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# EXPRESS

VOLUME 3 EDITION 2 THURSDAY, JANUARY 14, 2016

WEEKLY NEWS

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EXPRESS PHOTOS BY PATRICIA BARRETT

Mascots Buzz and Boomer from the Winnipeg Blue Bombers, along with two players, came to Gimli last Wednesday to help the owners of the new Tim Hortons franchise, the mayor and members of council celebrate the launch of the iconic coffee shop.

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

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# Gimli's Tim Hortons walk-up window second in Canada

By Patricia Barrett

With line-ups out the door at the Gimli Tim Hortons, there was barely any room for the owners of the franchise, municipal representatives and Blue Bomber players to celebrate its grand opening last Wednesday.

Not only has Tim Hortons arrived in town, but it has also brought a walk-up window, scheduled to open after spring thaw.

"It's unique to Gimli," said Amenity Health Care's chief operating officer Don Vavro, who helped launch the coffee shop. "It's only the second one we have in Canada."

A Toronto Tim Hortons was the first to get one.

Amenity Health Care, which owns Taylor Pharmacy next to Tim Hortons, began renovating the pharmacy last fall and announced it would be adding the coffee shop as part of its expansion.

Vavro said the vision of a walk-up window came when he saw lots of tourists in Gimli one summer. He thought it would be a perfect fit.

Like an ice-cream stand, visitors can walk up and order a fruit smoothie or an Iced Capp without having to go into the store.

"It's about winning for the community," Vavro said to customers, media and municipal representatives shoulder to shoulder in the cozy coffee shop. "It's not about putting people out of business but bringing more people to Gimli."

Gimli has a Robin's on First Avenue near the waterfront.

Amenity's CEO Dalbir Bains said the coffee shop is a "meeting place based on the concept of a soda fountain. While you're waiting for your prescriptions, you can have a coffee."

He thanked Mayor Randy Woroniuk, CAO Joann King and members of council for facilitating the opening of a Tim Hortons in a location of the pharmacy's choice.

"When we were talking to council," said Bains, "investing in Centre Street — the town centre — was very impor-



Blue Bomber mascot Buzz tries out the walk-up window at Tim Hortons, only one of two in Canada.

tant."

By bringing a Tim Hortons to town, the franchise owners created jobs — 20 to be exact.

"They're all local [staff]," said Vavro. "We're happy about that."

The municipality is also happy.

"We're starting 2016 with Canada's most iconic brand," said Woroniuk, who presented Amenity's owners with a photograph of his daughter at a military airfield with a cup of Tim Hortons coffee. "Thank you for the confidence to come into our community."

As complimentary Timbits flew off platters, customers (and a few council members) lined up to get an autograph and a photo taken with Blue Bombers Louie Richardson and Matthias Goossen, who came out to Gimli with Buzz and Boomer for the grand opening.



Mayor Randy Woroniuk, a representative from Tim Hortons, and Amenity COO Don Vavro attended the official ribbon-cutting at Gimli's Tim Hortons.



EXPRESS PHOTOS BY PATRICIA BARRETT

The RM Gimli's Assistant CAO Kristin Strachan (left) and Coun. Thora Palson (right) helped celebrate the grand opening of Tim Hortons and received an autograph from Blue Bombers Louie Richardson and Matthias Goossen.

When the indoor ceremonies were over, everyone headed outside to watch the mayor cut the ribbon.

Afterwards, Buzz thought he'd try out the walk-up window. He seemed

to find it to his liking. Its small ledge was just at the right height for elbow support. The only drawback: having to wait for Mother Nature to melt the snow.

## Tax changes aim to benefit middle-class Manitobans

Staff

New taxation changes will reduce the amount of taxes paid by regular, middle-class Manitobans and small businesses across the province, according to Premier Greg Selinger.

"We believe in reducing taxes to help hard-working Manitobans, like seniors and small business owners, get ahead," Selinger said in a release on Dec. 31. "The changes com-

ing into effect mean that seniors will have more money in their pocket in their retirement and that Manitoba's job creators will certainly reduce the burden on families and businesses, freeing up assets that can be used for other priorities."

Changes that came into effect on Jan. 1 include increasing the small business income limit eligible for the zero

per cent corporate income tax rate to \$450,000 from \$425,000.

Selinger added that in 2010, Manitoba was the first province to permanently eliminate the small business tax. About 14,000 corporations pay no Manitoba corporate income tax because of the zero per cent rate, which the premier said will increase to 16,000 corporations in 2016 following

the implementation of the new limit.

In addition, the Manitoba government is providing more support to seniors by reducing the school taxes seniors pay. In 2016, the maximum seniors' school tax rebate will increase to \$2,300 from \$470, providing savings of up to \$47.8 million for Manitoban

Continued on page 9



# Eriksdale club celebrates 50 years of curling

By Jeff Ward

It's been 50 years since the Eriksdale Recreation Centre was rebuilt following a devastating fire. Ever since the construction of the new building, curlers have participated in the annual men's bonspiel that is now a half-century old.

According to Eriksdale Curling Club president Doug Kirby, all of the curlers enjoyed the 50th Annual Men's Bonspiel in Eriksdale. There were 16 teams competing for the top spot.

"It didn't really feel different playing this year even though it was 50 years. But I think that's because it's always the same guys playing — it's like getting together with a family," said Kirby.

This year's winner of the first event was skip Tyler Drews of Lundar and his team. Darren Bednarek of Stonewall won the second event while Rick Tober of Moosehorn won the third event.

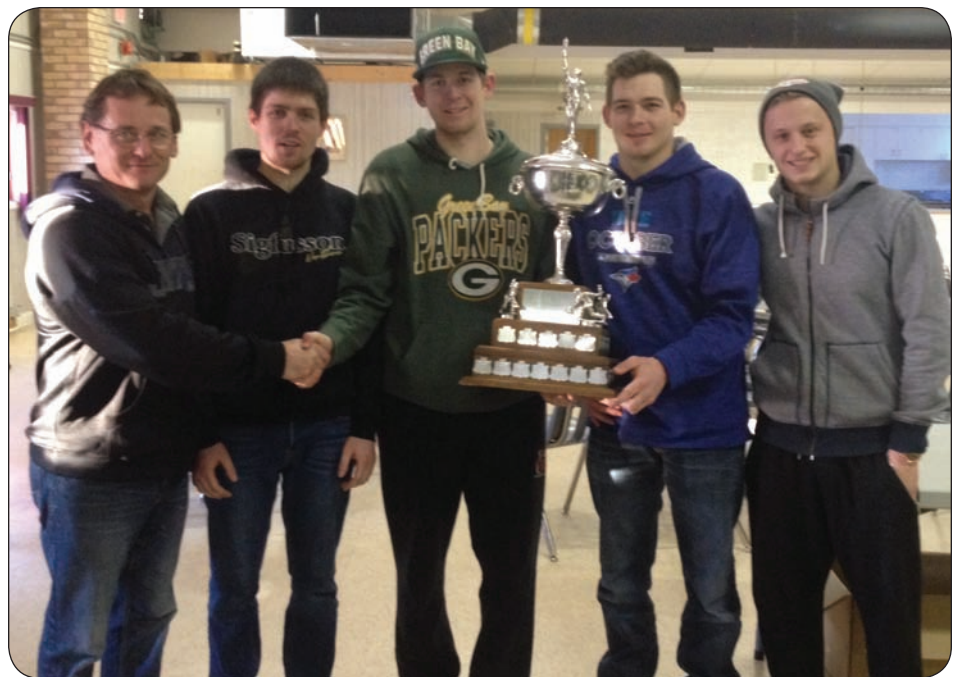
To help celebrate the 50th anniversary of the bonspiel, four door prizes were awarded. Names of curlers were drawn from a hat and four \$50 gift cards were presented to the winners — \$1 for each year.



A cake was shared by all the curlers who participated in this year's event, marking the occasion of the bonspiel's 50th birthday.

The bonspiel also hosted a calcutta, which brought in \$3,000. The big winner of the calcutta, Darren Bednarek, won \$632 while Ted Fuchs won \$380 in the first event. Rock Tober and Larry Weatherburn won \$505 and \$253 in the second event. And Kevin Fuchs and James McMichel took home \$505 and \$253 in the third event. The Eriksdale Curling Club received the remaining \$472, which will be used for facility expenses.

A silent auction brought in \$640. All the monies raised will help keep the doors open and the ice plant running. The women's 50th annual bonspiel



EXPRESS PHOTO COURTESY OF DOUG KIRBY

Eriksdale Curling Club president Doug Kirby (left) presented the first event winners of Tyler Drews, Josh Drews, Nic Drews and Jake Zelenewich with their trophy. Their names will be added to the 49 other teams who've taken the top spot in the men's bonspiel over the 50 years.

is on the horizon and will take place Jan. 22-24 at the Eriksdale Recreation Centre.

Anyone interested in entering a team is encouraged to contact Doug Kirby at 204-739-2761 before Jan. 21.

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# First Nation man walks great distance in healing journey

By Jeff Ward

On New Year's Day, Gerald Fiddler, a member of the Wasagamack First Nation, began walking north on Highway 6 as part of a personal healing journey from drug and alcohol abuse.

The healing walk from Winnipeg to Wasagamack was nearly 1,000 kilometres and was a symbolic gesture of his commitment to sobriety.

It didn't take long for Fiddler to realize that not only was this journey going to be extremely hard but that it was also proving to be dangerous. Walking on the highway in the dark is not the safest activity. He was lucky to be wearing a reflective vest so that oncoming traffic could see him, but the trek was still quite treacherous.

"I was alone and it was very dark. To be honest with you, I was very scared. I just kept thinking about my mom and grandparents and I just kept moving forward," said Fiddler in a phone interview on Jan. 8, shortly after returning home. Fiddler says he spent his last \$60 on rubber boots to help keep his feet warm but that it was a mistake because of how hard they were on his feet.

Fiddler walked 160 kilometres in 11 hours during his first day — not even a dent in the overall journey. When he arrived in Ashern, his feet were sore to the extent that he could barely stand. They were starting to show blisters, and Fiddler said his legs were so shaky that he was surprised he just didn't collapse on the highway. Fiddler

spent the night in the Sharptail Motor Inn in Ashern after the chief of Wasagamack made arrangements for him to stay there.

As Fiddler fell asleep, he said his head was filled with the memories that put him on the path of drug and alcohol abuse. Fiddler was sexually abused when he was 13 years old and said the experience left him scarred. He bounced around from group home to group home until he was 16, and when he was 22, his mother died.

"After that was when I started doing drugs heavily. I started using Oxycontin to feel better and eventually started injecting it. After that, I turned to morphine and used that every day for four years," said Fiddler.

About four years ago, Fiddler took a hard look in the mirror and realized a change in his life was needed. So he quit drugs cold turkey and began cutting wood and fixing vehicles in his community of Wasagamack. It took Fiddler four months of hard work to save enough money to build his house on the First Nation, a project he's very proud of. Fiddler seemed to have his life back on the right track, but then he started drinking heavily about four months ago.

Drinking every day, Fiddler said he became a violent bully and one day struck his brother so hard that it knocked him out. That's when he realized that if he wanted his life to be better, it had to start with a commitment to sobriety. He says he spoke with his



EXPRESS PHOTO BY GERALD FIDDLER

Gerald Fiddler walked more than 600 kilometres from Winnipeg to Norway House in a healing and recovery walk. Hoping to leave his past life of drug and alcohol abuse behind him, Fiddler began walking on New Year's Day and spent six days walking north on Highway 6.

grandmother three months ago, and she told him to make a promise not to ever drink again — and he agreed that he would. That's when the idea to walk from Winnipeg to Wasagamack came to him.

"I made these crosses out of sticks and rope and left them on the highway as I walked. Each one of them I dropped was me leaving a piece of that life behind. I don't need to take this with me anymore, so I left it all out there," said Fiddler.

For the next five days, Fiddler faced exhaustion and painful blisters on his feet. He recalls an internal struggle to keep pushing forward. However, Fiddler was not alone on his journey. His story had become viral on Facebook, and many people stopped on the side of the road to offer him food, something to drink and even rides.

Fiddler walked more than 200 kilometres from Grand Rapids to the junction at highways 6 and 373 before his walk was called off due to safety concerns. Wasagamack elders believed the walk was too dangerous to continue on the ice roads that are still unsafe for travel. A small plane took Fiddler back to the First Nation on

Jan. 6 after he walked more than 400 kilometres.

"I was relieved to be going home, but to be honest, I still feel like my journey isn't finished," said Fiddler, who mentioned that when the ice roads are safe, he'll finish the walk he started.

The healing walk has become a small phenomenon in these communities over the six days that Fiddler was on the highway. The Facebook pages and groups that shared his story so rapidly are now filled with messages of hope for others looking to do similar acts. Fiddler is happy to hear that others have taken his message and made their own commitments. He said that those messages of hope and encouragement on his Facebook group are what kept him from quitting during some of the hardest nights of his life.

"I thought I was alone out there, but after people saw what I was doing, they started to support me. It's those messages and that support that helped me the most," said Fiddler.

Fiddler plans to return to the junction where his walk was cut short once the winter roads are safe to traverse and complete the journey he started.



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# PC MLA candidate opens constituency office in Arborg

By Patricia Barrett

The Progressive Conservative MLA candidate for the Interlake helped cut the ribbon at his new office in Arborg last Saturday.

Derek Johnson, former councillor (2010-2014) in the RM St. Laurent, held an open house that drew about 35 people in the first hour despite the minus 30-degree weather.

"I'm well known on the west side [of the Interlake], said Johnson, who was born and raised in Oak Point on the east shore of Lake Manitoba. "I need to build bridges on this side."

Johnson is already familiar with some of the big municipal issues east of Highway 6, such as drainage and flooding. He has met with various RM councils and has attended public meetings across the Interlake, such as the one for the proposed personal-care home in Arborg.

He has even attended the not-so-visible celebratory occasions, such as an Interlake Mennonite Fellowship Christmas concert in Okno, which for the first time in history, he said, had a political representative visit.

The Interlake electoral division stretches north-south from Jackhead First Nation to Twin Lakes Beach and west-east from Eddystone (west of Lake Manitoba) to the border of Riverton. It encompasses nine First Nation communities.

Johnson has already put in about 16,000 kilometres, said Mark Eyolfson, who went to school with the MLA candidate and has volunteered to work on his campaign.

"He's always on the phone talking to people," said Eyolfson, before the official ceremony got underway. "He's tireless."

Larry Brandt, president of the Interlake Riding Association, said Johnson is "experienced in bureaucracy," which will serve him well if elected MLA.

"He wants to create an environment to expand businesses," said Brandt, addressing the crowd in the newly painted office. "His top priority is to create fiscally responsible government."

Johnson said he will apply his financial expertise to that job.

"As a financial advisor, you try to educate people on how money works," he said. "The goal is to be mortgage-free and have a lot more disposable income."

The same principle of sound money management applies to running a province, he said.

"We pay \$2.5 million per day just in interest as a province," said Johnson, who was the nominated candidate for the Interlake by his party in 2014. "The current government's mismanagement has result-



EXPRESS PHOTO BY PATRICIA BARRETT

Derek Johnson, his wife Tara Bergner, supporters and constituents braved -30 C last Saturday to celebrate the official launch of the new constituency office in Arborg. Left to right, front row: Mark Eyolfson, Derek Johnson, Larry Brandt, Tara Bergner and Abe Reimer.

ed in a downgrade of our credit rating."

The solution, he said, is to streamline government, pinpoint inefficiencies and tender contracts.

"These things alone will free up money."

Citing the province's Tiger Dam controversy, Johnson said Pallister's Open Government bill would ensure all contract tenders are public.

As far as making himself accessible to his constituents (if elected), Johnson said he would continue to do what he has always done — and what has given him a reputation in his stomping grounds.

"I was known [in St. Laurent during the flood] as the one who'd answer my phone calls."

And hearing people out, he said, is important to working towards solutions.

"The more input you get on a decision, the better. You can't please people all the time, but you can listen to everybody."

The constituency office is located on River Road at Ardal Street, a few hundred yards from the Interlake Co-op food store.

Johnson didn't choose the location because of its "almost Conservative blue" exterior but because it's

located within a population centre that will allow him to serve a significant number of people who may not be able to travel long distances.

Johnson is running for the MLA seat against current NDP incumbent Tom Nevakshonoff and Liberal candidate Jamal Abas from Hodgson. The provincial election is tentatively scheduled for April 19.

The constituency office will open in February and hold regular office hours on Tuesdays and Thursdays between 10 a.m. and 2 p.m. An office telephone will be connected shortly.

## Correction

In the Jan. 7 issue of the *Express Weekly News*, we published the article "CFRY amateur talent show fundraiser coming to Lunder" and reported that the event would be taking place at the Lunder Arena.

However, in actual fact, the event will take at the Lunder Community Hall on Feb. 6.

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

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL **Fishermen are encouraged to stay warm**

Hi guys and gals. It was a beautiful sun-filled, warm, calm day on the flat ice pack east of Husavik on Lake Winnipeg a few weeks ago as I walked toward a lone angler sitting on a chair tending his ice holes. I had noticed him as a black spot on the grey-white ice as I drove along the shoreline road and couldn't resist stopping and going out to talk to him.

I wasn't really dressed for it and later, as it happened, I would pay for my impulsiveness. Upon reaching our new friend Les Soloway from Gimli, I asked if he had caught anything. Les was a tall man dressed in a black snowmobile suit and black balaclava. Facing the sun, only his strongly featured face was bared to the weather. The fish weren't biting and he couldn't think of a story for us at the moment, but a few days later, he sent one guaranteed to make your heart skip a beat.

Les said he and a friend were fishing in a pop-up south of Willow Island a few years ago. All around them, they could hear the ice splitting and cracking like thunder. Then suddenly a loud tearing followed a singing sound like a hammer hitting a steel cable thump as the ice cracked under their tent.

Water gushed up from their fishing holes. In a breath, Les's friend was out the door. Les stayed in the tent and eventually convinced his friend to come back in, telling him there was no way three-foot thick ice could open up and swallow them. Still, to this day, Les gets a little on edge when he thinks of that afternoon.

Last week, I got over to #204 and #509, the jump-off spot upstream of Selkirk on the Red, and walked out to a few of the anglers. I talked to one of



**PHOTO BY ARNIE WEIDL**  
Terry Kovich of Winnipeg with his walleye catch while fishing on the Red River upstream of Selkirk.

the nicest young couples you'd ever meet, Jason Muth and his girlfriend Amanda Tanner of Winnipeg, who had been together since they were kids (happily, sometimes it doesn't take long to find your mate).

We talked for a bit. After leaving them as I walked back to my truck on shore, another young chap Terry Kovich must have heard us and stuck himself and a giant walleye out of his tent as I walked by. We talked briefly and I took their picture. Then as the feeling of a cold or flu came over me, I made for home, cursing my silliness of venturing out to Les by Husavik not properly dressed.

Days later, healthy again, I was in Selkirk's Canadian Tire shopping and by chance struck up a conversation with Keen Flamand from Pine Falls. Turns out that although one of his favorite places to fish is Catfish Creek at Traverse Bay, he had a great story of him and his friend Wayne fishing in Rush Bay, Ont.

Apparently, they were ice fishing not far from the rocky shoreline when they saw a mink come out of a hole with a dead fish. Right behind him was another mink determined to have some of that food.

The first mink thought otherwise and fought him off. Wayne, always up for a little fun, took a small dead perch they were going to use for bait and tied it to the end of one of his rods' line and then cast it toward the unlucky hungry mink.

It quickly scampered over to the fish and tried to claim it. Wayne reeled the bait in a jerking fashion with the mink right after it. Once the bait and the mink got close to him, Wayne quickly reeled up and cast the baited line out again playing a game of "mink-go-fetch" with his new buddy. Finally Wayne let the mink have the perch and returned to fishing.

All this time, Keen had been dividing his attention between Wayne's antics and fishing. He was kneeling on one knee on the ice and suddenly, to his astonishment, the game-playing mink was now sitting between his legs looking expectantly up at Keen and then at the fishing hole like a little kid waiting for his next meal. In time, Keen gave him another perch.

Well, dress warm for the ice, my friends. Bye for now.

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# Snow artist set to work in Gimli for Ice Festival



EXPRESS PHOTOS BY PATRICIA BARRETT

Stonewall artist Ralph Tanchak, Gimli Ice Festival co-director Peter Holfeuer and Kiwanis Club President Gord Anderson remove the boards from one of the snow forms last Saturday in Gimli.

By Patricia Barrett

As the drills came out and the fibre-board came down from one of the five mysterious wooden forms near Gimli Harbour, artist Ralph Tanchak praised the -30 temperature.

Tanchak was in Gimli last Saturday to start putting the gridlines on the first of five snow sculptures he'll be creating for the Gimli Ice Festival in March.

"You need a thick skull to work outside in temperatures like this," Tanchak laughed.

That and thick mittens. But the full-time artist from Stonewall said the white stuff is much easier to control

when temperatures plummet, and it's much better than ice.

"I never got into ice," said Tanchak, who started experimenting with snow art about 12 years ago. "I did 'inconspicuous' snow sculptures in our front yard."

Hardly inconspicuous, the eight-foot snow angel with wings Tanchak made from a slush mixture got some attention.

And in 2008 he bought a block of snow for about \$25 and entered the snow-sculpting competition at Festi-

Continued on page 12

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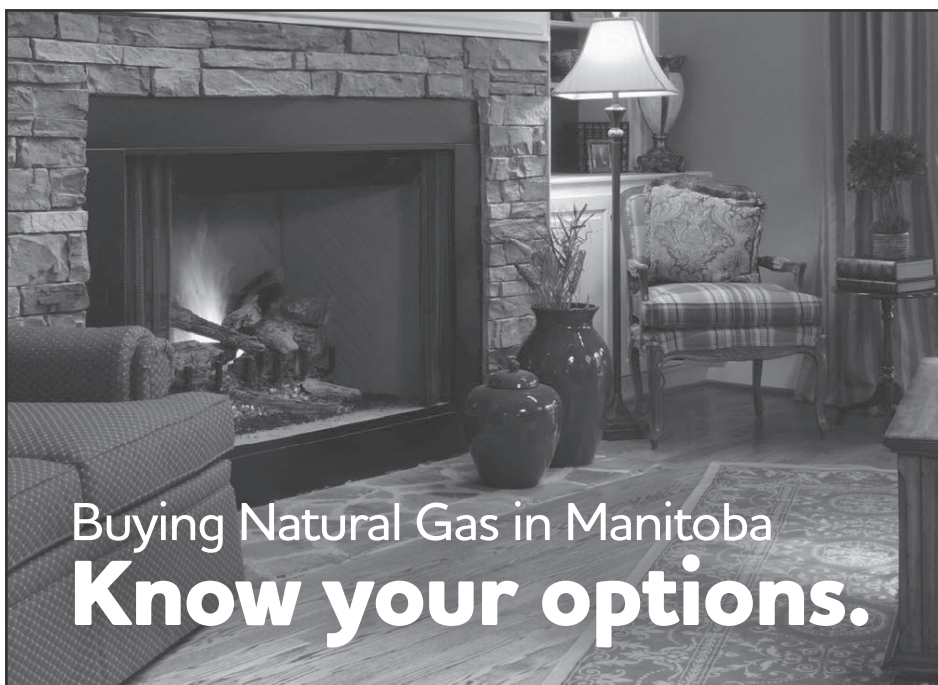
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If you're not already saving with the Education Property Tax Credit, visit [Manitoba.ca/eptc](http://Manitoba.ca/eptc) to learn more.

\* 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.

Manitoba 



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# Community Wellness

## UPCOMING PROGRAMS AND EVENTS

Interlake-Eastern Regional Health Authority

All community wellness events are **FREE** for Interlake-Eastern residents unless otherwise stated. Advance registration is required. Space is limited so register early. If you are interested in attending a community wellness program close to home but don't see it listed, contact Theresa Dankochik at [wellness@ierha.ca](mailto:wellness@ierha.ca) or 1-877-979-WELL (9355) and we'll do our best to accommodate you or identify a program in your vicinity. All classes are subject to change.

### CARE OF CHRONIC DISEASE

#### Diabetes Self-Management

Have you recently been diagnosed with pre-diabetes or diabetes? Are you unsure of what diabetes is? Interlake-Eastern Community Wellness Team is here to help you. This program consists of two or three classes explaining what diabetes is, how to control blood sugars, what to eat and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.

**Arborg** - Arborg Hospital Boardroom  
Class 1

Thurs., Mar. 3, 10:00 a.m. to Noon

Class 2

Thurs., Mar. 17, 10:00 a.m. to Noon

**Ashern** - Ashern Hospital Boardroom  
Class 1

Thursday, March 3, 10:00 a.m. - Noon

Class 2

Thursday, March 17, 10:00 a.m. - Noon

**Eriksdale** - Eriksdale Wellness Centre  
Class 1

Wed., Mar. 2, 10:00 a.m. - Noon

Class 2

Wed., Mar. 16, 10:00 a.m. - Noon

**Fairford** - Fairford ACFS Office

Class 2

Thurs., May 12, 1:00 - 3:00 p.m.

**Gimli** - Gimli Health Centre MPR

Class 1

Tues., Jan. 12, 9:30 a.m. - 11:30 a.m.

Class 2

Tues., Jan. 19, 9:30 a.m. - 11:30 a.m.

**Hodgson** - Percy Moore Hospital Boardroom

Class 1

Wed., Mar. 9, 1:00 p.m. - 3:00 p.m.

Class 2

Wed., Mar. 23

1:00 p.m. - 3:00 p.m.

**Peguis** - Peguis Health Centre Boardroom

Class 1

Wed. May 4, 1:00 p.m. to 3:00 p.m.

Class 2

Wed. May 18, 1:00 p.m. to 3:00 p.m.

Peguis Health Centre Boardroom

#### Diabetes Solutions with a Nurse Educator

Want to learn about new medications and technologies for diabetes management? Do you have unanswered questions or just unsure of how to keep your diabetes under control? Come join a diabetes troubleshooting nurse education session.

#### Gimli

Tues., Jan. 26, 9:30 a.m. - 11:30 a.m.

Gimli Health Centre MPR

#### Get Better Together

Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease? Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Appropriate exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

This FREE six week program is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you! Each session is 2.5 hours.

To get on a wait list to attend Get Better Together in another community, email [wellness@ierha.ca](mailto:wellness@ierha.ca) or phone toll free 1-877-979-WELL (9355).

#### Eriksdale

Tuesdays: Feb. 9, 16, 23 & Mar. 1, 8, 15  
1:00 - 3:30 p.m.

Eriksdale Wellness Centre

### HEALTHY EATING

#### Eating for Health

Want to learn about healthy eating in general? Looking for nutrition tips, weight loss tips or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.

#### Gimli

Tues., Feb. 2, 9:30 a.m. - 11:00 a.m.

Gimli Health Centre MPR

#### Eating for Heart Health

Love your heart! Learn about dietary changes to help you improve your blood pressure and cholesterol, medications to protect your heart, activity and stress management, and monitoring your blood pressure at home.

#### Arborg

Thurs., Feb. 4 or May 5, 10:00 a.m. to Noon  
Arborg Hospital Boardroom

#### Ashern

Thursday, Feb. 4 or May 5  
10:00 a.m. - Noon  
Ashern Hospital Boardroom

#### Eriksdale

Wed., Feb. 10 or May 11, 10:00 a.m. - Noon  
Eriksdale Wellness Centre

#### Fairford

Tues., Apr. 5, 1:00 - 3:00 p.m.  
Fairford ACFS Office

#### Hodgson

Wed., Apr. 20, 10:00 p.m. - Noon  
Percy Moore Hospital Boardroom

#### Peguis

Wed., Feb. 3, 1:00 p.m. to 3:00 p.m.  
Peguis Health Centre Boardroom

#### Label Reading and Menu Planning

Ever wonder what the numbers and percentages mean on your food packages? Having trouble planning meals? Come to our label reading and menu planning class!

#### Arborg

Thurs., Apr. 14, 1:00 p.m. - 3:00 p.m.  
Arborg Community Health Office

#### Ashern

Thurs., Jan. 14, 10:00 - Noon  
Ashern Hospital Boardroom

#### Fisher Branch

Tues., Mar. 22, 1:00 p.m. - 3:00 p.m.  
Fisher Branch Clinic Boardroom

#### Peguis

Wed., Apr. 6, 1:00 p.m. to 3:00 p.m.  
Peguis Health Centre Boardroom

#### Riverton

Thurs., Feb. 18, 4:00 p.m. - 6:00 p.m.  
Riverton Clinic Boardroom

#### Craving Change

A how-to workshop for changing relationships with food. Change your thinking, change your eating. Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this FREE three week program is the class for you!

#### Arborg

Tuesdays: Jan. 12, 19 & 26  
Arborg Hospital Boardroom

#### Ashern

Mondays: Jan. 25 & Feb. 1, 8, 5:30 p.m. - 7:30 p.m.  
Ashern Hospital Boardroom

#### Hodgson

Wednesdays: Apr. 13, 20, 27, 1:00 p.m. - 3:00 p.m.  
Percy Moore Hospital Boardroom

### EXERCISE

#### Take Charge of Your Health

##### Introduction to physical activity

Physical Activity is vital to your physical and emotional health and can bring you fun and fitness at the same time. Leave this FREE class with resources to continue on your path to wellness. You will learn where to begin, goal setting, physical activity guidelines specific to your age group, recommendations for developing a walking program, gentle stretching & strengthening exercises modified to meet your individual needs. Don't forget your running shoes and wear comfortable clothing! We'll get up and get moving as we learn fitness facts!

#### Arborg

Tues., Feb. 2, 10:30 a.m. - 11:30 a.m.  
Arborg House of Hope

#### Eriksdale

Thurs., Jan. 21, 1:00 - 2:00 p.m.  
Eriksdale New Horizons Building

#### Riverton

Wed., Mar. 9, 1:00 p.m. - 3:00 p.m.  
Riverton Clinic Boardroom

#### Winnipeg Beach

Part 1 - walking  
Tues., Jan. 12, 1:30 p.m. - 2:30 p.m.  
Winnipeg Beach Legion

#### Winnipeg Beach

Part 2 - Anywhere/Anytime Exercises  
Tues., Jan. 19, 1:30 p.m. - 2:30 p.m.  
Winnipeg Beach Legion

#### How to Build on the Basics - Take Your Physical Activity to the Next Level

You will learn: physical activity guidelines specific to your age group; why form and core strength are so important; intermediate body weight exercises and stretching; recommendations for preparing for a 5K walk/jog; and how to revisit goals with improved physical activity using the FITT principle. Wear clothing and footwear for physical activity and bring a towel or mat.

#### Peguis

Wed., Feb. 24  
1:00 p.m. - 3:00 p.m.  
Peguis Health Centre

#### F.A.N. Club

Fitness And Nutrition Club - a four week program to help families get active is coming soon to your community! For more information call toll free, 1-877-979-WELL (9355) or email us at [wellness@ierha.ca](mailto:wellness@ierha.ca).



To schedule an appointment with a nurse or dietitian regarding your chronic condition, please call 1-877-979-WELL (9355). A physician referral is not required for these appointments.

### BOOK THE MOBILE WELLNESS TEAM TO VISIT YOUR COMMUNITY!

Mobile Wellness events bring a team of health care professionals to your community, event or workplace to provide FREE education and information to help people make healthy lifestyle choices. Nurses, dietitians, exercise specialists and wellness consultants on the team identify important health factors and what you can do to improve your health. The team can offer blood pressure and blood glucose checks and reviews with a nurse along with a lifestyle quiz. They bring along informative displays on physical activity, nutrition, smoking and stress and can offer a healthy lifestyle presentation along with a passport to record important results. Call 1-877-979-WELL (9355) or email [wellness@ierha.ca](mailto:wellness@ierha.ca) for more information.



To register or for more information contact Theresa Dankochik at [wellness@ierha.ca](mailto:wellness@ierha.ca) or 1-877-979-WELL (9355).





# Grahamdale reeve looking forward to improving RM in 2016

By Jeff Ward

Flood recovery is one of the main issues concerning not only residents of the RM of Grahamdale but the reeve and council as well.

Thankfully, the vast majority of those projects saw completion in 2015, and Reeve Clifford Halaburda is excitedly looking forward into 2016 and outlining a few of the projects he wants to get done this year.

Drainage remains an important issue for council and reeve in 2016, and those projects will be addressed as the council moves forward. The biggest issue, and one of Halaburda's top priorities, is moving ahead with flood protection for the town of Moosehorn.

"That project has been moving much slower than I would've liked," admitted Halaburda.

"We had to deal with some land exchange stuff and there's still work to be done on the planning of the diking, as well as some more work around the townsite. Hopefully this will all be put in place and done by summer of this year."

Halaburda feels that the slow progress on the Moosehorn flood protec-

tion is probably the biggest failing of the council in 2015. He said that there have been many hold-ups that have kept the project from progressing. But he also mentioned that this year the council is planning to be very aggressive in getting the project complete.

As for the biggest success in 2015, Halaburda says the completion of cleaning up the remaining flood damage within the RM was an important thing to get done.

He sympathized with the farmers that had a tough harvest this year as well. The water table still hasn't recovered from overland flooding, and although many farmers had higher than expected yields, the harvesting didn't work out the same way.

Halaburda is also happy with the progress that both Lake St. Martin First Nation and the Little Saskatchewan First Nation are making in relocating their communi-

ties. He said that while it does reduce the RM's tax base a bit in losing that land, he's proud that his council has been able to help the First Nations in securing a new home.

"The real story there is those people just want to get home. They're our neighbours, and those infrastructure projects will be good for our community and local contractors. It's win-win," said Halaburda.

The reeve said that in the next few weeks, council will get together and start planning for their upcoming budget and beyond.



Clifford Halaburda

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### > TAX CHANGES, FROM PG. 2

seniors.

"This change means approximately 98 per cent of qualifying seniors will no longer pay school taxes," Selinger said.

Selinger added the seniors' school tax rebate will be capped to ensure that two per cent of seniors with high-valued homes still pay some school taxes.

Seniors can start applying for the tax rebate when they receive their property tax statement from their local municipality, which is expected to commence in May. To qualify for the rebate, seniors must:

- own or occupy and live in their house;
- be at least 65 years of age; and
- pay school taxes not already fully covered by the basic Education Property Tax Credit.

Applications are available by calling the tax assistance team at 204-945-7555 in Winnipeg or at 1-855-893-8266 (toll-free). The deadline to apply for the 2015 rebate is March 31.

In addition, data-processing investment, cultural industries printing and nutrient management tax credits that were scheduled to expire at the end of 2015 will be extended for three years, the premier said. He noted the extensions allow the business community added certainty the tax credits will continue to be offered, allowing them to plan for future investments.

**Classified booking  
deadline is Monday  
at 4 p.m. prior to  
Thursday's publication.  
Call 467-5836**



# Flying high at Fisher Branch's Ukrainian New Year

By Patricia Barrett

The dance floor in the Fisher Branch Community Club was smoking hot last Saturday night when the town's Chaika Dance Club helped ring in the Ukrainian New Year.

The club performed several folk dances from various regions across Ukraine and wowed the 200-plus crowd during the Kolomeyka.

The Kolomeyka is a fast-paced folk dance popular with both Ukrainians and Poles. In North America, the Kolomeyka has dancers join hands and turn in a circle around a soloist as she or he performs.

Ed Basaraba, who farms in the area, called it "the show what you can do" dance, a bit of improvisation to dazzle onlookers.

"In the real music of Kolomeyka," said Basaraba, "it is four or eight people dancing, four men or four women."

The 24 Chaika dancers performing New Year's Eve certainly showed the crowd what they could do.

Jessica Truthwaite, who has been with Chaika for 10 years and is the longest-serving dancer, demonstrated some lightning-fast footwork.

Brody Webb, who dances in the junior level, performed a number of cartwheel-handstand combinations across the floor.

Chris Shepell, a former Chaika dancer who now farms in the area, kicked off his street shoes and performed some jaw-dropping jumps.

Even the club's dance instructors, Deneika Gard and Cody Vandersteen, got into the act, showcasing their skills. Both instructors started their dancing careers with Chaika.

Gard is now a principal dancer with the Rozmai Ukrainian Dance Company in Winnipeg, where she attends university.

"We're lucky to have her as an instructor," said Darcy Truthwaite, whose 15-year-old daughter Jessica performed in three traditional dances in addition to the Kolomeyka. "It's hard to get people to drive out to Fisher Branch."

The eight folk dances the club performed showcased Ukraine's diverse regions.

In one dance — a high-stepping, high-knees number — the dancers wore beads and medallions on their costumes to symbolize a wealthy area of Ukraine.

"The more beads you have, the more money you have," said RM Fisher Coun. Stacey Gard, who sits on the club's executive board.

Even the dancing shoes are specific to an area of Ukraine.

In another dance, performers carried



Cassidy Webb, one of the senior dancers of the Chaika Dance Club,



EXPRESS PHOTOS BY PATRICIA BARRETT  
Chaika dancers in costumes representing all regions of Ukraine, performed the Welcome Dance.



Jessica Truthwaite (right) and the Intermediate and Tristan Webb dances in the Senior level. Senior-level dancers performed the wreath dance.



hankies that they occasionally waved. "This is how they get the boys' attention," said MC Leanne Kochan, who explained the significance of each dance before the performers took to the floor.

For 46 years, the Chaika Dance Club has promoted Ukrainian culture through dance and music. Its members practise at Fisher Branch Collegiate once a week.

"We do Malanka as a fundraiser and to keep the Ukrainian culture alive," said Truthwaite.

Parents support the club through fundraisers, such as perogy-making and selling. They usually sell about 1,000 dozen.

"I bought too many potatoes one time," Truthwaite laughed, "and we made 1,200 dozen."

After the Chaika dancers performed, the Ukrainian Oldtimers band invited the crowd onto the dance floor.

The Oldtimers are a polka-dance



Brody Webb, junior dancer with the Chaika Dance Club, performed a number of handstands during the Kolomeyka.

band from Winnipeg composed of Steve Myk on violin, Ted Paley on drums, Bill Scherbatiuk on guitar and saxophone, Linda Shydrowsky on cymbaly and bass guitar, and Ness Shydrowsky on accordion.

Chaika will be competing in the Kalyna Festival of Ukrainian Dance, May 6-8 in Yorkton, Sask. Kalyna is an annual competition for dancers from



Dancers in the beginner level perform a Poltava.

across Western Canada.

Chaika will also be performing for the Fisher Branch community before the competition. That date will be announced.



# PC MLA candidate for Interlake visits RM Fisher

By Patricia Barrett

Derek Johnson, PC MLA candidate for the Interlake electoral division, was a delegate at the RM Fisher's regular council meeting Jan. 6.

Johnson heard the RM's major concerns and provided the reeve and councillors with information about his personal background and what he could bring to the role of Interlake MLA.

"Drainage is always an issue," said Johnson, who was councillor for the RM St. Laurent (2010-2014) before being nominated MLA candidate for the Interlake. "There are a lot of provincial drains not being looked at."

Reeve Shannon Pyziak said provincial drains in Fisher "have not been touched for 40 to 50 years."

Coun. Boyd Abas, who is also deputy reeve, said part of the reason the drains hadn't been touched was that the province failed to address concerns held by First Nations. The RM's drains and waterways connect to Fisher River, which flows through Peguis and Fisher River reserves.

"Several governments [that had been] in power didn't address their issues," he said, and improving drainage now would not be an "easy fix. It would cost millions."

Having been a councillor, Johnson said he knows "how tough it is being on your side, asking for government funding and not being heard."



EXPRESS PHOTO BY PATRICIA BARRETT

Derek Johnson, PC MLA candidate for the Interlake, paid a visit to RM Fisher council to discuss major concerns in the municipality and what he could bring to the role of MLA.

Johnson spoke about the need to boost economic development in rural communities. For areas like this, he said, we might as well "put up a closed sign up at the Perimeter." Job creation would keep young people in

their communities.

Abas said infrastructure funding is another area of concern.

"The funding we receive as an RM has stayed stagnant for years," he said. "The allocation of funds from the province to RMs — to all municipalities — is stagnant."

Abas said the government allocates funding based on how many people live in an RM. Even within an area containing a small population, the RM is still responsible for road maintenance.

The reeve said the government's 50/50 Road Improvement Program,

a cost-sharing program that helped municipalities maintain and build new roads, was delegated to the RMs.

"We've been given more responsibility with inappropriate funding."

Other major concerns include beavers and a lack of mobile phone service.

Pyziak said beavers are a "huge issue" and the programs currently in place are insufficient to deal with the drainage issues they cause.

But perhaps the biggest barrier to business and economic development

Continued on page 15



## 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.

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## > ICE FESTIVAL, FROM PG. 7

val du Voyageur. He took home third prize for his humorous "Kitchen Party," which depicted mice playing in and around a teapot.

"I was always impressed by what was going on at Festival," said Tanchak. "It was amazing what could be done."

He'll be participating this year (as he has done most years) after he creates his artistic pieces in Gimli.

He said people have always been interested in seeing what will emerge from a solid chunk of snow, judging by the traffic he gets past his house.

"It's a different way of looking at snow," he said, "than just seeing it lying on the ground in heaps."

For a self-taught snow sculptor, Tanchak

knows a lot about snow.

"Snow naturally blown by the wind is hard, has no air and can withstand weight," said Tanchak. "When it's packed, it's extremely heavy."

That what makes it ideal for cutting shapes, he said.

And it also has a longer shelf life than ice.

"As soon as sunlight hits ice, it starts melting."

Snow, on the other hand, reflects light.

"I had a biker in our yard — his hair in the wind on his Harley — and it lasted 'til the middle of March," he said. "If that had been ice, it would have been gone in a month."

In addition to snow, Tanchak works with oil, acrylic, pen and even spray paint. He has been commissioned to paint portraits and murals, and is well known for his caricatures that appear in the *Stonewall Teulon Tribune*.

Gimli Ice Festival co-chairs Susan and Peter Holfeuer planned and organized the festival, which is in its fifth year. They commissioned

Tanchak to build the five snow sculptures in Cooley's Ice Park (Cooley is the polar bear ambassador for the festival).

Peter, along with volunteer Gord Anderson from Gimli's Kiwanis Club, was out Saturday morning with his drill and shovel to help Tanchak remove the wooden forms from the block nearest the art club.

He said five volunteers helped set up the forms, and Toomey Construction, a local contractor in Gimli, used a front-end loader to fill them.

In addition to the sculptures, the park will offer other activities.

"We'll be building a 32-foot square skating rink for little kids," said Holfeuer. "It will have lighting and seating."

And for the bigger kids — after the auger goes down to test the thickness of the ice — there will be a skating trail about six feet wide snaking through the harbour.

Holfeuer said it costs about \$12,000 to set up the festival. The money was raised over the past two to three years.

A number of sponsors are contributing to the festival, including Noventis Credit Union, Future Mechanical Systems, the Lakeview Resort, TIM-BR Mart, Toomey Construction, Shachtay Sales & Service and Kubota Canada.

Although the wooden forms indicate the theme of each sculpture, Tanchak doesn't want to let the cat completely out of the bag about the final work.

"It's a celebration of the fishing industry in Gimli," he said. "And a celebration of the Huldudfolk. You'll have folklore imaged in one of the bigger blocks."

He said it will probably take about a month to complete all five sculptures. But the curious are welcome to venture out to the harbour to see how the snow is shaping up.

Those who live in Stonewall can drive or walk past Tanchak's yard to see whether they can figure out what his block of snow is going to be.

For more information about Tanchak's work, visit [www.colour-splash.ca](http://www.colour-splash.ca).

The Gimli Ice Festival runs March 5-6 and includes the "Fire on Ice" car racing championships on the lake. Details about festival events are coming soon. Visit [www.gimliice-festival.com](http://www.gimliice-festival.com).

## Increases to rent paused for provincial park cottagers

### Staff

Manitoba will pause increases to land rents for cottages in Manitoba's provincial parks but will continue to phase in increases to park district service fees to ensure cottage owners pay the full cost of actual services received.

"All Manitobans value the beautiful parks, lakes and rivers that our province has to offer," Conservation and Water Stewardship Minister Tom Ne-

Continued on page 13

## Investing in Manitoba's students

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2015/2016

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

City of Selkirk Lottery License #63-15





# Chase the Ace jackpot grows at the Riverton Inn

By Patricia Barrett

As of last Tuesday, the Chase the Ace jackpot at the Riverton Inn was up to almost \$22,000 with only nine cards left to draw.

The 50/50 game helps local charities — such as the Friendship Centre — in Riverton. Half the prize money goes to the person who draws the ace of spades from a deck of cards and the half goes to charity.

“We make nothing,” said Riverton Inn owner Pierre Deniset, “except business.”

It takes about eight months to build the pot to that amount, he said.

By Saturday, Deniset said he expects the pot to grow by another \$2,000.

To play the game, a ticket has to be purchased. If that ticket is drawn, the

holder gets to try his or her luck at pulling the coveted ace from a deck of cards. If the ace is not pulled, the draw continues but with fewer cards in the deck.

Deniset said he prefers Chase the Ace over VLTs because the prize money stays in the community. Eighty per cent of VLT revenues go to the province.

And although 20 per cent goes back to the business operating the VLTs, making a profit is difficult.

“We need space for the VLTs and we pay utilities, property tax and insurance,” said Mitch Johnson, general manager. “And we paid for renovations to the VLT room.”

Chase the Ace draws take place Saturdays between 5 and 8 p.m.



PHOTO BY PATRICIA BARRETT

The Chase the Ace pot at the Riverton Inn was \$21,536 last Tuesday with only nine cards left to draw.

## > RENT PAUSE, FROM PG. 12

vakshonof said in a release on Dec. 30, 2015. “We’ve heard from a number of cottage owners as we continue to consult on the process to ensure all cottage owners pay their fair share for the services they receive. We’ve listened to the Whiteshell Cottagers Association and other groups and that is why we will be freezing rents until the new assessment system is established.”

Cottage owners in provincial parks pay two types of fees — land rent and park district service fees. Land values were updated in 2013 and land rent increases, which were to be phased in over 10 years, will be paused until a

new assessment model is developed. Park district service fees are moving towards full cost recovery for things such as water and wastewater treatment, road maintenance, and garbage and recycling services over the next two years. In 2012, this fee recovered less than 45 per cent of service costs. This year, it will recover about 80 per cent.

There are more than 6,000 cottages in Manitoba’s provincial parks. Consultations regarding fees have been ongoing and input has been received from cottage associations across the



## Notice of Public Hearing

### TO REVIEW MAXIMUM ALLOWABLE CHARGES AND FEES FOR PAYDAY LOANS

PURSUANT to *The Consumer Protection Act* (Act) (C.C.S.M.2006 c.2006 c.200) the Manitoba Public Utilities Board (Board) will conduct a public hearing to review charges and fees for payday loans and consider the impacts of possibly reducing the maximum allowable rate from \$17 per \$100 borrowed to \$15 per \$100 borrowed. Additionally, the Board will consider the impacts of reducing the proportion of a borrower’s net pay, which is used to determine the maximum loan amount, from 30 percent to 25 percent. These considerations, and other related matters, will be included in the Board’s report to the Minister.

#### SPECIFICALLY SEC. 164 OF THE ACT PROVIDES:

164(2) Within three years after the first regulation under clause 163(1)(f.1) (maximum cost of credit) comes into force, the board must commence a review of

- (a) the meaning of «cost of credit» for the purposes of this Part;
- (b) the maximum cost of credit — or any rate, tariff or formula for determining the maximum cost of credit — that may be charged, required or accepted in respect of a payday loan; and
- (c) the maximum amounts, or the rates, tariffs or formulas for determining the maximum amounts, that may be charged, required or accepted
  - (i) in respect of any component of the cost of credit for a payday loan,
  - (ii) in respect of the extension or renewal of a payday loan,
  - (iii) in respect of a replacement loan, or
  - (iv) in respect of a default by the borrower under a payday loan.

Further, the Board will submit its report to the Minister which will include

- (i) a description of the board’s consultation and the results of the consultation, and
- (ii) the board’s recommendations about the matters reviewed under subsection (2); and
- (b) may include any other recommendations about the regulation of payday lenders or payday loans.

#### HEARING DATES AND LOCATIONS:

A Public Hearing will be held on the following days:  
Date: Tuesday, April 12 to Monday, April 18, 2016 at 9:00 a.m.

Location: Board’s Hearing Room — 4th floor, 330 Portage Avenue Winnipeg, Manitoba

#### PARTICIPATION AND SCOPE OF HEARING:

##### PUBLIC PARTICIPATION AS AN INTERVENER

The public may participate in this review as an Intervener. Interveners provide evidence to the Board and are subject to cross-examination. Those seeking Intervener status should file their application with the Board by February 29, 2016. Intervener Application Forms are available on the Board’s website at: <http://www.pub.gov.mb.ca/faq.html>

Interveners must identify their reasons for intervention and be prepared to cooperate with other interveners to avoid duplication of interventions.

The Board may determine whether an intervener is entitled to costs for participating in the hearing and may fix the amount of those costs. Criteria defining the award of costs are described in the Board’s Rules of Practice and Procedures which are also available on the website.

The Board will issue a procedural order dealing with scope, process and intervener status following the February 29, 2016 filing deadline.

##### PUBLIC PARTICIPATION AS A PRESENTER

The Public is welcome to provide written submissions to the Board. Written submissions should be received by March 11, 2016.

The public may also present their views orally to the Board during the Hearing. Anyone wishing to present oral submissions to the PUB should contact the Board Secretary by March 11, 2016.

Persons wishing to address the Hearing in French are required to notify the Board’s Secretary prior to March 11, 2016.

##### SCOPE OF REVIEW

Interveners may also wish to make written submissions regarding the scope of the review and to address any specific issues, beyond the mandatory review requirements that they seek to have the Board consider.

##### FILING OF INFORMATION

The Board will set out a timetable for the orderly filing of information and confirm the hearing dates in its Procedural Order.

All material filed by approved Interveners, as well as public presentations, will be provided on the Board’s website.

##### PROCEDURE

The Board’s Rules of Practice and Procedure will apply to the conduct of these hearings. All Interveners must familiarize themselves with the Board’s requirements. This document is viewable on the Board’s website or is available upon request to the Secretary of the Board at 400 - 330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4 or by calling (204) 945-2638 or 1-866-854-3698 (toll free). The Board’s email address is [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca).

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the Application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result personal information protections are reduced. The proceedings before the Board are transcribed and the transcript is posted on the Board’s website. Names of Presenters and their written or oral presentations are included in the publicly available transcripts.

DATED this 14th day of October, 2015.

**Darren Christle**  
Secretary, Public Utilities Board



Five days notice required.



Wheelchair access is available.

**Manitoba**



# Gimli Yacht Club could see a 2017 Canada Summer Games upgrade

By Patricia Barrett

The Gimli Yacht Club could receive a \$30,000 upgrade when the Canada Summer Games come to Winnipeg in 2017.

The club will be the host venue for the sailing competition July 27 to Aug. 4. Members of the executive team held a public presentation in Gimli last Thursday to provide background about the games and what it hopes Gimli can do for the athletes.

"We're extremely excited that Gimli's going to be a part of the games in 2017," said Summer Games CEO Jeff Hnatiuk, speaking to about 30 people in the council chambers.

After Hnatiuk outlined the history and economic benefits of the games, Janet McMahon, director of sport and venues, provided an overview of the sailing competition.

Sailors aged 15 to 21 will be competing. There will also be a para component for sailors aged 17 to 35 with a disability. Each team has the opportunity to include one para-athlete. Three models of competitive racing craft will be used for competition.

The organizing team is hoping Gimli will create an "engaging" team village for the approximate 110 participants in the sailing event, who are expected to arrive in town July 27.

"The challenge with us in having a satellite village," said McMahon, "and taking them away from the rest of the competition is creating the environment ... an engaging village environment for the athletes."

For that, the executive needs local volunteers.

"We would like to recruit a number of people for the venue team that are local people from Gimli," said McMahon.

hon. "And we do see the Gimli Yacht Club as a major partner in this."

McMahon said the Yacht Club will benefit from the Games through upgrades.

"We have committed a \$30,000 upgrade to the facility," she said.

That money could be used to replace aging support boats, anchors and VHF radios that get accidentally dropped overboard.

Director of operations Elizabeth Vieweg said the executive is in discussions with Gimli High School for the village site, but nothing has been confirmed.

The executive is also putting together a Village Planning Team. The athletes will require catering, transportation, entertainment and security. She hopes the planning team will be up and running by this April.

"We really want volunteers for this village to come from the local community," said Vieweg.

Coun. Danny Lyprypa, who attended the meeting with Coun. Thora Palson and Mayor Randy Woroniuk, asked how many volunteers would be required.

Commodore Nancy Folliott from the Yacht Club said it would probably require 300 people.

On behalf of Gimli council, Woroniuk said, "We will commit to helping you."

The Games have a \$9 million capital budget — \$3 million each from the federal government, province and city. The executive is hoping to raise another \$6.5 million from corporate sponsors. The games are expected to generate \$153 million.

For more information, visit [www.canadagames.ca](http://www.canadagames.ca).



PHOTOS BY PATRICIA BARRETT

Members of the 2017 Canada Summer Games organizing team, members of council and representatives from the Gimli Yacht Club will be working together to organize the sailing competition in Gimli.



Janet McMahon, director of sport and venues for the 2017 Canada Summer Games, said the Gimli Yacht Club could receive a \$30,000 upgrade for hosting the sailing competition.



Jeff Hnatiuk, CEO of the 2017 Canada Summer Games, hosted a public presentation in Gimli to provide information about the games and Gimli's role in the sailing competition.

## PC leader Brian Pallister coming to Arborg

By Patricia Barrett

Manitoba Progressive Conservative party leader Brian Pallister will be hosting a fundraising luncheon Jan. 21 in Arborg.

Pallister will be hearing Interlake residents' concerns and answering questions about his party's platform.

"It will be an open question session," said Derek Johnson, MLA candidate for the Interlake constituency.

The food will be "home-cooked and locally sourced," said Johnson, who opened a constituency office last Saturday in Arborg and will be attending the event.

Every bit of food comes from the Interlake," he said.

The menu includes smokies from Interlake Packers in St. Laurent, perogies from Minnie's Handmade Ethnic Treats in Lundar and bread and doughnuts from Arborg Bakery.

The lunch takes place Thursday, Jan. 21, at the Arborg Community Centre from 11:30 a.m. to 1 p.m. Tickets are \$20.



EXPRESS FILE PHOTO

Brian Pallister, who spoke about his party's approach to governance at the Gimli Waterfront Centre last November, will be hosting a question and answer session in Arborg.



## > PC MLA, FROM PG. 11

in the RM is the lack of cell tower coverage and Internet infrastructure in some areas. Fisher Branch has cell service, but First Nations to the north and towns such as Poplarfield to the south lack service.

"How do we attract business if cell and Internet service is an issue?" said Pyziak.

Coun. Stacey Gard said tourism initiatives seem to overlook this part of the province.

"The big problem is we're not north and we're not south," said Gard. "They go to Selkirk then jump up to Churchill."

Gard said she would like to see some provincial funding assistance for activities that could bring people to Fisher. That includes developing ATV and quad trails.

"There's no assistance for small communities to try to develop tourism, no core funding to get it started," she said.

Johnson said tourism is one of Brian Pallister's concerns, especially drawing people from Minnesota. He indicated that advertising targeting Americans could help draw tourists to the province.

Pyziak asked Johnson what the RM could expect from him — if elected MLA — in terms of communication.

"We want you to be open to discussions and concerns," she said. "That would be our expectation."

Johnson said while councillor during the flood of 2011 on Lake Manitoba, he was constantly on the phone. "I continue that practice."

### Other council briefs:

- Coun. Allan Lindal, who sits on the Mantago Lake Campground Committee, provided council with an update regarding a quarry development in the Mantago (or Montageo) Lake Wildlife Management Area (WMA).

The WMA is not located in the RM Fisher, but people travel there for fishing and other recreational pursuits.

Peguis First Nation has concerns about quarry development and the possibility of opening the doors to other quarries should a permit be granted, said Lindal. Mantago Lake is southwest of Peguis.

The province plans to fix an 11-kilometre stretch of road in the area.

Lindal said representatives from the RM, Peguis and Conservation and Water Stewardship will meet in a few weeks to discuss the area.

- The RM recently had a legal survey carried out of two roads in the RM. Ann Avenue in Poplarfield (near the community hall) and Homick Avenue in Fisher Branch (near the museum) "were used as roads," said CAO Linda Podaima, "but never registered or recognized as a road." They have now been registered.

- The RM is in talks with the province regarding gravel that was removed from land owned by the RM but which is administered by the Crown. The province had issued a permit to a contractor to remove gravel for use on a Highway 17 project. The RM will determine how many tonnes of gravel were removed and get a few quotes on price per tonne.

- The RM will be identifying highway intersections in high traffic areas where the buildup of snow and ice might contribute to accidents and will discuss with the public works department.

"I've advocated ... that the plows scrape ice off roads up to provincial roads 17 and 325," said Abas. "Once there's a halt in plowing after a storm, go do that maintenance."

## > RENT PAUSE, FROM PG. 14

province. Bills reflecting the changes announced today will be sent to cottagers early in the new year. Cottagers will also be consulted in the development of further changes to the system, the minister said.

"The Whiteshell Cottagers Association, along with our partners at other provincial park cottager associations, are very pleased that an agreement to freeze the land rent has been reached with the province," said Daniel Klass, president, Whiteshell Cottagers Association. "We look forward to constructive participation with the prov-

ince in a process that will ensure that Manitoba parks continue to thrive as a resource for all and that the tradition of family cottaging remains affordable."

Changes to the fee structure and land rents since 2012 produced \$5.5 million in additional revenue. Nevakshonof said pausing the escalation in land rent will defer increases of approximately \$1 million per year, adding he is looking forward to working with the Whiteshell Cottagers Association and other groups in the new year to finalize details of the changes. He noted Manitoba's eight-year, \$100 million park strategy continues to build great park experiences for all Manitobans.



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On behalf of local businesses, the Express Weekly News thanks you for shopping local. Special thanks to Swan Valley Travel, Arborg, Mb. for their participation.






# End of the road: Northern customers sadly missed in Riverton

By Patricia Barrett

The opening of an all-season road on the east side of Lake Winnipeg has made access in and out of isolated First Nation communities easier for residents, but it has led to a decline in business for Riverton across the lake.

Before the province started building the road, members of the Berens River and Bloodvein First Nations used to cross the lake by an ice road at The Narrows and take the 234 down to Riverton.

"We've been seriously affected," said Pierre Deniset, owner of the Riverton Inn since 2010. "It was supposed to be a retirement project when I bought it."

Deniset said he is struggling to make ends meet, working shifts, and doing laundry and other odd jobs because he can't afford to hire staff.

Northern residents used Riverton as a weekend getaway before the road was opened, he said.

"They'd rent a room, go shopping in town, go to the bar, play the VLTs and eat in the restaurant," he said. "It kept a place like this going."

The all-season road will run 156 kilometres from Berens River to PR 304 near Manigotagan. It includes the construction of bridges. The work is ongoing.

Deniset said he has heard the road is "a great benefit to those stranded there."

But to make up for his lost customer base, he has had to come up with creative ways to draw business, such as Chase the Ace, ticket giveaways and theme nights.

And it's not only the Inn that's missing the northerners.

At the Co-op, the retail manager said the decline in northern customers has been noticed throughout the past year but most notably since November's freeze-up.

"In all honesty, they have a road that is well deserved," she said.

The owners of the MCC Thrift Shop at the south end of town said they appreciated their northern customers' business whenever they came through.

"We certainly have noticed their absence," said Elaine Slough, who has operated the business with her husband Pete for 11 years, "and we do miss them."

Staff at the Friendship Centre are also aware of their absence.

The executive director owned the Shop Easy Food Store for 27 years and noticed a dip the last three years she had it.

"They were our customers for many years," she said. "It's sad they're not coming this way."

Calling the road "long overdue," the director said it's now easier — and cheaper — for northerners to get out of their communities.

Pam Fiset, who's a referral worker at the centre, said she has noticed their absence around town, especially in the supermarkets. "There are not too many people."

Her husband Pierre used to drive a truck for Sunterra (a peat mining company) to and from the area where the ice road used to be.



EXPRESS PHOTO BY PATRICIA BARRETT

Riverton Inn owner Pierre Deniset and general manager Mitch Johnson have experienced a sharp decline in business since the opening of the East Side Road.

He said the government used to build it but stopped, presumably as work was completed on the new road.

"They [Highways] had a sign on Highway 8 that said 'Winter Road,'" Pierre said. "Then about two years ago, they took the sign down."

The responsibility for funding and building the ice road now lies with

First Nation communities.

William Young, who lives in Bloodvein, said they were able to use it in November 2014 "when the communities on the east side got together and cost-shared the building."

But the recent spate of warm weather has caused safety concerns. Young said he has heard talk about opening it again.

The all-season road has brought many benefits to communities on the east side of the lake, namely the ability to come and go year-round.

"We can jump in our vehicle and leave whenever we want to," said Young. "We used to have to wait for a scheduled air flight."

Sometimes residents were put on a waiting list for a flight out. And at about \$250 a flight, he said they couldn't fly very often.

Young said he's aware Riverton is experiencing a decline in visitors from his community.

"I've talked to people in Riverton," said Young, "and they've noticed the drastic change."

He himself was a regular in town, doing his shopping, banking and other business.

"My hairdresser is there," he said.

Northern residents are now taking the road to Pine Falls, Sagkeeng First Nation and Selkirk. In Brokenhead, a grocery store has opened, he said.

He said if the ice road were built, though, he'd come back to Riverton.

"I'd still use it."

## Coldwell reeve looking forward to 2016

By Jeff Ward

Reeve of Coldwell Brian Sigfusson is looking forward to 2016 with a strong optimism.

Bolstered by new Coldwell residents in Lunder, many of the flood projects behind them and the planned sports complex now closer than ever to being a reality, there's a lot to look forward to in the RM.

In 2015, Coldwell had a fairly laid-back year, according to Sigfusson. With the worst of the flooding behind them, council was able to look ahead for the first time in a long time. With

the flood project at Lunder Beach complete and the other two at Sugar Point and Hawthorn Point nearly complete, Sigfusson and his council are looking to plan further ahead than ever before.

"We should plan way further ahead that we have been, but the flood set us back," said Sigfusson.

"I'd like to be three to four years ahead, and we've been maybe one to two years at best. I'll take the heat for that and I'm the one that has to be challenged on that. We have many council meetings

where we talk about a five-year plan and I think we need to do that this time."

Sigfusson has a long list of projects he wants to tackle in 2016 — fixing up Main Street in Lunder, sewer expansions and the improvement of some general roads that he feels haven't been looked after. Sigfusson wants Lunder to appear "open for business" to help encourage more population growth. His main plan for keeping those people in Lunder is to get the arena complex started.

"Assets like that will not only bring more people into the town but keep the ones who are already here. That's been a big project for a long time, and I want to see it built," said the eager reeve.

Sigfusson said that in just a few weeks' time, the council will sit down

**"ASSETS LIKE THAT WILL NOT ONLY BRING MORE PEOPLE INTO THE TOWN BUT KEEP THE ONES WHO ARE ALREADY HERE."**



Brian Sigfusson

and everyone will have the opportunity to throw ideas on the table and see what sticks.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## A hockey experience of a lifetime for Interlake duo

### Locals compete in Sweden, Finland

By Brian Bowman

Several Manitoba women — including a pair from the Interlake — had a hockey experience of a lifetime over the holidays.

Local players included Jodie Stewart of Stonewall and Paige Lindell of Eriksdale. Lee Stewart, the mother of Jodie, was one of the coaches.

"It was a really great experience," said Lindell, 20, last Saturday afternoon. "It was a chance of a lifetime to go over there and play. Playing the games with the girls was fun and to go watch the world juniors (was special)."

In total, 34 current and former Manitoba Junior Women's Hockey League players (making up two teams) departed Winnipeg on Dec. 26 for Stockholm, Sweden.

"It was a once-in-a-lifetime opportunity," said Jodie, 23. "Everything went really well, better than expected. (The games) were very competitive and there was a lot of speed and skill."

Jodie, a former MJWL player, now coaches in the league with the Prairie Blaze. It was her first experience playing international competition.

"It was amazing to wear the (Canadian) flag on our jersey and wearing red and white," Jodie said. "Most girls don't get an opportunity to do that, so I'm very thankful for the opportunity and I'm glad that my mom was there as a coach."

Lee said the experience was a tremendous one.

"There was no big tournament or prize at the end," explained Lee in an email. "It was more of a good will tournament between nations that showcased the incredible skill and competitive spirit of female hockey players."

The trip took a year to plan and many of the athletes are students so they had to save and fundraise to make it happen.

"But the memories will last a lifetime," Lee stressed. "It was an honour to be part of (the trip) and the young women represented their country proudly and were true ambassadors for a sport they so passionately play."

The women played two games in Stockholm. Their first game was against a senior women's team (some of whom previously played for the Swedish national team).

The game, said Lee, was very physical and played on a much larger ice surface than in Canada. The Manitoba squad won 3-2 in overtime against the Hainange Anchors.

Their second game was against an under-20 team made up from several teams in Stockholm. This

**"IT WAS A CHANCE OF A LIFETIME TO GO OVER THERE AND PLAY."**



EXPRESS PHOTO SUBMITTED

Eriksdale's Paige Lindell (left) and Stonewall's Jodie Stewart were in Sweden and Finland representing Canada during women's hockey international competition earlier this month.

time Manitoba was on the losing end of a 4-2 score as Sweden sealed the win with an empty-net goal.

"It was also a fast-paced, physical game that remained tied 2-2 until the last two minutes of the game when the Swedish team scored," Lee recalled.

On Dec. 30, the Canadian contingent departed Sweden on an overnight cruise across the Baltic Sea to arrive in Helsinki the next morning.

"It's an amazing experience to be a Canadian in a foreign country," Lee said proudly. "Everywhere we went we ran into fellow Canadians. There was chanting and songs and people taking pictures with fans in opposing jerseys."

"Many European news agencies did stories on the thousands of Canadian hockey fans that descended on Helsinki."

In Finland, the women played the Finnish junior women's team called KJT and won 4-0 while the other Manitoba team played the senior team, winning 2-0.

Unfortunately, one of the girls' games had a scheduling error so they split the game with the other Manitoba team.

The games against both the Sweden and Finland teams were very competitive.

"When you wear a red jersey with Canada on it in Europe, everyone expects you to excel," Lee said.

"They want to beat you and they play hard. Female hockey in Sweden and Finland is growing and the skill level is impressive. Canadians cannot take hockey supremacy for granted."

"The young women I travelled with and coached did not disappoint. They played hard and displayed sportsmanship on and off the ice."

The girls spent their final day on the trip taking in the bronze- and gold-medal games of the men's World Junior Hockey Championship.

"Even though we couldn't cheer for Canada, most Canadian fans became honorary Finnish or Suomi fans for the evening," Lee said.

Lindell saw six different games at the world juniors. Despite Canada having a poor showing at this year's championships, Lindell said the experience was still a great one.

"Even the game with U.S. and Sweden, the crowd was still cheering for Canada," she noted. "It was unreal."

Lee said one of the highlights of the trip (and there were many) was an impromptu road hockey game one evening at the hotel. Canadians converged on the parking lot and handed off sticks to Swedish, Russian and Americans and a three-hour shinny game ensued.

"It's true that sport can bring people together and cross cultural barriers," Lee said.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Wolves beat Beavers in tough road battle

By Brian Bowman

The Gimli Wolves needed a win in a huge way against the Beausejour Beavers last Saturday.

And they delivered, skating to a hard-fought 5-4 road win in Manitoba Senior Hockey League action.

Trailing 2-1 late in the first period, Gimli's Wes Pawluk tied the score and then Pierre Landry (two) and Derek Gagne tallied in the second to put Gimli up 5-2.

But Beausejour's Kody Kennedy scored late in the second period and then Bryan Ritsema tallied at 6:17 of the third to make it a one-goal game.

Brock Genyk scored Gimli's other goal in the first period while Ritsema and Kennedy replied for the Beavers.

Trent Genyk and Dave Hardman each had two assists for the Wolves.

Tyler Oswald earned the win in goal.

Last Friday, Gimli was defeated 7-3 by the first-place Stonewall Flyers.

Tied at 1-1 after 20 minutes, Stonewall scored six of the next seven goals until Gimli netted a goal late in the third to close out the game's scoring.

Matt Varnes had a tremendous game for the Flyers, scoring three times to go along with three assists. He now leads the league in scoring with 16 goals and 33 points.

Stonewall's Cody Hunter and Adam Kirk each had a goal and an assist while Cale McBride and Patrick Dawson also tallied.

Travis Davidson, Jared Morris and Clint Miller replied for Gimli.

Justin Harris earned the win in goal while Brett Gagnon took the loss.

With the split last weekend, Gimli is now 6-3 and in second place in the five-team league, four points back of the first-place Flyers (8-1).

Gimli and Stonewall clashed this past Tuesday but no score was available at press time. The Wolves will then host Lac du Bonnet this Friday.

The Lakeside Phantoms, meanwhile, were also in action last weekend, losing 14-2 to the Blues last Friday.

Phillip Litton and Ryan Koutusic scored for Lakeside.

The Phantoms (0-9) will play at Lac du Bonnet this Saturday.



EXPRESS PHOTO BY LANA MEIER

The Wolves' Dave Hardman goes to the front of the net during Gimli's 7-3 home loss last Friday.

## Peguis Juniors pummelling KJHL opponents

By Brian Bowman

The goals – and victories – keep piling up for the Peguis Juniors.

Peguis scored 26 goals in just three games last week, resulting in three straight wins and sole possession of top spot in the KJHL standings.

On Sunday, Peguis doubled a very good Storm squad 8-4 in OCN.

Romano Paul (three), Christian Cochrane, Keeven Daniels-Webb, Waylon Neault, Devon Garson and Theoren Spence scored for Peguis.

Connor Shaw made 38 saves for the win.

Last Saturday evening, Peguis defeated the Fisher River Hawks 11-4.

Paul had another strong game with two goals and three assists while Jesse Flett and Tyler Woodhouse each had two goals and an assist.

Shaquille Houle (two),

Keesin Richard, Cochrane, and Neault also scored for the Juniors.

Rayne Nykyforuk, Evan Thickfoot, Tyler Kemball and Darryl Thaddeus replied for the Hawks.

Keifer Tacan made 20 saves for the win.

Peguis started last week with a 7-3 road win over the Satellites in north Winnipeg on Jan. 5.

Spence (three), Dylan Stevenson (two), Montana Tanner and Cochrane scored in the win. Tacan stopped 32 North Winnipeg shots for the victory. Peguis (19-4-0-2) will host Cross Lake Friday and Norway House on Saturday and Sunday.

Fisher River, meanwhile, hosted North Winnipeg last night but no score was available. The Hawks will host Norway House Friday and then OCN on Sunday.



EXPRESS PHOTO BY LANA MEIER

The Juniors' Keifer Tacan stopped 32 shots during Peguis' 7-3 road win over the Satellites in north Winnipeg on Jan. 5.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN



EXPRESS PHOTO BY LANA MEIER

Gimli's Noah Basarab now leads the Lightning with 14 goals and is a co-leader in points with 21. Basarab had a hat trick against Southwest during Interlake's 6-5 loss on Sunday.

## Midget Lightning lose a pair of home games

By Brian Bowman

When a team is struggling, anything bad that can happen usually does.

The hard-luck Lightning lost a pair of home games last weekend, dropping a 6-2 decision to Brandon on Saturday and then Interlake lost a tough 6-5 battle with Southwest on Sunday.

In Sunday's loss, Southwest's Tanner Gaudry scored the game winner with just 4:39 remaining in the third period.

Preston Phillips had given the Lightning a 5-4 lead with a power-play goal at 7:51 of the third period.

Interlake came out with a solid first period, opening up a 3-1 lead with power-play goals from Noah Basarab (two) and Jordan Kristjanson.

But Southwest quickly erased that lead with four goals in the first 9:25 of the second period.

Basarab then added his third goal

of the game late in the second period. The Gimli product now leads the Lightning with 14 goals and is a co-leader in points with 21.

Carson Boyechko (two), Josh Wiens, Dawson Waddell and McCullough Park also scored for the Cougars.

In the Brandon loss, the Wheat Kings came out flying, opening up a 4-0 lead by the 9:57 mark of the first period.

Basarab put the Lightning on the board at 12:42 of the opening period and then Jordan Woytowich scored late in the second.

Tate Popple (two), Nolan Twerdoclib, Jaymes Knee, Lynden McCallum and Calen Addison scored for Brandon.

Interlake (7-23) played at the Central Plains Capitals last night but no score was available. The Lightning will then host the Kenora Thistles (14-16) on Saturday (6 p.m.) and Sunday (2 p.m.).

## Falcons split pair of games

By Brian Bowman

The Lundar Falcons gave the defending Keystone Junior Hockey League champion Fishermen a real good battle on Sunday in Selkirk.

Selkirk doubled the Falcons 4-2 but needed an empty-net goal from Drayton Mendrun with five seconds remaining in the game to seal the victory.

It was Mendrun's second goal of the game.

Milan Horanski scored a first-period goal for Selkirk while Karl Fey added a power-play marker in the second.

Drake Zimmerman and Evan Loeb replied for Lundar.

Jordan Liske made 36 saves for the win while Randy Quick made 31 stops.

The Falcons started the weekend with an impressive 5-2 road win over the St. Malo Warriors - keyed by three goals from Bryce Horning - last Friday evening.

Horning scored to give Lundar a 1-0 first-period lead and then Aldyn Gray put the visitors up 2-0.

St. Malo's Mark Nelson and Horning then traded goals just 58 seconds apart midway in the second period.

Jared Magne pulled St. Malo to within 3-2 with a power-play goal late in the third but Horning completed his hat trick with an empty-net goal with 32 seconds left in regulation time.

Landen Grey then added another empty-net goal with just a second left in the game.

Lundar (12-9-0-3) will host St. Malo Friday and then Cross Lake on Saturday.

The Arborg Ice Dawgs, meanwhile, played just one game last weekend, losing 7-2 to the Storm up in OCN on Saturday.

Travis Kilbrei and Colton Davies each had a goal and an assist for Arborg.

Camacho Lathlin (four), Justice Genialle (two) and Brody Personius scored for OCN.

Arborg (11-11-0-2) will visit St. Malo Saturday and then will host Selkirk on Sunday.



EXPRESS PHOTO BY BRETT MITCHELL

The Falcons' Bryce Horning completed his hat trick with an empty-net goal in Lundar's 5-2 road win over the St. Malo Warriors last Friday.



# Blizzard looking for players this season

## Submitted

The Manitoba Blizzard Jr. "B" Lacrosse team is looking for a few good men.

The Blizzard, coached by Trevor Anyon, is inviting any interested lacrosse players to their prospect camp. The team, said a media release, will accept registrations for any Bantam, Midget or Junior-aged players.

The camp, which will be held at the

Gateway Community Club, will cost \$60. Times are as follows:

- Sundays, Jan. 17, 24, and 31 – 9:30-10:30 p.m.

- Sundays, Feb. 14, 21, 28 – 9:30-10:30 p.m.

- Sundays, March 6 and 13 – 9:30-11 p.m.

The Blizzard Junior "B" squad consists of players aged 17-21 from Winnipeg and the surrounding area. In

past years, the team has had players from West St. Paul, Selkirk, Sagkeeng First Nation, and as far north as Thompson.

"We look forward to welcoming players from throughout Manitoba in the future," said Laurie From, the community communications liaison with the Blizzard, in an email.

The Manitoba Blizzard plays in the Rocky Mountain Lacrosse League,

which is an Alberta league but also has a Saskatchewan team competing in it.

Last year, the Blizzard had a stellar season, finishing first in the North Division and going on to compete for the league championship against the Saskatchewan Swat.

The Blizzard's home venue is the Notre Dame Arena in St. Boniface.

# Interlake Lightning take part in all-star game



**EXPRESS PHOTOS BY LANA MEIER**

The Interlake was well represented at the Winnipeg AAA City Midget All-Star game last Saturday at the MTS Iceplex. Representing the Lightning were, pictured left to right: Blaze Senden, Ethan Daniels, Rhys Bremner and Brandon Abrahams.

# Bantam AAA all-stars



**EXPRESS PHOTO BY ANNALIESE MEIER**

The Lightning's Zak Barkman (left) represented the Interlake at the Bantam 'AAA' all-star game at the MTS Iceplex last Saturday. Barkman is a standout defenceman from Riverton.

## Manitoba Hockey Standings

<b>MANITOBA JUNIOR HOCKEY LEAGUE</b>								<b>AAA CITY MIDGET HOCKEY LEAGUE</b>							
	GP	W	L	OTL	PTS	GF	GA		GP	W	L	OTL	PTS	GF	GA
Portage Terriers	43	35	6	2	72	182	94	Winnipeg Hawks	26	16	8	1	34	121	96
Steinbach Pistons	41	30	9	2	62	165	102	Winnipeg Monarchs	22	16	5	0	33	121	60
Winkler Flyers	38	26	9	3	55	155	94	Winnipeg Warriors	25	15	9	1	31	90	71
Virden Oil Capitals	38	25	13	0	50	134	82	Winnipeg Sharks	25	11	10	2	26	99	101
Winnipeg Blues	41	20	15	6	46	144	125	Eastman Selects	24	12	11	0	25	72	70
Swan Valley Stampeters	39	17	17	5	39	114	130	Interlake Lightning	24	0	22	1	2	42	147
Selkirk Steelers	39	16	21	2	34	138	162	Yellowhead Chiefs	0	0	0	0	0	0	0
OCN Blizzard	44	16	26	2	34	129	169	Parkland Rangers	0	0	0	0	0	0	0
Dauphin Kings	36	14	20	2	30	108	141								
Waywayseecappo								<b>AAA BANTAM HOCKEY LEAGUE</b>	GP	W	L	OTL	PTS	GF	GA
Wolverines	39	11	24	4	26	100	156	Winnipeg Monarchs	24	22	1	0	45	171	40
Neepawa Natives	38	8	30	0	16	83	197	Winnipeg Warriors	22	18	2	0	38	152	39
<b>KEYSTONE HOCKEY LEAGUE</b>								Winnipeg Hawks	23	11	11	1	23	89	75
<b>South Division</b>	GP	W	L	OTL	PTS	GF	GA	Eastman Selects	20	10	8	1	22	79	74
Selkirk Fishermen	23	17	4	2	36	94	57	Winnipeg Sharks	20	6	12	2	14	65	99
St. Malo Warriors	23	15	6	2	32	114	91	Interlake Lightning	23	4	19	0	8	46	140
Lundar Falcons	24	12	9	3	27	99	90								
Arborg Ice Dawgs	24	11	11	2	24	105	99	<b>MANITOBA FEMALE MIDGET AAA</b>	GP	W	L	T	OTW	OTL	Pts
North Winnipeg Satelites	25	8	17	0	16	83	113	Westman Wildcats	22	14	4	-	1	3	33
North Division	GP	W	L	OTL	PTS	GF	GA	PV Hawks	20	14	4	-	2	-	32
Peguis Juniors	25	19	4	2	40	175	89	Yellowhead Chiefs	18	14	1	-	1	2	32
OCN Storm	23	18	5	0	36	155	72	Central Plains	19	12	4	-	2	1	29
Cross Lake Islanders	25	13	12	0	26	169	154	Winnipeg Avros	21	6	10	-	3	2	20
Fisher River Hawks	23	5	18	0	10	117	162	Eastman Selects	20	6	12	-	1	1	15
Norway House North Stars	23	1	22	0	2	68	252	Norman Wild	19	3	15	-	-	1	7
<b>MANITOBA SENIOR HOCKEY LEAGUE</b>								Interlake Lightning	17	-	17	-	-	-	-
	GP	W	L	OTL	PTS	GF	GA	<b>STATS AS OF TUESDAY, JAN. 12</b>							
Stonewall	9	8	1	0	16	74	34								
Gimli	9	6	3	0	12	66	33								
Lac du Bonnet	9	4	5	0	8	58	41								
Beausejour	8	4	4	0	8	45	45								
Lakeside	9	0	9	0	0	16	106								
<b>AAA MIDGET HOCKEY LEAGUE</b>															
	GP	W	L	OTL	PTS	GF	GA								
Eastman	32	30	0	1	62	161	55								
Wild	31	26	3	1	54	131	50								



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lamb very good at provincial curling championship

By Brian Bowman

Gimli's Rebecca Lamb narrowly missed advancing to the final four playoffs at the Canola Junior Women's Provincial Championship in Rivers, Man. Last weekend

Lamb, who curls out of Stonewall, lost 8-5 to East St. Paul's Kristy Watling in a tie-breaker on Saturday.

Trailing 5-4, Watling scored twice in the eighth end and then added a steal of two more in the ninth for the win.

Lamb and Watling each had finished with 5-2 records in the "Asham" Black Group standings, behind only Altoona's Mackenzie Zacharias (6-1).

Abby Ackland's Fort Rouge team

won the junior women's title after a 7-5 victory over previously undefeated Laura Burtnyk from Assiniboine Memorial.

Meanwhile, Stonewall's Thomas Dunlop rink finished with a 2-5 record at the Canola Junior Men's Provincial Championship, which was also held in Rivers.

After starting out with five consecutive losses, Dunlop finished with impressive wins over Brandon's Chase Dusesoy (8-1) and Springfield's Tyson Roeland (8-4).

As a 17-year-old team, Dunlop entered the 20-and-under junior provincials ranked 13th out of 16 teams. But

they moved up to 11th place by the end of the event.

Dunlop's best game arguably came in their first matchup against current World Junior Champion Brayden Calvert of Deer Lodge.

Dunlop lost 6-4 in 10 ends but it was Calvert's closest game all week until he lost out in the semifinals to Granite's Derek Oryniak by a 9-6 score.

Matt Dunstone and his Granite team of Colton Lott, Kyle Doering, Rob Gordon and coach Calvin Edie earned the right to represent Manitoba at the national juniors later this month.

Dunstone completed an undefeated sweep after a 7-4 victory Sunday after-

noon over clubmate Derek Oryniak.

It will be a return trip to the Canadian championship for Dunstone, who won the Canadian title in 2013.

As a side note, Stonewall's coach Darrel Argan was unavailable to attend the provincials due to work commitments, but the rink enlisted friend and CurlMB high-performance coach, Blaine Malo, to coach and greatly assist Team Dunlop during the week.

Up next for Team Dunlop are the U18 regionals and MHSAA regionals as the team looks to improve on last year's U18 bronze-medal performance.

## Thunder to participate in MGFA this season

By Brian Bowman

After playing an exhibition schedule this past year, the Interlake Thunder intends to enter teams in both junior and senior divisions of the Manitoba Girls Football Association for the 2016 season.

The MGFA is a girls' spring tackle football league that plays six per side.

Intended to develop and foster opportunities for girls to play football against other girls, the MGFA is comprised of two divisions (Junior for

girls born 2004-07 and Senior for girls born 2000-03).

In 2015, the MGFA was comprised of four clubs and, with the addition of the Thunder and another team, will increase to six member clubs for the 2016 season.

The Thunder will draw players from their traditional catchment area, being the perimeter highway in the south, Highway 6 in the west, and the Red River in the east. Any players from outside that catchment, who do not

reside within that of another MGFA team, are welcome to participate with the Thunder program.

Registration will be held in late March in both Selkirk and Stonewall with the season commencing in early May. Weather permitting, training camp will kick off in early April.

Present and former Thunder and MGFA players will be holding information sessions at many of the schools within its catchment to give interested players an opportunity to

speak with girls who have previously played tackle football and to check out some of the equipment and uniforms.

Those interested are asked to stay tuned for dates, times and locations of the cavalcade and for more information about the Thunder program.

If anyone is interested in participating, would like some more information, or would like to be added to the Thunder e-mail list, please contact Joel McDonald at [thunder.football@highspeedcrow.ca](mailto:thunder.football@highspeedcrow.ca).

## Mild weather postpones KidFish Ice Derby

### Event now set for Jan. 24 in Selkirk

By Dave Baxter

Unseasonably mild winter weather has once again delayed an annual ice fishing derby in Selkirk that raises money for sick children.

The KidFish Ice Derby, which will raise funds for the Children's Hospital Foundation and Cancer Care Manitoba Foundation, was originally scheduled for late December but was pushed back to Jan. 10 because warm winter temperatures meant the ice was in no condition to hold a derby.

That mild weather stuck around in

the first week of January, so the derby has now been moved to Jan. 24.

"Overall being a family-friendly event, it's piece of mind to reschedule," derby organizer Garther Cheung said. "I know people have been out fishing since December, but when you confine 800 people to one area that is going to generate a lot of water coming up.

"It was strongly recommended by the fire marshall to reschedule."

The ice situation would also make it inconvenient to park because people could not park on the river,

Cheung said.

Cheung said he can't see a situation where the Jan. 24 derby would end up being postponed.

"Colder weather is supposed to be coming in, so if I were a betting man I would guarantee it will go on the 24th," Cheung said.

Cheung said he knows a derby likely could have been pulled off on Jan. 10 but said it is simply not worth risking anyone's safety and the safety of the many kids who take part in the derby.

The rescheduled KidFish Ice Derby

is scheduled for Jan. 24 in Selkirk at the Float Plane Base.

There will be Top 10 prizes that can be won by all ages, as well as Top 5 prizes for kids 16 and under.

People who pull in the biggest fish will go home with prizes, but the derby's organizers make sure most kids leave with a prize even if they don't win a Top 5 prize.

Gates are set to open at 8 a.m. with the tournament running from 10 a.m. until 2 p.m.

Tickets are still available, and for more information on the derby or how to get tickets, go to the KidFish Ice Derby Facebook page or call Garther Cheung at 204-291-8628.



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The deadline for the Municipal Grant applications is **February 12th, 2016.**

Grant application letters have been sent to community groups outlining the requirements for applications for various types of charitable and community organizations.

If your organization has not yet received a grant application letter, please go to [www.gimli.ca](http://www.gimli.ca) or contact the Municipal Office at (204) 642-6650 for an application.

Dated this 5th day of January, 2016

Joann King, CMMA  
Chief Administrative Officer

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### NOTICES

The Lord's Day is the heritage of our nation. Sunday observance was written into the laws of our land, just as the commandments concerning stealing and murder. For more information and to read our publications [www.clda.ca](http://www.clda.ca)

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

## Lakeshore School Division requires SUBSTITUTE TEACHERS For the 2015/16 school year.

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There is a need for Substitute Teachers in all of our communities, please indicate your preference.

Please send a resume to:  
**Ms. Janet Martell, Superintendent/CEO**  
**Lakeshore School Division**  
**Box 100, Eriksdale, MB R0C 0W0**  
**mailto: [martelj@lakeshoresd.mb.ca](mailto:martelj@lakeshoresd.mb.ca)**



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## INTERLAKE WOMEN'S RESOURCE CENTRE EMPLOYMENT OPPORTUNITY .5 Director

The Centre is looking for a .5 Director for the overall management and direction of the Centre.

### Responsibilities

- Maintain monthly financial records including payroll. Complete and submit budgets and grant applications.
- Ensure accurate records are collected and submitted to the funders as per schedule agreement.
- Ensures the adherence of Constitution, Policies and Procedures.
- Provide the main communication link between the Board and staff.
- Provide overall direction and management of staff and volunteers.
- Promote the Centre and women's issues at the local, regional and provincial level.

### Qualifications

- Diploma or Certificate in Administration Management and/or equivalent training and experience.
- Good understanding of the complex nature of family violence.
- Good organization skills.
- Good written/verbal communication skills.
- Good interpersonal skills and able to work within a multidisciplinary team setting
- Good employment record
- Current and clear criminal/vulnerable sector record check
- Current and clear child abuse registry check
- Current and clear adult abuse registry check
- Vehicle and valid driver's license

Please submit resume to Interlake Women's Resource Centre Inc. P.O. Box 1991 Gimli, Manitoba R0C 1B0 or to [iwrc@mymts.net](mailto:iwrc@mymts.net)  
**CLOSING DATE: FRIDAY, JANUARY 29TH, 2016**

*Only applicants considered for an interview will be contacted.  
Thank you for your interest.*

## Lake Manitoba Health Centre

**Is currently seeking a Nurse (RN only) to fill a permanent Full time positions in the Community Nursing Program.**

**Position Summary:** The successful candidate will be responsible to provide Nursing care and services as part of the Community Health Nurse Program

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- Excellent verbal and written skills.
- The ability to speak Ojibway would be a definite asset.
- Valid Manitoba Driver's license and own vehicle.

A full job description is available upon request. We thank all applicants for their interest however only those meeting the criteria will be contacted for interviews.

Please forward resumes with salary expectations along with a current Criminal and Child Abuse registry check plus 3 references. Deadline for applications is January 29, 2016.

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Lake Manitoba Health Center  
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Lake Manitoba First Nation, MB  
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Call 1-888-566-5864 toll free

## ANNOUNCEMENTS

### CARD OF THANKS

Heartfelt thanks to everyone who visited, phoned, sent food, baking, flowers and made donations in honour of our beloved husband, father, son, brother, uncle and Grandpa, Bill Peltz. Special thanks to Rev. Scott MacAuley, Kaitlyn and Lindsay for doing the slides and Carly for the beautiful song. Also the Warren Horizon District Lions Ladies for preparing the lunch and to everyone who helped at the hall. Thank you to the MacKenzie Funeral Home for their services.

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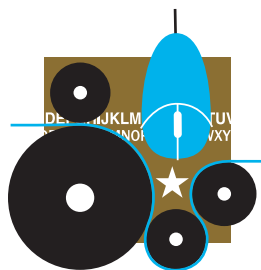
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> MEAL IDEAS

## Grilled salmon pizza



This quick and easy pizza uses small flour tortillas for a tasty thin crust. No time to cook the salmon first? Use leftover salmon or chicken instead.

Recipe developed by Emily Richards, PH Ec. ©Heart and Stroke Foundation 2013.

### Ingredients

- 1 tsp (5 mL) canola oil
- 2 tbsp (25 mL) chopped fresh parsley
- 1 large clove garlic, grated

- 1 tsp (5 mL) Dijon mustard
- 1/4 tsp (1 mL) fresh ground pepper
- 2 skinless salmon portions, about 5 oz/150 g each
- 4 small whole grain flour tortillas
- 4 cups (1 L) baby spinach
- 1/3 cup (75 mL) crumbled light feta cheese

### Directions

In a bowl, combine oil, parsley, garlic, Dijon and pepper; add salmon and turn to coat evenly.

Place on oiled grill over medium heat; close lid and grill for about 10 minutes or until salmon flakes easily when tested. Remove to plate.

Place spinach in a microwaveable bowl with 2 tbsp (25 mL) of water. Cover and steam for 1 minute or until wilted. Drain well.

Using a fork, break up the salmon into small pieces and divide over tortillas. Top with spinach and feta. Slide tortillas onto grill over medium heat and grill for about 5 minutes or until tortilla is crisped and golden.



## Parmesan-Crusted New York Pork Chops

salt and pepper. Let stand for 15 to 30 minutes. In small bowl, mix panko and Parmesan together.

Prepare medium-hot fire in grill. Place chops on grill and close lid. Grill over direct heat for four minutes. Turn chops and sprinkle panko mixture over tops. Close lid and continue grilling for 4-5 minutes more, or until topping is lightly browned and internal temperature of pork on meat thermometer measures between 145°F (medium rare) and 160°F degrees F (medium). Remove from grill and let rest for three minutes.

Preparation Time 5 minutes

Cook Time 10 minutes

Serves 4 servings

### Ingredients

- 4 boneless New York (top loin) pork chops, about 1-inch thick
- 1 tablespoon olive oil
- 1 1/2 teaspoons coarse salt
- 1 teaspoon freshly ground black pepper

- 1/3 cup panko bread crumbs, (Japanese-style bread crumbs)
- 1/3 cup freshly grated Parmesan cheese

### Preparation

Brush pork with oil. Season with

## 5 Ways to Discover Your Fitness Side

When it comes to a new fitness goal, entering the new years resolution rush can be overwhelming. From the Internet, to magazines, the gym rush to the latest fad; it can be very frustrating for the average person to find the right fitness program.

So for anyone who is entering a personal goal of improving your health and fitness this new year, GOOD FOR YOU! You have made the first step!

5 ways to keep your fitness goals realistic and healthy:

1. Start off by setting a personal GOAL. Write it down.

2. Pick a sport or recreational activity that you enjoy doing. Getting fit does not essentially mean that you have to work out for hours in the gym, get outside or stay inside. Joining a local Boot Camp class helps keep you accountable by working out with like-minded people adding you to a fitness community close to home. Make it fun!

3. Take out your calendar and pick out how many days per week (be realistic) that you will dedicate to working out. Pick a VARIETY of different activities and always be open to trying different types of exercises or activities so that you don't get bored and give up.

4. Have FUN with it! Working out is hard for a lot of people. But it doesn't have to be awful. For those of us that live in Manitoba, strap a pair of skates on, go snow shoeing, cross country skiing, and ENJOY getting fit.

5. Last but not least, SET real goals for yourself. Create a BALANCE for yourself that will work into your lifestyle.

Every one is built differently, and we all start from somewhere. Hockey players, marathoners, snowboarders and even fitness models are not built over night.

So as we looked through those magazines on the rack, surf the Internet, or see billboards of the newest trend, try to enjoy the fitness tips and new exercises, but also appreciate who you are on a day to day basis as an individual and set yourself up for success with realistic GOALS for your lifestyle. All you have to do is decide what you want and slowly start chipping away everything from your life that doesn't fit.

Building a long healthy lifestyle starts with BALANCE. Results do not happen overnight and it does take time to build healthy habits. So go out and join a local class, dust off those hockey skates or simply go for a walk and get outside.

Go out, have FUN, and discover your FITNESS side.

Christina Hooper

Backcountry Fitness & Conditioning



## Greek Pasta Salad

### Ingredients

- Sun-Dried Tomato Salad Dressing
- 3/4 cup sun-dried tomatoes, drained or rehydrate if dry

- 2/3 cup olive oil

- 1/4 cup fresh basil, chopped

- 2 tablespoons capers

- 3 cloves garlic

- 3 tablespoons Kikkoman Rice

- Vinegar

- Salad

- 1/4 cup Kikkoman Thai Style Chili

- Sauce

- 4 cups rotini pasta, cooked

- 1/2 cup cucumber, peeled and seeded

- 1 cup cherry tomatoes

- 1 cup green bell pepper strips

- 1 4-ounce package feta cheese, crumbled

- 1 3.8-ounce can black olives, sliced and drained

- 3/4 cup chopped green onions

- 1/2 tablespoon chopped dill weed

- Preparation

For dressing, whisk together sun-dried tomatoes, olive oil, basil, capers, garlic and rice vinegar. Set aside.

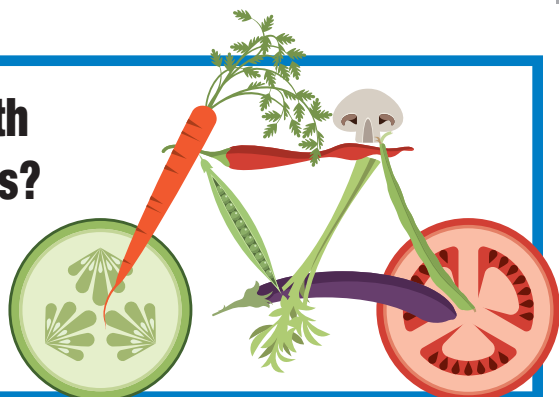
For salad, whisk together 1 cup salad dressing and chili sauce, set aside. In large bowl, combine pasta and remaining ingredients, tossing to combine. Serve with salad dressing.

Serves Servings 6



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