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# EXPRESS

VOLUME 3 EDITION 11 THURSDAY, MARCH 17, 2016

WEEKLY NEWS

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## God is our father

EXPRESS PHOTO BY LANA MEIER

The young African orphans that make up the Watoto Children's Choir were in Arborg at the Freedom Worship Church performing upbeat songs and dance last Friday. The choir travels with a team of adults, promoting and raising money for the roughly 50 million vulnerable children in Africa, who are orphaned as a result of HIV/AIDS, war, poverty and disease. See story pg. 2.

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

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# Watoto Children's Choir perform evangelistic show in Arborg

By Lana Meier

The orphaned kids of the world-famous Watoto Children's Choir were in Arborg last Friday promoting and raising money for the vulnerable children in Africa, who are orphaned as a result of HIV/AIDS, war, poverty and disease.

The famed child singers, who all lost parents to wars and conflicts in their native Uganda, performed before a crowd of 300 plus at the Freedom Worship Church.

The 30-member group is one of several that travels the world raising money and awareness for Watoto Children's Villages, which provides help and shelter for more than 4,000 Ugandan children orphaned by war or disease or whose parents could not care for them.

The orphans shared their journeys to redemption and their sense of belonging while demonstrating that God desires to be a loving father to all mankind through song. At the same time, they celebrated the urban African landscape.

The choirs were formed in 1994 and have since been sharing with others the plight of Africa's orphaned and most vulnerable children.

All the children have suffered hardships with the loss of parents or loved ones and are making better lives for themselves and their families.

The children danced and sang and encouraged the audience to join in.

The children were a spark to life of all who attended as they shared their enthusiasm for God and their faith.

The choirs are part of the Watoto Church and Child Care Ministries, an international holistic care program to help the overwhelming number of suffering and vulnerable children and women in Uganda.

Donations provide the children with medical and physical care, including HIV/AIDS treatment, an education, counselling and moral and spiritual healing.

There are many opportunities to sponsor. Visit [www.watoto.com/sponsorship](http://www.watoto.com/sponsorship).



The Ugandan orphans shared their stories of their families.



The all-new production *Oh What Love* by the Watoto Children's Choir, presented the vitality of the new Africa. Its vibrance, urban sound and colour took the audience at the Freedom Worship Church on an emotional journey from utter despair to joyous celebration as the children shared their stories.

## West Interlake votes to move head office to Ashern

By Jeff Ward

A resolution that passed four to three will have the head office of the RM of West Interlake move to Ashern from its current location of Eriksdale.

When the province forced the amalgamation of Siglunes and Eriksdale back in January 2015, there were several recommendations, one of those being that the municipal head office would be in Eriksdale.

However, that decision was changed at the regular meeting on Feb. 23 when councillors John Bezemer, Carol Hull, Arnthor Jonasson and Reeve Randy Helgason voted in favour to move it while councillors John Wainwright, Merle Day and Arne Lundale voted against the move. The resolution

states that the "satellite office means the Eriksdale office" and the "main office means the Ashern office" from now on. There are only a few things that will change in the day-to-day operations. Mail will now be delivered to Ashern instead of Eriksdale with the office stationary being changed to reflect the new location. The server will now be housed in Ashern streamlining operations.

"The server for our communications will move to the Ashern office and should make the office more productive," said Helgason.

"We have more staff in Ashern and the office is much busier. Our communication server is in Eriksdale and it means that if we have too many peo-

ple on phones, it overloads. So with it in our office, it means less issues."

Helgason said that it just makes sense to have the home office in the larger community and that many Ashern residents often asked him and other members of council why the home office wasn't in Ashern.

He also said that with the petition to dissolve now having a meeting date set for May 3, they should be proactive and move the office now in case Eriksdale becomes an LGD.

According to Wainwright, the Eriksdale office will remain open and regular council meetings will continue to rotate through both offices. CAO Larissa Love will also continue to commute and work from both offices.

"What I don't understand is why we're spending time on this at all — we have a lot more important things to do as council," said Wainwright.

"The office up in Ashern isn't functioning properly and that's my biggest concern. We have no financial report for Siglunes that makes sense. We really don't know how much money is in the bank. Really, I don't think the people in Ashern will have any better service because of this move."

Helgason said that council didn't spend much time on it and that the Ashern office is functioning to the best of its capability.



# Joanne Levy Joins Manitoba Liberals

## Submitted

The Manitoba Liberal Party is thrilled to have a member of Justin Trudeau's team stepping up for the provincial party in the constituency of Gimli. The former TV reporter, broadcaster and independent film producer is focused on the success of people in communities large and small, and will continue that work in government.

"The federal election was a marathon and I am very grateful Joanne has the energy and commitment to run a second time to represent the people of Manitoba. She has been

involved with the Liberal Party for 20 years and makes our strong, diverse team even stronger," said Manitoba Liberal Leader Rana Bokhari.

Levy has run her own business for the past 25 years and has been responsible for multi-million dollars budgets. She believes in the Manitoba Liberal Party and sees it as the only party that can move Manitoba forward.

"I believe the Manitoba Liberal Party is offering a fair, responsible and practical platform to meet the needs of our communities today. I met many vot-

ers in the Gimli Electoral District during my federal campaign for Selkirk-Interlake-Eastman. The key issues like health care, affordable housing, and the condition of Lake Winnipeg are consistent," said Levy.

The Manitoba Liberal Party will have more candidate announcements in the coming days and weeks as we continue to build a winning team to give Manitobans an option for meaningful change in April of 2016.

To learn more about our growing list of ideas visit <http://www.manitobaliberals.ca/our-policies/>



Joanne Levy

## Kids invited to put their egg-detecting skills to the test

### Easter Egg hunt planned for Sunday, March 27 in Gimli

By Patricia Barrett

The Easter Bunny is inviting kids from Gimli and surrounding communities to participate in an egg hunt and scramble that will get underway Easter Sunday near the harbour.

The RM of Gimli, Robin's Donuts, the Gimli Art Club and the Lakeview Resort are teaming up to host Robbie the Robin's First Annual Easter Egg

Hunt on March 27.

Children 12 and under can participate in the event.

The event will begin at 12:30 p.m. at the bandstand with games and a bunny-hop dance led by Bunny and Robin's Donut's mascot Robbie the Robin. Face painting will be provided by Nicole from Epic Face Art.

At 1 p.m., kids can head into the Art

Club to decorate baskets with the help of club volunteers. Children aged six and under can hunt for eggs that will be hidden around the Visitor's Centre, while those aged seven to 12 can take part in an Eggcellent Egg Scramble.

Gimli's economic development clerk Brittany Isfeld said the Scramble will take place just outside the Art Club.

"We'll have a start line and throw them [the eggs] out," she said.

Robin's Donut's owner Cheryl Buhler said the eggs are either foil-wrapped chocolate or plastic with a toy inside. She is sponsoring the event.

To accommodate as many children as possible, the fun and games will begin all over again at 2 p.m.

Families can also get a photo taken with the Easter Bunny. In the event of rain, the hunt will take place in the Lakeview Resort.

Those who pre-register will be entered into a draw to win a bonus prize.

For more information, contact the RM Gimli office at [gimli@rmgimli.com](mailto:gimli@rmgimli.com) or 204-642.6650. Parents can pre-register at Robin's Donuts.

Note: the date of the hunt was previously announced as March 20. It will take place March 27.



EXPRESS PHOTO COURTESY OF CHERYL BUHLER

Easter Sunday egg hunt and scramble planned for Sunday, March 27 for children 12 and under in Gimli.



## APPLIANCE Specials of the Week

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# Town of Arborg denied claim for environmental assessment



**EXPRESS PHOTO BY PATRICIA BARRETT**  
Don Smith from Smitty's Furniture is planning a party for the store's 40th Anniversary, tentatively scheduled for May 6 and 7, and wants to close part of the street near his store.

**By Patricia Barrett**

The Town of Arborg council reported it was denied a claim by the federal government for money it used out of a reserve fund at its regular meeting March 9.

The Town of Arborg carried out an environment assessment of former

Canadian Pacific lands in 2014 using money from a gas tax reserve fund, said CAO Lorraine Bardarson.

"We used \$21,000 of gas tax reserve funds for CP lands," she said. "We were told it's not an eligible project to claim."

The federal Gas Tax Fund assists municipalities by providing funding for local infrastructure projects, according to Infrastructure Canada's website.

The town will have to put the money back on its books as its 2014 accounts have already been audited.

"It will be an accounting nightmare," said Bardarson.

"I contacted James Bezan [MP for Selkirk-Interlake-Eastman] on the matter," she added.

Other council briefs:

Council discussed a special levy submitted to the town by the Evergreen School Division.

"It went up by a significant amount," said Bardarson, with reference to the \$31,000 levy.

Coun. Larry Speiss wondered if the health-care aide course that the division is proposing is coming out of its budget.

The mayor said the levy has been a "sore point" with municipalities for years because they have no say in the levy.

Bar Waste Authority Co-op sent the town an estimate of its levy.

Thorsteinson said the levy is \$20,000

higher than last year's budget.

The levy is for a compactor Bar Waste purchased. The town is responsible for a third of its cost.

Council approved a \$525 payment to JR Cousin Consultants for a water system re-assessment. The total budget was \$6,800. The town has \$500 yet to pay.

Don Smith from Smitty's Furniture appeared before council asking it to consider his request to close a part of the sidewalk near his business so that he can erect a tent in conjunction with the store's 40th anniversary planned for May 6 and 7.

"We want to roll a carpet down the sidewalk and run it to a tent," said Smith. "I'd be cutting off the front corner [of the street]."

The 20 x 40 tent will up for two days during the celebration and sale. Smith said he wants to have a barbecue, coffee and doughnuts and door prizes.

"The only question we have," said Mayor Sigurdson, "is [how] it will be secured."

Smith said it will be held down by ropes that will be attached to a trailer or truck.

The mayor said the event will be "huge draw" for the town and will contact Smith with its decision.

Bardarson reported that the Recreation Commission is looking for a citizen representative to sit on its board. The volunteer will be expected to attend monthly meetings and contrib-

ute ideas.

Council will hold a public hearing in May in preparation for budget planning. Bardarson said it will advertise the date.

Council discussed the province's flood forecast, which thus far is calling for no major flooding event.

"If it keeps melting like this, we should be okay," said Mayor Randy Sigurdson, referring to the Icelandic River that flows through town.

The mayor said council will meet with the RMs of Fisher and Bifrost-Riverton to discuss possible flooding.

Coun. Susan Bauernhuber said she attended the curling bonspiel in Gimli.

"It was a lot of fun," she said. "We'll [Arborg] will be hosting it next year."

She said there were a lot prizes left over that can be used for Arborg's bonspiel.

"They'll help us get organized," said Bauernhuber, referring to Gimli's organizers.

Coun. Speiss, who sits on the Parks and Rec Committee, said registration for baseball and soccer will start next week. He updated council on the progress of the new dressing room being built at the Rec Centre. He said the walls have yet to be installed.

He said the curling rink — when it's not in use — may be offered to seniors during the day for activities.

## letter to the editor

### Gimli Multiplex public meeting March 19 to discuss indoor or outdoor pool

The Eastern Interlake Regional Multiplex Steering Committee would like to encourage all of the residents of the RM of Gimli, as well as the surrounding municipalities, to the public meeting in regards to the recent RM of Gimli recreational project. The RM of Gimli has extended an invitation to the Multiplex Group to participate in the launch and the upcoming public meeting. The Multiplex Committee feels that it is very important for all of the residents of the RM of Gimli have a chance to see and comment on the proposed project that the RM is making public. This is your chance to have a say in what your recreational choices will look like for the next 20-30 years. In a year from now it will be too late to say that it is, or is not, what

I wanted my recreation dollars to be spent on. Having been working on the Multiplex Project for many years we have seen that the youth and young families are hard to engage in the planning process. This is your chance to have a voice, be heard and to help develop the recreational plan for you and your children.

The RM of Gimli has recently taken the lead in developing a new recreational facility project. This project will be presented at the public meeting on March 19, from 1-3 p.m., at the Sigurbjorg Stefansson School in Gimli. This project consists of four components: a new fitness centre and an indoor walking track; a gymnasium;

Continued on page 15



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Interlake-Eastern  
Regional Health Authority



# Rumours of ER shutdown in Arborg spread faster than the flu

By Patricia Barrett

It spread almost as quickly as the latest flu outbreak, manifesting itself in Arborg and in centres beyond, but there is no substance to the rumour that the Arborg & Districts Health Centre will be shutting its emergency department in June.

The CEO of the Interlake Eastern Regional Health Authority spent much of last week fending off rumours of the closure.

"I've not indicated that [shutdown] to anybody," said Ron Van Denakker. "There is no planned closure for the [Arborg] ER in June or July."

The CEO said that rumour was not the only one making the rounds; others had Arborg's hospital being converted into a long-term care facility after the ER closure and Eriksdale's ER closing (see the Eriksdale story by Jeff Ward).

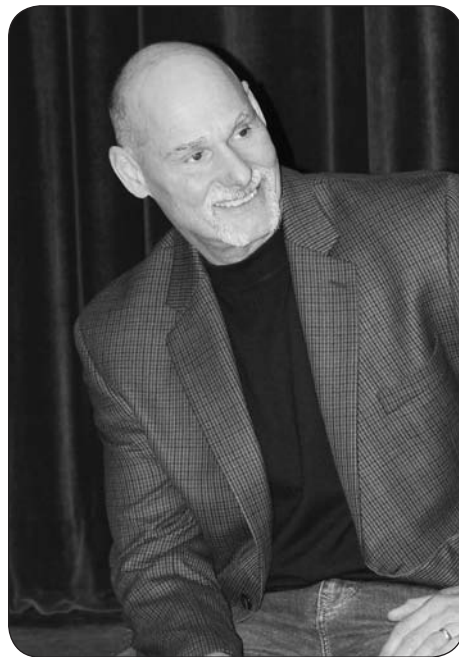
Van Denakker said what may be causing the alarm is the fact that the Arborg facility is down a few physicians.

"Typically, they like four doctors," said Van Denakker, "and that may be generating the fear."

But in a few months, Arborg's hospital will see a new physician on staff.

The Interlake-Eastern RHA is currently involved in meetings with potential physicians for the facility. One could arrive just after the snow melts.

"We have three doctors available to the region," said the CEO, who has spent 30 years in health care, 15 of



those in a leadership role. "One could arrive as early as May or by August."

Van Denakker said the hospital's senior physician, Dr. Donnelly, will be meeting with potential candidates before a decision is made.

The Interlake-Eastern RHA is "constantly recruiting docs," said Van Denakker. "Behind the scenes, there is a tremendous amount of work [going on]."

A number of people spoke to the *Express* about the ER closure rumour but did not wish to go on record.

The paper was shown social media posts — reputedly by hospital personnel — stating the ER was closing in June. Attempts to contact the authors were not successful.



EXPRESS PHOTOS BY PATRICIA BARRETT

Interlake Eastern Regional Health Authority CEO Ron Van Denakker said the rumour that Arborg hospital's emergency room is closing is just that: a rumour.

Local politicians, however, spoke about the rumours.

Town of Arborg Coun. Susan Bauernhuber said the Interlake-Eastern RHA contacted the administrative office last week, assuring it Arborg's ER was not slated for closure.

A councillor with RM Bifrost-Riverton said he had been contacted by a few residents last Tuesday concerned about the rumour.

"They asked me, 'What are you going to do about it?'" said Morley Nardal.

The only thing he said they can do about it is "voice their opinion."

Nardal said he would like to see more services offered at Arborg's hospital because the town has geographic advantages with a number of highway accesses.

Calling Selkirk the "fringe area" of

the Interlake, Nardal said Arborg's hospital could draw people from Fisher Branch, Ashern and Eriksdale "if we had all the amenities."

"We're a growing area," he said. "So how can you grow without basic services?"

At present, Arborg's hospital offers acute care, diagnostic imaging, laboratory services, an ER, occupational therapy, rehabilitation services, physiotherapy, spiritual care, palliative care and a medical clinic, according to the IERHA web site.

Van Denakker said he understands the anxiety associated with the loss of a rural physician.

"In the case of Arborg," he said, "it was in a difficult situation a few years ago. Then when one or two physicians leave, we find anxiety [levels increasing]."

## Gimli Ford recognized for 40 years of partnership with Ford Credit

By Patricia Barrett

Gimli Auto was recognized for its decades-long partnership with Ford Credit Canada, the financing arm of the Ford Motor Company, during an award ceremony at the dealership a few weeks ago.

"They told us, 'You're one of the few who've been with Ford Credit for 40 years,'" said Walter Einarson, who has been part of the family-run dealership since 1976.

Representatives from Ford Credit came to Gimli March 4 to present Einarson and his family with a framed certificate that's now mounted in the showroom.

"It's a nice award," said Einarson. "They came out ... and took us for dinner in Gimli."

Although he's not as active in the day-to-day running of the dealership as he used to be, Einarson said he comes to work every day.

"My son and daughter and their

spouses do most of the selling and buying now," said Einarson, who was born and raised in Gimli.

The dealership sells new and used Ford trucks and cars.

Ford Credit Canada provides wholesale financing and loans to Ford dealers and offers financing to their customers. It provides a number of different financing options throughout the year.

Those options could entail a special deal with regard to the length of a contract, interest rates or other financing terms.

"Any discounting we do is on the vehicle itself," said Einarson.

Business has been very good, he said, and he gets a lot of support from the community.

"If people live in the community, they like to buy locally."

Even if young people move to the city, Einarson said they still have ties to the town or have family cottages in



EXPRESS PHOTO COURTESY OF GIMLI FORD  
Walter Einarson and his family received a dealer award from Ford Credit Canada for 40 years of business partnership.

the area.

"We do sell quite a few cars into Winnipeg," he said.

Gimli Ford is located on Highway 9 (Seventh Avenue) near the junction of PR 231. For more information, call 204-642-5137.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Oscar Mayer's family fishing on the Red

Hi fishing enthusiasts. Thanks for dropping in. As our fishing closure of April 4 - May 14 looms ahead, coupled with the early disappearance of the ice on our lakes and rivers because of the mild weather, everyone is wondering if we're in for a longer fishing lay-off. Realizing that I might need more stories for us during that time, I've been gathering extra experiences from our angling brothers and sisters. The fine folks they are, they've given us enough stories to carry us through. One such person is Gary Nelson over at Birchwood Ford in Winnipeg. I was in there a few weeks ago getting a car but it wasn't long before Gary and I started swapping fishing stories.

He recalled one when years ago, he and his future wife had gone camping with her young brother, nine-year-old Mike. They went fishing below the falls at Manigotagan and, after not having any luck all day, they headed for their campground along the river. Mike, not yet willing to give up hope, kept his baited line in the mucky, frothing waters as he walked along. No sooner had Gary asked Mike to reel in his line, which was getting clogged with weeds, he got a bite. At the end of his line, a big jackfish broke the water's surface, thrashing about and making a tremendous sound. Everyone shouted with excitement as they encouraged Mike to land his prize fish.

Land it he did, and they took it back to camp to prepare it for supper. It was only after they were relaxing following their meal that they realized they hadn't taken a picture of Mike's first catch, so being very inventive, he



EXPRESS PHOTO BY ARNIE WEIDL

Richard Mayer shows off a pickerel he caught on the Red recently while ice fishing.

held up the fish — now only a head, backbone and tail — to snap a picture for posterity.

I met a chap from Oakbank by the name of Brett Chelle about a month ago and he had a story about a buddy of his, Kevin, who he described as "the luckiest guy I know."

Last summer when they were fishing in Lake Winnipeg, Kevin caught something that was so heavy he was not sure he was going to be able to land it. He worked it for what seemed like an hour. Finally, when he brought it up to the side of the boat, to his surprise, he saw that he had hooked a giant jackfish not by the mouth but through the tiny eyelet of a pickerel rig hook that the fish had previously struck and escaped from when the line had broken.

Brett also said Kevin was the only guy he knew that could go out for lake

trout and catch a 54" master musky.

On the Red north of Selkirk a few weeks ago, I was touring around on the ice visiting anglers and came by a very large portable shack. In the warm, calm, sunny afternoon, I slowly pulled up to a bearded chap and a number of other men jigging their rods in ice holes. I left my truck and shook hands with Richard Mayer from Vita and his friends Mike, Ed and Russ Unrue from Grunthal. I remarked to Richard that it must take a while to get here for just an afternoon of fishing. He smiled and, motioning to the tent, said that when they come here, they stay on the ice overnight.

He also said their favourite place to fish was right here on the Red. As we traded stories, he mentioned that he

Continued on page 7

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# Rising sewer costs force closure for Lundar Laundromat

By Jeff Ward

The Laundromat in Lundar has closed its doors after the Public Utilities Board (PUB) increased their sewer rates by 175 per cent.

A yellow mailer from the PUB sent out on Feb. 22 stated that because the sewer rates in Coldwell haven't changed since 1985 that it was time for a revision. Those changes will result in a rate increase of nearly 190 per cent over the next three years, with the bulk of that — 175 per cent — slated to ding the wallets of Coldwell residents coming in May of this year. Mark Eyolfson said he was blown away by the increase in costs and that it has put his laundromat out of business overnight.

"My rates went from about \$300 a year to more than \$800 a year and, by the time 2018 comes around, they will be nearly \$1,000," said Eyolfson, who added that the laundromat is more of a service for those who don't have their own washer and dryer at home.

"I don't profit from this. I make just enough to keep it going and make sure people have machines here to use. But I can't carry the burden of this increase and it completely shuts me down."

Eyolfson said that even if he were to increase the prices he charges — \$3 for a wash and \$3 to use the dryer — his machines are mechanically incapable of taking any more money than they already are. His machines were retrofitted to take loonies many years ago, and to charge more money than he already is, he would need to buy new machines. He also said that his customers wouldn't be able to afford it anyways since his main clients are those on fixed or very low incomes.

Homes in Coldwell will also be hit with an increase that will double the sewer rates come May with the cost going up to \$76.80 for those living in a single home.

The mailer explained that the Residential Equivalency Unit determines how much someone will pay. An equivalency of one is a normal home and the laundromat is equivalent to 5.5. The Lundar Hotel is listed at an equivalency of 24 and is the highest equivalency of those listed in Coldwell.

"I really don't know what to say — this is going to hurt," said the owner of Lundar Hotel, Brian Halowaty.

"This won't shut me down but it's going to hurt for sure. If the increase was for water and sewer, I can maybe understand that, but we get our water from wells. I don't know how they can justify this much of an increase."

Coldwell Coun. Amanda Stevenson said that she was also shocked at how much of an increase the PUB is proposing. She said that the PUB asked that council apply to the board for a rates revision and that this was the byproduct of that application.

The CAO for Coldwell said that there's not much the RM can do but that if enough people from the RM call the PUB, a public hearing could be called to address the issue.

"The rates definitely needed to be increased and we have been telling citizens over the last few years, but I never thought it would be this much. I'm still trying to figure out why they need to be that high," said CAO Nicole Christensen.

Anyone wanting to voice their concerns has until March 25 to do so by writing a letter to the PUB or by sending an email to [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca).



EXPRESS PHOTO BY JEFF WARD

Mark Eyolfson said his laundromat is now closed due to a sewer rate increase of 175 per cent.

## > FISHING, FROM PG. 6

had a lot of relatives in the States — including his great-grandfather Oscar Mayer, the famous food producer.

While we were talking, I noticed off to the side a young lady fishing by herself. I went over to her and asked if she was with Richard and his bunch.

On her knees working a fishing hole, Jenny Rowland told me that originally she was from Nova Scotia and grew up in a fishing family. When she was transferred to Pinawa, she wanted to continue with her love of fishing. So now if her boyfriend can't take her out, she finds partners on the Internet like Richard. Sounds like a winning idea to me.

Well, I can hear geese as they fly overhead. I think I'll go for a walk. So long for now.

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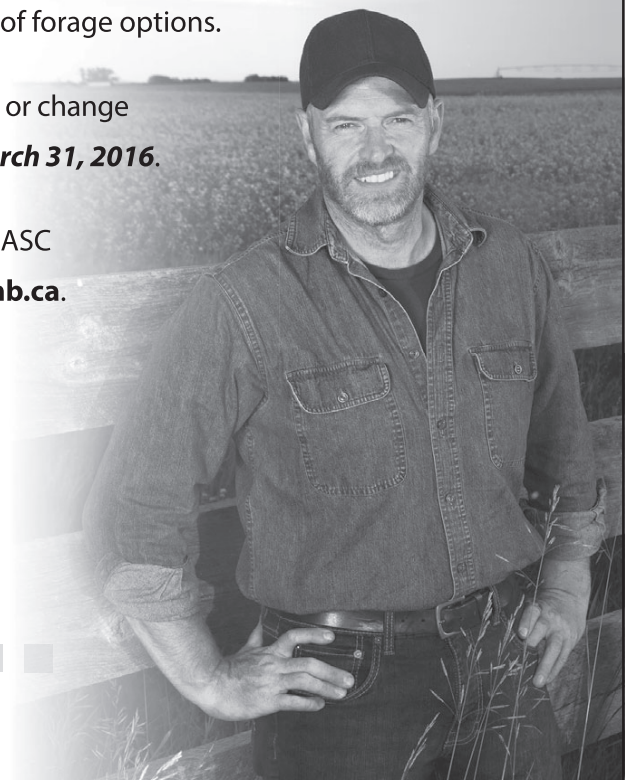
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# Testing the waters: Belanger will continue to improve Lake Winnipeg

By Patricia Barrett

Gimli's NDP MLA candidate has spent the last eight years in ditches testing water quality and helping create solutions to prevent pollutants from entering Lake Winnipeg. That, he said, will remain one of his priorities if he wins a seat in the legislature next month.

As manager of the East Interlake Conservation District and a former natural resource officer based out of Winnipeg Beach, Armand Bélanger is not afraid of rolling up his coveralls and getting his boots wet in order to ensure the lake benefits all interest groups.

The MLA candidate has seen four watershed management plans come to fruition while at the helm of the EICD thanks to partnerships with government, local municipalities, residents, researchers and groups such as the Lake Winnipeg Foundation and the Dunnottar Sustainability Committee.

"We're all working towards the same thing," said Bélanger before the official launch of his constituency office last Friday night in Gimli. "We create a list of actions and form partnerships to ensure a sustainable watershed in the future."

On a lake that covers a million square kilometres, Bélanger said there is no silver bullet to fixing its problems, just "great groups working towards action."

He said he has engaged a number of interest groups who either use the lake to make a living or whose livelihoods (farming) have an effect on it.

Lake Winnipeg's commercial fishermen, which includes First Nation groups, "don't want to destroy their market."

"There is a fishing group who went through a sustainability process," he said, referring to a First Nation community.

"A lot of fishermen think about their environment and their future," said Bélanger. "We [the NDP government] have a lot of respect for these noble professions. We've got to make sure we're there for them to make it sustainable."

Creating sustainability plans is something he works on daily at the EICD and is something he said brings him great satisfaction.

"I'm so pleased I can work on something I believe in."

And he considers running for MLA a natural offshoot of his work at the EICD.

"I would be the voice of constituents just as I'm the voice of watershed residents," said Bélanger.

With dozens of people shoulder-to-shoulder in the Third Avenue constituency office, former MLA for the Gimli riding Peter Bjornson took to the floor and spoke about Bélanger, whom he used to teach at Gimli High School.

Bjornson said Bélanger is the ideal candidate for the riding because of his passion for the environment and his dedication to ensuring a good future his children, as well as those of constituents.

"I see a young man, [whom] I had the privilege of teaching in my career



EXPRESS PHOTO BY PATRICIA BARRETT

Armand Bélanger, NDP MLA candidate for Gimli, got some scissor assistance from his daughter Madelyn during the ribbon-cutting ceremony at his constituency office last Friday. Left to right: Michelle, Sigridur, Madelyn, Oscar and Armand Belanger and Peter Bjornson.

as a teacher, who is getting involved in politics for all the right reasons," said Bjornson.

Bjornson stepped down as MLA for the Gimli riding in August 2015. The former high school teacher served as Minister of Education for almost seven years with the NDP government. He is now acting director of student teaching at the University of Winnipeg and just finished teaching a 10-week course on the school system.

"We have an incredible legacy that our government has brought to this province for the last 16 years in of-

fice," said Bjornson. "And we're going to build on that legacy because of people like Armand ... who has a long history in this community."

With his wife Michelle and three children at his side, Bélanger cut the ribbon, officially launching the office and marking the countdown to the provincial election scheduled for April 19.

The candidate will continue to visit constituents and hold office hours. On April 4, he will join PC MLA candidate Jeff Wharton in a candidates' debate at Clandeboye Hall.

## RCMP raise awareness about ongoing email and phone scams

Submitted

Every year, residents in our community fall victim to fraud. Most people don't think it could happen to them, but fraudsters are using increasingly sophisticated methods to target citizens of all ages across the province and country.

March is Fraud Prevention Month, and the Manitoba RCMP is taking this opportunity to inform citizens about some recent fraud schemes and what they can do to avoid becoming victims.

The RCMP and the Canada Revenue Agency (CRA) have been warning Canadians about an ongoing scam in which taxpayers across the country receive phone calls or emails from individuals impersonating CRA employees. These people are scammers.

The scammers tell taxpayers that they either owe money to the CRA or have a tax refund. Taxpayers are threatened with arrest or jail time if they do not take immediate action and provide money or personal or financial information.

When CRA employees call taxpayers, they follow established procedures to ensure personal information is protected. To confirm the authenticity of a call, contact the CRA by using its official telephone number for individual tax enquiries: 1-800-959-8281. You can also verify your individual tax account through a secure CRA portal.

If you believe you may be the victim of fraud or have given personal or financial information in error, contact your local police service and your financial institution.

Over the past few months, police in multiple jurisdictions have received complaints from residents who say they were phoned by someone pretending to be a police officer in order to obtain personal information from them.

While there are various versions of this fraud, most involve callers asking for payment for outstanding fines or minor offences. If you receive such a call, it is a scam. Police remind citizens that they do not ask for financial information and do not accept payment for infractions over the phone.

As more and more citizens choose to communicate online, police have seen an increase in the proliferation of illegal online activities. A recent scam that has surfaced involves victims in chat rooms being tricked into sending

explicit photos of themselves to the person they are chatting with online. After gaining the victim's trust, the scammer threatens to post the photos to the victim's social media accounts unless payment is received. Police are concerned that young people could fall victim to this scam and are advising parents to speak with their children about Internet safety and what they share online.

These are just a few examples of recent frauds being perpetrated by tech-savvy criminals. If you believe you have been the victim of fraud, please contact the local police in your area. For more information on fraud prevention, please visit the RCMP website.



# Ice fishers head out for one last catch

By Dave Baxter

As temperatures rose above the freezing mark last week, some ice fishers got out on the ice one last time before calling it a season.

On the Red River near East Selkirk, most of the ice shacks that lined the area throughout the winter had been removed by last Friday, but a few die-hards got out and threw their lines in the water while temperatures reached the double digits.

Doug Peterson of Winnipeg fishes near East Selkirk with a group of friends twice a week and was out on the river last Friday for what he thinks will be one of the last days of the season.

He said he and his friends go out on the ice no matter what the temperatures drop to, but they were definitely enjoying the sunshine and warmer weather.

"This is fantastic," Peterson said. "You don't have to set up a tent or a heater. You can just sit outside in a sweater."

"This is a great way to end off the season."

He said overall it was a good ice fishing season this winter.

"It was an excellent season. The weather was good and there wasn't that much snow so there was easy access to the ice," he said. "There were a lot of shacks out here this winter and a lot of happy people."

The group also had a fryer out on the ice last Friday and were frying up fresh fish and eating their catch.

"There is just nothing like fresh fish," Peterson said.

Peterson said he and his friends try to soak up every second out of ice fishing season but added they always do it with safety in mind.

"We stay until the ice isn't safe, but by this point, you have to know what you're doing and understand how the melt works, and you don't go out alone," he said. "You wouldn't want anyone to just wander out at this point."

Last Wednesday, the province urged anyone with an ice shack on a lake or river in southern Manitoba to remove it as soon as possible, saying warm temperatures are causing ice conditions to deteriorate faster than normal this spring.

"A milder-than-usual winter meant the ice did not reach its usual thickness in many areas, which could lead to a faster thaw," the province said in a release last week. "Everyone venturing onto the ice should exercise caution and good judgment."

The province said March 31 is normally the last day to remove ice shacks.

Amphibex icebreakers began breaking ice on the Red River by Netley Creek and heading towards Selkirk about three weeks ago, and the province announced their job is now complete.

The icebreakers are now headed to other areas of Manitoba including the Icelandic and Fisher rivers and Brokenhead River to cut and break ice.



EXPRESS PHOTOS BY DAVE BAXTER

Doug Peterson of Winnipeg pulls a fish out of the water on the Red River near East Selkirk on a warm, sunny day last Friday.



Rick Peterson fries up some fresh fish on the Red River near East Selkirk last Friday.

## Stonewall patients encouraged to find new doctor

Staff

Due to a "confidential matter," an Interlake physician has been suspended and is under investigation.

According to media reports, Dr. Pooventhiran Pillay is being investigated by the College of Physicians and Surgeons of Manitoba, which was unable to provide a comment by Express deadline. Pillay has been employed by the Interlake-Eastern Regional Health Authority since April 2002.

However, a spokesperson for the IERHA said that the issue is a "confidential matter."

"We are reaching out to patients that do require regular physician care to

ensure that they are connected with another physician. Technically, that is something that a physician is required to do when they leave practice," the spokesperson said.

"They need to ensure that their patients are taken care of, but I'm not sure if that is happening in this scenario from the physician's side. The RHA is working to ensure that happens."

Patients are encouraged to register with Family Doctor Finder at [www.gov.mb.ca/health/familydoctorfinder/](http://www.gov.mb.ca/health/familydoctorfinder/) or by calling 1-866-690-8260.

"If a physician is available who is accepting patients in your neighbourhood, you're one of the first people to get into see that physician if you're

registered with that service," said the spokesperson. "If you don't register, you won't be on the radar, so it's going to be more difficult for you to get connected. You'll be up to your own devices to get connected."

When registering with Family Doctor Finder, Pillay's patients can indicate that their physician has left, the spokesperson added.

"They can indicate that it was Dr. Pillay that they had been seeing and we can ensure that we connect them."

EXPRESS FILE PHOTO

Dr. Pooventhiran Pillay has been suspended by the College of Physicians and Surgeons of Manitoba.





# Hundreds rally to show support for ER services at Eriksdale Hospital

By Jeff Ward

More than 300 people gathered outside the E.M. Crowe Memorial Hospital to show support for the situation facing the hospital and its struggling emergency room doctor shortage.

The nearly century-old hospital was the backdrop of the rally last Friday, which, until recently, had been where Interlake residents could receive emergency care from a doctor. However, due to a doctor shortage, patients now have to see a nurse or possibly face a trip to a hospital as far away as Selkirk, Pinawa or Arborg.

Ward 1 Coun. Keith Lundale, a member of the West Interlake Health Advocacy Committee, said that this situation is putting citizens' lives at risk. The committee represents the RMs of West Interlake, Coldwell and Fisher, but residents from both Lake Manitoba and Pinaymootang First Nation were also in attendance to show support and voice their concerns. No one from the Interlake-Eastern Regional Health Authority attended the rally.

"Our health services are in crisis," said Lundale to the large crowd.

"All citizens of Manitoba deserve to have timely access to emergency services and we're not getting that here. Highway medicine is the new hallway medicine — we need more doctors in rural Manitoba."

Interlake-Eastern Regional Health Authority CEO Rob Van Denakker said he is aware of the issues raised by Lundale and the advocacy group. Van Denakker is sympathetic and is doing everything in his power to correct the situation. Van Denakker said the focus is to make sure that Ashern Hospital is fully staffed and kept open 24-7. However, one of Lundale's biggest concerns is the length of a trip to another hospital if Ashern Hospital is unable to accommodate a new patient.

"What happens if there is no bed? Can we risk sending people on a two-hour trip on the highway? This has happened before and it will happen again," said an impassioned Lundale.

With no doctor available in Eriksdale, it's up to the nurses at the facility to triage patients as they arrive. If care from a physician is needed, nurses can consult with an on-call doctor from Selkirk, 150 kilometres away. During that consult, if the physician feels the patient needs to see a doc-



West Interlake Health Advocacy Committee Keith Lundale spoke to a crowd of more than 300 and addressed the situation facing the struggling emergency room doctor shortage.

tor in person, they will be transferred to a hospital to see one. The transfer means that if a patient is lucky, they're a minimum of 30 minutes away. If they're not so lucky, it could be a two-hour trip.

"What they're asking for is very reasonable," said Van Denakker regarding demands for more doctors the Interlake region. "And we're doing that by bringing in more international medical graduates over the next few months, which will help alleviate the problem. But these doctors don't want to live in Eriksdale for the rest of their lives and we can't force them. So what we're doing is planning long term to incentivize and grow our own doctors."

Van Denakker said this long-term initiative takes the form of a residency program in Selkirk that will help grow doctors on the promise to work in rural communities. And the process of matching doctors to rural areas based on preferred lifestyle is an ongoing practice as well. Work on this plan is still in the beginning stages.

The situation in Eriksdale won't be solved overnight, but perhaps with the international doctors coming in the next few months, it won't look nearly as dire. Lundale said he and the committee are in this fight for the long haul and have no plans of letting up.



EXPRESS PHOTOS BY JEFF WARD

Rally-goers held signs asking tough questions of the IERHA as they demand more doctor support for E.M. Crowe Memorial Hospital.



Donna Kingsley feels that farm animals have better access to emergency care than Interlake residents do.

"CAN WE RISK SENDING PEOPLE ON A TWO-HOUR TRIP ON THE HIGHWAY?"



# Gimli businesses team up to fight hunger

By Jeff Ward

Business owners from Gimli are teaming up to collect approximately 800 pounds of non-perishable food donations and cash for Evergreen Basic Needs with the help of local residents.

Curves, Robin's Donuts, Kris' Fish and Chips, and Up a Stump Used Books & ManCave Hobbies and Games have all teamed up for the food drive and will be taking in food and monetary donations until the end of March. Each year, Curves does a national food drive campaign. The owner of the Gimli location, Michelle Wierda, decided to ask other businesses to help collect. Wierda believes that with more locations collecting and more incentives for residents to donate, the more food they will collect.


For anyone who brings a grocery bag full of non-perishable food or a monetary donation to any of the four businesses, they will receive three free classes at Curves, a free book up to a \$6 value from Up a Stump Used Books, a free coffee and oatmeal bar from Robin's Donuts and a free ice cream treat from Kris' Fish and Chips.

Evergreen Basic Needs is charitable organization that works to eliminate hunger and food insecurity through food distribution, education and support programs. In partnership with Winnipeg Harvest, Evergreen Basic Needs distributes 10,000 pounds of food monthly in the east Interlake region.



EXPRESS PHOTO SUBMITTED

Business owners Michelle Wierda, Cheryl Buhler, Brenda Filby and Christine Nagy have teamed up to support Evergreen Basic Needs with a food drive in the hopes of raising 800 pounds of food.



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# Gimli filmmaker wins 2016 Canadian Screen Award

By Patricia Barrett

A Gimli filmmaker picked up a 2016 Canadian Screen Award for a documentary he produced on Canada's involvement in the Vietnam War.

Andy Blicq won in the Best History Documentary Program category at the Screen Award's opening night gala in Toronto last Tuesday for *Vietnam: Canada's Shadow War*.

Blicq wrote, directed and produced the documentary with film partner Merit Jensen Carr, who he said deserves an equal share of the kudos. The film was also made in association with the CBC.

"A jury of your peers looked at your work," said Blicq, "and for my team, that was an affirmation that we're doing work that is just as good as anyone else's."

Blicq and Jensen Carr, founder of production company Merit Motion Pictures, have made seven documentaries together.

The Vietnam documentary focuses on Canada's role in the war and its relationship with the United States, according to CBC's Doc Zone website where the documentary can be viewed in its entirety. Although Canada did not officially join the war, it supported the Americans through intelligence operations. It also "earned huge profits from the sale of munitions and supplies to meet the U.S. military's almost limitless demand" before condemning America for bombing the country.

"This was a good moment to look back," said Blicq, referring to the 40th anniversary [in 2015] of the fall of Saigon, which marked the end of the war.

American involvement in Vietnam [1955-1975] gave rise to much controversy and saw draft dodgers and

conscientious objectors crossing the border into Canada to avoid having to fight.

"For my generation, this [war] was a major event," he said. "Young people were questioning authority as they never had before."

Perhaps the most infamous incident of the conflict was captured on camera just after the South Vietnamese army launched a napalm [flammable petroleum] attack that decimated a small village outside Saigon in 1972. It severely burned nine-year-old Kim Phuc, who now lives in Canada and still suffers from pain. The photo won a Pulitzer Prize.

When he was in the research stages of the documentary, Blicq came across a Vietnam veteran who had been living in Sandy Hook and included him in the story.

Blicq said Canadians joined the war for a number of reasons, including a desire to fight the "red menace" [communism] and to partake in adventure.

"This was the GI Joe era," said Blicq, referring to the '60s and '70s.

About 3,000 Canadians are estimated to have fought in Vietnam, said Blicq. No one really knows exactly how many went because the American government didn't identify Canadian soldiers by nationality.

Blicq used archival footage from a number of stock footage houses, including that from the CBC, where he was employed from 1985 to 2007.

"[The CBC] was a really good place to learn," said Blicq.

Last year he formed a production company — Fourth Avenue Productions — with another Gimli resident, Huw Eirug, one of the Ship & Plough's witty Pub Quiz Masters.

Eirug was director of programming



**EXPRESS PHOTO COURTESY OF ANDY BLICQ**  
Gimli filmmaker Andy Blicq won the Best History Documentary Program category at the Screen Award's opening night gala in Toronto last Tuesday for *Vietnam: Canada's Shadow War*.

at S4C, a Welsh-language public broadcaster, before moving to Gimli.

The two filmmakers are currently working on a documentary titled *The End of Our Memories*, which focuses on the struggles faced by small rural museums to protect their cultural heritage.

"Some are closing because there are not enough volunteers," said Blicq.

Winnipeg Beach used to have a museum, and Arborg's Heritage Village is a going concern, he said.

In addition to filmmaking, Blicq mentors students at Gimli High School and sits on the Gimli Film Festival's board of directors.

"How lucky am I to work and live in Gimli?" said Blicq.

*Vietnam: Canada's Shadow War* can be viewed at [www.cbc.ca/doczone/episodes/vietnam-canadas-shadow-war](http://www.cbc.ca/doczone/episodes/vietnam-canadas-shadow-war).

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# Fisher Branch air cadets pit survival skills against Mother Nature

By Patricia Barrett

If you've ever watched *Survivorman*, a popular Canadian television program hosted by military trainer and outdoorsman Les Stroud, you probably learned the most important rule for staying alive outdoors in the cold: don't work up a sweat.

After a day spent chopping trees and building a firewall out of logs to protect their woodland campsite, air cadets from Squadron 158 RCACS Fisher Branch slipped into dry clothes and settled in for a long cold night ahead of them near Lake St. George, about 18 kilometres south of Jackhead First Nation.

Every year, Squadron 158, part of the Air Cadet League of Canada (Manitoba), holds a survival camp on a patch of Crown land where it has had a cabin for about 25 years.

"In the fall, I go to the annual [Air Cadet] meeting in Winnipeg," said squadron's chair Allan Lindal, who is also a councillor for the RM Fisher, "and they can't believe we have a cabin out there."

The squadron has 43 cadets aged 12 to 18 who come from Fisher Branch and surrounding communities such as Moosehorn, Lake St. Martin First Nation, Fisher River First Nation and Arborg.

Between 25 and 30 cadets took part in the mid-February survival camp, located in the woods about a mile from the squadron's cabin.

Using materials Mother Nature pro-

vided, along with tarps they brought from base, cadets built a shelter that was remarkably insulated despite its open-air design. Smoke from the campfire situated between two log barriers gets funnelled up rather than sideways.

Experienced cadets teach their younger counterparts the skills they need to survive outdoors, but the squadron sends instructors as well, said Lindal, who has been chair for about four years and helped supervise the exercise.

Parents attended as well, staying with cadets overnight to ensure no one developed hypothermia. They also kept the campfire burning.

Cadet instructors are trained in first aid, and sometimes the squadron will bring a nurse or a medic. A teepee built on site from logs doubled as a shelter and a medical centre.

If temperatures plummet to a dangerous degree or if a cadet falls ill, the cabin is used as a backup base for the exercise.

Lindal said there have been no major incidents over the years, other than the discovery one year of timber wolf tracks along the trail cadets took into the woods.

The survival exercise is important for developing a number of skills that go beyond how to survive in the bush.

"It teaches them leadership and comradery," said Lindal.

Unlike the intrepid Les Stroud, who strands himself in various wilderness



EXPRESS PHOTOS COURTESY OF ALLAN LINDAL

Air cadets from squadron 158 RCACS Fisher Branch took part in a survival training exercise a few weeks ago near Lake St. George, south of Jackhead First Nation. Cadets built a shelter in the woods from trees they chopped down.

environments with no food, no water, no tools and no shelter, the cadets carry in army rations supplied by the federal Department of National Defence.

Those rations consist of soup, lasagna and other packaged foodstuffs. National Defence also supplies the cadets' sleeping bags.

As chair, part of Lindal's role is to fundraise to maintain the program.

"Parents are very involved in keeping our cadets program going," said Lindal, whose son is a top-ranking cadet.

That involvement has resulted in a number of awards for the squadron.

In 2015, the Air Cadet League gave

it an award for most proficient sponsoring committee. It also won the Allan McLeod V.C. Prize of \$1,000 for its local sponsoring committee support program.

In 2014, it was awarded the Andrew Mynarski V.C. Prize of \$1,000 for its local sponsoring committee support program and the Captain Kenneth Young Memorial Award for most proficient rural squadron.

Squadron 158 parades every Wednesday night at Fisher Branch Collegiate. Its annual year-end parade is scheduled for June 8. For more information about the Air Cadet League of Canada (Manitoba), visit [www.air-cadetleague.mb.ca](http://www.air-cadetleague.mb.ca).

# Interlake Eastern RHA CEO speaks out on doctor shortage

By Jeff Ward

In the wake of the doctor shortage that's left E.M. Crowe Memorial Hospital in Eriksdale on nurse managed care only, the CEO for the Interlake-Eastern Regional Health Authority, Ron Van Denakker, took the time to share his plans for the future with the *Express Weekly News*.

The situation facing the hospital in Eriksdale has left many citizens afraid that their emergency room will be closed because there are no doctors on staff. And contrary to the opinions of those on the West Interlake Health Advocacy Committee who held a rally outside the hospital last week, Van Denakker wouldn't call the current situation unsafe or a crisis. He said that nurses are keeping the ER open and that they are only a phone call away from getting input from a physician from Selkirk.

"This isn't the ideal solution, but it's the solution we've employed to keep the ER open as we try to continue to recruit and build better circumstanc-

es," said Van Denakker.

"We have nurses keeping the ER open and we have support being provided by physicians from multiple locations. And what can't be forgotten is that just up the highway is an emergency room department that is fully staffed, which is more likely where you would go."

Van Denakker is referring to Ashern hospital, which he said has been the main focus for the Interlake-Eastern RHA to make sure that the hospital and ER are staffed 24-7. He said that to keep two emergency rooms open, you need a significant amount of physicians, which just isn't possible right now. He explained that the volume of traffic from the north is the main reason why Ashern is the priority so that ambulance travel time can be kept to a minimum.

Interlake-Eastern RHA is attempting to remedy the doctor shortage through the employment of International Medical Graduates (IMGs), but this is only a short-term solution.

"There will be new international medical graduates coming to the region shortly, but historically these doctors aren't here for a long time. Many of them pass their exams and then move back to Toronto or Calgary. They are an asset but we're looking at more long-term and sustainable solutions," said Van Denakker.

Those long-term solutions mean growing their own doctors to employ in the region for longer rotations and looking for doctors who value a rural lifestyle while leveraging the smaller communities as a positive. And Van Denakker said that all of this is being done right now, but it's a slow process that can't happen overnight.

Nurse practitioners are one of the other ways that the IERHA has helped provide health care to rural residents. He said that there are 21 nurse practitioners in the region today and that they are a key contributor to primary health-care services; however, this route also brings its own set of challenges.

"If we hire too many practitioners, they may impact doctor retainment because doctors are fee-for-service. Doctors need to see patients daily to make a living, and with too many nurse practitioners, the pool of patients becomes smaller," said Van Denakker.

A common rumour in the Eriksdale area is that the Interlake-Eastern RHA is trying to transition E.M. Crowe Memorial into a personal care home. Van Denakker said he wants people in Eriksdale to know that there is no such plan.

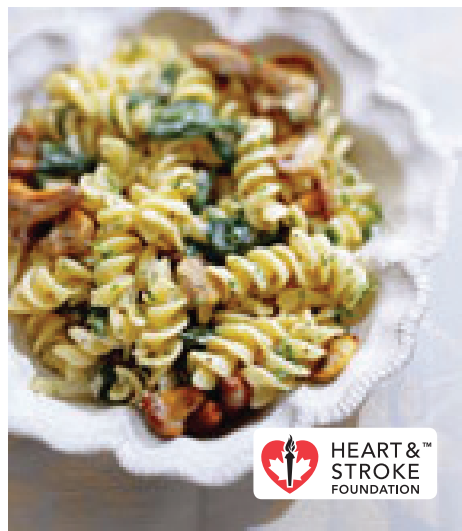
"There is in no way, shape or form a plan to turn Eriksdale Hospital into a personal care home. We need acute care beds, transitional care beds in these communities because the stress we receive from Winnipeg when people are repatriated to their old communities is unbelievable. We will not be closing that hospital or turning it into a personal care home," said Van Denakker.



# get inspired

> MEAL IDEAS

## Mushroom and spinach pasta



**Ingredients**  
 375 g (12 oz) whole wheat rotini, rigatoni or farfalle pasta  
 15 mL (1 tbsp) olive oil  
 3 cloves garlic, minced  
 1 onion, chopped  
 5 mL (1 tsp) dried thyme  
 1 L (4 cups) sliced mushrooms  
 30 mL (2 tbsp) all-purpose flour  
 500 mL (2 cups) 1% milk  
 500 mL (2 cups) chopped fresh spinach  
 125 mL (1/2 cup) chopped fresh basil or parsley  
 2 mL (1/2 tsp) pepper

**Directions**  
 Cook pasta according to package directions. Drain.  
 In large non-stick skillet, heat oil over medium-high heat; cook garlic, onion and thyme, stirring, for about 1 minute. Add mushrooms; cook, stirring often, for about 8 minutes or until starting to brown. Sprinkle with flour; cook, stirring, for 1 minute.  
 Gradually stir in milk; bring to boil and cook, stirring, for about 3 minutes or until thickened. Stir in spinach, basil, and pepper; cook just until spinach is wilted. Toss with pasta.

Makes 4 to 6 servings  
 This side dish is perfect to accompany a chicken or beef dinner any night of the week.  
 Preparation time: 15 minutes  
 Cooking time: 15 minutes

## Macwich



Prep time: 5 minutes  
 Cook time: 10 minutes  
 Servings: 4  
 8 slices garlic bread, frozen  
 1 package Macaroni and Cheese  
 4 slices cheddar cheese  
 16 dill pickle chips (optional)

1 can tomato soup, prepared (optional for dipping)  
 In large non-stick skillet over medium-low heat, heat 8 bread slices for 3 minutes and flip over to evenly warm through.  
 Prepare macaroni and cheese according to package directions.  
 Place 1/2 slice of cheddar cheese on each piece of garlic bread.  
 On 4 pieces of garlic bread, evenly spoon 4 ounces (about 1/2 cup) of macaroni and cheese on top of cheddar cheese/garlic bread slices.  
 Place remaining 4 slices of garlic bread on top of macaroni and cheese stack.  
 Toast both sides for an additional 2 minutes or until bread is toasty brown and cheese is melted. Serve with dill pickle chips and tomato soup for dipping.

## Negative Energy

Each of us emits "energy" into our surroundings. Think how easy it is to detect a change in the atmosphere when someone is angry with us, or how positive the mood is when we are having fun, joking around with a loved one.

This energy is palpable, and we have all experienced the energy of other people. If the energy is positive, it feels good to be around that person. If it is negative, we want to pull away, because that energy affects us: we feel tense, irritated, it brings us down, or we feel like we are walking on eggshells.

Just as we are affected by the energy of others, they are affected by ours. Therefore, we need to be aware of just what we are putting out there into the environment shared by others. Just as we take care of our personal hygiene so we do not offend others, we should practice good "psychological hy-

giene."

Negative energy can be toxic to others. It originates in thought, and can affect others whether we voice it, show it in our behavior, or simply keep it to ourselves. Negative energy is generated by thoughts that are critical, judgmental, belittling, rejecting, angry, or polarizing.

One negative person can affect an entire office, or unsettle an entire household. Being in a "bad mood" does not justify making life miserable for everyone around us. While you are shaking the dirt off your shoes before entering your home or place of work, also make a point of "shaking off" any negative energy you might be carrying. Others will appreciate it, and you will feel better.

*Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)*

## Orzo with Italian Sausage, Mushrooms and Spinach



Prep time: 10 minutes  
 Cook time: 20 minutes  
 Serves: 4  
 4 tablespoons butter, divided  
 1 cup uncooked orzo pasta  
 1 can (14.5 ounces) low sodium chicken broth  
 1 pound hot or Italian sausage

1/2 cup diced onion  
 1 cup sliced mushrooms  
 1 tablespoon freshly minced garlic  
 10 ounces baby spinach  
 1/2 cup grated Parmesan cheese  
 salt and pepper, to taste

In a large sauce pan over medium-high heat, melt 2 tablespoons butter and add orzo. Stir until lightly browned. Add chicken broth and bring to boil. Cover. Reduce heat and simmer about 15 minutes, until orzo is tender and liquid is absorbed.

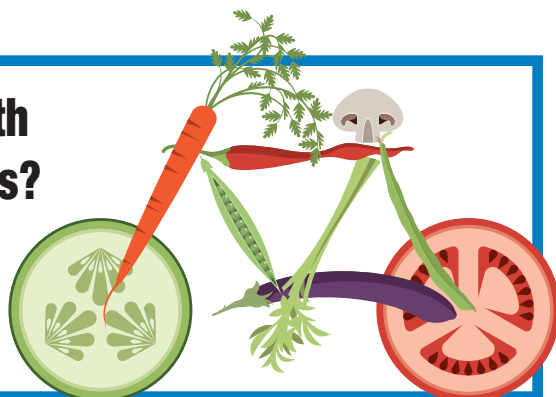
Meanwhile, in large skillet over medium heat, add sausage and crumble with potato masher until fully cooked, about 5 minutes. Add onion and mushrooms, and continue to cook until onions are translucent and mushrooms are tender. Add garlic and saute 30 seconds or until garlic becomes fragrant.

Turn heat down to low. Add spinach and cover pan to allow spinach to wilt. Set aside until orzo is done.

When orzo is done, add sausage mixture and Parmesan cheese and mix well. Taste and adjust seasonings as needed.

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# Grettir Co-op closes deal on new ice resurfacer

By Jeff Ward

A new ice-resurfacing machine is making its way around the ice at the Lundar Memorial Arena these days and it's all thanks to the hard work from the volunteers at Grettir Co-op and a timely sponsorship from Manitoba Liquor & Lotteries.

Through the Small Capital Sponsorship Program, Grettir volunteers were able to fund \$12,700 of the 50 per cent required for the \$27,000 machine through a Manitoba Liquor & Lotteries grant, while Sigfusson Northern donated \$14,300.

The program aims to help charitable and non-profit organizations with projects that support a healthy lifestyle through physical activity and support youth among other goals. While the RM of Coldwell owns the building, it is the responsibility of Grettir to keep everything in working order. According to Co-op secretary Sandra Johnson, Sigfusson Northern has been a big supporter of the arena and didn't hesitate to come up with the remainder of the funding.

## > MULTIPLEX, FROM PG. 4

upgrades to the lobby are of the existing recreation centre, and the addition of ground floor change rooms for hockey; and an outdoor pool.

The Multiplex Committee has seen the design and has the following comments: We are strongly in favor of the fitness centre as well as the indoor walking track. Fitness is becoming increasingly important to many residents and a modern well equipped fitness centre is a must. The indoor walking track is also very important so the all resident can have a safe, climate controlled place, to walk and socialize all year round; The gymnasium portion of the project - In our early stages of our project we looked into a gymnasium, but we felt that there was too much duplication of service with the three school gyms in the area; upgrades to the existing building are long overdue and necessary; and the outdoor Pool - the Multiplex Committee has stated on many occasions that they do not favor an outdoor pool and would rather wait to build an indoor pool than to use the pool fund to build an outdoor facility. Building an outdoor facility now will mean that it could be decades before we see an indoor pool in the area.

This meeting is a very important part of the future of your recreational activities that you and your families will enjoy over the next decades. This is your chance to let your wishes be heard.

- Greg Fedorchuk

The finishing touches were put on the resurfacer last week and the shiny new machine is already working hard smoothing out the ice.

"We were really happy to be selected for the funding because it helped take a big chunk of the cost away from us, said Johnson.

"The sponsorship helped make the project a reality and the process was quite simple. We filled out the forms and sent everything in and we heard back pretty quickly."

Johnson said the need for a new ice resurfacer was an important one as their old machine had seen better days. Facing down major repairs meant the Co-op was left with the choice of either investing money into an old machine or into a new, more reliable one. And with the potential funding from the sponsorship program, the decision was made to move forward with the application process.

As part of the agreement with Manitoba Liquor & Lotteries, Co-op had to include their logo decals on the sides of the ice resurfacer, which Johnson



EXPRESS PHOTO BY JEFF WARD

A grant from Manitoba Liquor & Lotteries worth more than \$12,000, plus \$14,000 from Sigfusson Northern, helped fund the purchase a new ice resurfacer for Grettir Co-op and the Lundar Memorial Arena.

felt was a very small ask, considering the amount of money the sponsorship is worth. The jet-black machine with gold and white trim also sports the Sigfusson Northern logo on the sides.

"It looks really good on the ice and I know people are really happy to see it out there," said Johnson.

## ASK the Professionals?

### Question

**Why is it important to tell my insurance broker about my wood heat?**



Dwayne Smith  
Insurance Broker

### Answer

Having wood heat on your premises changes the risk of your policy. If you have a loss due to wood heat and your insurance company is unaware of the unit, they will deny you coverage in respect to that loss. Meaning, you will have to pay for any and all damages out of your own pocket. In the case of a whole home fire loss, the financial impact is hard to overcome. This is why it's important that your broker is aware of any wood heat prior to use; as any necessary inspections and or corrections of issues can be completed in a timely manner. For more information, please call or visit us!



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### Question

**Why should I have a will?**



Duncan E. Geisler,  
Lawyer

### Answer

A will ensures that your wishes are carried out with the least cost and delay after your death. A properly prepared will can save money for your family and heirs.

Only through a will can you make sure any of your estate goes to organizations, charities, or to people who aren't your relatives. The laws that control distribution of an estate where there is no will are strict, and benefit only certain blood relatives.

Dealing with some assets, such as a business, might be complex and difficult. You can prevent problems by using a detailed will that states how such assets are to be distributed.

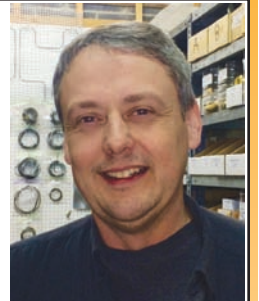
If one owner of a joint property dies, the surviving owner has an automatic right of sole ownership; however, a will is still needed to deal with joint property in case both owners die. There are many more reasons to have a will prepared.

For more information contact Duncan E. Geisler LL.B.  
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### Question

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Mark Eyolfson,  
Lundar Innovative Supply

### Answer

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# Gimli wins award for having the best roads in the province

By Patricia Barrett

In addition to its plethora of festivals, white sandy beaches and a mayor who knows how to bust a move, Gimli can now officially boast about having the best roads in the province.

The Manitoba Good Roads Association said, in so many words, that the town's roads are second to none.

It's good to get [an award]," said CAO Joann King at council's regular meeting March 9. "We developed a good road system."

King said all of Gimli's traffic lights are co-ordinated and the roads are smooth and dust-free, which may have factored in to the association singling out the town.

Coun. Thora Palson added that the town has the best maintained roads and some have been beautified.

The Manitoba Good Roads Association is a non-profit organization located in Portage la Prairie. It recognizes achievement in road construction and maintenance, according to a 2015 entry form. It also recognizes communities and individuals who have taken steps to beautify home grounds, which include general layout and decorative and utility (shelter belts) plantings.

The association was established in 1909 to promote the development of a good road network throughout Manitoba, according to the Manitoba Historical Society's website.

Terra Van Deynze, executive director of MGRA, said the criteria include road identification signs and special features around them (such as landscaping), traffic signs, street and public parking, lighting, conditions of roads and sidewalks and streetscaping features.

"Two judges score each entry and the marks are averaged," said Van Deynze.

Anyone who has driven through Gimli will surely have noticed its Roman road layout (a grid), which makes navigation a breeze, and its amazing lack of potholes, the bane of city drivers.

The association sent council an invitation to its 106th Annual Banquet and Awards Presentation, which will be held in Brandon on April 12.

Coun. Danny Luprypa, who is the chair of Public Works, will be attending the event.

Other council briefs:

Council authorized payroll and a number of bills for payment.

Council approved payroll in the amount of \$52,720.53 and indemnities and expenses in the amount of \$14,406.18.

General operating expenses amounted to \$95,405.34 and pre-authorized utilities were \$54,734.35.

Council authorized a progress payment (No. 5) in the amount of \$107,635.25 to EF Moon for the work on the north regional sewer.

"The project has been completed," said King, "but we hold things [payments] back based on when they complete it. It came in under budget."

Two progress payments (Nos. 6 & 7) in the amounts of \$163,170 and \$174,679 respectively were made to Crane Steel for the construction of Gimli's new fire hall.

The fire hall is expected to be up and running by mid-April or the end of April, said Assistant CAO Kristin Strachan. The flooring has yet to be laid.

The purchase of a 2011 Freightliner



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli council authorized two progress payments to Crane Steel for work on the new fire hall. The building is expected to be completed by the end of April.

Cascadia cost \$53,000 plus applicable taxes. The freightliner is a large truck that can pull a trailer.

"Now we have a fleet," laughed King, referring to its arsenal of two trucks. "One hauls our backhoes and we couldn't do gravelling when [it] was gone."

The addition of the truck will create efficiencies over the years, said Deputy Mayor Peter Peiluck.

"We can haul gravel all day without hooking up another trailer," he said.

Council gave third reading to its amended false alarm bylaw. Bylaw 16-0002 is now in effect.

"RCMP false alarms have declined

to almost zero," said Luprypa, referring to situations attended by the provincial police.

Council gave first reading to an amended building bylaw. The intent of Bylaw 16-0007 is to make it easier for property owners to get building permits.

Mayor Randy Woroniuk reported that Gimli "will be rocking" when it plays host (last weekend) to provincial midget hockey, provincial basketball and a men's bonspiel.

Council noted the efforts of organizers and volunteers of the Gimli Ice Festival (March 5 & 6), saying the festival was "wonderful."

## West Interlake Citizens Group hearing date set

By Jeff Ward

After months of waiting, the West Interlake Citizens Group (WICG) is pleased that an end is in sight after hearing that the Municipal Board has finally set a date for members to meet and discuss the future of the recently amalgamated municipality.

The information presented during the hearing, taking place May 3 at the Eriksdale Recreation Centre, will be taken into consideration

when deciding the fate of the RM of West Interlake. Citizens from Ward 1, the former Eriksdale, are asking the Municipal Board to turn their Ward of the RM into a Local Government District (LGD) so they can break free from the forced amalgamation with Ward 2, the former Siglunes.

WICG spokesperson Andrea Sweetland said that the Municipal Board will likely send out three

members to hear the presentations, however, doesn't know who the members are yet. Sweetland said the WICG is still preparing its presentation that will likely contain a quick review of the history and how the situation has turned into what residents face today.

"It feels good to know that there is an end in sight," said Sweetland.

"It finally feels like we're moving forward and that there should be

some closure eventually."

Members of the Municipal Board are all appointed by Order-In-Council and generally have experience in one or more areas of the board's jurisdiction, according to the Municipal Board website.

If the presentations last longer than expected, the hearing will stretch into the following day to accommodate any presentations that the board is not able to hear.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake Thunder wants local girls on the gridiron

Organization currently looking for new boys and girls to be players

By Dave Baxter

Isabelle McDonald doesn't hesitate when asked what her favourite part about playing tackle football is.

"The hitting," Isabelle said. "I like the contact, and there's a big adrenaline rush when you're playing."

Isabelle, 14, played for the Interlake Thunder Senior Girls team last season, and will play for the team again this year.

Both the Interlake Thunder Senior and Junior Girls teams are currently looking for new players to sign up for the upcoming season and were recruiting players at the Spring Recreation and Leisure Fair in Selkirk last Saturday.

Isabelle said she knows some people still have the belief that football is a game for boys, but she said girls football is "just as competitive," and it's good for her confidence and a great way to bond with others.

"Once you get out there, you know you are with people that have your back, and you are completely focused on the game," she said.

The Interlake Thunder football organization offers local girls and boys from the Interlake the chance to play tackle football, and last year was the first year they had two girls teams.

Ashley Deverill, 14, is about to start her second season for the senior team and said if any girls are thinking about playing the game, they should not feel intimidated.

"I was definitely nervous at first, but once I got into it, I stopped being nervous and it was just fun," Ashley said. "I really got into it quickly."

Interlake Thunder president Joel McDonald said they are always looking for new sign-ups for the boys and girls teams and offer football for Interlake kids from the ages of seven to 17 years old.

He doesn't want parents to keep their kids away from football because they are concerned about the hitting.

"Injuries are a factor in any sport, but they are no more of a factor in football than in hockey or a lot of other sports," Joel said. "They play against kids the same age, and with the young kids, you don't see the big differences in size."

"And when you get into midget, some kids are bigger, but by then you've learned the skills to properly make a tackle and take a tackle."

The leagues the Thunder teams play in allow no hits to the head, and McDonald said the quality of equipment allows for greater safety on the field.

Football is a great game for those learning how to work as a team, McDonald added.

"Football is the ultimate team sport and there is a camaraderie built into it because with football everyone is an integral part on the field."

"You can't win because you have one superstar, and one player cannot dominate. You all have to work together,



EXPRESS PHOTO BY DAVE BAXTER

Pictured left to right, Isabelle McDonald, Ashley Deverill and Grace McDonald are preparing for another year of football with the Interlake Thunder.

er, and you pick each other up."

Interlake Thunder Girls registration will happen on Tuesday March 22 from 6 p.m. until 8 p.m. at the Selkirk Recreation Centre, and Saturday March 26 from 10 a.m. until 1 p.m. at the Veterans Memorial Sports Complex in Stonewall.

The Thunder will start sign ups for

boys teams in early May.

McDonald said he would be happy to talk to any parent thinking about signing up their kid for football if they want more information.

To contact McDonald, send an email to [president@interlakethunder.org](mailto:president@interlakethunder.org), or for more information, go to [interlakethunder.org](http://interlakethunder.org).

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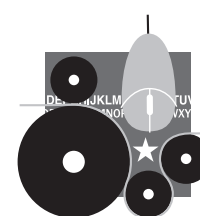
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# Peguis leads OCN in North Division final

By Brian Bowman

The Keystone Junior Hockey League's North Division final has been extended by at least another game.

The OCN Storm staved off elimination with a wild 7-6 home-ice victory over the Peguis Juniors in Game 4 of the best-of-seven series on Sunday.

Trailing 3-2 late in the opening period, OCN scored the next four goals of the game to lead 6-3 midway in the third.

But Peguis made things interesting, however, by scoring three goals in an 8:20 span in the latter half of the third.

Waylon Neault led Peguis with two goals and an assist while Matthew Cameron had a goal and two assists.

Romano Paul, Harold Linklater and Theoren Spence also scored for the Juniors.

Camacho Lathlin (two), Tyrel Buechert (two), Aavory Wilkie, Jared McGillvary and Lodie Ipeelie replied for OCN.

Last Saturday, Peguis pounded OCN 6-1 as the Juniors erased a 1-0 second-period deficit with three goals. Peguis then scored three more times in the

third.

Neault paced Peguis with two goals while Montana Tanner, Joseph Sutherland, Linklater and Tyler Woodhouse also tallied.

Wilkie scored a first-period power-play goal for OCN.

Peguis outshot OCN 46-19 as Keifer Tacan earned the win.

On March 9, Peguis squeaked past OCN 3-2 as Montana Tanner scored the game winner midway in the third while shorthanded.

Theoren Spence and Tyler Woodhouse scored in the first period for Peguis. Drew Morin and Ipeelie replied for the Storm.

The Juniors opened the series March 8 with a dominating 9-3 home win.

Matthew Cameron scored three times while Paul and Keevan Daniels-Webb each added a pair of goals. Linklater and Devon Garson scored the Juniors' other goals.

Justice Genialle, Drake Lathlin and Dawson Anderson replied for the Storm.

Game 5 of the North Division final was played last night in Peguis but no score was available. If necessary,



EXPRESS PHOTO BY LANA MEIER

Peguis Juniors' captain Devon Garson had a goal in his team's 9-3 win over the OCN Storm on March 8.

Game 6 will be played Friday in OCN in Peguis on Sunday (2:30 p.m.) (8 p.m.) and a Game 7 would be played

# Little nominated for Dr. Jack Hunt Award

Staff

Coaching Manitoba has announced the names of individuals who have been nominated as part of their Coaching Manitoba Impact Awards.

Lundar's Dave Little has been nominated for the Learn to Train: Dr. Jack Hunt Award for his stellar work in lacrosse.

The other nominees for this award include Niki Little: Softball (Winnipeg), Karen Williams: Para-Swimming (Winnipeg), Alyssa Grant: Basketball (Winnipeg), Valerie Pelleck: Softball (Winnipeg), Brent Lohmer: Special Olympics -Weight Lifting (Winnipeg), Costa Cholakakis: Bandy (Winnipeg), Daria Jorquera Palmer: Fencing (Winnipeg), Earl Sobotkiewicz: Tenpin Bowling (Winnipeg), Emily Richard: Rhythmic Gymnastics (Winnipeg) and Jeff Bouchard: Baseball (Winnipeg).

Nominees for the School System Peter Dick Award include Teulon Collegiate's Jason Darragh and Heather Tataryn for their outstanding 2015 basketball season with the Saints.

The other three nominees for that award are Donna Alexander - Volleyball - Grant Park Collegiate (Winnipeg), Shawna McDowell - Volleyball

- Mennonite Brethren Collegiate Institute (Winnipeg), and Eric Vincent: Multi-sport - Sturgeon Heights Collegiate (Winnipeg).

Stonewall's Ryan Fines, meanwhile, is one of six coaches nominated for the Fundamentals: Vince Leah Award. He was nominated for his great work in baseball.

The other five nominees for that award are Gavin Young - Football (Brandon), Kevin Doerksen - Football (Brandon), Neil Hansen - Football (Winnipeg), Janice Howe - Special Olympics- Athletics (Winnipeg), and Mary Montgomery: Para- Nordic skiing (Winnipeg)

The nominees for the Train to Win: Peter Williamson Award are Ayach Bounachada: Fencing (Winnipeg), Tom Clasper: Curling (Winnipeg), Craig McCormick: Swimming: (Winnipeg), Dallas Ludwig: Diving: (Winnipeg), Dwayne Gylywoychuk: Hockey: (Brandon), Gary Pallett: Triathlon: (Winnipeg), Lori Henderson: Artistic Gymnastics: (Brandon), Rob Walker: Ringette: (Winnipeg), Roger Garrod: Archery: (Oakbank), Sarah Lundgren: Basketball (Winnipeg) and Trevor Borland: Squash (Winnipeg).

The lone nominee for the Global

News Active for Life Award is James Daly: Athletics (Winnipeg).

The CMIA celebration is April 23 at 9 a.m. at the Regent Avenue Event

Centre. Tickets are available at [www.sportmanitoba.ca/coaching-manitoba-impact-awards-presented-manitoba-liquor-lotteries](http://www.sportmanitoba.ca/coaching-manitoba-impact-awards-presented-manitoba-liquor-lotteries).

## Laker teams place fourth at provincials

The Gimli Lakers placed fourth on their home court at the MHSAA "A/AA" junior varsity boys' and girls' provincial basketball championships last weekend.

In boys' play, Gimli lost 65-57 in the third-place game to Carman Collegiate.

The Lakers started action with a 47-33 win over the Treherne Collegiate Tigers and then lost 76-59 to William Morton Collegiate.

William Morton went on to win the gold with a 61-54 upset win over Niverville.

Gimli had two players - Kalli Einarsen and Eric Petrowski - selected to the tournament all-star team. Kevin Dunn (Carman), Keegan Beer (Niverville), and Justin Ejercito (William Morton) were also named as all stars.

Lucian Kennedy of William Morton was named the provincial's most valuable player.

On the girls' side, Gimli was defeated 57-45 by the Killarney School Raiders in the third-place game.

The Lakers began play with a 53-38 triumph over the Schevchenko School Sabres but then lost 55-49 to the Westpark Royals from Portage la Prairie.

The Warren Collegiate Wildcats won the gold medal after a dominating 74-39 victory over Westpark.

Gimli's Jayda Campbell was named to the all-star team along with Keely Chiponski and Jada Wieler (Westpark), Catherine Ross (Killarney) and Alex Chester (Warren).

The Wildcats' Olivia McCowan earned MVP honours.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Hockey provincials held last weekend



EXPRESS PHOTO SUBMITTED

The Lake Manitoba Eagles claimed the Midget Rural "C" provincial championship title after an 8-5 victory over Treherne in Fisher River on Sunday. The Eagles also defeated St. Eustache 9-8, Teulon 5-4 and tied La Broquerie 5-5. The team would like to thank the community of Lake Manitoba First Nation, the chief and council and all the fans for their support. Pictured in no order; Coaches -Larry Swan, Darrel Shorting, Reg Chartrand; players Laura Lee Letandre, Lyndon McIvor, Storm Swan, Nicolas Monkman, Toby Missyabit, Elmer Maytwayashing, Daron Monkman, Blane Swan, Timothy C. Edwards, Phoenix Maytwayashing, Raven Maytwayashing, Shannon McLean, Dakota Paul, Tanner Maytwayashing, Sundance Paul, Tristian Shorting, Cameron Sinclair, Tristian Woodhouse, Aileen White and Katlin Marsden.



EXPRESS PHOTO BY SUZY SCOTT

The Lakeside Falcons defeated MacGregor 3-1 in the championship game to win gold at the Midget 'B' Hockey Manitoba provincials in Winnipegosis last weekend.

Pictured back row, left to right; Rob Scott (coach), Shayne Desjarlais, Jarod Thomas, Jayson Christensen, Austin Nikkel, Thomas Johansson, Branden Lussier, Shane MacDonald, Brent Johansson, Travis Bennett, Ryan Gleich, Taylor Buors, Kaylee Smith, Aaron Thomas (coach); front row: Morgan Granberg, Rylan Magnusson, Trevor Scott. Missing John Kaartinen (coach).

## Ice win silver at 'AAA' Bantam championship



The Interlake Ice won silver medals after losing 3-2 to Eastman in the finals of the Female Bantam Rural 'AAA' hockey provincial championships in Carman last Sunday. The Ice defeated Central Plains 5-2 and Yellowhead 5-3 in round-robin play and then Yellowhead 3-2 in the semifinal game.

Pictured back row, left to right: Alan Ward (coach), Aaron Charison (coach), Brenna Baryliski, Hayley Charison, Darci Mowatt, Ellen Marshall, Emma Stewart, Megan Humeniuk, Nori Sigvaldason, Terance Caumartin (coach); front row: Callie Farthing, Payton Bear, Denali Sigurdson, Raelyn Caumartin, Anna Shewchuk, Kenzie Bremner, Jacey Leduchowski, Kaelyn Logan, Sarah Dowsett and goaltenders Mercedes Ward and Dana Beck.

EXPRESS PHOTO BY CASEY CHRISTENSEN



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lott brings home bronze from world juniors

By Brian Bowman

Matt Dunstone's Team Canada rink won the bronze at the 2016 World Junior Curling Championships in Taarnby, Denmark last weekend.

Dunstone defeated Switzerland's Yannick Schwaller 8-4, stealing the first two ends on his way to the comfortable win. Dunstone never trailed, scoring a pair in both the fourth and sixth ends before adding singles in the eighth and ninth.

His rink includes third Colton Lott of Sandy Hook, second (and vice-skip) Kyle Doering, lead Robbie Gordon, alternate Wade Ford, coach Calvin Eadie and team leader Brian Chick.

"It was a little disappointing that we weren't able to get the gold," Lott admitted Tuesday morning. "But coming home with a bronze and finishing it off with a win is still great."

The bronze-medal matchup was a rematch of Saturday's Page playoff 3-4 game, which Dunstone lost.

Dunstone, the 2013 bronze medallist in Sochi, was hoping to repeat Braden Calvert's gold-medal performance at the 2015 world championship in Tallin, Estonia.

Even though Canada didn't win the gold medal this year, their team should be extremely proud of their accomplishments.

"We owed it to ourselves to come out firing in that last game and take the bronze," Lott said.

But a medal didn't look like it was possible in the early going for Cana-



EXPRESS PHOTO BY WCF/RICHARD GRAY

Team Canada's Kyle Doering and Sandy Hook's Colton Lott, right, celebrate in front of the Canadian flag at the Taarnby Curling Club during the 2016 World Junior Curling Championships.

da. Dunstone started just 2-2 before finishing third with a 7-2 record.

"It was a roller-coaster ride the whole week," Lott admitted. "We had our struggles and then we got on a roll. Our first four games were our toughest games and then we got on a win streak."

Scotland's Bruce Mouat, the 2015 bronze medallist, defeated USA's Korey Dropkin 6-4 in the men's gold-medal game.

On the women's side, Canada's Mary Fay won the gold after defeating USA's Cory Christensen 7-4 in the final on Sunday morning.

Canada went undefeated through the round robin and lost only one game during the competition (8-7 to Christenson) in the Page 1-2 playoff.

South Korea's Min Ji Kim defeated Hungary's Dorottya Palancsa 8-4 to win the women's bronze medal.



## Peguis Midgets bring home hardware

EXPRESS PHOTO BY PEARL COCHRANE

The Peguis Warriors are the 2016 Hockey Manitoba Rural Midget "AA" provincial silver medalists. The Warriors lost in the finals to Thompson 8-3 last Sunday in Gimli. Peguis battled The Pas in the first game of the tournament, losing 9-8. In Game 2 they tied Gimli 5-5 and then went on to defeat The Pas 4-3 in the semi finals. Peguis' roster included Farron Cochrane (head coach), Darren Sinclair (assistant coach), Dray Flett, Nolan Favel, Melford Cochrane, Sam Spence, Braiden Stevenson, Darian Murdock, Quinton Flett, Tyrome Spence, Dylan Bird, Donavon Plett, Dalton Hobden, Josh Cameron, Tyrell Sinclair and Prescott Sinclair.



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## APARTMENT FOR RENT

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2 ..... 1 YR. GELBIEH  
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## RURAL MUNICIPALITY OF GIMLI

### INVITATION TO TENDER - GRASS CUTTING

**CLOSING DATE: Thursday, March 31, 2016, at Noon**

The Rural Municipality of Gimli is accepting tenders for grass cutting in various public reserves and parks throughout the municipality for a minimum 1-year term, with an option to renew for additional 1-2 year term at Council's discretion.

The contracts will require the provision of suitable equipment, operator, fuel, etc. for the cutting and trimming of grass beginning approximately the week of May 15th. The Contracts will be awarded on an area-by-area basis. Bid prices are based on a per cut basis, and include trimming and removal of grass. The Contractor should expect 12 to 14 cuts per year. Contractor's experience and past performance will be a consideration of this tender. Lowest or any tender not necessarily accepted.

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

Sealed submissions clearly marked "2016 Grass Cutting, submitted by \_\_\_\_\_" will be received by the undersigned at the address below until **12:00 p.m. (noon) on Thursday, March 31, 2016.**

Late submissions will not be accepted.

**Submit Sealed Tenders to:**  
**Rural Municipality of Gimli**  
**PO Box 1246, 62 2nd Avenue**  
**Gimli, MB R0C 1B0**

**Attention: Kristin Strachan,**  
**Assistant CAO**

**Questions or concerns in respect to the tender can be directed to:**

**Darcy Hjelmeland**  
**Manager of Public Works and Operations**  
**Phone: (204) 642-6688**  
**Email: [publicworks@rmgimli.com](mailto:publicworks@rmgimli.com)**

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

## Ashern Auction Mart - Farm Market Report

Week of Mar. 9 • No. of Cattle: 1332

Slaughter Cattle ..... 232  
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500-600 ..... 220-262  
600-700 ..... 200-239  
700-800 ..... 194-218  
800-900 ..... 180-199

### HEIFER PRICES

500-600 ..... 190-225  
600-700 ..... 185-217  
700-800 ..... 178-204  
800-900 ..... 174-181

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The RM of Gimli Council  
Invites you to an

## & OPEN HOUSE & PRESENTATION

### On the Gimli Recreation / Wellness Centre Project

**Saturday, March 19, 2016**

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

**at the Sigurbjorg Stefansson Early School,**  
**located at 11 Autumnwood Dr., Gimli**

The project includes an indoor walking track, indoor multi-purpose facility/gymnasium space, wellness/fitness centre with a water component/outdoor aquatic centre and required upgrades to the existing Gimli Recreation Centre for dressing rooms, arena seating, canteen and other common spaces.

Project updates will be available on the RM of Gimli website at [www.gimli.ca](http://www.gimli.ca) and at the Municipal and Recreation offices.

## RURAL MUNICIPALITY OF GIMLI

### CALL FOR PROPOSALS

The Rural Municipality of Gimli is accepting proposals for the North Beach Concession Stand.

Proposals must include the following information:

- Expected start date
- Expected closing date
- Days and hours of operation
- Previous food services experience
- Types of food to be offered
- Proposed annual rental payment
- Building improvements (if planned)
- Listing of operators equipment

The Agreement will be for a one-year period; with the option to renew for an additional one year period, at Council's discretion.

- Highest or any bid not necessarily accepted
- Local preference will be considered
- Experience in food service preferred
- RM of Gimli business licence required
- Liability Insurance in the amount no less than \$2,000,000 required
- Must hold or obtain a valid Food Handler's Certificate
- Operator responsible for Utilities

Sealed submissions clearly marked "Beach Concession" will be received by the undersigned at the address below until **noon on Thursday, March 31, 2016.**

Late submissions will not be accepted.

**Rural Municipality of Gimli**  
**62 - 2nd Avenue, PO Box 1246**  
**Gimli, MB. R0C 1B0**  
**Attention: Kristin Strachan,**  
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# CROSSWORD

**CLUES ACROSS**

- Matter
- Puzzled
- Well wish
- Frightened
- Home of the Cowboys
- Between the jejunum and the cecum
- Founded the Union Colony
- Read-only memory
- Sorcerers
- Female parents
- Unexpected obstacle
- Of I
- Used to have (Scottish)
- Patti Hearst's captors
- Rock TV channel
- Revolutions per minute
- Exclamation: yuck!
- Be afraid of
- Arizona
- Red liqueur \_\_\_ gin
- More discourteous
- Type of chef
- Mother (Brit.)
- Untidy in character
- Inhibitions
- Pains
- Politician
- Unofficial fighter
- Type of Mustang
- Branch of Islam

**CLUES DOWN**

- Satisfaction
- Astragals
- Egg-shaped
- Nothing more than specified
- Measures speed of wind
- In the middle of
- Actinium
- The Master of Shadows
- Dutch cheese
- Valley
- A river between China and Russia
- Masses of matter
- They live along Gulf of Guinea
- George \_\_, actor
- Latvia's largest city
- One thousandth of an ampere
- Millihenry
- Swiss river
- Individually
- Magnetomotive force (abbr.)
- Without armies (abbr.)
- Portuguese municipality
- Old Marxist-Leninist state
- Malicious satisfaction
- Actress Julianne
- Rural delivery
- Bar or prelude
- Unit of measurement
- Peninsula in Greece
- Bird genus
- Releases gonadotropin
- Racquets
- Southwestern state
- Town in Benin
- Car mechanics group
- Brother or sister
- Woollen rug
- Milliliter

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**Crossword Answer**

Across: 1. Matter (MATTER), 5. Puzzled (PUZZLED), 11. Well wish (WELSH), 14. Frightened (FRIGHTENED), 15. Home of the Cowboys (TEXAS), 18. Between the jejunum and the cecum (ILEUM), 19. Founded the Union Colony (DENVER), 21. Read-only memory (ROM), 23. Sorcerers (WIZARDS), 24. Female parents (MOTHERS), 28. Unexpected obstacle (HURDLE), 29. Of I (I), 30. Used to have (Scottish) (HIBERNIA), 32. Patti Hearst's captors (SEAL TEAM SIX), 33. Rock TV channel (ROCK), 35. Revolutions per minute (RPM), 36. Exclamation: yuck! (YUCK), 39. Be afraid of (PHOBIA), 41. Arizona (ARIZONA), 42. Red liqueur \_\_\_ gin (DUPONT), 44. More discourteous (DISCOURTEOUS), 46. Type of chef (CHEF), 47. Mother (Brit.) (MOTHER), 49. Untidy in character (UNTIDY), 52. Inhibitions (INHIBITIONS), 56. Pains (PAINS), 58. Politician (POLITICIAN), 60. Unofficial fighter (UNOFFICIAL FIGHTER), 62. Type of Mustang (MUSTANG), 63. Branch of Islam (ISLAM).

Down: 1. Satisfaction (SATISFACTION), 2. Astragals (ASTRAGALS), 3. Egg-shaped (EGG-SHAPED), 4. Nothing more than specified (NOTHING MORE THAN SPECIFIED), 5. Measures speed of wind (WIND), 6. In the middle of (IN THE MIDDLE OF), 7. Actinium (ACTINIUM), 8. The Master of Shadows (THE MASTER OF SHADOWS), 9. Dutch cheese (DUTCH CHEESE), 10. Valley (VALLEY), 11. A river between China and Russia (AMUR), 13. Masses of matter (MASS), 16. They live along Gulf of Guinea (GUINEA), 17. George \_\_, actor (GEORGE CLOONEY), 20. Latvia's largest city (RIGA), 22. One thousandth of an ampere (MICRO), 25. Millihenry (MILLIHENRY), 26. Swiss river (RHODAN), 27. Individually (INDIVIDUALLY), 29. Magnetomotive force (abbr.) (MMF), 31. Without armies (abbr.) (W/O ARMS), 34. Portuguese municipality (LISBON), 36. Old Marxist-Leninist state (CUBA), 37. Malicious satisfaction (MALICIOUS SATISFACTION), 38. Actress Julianne (JULIANNE MOULDER), 40. Rural delivery (RURAL DELIVERY), 43. Bar or prelude (BAR), 45. Unit of measurement (UNIT), 48. Peninsula in Greece (PENINSULA), 50. Bird genus (GENUS), 51. Releases gonadotropin (GONADOTROPIN), 53. Racquets (RACQUETS), 54. Southwestern state (SOUTHWESTERN STATE), 55. Town in Benin (TOWN), 57. Car mechanics group (CAR MECHANICS GROUP), 58. Brother or sister (BROTHER OR SISTER), 59. Woollen rug (WOOLLEN RUG), 61. Milliliter (MILLILITER).

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## OBITUARY

### Wanda Chalaturnyk (nee Lechowicz)

Peacefully on Thursday, March 3, 2016 at Betel Home Selkirk, Wanda Chalaturnyk (nee Lechowicz) passed away at the age of 92. Wife, mother, grandmother, artist, teacher, community booster, "hostess with the mostest": all labels Wanda wore proudly.

Left to cherish her memory are her sons Bob, Ted, Terry, Mark and their families. She was predeceased by her husband John, her parents and siblings.

Wanda made the ideal mother-in-law; welcoming each successive bride warmly into the family. She enriched her grandchildren's lives with her passion for art; passing on her skills to the next generation.

The family would like to thank the staff at Betel Home Selkirk for their excellent level of care and compassion in her final days. Wanda enjoyed her last five years living in the warm caring atmosphere of Betel where she enjoyed all the activities open to her.

Respecting Wanda's wishes cremation has taken place. A private celebration of her life and interment will take place in the summer.

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



## OBITUARY

### Edwin George Wilson

On March 8, 2016, our beloved Ed, of Winnipeg Beach, MB, left us after a long and valiant fight to stay.

Ed is survived by his wife of 31 years, Valarie; son Cody (Ashleigh) and grandson Conner who was the light of his life. He is also survived by his mother-in-law Eleanor and brother and sister-in-law Cal and Glenice of British Columbia. Ed was predeceased by his mother and father Leslie and Georgina Wilson and he missed them dearly.

Ed was born in Winnipeg and was a gifted artist. He worked all his life in the art industry and loved to paint and make music. He received his art training at Tech Voc High School and the University of Manitoba. He trained under Phillip Guttin and Associates and Brigdons of Winnipeg.

Ed had a gentleness of spirit that humbled us all and made us want to be better people.

Thank you to Dr. Rhoma for his care and compassion during Ed's illness.

A celebration of Ed's life will take place at a later date just as he wanted.

He will be missed by everyone who was fortunate enough to have known him.

Gilbart Funeral Home, Gimli in care of arrangements  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



## OBITUARY

### Ronald Denis McRae



Peacefully, on the morning of March 12, 2016, Ronald Denis (Denny) McRae passed away in his 82nd year.

Denny will be remembered by his children, Audra (Joby), Tracy (Barry), Donna (Jim) and Debra; grandchildren, Jessica, Carter and David; his sisters Betty and Heather (Phil) as well as many nieces and nephews. He is predeceased by his wife Joyce; his parents William and Rachel; siblings Garry and Connie; his brother-in-law Allan, parents-in-law David and Alma; sister-in-law Katie as well as his niece Ashley.

Denny was born in Winnipeg, MB on March 24, 1933 and raised in the Meadowdale District. He met and married his sweetheart Joyce on November 14, 1964, whom he affectionately called "Mommy". They continued to live in Meadowdale where they farmed and raised their family.

He enjoyed curling, hunting, snowmobiling, taking his girls for airplane rides around the neighbourhood, winter roads, and traveling to Florida Keys, Alaska and Palm Springs. Most satisfying to him was taking the grandchildren to town for icecream.

We would like to thank the many friends, neighbours and family that so generously gave of their time to visit and keep Dad up to date with what was going on in the neighbourhood, the caregivers at Tudor House personal care home for taking such great care of Dad during the seven years he resided there, and the Good Shepherd Lutheran Church congregation for their spiritual support and care packages. We would also like to thank the emergency doctors and nurses at Selkirk General Hospital in times of need, and most recently, Gilbart Funeral Home for their gentle guidance and support.

A Celebration of Denny's life will take place on Saturday, March 19 at 11:00 a.m. in the Gilbart Funeral Home, 309 Eveline Street,

Selkirk Manitoba,

with Rev. Erik Parker officiating. Cremation has taken place and interment will follow at a later date.

In lieu of flowers, donations in memory of Denny may be made to the Selkirk and District Community Foundation 200 Eaton Ave., Selkirk, MB

R1A 0W6 or online through [endowmanitoba.ca](http://endowmanitoba.ca)

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



## OBITUARY

### Leslie McIntyre

**February 5, 1947 – March 5, 2016**

Unexpectedly, on Saturday, March 5, 2016, one month after his 69th birthday, Leslie Wayne McIntyre passed away at St. Boniface Hospital, with his wife Joan at his side.

Leslie is survived by his loving wife Joan; mother-in-law Mary; sister-in-law and brother-in-law Marge and Barry; nephew Derek (Sherry); niece Erin (Craig) and great nephew Max, who he thought the world of and made a point of getting a special gift for Max whenever he and Joan travelled or even shopping in Winnipeg. Also left to mourn his passing is his cousin Carol and her family from Maple Ridge, B.C.; and cousin Cora and family from Winnipeg. Predeceased by his parents and cousin/best friend Rick Manton.



Leslie was born in Winnipeg and worked at Livingston Warehouse as a manager for many years. Leslie and Joan enjoyed travelling to many cities in the U.S. and in Canada. His favourite places were Las Vegas, Victoria, Vancouver and Temple Gardens- Moose Jaw.

Joan would like to thank the staff at St. Boniface Emergency Department for taking great care of Leslie and being very supportive to her and her family.

Cremation has taken place and in keeping with Leslie's wishes no formal service will take place. A private family interment will be held later in the summer.

If friends or family so desire, donations may be made in his name to the Heart and Stroke Foundation, Diabetes Association or Siloam Mission.

"Good night honey bunny love you, rest in peace my love"

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## OBITUARY

### Sharon Anne Patterson (nee Watson)

**July 24, 1947 – March 7, 2016**

Suddenly on March 7, 2016, loving mother, sister, auntie and grandma Sharon left us. She leaves to mourn her passing her daughters Camy (Mike) and Diane (James), and son Brian; also her siblings Margaret Beddoe, Randolph Watson, Evelyn Smirnos (Bruce), Susan Kolbauer, Robert Belanger (Linda), and Dawn Yuzwa (John); granddaughters Juanita, Justina, Makayla (Dennis) and Makala (Burns), grandson Gregory, and great granddaughter Aiyanna, and numerous nieces, nephews, aunts, uncles, and cousins; as well as many loving friends.

Sharon was predeceased by her husband Woody, mother Margaret, father Keith, sisters Linda Cory, and Rebecca Watson, and her favorite and closest aunt Shirley Bate.

She loved her children dearly, and did her best as a single mom. After many years of kissing several frogs, she finally met and married her true soul mate and prince, Woody. She was very close to her youngest sisters, and in many ways was a mother to the youngest of her siblings.

Sharon had an infectious laugh that made anyone around her join in. She loved to joke, and also loved sarcasm and used it well.

She was very active in Legion and community activities. She was also active in Girl Guides Canada and was Commissioner for her area. She loved cooking, gardening, and being outdoors. Her door was always open to everyone no matter who they were, her love knew no bounds.

She will be missed so much.

The Celebration of Life was held on Saturday, March 12, 2016 at 2:00 p.m. in the Gilbart Funeral Chapel in Gimli, lunch to follow at The Isfeld Villa, 34 Church Bay Lane, Winnipeg Beach.

In lieu of flowers, a memorial donation can be made to Girl Guides of Canada. To make a secure donation online go to [CanadaHelps.org](http://CanadaHelps.org) or call (416) 487-5281 ext. 260.

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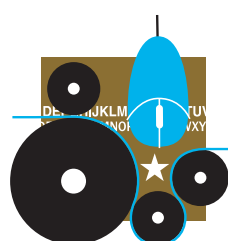
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