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Provincial champs

EXPRESS PHOTOS BY BRETT MITCHELL

The Peguis Juniors swept the Selkirk Fishermen in four straight games to win the Hockey Manitoba Junior B banner March 29. Pictured left to right, Matthew Cameron, Harold Linklater, Devon Garson, Montana Tanner and Tyler Woodhouse. See story pg. 21.

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

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Interlake docs urge health authority to merge ERs

Group threatens to quit if nurses continue to run emergency rooms

By Austin Grabish

A group of Interlake doctors is threatening to walk off the job if the perpetual practice of using nurses to run emergency rooms doesn't end.

A letter obtained by the *Express* and several other media outlets last week stated ER doctors in the Interlake will no longer support the practice in "any capacity" unless the RHA agrees to amalgamate ERs in the region by May 1.

"What's happened is the doctors have banded together. They've sent a letter to say 'Hey, we really need to move away from nurse-managed care,'" said Interlake-Eastern Regional Health Authority CEO Ron Van De-

nakker.

Van Denakker said the doctors have suggested some ERs — like Gimli and Arborg or Ashern and Eriksdale — be joined together.

The move, at its best, would see one ER staffed with a doctor as opposed to having two ERs open but without adequate staffing resources.

Several ERs are under nurse-managed care in the Interlake and have been for years.

The practice, meant initially only to be temporary, sees nurses triage patients and determine if a patient should be sent home, treated by a nurse or sent in an ambulance to a hospital with a doctor.

The RHA and province have both repeatedly touted the practice as "normal."

In 2013, former RHA CEO John Stinson said the practice was a



EXPRESS FILE PHOTO BY AUSTIN GRABISH

A group of Interlake doctors is threatening to walk off the job if the Interlake-Eastern Regional Health Authority doesn't put an end to nurse-managed care. Pictured above is the entrance to the emergency room in Gimli.

"very good" solution to the Interlake's growing doctor shortage.

Three years later, Van Denakker said that's now changed.

"We have to rely on [the physicians'] professional integrity and skill," he said. "When their college and insurers

and nursing unit says 'Hey, we tried this and this isn't sustainable,' we have to respect that and move on to coming up with what's going to work."

He said the RHA is in talks with the doctors to work out a solution to the problem and discuss what their "exit strategy" looks like.

Van Denakker said he doesn't see the doctors' letter as a threat but instead as an opportunity to work together, noting a challenge has been a division amongst doctors in the region.

"There's been no group practices. There's been no or limited amounts of docs backing one another up, helping each other out when there's vacations, things like that," he said. "This is the first sign of doctors having worked together to try to come up with a regional solution."

Last month, the RHA said it was short as many as 45 doctors.

When the *Express* asked the RHA for a detailed breakdown explaining the doctor shortage by hospital, we were told to file a Freedom of Information request.

That request, filed last Thursday, has yet to be fulfilled.

GILBRAITH

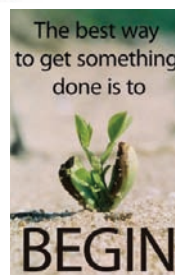
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Geisler selected as CBC Manitoba Future 40 finalist

Top 40 finalists to be recognized at gala and networking reception April 7

By Jeff Ward

Ashern resident Tyler Geisler was recently nominated for and became one of 40 finalists for CBC's Manitoba Future 40 contest for his unrelenting work ethic and dedication to making his community a better.

The 28-year-old father of three said he was shocked to learn that a former university professor of his, Sasha Kondrashov, nominated him for the award since the two had not spoken since Geisler graduated four years ago.

"I guess he's [Kondrashov] been keeping an eye on me and I really was honoured to be nominated," said Geisler.

"I just do what I do for the love of my community. I want my family and other young families to know that they can build a great life here so I work as hard as I can to make that life as good as possible. I've always taken the initiative to do new things here in Ashern and I always have faith that they will be a success."

Geisler said that he was honoured to be nominated for such a prestigious award and that it feels good to be recognized for doing work that he feels compelled to do.

Geisler is as a renal health social worker and volunteers as a board member for an adult education program with Fieldstone Ventures and the Lakeshore Communities Health Care Committee. Geisler is also the president of the Ashern arena and is continually working to help out as many local causes as he can to better his community.

Geisler will be recognized with a CBC Radio One profile, an engraved award and an invitation to an exclusive networking reception on Thursday, April 7. All nominees must be under 40 years of age as of March 2016.

Lindsay Mackenzie, senior communications officer for CBC Manitoba, said that 140 nominations were sent in for this year's awards. Finalists, like Geisler, are chosen by a panel of judges from CBC Manitoba and Metro News Winnipeg on criteria like their professional contributions to their community, their volunteering contributions, and their effort in bettering the health of Manitoba overall.

Geisler has a young family with twin boys that he and his wife provide foster care for, as well as their biological son who's just over a year old. Geisler said that it was impossible for him and his wife to say no to foster the

twins after meeting them, and only two weeks later, his wife learned she was pregnant. The family grew very quickly but he said that he has no regrets. He said the twins felt like they were family immediately and that "they're my blood now."

Geisler said that his work ethic is just part of who he is. He likes to work all the time, and most of his days are filled with meetings. Geisler attended the University of Manitoba full time and finished a four-year degree in three years while working full time during the evenings. He never had any student debt because he said that he would save for his tuition before he needed it.

"I'm booked seven days a week. It's just who I am. Maybe in two years, I'll look back and wonder how I did all of this I'm doing now. And I think that's why I have been nominated — because I can do so many of these events. I try to do everything I can to make people see that building a life here is exciting," said Geisler.

With the attention a nomination



EXPRESS PHOTO COURTESY OF TYLER GEISLER

Ashern resident Tyler Geisler was selected as a CBC's Manitoba Future 40 finalist for his dedication and inspiration to his community and will be recognized at a gala in Winnipeg on April 7.

and an award like this brings, Geisler hopes that people will take notice of what he's been able to accomplish and that it inspires them to do the same. He said he wants people to help build positivity in his community and

in other communities.

"Even in the short time that I've been working with the arena and doing projects, I can see that people are starting to jump on and I hope that continues," said Geisler.

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Organizers are hoping pie fundraiser is a recipe for success

By Jeff Ward

Nearly 80 homemade pies will be auctioned off at the 5th Annual Variety Show & Dinner in an effort to raise funds for the Canadian Cancer Society this weekend.

The auction, as well as the sale of tickets and regular cash donations, is part of the annual fundraiser that has raised more than \$40,000 in the past.

The variety show and dinner takes place Saturday, April 9 at 5 p.m. at the Eriksdale Recreation Centre and will have live entertainment from Heitha Forsyth, Neil Thornham, The Third Chins, Shadowplay and Maija Kaartinen. Dinner tickets are \$20 with a tax deductible receipt of \$10.

Dinner and drinks will be served before the show, but the real stars of the evening, according to organizer Debbie Lundale, are the cooks who donate the home-baked pies. More than 80 pies will be included in this year's silent auction. The ingredients, the labour and the time have all been donated freely by local cooks from the Eriksdale area.

"I keep saying I don't know if we'll ever beat the previous year, but we always seem to do so," said Lundale, who was blown away by the outpour-

ing of donations last year of more than \$11,500.

"Last year was like, 'Oh my God.' I don't think this year will be that big but we'll still do well. It really all depends on the people and how much they want to open their wallets. I'm always amazed at the generosity of our donors."

At the time of writing this article, Lundale said that there was only a handful of tickets left of the 250 for sale.

Along with the pie auction there will be a "Man Pie Auction" with West Interlake Ward 1 councillors Keith Lundale, Merle Day and John Wainwright battling it out for the prestigious pie. Lundale is hoping for a competitive battle among the councillors to see who can bring in the most money for their pie.

For those looking to donate to the fundraiser but don't have a ticket, there is still a way to do so. Donations can be made through the month of April for the Cancer Care Society. Lundale said she is thrilled whether the donation is \$10 or \$100 because every little bit helps.

For more information on donating, call Lundale at 204-739-2606 or San-



EXPRESS FILE PHOTO

Young Taryn Watson stands in amazement at all the pies up for auction during last year's Canadian Cancer Care Society Variety Show in Eriksdale, where an incredible \$11,500 was raised.

dra Hogue at 739-2605.

With last year being one of incredible generosity, Lundale is uncertain whether or not this year can bring in more.

"It's blown me away how much we've raised over the years and how it keeps going up. But it's got to have a capping point some day," said Lundale.

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Lake Manitoba fishers endorse self-imposed moratorium

By Patricia Barrett

The Lake Manitoba Commercial Fishermen's Association (LMCFA) made a voluntary gesture of goodwill towards fish stock preservation at its AGM in St. Laurent two weeks ago.

The association is suspending three-inch meshes (nets) until it can determine whether perch stocks have recovered.

"Our resolution was to put them on hold for three to five years as the perch have been destroyed by jackfish [pike]," said association chairman Allan Gaudry.

Jackfish, the "water-wolf" of freshwater lakes, have increased to such an extent that Gaudry said only 100 of the association's 400 licensed members are active during the lake's winter fishing season.

Perch fetch a higher price at market than jackfish do, and with declining catches, the livelihoods of many fishers have been affected.

"It [the arrival of pike] was caused by the flood in 2011," said Gaudry.

The theory is that pike habitats, such as marshes, were created in flooded areas, allowing the species to thrive.

Interlake MLA and Conservation and Water Stewardship Minister Tom Nevakshonoff said he was encouraged by the association's voluntary move to suspend the three-inch mesh.

He said it will also prevent fishers from inadvertently catching young walleye [pickerel] while fishing for perch.

"You can catch baby pickerel in that mesh," said Nevakshonoff, who attended the association's AGM.

In light of last October's Seafood Watch report that criticized both the government's management of the fisheries and the fishers on Lake Manitoba, Lake Winnipeg and Lake Winnipegosis, the association "knew something had to be done," said Nevakshonoff.

Using data from a scientist at the David Suzuki Foundation, Seafood Watch recommended fish from the three lakes be "avoided."

"For 2011 and 2012, commercial deliveries of Lake Manitoba yellow perch were at their lowest levels since the early 1980s," and "walleye deliveries have generally declined since the late 1970s," according to the report.

"They [LMCFA] put forth the resolution ... as a sign of goodwill," said Nevakshonoff. "That was commendable."

Lake Manitoba is managed by a pulse system, which, in essence, means restrictions are laid and lifted as fish stocks change, as well as by a lake quota of two million kilograms "that all fishers can work towards," said Nevakshonoff.

Lake Winnipeg, by contrast, is managed by a multi-species quota system, whereby fishers can catch up to three different species to meet an individual quota.

That system has come under attack by biologist Scott Forbes of the University of Winnipeg. He recently spoke at the Manitoba Wildlife Federation's AGM in Brandon and posted a video of the meeting on YouTube.

The system, he implied, gives Lake Winnipeg fishers carte blanche to go after whatever species they want and discard fish that aren't as valuable to the market.

Calling the system "insane," Forbes said "we don't have the data to evaluate management models."

He said despite the myths perpetrated by fishers, the Lake Winnipeg fishery collapsed in the 1960s because of overfishing and "took a long time [about 20 years] to recover."

Today, pickerel stocks in Lake Winnipeg have soared to such an extent that they're "unsustainable," said Forbes.

Emotions can run high when some commercial fishers perceive a threat to their livelihoods, whether that threat comes from an external source, such as California-based Seafood Watch, university biologists or the province's Conservation department.

"When you step that [fishing] back, fishers voice their opinions," said Nevakshonoff.

As minister, he said managing the fishery is a balancing act. There are several groups of fishers on Lake Winnipeg — North Basin, South Basin, the Channel, First Nations and Métis fishers — who have differing needs that he must take into consideration when making decisions.

What he allows or disallows for one group can lead to misperceptions by the other groups and the general public.

There have, for instance, been concerns regarding the different opening dates of the South and North basins. The ice disappears sooner in the South than it does in the North, enabling fishers — after Conservation staff determine that the pickerel have spawned — to get out on the lake sooner.

Those fishers are able to "load up to the gills with fish" and glut the market at the time the North Basin ice is disappearing and the fishery is ready to open. That leads to a "big stink" in Conservation, said Nevakshonoff.

Tourism via the sport fishery is another variable he has to consider.

"First Nations groups are exclusively dependent on fishing," he said. "I have to weigh that first over some guy ... who takes his boat out for the week-



EXPRESS PHOTO BY PATRICIA BARRETT

A fishing net washed up on the shore of Lake Manitoba near Laurentia Beach last July.

end. Who comes first here?"

Last fall, Nevakshonoff came under fire for extending the commercial fishing season on Lake Winnipeg for one week despite concerns of some biologists.

"They [fishermen] had experienced rough water and high winds that kept them on shore," said Nevakshonoff. "Their quotas were not filled."

He also factored in death before making the decision.

"I went to the funerals of three men who died up north," said the minister, referring to fishermen who were trying to fill their quota when conditions were far from ideal. "I know how dangerous the lake is."

Conflicts between fishers whose experiential knowledge shapes their attitude towards the lake and departmental staff whose scientific knowledge shapes theirs make for challenging times.

Nevakshonoff said the "horsewhipping" his staff undergo at times by some fishers is "hard on people."

"Part of my challenge is to heal those wounds," he said. "I'll listen to both my staff and fishers, and work towards consensus."

The department is currently examining management models, using a task force report completed in 2011. A consultant will be meeting with fishers on all three lakes (and perhaps Lake St. Martin) to see how recommendations can be implemented, said Nevakshonoff.

In the meantime, the demands of consumers may ultimately steer the boat as far as the future of the fisheries is concerned.

Eco-certification has legs. Sobey's, High Liner Foods, Walmart and McDonald's are among big industry players insisting fish comes from sustainable sources, according to Forbes.

Kris Isfeld, who fishes on Lake Winnipeg, called eco-certification "a load

of crap" in a Nov. 9 interview with the *Winnipeg Free Press*.

Nevakshonoff said those who disagree with eco-certification are usually geographically close to their markets, enabling them to sell fish directly to outlets rather than relying on the federal Freshwater Fish Marketing Corporation to sell their catch.

Fishers in the North Basin of Lake Winnipeg are constrained by distance and dependent on Freshwater to get them the best price for their fish, he said. They could be more agreeable to changing fishing practice to meet consumers' eco-certification demands.

Waterhen First Nation did just that and is now the first eco-certified commercial fishery in the province.

The decision made by Lake Manitoba's fishers seems to be a step in the right direction towards sustainability.

Gaudry said after the self-imposed moratorium period, test netting will be carried out to determine whether the perch have rebounded.

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> ARNIE WEIDL **Manitoba Ice Fishing Association raffle winner**

Welcome, friends. The sun was warm and bright a couple of weeks ago as I picked my way around the slippery glare ice on Gull Lake at Stead, favouring thin snow patches for better traction. I had left my truck in the parking lot, choosing to hoof it out to groups of anglers scattered about the lake. I made for a young family and, upon reaching them, introduced myself.

Our new angling friends were Ed and Julie Neiser from Winnipeg. As we stood beside their portable ice shack getting to know each other, their girl, who was maybe three years old, played with great vigour in the snow as only a child can. Ed remarked how they liked to fish here for perch.

He smiled, pointing to a number of them lying in the snow they had caught that morning. He also said that because walleye are their second favourite fish, they kept a hard wall shack on Lake Winnipeg north of Libau.

Suddenly, we were startled from our easy conversation as the air was pierced by the little girl's screams of pain. Our attention darted to her. She had slipped and fallen face first onto the ice, hitting her nose. Ed and I stood shocked as Julie scooped her baby up, checked her nose then plopped down cross-legged on the ice cradling and rocking her child until the crying and tears faded away. Eventually all was well.

Ed and I shook hands, and as I turned, heading for shore, I remembered how the same thing had happened in my family years ago.

Two or three weeks earlier, the ice



EXPRESS PHOTO BY ARNIE WEIDL

Manitoba Ice Fishing Association's (MIFA) raffle winner, from left to right, Laurie Anderson of Canadian Tire, Alana Waite of Smittys, Lawrence Proulx president of MIFA, shaking hands with winner Keith Zimmerman of Ashern and his wife, Linda.

was still pretty thick at Lockport, which is where I found Tristin Stothers of Winnipeg sitting in a chair nursing two ice holes. It was a fine, calm, warm, grey day. One could hear the roaring river waters pouring over the gates of the locks nearby as Tristin, a tall, athletic guy, gave us an unusual story.

Last year, he was vacationing in Florida and went fishing with a friend, Jack. They were in a large kayak trout fishing in Satellite Beach south of Cape Kennedy. When paddling home, a pod of dolphins suddenly rose to the surface right beside them. They seemed to want to play as they chattered, rolled and leapt from the water. They came so close to Tristin and Jack, the guys shrieked in gleeful excitement and a little fear as their outstretched hands touched

the silky surfaces of the animals. As abruptly as they had appeared, the dolphins dove under the murky water and were gone.

Jack marvelled that in all his years in Florida, he had never seen anything like it, adding that it was the best day of his life.

Now, my angling brothers and sisters, it gives me great pleasure to announce the winner of the Manitoba Ice Fishing Association's annual raffle of a large portable ice shack and ice auger: Keith Zimmerman of Ashern. Keith and his wife, Linda, have been lifelong outdoors folks. After settling down a bit from learning of their win, Keith offered us a fishing story.

He and Linda went ice fishing at Cross Lake north of Grand Rapids.

Continued on page 12



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Brandon to host annual 55 Plus Games in June

Participants are encouraged to register before end of May

By Sheila Runions

Nine months have passed since it was officially announced that Brandon would host the annual 55 Plus Games.

Brandon Rotary Club and James B. Chrisp United Commercial Travelers (UCT) have partnered to host this provincial sporting event which is sponsored by Manitoba Liquor & Lotteries. Brandon has a great history of hosting local and/or world events and this three-day competition for seniors will be no exception.

While several Rotarians and UCT members have already volunteered their time to work the games, more help is yet needed. If you would like to volunteer in any way, please contact Bea Storm (204-726-5740 or stormwatch15@gmail.com) or Phyllis Elliott (204-728-681 or phyle@wgcwave.ca). The games will be held June 14-16 at locations throughout the city and beyond, such as golfing at Glen Lea just east of Brandon.

The 55 Plus Games is the largest multi-sport event in Manitoba. More than 1,000 athletes from across the province will come to Brandon to participate in 22 different sports. From card games and walking to bowling and baseball, there are competitions for all ages and skill levels. Some games are open while others have play-off events in the 14 different regions of Manitoba to qualify for competitions that can be general or age specific, such as 55+, 65+, 75+ and 80+.

Host committee chairperson Bernie Chrisp says, "It's a wonderful honour to be selected as the host city. We know the entire community will look forward to welcoming athletes and visitors to Westman."

His crew of 16 executive committee members are thrilled to work together to bring the games back to Brandon. This 34th annual event will only be the second time Brandon has hosted, with the first time back in 1987. Active Living Coalition for Older Adults (ALCOA) co-ordinates the games and is responsible for contacting all senior groups, via their regional representatives, to notify them of registration deadlines and other information.

ALCOA's executive director Jim Evanchuk says, "We were very impressed with the bid from the Brandon host committee and we are confident that the fine people in Brandon will set the stage for a memorable experience in June 2016. No matter what your age or interest, the 55 Plus Games have something for you."

Plenty of information about the games can be found on ALCOA's website, www.alcoamb.org. Registration opened last month and closes in May. As long as you are 55 years of age by Dec. 31 this year, you are eligible to compete in any event. The only sports having play-off games in order to compete are bridge, crib and whist. Games open to all are walking/running, bowling, golf, arts and crafts, duplicate bridge, floor curling and shuffleboard, horseshoes, lawn bowling, pickleball, scrabble, slo-pitch, snooker, swimming, track and bocce ball.

If you plan to participate and will require lodging in the city, you are asked to inform the motel, hotel or B&B you are a games participant. The host committee has worked with Brandon First to secure funding based on number of beds booked for these provincials.

The games have been in operation since 1983 and have grown from 365 athletes to more than 1,600 people participating at its record-setting year.



Make your choice



Provincial election day is Tuesday, April 19

When will you vote? You can vote on election day or at any advance voting location in Manitoba from Saturday, April 9 to Saturday, April 16. You don't need a reason to vote in advance.

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AUSTMAN, Matt – 23-30 Spence St., Winnipeg	NDP	Kevin Dearing
EICHLER, Ralph – 40 Third St. S.E., Teulon	PC	Leif Johnson

Registered Parties in Manitoba

CPC-M – Communist Party of Canada – Manitoba

GPM – Green Party of Manitoba

Ind. – Independent

Lib. – Manitoba Liberal Party

MP – Manitoba Party

NDP – New Democratic Party of Manitoba

PC – The Progressive Conservative Party of Manitoba

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2016 Provincial Election

Clandeboye hosts first Gimli riding candidates' debate

By Patricia Barrett

The first candidates' debate for the Gimli riding took place April 4 at Clandeboye School.

Vince Cmela, member of the Selkirk & District Chamber of Commerce, was moderator of the two-hour event in which three candidates (in alphabetical order) took part: Armand Bélanger (NDP), Ed Paquette (Manitoba Party) and Jeff Wharton (PC).

The candidates had two minutes to respond to questions from an audience of approximately 80.

Below are excerpts from four of the questions directed to all candidates?

1. If elected, what would you do to ensure the clean up of Lake Winnipeg?

Paquette: We would tell the City of Winnipeg to stop putting...raw sewage in the river immediately and get it all done in one summer...then work on the bills later. ...We would also work with farmers to hold water on their land instead of letting the fertilizer run off into the rivers.

Belanger: ...phosphorus. ...that's our key component in helping clean up Lake Winnipeg. The Province of Manitoba has been working with the City of Winnipeg to implement...phosphorus removal...as mandatory.... ...working with farmers in the area, we know that phosphorus a finite resource, and when we do remove...phosphorus, say from the runoff or sewage treatment, we've got to make sure it's recyclable...so we can put it back onto the land.... Keeping water on the land is a great way to keep nutrients on the land....

Wharton: I think it's time to stop talking about the clean-up of Lake Winnipeg, and I think it's time to do something about Lake Winnipeg. We need to partner with Lake Friendly. We need to partner with the Red River Basin Commission. We need to continue to grow these partnerships.

2. If elected, how are you going to handle the City of Winnipeg's dumping raw sewage in the river and are you going to hold them accountable?

Wharton: The whole project of cleaning up that North End Treatment Plant has been stalled.... That has to be addressed. We need action, not words.

Paquette: ...the City of Winnipeg does need to be held accountable whether financially or in some other way...and they need...to do what they



NDP Gimli candidate
Armand Belanger



Manitoba Party Gimli candidate
Ed Paquette



PC Gimli candidate
Jeff Wharton

can with the sewage treatment plant. But the raw sewage creates the ick factor. There are people fishing and eating out of that river who really don't want to be watching turds go by.

Belanger: There are two [ways] raw sewage is getting into the river.... there is a single sewer system so every time there are large rain events, the extra sewage gets into the [river]... Back when the infrastructure was made, the solution to the pollution was dilution. The second way is through mechanical failure.... The province has done as much as they can to [mandate] the City of Winnipeg removes the phosphorus. We'd be...better off if we recycled...phosphorus and nitrogen. If you don't remove [phosphorus], you waste it. ... We've got to make sure [it] gets back on the land... The Province of Manitoba is going to continue working with municipalities to ensure...they have good effluent treatment practices in place. Some of the infrastructure that's been put in place...costs a lot to dig it back up.... Sometimes sewer systems are...the last thing municipalities want to do because nobody sees it.... But as a provincial government, we're going to try to make sure it's one of the first things we do....

3. How would you go about sorting out the drainage issue in the constituencies, specifically in south St. Andrew's?

Belanger: ...the Red River Basin Commission...[has] a phenomenal tool...Lidar data sets for...very accurate land elevation. And the Red River Basin has been able to interpret this

data for good watershed management practices.... That means they can be reducing peak flows by 20 percent... and...reduce flooding and reduce phosphorus...into Lake Winnipeg. We have to make sure we have the data set available across Manitoba. We can get Ottawa as well to support these initiatives because it is a flood-prone province...and it costs the province...and the feds a lot of money.

Paquette: I'm not ashamed to say that I will not speak on issues that I haven't studied...and overland flooding is something that I haven't studied for St. Andrews. Going back to the last question...how can we change or stop this sewer system coming to the residents of St. Andrews who don't want it? And the residents of Gimli don't want to pay extra money either? ... If you want to stop this...vote for me.

Wharton: ...this is a very simple fix. I've met with...several local area councils...and I hear the lack of maintenance and lack of communication between departments...to simply drain water from farmland. ...the provincial drain has not been maintained, so it..backs up. Reduce the red tape.... We will set up one single window so that when the drainage [request] comes into the government, there will be one window, one answer.

4. One of Disability Manitoba Vote 2016 priorities is a fully-accessible Manitoba in your constituency. Access to Handi-transit is limited. How will you address this when you're elected?

Belanger: Part of my draw to join the NDP government was its equality for

all...people of Manitoba. I know firsthand about the Handi-transit with my dad going back and forth for dialysis from Dunnottar to Gimli. And this is the program I see as important to our area. I want to see it continued. With other parties - half a billion dollars in cuts, I can't see that program - everything's on the table and that might be one of them. I want to make sure Handi-transit continues in the Interlake.... I'll be fighting to make it even better in the future....

Paquette: I believe that throughout the history of Manitoba there have been more and more demands placed by various groups, various interests wanting more and more services. And I believe we've reached the tipping point, that taxes have to be reduced. And I don't think there's any money left over for increasing any services anywhere because everybody's just asking for more and more and more. ask not what your country can do for you, but what you can do for your country. I think through volunteers or other services, we can hopefully meet that need. But the government in Manitoba is tapped out and our taxes are too high. I can't see us spending any extra money on that....

Wharton: The federal Conservative Party helped fund the extra Handi-van in Gimli. With the PST hike... Manitobans are struggling to make ends meet. We are committed to raising the personal exemption as well as to help Manitobans ensure they have more money on their table to deal with issues that affect them.... Under a PC government [Handi-transit] will change.

Northern Lights' performers about to shine in Fisher Branch

By Patricia Barrett

The curtain is about to go up on singers, instrumentalists, dancers and gymnasts from the Northern Interlake area when the second Northern Lights Festival of the Arts gets underway April 13, 14, 15 and 22 in Fisher Branch.

Organizers are hoping to steal some of the spotlight on sports and aim it towards arts in order to raise awareness of cultural endeavour and enrich residents' lives.

"There's a great deal of emphasis on sports," said chairperson Annette Holowka from Fisher Branch. "I don't think there's the same drive for the arts."

Students from the Lakeshore School Division — which includes communities such as Moosehorn, Ashern, Inwood, along with students from Morweena and the Fisher River and Peguis First Nations — are taking part in the four-day festival.

Holowka said she's excited that students from reserve schools will part of the festival. There will be musical performances, square dancing, jigging, powwows and jingle dances.

"It makes it so multicultural," said Holowka. "We had four- and five-year-olds for our opening concert last year."

The festival is lucky to have three arts teachers in the area, she said. Joanne Smith, Alison King and Julianne Thiessen are "happy to have a festival to showcase their students' work."

Music teacher Joanne Smith, who has 21 entries this year (some students doing more than one piece) said she was impressed by the way the festival was organized last year and heard positive feedback from the community.

"There's a heck of a lot of work that goes into the festival," said Smith. "Those women did an awesome job."

In addition to enriching the community, Smith said the festival benefits the performers.

"I think it's a really good opportunity for students to perform for adjudicators, not only for us teachers."

Her students will be performing classical, contemporary and fiddle works on guitar, violin and piano, and will also be performing piano duets.

Prepping her students on how to play before an audience is part of Smith's teaching strategy.

"We'll have students try to annoy and bother students while they play," she said. "That helps them stay focused on their song."

She'll also take them through the formalities of performing, which includes walking on stage, adjusting seats and laying out scores.

A "highlights" performance on April 22 at the Fisher Branch hall will be accompanied by a scholarship awards presentation.

"We sent one child to the Peace Gardens festival [last year]," said Holowka.

Planning for the event got underway last September and "picked up steam" at Christmas. The three adjudicators are Muriel Smith from Gimli (voice), Irlene Collins from Arborg (instruments) and Jess Lepp (dance and gymnastics).

Holowka praised the volunteers who are helping organize it.

"You couldn't ask for a better group of volunteers," she said. "It makes my job a lot easier. All I have to do is steer the ship."

Admission is by silver collection. The money raised will help pay for the scholarship, adjudicators, advertising costs and hall rental. For more information, contact Annette Holowka at 204-372-6268 or 204-641-1760.



Advance Voting: Vote Anywhere

Saturday, April 9
to Saturday, April 16

Provincial election day is Tuesday, April 19,
but you can vote earlier if you choose.



- Advance voting locations are open from 8:00 am to 8:00 pm (noon to 6:00 pm Sunday).
- Don't forget to bring photo ID or two other documents with your name.
- If you're not on the voters list, you can have your name added when you go to vote.

Advance voting locations in your area are listed below.

For a complete list of advance voting locations in Manitoba, visit electionsmanitoba.ca

GIMLI

Returning Office

Unit 4, 325 Parkdale Rd., St. Andrews

Additional Locations:

- April 15 All Saints Anglican Church, Matlock
- April 14 Clandeboye Community Club
- April 14-16 Evergreen Tech Centre, Gimli
- April 14 Riverton Community Hall

INTERLAKE

Returning Office

18 Main St., Ashern

Additional Locations:

- April 12 Ebb & Flow FN Community Complex
- April 15 Eriksdale Recreation Centre
- April 13 Faulkner Senior Centre
- April 12 Fisher River Community Hall
- April 12 Kinonjeoshtegon First Nation Band Office
- April 11 Lundar Legion Hall
- April 15 Mary Thorarinson Estates, Arborg
- April 15 Narrows West Lodge, Oakview
- April 13 Peguis Community Hall
- April 12 Pinaymootang Band Office (Board Room), Fairford
- April 14 Pine Dock Community Hall
- April 9 St. Laurent Recreation Centre
- April 15 St. Martin Community Hall
- April 14 Ukrainian National Home, Fisher Branch

LAKESIDE

Returning Office

459A 1st Street W, Stonewall

Additional Locations:

- April 12 Grosse Isle Recreation Club
- April 15 Inwood Golf and Country Club
- April 11 Marquette Curling Rink
- April 13 Stony Mountain Community Centre
- April 14 Teulon Rockwood Centennial Centre
- April 10 Warren Memorial Hall

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Arborg fire department all fired up for new recruits

By Patricia Barrett

The Arborg-Bifrost Fire Emergency Services is putting out the call for new recruits to join its team of dedicated men and women who run into fires while others run out.

"We provide free training," said Chief George Chyzy, who is back at the department's helm after a short leave in December. "And we reimburse you for a Class 4 licence [required to drive the pumpers]."

The certified Level 1 firefighters' course takes about 250 hours to complete with training occurring on evenings and weekends. That minimizes interruptions to potential recruits' work commitments.

The certification is comparable to that offered by the City of Winnipeg and is recognized in about 14 countries, said Chyzy.

Firefighting training at colleges such as the Manitoba Emergency Services College in Brandon costs about \$20,000.

The training provided by the department includes Level 1 Hazardous Materials and CPR and First Aid.

The Arborg-Bifrost fire service — which covers about 75 per cent of the RM's 1,200 square miles and acts as backup to Riverton, Gimli, Fraserwood and Fisher Branch — deals with a full range of emergencies, such as dwelling fires, bush fires, vehicle extractions, water rescues and even pet rescues. It receives between 40 and 50 calls a year.

Once new recruits complete training and are hired, they're expected to give up six hours a month at minimum to attend meetings, take ongoing refresher training and periodic specialized training, such as ground search and rescue.

"You don't have to give up your family or your job," said Chyzy.

Firefighters are paid by the hour. The Town of Arborg and RM Bifrost-Riverton, which split the cost of the fire department 45/55 respectively, recently raised firefighters' pay from \$15 to \$17 per hour.

But compensation is something of

an afterthought for the station's current volunteers.

"No one's here for the money," said Chyzy. "They're here for the love of it."

Despite that, the department sees a number of new recruits leave shortly after they receive free training.

"All municipalities have the same issue," said provincial fire instructor Dave Edge, who trains new firefighters for the station. "They want to go to the city. Bedroom communities closer to Winnipeg don't have the same issue."

Chyzy said recruitment and retention issues also stem from a lack of opportunities in rural areas for career-orientated people and a shift in demographics.

"We're becoming a retirement community" said Chyzy, referring to Arborg.

"If we had a whole bunch of Leroy's, it'd be better," said Edge, referring to their young Operational Deputy Chief Leroy Loewen, who has been with the department for about 11 years and who had the opportunity to briefly step into the chief's shoes last December.

In addition to fighting fires, Loewen also has a hand in managing the station.

The department keeps an internal record of its equipment, when it's about to expire and legislative requirements and so forth, and Loewen said it is currently in the process of drafting a five-year operational plan "so newly elected officials will know what's going on."

"We are looking forward to working with council on the plan," said Loewen, who will be taking courses in Winnipeg in a few weeks to obtain his Level 200 Incident Command, which teaches firefighters how to control a scene.

Although the issue of outdated or soon-to-expire turnout gear caused somewhat of a stir last year, the department is currently up to date as far as meeting the standards of personal safety equipment.

"The town and RM have increased



EXPRESS PHOTO BY PATRICIA BARRETT

Operational Deputy Chief Leroy Loewen has volunteered with the Arborg-Bifrost fire department for about 11 years, fighting fires for love, not money.

the budget since last year," said Chyzy. "We outfitted eight people 100 per cent."

Edge "shopped around" and was able to secure eight new sets of turnout gear for the price of six.

"We're grateful to council," said Edge. "The older suits were expired and the rubber on some of the boots had cracks. Some of the firefighters had wet feet."

Chyzy said keeping firefighters outfitted with the latest gear is a constant battle.

"You're either leading or falling behind," he said. "There is no status quo."

Standards established by the National Fire Protection Association change quickly in the firefighting world, and departments are always

updating safety equipment.

And they're always looking for new recruits prepared to serve the community, give up some recreational time and commit to ongoing training throughout their careers.

"Just wanting to be a firefighter is not good enough," according to an article by a B.C. fire chief in the December 2015 issue of *Firefighting in Canada.com*. "You have to work hard to get there and work hard to stay there."

For more information on how to join Arborg's fire service, call the hall at 204-376-FIRE, contact Chief George Chyzy by email at chief@arborgfire.com or visit the station's web site at www.arborgfire.com.

Wanted – Open Farm Day hosts

Submitted

Manitoba Association of Agricultural Societies (MAAS) wants your farm or agriculture site to be part of the seventh Open Farm Day.

The MAAS mandate is to promote the agricultural industry in Manitoba. Open Farm Day is an opportunity for

Manitobans to meet local farmers, tour a number of agriculture sites and venues, and learn more about Manitoba's diverse agriculture industry. It's also a chance for farmers interested in direct marketing to connect with new customers.

"This year, we want your farm, along

with your agriculture knowledge, to aid us in connecting the farm to our food. Plan to be part of that connection. Sign up for Open Farm Day, Sunday Sept. 18, 2016," states Annette Young, chair of MAAS.

Last year, the 37 many and varied farm operations participating in Open

Farm Day provided an outstanding agriculture awareness educational opportunity to 6,500 rural and urban Manitobans.

MAAS is encouraging farms and ag organizations to sign up to be an Open Farm Day host by April 30, 2016.

For further information, go to www.openfarmday.ca and click on Register Farm.

Questions? Please email info@openfarmday.ca or phone 204.727.1852.

Gimli businesses smash donation goal for food drive

By Jeff Ward

Four business owners from Gimli demolished their goal of collecting 1,000 pounds of non-perishable food items and collected 1,500 pounds in just a few weeks with the help of the community.

Curves, Robin's Donuts, Kris' Fish and Chips and Up a Stump Used Books & ManCave Hobbies and Games teamed up to collect food and monetary donations for an annual food drive campaign from Curves.

The owners — Michelle Wierda, Cheryl Buhler, Brenda Filby and Christine Nagy — challenged Gimli residents to open their pantries and wallets to help benefit Evergreen Basic Needs.

Buhler, owner of the Gimli Robin's Donuts, said that for each dollar collected, one pound of food can be

purchased. The total count was 691 pounds of food and \$809 collected for a grand total of 1,500 pounds of food.

"When you take on something like this, you never know what you're going to get, but I was optimistic. And the totals don't surprise me at all — I know how generous these people can be," said Buhler.

Buhler said she expects to be working with the same group of ladies, and whoever else wants to help the cause, for next year's food drive as well.

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



EXPRESS PHOTO SUBMITTED

Pictured left to right, Christine Nagy, Brenda Filby, Cheryl Buhler and Michelle Wierda celebrate after collecting 1,500 pounds of food for Evergreen Basic Needs with the help of the community.

letters

Gimli roads are nothing but a washboard

Many years ago, I read an article in the *Interlake Spectator* that the RM of Bifrost had the best kept roads. Since I don't travel those roads, I can't speak of them. But in the March 17 issue of the *Express Weekly News*, I read an article that says "Gimli wins award for having the best roads in the province." Ms. King said that Gimli's traffic lights are co-ordinated and the roads are smooth and dust free. What have the traffic lights got to do with the condition of the roads?

Lately, I have hit potholes on Gimli streets. Has anybody from the RM of Gimli travelled down the country gravel roads lately between PR 229 and 231?

Apparently not. These roads are

nothing but a washboard and need to be graded, especially where it is sprayed for dust control. Whenever I complain about the condition of gravel roads, I always hear some excuse. Winter of 2014, I had home care coming to my place using 17th Avenue in Sandy Hook.

They were complaining about the washboard roads. I told them to complain to RM of Gimli. It still is a washboard. How can the RM of Gimli say they have the best kept roads? False advertising.

Why can't the grader go more often during the summer months and do a better job, especially October and November?

- Respectfully yours, Peter Pilatyk

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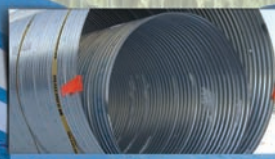
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The Green plan to save Manitoba's Great Lakes and prevent flooding

Submitted

A Green government would direct Manitoba Hydro to reduce water levels in Lake Manitoba and Lake Winnipeg by one foot in order to restore water quality and help prevent flooding.

"Lake Winnipeg and Lake Manitoba are in serious trouble. Water quality has deteriorated, shorelines are eroding and the fisheries, wetlands and communities that depend on healthy lakes are dying from artificially high water levels," said Kate Storey, deputy leader of the

Green Party of Manitoba and Green candidate in Dauphin. "We are calling on Manitoba Hydro to reduce water levels in these lakes by a foot. This will help restore the wetlands surrounding these lakes, which in turn will lead to improved water quality and reduced flooding."

Lake Winnipeg and Lake Manitoba were dammed 50 years ago to create reservoirs to supply water to northern hydro power generating stations. At the same time, Lake Winnipeg's northern outlet was deepened to allow the lake

to be drained faster in flood years. Deep water channels are now being cut at Lake Manitoba's outlet. These outlets threaten downstream communities with periodic flooding and fluctuating water levels. The province had promised compensation for residents hurt by the regulation of water levels, damage to fisheries, fluctuating outflows and dangerously changing river conditions but has failed to deliver.

High water damages wetlands, especially the Netley-Libau Marsh, one of the largest coastal marshes in North America. Damaged wetlands are unable to filter out incoming nutrients, speeding the process of eutrophication (the accumulation of algae which causes low oxygen levels and fish kill-offs.) Wetlands, water quality and fisheries all depend on periodic low water to flush out nutrients, prevent algae blooms and regenerate shoreline vegetation. Manitoba Hydro keeps Lake Winnipeg between 711 and 715 feet, whereas it used to naturally fluctuate as low as 709 feet or lower. Without periodic low water, the lakes are gradually filling with algae.

"We're in the midst of what climatologists call a wet period", said Storey. "Hydro dams need a steady source of water but it is not necessary to keep the water this high. The Green Party proposes that water levels be reduced by one foot, at least until drier climatic times return. This will save the province from expensive flood damage, while helping to restore our lakes to health. Greens will also invest in alternative energy sources to reduce Manitoba's dependence on damaging hydro electric dams."

> FISHING, FROM PG. 6

They were on their way out on the ice and met some guys from Winnipeg who told them they could use their holes they had drilled the day before. Keith was happy with that, knowing he wouldn't have to go through much ice to hit water. They found the holes and Keith proceeded to drill.

No sooner had he started than a gush of water flooded over his boots, along with a small jackfish. Putting the auger and fish aside, Keith and Linda stood there wondering how this could be. Then it hit Keith. The water here rises and falls quite a bit all the time, so when the Winnipeggers had released a jack back in the hole, the bottom must have been only slightly frozen, trapping the jack but letting enough water up to keep it alive even as a cap of ice formed at the top of the hole. A great story, Keith. Thanks.

Until next week. Bye for now.



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Winners at One Stop Food & Gas



John Plett of the XTR, One Stop Food & Gas in Fisher Branch is pleased to present to Bob & Ruth Davis, their prize of a 1 night stay in the executive suite at the CanadInns Regent, a \$50.00 hotel gift card as well as a prepaid \$100.00 M/C. This prize was awarded to the One Stop through Triple 4 Advertising & Sun-Rype Juices.

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Enter to Win and get your fill at XTR One Stop Food & Gas in Fisher Branch.

Fisher Branch, Manitoba



JUMP Club provides weekly activities, guidance for youth



Far left photo, Calvin and Nicholas (standing) push their friends George and Brayden on the floor in a human sized version of Hungry Hungry Hippo's; middle photo Calvin, Brayden and Connor spend some time making crafts; far right photo, Bentley plays a quick game of shuffleboard during a day at JUMP club. EXPRESS PHOTOS BY ALEX AND TANYA VASYLIEVA

Continuing their weekly outreach JUMP (join unique mid-week party) Club initiative, Ashern Gospel Church organizers Alex and Tanya Vasylieva continue to see their program rise in popularity among area youth.

The club runs Wednesdays and provides kids ages 4-14 a variety of

activities, Bible stories, life lessons and more, all at no cost to the parent. The program has been growing in popularity over the last few years with now more than 50 kids on their list and continues to serve as a way for youth to connect with each other after school.

One of the more recent topics has been bullying and how it can be a drain on small communities, according to Tanya Vasylieva. She said that a big part of recent JUMP Club discussions have been about stopping bullying and how everyone deserves to be treated with respect and love.

Vasylieva mentioned that these discussions often lead to a short Bible story that helps reinforce the idea. The activities during the weekly club are confined to indoors for the time being, but Vasylieva said that she's excited for the warm weather to come to incorporate more outdoor activities.

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Authorized by the Official Agent

Eriksdale artist shares passion for lifelong creativity

By Jeff Ward

Jarmo Sinisalo is an artist, writer and musician who's driven by his unlimited imagination and desire to create.

Whether it's music, stories or a mural, Jarmo pours hundreds of hours into these projects to feed a creative hunger inside of him and to make the world a little brighter.

Jarmo is the artist behind many murals in Eriksdale including, most notably, the murals on the west-facing wall of the Eriksdale Recreation Centre. The giant paintings have been there for 16 years and expertly detail the fun and passion for recreational activities like hockey, baseball and curling those locals have. The mural also depicts the history of Eriksdale with the old hospital, railway station and creamery.

The towering mural is the result of a life spent in the pursuit of art that started all the way back in Finland, where Jarmo was born. Jarmo began sketching while he was involved in Officer Training in The Finnish Defence Force. When he finished his mandatory service time as required by Finland's conscription law, Jarmo began working for the postal administration where he lectured on postal history and began writing for and drawing illustrations in a magazine.

"Jarmo loved to paint and draw. He just starts sketching and all these amazing images just pop out," said Maritta Sinisalo, Jarmo's wife who



EXPRESS PHOTO FROM MARITTA SINISALO

Jarmo Sinisalo works on completing one panel of the massive mural on the Eriksdale Recreation Centre. The project was completed 16 years ago and still welcomes people to the building today.

spoke for Jarmo for this story due to a hearing problem Jarmo has.

"When he does those murals, he first sketches it on a piece of paper and does all the perspective. Then he takes that sketch and scales it up to fit those huge panels. I'm sure he's inspired by things he sees in nature, but his brain functions differently than most because he can put a pencil to paper and just draw."

Jarmo moved to Canada in 1974 when he was 38 years old and enrolled in a fine arts course at Seneca College. According to his wife, it was very hard for him to find a job because he didn't speak any English at the time, so becoming involved at the post office in Canada was impossible. Instead, Jarmo got a job installing aluminum siding.

The college course helped Sinisa-

lo refine and improve his art skills, which allowed him to create wonderful backdrops for church plays and, eventually, the large murals seen in Eriksdale.

"It takes 400-500 hours to finish a mural and it would probably take longer now because he's developed an allergy to paint fumes. He can't put in

Continued on page 15

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Swimming with the swans



EXPRESS PHOTO BY JOANNE SMITH

Hodgson resident Joanne Smith, who organizes Christmas Bird Counts in the Fisher Branch and surrounding areas, captured a trumpeter swan taking a dip with a Canada goose near Hodgson, and two trumpeters near Narcisse. Smith is involved with the Manitoba Important Bird Areas (IBA) Program, a community conservation initiative sponsored by Nature Manitoba. For more information, visit importantbirdareasmb.ca.

Joanne Levy steps down as Liberal MLA candidate for Gimli

By Patricia Barrett

The Liberal MLA candidate for Gimli stepped down a few weeks after announcing her candidacy.

Joanne Levy, who ran in federal election last fall in the Selkirk-Interlake-Eastman riding, announced the end of her campaign and issued a formal statement after the NDP aired concerns about her partisanship while working as an enumerator.

The NDP approached Elections Manitoba with its concerns that Levy violated the Elections Act by announcing her candidacy while serving as an enumerator.

Levy announced her candidacy March 15. Elections Manitoba re-

voked her certificate of acceptance of nomination that was issued March 25.

"Although I believed I ceased to be an enumerator once my duties were complete and my oath returned on February 28," said Levy in the prepared statement, "that is not how Elections Manitoba interprets and enforces The Elections Act."

The reporter, broadcaster and producer also apologized to Gimli riding residents.

"I want to apologize to the voters of the Gimli Electoral District. I was anxious to give them the choice of a Manitoba Liberal and I will not be able to do so."

> LIFELONG CREATIVITY, FROM PG. 14

many hours even when he's in a well ventilated area. They take a ton of energy and a lot of time, and at 80 years old, I'm not letting him go up and down a ladder all day," said Maritta.

Jarmo would move to Eriksdale in the fall of 1992 and would paint his first mural in the town shortly after the move. The old Eriksdale Credit Union building was painted during one of Eriksdale's first homecoming celebrations, according to Maritta. And Jarmo said that he wanted to paint it for the children of the area, which is why the mural is designed with animals dressed as people.

However, painting has taken its toll on Jarmo and with it being such a time-consuming, labour-intensive activity he's focused more on other means of artistic expression like writing and playing music. He plays the trombone and a standup base and is working on finishing his fourth novel, which is written in Finnish.

"As a child, Jarmo was a story teller, and that's progressed into how he writes today. When he was illustrating for that magazine, he was writing those articles as well. I think he just has a limitless imagination," said Maritta.

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Volunteers teaming up to sponsor Syrian refugees

By Lindsey Enns

Local volunteers from various churches are joining forces with one goal in mind: to help bring three Syrian refugee families to Manitoba.

So far, dozens of volunteers from 15 churches from Selkirk and surrounding areas including St. Andrews, St. Clements, Winnipeg Beach and Gimli have signed on to help out with the cause.

"Our goal is to reach out to everyone we can," said Don Forfar, the co-ordination team's chair and former long time St. Andrews mayor. "A lot of churches are reticent to sponsor a family because it's a huge commitment.

"They're much more willing to do it as a group of churches."

The group of volunteers have

dubbed themselves the Red River Churches Refugee Team and their first meeting took place in February.

Forfar, who lives in Clandeboye and is a member of the St. George's Wakefield Anglican Church, said so far they have decided to help out with three families initially and have set themselves a budget of \$100,000 to do that.

"It depends on the size of the family ... and how much you need to support them and for all their household setup," Forfar said. "It's about \$30,000 a family so we've set a budget of \$100,000.

"Talking to other groups that have done it, stuff comes up. In Dauphin, something that came up is expensive dental work. There's things you don't think of until they're here."

Forfar said they are still formaliz-



EXPRESS PHOTO SUBMITTED

Don Forfar, pictured centre left, is the co-ordination team's chair for the newly formed Red River Churches Refugee Team, a large group of volunteers from various local and area churches who are helping bring three Syrian refugee families to Manitoba. Team members met last Friday night at Christ Church in Selkirk to further discuss their sponsorship plans.

ing their relationships with all of the churches involved. He added they plan to meet their \$100,000 goal by the end of June through hosting various fundraisers and getting the word out that they are accepting monetary donations.

"We want to have a significant amount raised by then," he said.

Forfar said they have looked at how other groups have gone about sponsoring families and they have decided to work with a sponsorship agreement holder, which will be one of the national churches, but the details are still being worked out.

"There's basically four different ways of sponsoring a refugee family," he said. "You can either tag on with a sponsorship agreement holder and that tends to be one of the national churches ... you can go on as a co-sponsor or just a group of people as long as there's five people. Also a community sponsor."

He added they hope to have their application submitted to one of the national churches by June and then start waiting for their first family to arrive, which could take weeks or months after that.

Forfar believes it's going to be much more difficult to get volunteers on board to help the families once they get to Manitoba than it will be to raise the \$100,000.

"There's just tons of roles for volunteers and we think that's going to be the toughest challenge," he said. "It

won't be impossible but a lot more work than going out and looking for money."

Forfar said once the families arrive, volunteers will be responsible for driving them to their appointments, English lessons, looking after children and taking them to community events.

"You want to help integrate them into the community, so you want them to go swimming, you want them to go to a hockey game, whatever things that go on in a community," he said. "Volunteers will also have to help them find work and maybe even drive them to work."

Forfar said it was an easy decision for him to get involved with this simply "because it's the right thing to be doing."

"Having all these churches in our community working together, it's just great to see so many people from different denominations all working together," he said.

The Clandeboye Amalgamated United Church has also taken on the sponsorship of a Syrian family of four, and Shandra Czarnecki of Petersfield said seven members of her book club are taking on the "ground work" to help them with their resettlement and transition into life in Manitoba.

Czarnecki said they have committed to funding and supporting them for one year once they arrive and that commitment is both financial as well as physically helping them out.

"THEY'RE MUCH MORE WILLING TO DO IT AS A GROUP OF CHURCHES."

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Spring on the Road

Rims and hubcaps: jazz up your car

Want to improve the look of your vehicle? There are a few ways you can do it; you can add a spoiler or stickers or give it a new paint job. That said, your car's wheels also deserve to look their best. Read on to find out how new rims or hubcaps can give your vehicle a unique look.

RIMS

Rims are the round metal frames on which rubber tires are posed. They are usually made of one of the following materials:

- aluminum alloy (good quality/price ratio)
- sheet metal (not very attractive and thus requires the addition of a hubcap)
- composite (a blend of metals with a high-end finish)

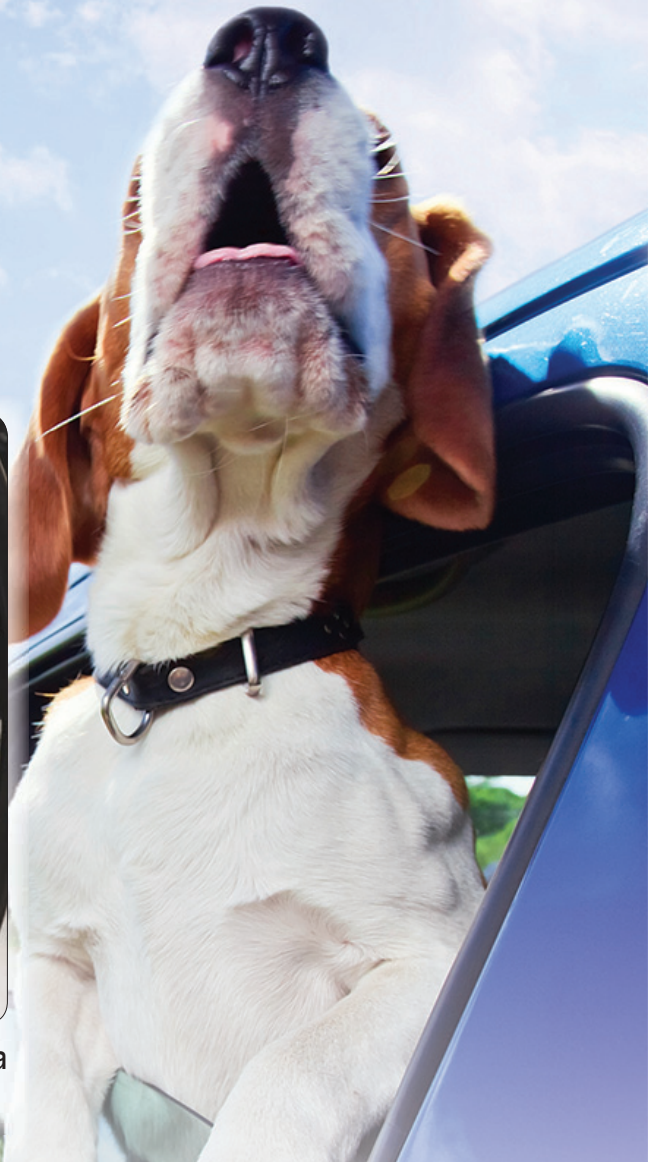
Many manufacturers make rims with stylish designs, colours or finishes (matte, mirror, etc.). If you want to add style and prestige to your car, new rims are worth the effort. Keep in mind that only a professional can install them.

HUBCAPS

Hubcaps — also called centre caps, wheel caps or wheel covers — are specifically designed to enhance the look of your car. These plastic or metal accessories can be installed in a jiffy to make your wheels look great. Much less expensive than rims, a wide variety of hubcap designs are available in stores to make your car unique.



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get inspired

> MEAL IDEAS

Slow cooker pork roast and veggies



Ingredients

- 3 each large carrots and parsnips, peeled and cubed
- 3 cloves garlic, minced and divided
- 1 onion, sliced
- 2 tbsp (25 mL) chopped fresh parsley
- 2 tsp (10 mL) canola oil
- 1 tsp (5 mL) each dried oregano and dried basil leaves
- 1 tsp (5 mL) fennel seeds, crushed

- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2 mL) fresh ground pepper
- 1 boneless pork loin roast, trimmed, about 800 g
- 3/4 cup (175 mL) sodium reduced vegetable broth
- 1 tbsp (15 mL) tomato paste

Directions
Combine carrots, parsnips, garlic, onion and parsley in slow cooker. In a small bowl, combine oil, oregano, basil, fennel, paprika and pepper. Rub all over pork roast and place on top of vegetables.
Whisk together broth and tomato paste and pour around roast onto vegetables. Cover and cook on Low for 8 hours or on High for 4 hours or until pork and vegetables are tender.
Remove roast to cutting board and let stand 10 minutes before slicing. Serve with vegetables and slow cooker juices.

Pork and Shrimp Posole



Makes 6 servings

- 1/4 cup all-purpose flour
- Fine sea salt and freshly ground black pepper
- 2 1/2 pound boneless pork shoulder (picnic ham), trimmed of most of the exterior fat and cut into 1-inch cubes
- 2 to 3 tablespoons olive oil
- 1 medium Spanish onion, chopped
- 1 small red bell pepper, seeded and chopped
- 1 fresh long red chile or serrano chile, seeded and minced
- 1 garlic clove, minced
- 1 cup good-quality, low-sodium chicken broth or fish broth
- 1 15-ounce can diced tomatoes, with juice
- 1 15-ounce can posole (whole hominy), drained and rinsed
- 12 ounces large (26-30 count) shrimp, peeled and deveined
- Finely grated zest and juice of 1 lime
- 3/4 cups chopped fresh cilantro

Preheat the oven to 200 F.

Mix together the flour, 1 teaspoon salt and 1/2 teaspoon pepper on a sheet of aluminum foil. Toss the pork pieces in the seasoned flour to coat completely. In a large Dutch oven, pour enough olive oil to coat the bottom generously and place over medium-high heat. Heat until the oil is shimmering hot. Working in batches as needed to avoid crowding the pot, add the pork to the hot oil and cook to brown nicely on all sides, about 5 minutes per batch. Transfer the pork pieces to a plate as they are finished. When all of the pork is browned, set aside. Do not discard the remaining flour mixture. If the pot seems dry, add more olive oil and return to medium-high heat. Add the onion and bell pepper and sauté until the vegetables soften, about 5 minutes. Add the chile and garlic and sauté until the garlic is aromatic, about 30 seconds more. Add the reserved flour mixture and stir until dissolved in the oil in the pot. Cook, stirring constantly, until the flour toasts lightly, about 1 minute. Add the broth and the tomatoes with their juices and stir to mix well. Return to a simmer and season with more salt and pepper, if needed. Return the pork to the pot, along with any juices that accumulated on the plate. Stir in the posole. Cover, transfer to the oven, and cook until the flavors have blended and the pork is fork-tender, about 6 hours. Remove the pot from the oven, uncover, and stir in the shrimp and lime juice and zest. Re-cover and set aside and let the shrimp cook in the steam until firm and opaque throughout, about 2 minutes. Stir in the cilantro and serve.

Emotional Infidelity

"REAL INTEGRITY IS DOING THE RIGHT THING, KNOWING THAT NOBODY'S GOING TO KNOW WHETHER YOU DID IT OR NOT." --OPRAH WINFREY

What is infidelity in a relationship? Generally we think that it involves a sexual incident or relationship with someone else. There are those who deny the existence of infidelity by saying "nothing happened", meaning, I did not have sex with that person.

However, there is another kind of infidelity which is just as damaging. It is emotional infidelity. This occurs when one has an opposite sex relationship where there is emotional intimacy. It is a fine line between friendship and emotional intimacy, but generally, individuals know when they have crossed the line, whether they are willing to admit it or not.

Emotional infidelity is characterized by a sense of secretiveness, and a sharing of deep parts of oneself which often are not shared with the spouse. Often conversations center on the shortcomings of the spouse, or the unsatisfying nature of the primary relationship. This is the beginning of the deconstruction of the relationship, for what is happening is that the primary bond of intimacy is being shifted to someone outside of the primary relationship.

It may begin innocently enough,

over coffee or lunch with a co-worker. It could even be with a complete stranger one has met via the internet. There can still be emotional infidelity, even if the individuals never meet in person. Gradually the bond with the newcomer becomes stronger as the bond with the spouse continues to weaken.

Eventually the spouse begins to sense something has shifted. He or she may begin asking a lot of questions, or even making accusations. The response to this is usually one of anger and denial. This is when the crazy making really begins. The one who knows something is different gets accused of being paranoid, while the other becomes even more secretive in order to protect the outside relationship.

Even without sexual involvement, this is still cheating. It likely will destroy the relationship. It is probable that the relationship was in difficulty before all this, or the outside relationship would not have developed. However, the decent thing to do is first to work on the primary relationship, and if it cannot be salvaged, to end it before starting up with someone else. To carry on with someone else while in a relationship is demeaning to the partner, and dishonoring of the self.

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

Pork Tenderloin With Pears and Sweet Sherry

Serves 4 as tapas or 2 as main course

- 1 pound pork tenderloin
- 2 tablespoons extra virgin olive oil
- 1 small red onion
- 2 garlic cloves
- 1 pear, not too hard if possible
- Scant 1/2 cup sweet oloroso sherry
- Few tablespoons chicken broth

(optional)

Sea salt and freshly ground black pepper

Heat a ladled sauté pan to medium-hot. (The trick to pan-frying meat is the temperature of the pan. It should be hot enough to brown and seal the meat, but not so hot that you burn the bottom of the pan, as the sediment left adds a delicious flavor to the final sauce.)

Trim the tenderloin of any white sinew and cut into 1/2-inch slices. Add the oil to the pan and, when hot, add the pork. Cook the slices, browning on both sides. Remove when the meat is sealed and brown, but if the slices are thicker, reduce the heat a little to cook through.

Meanwhile, chop the onion and slice the garlic.

Remove the meat to a bowl and add the onion and garlic to the pan.

Cover the pan with the lid and gently cook the onion, scraping all the tasty sediment left by the meat (add a dash of water to help remove it before it burns if the pan is too hot).

While the onion is cooking, peel the pear, quarter, core and cut into thin slices. Add the pear and continue to cook for another 5 minutes, covered. When the onion and pear are soft, return the meat to the pan, mixing into the onions and season with salt and pepper.

Increase the heat to medium-hot, add the sherry and cook at a brisk simmer for 2 minutes to amalgamate the flavors. If you like your meat with a bit more sauce, you can add a few tablespoons of chicken broth or even water when the sauce comes to a boil.

Set aside for a few minutes then serve as a tapas or main course.



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Democratic debate goes under in St. Laurent

By Patricia Barrett

The second Interlake candidates' debate that was scheduled for April 2 at the St. Laurent Recreation Centre was cancelled the morning the Liberals released a media statement claiming the Progressive Conservatives are unwilling to engage in debate.

Three candidates are running for the Interlake constituency: Liberal MLA candidate Jamal Abas, PC MLA candidate Derek Johnson and NDP MLA incumbent Tom Nevakshonoff.

"I committed to the debate in St. Laurent," said Abas, reached shortly after the statement was released. "I got an email today (April 1) that said it was cancelled."

He said he didn't know why the debate was axed or whether it was, coincidentally, connected to an alleged unwillingness on the Conservatives' part to openly debate the issues.

He, nevertheless, took PC Leader Brian Pallister to task.

"I think it's important for people to know that he's avoiding forums in the city," said Abas. "That's not leadership."

The Liberals' media statement said Pallister "isn't prepared to answer the tough questions" and "isn't interested in sharing" his plan and that "none of his candidates are given any latitude to speak."

"It's cowardly of the Conservatives to undermine democracy," said Abas, "and I do believe it's partially because their platform is missing [certain] elements and information."

Abas affirmed his commitment to the democratic process and his willingness to openly discuss the Liberal platform.

"I'm not afraid of any forum," said Abas. "I'll face the people. That's the premise of public service."

Tom Nevakshonoff, Interlake MLA incumbent and minister of Conservation and Water Stewardship, said he, too, had committed to attending the debate in St. Laurent.

Like Abas, Nevakshonoff said he didn't know why the debate was shelved but did make a connection between the legacy of former Conservative Prime Minister Stephen Harper and Pallister, who was a federal Conservative.

"This is how Stephen Harper governed," said Nevakshonoff. "He muzzled his ministers."

He added that the Manitoba PC Party thinks "they're coasting to victory, so the less said the better. Hence the absence of commitments."

Nevakshonoff said he was "excited" about participating in the debate, imagining "the topic of the flood would have been central."

Calling the 2011 flood the "flood of the millennium," Nevakshonoff said he was willing to discuss all aspects of the event, including the understandably strong emotions that were part and parcel of the flood and which may still linger.

The RM St. Laurent's council at that time was "difficult" to work with unlike those of other RMs also affected by the flood, said Nevakshonoff, currently serving his fourth consecutive term in office.

"Our staff did an extraordinary job," he said. "I was surprised when the former reeve [Earl Zotter] came out in the paper [January 2016] and denigrated the regional flood co-ordinator



EXPRESS PHOTO BY PATRICIA BARRETT

The candidates' debate scheduled for April 2 in St. Laurent was expected to touch on the 2011 flood. Many homes and cottages along Laurentia Beach were rebuilt after the disaster, some with protective concrete barriers installed along the lakeshore.

who worked tirelessly for a year or longer."

Nevakshonoff was also looking forward to discussing watershed dynamics, the lack of disaster assistance funding from Ottawa, environmental impact assessments, engagement with First Nation communities in the rebuilding process and the mitigation work itself, which under the NDP will encompass the entire watershed system (in Manitoba) from east of Portage la Prairie to Lake St. Martin.

"If you talk about flood control," he said, "you've got to talk about it all."

A spokesperson at the RM St. Laurent office said the forum was cancelled because "they [candidates] weren't all able to commit to attending." A notice on its website showed Abas and Nevakshonoff confirmed as participants.

Derek Johnson, former councillor for RM St. Laurent (2010-2014), said he was unable to commit to the forum.

The next Interlake candidates' debate is April 7 at 7 p.m. in the Fisher Branch hall. All three candidates confirmed their commitment to attending that debate.

RM Bifrost-Riverton council briefs

By Patricia Barrett

At its regular meeting March 15, RM Bifrost-Riverton council received its 2013 final audited financial statements for the former Rural Municipality of Bifrost and the Village of Riverton. Residents are free to inspect the statements in the RM office. They are also permitted to make copies.

Council authorized accounts for payment in the total of \$128,562.47 for the period Feb. 11 to March 15 and payroll in the amount of \$48,350.07 for the same period.

The Lakeshore School Division requested the RM pay a \$26,834.00 levy for 2016. The RM is part of the Evergreen School Division, but its borders cross into Lakeshore's.

"There are a few properties along the west border of the [RM] that belong to the Lakeshore School Division," said CAO Cindy Stansell.

No information about whether council will pay it was made available.

Bylaw 4-2016 received third reading and was adopted. It will establish a new road south of Arborg. It has yet to be built. No further details were available.

Coun. Chad Johnson announced that a museum is being planned in Riverton by the Riverton Transportation Heritage Centre, on whose committee he sits.

"We're in the process of starting to plan that museum," he said. "It's going to be a big process."

Johnson also reported that the Riverton Seniors Resource Council has been undertaking a number of activities, such as hosting perogy-making parties and craft programs. It also has some day trips planned.

He said they'll be seeing Pretty Woman at Celebrations Dinner Theatre and will be chartering a bus to South Beach in April.

Reeve Harold Foster inquired about the relationship between recreation and bus trips.

"This is supposed to be recreation," said Foster. "I don't know how bus trips are ... recreation."

Johnson said, "It's just outings for the seniors."

Coun. Colin Bjarnason added that

"seniors pay for everything [themselves]."

Johnson said he will be attending an Interlake Veterinary Services District Board meeting April 6 to discuss a number of issues.

Coun. Donald Vigfusson called for two veterinarians to staff the Arborg Veterinary Hospital, which is operated by Gimli's Veterinary Hospital.

"There was no service here in Arborg yesterday," said Vigfusson.

Although he praised the service provided by the hospital, he said this time of the year is a very busy time [e.g., calving] and there's a big area for vets to cover. He thinks the hospital should have more than one vet if emergencies arise.

Food for 12: Arborg-Bifrost fire department planning a feast

By Patricia Barrett

The Arborg-Bifrost fire department is raising funds to purchase a hydraulic ram that can crack open the door or dash of a vehicle faster than you can open a tin can.

The department is hoping to purchase the ram, which is part of the Jaws of Life, for about \$11,000.

To help fund the purchase, the department is selling tickets for a deluxe dining experience for 12 that will be held at the fire hall at River Road and Highway 326.

"We're selling 1,200 tickets for \$2 each," said Chief George Chyzy. "We're giving away a free dinner cooked by firefighters."

If the pancake breakfast the department cooked up for its Open House last October is anything to go by, pal-

ettes are sure to be pleased.

Firefighter Andy Barylski, who doubles as the department's head chef, will be guiding firefighters through the finer points of a preparing a prime rib dinner.

Over the past 25 years, the station has raised close to a million dollars through fundraising efforts. The money helps the department acquire equipment and fund upgrades to the facility. The station built its own hose tower and expanded the second storey of the hall to accommodate a training facility — all using staff labour.

The draw is April 30. Tickets are available from firefighters. For more information, contact the station at 204-376-FIRE or Chief George Chyzy by email at chief@arborgefire.com.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Arborg-Bifrost firefighters Terrell Kerbrat, Chad Timchishen, George Chyzy (Fire Chief), Andy Barylski and Randy Dueck at the station's Open House Oct. 15, 2015.

Hundreds gather for Disability Matters debate

By Dave Baxter

People who live with disabilities and those who support them came together for the first Disability Matters Great Debate last week.

Four provincial candidates gathered with hundreds of Manitobans last Thursday in Winnipeg to discuss issues surrounding people living with disabilities.

Hundreds filled the room at the Norwood Hotel for the debate as well as two overflow rooms, while hundreds more watched the debate live at eight satellite locations, including one in Selkirk at the Canalta Hotel.

Community Living Selkirk executive director Maria Freeman said she was encouraged to see how many people showed up in different locations to watch the debate.

"What we have found is disability issues never make the platforms of the parties," Freeman said. "We are always the last group to be looked at and we decided we can no longer sit idly by."

The Disability Matters campaign, formed by Abilities Manitoba and Barrier-Free Manitoba, is asking candidates in the upcoming provincial election to make inclusiveness an election issue and organized last week's debate.

Liberal, PC, NDP and Green Party candidates debated a number of issues related to people living with disabilities as well as issues surrounding those who care for and work with them.

Debate moderator Marcy Markusa told the crowd that disability staff are among the lowest paid workforce in Manitoba and make significantly less



with disabilities. They were both at the Disability Matters Great Debate at the Norwood Hotel in Winnipeg last Thursday. The debate was also streamed live at eight satellite locations, including one in Selkirk at the Canalta Hotel. Right photo: Provincial candidates Vanessa Hamilton, Ian Wishart, James Beddome and Kerri Irvin-Ross are seen at last week's Disability Matters Great Debate in Winnipeg.

than those working in childcare and homecare.

She said yearly employee turnover rates for front-line staff range from 25 to more than 66 per cent.

An adult living with a disability in Manitoba may have as many as 164 caregivers in 10 years, Markusa said.

Freeman said wages are an important issue because of the "revolving door of employees."

"When you have staff that can make this a career and don't have to leave because they want to start a family and can't afford to live on their wages, then you can have consistent staff," Freeman said. "The client will have a better quality of life because they are with someone that knows them, and they don't have to get to know someone and learn to trust someone every time there is new staff."

PC candidate Ian Wishart said many

people working with those with disabilities especially in rural areas "are not making a living wage."

"We recognize this has been an ongoing problem for many years," Wishart said. "What we need to do is to examine all the spending of government and look at the priorities because clearly looking after those with disabilities has not been a priority."

Liberal candidate Vanessa Hamilton said a Liberal government would "base wages on consultations with people working in the system."

"If we don't take care of our workers then we can't take care of who is in front of them," Hamilton said.

NDP candidate and minister of Family Services Kerri Irvin-Ross said an NDP government must find ways to turn jobs into careers.

"It is a consistent message that I hear about the frustration of wages," Irvin-



EXPRESS PHOTOS BY DAVE BAXTER

Pictured left, Brian Georg (left) lives with a disability, and Tyler Parks, pictured right, works with people

Ross said. "We need to make sure this is full-time work and not casual work."

Green Party Leader James Beddome said his party would "implement a guaranteed income for every Manitoban through tax reform."

Candidates were also asked questions about getting more people with disabilities into the workforce and how to offer a "dignified income" for those with disabilities that can't work.

Freeman said no party has done enough yet to get her vote, and she will not decide how she will vote until she sees written specifics by each party.

Disability Matters will not tell people how to vote but will "present as much information as possible to help people make an informed decision," Freeman said.

The provincial election is set for April 19.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Peguis Juniors win KJHL championship

By Brian Bowman

The KJHL final series between the Peguis Juniors and Selkirk Fishermen was expected to be an exciting — and lengthy — one.

Sure, it was exciting. But it sure didn't last very long.

Peguis swept Selkirk in four straight games — which saw the series last just six days — after an impressive 4-2 win in Game 4 on March 29 in Selkirk.

"The biggest thing was the guys played disciplined," said Juniors' head coach Mike Spence, the day after the series win. "I felt Peguis had the team to win a championship if they played disciplined hockey."

Peguis came out flying in Game 4, taking an early 2-0 lead just 4:21 into the game.

"They've always had a history of coming out fast in the first 10 minutes," said Fishermen head coach Chris Poponick. "We call it the Peguis storm. Boy, oh boy, they were pretty jacked up and they came out flying."

Devon Garson scored on the power play 2:31 into the game and then Theoren Spence made it 2-0.

Karl Fey cut that lead in half with a first-period power-play goal and then Kale Ilchena tied the score at 2-2 at 5:37 of the second.

But Romano Paul netted the eventual game winner just over two minutes after Ilchena's marker and then Matthew Cameron closed out the scoring with a power-play goal midway in the third.

Throughout the post-season, Peguis had a multitude of players step up to score big goals that led to key victories.

"We had seven or eight guys that could put the puck in the net (consistently)," Spence noted. "And we had other guys go out there and hit and play good defence."

Peguis limited Selkirk to just 14 shots in the final two periods of Game 4.

"We stepped up our defence big time," Spence stressed.

The Juniors did a real good job containing Selkirk in the final two games of the series.

"They're forwards worked extremely hard," Poponick noted. "They have some talented defencemen back there and they do a good job. But their forwards were back in the play and the



EXPRESS PHOTOS BY BRETT MITCHELL

The Peguis Juniors won the Keystone Junior Hockey League championship after sweeping the Selkirk Fishermen in their best-of-seven final.



Goaltender Connor Shaw shows off the KJHL trophy.



Matthew Cameron celebrates his team's win with daughter.

backside pressure that they put on us was something that I hadn't seen since (last year's) westerns, to be honest with you.

"They really, really worked hard to get themselves back in the play."

With the KJHL title, Peguis now advances to the Western Canadian Junior "B" Championships in Regina

from April 14-17. Spence expects his club to be competitive at the westerns.

"We're going to go out there and do our best and, hopefully, things work out for us," Spence said. "If we keep putting pucks in the net and play good defence, then I'm sure we'll be OK against the other teams over there."

Spence wanted to thank the fans

who came out and cheered the Juniors on in both Peguis and Selkirk.

"The arena was packed (for Game 4)," he noted. "At our barn, we had roughly 1,400 fans and most of those fans followed us to Selkirk last night. The boys really appreciated our fans and the support from our First Nation."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

McCorrister, Brandon battle back against Edmonton



Linden McCorrister

Staff

Linden McCorrister and the Brandon Wheat Kings battled back to take a 3-2 series lead against the Edmonton Oil Kings heading into this week's action.

Brandon defeated the Oil Kings 5-2 in Game 5 of their Western Hockey League first-round playoff series at Rexall Place in Edmonton on Sunday.

McCorrister, who hails from Peguis First Nation, has an assist and is a plus-one so far in the series. During the regular season, the six-foot, 180-pound former Interlake Lightning forward had three goals and seven points in 38 games.

The Wheat Kings won all three games in Edmonton last week after falling behind 2-0 at home in the 2-3-2 series format.

Game 6 of the series and Game 7 (if necessary) were scheduled to be played in Brandon on Tuesday and Wednesday.

No scores were available at press time.

Ashern Skating Club wins big at Stony on Ice

By Jeff Ward

A dozen members of the Ashern Skating Club showcased their individual and team performances during the Stony On Ice annual competition netting the girls 28 medals in multiple categories April 1-3.

Hours of practice and hard work prepared the 12 skaters for the competition with each of them earning at least one medal while others took home multiples. Rakel Sigfusson won a gold; Emiliya Vasylieva won a silver, Emma Geisler won a gold and a silver, and Julia Plohman took home a gold, silver and bronze. Emily Schwartz also took home a gold, silver and bronze. Shanley Sigfusson won three gold medals. Beth Schwartz won a gold and two silver. Lily Plohman won two gold and a silver. Zoe Oversby won two gold and silver; Brooke Bezemer won a gold and two silver; Carly Jo Schultz won two silver; and McKenna Bedarnek took home a silver. And all of this was made possible by coach Barb Bakker wanting to help the struggling skating club.

After noticing an advertisement on the Skate Canada website, Bakker contacted the Ashern Skating Club to offer her services as a certified coach. Bakker said that if a club doesn't have a certified coach, they lose their membership, they can't offer Skate Canada programs and their skaters aren't covered by Skate Canada insurance. Skaters who are a part of that club are also ineligible for skating tests or any type of competition.

"When I got there, I took them back to basics and they started to improve, improve, improve," said Bakker, who drove up on Tuesday and Friday when she could. "I was in a position where my work schedule was flexible and I thought I could give something back. I saw the ad and said maybe I could help. I know the sport has many good qualities and can help develop life skills and I've been fortunate enough to make an impact on many kids' lives over the years. I decided to step up to the plate."

Bakker said that she has more than



EXPRESS PHOTO BY LANA MEIER

Beth Schwartz won a gold and two silver medals at the Stony on Ice competition last weekend.

55 years of skating experience and has coached skaters at the world junior level. She's coached provincial and national champions and she even skated in the Ice Capades. Her experience is deeply rooted in a passion for the sport of figure skating and she said that's what drove her to help out the Ashern club.

Bakker said that things really started to get rolling in late December or early January with students starting to improve at a rapid pace. At that time, they started to look ahead to the annual Ashern Winter Carnival and the Ice Show.

"You have to adopt choreography in a group number so everyone is comfortable with it. But solo performances are adjusted to each individual level," said Bakker.

She added that as the director of

the show, she was in control of the music, casting, set design, costumes and performance. She said she had wonderful support for her on-ice assistant, Jodi Thorkellson. The pair spoke during each practice, and that communication was key in keeping the skaters on track when Bakker couldn't be in Ashern.

Many hours of hard work and preparation went into creating the show. Ashern Arena president Tyler Geisler said the show was "unlike anything I've ever seen" and Bakker said that that feeling was a common piece of feedback after the show.

With the skating season now over, both the skaters and their coach will look ahead to next year. If Bakker returns to coach again, she said she would like to have skaters attend more competitions.

Any sports ideas call
Lana Meier at 204-467-5836

EXPRESS
WEEKLY NEWS

Steelers to host spring camp later this month

By Brian Bowman

The Selkirk Steelers' season may be over, but the club will be preparing for its future in a couple of weeks.

Selkirk will be hosting its annual spring camp April 23-24 at the East Selkirk Recreation Centre.

The camp hours will be from 8:30 a.m. to 4:45 p.m. on both days. Cost of the spring camp is \$130 (non-refundable) and includes a jersey.

Registration forms will be accepted on a first-come basis and there will be a maximum of five teams (with rosters limited to 20 skaters and three goalies) per squad.

Team and roster numbers may

change at the discretion of Steelers' management. Final placement is also at the discretion of team management.

All players not on a Junior "A" or "B" card must wear a full cage or full mask at all times. Players listed by another Manitoba Junior Hockey League team are not permitted to attend the Steelers' camp.

Goalie spots for the spring camp are already full.

The camp rosters and game schedule will be posted on the Steelers website www.selkirksteelers.com after 7 p.m. on April 20.

For more information, please visit the Steelers' website.

Thunder announce returning coaches, registration dates for this season

Staff

The Interlake Thunder have announced the return of their head coaches for the 2016 season.

Ed de Laroque will move from the PeeWee program and assume responsibility for the Thunder Bantam team.

Joel McDonald will return to coach Interlake's senior girls' team while Kris Johnston will, once again, be the head coach for the Midget squad.

The Thunder also announced that Derek Charison will be the head coach of the junior girls' team.

The local football program is now accepting applications for head

coaches for the Cruncher, Atom and PeeWee teams for the 2016 season.

If more information is required, or if interested individuals wish to apply, they may contact Derek Charison at development@interlakethunder.org.

Meanwhile, the registration times and locations for this upcoming have been announced.

* May 5 at Teulon Elementary School from 6:30-9 p.m.

* May 6 at Stonewall Veterans Memorial Sports Complex (arena) from 6:30-9 p.m.

* May 7 at Selkirk Arena from 10 a.m. until 2 p.m.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

P	V	N	S	D	E	V	E	R	E	S
A	D	I	M	I	R	F	D	V	E	D
L	B	S	S	B	T	V	H	G	V	
A	B	E	S	C	W	V	H	C	D	V
S	S	T	A	T	R	V	S	E	S	
V	L	T	V	T	O	S	R	O		
D	B	B	D	E	C	E	B	V	C	S
L	G	I	B	D	I	D	D	V	L	B
D	B	R	V	D	D	D	D	V	O	E
D	B	D	T	V	V	F	S	D	D	
N	O	T	N	I	M	B	A	D	B	
V	C	C	D	V	N	V	S	E	C	V
L	R	I	G	E	N	N	I	N	I	R
A	R	A	R	E	S	C	A	R	E	Y
E	N	E	D	E	S	P	I	T	S	D

Crossword Answer

CROSSWORD

CLUES ACROSS

- Brave act
 - Ejects saliva
 - A vale
 - Expression of surprise
 - Feels concern
 - Saddle horse
 - Emerald Isle
 - Silly
 - Female child
 - Cyprinids
 - Comedienne Gasteyer
 - National capital
 - Court game
 - Tooth caregiver
 - Supervises flying
 - Small amount
 - Degree of loudness
 - Wore down
 - Upper-class young woman (abbr.)
 - Actor Pitt
 - Red mineral
 - Have already done
 - Asian antelope
 - Forms over a cut
 - Performer ___ Lo Green
 - Pressed against
 - An alternative
 - 5th note of a major scale
 - Tell on
 - Patti Hearst's captors
 - Breaks apart
 - Russian country house
 - Female grunts
 - Type of sword
 - Ottoman Empire title
 - Emaciation
 - He was Batman
 - Nonmoving
 - Group in China
 - A thought
 - Withered
 - Worldly mosquitoes
 - Tide
- ### CLUES DOWN
- Unreal
 - River in Norway
 - Long poem
 - Cygnus star
 - ___ fi (slang)
 - Known for its canal
 - A citizen of Iran
 - Inhabited
 - Midway between south and southeast
 - Semitic fertility god
 - ___ Clapton, musician
 - Lawman
 - City 3000 B.C.
 - They hold valuables
 - Department of Defense
 - Begetter
 - Check
 - Early union leader
 - Lawmaker
 - About Sun
 - Negligible amounts
 - Roll
 - Just a little bit
 - Small, spotted cubes
 - Founder of Babism
 - Father
 - Blue Hen State
 - Satisfies
 - Police officer
 - Digital audiotape
 - Covers most of Earth
 - Inflorescence
 - Find this on hot days
 - Fanatical
 - Absorption unit
 - Sitcom "My Two ___"
 - Phil ___, former CIA
 - Partially burn
 - ___ farewell
 - Ancient Greek City
 - A way to derive
 - Women's social organization
 - Female sibling

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22					23			
			24		25					26				
27	28	29		30				31				32	33	
34			35				36				37			38
39						40				41				
42					43					44				
	45			46				47				48		
				49				50				51		
52	53	54				55				56		57	58	59
60						61				62		63		
64						65						66		
67						68						69		

Classifieds



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The Riverton and District Handivan Inc. requires one or two community minded individuals to provide the following contract services:

- ▶ **ACCOUNTING**
- ▶ **CO-ORDINATOR**

For further information contact **Jonas at 204-378-0148**

Application due by **noon, April 18, 2016**, to Box 250 Riverton, MB R0C 2R0 or at Village Office, Tuesday or Thursday

Masterfeeds

GATE BUSTER Sale

Sale Prices on

- SALT
- MINERAL &
- RITE-LIX TUBS

April 11 - May 27

Countryside Home building centre

Hwy #17, Fisher Branch, MB, 1-204-372-8501

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10 acres – residential building lots. Ph 1-204-376-5244.

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2 bachelor suites available to rent. Oak Park Lodge, Woodlands. Call Lori-Ann 204-383-5478.

MOBILE HOME FOR SALE

Stonewall – 1064 sq. ft. 2 bdrm., 2 bath mobile home on leased lot in Stonewall Trailer Park. Open floor plan, vaulted ceilings, screen porch, hot tub, 50x120 lot. Call Richard Tyerman, Unrau Realty 204-467-8295.

5 new 16 x 80, 3 bdrm., 2 bath, starting at \$83,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776. Email amhl@mymts.net.

HELP WANTED

Labourers experienced in framing, roofing, concrete, general construction. Must have a driver's licence/vehicle, own hand tools, good attitude, and fun to be around. \$16 & up depending on experience. Work commencing now till Christmas, possibly longer. Interlake area. Email resume in confidence to suddenimpact@highspeedcrow.ca Attn: Mike

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

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Imagine your dream vacation, in Cuba and oceanfront. We've gone 10 times. You get full value with our expertise free by acting now. trippvacations.ca or 204-770-7771.

NOTICES

Christ rose from the dead on the first day of the week as well as appeared to His disciples on the first day of the week. In Acts 2 we read of the outpouring of the Holy Spirit which as well took place on the first day of the week. In this way Christ, being Lord of the Sabbath, transferred the Sabbath from the seventh to the first day of the week. www.clda.ca

MUSICAL INSTRUMENTS

Wanted – used musical stringed instruments. Also: amps, etc. Phone 204-376-5244, Arborg.

MUSICAL INSTRUCTION

Fiddle, Guitar and Mandolin lessons for all ages. In the Selkirk, Matlock/Wpg. Beach areas. Call 204-481-0189 after 4 p.m. For these lessons at Riverton District Friendship Centre call 204-378-2800.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

TAKE NOTICE THAT the Regular Meeting of the Council of the Rural Municipality of Gimli scheduled for Wednesday, April 13th will be re-scheduled to Monday, April 11th, 2016.

Dated at Gimli Manitoba this 29th day of March, 2016

Joann King, CMMA
Chief Administrative Officer
Rural Municipality of Gimli

RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE


REGARDING THE 2016 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the Rural Municipality of Gimli intends to present its Financial Plan for the Fiscal Year 2016 at a Public Hearing at the Council Chambers of the Rural Municipality of Gimli on the 28th day of April, 2016, at 7:00 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan, as provided.

Copies of the Financial Plan will be available for review on the 25th day April, 2016, and may be examined by any person during the regular office hours of the Rural Municipality of Gimli, located at 62 – 2nd Avenue, Gimli, Manitoba.

Dated this 30th day of March, 2016

Joann King, CMMA
Chief Administrative Officer
Rural Municipality of Gimli



RURAL MUNICIPALITY OF GIMLI

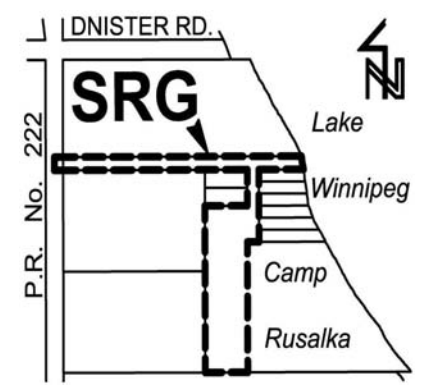
UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter(s):

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. **16-0001**
Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

HEARING LOCATION:	RM of Gimli Council Chambers 62 - 2 nd Avenue, Gimli, MB
DATE & TIME:	April 27, 2016 7:00 pm
AFFECTED AREA:	Lot 1 and Pt. Lots 3 and 4, Plan 7588 WLTO in Pt. NW 28-19-4 EPM RM of Gimli
GENERAL INTENT:	To rezone an area in the RM of Gimli from "SRR" Residential Resort Zone to "SRG" Recreation Resort General Zone.
FOR INFORMATION CONTACT:	Nancy Thom, CAO/Development Officer Eastern Interlake Planning District 62 – 2 nd Avenue, Box 1758 Gimli, MB R0C 1B0 Ph: 204-642-5478 Fax: 204-642-4061 Email: eipd@mymts.net web: www.interlakeplanning.com



A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.

Classifieds



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UPCOMING EVENTS

Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again people deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer 10 week programs 3 times per year. NEXT 10 WEEK PROGRAM STARTS APRIL 13TH, 2016. FOR MORE INFORMATION - please call 204-275-3090 or visit www.beginning-experiencewinnipeg.ca

LIVESTOCK

Charolais yearling bulls for sale, Red Factor or White. Also 1 Red Factor 2 year old. Good prices. Good birth weights. Call John at 204-383-0308.

Polled Pedigreed Salers Bulls on farm and at Douglas Station. Red or black. High performance herd. Can arrange delivery. www.sweetland-salers.com Ken Sweetland, Lundar, MB 204-762-5512.

For sale - red & black yearling and 2 year old Angus bulls. Will semen test. Delivery available. Call Wayne 204-383-5802 or 204-383-0100.

POTATOES FOR SALE

Potatos - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

FARMLAND FOR SALE

Stony Mountain area - 320 acres of farmland. 2 separate 1/4's. Asking \$610,000. May sell separately. Call Richard Tyerman, Unrau Realty 204-467-8295.

FEED AND SEED

Forage seed for sale: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Free delivery! Birch Rose Acres Ltd. 306-863-2900.

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SUMMER CAMP CO-ORDINATOR
2 positions, Mon-Fri, June 27 - August 19

SUMMER GREENTEAM
1 position, Mon - Fri, some weekends, June 6 - August 26

Please forward resume to:
Arborg Bifrost Parks and Recreation Commission
Box 555 Arborg, MB R0C 0A0
Email: tom.abprc@mymts.net

LAND FOR SALE

Total 420 acres in 2 parcels kitty corner to each other, in the RM of Armstrong and the RM of Fisher.

- **NW-35-21-1-W & SW-35-21-1-W:** 260 acres - 200 cultivated, 60 acres bush/pasture.
- **SW-2-22-1-W:** 160 acres - 100 open 60 bush/pasture

Any questions regarding the property call 204-641-2721
The land will be sold subject to lawyer's approval and subject to sub-division being approved.

Wanted

Old Signs, gas pumps etc. Red-Indian, White-Rose, B-A, Texaco, Coke, Pepsi, 7-Up, tire signs etc.

We love old signs and we will cherish your additions!

We do not sell, we are private collectors who will pay cash.

Ashern PH: 204-768-2900

E: lindenj@mts.net

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Or email kim@vikingmotors.ca

Arborg Community Cemetery

Tenders are being taken for the lawn care and general maintenance of cemetery grounds for the 2016 cutting season. Tenders should include cost per cut. Fuel and machinery to be provided by successful tender. **Apply to: Kris Gudmundson between April 1st and April 30th, 2016 Box 234 Arborg, Manitoba.**



Betel Home Foundation - Gimli

80 bed personal care home in Gimli, Manitoba is accepting applications for the following positions:

- RN** 1.00 Permanent Day/Night
- RN** 0.40 Permanent Day/Night
- RN** 0.40 Permanent Day/Evening
- RNs** - Casual

LPN 0.70 Permanent Day/Evening

LPNs Casual

Nursing applicants may qualify for up to \$6000 NRRF grant for rural/long term care nursing

Certified Health Care Aides - Casual

Please forward your resume to:
Cheryl Nieckarz
Director of Resident Care
Betel Home Foundation
Box 10, Gimli, MB R0C 1B0
cnieckarz@ierha.ca
Phone 482-5469 ext 20960

Positions are subject to a satisfactory Criminal Record Check, Child Abuse Registry Check and Adult Abuse Registry Check.

Casual - Dietary Staff

Please forward your resume to:
Lorraine Smith
Dietary Manager
Betel Home Foundation
Box 10, Gimli, MB R0C 1B0
Lorraine.Smith@compass-canada.com
Phone: 642-5556 ext 22359

Cottage Lots for Sale by SEALED Offers

The R.M. of Grahamdale invites SEALED offers for the purchase of municipally owned cottage lots identified below. The lots are not occupied and the assessed values are indicated below. Offers marked "COTTAGE OFFER" are to be submitted in person, or by mail, on or before **4:30 p.m. Friday, May 6, 2016** to the address noted below.

Legal Description	Civic Address	Location	Assessed Value
15-1-49585	15 Little Steep Rock Road	Lake View - Subdivision 3, Steep Rock, MB	\$34,400
2-1-49585	2 Little Steep Rock Road	Lake Front - Subdivision 3, Steep Rock, MB	\$65,700

- The sale of property is subject to the following terms and conditions:
- New RTM vacation home installed or to have a vacation home substantially constructed on the lot within three years of the date of Purchase. Minimum main floor area shall be 1000 square feet. Substantially constructed means all of the following must be completed or installed: exterior walls, windows, doors, roof fully closed in, fresh water supply and minimum 1000 gallon CFA approved septic holding tank;
 - Highest or any offer received may not necessarily be accepted;
 - That possession and closing date shall be 10 days following acceptance by a resolution of Council of an offer;
 - The cottage lots are sold "AS IS" and the "Municipality gives no warranty or representation concerning the presence or absence of contaminants, ground water, soil or subsurface type or condition, or as to the fitness of the land for any particular use or purpose";
 - Only "Unconditional offers" will be considered;
 - The purchaser is responsible for payment of GST which amount shall be calculated upon the amount of the offer to purchase;
 - The purchaser shall be responsible for the current years property taxes as of the effective date of the sale;
 - The purchaser is responsible for all costs associated with the transfer of the land, including but not limited to legal.

Deadline for SEALED offers will be Friday, May 6, 2016 at 4:30 p.m. Offers will be accepted in person, or by mail.

For further information or clarification of the above, please contact the following:
Shelly Schwitek, CAO
Rural Municipality of Grahamdale
23 Government Rd, PO Box 160
Moosehorn, MB R0C 2E0
rm606@tcmsnet.com
Phone: (204) 768-2858
Fax: (204) 768-3374

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Competencies and Skills:

- Fuel deliveries
- Ordering & receiving
- Strong communication skills
- Safe driving record
- Organized
- Commitment to Customer service

This position requires the candidate to hold a valid class 3 driver's license, TDG certificate, Whmis.

PETROLEUM OFFICE CLERK

Interlake Co-op has an exciting opportunity for a part time office clerk. The ideal candidate will be well organized, and confident in dealing with customers.

Competencies and Skills:

- Ordering and receiving
- Strong communication skills
- Answer phones and greet customers warmly
- Assist in filing duties
- Perform basic bookkeeping duties
- Compile financial records

Please submit resume and cover letter indicating position of interest to: Petroleum Manager

Phone: 204-376-5201 or 204-642-2343

Fax: 204-376-2289

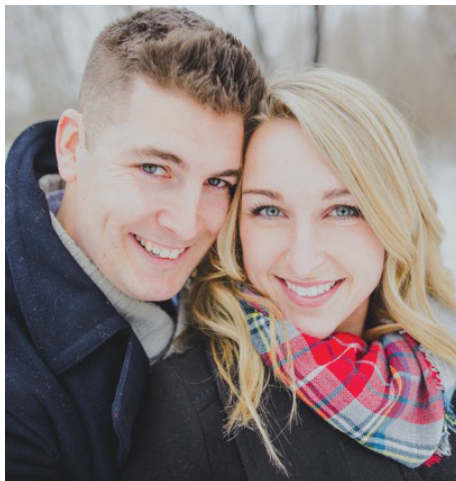
Email: petro@interlakecoop.com

Deadline for applications Friday Apr. 15/ 2016.

We thank all applicants for their interest, but only those candidates selected for an interview will be contacted.

ANNOUNCEMENTS

ANNOUNCEMENT



Bridal Shower and Social in Honor of Stacey Martin and Sam O'Hanley
Saturday, April 23rd, 2016

Shower: 1:00 p.m. Unwrapped Gifts Please

Social: 8:00 p.m. - 1:00 a.m.

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OBITUARY

Marie Johnson

It is with deep sorrow we announce the peaceful passing of our Mom, Sister, Aunt, Grandma and Great-Grandma, Marie Johnson, on Sunday, April 3, 2016 at the Gimli Community Health Center with family by her side.

Left to cherish her memory are her six children, Connie (Brent), Bonnie (Claude), Wade (Terri), Marsha, Marcella (Keith) and Ross; father of her six children, Rene Lepine; 13 grandchildren and 13 great-grandchildren. She is also survived by her sister Darlene; sister-in-law Donna; brother-in-law Peter;



numerous nieces, nephews, friends and long-time friend and companion Ted.

Mom was predeceased by her parents, Elof Alexander Johnson and Mary Blanche Emms; granddaughter Crystal Dawn Lepine; brothers Norman, Gary, Ed and Raymond; sisters Lillian, Lena, Dorothy and Grace.

As per mom's wishes, cremation has taken place and a celebration of life will take place on Friday, April 15, 2016 at 2:00 p.m. in the Gimli Legion Hall, Branch 182. A private family interment will take place at a later date.

We would like to thank the staff for their care and support at the Gimli Community Health Center. We would also like to thank everyone for the wonderful visits, phone calls, flowers and cards. Mom truly appreciated it all very much.

In lieu of flowers the family requests that a donation be made in Mom's name to the Palliative Care Unit at the Gimli Community Health Center or to the Canadian Cancer Society.

Gilbart Funeral Home, Gimli in care of arrangements
www.gilbartfuneralhome.com



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