



# THE EXPRESS

VOLUME 6 EDITION 9 THURSDAY, FEBRUARY 28, 2019

WEEKLY NEWS

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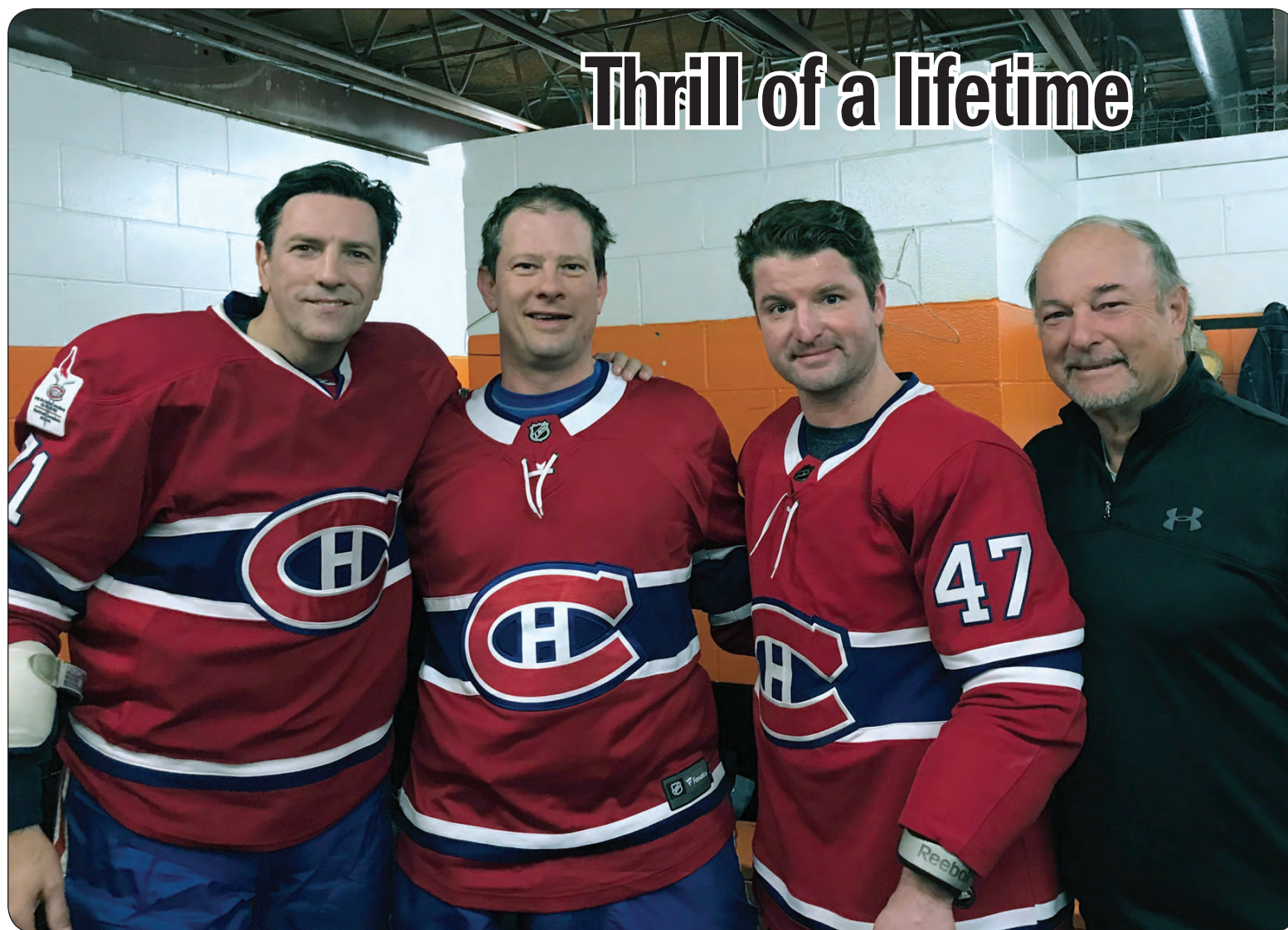
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EXPRESS PHOTO BY PAT GREEN

Winnipeg Beach's Calvin Friesen, second from the left, suited up with the Canadiens for the Montreal Canadiens Alumni fundraising game in Gimli this past Friday. Pictured left to right: Patrice Brisebois, Friesen, Marc Andre Bergeron and Habs alumni coach Steve Shutt. Shutt was a Canadiens scoring star in the 1970s.

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

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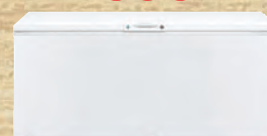
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# Canadiens shade Gimli skaters in enjoyable game

By Roger Newman

Gimli's Alumni team played like they had something to prove when they met the Montreal Canadiens retirees in an entertaining exhibition game Friday night at the Gimli rec centre.

Winding up on the wrong end of an 11-5 score after three full periods, the local players proved they were slightly less than half as good as the former Canadiens who showed they retain their major league skills.

However, none of the 500 fans were complaining because they saw a fast-paced, entertaining game that had a bit of comedy but not as much as you see in some of these exhibitions.

Gimli's two goalies, Corey Strachan and Danny Stevens, were simultaneously placed in the home team net in the second period when the Alumni were losing a lot to a little. But this only helped briefly before the Canadiens resumed their dominance despite the superb strategy of Gimli coach and former NHLer Bob Leiter.

Two local skaters — Winnipeg Beach's Calvin Friesen and Gimli's Josh Finnbogasom — were definitely winners as they suited up for the Canadiens known in their home city as "Les Habs." Friesen, who has a hockey background with the Winkler Flyers and Dauphin Kings, even scored a goal to help the Canadiens' cause.

"This was a great experience," said Friesen, now a construction worker who paid \$200 for the privilege of being one of the two "Thrill of a Lifetime Players."

Strachan, who tended goal for Selkirk Steelers and the University of Alaska, also enjoyed the game and had lots of fun. He's now a pilot for Winnipeg's Calm Air who flies northern routes and also teaches at the airline's instruction school in Montreal.

Many fans also said they had a good time. One was Arborg's Don Buchko, a singing guitarist who was seeing the Canadiens retirees for the third time after taking in two of their earlier outings in his home town and Brandon. He was one of the many who paid anywhere from \$25 to see the game to \$100 for VIP tickets that included a dinner, the game and an after-game reception. Rec centre programmer Brenna Philp, who was the principal organizer of the game, said the centre will use its share of the proceeds to improve the centre's outdoor rink for next winter.

Pascal Jette, merchandise manager for the Canadiens alumni team, was at the rec centre with a table full of Canadiens souvenirs. He said the Canadiens alumni team — now coached



Gimli resident Bob Leiter, who played with three NHL teams, was the mastermind behind the home team's bench.



EXPRESS PHOTOS BY ROGER NEWMAN  
Gimli Rec Programmer Brenna Philp led the Gimli Vikings Squirts in the singing of the national anthem.



A large number of volunteers helped organize the very successful fundraising hockey game.

by former star sniper Steve Shutt — has existed since 1972 and makes 40 stops across Canada each winter.

"We enjoy doing this and all proceeds from ticket sales stay in the local community," he said.

All in all, fans considered the evening a major success and the Canadiens would be welcomed back for another game.



Steve Shutt



Canadiens merchandise manager Pascal Jette marketed a table laden with Habs souvenirs.



Arborg's Don Buchko was seeing the Canadiens alumni for the third time. He is still singing, playing the guitar and following hockey at age 75.



Gimli Coun. Thora Palson with husband Kevin and their daughter Anna at the game.



Greeters Nikki Philp and Pam Einarson welcomed fans at the door.



The Montreal Canadiens Alumni team with the Gimli Alumni team.



# Lundar School wins award

By Evan Matthews

Last week, Lundar School received recognition for some out of this world effort by its students.

On May 10, 2018, the students successfully launched a High-Altitude Balloon (HAB) from Alonsa, watching the device soar to a record-height of 33,796 metres, or nearly 34 kilometres high.

"Our school had the highest altitude in Manitoba. We set the record," says Jeremy Campbell, the teacher who led the project.

The Manitoba Association of Physics Teachers (MAPT) held its annual symposium at the University of Manitoba on Feb. 20, where MAPT presented Lundar School with the award.

Lundar students made two HAB attempts in May 2018, with the first attempt experiencing a failure: the students had turned off the cam-

eras attached to the HAB during the troubleshooting process and forgot to turn the cameras back on. But the first HAB did have a successful trip to and from the Earth's stratosphere.

The students lobbied administration for a second chance, as they had a second balloon. With cameras armed and the balloon filled, the school allowed the students that opportunity on May 10.

The students succeeded during the second attempt, as they were able to recover video evidence of their second spaceflight. The footage shows the curvature of the Earth, as well as the moment the balloon finally pops.

"When I show students who are new to our school the photo and say, 'We took this photo at the school,' they always have a crazy reaction. It looks like a stock

photo," says Campbell.

"It was the highest altitude ever recorded for a balloon that size."

West Kildonan Collegiate won the 2017 award for highest altitude, and

"WHEN I SHOW STUDENTS WHO ARE NEW TO OUR SCHOOL ... THEY ALWAYS HAVE A CRAZY REACTION."



The image taken from the High Altitude Balloon's camera shows the curvature of the Earth.



EXPRESS PHOTOS BY JEREMY CAMPBELL

The Manitoba Association of Physics Teachers awarded Lundar students (left to right) Adrien Lawrence, Deryk Lynch, Ethan Spalding, Caitlyn Marshall, Austin Hanslip and teacher Jeremy Campbell with an award on Feb. 20.



Lundar School's Jeremy Campbell, left, and West Kildonan Collegiate's Ken Hartikainen stage a tug-of-war over the trophy. West Kildonan won the award in 2017.

the project is really beginning to take off within various schools, according to Campbell.

"In 2018, the project was extracurricular, and it was fun. The administration liked the project so much ... We'll be incorporating HABs into the Topics in Science curriculum," says

Campbell.

"We're fully ready to launch again this May 3 dependent on weather and other schools' (scheduling)," he says.

Watch the Lundar School's full HAB launch and journey into space at <https://www.youtube.com/watch?v=ijvcptqSBMM>.

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# Local entrepreneur pays homage to his Icelandic heritage

By Ty Dilello

The Arborg Hotel at 285 Main St. has a long and storied history in the Interlake.

Icelandic settlers first arrived in Gimli around 1875 and from there they started spreading around the Interlake. Not too long after, a group of settlers made their way north and settled on the Icelandic River where the town presently sits. The location was first called Ardal (River Valley in Icelandic), but when the Canadian Pacific Railway reached the village in 1910, the name was changed to Arborg (River Town). Not long after the CPR came to town, the first Arborg Hotel was erected.

After the hotel burnt down for the second time in 2006, local entrepreneur Owen Eyolfson saw it as an opportunity to replace a much-needed commercial enterprise for a dynamic and growing community.

"The hotel had burnt down and my friend's mother wasn't going to be rebuilding so I saw an opportunity and knew that the area was growing by 10 to 15 per cent every census. And having an entrepreneurial background with my mother and father having businesses, I was always wanting to get in on one myself," said Eyolfson. "I bought it in 2008. We opened on Sept. 15, 2009, and that was actually to the day of the fire in 2006."

The Arborg Hotel has a taste of Ice-

land in it and one can feel its Icelandic presence just by walking through it. Notably the foyer where the stone wall imitates stone reminiscent of Iceland. It's the third hotel at its present location on Main Street. The first one burned down in 1917 and the second in 2006. When they were designing the current building, Eyolfson used the designs from the past buildings to help with the hotel's construction.

"I figured I'd pay a little homage to the past history of the hotel as well as my own Icelandic heritage," Eyolfson says. "I'm a proud Icelandic and have always had a strong cultural bond through my ancestry. With the words and folklore around my home growing up, I wanted to portray that through the hotel."

The name of the hotel's restaurant is "Eldhús," which is Icelandic for kitchen, or more literally it can be broken down into "Eldur" (fire) and "hús" (house). With the Nordic feel to all the rooms, the place is about as Icelandic as it gets and well worth a visit or a stay.

Going forward in 2019, Eyolfson says, "Were starting to be as eco-conscious as possible. About a year and a half ago, we started collecting all of our food scraps from the table and we donate them to a local farm that feeds their chickens and pigs, so 100 per cent of our organic waste is going to animals or compost. I actually



EXPRESS PHOTO BY TY DILELLO

Arborg Hotel owner-operator Owen Eyolfson proudly pays tribute to his Icelandic heritage. The decor includes a stone wall that imitates the stone reminiscent of Iceland in the foyer.

do composting with two worm farms using the scraps that the animals wouldn't eat. And stuff like our paper towels and straws are all 100 per cent biodegradable so we do as much as we can. We only give straws out if people ask, so just by that alone we've reduced the amount of straws we use by hundreds every month."

Currently, there are 10 designer hotel rooms available for rent, including two one-bedroom suites. All rooms have white linen sheets and possess either a queen- or king-sized bed with a pull-out couch.

If you're ever planning on staying in

town, swing on by the Arborg Hotel or grab a bite at the Eldhús Restaurant for some fine dining.

The Eldhús Restaurant adjacent to the hotel can fit all of your needs. With dine in and take out options, Eldhús is your typical small-town Manitoba restaurant with plenty of different burger, wings, and pizza options. The Alfredo and Chicken Parmesan are two of the restaurants main entree's, while the Cod Fish 'N' Chips and Calamari are also quite popular. Call 204-376-5453 or visit [www.arborghotel.com](http://www.arborghotel.com) to check out the full menu.

# Dunnottar council passes indemnity bylaw

By Roger Newman

It's not a raise — it's a replacement.

Village of Dunnottar council members will earn an extra \$50 a month this year as a result of a revised indemnity bylaw passed at last Wednesday's February public council

meeting.

Mayor Rick Gamble said the \$50 will simply replace a previously available tax credit clawed back by the provincial government. He added the amount is modest compared to the replacements passed by some other Manitoba municipal councils.

The other provisions in the indemnity bylaw remain the same as last year. Mayor Gamble will receive annual compensation of \$11,400 while the four council members — David Oberding, Bob Campbell, Rosalyn Howard and Jim Koto-wich — will take home \$7,800 a year, with all the amounts to be divided into monthly payments.

Above and beyond the cheques for services rendered, council members will receive at no cost the health and dental benefits provided by the village's insurer. They'll also be entitled to reasonable expenses for business journeys outside the municipality as long as they have receipts or other proof of the expenditures. And they'll get gas mileage money geared to a yearly Manitoba rate approved by the Canada Revenue Agency.

On a larger scale Wednesday, council tabled its 2019 budget and financial plan. The budget re-

ceived first reading and will be passed at a special budget meeting set for Wednesday, March 27 at 10 a.m. in the village office on Whytewold Road. To accommodate the budget, council's regular March meeting has been moved up to Wednesday, March 6 at 10 a.m. instead of the usual third Wednesday of the month.

## In other business

- Dunnottar has agreed to sign a memorandum of understanding between the province's municipalities and Manitoba's indigenous chiefs. The memorandum commits municipal leaders to collaborate more effectively with the chiefs in such areas as the environment and the economy.

- Council members have been told, too, that new mail boxes for the community will be installed soon at the Matlock Recreation Centre. Dunnottar residents have been getting their mail at Winnipeg Beach since the Matlock store abruptly closed a few weeks ago.

- Council has also decided to renew its annual membership in the Manitoba Good Roads Association at a cost of \$200.

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11U BORN 2008-09	U10 BORN 2009-10
13U BORN 2006-07	U12 BORN 2007-08
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18U BORN 2001-02-03	U18 BORN 2001-02-03

Register between Feb. 15 to March 15th at the Recreation Office

**\*\*late registrations may not be accepted and will be subject to an additional \$25 fee/player if accepted\*\***

**Coaches, Umpires, & Referees NEEDED!!!!**

**Contact Recreation Office for more information 204-376-5576**



# Snowmobilers enjoy unique ride through the Interlake

Staff

Two Ashern men have uncovered and continue to visit a well-kept Manitoba secret.

Lyle Hornby, 61, and his friend Dawson Beaudry, organized a snowmobile ride to see wild bison at Chitek Lake Provincial Park on Feb. 17, over the Louis Riel long weekend.

"Sometimes people are surprised but, yes, we have wild bison in Manitoba's Interlake," says Hornby.

"The ride started with 14 sleds and 16 people. We met at Devil's Lake and worked our way to Chitek Lake, then to Pickerel Lake, where we put up a herd of about 50 bison," he says.

Though this was their first trip of 2019, according to Hornby, the men did two similar trips last year. They may potentially do another before summer hits, he says.

There were many cheers and pictures from the group, Hornby says, as they watched the bison bulldoze through the snow for roughly half an hour.

The group of sledgers worked its way back to the heavy pine bluff — thick spruce, jack pine and poplar forest — to make lunch, Hornby says, as some friends of the avian variety joined.

"Much to our surprise, the Whiskey Jacks took to us like puppy dogs ... Landing on us at random and bumming food," says Hornby.

After lunch the group rode back to Devil's Lake for a quick head count, finding all participants and sleds made it back.

"It was a great trip, and everybody enjoyed the days activity," says Hornby.

The Manitoba government designated wood bison as protected in 1994, according to a government wildlife report. Between 1991 and 1996, the Manitoba Government released 22 animals — in two separate groups



Canada's national bird, the Whiskey Jack or gray jay, are among the world's smartest birds and have nearly the same body-to-brain ratio as humans.

— near Chitek Lake in the northern Interlake region, according to the report, and the herd has grown to an estimated 250 to 300 animals. Chitek Lake is located within the traditional use area of Skownan First Nation, southwest of Gypsumville along Highway 6.

"Manitoba Conservation is continuing to work co-operatively with Skownan First Nation to address management issues as they arise," the wildlife report reads.

The Provincial government of Manitoba designated Chitek Lake Anishinaabe Provincial Park with provincial park status in 2014, according to Manitoba's Protected Areas Initiative.

While both men belong to the Ashern Snowmobile Club, Hornby says neither member is overly active, and the excursion was planned separately from the group.

"We don't really like groomed trails, and we stay off of them as much as possible," says Hornby.

"We try to get



EXPRESS PHOTOS BY DIANNE HORNBY

Lyle Hornby and Dawson Beaudry organized a sled trek out to Chitek Lake, made up of 18 people on 16 sleds.



The group of sledgers watched the bison bulldoze through the snow for roughly half an hour.

out where the excitement is, and see wildlife in their natural habitat. It's also more of a challenge breaking and making trail, as opposed to riding on groomed trails, which is more like driving down a highway. We hit deeper snow and work harder, so we're not as cold," he says.

"MUCH TO OUR SURPRISE, THE WHISKEY JACKS TOOK TO US LIKE PUPPY DOGS."

Take care of details so they don't have to. **Just ask Ken.**

**KEN LOEHMER**  
FUNERAL SERVICES



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## RAFFLE

**Draw to be held Saturday, April 6<sup>th</sup>, 2019**  
12:00 noon at the Petersfield Hotel

**1<sup>st</sup> PRIZE**  
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FRI-THURS MARCH 8-14

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at 8:00 pm Each Night

Animated; Violence

**PG**



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WEEKLY NEWS



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# get informed

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

## Express welcomes new reporter/photographer

By Evan Matthews

Life is all about opportunities, and let me introduce myself by saying I'm excited for this one.

My name is Evan Matthews, and I'm the new reporter/photographer for the *Stonewall Teulon Tribune* and the *Express Weekly News*.

Originally from Winnipeg, I graduated from the Red River College Creative Communications program in 2016. Upon graduation, I moved out west to continue honing my skills.

I landed in a small, northeastern town in Valemount, B.C., where I worked as editor for *The Rocky Mountain Goat Newspaper* for a year and a half.

From there, I stayed along the Yellowhead Highway, moving 120 kilometres east to Jasper, Alta., where I spent the year working with both local papers.

After a short (lifestyle-first) stint in Halifax, N.S., I've come across the opportunity with *The Stonewall Teulon Tribune*, and I couldn't be more excited to begin building relationships with the various and diverse people who make up your communities.

I learned a lot during my travels, but the importance of local newspapers to

their community became abundantly clear to me as one of my most important lessons.

Locally owned and operated newspapers cover local people, local stories, and run local advertisements. The people in the newspaper industry work tirelessly to create connections between people, share the important stories, and do so with integrity.

With the current state of our society, these concepts have never been more important. Life should be about working together to build community up, as opposed to tearing down ideas and individuals.

How we, as a society, handle and speak on issues, shapes the narrative we look back on as the public record. I'm excited to join these conversations.

I encourage people to reach out not only with news tips, but even more simply, to get to know each other over coffee and conversation.

As the communities become more familiar with me, and vice versa, I hope who I am as a person shines through. My belief is that as people get to know me, they will realize I handle things with integrity, sensitivity, delicacy and compassion.



Evan Matthews

Whether it's story ideas or controversial subject matter, I aim for professionalism and compassion, always.

As our newspaper looks to bolster its opinion page, I encourage you to reach out with ideas to discuss. Because, really, these are your communities and your topics. We can't do it without you, the readers.

Plus, let's be real about it, everyone has an opinion. You might as well share yours.

I hope to see you for a coffee.

## letter to the editor

Letters to the Editor:

letters@expressweeklynews.ca

### subhead

Hooray, hooray the barricades have come down. The entrance to the Gimli Harbour is now open.

I would like to thank Mercedes Benz on behalf of the somewhat 60 ice fish shacks outside the Gimli Harbour for their co-operation in keeping all roads clear to our huts "via" Toomey Cons. Gimli has had two entrances to the lake since Mercedes Benz arrived.

This year the Town of Gimli and the Gimli Harbour Authority in their combined wisdom closed the entrance with barricades. They then erected a sign "Closed for the Season."

Now, due to a water-main break, the entrance to the Mercedes Benz track and to all the fishers' huts had to be closed because of flooding. This entrance was just north of the library. The harbour entrance we have been told was closed due to some

dreamed-up liability issue. Now that the harbour entrance has now been opened, the liability issue mysteriously disappeared and the closed signs have come down.

Mercedes Benz can now get their cars to the largest known ice track in Canada. Fishers are happy; Gimli Ice Festival can go ahead.

Co-operation of all users is a must.

Thank you,  
Norman Valgardson

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Free family fishing weekend a memorable experience

Welcome, my fishing sisters and brothers.

There are times when a young lad will have a wonderful fishing occurrence with his grownups that will stay in his mind forever. Here is one such happening.

On the weekend before last, the good old Red River along with many of our other waterways were alive with families enjoying one of our provincial government's classiest gestures, our free February ice fishing weekend. No licences needed, just head for a good fishing spot and have some fun.

Sandy and Thea Siepman from Narol sure did. Sandy told me how they got their kids and grandkids rounded up and convoyed onto the Red on the bright cold Sunday morning of the 17th. They piled out beside Sandy's big blue hard-wall shack. As the younger men in the family pulled out and set up another huge portable ice shack, Sandy, a thinner fellow with a grey beard framing an intense face moved purposely, getting a fire going in the big stove of the hard-wall shack. Thea, a kindly, bustling lady was right behind him, her arms full of packages of food and drinks. Sandy left Thea and the rest of the girls to their cooking magic. He went outside, got the ice auger and began drilling a bunch of holes while the young ones looked on in fascination. Smoke rose from the chimney of the shack, its woody smell surrounding the family. Some-

one turned down the window of one of the trucks and turned the radio on. Easy music filled the air. The older guys and gals staked out a fishing hole, baited and got their lines in the water as the grandkids darted about in the snow playing tag. The aroma of chili, hotdogs and coffee came to the anglers from a window Thea half opened to let out some of the heat in the shack. Sandy, sitting on a folding chair over his ice hole, felt a quivering tug on his line.

"Oh, I think I've got one," he shouted. The little ones shrieking with excitement ran to him. He reeled up quickly, and just as a fair-sized sauger popped up from the water with a splash, everyone heard one of the kids cry out. They turned to see one of the boys (let's call him Tim) pulling his foot out of the water of an ice hole. He began crying hysterically. In a flash, the shack door flew open with Gramma Thea calling out, "What's wrong?"

Seeing the little tyke in distress, without hesitation she stepped into the snow, strode to the boy, scooped him up and took him into the shack. She sat him down in a chair by the stove, took off his boots and socks then rolled up his pants. Soon, the warmth of the wood fire calmed him. She made him a hotdog with ketchup, mustard and relish and passed it to Tim, brushing his hair from his face with a silent smile as he munched away.

Last week, I met Brian Bartel of Steinbach who also had a memorable childhood story that recounted a loving experience between him and his father as though it happened yesterday. Before he gave his story, he said he operates M&J's Café in Steinbach and buys pickerel from the commercial fishers in Gimli. It seems the folks in southern Manitoba just can't get enough of that wonderful fish.

Anyway, the story happened many years ago when his father used to take him and his brother Ken to fish in the Big Whiteshell. On a hot, hazy summer morning, they prepared to go shore fishing. Dad got two small rods baited for the boys and passed them out, telling them to stand well away from each other. He then turned and concentrated on baiting the hooks on his rod.

"What should I do?" the father heard from young Ken.

"Just throw it out," he responded, busy with his rod.

He heard a splash. He turned and there stood his little boy empty handed with a bewildered look on his face, his rod sinking into the water not far from shore. Dad regarded his son quietly for a moment then sat down on the sand, took off his shoes and socks (luckily he was in shorts) and waded into the water to retrieve his son's rod. Standing before him after regaining the beach, he calmly said with a smile, "That's OK. Let me help you cast out."



**EXPRESS PHOTO BY ARNIE WEIDL**  
Brian Bartel of Steinbach with one of his catches from the Red River.

He let out some line on Ken's rod and turned off the drag. Holding the line with his hand over the boy's hand, arms outstretched, Dad guided the rod in a wide arc. He let the line go at the right moment, which sent the weighted line's end followed by the baited hook, arcing through the air plopping into the water. The line's end didn't fly out very far or, for that matter, the many other times they practiced that morning. It really didn't matter — son and Dad were having fun together.

Till next week, friends. Bye for now.

## Fraserwood Fire Department supports Children's Burn Fund

By Evan Matthews

Normally the ones who put fires out, spent a night "burning down the house" for the 34th straight year earlier this month.

The Fraserwood Fire Department department hosted the 34th annual Fireman's Ball on Feb. 9 at the Fraserwood Hall, raising \$1,500 for the Children's Hospital Foundation of Manitoba's Children's Burn Fund.

"We've had a few instances where local children have been burned," says Fraserwood Fire Department Chief Brad Genik.

"In these instances, the kids who were burned were close with some of

our members. ... It hits close to home," he says.

The department will donate the \$1,500 in the coming weeks.

The Children's Burn Fund houses the parents while their child recovers in hospital and helps to provide resources to the child during recovery, according to Genik. Also of note, he says the donations remain local, so the funding actually helps on a grassroots level.

The best way to raise those funds, according to the chief, is to have some fun.

The department raised donations through an auction and through a

(fun) jail.

"We have some good prizes. ... We gave away a couple of 55-inch TVs," says Genik. "We're known around the community for having a huge auction."

This year's event also had a game similar to the TV game show *Deal or No Deal*, where people won prizes.

"A couple of the fire department's guys dress up in cowboy hats and sheriff outfits, and people who attend the event can pay \$2 to have the sheriffs throw someone in jail," says Genik. "It cost another \$2 to get them out, and runs for a few hours."

The department also raised money

by canvassing the community for donations, separate from the event.

Throughout the year, the Fraserwood Fire Department participates in other community endeavors, too, such as going door to door to check on fire alarms and smoke detectors, going over fire safety, fire prevention, etc. To complete a sweep of the entire rural municipality of Armstrong takes two and a half years, he says.

The volunteer-based fire department is made up of 19 members, Genik says, with two fire halls in the RM of Armstrong due to the size of the municipality.



# Gimli prioritization of water main replacement timely after line ruptures

By Patricia Barrett

Gimli council had already made water line renewal a planning priority when a warming spell contributed to a ruptured line Feb. 20, flooding streets and one business in the central core.

The water line break came after nearly a month of severe cold that saw temperatures plummeting to the mid-minus 30s before easing up last week.

Water started flowing onto Centre Street outside the Gimli Hotel and onto First Avenue at the Thai Plaza store at about 4:30 p.m. Public Works was on the scene within minutes, trying to determine the source of the break and minimize the flow of water.

Manager of Public Works and Utility Operations Darcy Hjelmeland told the *Express* that a single water main had ruptured in three or four places, and that because the distribution system is interconnected, the water was able to escape on different streets.

Water mains break when frost that's penetrated the ground begins to thaw and causes the earth to heave. That puts pressure on underground pipes, especially older ones that are badly corroded. Breaks can happen anytime of the year, but usually occur when there is a cycle of freezing and warming. Almost a year to the day, a water main broke at Centre and Third, flooding the intersection.

Coun. Thora Palson, who is chair of the Public Works department, said council has already incorporated into its infrastructure planning the replacement of Gimli's aging water mains and is actively engaged in looking at new water line technologies and materials such as polyvinyl chloride [PVC] piping.

"Council absolutely considers this a priority," she said last Saturday. "We're taking this very seriously. We've been looking at the feasibility of newer technologies and exploring every possible avenue of grant funding to replace the water infrastructure we have."

Aging water mains are by no means a Gimli problem. Municipalities across Canada are beset by infrastructure past its prime and budgetary limitations. To that end, the federal government has rolled out a 10-year infrastructure funding program available to municipalities starting this year, and Palson said the RM is "in the process of that application."

Gimli's water mains were installed in the 1950s and are made from cast iron. Last year the municipality, under its former council, undertook a major water line overhaul, digging up the entire stretch of Seventh Avenue (Highway 9) through town to replace

the old mains with new pipes.

Over the course of this fall and winter season, the town experienced four water main breaks. The rupture last week caused flooding inside the Thai Plaza, but spared the hotel.

Palson said she understands the apprehension that arose among some business owners in the area as it took some time to pinpoint exactly where the breaks were. But Public Works did everything it could to lessen or redirect flows so that businesses could operate "as normally as possible under the circumstances."

The department also called in a water leak detection expert right away, but that person wasn't available until [last] Friday.

"We brought in an expert to locate the breaks because water doesn't necessarily come up where the breaks are. It follows the path of least resistance and can end up, in this case, inside a building," said Palson. "We'd look pretty silly if our immediate reaction was to dig up an entire block. We want to accurately locate each specific leak and focus on that location."

Public Works' first line of defence was to determine the best mitigation strategy to deal with the water spilling into the streets and the Plaza. That meant reducing water pressure, locating curb stop valves and shutting off the water to specific valves, said Palson. Crews also had to determine the location of other buried infrastructure such as gas lines, sewer lines and telephone cables and where they sit in relation to the water line as they could have posed a danger to both staff and the public if accidentally damaged.

"You have to get those locates from the gas company and MTS before you start digging. So there's a significant amount of preparation that needs to be done," said Palson. "And we also want to ensure that we'll be excavating where the actual leak is."

In addition to the leak detection expert, Palson said an external water-sewer contractor was contacted in order to expedite repairs. That contractor will be on site Feb. 26. In the meantime, the department will begin digging up the line near the Thai Plaza on Feb. 24.

The broken main will be replaced with new PVC pipes and the work will be funded through the RM's repair and maintenance budget.

Public Works staff were still on the scene at 9 that night dealing with the situation, and Palson said they demonstrated extraordinary due diligence, professionalism and dedication.

"Public Works responded to the situation immediately and did everything



EXPRESS PHOTOS BY PATRICIA BARRETT

Water running from Thai Plaza flooded First Avenue in Gimli on Feb. 20.



Public Works was still on the scene at approximately 9 p.m. on Centre Street and Third Avenue.

they could to alleviate the immediate flow of water. Our department is really good with these types of breaks and they know what they're doing. They

worked safely and effectively and to a high standard," she said.

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## Fitness instructor has passion for personal wellness

By Ty Dilello

Ashern native and current Stonewall resident Chelsey Lowry has been taking to social media over the past few years in promoting healthy living to her growing number of followers. Lowry is a school teacher with the Lakeshore School Division and a personal trainer and wellness motivator with her Better Health Evolution business that helps people better themselves in a variety of different ways.

Lowry initially started leading fitness classes in Ashern when she moved back to her home community after graduating from university.

"I grew up in the area, and always had a love for sports and physical activity. When I came back to the area to start my career as a teacher in 2007, I found there was a need for options for getting active in the community, and I noticed many people wanted programs to follow," says Lowry. "I wanted to help create opportunities for healthy living, so I became a fitness instructor through CanFitPro and started offering regular classes and boot camps. This was a side job for me, but it grew into much more than that, as I have a deep passion for promoting healthy living and overall wellness. I've since become a personal trainer through CanFitPro, as well as a yoga instructor through YogaFit."

"Over the last couple of years, I've made some changes to how I promote healthy living. It occurred to me that by utilizing social media, and the online world, I would be able to broaden my reach to have a greater impact on the health of more people. So in 2017 I started a hybrid online/offline

business called Better Health Evolution. Since moving to Stonewall this past year, I've had to get creative to expand my reach in continuing to promote healthy lifestyle habits to those who I served while in Ashern, and now in my new community."

With everything heading towards the world of social media these days, Lowry has taken to online platforms such as Facebook and Instagram to help spread the word. She is quite active on there and is posting updates and tips pretty much everyday.

"Social media has certainly played an integral role in keeping my business going through all of the changes. I've been able to connect with so many amazing people on Facebook, and I know that by sharing my journey and with the programs and products I offer, I've been able to help many people create better health for themselves, that simply would not have been possible without the reach of social media."

Lowry's business itself is quite unique because it penetrates so many different areas of health and wellness. On her website and social media channels you will see plenty of healthy cooking ideas, mindfulness/positive mindset and motivational sharing. She also promotes collagen products that offer effective solutions for joint health, weight management, as well as consultation to help people shift their everyday essential products to botanically based products, that are safe and effective.

In addition to all of that, Lowry is also running challenge groups on Facebook to promote physical activity and to help create healthy lifestyle habits for literally anybody that might be looking to make changes to better their health and well-being.

Some recent challenges have included a squat challenge that had participants doing daily squats which increased incrementally, a challenge that ran over the holidays to encourage people to maintain a healthy focus during the holiday season, and a two-week steps challenge that resulted in participants tracking steps to walk the equivalent of 100 kilometres in 14 days.

The current challenge is a partner challenge to



Chelsey Lowry

increase accountability. Participants are focused on making improvements to lifestyle habits of their choice, such as increasing physical activity with regular workouts, or adding more fruits and vegetables or protein to their diet, or even engaging in daily meditation. Each participant chose from a long list of options, to tailor the challenge to fit areas they wished to personally improve upon.

Lowry says, "At the end of the challenges there are prize giveaways, and the challenges are free to join. The current challenge is called the #No-ExcusesChallenge by Better Health Evolution and runs until March 10. I've had an excellent response from participants, and I've noticed engagement in the challenges really increasing, which is awesome to see. I genuinely love hearing feedback from people who've had success with weight loss, improvements to joint health, or from those who have adopted healthy lifestyle changes that have stuck as a result of using my products, or from joining a challenge. It's the reason I started all of this."

Always looking to help people improve their overall health, Lowry is also currently looking for a space to offer yoga classes in Stonewall and would like to start doing so sometime in the near future.

For more information, find Chelsey Lowry on Facebook or visit her website <https://betterhealththevolution.com/>.

## Supporting Fair Trade



EXPRESS PHOTO SUBMITTED

Riverton Collegiate held a few Fair Trade days recently. The school ordered bananas through Organic Planet in Winnipeg with bananas coming from a co-op in Ecuador. The Riverton Collegiate Action Team (RCAT) made banana splits for anyone interested in purchasing one. The group sold 25 splits for the student body of 85.

"There has been a push to educate students and staff at RCI about fair trade. This has involved in class and event based education," said teacher Rob Jantz, who leads the Fair Trade initiative at Riverton Collegiate.

"Two weeks ago we held a Valentine's event where we brought in fair trade roses. Kids could purchase a rose and send it to a friend.

## Conservatives support peacekeeping mission

Submitted

James Bezan, Shadow Minister for National Defence, issued a statement in support of Ukrainian President Petro Poroshenko's request to the United Nations (UN) General Assembly for a peacekeeping mission in eastern Ukraine:

"Conservatives have always stood with Ukraine even in the face of ongoing aggression from Russia. As President Poroshenko reiterated yesterday, a UN peacekeeping mission would go a long way to making sure that Ukraine's sovereignty and territorial integrity is safe from further aggression from Vladimir Putin's regime. That's why Conservatives first called for a UN peacekeeping mission to eastern Ukraine on Nov. 9, 2017.

"Ukraine continues to face an illegal armed invasion and the seizure of their territory by

Russian aggressors and proxies. As a result, President Poroshenko has made multiple official requests to the United Nations to deploy a peacekeeping mission in the Donbas region of Ukraine. Ukraine has already requested help directly from Prime Minister Justin Trudeau, but unfortunately his government has failed to respond with any meaningful action.

"Canada strongly supported the people of Ukraine when their territorial integrity was threatened more than five years ago and the duty to support and protect free and sovereign peoples should not diminish with time.

"A Conservative government led by Andrew Scheer will continue to support the people of Ukraine when their territorial integrity is threatened. The defense of Ukraine's sovereignty should be a priority for Canada's government on the international stage."



# Peguis breaks ground on gas bar, convenience store in St. Clements

By Justin Luschinski

Peguis First Nation has officially broke ground on a new gas bar and convenience store being built on Peguis land in the RM of St. Clements.

Peguis First Nation and St. Clements held a sod turning ceremony for teh new Peguis gas bar and convenience store on Monday afternoon. The project is being built on the edge of Fuller Road and St. Peters Road in St. Clements, and local leaders say it's the first step towards reinvigorating the area.

Peguis First Nation Chief Glenn Hudson says the gas bar is a starting point for further future development opportunities.

"This is the very first development to happen since we left here in 1907. This was our original land, I take a lot of pride in that," Hudson said. "Right now, it's just a gas bar, but in the long run you'll see new businesses here, and homes for our people."

"Going forward, we're going to be building many roads, and re-establishing ourselves here."

Hudson said the area around the gas bar, roughly three acres towards the tree line, will be developed in the future. The land was around the original reserve for the Peguis people, part of the former St. Peter's Reserve. Hudson said that an illegal court order forced them to relocate but the land was never released from their ownership properly.

Hudson said they've always been looking at this parcel of land, marking it for some sort of future development. They've partnered with St. Clements to help make that happen.

St. Clements Mayor Debbie Fiebelkorn says the RM hopes to work with the Peguis on future projects.

"I believe this project will benefit Peguis and (St. Clements). We believe if they grow, we grow," she said. "We look forward to working together with Peguis, and all of our partners. Not just on this project, but on future development."

Fiebelkorn added that St. Clements helped Peguis co-ordinate and negotiate for the site development plan, as well as negotiations with neighbouring municipalities and the federal government.

Construction on the gas bar and convenience store is expected to begin this week and is scheduled to be completed in May.



EXPRESS PHOTO BY JUSTIN LUSCHINSKI

St. Clements Mayor Debbie Fiebelkorn, Peguis First Nation Chief Glenn Hudson as well as Peguis First Nation council members break ground on Peguis First Nation's new gars bar and convenience store being built on a piece of their land in the RM of St. Clements on Monday.

"THIS IS THE VERY FIRST DEVELOPMENT TO HAPPEN SINCE WE LEFT HERE IN 1907"





# GIMLI Ice festival



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# GIMLI Ice festival

8th Anniversary Edition March 2-3, 2019

[www.gimliicefestival.com](http://www.gimliicefestival.com)

**Saturday,  
March 2**



## EVENTS ON THE LAKE

9:00am – 3:00pm Fire on Ice Car Racing  
*Practice from 9am - 11am Racing 12pm - 3pm*  
10:00am – 12pm Sno-Bear Rides on the Lake  
1:00pm – 3:00pm  
\$2 per person with Festival Pass,  
get ride tickets at Visitor Centre  
11:00am – 3:00pm Kids Fun-Time Ice Fishing  
*Kubota ride to ice fishing location with Festival Pass*  
12:00pm – 3:00pm ICE MAN Motorcycle Ice Racing Demo

## NEW ICELAND HERITAGE MUSEUM SATURDAY

11 am Storytime with Ruth Christie  
12:45 - 1:15 pm Movie  
- A Song for John Rams

## SUNDAY

10:15 am Storytime  
10:30 am Dream Catcher Workshop  
11:50 am Movie  
- A Song for John Rams

## EVENTS AT OTHER LOCATIONS

10:00am – 3:00pm Sons of Lugh Viking Village  
*Life - Near the Gimli Theatre*  
10:00am – 4:00pm Arts & Crafts Show  
*At the Lakeview Resort – Ballrooms A-C*  
10:00am – 4:00pm  
The Freeze Outdoor Art Exhibit  
*Near the Visitor Centre by the harbour*  
11:00am - 11:45pm  
Kids Story Telling by Elder Ruth Christie  
*At New Iceland Heritage Museum*  
11:00am – 1:00pm Frozen Fish Toss  
*On 2nd Avenue near the Gimli Theatre*  
11:00am – 2:00pm  
Snowman on the Beach Competition  
*Info and registration at festival headquarters*  
11:00am – 3:00pm Bannock & Tea on Open Fire  
*Near the harbour bandstand*  
11:00pm – 3:00pm  
Gimli Art Club Family Fun Activities  
*At the Art Club ... face painting,  
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# GIMLI Ice festival

8th Anniversary Edition March 2-3, 2019

[www.gimliicefestival.com](http://www.gimliicefestival.com)



## Saturday, March 2

12:00pm – 2:30pm Chili Cook-Off

Waterfront Centre - Johnson Hall 5th Floor

12:45pm - 1:15pm A Song for John Ramsay - Short Film

Lady of the Lake Theatre at the New Iceland Heritage Museum

1:30pm – 2:00pm Sons of Lugh Live Viking Combat

On 2nd Avenue near the Gimli Theatre

2:45pm – 3:15pm “Run as One - The Journey of the Front Runners”

Film by Erica Daniels at the Gimli Unitarian Church on 2nd Ave.

7:30pm – 11:00pm Variety Entertainment Night

At the Lakeview Resort \$10 admission or \$5 with festival pass

## Sunday, March 3

### EVENTS ON THE LAKE

9:00am – 3:00pm Fire on Ice Car Racing

Practice from 9am - 11am Racing 12pm - 3pm

10:00am – 12pm Sno-Bear Rides Ride on the Lake

1:00pm – 3:00pm

\$2 per person with Festival Pass, get ride tickets at Visitor Centre

11:00am – 2:00pm Kids Fun-Time Ice Fishing

Kubota ride to ice fishing location with Festival Pass

12:00pm – 3:00pm ICE MAN Motorcycle Ice Racing Demo

### EVENTS AT OTHER LOCATIONS

9:00am – 11:00am Kiwanis Pancake Breakfast

At the Gimli Rec Centre \$5 or Free with Festival Pass

10:00pm – 3:00pm Sons of Lugh Viking Village Life

Near the Gimli Theatre



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MLA for Gimli  
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# GIMLI *Ice* festival

8th Anniversary Edition March 2-3, 2019

[www.gimliicefestival.com](http://www.gimliicefestival.com)

**Sunday,  
March 3**



**10:00am – 4:00pm The Freeze Outdoor Art Exhibit**

*Near the Visitor Centre by the harbour*

**10:15am - 11:15am Kids Story Telling / Dream Catcher Workshop**

*At the New Iceland Heritage Museum*

**10:30am - 12:30pm Frozen Fish Toss**

*On 2nd Avenue near the Gimli Theatre*

**11:00am – 2:30pm Bannock & Tea on Open Fire**

*Near the harbour bandstand*

**11:00pm – 2:30pm Gimli Art Club Family Fun Activities**

*At the Art Club ... face painting, arts & crafts and more!*

**11:30 - 12:00pm A Song for John Ramsay - Short Film**

*Lady of the Lake Theatre at the New Iceland Heritage Museum*

**11:30am – 2:00pm Cooley's Indoor Playground**

*Waterfront Centre 5th Floor - \$2 admission with Festival Pass*

**12:00pm – 1:00pm Indigenous Blanket Exercise**

*At the Lakeview Resort*

**1:00pm – 1:30pm**

**Sons of Lugh Live Viking Combat**

*On 2nd Avenue near the Gimli Theatre*

**2:00pm – 2:30pm**

**Frozen T-Shirt Competition**

*Info and registration at festival headquarters*

**3:00pm – 4:00pm**

**Polar Games Team Competition**

*Info and registration at Visitor Centre*

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**Waterfront Centre, Johnson Hall - 5th Floor**

**See Prizes & Contest Rules At:**  
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**Contact: Signe 204-642-8705 or 204-651-3239**  
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GIMLI *Ice* festival

## PANCAKE BREAKFAST

**Sunday - March 3rd**  
**9:00am – 11:00am**  
**Gimli Recreation Centre**

**\$5 per person or FREE with festival pass**  
**Sponsor – Kiwanis Club of Gimli**





# Enstrom leads sing-along for the elderly in Fisher Branch

By Ty Dilello

Ninety-year-old Bernice Enstrom of Fisher Branch organizes a sing-along at the town's Personal Care Home every second Tuesday.

She comes in with a guitarist and the two of them get the older folk (in the 75- to 95-year-old range) singing songs from the past. She's been coming to the personal care home for roughly 10 years now and has no intention of slowing down anytime soon.

On a typical Tuesday morning, Enstrom arrives at the care home at 10 a.m. Once everyone assembles, she passes out song books to all the participants and gets to singing. You won't hear too many of the songs you might listen to on modern radio stations as they are all various oldies like Hallelujah and Good Night Irene, to name a few. Bernice brings along her guitarist and he strings along to the songs, gauging the interest of all the willing participants who all sing along to the music with a smile.

"They like it. It's good for them and keeps them alert. They're supposed to find their own page in the book and then sing along, and sometimes we have lots of people come down for it," said Enstrom. "Sometimes we have lots of people come out for it, but it's not like I'm just singing to them — they have to sing. It's a real pleasure to do this as it's something I really like."

This reporter got to experience one of these sing-alongs first-hand on Feb. 19. I didn't really know what to expect going into it, but as soon as Enstrom started belting out the first song, I found myself singing along with the other 15 or so old-timers that were present. So if you're in Fisher Branch or the

surrounding area, I'll just say it now that there's an open invitation to drop by and participate in one of Enstrom's sing-alongs every second Tuesday morning at 10 a.m.

Enstrom is a retired school-teacher that has taught all over throughout her career. Starting in rural Manitoba, she then went to Transcona, Flin Flon and later to Whitehorse, Yukon, where she spent eight years there and got married before moving out to the West Coast, where she taught for an additional 17 years. After her husband died and when she found out her mom wasn't doing well, Enstrom returned back to the Fisher Branch area and has been here ever since.

At 90 years old, Enstrom is still as healthy and active as they come by. She doesn't like the cold winters too much but still goes outside to shovel her walkway after a snowfall.

"I don't want to just be sitting at home. If you don't do anything at my age you kind of stagnate," said Enstrom. "I still drive my car and at my church I'm active in as much you can be, and with WI (Women's Institute) I'm busy with that too. We raise money and most of it went to travelling kids for school, local things like that."

Enstrom is also helping out with the upcoming Northern Lights Festival of the Arts taking place in Fisher Branch. She is looking after the volunteers, phoning for them and arranging it. This year's festival will be held in Fisher Branch at various locations throughout town from April 16 and 17 and April 19 and 20.

Enstrom attributes being so active with her great



EXPRESS PHOTO BY TY DILELLO

Ninety-year-old Bernice Enstrom leads a sing-along at the Fisher Branch personal care home on the first and third Tuesdays of every month.

longevity. She relays, "You can get lazy with this cold weather, so I think if you're active and stay active it can go a long way."

A life-long love for singing, coming out to the Fisher Branch Personal Care Home and singing along with her peers is something that Enstrom will always be very passionate about.

"At the end of the day, as long as the people come out, I'll keep coming too for the sing-alongs. The staff at the care home is very good to help get everyone out for it and I really love my time spent there."

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# First cross-country ski trail now in Winnipeg Beach

By Roger Newman

Winnipeg Beach's first cross-country ski trails will have a grand opening on Saturday, March 2 at 1 p.m. at Moore Park west of Highway 9.

Rather than marking a misinterpretation of the calendar, the opening of the two-kilometre trail will culminate the conclusion of a project hatched at a community conversation last summer.

"Paul Chorney, a community development specialist, led a group of other Winnipeg Beach residents in a discussion of what was needed in town," says Jennifer Heinrichs, a leader of the now forming South Shore Skiers Club which will groom the trails. "One area we discussed at a subsequent meeting was recreation. Out of this brainstorming for development, we prioritized a gym and indoor walking track plus a place for cross-country skiing."

Heinrichs said that as a result of the community conversation, the town almost immediately re-gained access to Winnipeg Beach School for walking, pickle ball and badminton three nights a week. But it took longer for the cross-country skiing project to come to fruition.

"Our group first met with president Craig Mackie of the Gimli-Camp Morton Ski Club and got his insights into the needs and challenges of start-

ing and running a ski club," said Heinrichs, who has experience in communications, marketing, teaching and photography.

"Then Winnipeg Beach contractor Kevin Ford and myself visited Craig at his trails and agreed to attempt to make this happen in Winnipeg Beach. Kevin felt he could provide his time and contracting expertise to handle the grooming and I knew I could handle the administrative needs."

Heinrichs said the fledgling club — serving both Winnipeg Beach and the Village of Dunnottar — already has 100 names of people potentially interested in becoming members. She said permission has already been obtained to use beach provincial park trails north of the campground next summer and the long-term plan is to have ski trails running through Winnipeg Beach and parallel to the Dunnottar walking trails.

But first there are several items of business to be settled, including some at Saturday's grand opening which will have refreshments, prizes, coffee and cacao.

"This endeavour requires lots of volunteer support plus a decent grooming device and a sled to pull it," Heinrichs said. "Fundraising and trail planning and mapping will continue through summer and memberships



EXPRESS PHOTO SUBMITTED

Jennifer Heinrichs is a leader in developing a new Winnipeg Beach Cross-Country Ski Club.

should go on sale next year."

Heinrichs can supply more information at 204-881-6441 or jenheinrichslive@gmail.com. She can also be found at the Gimli New Horizons Club, where she is teaching restor-

ative yoga and mindfulness meditation.

"I am always keen on contributing my skills to positive causes and these two things have greatly benefited my health," said Heinrichs.

## Local running enthusiast looking to start up club in Gimli

By Roger Newman

Gimli's Michelle Belanger intends to complete 40 runs this year to celebrate her 40th birthday.

Belanger also has the larger objective of forming a new Gimli running club to keep her company while she strives to achieve her goal. She has toyed with calling it the Gimli Gliding Club, but that idea is still under consideration.

"I've had 50 responses to my posting about the proposed club on Facebook," says Belanger, who combines running with working and raising a young family with her husband Armand Belanger, who is also a runner.

She is a late-comer to her now favourite sporting activity.

"Until a few years ago, I would have been the person least likely to run a mile," Michelle Belanger confides. "But that changed when we went on a Disney family cruise and I took the opportunity to participate in a five-kilometre run at a stop in the Caribbean islands."

Since then, she has taken flight in half marathons and races of other distances in places from Winnipeg and Grand Forks to Gimli and Hecla. That has given her the experience to organize a new club whose members would run Sunday mornings and Wednesday evenings in the Gimli beach and waterfront area.

"Everybody is welcome in this club for all ages," says Belanger. "Runners will be able to pick their distances and go at their own pace."

She has enlisted the nearby support of former runner Cheryl Buhler, owner of Robins Donuts in the Lakeview Resort. Buhler has ties with Winnipeg's Running Room stores and is in a position to invite their coaches to bring helpful tips to Gimli runners.

"Our members will also have the opportunity to do after-run socializing at Robins," says Belanger, who will soon start training for more spring and summer runs in Gimli, Winnipeg and Grand Forks.



EXPRESS PHOTO BY ROGER NEWMAN

Michelle Belanger, left, is starting a new Gimli running club with the help of Cheryl Buhler.



# get inspired

> MEAL IDEAS



Makes 8 servings  
 2 pounds trimmed stewing beef, cut into 1-inch cubes and patted dry  
 2 tablespoons olive oil, divided  
 2 onions, chopped  
 4 cloves garlic, minced  
 2 tablespoons ground cumin (see note 2 below)  
 1 teaspoon dried thyme  
 1 teaspoon grated lemon zest (optional)  
 1/2 teaspoon salt  
 1/2 teaspoon cracked black peppercorns  
 1 cup beef stock  
 1/2 cup dry red wine  
 1 14-ounce can no-salt-added diced tomatoes, including juice  
 2 bay leaves  
 2 roasted red bell peppers, thinly sliced, then cut into 1-inch pieces  
 1/2 cup sliced pitted green olives  
 1/2 cup finely chopped parsley leaves

1. In a skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add beef, in batches, and cook, stirring, adding more oil as necessary, until browned,

## Mediterranean Beef Ragoût

about 4 minutes per batch. Transfer to slow cooker stoneware as completed.  
 2. Reduce heat to medium. Add onions and garlic to pan and cook, stirring, until onions are softened, about 3 minutes. Add cumin, thyme, lemon zest, if using, salt, and peppercorns and cook, stirring, for 1 minute. Add beef stock, wine, tomatoes with juice, and bay leaves and bring to a boil. Add to slow cooker and stir well.

3. Cover and cook on low for 6 hours or on high for 3 hours, until mixture is bubbly and beef is tender. Stir in roasted peppers, olives and parsley. Cover and cook on high for 15 minutes, until peppers are heated through. Discard bay leaves.

Note 1: This dish can be partially prepared before it is cooked. Heat oil and complete step 2. Refrigerate overnight for up to 2 days. When you're ready to cook, complete steps 1 and 3.

Note 2: For the best flavor, toast and ground cumin seeds yourself. Place seeds in a dry skillet over medium heat and cook, stirring, until fragrant, about 3 minutes. Immediately transfer to a spice grinder or mortar and grind.



Serves 4  
 4 ounces pancetta, cut into 1/4-inch cubes (see note)  
 3 tablespoons olive oil, plus more if necessary  
 1 pound Yukon gold potatoes, unpeeled, scrubbed and quartered  
 Kosher salt  
 Freshly ground black pepper  
 10 ounces cremini or brown mushrooms, quartered  
 6 garlic cloves, peeled and halved crosswise  
 2 teaspoons dried thyme  
 Several fresh thyme sprigs for garnish (optional)  
 1. Arrange a rack at center position and preheat the oven to 400 F.  
 2. In a large, heavy, ovenproof frying pan (preferably cast iron) set over medium heat, sauté the pancetta until golden and crisp, 5 to 7 minutes. Remove with a slotted spoon to drain on paper towels.

## Skillet-Roasted Potatoes with Mushrooms and Pancetta

3. Remove all but 2 tablespoons of the drippings from the pan. (If you don't have 2 tablespoons, add olive oil to make this amount.) When hot, add the potatoes and sauté, stirring, until they start to take on a little color, 5 to 7 minutes. Season with salt and pepper and place the frying pan in the oven. Roast for 15 minutes.

4. Remove the frying pan from the oven and add the mushrooms, garlic and the 3 tablespoons of olive oil. Add the dried thyme and season with more salt and pepper. Toss to coat well.

5. Return the pan to the oven and roast until the potatoes are golden brown and tender and the mushrooms are softened, about 15 minutes more. Remove the frying pan from the oven and stir in the reserved pancetta. If desired, garnish the center of the pan with fresh thyme sprigs. Serve warm.

Note: If buying pancetta from a deli, ask for it to be cut thickly into 1/4-inch slices. Prepackaged pancetta is often thinly sliced.



Losing a loved one has to be among the hardest of journeys. The longer we live, the more often we will have to experience the death of friends and family.

It is difficult at the best of times, but particularly painful when it is a beloved partner whom we must release. Loss of a companion creates a void not only in the present, but one we will live with until the end of our lives. No one can truly understand, unless they have been through it.

At first it may seem impossible to go on. The ache in the heart is immeasurable. It seems like a bad dream, and we just want to wake up. Our mind is flooded with memories, be they of significant events, or the most trivial details. We think of all the things we had planned to do together, the dreams we were building, or the simple routine aspects of life that will never be the same.

It can seem as though our life has come to a dead end. It is then we must realize that the departed soul is being a teacher. He or she has gone on ahead leaving us with no choice but to think about aspects of being that transcend our daily reality.

No longer can we unconsciously pretend that this life is all there is; all that matters. If we think of the ache in our heart as an emptiness, an ab-

## Losing a Loved One Can Be The Hardest Journey

sence, then we will suffer. But if we think of that ache as the powerful love being directed to us by our loved one on the 'other side', a sense of calm and peace can envelope us.

That 'pain' is love. We simply are not accustomed to love being so intense. If we bond with that love, allowing ourselves to maintain that strong connection as we go on with our lives, it becomes like the track on a cable car that will guide us safely home when it is our time, and right into the loving light our beloved has become.

Your beloved watches over you, and can be a source of tremendous comfort and guidance if you are open to receiving those subtle energies. We must also strive to understand the futility of resisting what is.

We assume the partner should not have died. In truth, he/she had a different journey to begin, and there are experiences and learning that are our own. These are experiences we would not have had so long as our partner was here.

Of course we must take time to grieve. But we must slowly release our grip on the past, and turn our sights to the present and the future. Moving towards the light is not something we do only at the moment of death. It is something we must do throughout life, but most especially when we find ourselves in darkness.

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



## Elsie's Stewed Apples

Serves 6 to 8  
 2 to 3 tablespoons unsalted butter  
 2 pounds apples, peeled, cored and cut into thick slices  
 1/2 cup honey, preferably sage honey  
 1/2 cup white wine  
 Zest of 1 lemon  
 Juice of 1 lemon  
 Fresh sage sprigs for garnish  
 1. Melt the butter in a large skillet over medium heat. Add the apples, turn

the heat to high and sauté until they begin to brown on the edges, about 5 minutes. If some are getting too well done, remove them and place on a plate while the rest continue to cook, then return them to the skillet when all are done.

2. Reduce the heat to low and add the honey, wine, lemon zest, lemon juice, and 1/2 cup water. Cover and allow to cook until the apples are tender but still firm; you don't want them to turn into applesauce.

3. Serve this in a bowl, tuck in a couple sprigs of fresh sage from your garden, and tell your guests all about sage honey.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Gimli Lakers win MHSAA championship two years in a row

By Ty Dilello

The Gimli Lakers boys curling team have captured the Provincial High School Championship for the second consecutive year.

Skipped by Sandy Hook's Josh Maisey, Gimli defeated Calvin Christian 5-0 in Saturday night's A-B Final in Swan Lake to win the provincial crown. The Gimli rink which featured Maisey, Oliver De Meyer, Sean Giesbrecht and Tyler Giesbrecht have all been curling together for a number of years now in some capacity, and their experience showed over course of the weekend.

Maisey, the Grade 11 Gimli student is one of the rising stars on the junior Manitoba curling scene. In addition to his high school curling, he also plays extensively on the Manitoba Junior Curling Tour throughout the winter and skipped his team at this year's U21 Provincial Curling Championships, holding his own throughout the event with the big dogs, finishing with a record of three wins and four losses.

The Gimli Lakers squad was a pre-tournament favourite going into the provincials and they showed it with convincing wins over Miles Macdonell, Edward Schreyer, Sisler and Calvin Christian to win the A-Side.

"Throughout the A-Side we were just keeping everything simple and learning the ice as we went on because playing at the both Somerset and Swan Lake was tricky because we

aren't used to playing on straight and heavy ice, so we had to adjust to that," said Maisey. "Other than the ice we never really had any issue, we just do what we do best which is play curling and have fun."

After winning the A-final over Calvin Christian, Maisey and company found themselves in tough in the B-Side semi-final versus Edward Schreyer. Trailing throughout the game, Maisey was forced to make a nice shot for three in the final end to grab the victory.

The Liam Wachal rink from Calvin Christian proved to be a formidable foe in the B-final walloping Maisey 7-2, setting the stage for an A-B final in Swan Lake for the provincial title. In the A-B final, the Gimli squad was too much for Calvin Christian, winning 5-0 for their back-to-back championship.

"We played good and ended up winning the championship. In the final game we just kept it very simple and straight forward," said Maisey. "We wouldn't have been able to do it without our competitive coach Dale Lott, who helped us prepare, and our high school coach Dayna Ford, who came with us and helped us along the way with winning."

The post-victory celebration wasn't too extravagant for the Gimli Lakers as they just drove home and caught up on some much-needed sleep. It will be a short rest for Maisey and the



EXPRESS PHOTO SUBMITTED

Gimli's rink, including Josh Maisey, Oliver De Meyer, Sean Giesbrecht and Tyler Giesbrecht, won the MHSAA provincial boys' curling banner over the weekend.

rest of his squad as they will be preparing for the upcoming U18 Provincials which run from March 7 to 10 in Swan River.

"I want to continue improving my curling so it can take me around the country and possibly the world," says Maisey. "This year we are playing in U18 provincials again and I'd like to win that and be able to go to Nationals. After that I just want to practise

lots and get ready for the U21 provincials next January and possibly win that to go to Nationals and even maybe Worlds, but it'll be one thing at a time and we'll just see where the game takes us."

As Maisey is only in Grade 11, he already has his sights set at going for a Gimli Lakers three-peat next year to close out his high school career.

## Juniors finish 1-2 at Peguis Showcase

Staff

The Peguis Juniors finished with a 1-2 record at the Peguis Showcase in Keystone Junior Hockey League action last weekend.

The KJHL had all four teams playing several games in Peguis over three days.

The Juniors wrapped up play Sunday afternoon with a tough 3-1 loss to the OCN Storm.

Wyatt Bear scored Peguis' lone goal in the first period.

Noah Butler replied for OCN just 25 seconds after Bear's goal and then the Storm's Troy Head and Devon Tobacco tallied late in the third.

Head's goal was scored at 18:18 and then Tobacco added an empty-net marker with one second left on the clock as Juniors' goaltender Dray Flett was pulled for an extra attacker.

On Saturday, Peguis outscored the Norway House North Stars 7-5.

Peguis, which held period leads of 1-0 and 4-2, saw Quinton Flett score

a hat trick while Tyrome Spence-Bair added two goals and two assists.

Keenan McPherson and Ethan Daniels scored the Juniors' other goals.

Flett made 32 saves for the win.

Peguis started the Showcase with a wild 12-9 loss to the Cross Lake Islanders.

Daniels led Peguis with a hat trick while Sundance Paul added a pair of goals.

Darian Murdock and Spence-Bair each had a goal and two assists. Lyle

Murdock and Tristan Slater also scored for Peguis.

The Islanders outshot the Juniors 62-52.

Peguis now has a 10-12-0-1 record and 21 points to occupy third place in the four-team league.

The Juniors will wrap up their KJHL regular season this weekend with a pair of home games against the Cross Lake Islanders. The two teams will battle Saturday at 8 p.m. and Sunday at 1:30 p.m.



# Riverton team competes at first provincial championship

By Ty Dilello

Last weekend, the Manitoba High School Curling Championships were held at the Somerset and Swan Lake Curling Clubs.

And for the first time in over 40 years, Riverton Collegiate had a curling team competing at the High School Provincials, which is quite the accomplishment for not only the curlers but the school itself.

Skip Bailey Magnusson, third Alexis Magnusson, second Mercedes Sigurdson and lead Kennedy Toderan made up the Riverton Patriots squad that made their way to central Manitoba to do battle with other high schools from around the province. For Riverton, it was a bit of a family team as Bailey and Alexis are sisters, while Sigurdson is a cousin of theirs.

At the provincials, Riverton won their opening game over Brandon's Vincent Massey 9-6 but dropped their second to Miles Macdonell 9-1, and then were eliminated from the tournament in their third game, losing 8-1 to Dauphin. At the end of the day, it was a wonderful first-time provincials experience for the Riverton team and lots was learned going forward as they continue on in the roaring game.

"It was our first time ever going to provincials and our first year curling together and for the other three players their first-year curling in high school," said skip Bailey Magnusson. "We had a very fun experience and we all are going to take a lot from it. We won our first game and then lost our next two, but overall we learned a lot and the girls now know what it is like to play in a provincial setting."

Previously playing as a second for the past two seasons, this was Magnusson's first year skipping. For the other three girls, it was their first time playing high school curling. They prepared all year for



EXPRESS PHOTO SUBMITTED

Riverton's rink, including Bailey Magnusson, Alexis Magnusson, Mercedes Sigurdson and Kennedy Toderan, competed at the MHSAA Provincial girls championship after winning the Zones the week before.

the high-school zone playdowns by playing in the Riverton Ladies League every Wednesday night and had some practice games with the Riverton boys' team.

At the zones, Riverton went 2-1 in the round-robin which put them in the final against Gimli. After cracking a five ender right out of the gates, Riverton held on over the course of the game to win and advance to the provincials. Magnusson said that the

zone final was the best her team had played all year.

The provincials in Somerset/Swan Lake this past weekend saw the Riverton rink deal with different ice conditions than back home and they also were playing against much more experienced teams, but they still managed to hold their own and put up a fight in every game.

"We had a very close game against Vincent Massey and going into it knowing that they were a 'AAAA' team and we were only 'A', we weren't very confident but we all played very well and had a really positive atmosphere on the ice," said Magnusson. "Our next two games were tough losses. We were all not playing our best and both teams had won previous games by a lot which was very intimidating for us and also knowing that they were both 'AAAA.' The ice was quite different than we're used to as well. We are very lucky with the ice we have in Riverton, as the ice in Swan Lake was very heavy and the rocks were also falling a bit so there were definitely some adjustments that we had to make."

Magnusson is graduating from Riverton Collegiate this year and has plans of moving to Winnipeg. She is hoping to continue her curling career next season playing for a competitive girl's team in the junior ranks and would like to return to the provincials but perhaps at the U21 level this time.

"Winning that first game was obviously a highlight playing against a much bigger school," said Riverton teacher-supervisor Sarah Boaz. "The girls did the work for the most part this season on their own. They arranged to work with Kerri Einarson over the Christmas break, and they played in Riverton's women's curling league. The girls gained a ton of confidence this season and are already planning on how to improve next year. We lose our skip as she graduates but the other three have a few years left to see if they can get back there."

## A tough week for Manitoba teams at Scotties championship

By Ty Dilello

In one of the most dramatic come-from-behind finals in Scotties history, Winnipeg native Chelsey Carey (Team Alberta) rallied from the brink to defeat Team Ontario's Rachel Homan 8-6 in an extra end at the Centre 200 in Sydney, N.S.

This is now Carey's second Scotties title with her first coming in 2016. Carey, who was born and raised in Winnipeg and now makes her home in Alberta will now wear the Maple Leaf in Denmark next month at the World Championship.

In Sunday night's final, Carey trailed 5-1 after four ends to Homan, but somehow found a way to fight back, stealing the sixth and seventh ends and getting back in the game. With Carey down one without hammer in the final end, Homan had a draw to the four-foot to win the Scotties but it came up just a hair light. In the extra end, Homan again had a similar draw to the four-foot to win, but once again pulled the string and came up light giving Carey the Scotties title.

Homan is notoriously known for being one of the best front-runners in the women's game, and a loss like this is very uncharacteristic of them. For Carey, it was a bit of revenge perhaps as Homan previously defeated Carey in the 2017 Canadian Olym-

pic Curling Trials final that sent Homan to her first Olympic Games.

It was a very exciting week of curling in Sydney and at the end of the eleven-game modified round-robin, four teams advanced to the playoffs. Alberta's Chelsey Carey took on Saskatchewan's Robyn Silvernagle in the 1v2 game, while Ontario's Rachel Homan played Northern Ontario's Krista McCarville in the 3v4 game. From there, Homan defeated McCarville and Carey defeated Silvernagle. In the semi-final, Homan eliminated Silvernagle to set up the Sunday night final with Carey.

A name you might be wondering about that didn't have a great week was St. Vital's Jennifer Jones. Coming in as the defending champions and playing as Team Canada, it was an extremely disappointing event for Jones as her veteran squad went 6-5 and missed the playoffs for the first time in the fourteen Scotties she's played in. Jones appeared a little off all tournament-long, missing a key-shot or two at the wrong times and it cost the team dearly.

Despite the tough week for the defending champs, Jones set a new record for most Canadian national women's championship game wins as a skip with 141 victories at the national level. She achieved the record on the final round robin draw versus British

Columbia's Sarah Wark.

It was a disappointment all around for Manitoba teams as Gimli's Kerri Einarson failed to reach the main Scotties event as she lost the wildcard game to Casey Scheidegger while East St. Paul's Tracy Fleury playing as Team Manitoba had their week end early when they finished 4-3 and lost a tiebreaker to British Columbia, which eliminated them from advancing to the championship pool. Fleury had a rough start to the week, losing her first two games that she likely should have won, and that proved to be costly in the end.

Other notable events that happened over the week include Nunavut winning their first ever Scotties round robin game, defeating Quebec 4-3 on the opening draw. The highest scoring game in Scotties history when down on Draw 10 when Suzanne Birt of Prince Edward Island defeated New Brunswick 13-12 in a crazy back-and-forth extra end affair.

Carey's rink which includes Sarah Wilkes, Dana Ferguson and Rachelle Brown will now represent Canada at the 2019 World Women's Curling Championship in Silkeborg, Denmark, from March 16 to 24.



# Ice Dawgs hot heading into CRJHL playoffs

By Brian Bowman

The Arborg Ice Dawgs have been experiencing that winning feeling recently as they head into the playoffs.

Arborg won its third-straight game to wrap up its regular season after a 4-3 road victory over the St. Malo Warriors on Saturday evening in Capital Region Junior Hockey League action.

"(We've been playing good hockey) the last three games," said Ice Dawgs' head coach Jim Werbicki. "We had a lot of injury problems in early February and now we have all of our boys back. It's been tough but the last three games have been excellent."

"They are sort of starting to peak at the right time. It's all about effort and dedication going down the stretch so, so far, so good."

Ice Dawgs' forward Colton Davies scored the game-winning goal on the power play midway in the third period. He finished the regular season as the CRJHL leader in goals scored (27) and points (45).

"(Colton) was good," Werbicki said. "He's a clutch player and a big boy. He's got soft hands and he has been working on his game conditioning and I have been pushing him. The better condition he is in, the better he

plays, and he's a force when he's skating, there's no doubt about it.

"He gets to the net well and has that natural touch around the net coming on the (power play)."

St. Malo's Tyrel Bueckert had tied the score at 3-3 just 44 seconds into the third.

The Warriors took a 2-0 first-period lead on goals by Evan Wuerch and Logan Unger but Arborg responded with second-period tallies from Theoren Sumner, Dylan Furgala and Ryan Hill.

Tre Strachan made 30 saves for the win,

Last Friday, Arborg defeated North Winnipeg 5-3 as Derric Gulay scored three goals.

Davies also had a strong game for Arborg with two goals and two assists.

Arborg took over the game by outscoring North Winnipeg 3-0 in the second period.

"We were good in the middle frame and we have a tendency to start slow," Werbicki said. "Our goaltending has been really solid with Tre Strachan. He seems to save our bacon in the first period all of the time and then we sort of figure it out."

"Without Tre, we would be in tough."

Mitchell Klippenstein, Braden Zamykut and Brett Williams scored for North Winnipeg.

Gavin Love made 36 saves for the win.

Arborg finished the regular season with 46 points, tied with North Winnipeg.

## Lundar Falcons

The Lundar Falcons, meanwhile, allowed seven third-period goals in a 9-5 home loss to St. Malo on Sunday.

After St. Malo's Brendan Spence opened the game's scoring, Drake Zimmerman and Eric Miller scored first-period goals for Lundar. Zimmerman then added his second of the game at 7:17 of the middle frame to stake the home side to a 3-1 lead.

St. Malo's Alex Murray cut into that lead, though, with 23 seconds remaining in the second period.

The third period was a disaster for Lundar as St. Malo scored seven goals in a 15:30 span.

Justin Svenson, Logan Unger, Murray, Tyrel Bueckert, Evan Wuerch, Hayden Hildebrand and Robert Guimond scored for St. Malo in the final frame.

The only good news for Lundar came when Miller completed his hat trick in the third to go along with a second-period assist.

On Saturday evening, Lundar lost 5-1 to the Selkirk Fishermen.

Selkirk, which held period leads of 3-1 and 5-1, scored two power-play goals and added shorthanded marker.

Evan Bedard and Dane Derewianchuk each had a goal and an assist for Selkirk while Reece Tessier, Kyle Melo and Thomas Mironuk also tallied.

Fishermen forward Dawson Courchene had another strong game with four assists.

Elmer Maytwayshing replied for Lundar.

Lundar concluded its regular season with 35 points to finish last in the five-team league.

The CRJHL playoffs will begin with a best-of-three series between Lundar and St. Malo. The winner will advance to play the Selkirk Fishermen in a semifinal series.

Arborg, meanwhile, will play North Winnipeg in the other semifinal series. None of the dates and times for the playoff series had been announced at press time.

# Lightning close out season with a pair of road losses

By Brian Bowman

A bad season by the Interlake Lightning Midget Provincial hockey team got even worse last week.

Interlake lost all three of its Manitoba AAA Midget Hockey League games, including a pair to the last-place Norman Northstars in Thompson last weekend.

"We played pretty well Saturday night and I think we were good enough to win but we just had too many breakdowns that cost us," said Lightning head coach Trent Genyk. "We were getting chances but we just couldn't capitalize. On Sunday, we just ran into penalty trouble."

"It was a rough weekend but it's been an interesting year. Too bad that we couldn't finish with a win or two, but it is what it is."

Interlake wrapped up its season with a 9-5 loss to Norman on Sunday afternoon.

Interlake took a 2-0 lead with goals from Austin Adair and Chase Barkley but Norman responded with tallies by Kaden Ross and Keistin Saunders late in the first period.

The Northstars' Jamie Valentino

struck on the power play at 1:21 of the middle frame but the Lightning's Carl Ingalls replied with a shorthanded marker just six seconds later.

Norman went up 4-3 when Jordan Pfoh scored a power-play goal midway in the second.

Norman's Henry Muchikekwanape and Interlake's Matthew Vandel traded goals early in the third and then the home side went up 8-4 with two goals from Hunter Rambow and a single by Valentino.

The Lightning's Cody McMillan and Ross closed out the scoring late in the third.

The Northstars were a potent 6-for-12 on the power play while the Lightning finished 0-for-7.

"It's not that our penalty kill was all that bad but I think at one point in that second game, we had just two defencemen left," Genyk noted. "We had forwards playing defence and everything was jumbled up."

Last Saturday evening, Interlake was

edged 5-4 in a shootout by Norman.

Muchikekwanape was the lone player to score in the shootout. Saunders had tied the score at 4-4 at 15:39 of the third period.

Vandel and Austin Adair scored first-period goals for the Lightning and then Emmitt Farebrother and

William Faraci tallied in the second

Muchikekwanape, with a pair, and Branden Hill replied for Norman.

On Feb. 20, the Lightning lost 11-2 to the first-place Winnipeg Wild in Teulon.

Reese Belton, Ethan Robson and Kaden Bryant scored first-period goals for the Wild. Winnipeg's Tyler Thoendel, with a pair, Bryant, Luc Benedictson, and Belton made it 8-0 after two periods.

Two of those goals came with the man advantage.

Interlake finally got on the board at 3:16 of the third period as Keiran Scholer scored a power-play goal, assisted by Ethan Johnson and Kai Studler.

Aeden Loschiavo made it 9-1 but the Lightning's Cadrick Dueck answered just over a minute later.

The Wild then closed out the game's scoring with late goals from Thoendel and Jackson Klewchuk.

Winnipeg outshot the Interlake 62-26.

Interlake finished the season with a 10-34-0-3-1 record and 24 points. That put the Lightning in 11th place in the 13-team league.

Interlake ended its season with nine straight losses and the Lightning were winners in just one of their final 13 games.

"You always want to do better and at the beginning of the year, we set a goal for ourselves to be .500," Genyk said. "Whether some guys didn't buy into it or believe that we could, I'm not too sure but playing in the Interlake is a lot different than playing for a city team."

"With a city team, you're going to have a good chance at winning whereas in the Interlake, as for myself, I focus more on developing the players to get to the next level."





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## AUCTIONS

Bob Pinkerton Toy Auction - Online Only. March 7 beginning at 6 p.m. Log onto [www.billklassen.com](http://www.billklassen.com) "Pinkerton Toy Auction" Bill Klassen Auctions Ltd. Ph: 204-325-4433; Cell: 204-325-6230; Fax: 204-325-4484.

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

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Sat March 30 @ 10:00 AM

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\*May 27 - September 1

#### 2. Green Team

\*May 6 - August 23

#### 3. Summer Camp Coordinators

\*June 24 - August 16

Please forward resume to:  
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Box 555 Arborg, MB  
R0C 0A0

Email: [tom.abprc@mymts.net](mailto:tom.abprc@mymts.net)



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Contact Jeff @ 204-376-2247 or cell 204-641-0076



## VILLAGE OF DUNNOTTAR PUBLIC NOTICE

TAKE NOTICE THAT the Regular Council Meeting scheduled for Wednesday, March 20, 2019, has been changed to Wednesday, March 6, 2019, at 10:00 a.m.

By Resolution No.2019 027

J. M. Thevenot C.M.M.A.  
Chief Administrative Officer  
Village of Dunnottar



## TOWN OF ARBORG

### COMMUNITY REPRESENTATIVE

The Town of Arborg is seeking the commitment of a community-minded individual interested in serving on the Board of Directors of the newly incorporated **Arborg Bifrost-Riverton Community Development Corporation**. The business of the Corporation is to foster social and economic development of the Town of Arborg and the Municipality of Bifrost-Riverton.

Applicants must be 18 years of age or over and a resident or business owner within the boundaries of the Town of Arborg.

To be considered for this appointment, written expressions of interest must be submitted to the Arborg Town Office **by 4 p.m. on Friday, March 8, 2019.**

Lorraine Bardarson, CAO  
337 River Road, Box 159 Arborg, MB R0C 0A0  
[caoarborg@mymts.net](mailto:caoarborg@mymts.net) Phone: 204-376-2647 Fax: 204-376-5379



# Classifieds

THE **EXPRESS**  
WEEKLY NEWS



Rural Municipality of  
**GRAHAMDALE**  
www.Grahamdale.ca

## RURAL MUNICIPALITY OF GRAHAMDALE Request for Proposal for Road Maintenance for a Five Year Term

Summary of municipal requirements:

- Summer and Winter Road Maintenance of approximately **760 KM** of roads in Wards 1, 2, 3, 4, 5 and 6 and regular grading of all hamlets.
- Proposal must be based on a minimum of 2 motor graders rated at a net horsepower of 185 or greater; equipped with a minimum of 4.9 meter moldboard. It shall be equipped with a rotating beacon and alternating amber flashers as per the Manitoba Infrastructure and Transportation "Motor Grader Lighting Standard".
- Contractor must be registered with and be in good standing with the Worker's Compensation Board and provide proof of Liability Insurance – minimum of Two Million Dollars coverage.
- Replacement machines must be available within 24 hours of a breakdown.
- Contractors to be COR or SECOR certified, if applicable or supply workplace safety and health plan.

To facilitate this, the Rural Municipality of Grahamdale is seeking written proposals from owners/operators of Heavy Equipment.

- The lowest or any proposal not necessarily accepted.
- The Sealed Proposals marked **"ROAD MAINTENANCE PROPOSAL"** must be submitted no later than Monday, March 11, 2019 at 12:00 noon to the following address:

Rural Municipality of Grahamdale, Box 160, 23 Government Road  
Moosehorn, Manitoba, ROC 2E0. Phone: 204 768-2858



## VILLAGE OF DUNNOTTAR PUBLIC NOTICE

### Regarding the 2019 Financial Plan

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Village of Dunnottar intends to present its financial plan for the fiscal year 2019 at a public hearing in the Council Chamber, Municipal Office, 44 Whytewold Road on **Wednesday, the 27th day of March, 2019 at 10:00 a.m.**

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided.

Copies of the financial plan are available for review and may be examined by any person during the regular office hours of the Municipal Office. A copy of the financial plan is also posted on the Dunnottar website ([www.dunnottar.ca](http://www.dunnottar.ca)).

Dated this 22nd day of February, 2019.

J.M. Thevenot, C.M.M.A.  
Administrator

*Don't forget to send your special  
wishes to your friends and family.*

**204-467-5836**

THE **EXPRESS**  
WEEKLY NEWS  
classifieds@expressweeklynews.ca

### ANNOUNCEMENT

#### CARD OF THANKS

Thank you to all who supported us in our time of sorrow. Thank you for the cards, food and kind words. Special thank you to Vivian and Albert.

-Hazel Gulay  
and family

### ANNOUNCEMENT

#### BRIDAY SHOWER/SOCIAL



#### Bridal Shower/Social

In honour of  
Justine Muzyka and Colton Pyziak  
on Saturday, March 16, 2019  
Come & Go shower at 1:00 p.m.

Unwrapped gifts please  
Social at 8:00 p.m.

Arborg Community Centre

Registered at  
Arborg Home Hardware, The Bay, and Bed,  
Bath and Beyond

## take a break > GAMES

### SUDOKU

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

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Numbers

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puzzle will have  
you hooked from  
the moment you  
square off, so  
sharpen your  
pencil and put  
your sudoku  
savvy to the test!

#### Here's How It Works:

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

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

Sudoku Answer

V	E	N	S	U	N	E	H	H	I	E	M		
S	N	V	K	S	E	O	V	E	L	S	E		
O	B	E	V	S	E	B	V	I	N	V	H		
H	E	W	O	O	B	I	V	T	S	E	I	B	V
S	I	V	S	S	Y	O	W	Y	O				
V	W	R	L	O	H	S	E	B	I	S			
d	V	E	N	S	E	L	I	S	V	H	d		
L	O	B	E	V	S	S	E	B	V				
H	O	L	V	H	V	d	E	S	d	O	d		
S	I	V	O	T	H	O	N	S	d	O			
E	O	H	N	S	T	I	N	S					
N	I	B	V	S	T	N	d	S	I	H	O	S	
O	T	I	W	d	E	B	I	V	H	V	O	S	
H	O	B	V	S	S	V	A	H	O	V	H	O	S
K	O	V	S	S	V	A		H	V	Z	V	H	

Crossword Answer

#### CLUES ACROSS

- Iranian village
- Duct
- Holds potatoes
- Plant of the goosefoot family
- Spoken in Cameroon
- Students' rights document (abbr.)
- Skin lesion
- Went over the airwaves
- Nestle malt drink
- Rockets' point guard
- Developed the polio vaccine
- Businessmen
- Animals have it
- Atomic number 58
- Cycles/second
- Japanese classical theater
- Slow nocturnal primate
- Used in a play
- One that breaks apart
- Yellow-fever mosquitos
- Bag-like structure in a plant
- Simple wooden shoe
- Leeches
- Tide
- Fathers
- Decay
- Returned material authorization (abbr.)
- The Golden State (abbr.)
- Extinct flightless bird of New Zealand
- Unique garments
- True firs
- One who's not on time
- Angry speech
- Young children
- About aviation
- This (Spanish)
- Earns a perfect score
- People of Ghana
- Founding member of The Grateful Dead
- Of she
- Genus of lichens

#### CLUES DOWN

- Variety of pear

## CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16					17					18			
19				20					21				
			22					23				24	
25	26	27		28			29				30		
31			32		33		34					35	
36				37		38				39			40
	41				42			43		44			
		45					46		47		48		
49	50		51			52				53			
54		55				56					57	58	59
60					61					62			
63					64				65				
66					67				68				

- Curved symmetrical structure
- A demon in some cultures
- Cricket frogs
- Atomic #45
- Abnormal bone joint
- Cain and
- Unhappy
- Dogooder
- Most babies need \_\_\_ when they eat
- Abdominal pain suffered by babies
- Monetary unit
- Tendency to suffer from a particular condition
- Genus of flowering plants
- It comes up some days
- Koran chapters
- In support of
- One who crunches numbers
- A type of school
- Pops
- Tears
- Not influenced by drugs
- Forms a boundary
- Touch quickly and gently
- Stray
- A period between solar and lunar eclipses
- Third-party access
- A very large body of water
- Infections
- It might be due to nerves
- Hall of Fame ballplayer Rod
- Belittle
- Type of sword
- Makes very wet
- One-time Peruvian money
- A shoe typically has one
- Not nice
- Sea eagle
- Civil Rights figure Parks
- Humbug
- A precious metal (abbr.)



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## OBITUARY



### Julius Paulson

March 5th, 1928 - February 23rd, 2019

Peacefully, after a long struggle with dementia, Julius passed away on February 23, 2019 at the Health Sciences Centre at the age of 90.

He will be deeply missed by his wife Rosie (nee Samorodny); his sons, Keith, Kerry (Amber) and Kenneth (Laura); grandchildren, Tyler, Phillip, Gray and Andre; sisters, Sigrun King and Sylvia Dern (Jacob); sisters-in-law, Margaret Durrant and Emily Paulson; numerous nieces and nephews; many friends especially close friend Merv Marchenski.

He was predeceased by his parents Gudmundur and Ragnheidur Paulson; brothers Oskar, Vilberg and Paul; sister Sigurlin Robinson Julius was born March 5th, 1928 in the Framnes district near Arborg. He moved to Winnipeg in 1976 where he remained for the rest of his life.

He spent many years working as a carpenter, mechanic and finally as an instructor at Red River Community College.

Julius was an exceptional handyman and always had some project on the go. He was extremely proud of his family, both immediate and extended; as well as the many close friends he made over the years.

The family would like to thank the wonderful staff at Calvary Place PCH and the Health Sciences Centre for their thoughtfulness, compassion and kindness throughout his stay and during this difficult time.

Julius' ashes will be interred in the Arborg Community Cemetery at 1:00 p.m., on Friday, March 1st, 2019. A service and reception will follow at 2:00 p.m. at Ardal-Geysir Lutheran church with Pastor Michael Kurtz officiating.

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1-800-467-0024 • [info@mackenziefh.com](mailto:info@mackenziefh.com)



## OBITUARY

### Edith Mary Stapleton (nee O'Malley)

January 22, 1916 - February 19, 2019

It is with great sadness that we announce that Mum passed away peacefully on Tuesday, February 19, 2019, at Red River Place at the age of 103 with her daughter and favorite son-in-law at her side.

Left to cherish her memory are her daughter Alice Aime (Doug) of Petersfield. She is also survived by niece Pat Roussin (Peter) and nephews Tom O'Malley of Winnipeg and Pat Glover (Margaret) of Calgary and their families. She is also survived by sisters-in-law Beatrice Stodgell and Dorothy Imlah (Dan) and brother-in-law Wilfred Stapleton (Betty) and their families.

Mum was predeceased by her husband George in 2000 and infant daughter in 1957. Mum is the last one of her family having been predeceased by parents Creighton and Mary O'Malley, brothers Jack (Margaret) and Robert (Marguerite) and sister Irene (Len) and nephew Russell Glover.

Mum was born and raised in Fisherton. After leaving school, she spent some time working in Winnipeg. Mum and Dad were married in Winnipeg on June 22, 1946 and returned to Fisherton to begin their life together on the farm working side by side. They celebrated their golden wedding anniversary in 1996. They retired from farming in 1986 however continued to live on the farm until Dad's passing. Shortly after that Mum moved to the Lions Centre in Selkirk leaving behind many long time friends, family and neighbors and making new friends. She was still baking bread and muffins in her 90's. She enjoyed her time at the Lions Centre playing cards every week with the residents until she moved to Red River Place in Selkirk in 2012.

Mum enjoyed knitting, crocheting, crossword puzzles, reading, playing cards and watching sports on television. Mum was a lifetime member of the Fisherton Women's Institute.

The family wishes to thank Drs. Lindenschmidt Sr. and Jr. as well as all the staff at Red River Place for the wonderful care, compassion and friendship shown to Mum during her stay. Thanks also to Mum's family and friends who visited, telephoned and sent cards.

A celebration of Mum's life was held on Saturday, February 23, 2109 at the Fisher Funeral Home in Fisher Branch at 1:00 p.m.

In lieu of flowers, donations can be made to your favorite charity.  
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In care of arrangements.  
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with 16" bar

**MS 271**  
Gas Chain Saw

50.2 cc / 2.6 kW / 5.6 kg (12.3 lb)\*



**\$549<sup>95</sup>**

MSRP \$569.95  
with 16" bar

**MS 362 C-M**  
Gas Chain Saw

59.0 cc / 3.5 kW / 5.6 kg (12.3 lb)\*



**\$899<sup>95</sup>**

MSRP \$969.95  
with 16" bar

**LIMITED TIME ONLY**



STIHLCanada www.stihl.ca



**MS 291**  
Gas Chain Saw

**\$499<sup>95</sup>**

MSRP \$609.95  
with 16" bar

55.5 cc / 2.8 kW / 5.6 kg (12.3 lb)\*



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