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EXPRESS PHOTO BY EVAN MATTHEWS
Arborg Early Middle School teacher Jay Ewert and students drop off reusable bags at Shachtay Sales & Service on March 13 after Arborg council voted in favour of the Plastic Shopping Bag Bylaw No. 4-2018. See full story on page 2.

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

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Arborg students launch reusable bag program

By Evan Matthews

Arborg Early Middle School students are aiming to rid the world, or at least the town, of plastic — one bag at a time.

Grade 7 and 8 teacher Jay Ewert, says a student group made of the three Grade 7 and 8 classes wanted to make a change with plastic.

"A year ago, around this time, we watched a documentary in class called *Plastic Ocean*. The kids were concerned," says Ewert.

"They wanted to do something about the problem. We wrote essays and talked about what actions we could take. We thought a plastic bag ban was a good place to start."

The students' research showed potential to reduce somewhere between 40 and 90 per cent of plastic bags in landfills if a small charge was associated with their use, according to Ewert.

With their teacher's help, the students began cross-referencing existing bylaws in Manitoba and started pondering what a bylaw in Arborg would look like, Ewert says.

"We estimate, and it's a conservative estimate, Arborg's population dumps about 100,000 plastic bags into the landfill each year. Those are conservative numbers based on federal sta-



Teacher Jay Ewert shows off the bags, designed and distributed by the Students Against Plastic.

tistics, as opposed to Manitoba stats (which are much higher)," says Ewert.

"Fifteen thousand people access our markets here, according to the Chamber of Commerce, but we stayed conservative in our estimates, accounting for 1,250 residents.

"Other places that have done this have offset 40 to 90 per cent of their plastic bag use, so we estimate we can eliminate anywhere from 40,000 to 90,000 plastic bags. We've taken the low end in our estimations, but the impact could exceed the estimations."

After coming up with tangible goals, Ewert's students attempted to obtain corporate sponsorship. The Manitoba



EXPRESS PHOTOS BY EVAN MATTHEWS

Jay Ewert and his students held an assembly at Arborg Early Middle School to educate the other kids on the new initiative banning plastic bags and the importance of being environmentally conscious.

Teachers' Society became involved, local business got excited, and a wide range of corporate sponsors came forward to have their logos put onto reusable shopping bags.

"Kids went to local businesses with a letter relating to a public relations opportunity. Calls started flooding in," says Ewert.

"We would have meetings, looking at spreadsheets with all of our sponsorship data, and we'd decide our movements throughout the process."

The students covered a gamut of hands-on learning, including self-advocacy, research and communication, marketing and public relations, municipal politics, and environmental initiatives, Ewert says.

"Our big goal is that the end user who receives a bag is not inconvenienced but rather happy to participate," he says.

"When you have to pay for a plastic bag (now), rather than have a frustrating moment, you will get a nice gift

from the store itself and the Students Against Plastic, showing a giant community sponsorship initiative," he says.

James Bedford, vice-president of The Manitoba Teachers' Society, says The Manitoba Teachers' Society believes in this project because it involves not just the school but the larger community.

"It involves the politicians, the business owners, etc. The business owners pay school taxes and fund public education. The students are trying to do something really positive for their community and the environment," says Bedford.

"We like to, as teachers, promote projects that have positive impact on our communities. We are also environmentally conscious, and we're going to remove upwards of 100,000 plastic bags from this community."

Reusable bags are available for pick up at participating Arborg business.

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Commercial fishery, communities at risk with proposed mesh size change

By Patricia Barrett

Lake Winnipeg commercial fishers say they may be destined for premature retirement after Sustainable Development offered them a buy-out deal and announced a mesh size change that will effectively put them out of business.

The department announced a quota buy-back program March 11 (with a deadline of March 21) for the lake's South Basin and Channel areas, and the implementation of a 3¾-inch net that's expected to take effect later this year on Nov. 1, 2019.

Sustainable Development Minister Rochelle Squires said in a news release there are "early warning signs the sustainability of fisheries resources in Lake Winnipeg is at risk."

The department noted in accompanying documentation its strategy is focused on walleye (pickerel) in order to increase its "reproductive potential," and that past "experience" on the lake and other Manitoba lakes have shown that mesh sizes of less than 3¾

catch walleye before they've spawned.

Robert T. Kristjanson, who's fished Lake Winnipeg for about 70 years and received the Order of Manitoba in 2018 for raising concerns about algal blooms, said the move to a 3¾ net will fail to promote a sustainable fishery as it will target large walleye.

"The 3¾ is the worst net you can have," said Kristjanson. "You're going to be taking every single solitary spawned fish (walleye) out of the lake."

The net won't catch goldeye, perch, tullibee and sauger, which require a smaller mesh, or most whitefish, which requires a mesh larger than 3¾.

The 100-year-old commercial fishery has flourished, said Kristjanson, because fishers back off when a particular species starts to thin. A sustainable fishery means "leaving the fish alone instead of setting more and more nets. You switch to a different size net and go fish another species. That's how it's worked all down the line."

In addition to reducing catches, the

mesh change will mean a personal loss of about \$100,000 to Kristjanson, who sells a variety of nets to fishers across the province. It will be equally difficult for young fishers.

"Young guys have bought into the fishery. My two grandsons have and there's others, too," said Kristjanson. "A lot of them are in a tremendous amount of debt and they won't make it on just fishing that one net size. That's all we'd be doing is fishing one fish — pickerel."

Also at stake is the economic sustainability of communities with businesses that rely on the fishery. That includes restaurants, gas stations, fishing equipment suppliers, and snowmobile and boat retailers, he said.

If fishers ignore the new regulation and continue using different net sizes, the department would have to "put a man on every fisherman, make

Continued on page 4



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Lake Winnipeg commercial fisher Kris Isfeld says a 3.75-inch net will reduce catches by 80 to 90 per cent.

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Council votes to prohibit single-use plastic bags free of charge

By Evan Matthews

Shopping in Arborg will have a different look and feel, following last week's council meeting.

On March 13, Arborg Early Middle School teacher Jay Ewert and his students witnessed the council's official third and final enactment of the Plastic Shopping Bag Bylaw No. 4-2018 that was voted on unanimously by council.

"The students (and Mr. Ewert) felt reducing the consumption of the single-use plastic bag would be an achievable goal, and so the course was set," said Jan Larkin, assistant chief administrative officer for the Town of Arborg.

The town drafted the bylaw after grades 7 and 8 students at Arborg Early Middle School formed a group called Students Against Plastic and appeared as a delegation at council's May 9, 2018, meeting to ask for a fee on plastic bags. The students' initiative received support from the chamber of commerce.

According to research the students

carried out, about eight million metric tons of plastic end up in the ocean or are buried or burnt in landfills each year.

The Plastic Shopping Bag Bylaw No. 4-2018 will prohibit retail businesses from providing single-use plastic bags free of charge to customers, as well as prohibit anyone employed by or acting on behalf of a retail business to provide free bags.

Businesses will be required to charge a minimum of five cents for each single-use bag.

Money collected from the levy will be donated to the Icelandic River Community Foundation, states the bylaw, "for the sole purpose of Recreational Use by the Riverdale Place Workshop Recycling Facility."

Single-use plastic bags are defined as those made with "less than 2.25 mils thick polyethylene, including biodegradable bags."

The bylaw includes a number of exemptions whereby businesses can provide plastic bags free of charge. Those include packaging for bulk



EXPRESS PHOTO BY JAN LARKIN

Students show off reusable bags they had made, after a unanimous vote by Arborg's municipal council, banning single use plastic bags.

items, wrappings for meat, fish, flowers, potted plants, prepared foods and bakery goods and bags sold in packages for pet waste, yard waste or household trash.

Businesses that fail to adhere to the bylaw will be charged \$100 for a first offence, \$250 for a second offence and

\$500 for a third offence.

A copy of the bylaw is available at the administration office or from the town website under "Files & Documents."

For more information, call 204-376-2647.

> MESH SIZE CHANGE, FROM PG. 3

a crook out of every fisherman," said Kristjanson.

The department currently has four conservation officers in Riverton and has not indicated whether it intends to hire more to enforce compliance.

In a statement posted on the Manitoba Metis Federation website, Turtle Island Commercial Fisheries Co-op manager Arnold Asham slammed the Pallister government for promoting the "dismantling of the industry" and making decisions "without considering the effects on our small communities."

The department's simultaneous offer to buy quota and the introduction of a one-size-fits-all mesh change is designed to induce fishers to exit the industry, fishers say, because they know the forthcoming 3¾ net won't provide them with a livelihood.

The department's announcement comes without scientific data on fish stocks. It has catch records, but those don't indicate overall stock numbers. Fisher Bill Buckels, who serves as the Lake Winnipeg Fishery Co-management Board's Area 2 representative, said the department cannot go ahead with the mesh change without solid evidence to back it up.

"We're not in a position where we have scientific data to make a decision on our fish stocks. All we have are catch records, anecdotal comments from a bunch of anglers about fish

dropping off and single-species data gathered on walleye," he said. "That has nothing to do with the health and management of the lake. It has more to do with the management of a single species. We can't have an ecosystem managed on the basis of a single species."

Buckels said he thinks the announcement arose as a result of the department's misconception of how a natural fishery operates, with expected fluctuations in population. The walleye population began to increase about 30 years ago and is now starting to taper off.

"The province contends this walleye spike should be the natural state of Lake Winnipeg forever. But that great surge of walleye, which started in the 1990s and continued to grow like crazy right through the mid-2000s, is starting to go."

Tremendous pressure will be put on that walleye year class if every fisher is forced to use a 3¾ mesh, he said.

Like Kristjanson, Buckels' capital assets (nets) will have no value should the mesh change come into effect and will represent a substantial economic loss.

"It's too difficult to manage a business," he said, "when your inventory becomes obsolete overnight."

Kris Isfeld, who also represents Area 2 on the Co-management Board, says the mesh sizes the department wants

eliminated account for 80 to 90 per cent of the fish they've historically caught. Delivery data, furthermore, has been stable and consistent.

"There's ups and downs, of course, because it's a wild-caught fishery (as opposed to farmed fish), and it's been going up and down for 100 years," he said.

"And this year, the 2018-2019 season that's just ending, shows it's up significantly over last year. There's tons of walleye. The data the province says is evidence of declining walleye is manipulated."

The department is focusing on walleye because that's the species anglers are worried about, and an increase in angling revenue could prove lucrative for the province, he said. But once the walleye decline, anglers will pick up and go elsewhere.

"If we don't harvest the small walleye, they're going to overtake the lake. They'll eat all the available feed and they're going to crash their own biomass," said Isfeld. "It will be down in two or three years and the angling fishery will be done."

The department's announcement is all the more puzzling given it abolished single-desk marketing and opened up the commercial fishery to competition in 2017. Investors such as Canadian Fish Guys in Riverton and Arctic Blue in Gimli built fish processing plants, expecting a stable supply of fish. And the Freshwater Fish Marketing Corporation has a burgeoning market for tullibee roe. All that could

be affected by a 3¾ mesh.

Recognizing the impact the mesh change could have on jobs, fishing families and the local economy, RM of Gimli Coun. Thora Palson said she's in the process of drafting a resolution in support of fishers and will present it to council.

"I understand the provincial government's commitment to sustainability of the lake," she said, "yet I can't help but think that instead of proposing to effectively eliminate our most marketable products, there could be more focus on resources for regulatory oversight and further efforts to protect fish spawning grounds."

Palson said she's very interested in seeing the data the province used to formulate its announcement.

That announcement could not have come at a worse time, fishers say, as they'll be working on the lake until the winter season closes on March 31. Having to make a potentially life-changing decision (to sell or not sell quota) within a two-week timeframe has put them under a lot of stress.

"It's been a very long cold winter," said Palson when asked about the timing. "Why not wait until after the season closes to make this announcement?"

The *Express* asked Sustainable Development what data it used to determine the risk to Lake Winnipeg's stocks and what impacts on fishing communities it anticipates but was unable to connect with the minister or obtain email comment.

Gimli resident gets called up to teach film star on set

By Ty Dilello

Suzanne Beaumont is an educational assistant and private teacher that recently had a pretty unique experience.

From March 1 to 10, Beaumont was on a movie set in Stonewall tutoring the main child actress of the feature film.

Beaumont lives on Willow Island, just outside of Gimli. It's a very secluded beach-life community and was something that Beaumont was longing for as a way to get out of the big-city life of Winnipeg. She made the jump to Willow Island three years ago and hasn't looked back.

"From 2005 to 2011, I taught high school French and history at Vincent Massey Collegiate in Winnipeg. I was known as a second language learning expert and travelled giving workshops and speaking to educators about language learning," Beaumont said. "And from 2012 to 2016, I taught Grade 7 and 8 in French and was a homeroom teacher, so I taught all of the subjects. It is here that I truly found my gift of working with children with 'special needs.' I believe in inclusion and practise a child-centered, needs-based approach when working with children."

The opportunity for Beaumont to work on a movie set just sort of fell in her lap. A friend of hers had found a post on Facebook from an acting agency that said they were looking for a French-speaking teacher to work with a child actor. The friend told

Beaumont about it and from there she connected with an assistant producer. It was a very quick turnaround as she was on set the next morning.

The film, called *The Radio Christmas*, is a winter-themed Hallmark type of movie that was filmed in Stonewall and Winnipeg for the Lifetime channel. One of the main characters was a child and the film was looking for a French-speaking tutor for her over the course of the filming.

"I had never been on set before. The film industry was entirely new to me. The child actor came with the material from her classroom. She had homework and assignments, and the goal was to help her maintain so when she went back to school she wouldn't be behind at all," Beaumont said.

"I had some experience in the past working with students that travelled a lot when I was teaching at Vincent Massey Collegiate in Winnipeg as I had students who played sports and would be travelling for weeks on end. As a classroom teacher, I had to adapt to them, and that's something that was utilized on set."

Beaumont quickly adjusted to the long days on set. You have to be there bright and early in the morning and it goes on all day, so it definitely was a benefit for her that she had a fairly free schedule over the course of the shooting.

"One of the other things we did, because it's such a long day on set and one of my beliefs as a teacher,



EXPRESS PHOTO SUBMITTED

Suzanne Beaumont and the child actor on the set of *The Radio Christmas*. This photo speaks to how creative you need to be on set as the pair were creating 3D shapes from toothpicks and apple pieces.

is hands-on things. I always try to bring the classroom outside the four walls. We were doing school stuff, doing some work on the 3D shapes and some math and then we decided to go for a walk around the parking lot and looking for the 3D shapes in real life. We weren't out too long but enough to give that physical break that she needed and think outside the box and look at the world a little differently, so that was definitely a unique experience."

When it comes to her teaching, Beaumont focuses on a strong connection with all her students. Most tutors just work with the content and go through the homework, but her focus is on the

connection because once that door opens, you can learn anything from that point on.

"For me, the connection is key. I like to invest in the relationship as I know this is what brings trust and opens the door to learning. Everyone has their own approach, but for me it's about the child learning about themselves and accepting how they learn."

Beaumont is hopeful to do more work in film sometime in the future, but for now she's opened up her calendar for spring break and beyond.

Any parents looking to hire Beaumont as a private teacher for their child can reach her at 204-795-7203 or Suzannebeaumontcc@gmail.com

Agriculture awareness day with a focus on innovations in protein

By Manitoba government

The Manitoba government marked Agriculture Awareness Day at an event highlighting local initiatives and expertise related to animal and plant proteins, Agriculture Minister Ralph Eichler announced Tuesday.

"Demand for high quality protein is continuing to grow and Ag Awareness Day presented a wonderful opportunity to highlight what our industry in Manitoba is doing to meet the needs of consumers around the world," said Eichler. "Manitoba Agriculture is currently developing a new sustainable protein strategy that will ensure Manitoba's producers are well positioned to succeed in the market."

The event at the Legislative Building included speakers highlighting protein innovation in the agriculture industry. Robin Young, chief operating officer of the Food Development Centre, spoke about new advancements in protein processing. Curtis Rempel, vice-president of crop production and

innovation with the Canola Council of Canada, discussed innovations in canola production and processing, and the Manitoba Chicken Producers shared information about innovation in poultry production.

"Our industry is one of the most innovative in the country, and it starts on the farm where our producers are quick to adapt to new ideas and new technology," said Keystone Agricultural Producers president Bill Campbell. "It's rewarding to see this translated into improved food products for consumers."

Culinary students from Assiniboine Community College and Red River College also competed to create an appetizer featuring protein, where guests had an opportunity to sample and vote

on their favorite offering.

In 2005, Manitoba established Agriculture Awareness Day to promote greater awareness of the contributions agriculture makes to this province and the industry's role as a key driver of the Manitoba economy. In 2014, The Farm and Food Awareness Act formalized this recognition in legislation, making Agriculture Awareness Day the third Tuesday in March.

For more information on Manitoba's agricultural programs and services, follow the Twitter account at [www.twitter.com/MBGovAg](https://twitter.com/MBGovAg).

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Riverton is a wonderful place to call home

Submitted by Bertha Martin, describing her experience moving to Riverton

We were already a retired couple when the desire to move away set in.

Our home in Southern Manitoba was serving us well enough. Quite by accident, we stumbled upon a wonderful place. Or was it an accident?

Our search for something different was a few years in the making and included other bigger centres in that part of Manitoba. Whatever we were looking for in a good place to settle down eluded us. That is, until my husband suggesting looking further north, maybe Riverton. After all, I had lived there a few years in my young adult life.

Two weeks was all it took for the community to make us feel welcome. Within a month, we had uprooted ourselves from where we lived and moved into our Riverton home, thus beginning the process of settling in.

Now, as our first anniversary of living in this Icelandic fishing town has come, we wish to celebrate the treasures we find here by telling others about Riverton. Sharing is a natural order of most anyone's day here and we wish to have a part in this sharing. Being visually impaired, as I am, narrows the options of how I'm able to give it. It will be a delight to us that my words be regarded as a gift from us to you.

The slower pace of life and the clean air are free. The neighbours brought food to welcome us then, also free. All around us and in the country, they have gardens, giving freely and with generosity. Fences are rare between neighbours; friendship and hospitality are offered freely. The folks we meet on our walks, greet us, free of charge as well. We look out of our kitchen window and see deer. That's

free too. The red fox crossing our front yard is close enough for us to almost feel the fur collar on a coat — at no cost. Close to town we see a young bear frolicking on the road. The mother must be nearby. A variety of birds greet us in the morning and stay with us till nightfall. So many things here are free! If not free, they are on a good sale. We don't even need to drive far to find a sale price. Take chicken breasts at our local Co-op grocery store as an example. They are on a good sale regularly. Strawberry and saskatoon farms are around us. The fruit that are normally found in the wild, such as saskatoons, cranberries and more grow right in our yards. Being so used to our routines by now, we almost forgot that we moved into the rather untamed North. This, "the wild."

There is proof that this is an Icelandic town by heritage. Alongside the rye bread on the grocery store shelves is the dark Icelandic bread. The apple crisp found here is different from the sweet cinnamon/apple-flavoured one found in my Low German background. I detect a mild taste of molasses in it. The scenic Icelandic River runs all the way through our town and enters Lake Winnipeg on the North end of it. Fishing is everywhere. A fish factory has been built. When we hear a "poof-poof" we know that a supply of meat will enter another home, appropriate to whichever hunting season it is. Duck and geese are in abundance in this part of Manitoba.

The million-dollar walking bridge over the river has a million-dollar view from the viewing area on the crest of the bridge. By all appearances, Riverton is a sports town. Each restaurant has their TV tuned to the sports channels. Though we are not into the sports scene with our interest, we ad-

mit that the community's excitement as hockey season begins has a way of sweeping us along in the whirlwind of activity. We especially notice folks standing taller and speaking prouder when the Riverton Rifle Reggie Leach comes into town for his regular coffee times in the local restaurants.

There is quite a nice exercise place in town, and with good prices I hear. The Rec Centre is available for weddings and other important functions. Every two weeks, there is a supper club program available, served at the Fellowship Circle on a donation basis. Especially at times like Christmas, the full-course buffet is silver collection by donation and includes dinner and a dance with a live band at our community hall.

The Riverton District Friendship Centre also operates the Riverton Senior Activity Centre. The coffee is always fresh, with a friendly host to greet you. Many programs are also offered at the centre. The information about trades and interests that people work at was easily figured out because advertising is quick. It's word of mouth.

My husband has an old truck that he is working on. In no time at all, he has found others to talk with who share the same interest. When he works in his shop with the overhead door open, it displays his '49 Chevy truck. That is invitation enough for folks of the same interest to turn onto our driveway. With a smile on their face, they strike up a conversation about his project.

Such conversations have led folks to learn more about his other handyman skills, such as his current carpentry project: building accommodations in

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Rural communities make up larger community

Sometimes living in smaller communities can translate to neglect from larger entities.

Take the City of Winnipeg, for instance. If the City of Winnipeg has a pressing issue, and needs aid or input from the Province of Manitoba, it's not long before the city has the province's ear.

But if the towns of Arborg, Stonewall or Gimli, just as examples, find themselves in similar situations, getting that ear might not be as easy.

The re-design and re-construction of provincial roads 415 and 416 is a great example. The roads were closed for nearly a decade.

At a glance, maybe those provincial roads seem like a low priority to a city

dweller compared to other things.

But those roads represent a shorter commute — upwards of a 45-minute difference in commute — between the communities of Woodlands, Inwood, St. Laurent and Teulon.

It's not just about what could be classified as convenience, as they also represent access for emergency personnel.

Though it took a decade, it was the combined efforts of the involved communities that garnered the Province of Manitoba's attention.

A quick kudos should be given to the involved organizations and municipalities, as they're advocating for their communities.

Another example is in the works,

as on Tuesday at Teulon's municipal council meeting, the council spoke about the potential of having the East Interlake Conservation District lobby the city to change its method of sewage disposal.

The City of Winnipeg currently dumps sewage waste into the river system, which ends up affecting the cleanliness of the Red River in the Interlake area, according to Teulon council.

The East Interlake Conservation District (EICD) is an organization of neighbouring municipalities, towns and villages working together as a watershed community with the Province of Manitoba to promote the sustainable use and management of land

and water resources within the East Interlake region of Manitoba, according to its website.

Whether or not the EICD gets its point across, and whether or not the city changes its ways, both remain to be seen.

But the point is this: it's important not to forget the fact that rural Manitoba communities make up one larger community. It shouldn't be a city versus rural mentality, but it's critical to remember there is power in numbers.

The City of Winnipeg has those numbers but so, too, does the rural community as a whole. We don't have to look far for examples.

Band together, prioritize and have your voices heard.

letter to the editor

Letters to the Editor:

letters@expressweeklynews.ca

The destruction of Class 5 Wetland in the RM of Gimli

This letter to the editor voices concerns about the upcoming regulatory changes to the protection of Class 4 (semi-permanent) and Class 5 (permanent) wetlands and the way they are applied within the RM of Gimli. These marshlands are essential to the health of the ecosystem of Lake Winnipeg and the people who rely on it. I would suggest the regulatory changes being proposed highlights our government's desire to relieve itself of any legal responsibility associated with protecting our wetlands for future generations. Let me explain.

I reside in a small development called Miklavik located south of Gimli. I am blessed to enjoy a home that benefits from being located on Willow Creek with a vantage point that allows our family to enjoy the wide variety of wildlife that appears on our doorstep. All of this wildlife relies heavily on the marshland that surrounds my home. Regrettably there are a number of developments

taking place in the neighbourhood that are compromising the very aquatic and aerial life forms we have come to enjoy.

At the end of our street, a large section of marshland is being terraformed so that a part-time residence can be built. At present, nearly 1,000 truck loads of fill have been dumped on the marshes and a large canal in excess of 100 metres long, 25 feet across and 10 to 12 feet deep has been dug. We have been advised that the canal is being prepared so that the owner may park his boats (plural) with a degree of privacy. To date, approximately six to eight acres of Class 5 marshland have been lost to the terraforming work of local contractors. Current legislation expressly forbids this form of development. Given that our municipal and provincial enforcement bodies appear to willingly ignore this type of activity, a more relaxed regulatory regime will make this sort of illegal develop-

ment more common.

Our community's investigations have not been able to turn up any supporting documentation for this project. We have not been able to locate any licences or permits issued to support this endeavour. We have spoken with our municipal planning department as well as the Provincial Regional Office for Sustainable Development. The project manager overseeing the destruction of this Class 5 marshland has advised us that he has a letter from Mr. Jeff Wharton, the minister for Municipal Relations and our local MLA, authorizing him to do the work. We have not seen the letter therefore cannot vouch for the veracity of this information. Having said this, Mr. Wharton's letter can not, and should not, override the legal requirements of the Planning Act, the Sustainable Watersheds Act, the Water Protection Act and the Water Rights Act, to name but a few. It is also our understanding that work of this nature, if required for flood mitigation, can only be approved by the minister of Sus-

tainable Development, which Mr. Wharton is not.

Several community members, including us have complained to our local planning office and have been doing so for quite some time. To date, nothing has been done. This past Friday (March 8, 2019), two individuals from the Provincial Regional Office for Sustainable Development did visit the site. However, they advised that while our community's concerns were valid and the work being performed did apparently violate existing Manitoba legislation, there was nothing they could do as "someone" higher up the chain was prepared to let this development continue.

As residents, we are deeply concerned at the obvious apathy and willingness of our political leadership at the provincial and municipal level to support the ongoing destruction of essential habitat. To do so while violating so many of the laws for which they are responsible is unacceptable.

Sincerely,
Muriel and Jeff Smith

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Fishing derbies create pride and good hearted feelings



EXPRESS PHOTO SUBMITTED
Dean Stockman with his first place winning walleye catch at the Grand Marias ice fishing derby.

Hi folks.

I think it's fair to say there has been an explosion of ice fishing derbies in Manitoba in the last decade. During that time I've noticed each derby seems to have its own character based on the folks in the community who put it on. I must admit to having a soft spot in my heart for the Grand Marais derby as well as other small town derbies like it. That little town has tried so hard making access roads to the ice in winter to attract anglers for ice fishing, including derbies to raise funds for a new harbour. They lost their pier to a vicious storm years ago.

Just ask Mel Smith, a tiny, well mean-

ing, charming gal with light brown hair in pig tails, a brilliant smile and tons of energy. Speaking in quick half sentences as I stood with her on the deep snow cover on the Lake Winnipeg ice, surrounded by this year's derby participants, she spoke passionately about the towns' endless drive to regain a marina, perhaps in their beautiful natural lagoon and her love of fishing. They didn't have enough money this year to snow plow an area for the anglers to fish on but the local folks and visitors took it in stride and shoveled out spots for themselves while volunteers helped drill holes. Local folks or those who had a connection with the town gathered and as I went around talking to them there was a sense of closeness and good hearted feelings as they intermingled shaking hands and catching up with people they hadn't seen since last year.

Mel laughed when I asked her if she had a fishing story for us. She said the first time she went ice shack fishing with friends here on New Year's Eve years ago she no sooner got her baited hook below the ice and a fish struck. With only a little line out from her rod she hauled up hard and a pickerel came jumping out of the holes water, slipped her hook and without so much as a thank you took a nose dive disappearing into a neighboring ice hole!

Later, at the end of the derby Dean Stockman, from the area won first prize with a nice pickerel which he proudly held up for us. Thanks Dean and congratulations.

I was cruising up and down the ice of the Red River a couple of weeks ago on a hazy afternoon and saw a chap standing beside his SUV nursing two short rods with lines in ice holes. I pulled up to him and asked if he was having any luck. "Not much," our new friend, with a pleasant face, short grey hair and full body that moved with ease responded. "What's your name?" I asked getting out of old red. "I'm Herb Block and my wife's first name is Ruth, but just because the first letter of our first names are "H" and "R" doesn't mean we're connected to the income tax guys," he kidded. I thought that one over for a moment before asking Herb, an obvious joker, if he had a fishing story. He did and it went like this.

Some time ago Herb got Ruth to go up to Waterhen Lake north of Dauphin to fish with him. It was her first time and standing on the shore with new fishing gear on a bright, windy morning, she promptly caught two master angler sized pickerel. Weeks later, at home in Winnipeg when Herb asked her to come fishing again she said, "No, I've done it once and it was ok but I'm gonna quit while I'm ahead!" It's so great to see you and your wife

have a sense of humor Herb.

Rarely have I met an angling brother who had so many fishing stories we had to take a coffee break between the telling of his experiences. Such a man was Richard Stocki of Winnipeg whom I recently met. He was a robust fellow of average size with a round face covered by a white beard, short grey hair and an air about him that made you feel as though he had been your buddy for years. Here is one of his stories. It was the last day of deer hunting years ago and Richard wanted to go try his luck but his brother persuaded him to go fishing on Netley Creek. Richard thought to bring his gun in case he saw a deer but again his brother told him to forget it. Off they went. They drilled ice holes with a hand auger in maybe six inches of ice. They were happily landing pickerel and jack, yapping back and forth while eating sandwiches and washing them down with coffee, until they heard a snort. They looked up and there stood a five point buck staring at them. "See," Richard shouted at his brother, "my gun's at home and we wind up with a huge buck twenty feet away!" The buck regarded them with a blank uncaring look then gingerly turned and made for the bush cover of the creek bank!

Till next week my friends, bye for now.

Fire Service members training program to help cope with work-related stress

By the Manitoba government

The Office of the Fire Commissioner (OFC) will soon be offering a program called The Working Mind First Responders (TWMFR) in partnership with the Mental Health Commission of Canada (MHCC) and the Manitoba Association of Fire Chiefs (MAFC), to help members of the Manitoba Fire Service cope with the realities of work-related stress. Growth, Enterprise and Trade Minister Blaine Pedersen, minister responsible for the Office of the Fire Commissioner, announced last Thursday.

"Helping our first responders identify the stressors they may face, and making sure they have the coping mechanisms to deal with that stress,

is critical," Pedersen said. "Emergency service personnel face trauma on a daily basis, and we want to ensure they have the skills to maintain resilience and keep coming back to do the important life-saving work they do."

Under an agreement with the MHCC to deliver the Train the Trainer program, a specialty instructor network will be developed to deliver the half-day training sessions to members of the Manitoba Fire Service. The specialty instructor network will work under the guidance and direction of the Manitoba Emergency Services College (MESC) as the training and education provider on behalf of the OFC.

This model has been highly success-

ful in delivering other important fire, rescue and emergency medical training in Manitoba and will ensure the TWMFR program is available to all departments across the province. The TWMFR course is designed to:

- improve short-term performance and long-term mental health outcomes,
- reduce barriers and encourage access to care,
- provide tools to manage and support employees experiencing a mental illness, and
- support supervisors in maintaining their own mental health.

"The mental well-being and resilience of our members has been identified as a priority by the Canadian

Association of Fire Chiefs," said Brad Yochim, fire chief of the Wallace and District Fire Department and president of MAFC.

"By making the TWMFR program available to all members of the Manitoba Fire Service, we will build on the strength of the existing Critical Incident Stress Management Network already in place to support our members. We look forward to working with the MESC on the development of this instructor network and the delivery of this training to our members."

For more information on the Working Mind First Responders Program, visit the Office of the Fire Commissioner's website at www.firecomm@gov.mb.ca.

Local musicians to perform at Dauphin's CountryFest

By Jennifer McFee

A strong showing of local talent will take the stage at Dauphin's CountryFest's 30th Birthday.

The 2019 event will take place from June 27 to 30 featuring headliners Jason Aldean and Toby Keith, among many other talented performers.

Representing the local communities, Past the Perimeter is slated to perform on the main stage on Friday, June 28 at 3:30 p.m.

It's the third time the band, which hails from Stonewall, will perform at CountryFest — but it's the first time they've made it to the main stage.

"We had been sitting on this bit of news for a while now. Only close friends and family knew, kind of like a pregnancy," said guitarist and vocalist Derek Peters with a laugh.

"But in all seriousness, we are beyond thrilled to be playing that big of stage, physically and metaphorically. I think we got the nod because of our recent title of Group/Duo of the Year, so it's a lot of pressure but I think we're definitely prepared. Be ready to get blown away!"

Band manager Bambi Rutherford agrees that being asked to play on the main stage at Dauphin's CountryFest is quite an honour.

"Performing in front of potentially 10,000 people is just something that you can't put a price on," she said.

"It's an amazing opportunity to get our music out there and to grow our fan base."

As their manager, she is proud to see how doors keep opening for Past the Perimeter, made up of Peters along with Evan Taplin (bass and vo-

cals), Devin Biy (drums) and Lachlan McLean (guitar and vocals).

"They have worked and sacrificed so much. They deserve every success that is coming their way," Rutherford said.

"I have been blessed to connect with some great people in the industry who have, in turn, supported the boys and helped to make things happen for them. The boys are writing great material and are proud to be working with a multi award-winning production team."

The band members are grateful for all of their fans, as well as support from media, industry professionals and radio stations throughout the province and across Canada.

"In this business, you are only as successful as the people you surround yourself with and, of course, because of the fans that choose to surround you," Rutherford said.

"I think that says it all about their success. Thank you to everyone."

On March 18, the band released their new single "Easy," written by Biy and Taplin.

"As the title suggests, this song came very naturally for us, which is strange because it's quite a bit different of a sound than most of our fans are used to," Peters said.

"However, once we got into the studio, the PTP edge became quite apparent. It came together very quickly in the writing process. It only took half an hour, and it wasn't even the song we were planning on working on that evening. It just sort of happened."

The song is now available on all digital platforms — including Spotify, Ap-

ple Music and Google Play — and it will hit the radio waves March 25.

Rhianna Rae Saj is also included on the list of performers for Dauphin's CountryFest for the first time.

"I was a bit shocked to see the email come through, but I'm really excited. Everything has kind of come full circle for me as I spent many years in the crowd watching the concerts and wondered what it'd be like to play on any of the stages there. I feel as though things are starting to come together," said Saj, who is also from Stonewall.

"I am also really happy to see that there are so many local artists on the bill as well."

On a side note, to celebrate 30 years of running the largest country music festival in Manitoba, Dauphin's CountryFest is hosting the "Our Birthday, Your Party" contest.

Communities with a population of

10,000 or fewer people can enter the contest, vying for the chance to host a free country music concert.

Dauphin's CountryFest will provide the performer and production, while the winning community or non-profit organization will be responsible for ticket sales and marketing of the concert. The hosting organization will also get to keep all the revenue from concert ticket sales.

The submissions will be divided into seven regions: Central, Eastern, Interlake, Midwestern, Northern, Parkland and Western. Judges will select seven submissions, aiming to choose one from each region. Then the public will have the chance to vote for the winner among the Top 7 finalists.

For any local organizations that might like to enter, the deadline for submissions is March 31.

More information is available at www.OurBirthdayYourParty.ca.

> RIVERTON, FROM PG. 6

our basement for out-of-town guests who are hoping for some fresh Riverton air to breathe.

The public library is located across from the Friendship Centre. There is a car wash and laundromat in town, hairdressers, ambulance, fire and police, a fabric store, pharmacy and a medical clinic. A new seniors residence is next to the clinic with nurse practitioners and a doctor once a week.

There is a big MCC Thrift store in the centre of town. A large amount of good quality items can be found there. This is where my husband and I love to volunteer. That is where we meet and get to know a lot of wonderful people. Our town and surrounding areas have a variety of churches.

They are known to work together and care together. Also in the area is an excellent massage therapy team.

A 55-plus housing project is planned in Riverton down the street from us. Even indoor parking spaces will be available there once enough folks have reserved their places in the upcoming building.

Consider this our warm invitation for you to retire in Riverton. Riverton is coming alive. Reserve a condo or one of the properties for sale here. Come and see for yourself what a great place this is to retire in. Riverton, truly the gateway to and from everything retirees need and want. "This land is your land, this land is our land, from Riverton to Hecla Island, this land was made for you and me."

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Fixing Manitoba's finances by reducing the summary deficit to \$360 million.

To learn ALL the details of this year's budget and what it means to you and your family, visit manitoba.ca.

Manitoba 



Fubuki Daiko, Winnipeg-based Japanese drum group in Fisher Branch

By Evan Matthews

Bringing elements of martial arts athleticism, meditation and rhythm together, Fisher Branch Collegiate students learned taiko drumming from the best in the province.

From March 4 to 7, Fubuki Daiko gave an opportunity to the middle years students at Fisher Branch Collegiate through the Manitoba Arts Council's Artist in the School Program, according to Larissa Malenchak, a Grade 5 teacher at the school.

"Last fall, I was invited by Fubuki Daiko to preview their opening show at another local Interlake school for their Artist in the School program. After one song, I was hooked," says Malenchak.

"I thought our students ... would love to partake in this, so I completed the registration with the Manitoba Arts Council and started organizing workshop times."

Fubuki Daiko reinvents traditional Japanese drumming with eclectic and energetic performances that are part martial arts athleticism, part meditation, and all rhythm, according to the group's leader Hiroshi Koshiyama. For over 20 years, the group has performed at festivals, concert halls and schools across North America.

To kick off the week, Fubuki Daiko performed an opening show featuring Dave Johnson, a local Chatfield resident, according to Malenchak. Johnson is a student with Fubuki Daiko and has been drumming with them for 19 years, she says.

Fubuki Daiko started in Winnipeg in 1995, creating their own compositions, while remaining true to the teachings of Grand Master Seiichi Tanaka, according to the group's leader, Hiroshi Koshiyama.



Hiroshi Koshiyama and Naomi Guilbert smile after a long day of performing.

The core members of the group each have over 25 years of taiko experience and received their formative training from the founder of North American Taiko drumming, Grandmaster Tanaka, who brought taiko drumming to North America roughly 60 years ago.

"The style we do is more contemporary, and was developed by our teacher," says Koshiyama, who attended Fisher Branch Collegiate with his wife Naomi Guilbert, who is also in the group.

"We wanted to teach the art of Taiko drumming, while teaching the kids a little bit about Japan's culture. We tell the students the space they're practising is considered a dojo... a formal place where you learn martial arts, and there are specific rules and etiquette, like bowing before they enter and leave, mindfulness exercises, etc.," he says.

The kids are told to relax their minds,



EXPRESS PHOTOS BY LARISSA MALENCHAK

Students engage with the teachings of Hiroshi Koshiyama and Naomi Guilbert.

and focus on their breathing, according to Koshiyama.

"It was fun working with these kids. They were really awesome and energetic," says Koshiyama. "They were really musical, and so respectful and polite. This is one of the most fun groups we've worked with."

The students thoroughly enjoyed the experience, too.

Grade 5 student Ryder, says, "It was fun to see how they drum," while Alyssa says, "It was cool to see how many new things we can learn in four days." Conrad says, "It was a great stress reliever and very delightful."

Phone surveyors misrepresenting as RHA affiliates

Submitted by the IERHA

Interlake-Eastern Regional Health Authority has learned that residents in the region are receiving phone calls from people who are misrepresenting themselves as

telephone surveyors affiliated with the regional health authority.

In reports to the RHA from members of the public, the people making the calls identify they are conducting a phone survey on behalf of the health authority and the survey leads them to ask for details about people's health conditions and the medications they are taking.

Interlake-Eastern RHA is not undertaking any phone surveys at this time and would not undertake phone surveys that request members of the public to disclose information about health conditions and/or medications being taken.

Members of the public are advised that personal health information should only be discussed with trusted family members and known

care providers. Divulging personal health information over the phone to unknown callers is not advised at any time. This includes providing information about health conditions, providing Manitoba Health card information and offering any details about medications being taken.

If you should receive any calls from individuals identifying they are conducting a phone survey on behalf of the regional health authority or any other body and if that call leads to requests to divulge personal health information, please immediately hang up.

You can advise the RCMP of this fraudulent activity by calling the Canadian Anti-Fraud Centre at 1-888-495-8501.

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Government invests in Fisher Branch Industrial Arts program

By Evan Matthews

Fisher Branch Collegiate students will continue to have an elite industrial arts program, as the school received \$42,000 in equipment from the province.

Grant Harrison, Fisher Branch Collegiate industrial arts teacher, says the school applied through the Skills Strategy Equipment Enhancement Fund, and the grant application was quite extensive.

But with the help of Lakeshore School Division, it was worth every effort to ensure the students have access to top-of-the-line equipment and safety.

"They wanted to know what we needed for our shop. We had three wishes. ... The first was a variety of sanders, but they didn't approve those," says Harrison.

"But they approved wishes two and three."

One of the new pieces of equipment is called a CNC plasma cutter, according to Harrison, and has the ability to cut metal into custom designs through a computer.

The second piece of equipment is a SawStop table saw, according to Harrison. Not only is the table saw top of the line, but it adds a safety component, he says.

The blade itself carries a small electrical signal, according to SawStop. A digital signal processor continuously monitors the signal, and if skin contacts the blade, it triggers a quick release brake to stop the blade.

The digital signal processor is able to recognize skin because the human body is conductive and carries its own electrical impulses, according to SawStop. The heavy-duty brake forces the teeth of the blade into the brake, and the teeth dig into the aluminum, stopping the blade in an instant, according to SawStop, and the blade's momentum brings the blade underneath the table.

The entire process happens in less than five thousandths of a second, according to SawStop, with no damage resulting to the saw.

The Province of Manitoba was happy to help.



EXPRESS PHOTO BY EVAN MATTHEWS

Grant Harrison stands with Fisher Branch Collegiate's brand new CNC plasma cutter.

"The Manitoba Government clearly recognizes the continuing need for technical vocational and industrial arts education provides Manitoba students opportunities to gain valuable real world experience to prepare them for the world of work."

said via email.

"Providing funding support to school divisions to attain state of the art equipment for technical vocational and industrial arts education provides Manitoba students opportunities to gain valuable real world experience to prepare them for the world of work."

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"THE GOVERNMENT CLEARLY RECOGNIZES THE CONTINUING NEED FOR TECHNICAL VOCATIONAL AND INDUSTRIAL ARTS EQUIPMENT UPGRADES."

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Winnipeg Beach classroom has successful fundraiser

By Ty Dilello

Last week, Andrea Cranston's Grade 1/2 class at Winnipeg Beach School had their annual Wear Green For A Dream Fundraiser.

Cranston doesn't have all of the donations in yet but noted that it was a very successful fundraiser with her young and eager students.

For the fundraiser, Cranston's class decided to support a Manitoba-based organization called The Dream Factory.

The Dream Factory is a charitable organization dedicated to fulfilling dreams for kids who are battling life-threatening illnesses. It's a unique organization because they are based in Manitoba — and all of the funds that get raised stay in the province to help local children. Everything they do is focused on helping sick kids and their families. The Dream Factory relies solely on the generous support of people and businesses. Since 1983, when the organization was first founded as The Rainbow Society, they've created cherished memories for more than 700 families in Manitoba.

"My class decided to Wear Green For A Dream yesterday and invite the school to wear green for St. Patrick's Day and bring in a donation to support the Dream Factory," said Cranston.

"The kids in my class also did some writing around what their dream is as well. For those that would also like to donate, there is more info on the Dream Factory website and there are many different types of fundraisers happening all over Manitoba to help support this organization."

For Cranston, supporting The Dream Factory with her classroom was a no-brainer because the organization makes dreams come true for children suffering from life-threatening illnesses and provides



Ms. Cranston's Grade 1/2 classroom had a fantastic time with their Wear Green For A Dream Fundraiser.

them with a break from the countless hospital visits, needle pokes, gruelling medical treatments and painful surgeries. The Dream Factory's website writes that "The delight and excitement in their eyes when they find out their special dream is going to come true is all you need to see to understand the impact that having a dream come true has on our Dream Kids. Having a dream come true provides a child with hope, joy, and ultimately happy childhood memories during an otherwise very difficult



EXPRESS PHOTOS SUBMITTED

time."

"I've been doing this fundraiser for eight years and I learned about it through another teacher. I love that it is a local Manitoba fundraiser that is helping kids here at home. It is also a great opportunity to teach my students about empathy and giving to others."

Cranston would like to thank all of the families who helped support this wonderful Manitoba fundraiser for children with life-threatening illnesses.

Dialysis services expanded, more nurses hired to support patients

New investment will expand life-saving care in Hodgson

By the Manitoba government

The province is investing nearly \$5.2 million for dialysis services, including \$2.4 million from Budget 2019, to provide critical life-saving services for up to 72 patients while hiring more nurses and other staff to support access for more patients, Premier Brian Pallister announced Monday.

About 14 per cent of Manitobans live with kidney disease and about one-third of them may develop kidney failure in their lifetime. Over the coming months, the expansion will include additional dialysis spaces at local renal health centres throughout the province. In addition to Thompson, this investment includes:

- an eight-patient expansion in Hodgson;
- a six-patient expansion in Pine Falls;
- a six-patient expansion in Portage la Prairie;
- a six-patient expansion at Boundary Trails Health Centre; and
- a 30-patient expansion in Winnipeg.

"Our mission is to deliver accessible health services to the residents of the north and this announcement helps us to achieve that for dialysis patients,"

said Helga Bryant, CEO, Northern Regional Health Authority. "This investment in our region will have a life-altering impact on all of the patients it will serve and their families."

The funding will also be used to expand home dialysis treatments, including a 10-patient peritoneal dialysis expansion in Winnipeg, to ensure a better quality of life for patients.

There will be 57 positions included in this expansion, including nearly 30 nurses. Health-care aides, pharmacy, social services, technologists, maintenance and administrative support positions will also be added.

"Manitoba's rates of kidney failure continue to rise," said Dr. Mauro Verrelli, medical director of the Manitoba Renal Program. "This addition of funding allows these local renal health centres to utilize existing infrastructure to meet a growing need for dialysis treatment across Manitoba. When possible, we want Manitobans to receive this vital treatment at home or as close to home as possible."

Hemodialysis uses a machine to remove blood from the body, clean it, and then return it to the

body. Peritoneal dialysis cycles a solution into and out of the stomach through a tube to collect and get rid of waste and fluid.

The premier noted the investment builds on recent service expansions in Brandon and Winnipeg. In Brandon, the province announced late last year that an additional \$500,000 would be invested annually to expand the home peritoneal dialysis and home hemodialysis programs.

The province is also constructing a 22-station hemodialysis unit at Health Sciences Centre Winnipeg that will support up to 132 patients when at full capacity.

"Receiving services closer to home is integral to our government's approach to improving Manitoba's health system," said Health, Seniors and Active Living Minister Cameron Friesen. "Expanding dialysis services in these communities will make it easier for Manitobans living with kidney disease and kidney failure to access the health care they need."

March is Kidney Health Month in Canada. For many people, early detection and treatment of kidney disease can help prevent or delay kidney failure or the need for dialysis.

Learn about kidney health and the Manitoba Renal Program at www.kidneyhealth.ca.

Smile Thai Restaurant's future still uncertain

Fate is with insurance company

By Evan Matthews with files from Patricia Barrett

One of Gimli's staple restaurants is unclear about its future after a major flood completely destroyed the restaurant's interior.

After having to move three times previously, owner of Smile Thai Restaurant Sumalee Phanad and her partner, Michael Horschig, say the future of their business is unclear. In previous instances, her business was renting space, and when the buildings came under new ownership, her business had been forced out.

"Where am I going to move this time?" Phanad asks. "There isn't anywhere open."

Phanad was in Thailand at the time of the flood, she says, as every winter she goes away to purchase stock for her business.

On Feb. 20, a warming spell contributed to a ruptured water line, flooding the streets and one business in Gimli's central core.

After a month of severe cold with temperatures below minus 30 degrees Celsius, the temperature came back up and caused the water line to rupture.

Water started flowing onto Centre Street outside the Gimli Hotel and onto First Avenue at the Thai Plaza store at about 4:30 p.m.

The Smile Thai Restaurant's future is now in the hands of the insurance company, Phanad says.

"We would like to continue our business. But we don't know exactly what we're going to do because we're still working with insurance at the moment," Phanad says, adding the building needs to be viewed by an engineer, who will determine what exactly happened to the building and pass on the information to the insurance company.

"We have people monitor the building when we're away. ... We even make sure everything is heated in the wintertime (when we're not there). We did all we could to prevent this," she says.

But Phanad also pointed out it's not the town's current staff that is to blame. The situation is simply a result of old, deteriorating infrastructure.

"It's nobody's fault," she says.

There is not only water damage to

the building but structural damage due to the flood as well, according to the couple.

Over the last few years, the couple has done a number of renovations and upgrades to their building, which makes the loss even more devastating, they say.

Public Works was on scene within minutes, trying to determine the source of the break and minimize the flow of water.

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

Manager of Public Works and Utility Operations Darcy Hjelmeland told the *Express* that a single water main had ruptured in at least three places, and because the distribution system is interconnected, the water flooded multiple streets.

Water mains break when frost that's penetrated the ground begins to thaw and causes the earth to heave. That puts pressure on under-

ground pipes, especially older ones that are badly corroded. Breaks can happen any time of year but most often occur when there is a cycle of freezing and a subsequent warming.

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

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



EXPRESS PHOTO BY EVAN MATTHEWS
Sumalee Phanad stands with her partner, Michael Horschig, as the couple reels from the devastation caused by a water main break.

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AGM
April 11, 2019
Agenda
• Service Awards
• Director Report
• Manager's Report
• Appointment Auditor
• Amalgamation Vote

NOTICE OF ANNUAL MEETING

Of the Members of Marquette Consumers Co-operative Ltd.
Notice is hereby given of an Annual Meeting of the members of the Marquette Consumers Co-operative Ltd. at Meadow Lea Hall in the Province of Manitoba, on the 11th day of April 2019, at the hour of 8:00 p.m. Agenda to include a proposal to amalgamate Marquette Consumers Co-operative Ltd. and Elm Creek Co-operative Oil & Supplies Ltd. and consider proposed changes from the existing Articles and Bylaws of Marquette Co-operative Ltd.

The following is the special resolution which is being proposed to be brought forth at the meeting:

BE IT RESOLVED:

The Articles of Amalgamation for Marquette Consumers Co-op Limited, based on the positive vote for the amalgamation, be and are hereby approved, confirmed and adopted.

The By-laws of Marquette Consumers Co-op Limited, based on the positive vote for the amalgamation, be and are hereby approved, confirmed and adopted.

The Amalgamation Agreement, effective the 1st day of December, 2019, between Marquette Consumers Cooperative Limited and Elm Creek Co-operative Oil & Supplies Limited providing for the terms and conditions of their amalgamation and their continuance as one Co-operative under The Co-operatives Act of the Province of Manitoba, be and is hereby approved, confirmed and adopted.

The directors and officers of Marquette Consumers Co-operative Limited, be and are hereby authorized and directed to do such acts and things and execute such documents as may be necessary and desirable to implement the said amalgamation.

Copies of THE AMALGAMATION AGREEMENT, BYLAWS AND ARTICLES adopted by the Board of Directors on January 31st, 2019 are available from the Marquette Consumers Co-operative Ltd. administration office for review. A member has a right to dissent to the amalgamation. This can only be done by sending a written objection to the resolution proposing amalgamation to the Co-operative on or before the meeting referred to above.

INFORMATION EVENING

DATE: April 01, 2019 Monday **TIME:** Registration: 6:30 P.M.
Meeting: 7:00 P.M. **LOCATION:** Meadow Lea Hall

VOTE

ANNUAL GENERAL MEETING

DATE: April 11, 2019 Thursday **TIME:** Registration: 6:00 P.M. Supper: 6:30 P.M.
Meeting: 8:00 P.M. **LOCATION:** Meadow Lea Hall Corner of 227 & 248

Purpose of the meeting is to review 2018 Financial Report, Election of Directors to the Co-op Board, review activities of the Board of Directors of the Marquette Co-op and other business.

Nomination Forms for the position of Director are available at Marquette Co-op, stores located in Marquette and Starbuck. Nomination forms must be returned to locations or submitted to the nominating committee before 4 P.M. March 20, 2019. Please order Supper tickets from either of our stores by April 02, 2019 \$10.00 each

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> MEAL IDEAS



Prep time: 5 minutes
Cook time: 25 minutes
Servings: 4
1 Smithfield Applewood Smoked Bacon Marinated Fresh Pork Loin Filet
1 tablespoon olive oil, divided
1/3 cup dry red wine
3 tablespoons balsamic vinegar
2 tablespoons sugar
1 teaspoon chopped fresh rosemary
Cut pork loin filet into 3/4-to-1-inch thick chops.
In large, nonstick skillet over medium

Fresh Pork with Sweet Balsamic-Red Wine Reduction

heat, heat 1/2 tablespoon olive oil. Cook half the pork chops 4-5 minutes on each side until internal temperature reaches 150 F. Remove pork chops from skillet and place on rimmed serving platter; cover to keep warm. Repeat with remaining olive oil and pork chops.
In same skillet, combine wine, vinegar and sugar. Bring to boil over medium-high heat; cook 3-5 minutes until slightly thickened, or until liquid is reduced to 1/4 cup.
Serve pork chops drizzled with wine reduction and sprinkled with rosemary.



Prep time: 5 minutes
Cook time: 35 minutes
Servings: 6
1 Smithfield Roasted Garlic & Cracked Black Pepper Marinated Fresh Pork Tenderloin
1 tablespoon extra-virgin olive oil
1 can (13.8 ounces) refrigerated pizza crust dough
3/4 cup sliced sun-dried tomatoes in olive oil
1/2 cup sliced Kalamata olives, drained
1 teaspoon crushed dried rosemary

Fresh Pork and Kalamata Flatbreads

Cut pork tenderloin into 3/4-inch cubes.
Heat oven to 400 F. In large skillet over medium-high heat, heat olive oil. Stir-fry pork 8-10 minutes, or until well browned.
Unroll pizza dough and press onto greased sheet pan, about 18-by-13 inches; cut into six rectangles.
Drain tomatoes, reserving oil. Brush tops of flatbreads with sun-dried tomato oil, reserving about 1 tablespoon. Top with pork, drained tomatoes, olives and rosemary, pressing into dough lightly with fingertips.
Bake 18-21 minutes until edges are golden brown.
Remove from oven. Drizzle remaining sun-dried tomato olive oil evenly over flatbreads; let stand on baking sheet 2 minutes before serving.



Jamaican Punch

Serves about 16 to 20

6 limes (3 juiced, 3 sliced)
1/2 bottle ginger wine

1 bottle wine rum or vodka
Sugar, to taste
3 lemons, sliced
1 starfruit (carambola), sliced (optional)
1 pineapple, cut lengthwise into long wedges, then crosswise into triangles
Sprigs of mint, to serve
Put the lime juice, ginger wine, rum or vodka, and sugar into a pitcher and stir until the sugar dissolves.
Fill a punch bowl with ice, add the sliced fruit, and pour the ginger wine mixture over. Stir well and serve with sprigs of mint.



There Can Be No Trust Where Gossip Abounds

Gossip is hurtful. Regardless of the age or stage of life, and whether it is in the family, school, office or neighborhood, gossip pollutes the social and emotional environment.

No good can possibly come from speaking negatively about another person. There can be no trust where gossip abounds.

Gossip generally involves criticizing another for behaving in ways we do not like. This presumes we know best: that our way is the right way. Even if a person did something wrong, running out and telling five more people hardly solves the problem. There is a difference between confiding in someone you trust when there are difficulties, and tattling, on someone.

If you are confiding because you are upset, you can do this with the tacit understanding that the conversation will not be repeated. You can also keep the focus on resolv-

ing the issue, rather than doing a character assassination.

The path with the highest integrity is the one where we work out the issue with the one who has hurt or upset us. We make our peace and move on.

If the other is not interested in peaceful resolution, then it is best to leave it at that and move on. To keep stirring the pot, attempting to turn others against the adversary, sets up a process of both inner and outer turmoil. It is best to shift your focus on the other things, so that you restore a positive energy state within your own being. That will serve the highest good of all.

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



Serves 4
2 cups uncooked long-grain white rice
4 large pork chops
1 teaspoon basil, crushed
1 26-ounce can Del Monte® Spaghetti Sauce with Mushrooms or Chunky Italian Herb Spaghetti Sauce
1 green bell pepper, cut into thin strips
Salt for seasoning (if desired)

Italian Pork Chops

Black pepper for seasoning (if desired)

1. Cook rice according to package directions.
2. Preheat broiler. Sprinkle meat with basil; season with salt and black pepper, if desired. Place meat on broiler pan. Broil 4 inches from heat, about 6 minutes on each side, or until no longer pink in center.
3. Combine sauce and green pepper in microwavable dish. Cover with plastic wrap; slit to vent. Microwave on high for 5 to 6 minutes, or until green pepper is tender-crisp and sauce is heated through. Add meat; cover with sauce. Microwave for 1 minute. Serve over hot rice.

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Arborg, Manitoba
Family Owned

Bridge Youth Drop-in Centre launches cooking program

By Teresa Carey

The Arborg Youth For Christ Drop-in Centre, also known as The Bridge, has just launched a cooking program for youths.

Nine youths participated in the first class, held last Monday evening. They learned a lot of kitchen basics—general kitchen safety, knife safety, how to prevent the spread of germs, and how to cook a potato—to name a few.

“It was new information to a lot of the kids,” said Krista Klassen, Bridge Youth Drop-in program co-ordinator.

On the menu last week was a “Baked Potato Bar”. The youths tried their hand at chopping vegetables and learned how to make a cheese sauce from scratch. This week they explored the greater possibilities of the potato—by learning how to duplicate Klassen’s grandmother’s traditional potato chowder recipe—with the family’s permission, of course.

“The kids loved it,” Klassen said. “For some of them, this is the first time they have cooked (with others).”

Klassen believes that teaching cooking skills will help prepare youth for adulthood. By preparing their own meals, they will save money and eat more healthily. Some of the youths had no experience with cooking at all, Klassen explained.

“It’s an important skill that all kids should have that they can carry into adulthood,” she said.

Last year, the Bridge provided two free suppers each week which were brought in by volunteers. The cooking program is an expansion of that service. Now, the youths will get a needed meal while, at the same time, learning important skills that will serve them well into their futures.

In addition, the youths are feeling a big sense of pride in their accomplishment.

“They’re actually cooking for all their peers,” Klassen said. “We make (the food) in bulk, then it’s dis-



EXPRESS PHOTO BY TERESA CAREY

Program Co-ordinator of The Bridge Youth Drop-in Centre, Krista Klassen, left, guides a group of youths in replicating an old family recipe for potato chowder during the centre’s second cooking class on March 18.

tributed throughout the rest of the week—they’re proud of it.”

Klassen said that each week photos of the prepared items will be taken. At the end of the year the best and most favourite recipes will be selected and compiled into a cookbook which will be sold as a fundraiser for the drop-in centre.

As with the other programming at The Bridge, this is a free class, with no pre-registration required, although some advance notice of participation is preferred in order to co-ordinate supplies.

The class runs from 4 p.m. to 6:30 p.m. each Monday and is made possible by on-going donations by the community.

“We rely completely on donations to keep things going,” Klassen said. “This month (the class) was sponsored by Interlake Co-op. They gave us a \$500 gift card. We were very excited about that. We also have some parents giving some grocery items.”

The Bridge Youth Drop-in Centre is equipped with a food pantry and can accommodate the food donations. A list of needed items can be found on the Arborg Youth For Christ website, at www.arborgyfc.com.

The centre also needs a fridge, a freezer and two fridge-freezer combos, and is hoping to find donors.

Winnipeg Beach rec committee excited about upcoming sport activities

By Ty Dilello

The Recreation Committee in Winnipeg Beach is very excited for another spring/summer lineup of sports and activities.

The town was fortunate to once again receive funding in the amount of \$10,580 from the Government of Manitoba’s Community Places Program for repairs and upgrades to the Winnipeg Beach Community Centre and the work was completed in mid-January.

The annual Winnipeg Beach Junior Funspiel will be taking place on March 27 from 9 a.m. to 5 p.m. at the Winnipeg Beach Curling Club. The cost to enter a team of four curlers of any gender that are 14 years of age or younger as of Feb. 1 is \$100. All participants will receive a prize and be entered in a draw to the button contest. There will also be prizes for the best team name, so get creative. Lunch will be provided for all participants courtesy of the Lakeside Lions. Registration deadline is March 21, so make sure to get your entries in to 204-389-5126 or email rec@winnipegbeach.ca.

The Winnipeg Beach Curling Club is also hosting their annual Dinner and Dance on April 13 at the community centre. There will be a 50/50 draw, si-

lent auction, and each ticket will be entered into an elimination draw with prizes up to \$1,000. All funds raised from the evening will be supporting the curling club to make sure they have another successful season in 2019-20. Cocktails are at 5:30 p.m., while dinner will be served at 6:30 p.m. Tickets can be purchased from Candace at 204-886-7315.

The recreation department is looking for kids looking to get into soccer this spring. The season will start in the first week of May. The dates for registration are March 20 from 5 to 7 p.m. at the Winnipeg Beach Community Centre and March 27 from 4 to 6 p.m. at the Winnipeg Beach Curling Club.

Registrations will also be accepted at the Winnipeg Beach Municipal Office while the office is open 8:30 a.m. to 4:30 p.m. on Monday, Tuesday, Thursday and Friday. Registration fee must accompany form. Soccer-related questions can be directed at Jay Adam ([jadamljt@icloud.com](mailto:jadam1jt@icloud.com)).

Indoor Walking will be returning to the Winnipeg Beach Community Centre from April 1 to 30 on Mondays, Wednesdays, Fridays from 9 a.m. to noon in the upper hall area, stairs and lower hallway, Tuesday afternoons from noon to 4 p.m. on the rink surface, and Monday and Wednesday evenings

from 4 to 8 p.m. in the upper hall, stairs and lower hallway. To register or for info, call the recreation department at 204-389-5126 or email rec@winnipegbeach.ca.

Pickleball is also starting up again at Winnipeg Beach Community Centre on April 1. The staff there will be on hand to supply you with the necessary equipment and help with the rules if needed. Monday, Wednesday and Friday, it will be available in the morning from 9 a.m. to noon.

If evenings are more suited to your needs, then Pickleball will also be running on Monday and Wednesday evenings from 6 to 8 p.m. Drop-in is only \$5 or you have the option to purchase a 10-day flex-pass for only \$30. Of course, the town’s recreation department urges you to come out and try a Pickleball session for free before you buy a pass. For more info or to register, call 204-389-5126 or email rec@winnipegbeach.ca.

Finally, the Town of Winnipeg Beach is holding an Indoor Market on May 18 from 9 a.m. to 2 p.m., complete with a 50/50 raffle and silent auction. There will also be a pancake breakfast fundraiser from 8 a.m. to noon.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg reaches MHSAA 'A' varsity boys' provincial final

By Brian Bowman

The Arborg Athletics ran into a really good basketball team in the MHSAA "A" varsity boys' provincial final.

The Pinawa Panthers proved, once again, why they are the top team in the province after a 90-65 victory last Saturday.

"This is the second year in a row that they have basically had the same team and they won it last year and then again this year," said Athletics' head coach Ian Tarnowski. "They played really strong and only lost one game all season and that was to Carman."

Pinawa took over the game with a strong second quarter. The Panthers were a very dominant team this past season although Arborg gave them a real good battle (losing 84-80) earlier in the season at a Treherne tournament.

"We were pretty deep this year," said Panthers' head coach Brent Berry, noting his club led by 20 points at the half. "I got all 11 guys into the game, so it was nice to put the Grade 9s in. We were up by 30 and the boys really locked down on defence."

Pinawa's stifling press was too much to handle for Arborg as the Athletics committed some turnovers.

"We had a lot of defensive pressure and a lot of transition," Berry said. "(Defence) has been our identity since I got here. We always made our bank on the defensive end, pressuring the ball and moving it up and spreading the floor."

"Defence is what has gotten us these last two championships."

Liwei Delos Trinos was named Arborg's player of the game in the final.



Left to right, Liwei Delos-Trinos, Nolan Paulson, Connor Yarema, and Josh Hiebert.

"He played fantastic," Tarnowski said of his talented senior. "He's my point guard and even though they were pressuring him, we were still able to get the ball over. He was shooting really well and his play selections were very good, too."

The Athletics punched their ticket into the provincial final after downing the Treherne Tigers 81-75 on Friday. Arborg had great offensive efforts from several players.

"That was a real good team effort by our guys," Tarnowski said. "Going into the fourth quarter we were up by 14 and Treherne put on a press and gained some points back. It was a real gut check for our guys...but we were hitting three pointers and were working it inside."

Arborg's game star was Connor Yarema. Yarema was later selected as a provincial all star.

"He had a fantastic weekend," Tarnowski said. "He was the backbone of our team. He was our go-to guy whenever we needed a rebound



EXPRESS PHOTOS SUBMITTED

The Arborg basketball team had to settle for second at the MHSAA 'A' varsity boys' provincial final last weekend after losing to Pinawa 90-65 in the final.

or we needed a basket. His provincial awards were definitely well-deserved."

Arborg started the provincials with an impressive 103-64 victory over the St. Paul's Collegiate Barons last Thursday.

Nolan Paulson was selected as the Athletics' game star.

The Dufferin Christian Stingers defeated the Treherne Tigers 91-69 in the third-place game. The William Mor-

ton Warriors beat the Ross L. Gray Raiders 61-56 in the consolation final.

Arborg finished its season with a stellar 24-4 record.

"It was definitely a great season," Tarnowski said. "We would have liked the gold but, unfortunately, we fell a couple of points short and there's not a lot that we can do about it now. The guys that are graduating this year, I couldn't have asked for a better group to work with this year."

Locals earn bronze



EXPRESS PHOTO SUBMITTED

Stonewall members, Team Trinke, won bronze medals at the Curl Manitoba U18 Provincial Championships in Swan River back on March 7-10. Team Trinke was ranked fifth of 12 teams but got off to a quick start when they beat the No.2-ranked Team Loewen 7-1 in Game 1. At the end of the round-robin, Trinke finished as the second-place team. But after two close playoff losses, Trinke's rink earned the bronze. Winnipeg's Team Macdonald, the top-ranked team, won the provincial title. Pictured, left to right: Johnny Trinke (second, Winkler), Tyler Giesbrecht (lead, Winnipeg Beach), Elias Huminicki (third, Winnipeg Beach), Matthew Bijl (skip, Winnipeg) and Darrel Argan (coach, Stonewall).

Lakers winless at MHSAA 'AA' varsity boys' basketball provincials

Staff

The Gimli Lakers finished with an 0-2 record at the MHSAA "AA" varsity boys' basketball provincials last week.

Gimli opened the provincials with a 64-48 loss to the Steinbach Christian Flames last Thursday.

The Lakers were then defeated 80-68 by the Immanuel Christian Flames on Friday in the consolation semifinal of the eight-team provin-

cials.

The Niverville Panthers won this year's provincial title with a 59-56 win over the Carman Cougars on Saturday.

The third-place game saw the Steinbach Christian School Flames defeat the Frontier Raiders 71-65.

In the consolation final, the Green Valley Pirates beat Immanuel Christian 74-67.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli wins silver at Male Midget 'A' Rural Hockey Provincials

Staff

Gimli won the silver after losing 4-0 to Sagkeeng White in the championship game of Hockey Manitoba's Midget "A" Rural Provincials in Peguis on Sunday.

Gimli reached the final of the 10-team provincials after edging Flin Flon 4-3 earlier on Sunday.

Gimli started the provincials with a 6-4 win over Sagkeeng White on Friday but then lost 6-4 to Thompson Saturday.

Later on Saturday, Gimli slipped past Peguis 4-3 in overtime. Peguis took a 3-2 lead with 28 seconds remaining in the third but Gimli tied the score just 20 seconds later.

The provincials had teams in three different pools. Gimli was in a pool that included the Eastman League champion Sagkeeng White and the Thompson King Minors who were the Norman League champions.

At the end of the round robin all three teams were tied with 1-1 records.

Hockey Manitoba went to the rulebook to decide a tie-breaker for the final two medal-round spots. The second tie breaker is determined by goal differential and all three teams still remained tied.

The third determining tie-breaker was which team scored the most first goals in each game. Again, the three teams were deadlocked.

The final determining tie-breaker was the least amount of penalty minutes. This broke the tie and put Sagkeeng White in fifth place and Gimli in sixth. Thompson went to the consolation round due to holding the most penalty minutes between the three teams.



EXPRESS PHOTO SUBMITTED

The Gimli Vikings won silver at Hockey Manitoba's Midget 'A' Rural Provincials in Peguis last weekend.

Flin Flon finished first after the round robin while Lake Manitoba placed second and were given byes to the semifinals.

Sagkeeng White beat Arborg to advance to the semis.

Lake Manitoba captured the bronze after pounding Flin Flon 7-1 on Sunday. They finished with a 3-1 record after defeating Beausejour (6-2) and Gladstone (8-4).

Lake Manitoba's lone loss was a 3-2 decision to Sagkeeng White on Sunday.

Peguis started provincial play with a dominating

10-4 over Gladstone on Friday but was then defeated 5-3 by Beausejour later that day.

Arborg, meanwhile, finished with a 1-2 record. They opened play with a 4-1 win over Sagkeeng Red on Friday but then lost to Flin Flon (3-1) and Sagkeeng White (3-0) on Saturday.

Gimli, meanwhile, finished atop the Interlake Midget standings after the regular season with Lake Manitoba second. The two teams faced each other Tuesday.

Lake Manitoba was leading the best-of-three league final 1-0.

Falcons, Fishermen tied in CRJHL semifinal series

By Brian Bowman

The first two periods of Game 4 were a bit of a defensive struggle on Sunday as the Selkirk Fishermen led the Lunder Falcons 2-1.

The third period, however, was a whole different story.

The two teams combined for 10 goals in the final frame as Selkirk skated to a wild 8-5 home victory in their Capital Region Junior Hockey League best-of-seven semifinal series.

"If I'm being completely honest, sometimes goalies lose it and our goalie lost it," said Falcons' head coach James Worthing. "It was as simple as that. Every shot went in regardless of where it came from. The score actually didn't dictate the game itself. It was actually a really tight game up until that third period."

Selkirk's Nico Morrow-Litke scored the lone goal of the first period and

then the Falcons' Storm Swan and the Fishermen's Dawson Courchene traded second-period goals.

The third period, which had the teams tied at 2-2 and then 4-4, saw Selkirk receive three goals from Travis Spratt and singles by Chad King, Kobe Campbell, and Jordan Donald.

Selkirk's Evan Bedard finished the game with three assists.

Josh Wilkinson replied with a hat trick for Lunder in the third while Drake Zimmerman also tallied.

"(Josh) was fantastic," Worthing said. "He's such a great, consistent hockey player. You know what you're going to get from him every time he goes out on the ice."

Swan and Eric Miller each finished the game with three assists.

Austin DeBoer made 38 saves for the victory while Chris Lesage stopped 38 Selkirk shots.

Selkirk had seven affiliated players in their lineup for various reasons in Game 4.

Last Friday, Lunder soundly defeated Selkirk with a solid 6-2 road win at the Rec Complex.

"We were taking everything away from them ... and there was a lot of play in the neutral zone," Worthing said.

The Falcons scored three first-period goals and then added three more in the middle frame.

Keegan Sigurdson led Lunder with a goal and an assist while Braden Paulic, Colby Choken, Shayne Desjarlais, Xavier Halterman and Brandon Abraham also tallied.

Campbell and Spratt replied for Selkirk.

Lesage made 31 saves for the win. Riley Bannerman and DeBoer split

the goaltending duties for the Fishermen.

The series is now tied at two wins apiece and the final games should be very entertaining.

"(This week) is huge," Worthing stressed. "I really felt (Sunday) was our key game and I was really hoping our guys would get up and rise to the occasion and they really did play fantastic but we didn't have the bounces at the end."

"(Saturday's) game is crucial — we can't afford to get down in the series."

Game 5 of the series will be played this Saturday in Selkirk. Game time is 7:30 p.m.

Game 6 will return to Lunder on Sunday for a 7 p.m. matchup.

If necessary, Game 7 is slated for Tuesday in Selkirk. Puck drop is 7:30 p.m.

Lakeside wins gold at Midget Male 'B' Rural Hockey Provincials

Staff

Lakeside won the gold medal after edging Landmark 5-4 in the championship game of the Midget Male "B" Rural Hockey Provincials on Sunday in Landmark.

Jaxon Pilon led Lakeside with three goals while Riley Wirgau had a goal and an assist and Devin Torgeson also tallied.

Pilon had an outstanding game with the three-goal effort.

Wirgau's goal was the game winner with about "four or five" minutes remaining in the third period.

"It was exciting," said Lakeside coach Orrin Hogue. "It was 2-2 going into the third and then we were down a goal and tied it up."

"It was a pretty exciting game."

Lakeside started provincial play with a 5-3 win over Landmark on Friday and then crushed Cranberry Portage 10-0 the next day. Lakeside then beat Steinbach 8-1 in a semifinal matchup on Sunday.

"We played really well," Hogue said. "The team was dialed in. They were ready to go."

Lakeside's offence was red-hot all weekend, scoring 27 goals in just four games.

"We're never worried about our offence, we're always wor-



EXPRESS PHOTO SUBMITTED

Pictured back row, left to right, Orrin Hogue (coach), Logan Carmichael, Dawson Torgerson, Logan Miller 'AP', Jesse Le Strat, Jaxon Pilon, Randall Johannson, Carson Gudmundson, Devon Torgerson, Morrigan Miller, Mike Bazinet (coach), Peter Lynch (coach); middle row, Alexander Ryden, Nolan Smith, Riley Wirgau, Connor Bindle, Earl Short, Deryk Lynch; front row, Dylan Lynch and Andrew Mason.

ried about our own end first," Hogue said.

Hogue said Lakeside, which gets most of its players from Eriksdale and Lundar (and another from Ashern and St. Laurent) peaked at the perfect time of the season. He saw a lot of improvement over the course of the winter.

"They bought into what we were saying as a team," Hogue said. "We played well defensively and looked after our own end first and they were making the small sacrifices."

Peguis, meanwhile finished with an 0-3 record at the provincials after losses

to Steinbach (13-1), Rock Lake (8-1) and Cranberry Portage (6-3).

In Female PeeWee Rural "B" provincial action, Peguis finished with an 0-3 record. Peguis was defeated by Westman (6-0), Grand Plains (13-2) and Hamiota (8-0).

Peguis wins bronze at Male Atom 'A' Hockey provincials

Staff

Peguis defeated Brandon 8-7 in the bronze-medal game at the Male Atom "A" Hockey Provincials in Rivers on Sunday.

Brock Cook led Peguis with five goals and three assists while Adam Sutherland added a pair of markers. Trent Forster scored Peguis' other goal.

Peguis earlier was defeated 15-5 by Carman in a semifinal game.

Before that, they cruised to a 3-0 record, defeating Rat River (5-2), St. Adolphe (7-5) and Rivers (7-5).

Fisher River, meanwhile, finished with a 1-3 record at the Male Atom "B" Provincials in Souris.

They lost to Killarney (5-1) and Grand Plains (7-2) before outscoring the Southeast Steelers (9-3). Fisher River was then defeated 6-4 by Holland in the consolation final.

At the Male Atom "C" Rural Provincials, Riverton compiled a 1-2-1 record.

Riverton tied Landmark 3-3 on Friday and then defeated Oakbank 5-2 before losing to Shoal Lake (8-2) and Rock Lake (10-2).

Juniors battle back in KJHL semifina series

Staff

The Keystone Junior Hockey League best-of-five semifinal series between the Peguis Juniors and OCN Storm went to a fifth and deciding game.

Peguis tied the series at two wins apiece after a convincing 8-3 win over the OCN Storm on Sunday afternoon in Fisher River.

The Juniors got back into the series with a 5-3 home win on Saturday evening. Peguis broke the game open with three second-period goals.

Quinton Flett led the Juniors with a hat trick in Game 3. His third goal came on the power play with just 27 seconds remaining in the third period.

Lyle Murdock assisted on two of Flett's goals.

Shaydon Mousseau and Darian Murdock added second-period goals for Peguis.

Dray Flett made 32 saves for the victory.

OCN opened the series with a 5-4 overtime win and a 7-4 victory on home ice back on March 9-10.

No scoring summaries from the other Peguis/OCN games were posted on the league website at press time.

Game 5 of the series was played this past Tuesday but no score was available at press time.

In the other KJHL semifinal series, the Cross Lake Islanders swept the Norway House North Stars in three games.

Cross Lake won by scores of 6-5 (in overtime), 7-4 and 9-5.

Ice Dawgs in must-win situation against the Satelites

By Brian Bowman

It is must-win time right now for the Arborg Ice Dawgs.

Arborg trailed the North Winnipeg Satelites 3-2 in their best-of-seven semifinal series after a 5-2 home loss on Saturday.

North Winnipeg's Kevin Budd scored the first two goals of the game before Arborg's Colton Davies and Derric Gulay replied before the first period ended.

But it was all Satelites after that.

Parker Cassie and Brett Williams scored second-period goals and then Derian Emes added an empty-net marker in the game's waning seconds.

North Winnipeg was 1-for-3 on the power play while Arborg finished 1-for-5.

Game 6 of the Capital Region Junior

Hockey League playoff series was played this past Tuesday in Winnipeg but no score was available at press time.

If Arborg was victorious, a series-deciding Game 7 will be played Saturday at 7:30 p.m. in Arborg.

On March 12, the Ice Dawgs evened the series at two wins apiece after a solid 2-0 win over the Satelites in Winnipeg.

Cameron Sinclair scored a first-period goal for Arborg and then Dylan Furgala made it 2-0 in the third.

Tre Strachan was perfect in goal, stopping all 31 shots he faced for the shutout.

North Winnipeg was 0-for-7 with the man advantage while Arborg was 0-for-4.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Derric Gulay scored in Arborg's 5-2 home loss on Saturday.

Hockey season ends for Maxwell, Chwaliboga

Staff

The Manitoba Junior Hockey League season has ended for a pair of Inter-lake players.

Winnipeg Blues' forward James Maxwell of Stonewall and defenceman Griffin Chwaliboga of Arborg saw their season end abruptly Monday evening when their squad lost 4-3 in double overtime to the Steinbach Pistons.

Steinbach's Jack Kilroy scored the game-winner at 10:24 of the double overtime.

The Pistons won the best-of-seven series 4-2.

After losing the first three games of their first-round playoff series against the No. 3-ranked Pistons, the sixth-seeded Blues won the next two games.

Maxwell scored twice in the series while Chwaliboga had four assists.

Chwaliboga has now aged-out of junior hockey while Maxwell has one more season of Junior "A" eligibility.

Steinbach now advances to play the Swan Valley Stampeders in a best-of-



Griffin Chwaliboga

seven semifinal series.

In the other semifinal, the Portage Terriers will battle the Virden Oil Capitals.

Basketball champs



EXPRESS PHOTO SUBMITTED

The Pinaymootang School's Grade 6-8 co-ed team won the annual basketball championship at Sergeant Tommy Prince School in Brokenhead. Pinaymootang, runner-up at the tournament a year ago, was undefeated throughout the tournament and beat Roseau River Pinaymootang School 24-18 in the final. The two-day tournament for the Manitoba First Nations Schools System schools was held March 4-5. Pictured back row, left to right: coach Mr. Neil Thornham, Katherine Woodhouse, Elias Anderson, Kaydence Marsden, Brady Traverse and principal Edwin McCorrister. Front row, left to right: Silas McGee, Talen Saniuk and Ezekial McGee.

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(Part-time May, June & September and Full-time July & August)

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Municipal Office Assistant - Assisting with administrative duties through the busy summer season. Work shift Monday to Friday, 9:00AM to 5:00PM

Rec Centre General Labourer - Grass cutting and other miscellaneous maintenance duties. Work shift Monday to Friday, 8:30AM to 4:30PM.

Summer Program Leader - Help organize and host summer day camps and recreation programs. Work with the Programmer to develop and promote new initiatives. This position will involve work in a variety of facilities including the Rec Centre, Beach and Pavilion. Shifts vary, some weekends and evening shifts will be required.

Gimli Aquatic Centre - R.M. of Gimli is now accepting applications for the positions of Head Lifeguard, Lifeguard, Instructor, and Cashier. Interested applicants can view the job postings in full at the R.M. website www.gimli.ca or by visiting the pool website at www.gacpublic.weebly.com.

SEASONAL POSITIONS

(Approximately May to October, as required)

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HOUSEKEEPING STAFF - CADET CAMP DORMITORY (For the months of June, July and August)

Gimli CDC is hiring Full and Part time housekeeping positions for the Cadet Camp Dormitory located in the Gimli Business Park. Typical working hours are Monday to Friday, 8:00AM to 4:00PM and occasional weekends.

Please contact Dennis at (204) 641-0078 or gimlicdc@rmgimli.com with inquiries on the housekeeping position.

Completed applications stating the position(s) applying for, with resume and references, should be submitted to the Municipal Office located at 62 2nd Avenue by 4:00 p.m. on March 27, 2019

Kelly Cosgrove, CMMMA
Assistant Chief Administrative Officer
Rural Municipality of Gimli
PO Box 1246, 62 - 2nd Avenue,
Gimli, MB R0C 1B0
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	7			8		5		
1								7
		3						
	2				4			6
	4	5	1	6	2	8		
		2			6	4		
			9	2	8		6	
			4	1				

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

Sudoku Answer

Crossword Answer



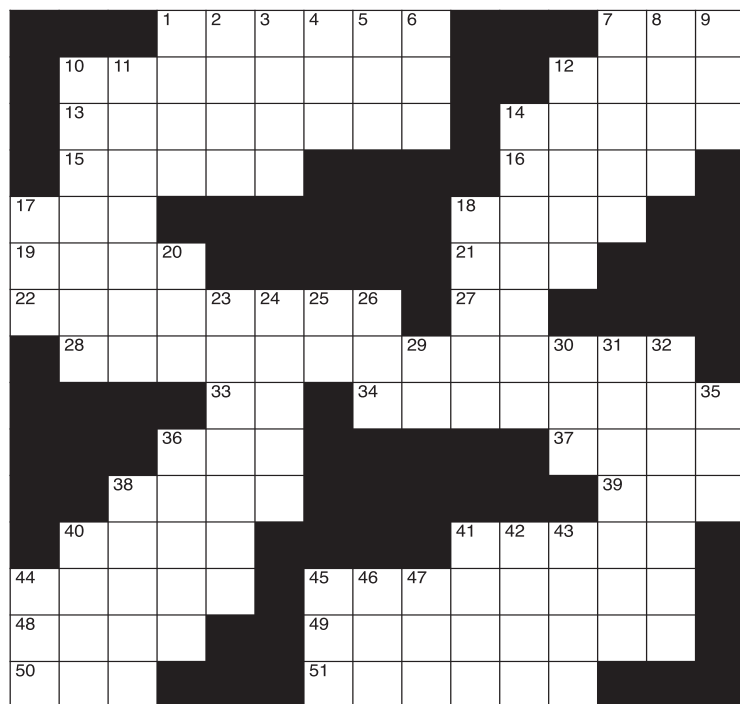
CROSSWORD

CLUES ACROSS

- Submit
- When you hope to arrive
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- Genus of finches
- Knives
- Towards the oral region
- Bitter-flavored beer
- Brews
- Hideouts
- Where one sleeps
- Unbroken view of a region
- Hammer is one
- Racing legend
- Commercial
- Understood by just a few
- Global design effort
- Portuguese folk song
- Traditional woven cloth
- Oil barrel (abbr.)
- Cupbearer of the gods
- Spiritual leader of a Jewish congregation
- Dabs
- Bedspread
- Visionary
- Prime Ministers
- Criticize
- Teeter

CLUES DOWN

- Bird genus
- A baseball team
- Taxis
- Baseball stat



- Insecticide
- Midway between east and southeast
- Icelandic poems
- Rocker Rundgren
- Doctors' group
- Inform wrongly
- TVs used to have one
- Long-__: donkeys
- Weasel-like mammal
- Payroll company
- Conductance unit
- Fifth note of a major scale
- Prepares
- Yellow-fever mosquitos
- Partner to Pa
- They __
- Canadian province (abbr.)
- Official
- More colorless
- Goodies
- Sanders was one
- Talkative
- Rips apart
- Chinese Muslim
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