



THE EXPRESS

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WEEKLY NEWS

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Christmas joy

EXPRESS PHOTO BY LANA MEIER

Two year old Greysa was anything but happy with Santa, inspite that her sister Dom was quite content, Friday night at the Arborg Community Hall.

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Arborg kicks off holiday season with Winter Wonderland



Young shoppers were encouraged to find the dill pickle ornament on the Christmas tree at Home Hardware to win a Kinder Surprise Egg. Left to right: Elias, Penina, Christina and Regina with Sheri Yarema.



Lenny Kwaskiuk was the first lucky door prize winner at Home Hardware.



Kristofer Asmundsson was helping out with the photos with Santa Friday night at the Arborg Community Hall.

EXPRESS PHOTOS BY LANA MEIER



Jackie Sigurdson received a 10 per cent discount on the spin for savings.



Carollers on the outdoor stage kicked off Arborg's Winter Wonderland activities Friday night.



The Arborg Community Hall was very busy with vendors selling their wares.

Grahamdale to offer free rides for Christmas light competition

By Evan Matthews

For many, it's the most wonderful time of the year, but for others it can

be difficult to experience the joy due to mental and/or physical limitations. The RM of Grahamdale is working

to ensure its residents feel and experience the holiday joy over anything else, according to the municipality's economic development officer and recreation programmer, Amanda Artimowich.

The RM is set to host its fifth annual Christmas lights competition, but this year the RM will offer tours of the participating properties to residents who may not otherwise see the beautiful light displays.

"We're really excited. ... We wanted to make this a true community event," said Artimowich, who added the 2018 Christmas lights competition was her first.

"We've rented our local handivan, and we're going to pick up seniors, families, whoever wants to go (from a central location), and go on a tour of all the submissions.

"We'll have hot chocolates, Timbits or cookies, and give our residents the opportunity to act as judges."

Prizes for first to fourth place will be available, according to Artimowich, with the community development

corporation having been the judges in past years.

This year will see some senior residents act as judges, she said, with prizes including Co-op gift cards, restaurant gift certificates and other local sponsorship packages, Artimowich said.

"The competition is open to all our residents and business. ... The goal is to have fun and make (the community) as beautiful as we possibly can," said Artimowich.

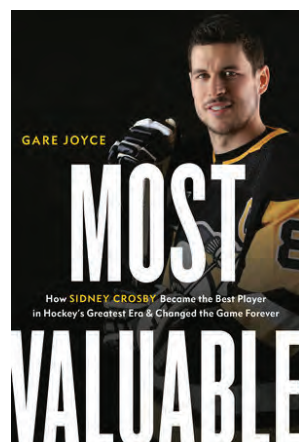
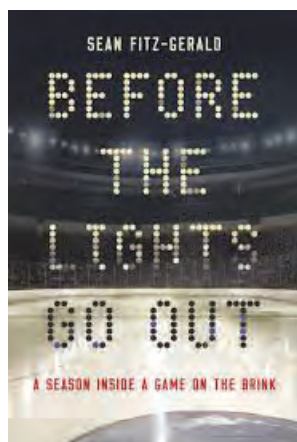
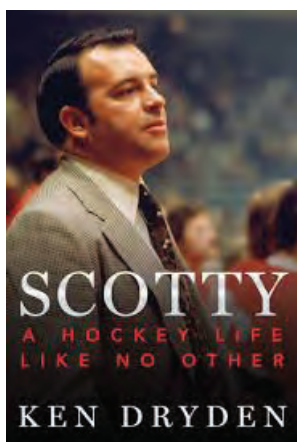
"It sounds like this year has way more sponsorship than we ever have, so we expect to have better prizes. ... We hope this year is our biggest and best yet."

Community engagement is always important, Artimowich said, and Christmas can often be overlooked as a difficult time for many.

Living in a small, rural community means being inclusive can make even more of a difference, she said.

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What is the Christmas meaning of poinsettias?

Staff

Poinsettia plants are native to Central America, especially an area of southern Mexico known as "Taxco del Alarcon," where they flower during the winter.

The ancient Aztecs called them "cuetlaxochitl." The Aztecs had many uses for them, including using the flowers (actually special types of leaves known as bracts rather than being flowers) to make a purple dye for clothes and cosmetics and the milky white sap was made into a medicine to treat fevers. Today we call the sap latex

The poinsettia was made widely known because of a man called Joel Roberts Poinsett, and that's why we call them poinsettia. He was the first ambassador from the U.S.A. to Mexico in 1825. Poinsett had some greenhouses on his plantations in South Carolina, and while visiting the Taxco area in 1828, he became very interested in the plants. He immediately sent some of the plants back to South Carolina, where he began growing the plants and sending them to friends and botanical gardens.

One of the friends he sent plants to was John Bartram of Philadelphia.

At the first Philadelphia flower show, Robert Buist, a plants-man from Pennsylvania, saw the flower and he was probably the first person to have sold the poinsettias under their botanical, or Latin, name "Euphorbia pulcherrima," which means, "the most beautiful Euphorbia." They were first sold as cut flowers. It was only in the early 1900s that they were sold as whole plants for landscaping and pot plants. The Ecke family from Southern California were one of the first, if not the first, to sell them as whole plants and they're still the main producer of the plants in the U.S.A. It is thought that they became known as poinsettia in the mid-1830s when people found out who had first brought them to America from Mexico.

There is an old Mexican legend about how poinsettias and Christmas come together. It goes like this:

There was once a poor Mexican girl called Pepita who had no present to give the Baby Jesus at the Christmas Eve services. As Pepita walked to the chapel, sadly, her cousin Pedro tried to cheer her up.

"Pepita," he said, "I'm sure that even the smallest gift, given by someone who loves him, will make Jesus happy."

py."

Pepita didn't know what she could give, so she picked a small handful of weeds from the roadside and made them into a small bouquet. She felt embarrassed because she could only give this small present to Jesus. As she walked through the chapel to the altar, she remembered what Pedro had said. She began to feel better, knelt down and put the bouquet at the bottom of the nativity scene. Suddenly, the bouquet of weeds burst into

bright red flowers, and everyone who saw them were sure they had seen a miracle. From that day on, the bright red flowers were known as the "Flores de Noche Buena" or "Flowers of the Holy Night."

The shape of the poinsettia flower and leaves are sometimes thought as a symbol of the Star of Bethlehem, which led the Wise Men to Jesus. The red-coloured leaves symbolize the blood of Christ. The white leaves represent his purity.



EXPRESS PHOTO SUBMITTED

Sabados Greenhouse is in full bloom with hundreds of poinsettias for sale. The greenhouse is open 9 a.m. to 8 p.m. daily.

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Mayors and councillors weigh in on pollution in Red River and Lake Winnipeg

By Patricia Barrett

Councillors and mayors from municipalities around Lake Winnipeg attended a meeting hosted by the newly formed Coalition to Save Lake Winnipeg to show support for halting damage to the lake from phosphorus overloading, which contributes to algal blooms.

The grassroots group includes property owner associations, First Nation communities, environmental groups and individuals concerned about the lake's demise. After another year of blue-green algal blooms besetting both sides of the lake, the coalition formed in the fall to press the Manitoba government to act.

The two-hour meeting at the St. James Legion in Winnipeg included presentations from the Lake Winnipeg Foundation (LWF), Hog Watch Manitoba and Ducks Unlimited, as well as overwhelming support from the 150 attendees for a petition asking the province — which is responsible for protecting the environment — to get the City of Winnipeg to stem the tide of phosphorus coming from its North End wastewater treatment plant.

The LWF said the plant releases an average of 600 kilograms of phosphorus a day — three and a half times above the limit in its provincial operating licence — into the Red River, which flows into Lake Winnipeg. Upgrades to the plant are expected to be completed sometime in the 2030s.

Gimli Mayor Lynn Greenberg, Selkirk Mayor Larry Johannson, St. Andrews Mayor Joy Sul and RM of Alexander Coun. Ken Danwich weighed in on the debate.

Greenberg recommended that the coalition forward its petition to the federal government as well as to the provincial government "because the feds have to be involved."

"The province alone cannot clean up Lake Winnipeg," said Greenberg.

Johannson said there was once a time when the Red River was clean enough to play in and "we weren't afraid to jump in," but those days are gone.

Selkirk wanted to do its part to prevent polluting the river and, ultimately, the lake. With funding from the federal and provincial governments, as well as from the City of Selkirk, the mayor said



EXPRESS PHOTO BY PATRICIA BARRETT
Gimli Mayor Lynn Greenberg.

they're in the midst of building a \$36-million wastewater treatment plant.

"We're taking this very, very seriously," said Johannson. "Not only will it clean the wastewater, but if there are any stricter reforms in the future, we'll be able to meet them. The wastewater ... will be so clean out of this plant, you could drink it."

That wastewater will be recycled for use by "high-water users," he said, which include laundromats, car washes and cannabis cultivators.

Johannson said if residents from St. Andrews write to their MLAs about pollution in the river, they should include a request for the province to redirect the flow of their wastewater from Winnipeg to Selkirk.

"This plant is a regional plant. The \$36 million was to service the region, which includes Selkirk, St. Andrews and St. Clements," he said. "Well, St. Andrews is sending their wastewater to guess where? To the North End treatment plant in Winnipeg which is one of the worst polluters in Canada."

St. Andrews Mayor Joy Sul said the municipality is negatively affected by having to send its sewage to Winnipeg instead of Selkirk.

The municipality is dealing with failing septic fields within the Red River Corridor. In 2009 the province mandated that the septic fields be phased out, and the municipality is establishing permanent sewer infrastructure in a series of phases.

Because the City of Winnipeg dumps raw sewage from its combined sewer outfalls about 22 times a year on average into the Red River, St. Andrews residents are the unlucky recipients.

"The pollution affects us," said Sul. "That's what residents are so upset about because [their] sewage is going uphill to the North End treatment plant rather than to Selkirk, and they watch raw sewage coming back down the river. They have the photos."

Communities along the east side of Lake Winnipeg's south basin were hammered this year by algal blooms, which are made worse by the lake's zebra mussel infestation. Mussels filter the water, allowing sunlight to penetrate deeper into the water column, which in turn facilitates algae growth.

"Between the algae blooms and the zebra mussels, we're really having a terrible time," said Danwich.

With thousands of zebra mussels washing up on beaches, the RM of Alexander teamed up this summer with property owners and the former provincial department of Sustainable Development (now Conservation and Climate) to initiate a pilot project for their removal from Hillside Beach. The goal was to determine how well the cleaning equipment worked and whether a long-term program should be implemented.

The one-day clean-up of about 400 feet by 24 feet of beach entailed the use of a tractor with a specialized sweeper and other equipment rented from the province. The mussels were trucked to the Traverse Bay landfill facility by special permit from the province as zebra mussels cannot be moved.

In total 30,000 pounds of mussels (including other debris) were removed at a cost of \$6,700.

"This is new territory for everybody, but we're going to try our best," said Danwich. "They're there one day, you clean it up and they're back the next day. It's really tough."

Christmas celebrations continue in Arborg this weekend

By Evan Matthews

Little snow and mild temperatures hopefully won't deter Interlakers from coming out to Arborg, as the community readies for its second weekend of Christmas celebrations.

Arborg Legion's clubroom manager Gail Mather said the goal this weekend is to have engaging activities in order to have families out and about, participating with one another throughout an array of events.

"Most everything is at no cost. Like the Heritage Village will be putting on hay rides," said Mather.

Originally, it was supposed to be sleigh rides, but Mather said there might not be enough snow. Rides go from 11 a.m. to 2 p.m.

"They'll be offering hot chocolates and things like that. There will be skating on the river, ice conditions permitting," she said.

Interlake Co-op - Arborg has donated hotdogs, and organizers will be having a bonfire and wiener roast near the river, she said, again, all for free.

Events will begin on Saturday, Dec. 7, with a pancake breakfast at the legion from 9 to 11:30 a.m.

The Kids' Christmas Market —

formerly known as Santa's Store — will be happening at the legion as well, providing an opportunity for kids to surprise mom and dad.

"There are all kinds of presents for the kids to pick for their parents, grandparents, sisters or brothers, whoever they want," said Mather, adding gifts are pre-wrapped and cost \$5.

"Then they take it home and nobody knows what their Christmas present is," she said.

All proceeds from the pancake breakfast and the Kids' Christmas Market will be donated to the

Christmas Cheer Board, according to Mather.

Of course, Christmas without Santa would be unfathomable, and Mather said the jolly elf is scheduled to make an appearance at the Santa Parade sat 4 p.m., with a meet and greet on the Library Park Stage to follow.

The community will then take part in the annual lighting of the Christmas tree, with a perogy dinner at the legion from 4 to 7 p.m., with proceeds going to the Reechka Ukrainian Dance Club.

Loaf and Honey faces hurdles with cheese production

By Jennifer McFee

A culinary company with local roots is facing a situation that's not so sweet.

Loaf and Honey, made up of husband-and-wife team Dustin Peltier and Rachel Isaak, has spent the past three years trying to find a way to continue the legacy of a raw milk cheese made in Manitoba for more than 100 years.

The centuries-old recipe travelled across the ocean from France in 1893 and then across the country from Quebec in 1918. Since then, the Monk-style cheese has been made at the Trappiste Monastery in Holland, Man.

There, the monks made more than 9,600 wheels of cheese each year using a labour-intensive process. Distributed through a local wholesaler, this cheese remained a delectable ingredient for decades in the kitchens of many families and chefs, including Peltier and Isaak.

Since the monks were aging out of cheese production, Peltier and Isaak embraced their entrepreneurial spirit and asked the monastery's expert, Brother Alberic, if he would take on a protégé. Brother Alberic agreed, and the pair spent the next year learning how to make the history-infused cheese. They wrote up a business plan, built a commercial dairy processing facility and began production. Their product underwent testing by the Department of Agriculture, but they are yet to receive permission to proceed.

Last week, the pair announced that they have no more funds to continue trying to produce their prairie tradition cheese using raw milk.

"This is not only our story; it's the story of how artisanal food production across the province is being cut down by fear of liability. Governmental departments refuse to assume any risk, and our food culture is the blander because of it," they wrote in a press release. "This is the story of how the Department of Agriculture has brought us to our knees."

Since raw milk can contain bacteria that's not suitable for human consumption, the aging process is important.

"Regulations across Canada dictate that when batches of raw milk cheese are tested as too high in bacterial count, the cheese-maker must age the cheese for more time, where the aging process naturally produces microbes and cultures that lower the bacterial count and render the cheese delicious rather than dangerous," the release stated. "It's how the raw milk cheese industry works across Canada. And in Europe. And in the U.S.A. But we came to find that it is not how it works

in Manitoba anymore."

Peltier told the *Tribune* that they invested \$65,000 to build their own cheese plant and buy equipment since the Department of Agriculture indicated that they couldn't just rent out a commercial kitchen to make their product.

"We have also spent more than \$20,000 on testing requirements that, had we been able to test at the U of M, it would have cost us around \$2,000. We have had to discard or roughly \$50,000 worth of product," he said.

"In that \$50,000, there were many batches that if we were allowed to age longer — a practice that happens in our industry — they would have been good to sell. Although we passed their required tests on numerous occasions, we were told we did not pass them good enough or we made changes so those tests didn't count."

Loaf and Honey's catering business has been financing their cheese company, making funds very tight for the past few years. Dustin's parents Gary and Silver are also involved with some daily operations of the cheese company, which allows Peltier and Isaak to continue with their catering.

"It's like we're being punished for doing it the right way — and it's not just us. There are a lot of other small processors that are dealing with sliding regulations or interpreting regulations differently," Peltier said.

"Nobody is able to make a go of it or you have to have such deep pockets as a processor to fight through and sift through all the regulations to be able to get ahead."

A spokesperson from the department of Agriculture and Resources Development provided a statement about its role and requirements.

"Manitoba Agriculture and Resource Development is responsible for overseeing the safety of food processed in provincially permitted establishments. This may require a processor to demonstrate that their process results in safe food. The province does pay some initial testing for the producer upon start-up, and surveillance testing on finished products. All testing is completed at a third-party, accredited lab," the spokesperson said.

"It's important to note that cheese made from milk that has not been pasteurized to kill pathogens poses a greater risk to consum-



EXPRESS PHOTO BY TAMARA LENTZ

Rachel Isaak and Dustin Peltier of Loaf and Honey say they have no more funds to continue producing traditional raw milk cheese.

ers and has been linked to numerous food borne illness outbreaks. A consistent, validated production process must be followed, which includes lab testing at a third-party accredited lab. If a producer is able to meet all the appropriate standards and consistently produce a safe product, they are free to sell their product to the public. The department takes all matters regarding food safety very seriously."

Looking ahead, Peltier and Isaak plan to move forward with making a modified version of the traditional cheese using pasteurized milk.

"We're going to make it the same way that we make the other cheese," Isaak said. "It will be the same idea but we'll be making it with Stony Brook's milk, which is an organic milk out by Steinbach that is not homogenized."

They're also looking at producing a ricotta cheese, but they need to build up enough demand to make it worthwhile.

So far, the couple hasn't had the chance to speak with Brother Alberic about the situation since the mon-

astery has shut down in the last two weeks and he is currently in the process of moving.

For anyone who feels compelled to show support, Peltier and Isaak suggest writing letters to the Department of Agriculture to express their opinions.

"There is potential that the new minister could be more willing to work with small processors," Peltier said. "We're trying to get sitting at the table and sorting things out. That's the frustrating part."

For more information about Loaf and Honey, visit www.loafandhoney.com or follow the business on Facebook or Instagram.

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Crime wave means more than bad choices

By Evan Matthews

Teulon is in the middle of a municipal byelection, as candidates prepare for voting on Dec. 11.

And one of the topics to come up at the forum held last week is definitely relevant to all rural Interlake communities.

“Crime and drug use are on the rise in the city, but it’s everywhere and it’s spreading,” said a concerned resident, addressing the mayoral and councilor candidates.

“What strategies do you have, if any, that can provide residents with confidence and a feeling of safety in this bedroom community?”

With the robberies at Manitoba Liquor stores, rising violence in the city, and increased methamphetamine use, this is a completely fair question.

Just a couple weeks ago, some Interlake business owners expressed concern over some of the city’s troubles migrating to rural communities after MLCC announced changes coming to its procedures.

Most candidates referred to the rural solution as being an increased police presence or a community watch-type-approach — or “tough on crime”

— which may or may not be true, depending on your views.

What is troubling, though, is the lack of conversation about how this is not only a legal issue but a public health issue as well.

Only one candidate — to her credit, it was Robin Nishibata — discussed bringing together RCMP and the regional health authority for an educational-type approach, in congruence with an increased police presence on the streets.

When society talks about crime, the conversation is so often tied to addiction and drug use. Addiction and drug use are so often tied to socioeconomic hardship and poverty.

Sick people are a symptom of a sick society.

Poverty, lack of mental health services, mental illness and a society that is seemingly experiencing more and more individual isolation are very real issues we face every single day.

This is not a justification for those who make bad choices. It’s why the law is in place; it’s why we have police.

But when isolated incidents start to become trends, even norms, we need to ask the question, “Why is this the

case?”

Bringing together police and regional health authorities to combat this issue simply seems like the reasonable choice.

By engaging youth and providing education, society has the opportunity to prevent addiction before it happens.

People will still fall through societal cracks, and addiction will always be a real danger. But minimizing the number of those affected should be society’s ultimate goal.

It seems like common sense — youth engagement, education, rehabilitation programs and open dialogue will go a lot further in motivating those most oppressed, as opposed to using the intimidation tactics we’ve seen continuously fail throughout generations.

Yes, crime and drug use are on the rise. Yes, it is likely for it to spill into rural communities if not handled appropriately.

But take a look around. Are there other issues within our communities, as well?

What is the strategy you want to take?

Manitoba RCMP Selective Traffic Enforcement Program set to begin

Submitted

The annual RCMP Selective Traffic Enforcement Program (STEP) kicked off on Sunday, Dec. 1 and will continue up to and including Jan. 1, 2020.

All RCMP detachments and traffic services units throughout the province will be participating in the program with the focus once again being on the detection and apprehension of impaired drivers and other high-risk

driving behaviours.

Last year, over 11,700 vehicles were checked during 262 checkstops that resulted in 105 people charged with Criminal Code impaired driving offences and 30 roadside suspensions. Five people lost their lives in traffic-related collisions.

“The RCMP is committed to ensuring the safety of everyone travelling on Manitoba roads and educating the

public in safe driving practices continues to be our priority,” said Insp. Chris Moore, officer in charge of “D” Division traffic services. “We are doing our part by raising public awareness about road safety and conducting traffic enforcement programs. The driving public have to do their part by adjusting their driving habits to make Manitoba’s roads safer.”

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Premier welcomes new MLAs to committees of cabinet

Submitted by Manitoba government

Premier Brian Pallister welcomed MLAs taking their oaths as part of new responsibilities as members of cabinet committees, as committee meetings get underway.

"I welcome these fine MLAs as they broaden the scope of their roles and responsibilities. Their intelligence, drive and vision will serve them well on these important committees as we move Manitoba forward," said Pallister.

Audrey Gordon (MLA for Southdale) has been appointed to the Treasury Board Committee of Cabinet and the Gender-Based Violence Committee of Cabinet.

Josh Guenter (MLA for Borderland) has been appointed to the Economic Growth Committee of Cabinet and the Public Sector Compensation Committee of Cabinet.

Dennis Smook (MLA for La Verendrye) has been appointed to the Economic Growth Committee of Cabinet and been named legislative assistant to the minister of economic development and training.

Janice Morley-Lecomte (MLA for Seine River) has been appointed to the Regulatory Accountability Committee of Cabinet and remains

on the Gender-Based Violence Committee of Cabinet, in addition to retaining her existing responsibilities as legislative assistant to the minister of families.

Andrew Smith (MLA for Lagimodiere) has been appointed to the Economic Growth Committee of Cabinet, in addition to retaining his existing responsibilities as legislative assistant for the minister of sport, culture and heritage.

Ian Wishart (MLA for Portage la Prairie) has been appointed to the Regulatory Accountability Committee of Cabinet in addition to retaining his existing responsibilities as legislative assistant to the minister of education.

James Teitsma (MLA for Radisson) has been appointed to the Treasury Board Committee of Cabinet, and remains on the Economic Growth Committee of Cabinet.

Alan Lagimodiere (MLA for Selkirk) has been appointed to the Treasury Board Committee of Cabinet.

Bob Lagasse (MLA for Dawson Trail) has been appointed to the Poverty Reduction and Social Inclusion Committee of Cabinet.

Shannon Martin (MLA for McPhillips) has been appointed to the Regu-

latory Accountability Committee of Cabinet.

Additionally, the following MLAs were named as legislative assistants to ministries:

- Scott Johnston (MLA for Assiniboia) has been named legislative assistant to the minister of finance.
- Len Isleifson (MLA for Brandon East) has been named legislative assistant to the minister for health, seniors, and active living.

The following MLAs retain their current legislative responsibilities:

- Derek Johnson (MLA for Interlake-Gimli) remains on the Treasury Board Committee of Cabinet.
- Andrew Micklefield (MLA for Rossmere) remains on the Regulatory Accountability Committee of Cabinet.
- Wayne Ewasko (MLA for Lac du Bonnet) retains his responsibilities on the Planning and Priorities Committee of Cabinet.

"I look forward to the meaningful contributions to our decision-making by these elected representatives, who know that we are better and stronger to-



Derek Johnson
MLA Interlake-Gimli

gether as we work to make Manitoba Canada's most improved province," said Pallister.

Bezan pleased to remain Shadow Minister for National Defence

Submitted

James Bezan, member of Parliament for Selkirk-Interlake-Eastman, recently issued a statement in response to the announcement of the Conservative Shadow Cabinet for the 43rd Parliament:

"I want to thank our Conservative Leader Andrew Scheer for giving me the honour to continue to serve as the Shadow Minister for National Defence.

"Our Shadow Cabinet team combines experience and strength to hold Justin Trudeau and his Liberal government to account. I look forward to working alongside my colleague Richard Martel, member of Parliament for Chi-

coutimi—Le Fjord as the Associate Shadow Minister for National Defence.

"Thank you to all the brave men and women of the Canadian Armed Forces and their families for the sacrifices they make every day to keep Canada the true north strong and free. In executing my duties as the Shadow Minister for National Defence, I will be fighting for you while you fight for us.

"I will continue to hold Minister Sajjan and the Liberals to account to ensure that they no longer mismanage military procurement, and we are using our forces in Canada's best interests and supporting our allies."



James Bezan
MP Selkirk-Interlake-Eastman

ATTENTION RESIDENTS OF THE RURAL MUNICIPALITY OF GRAHAMDALE

Share Your Views

concerning the proposed relocation and expansion of a beef operation
Gall Family Farm (TRC 12-062)

The Manitoba government has received a proposal from Gall Family Farm Inc. to relocate and expand its operation from 654 to 903 Animal Units at NE 33-26-8WPM and NW 33-26-8WPM.

If you would like to share your opinion concerning this proposal, you are invited to contact the Manitoba government by sending either a letter or an email with your name clearly identified to (TRC@gov.mb.ca) specifically referencing **TRC 12-062** no later than January 8, 2020. After this date, the proposal will be dealt with by the Livestock Technical Review Committee.

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry.

For more information

If you would like more information on this topic, please visit http://www.gov.mb.ca/mr/livestock/public_registries.html or the Rural Municipality of Grahamdale at 23 Government Road, PO Box 160, Moosehorn, Manitoba, R2C 2E0.

Technical Review Co-ordination Unit
Municipal Relations
604-800 Portage Avenue
Winnipeg, MB R3G 0N4
Fax: (204) 948-4042



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> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net



Don't give the girls your ice holes

Hi gang. Once again, I think we should thank the Provincial Road guys out of Selkirk for civilizing the 320 road out to Breezy Point. Just days ago, it was flooded over because of the ice jam on the Red River. As soon as the water receded, they got out there and pushed off the ice.

Driving along what used to be a gravel road last week, I was presented with a good surface. Graded ridge rows of ice chunks on either side were piled truck-wheel high. The trees beyond the road held sheets of ice imprisoned on their trunks like table tops, a grim reminder of how high the flood waters had been.

At the Breezy boat landing, the ice was flat and I saw a young chap kneeling over one of his fish finders. He was maybe 10 car-lengths out on the ice. As I left Old Red, I yelled, "Did you catch anything?"

"I just got here," he called back.

My boots made a crunching sound as I made my way out to him. The dusting of snow over the ice gave good footing. Soon I was standing beside a brown-bearded, thin and agile guy.

"Hi, I'm Arnie Weidl, looking for a fishing story," I said handing him my card.

"Oh, I'm Chad Leganchuk from Stonewall. Yeah, I think I can give you one," he responded.

"My Grampa Albert used to live by Erickson and we fished Audy and Jackfish Lakes. We had a family aluminum boat that everybody used with an old nine-horse Merc motor and an electric trolling motor."

"That Merc," Chad grimaced, "it would never run!"

It was Grampa's motor and he wouldn't let anyone but himself repair it. Unfortunately, he was not a good mechanic and would forget to put all the parts that were supposed to go back in it! Time after time, Chad, Gramps and other men in the family would get the boat out on the water. Even though Albert swore he had fixed that old Merc, it would refuse to start. As always, they would crank up the trolling motor and get on with fishing.

This exercise in frustration went on for some 12 years until Albert became too old to go fishing so he gave the boat, the Merc and the trolling motor to Chad. Chad still uses the boat and trolling motor but the Merc hangs silent, as was its lot years ago, in a special place on the wall of his garage. Every time he goes near it, though, he gives it a little touch in memory of Gramps.

You may remember enjoying Cindy Kovach's story that I shared with you back in September about fishing with her sister on the Winnipeg River on floating lounge chairs. Turns out, her sister Shary Cormier has a winter ice fishing story for us. Last winter, the girls went to fish one of their favourite spots on the Red River, but when they got there three grey-haired brother anglers had already taken their spot. Shary and Cindy, having been hardcore fishers for years, didn't take offence but chose to set up close by. They put up their portable ice shack



EXPRESS PHOTO BY ARNIE WEIDL

Shary Cormier with her prize giant jackfish catch.

and began auguring ice holes with their hand auger. Yes, I said a hand auger!

As Shary toiled at making a hole, she saw one of the men looking her way with a condescending smile. She called out, asking if the guys would make a couple of holes for them.

"No, we're almost out of gas," the smiler said.

"Well you've made a lot of holes and I've made one. Could we use one of yours and put our tent over it?" Shary asked.

"Oh, let them have one," another of the trio said to his friends.

So Cindy took the hole in the tent and Shary took the one outside. Soon the girls began catching fish. They could feel the three men who were fishing in the open wondering why the girls were catching and they weren't! Time after time, the ladies would catch a

fish and toss it onto the ice to the dismay of the men. Then, well into morning, Shary felt a hard hit. The end of her little rod shot down the hole.

"Don't muscle it," Cindy cautioned as she came to her side.

They looked down the hole to see a huge hooked jackfish stop sideways, broadside of the hole. Shary let out just a little line and the fish sank lower in the water. As soon as the head was abreast of the hole, she hauled up. It worked! The fish's head and part of the body thrust up the hole, its tail thrashing in the water. Cindy leapt forward and grabbed it by the gills, hauling it onto the ice. There laid a near four-foot long jack! The men stood transfixed for a moment. Then, with exclamations of frustration, they turned, packed up their gear and left.

Till next time. Bye for now.

> COMPETITION, FROM PG. 2

and our main focus is the seniors," said Artimowich.

"Some might not get out to see these things on their own. It's tough to get out driving and looking at lights. ... For me, looking at Christmas lights with my mom are some of my fondest memories.

"I think if we can include families in this, too, it'll bring us all together."

Following the Christmas lights competition, Artimowich said stu-

dents from Alf Cuthbert School will make decorations for the community tree, and "at some point in the coming weeks," the community will have a tree lighting at Wayside Park in Moosehorn.

The RM is accepting entries until Dec. 6, with tours starting immediately following, Artimowich said.

The tree lighting date will be announced soon, she said.

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P Is the Perspective biased?



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Coalition to Save Lake Winnipeg outlines pollution problem and political inaction

By Patricia Barrett

It was standing room only last Saturday at the St. James Legion in Winnipeg where the newly formed Coalition to Save Lake Winnipeg held a public meeting to address the demise of the 10th largest freshwater lake in the world and inaction by the Manitoba government.

Composed of property owner associations and First Nation communities from both the north and south basins of the lake, the coalition was formed this fall to get the government to take immediate action to stop polluters from destroying the lake.

It has been a quarter century since the advent of Lake Winnipeg's massive algal blooms, yet there's been no sign of abatement to phosphorus being discharged into the lake. Phosphorus sparks blue-green algal blooms that are toxic to fish, wildlife and humans.

"It was recognized that it was incumbent on citizens, stakeholder communities and governments to work together to save Lake Winnipeg," said coalition and Hillside Beach Community Association member Lynette Froese, explaining why the grassroots group formed.

Among the 150 attendees were Village of Dunnottar Mayor Rick Gamble, Fisher River Cree Nation Coun. Vince Crate, Barry Verbiwski of Netley Marsh Waterfowl Foundation, Muriel Smith and Sharon Baker of People for the Preservation of the Willow Island Coastal Wetlands and NDP environment and climate change critic Lisa Naylor.

The Lake Winnipeg Foundation

(LWF), Hog Watch Manitoba and Ducks Unlimited provided an overview of industries and practices detrimentally affecting the lake.

LWF's Alexis Kanu provided an update on Winnipeg's North End Water Pollution Control Centre, saying it's the fourth largest emitter of phosphorus in Canada and has not met its provincial licensing requirement under the Environment Act to reduce the nutrient to 1 mg/L of treated effluent.

The North End plant releases "three and a half times" the stipulated limit in its licence, she said. An average of "600 kilograms of phosphorus are released into the Red River every single day and makes its way downstream to Lake Winnipeg."

This summer the LWF and the International Institute for Sustainable Development recommended the city use ferric chloride — which binds phosphorus — as an interim measure until it can upgrade the plant. The city rejected the proposal, saying it wouldn't be able to handle a resulting increase in sludge.

In October, the city passed a motion to "begin to take steps" in 2020 to examine interim phosphorus removal strategies, said Kanu. While that's a positive step forward, there are drawbacks.

"The testing is not occurring at the plant itself. It will be done through lab studies and computer modelling, so we're not going to see any change at the plant during the testing period," said Kanu. "Second, there is no timeline to the testing, so while it begins in four months, we don't know how long it will last. And there's still no re-



Alexis Kanu from the Lake Winnipeg Foundation.



Vicki Burns from Hog Watch Manitoba.



Pascal Badiou from Ducks Unlimited.

quirement for an interim phosphorus removal solution in the provincial operating licence for the plant."

The North End plant represents about six per cent of the phosphorus entering the lake, and agricultural activities are another source, via snowmelt and heavy rainfall events.

According to the report State of Lake Winnipeg 1999 to 2007, agricultural activities (2002 data) were responsible for 15 per cent of the phosphorus entering Lake Winnipeg.

Vicki Burns of Hog Watch said the agricultural industry itself has suggested its phosphorus contribution is one per cent. But the problem is there's no "current" scientific data to back that up or it's not being made accessible.

Yet the Manitoba government has "set a goal" to increase production in Manitoba to 10 million pigs a year, said Burns. In 1990, Manitoba had two

million pigs, which rose to eight million in 2005 with the growth of industrial hog operations containing thousands of pigs under one roof.

Data between 1994 to 2001 show phosphorus loading to the lake from agriculture in Manitoba at 937 tonnes per year, making it the largest contributor of any source, according to a chart from Manitoba Water Stewardship.

Burns said hog manure is a good fertilizer, but "we don't have any real solid data on how much phosphorus might be in the runoff from fields that have hog manure spread on them. Let's collect scientific data ... and that will help us make decisions about whether barns should be allowed to expand or whether they should be downsized because right now it's theoretical."

Continued on page 16

Arborg and Bifrost-Riverton mark economic growth, positive working relationship in 2019

By Patricia Barrett

The Mayor of the Town of Arborg and the Reeve of Bifrost-Riverton provided highlights of their respective communities' achievements during the Central Interlake Chamber of Commerce's gala evening Nov. 23 at the Arborg hall.

A number of projects this year were launched in both jurisdictions, marking continued economic growth.

Arborg Mayor Peter Dueck said he'll continue to work on promoting opportunities for entrepreneurs and job creation in the community and lobbying for a new ageing-in-place/personal care home that the town and the municipality had jointly proposed to the province about five years ago.

Dueck said the town has been a hive of construction this year. He cited the re-construction of PR 326, which connects Arborg to metal-working shops

north of town, the development of 12 residential apartments on Third Avenue, new residential lots being developed by Doug Buchko at the north end of town, and 14 new residential lots being developed on the west side of town.

Council has authorized the installation of new sidewalks on Crosstown Avenue and on St. Phillips Drive all the way to the Riverdale Workshop.

"And we continue to partner with the Water Services Board to ensure our water treatment plant and water distribution lines are adequate to accommodate and sustain the future growth of our community," said Dueck. "Arborg is open for business and we anticipate this will continue to snowball in the next couple of years."

The mayor thanked the municipality of Bifrost-Riverton, Buchko and the province for their investments in the



Arborg Mayor Peter Dueck



Bifrost-Riverton Reeve Brian Johnson

area.

"Our community is growing and there's a tangible optimism around town," said Dueck. "With develop-

ment and progress comes necessary infrastructure upgrades."

Continued on page 16

Crowds re-discover annual Christmas traditions



EXPRESS PHOTOS BY LANA MEIER

Photos clockwise from top left: Mayor of Gimli Lynn Greenberg had the honour of plugging in the lights at the tree lighting ceremony; Jorian and Atley McBurney Vann enjoyed banana bread while listening to the Westshore singers carolling outside of Flatland Coffee Roaster; Santa made his debut at the Gimli parade who followed a number of floats and ATVs.

Manitoba 150 kicks off a year-long celebration with Illuminate 150

Submitted

The Manitoba 150 Host Committee Inc. (Manitoba 150), is excited to invite Manitobans to kick off a year-long celebration of our province's 150th anniversary at a free, family-friendly event on Dec. 14. This event kicks off the 150-day countdown to Manitoba Day 2020.

"Illuminate 150 is the first of many big events we're planning in celebration of Manitoba's 150th anniversary," said Stuart Murray and Monique LaCoste, co-chairs of Manitoba 150.

"We're setting the tone with a kick-off event that will get Manitobans into the spirit of Manitoba 150 with some exciting and unexpected moments. With the flip of a switch, the Manitoba legislative building will glitter with a memorable lighting display as we begin the 150-day countdown to Manitoba Day."

Illuminate 150 will transform the Manitoba legislative building and grounds into a dazzling display, illuminated by more than 300,000 LED

lights and Manitoba-inspired installations from Lights of the North. These will remain in place to shine a light on the beauty of Manitoba until July.

"The Manitoba Legislative Building is the perfect place to kick off Manitoba 150, and we are honoured and excited to host the first major event to celebrate our province's sesquicentennial," said Premier Brian Pallister. "I invite all Canadians and former Manitobans from near and far to join us in celebrating our province's past, present and future."

With a spectacular array of more than 300,000 LED lights and a variety of family-friendly winter activities, Illuminate 150 on Dec. 14 has something for everyone and promises to be Instagram worthy.

Illuminate 150 Kick-Off Celebration

Illuminate 150 festivities take place at the Manitoba legislative building and grounds on Saturday, Dec. 14 from 3 p.m. until approximately 7 p.m.

Guests who need a quick warmup can head indoors for the Manitoba Legislative Building 2019 Open House, which runs from 3 to 5 p.m.

3 to 5 p.m. – Manitoba Legislative Building 2019 Open House (Donation of non-perishable food item for the Christmas Cheer Board is encouraged)

3 to 7 p.m. – Illuminate 150 outdoor activities, programs and DJ

5:30 p.m. – Formal welcome (Assiniboine Avenue side)

5:35 p.m. – Flip of the switch to illuminate the Manitoba legislative building and grounds

Manitobans of all ages are invited to enjoy a variety of free activities including:

- snow tube races and snowshoe obstacle course,
- free gourmet hot chocolate and coffee,
- interactive displays from Lights of the North,
- and more!

In addition, merchandise and food

trucks will be on site.

The lights of Illuminate 150 will remain in place until July, providing a beautiful backdrop for a year of celebration.

Illuminate 150 is a chance for Manitoba to unite in celebration during the kickoff and throughout 2020.

Additional information on Manitoba 150 can be found at www.Manitoba150.com.

The year 2020 will mark 150 years since Manitoba became Canada's fifth province. The Manitoba 150 Host Committee Inc. (Manitoba 150) is an independent, not-for-profit organization overseeing commemorative activities in celebration of our province, its beauty, people, culture and history throughout 2020.

Manitoba 150 supports initiatives and events that cultivate pride in our province, foster a profound connection with our diverse cultures and, above all, unite us in celebration.

Riverton MCC Thrift Shop celebrating 40 years

By Patricia Barrett

The Riverton MCC Thrift Shop will be celebrating its upcoming 40th anniversary with a community appreciation event and special discounts on merchandise.

The Mennonite Central Committee (MCC) opened the Riverton thrift shop on Dec. 14, 1979, in a small former bus garage, grossing \$14,607.54 in its first year of business, according to financials shared with the *Express*.

The shop's 2019 projected revenue is \$270,000, with \$100,000 going towards local initiatives after operating costs and disbursements.

"People have a heart for the less fortunate, and we have a strong organization made up of staff and volunteers," said the thrift shop board's acting president Henry Reimer, who's served on the voluntary board for five-plus years.

The thrift shop is a valuable resource for people in the local community, as well as for those from outside the area. It stocks largely donated items such as gently used clothes (including suits and dresses), handbags, jewelry, knickknacks, electronics, small appliances, housewares, hardware and furniture. It also sells products made by Manitobah Mukluks. Inventory fluctuates depending on donations.

Reimer said the shop is often referred to as Riverton's big box store.

The shop receives donations from the local community, Interlakers, cottagers and people from as far as Winnipeg and Steinbach. It even receives periodic donations from hotels. Excess donations are shared with other charities such as the Union Gospel Mission and Charity Mission.

MCC saw a need to help the community by providing gently used items at affordable prices and to also be "a friend to those who enter our premises."

"Visionaries saw a need for lower cost products and recognized the needs of those living in poverty," said Reimer. "That's what the Mennonite Central Committee's mission is — to assist people with various needs. We're very blessed to have this inflow of donations."

MCC operates over 100 thrift shops in a number of provinces across Canada and in several states across the U.S. The shops support a worldwide ministry of Anabaptist churches, which respond to acute local and global basic human needs and contribute to relief projects. MCC also works for peace and justice around the world.

The first MCC thrift shop was opened in 1972 in Altona and has grown to 17 stores across the province. The Manitoba shops contribute approximately 32 per cent of the total money raised by MCC.

The Riverton shop employs 1.5 full-time staff members and has several volunteers generously donating their time to help with the operation, said Reimer.

People are encouraged to donate whatever gently used goods for which they no longer have a need.

"I hear comments that people don't know where to take their stuff," said Reimer. "Our thrift shop is open to anybody that has items they don't know what to do with it."

The 40th anniversary celebration will take place on Saturday, Dec. 14, with



EXPRESS PHOTOS COURTESY OF HENRY REIMER

Riverton MCC Thrift Shop today.



Riverton MCC Thrift Shop as it was in 1979

board members in attendance and cake and refreshments for customers. The day may include a silent auction. The week prior to the big event will entail an enhanced retail experience, said Reimer.

"Our plans are to do a bit of a blitz and offer some discounts Tuesday to Friday and a spin-to-win event to add a little more excitement to the shopping experience and as a thank you to the community for supporting the

mission."

The Riverton MCC Thrift Shop is located at 18 Reggie Leach Dr., near the walking bridge. The 40th anniversary event will be held during Saturday's regular store hours from 10 a.m. to 3 p.m.

For more information, call 204-378-2967. For more information about MCC and its thrift shops, visit thrift.mcc.org.

Coldwell Lundar Community Foundation 24-Hour Giving Challenge success

Submitted by Irene Runolfson

Faithful supporters came out to help grow the Coldwell Lundar Community Foundation, in spite of very icy road conditions on Nov. 16.

A total of 40 gifts were received by the Coldwell Lundar Community Foundation (CLCF) and, together with the stretch dollars that applied, \$10,997.97 was added to the permanently endowed funds.

On Nov. 16, Manitoba's community foundations received extra support during the Endow Manitoba 24-Hour Giving Challenge.

Gifts were stretched during the 24-Hour Giving Challenge. For every \$5 donated, The Winnipeg Foundation added \$1, up to a maximum of \$2,000 per foundation and the Manitoba

government also added \$1, up to a maximum of \$2,000 per foundation so every \$5 became \$7.

A luncheon was provided and served by board members in recognition and appreciation to the donors. It was a time of sharing foundation news, fellowship and a chance for donors to see their support in action.

Highlights of the CLCF's past 15 years of incorporation was on display in a "path" formation. It is because of dedicated supporters that in nine years CLCF has been able to amass its first half-million in endowed funds. What this means to annual granting is heartwarming and exciting. To date, CLCF has granted in excess of \$61,000 back to the community in project support and scholarships.



EXPRESS PHOTO BY IRENE RUNOLFSON

Coldwell Lundar Community Foundation, together with the stretch dollars, raised a total of \$10,997.97 at this year's 24-Hour Giving Challenge.

ESD finding balance between cost of education and declining provincial funding

By Patricia Barrett

The Evergreen School Division and its board of trustees held an information session Nov. 27 to update the community on its five-year education plan and the cost of education.

The informational evening at Arborg Collegiate included division finances, provincial funding, division-funded programs, the role of trustees and strategies to bolster student literacy, numeracy and well-being.

The informational meeting also showcased stories from three students: Briana Oliver from Arborg Collegiate on academic learning; Sheldon Courchene from Riverton Collegiate on extra-curricular learning; and Chris Winko from Gimli High School on leadership and community involvement.

The role of school trustees is to set policies and strategic directions through the education plan, set the budget and monitor the effectiveness of the division's education delivery, finances and operations.

Budgets are formulated with community input, current educational challenges and emerging needs, student and staff recommendations, internal division data and priorities set out in the education plan.

Over the past few years the division noted that it's been faced with challenges because of declining provincial funding. It saw a two per cent reduction in base provincial grants while at the same time facing increas-

ing demands for education services and the need for providing equitable programming to students in communities with different populations. It's also been hampered by a two per cent limit on local taxation and a phased-in reduction of the tax-incentive grant.

The division's primary revenue is derived from provincial base support (36.43 per cent), municipal taxes (39.90 per cent) and other provincial support (22.61 per cent). Regular instruction accounts for the lion's share of divisional spending (51.46 per cent) followed by student support services (17.02 per cent).

As of Sept. 30, the division's eight schools had an enrollment of 1,491 students in kindergarten to Grade 12. The division encompasses an area of 2,424 square kilometres. Twenty-four bus routes transport 975 students each day for a total of 3,951 kilometres per day. A staff of 265 includes 120 principals, teachers and clinicians plus 61 educational assistants.

The division supports 141 students that are not eligible for funding from the provincial government. The division covers funding for its junior kindergarten program: Arborg Early Middle School (21 students), Sigurbjorg Stefansson Early School (42 students), Riverton Early Middle School (14 students) and Winnipeg Beach School (14 students). Junior kindergarten costs the division \$67,000.

Its mature student program, which has 37 students this year, is also not



EXPRESS FILE PHOTO BY PATRICIA BARRETT
Gimli High School students in their band room, which will be expanded because of increasing enrolment in the popular program.

eligible for provincial funding. The program costs \$71,000.

The division also subsidizes extra-curricular and field trips (\$162,061), infrastructure upgrades (\$800,000), reading recovery (\$125,000 a year) as well as additional investments in its popular music program (\$165,000 a year).

The federal government funds Riverton Collegiate for 13 students.

The division's education plan covers 2016-2021 and is based on provincial direction, student achievement data and stakeholder feedback.

Between 2015 and 2018 the division received feedback pertaining to increasing communication efforts, simplifying fees, reducing travel between shared programs at different schools, bolstering learning before kids start kindergarten, improving math outcomes and addressing mental health, well-being and gaps in learning.

Numeracy literacy and well-being make up the primary focus of the education plan, and the division has

incorporated a number of strategies to meet those goals, such as supports for instruction. The division gathers feedback from staff and students about what effective instruction looks or from a principal sitting in during class instruction.

The division also responds to student results by ensuring those who need extra help in certain areas, such as reading, writing and math, are provided with that help. It has a system of tiered instruction that starts with supplemental instruction in the classroom, moves on to small-group instruction and, finally, to one-on-one interventions.

Well-being is supported in the early years with sessions on feelings, self-regulation and expanding one's mindset. Middle years' students are taught about rudeness, bullying and goal-setting based on their strengths and interests. High school well-being is emphasized through proper rest, nutrition and activity, as well as knowing when to disconnect when feeling overburdened and helping out when the community needs a hand.

For more information about the budget or other concerns, email info@esd.ca or visit www.esd.ca.

Interlake cattle farmers being forced to sell livestock

By Evan Matthews

As many in the industry have predicted for close to a year, many family-owned cattle farming operations have begun selling their herds.

On Nov. 30, four different family-owned operations participated in “complete herd dispersal sale” at the Ashern Auction Mart, as the environmental, financial and political climate have decimated their livelihoods.

“In our operation, we don’t make our own hay (feed); we buy it all. Every year, it’s getting more and more expensive, and it’s located further and further away (due to extreme weather in Manitoba),” said Jim Broustal, whose farm is located three miles south of Ashern.

“The price of hay goes up and the price of freight goes up. This past summer we spent somewhere around \$100,000 on hay and \$18,000 on freight,” he said, adding prices have been consistent for the past two years.

Aside from the fact that it’s been near impossible for him to locate the hay and make a purchase, Broustal said he can’t afford it at this point.

In 2019, the math works out to about \$150 per bale of hay (plus transport cost), according to a survey of farmers, whereas even six years ago, the price for a bale of hay was about \$20 (plus transport).

“The government has done absolutely nothing. ... I just wish they had given us something, so I didn’t have to sell my herd. This is the worst weekend of my life,” said Broustal.

“At least help us pay for some transportation cost, \$10 per bale for transport even. ... It would have been better than nothing.

“It’s absolutely terrible. I sat on the ground here yesterday crying when the last truck left.”

‘It’s all we know’

The hardship isn’t just about economics, according to Broustal, as he said he’s raised most of his cattle from birth, and now with no options, is being forced to sell them. There is an attachment to the animals, he said.

Broustal’s parents were cattle farmers before him, and Broustal entered into the industry working with them and then at the stock yards. Eventually, he decided he wanted to farm full-time.

“I’ve kept a few of the older cows

... or cow’s that don’t appeal to bigger farms. Cows that have one horn up and one horn down, for example,” said Broustal, specifying he will keep a small herd, a total of 20 to 30 cattle.

For context, Broustal listed 47 black cows, 60 tan cows, 60 Charolais X cows, 20 mixed heifers Charolais X, and six bulls listed for sale, for a total sale of 193 cows.

“None of us have an education or know how to run a computer. What else are we supposed to do? I just wish I had gotten out two years ago, when prices were better,” said Broustal.

“Besides all of that, I love cattle. It’s all I know. ... I hope the economic and environmental climate improves, and I hope to have my herd bounce back.

“But it’ll never be a herd of 190 again. It might be a total of 40 to 50 at some point in the future.”

Broustal’s cows are currently selling at the auction mart on average for approximately \$1,500 each, even though he had purchased them for \$2,500.

“I’m never getting that money back. It’s just not going to work. A little more help from the government would have been nice. It could have saved a lot of us. We elected our representatives because they said they would help us,” said Broustal.

“But why bother? A lot of us have discussed (spoiling) our vote next time around. ... They don’t do anything for us anyway.”

Many of those purchasing the cattle, according to Broustal, are from Alberta. He said he didn’t know if they intended to buy up land and operations in Manitoba and operate here or if they intend to transport the cows back to Alberta.

The bottom line is that many operations will no longer be local to Manitoba, so whether or not the cows stay in Manitoba is almost irrelevant because the industry’s money will be taken out of province.

“They’ve got lots of resources, lots of (financial) backing,” said Broustal.

Whereas farmers like Broustal are selling off the majority of their herds just to keep their heads above water, others have been more fortunate.

Greg Vince also sold off his herd at the Nov. 30 auction but said he and his wife were getting set to retire anyway, thankfully.

“We’re fortunate,” said Vince.

“But this is because of the lack of feed, and the lack of help,” he said,



EXPRESS PHOTO BY JIM BROUSTAL

Jim Broustal’s cattle herd, many of which have since been sold, are seen crowding around a small amount of feed. Hay prices have increased 750 per cent over the last six years.

confirming what many others have said over the last year.

How did the industry arrive here?

The cattle farming crisis, as labelled by 12 different Manitoba rural municipalities as a “state of agricultural disaster,” has been best defined as an extreme shortage of feed for beef cattle due to the dry season.

The dry season was then followed by excessive moisture at the end of the season, meaning what little hay was produced in Manitoba became difficult — or in some cases impossible — to harvest.

Hay, specifically, had a steep price increase as a result, while at the same time the cost associated with livestock sales is currently very low, according to the Manitoba Beef Producers Association (MBPA).

This has tied the hands of many farmers, in that there is no money to be made on the sale of their herds for the time being, while at the same time it is costing farmers more than ever to feed their herd.

This situation has led to many farmers potentially running the risk of being unable to feed their livestock but also unable to sell for a reasonable price.

Economically, it translates to a massive loss of capital funds, according to the MBPA.

Of anywhere in the province, the Rural Municipalities of Coldwell, West Interlake, Armstrong and Woodlands — the northwest Interlake — are some

of the most affected areas, according to MBPA president Tom Teichroeb.

In September, the Province of Manitoba announced it would be increasing cost associated with renting Crown lands for cattle grazing by upwards of 300 per cent, as well, which in the eyes of farmers added insult to injury, with an additional cost to deal with.

Then in October, the province formally closed the door on any financial aid to cattle farmers during this “agricultural state of emergency,” meaning no relief funds would be handed out.

Former Minister of Agriculture Ralph Eichler told media, “Farming is not for the faint of heart. ... Conditions change on a monthly and weekly basis. ... You can’t rely on government to bail you out every time something happens.”

After the September Provincial Election, a cabinet shuffle occurred and Blaine Pedersen was named to the position of Manitoba Minister of Agriculture. He has not spoken publicly on the issue.

In November, Premier Brian Pallister met with Prime Minister Justin Trudeau to discuss issues affecting Manitobans. The cattle farming disaster did not make the agenda.

Manitoba cattle farmers have pleaded with government to review Business Risk Management programs such as AgriStability, Crop Insurance, Livestock Price Insurance, and Agri-Recovery, but those requests have been met with inaction.

Interlake-Eastern Health Foundation fundraising initiative for clinic and teaching unit

By Patricia Barrett

The Interlake-Eastern Health Foundation (IEHF) announced its commitment to help raise funds for a clinic and physician teaching unit at the Selkirk Regional Health Centre during its Annual General Meeting Nov. 28 at Gimli's Waterfront Centre.

The joint primary care centre and clinical teaching unit is being spearheaded by non-profit numbered corporation 10040899 Manitoba Association Inc., which was established in June. The teaching unit will be led by Selkirk physician and residency program head Dr. Ian Alexander.

The IEHF, the corporation and the Interlake-Eastern Regional Health Authority (IERHA) signed a memorandum of understanding last month to work together to raise funds for the proposed 30,000-square-foot building.

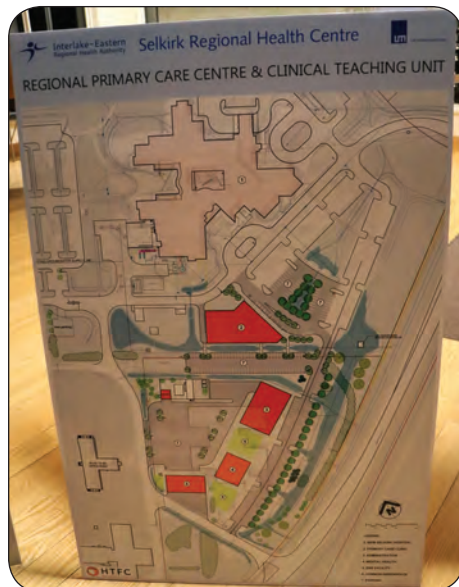
Dr. Alexander said the project will help recruit and retain family physicians in the Interlake and the eastern part of the health region.

"The goal of the clinical teaching unit is to improve access to primary care for all of our regional residents," said Dr. Alexander, who grew up in Selkirk. "We know there are many patients who don't have access to a family doctor in our region, and we know that by growing our own family physicians and retaining them, we will be able to meet that need in our community."

When he was completing the final part of his medical training, Dr. Alexander said he didn't "have the option" of training close to home, and that's why a regional teaching unit is being developed.

Resident physicians will spend time not only in Selkirk, but in Lac du Bonnet, Gimli, Arborg, First Nation communities and "every other community we have in this region," he said.

IEHF board member Glen West said the foundation has set a goal to



Schematic design of the clinic (#2 in red).



From left: IERHA COO Ron Janzen, IERHA CEO Ron Van Denakker and Dr. Ian Alexander.

raise over \$5 million for the clinic and teaching unit.

The total estimated cost of the project is \$15 million, said IERHA CEO Ron Van Denakker. The RHA will be assisting the project by leasing the space to the corporation (which will be getting an operating name in the future) and by providing technology support and facility and property management supports.

"What we're going to do as an RHA is we're going to enter into a lease



EXPRESS PHOTOS BY PATRICIA BARRETT

IEHF board members.



IEHF donors Bob and Wendy McLeary.

agreement with the non-profit corporation and Dr. Alexander and his group are going to enter into a long-term lease agreement with the board as well," said Van Denakker. "We'll basically be partner-tenants for a while until they need the entire space."

The AGM also included a presentation from donors Bob and Wendy McLeary.

Bob said he had undergone three successful surgeries at the Selkirk hospital and decided to donate to the IEHF to support patient services. The couple also said they donated a part

of their inheritance to establish an endowment fund named after their respective parents.

"Our thought was to create an endowment fund that would represent what all four of our parents believed in," said Wendy. "Throughout their lives they shared their kindness and generosity with our family, as well as other people who needed it and with those less fortunate."

For more information about IEHF, call 204-785-7044 or visit www.iehf.ca.

Manitoba introduces legislation that would ensure fairness in public-sector tenders

Submitted

The Manitoba government has introduced legislation that would give all companies equal opportunity to bid or work on provincially tendered infrastructure projects, Infrastructure Minister Ron Schuler announced last week.

"The Public Sector Construction Projects (Tendering) Act will level the playing field for all bidders and give all companies the same opportunities, regardless of union affiliation," said Schuler. "We're committed to ending the practice that workers need to become union members to work on public infrastructure projects, as we

believe it infringes on their rights to determine whether or not they want to be represented by a union."

Manitoba project labour agreements (PLAs) have required employees of non-union contractors to join a union to be eligible to work for their employers on public infrastructure projects. The minister noted such agreements have restricted competition for public infrastructure contracts and hindered government's ability to get the best value for money possible.

"By opening up contracts to greater competition, we expect more competitive pricing and savings for taxpayers," said Schuler. "Competitive

markets allow public-sector entities to obtain the best value for money on their projects, with a larger pool of bidders saving up to 10 per cent of project costs."

The public-sector entities covered by the proposed bill would include provincial government departments, Crown corporations, regional health authorities, universities and school divisions. When such entities tender for construction work, they would have to do so in accordance with the bill's provisions.

The Public Sector Construction Projects (Tendering) Act is part of the government's 100-Day Action Plan.

T Is the story Timely?



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> MEAL IDEAS



Hot Cocoa Pancakes

Heat skillet over medium-low heat or electric griddle to 375 F.

In microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in microwave 30 seconds, or until warm. Stir again to ensure mixture is combined.

Combine cocoa mixture, pancake mix and water. Stir until large lumps disappear (do not beat or overmix). If batter is too thick, add additional 1-2 tablespoons water.

Pour slightly less than 1/4 cup batter onto lightly greased skillet or griddle. Cook 90 seconds, or until bubbles appear on surface. Turn and cook additional 30 seconds. Repeat with remaining batter.

Top pancakes with marshmallow spread and drizzle chocolate syrup, or top with syrup.

Prep time: 10 minutes
Cook time: 2 minutes per pancake
Yield: 12 pancakes (3 per serving)
2 tablespoons unsweetened cocoa powder
1 1/2 tablespoons sugar
1 cup 2% or non-fat milk
1 teaspoon vanilla extract
2 cups Aunt Jemima Original Complete or Buttermilk Complete Pancake & Waffle Mix
1/4 cup water
marshmallow spread (optional)
chocolate syrup (optional)
Aunt Jemima Syrup (optional)



Black Forest Cake

over medium heat. Stir in cherries and cherry brandy, if desired, and boil 2-3 minutes, stirring, until sauce is thick and translucent. Drain cherries from sauce and set both aside.

To make cake layers: Heat oven to 350 F. Line bottoms of three 8-inch round cake pans with parchment paper. Grease and flour bottoms and sides.

In medium bowl, sift flour, cocoa powder, baking soda and salt.

In mixing bowl, cream butter and sugar 2 minutes on medium speed. Add eggs and vanilla; beat 1 minute. Stir in flour mixture and buttermilk.

Pour batter evenly among cake pans and bake 20-22 minutes, or until toothpick inserted in center comes out clean.

Cool and remove layers from pans.

To make stabilized whipped cream: In small pan or microwaveable bowl, combine gelatin and cold water; allow gelatin to bloom. Heat until gelatin melts and dissolves; set aside.

In chilled bowl, whip cream with chilled beaters until soft peaks form. Add sugar and gelatin; beat until stiff.

Prick tops of two bottom layers with fork and brush cherry filling over layers. Sandwich bottom layers with a 1/4-inch-thick spread of stabilized whipped cream. Sandwich second and top layer with same whipped cream. Spread remaining whipped cream over top layer and sides. Garnish with shaved chocolate, if desired, and decorate with any remaining whipped cream.

Servings: 8
Cherry Filling:
1/2 cup Domino Golden Sugar
1 tablespoon cornstarch
1/2 cup water or unsweetened cherry juice
2 cups fresh or frozen pitted tart (Montmorency) cherries
2 tablespoons cherry brandy (optional)
Cake:
1 2/3 cups all-purpose flour
2/3 cup cocoa powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1/2 cup butter, softened
1 1/2 cups Domino Golden Sugar
2 eggs
1 teaspoon vanilla
1 1/2 cups buttermilk
Stabilized Whipped Cream:
1 teaspoon unflavored gelatin
2 tablespoons cold water
2 cups (1 pint) heavy whipping cream
2 tablespoons Domino Golden Sugar
chocolate curls or shavings, for garnish (optional)
To make cherry filling: In medium saucepot, whisk sugar and cornstarch with water or juice then bring to boil



Welcome Winter

snuggle in bed with a good book, and pretend you are relaxing in a cabin in the snowy woods.

Start a big jigsaw puzzle the whole family can work on. Use more candles, to create a sense of light and warmth.

Write in a journal, or, if you have children, write letters they can read when they grow up - in which you share your reflections and your wisdom- they will be treasured.

Do these things, instead of spending time with television or the computer, because they are soul satisfying.

Welcome winter as a time of rest and renewal, as nature intended it to be.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca Follow her on Facebook for daily inspiration.

Winter for some can be difficult, especially when it is cold, dark and long. Those who enjoy winter sports tend to do much better, so these words are for those who find winter a challenge.

Instead of thinking of what you do not like about winter, and comparing it to spring and summer, do a little re-framing. Think of winter as a time of semi-hibernation; a time to rest and renew after a busy spring, summer and autumn.

Allow your focus to move inward, taking stock of where you are, where you are going, and of the blessings you have.

Take classes, or enjoy activities you would not have considered when there were so many summer activities to do.

Cuddle up by the fireplace, or



Browned Butter Smashed Potatoes with Butternut Squash

Prep time: 25 minutes
Cook time: 15 minutes
1 pound (3 medium) Wisconsin yellow-flesh potatoes, cut into 3/4-inch chunks
1 small butternut squash (about 1 pound), peeled, seeded and cut into 1-inch chunks
water
1 teaspoon salt, plus additional, to taste, divided
3 tablespoons butter, divided
8-10 fresh (2-3-inch) sage leaves, stacked and cut into 1/4-inch strips
1/2 cup 1% milk
freshly ground black pepper, to taste
In 3-quart saucepan, cover potatoes and squash with water; add 1 teaspoon

salt.
Bring to boil over high heat; reduce heat, cover and cook until tender, 12-15 minutes.
In small saucepan over medium heat, mix 2 tablespoons butter and sage. Tilting pan and watching closely, cook about 3 minutes, until butter foams and begins to brown; keep warm.
Thoroughly drain potatoes and squash, return to pan and shake 1-2 minutes over low heat. Using hand masher, roughly mash to create chunky mixture.
Over low heat, gently mix in remaining butter and milk.
Season with salt and pepper, to taste. Spoon into serving bowl and drizzle with brown butter and sage.

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> SAVE LAKE WINNIPEG, FROM PG. 9

Compounding the phosphorus problem is the agricultural destruction of Prairie potholes (a type of wetland), which lock in phosphorus.

Pascal Badiou from Ducks Unlimited said within the Lake Winnipeg Watershed, which extends across Alberta, Saskatchewan and Manitoba, about half a million hectares of potholes have been destroyed over several decades in order to increase agricultural yields. Alberta has destroyed 133,000 hectares; Saskatchewan, 250,000; and southwestern Manitoba, 105,000.

Badiou showed aerial images of a half section near Yorkton, Sask., which had over 70 potholes in 1948 and zero in 1995 after the farmer(s) drained them.

"We're producing dramatic changes in these watersheds due to the extraction of wetlands. This is important for Lake Winnipeg because we're taking important sinks for both phosphorus and water and converting those to [phosphorus] hotspots," said Badiou.

"Ducks Unlimited research shows these drained wetlands have, in fact, exported a significant amount of phosphorus. When you drain them, you make that phosphorus [locked in the soil] available. With flushing water through there every spring, all that phosphorus is being sucked out of the soil and pumped downstream to the lake."

At its annual convention in November, the Association of Manitoba Municipalities adopted a resolution asking the provincial government to declare a "State of Aquatic Emergency" and to "take action" as the inevitable outcome will be the "death of the lake." The resolution was sponsored by five municipalities and one town on the east side of the lake. Ninety-five per cent of delegates voted in favour of the resolution.

NDP Leader Wab Kinew asked Premier Brian Pallister in question period Nov. 27 whether he'll abide by AMM's request.

Sidestepping Kinew's question, Pallister said his government will "chal-



Lynette Froese from Hillside Beach and coalition steering committee member.

lenge a rising federal carbon tax" and "reverse the damage to Lake Winnipeg with real measures."

Kinew pressed the Premier on what "concrete steps" his government intends to take, whether he'll support the provincial share of funding to upgrade the North End plant and address phosphorus going into the lake.

Pallister said, "we're taking action on both." He was backed up by his Conservation and Climate Minister Sarah Guillemard, who said, "our plans are real."

Despite statements professing concern about the lake, the Conservatives in 2017 gave the city 27 years to fix its 79 combined sewer outfalls, which can't handle heavy rainfall and snowmelt and are designed to send raw sewage, along with phosphorus and debris, straight into rivers that flow into Lake Winnipeg.

And attempts the coalition made to bring the government into the conversation failed. Coalition steering committee member Fred Veldink from Silver Harbour said he and other members invited several PC MLAs, including Derek Johnson (Interlake-Gimli), Alan Lagimodiere (Selkirk)



EXPRESS PHOTOS BY PATRICIA BARRETT

Attendees from the west side of Lake Winnipeg.



Attendees from the east side of Lake Winnipeg.

and Wayne Ewasko (Lac du Bonnet) to the meeting, but they either didn't respond or indicated they couldn't attend.

Candace Parks from Conservation and Climate was scheduled as a guest speaker but was a no-show.

Steering committee member Gordon Campbell said they also invited representatives from the provincial departments of agriculture, resource development and water management, but they "weren't given permission to come and speak to us."

"We have tried. I know Fred was

diligently trying to contact MPs. And I had written a letter to the Minister of Climate and Conservation [who said] they're concerned about the issue but referred it to the Minister of Agriculture," said Campbell. "And when we tried to talk with the Minister of Agriculture, we basically got no answer, that this wasn't something they're concerned about."

The coalition plans to hold a meeting early in the new year, saying it will look at ways to engage politicians "who won't talk to us."

> ECONOMIC GROWTH, FROM PG. 9

Bifrost-Riverton Reeve Brian Johnson said he recognizes the vast potential of his large, economically diverse municipality, which generates revenue from cottage subdivisions along Lake Winnipeg, tourism, agriculture and manufacturing. And the RM works closely with the Town of Arborg on issues of mutual importance.

The completion of PR 326 next summer will benefit the municipality by encouraging new business and growing the RM's tax base.

"This will have a significant posi-

tive impact on the municipality," said Johnson. "All the manufacturing industries we have will now be able to expand and increase employment, which is beneficial for our area."

Johnson said the past years have been very wet years and that's made it costly for the RM to maintain its roads, which take a beating from semitrailer traffic. With the new highway, trucks won't have to travel so much on municipal roads. But the RM will continue to improve access roads to facilitate the smooth movement of

goods in and out of the region.

Johnson said agricultural drainage activities will also continue in the RM to prevent crop losses in heavy rainfall years.

"The previous council formed an east-west drainage committee with councillors and citizen representatives working together to prioritize projects," said Johnson. "[Drainage] has had a huge impact on our agricultural area. We're not having the losses we used to have."

With the positive momentum evi-

dent in both Arborg and the surrounding municipality, Johnson emphasized the importance of having a strong chamber of commerce to encourage everyone to pull together as a team.

"Businesses can come together, share their vision as well as discuss and debate common issues, which will benefit all of us."

Johnson thanked Mayor Dueck for creating a positive working relationship with the RM.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Comeau, Dinos win Vanier Cup

By Brian Bowman

The Winnipeg Blue Bombers were not the only football team to end a lengthy championship drought during the Grey Cup weekend.

The University of Calgary Dinos won their first Vanier Cup in 24 years after a 27-13 victory over the Montreal Carabins in Quebec City on Nov. 23.

"It was just very surreal for the first few days, anyway," said Riverton's Carter Comeau last week. "Beating them in their home province was huge but I thought we should have beaten them a little more. We would have liked to take advantage of them a little more but we did what we had to do and got the job done."

The Dinos shook off four previous losses in the title game in the last decade to earn their first Canadian university football's championship since 1995.

It's also their fifth Vanier Cup victory in school history.

"Even for the alumni, it's so good to see," said Comeau, an imposing 6-foot-6, 350-pound offensive lineman. "Half of our coaches are alumni, too, so it's good to see them all with big smiles on their faces. It was the first time in 24 years so it's good to see everyone around this team and the university with a lot of excitement."

Injuries plagued the Dinos, especially on offence, early on in the season.

But they survived those injuries to earn a 6-2 conference mark that set them up for four successive post-season victories, including the Hardy Cup, the Mitchell Bowl and the Vanier Cup triumph.



Carter Comeau

Calgary edged the Manitoba Bisons 47-46 in a thriller in the Canada West semifinal and then defeated Saskatchewan 29-4 to claim the Hardy Cup championship.

The win over the Bisons was an exciting one and possibly the turning point in the Dinos' season.

The Dinos then continued to defeat McMaster 30-17 in Calgary to win the Mitchell Bowl on Nov. 16.

Calgary was really, really good down the stretch

"It was the most important time of the year to get hot," Comeau said.

The Dinos, like the Blue Bombers, were clearly the best team in the playoffs.

"I was cheering Winnipeg on this year and they had a helluva team," Comeau said. "I thought that they



EXPRESS PHOTO SUBMITTED

Riverton's Carter Comeau and the University of Calgary Dinos won the Vanier Cup after a 27-13 win over the Montreal Carabins.

would get it done this year. I was rooting for them all year."

After the Vanier Cup win, the Dinos flew back to Calgary on Sunday and then were able to proudly display the trophy at the Grey Cup game.

That's a pretty special experience and a crazy couple of days for the Dinos.

"It was just unreal," Comeau said. "Awesome. It still feels like nothing happened yet. It's still so surreal."

For Comeau, personally, he has one

more year of university eligibility remaining. He started every game for Calgary this past season and played very well.

A professional career is certainly not out of the question.

"I hope it is (a possibility)," Comeau said. "The coaches thought I had a really good year and they would have pulled me out if they weren't impressed with me. I hope it's all worth it in the end and I get a shot at the pros next year."

Call for Nominations for Sport Manitoba's Night of Champions

Submitted by Sport Manitoba

Sport Manitoba is calling on the public and media to nominate those in our sport community for the Night of Champions on March 21 at the Club Regent Event Centre. The annual event celebrates sport excellence in Manitoba by recognizing our province's dedicated and influential individuals and teams.

"It's important to get the word out in our community when we come together to recognize our province's athletes, teams, officials, volunteers and coaches at an event like this," said Sport Manitoba president and CEO Jeff Hnatiuk in a media release. "It's

a time to acknowledge a wide range of remarkable contributions in sport, and we hope to see many eager nominators this year who shine a spotlight on those who have had a positive impact on our sport community."

The Award Categories for Night of Champions are:

- Junior Athlete (Male & Female)*
- Junior Team*
- Open Athlete (Male & Female)*
- Open Team*
- Official
- Volunteer
- Youth Volunteer
- Coach (Male & Female) **

*Junior athletes are those competing in Junior categories as determined by their national sport organization. Athletes competing in Open categories are as determined by their national sport organization.

**Coach of the Year winners are selected from nominations for the Sport Manitoba Coaching Awards.

The voting will be conducted by the Manitoba sports media to select winners for the following categories: Junior athletes, Open athletes, Junior team, and Open team.

A Selection Committee will select winners for Volunteer, Youth Volun-

teer, and Official awards. The Sport Manitoba Coaching selection committee will select the Coaches of the Year.

The nomination deadline is Dec. 15. Nominations are currently open to the public and media for all categories, and eligibility is for performances and accomplishments during the 2019 calendar year.

You can nominate online or submit your nomination via email to events@sportmanitoba.ca.

Tickets for the event go on sale soon and will be available at www.sportmanitoba.ca.

Bantam Lightning blast Central Plains Capitals

Staff

The Interlake Lightning Bantam boys' hockey team had a real nice bounce-back game against the Central Plains Capitals on Sunday.

After getting ripped 7-0 by the Winnipeg Warriors on Saturday, Interlake came right back the next day with a convincing 7-0 win over Central Plains.

The Lightning took a 2-0 first-period lead on goals from Rylan Slatcher and Hayden Wheddon (shorthanded) and then Adam Vigfusson made it 3-0 with a second-period marker.

Wheddon scored a pair to start the third and then Carter Boughton and Nicholas LeClair closed out the scoring.

Wheddon finished the game with five points while Slatcher had three.

Dawson Cowan stopped 24 Central Plains shots for the shutout.

In the loss to Winnipeg, Brett Kaiser (two), Dario Macchia (two), Chase Simon, Jack McFeetors and Lukas Hansen scored for the Warriors.

Dylan LeClair and Cowan shared the goaltending duties for the Lightning.

Interlake will host the Norman Wolves on Saturday (7 p.m.) in Stone-

wall and then will play the Winnipeg Sharks Sunday (2:30 p.m.) in Warren.

The U17 Prep Lightning, meanwhile, lost both of their games against the Eastman Selects last week.

Last Thursday, Interlake was defeated 7-1 by Eastman in Stonewall.

Alexander Kaczorowski scored an unassisted goal in the second period.

Easton Kapelus, Trey Sellen and Kaycee Cole, on the power play, scored for Eastman in the first period.

Carter Johannesson, Derek Jolicouer, Kapelus and Sellen (power play) tallied for the Selects in the third.

Zack Meadows made 36 saves in the losing cause.

On Sunday, the Selects beat the Lightning 8-3.

Connor Crosby, Kaczorowski, and Kai Tymchak scored for the Interlake. Two of the Lightning's goals were scored with the man advantage.

Jolicouer (two), Ty McNaughton, Johannesson, Cole Gratton, Tanner Amos, Reece Belot and Briggs Jowett replied for the Selects.

Meadows faced a lot of rubber as he made 53 saves.

Interlake will host the Brandon Wheat Kings this Friday at 7:30 p.m. in Warren.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Alexander Kaczorowski scored Interlake's lone goal in their 7-1 loss to Eastman last Thursday in Stonewall.

Arborg power play potent in win over Lundar

By Brian Bowman

The Arborg Ice Dawgs took advantage of the Lundar Falcons' penchant for taking penalties on Saturday.

Arborg scored three power-play goals to defeat the Falcons 6-5 in Lundar in Capital Junior Hockey League action.

Logan Clarke had a hat trick for Arborg while Logan Brown, Blaze Bezecki and Tom Moneyas added singles. Daron Monkman had two assists.

Josh Wilkinson led Lundar with two goals and an assist. Ryan Gleich, Jayden Allary and Ronald Johnson also scored for the Falcons.

Allary, Braden Paulic and Elmer Maytwayshing each had two points in the game.

Tre Strachan made 22 saves for the win.

Last Friday, the Ice Dawgs lost 6-5 at home to the North Winnipeg Satellites.

Arborg led 3-1 after the first period but North Winnipeg responded with four second-period goals.

Bezecki scored twice for the Ice Dawgs while Hunter Warman had a goal and two assists. Arborg's Blaine

Wishnowski and Monkman each had a goal and an assist.

Darian Emes (two), Liam McClintok, Easton Walker, Brett Williams and Angel Gjorgievski replied for North Winnipeg.

The Ice Dawgs outshot the Satellites 62-46.

Arborg is back on the ice Thursday when it hosts the Selkirk Fishermen. The Ice Dawgs will then play at Lundar on Saturday. Both games will start at 7:30 p.m.

Lundar, meanwhile, lost 5-3 at home to the St. Malo Warriors on Sunday evening.

Alex Murray led St. Malo with four goals, including three in the first period. Maxime Collette had a goal and three assists for the Warriors.

Paulic scored once and had an assist for Lundar while Derek Benson and Colby Choken also tallied. Wilkinson chipped in with two assists.

Lundar goalie Chris Lesage made 22 saves.

The Falcons will battle the Warriors in Lundar on Friday at 8 p.m.



EXPRESS PHOTO BY LANA MEIER

Ice Dawgs' goaltender Tre Strachan keeps a watchful eye on the play while Thoeren Sumner of Fairford clears the front of the net against the North Winnipeg Satellites in CRJHL action Friday in Arborg.

Patriots' varsity volleyball seasons end at provincials in Riverton

By Brian Bowman

The Riverton Patriots had their great season end Saturday with a quarter-final loss to the St. Joachim Braves at the MHSAA A varsity boys' provincial volleyball championship in Riverton.

Riverton was defeated by set scores of 23-25 and 14-25.

Losing that first set was tough and it was a difficult way to end the Patriots' season.

"I think they went in with a bit higher expectations for themselves," said Patriots' head coach Heather Einarson. "But I, as a coach, was completely and utterly proud of them. This was a team that didn't have a ranking two years ago and now we're seventh in the province and that's huge, especially for a small town like Riverton."

"I have no complaints or disappointments at all. They showed very, very well."

In pool play, Riverton finished third with a 2-2 record.

The Patriots cruised to an impressive 2-0 sweep over the Rivers Rams (25-15, 25-17) and won a really tight game with the Strathclair Skyhawks, winning 2-1 by set scores of 23-25, 25-21, and 15-12.

Riverton's losses were 2-0 (17-25, 15-25) to the Hamiota Huskies and 2-0 (15-25, 21-25) to the Rosenort Redhawks.

The Patriots improved quite a bit over the course of the season and they had a lot of success at five tournaments, winning four and finishing third in another.

Riverton expects to be just as good next year as they lose just three play-

ers due to graduation.

"A lot of those teams that we saw at provincials are losing a lot of top-name players," Einarson noted. "So, it could be a different playing field next year for us."

"I've coached a lot of good teams but this was a great team. For me, I have never seen a team come so far personally and as a team. Their growth was huge and they had fun."

The Patriots also had a lot of fun playing at a provincial championship in front of friends and family in Riverton.

Riverton did a great job hosting the three-day event.

"The big compliment for provincials this year from a lot of people and families that came was how well such a small town hosted such a good provincial," Einarson said. "There was food for people and lots of room for people to sit and watch and they were close by."

Rosenort went on to win the provincial title with a 2-0 sweep of Treherne in the gold-medal game. Hamiota defeated St. Joachim in the third-place game.

Meanwhile, at the MHSAA A varsity girls' provincial volleyball championship also played in Riverton, the Patriots finished with an 0-4 record in pool play and did not advance to the playoffs.

The Patriots lost 2-0 to the Gilbert Plains Trojans (8-25, 9-25), Hamiota Huskies (4-25, 13-25), Grandview Spartans (20-25, 17-25), and the Real-Berard Jaguars (4-25, 16-25).

"I'VE COACHED A LOT OF GOOD TEAMS BUT THIS WAS A GREAT TEAM."



A RCI varsity girls' volleyball team member passes the ball during provincial action last week in Riverton.



EXPRESS PHOTOS BY LANA MEIER

The Riverton Patriots varsity boys' volleyball team enjoyed an outstanding season, reaching the quarter-finals of the MHSAA A provincial championship last Saturday.

Steelers snap six-game losing streak against OCN

By Brian Bowman

The OCN Blizzard were just what the doctor ordered for the ailing Selkirk Steelers.

Selkirk snapped a six-game losing streak with a hard-fought 4-3 win over OCN on Saturday evening in Manitoba Junior Hockey League action at the Rec Complex.

"Snapping the losing streak was important and it was a long time coming," said Steelers' head coach Nick Lubimiv. "The boys felt good (after the win)."

Brayden Clark scored a first-period goal for Selkirk and then Patrick Comeau gave the home side a 2-0 lead early in the middle frame.

The Steelers played really well through the game's first 40 minutes, said Lubimiv.

But OCN tied the score at 2-2 with goals from Levi Thiessen and Trent Crane early in the third.

That's when the Steelers' power play came to life.

Cole Wigestrاند scored with the man advantage at 12:54 of the third and then Comeau potted a power-play goal just under five minutes later.

Selkirk was an impressive 3-for-5 with the man advantage.

"We were really good," Lubimiv said. "We were snakebitten there during the (losing) streak. We went almost two weeks without (a power-play goal). It was good for them to get rewarded."

OCN's Boston Bird closed out the game's scoring scoring with 30 seconds remaining in the third period.

The Steelers outshot the Blizzard 52-34 as Levi



EXPRESS PHOTO BY BRETT MITCHELL

The Steelers' Tanner Pochipinski races past an OCN Blizzard player during MJHL action Saturday at the Rec Complex.

Mitchell earned the win in goal.

Last Friday, Selkirk was doubled 8-4 by the Oil Capitals in Virden.

The Steelers led 2-1 after 20 minutes but had an ugly second period, getting outscored 5-1.

"There's no excuse for it," Lubimiv said. "Our starts have been good. Our first periods have been pretty good for the most part but (we need) to find consistency and bring it every shift. We have to avoid the mental lapses but we're a younger group and they're learning on the fly."

Blake Burr led Selkirk with two goals while Caid-

en Gault and Cole Wigestrاند also tallied.

Tanner Pochipinski assisted on both of Burr's goals.

Tanner Andrew, Tristan Thompson, Hunter Cloutier, Josh Belcher, Nathan McInnis, Bradyn Smelski, Jayden Wojciechowski, and Kolten Kanaski scored for Virden.

Austin DeBoer stopped 33 Virden shots.

On Nov. 26, the Steelers were downed 4-1 by the Winnipeg Blues at the RINK Training Centre.

Trailing 4-0, Steelers' defenceman Colton Sun scored his first goal with Selkirk at 5:52 of the third period. The power-play marker was assisted by Ryan Ostermann.

Winnipeg, which held period leads of 1-0 and 2-0, received two goals from Braden Fischer and singles by Matt Hill and Brayden Foreman.

Mitchell made 25 saves in the losing cause.

The Steelers, now 14-13-2-0, were in Dauphin this past Tuesday to play the Kings but no score was available at press time.

Selkirk will play a home-and-home series with the Portage Terriers this weekend. The Steelers will be in Portage Saturday and then will host the Terriers Sunday.

Puck drop for both games is 7:30 p.m.

Meanwhile, on the trade front Sunday, Selkirk sent veteran forward Brett Namaka to Portage in exchange for forward Sheldin Howard, the MJHL list rights to forward Adam Ingram, and future considerations.

Winnipeg Wild whip U18 Lightning

By Brian Bowman

The Winnipeg Wild are certainly a tough team to play against.

The Interlake Lightning were reminded of that on Sunday afternoon.

Winnipeg whipped the Interlake 8-0 in Manitoba AAA U18 Hockey League action at the Bell MTS Iceplex.

The first-place Wild grabbed a 5-0 first-period lead with two goals from Jackson Klewchuk and singles by Matthew Wisener, Tyson Smith and Brandon McCartney.

McCartney scored the only goal of the second period and then Klewchuk and Carter Halamandaris (shorthanded) tallied late in the third.

The Wild outshot the Lightning 40-14.

Last Friday, Interlake was nipped 5-4 in overtime by the Southwest Cougars in Teulon.

Hunter Wallace scored the game winner on the power play.

Interlake's Griffin Haight had tied the score at 4-4 with a power-play goal at 15:51 of the third period.

Southwest led 2-0 after 20 minutes on goals by Jordan Boyechko and Brayden Knox. Matthew Ramsey made it 3-0 early in the second before the Lightning received goals from Karson King (on the power play), Lyle Murdock and Haight.

But Ramsey scored a shorthanded goal with just 18 seconds remaining in the middle

frame to put the visitors up 4-3.

Lightning goaltender Chris Fines made 34 saves.

On Nov. 27, the Lightning were doubled 4-2 by the Eastman Selects in Teulon.

Tied at 1-1 in the third, Eastman scored three straight goals to go up 4-1.

King scored a second-period goal for the Lightning and then Ashton Charison tallied in the third.

Hayden Fast, with a pair, Ryan Forster and Cabral LaBossiere replied for Eastman.

Eastman outshot Interlake 40-22 as Fines made 36 saves.

Interlake will host the Central Plains Capitals on Wednesday (8 p.m.) in Teulon and then will hit the road to play the Pembina Valley Hawks Saturday (5:15 p.m.) in Morden.

The Yellowhead Chiefs will visit Teulon on Sunday for a 2 p.m. game.

In off-ice news, the league announced that the Lightning's Ethan Johnson was the CCM Hockey Defenceman of the Month for November.

In 10 games played during the month, Johnson had eight points (one goal and seven assists). The 6-foot-1 175-pounder tallied a point in six of eight games to start the month.

The Winnipeg product is in his second season with the Lightning and has two goals and 13 assists in 22 games this season. Johnson is protected by the Steinbach Pistons of the Manitoba Junior Hockey League.

Juniors sweep Norway House

Staff

The Peguis Juniors swept the Norway House North Stars in a pair of Keystone Junior Hockey League games last weekend.

Peguis completed the sweep with a 6-4 victory on Sunday afternoon.

The Juniors led 2-1 after the first period and then the second was scoreless before the two teams exploded for a combined seven goals in the third.

Josh Cameron paced Peguis with two goals while Darian Murdock, Ethan Daniels and Tyrome Spence each had a goal and an assist. Shane Bear scored the Juniors' other goal.

Jonah Ross-Bradburn, Roman Muminawatumin, Drew Tait-Reaume and Hunter Simpson replied for Norway House. Nolan Favel stopped 36 North Stars' shots.

On Saturday evening, Peguis knocked off Norway House 6-1 in convincing fashion.

The Juniors snapped a 1-1 third-period tie with five unanswered goals in a 14:13 span.

After a scoreless opening period, Norway House's Theorin Folster and Daniels traded second-period goals. Daniels' goal came with 55 seconds remaining in the period.

Daniels started the scoring barrage in the third, followed by a pair of goals from Tyrome Spence and singles by Murdock and Cameron.

Spence finished the game with four points while Murdock and Daniels each had three.

Favel made 31 saves for the win.

Peguis, now 6-3-1 and in second place in the five-team league with 13 points, will continue on the road with a pair of games this weekend against the Cross Lake Islanders. Saturday's game is slated for 7:30 p.m. and then Sunday's contest will be played at 1:30 p.m.

Classifieds



AUCTIONS

Bud Haynes & Ward's Fall Firearms Auction, Saturday, Dec. 7th at 10 a.m. 11802145 Street, Edmonton, AB. Over 700 lots, on-line bidding, antique & modern firearms, www.WardsAuctions.com. To consign, call Brad Ward 780-940-8378; Linda Baggaley 403-597-1095.

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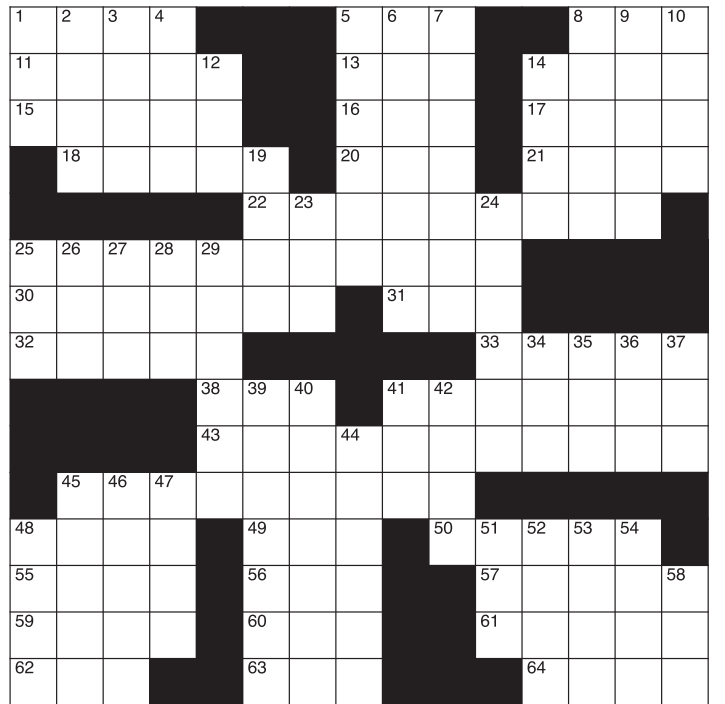
X CROSSWORD

CLUES ACROSS

1. Egyptian bull-god
5. America
8. Type of field (abbr.)
11. Reagan's Deputy AG
13. Negative
14. Mother of Hermes
15. Summer and Winter Olympics gold medal winner
16. In shape
17. Oh my goodness!
18. People of Guinea or Sierra Leone
20. A form of "to be"

21. Succulent plant
22. Estranges
25. Honest
30. Showing conviction
31. High schoolers' test
32. Implant
33. Acknowledgment
38. Cash dispenser
41. Transferred to another
43. Superhero group
45. Photographers
48. Small, rich sponge cake
49. Power to perceive
50. Heavy cavalry sword
55. Israel's first permanent UN delegate
56. Everything
57. Afflicted
59. Language spoken in Chad
60. Pioneering MC Kool Moe

3. Large, predatory lizard
4. River in Romania
5. Biased
6. Parties
7. TV's used to need one
8. Philly football player
9. Recognized ethnic group of China
10. Gradually disappear
12. Large, dark antelope
14. Vegetarians won't eat it
19. Takes the energy out of
23. Body part
24. Succeed in achieving
25. Where golfers begin
26. Computer memory
27. One who buys and sells securities
28. Midway between north and northeast
29. Quiet and rather dull
34. A limb on which to walk
35. It precedes two
36. Of she
37. Commercials
39. Necessary for sewing
40. Infectious viral disease
41. Expression of good wishes
42. Some are contact



B	A	T	A			U	S	A			E	M	F				
C	L	E	G	G		N	O	N			M	A	I	A			
E	A	G	A	N		F	I	T			E	G	A	D			
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M	A	F	A			D	E	E			R	A	B	B	I		
A	L	T				S	S	R			S	A	S	S			

Crossword Answer

61. Jewish spiritual leader
 62. Keyboard key
 63. Soviet Socialist Republic
 64. Impudence
- CLUES DOWN**
1. Type of degree
 2. Expression of sorrow or pity

44. More plentiful
45. Secret political clique
46. Behind the stern of a ship
47. Supernatural force
48. Altar in Orthodox churches
51. Swiss river
52. Impartiality
53. "Luther" actor Idris
54. They resist authority (slang)
58. Criticize



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CARD OF THANKS

The family of Thomas George Kowalchuk would like to thank everyone for the love, kindness and support shown to us with the loss of our beloved Tom. Thank you to all who sent cards and flowers, those who took a minute to call and to those who brought baking. We gratefully thank Fr. Isadore Dziadyk for his timely blessing and Fr. Peter Chorney for the comforting service with his personal touches. Thanks also to the Komarno Community Hall ladies for the excellent lunch, and to Ken Loehmer for his compassion and professionalism in arranging Tom's funeral. Tom had many friendships during his almost 77 years and we would like to thank all who enriched his life.

IN MEMORIAM



Bill Peltz
In Loving Memory of our son, husband, Dad, grandpa, brother, uncle Bill who left us suddenly on November 27, 2015

There will always be a sadness,
And often a silent tear,
But always special memories,
Of days when you were here.
-Lovingly remembered by Mom, Tracey,
Ashley, Keegan, Samara, Lachlan, Sophia,
Mark, Lisa, Jason, Ryan, Nicole and Ben

BABY SHOWER ANNOUNCEMENT

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A Come and Go
Jack and Jill Shower
in honour of
Rhett Vandersteen
son of Quinn and Jessica
is being held on Saturday, December 14th
from 12 – 3 p.m.
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IN MEMORIAM



Zubriski (Turcan) Mary Ann
June 13, 1955 – December 8, 2018
It's been one year sweetheart.
We all miss you terribly. We miss your infectious smile that would light up a room. Your love for our grandkids was never-ending. They miss you Baba. Only Baba could heal any hurt or solve any problems. Baba's babies Maxwell (born after your passing), Ben, Zoey, Ashton and Peyton will forever cherish your memory. Family and friends loved you dearly.
I'm proud to be your husband for nearly 40 years (August 4, 1979 – August 2018). From September 18, 1974, our first date, to your passing we lived and loved each other. Part of me is missing now with your passing. My heart has a pain that may never heal. I love you Marion.

-Love your husband,
Eugene

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

Sudoku Answer

OBITUARY

Gudrun Jonasina Finley
Peacefully, on Sunday, November 24, 2019, at the Gimli Community Health Centre, Sina Finley, aged 81 years, of Gimli, MB, passed away.
In keeping with her wishes, cremation has taken place and a private family graveside service will be held at a later date.
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Norman Richard Dalman
June 28, 1945 to November 23, 2019
It is with sadness that we announce the peaceful passing of Norman Richard Dalman at the Gimli Betel Home at the age of 74 years. He is survived by Pat, his loving wife of 36 years; his children, Kirsten Josephson (Steven), Tannys Williams (Sergio Garza) and his grandchildren Willow, Soren and Asra; his sisters, Judy Bradley and Joan Squires (Chris); his brother, Gord Dalman (Eileen) and nieces and nephews. Norm was predeceased by his parents, Harold and Sheila; his brothers, Wayne and Ray; his sister-in-law, Rachel and his brother-in-law Garth Bradley.
Born and raised in Gimli, Norm attended Gimli High School and went on to graduate from the University of Manitoba. On May 21, 1983 Norm and Pat were married and Norm became a loving stepfather to Kirsten and Tannys. Norm was an independent spirit who was intrigued by the idea of working in small businesses that were based in Gimli. He worked for Saunders Aircraft and Graph Tech. Later he became fascinated with creative advertising and worked for Chas Fidler and Sons in Selkirk and then worked for 25 years for Brian Shippam and Company in Winnipeg.
Norm was a kind and gentle soul who always seemed to be amused by the world around him. He was an avid curler and golfer and enjoyed hunting although I suspect he was more bird watcher than hunter. For many years Norm designed T shirts and souvenirs for the Icelandic Festival Committee and worked tirelessly to promote the festival weekend.
Being a grandfather was a delight for Norm. He adored Willow, Soren and Asra. Spending time with them was the best of times.
The family would like to thank the nurses and staff of the Gimli Betel Home for their care and kindness to Norm during his illness.
A Celebration of Norm's Life was held at 2:00 p.m. on Monday, December 2, 2019 at Johnson Hall in the Waterfront Centre.
If friends so desire, in lieu of flowers, donations can be made in Norm's name to the Manitoba Alzheimer's Society.



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SUDOKU

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

Level: Intermediate

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with 16" bar

55.5 cc | 2.8 kW | 5.6 kg (12.3 lb)*



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*Weight with powerhead only.

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