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New Year's celebration



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli's Barvinok Ukrainian Dancers celebrated their 36th Anniversary last Saturday with a Malanka social. Dancers opened the festivities with the Pryvit, a folk dance in which the audience is offered bread, wheat and salt representing hospitality, friendship and fertile land. See story and more photos on pg. 2.

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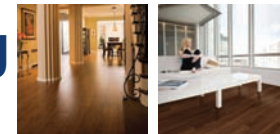
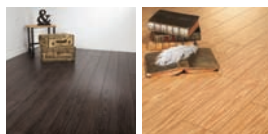
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Barvinok Ukrainian dancers showcase talents at annual Malanka

By Patricia Barrett

Gimli's Barvinok Ukrainian Dancers celebrated their 36th anniversary with lively performances that showcased their younger members' accomplishments during a Malanka social at the Fraserwood Hall Jan. 28.

"We have a remarkable group of dancers, coaches and families involved in our club," said Barvinok president Samantha Michaluk. "It's amazing how everything comes together. It is a collaboration of every family in the club — they are awesome!"

Two parents with children in the club introduced each of the eight traditional dances performed, including the Pryvit in which all the dancers took part.

"The Pryvit is performed at the beginning of the program to welcome all guests and wish them health and prosperity," said Kim Kmet, one of the MCs. "The dance is broken into segments to represent the different regions of Ukraine. The audience will be welcomed by the dance performers bringing forth bread, wheat and salt. The bread represents the warmth of Ukrainian hospitality, the salt represents eternal friendship and the wheat represents fertile land."

The Pre-beginners and Beginners — taught by senior dancers and former club members — twirled, kicked and jumped with energy, enthusiasm and precision through the Poltava, the Hutzel and the Hopak and were greeted with spontaneous applause from the audience several times.

The boys showcased their acrobatic feats, performing a number of cartwheel-handstand combinations across the floor and leaps over a line of girls.

Crystal Manulak, who dances with the Adult Ladies, played a Ukrainian bride-to-be subjected to a bit of ribbing by her friends. Their dramatic antics had the audience laughing.

The celebration attracted about 350 people from Gimli, Fraserwood, Win-

nipeg Beach and surrounding areas. All proceeds go towards the club.

Later in the evening, the club and former dancers performed the Kolomeyka.

"Malanka is the time of year we celebrate tradition, culture and new beginnings," said Kmet. "Both of us are very proud to have our children dancing tonight to help continue those traditions. The dancers have worked very hard and so have their instructors."

Barvinok has given performances at Winnipeg's Folklorama and has toured internationally. For information about upcoming events, visit the club on Facebook.



Winnipeg Beach requests meeting with province on road and drainage work

By Patricia Barrett

The Town of Winnipeg Beach council has requested meetings with the ministers of Manitoba Infrastructure and Sustainable Development to discuss road repairs and drainage infrastructure.

Council wants deteriorating provincial roads — which pass through town — put on the government's "radar" and the installation and maintenance of drains along Highway 9 to mitigate flooding on the west side.

"One of the large drains on the highway goes right through our town," said Mayor Tony Pimentel at council's regular meeting on Jan. 25. "And they've been telling us for a number of years that, 'Yeah, you're on the list for next year' and we haven't gotten it."

Council has been trying for "more than six years" to get the province to install new culverts along the west side of the highway between Epsilon

and Kernstead avenues in order to relieve the backup of water onto residential properties, according to previous council discussions last June and August.

The province is responsible for installing and maintaining highway culverts.

At its June 22 meeting, council said the Highway 9 drainage project — which was supposed to start in spring 2016 — had been delayed. During its August meeting, council said the project was awaiting approval from the provincial Treasury Board.

CAO Kerry Lawless reported that the department of Infrastructure is aware of council's request and is waiting to hear back from them regarding a meeting.

Coun. Darryl Carry suggested they try to meet with ministers at the legislature rather than try to get them to visit the town.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Main Street in Winnipeg Beach is a provincially owned road. The street is inundated with traffic during the summer months when the town hosts various festivals and events, such as Show 'N Shine car show seen here in 2015.

Evergreen Festival of the Arts deadline fast approaching

Music and Arts festival April 12-25, 2017

Submitted

The Evergreen Festival of the Arts will take place over a two-week period, from April 12 to 25 with the Hi-Lites concert being held at the Gimli High School on May 8.

All festival information, including entry forms, can be accessed on the new Evergreen Festival of the Arts website www.evergreenfestivalofthearts.com.

Completed entry forms with payment are due by Feb. 13, 2017.

Each year, students from Evergreen School Division are encouraged to enter the art contest from which two drawings are chosen, one for the front cover and the other for the back cover of the festival program. This year's winner for the front cover is Abby Heathcote, a Grade 10 student at Gimli High School, and for the back

cover is Kennedy Toderan, a Grade 8 student at Riverton Collegiate Institute.

The Evergreen Festival of the Arts would like to thank its many community sponsors for their generosity.



Gimli High School Grade 10 student Abby Heathcote is this year's front cover winner. Heathcote's art will appear on the cover of the Evergreen Festival of the Arts program.



EXPRESS PHOTOS SUBMITTED Riverton Collegiate Grade 8 student Kennedy Toderan's winning entry will appear on the back cover.

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Taking a walk on the wet side in the RM of Gimli

Sandy Hook residents debate drainage proposal (Part 3)

By Patricia Barrett

In the third and final part of Taking a walk on the wet side, the cost of undertaking a drainage project in Old Sandy Hook to alleviate periodic flooding is considered, as well as how the RM Gimli plans to move forward.

When Coun. Thora Palson hosted a public meeting last August to introduce the RM's proposed drainage plan, she didn't provide a cost estimate because there was no firm project in the works.

The RM had, however, sent its own surveyor out to Sandy Hook to determine what would be required to dig ditches and install culverts.

That prompted concern from Third Avenue residents as to the cost of the RM's proposal.

"How are you going through with this project," said the 30-year resident on Third Avenue who had attended Palson's public meeting. "You have a map where you've shown the [work] you're going to be doing, and you haven't gone through the necessary [cost analysis] steps?"

Gimli Mayor Randy Woroniuk said putting a price tag on a project that hasn't been approved comes at a cost to ratepayers.

"It costs us money to do that," he said. "So until we say, 'Okay, we're going to be doing this project,' why would we spend money?"

As to a ballpark figure, the mayor said the RM can try to determine how many man and machine hours such a project would require, as well as the cost of culverts and so forth, but "it's not an exact cost. You don't want to start getting into that until you've got a project."

The Second Avenue resident who had initially approached Coun. Palson about flooding after she purchased her property, said she had not expected her concerns about a lack of proper drainage to raise such a "kerfuffle."

"If the people don't want it on certain streets, they don't want it," she said. "Most of us want it on our street with a few exceptions because of the trees they value."

Installing culverts and ditches on one street, but not on another – or even digging a ditch and installing a

culvert for one or two property owners, but not for their next door neighbours – may not solve Sandy Hook's flooding issues, according to the mayor.

The neighbourhood as a whole – as well as residents who live to the west of Sandy Hook – must be considered when drawing up a drainage scheme.

"One thing people forget is if you want the whole system to work, you... just have to make that decision to do it," said Woroniuk. "We're not at that point, but at the same time [it would be] for the greater good."

The mayor said the municipality has to look at the "big picture" when considering drainage.

That big picture includes the inevitability of climate change.

"If we start getting severe rain events, which are occurring all over the place – and we've kind of seen it here, getting a large amount of rain falling in a short period of time – you don't just put drainage in

for three people," he said. "You look at the whole area, and beyond that area, because you're going to get water from the west."

Another concern he has is how flooding can negatively affect the health of the lake. Septic tanks and septic fields sitting under water may leach.

"We know that black water at times is coming to the surface," said the mayor. "That's going into the ditch and that's going into the lake."

The overall goal is to provide the water that naturally flows from the western half of the province, or which accumulates in yards during snowmelt, with an access route to Lake Winnipeg without throwing obstacles in its way.

"The water has to go east. It doesn't go west. It's not going uphill, it's going downhill to the lake. So you have to formulate a plan that's going to take that into effect."

"What would happen to that neighbourhood," he added, "if you all of a sudden got six inches of rain in 24 hours?"

The improvements the RM made last year to drainage on the east side of Highway 9, he said, will not completely alleviate flooding on the west



EXPRESS PHOTO BY PATRICIA BARRETT

Second Avenue, on the east side of Highway 9, has properly sloped ditches.



AERIAL PHOTO COURTESY OF RM GIMLI

Aerial photo shows a lack of drainage infrastructure on Second, Third, Fourth and Fifth avenues on the west side of Highway 9 in Old Sandy Hook.

side until there's a "proper drainage" system put in place.

"If you've good drainage to a certain point, but poor drainage to the west, well, all that water is going to back up and start hurting people. So you've got to look at the big picture: 'Is this going to alleviate a problem for a large number of people?'"

Although council has yet to decide how to move forward with regard to ditching and culvert replacement, the mayor said the ultimate decision has to benefit the whole community.

"We would make it based on the fact that it's not just three people," said Woroniuk. "Right now, we've had some events where the flooding goes away in a hurry. They're accepting that now. But if they sold their place to somebody, is that person going to

accept that? Or all of sudden, if the flooding becomes worse and stays longer, how's that going to affect your neighbours?"

Coun. Palson said she'll be meeting with the RM's surveyor this winter and plans to speak with Sandy Hook residents again.

"We're not going to fix it overnight," she said, referring to select streets that lack proper drainage infrastructure. "We really want to address [first] the ones that are the most prone to flooding."

She underscored the RM's obligation to address the issue.

"We have a duty to protect life and property," she said. "And we'll look at the most cost-effective, reasonable solution to do that."

Federal government considers taxing health benefits

Staff

Whether you're a worker or a boss, you might be impacted by potential changes to the way the federal government taxes employer contributions to group health benefit plans.

Industry advocacy groups believe that the federal government could announce during the 2017 spring budget that it will begin taxing employer contributions to these health and dental benefit plans. If that happens, the premiums that employers pay for those plans would no longer be exempt from federal taxation.

Russel B. Beirnes, a life insurance broker with more than 50 years of ex-

perience in the industry, outlined the potential impact on employees.

"The government is looking to take away the tax-free exemption for employee benefits paid by employers. In the short term, your T4 slip is going to include the amount of that contribution that the employer is making on your behalf," said Beirnes, who is based between Stony Mountain and Stonewall.

"Employer portions could be between \$100 and \$200 a month, depending on how fancy the plan is. So if your plan is \$100 a month, that's an extra \$1,200 a year that's going to be on your T4."

Beirnes noted that if employees ever go on claim for long-term disability and weekly indemnity benefits, it's all tax-free as long as they're paying for 100 per cent of those plans. If the employer pays for any part of the cost of those disability plans, then it's all taxable if the employee ever makes a claim.

"We mention this because, even though the employer may be covering 50 per cent of the overall cost of the benefit program, if the employee's contribution is weighted in favour of the disability portion, the employer's contribution may be far greater than just 50 per cent of the two or three

health benefits," Beirnes said. "Thus, the employees' taxable portion would be greater than half the actual cost of the health, dental and vision care benefits."

Several different organizations are encouraging anyone who is concerned about this potential change to contact their Member of Parliament. A website called Don't Tax My Health Benefits (www.donttaxmyhealthbenefits.ca) is also set up with an online form that can be sent directly to MPs to outline concerns with the taxation of employer-sponsored health benefits.

Steep Rock Beach Park renovations on schedule

By Jeff Ward

Renovations to Steep Rock Beach Park campground are going to enhance the Canada 150 celebration this summer, according to park management.

When the campground opens April 15, seasonal campers will have the use of new water hookups on site as well as improved hydro with power increased from 20 to 30 amps.

Campground manager Lana Iwanchuk said that 56 sites in total were improved last fall and that there are many other improvements happening before the campground opens.

The new washroom facility, including showers, is one of the improvements.

"That's something we will have open for the Canada 150 celebration, so it's Priority 1 once we can get in there," said Iwanchuk.

"We're really pleased with the results so far and we've already been talking to seasonal campers who are excited about the new utilities at their sites. We're also looking to put in a new gate at the park entrance this spring too."

The gate will automatically close at 11 p.m. and will re-open at 9 a.m.

Iwanchuk said that seasonal camp-

ers will have a pass that allows them to come and go as they please but they want to keep the area free of vehicles in the evening. The noise and headlights can be distracting and are the opposite of the relaxing evening many campground visitors are looking for.

Renovations to the cafe include a fresh coat of paint and a new lounge area, along with a new menu for guests.

Landscaping work will be done through the spring and summer to round out a year filled with improvements.

"It's been a big undertaking and this is just the start. We are still moving ahead with the expansion of the campground to have more bays but there are other things that come first, like the washrooms. In the fall, it is our hope to add more seasonal sites but it's a big infrastructure project," said Iwanchuk.

Management hopes to see a bigger influx of visitors this season with all the events leading up to the Canada 150 celebration. And Iwanchuk said that this year is already looking to be one of their most successful.

Eriksdale Winter Carnival packs in the activities

By Jeff Ward

People of all ages will have dozens of activities to look forward in a few weeks when the Eriksdale Winter Carnival comes to town.

Kids' curling, hockey, casino night, pancake breakfast, scavenger hunts, kids' movies, hay rides and a fresh pickerel dinner are only a few of the activities attendees will enjoy beginning Feb. 16 at the Eriksdale Recreation Centre.

Tickets are \$10 per person for the weekend or \$40 for a family and are sold at the door only.

One of the many highlights of the annual event is the Carnival Queen competition, which has three young ladies participating. Emily Weatherburn is being sponsored by the Eriksdale Skating Club, Michelle Larson is being sponsored by the Eriksdale Community Club, and Abby Ryden

is being sponsored by the Eriksdale Legion and Ladies Auxiliary. The girls are out selling tickets right now — \$1 each or \$5 for six tickets — that act as a fundraiser for the rec centre. Whoever sells the most tickets is crowned Carnival Queen and is then asked to represent Eriksdale as the Miss Interlake candidate later this year. Ticket holders have the chance to win one of three prizes — first place is \$200, second place is \$100 and third place is \$50 — that will be awarded during the carnival.

"A lot of people are very generous with their pledges and it helps out quite a bit. Everyone knows it's a straight fundraiser for the club so they open their wallets to help out," said Kelly Stuart, president of the community club.

Stuart said that profits from the carnival and from the Carnival Queen

fundraiser will go towards the installation of new equipment in the canteen, as well as other renovation projects the club hopes to accomplish this summer.

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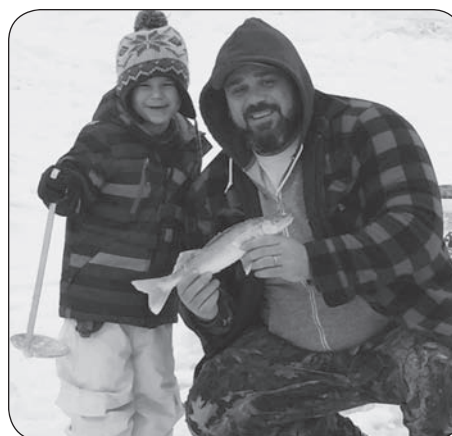
Hi gang. The vastness of the wetland marsh fields east of Riverton has never failed to impress me as I urged Old Red through it last Tuesday on Highway 329 to Sandy Bar on Lake Winnipeg. Melting and then freezing snow had formed deep rigid trail ruts as I came onto the ice. I hardly needed to steer the truck as the wheels followed the grooves, leading me to a group of portable ice shacks with many kids and grown-ups running among them.

When I left my truck, the cool, overcast day had a slight northern breeze, which was carrying the hint of smoke from a campfire by the shacks. I saw a tall, thin, slightly grey-haired chap kneeling and adding more wood to the fire as I approached.

"Hi. I'm Randal Plett from Fisher Branch here with my family for an afternoon of fishing," he lightheartedly offered. About 20 family members surrounded me as I asked Randal if anyone had a fishing story.

"Ask Lyndon, my son over there. He was on a Christian mission to Bulacan by Manila and he saw the locals fishing with a difference," Randal volunteered. Lyndon, a slight, quiet, fine-featured young man with thick brown hair, began relating in a soft tone how the Filipino boys would spear fish with homemade slingshot guns and arrows. He said they would hyperventilate and then, with toilet lids fastened to their feet as flippers, they would dive deep in the clear water to spear two or three fish at a time. Amazing.

Not far from the Pletts, I saw a very attractive bright grey hard-wall ice shack with white-trimmed double



EXPRESS PHOTO BY ARNIE WEIDL
Wyatt Lincez and his son Curtis with a fish the boy caught on the Red River.

doors and shutters on the cottage windows. I was eager to meet the folks inside. As I came up to it, a fellow of average height, built like an athlete with short dark hair, came out the door and put some garbage in a can.

After a few pleasantries, Michael Stobert of Arborg was ready with a story with a bit of help from his friend Ron Barylski of Carman. He said they went boat fishing at the mouth of the Saskatchewan River but only when they were well on their way realized they had forgotten some minnow bait. Making the best of it, they used some pieces of beef and caught a small perch, which in turn they used for bait.

Soon Mike got a strike, and as he brought what appeared to be a pickerel in, he was shocked at its head, which looked like a piranha with huge bulging eyes and gigantic protruding teeth. Not one easily put off, though, Mike landed it and in his words, "I eat

it and I'm still here."

You're a brave man, Michael Stobert. Downstream past Selkirk on the Red last Wednesday, I spent the afternoon driving from one shack to another, talking with our angling pals until I came by a truck where a huge, fit chap was playing tag with his son on the ice, close to their lines in ice holes.

I pulled up and introduced myself to Wyatt Lincez and his young son Curtis. We traded stories and then Wyatt remembered when he was a kid, he was boat fishing with his dad and he caught a big jack. He played the fish well, bringing it to the side of the boat, but a fitting on the gunwale caught his line and broke it. Wyatt was dumbfounded as his dad, for the first time, gave him heck for not being more careful. In time, as Wyatt became a man, he vowed to himself he would never scold his son like that. It wasn't long ago, though, he confided, that when Curtis was landing a fish out of an ice hole, Wyatt was about to start yelling but caught himself. Good job, Wyatt. Yelling doesn't teach. It hurts.

Last weekend, I drove mile after mile past American truck/trailer rigs parked on 35E north of Libau. At one point, I came up to four guys throwing their gear into their side-by-side in preparation of heading onto Lake Winnipeg. During a brief conversation, Brian and Dan Albrecht with David Stoppoleorth from Cortney, N.D., and Nathan Duncan from Leeds, N.D., said there was no other place in North America for big game walleye like Lake Winnipeg.

Thanks, guys. You're welcome any time! Till next week, bye for now.

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Manitoba to streamline farm building code requirements

Practical changes highlighted as part of red tape awareness week

Submitted

The Manitoba government is supporting the long-term sustainable growth of the agricultural sector by removing unnecessary regulatory requirements on the construction of farm buildings, Agriculture Minister Ralph Eichler announced last Wednesday as part of the province's commitment to Red Tape Awareness Week.

"Our government is listening to Manitoba's farm families and other stakeholders, who have clearly shown how the current code for farm buildings is impractical and costly," said Eichler. "Instead, we will be moving forward with common-sense amendments to the Manitoba Building Code that more closely align with other Western Canadian jurisdictions to ensure appropriate protective measures are in place that also reflect the unique issues related to farm buildings and the farming industry."

The current Manitoba Farm Building Code will be repealed and an amendment will be made to the Manitoba Building Code to add specific provisions for farm buildings. The minister noted this approach will reduce the

red tape burden on those planning to build new farm buildings while still ensuring appropriate rules will be in place related to occupant safety and fire prevention.

The minister noted key changes that will apply to farm buildings will include:

- establishing a "low-human occupancy" building classification for most types of farm buildings, which will recognize lower risks by reducing additional regulatory requirements for items like full fire alarm systems;
- focusing on ways to prevent fires from spreading to neighbouring buildings while still allowing these low-human occupancy buildings to be grouped together to meet operational needs;
- applying only structural requirements for unenclosed farm buildings used for hay storage or livestock shelters;
- removing requirements for fire-rated separations in high-humidity environments where the building materials are unsuitable or in areas where animals are likely to cause damage to them.
- providing more options to meet

entrance and exit requirements;

- allowing flexibility in the direction of door swing to meet operational needs;
- allowing flexibility in requirements related to covering foamed plastic insulation in high-humidity vegetable storage facilities such as potato storage sheds; and
- adjusting emergency lighting requirements to be responsive to the needs of poultry and egg producers.

"KAP is extremely pleased with this announcement because it will result in a renewal of the livestock industry, allowing producers to build new barns and modernize existing ones," said Dan Mazier, president of Keystone Agricultural Producers. "We will now become more competitive with producers in other jurisdictions, where building costs for barns are lower because they don't have this excess regulation. We look forward to working with the province, not only to reduce costs but also to ensure the safety of farmers, employees and animals."

As a result of this change, construction requirements for all buildings will be part of a single regulation, the



Agriculture Minister Ralph Eichler

minister said, adding this approach will also eliminate the need for government to update multiple regulations when new versions of the National Building Code are adopted. The building code requirements will apply to all farm buildings over 600 square metres.

The Manitoba farm building code would be repealed once the new provisions for farm buildings come into effect, Eichler said.

Building codes and other related standards are overseen by Manitoba's Office of the Fire Commissioner. For more information, visit www.fire-comm.gov.mb.ca.

Letters Letters to the Editor: letters@expressweeklynews.ca

Keep our roads safe and clear of snowmobile traffic

We are hereby expressing our adamant objection regarding By-law No. 17-0001 Regulation of Snowmobiles, which will allow a snowmobile route on Goldfield in Gimli.

This same plan was considered and rejected by this council less than two years ago (Regular Meeting #5, March 12, 2015).

Why is it being reconsidered now? What has changed? The firehall and the daycare centre were mentioned in the newspaper reports as reasons for rejecting this route in 2015. These buildings are still exactly where they were then.

The request from the Interlake Snowtrackers, tabled at your council meeting of Jan. 11, 2017, is for a snowmobile route on the boulevard of Goldfield and along 2nd Street to

the public parking lot.

Presuming that "boulevard" here refers to the strip between the sidewalk and the road on the north side of the street, we would point out that this is not all "boulevard." Between 2nd and 3rd Avenue, it is parking for the daycare. And on the south side in the same block, there is parking for the firehall. In the next block, between 1st and 2nd Avenue, there is also parking on both sides of the road. And, continuing on towards the lake, east of 1st Avenue, there is no "boulevard" on the north side and the south side is parking for the public library.

The intersection of 1st Avenue and Goldfield is already a busy intersection, probably the busiest in town after those on Centre Street. Besides

traffic going through both ways on 1st Avenue, there are frequently vehicles making a U-turn from northbound to southbound on 1st. This intersection also provides access to the hotel and library parking lots, the lane along the lake (which is more travelled than one might expect in winter) and the lake itself (for ice fishing and special events like the Ice Festival and now the Mercedes Benz winter driving course). Another Goldfield intersection, at Third Avenue, is also a concern as it is a frequent crossing point for students from the nearby middle school.

Adding snowmobile traffic to these areas is neither practical nor safe.

We note that according to the minutes of your meeting of March 12, 2015, you considered

correspondence both for and against this proposed route. At your meeting this year, there is mention only of correspondence in favour of the proposal, namely the request for this route. We trust that given the importance of this issue to residents, taxpayers and others who use Goldfield Drive, you will make every effort to consult them before giving any further consideration to this matter.

Sincerely,
Ingrid Roed
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FEBRUARY IS
PET DENTAL HEALTH
MONTH

Unleash
a smile



Keep your pets' teeth healthy by applying these five tips

For us humans, having dental problems usually means having cavities, but the situation is different for our pets. Fido and Mittens are more prone to gum infections, which can lead to tooth loss among other complications. An accumulation of bacteria in animals' mouths can end up in their bloodstream and eventually infect their organs. Since February is National Pet Dental Health Month, here are a few tips to ensure that your four-legged friends' pearly whites are in top condition.

1. Brush your pets' teeth every day. Get your pets used to having their faces touched while they're young. Then, have them taste pet toothpaste and slowly introduce the toothbrush, progressively lengthening the duration of each dental care session. You only need to brush the outside of their teeth as their tongue moves enough to prevent tartar buildup on the inner surface. Remember to reward your pets after each session!
2. Feed your pets quality food. A healthy diet is the key to healthy teeth — for your pets and for you!
3. Give your pets something to chew on. Chewy toys and treats help dislodge tartar.
4. Be aware of symptoms. Bad breath, red or bleeding gums, the loss of a tooth or even a change in your pet's eating habits can all indicate a dental health issue.
5. Visit your vet. It's a good idea to bring your pets to the veterinary clinic for a dental checkup once a year, even if you take good care of their teeth — some parts of their mouth are hard to reach with a toothbrush.

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Never lose a vehicle in your 'blindspot' when driving

Mercedes-AMG Mythbusters #1

By Melanie Paterson of Driving Unlimited

Did you realize that cars don't actually have blind spots? We create them ourselves by improperly adjusting our side mirrors.

By adjusting our side mirrors to see the side of our vehicle, they are too tight to the car, not seeing the side lanes and, thus, creating a spot that the mirrors miss on each side of the car.

The proper technique is to adjust your side view mirrors out far enough that you do not see the side of the vehicle when you are sitting in driving position.

Lean your head on the left side window and adjust your left side mirror so that you can see just a tiny slice of your vehicle. Then lean towards the centre console of the vehicle and adjust the right-side mirror so you can just see the side of the vehicle.

When you sit back in your driving position, you now are seeing the lane next to you and not your car. This way, you will keep passing vehicles in your mirror for longer, and by the time a vehicle starts to disappear out of your mirror, you will see it in your peripheral vision.

You will never lose a vehicle in your "blindspot" ever again.

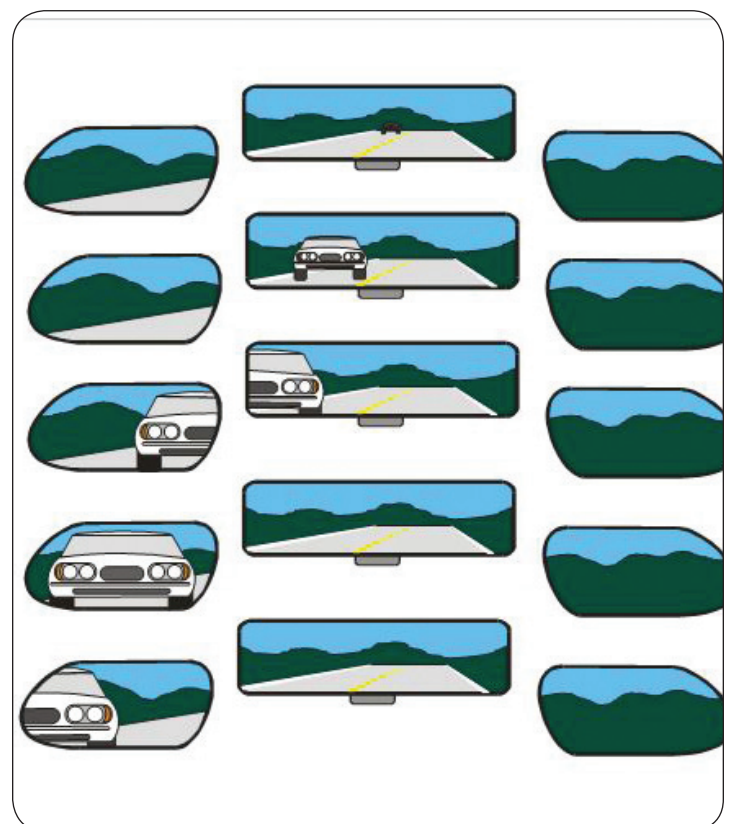


ILLUSTRATION COURTESY OF MELANIE PATERSON
Avoid losing a vehicle in your "blindspot" with a few tips from Mercedes.

Bifrost-Riverton seeks public interest in extending natural gas services

By Patricia Barrett

The RM of Bifrost-Riverton will be gathering feedback from the community, farmers and businesses to determine whether they'd be interested in having the municipality pursue negotiations with Manitoba Hydro to extend natural gas service in the region.

The RM has received calls from businesses and farmers interested in switching from electric and propane to natural gas in order to reduce operating costs.

"We've had requests from farmers asking, 'How can we get natural gas?'" said RM of Bifrost-Riverton Reeve Harold Foster. "Also, corn is starting to be one of the predominant crops in the region, and corn always needs to be dried. The difference in cost between propane and natural gas for drying corn is about 25 per cent."

Hydro has natural gas pipelines running north to Riverton along Highway 8 and west to Arborg along Highway 68. But there are few pipelines running to outlying farms and none to the Industrial Park near Okno.

"Hydro would have to install a pipeline [along road allowances] from the two towns to the farms and businesses interested in having it," said Foster.

It's not known whether the natural gas supply to the towns would entail additional infrastructure.

"At this point, we don't know what the supply is at these two stations, how far we can extend it without having to put in a larger pipe or [compression or regulating] stations," said Foster.

He said at present there are probably five farms that have access to natural gas.

"Two of them paid for the extra line to get it in. It's a major process to get these lines in."

Natural gas is also known as methane. It is a colourless, odourless fuel that burns cleaner than most other fossil fuels, such as coal or oil, according to Hydro's website.

The cost to large farms that currently use electric or propane is considerable, said Foster.

"[Farmers'] hydro bills are \$2,000 a month or more."

The RM's first step is to find out how many people in the municipality are interested in hooking up to natural gas.

"I've been in contact with Hydro, but we haven't got many details at this point," said Foster. "Our strategy right now is to find out how many people outside Riverton and Arborg are interested in having natural gas. And then we're going to set up a map of where these places are. At that time, we would probably get Hydro repre-

sentatives out to a meeting and try to determine the best way of doing it."

The second step would entail finding out how much it would cost.

The extension of natural gas pipelines would most likely entail a financial contribution from the municipality. But Foster said he doesn't expect the RM would be able to make a substantial expenditure at this point in time given the BASIC (flood mitigation) and personal care home projects it currently has on the go.

"This would be a major project and there are only so many tax dollars," he said. "At this time, we have no details as to who will pay for what because this is just the first kick at it."

The viability of the project may come down to the numbers of people interested in natural gas.

"If you had 10 people [interested], and they're spread all over the municipality, it wouldn't make any sense. If you had 10 people in a small area, it might," said Foster. "It depends on the cost of bringing the lines in."

The issue of obtaining natural gas has been on the back burner, so to speak, for a number of years.

Beverly Magaway, economic development officer for the Arborg-Bifrost Community Development Corporation, said many businesses see the advantage of using it.

"The business community here in Arborg has expressed interest about having natural gas expanded in the [Industrial] Park," she said. "The natural gas project would bring economic development to the community. It would create some jobs. And if some businesses want to expand — or have expanded already — they want to hook up to natural gas because it's a lower cost of alternative energy for them to run their businesses."

Magaway, who sits on the RM's natural gas working group and has spoken with Manitoba Hydro, said extending service to the Industrial Park is a key priority in order to stimulate economic growth in the manufacturing sector.

"If [businesses] are saving money and they have [extra] revenue, they can create more jobs for people. And what it means for the local government is greater tax [revenues]. It has a domino effect."

A spokesperson for Manitoba Hydro said it is working with the RM on the project and that the Manitoba Public Utilities board had approved an extension of natural gas to various Interlake regions, including Bifrost-Riverton, by Order No. 95/00 dated July 5, 2000.

"What we would need from the RM is more information about the potential number of customers in the in-



EXPRESS PHOTO BY PATRICIA BARRETT

Manitoba Hydro has a natural gas station near Arborg. The RM of Bifrost-Riverton has formed a working group to obtain feedback from the community, businesses and farmers to gauge their interest in having Hydro extend natural gas services.

dustrial park and their locations," said public affairs officer Bruce Owen. "We would also need to know what type of customers we would be serving. For example, do they require natural gas for a manufacturing process or just for heat?"

From there, Owen said Hydro's engineers "could design a delivery system to meet expected and future demand. Only when we have that design would we have an estimated cost."

Magaway said if the project gets the green light, she would be applying for grants to help offset costs to ratepayers.

"We're looking into tapping some federal government grants like the Western Diversification funding program," she said.

The municipality would hold a community consultation if it determines the project is feasible.

In the meantime, it's hoping over the next few months to hear from those interested in obtaining natural gas. They can contact the RM's administration office at 204-376-2391 or email bifrost@mymts.net.



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Fisher Branch's big wheel about to turn

By Patricia Barrett

The Fisher Branch & District Chamber of Commerce is about to get the wheels rolling on a project to develop the space around its huge wagon wheel (or Monument), which pays homage to the region's pioneers and the town as the "Hub of the Interlake."

The chamber, which is spearheading the project, wants to develop the site into a park-like setting, with signage, lighting, a pathway and a picnic area.

"We are looking to do some fundraising because we're trying to make a green space there for the wheel and do some lighting," said chamber secretary Lori Smith, who is part of the organization's Monument Committee.

The wheel was erected in the summer of 2015 at the junctions of PR 233 (Tache Street) and Highway 17. It stands 25 feet high and weighs 6,200 pounds (2,800 kilograms). It is featured in the Interlake Tourism Association's Road Trip Colouring Book, which highlights the Interlake's unique features and festivals.

The metal used in the wheel's construction is meant to naturally rust to a colour typical of old-style wagon wheels and is maintenance free, according to the colouring book.

Over the course of 2016, the committee came up with ideas to develop the space around the wheel.

To raise money for the project, it will be holding a brick fundraiser. Individ-

uals, groups or businesses can buy a brick to commemorate whatever they like.

"We want to have a sidewalk with commemorative bricks," said Smith, who is service advisor at Smith's AutoTech.

The chamber will be hiring a contractor to work on the project, but it has also rounded up volunteers for some tasks.

"We do have some volunteers for tree planting and for some of the excavation work," said Smith, "and are planning to hire local contractors for the brick sidewalk and parking area and other [jobs] as needed. We are hoping some community members will see the project and want to become involved in their community and lend a hand — anyone is welcome to help."

Because it's a big project, Smith said it will probably be carried out in stages over the course of two to three years.

"We'd like to get the sidewalk in there this spring and some of the trees to get that started," she said.

The chamber hired a landscape architect to come up with possible designs for the space and will be unveiling them to the public.

"We just had a planning meeting for the Monument Park / Greenspace Area and are having an open house to view the construction drawings and landscape architect's conceptual



EXPRESS PHOTO BY JOANNE SMITH

Fisher Branch's huge wagon wheel, or Monument, as it's referred to, is one of the Interlake's magnificent structural wonders.

drawings," said Smith.

The open house will be held Thursday, Feb. 23 at 7 p.m. in the Fisher Branch Collegiate Library.

For more information about the project, contact the chamber at 204-372-8585 (president Wayne Smith) or by email at fisherchamber@gmail.com.

Farmers' hands tied, waiting for possible spring flood

By Jeff Ward

A family of cattle farmers is concerned about the possibility of a spring flood and is playing the waiting game to see how much water, if any, will creep its way towards their land.

Theresa and Greg Johnson of Vogar, northwest of Eriksdale, nearly lost their home in the devastating flood of 2011. A ring dyke protected their home from floodwaters that ended up destroying much of their land. Theresa Johnson said that she is concerned with the flood forecast and that the topic of potential flooding is one that she and her neighbours talk about often. And the real problem is that there's not a whole lot they can do to be prepared.

Many property owners along the

shores of Lake Manitoba have raised their homes, but you can't do that with hundreds of acres of farmland. A ring dyke can also protect a house, but it simply cannot protect that much farmland, and even if it could, the cost would be astronomical. So families like the Johnsons are forced to just sit and wait.

"The only thing that would work is another flood outlet, and that's not going to happen this year," said a frustrated Theresa Johnson.

"We're very thankful that this government has opened the Fairford to let the water drain away from Lake Manitoba, but we need a better, more permanent solution."

On Monday, Jan. 30, the province released its 2017 January Conditions Report that stated that the Interlake

region is currently facing the risk of moderate flooding.

Scott Forbes, the chief scientist with the Association of Lake Manitoba Stakeholders (ALMS), said that flooding in this region would be similar to that of 2014.

The report states that the outlook can change over the course of the next few months before the spring melt and that February and March outlooks will further define the flood potential. Flood forecasters look at six primary factors when assessing what potential a flood has. Soil moisture at freeze-up, winter snow, spring rain, speed of the spring melt, depth of frost and the river and lake levels prior to spring runoff are all factors.

For families living in the Interlake region, like the Johnsons, they are in

control of none of those factors. Theresa and Greg Johnson are both proactive people, as many farmers are, so asking them to just sit around and wait to see if their livelihood will be threatened is almost torturous.

"We'll have to just wait and see. That's probably the best we can do. We have to have land away from the lake now to be more safe. The question is 'Will we have some sort of flood this year?' My answer is 'Good Lord, I hope not,'" said Johnson.

The province will continue to prepare for spring flooding by working with municipal emergency management teams to review response plans. And families like the Johnsons will continue to watch the gauges on the lake and hope to see no water on the horizon.

Riverton & District Handi Van receives \$10K from FCC

Staff

Farm Credit Canada awards \$10,000.00 to Riverton & District Handi Van

The Riverton & District Handi Van (RDHV) recently received \$10,000 from Farm Credit Canada (FCC) through the FCC AgriSpirit Fund to help replace its aging van.

The FCC AgriSpirit Fund is about enhancing rural communities with donations between \$5,000 and \$25,000. FCC helps support communities that have less than 150,000 people and are raising money for capital projects.

Riverton is in need of replacing its 20-year-old vehicle, and the donation will help the RDHV board with the capital cost.

For many seniors and special needs residents, the transportation service from RDHV is an important part of their daily schedules.

"This is a critically important service within our small community and the surrounding area of the Municipality of Bifrost-Riverton. Repairs and maintenance of the vehicle have increased and the RDHV board needed to explore proactive options to ensure continued access for clients," said community member Ruth Ann Furgala.

The RDHV board would like to extend their thanks to FCC for their financial support.

Darren Howden, FCC senior vice-president of prairie operations, said, "At FCC, it means a lot to us that we support the communities where our customers and employees live and work."

FCC is Canada's leading agriculture lender, with a healthy loan portfolio of more than \$28 billion. Its employees are dedicated to the future of Canadian agriculture and its role in feeding an ever-growing world. FCC provides flexible, competitively priced financing, management software, information and knowledge specifically designed for the agriculture and agri-food industry and reinvests its profits back into agriculture and the communities where its customers and employees live and work.

FCC is now accepting applications from registered charities and non-profit organizations in rural Canada for the \$1 million FCC AgriSpirit Fund.

The application period is open from March 13 to April 17, 2017. Rural community groups can view the eligibility requirements and past projects and can apply online by visiting www.fccagrispiritfund.ca.



EXPRESS PHOTO SUBMITTED
Farm Credit Canada relationship managers Christine Anderson, left, and Kim Asham, right, present Ruth Ann Furgala \$10,000 for the Riverton & District Handi Van.

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EVAP system is to capture these vapors and direct them into the engine to be burned – kind of an on-board recycling program. The EVAP system is a complicated network of hoses, valves, filters and such all being monitored through your vehicle's computer. Issues with the EVAP system are in the Top 5 reasons for a Check Engine Light to be illuminated. Your friendly and knowledgeable Local Service Technician can perform a computer interface with your vehicle to read the trouble codes and begin a diagnostic procedure to isolate the fault.

With the proper equipment, your local Interlake Service Centre can test the valves in order to trace a blockage. A low pressure smoke test can be performed to find any leaks. The repairs are then made to get the EVAP system working again and to reset the Check Engine Light.

While EVAP s don't generally lead to vehicle damage, the fact that they trigger the Check Engine Light can mask other more serious problems for Interlake drivers if left unaddressed. After all, there are hundreds of conditions that can trigger a Check Engine Light – but there is only one light. So if the light is on because of an EVAP issue you haven't fixed and another issue arises, you won't be alerted to the new condition because the light is already on. However, Evap system venting issues can still cause some serious damage if the system is not venting properly. It may cause a fuel tank to collapse which of course would result in a costly repair if a replacement fuel tank and fuel pump are required.

Of course, if you live in a jurisdiction that requires emissions testing to register your vehicle, you won't pass the test until you make the repairs. An EVAP trouble code could be caused by something as simple as a loose or worn gas cap or a leak in a hose to problems with a purge valve or even a rusty fuel filter pipe.

When your Check Engine Light comes on, bring your vehicle into your local auto service provider in the Interlake and let us check it out. Your Service Technician

will be able to diagnose the codes and work out a plan to address any problems that are uncovered. There's peace of mind for Interlake drivers that comes from knowing what is wrong and taking care of it.

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Snoman celebrates National Snowmobiling Environment Month

Submitted

Snoman (Snowmobilers of Manitoba) Inc. and the Canadian Council of Snowmobile Organizations (CCSO) reminds riders to keep nature beautiful as we celebrate National Snowmobiling Environment Month during February. Through the Snowmobile Responsibly campaign introduced by CCSO, Snoman encourages everyone to take personal responsibility for his or her decisions and actions on the snow this winter.

"Every day, riders make many important snowmobile-related decisions that can impact their personal well-being, that of others and of the natural setting in which they ride," said Yvonne Rideout, executive director of Snoman. "Decisions should be based on obeying applicable laws and rules, using good common sense, riding with care and control, and making smart choices."

Some of the key messages touted by snowmobile organizations are respect

sensitive areas, stay on the trail, protect wildlife, embrace new technologies, maintain your sled and leave tracks, not trash.

"Snowmobiling is a good news story because snowmobiles have improved continuously thanks to oil injection, sound reduction measures, variable height exhaust valves, direct injection, on-board computers, and new two-stroke and four-stroke engine technologies that comply with EPA requirements," said Alan Butler, president of Snoman. "We ask snowmobilers to refrain from using after market pipes that increase noise and annoy others."

Keeping nature beautiful during each and every ride depends primarily on the personal decisions and actions of each rider, so choose to snowmobile responsibly this winter.

Snoman Inc., a not-for-profit organization, is dedicated to providing strong leadership and support to its member clubs to develop safe and



EXPRESS PHOTO BY ANNALIESE MEIER

Snoman Inc. and the Canadian Council of Snowmobile Organizations reminds riders to keep nature beautiful as we celebrate National Snowmobiling Environment Month during February.

environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling in Manitoba.

Daredevil racetracks on Lake Winnipeg get a grooming

By Patricia Barrett

Toomey's Construction was on the ice near Gimli Beach last Thursday clearing one of five racetracks that Mercedes-Benz and the AMG Driving Academy of Canada will be using for their advanced winter sport driving program that gets underway Jan. 30 and runs until Feb. 27.

The challenging racetracks with daredevil turns extend all the way north to Loni Beach.

A spectator area will be created on Gimli Beach so that locals and visitors can watch participants learn how to safely slide, steer and brake on icy terrain.



EXPRESS PHOTO BY PATRICIA BARRETT

The racetracks with some daredevil turns extend all the way to Loni Beach, north of the town centre.

Manitoba Public Insurance releases third quarter financial results

Submitted

Manitoba Public Insurance reported a net loss of \$3.6 million for the nine months of its fiscal year ending Nov. 30, 2016 — a decrease of \$14.5 million over the same time period last year. This includes net loss to the basic insurance line of business of \$31.2 million in the first nine months of the 2016-17 fiscal year.

Total earned revenue for the first nine months was \$896.3 million, which is an increase of \$48.5 million from the same period last year, primarily attributed to increases in motor vehicle premium revenue as the result of the number of motor vehicles insured, and the value of these vehicles.

"The overall financial picture was affected by an increase of \$158.0 million in total claims costs compared to the same period last year, while an increase of \$101.8 million investment income helped offset these increased costs," said Heather Reichert, vice-president, finance and chief financial officer, MPI.

Total claims costs included a \$98.5 million increase in bodily injury claims and a \$56.8 million increase in physical damage claims compared to the first nine months of last year. The bodily injury increase is primarily due to the interest rate adjustment on unpaid claims; however, an increase in collision

claims is also negatively impacting claims costs.

On Dec. 15, 2016, the Public Utilities Board released its ruling on the corporation's rate application for the 2017-18 fiscal year. Effective March 1, 2017, overall average basic insurance rates will increase by 3.7 per cent for the 2016-17 year. This marks only the third time in the past 10 years that Manitoba Public Insurance will be increasing rates overall for Manitobans.

"The corporation acknowledges that the overall 3.7 per cent increase in premiums ordered by the Public Utilities Board will mitigate the risk of continuing to rely on interest rate forecasts of the five major Canadian banks but that if interest rates continue to underperform against the projections the board has ordered the corporation to use, the corporation will continue to remain financially vulnerable," said Reichert.

"The corporation also remains concerned that failure to establish an appropriately sized rate stabilization reserve for the basic compulsory insurance program based on standard industry practice will continue to make it difficult to protect vehicle owners from large premium increases or the potential need for a rate stabilization reserve rebuilding fee in the future."

Treatment plant, lagoon and water meter payment deadline approaching

By Patricia Barrett

Property owners in the Town of Winnipeg Beach have until mid-month to pay in advance their share of the costs incurred from the recent upgrades to the water treatment plant and the installation of water meters, as well as upgrades to the lagoon.

"The [notices] have been sent out," said Coun. Darryl Carry at council's regular meeting Jan. 25. "Both [projects] came under budget. It was less than we thought it would cost, so that's good."

The town is offering two payment schedules for the water treatment plant and the water meters.

Taxpayers can pay \$1,933.47 up front on or before Feb. 13 or pay \$232.48 (at a 3.5 per cent interest rate) over 10 years on their annual tax bill.

The total cost of the two projects was \$560,266.25. The province funded \$279,912.73 and the town, \$280,353.52.

The town has also established two payment schedules to cover the cost of upgrades to the lagoon.

Property owners can pay \$645.13 up front on or before Feb. 13 or pay \$77.57 (at a 3.5 per cent interest rate) over 10 years on their annual tax bill.

The total cost of the lagoon upgrade was \$3,303,315.08. The federal and provincial governments paid \$2,171,749.19. The town's share is \$1,131,565.89.

Lump-sum payments cannot be made in future years.

Mayor Tony Pimentel said he received feedback from a few residents who were satisfied with the cost and one who felt the "up-front" deadline date could have been extended.

"Unfortunately, we're tied with that 30 days because of the need to hold the interest rate," he said. "When we did our projections, we were at five per cent. At 3.5, we're getting pretty good savings on our interest."

Council also gave third and final reading to Bylaw 15-2016, which regulates water meters.

Other council briefs:

- Harry Alberg, the town's public works foreman, provided council with a list of new and used excavators cur-



Mayor Tony Pimentel

rently on the market.

The town does not have an excavator.

"That's one of the pieces of equipment we've been wanting for a while," said the mayor. "We've been contracting some of that work out."

Coun. Carry said an excavator will be used for ditching work to "reduce the risk of flooding in spring."

A new excavator would cost about \$255,000. A used one that Alberg found is about \$105,000.

Council asked him to find out how much it would cost to have the used excavator checked over by a mechanic before it considers making a purchase.

"That's a lot of money," agreed Alberg, "so you don't want any surprises."

- The province indicated it will not undertake snow removal from sidewalks in its provincial park, nor will it clear the boardwalk.

"The one concern that people had," said the mayor, referring to the keen interest from locals and visitors to see the spectacular ice formations on the lake, "was getting some kind of access to go to the lake from the park."

Pimentel said he has had comments from people about the lack of maintenance. "For older people, it could be very difficult."



EXPRESS PHOTOS BY PATRICIA BARRETT

Students at Winnipeg Beach School made a series of colourful mosaics depicting the history, character and famous sites of the beachside town. The mosaics have been installed at the Community Centre.

Coun. Pat Green indicated council had spoken to the province last week about the issue.

"They're not interested in clearing it," she said. "From an Age Friendly perspective, people are wanting to walk the boardwalk in the winter and they would like to see a trail to the boardwalk. I know the province has concerns about [preserving] the condition of the boardwalk — there's good reasons they don't want to do it."

Carry said snowmobilers would probably start driving on the boardwalk if it was cleared.

-The mayor said the province was unable to provide council with a timeline on when lighting and signage on the boardwalk will be installed. He will broach the issue again if he's able to obtain a meeting with provincial ministers.

-The Association of Manitoba Municipalities, which provides support to municipalities, sent council a letter dated Dec. 19, 2016, stating it had removed from its list of active resolutions a Winnipeg Beach resolution from 2008.

Resolution No. 18/08 asked the AMM to lobby the province to "provide ade-

quate compensation to municipalities that fairly reflects the costs incurred to provide services to provincial parks."

AMM wrote that the provincial department of Sustainable Development has "ongoing discussions and agreements with several municipalities" and the resolution is no longer necessary.

- Green said the mosaics created by students at Winnipeg Beach School have been installed on the walls inside the community centre.

New lighting for the community centre has not yet been installed, and Green said she will follow up on that.

- The mayor said there have been some "indications" that people with derelict signs will be removing them. "[The bylaw officer] did have a very nice talk with the owner of the golf course, and they're looking at getting rid of those signs."

- Council will hold a public hearing April 10 at 6 p.m. to discuss its financial plan.

- Carry said he will put together a council/staff team for the 48th Annual Interlake Municipal Bonspiel that the Town of Arborg is hosting on March 9.

Public votes needed to proclaim winner in Just Watch ME! video

Vote every 24 hours started Feb. 1

Submitted

Rural entrepreneurs need your votes to win cash and business prizes in the 2016-2017 Just Watch ME! video contest.

This year's Top 4 Seasoned Entrepreneurs include a baker, concrete artist,

counsellor and tattoo artist.

These rural entrepreneurs with disabilities or health conditions from Manitoba and Saskatchewan are seeking votes to win the top prize. The first place winner will receive a \$1,000 cash prize as well as business prizes

valued at over \$5,000.

Thanks to the help from the business community, the newly launched ELEVATE business building program, as well as social media, this year's contest saw a record number of entries with 22 rural entrepreneurs submitting videos.

"Rural entrepreneurs were asked to submit a short two- to three-minute

video sharing their journey of business success," explains Susan Bater, Entrepreneurs with Disabilities program manager and spokesperson for the contest.

"Our panel of business and community leaders judged the videos and our Top 4 entrepreneurs in the Sea-

Continued on page 14

Winnipeg Beach approves landfill agreement with Dunnottar

By Patricia Barrett

The Town of Winnipeg Beach council passed a resolution to accept an agreement with the Village of Dunnottar to continue using Dunnottar's landfill site for the next three years.

But one section of the agreement pertaining to cost-sharing for the landfill's future decommissioning had led them to seek legal advice.

Dunnottar had drafted the agreement last year outlining the appropriate use of its landfill and included a clause (Section 7) stating that Winnipeg Beach would be responsible for 50 per cent of the costs of decommissioning and rehabilitating the site.

At its regular meeting Jan. 25, Winnipeg Beach council indicated that perhaps the RM of St. Andrews should assume some part of future decommissioning and rehabilitation costs as it is a partner in the landfill.

"When we met with them," said Mayor Tony Pimentel, referring to Dunnottar's council, "we accepted everything except that one decommissioning clause because there's three

parties involved. There's St. Andrews that provides the equipment for the facility and then there's the Village of Dunnottar and ourselves that pay for the cost of operating the facility."

Pimentel said council would like to know what St. Andrews' contribution would be because "50 per cent to us didn't seem like an appropriate amount."

Council had sent the agreement to its lawyer for review.

"The lawyer suggested we put a clause in there," said CAO Kerry Lawless, referring to the resolution. "This whole thing about the decommissioning cost [is that] it's not going to happen for 20 or 30 years, so it's not a huge thing. She [the lawyer] suggested we put something in here just to recognize that, so the next time it [the contract] comes up, the next [iteration of] council can look at it."

Lawless read out council's resolution, which would authorize him and the mayor to sign the agreement "whereby the Village provides landfill services to the Town for the period

Jan. 1, 2017, to Dec. 31, 2019."

The resolution also states "prior to the signing of a successor agreement, council reviews Section 7 to ensure the interests of the Town are protected to the satisfaction of council and/or the Town's legal representative."

As the landfill is not likely to be decommissioned before 2019, the town's lawyer recommended they sign the agreement, Section 7 included, but have "some kind of number" for future contracts.

"We didn't change the agreement," said Pimentel. "We're just putting it in this resolution so that for the next agreement, they [Dunnottar] look at that wording [i.e., 50 per cent]."

The drafting of the resolution, he said, did take a little longer than normal, but it was necessary in order to protect the interests of Beach taxpayers.

"We weren't trying to slow this whole process down," said Pimentel, referring to a December 2016 article in a local newspaper that suggested the town was unnecessarily delaying

the process. "We were waiting for legal advice."

Coun. Pat Green expressed some concern over the misunderstanding given the fact the mayor had advised Dunnottar's CAO that they would be seeking guidance before signing it.

"I thought we had a good working relationship, and then it came out rather strongly," said Green with reference to the article. "I was quite surprised. We see them all the time. We see them at meetings. If it was an issue, we could deal with it."

Council passed its resolution.

Winnipeg Beach residents can use the Dunnottar landfill for compostable materials and household rubbish. The landfill does not accept appliances, furniture, dead animals, tires, building construction debris and hazardous waste.

The town is expected to pay Dunnottar \$39,000 — plus up to five per cent — annually for access to the landfill.

A copy of the agreement is available on the Winnipeg Beach website under its meeting agenda for Jan. 25.

Winnipeg Beach Curling Club set to rock

By Patricia Barrett

The Winnipeg Beach Curling Club is set to rock this season with upcoming bonspiel events.

This week, the ladies enter the hack for the Ladies Night Out Bonspiel, Feb. 3-5. A silent auction will be held during the event.

A Family-friendly, Anything Goes Bonspiel will be held Feb. 17-18; a What the Heck Bonspiel on March 24-26; and a Junior Funspiel on March 29.

The club has put together a newsletter listing bonspiel dates, membership changes, fees, advertising oppor-

tunities and upcoming fundraisers.

The club offers a KidSport funding program for children who want to curl but whose families face financial difficulties. Contact Winnipeg Beach recreation director Allan Sulyma at 204-389-5126 for more information.

The club will hold its Annual Dinner, Dance and Elimination Draw on April 22.

For more information about events, contact the curling club at 204-389-2661 or email winnipegbeachcurling-club@gmail.com.



EXPRESS PHOTO BY LANA MEIER

The Winnipeg beach Curling Club is hosting a Junior Funspiel on March 29.

> JUST WATCH ME!, FROM PG. 13

soned Category have now moved on to the public voting stage."

Entrepreneurs who have started their businesses less than a year ago are in the Start Up category. This category is judged solely by the panel of judges.

The panel of judges are pleased to announce the Top 4 Seasoned Entrepreneurs for 2016-2017.

Manitoba finalists are Lucy Fouasse of Lil' Steps Miniatures & Wellness Farm, St. Malo and Carrie Arsenault of Sugar Me Cookie Boutique, Gimli. Saskatchewan finalists are Janie Gaudet of Sweet Crete Decor, Warman and Kimberly Wylie of True U Tattoo & Creationz Inc, Rosethern.

Apryl Harel of Apryl Harel Pho-

tography of Steinbach was the 2015-2016 Seasoned Entrepreneur winner, and she was a judge for this year's contest. Harel talked about her judging experience.

"I loved seeing that the contestants believe in themselves and their businesses. I especially enjoyed seeing the return contestants, who haven't given up on their dreams. I

am excited to see the outcome and be on the voters' side this year."

Public voting started Feb. 1 at 10 am and will continue until Feb. 14.

To vote for your favourite video, visit www.justwatchmecontest.ca.

Votes will be accepted every 24 hours until 10 a.m. on Feb. 14.

The winners will be announced Feb. 17.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg's Foster reaches final of Manitoba Scotties

Staff

It took a skip from Regina to win this year's Manitoba Scotties Tournament of Hearts.

Michelle Englot defeated Darcy Robertson 8-6 in the final Sunday at the Manitoba provincial championship at Eric Coy Arena.

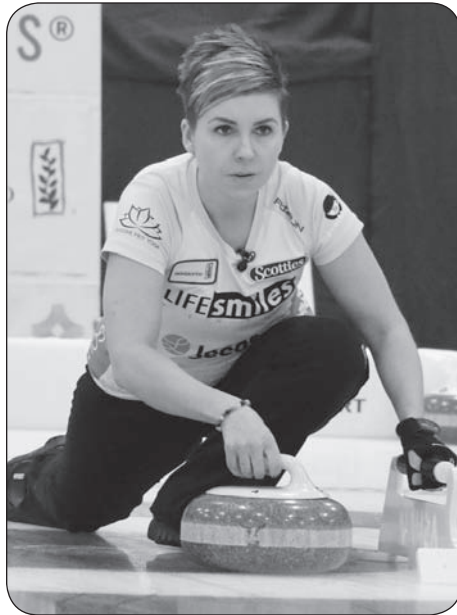
Englot won a whopping seven Saskatchewan titles before joining Kate Cameron, Leslie Wilson-Westcott and Raunora Westcott to vie for the Manitoba title this season.

Cameron, a Winnipeg native, previously curled out of the Stonewall Curling Club.

Robertson's rink, meanwhile, which includes Arborg's Vanessa Foster as second, earlier stunned seven-time provincial champ Jennifer Jones 8-6 in the semifinal.

Jones was a perfect 7-0 in round-robin play but then lost 9-5 to Englot in Saturday's 1 vs. 1 page playoff. Robertson edged Shannon Birchard 7-6 in the 2 vs. 2 game.

Englot, Robertson and Camp Morton's Kerri Einarson all went 5-2 through the round-robin. Einarson, whose East St. Paul rink includes third Selena Katz, second Liz Fyfe, lead, Kristin MacCuish, fifth Jen Clark-Rouire, and coach Patti Wuthrich, was



Arborg's Vanessa Foster releases her final rock in the 10th end at this year's Manitoba Scotties Tournament of Hearts.

looking to defend her Manitoba Scottie title.

The Interlake was well represented at this year's Scotties.

Selkirk's Cheryl Reed, who curls out of Brandon, finished 4-3. Stonewall's Jenna Boisvert was the fifth on Birchard's rink that was also 4-3.



EXPRESS PHOTOS BY LANA MEIER

Darcy Robertson's squad, including Arborg's Vanessa Foster, topped 2014 Olympic gold medallist and seven-time provincial champion Jennifer Jones 8-6 in the semifinals Sunday morning before losing 8-6 in the all-Winnipeg final at the Manitoba provincial championship on home ice Sunday at Eric Coy Arena. Pictured, left to right, lead Michelle Madden, second Vanessa Foster, third Karen Klein and skip Darcy Robertson.

Balmoral's Lindsay Baldock was the lead for Joelle Brown's rink, which finished 3-4. East St. Paul's Colleen Kilgallen, representing the Interlake

region, was 1-6.

Englot will now represent Manitoba at 2017 Scotties in St. Catherines from Feb. 18-26.

Winnipeg Beach A-side champs

Staff

Fifteen U18 teams competed for cash at the Stonewall Pharmacy Junior Bonspiel this past weekend.

The Walter rink representing the Morris Curling Club won the 'A' event after defeating R. Wiebe of St. Vital 7-2. Stonewall's Dunlop rink defeated Springfield's Smith rink 7-3 to win the 'B' event, and the Zacharais rink from Altona went on to beat J. Friesen of Morris 7-3 to capture the 'C' event.

In the U14 division, 12 teams participated in the bonspiel. Josh Maisey and his rink from Winnipeg Beach defeated Blake Good and his team of Riley Nichol, Autumn Good and Rena Kathler of the Stonewall Curling Club 7-5 to win the 'A' event.

The Howard rink representing Pembina beat Stonewall's Carter Ives and his team 7-3 to win the 'B' event.

West St. Paul Rutter rink defeated Stonewall's Perrie rink 7-2 to win the 'C' event.



EXPRESS PHOTO SUBMITTED

The Josh Maisey rink from the Winnipeg Beach Curling Club won the U14 A-side event at the Stonewall Pharmacy Junior Bonspiel after beating the Blake Good rink 7-5. Maisey beat the Beaudry and Rutter rinks before advancing to the final. Pictured, Darrel Argan presents a cheque in the amount of \$300 to Sean Giesbrecht, Elias Huminicki, Oliver deMeyer and Joshua Maisey. Missing from the photo is Tyler Giesbrecht,

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning zapped three times on home ice

By Brian Bowman

Home ice could not turn around the fortunes of the Interlake Lightning Midget Provincial team.

Interlake lost all three games in Teulon last week — getting outscored 16-5 — in Manitoba AAA Midget Hockey League action.

The Lightning was swept in the three games after a 4-2 loss to the Yellowhead Chiefs.

Brian Mentuck gave Yellowhead an early 1-0 lead with a power-play goal but Interlake forward James Maxwell tied the score about nine minutes later. Darian Murdock and Evan Palmer assisted on Maxwell's goal.

Yellowhead's Jaxon Heeney and Ryder Richmond scored just 50 seconds apart late in the first period for a 3-1 lead and then the Chiefs went up three goals as Mackenzie Belinski tallied midway in the third.

Jack Einarson pulled the Interlake to 4-2, though, with a goal at 14:48 of the final frame, assisted by Codey Behun and Maxwell.

Riley Buhay stopped 44 Yellowhead shots.

Last Saturday evening, the Lightning lost 5-3 at home to the Parkland

Rangers.

Behun gave the Lightning a 1-0 first-period lead and then Corbin Mariash tallied early in the second.

But Parkland would tie the score at 2-2 before the second period ended as Kurtis Luke and Bradyn Smelski tallied.

Interlake regained the lead with a goal from Erik Asselin early in the third but the Rangers took over the game with three straight goals.

Dustin Mozdzen, Luke (on the power play), and Brayden Delvenne scored for the Rangers.

Parkland outshot Interlake 51-35. Buhay was busy, making 46 saves.

On Jan. 25, the Lightning was topped 7-0 by the Winnipeg Thrashers in Teulon.

The Thrashers, which held period leads of 2-0 and 5-0, received a hat trick from Curtis Rebeck and singles by Gabriel Comeau, Trent Halfdan-son, Reid Robertson and Jacy Kennedy.

Winnipeg outshot Interlake 60-28 as Buhay made 53 saves.

Interlake (9-25-0-0-3) will hit the road for a pair of games this weekend. On Saturday, the Lightning will visit



EXPRESS PHOTO BY LANA MEIER

The Lightning's Corbin Mariash scored in the second period during Interlake's 5-3 loss to Parkland Saturday night.

Parkland in Dauphin and then will battle Brandon on Sunday afternoon.

The Lightning has just seven regular-season games remaining this season. Just two of those games are at home.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Steinbach Pistons	46	39	6	1	79	201	89
Winkler Flyers	47	33	12	2	68	170	113
Selkirk Steelers	48	31	14	3	65	168	144
OCN Blizzard	48	30	15	3	63	154	127
Portage Terriers	46	29	15	2	60	195	150
Winnipeg Blues	47	23	19	5	51	165	158
Virden Oil Capitals	48	20	21	7	47	130	157
Swan Valley Stampede	45	15	27	3	33	124	180
Dauphin Kings	46	13	28	5	31	108	167
Neepawa Natives	44	12	27	5	29	116	176
Waywayssecapoo Wolverines	45	10	31	4	24	135	205
KEYSTONE HOCKEY LEAGUE							
Central Division							
GP	W	L	OTL	PTS	GF	GA	
Peguis Juniors	29	20	8	1	41	221	147
Arborg Ice Dawgs	29	19	10	0	38	179	106
Fisher River Hawks	27	8	19	0	16	154	243
South Division							
GP	W	L	OTL	PTS	GF	GA	
Selkirk Fishermen	28	21	7	0	42	164	59
St. Malo Warriors	28	20	7	1	41	206	113
North Winnipeg Satellites	27	10	16	1	21	113	140
Lundar Falcons	28	8	19	1	17	105	149
North Division							
GP	W	L	OTL	PTS	GF	GA	
OCN Storm	28	19	8	1	39	262	180
Cross Lake Islanders	28	14	13	1	29	155	154
Norway House North Stars	30	2	28	0	4	79	347
AAA MIDGET							
HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Wild	36	28	5	0	59	190	67
Yellowhead	37	25	4	2	58	168	99
Thrashers	36	23	10	1	49	166	90
Brandon	36	23	11	1	48	148	107
Pembina Valley	37	23	13	0	47	142	112
Central Plains							
GP	W	L	OTL	PTS	GF	GA	
Central Plains	38	22	13	2	47	154	134
Eastman	37	21	13	2	45	131	102
Kenora	38	14	20	0	32	107	168
Southwest	36	14	19	2	31	103	145
Parkland	36	12	20	1	28	116	171
Interlake	37	9	25	0	21	99	180
Norman	38	6	31	0	13	97	246
AAA CITY MIDGET							
HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	29	25	4	0	50	176	92
Winnipeg Sharks	29	21	8	0	42	137	88
Winnipeg Warriors	28	16	10	1	34	146	118
Winnipeg Hawks	30	12	14	2	28	117	125
Eastman Selects	27	7	16	3	18	93	118
Interlake Lightning	29	3	26	0	6	68	196
AAA BANTAM							
HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	28	24	4	0	48	185	35
Winnipeg Hawks	25	18	4	1	39	160	70
Winnipeg Warriors	27	15	10	1	32	105	78
Eastman Selects	27	15	12	0	30	130	103
Winnipeg Sharks	27	10	15	1	22	66	104
Interlake Lightning	28	1	26	1	3	73	209
MANITOBA FEMALE MIDGET AAA							
HOCKEY LEAGUE							
GP	W	L	T	OTW	OTL	Pts	
Westman Wildcats	23	18	2	-	2	1	41
Winnipeg Avros	26	15	7	-	4	-	38
Yellowhead Chiefs	27	18	8	-	1	-	38
PV Hawks	26	17	6	-	1	2	38
Eastman Selects	24	8	10	-	2	4	24
Norman Wild	26	7	16	-	2	1	19
Central Plains	23	5	15	-	-	3	13
Interlake Lightning	25	-	22	-	1	2	4

STATS AS OF TUESDAY, JANUARY 31

Female Bantam all stars



EXPRESS PHOTO BY DIANA LEDOCHOWSKI

The Interlake Ice Bantam 'AAA' all star representatives were Teulon's Jacey Ledochowski, Lundar/Eriksdale's Emma Poole and Arborg's Brenna Barylski. Team White won the game 4-1.

Peguis edges Arborg, loses to Selkirk in shootout

By Brian Bowman

The Peguis Juniors lost 3-2 in a shootout to the Selkirk Fishermen in Keystone Junior Hockey League action Sunday afternoon.

Selkirk's Kale Ilchena scored the lone goal in the shootout — and a pair in the third period — to lift the Fishermen to the hard-fought win over the Juniors.

Theoren Spence and Tristan Slater, on the power play, scored first-period goals for Peguis and then Ilchena tallied twice. His second goal tied the score at 2-2 with 3:30 remaining in the third.

Riley Bannerman made 22 saves for the win.

On Friday, the Juniors edged the Arborg Ice Dawgs 3-2 in Peguis.

Five goals were scored in the game but there were just two goal scorers.

Arborg's Karson Collins scored a pair of first-period goals and then Devin Garson recorded a natural hat trick. Garson scored once in the second period and then tallied twice in the third.

His game winner came with just 3:19 left in the third period.

Arborg was 0-for-5 with the man advantage while Peguis was 1-for-2.

Peguis, now 20-8-0-1 and in first place in the Central Division with 41 points, will visit St. Malo Friday (8 p.m.) and then will host Arborg on Saturday (7:30 p.m.).

Heading into their game against Peguis, Arborg is 19-10 and just three points back of Peguis in the division.

The Ice Dawgs defeated the Fisher River Hawks 8-1 on Jan. 25.

Clint Torfason led Arborg with three goals while Spencer Kilbrei (two), Jordan Kristjanson, Corbin Pasternak and Neal Sigvaldason also tallied.

Kilbrei also had two assists while Dylan Furgala chipped in with three helpers.

Brennan Cochrane replied for Fisher River in the second period. Dylan Osachuk made 40 saves for the win.

Fisher River (8-19) will be in Cross Lake for games Friday and Saturday and then will visit North Winnipeg on Tuesday.



EXPRESS PHOTO BY LANA MEIER

The Juniors' Tristan Slater scored a first-period goal for Peguis in the shootout loss to the Selkirk Fishermen Sunday afternoon.

Bantam Lightning get better throughout the week

Staff

The Interlake Lightning's Bantam "AAA" games got a whole lot closer as last week wore on, but they still could not come up with a victory.

Interlake started the week with a 12-0 loss to the Monarchs last Thursday and then was defeated 8-5 by the Eastman Selects the next night in Stonewall.

Carter Bateman (two), Austin Adair, Nathaniel Murdock, and Nicholas Finsson scored for the Lightning against the Selects.

Adair and Cody McMillan each finished the game with two points

apiece.

On Sunday, the Lightning were nipped 4-3 by the Yellowhead Chiefs in Warren. No scoring summary was posted on the league website at press time.

Interlake will be busy this week with three games. Tonight, the Lightning will battle the Hawks at the Maples Multiplex. Game time is 7:15 p.m.

The Lightning will visit the Chiefs Friday (7:30 p.m.) before hosting the Rangers on Sunday (3:30 p.m.) in Warren.

In recent City Midget action, the Lightning lost 7-3 to the Warriors last

Sunday and then 9-2 to the Selects on Monday.

Greg Paseschnikoff led the Interlake with a goal and two assists against the Warriors while Brandon Abraham had a goal and an assist. Kyle Melo scored the Lightning's other goal.

No scoring summary was available for Monday's game.

The Lightning played the Eastman Selects last night and will host the Hawks tonight (7:15 p.m.) in Stonewall. Interlake will then take on the Warriors on Sunday (1 p.m.) at Notre Dame Arena.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Nicholas Finsson scored during Interlake's 8-5 loss.

Falcons drop three straight road games last week

By Brian Bowman

Playing on the road wasn't too kind to the Lundar Falcons last week.

Lundar lost all three KJHL games, including a 9-2 defeat to Cross Lake on Sunday afternoon.

Cross Lake led 2-0 after the first period and 3-1 after 40 minutes.

Jason Nikkel and Eric Miller scored for the Falcons in the losing cause.

Last Saturday evening, Lundar was doubled 4-2 by the Norway House

North Stars.

Norway House's Hunter York scored the only goal of the first period and then Lundar's Austin Nikkel tallied in the second.

In the third, the Falcons took their first lead of the game as Austin Nikkel scored at 12:24. But the North Stars broke the game open late in the third with a pair of goals by York and another from Clinton Apetagon.

Norway House outshot Lundar 61-

51.

On Jan. 24, Lundar lost 4-1 to the North Winnipeg Satelites at Billy Mosienko Arena.

After a scoreless first period, Nico Lisi gave the home side a 1-0 lead with a power-play goal.

Derian Emes made it 2-0 before Lundar's Mason Medeiros scored, assisted by Dennon Sichewski and Baily Proctor.

North Winnipeg's Parker Cassie

scored at 12:57 of the third and then Howard Grieves scored an empty-net goal with 49 seconds left in the game.

Travis Rigden made 50 saves in the loss.

The Falcons, now 8-19-0-1 and in last place in the South Division standings with 17 points, will host North Winnipeg Friday and OCN on Saturday. Both games start at 8 p.m.

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LAND FOR RENT

Agricultural Crown Lands are presently available for rent for cropping. These lands are situated in the Rural Municipalities of: Bifrost-Riverton, City of Winnipeg, Ellice-Archie, Lakeshore, North Norfolk, Montcalm, Morris, Prairie View, Ritchoy, Springfield, St. Andrews. Closing date for cropping tenders is 10:00 a.m. on February 17, 2017 at 308-25 Tupper Street North, Portage la Prairie, Manitoba, R1N 3K1. Please contact your nearest Manitoba Agriculture Crown Lands District Office for more information or call Crown Lands and Property Agency at 1-866-210-9589. A listing of Manitoba Agriculture Crown Lands District Offices can be found online at: www.gov.mb.ca/agriculture/land/crown-land/agricultural-crown-lands-district-offices.html. A complete listing of agricultural crown lands available for rent can be found online at: http://www.clpamb.ca/leases_and_permits/pproperties.aspx or at any Manitoba Agriculture, RM, or First Nation Band Office.

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RURAL MUNICIPALITY OF GIMLI

INVITATION TO TENDER

CLOSING DATE: Friday, February 17, 2017 at Noon

The Rural Municipality of Gimli is accepting tenders for the following:

1) SUPPLY & DELIVERY OF LIMESTONE AGGREGATE: for the supply and delivery of limestone aggregates; to be deposited on municipal roads throughout the RM of Gimli, or hauled to stockpile at the Public Works Shop yards, as directed by the Municipality. The material to be applied in one main haul approximately during the period of June 1, 2017, until completed. Additionally, there may be spot hauling continuing until December 31, 2017.

2) GRAVEL HAULING & LOADING: for the hauling of gravel to be deposited on municipal roads throughout the RM of Gimli from the pit located in SW25-20-3E. The material to be applied in one main haul during the period of June 1, 2017, until completed. Additionally, there may be spot hauling continuing until December 31, 2017, approximately 12,000 cubic yards. While the Municipality would normally be responsible for loading, contractors are asked for the option of supplying a loader.

3) GRAVEL CRUSHING: for the gravel crushing and stockpiling at the pit located in SW25-20-3E. Traffic Gravel to Department of Highways Specifications, approximately 14,000 cubic yards.

4) 2017 EQUIPMENT RATES: the RM of Gimli is seeking proposals from qualified bidders for hourly rates on various types of privately owned equipment for the purpose of establishing pay rates and hiring order of private equipment for the 2017 works season ending March 31, 2018. Contractors who do not submit pricing and/or do not hold a valid business licence or business tax will not be considered for municipal projects.

5) DUST CONTROL: Application of Magnesium Chloride or Calcium Chloride dust control product. Product must be Magnesium Chloride Liquid or Calcium Chloride Liquid with a 30% to 35% Brine Solution and an Anti-Corrosive Inhibitor to meet Corrosion Rate of less than 4.0 mils per ASTM G 4-84. Bidders may provide a quote for one or both. The product shall be available for delivery to various locations in the Municipality from June 1, 2017 to October 31, 2017, as required by the Municipality.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Any questions or concerns related to the tenders can be directed to: Darcy Hjelmeland
 Manager of Public Works and Utility Operations
 Rural Municipality of Gimli
 Phone: (204) 642-6688
publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Council may consider a 10% price variance for local bidders. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licencing to be eligible to be awarded the contract.

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Applications close February 11

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in honour of

Ashley Gulay & Graham Campbell
 Saturday, February 18, 2017

Shower: 1:00 pm

(unwrapped gifts please)

Social: 8:00 pm

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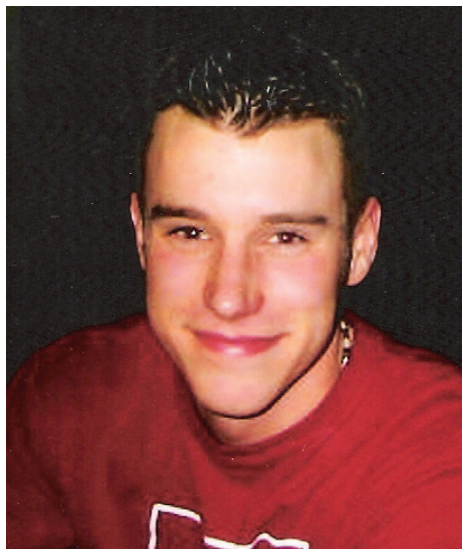
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ANNOUNCEMENTS IN MEMORIAM



Robbie Johnson
May 1, 1983 – January 28, 2005
Taken from us so suddenly
And tragically, 12 years ago

In the silence of our minds,
Where no one else can see;
Your voice, your smile, your memory,
Is kept so tenderly.
The tears we shed,
Will wipe away;
But the ache in our hearts,
Will never go away.

-Forever loved and missed,
Mom, Dad and Darrell

ANNOUNCEMENTS CARD OF THANKS

A very sincere thank you to the community of Fisher Branch and surrounding areas for the love and support shown during our time of loss, it is greatly appreciated so very much. God Bless each and every one of you.

-Sincerely,
Wayne and Louise Brown
and family – Glen Podaima

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UPCOMING EVENTS

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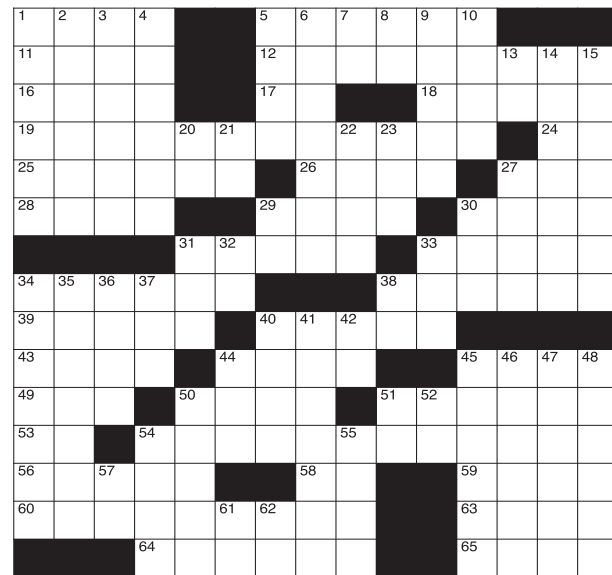
X CROSSWORD

CLUES ACROSS

1. Baseball team
5. Hymns
11. Actor Jared
12. Fragrance
16. ___ Von Bismarck, Iron Chancellor
17. Nordic God
18. Weighed down
19. Coppola's mob epic
24. Nanogram
25. Famed street artist
26. Identifier
27. 23rd letter of the Greek alphabet
28. In addition
29. Micturated
30. Shock
31. Accept
33. Allotment
34. Eras
38. Emerges
39. Cape Verde capital
40. ___, United Arab Emirates capital
43. Small amount
44. Back of the foot
45. Pakrit language
49. Home of "60 Minutes"
50. Condemn
51. Ailed
53. Elevated railroad
54. Rebelliousness
56. Ancient Greek city
58. Clothing company (abbr.)
59. Member of the cabbage family
60. Softens or smooths
63. Mass of coagulated liquid
64. Problems
65. Irish Republic

CLUES DOWN

1. Dress
2. Deadly
3. Says aloud
4. PT Anderson film "___ Nights"



5. Teacher (abbr.)
6. Anesthetized
7. Anno Domini (in the year of Our Lord)
8. ___ and behold
9. French young women (abbr.)
10. Scorch
13. Notre Dame
14. Express disapproval
15. Cars need these
20. Not off
21. Unit of mass
22. You
23. Concealed
27. Parent-teacher organizations
29. Approximately 3.14159
30. Chinese conception of poetry
31. Satisfaction
32. College degree
33. Formerly Ceylon: ___ Lanka
34. Effeminate

35. Something to solve
36. Horses like these
37. Intelligence organization
38. Blood type
40. Exhibition
41. Poisonous plant
42. Aluminum
44. Possesses
45. Penetrate with a sharp instrument
46. Ring-shaped objects
47. Speaks at church
48. Form in the mind
50. Selectors
51. Probability of default
52. 2001 Spielberg film
54. Where to get a sandwich
55. Newts
57. Modus operandi
61. Exists
62. Politico-economic union

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> MEAL IDEAS

Orange coconut cookies



12 servings / 30 min
 Prep 10 min / Cook 20 min
Ingredients
 1 cup (250 mL) large flake oats
 3/4 cup (175 mL) chopped and pitted medjool dates
 1/3 cup (75 mL) unsweetened coconut
 3 tbsp (45 mL) hulled pumpkin seeds
 3 tbsp (45 mL) canola oil
 1/2 tsp (2 mL) grated orange rind
Directions
 In a food processor, pulse together oats, dates and coconut until dates

are broken up and mixture sticks together. Remove to a bowl and stir in pumpkin seeds, oil and orange rind until well combined.

Using a heaping tablespoon (15 mL) roll into a ball and shape into a 2 inch (5 cm) by 1/2 inch (1 cm) thick round. Place onto parchment paper lined baking sheet.

Bake in 325 °F (170 °C) oven for about 20 minutes or until golden and firm. Let cool before eating.

Tip: Store at room temperature to keep the cookies slightly crisp on the outside. For a chewier and soft cookie, refrigerate in a resealable bag or container.

Sweet bite: If your kids are fans of chocolate you can omit pumpkin seeds and substitute 2 tbsp (25 mL) mini chocolate chips in these cookies.

Red Velvet Cupcakes



Servings: 12
 1 cup canned beets, drained
 1/2 cup reduced-fat buttermilk, divided
 1/2 teaspoon white vinegar
 1/2 teaspoon vanilla extract
 3/4 cup, plus 2 tablespoons, unbleached all-purpose flour
 6 tablespoons unsweetened natural cocoa, plus 1-2 tablespoons for decorating
 1/2 teaspoon baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon ground cinnamon
 1/2 teaspoon kosher salt
 1/3 cup canola oil, chilled
 3/4 cup sugar
 1 large egg, cold
Cream Cheese Frosting:
 2/3 cup confectioners' sugar
 4 tablespoons reduced-fat cream cheese
 1/2-1 teaspoon vanilla extract
 Heat oven to 350 F. Drop paper liners into 12-cavity muffin pan.
 Working knife up and down in measuring cup, coarsely chop beets. Place beets in blender, add 1/4 cup buttermilk and blend until beets are finely chopped. Add remaining buttermilk, vinegar and vanilla and blend to puree. Set beet mixture aside.

In small bowl, combine flour, 6 tablespoons cocoa, baking powder, baking soda, cinnamon and salt, and set aside.

In medium bowl, combine oil and sugar. With hand mixer on medium speed, mix until sugar is evenly moistened. Add cold egg and beat on high until mixture resembles mayonnaise and sugar is almost completely dissolved, 90 seconds. Add beet mixture and beat until combined. Sift dry ingredients into bowl and mix, either on low speed or by hand until combined with wet ingredients.

Divide batter evenly among lined muffin cups, filling them about two-thirds full.

Bake cupcakes 28-30 minutes, or until tops feel springy. Immediately transfer cupcakes to wire rack and cool completely before frosting.

Ice cupcakes, using about 1 tablespoon frosting for each. Place remaining cocoa in strainer and sprinkle over frosted cupcakes. If desired, let cupcakes sit at room temperature to allow frosting to set, about 2 hours.

Note: Frosted cupcakes can sit at room temperature for up to 12 hours.

To make Cream Cheese Frosting: In small bowl, work sugar and cream cheese together with wooden spoon or hand mixer until combined. Mix in vanilla.

Note: Frosting is best when refrigerated 8 hours or overnight, loosely covered, before using. It keeps in refrigerator 5 days.

If you really loved me



"LOVE COMES WHEN MANIPULATION STOPS; WHEN YOU THINK MORE ABOUT THE OTHER PERSON THAN ABOUT HIS OR HER REACTIONS TO YOU."

DR. JOYCE BROTHERS

Sometimes in love relationships a comment is made that begins with, "If you really loved me you would....". When I work with couples I suggest that they remove that phrase from their relationship vocabulary because it creates nothing but trouble.

The phrase is manipulative, whether intended to be so or not. The recipient is immediately put into a bind: either do what the person wants even if you do not want to, or be accused of not loving the partner.

Common sense tells us that we can really love someone and not want to do something they want. It is also

possible for someone to do what we want and not truly love us. So there is no consistent correlation between loving someone and doing what they want.

Generally one who uses the "if you loved me" phrase believes it is the partner's job to keep him or her happy. If the partner pleases me, then I feel loved. If not, then I do not feel loved. This is a tremendous responsibility to put on another. Usually low self-esteem is at the bottom of this, so the individual constantly needs "proof" of being loved.

This leads to controlling behavior-controlling through guilt. The irony is that this control may result in getting the behaviors we want, but they are coming through coercion, not from love.

It is okay to ask for what you want. It is also okay to express disappointment when you do not get what you hoped for. For a healthy relationship and clear communication, just keep the faulty "if you really loved me" equation out of it.

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

Mini Popcorn Balls with Chocolate 'Fondue'

Prep time: 25 minutes
 Servings: 12
 1 bag Orville Redenbacher's Smart Pop! 94 Percent Fat-Free Butter Microwave Popcorn
 nonstick cooking spray
 1/4 cup stick butter or margarine (1/4 cup = 1/2 stick)
 1 package (10 ounces) marshmallows
 1/2 teaspoon vanilla extract
 1 1/2 cups light chocolate syrup colored candy sprinkles (optional)
 Prepare popcorn according to package directions. Remove all unpopped kernels. Spray large bowl with nonstick spray; add popped corn. In medium saucepan over medium

heat, melt butter. Add marshmallows and vanilla. Heat 5 minutes, or until marshmallows melt, stirring frequently.



Pour over popcorn; mix well with spoon sprayed with cooking spray. Moisten hands with water before shaping popcorn mixture into 24 small balls, about 1/3-cup popcorn mixture each.

In small saucepan, heat chocolate syrup over medium heat 5 minutes, or until warm, stirring occasionally. Transfer to small, fondue-style pot.

Use wooden skewers or fondue forks to pick up popcorn balls and dip into chocolate and sprinkles, if desired.

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