard to make a well informed decision."

He said debates on television may be "as boring as watching golf, but playing it is completely different."

And he was happy that everyone was given a voice.

"Everyone listens to what you say," he said, "and will think about it."

Manitoba Ice Fishing Association

2015/2016

RAFFLE

ESKIMO Portable Ice Shack & Auger

• ESKIMO Fishing Tent 94" x 167" • ESKIMO 8" Ice Auger - 33cc

Draw: March 20, 2016 at Smitty's in Selkirk

Tickets are \$2.00 available at: • Jad's (Arnes) • Zan's (Arborg) • Fry Days (Teulon)
• Ford's Store (Winnipeg Beach) • Matlock Store • Lockport Store • Garson Store
• Tru Hardware (Gimli) • Petersfield Hotel, Store & Garage • Gimli Snowmobile Centre
• #9 Roadhouse (Winnipeg Beach) • Smoke n' Fish (Selkirk) • Shop Easy (Riverton)
• Belair Store • Westside Honda (Selkirk) • Wavers (Scantterbury) • Big Dollar (Selkirk)
• Powerhouse Sports (Lac du Bonnet) • Sherwood Groceries (Gull Lake/Stead)
• Domo (Winnipeg Beach) • Gimli Small Engines • J&J Fraserwood Store
• Clandeboye Store • Hwy 17 Inwood Service

For Info Call: 204-641-6110 or 204-641-2210

City of Selkirk Lottery License #63-15



Fisher reels in rare sturgeon

EXPRESS PHOTO SUBMITTED BY DAN HYDROCHUK

Joel Hydrochuk holds up a rare sturgeon he caught along the Red River in Selkirk on Dec. 20, 2015. Hydrochuk caught and released the fish, which isn't commonly caught through the ice.



Are you renting or leasing?

Are you in a building that provides tenant services?

If you or someone you know is renting or thinking about renting, knowing your rights and responsibilities may help make the transition from years of home ownership to renting a smoother process.

The Residential Tenancies Branch:

- Provides information and advice to tenants and landlords
- Offers solutions and assistance concerning tenancy issues
- Mediates differences between tenants and landlords

Contact the Residential Tenancies Branch with your questions concerning rent increases, repairs, privacy, deposits, tenant services and more.

Visit our website at www.manitoba.ca/rtb or call us at **204-945-2476** or **1-800-782-8403**



IMPORTANT NEWS FOR SENIORS

APPLICATION DEADLINE - MARCH 31, 2016

SAVE UP TO \$470 WITH THE SENIORS' SCHOOL TAX REBATE

If you're a senior, 65 or older, and pay the school taxes on the home in which you live, you could save up to \$470 on your school taxes with Manitoba's Seniors' School Tax Rebate.* That's on top of the \$1,100 in property tax credits already in place for seniors.

Find out if you qualify

For complete details and to find out if you qualify, visit Manitoba.ca/seniorsrebate or call 204-945-7555 (in Winnipeg) or 1-855-893-8266 (toll-free). Apply as soon as you receive your 2015 property tax bill.

SAVINGS FOR ALL MANITOBANS

Whether you own or rent your home, you could save up to \$700 with the provincial government's Education Property Tax Credit.**

If you're not already saving with the Education Property Tax Credit, visit Manitoba.ca/eptc to learn more.

* Eligible seniors must occupy home in order to qualify for Seniors' School Tax Rebate.

** Eligible applicants must occupy home in order to qualify for the Education Property Tax Credit.



OMG's reach sweet deal with Walgreens

By Jennifer McFee

For the producers of OMG's candy, 2016 is already off to a sweet start.

The Manitoba company is ready to launch an award-winning new product that will take the American market by storm.

Co-owners Larry Finsson and Chris Emery recently won the Buyers' Choice Award for the best new chocolate product at an industry conference in Phoenix. They showcased OMG's new peanut butter pretzel drizzled with pure milk chocolate, which earned rave reviews.

"It was surreal. I couldn't believe it. We went on stage and all the biggest influential candy buyers were clapping," said Finsson.

"After 20 years in the candy business, it's like the Stanley Cup for me. It was awesome."

During a series of power meetings the next morning, the new product was picked up by retail pharmacy giant Walgreens to be sold in its 8,200 stores across the United States. Walgreens will be the first retailer to sell the tasty treat, which is expected to hit the shelves mid-March.

As the previous owners of Clodhoppers, the candy creators were unable to make headway into Walgreens, Finsson said.

"Walgreens is No. 1. It's the biggest of the best," he said. "With Clodhoppers, we couldn't crack that nut."

Now, after working together for 20 years, Finsson and Emery are bracing for an even brighter future. The pair met as teenagers after Finsson moved to Winnipeg from Riverton to play higher-level hockey. Using a recipe from Emery's grandmother, the confectionery duo created the Clodhoppers company. Ten years ago, they sold the business to Brookside Foods, which is now owned by Hershey's.

"When we sold the business, we had to sign a non-compete agreement. We couldn't get back in the industry for five years. Being best friends, we really missed working together. We love to make candy," Finsson says.

"The market had changed over the 10 years. People were paying more for less but for better quality. So we decided to make the best candy we could and we didn't cut back on anything."

They created a new candy that caused people to exclaim "Oh my goodness" after they tasted the treat. Based on this experience, they named the company OMG's. The brand gained national recog-



EXPRESS PHOTO SUBMITTED

OMG's co-owners Chris Emery (left) and Larry Finsson recently won the Buyers' Choice Award for the best new chocolate product at an industry conference in Phoenix.

inition in 2012 after Finsson and Emery appeared on *Dragon's Den* and partnered up with Arlene Dickinson.

"We meet with Arlene every quarter. She really helps us in the boardroom," Finsson says. "We bounce ideas off her. She's fantastic."

The candy creators are also gearing up for a meeting later this month with CVS Pharmacy, which has more than 7,600 locations across the U.S., making it the second largest American pharmacy chain after Walgreens.

On the Canadian side, OMG's currently offers four flavours — milk chocolate, dark chocolate, peanut and vanilla. They have supplied millions of pounds of products to Sam's Club, as well as to Loblaws, Safeway, Sobeys and many more stores. By the fall of 2016, the new peanut butter pretzel flavour should also be available across Canada.

All of their flavours are made in their 20,000-square-foot Winnipeg facility, where the 20-person team produces 2,000 pounds per hour using equipment that Finsson designed and built himself. After that,

Bison Transport warehouses and ships plenty of the products to the United States.

With an eye on the horizon, their goal is to have OMG's sold in 40,000 American stores — and they're already off to an impressive start.

"We're more than just a candy; we're a culture. When you work here, you have fun. It's mandatory. The brand is about fun and it's all about making people happy," Finsson says.

"We have the perfect balance between crunch and sweetness. When people eat the candy, they're happy. It leaves you saying OMG. The name says it all."

"AFTER 20 YEARS IN THE CANDY BUSINESS, IT'S LIKE THE STANLEY CUP FOR ME. IT WAS AWESOME."

> JANET MARTELL, FROM PG. 7

programs."

Teachers have quickly adopted the changes, and reading apprenticeship and recovery programs are popping up in the 11 schools within the Lakeshore School Division. The changes are backed by hard data on literacy numbers that division staff went through at the end of 2014. Using that data, they were able to identify problem areas and work towards solutions to help students through their challenges.

Through this change, Martell knew that supporting the teachers was going to be more important than in previous years. And she feels that in 2015, the teacher support system was at an all-time high.

"Most people don't see the time and effort put in by our teachers, but they are very committed. They're coming up with new programs and conducting research daily to help tailor their instruction for each student. They're really passionate about what they do, and that passion has served our students well," said Martell.

However, Martell says that there is always work to be done and challenges. One of the biggest challenges the division is facing is keeping support staff in schools. Bus drivers and custodians are becoming harder to find. And while their literacy numbers are rising, the numbers on numeracy don't look as good. Martell explained that there is still work to be done there and, looking forward, numeracy is their next major hill to climb.

While students sit in their classrooms learning in 2016, teachers and administrators are already focusing on 2017 and beyond. The plan is in place for the remainder of this school year, and Martell says the division is always looking forward.

"We'll continue to support the work we've done, but we're already planning for next year. Our teachers are very busy and doing a lot of good work, so it's how we support them. That's one of our primary concerns for the rest of the year. I'm in the schools once a month visiting each classroom and I see the changes in students first hand and it's quite phenomenal," said Martell.

By the end of this school year, Martell hopes to see all teachers within the division become comfortable with the new balanced literacy approach.

Ringling in the New Year at the Ship and Plough

By Patricia Barrett

The Ship and Plough Gastropub in Gimli rang in the New Year with another of its famous brain-busting pub quizzes.

By 7 p.m., the pub had reached its maximum 50-seat capacity, and the various teams, each with their own name, were glancing about the cozy, dimly lit room sizing up opponents.

"We haven't lost yet," said Kerry, part of The Alcoholics team.

His friend Darlene was playing for the first time. She seemed pretty confident about her team's chances of pulling in the grand prize of a \$100 Ship and Plough gift certificate.

The team was in the middle of a hearty pub supper to see them through the long, tough slog ahead of them.

When asked how he prepares, Kerry said, "There is no way to prepare."

His friend Chris demurred: "I had a nap in the afternoon."

The Ship and Plough hosts pub quizzes once a week. Teams pay a small entry fee, which owner Scott Carman donates to various charities. Evergreen Basic Needs was the recipient of New Years' quiz.

The quiz had about eight questions across a range of categories including Food & Drink, Who, What, Where & Why, Canada's Current Affairs and Songs or Singers — which we'll have more to say about later as it became quite contentious.

Across the room from The Alcoholics was the Ragnarokk team feeling rather statistical about its chances of winning.

"We've won," said one member. "We've also come in dead last."

Most of its members, which include Tammy Axelsson, executive director of the New Iceland Heritage Museum, usually play for the Quizzicals team.

That team has been around for about two years and is renowned for engaging in sublime, spur-of-the-moment poetry that captures the pathos of losing or which pays homage to pub manager Maureen (Mo) Tichborne, who keeps everything shipshape.

Here is the opening stanza from one of the Quizzicals' poems that Carman framed and hung near the bar (Note the AABB rhyme scheme):

We like to know things
We like to know who sings
the songs in the music round
But no answers can be found.

For reasons unknown, the Quizzicals had split up for New Year's and its members joined other teams.

Quiz creator and master of ceremonies Huw, originally from Wales, took



Huw, host of the New Year's pub quiz (left), and Scott Carman, owner of the Ship and Plough. Carman donates proceeds from his pub quizzes to various charities.

to the floor in front of the whiteboard and pointed out each team with a flick of his felt marker.

"Yes, you are more than welcome to boo," he said.

His Food & Drink round had questions such as what Paddington Bear's favourite food is, what nuts are used in the production of marzipan, and what fermented fruit rinds are used in the Mexican drink Tepache (answers below).

Players were given three choices.

"If I catch you on your cell phone during the quiz," warned Huw, "I'll deduct 10 points."

The master was not fooling around. When some people openly objected to his answers, they got this:

"The quiz master's answer is final — whether I'm right or wrong."

Later in the evening, during the Songs and Singers 2015-1980 round in which Huw played song snippets, a vociferous debate arose as to whether the two answers players provided for the song Careless Whisper (George Michael or Wham) should



EXPRESS PHOTOS BY PATRICIA BARRETT

Tammy Axelsson (second from left), executive director of the New Iceland Heritage Museum, usually plays on the Quizzicals team, a reputedly strong contender at pub quiz nights. On New Year's Eve, she joined the Ragnarokk team, who were one of teams in the lead for the first few rounds.

be given equal weight.

Huw wasn't having any of it. He was sticking with Wham.

"Stop arguing," he said. "There's a door to 2016: you don't want to go there this early."

Some very serious research a few days later turned up this:

"Outside the UK, Careless Whisper was credited as being recorded by 'Wham featuring George Michael' since neither George Michael nor Wham were established entities outside their home country. But Careless Whisper was George Michael's first

solo effort," according to a 2014 blog by American Internet radio station Crème Brûlée.

Well, Huw did unequivocally state at one point during the evening, "When you get home tonight, you can check it."

And as quiz night waned and some punters archly complained the Master called for silence.

Although imbibed and feeling giped, there luckily was no violence.

Answers: marmalade sandwiches, almonds, and pineapple.



ADAM BEACH



Community of Care
WE ARE ALL RELATED

Join Our Community of Care and become a Kinship or Foster Family.

Call **1-888-995-5646** for more information or visit **allrelated.org**







Provincial NDP slip to third in election poll

By Austin Grabish

A recently released poll suggests Manitoba's NDP has sunk to third place amongst voters — a ranking the party hasn't had in 20 years.

The poll released by Probe Research on Dec. 26 suggests the NDP has just 22 per cent of voter support.

It suggests the party's rival Tories are leading with 43 per cent of voter support with the provincial Liberals coming in second with 29 per cent of voter support.

Probe surveyed 1,000 Manitobans at random by phone during Dec. 3 to 15, and asked voters if a provincial election were to be held tomorrow, which party's candidate would they be most likely to support.

In Winnipeg, the Progressive Conservatives have 35 per cent of voter support while the NDP and Liberal Party are both tied at 29 per cent.

But in rural Manitoba, the PCs appear to have much more support.

The poll suggests 53 per cent of voters support the Tories. The Liberals come in second place with 29 per cent



EXPRESS FILE PHOTOS BY AUSTIN GRABISH AND SUBMITTED

A recently released poll by Probe Research suggests Manitoba's Tories, led by Leader Brian Pallister (left), have the most voter support. The poll puts the provincial Liberals, led by rookie Leader Rana Bokhari (centre), in second place, and the NDP, led by embattled Premier Greg Selinger (right), in at third.

of voter support, while the NDP has sunk to just 13 per cent.

Probe said for a sample size of 1,000, one could say the results are with 95 per cent certainty that the results are

within 3.1 percentage points of what they would have been if the province's entire adult population was surveyed.

Probe said minor statistical weighting by age, gender and previous vot-

ing behaviour was applied to the survey to ensure that the data corresponded with the province as a whole.

Voters go to the polls on April 19.

Confusion still surrounds ISIS combat mission: Bezan

Staff

Conservative Defence Critic and Selkirk-Interlake-Eastman MP James Bezan says the Liberals are sending mixed messages with their plan to withdraw Canada's CF-18 jets from the air combat mission against ISIS.

"The Liberal plan to withdraw our CF-18 Hornets from the fight against ISIS is incoherent and is getting more confusing by the day," Bezan said in a release on Dec. 21. "On one hand we have Defence Minister Sajjan saying our fighter jets may stay as part of the combat mission against ISIS well after the Parliamentary authorization ends

at the end of March 2016. On the other hand, we have Foreign Affairs Minister Dion proclaiming the CF-18s will be home within weeks."

Bezan said the same confusion is also surrounding the future of the training mission being conducted by Canada's elite Special Operations Forces.

"The mixed messages coming from the Trudeau government are extremely difficult to decipher," he said. "How many trainers are going to be deployed? Where are they going to be training and what are they going to be doing? On one day, the government says the purpose will be to enhance

capabilities of Iraqi Security Forces, and the next day the purpose shifts to police training, and then the day after they'll be helping to build democratic institutions."

The current tour by Minister Sajjan to Iraq is not providing any further details either, Bezan said.

"No one knows what Canada's future mission against ISIS looks like. Our Canadian Armed Forces don't know. Our coalition partners don't know," Bezan said. "I don't think the Liberal government even knows. There is just no plan."

Recent reports are suggesting that

the government's lack of clarity on withdrawing our CF-18 fighter jets and changing training mission is affecting Canada's international reputation.

"We already know that the Kurdistan Regional Government wants Canada to leave the CF-18 jets in the air combat mission since they have 'helped save lives' and 'defeat the enemy.' Now we are learning that the US Department of Defense and US State Department are 'privately expressing disappointment' with the Trudeau government decision," Bezan said.

CFRY amateur talent show fundraiser coming to Lundar

By Jeff Ward

The CFRY Radio Amateur Talent Show is making its way to Lundar next month in an attempt to raise money for the construction of a new arena facility.

The talent show already has 15 acts booked for the main stage, which takes place Feb. 6 at the Lundar Arena.

Acts including Carl Swan and

Friends; Eva Kerbrat, a jigger with the Asham Stompers; Quentin Pascal, who's planning to sing; guitarist Austin Magnusson; and the band Jethhead. All performances will be broadcast live over the CFRY 920 AM band.

More acts will continue to be added to the list of performers as the event date gets closer.

The acts featured during the

show will have pledge sheets and will be collect money that also helps support the new arena facility. During their performances, those listening on the radio will be able to submit pledges as well.

Anyone interested in performing is encouraged to call Judy Malcolm at 204-762-5982.

The last time the CFRY talent show came to Ashern was in Jan-

uary of 2011 and the event raised over \$26,000. Lundar's organizers are hoping to raise similar funds.

Sponsorships are very important to a fundraising effort like this, and those interested in becoming a sponsor are encouraged to call Michele Sigfusson at 204-762-5399 before Jan. 25.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg's Nordal lands a spot on Manitoba's High Performance Team

By Patricia Barrett

Years of dedication and hard work has landed a local teen from Arborg on Manitoba's High Performance Figure Skating Team for the 2016 season.

In November, Nicole Nordal competed at the Skate Canada Manitoba Sectional Championships in Morris, and earned a spot on the five-member novice team.

"I love the sport so much," said Nordal, who spent the Christmas holiday at home in Arborg.

"That has made me train harder to do higher jumps and difficult spins."

Nordal started training at the Arborg Skating Club and is now a member of the Skate Winnipeg Club, the largest in the province with approximately 250 skaters.

When she was only four years old, she earned her first award, CanSkater of the Year, for demonstrating natural ability, dedication and enthusiasm, among other qualities.

Today, Nordal puts in about 12 hours of skating time a week at Winnipeg's Dakota Community Centre, plus several hours of off-ice training (core strength and endurance) — in addition to schoolwork.

She also spends an hour each week as a CanSkate Volunteer.

"It makes me tired," said Nordal, who's in Grade 11. "But it's worth it."

Nordal has earned about 50 medals in her short skating career.

In the 2010 Skate Canada Manitoba STARskate Championships, she placed first in the Pre-Preliminary category. Her first competitive medals were earned in 2013 when she won gold in the Juvenile 14 & Under category at both the 2013 Skate Canada Manitoba Sectionals and the 2013 Manitoba Open Competition.

In the Pre-Novice category, Nordal won bronze at the 2014 Super Skate Competition and was a member of Team Interlake for the Manitoba Winter Games.

In the Novice category, she won silver in both her short and long programs at the 2015 Super Skate Competition held in Winnipeg.

A video of Nordal performing her short program in Morris reveals a graceful skater who clearly loves every minute of ice time and whose technical prowess on a double Lutz, a double toe, a camel spin, a broken leg spin and other elements earned her the coveted High Performance invitation.

"Achieving a spot on the Manitoba



PHOTO BY PATRICIA BARRETT
Nordal, 16, has won approximately 50 medals since lacing up her first pair of skates at the age of four.

High Performance Team is a reward for all your hard work," wrote Shauna Marling, Skate Canada Manitoba's executive director in a memo to the team's athletes.

Nordal credits her parents for her success.

"I wouldn't be anywhere if I didn't have them as parents," she said. "They encourage me to try hard."

In order to be closer to school and her skating club, Nordal resides in Winnipeg during the week.

"She used to study in the truck on the way into the city and out," said Nordal's mom Debbie, office manager of Nordal's Auto-Body-Glass, the family business. "Now she can sit at a table."

Nordal said her family's support has made a difference to her training.

She demonstrated some footwork and a demanding spin on the hardwood floor of the family home. Her attitude is nothing but inspiring, even when performances don't always go to plan.

"I have to laugh at it instead of getting upset," said Nordal, referring to a lace coming undone during one performance. She now double knots her laces and wraps tape around them.

Nordal's determination to succeed is something that appears to run in the family.

"She has been taught that if you want to get anywhere, you have to work at it," said Nordal's dad, Morley, who opened the automotive repair and restoration business 22 years ago



EXPRESS PHOTO BY DEBBIE NORDAL
Nicole Nordal earned a spot on Manitoba's High Performance Team after competing at the Skate Canada Manitoba Sectional Championships in Morris this past November.

and is Ward 3 councillor for the RM Bifrost.

But you also have to love doing it, he said.

"I had her covering the phone at the shop the other day and found a note on the computer [from Nicole], saying, 'Do what you love!'"

Nordal said she is currently working on her double axels and triple Salchows. Because she has been around the rink for years, she knows what kind of coaching works best for her.

"For some skaters, discipline works best," said Nordal. "I'm better with inspirational and encouraging coaching."

And even though they compete against each other, Nordal said she and her teammates are best friends.

"We like to goof around," she said. "And we cheer for each other when we compete."

It's more than skating Nordal excels at: she has also earned Grade 5 voice from the Royal Conservatory of Music. But voice lessons were one thing she had to sacrifice in order to con-

centrate on skating. She does, however, continue to sing with her high school choir a few days a week.

"I was getting more into skating," said Nordal, who admires Quebec skater Joannie Rochette. "And I had more homework."

She also plays piano, French horn and violin.

"Scooby would howl when she played violin," said her mom Debbie, referring to one of Nordal's four dogs.

After high school Nordal said she is considering engineering rather than competitive skating — although she hasn't ruled out skating with a show such as Disney on Ice.

"I love pre-calculus," said Nordal, who was awarded Honours with Distinction in Grade 10.

But in the meantime, she'll be preparing for her next competition, which will take place in her hometown.

The Arborg Skating Club is hosting the 2016 Skate Canada Manitoba Open Feb. 12-14.

"You can always improve," said Nordal. "No matter what."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs begin New Year with thrilling OT win

By Brian Bowman

The Arborg Ice Dawgs had a flair for the dramatics in their first game of 2016.

Arborg trailed the Lundar Falcons 4-3 late in their game last Saturday but Clint Torfason tied the score with just 43 seconds remaining in the third period.

Aaron Kristjanson then scored the game winner in overtime.

"It was a big win and it will give us some confidence going forward in the New Year," said Ice Dawgs' assistant coach David Finnson Monday evening.

Cory Kuldys, on the power play, Torfason, and Joshua Boone scored Arborg's other goals. Kuldys leads the Ice Dawgs in points with 29 (11 goals, 18 assists) in 23 games.

Cody Paul scored Lundar's first three goals of the game, one coming in each of the three periods. Aldyn Gray then netted a power-play goal for the Falcons with 3:48 remaining in regulation time.

Arborg outshot Lundar 55-39. Travis Schalk played well in goal, making 35 saves for the win.

With the victory, the Ice Dawgs are now 11-10-0-2 and have 24 points to

sit in fourth place in the five-team South Division.

Lundar is a point ahead of Arborg with an 11-8-0-3 record and has a game in hand heading into this week's slate of games.

"There are a lot of teams that are going to compete for the championship this year, that's for sure," Finnson predicted.

"We'll have to play well to get into the playoffs and we'll go from there."

Arborg will have to come ready to play every night, said Finnson, and must play consistent hockey to be successful.

"When we bring a lot of energy to our game, we can play with anybody," Finnson said.

"We don't have trouble scoring goals when we play as a team."

Arborg will visit the OCN Storm on Saturday and then will play seven games over a two-week period to close out January.

Lundar, meanwhile, will play a pair of road games this weekend.

On Friday, the Falcons will play the Warriors in St. Malo at 8 p.m. and then will visit the South Division-leading Selkirk Fishermen on Sunday. Game time for that one is 2:30 p.m.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Clint Torfason tied the game with 43 seconds left in the third period to force overtime Saturday night. Arborg then beat the Lundar Falcons 5-4.

Peguis pounds KJHL opponents

By Brian Bowman

The Peguis Juniors have started the New Year off with a bang.

Peguis scored 26 goals in two games to start 2016 – both victories – in Keystone Junior Hockey League play.

The Juniors knocked off the Norway House North Stars 19-4 last Saturday and then defeated the Cross Lake Islanders 7-4 the following day.

In the win over Cross Lake, Peguis trailed 4-2 midway in the third period before their offence suddenly caught fire with five goals in a 10:19 span.

Waylon Neault scored two of his four goals in the third while Joseph Sutherland (two) and Harold Linklater also tallied.

Kenly Monias (two), Keith Monias and Jameson Scott replied for Cross Lake.

Keifer Tacan made 50 saves for the win.

Against Norway House, Peguis led

8-4 after 40 minutes before scoring 11 unanswered goals in the third.

Keevan Daniels-Webb and Neault each had four goals while Donovan Tanner netted a hat trick. The Juniors' other goals were scored by Montana Tanner, Christian Cochrane (two), Romano Paul (two), Jared Tobacco, and Ian Sutherland (two).

Jeremy Folster, Gregory Paupanekis, Harley Muminawatum and Corbin Tait scored for Norway House.

Tacan made 19 saves for the victory.

With the two wins, Peguis now boasts a 16-4-0-2 record and leads the North Division standings with 34 points. That's two points ahead of the OCN Storm (16-4) heading into this week's play.

Peguis played North Winnipeg this past Tuesday but no score was available. The Juniors will then host the Fisher River Hawks on Saturday. On Sunday, Peguis will visit OCN.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Portage Terriers	40	32	6	2	66	163	89
Steinbach Pistons	38	27	9	2	56	150	95
Winkler Flyers	36	26	7	3	55	149	85
Virde Oil Capitals	36	24	12	0	48	128	76
Winnipeg Blues	38	19	13	6	44	136	109
Swan Valley Stampeders	37	15	17	5	35	107	126
Selkirk Steelers	37	15	20	2	32	130	156
Dauphin Kings	34	14	18	2	30	105	130
OCN Blizzard	39	14	23	2	30	114	152
Waywayseecappo Wolverines	38	11	23	4	26	99	150
Neepawa Natives	37	8	29	0	16	80	193
KEYSTONE HOCKEY LEAGUE							
South Division							
	GP	W	L	OTL	PTS	GF	GA
Selkirk Fishermen	22	16	4	2	34	90	55
St. Malo Warriors	22	15	5	2	32	112	86
Lundar Falcons	22	11	8	3	25	92	84
Arborg Ice Dawgs	23	11	10	2	24	103	92
North Winnipeg Satellites	24	8	16	0	16	80	106
North Division							
	GP	W	L	OTL	PTS	GF	GA
Peguis Juniors	22	16	4	2	34	149	78
OCN Storm	20	16	4	0	32	134	61
Cross Lake Islanders	23	12	11	0	24	159	143
Fisher River Hawks	22	5	17	0	10	113	151
Norway House North Stars	22	1	21	0	2	67	243
MANITOBA SENIOR HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Stonewall	8	7	1	0	14	67	31
Gimli	7	5	2	0	10	58	22
Beausejour	7	4	3	0	8	41	40
Lac du Bonnet	8	3	5	0	6	44	39
Lakeside	8	0	8	0	0	14	92
AAA MIDGET HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Eastman	30	28	0	1	58	151	53
Wild	29	24	3	1	50	120	46
Yellowhead	29	19	6	0	42	98	70
Thrashers	28	19	8	1	39	126	66
Central Plains	29	15	10	1	34	93	76
Brandon	28	14	13	0	29	74	77
Kenora	29	14	14	1	29	99	114
Southwest	29	13	14	1	28	93	98
Parkland	28	12	14	0	26	98	112
Interlake	28	7	21	0	14	65	129
Pembina Valley Norman	29	5	23	1	11	57	138
Norman	30	3	25	2	8	83	178
AAA CITY MIDGET HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	19	15	4	0	30	109	52
Winnipeg Warriors	23	15	8	0	30	86	60
Winnipeg Hawks	24	14	8	1	30	105	89
Eastman Selects	22	11	10	0	23	67	64
Winnipeg Sharks	23	10	10	2	23	90	93
Interlake Lightning	23	0	21	1	2	38	137
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0
AAA BANTAM HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	23	22	1	0	44	167	36
Winnipeg Warriors	20	17	2	0	35	128	35
Winnipeg Hawks	22	11	10	1	23	84	69
Eastman Selects	18	8	8	1	18	69	68
Winnipeg Sharks	19	6	11	2	14	63	95
Interlake Lightning	20	1	19	0	2	32	132
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE							
	GP	W	L	T	OTW	OTL	Pts
Westman Wildcats	19	12	3	-	1	3	29
PV Hawks	17	12	3	-	2	-	28
Yellowhead Chiefs	16	12	1	-	1	2	28
Central Plains	16	10	3	-	2	1	25
Winnipeg Avros	20	5	10	-	3	2	18
Eastman Selects	18	6	10	-	1	1	15
Norman Wild	16	2	13	-	-	1	5
Interlake Lightning	16	-	16	-	-	-	-

STATS AS OF TUESDAY, JAN. 5

Interlake Midget Lightning lose pair to begin 2016

By Brian Bowman

The Interlake Lightning Midget Provincial hockey team had trouble scoring goals in 2015.

So far in the New Year, that same problem exists.

The Lightning scored just two goals in two road games last weekend — both losses — in Manitoba AAA Midget Hockey League play.

Interlake was defeated 3-1 by the Wheat Kings in Brandon last Saturday and then was downed 4-1 by the Southwest Cougars in Souris on Sunday.

“When we played Brandon, we had three prime, golden opportunities to score goals and two of them resulted in outstanding saves and the other one we just shot it wide of the net from about five feet in front of the net,” said Lightning head coach Dwayne Swanson.

“And against Southwest, we had some opportunities to score as well but we just couldn’t get it done. We’re having all kinds of trouble with the goal scoring.”

In the loss to Brandon, Jack Einarson gave the Lightning an early 1-0 lead with a goal just 6:20 into the contest.

But Jaymes Knee tied the score at 1-1 with a power-play goal and then Lynden McCallum scored at even strength to give the home side a 2-1 lead after 20 minutes.

Brett Paddock then struck on the power play midway in the second period to close out the scoring.

In the loss to Southwest, Interlake, once again, opened the game’s scoring just over six minutes into the game as Noah Basarab notched his 10th goal of the season.

John Patmore tied the score just 1:15 later and then the Cougars broke the

game open with goals from Dawson Waddell, Jared Janke and McCullough Park midway in the middle frame.

“We didn’t show up to start the second period,” Swanson lamented. “It’s one of the things that we’re trying to rectify with this team. We take time off and we took about six minutes off to start the second period and paid for it with three goals (against).”

The Lightning has now lost seven games in a row and 15 out of their last 16. That leaves the Interlake with a 7-21 record and 14 points to sit in 10th place in the 12-team league.

Swanson expects this club to stay motivated — and give their best effort — over the course of the next couple of months.

“You just have to stay positive with them and make sure the room stays as positive as possible,” Swanson stressed. “These kids still have oppor-

tunities to play at the next level and we encourage them to not let up their play because you never know who is watching in the stands.”

Interlake will have another crack at Brandon and Southwest this weekend when both teams visit Teulon. Brandon will be here Saturday (6 p.m.) while Southwest will come to town on Sunday (2 p.m.).

Swanson is confidently looking to sweep a pair of home games this weekend.

“We’re not looking for a split,” he stressed. “We thought we had an opportunity to win both games this (past) weekend. Brandon is a tough place to go play hockey and we played really well there.”

“We’re looking to get off the snide and get a couple of wins and get off to the races.”

Wolves, Phantoms start New Year with losses

By Brian Bowman

Most people probably had trouble remembering what they did on New Year’s Eve after an over-indulgence of adult beverages.

The Gimli Wolves, meanwhile, had a third period that they would like to forget against the Lac du Bonnet Blues last Saturday evening.

Leading the Blues 4-1 in the third period, Gimli suddenly self-destructed as it surrendered six goals in a 9:29 span to lose 7-4 to Lac du Bonnet in Manitoba Senior Hockey League play.

Dave Hardman gave Gimli a 1-0 first-period lead and then the visitors went up three goals as Trent Genyk and Myles Nykoluk tallied.

The Blues’ Cole Murdock scored late in the middle frame but Nykoluk replied early in the third to give the Wolves a 4-1 lead.

Then, suddenly, the game got away from Gimli.

Murdock and Corey Courchene each added a pair of third-period goals and Brent Wold and Cody Einarson added singles to seal the comeback win.

The Lakeside Phantoms, meanwhile, also had a night they would love to forget as they were defeated 20-0 by the Stonewall Flyers last Saturday.

The Flyers, which held period leads of 7-0 and 13-0, were paced by Cale McBride’s four-goal and three-assist effort while Brett Harvie, Dan Stewart

and Adam Kirk, each had three goals apiece.

Connor Appleyard and Ryan Elliot both scored twice for Stonewall while Cody Hunter, Blair Hawes and Patrick Dawson added singles.

Bretton Fewchuk earned the shut-out.

Stonewall (7-1) remains in first place in the MSHL and will battle the second-place Wolves (5-2) in Gimli this Friday.

The Wolves will then visit the Beausejour Beavers on Saturday in Garson.

Lakeside will host Lac du Bonnet on Friday. All three games start at 8 p.m.

Bantams ring in New Year with win

By Brian Bowman

The Interlake Lightning Bantam hockey team sure knows how to ring in the New Year.

Interlake started 2016 with a solid 5-4 shootout victory over the Pembina Valley Hawks last Sunday in Carman.

Keenan McPherson scored the game-tying goal with just 16 seconds remaining in the third period. It was his third point in the game.

Jayden McCarthy had given Pembina Valley a 4-3 lead just 48 seconds earlier.

Interlake, which led 2-1 after two periods and 3-2 late in the third, also received goals from Austin Adair (two) and Jagger Bonkowski.

Tre Strachan earned the win in goal.

With the victory, Interlake snapped a 14-game losing streak and is now 2-19. The Lightning will play the Sharks tonight and then will host the Wolves on Friday (7:15 p.m.) in Stonewall.

Meanwhile, the Lightning City Midget team played the Hawks last night but no score was available at press time. Interlake will then battle the Warriors on Sunday. Game time is 1:15 p.m.

Eriksdale bonspiel to celebrate 50th anniversary

By Jeff Ward

This weekend dozens of curlers will descend on the Eriksdale Recreation Centre for the 50th annual men’s bonspiel. The event will see approximately 20 teams hurry hard in their attempt to take home the top spot.

Starting tomorrow, Friday, Jan. 8 and ending Sunday, Jan. 10 curlers will compete for their choice of prizes — yet to be announced at the time of writing this article. Over the last 50 years, the only real change to the event is the number of teams. The popularity of the sport has seen its own ebb and flow over the last half-century, but the event has helped keep curling alive for Eriksdale resi-

dents, according to Eriksdale Curling Club president Doug Kirby.

“There are quite a few clubs closing all over the place. But this event and the ladies bonspiel, too, has been pretty good for the curling club over the last 50 years,” said Kirby.

Larry Weatherburn is an avid curler from Eriksdale and has been taking part in this bonspiel for 45 years. He says that over the last four and a half decades, he’s seen as many as 100 teams compete in the event in a single year and that other than the number of teams, not much else has changed. According to Weatherburn, he competes because he enjoys the game and the exercise it gives him. He says it’s

also a great way to get out with friends and is a fun way to meet new people.

“I curl at three clubs and I do it mostly for fun, although I compete as well. The Eriksdale bonspiel isn’t as competitive as it used to be, but it’s a fun event and it’s great to see it reach 50 years,” said Weatherburn.

Kirby said that curling numbers are up this year in Eriksdale and even the women’s 50th annual bonspiel, which takes place Jan. 22-24, has seen more interest. The mixed league in Eriksdale and Jr. curling in Lundar has started to heat up, which makes Kirby very optimistic about the future.

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

HOUSE FOR RENT

Waterfront home in Gimli area. 1900 sq. ft. plus 3 season sun-room and deck with south exposure. 3 bedrooms, 2 bathrooms, double attached garage, hardwood floors, internet, satellite TV. Furnished/ no smoking/ no pets. \$1500/mth plus utilities. 204-642-2502.

HELP WANTED

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

AUTO PARTS

4 Ice Radials on rims for Astro van, used 1 season \$500. Ph. 204-485-0010.

BUSINESS OPPORTUNITY

Great Canadian Dollar Store franchise opportunities are available in your area. Explore your future with a dollar store leader. Call today 1-877-388-0123 ext. 229; www.dollarstores.com.

CAREER TRAINING

Healthcare Documentation Specialists in huge demand. Employers prefer CanScribe graduates. A great work-from-home career! Contact us now to start your training day. www.canscribe.com. 1-800-466-1535. info@canscribe.com.

MISCELLANEOUS

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

ANNOUNCEMENTS

CARD OF THANKS

We would like to take this opportunity to thank everyone for the support we received in the loss of our husband, father, grandfather and great-grandfather, Roger. Special thanks to Dr. Pillay, Palliative Care, Home Care, Teulon Ambulance, Stonewall Hospital, Eirik and staff at MacKenzie Funeral Home, Teulon WI, Teulon Rockwood Firefighters and Shirley Williams. We would also like to thank the numerous friends and family who sent flowers, cards and food. Everyone's support during this difficult time means more than words can say. God Bless everyone.

-Shirley Cookson and family

MISCELLANEOUS

Restless Leg Syndrome & Leg Cramps? Fast relief in one hour. Sleep at night. Proven for over 32 years. www.allcalm.com Mon. - Fri. 8-4 est 1-800-765-8660.

Province-wide classifieds. Call us at 1-204-467-5836 or email classifieds@mcna.com for details.

WANTED

Firearms. All types wanted, estates, collections, single items, military. We handle all paperwork and transportation. Licensed Dealer. 1-866-960-0045 www.dollars4guns.com.

ANNOUNCEMENTS

IN MEMORIAM



Edward John Kowalchuk
August 13, 1945 - January 8, 2013

Gone is Ed's face we loved so dear,
Silent is his voice we loved to hear;
Too far away for sight or speech,
But not too far for thought to reach,
Sweet to remember him who once was here,
And who, though absent, is just as dear
- with love from your whole family
who misses you every day

CAREERS WITH A FUTURE

CO-OPERATIVE EMPLOYMENT OPPORTUNITIES

The Interlake Consumers Co-operative Limited is seeking positions at our Arborg location. The potential candidates must be enthusiastic and have a positive attitude. Outstanding customer service skills and attention to detail are important traits that one must possess.

Position: Grocery Clerk	Location: Arborg
Position: Produce Clerk	Location: Arborg

Benefits:

- Dental, Vision, and Extended Health to those who qualify
- CSS Pension Contribution to those who qualify
- Employee Purchase Incentive
- Employee Bonus Program
- Competitive salary

Interlake Co-op Fast Facts

Formed
January 31st, 2007 with the amalgamation of Eriksdale Co-op and Arborg Co-op.

Locations
Bulk Petroleum, Food Store - Eriksdale,
Hardware Store - Eriksdale, Food Store - Arborg,
Gas Bar - Arborg, Cardlock - Arborg

Apply in grocery store at Administration Office attention Lynette Oliver
Arborg location and Food Store Manager

EXCELLENCE
PEOPLE

Liquor License Application

Public Notice
Gimli Coffee Company Inc.

operation as at
has applied for
to serve liquor from:

Kaffe Haus Cappucino Bar
37 Centre Street, Gimli, Manitoba

Dining Room Liquor Service License
Patio Area Under Dining Room Liquor Service License

9:00 AM to 2:00 AM Monday to Sunday
1:00 PM to 2:00 AM Remembrance Day

Citizen and community input is an important part of the application process. If you have questions about this application, please call the Liquor and Gaming Authority of Manitoba at 204-4745619. If you have questions about zoning by-laws and requirements, please contact your municipality. If you want to make a formal objection to this application, please send us your objection in writing by 4:00 pm

14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT

You can email, mail, or fax your objection. Please include your contact information.

Email: licinspect@LGAmnmb.ca
Mail: Liquor and Gaming Authority of Manitoba P.O. Box 1023 Winnipeg, Manitoba R3C 2X1
Fax: 204-453-5254

- We respond to all formal objections and will work to resolve objections before issuing a license.
- A copy of the objection will be provided to the license applicant.
- Each person who submits an objection will be advised in writing of the outcome to the license application.

ECONOMIC DEVELOPMENT OFFICER

The R. M. of Woodlands has an opening for the full-time position of Economic Development Officer.

The Economic Development Officer will work closely with the Board of Directors of the Woodlands Community Development Corporation (CDC) to develop an economic development strategy, to attract and facilitate development of new industries, business and services in the R. M. of Woodlands for the purpose of expanding the economy of the community and provide local employment opportunities.

Duties and Responsibilities:

- Economic Development**
 - Develop a CDC/Community strategic plan and undertake the resulting economic development initiatives
 - Ensure development readiness for the R. M. of Woodlands
 - Develop strategy for retention and expansion of existing businesses and industry
 - Identify and promote new business and/or industrial opportunities and assist with the development of job creation strategies
- Research**
 - Maintain a detailed community profile and other demographic information
 - Prepare and disseminate information regarding the availability of land, buildings and other facilities conducive to the promotion of business and industry
 - Identify the needs of the business community and inform the appropriate public sector bodies of these needs
 - Conduct sectorial analysis to determine economic opportunities for the R. M. of Woodlands
- Liaison**
 - Maintain active contacts with the relevant agencies at all levels of governments
 - Participate in other regional economic development activities
 - Be familiar with and promote available government programs and assist with grant applications
 - Act as a coordinator and facilitator of interactions between governments, other communities, business, industry, and community organizations
- Administrative Duties**
 - Prepare monthly and annual activity reports for presentation to the Board of Directors and R. M.
 - Attend Local council meetings, as appropriate, to share information, obtain direction, develop ideas and respond to questions
 - Bookkeeping, meetings, other administrative duties

The successful candidate should hold a degree or diploma from an economic development program and/or business administration program or demonstrate an equivalent combination of education and experience. Must have strong communication, analytical, and leadership skills. Travel is required and the successful candidate must possess and maintain a valid Class 5 Manitoba Driver's License and be prepared for some evening and weekend work.

Salary will be based on the level of experience and qualifications. A comprehensive benefits package will be available. A detailed job description is available upon request. Send a resume, cover letter and a minimum of three references to the attention of Adam Turner, R. M. of Woodlands Chief Administrative Officer at P.O. Box 10 Woodlands, Manitoba ROC 3H0 or email to rmwldls1@mymts.net on or before **Friday, January 15, 2016 at 4:00 pm.**

MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

Please note that as of January 18, 2016 the operating hours for the Municipal Office located at 56 Laura Ave. Riverton, MB is changing to the following:

Open Tuesdays and Thursdays
from 8:30 a.m. – 12:00 p.m.,
1:00 p.m. – 4:30 p.m.

L. Grant Thorsteinson, CMMA
Chief Administrative Officer

We're Hiring!

Agricultural & Commercial Account Manager

Arborg - Closing January 15

Branch Manager

Riverton - Closing January 15

Apply online
noventis.ca/careers

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

UPCOMING EVENTS

Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single - again people deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer 10 week programs 3 times per year. NEXT 10 WEEK PROGRAM STARTS JANUARY 13th, 2016. We also offer weekend retreats 2 times per year. NEXT WEEK-END RETREAT TO BE HELD IN MARCH 2016. FOR MORE INFORMATION - please call 204-275-3090 or visit www.beginning-experiencewinnipeg.ca

POTATOES FOR SALE

Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

FARM PRODUCE

Fresh honey for sale. Ph 204-461-1267.

Please support our advertisers
SHOP LOCAL

HAY/STRAW

1st cut and 2nd cut round bales alfalfa, brome, timothy. Call Bob 204-372-6515, cell. 204-280-0334.

HEALTH

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

Remember Your Loved Ones with an Announcement in the

Call 467-5836 or classifieds@expressweeklynews.ca

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

Sudoku Answer

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

Crossword Answer

S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S
S	E	L	K	I	R	K	C	A	R	P	E	T	C	L	E	A	N	E	R	S

X CROSSWORD

CLUES ACROSS

- Color properties
 - Arabian greeting
 - Frozen spike
 - Levels
 - Tear down social stiffness
 - Rapper Hammer's initials
 - Midway between E and SE
 - Shooting marble
 - Edward __, British composer
 - Largest English dictionary (abbr.)
 - Cygnus' brightest star
 - Goidelic language of Ireland
 - Midway between N and NE
 - Auditory organ
 - Last month (abbr.)
 - Indicated horsepower (abbr.)
 - Mediation council
 - Aussie crocodile hunter
 - Sylvan deity
 - Clears or tidies
 - In a way, emerges
 - Whimper
 - G. Gershwin's brother
 - Begetter
 - Seated
 - Old world, new
 - Girls
 - "Song of triumph"
 - A covering for the head
 - Attack
 - Norwegian krone
 - Coach Parseghian
 - No good
 - Task that is simple
 - A way to move on
 - In a way, advanced
 - Loses weight
 - Shift sails
- ### CLUES DOWN
- Go quickly
 - Fiddler crabs
 - Cervid
 - Gundog
 - Gushed forth
 - Caliph
 - Shoe cord
 - Give extreme unctio to
 - Of I
 - "A Doll's House" author
 - Documents certifying authority
 - Drunk
 - Principal ethnic group of China
 - Crinkled fabrics
 - Longest division of geological time
 - Pancake
 - Small pat
 - A garden plot
 - Strayed
 - Surgical instrument
 - No. French river
 - Modern
 - Now called Ho Chi Minh City
 - Set into a specific format
 - Exhaust
 - Individual
 - Moves rhythmically to music
 - D. Lamour "Road" picture costume
 - Having earlike appendages
 - Certified public accountant
 - Outermost part of a flower
 - Supplement with difficulty
 - Plains Indian tent (alt. sp.)
 - Electronic warfare-support measures
 - Displaying a fairylike aspect
 - Taxi
 - They __
 - Syrian pound

Hip or Knee Replacement?

Problems Walking or Getting Dressed?

The Disability Tax Credit

\$2,000
Yearly Tax Credit
\$20,000
Lump Sum Refund

Claim it before tax time!
204-453-5372



Biz Cards

Call 204-641-4104 or ads@expressweeklynews.ca



SELKIRK CARPET & MATTRESS CLEANERS

OFFERS GREEN CLEANING
204-785-4464

• carpets • mattresses • upholstery • leather
• pet stain • urine removal • dust mite elimination

Serving Hwy 9 North to Gimli

WE SUPPLY AND/OR INSTALL:

- Window Coverings HunterDouglas
- Floor Coverings • Cabinetry
- Countertops & More!

THE HOME STORE

Hwy #9 & Colville Drive
Gimli, MB
(204) 642-8585

Auto Transponder KEYS

• Cruise Control • Remote Starts
We can replace all lost vehicle keys!

CUSTOM REMOTE STARTERS
John Kobak

204-482-5252 • 204-481-2070

GIMLI VETERINARY SERVICES

70 Centre Street Gimli, MB ROC 1B0
204-642-8398 lmvtvet@mts.net

get inspired

> MEAL IDEAS

Open face egg salad sandwiches



Ingredients
 2 hard-cooked eggs, peeled
 1 tbsp (15 mL) each 0% fat plain Greek yogurt and light mayonnaise
 Pinch fresh ground pepper
 1 stalk celery, finely diced
 1/4 cup (60 mL) finely diced red bell pepper
 1 green onion, thinly sliced (optional)
 1 tsp (5 mL) chopped fresh dill or parsley or 1 mL (1/4 tsp) dried dill weed
 2 leaves leaf lettuce
 2 slices whole grain bread or dense pumpernickel dark rye bread

Directions
 In a bowl, use a fork to mash eggs until crumbly. Stir in yogurt, mayonnaise and pepper. Add celery, red pepper, green onion if using, and dill; stir until combined well.

Place lettuce on bread slices and divide egg salad on top.

Tips:
 Little chefs love to peel the hard-cooked eggs. Hard-cooked eggs can be stored in their shells, in a covered container in the refrigerator for up to one week.

Get a head start. You can make the egg salad a day ahead, and just assemble the sandwich before serving.

No-fail way to make hard-cooked eggs: Place eggs in a single layer in saucepan and cover about 1 inch (2.5 cm) above eggs with water. Cover and bring to a boil over high heat. Remove from heat and let stand for 15 to 20 minutes. Drain water and run cold water over eggs to chill. Store eggs with their shells on in the fridge for up to 1 week.

Apple-Raisin Breakfast Quinoa



Ingredients
 1 cup quinoa, rinsed according to package directions
 1/2 teaspoon ground cinnamon
 2 cups – lowfat or fat free milk
 1/2 cup water
 3 tablespoons brown sugar
 1 tart-sweet apple (such as Braeburn), chopped

1/2 cup raisins
 1/3 cup chopped toasted walnuts
Preparation
 Toast quinoa and cinnamon in medium saucepan over medium heat, stirring often. Cook until quinoa is golden and cinnamon is fragrant, about 2 minutes.

Add milk, water, and brown sugar, bring to a simmer, and cover. Reduce heat to medium-low and cook until liquid is absorbed, 20 to 25 minutes.

Fold in chopped apple, raisins, and walnuts and let stand a few minutes, covered, to heat through. Serve with additional milk.

Serves
 5 servings, 2/3 cup per serving (about 3 ounces of milk per serving)

Reducing Stress Can Bring us Back to a Neutral State

By Gwen Randall-Young

It is my belief that one of the best antidotes for a stressful life is to be involved in something you are passionate about - something you love. Of course, learning to relax, eliminating as much conflict as possible, exercising and breathing fresh air are important parts of the equation. These may, however, be things we approach with the same determination and goal-orientation as we do in our work.

Witness the 'stress' slowly entering our awareness when we cannot figure out when to find the time to meditate, or when our work-out schedule becomes disrupted. When I talk about things we are passionate about, I am thinking of those things in which we can completely lose ourselves. Reading a really good book that you do not want to put down, or working on a creative project so intently that you forget the time, are examples of things that

de-stress us. Playing a musical instrument or doing an artistic activity can also engage us so completely that we forget about everything else.

Find something that you love. When we absolutely love what we are doing, our physiology changes in a positive way. Simply focusing on reducing stress aims to bring us back to a 'neutral' state. Surely there is so much more to a quality life than keeping stress at bay. Doing something we love elevates us above the mundane details of survival, and allows us to experience the joy of being a unique human being, having a unique personal experience. Happiness and contentment require much more than the absence of negatives.

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

Dark Chocolate-Peanut Butter Cookies

Description
 Recipe provided by Carol Fenster
Ingredients
 20 ounces bittersweet chocolate chips (at least 60 percent cocoa), divided
 3 tablespoons butter or buttery spread

2 tablespoons creamy peanut butter
 3 large eggs
 1 cup sugar
 1 teaspoon pure vanilla extract
 1/2 cup sorghum flour
 1/4 teaspoon baking soda
 1/4 teaspoon xanthan gum
 1/4 teaspoon salt
 1 cup finely chopped walnuts
Preparation

In medium microwave-safe bowl, heat 8 ounces (1 heaping cup) of chocolate chips, butter and peanut butter on low power in microwave oven 1-2 minutes, or until melted. Stir; set aside to cool.

In large bowl, beat eggs, sugar, vanilla, flour, baking soda, xanthan gum and salt with electric mixer on low speed until very well blended. Beat in melted chocolate mixture

until no flour streaks remain. Stir in walnuts and remaining chocolate chips. Dough will be soft. Refrigerate, covered, 2 hours.

Preheat oven to 375°F. Line 15-by-10-inch baking sheet (not nonstick) with parchment paper. Shape dough into 48 walnut-sized balls and place 12 balls, at least 1 1/2 inches apart, on sheet.

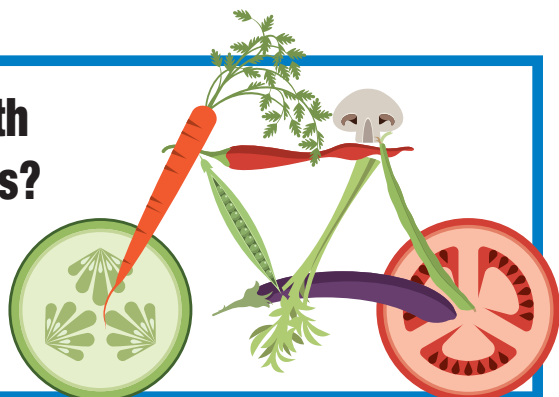
Bake just until cookies are shiny and crust starts to crack, about 10-12 minutes. Do not over-bake. Cool cookies 2 minutes on baking sheet, then transfer to wire rack to cool completely. Repeat with remaining dough. Or, freeze balls up to 1 month and bake later.

Adapted from "1,000 Gluten Free Recipes," written by Carol Fenster; reprinted with permission from the publisher, Houghton Mifflin Harcourt.
Serves
 48 cookies



Do you have a Health or Wellness Business?

Call Robin at 204-641-4104 to advertise



ISAGENIX
 Weightloss • Energy & Performance • Healthy Aging

— Allana Sawatzky —
 isaallana@hotmail.com

— Janice Karaim —
 jkaraim@mymts.net (c) 1-204-648-3836

— Rose Sawatzky —
 isa.rose1957@gmail.com (c) 1-204-479-8227

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