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THE EXPRESS

VOLUME 3 EDITION 50 THURSDAY, DECEMBER 15, 2016

WEEKLY NEWS

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Smiles for Santa

EXPRESS PHOTO BY LANA MEIER

Tammy and Ryder had a visit with the man in red at the annual Breakfast with Santa in Peguis last Saturday. The children were treated to candy canes, public skating, snacks and balloons.

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

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Thank you for choosing Rona Gimli. We're wishing you all of the joys of the holiday season and look forward to serving you in the coming New Year.

Girls' Club holding fundraiser for Dominican Republic school

Winnipeg Beach students to host craft sale Friday, Dec. 16

By Patricia Barrett

Students at Winnipeg Beach School will be holding a craft sale Friday, Dec. 16 to raise funds for a school in the Dominican Republic.

The Mariposa DR Foundation School in the town of Cabarete, which is located on the north coast of the Caribbean island nation, is in need of sports equipment and medical items.

"All girls in grades 5, 6 and 7 have been making crafts for two months during a lunch time Girls Club," said

gym teacher and counsellor Posie McDevitt, who will be visiting Cabarete in January. "We are hoping to raise enough money to buy tennis racquets and balls, basketball hoops and rims, and first aid supplies."

In addition to fundraising, each student will be writing a letter to a girl at the Mariposa School.

"We have been in communication with the school ...," said McDevitt. "We will be exchanging letters when I go to visit them."

The Mariposa DR Foundation was founded in 2009 by volunteers and children who realized the need for community-based solutions to end poverty. Its mission is to educate and empower girls, according to its website.

Winnipeg Beach School also welcomes donations of Band-Aids, burn cream, antibiotic cream, duct tape, large Ziploc bags, eight- to 12-ounce plastic drinking cups, plastic clip-

boards and water shoes. All items can be dropped off at the school.

"These are items that are very costly for Dominicans," said McDevitt.

The Mariposa School has a wish list of items, including books, posted on its website. Anyone wishing to purchase items based on that list can drop them off at Winnipeg Beach School.

Visit the Mariposa website at www.mariposadrfoundation.org/wishlist.



EXPRESS PHOTOS BY POSIE MCDEVITT

Winnipeg Beach Grade 5, 6 and 7 Girls' Club members have been busy making crafts for the upcoming craft sale at the school this Friday, Dec. 16.

Christmas market raises funds for Food Bank



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF

The Riverton and District Friendship Centre organized another successful Christmas market last Friday at the Arborg Community Centre. All money raised from the table rentals, canteen and raffle sales will be donated to the Bifrost, Fisher and Riverton and District Food Bank. Left photo: reindeer of all sizes constructed by Jenna Stansell were found hanging out at this popular stall. Right photo: attendees were queued up for Gimli's Farm House Fudge table.

Santa Claus makes a stop at Ashern

By Jeff Ward

Dozens of children were delighted to have their annual face-to-face meeting with the one and only Santa Claus last weekend in Ashern.

The Ashern Chamber of Commerce sponsored event, now in its third annual iteration, bought the Christmas spirit to Ashern. And according to organizer Sandra McDougall, the event helped families get into the holiday spirit.

The afternoon included a free movie for the kids followed by a visit and photos with Santa for approximately 100 on Saturday at the Ashern Centennial Hall. "The reason I've always wanted this event to come back was because I remember it from when I was a child," said McDougall. "I remember going to the movies, and then after it was done, Santa would drop in and it was so wonderful. It was such a special treat, especially when you live on the farm. To me, that's what I wanted here was to relive that again,



Nash Vigfusson wasn't so sure about his visit with Santa.

and over the last three years, I think we've done that."

Aside from the movie and pictures, there was a bevy of treats for kids



EXPRESS PHOTOS BY SHAWN COTE OF BLUE RAVEN DESIGN
Wyatt and Quin Land sport their frontier fur hats with Santa.

to munch on at no cost. Candy floss, popcorn, oranges and drinks donated by chamber businesses helped make the event a success. "This event is a

nice way to ring in the Christmas season, and this year we had the most kids for pictures with Santa that I've ever seen," said McDougall.

Good Samaritan digs out Ashern woman

By Jeff Ward

An Ashern resident said she would've been trapped in her home had it not been for the generosity of a stranger who shovelled her out on Dec. 7.

Irene Middlestead said that following the first snowfall last week she had gone out to do some shovelling and cleared out as much as she could of her walkway. When she woke up the next day, she couldn't open her front door because the snow had built up overnight. Middlestead said that she has never had this much snow in her yard and that she would've been trapped had it not been for another Ashern resident, Mike Gall.

"I talked to Stan Eiriksson over the phone and he told me about Mike," said a very grateful Middlestead.

"Stan called him up and he was out at my place a little while later and made it so I could open my door. If he hadn't come by and shovelled for me I would've never made it out of my house."

Middlestead said the snow had piled up so much overnight — high winds and heavy snowfall created huge snowdrifts for the area — and was knee deep when Gall arrived on Wednesday to help get her out. She added that it's heartwarming to know that there are still people out there who will help a complete stranger when they are in need.

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CPAWS uses data to estimate Manitoba moose population

By Jeff Ward

A survey conducted by the Canadian Parks and Wilderness Society (CPAWS) will now be analyzed so that staff can estimate moose population numbers in Manitoba.

CPAWS executive director Ron Thiessen said that the volume of submissions to the survey was much more than anticipated and that the organization is very pleased to see so many people take the time to fill it out.

The survey was opened to the public back in September. At that time, Thiessen said that the reported numbers of moose population was alarming, which prompted the survey.

Before the survey came out, CPAWS identified that of the 14 moose management areas, only two were reported as having stable populations. Of the remaining 12 areas in the province, nine of them were classified as a major concern and the other three required attention.

The survey called on anyone with relevant wildlife knowledge such as harvesters, academics, managers, elders and hunters to report what they've seen out in the field. That data is being processed by CPAWS staff right now and will be available in January.

uary.

"Moose have become exceedingly rare in the Interlake, and their numbers have been reported in decline and that's a concern," said Thiessen.

"Just like the declining numbers of woodland caribou, the declining numbers of moose can signal a threat to the health of the boreal forest. They're referred to as an indicator species and they can be telling us that the region ecologically is in a declining position."

Thiessen said that the team will look at the data collected from the survey and also look at satellite imagery to see how things match up. If an area is reporting a population decline, as most are, the satellite data can show factors that can't be seen from ground level.

They can also compare the images to ones from years past and see if there is more human activity or industrialization in the area. These factors could cause moose to migrate away from an area they once flourished in.

Just last week, the Committee on the Status of Endangered Wildlife in Canada (COSEWIC) classified the barren ground caribou as "threatened." The same animal that appears on the quarter has now been listed under the



EXPRESS PHOTO SUBMITTED

Canadian Parks and Wilderness Society survey data will be used to analyze moose population numbers in Manitoba.

Species at Risk Act. According to some estimates provided by the COSEWIC, there has been a 95 per cent drop in herd population from historic highs.

"What we focus on here in Manitoba is to work with everyone involved to establish laws that protect. We need areas free of industrial and road access. There is a wide variety of species that live in the boreal forest and they need to be protected," said Thiessen.

The boreal forest is one of the world's best weapons in fighting climate change. Thiessen refers to it as

the "lungs of the planet," as the forest helps filter out carbon and cleans the air we breathe. The boreal forest also contains the world's largest source of unfrozen fresh water.

Thiessen said that CPAWS doesn't believe that the population numbers are permanent and that they can be brought back to historical averages, but it will take time. "We want to be proactive, and I know that some people might say it's too late, but we believe they can be recovered with the proper efforts," said Thiessen.

Amateur wrestling show making Teulon premiere

By Natasha Tersigni

For wrestling fans in Teulon, Christmas is coming early this year.

This Friday, the well-known Manitoba wrestling promoter Tony Condello will be bringing his UCW Xmasmania show to Teulon. The event is a fundraiser for Teulon Collegiate's athletic program and will be held at the high school's gym on Dec. 16.

Tickets for the event can be bought at the door for \$25 for adults and \$20 for youth. Doors open at 6 p.m. and wrestlers take to the mat starting at 7:30 p.m.

The show promises to be a night of exciting wrestling thanks to a full lineup. The star of the night will be the seven-foot-tall Andreas, who is the cousin of the late WWF star An-

dre the Giant. Other amateur wrestlers taking to the ring for the show include Deer Heaven, Coach, Massive and Angelina.

The unique fundraiser event is a first for the high school. TCI principal Paul Magnan describes the show as a great way to bring the community together and fundraise for a great cause.

"We were approached to host it here at the school. There is no risk or cost to the event. We have to sell tickets and bring in the crowd," said Magnan, who is hoping the gym is packed Friday night.

"All the money we do raise will go back into our sports programs here at the school. We are hoping for a fun night, bringing the community together and to raise a bit of money."

Holiday Schedule

December 15th Christmas Greetings Edition

Greeting Deadline – Mon., Dec. 5th, 4 pm
Regular Paper Deadline – Mon., Dec. 12th, 4 pm

December 22nd Boxing Week Edition

Display Ads, Classified Ads or Announcements
EARLY Deadline – Fri., Dec. 16th, 4 pm

December 29th Edition

Display Ads, Classified Ads or Announcements
EARLY Deadline – Mon., Dec. 19th, 4 pm

Happy Holidays!

Offices will be closed December 24th through January 1st.
Offices will reopen Monday, January 2nd

Creative Cocoon hosts fundraising evening

By Rozanne Nevakshonoff

Creative Cocoon visionary Carissa Rempel furthered her goal of bringing an Arts and Wellness Centre to Arborg at the inaugural fundraiser in the Arborg & District Multicultural Village St. Nicholas Parish Hall raising \$3,360 on Dec. 8.

The Creative Cocoon's mission statement is "to nurture optimum well-being through a vibrant arts community."

Rempel explained that there is an increasing awareness linking the arts with mental wellness. The arts have been proven time and time again to improve the health of people with mental or physical health issues. The goal of the centre will be to combine all forms of art with holistic healing.

Rempel noted that a partnership has been forged with the Arborg & District Multicultural Heritage Village. The centre will become part of the village and will be located on the south bank of the Icelandic river.

The Art and Wellness Centre's design will be of Icelandic origin with a large welcoming verandas, detailed fretwork, airy rooms and a large fireplace to be lit on gloomy days. The centre will hold two dance/yoga studios; a gathering/gallery area; art, sewing and practice rooms; a residence for visiting artists; a meditation garden; and a fair trade coffee and teashop.

The Creative Cocoon will operate as a not-for-profit organization run by a board of directors with Rempel pre-



Creative Cocoon president Carissa Rempel.

siding over all as president. The board is comprised of individuals from the Creative Cocoon, Arborg & District Multicultural Heritage Village, directors-at-large and artistic directors. The board's first order of business will be to apply for a charitable status designation.

Other partners in the community have also stepped up to advance The Creative Cocoon's vision. The Connexion in Arborg has donated space for new programming to start in January 2017. Beginner Yoga with Steph will be held Mondays from 6 to 7 a.m., Thursdays 8 to 9 p.m. and Saturdays 3 to 4 p.m.

For more information, contact 204-250-5535 or info@thecreativcocoon.com



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF

Theatre Projects Manitoba's associate artistic director Andrea Sartison, artistic director Ardith Boxall and Andrea Sartison reciting passages of Manitoba poet and playwright Patrick Friesen.

Theatre Projects Manitoba (TPM), of Winnipeg, has also forged a partnership with The Creative Cocoon and the community of Arborg on a long-term art project called "This Land Floods."

TPM artistic director Ardith Boxall and associate artistic director Andrea Sartison spent a few hours with the Arborg Grade 11 class discussing art before attending the fundraiser where they not only discussed the pilot project but entertained the crowd with readings from Manitoba poet and playwright Patrick Friesen.

This Land Floods, a long-term project, is about creating a narrative around the rivers, streams and lakes.

TPM will work with the community to write and compile individual stories, working towards the eventual creation of a play, explained Boxall. This project will be ongoing across the Interlake.

Artists from the area generously donated works of art for the silent auction with winners announced throughout the evening.

In closing, Rempel expounded on the good that a centre such as this would be to the community: attracting people to Arborg, creating an opportunity for artists to display and sell their work, and promoting the town as a health conscious area to live in.

Grahamdale Christmas competition lights up the community

By Jeff Ward

The Grahamdale Community Development Corporation (CDC) is holding its 2nd Annual Christmas Light Competition in an effort to celebrate the hard work that goes into the displays.

Anyone looking to participate in the light display competition is asked to call the RM office at 204-768-2858 before Dec. 19. Judging is expected to take place on Dec. 21.

CDC president Diane Price said that this year there are some cash prizes for people to win along with the bragging rights. Price said that although it is a competition, it's a friendly one and should be a fun way to show appreciation to all of those who put in a lot of money, time and effort into making the municipality a bright and inviting place each Christmas.

"Moosehorn may be small, but we see people making extra trips up and

down streets to see the lights, and we know that there are people who tour all over the RM to see them," said Price.

"People put a lot of effort into setting up their lights, and I think it's important to recognize that and have a little fun while doing it."

Price said that, like last year, the winners are chosen based on which display makes the judges say "wow" the loudest. Judges will be made up of a combination of RM staff and CDC members who hadn't been decided at the time of writing this article.

She added that it's a very subjective contest but that the fun of judging is about the experience the lights give the person looking at them. It's easy to get caught up in the spirit of Christmas when it's beaming down onto your face with thousands of little coloured bulbs.

This year, local businesses and the RM have donated approximately \$400 in prize money.

Looking ahead over the next few years of the competition, Price believes that the continued success could end up bringing in tourism.

"People travel for miles to look at lights, and I know some that go to Winnipeg to see them. I don't think it's unrealistic to think that people from Lunder would come up here to take a drive through. I think five years from now, it should probably snowball on us," said Price.

Competitions like these help celebrate the small things that give a community pride. And Price said that the sky is the limit for the competition if it keeps growing the way it has.

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THE EXPRESS
WEEKLY NEWS



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Sharing the catch of the day

Hi guys and gals.

Man, talk about mowing the lawn one week and cranking up your snowmobile in a ice storm not long after. On the bright side, maybe we'll be able to go from open water fishing to ice fishing in a really short time.

Ron Iverson of Balmoral, his brother Dale Iverson of Stonewall, along with his buddy Wes Hurd of Gunton, whom I met on the Red riverbank upstream of Selkirk a few weeks ago, shared this sentiment. They were joking and teasing each other when I walked up to them, and it never stopped until I was out of earshot later back in Old Red. I asked Ron, who was closest as we introduced ourselves, if he had caught anything.

"Not a darn thing," he responded. "My brother keeps on catching. I'm just here to look good."

Wes, chimed in, "Yeah, we pushed our way close to Dale, making him move further downstream, thinking we might get lucky too. That didn't work."

As Wes and I shot the breeze for a bit, we couldn't see Dale for the underbrush but we could hear him periodically breaking out in a happy growl over the sound of water splashing, which meant he had landed another fish.

"It's easy to get ticked off with Dale," Ron remarked. "He's always lucky and he's always a little smug about it."

Later, when I was about to leave our new friends, I asked the guys to hold up some fish so I could take a picture of them. Dale, with a slight smirk of-



EXPRESS PHOTO BY ARNIE WEIDL

Ron Iverson, left, Wes Hurd, middle, and Dale Iverson with some of Dale's catch on the Red River.

fered, "Sure, I guess we can use some of my fish."

Unfortunately, there are times when I have to make a choice about which stories I will write, which also means it gets very interesting when I meet someone who has offered a story but couldn't find it in our papers or on the Internet. So it happened that I found myself some three weeks ago standing in front of two guys, Stefan Stevens and his son Warren from Stonewall, on the Hnaua pier, who, with accusing looks pointed out, "We checked the *Selkirk Record* and the *Stonewall Teulon Tribune* and couldn't find our story."

I searched my mind, trying to remember where I had met these fellows. Then it hit me.

Two tall guys with half-length beards and trappers caps on the ice last winter off Chalet Beach. They had been so gracious taking the time to talk to me even though they had been fishing on the ice all day and wanted to be on their way home.

Here on the Hnaua pier, I apologized for having to make a choice between Stefan's story and others. Gentleman that he was, he offered another story about not long ago when he was boat fishing on the Red and caught a huge sturgeon.

It literally dragged him and the boat upstream right up to the Lockport locks where he had to cut his line for fear of hitting the concrete lock divider.

Being an open water angler at Bal-

Continued on page 14

Stonewall Teulon
Tribune
The Selkirk Record
The Winkler Morden Voice

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Local school awarded for efforts with Bag Up program

By Marlene Ness

On Dec. 8, Winnipeg Beach School was presented with a special bench made of 100 per cent recycled materials by Take Pride Winnipeg! in recognition of the school's participation in the Bag Up Manitoba plastic bag recycling program.

Students cheered loudly as Tom Ethans, executive director of Take Pride Winnipeg and Tanya Blatz, youth programs co-ordinator, carried the new bench into the gym last Thursday.

Bag Up Manitoba is a massive plastic bag round up, started in 2008 by Take Pride Winnipeg! for elementary schools across Manitoba, to help keep plastic bags out of the landfills. To date, elementary schools across Manitoba have collected over six million plastic bags.

It is Winnipeg Beach School's third year participating in the Bag Up Manitoba program. This year, Kiwanis of Gimli provided support to all Evergreen Division Schools that took part in the recycling initiative, picking up all bags collected by schools, storing them and then delivering them to Take Pride in Winnipeg.

"Bag Up Manitoba is really benefiting our kids because it's something they can be conscious about all year," stated Shawna Rudd, principal of Winnipeg Beach School. "The kids wonder: where do all these bags end up? Now they know they're going somewhere good ... they see direct results."

Winnipeg Beach School has an active recycling club, with students of all



Winnipeg Beach students were excited to win a bench for participating in the Bag Up Manitoba recycling program. Tom Ethans, executive director of Take Pride Winnipeg!, wore a coat crafted from recycled plastic bags during the presentation.

grade levels taking part in the diligent collection and counting of the bags.

"For the younger grades, it is excellent counting practice," noted Rudd. "It is a very real, hands-on experience."

Winnipeg Beach School students collected 10,000 bags in their recycling quest last year, which equates to approximately 75 bags per student. Take Pride Winnipeg! makes a point of rewarding all participating schools with composite products manufactured from recycled items each year so that students can make an important, real-life connection between what is col-



EXPRESS PHOTOS BY MARLENE NESS

Winnipeg Beach School principal Shawna Rudd thanks Take Pride Winnipeg! for the recycled bench, which was presented to the school last Thursday.

lected and what's produced from the recyclables — essentially allowing kids to see the fruits of their labour firsthand.

"The first year we were involved, Take Pride sent us Frisbees made from recycled plastic bags," Rudd noted. "The second year we were involved, they sent us three bird houses made from composite recycled materials. This year, Take Pride gave us a large gardening box made from that same composite."

Ethans said 137 schools participated in this year's Take Pride initiative across Manitoba.

"All 137 of the participating schools were entered in a random draw for these 14 beautiful benches made from 100 per cent recycled plastic bags and wood composite fibre," said Ethans.

"Eight of the benches were won by city schools, and six went to rural schools, including schools in Winnipeg Beach, Stonewall and Rosser."

The bench won by Winnipeg Beach School is a meaningful addition, reflecting the hard work of young recyclers. Rudd noted that students will have the honour of choosing a final location for the new bench.

St. Martin fishers concerned about future of open market

By Jeff Ward

Dauphin River mayor Helgi Einarsson is concerned about what the open market will look like for northern fishers once the Freshwater Fish Marketing Corporation (FFMC) monopoly is eliminated next summer.

Signature Mediation has been hosting consultations all over the province since the beginning of November to get feedback from fishers on the transition to an open market.

Einarsson said that the consultation he took part in last week at the Canad Inns Polo Park in Winnipeg wasn't a consultation at all. He said that he was frustrated by the lack of real information about the future of fish prices and market stability and said that it's very clear the government has already made up its mind.

Perry Mohr and Gerry Friesen are the fisheries envoys holding the consultations, and Mohr echoed exactly what Einarsson said.

Mohr explained that even if he and Friesen felt that opening the market was a bad idea and then relayed that back to the province, it would be unlikely to change the outcome.

"The open market will happen, and right now the only option [fishers] will have after Aug. 17 is FFMC. Our job here is to facilitate a smooth transition with as little issues as possible, but there are going to be challenges," said Mohr.

Mohr said that he doesn't know what the future is going to hold for fishers in the north and said that it is a "chicken and the egg complex." Buyers aren't going to start building processing plants

Continued on page 9

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Province appoints new chair and members to Municipal Board

Submitted

The Manitoba government has appointed a new board chair and five new members to serve on the Manitoba Municipal Board, Indigenous and Municipal Relations Minister Eileen Clarke announced last week.

"The Manitoba Municipal Board plays an important role in the province's land-use planning system and members make decisions that directly affect Manitobans," said Clarke. "I want to thank the departing members for their hard work and welcome the new members as they begin their service."

The Manitoba Municipal Board is a quasi-judicial tribunal whose members sit to hear applications, appeals

and referrals related to various pieces of legislation including the Municipal Act, the Municipal Assessment Act, the Planning Act and the Municipal Board Act. The new board has 21 members including a chair, vice-chair and part-time members.

Jeff Bereza, a business development manager with Legend Seeds Canada in Winkler, has been named the new board chair. Previous board chair Marie Elliott of Winnipeg will remain on the board as a trainer and mentor, while vice-chair Lori Lavoie of Winnipeg will continue to serve in her current role.

The other new board members include:

- Elisabeth Saftiuk of Brandon, a city

planner and current executive director of the Brandon Downtown Development Corporation;

- Denise Carlyle of Sandy Hook, a retired provincial civil servant with a broad knowledge of municipal issues including municipal administration, governance and financial matters;

- Kathryn Jasienczyk of Neepawa, a current director with the Manitoba Habitat Heritage Corporation and a former federal civil servant;

- Steven Lupky of Winnipeg, an employee with Manitoba Public Insurance and former councillor and deputy mayor for the Town of Arborg; and

- Anne Appleby of Steinbach, a family dairy farmer, part-time counsellor working with at-risk youth and for-

mer municipal employee.

Returning board members include Matt Allard of Winnipeg, Douglas Houghton of Lac du Bonnet, John Rudyk of the Interlake, Herm Martens of Rosenort, Maurice Tallaie of St. Adolphe, Sudesh Treon of Winnipeg, Robert Hanson of the RM of Mountain, Budd Mager of Lac du Bonnet, Patrick Fortier of Winnipeg, Gordon Daman of Niverville, Andy McMaster of Winnipeg, Tom Raine of Winnipeg and Maxine Plesiuk of Carman.

For more information on the Manitoba Municipal Board, visit www.gov.mb.ca/municipalboard/.

Talent wanted for upcoming Moosehorn CFRY fundraiser

Amateur Talent Show Jan. 7

By Jeff Ward

The president of the Moosehorn Community Club is asking for any talented people to come perform for their CFRY Radio Amateur Talent Show next month.

Alf Nachtigall he is hoping to see dozens of talented singers and musicians take the stage on Jan. 7 at the Moosehorn Community Hall and help raise money to cover the costs of a new tractor.

The tractor is used for cutting the grass of all soccer and baseball fields and in winter plows the driveway of the Moosehorn Community Club and Curling Club. The old tractor had fallen into a state of disrepair and ended up forcing the hand of the community club board who borrowed some money to help purchase the new tractor, valued at \$25,000.

Nachtigall explained that the board can't afford to continually pay someone to do those jobs and that it's important the tractor be a part of the club assets so that he can do the work for free as a volunteer.

CFRY will broadcast all performances live on CFRY 920 AM. Listeners will call in to pledge for the performers and that money will go towards the tractor.

"I personally get a lot of pride in being able to help out, and I'm hoping we get a good response from the community," said Nachtigall.

"We have been on a waiting list for

two years for this fundraiser and now it's our turn. When we first requested it, we said that the tractor was on its last legs. Well, three months ago, it finally gave out."

CFRY does many of these fundraisers all over the province each year and they have been very successful in the past. Early this year, the fundraiser in Lundar raised more than \$36,000. A few weeks later, the fundraiser in Eriksdale raised more than \$23,000. Nachtigall hopes to find similar success, but first he needs talent.

"Our ads have just gone out, so we're expecting to hear the talent coming in soon. But we want as many people as we can. Every person helps," said Nachtigall.

Anyone interested in performing is encouraged to call Nyla Klatt at 204-449-2347 to book a spot.

Nachtigall has been president of the community club for almost 20 years. After he retired from the railroad, he set his sights on being a part of the community. He believes that people will come out and support them because residents from all over use the spaces that are maintained by the tractor.

"We have a lot of very dedicated people here in our community that work on the club board. They're very good people. I know we have many out there that will support us for this," said Nachtigall.

You can now call toll-free 1-866-267-5818 to hear about the availability of a doctor in your emergency department.

These schedules are also posted online at www.ierha.ca under "Care in your hospital" and "Emergency department schedules".

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Paramedics will care for you and transport you to the care providers you require. Visit www.ierha.ca, "Care in your Community", "Ambulance/EMS numbers" for a listing of 10 digit numbers.

We continue to recruit doctors to our region, however, services in some emergency departments may be temporarily unavailable if a doctor is not onsite.



Pallister delivers inaugural State of the Province address

Submitted

Premier Brian Pallister's inaugural State of the Province address reaffirmed the government's commitment to improving Manitoba.

The premier spoke of the realities of Manitoba's challenging economic climate including the province's large budgetary deficit, past credit downgrades and as-yet untapped opportunities for growth in rural and remote regions of the province. Pallister also committed to improving services, to increasing government transparency and fiscal management, and to continuing to stand up for the priorities of Manitobans on the national stage including the elimination of inter-provincial trade barriers and restoring balance and sustainability to federal funding of health care.

Pallister delivered the State of the Province address during an event hosted by the Winnipeg Chamber of Commerce in front of an audience of nearly 1,300 of the province's business and private-sector leaders and innovators as well as nearly 100 future leaders from Manitoba high schools last Thursday.

"Our government has an ambitious vision for Manitoba and is taking steps to demonstrate that we are open for business, committed to improving the services available to Manitobans and to creating an environment that is attractive to investment both from within our province and from out-

side," Pallister stated in a release last week. "We are investing in education, infrastructure, immigration and economic development throughout our province and we know that Manitobans are motivated to partner with us to create sustainable growth and economic opportunity for generations to come."

The speech highlighted the government's Look North initiative, which will continue the development of a northern economic development plan to create jobs, increase investment and ensure long-term stability. The premier announced that three Northern Economic Summits will take place in the spring of 2017, one each in The Pas, Thompson and Churchill, with a dedicated website and additional details to be revealed early in the new year. The membership and mandate of the Premier's Enterprise Team were also announced, further movement on the government's commitment to pursuing strategies for job creation and economic development across Manitoba.

The premier also challenged Manitobans to sign up as volunteers for the 2017 Canada Summer Games and to participate in events and celebrations around Canada's 150th anniversary of Confederation. He encouraged citizens to continue supporting charitable initiatives throughout the province, including through social impact bonds that will engage the commit-



EXPRESS FILE PHOTO

Premier Brian Pallister delivered the inaugural State of the Province address during an event hosted by the Winnipeg Chamber of Commerce last Thursday.

ment and devotion to community that is so unique in the province, and he congratulated those Manitobans whose success in the province began with their arrival through the Provincial Nominee Program.

"Our love for this province unites us and our spirit of inclusion and acceptance makes Manitoba a truly special place. The decisions we make both as individuals and collectively will determine the future of our families and our community," said Pallister. "We

have a worthy cause, an unparalleled opportunity to rebuild our province. We will continue to listen and to engage with all Manitobans — new immigrants, Indigenous communities, rural and northern Manitobans as well as representatives from business, labour and any other sector committed to helping Manitoba reach its true potential. There is no greater goal, and if we join together, there is no greater team to tackle it."

> ST. MARTIN FISHERS, FROM PG. 7

in Manitoba if the market isn't open and that means fishers aren't going to know who and where to sell their fish until that happens either. Mohr explained that while there have been many potential buyers interested in Manitoba fish, there still haven't been any contracts put forward.

"I think the biggest problem is that fishers have only heard from FFMC and no one else. They don't know if there are other options available and if there are who will have access to them. There is a great deal of uncertainty right now," said Mohr.

That uncertainty is what worries Einarsson, and the fishers he represents, the most. Dauphin River is 331 kilometres north of Winnipeg. Einarsson said the unknown costs of freight and the fact that fishers in his area are selling lower value fish have him concerned that they will be left behind.

"The envoy is just telling us how it is, but there's no consulting going on here. The government should've actu-

ally consulted with us before making up their mind," said Einarsson.

Throughout all the frustrations, the mayor is trying to be optimistic and said that he hopes the new buyers will be better, or at least as good, as FFMC currently is. He explained that the job is already extremely successful and that this isn't making it any easier.

Commercial fishing is a physically demanding job that takes a lot of time and deep working knowledge of the lakes and rivers. Add to that an ambiguity about the financial future of one of the only means of income for the people of Dauphin River and you're looking at a very nervous community.

"Part of our recommendations are that we need to foster an environment here that is friendly. These buyers know that they can come into the province and contract fish and construct facilities. I'm generalizing here, but the industry as a whole needs to know that Manitoba is making this change and that we are open for busi-

ness," said Mohr.

With the envoy meetings now complete, Mohr and Friesen will begin parsing over the information which will be presented to the government and analyzed through the winter. In the spring of next year, the report should be available for the public and Mohr said that it will include a strategic plan for the transition. There are likely to be no more envoy meetings this year, but Mohr couldn't be entirely certain on that.

"One of the things that we've said from the beginning is that come April 1 next year, we don't want anyone to say that they didn't have a chance to voice their opinion. From that perspective, we are open to adding meetings and consultations to our agenda if we can fit them in," said Mohr.

Perhaps most interesting is that

even through all of these meetings, Mohr is still uncertain as to where the majority lies. Are fishers in favour of, or against, the decision to open the market? One thing is for sure: if it's the latter, the open market will likely not be as fruitful as some have hoped.

"If the fishers resoundingly support FFMC, then there's not going to be a tremendous amount of opportunity to buy fish for other buyers. It really boils down to the fishers that are harvesting the lower value species and what opportunities there will be for those," said Mohr.

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Astronomy Night at Oak Hammock Marsh

Staff

Participants will be thanking their lucky stars for the opportunity to learn about the constellations that grace the winter sky.

On Thursday, Dec. 15 from 7 to 10 p.m., Oak Hammock Marsh Interpretive Centre is hosting Astronomy Night to provide information about the constellations that will be visible this fall.

Participants will also have the chance

to learn the lore behind the constellations, which are best seen in during the winter.

The session will begin with a theatre presentation. Then if the sky is clear, the group will head up to the Interpretive Centre rooftop to explore the night sky through a telescope.

Regular admission fees apply to the Astronomy Night. More information is available online at www.oakhammockmarsh.ca.



EXPRESS PHOTO SUBMITTED

Learn about constellations best viewed in winter at Astronomy Night at Oak Hammock Marsh.

Ashern Chamber of Commerce holding Christmas light competition

By Jeff Ward

The spirit of competition will soon clash with the spirit of Christmas as the Ashern Chamber of Commerce debuts their Christmas Light Decoration Contest later this month.

The chamber is giving out four awards — certificates to be given to the winners — for best decorated

business, interior and exterior, as well as best decorated homes, both inside of Ashern and rural.

The competition is being organized by Katie Gunther from Talbot and Associates, who is hoping to see many properties submit their displays for consideration. Gunther explained that while it is a competition, it's all

in good fun and should be a great way for the community to celebrate the effort put into the dozens of displays that pop up this time of year.

Entries for the

competition are due by Dec. 17. Judging will take place shortly after, and anyone wanting to take part can call Gunther at 204-768-2346.

"There will be different people who are also a part of the chamber who will be judges," said Gunther.

"The people who put up these displays each year don't just do it for themselves. They do it for the community, and I think we should be recognizing that. And even homes that aren't here in Ashern go to great lengths to put up lights, so we want more people to go on tours and visit them."

Gunther said that students from Ashern Early Years School will also take part in judging some of the loca-

tions in town because she wants there to be some more community involvement in the competition. Gunther hopes to see many more light displays pop up in the area as a result of this competition.

She added that a competition like this is a great way to get residents into the Christmas spirit, and get people walking around and taking a look at the homes in the area.

"What I want to see happen is people start talking about the lights and have families go out and explore for themselves. I want to hear, 'Oh, did you check out so and so's lights?' Because there are so many homes that are down some backroad but put up beautiful displays," said Gunther.

Those who put up displays probably aren't looking for any recognition through an award, but Gunther knows there's an incredible amount of personal pride that goes into them. Celebrating that effort and the home owners' desire to make the community a brighter place is something she believes embodies that Christmas spirit perfectly.

NORTHERN LIGHTS

Festival of the **ARTS**

The first planning meeting for the 2016 - 2017 festival was held on November 14, 2017.

The committee for 2016 - 2017 is:

Chair: Annette Holowka
Secretary: Lisa Mazur
Treasurer: Krishna Golas

Committee at Large:
Bernice Entrom, Rosie Barrett, Julie Stefanec, Daphne Flett, Jessie Plett, Grace Packulak, Vivian Chaske, Pauline Barrett, Chrissy Wilson

The Northern Lights Festival of the Arts will take place April 17 to 21, 2017 in Fisher Branch. The Highlights Concert will be held on April, 28th, 2017 at 7:00 pm.

Entry forms will be available at:

- North of 68 - Fisher Branch
- Fisher Branch Early Years School and Fisher Branch Collegiate
- Morweena School
- Pequis Central School
- Charles Sinclair School, Fisher River
- Eriksdale School
- Lundar School
- Ashern Early Years School and Ashern Central School
- Alf Cuthbert School, Moosehorn
- Inwood School
- Pinaymootang School

A copy of the current syllabus will be available at your community school.

ENTRY DEADLINE: FEBRUARY 28, 2017

Mailing address: A. Holowka Box 413, Fisher Branch, MB R0C 0Z0

Any questions or concerns, please contact a committee member or email: bholowka@mymts.net

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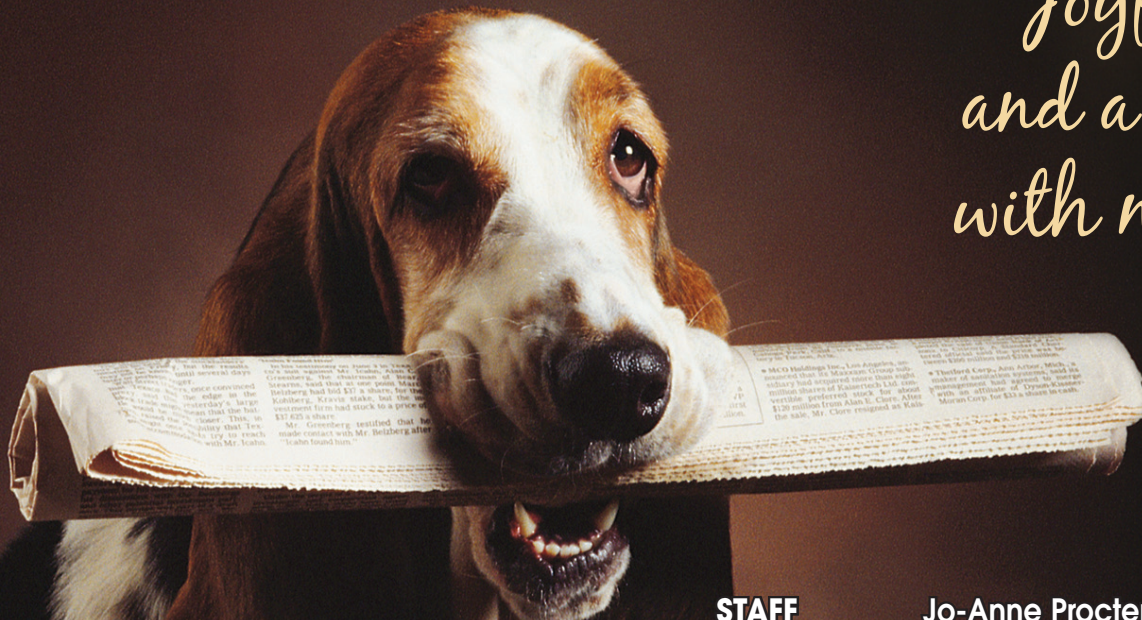
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As your local newspaper, it is our mission to connect people through stories to build stronger communities. We will keep you informed and we are very proud to be the local resource for news and information in this community. We sincerely thank you for making our newspaper what it is today. Your loyalty means the world to us.

We wish you a
Joyful Christmas
and a New Year filled
with much happiness!



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Blaze destroys popular wedding spot in St. Clements

Hawthorne Estates owners say they plan to rebuild

By Lindsey Enns

A St. Clements couple says they are devastated after the 1940s-era barn they spent years transforming into a picturesque wedding venue burnt to the ground last Friday morning.

Hawthorn Estates owners Robert and Tammy Belanger say they were woken up around 6 a.m. on Friday by a vehicle honking in their driveway.

Robert said when he looked out the window, all he could see were flames coming from the barn.

"It's like a sick feeling in my stomach," Robert said while standing outside on his property last Friday afternoon. "It's like a nightmare."

He added three fire crews from Brokenhead, East Selkirk and Narol showed up to help battle the blaze, which started sometime during the night, but it was already too late.

"It was already gone. It was already engulfed. They couldn't save it," Robert said.

The couple sent an email to several couples last Friday morning informing them the barn had been destroyed by fire and that they would be getting their deposits back.

Jeff Ward and his fiancée Carly Brown were one of the couples who had booked their wedding there for October 2018.

"We were really looking forward to having our wedding there," Ward said. "It's such a gorgeous piece of land and the owners have been so great and accommodating."

"I suppose the silver lining here is ... we have time on our side."

Robert and Tammy bought their home in 2000 and then later purchased the historic barn from their neighbours across the street. After moving the barn on to their property close to their home in 2006, they spent two years fixing it up and transforming it into what became a popular and



EXPRESS PHOTOS BY LINDSEY ENNS AND COURTESY OF CASEY NOLIN PHOTOGRAPHY

ABOVE: Nothing could be salvaged after a fire destroyed Hawthorn Estates, pictured above right and bottom left, during a wedding earlier this year on the right, last Friday morning. BELOW: Hawthorn Estates owner Robert Belanger, pictured below far left, and an Office of the Fire Commissioner member sort through what was left of the 1940s-era barn last Friday afternoon. The cause of the blaze is still being investigated.



well-known wedding destination.

"We've had hundreds of weddings since we opened three years ago and there were hundreds more to come cause they were booked for the next two years," Robert said. "Hawthorn Estates was so well-known in the province. Everything we did here was top shelf. All the vendors and photographers knew our place."

The barn had two levels which included an open ground floor for lounging with a bridal room, three

bathrooms and a staging kitchen.

Original reclaimed wood from the barn was used throughout the interior to give it a rustic feel and large chandeliers hung from the ceiling.

On Sunday evening, Tammy and Robert emailed 20 of their clients to let them know that they plan to rebuild.

"It has now been two days since our tragic loss; however, the support that we have received and kind words have been amazing," the couple said via email.

They added they plan "to rebuild a venue that will be unique and one of a kind in a different way than our barn was." They added they are looking at being back up and running for January 2018.

"We will assure you that it will be just as magical as the barn was for your special day," the couple said via email. "We will continue to update all

of our couples as we move forward on this journey and look forward to your input on creating an amazing wedding venue."

The cause of the fire is still being investigated and likely won't be known until sometime this week.

An Office of the Fire Commissioner member was seen on the property last Friday sifting through the rubble.

Robert said he wasn't sure if the cause of the fire was electrical or not.

"That's the first thing you think of ... but there was nothing left on," he said. "We're in here every night and every day we check it all the time."

"Making sure everything's fine, that there's enough heat so we have no idea."

Robert added it's difficult to put a price tag on what they lost in the fire.

"We had some vintage antiques in there ... worth thousands of dollars, just gone," he said.



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THE EXPRESS
WEEKLY NEWS

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SWAN VALLEY TRAVEL
Arborg, MB

> GET FISHING, FROM PG. 6

sam Bay is not that easy anymore but that doesn't stop our anglers. Last year, one could fish over the metal water barrier, but now a newly placed rock water break is the only place to cast from, and you better be part mountain goat. King Cob of Winnipeg, a round-faced chap with long brown hair, thought he was one two weeks ago.

I stopped there to see who was catching what. When I met King, he couldn't wait to tell me how he ventured out onto the rock barrier and got soaking wet. He had caught an eating-sized pickerel and balancing on the rocks strung it and continued fishing. A few minutes later, he noticed his caught fish slip the string but become corralled in a hollow of rocks with shallow water.

King sprang to action, sprinting from one rock to another down to the water's edge to reclaim his fish. He should have remembered that wet rocks are slippery. Up went his feet and down King splashed into the water right up to his waist. To his credit, he didn't lose sight of his objective, rolling to one side, he reached over and grasped his fish holding it high as others on the rocks cheered his victory.

Well, with this cold, our waterways are making two or three centimetres of ice cover a day — terrific.

See you next week, friends.

Redevelopment of Viking Park to proceed

Submitted

The Icelandic Festival of Manitoba (IFM) announced recently it has issued a 'Request for Bids' to redevelop Viking Park. Working with the Betel Home Foundation and the R.M. of Gimli, the IFM and project supporters are creating a park that will benefit the community for generations to come.

Even though fundraising is not yet complete, the IFM is moving forward to fulfill its commitment to open the park in time for Canada's 150th birthday at the 128th Islendingadagurinn. There is still ample opportunity to contribute to a project that reflects the unique spirit and ancestry of Gimli.

"We believe the uniqueness of Viking Park, with its Elf and Troll Storm Gardens and Breakwater Gardens will take Gimli to the next level as a destination location," says Tim Arnason, member of the 125 Legacy Cabinet Committee.

"There is simply nothing else like it in Canada," Arnason adds.

By enhancing the economic benefits of Gimli's growing tourism industry, and ensuring

the IFM can continue to offer family friendly events for low or no cost, Viking Park will pay dividends to the community for years to come.

The Festival has raised over \$500,000 in cash and pledges, but needs to reach \$800,000 by Feb. 1, 2017 to complete the main components of the first phase of the project. The Festival also wishes to raise additional funds to contribute to its reserves. Interest earned helps offset the Festival's costs so they do not need to be passed on to Festival goers.

While the Festival can continue to accept donations after Feb. 1, it will incur additional costs such as adding donor recognition engravings and signage after the significant features in the park have already been installed.

Complete tender documents can be picked up at the IFM office or through HTFC Planning & Design in Winnipeg. Tender closes on Jan. 9 at 4 p.m. All bids must be delivered to the HTFC offices at by then to qualify for consideration. Contact Chris Brown at chris@icelandicfestival.com or 204- 642-7417.

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Auto Repair Ethics in the Interlake

We're going to be talking about the ethics of automotive repair. It's been said by shop owners in Winnipeg, "I could ripoff or upset every customer for a month and I'd still have plenty of work." This due to the sheer number of drivers in the Winnipeg. The opposite is true in the Interlake where word of unethical treatment would spread like wildfire through every coffee shop, and your local Automotive Repair Specialist would soon be specializing in something else.

Unfortunately, every profession has some bad actors that hurt the reputation of everyone else. In the automotive world, including our local Interlake automotive community, industry associations, professional licensing organizations and all Service Professionals listed on this page are very committed to high ethical standards.

Yet some Interlake drivers are uncomfortable with automotive service and repair. If we understand what's recommended and the benefits of taking care of the work — and the pitfalls of putting it off — we'll have more trust in the recommendation. So communication is key. It's like going to your Interlake doctor. If she's using medical jargon and takes a lot of basic medical knowledge for granted, we have a hard time following her train of thought. It can be like that with your Service Advisor too. He's so familiar with all things automotive, he may forget you don't know a PCV from an EGT.

If you don't understand what your doctor's talking about: ask some questions. If you don't understand what your Interlake automotive advisor's talking about: ask some questions.

Let's go back to those ethical standards. When we hear a repair recommendation, we always ask ourselves, "Is this really necessary?" Well, here's the industry standard:

If your Interlake Service Advisor tells you that a repair or replacement is required it must meet the following criteria:

(1) The part no longer performs its intended purpose (2) The part does not meet a design specification (3) The part is missing

For example, if you take your vehicle in for a grinding noise when you step on the brakes, you may just think you need new brake pads. After the inspection, the technician says that you have a cracked rotor and need to replace it. If you tried to get him to just put new pads on, he would say that if you didn't want to replace the rotor, he would ethically have to refuse the repair. To just put pads on a cracked rotor would have been very wrong. The brakes could've failed at anytime: they needed to be repaired — not just have a band-aid slapped on them. Now, looking at something not so serious, they may suggest repair or replacement

if: (1) The part is close to the end of its useful life — just above discard specifications or likely to fail soon. (2) To address a customer need or request — like for better ride or increased performance. (3) To comply with maintenance recommended by the manufacturer. (4) Based on the technician's informed experience.

Of course, the technician has the burden of making ethical recommendations and properly educating their Interlake customers. Make a habit of requesting to see the broken part for your own understanding of the problem. And if you are uncomfortable with a recommendation, ask some questions. More information is always a good thing for Interlake drivers.

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Interlake residents tour Christmas-themed homes

By Jeff Ward

The 3rd Annual St. Laurent Christmas Home Tour event helped ring in the Christmas season with six well decorated homes hosting 80 visitors just a few weeks ago.

The event is a fundraiser and a portion of the proceeds from tickets sales — \$12 per person this year — went toward the St. Laurent Christmas Hamper Program. As one of the organizers of the tour, Bridgite McDaniels said that the response from the community was fantastic this year.

With 80 participants touring six locations the tour took approximately three and a half hours to complete. Beginning at Sabados Greenhouse in Clarkleigh and finishing in St. Laurent the tour help set a nice Christmas atmosphere for everyone who took part. The event took place on Dec. 3 and McDaniels said that she had people from as far as Eriksdale take the tour.

"It's nice to see how different people celebrate Christmas," said McDaniels.

"It makes it a very personal tour to see other people's homes and get a look at how they bring that feeling into their own lives. Everyone has a different way of showing their Christmas spirit and doing a tour like this we get exposed to a bunch of them."

After visiting Karen and Allen Sabado's home in Clarkleigh, participants then went to Theresa and Stuart Nikkel's property. From there, visitors drove back to St. Laurent and stopped off to see the homes of Vicki Deward and Doug McGiffin, Melanie and Ken Sparks, Shelley and Val Corvino, and finally Lorraine and Brian Bruce to complete the tour.

Each home showed the owners' holiday flair and McDaniels said that people were amazed by the incredible collection of toys and other memorabilia



EXPRESS PHOTOS SUBMITTED

Visitors to Brian Bruce's home were treated to an incredible collection of toys and other memorabilia during the St. Laurent Christmas Home Tour event.

that the Bruces showcased.

"An event like this doesn't work without the support of some really fantastic people. To be welcomed into someone's home and get the spirit of Christmas like this is truly unique. It was a really nice community heartwarming event," said McDaniels.



Seasonal arrangements were on display for guests during the Christmas home tour. Proceeds from the tour were donated to the St. Laurent Food Hamper program.

The Eriksdale Game and Fish Annual Trophy Night



EXPRESS PHOTO
BY BONNIE LUSSIER

The Eriksdale Game and Fish Annual Trophy Night was held Dec. 3 with fourteen heads entered and scored. Out of all the entries, 11 were youth entries.

Youth winners included: first place - AJ Allard, second - Zac Halldorson, third - Jesse Lestrat, fourth - Hannah Lussier.

Adult winners - Branden Lussier had the most symmetrical head entered; AJ Allard scored the highest in the typical adult class and Jesse Lestrat's head scored the highest in the non-typical adult class.

The club boasts a membership of 86 including 24 youth, which is the highest number in the club's history. Pictured from left AJ Allard, Jesse Lestrat, Zac Halldorson, Branden Lussier and Hannah Lussier.

Small business welcomes focus on red tape reduction

Submitted

Small business owners across Manitoba welcome the launch of the province's Red Tape Reduction Task Force, which delivers on a commitment made during the 2016 election.

The task force will identify regulatory requirements that stifle growth and will initially focus its efforts on four specific industries: agriculture and food-processing, transportation, non-profit organizations and land development.

"The Red Tape Reduction Task Force is a positive step towards identifying those red tape headaches that are holding back Manitoba entrepreneurs," said Jonathan Alward, director of Provincial Affairs for Manitoba. "Eliminating unnecessary or outdated rules and regulations will help save Manitoba businesses valuable time and money."

The task force includes business leaders from the across the province who will represent the four targeted sectors. Shannon Martin (MLA for Morris) and

Carmele Peter (president of the Exchange Income Corporation) will co-chair the task force. Other members include:

- Agriculture and food processing: Marilyn Braun-Pollon, Dan Sierens, Blair Yakimoski;

- Transportation: Wade Linden, Greg Nesbitt, Gord Peters, Don Strueber;

- Non-profits: Vera Goussaert, Janice Morely-Lecomte, Diane Roussin, Alan Goodz; and

- Land development: Henry Borger, Martin Harder, Jeff Wharton.

Marilyn Braun-Pollon, CFIB's vice-president of Prairie and Agri-business, will represent Manitoba's small businesses on the task force and will serve on the Agriculture and food processing sub-committee.

"Tackling red tape at the farm-gate is our agri-business members' top priority, so I welcome the opportunity to identify examples that are stifling innovation in the agriculture sector," said Braun-Pollon. "We're also encouraged the province recently committed to legislate regula-

tory accountability in 2017. It is pretty clear the government is serious about reducing red tape in Manitoba."

The task force will begin consultations in January 2017 and will develop recommendations and an action plan in the spring of 2017. Full implementation is expected by May 2018.

The CFIB has been a leading force in red tape awareness across Canada for over a decade. CFIB's latest Canada Red Tape Report reveals Manitoba small- and medium-sized businesses spend \$1.2 billion complying with regulations from all levels of government. Of this total regulatory burden, Manitoba entrepreneurs indicate nearly 30 per cent, or \$400 million, is red tape that could be eliminated with no negative effect on health and safety or environmental standards.

CFIB is Canada's largest association of small- and medium-sized businesses with 109,000 members (4,800 in Manitoba) across every sector and region.



EXPRESS PHOTO SUBMITTED

Gimli MLA Jeff Wharton has joined the province's Red Tape Reduction Task Force as a member of the land development group.

Healthy habits, stress reduction tips for the holidays

Get some fresh air and exercise, IERHA suggests

Submitted

Overwhelmed by the holidays? Are you ready for Christmas? The Interlake-Eastern Regional Healthy Authority (IERHA) has some tips and tricks to ensure everyone has a happy holiday.

Some people love the rush of the holiday bustle. It fills them with energy and joy. Others find it more troubling or have feelings of stress and anxiety or loss. But you have the power to let go of the struggle to get everything done. You can slow down, simplify and regain your values.

Share your feelings with loved ones. Be clear about your capabilities when it comes to the holiday rush and ask for help when you need it. Learning to say "no" can reduce feelings of frustration and resentment. Polite "I" statements can help frame a problem in the positive. Reducing activities by

planning one thing at a time is less overwhelming. Start a journal to help process your feelings. Or regain an attitude of gratitude by starting a list of things you're thankful for.

Adjust your expectations. If you're too stressed to hold a party this year, let someone else do it. Let go of "all or nothing" thinking and perfectionism. People won't even notice a little dust or dirt on the floor with a couple of decorations and good company. If you start to fret ask yourself, "Will this matter in five years?"

Values: What does the season mean to you? Peace, joy, love, generosity, sacredness, forgiveness ... When your holiday plans align with your values, that's authenticity. What did you like in years past? What didn't bring you joy? Let go of "should." Choose which events to attend and which to say "no" to, graciously. You can start your own inexpensive holiday traditions like camping in the basement, board game nights or singing songs before dinner. You can also spend time with your family or friends while volunteering. Whether helping at a food bank, delivering hampers or visiting



an animal shelter, volunteering is a win-win situation.

Relax. Whether you're out shopping or preparing a meal, breathe deeply, slow down and be true to yourself. Offer someone a place in line or help with their groceries. Smile. It'll make you and the people around you feel better. Take a break. Make a point of being in the present. Notice the little

positives — a baby's laugh, a friend's smile, the smell of cinnamon, frosty air, rosy cheeks, the jingle of a bell ... It's the little things that add up and make the day meaningful. Schedule yourself some "me" time. Meditate, pray, use progressive muscle relaxation, do yoga or listen to guided imagery. For those tech-savvy folks, there are nu-

Continued on page 17

Coldwell Community Foundation receives 10K in 24 hours

By Jeff Ward

The Coldwell Lunder Community Foundation (CLCF) raised more than \$10,000 in just 24 hours last month during the 24 Hours of Giving challenge, sponsored by the Winnipeg Foundation.

Through a combination of online and in-person donations, the CLCF raised \$10,165 during the challenge and the Winnipeg Foundation matched 20 per cent of the donations up to a total of \$2,000. That put the grand total of money raised to \$12,165, which will go directly into the CLCF endowment fund.

Through that fund the CLCF donates the interest gained back to the community in the form of grants and bursaries. Since beginning their mission, the foundation has granted back more than \$17,000 to the community.

Donations were taken at the RM of Coldwell office in Lunder on Nov. 19. CLCF treasurer Irene Runolfson said the response from the community during the 24-hour challenge was incredible and humbling.

"We thought that because we were still coming off of the Thomas Sill challenge that it would be a difficult number to reach, but the community is filled with such generous people,"

said Runolfson.

"We actually didn't know that we had hit the \$10,000 mark because the online donations weren't totalled until the next Monday. So with those, we were able to maximize our stretch goal."

Runolfson said that the market value of the endowment fund today is \$206,446.84. That value is a combination of the continued generosity of the people of Coldwell and from some great money managers at the Winnipeg Foundation, she added.

Part of what makes an endowment fund great is that every single dollar becomes another step forward in increasing the amount given back each year. Unlike other fundraisers, the money that is raised is never spent, and only the interest the money accrues is

granted back to the community. This means that a donation today helps give back to Coldwell causes for generations to come.

"It took a lot of work and time to get to this point but it's exciting when you start giving back and see the fruits of your labour. And people are really starting to understand it's importance now. We're still getting donations

"WE'RE STILL GETTING DONATIONS FROM OUR REGULAR DONORS, BUT WE'RE STARTING TO ATTRACT NEW DONORS AS WELL."



EXPRESS PHOTO SUBMITTED

Donors Sandra Pott, left, Davilyn Eyolfson, middle, and Wendy Sweetland-Budge were proud to contribute to the Coldwell Lunder Community Foundation 24 Hours of Giving Challenge raising more than \$10,000 in a single day.

from our regular donors, but we're starting to attract new donors as well," said an excited Runolfson.

With another successful year of fundraising behind them the CLCF can now focus on grants for 2017. February is the month when organizations can start submitting applications to receive funding. Runolfson said that now is the time for those organizations to start thinking about what they

need or what they want to do in the summer of next year when the grants are given out.

"It should start to be discussed so they can get a plan in place to show us. This is where the fun really comes in and we're always happy to be able to start granting season," said Runolfson.

The grant application deadline is Feb. 28, 2017.

> HEALTHY HABITS, FROM PG. 16

merous mindfulness apps, like Calm in the Storm by Klinik.

Regular healthy habits and stress reduction tips work for the holiday season as well. Grandma was right — go outside and get some fresh air and exercise. Exercise is one of the best stress relievers there is. Go for a walk, go sledding or make snow angels, snow forts and snowmen. Remember to laugh and have fun. When you're back inside breathe deeply and enjoy the moment. Too cold to go outside? Turn up the dance tunes and get everyone involved. Then slow down the music and stretch it out.

A packed social calendar leads to increased stress when it affects our sleep. We all know too little sleep leaves us feeling irritable. Dimming the lights and turning off the screens (TV, laptops and phones) an hour be-

fore bed encourages relaxation and a better sleep. Most of us know having caffeine in the evening can keep us awake; for a list of food sources of caffeine see Dietitians of Canada. Alcohol can also disrupt sleep cycles.

Healthy eating will help you avoid sugar highs and lows and maintain a more even mood. If you eat a good quality breakfast and don't skip meals, you'll be less likely to over-indulge. Even though it's winter, make sure to stay hydrated.

Plan and organize to keep it simple. Does some of your holiday stress arise from not enough time? An obvious solution is to just do less; here's where learning to say "no" really helps. Beat stress by planning specific days for shopping and baking or regain some of your time by delegating half the shopping and chores.

During the holidays, there is pressure to splurge. Make a menu, a list, and a budget, and stick to it like glue to avoid the January money blues. Financial experts often suggest shopping without your credit cards. If you take only the amount of cash needed, you won't be tempted to buy extras. Sticking diligently to the list ultimately makes life less cluttered. If you want to take your planning a step further, open a savings account in January and make small deposits all year long for the following December.

Menu planning virtually eliminates last-minute guessing and extra shopping. We often underestimate the amount of food that goes to waste, but if you plan your meals you can easily use up your leftovers. Having a cookie swap with friends or coworkers increases variety and saves time for everyone. Why not preorder? Many stores will take orders for turkey or other holiday

treats and have them ready for pick up. And if you pre-book that massage or schedule some "me time," you'll thank yourself later!

Decorating is a great example of when less is more. It's also a great time to involve the kids. When they make and help put up the decorations, they'll take a sense of pride in their efforts.

"Simple" might mean keeping events small. Choose simple foods that can be prepared ahead of time and frozen until needed. If someone offers to help, let them! Keep a sink of soapy water for soaking dishes for easy clean up. Setting start times and end times will let folks know when the party ends. Consider alternatives to a large sit-down dinner, for example a potluck, a family brunch, an open house or a bonfire outside. You could even share responsibilities by co-hosting a party with a neighbour or a friend.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bantam 'AA' Lightning win one of three games last weekend

By Brian Bowman

Goals were hard to come by for the Interlake Lightning "AA" Bantam hockey team last weekend.

Interlake lost 8-0 to the Kenora Thistles in Stonewall on Saturday and then was blanked 5-0 by the Northern Knights on Sunday in Lac du Bonnet.

"Kenora is a senior Bantam team, which means that they are all 2002s, so they are a very strong club," said Lightning head coach Kent Klimpke Monday afternoon. "We were just outmatched and they are a very well-coached and disciplined team."

Klimpke, though, expected his club to be a lot closer to Kenora by the final buzzer. He also was surprised that the Northern Knights blanked the Lightning in a five-goal win.

"That game was probably a little bit more disappointing because that's a team that we beat 2-1 about a month ago," Klimpke recalled. "I thought we took the play to them in this game but we just could not score for all of the money in the world."

While the weekend didn't end very well for the Lightning, Interlake started it off great with a solid 5-2 road win over the Pembina Valley East Twisters in Rosenort.

"From puck drop to the buzzer at the end of the game, our guys played fantastic," Klimpke stressed. "They had a strong forecheck, (and) they were

disciplined. We didn't take any silly penalties.

"We went at Pembina Valley very hard – I was very, very pleased with that effort Friday night."

Lightning forward Jamie Maytwayashing of Lake Manitoba First Nation led the Interlake with a hat trick.

"He's our leading scorer so far," Klimpke said. "We've played 15 games so far and he has 19 points. He's our over-a-point-a-game guy and what's neat about him is he is a (2003). He's progressing really well."

After 11 league games, Interlake is now 4-7 and has been outscored 48-38. Interlake's overall record, which includes a tournament, is 4-9-2.

Klimpke feels that there is a lot of parity in the league this season. There is also room for improvement.

"There are three teams at the top that are really the class of the league," Klimpke noted. "The next seven teams, in my mind, anyone can beat anybody on a given night. There's a lot of parity between those seven clubs."

For the Lightning to be successful in the New Year, Interlake will have to stay out of the penalty box with undisciplined penalties while getting more pucks to the net.

The Lightning will have a tough first two games in 2017, though, as they will play the Pembina West Rockets on Jan. 7 and then the Thistles in Ke-



EXPRESS PHOTO BY JO-ANNE PROCTER

The Lightning's Jamie Maytwayashing of Lake Manitoba led Interlake with a hat trick in their 5-2 road win over the Pembina Valley East Twisters last Friday.

nora the following day.

"They're the No. 1 and No. 2 teams in the league," said Klimpke, noting the Lightning will compete at a Keno-

ra tournament next month. "And then we should get some more victories. We have some opponents to play that are behind us in the standings."

City Midgets earn third league win of the season

By Brian Bowman

Christmas came early for the Interlake Lightning City Midget hockey team.

Interlake won its third league game of the season Sunday after a 5-4 victory over the Eastman Selects in Warren.

Donavan Brown, Daniel Pasechnikoff, Jagger Bonkowski, and Kyle Melo scored for the Lightning in the first period. Two of those goals came via the power play as Interlake finished two-of-seven with the man ad-

vantage.

Interlake's Emmitt Farebrother then scored the eventual game winner early in the third period.

Erik Sigurdson made 31 saves for the win.

Noah Chamberlin (two), Matthew Boonstra and Aidan Ticknor replied for Eastman. The Selects were 0-for-10 on the power play.

Last Friday, the Lightning were zapped 8-1 by the Sharks.

Brandon Abraham scored Interlake's lone goal late in the third pe-

riod, assisted by Nick Prystupa and Shane Bear.

Mason Hughesman (three), Josiah Vanderhooft (two), Michal Wojciechowski, Billy Klymchuk and Kyle Schroeder replied for the Sharks.

Josh Bond made 43 saves for the Interlake.

Interlake, now 3-16, will play the Sharks this Sunday (12:45 p.m.).

In Bantam "AAA" action, the Lightning were doubled 6-3 by the Central Plains Capitals on Sunday in Portage la Prairie.

Cadrick Dueck scored twice for the Lightning Lyle Murdock had a goal and an assist.

Austin Adair and Cody McMillan also had assists for the Lightning.

Chris Fines made 18 saves for the Interlake.

Scores from the Lightning's Dec. 7 and Dec. 10 games were not posted on the league website at press time.

Interlake will host the Hawks tonight (7:30 p.m.) in Stonewall and then will play the Cougars on Dec. 23 at 7 p.m.

MANITOBA JUNIOR								Southwest								23	13	10	0	26	79	86
HOCKEY LEAGUE								GP	W	L	OTL	PTS	GF	GA	Eastman	25	11	12	2	24	82	80
Steinbach Pistons	31	25	5	1	51	127	59	Kenora	27	10	13	0	24	79	117							
OCN Blizzard	31	21	7	3	45	101	70	Parkland	25	8	15	1	18	74	121							
Winkler Flyers	31	22	9	0	44	117	71	Interlake	23	6	15	0	14	59	109							
Portage Terriers	30	21	9	0	42	132	95	Norman	28	5	22	0	11	71	182							
Selkirk Steelers	29	18	10	1	37	97	90	AAA CITY MIDGET														
Virden Oil Capitals	32	16	11	5	37	83	88	HOCKEY LEAGUE								GP	W	L	OTL	PTS	GF	GA
Winnipeg Blues	31	14	13	4	32	104	98	Winnipeg Monarchs	19	18	1	0	36	115	51							
Swan Valley Stampeters	28	11	14	3	25	84	106	Winnipeg Sharks	16	11	5	0	22	69	52							
Dauphin Kings	31	7	19	5	19	72	119	Winnipeg Warriors	18	10	6	1	22	86	71							
Neepawa Natives	29	8	21	0	16	74	122	Winnipeg Hawks	19	8	8	1	19	77	71							
Waywayseecappo Wolverines	31	4	24	3	11	77	150	Eastman Selects	17	2	12	2	7	47	80							
KEYSTONE HOCKEY LEAGUE								Interlake Lightning	19	3	16	0	6	49	118							
Central Division								GP	W	L	OTL	PTS	GF	GA	AAA BANTAM HOCKEY							
Peguis Juniors	16	11	5	0	22	113	84	LEAGUE								GP	W	L	OTL	PTS	GF	GA
Arborg Ice Dawgs	17	10	7	0	20	101	69	Winnipeg Monarchs	19	15	4	0	30	111	30							
Fisher River Hawks	14	6	8	0	12	94	101	Winnipeg Warriors	19	11	7	0	23	83	58							
South Division	GP	W	L	OTL	PTS	GF	GA	Winnipeg Hawks	16	9	4	1	21	96	45							
St. Malo Warriors	19	14	4	1	29	133	74	Eastman Selects	15	10	5	0	20	73	46							
Selkirk Fishermen	20	14	6	0	28	109	37	Winnipeg Sharks	18	6	10	1	14	43	65							
Lundar Falcons	17	6	11	0	12	67	89	Interlake Lightning	15	0	14	1	1	35	120							
North Winnipeg Satellites	16	5	10	1	11	59	88	MANITOBA FEMALE MIDGET														
North Division	GP	W	L	OTL	PTS	GF	GA	AAA HOCKEY LEAGUE								GP	W	L	T	OTW	OTL	Pts
OCN Storm	14	11	3	0	22	133	78	PV Hawks	15	11	2	-	1	1	25							
Crass Lake Islanders	16	6	9	1	13	84	83	Winnipeg Avros	15	8	3	-	4	-	24							
Norway House North Stars	17	0	17	0	0	31	221	Westman Wildcats	14	10	2	-	1	1	23							
AAA MIDGET								Yellowhead Chiefs	15	9	5	-	1	-	20							
HOCKEY LEAGUE								GP	W	L	OTL	PTS	GF	GA	Eastman Selects	13	5	4	-	4	14	
Yellowhead	26	17	4	1	39	113	74	Norman Wild	16	3	11	-	2	-	10							
Wild	24	18	4	0	38	128	48	Central Plains	13	3	8	-	-	2	8							
Central Plains	27	17	9	1	35	115	91	Interlake Lightning	17	-	14	-	1	2	4							
Brandon	24	16	6	1	34	100	62	STATS AS OF TUESDAY, DECEMBER 13														
Thrashers	23	14	6	1	31	103	50															
Pembina Valley	25	14	10	0	29	89	72															

Flyers split pair of high-scoring games

By Brian Bowman

The Stonewall Flyers were part of a couple high-scoring games last week.

Stonewall lost 7-6 to Altona last Thursday but rebounded the very next night to hand the Warren Mercs a 7-6 overtime loss in SEMHL play.

In the Mercs' win, Stonewall trailed 6-4 late in the third period before Scott Thomas and Matt Varnes tied the score. Varnes finished the game with four points.

Jeremy Pachkowsky then netted the game winner in OT, assisted by Damian Wallack.

Codi Lashiewicz scored for the Flyers in the second period and then Patrick Sheldon, Pachkowsky, and Dylan Kuczek, on the power play, scored in the third.

The two teams combined for eight goals in the wild third period.

Trent Genyk (two), Dylan Hykawy, Cliff Ketchen, Kyle Luschinski and Brendan Luschinski scored for the Mercs. Bryn Lindsay had three assists.

Brett Fewchuk made 37 saves for the win.

Against Altona, it was the Maroons that scored a pair of late goals for the comeback win.

Brent Toews scored to tie the game at 6-6 at 15:25 of the third period and then Tyler Dittmer scored the game winner just 2:25 later. Dittmer finished the game with two goals and four points.

Jon Froese, Caleb Suderman, Nolan Martens, and Cody Fehr also scored for Altona. Sheldon (two), Blair Hawes, Pachkowsky, Varnes and Ryan Elliot replied for Stonewall.

Justin Harris made 45 saves in the loss.

With the split last week, Stonewall is now 3-6 and has six points to sit in a tie for sixth place with Morden in the seven-team league.

The Flyers will visit third-place Carman (5-3) this Saturday for an 8 p.m. game.

Warren, meanwhile, hosted Portage this past Tuesday but no score was available at press time. The Mercs will then host Altona on Saturday (8 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Mercs' Trent Genyk scored twice during his team's 7-6 overtime loss to the Flyers in SEMHL play last Saturday.

Stonewall junior teams win regionals, advance to provincials



EXPRESS PHOTOS SUBMITTED

Team Dunlop, left to right, coach Darrel Argan, lead Matt Dunlop, second Carson Argan, third Emerson Klimpke and skip Thomas Dunlop.

Submitted

Last weekend was very successful for two Stonewall junior curling teams as Team Dunlop and Team Lamb won the 20-and-under Interlake Curling Regionals at Winnipeg Beach.

Team Dunlop — which includes Stonewall members and residents coach Darrel Argan, lead Matt Dunlop, second Carson Argan, third Emerson Klimpke and skip Thomas

Dunlop — faced Joshua Maisey from Winnipeg Beach and Team Terron Stykalo from the Eastman region.

Dunlop managed two round-robin wins to earn the berth spot and avoid a possible tie-breaking playoff. Dunlop beat Maisey 7-2 on Saturday and later defeated Stykalo 10-4.

Team Dunlop has been on a roll lately as they competed the previous weekend at Teulon's Jonathon Watson



Team Lamb, left to right, Rhea Teranishi, Brooklyn Meiklejohn, coach Rob Lamb, Jordyn McIntyre and skip Rebecca Lamb of Sandy Hook.

Junior Bonspiel. After winning three straight games, they advanced to the final but lost to Team Maisey.

Team Dunlop also plays in a West Kildonan league and is currently in first place.

Meanwhile, Team Rebecca Lamb — which features Rhea Teranishi, Brooklyn Meiklejohn, coach Rob Lamb, Jordyn McIntyre and skip Rebecca Lamb — also earned a provincial berth.

Team Lamb swept Team Talyia Tober

in a best-of-three format, winning 9-1 and 8-3.

Team Lamb also had a great weekend earlier this month as they competed at the Manitoba Junior Curling Tour season finals.

They finished 3-1 before losing in the semifinals to Team Mackay, who later won the event.

The 2016-2017 Canola Junior Provincials will be played at St. Vital and Pembina Curling Clubs on Jan. 1-6.

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knowledge, etc.

3. Dirt

4. New Zealand mountain parrot

5. Back muscle

6. Supplement with difficulty

7. Kate and Rooney

8. How Amazon identifies its products (abbr.)

9. Emirati island

10. Contended

11. Pear-shaped fruit

12. Parks cars

14. Killing oneself

17. Austrian river

18. Older brothers

20. Home hemodialysis

23. One who is self-absorbed

24. Yellow fever mosquitos

25. Pepper or Oz

26. Soviet Socialist Republic

29. Tellurium

30. Pens are filled with it

31. Use this at dinner

32. Thin fibrous cartilage (pl.)

35. When you were born

36. Oohed and ____

38. Small freshwater fishes

40. Religion in China

41. Twitches

42. Cape near Lisbon

43. Management software

44. Game for kids

45. Ed Murrow's home

46. They ____

47. Part of the foot

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OBITUARY

Pall Palsson

It is with great sadness that we announce the passing of our loving Dad, Afi and Lang Afi, Pall, on Monday, November 28, 2016 at the Arborg and District Health Centre.

Pall will be forever loved and deeply missed by his daughter Valerie (Douglas) Anderson, children Trevor (Kristy), Paula (Rob); daughter Patricia (Victor) Eyolfson, children Tracy (Sebastien), Michelle (Rick), Owen; son Raymond (Kathy) Palsson, Lauren (Derek), Dustin (Miso), Bailey (David), Morgan (Nickolas), Taylor (Kobie); daughter Roslyn (Morley) Sigvaldason, Nolan (Melody), Juliene (Zach); daughter Deanna (Blair) Fridfinnson, Whitney (Kyle), Wyatt (Maegen); great-grandchildren Magnus and Thorstein Tremblay, Nickolas and Henrik Slaney, Abby and Emma Sigvaldason, Liam and Aden Kauk.



Pall was predeceased by his loving wife of 54 years, Sigurros; his Mother, Ingibjorg; his Father, Larus and second Mother, Elin; sister Beatrice; brothers Oli and Hjalti; sisters-in-law Margaret and Carol and brother-in-law Robert. He is survived by sisters, Sigga Tait and Inga Doll; brothers, Larus, Siggi and Victor; and numerous nieces, nephews and cousins.

Pall was born on May 21, 1921 at Kjarna, in Geysir. He attended the Geysir and Island Schools. From an early age, Pall farmed with his Dad, and enjoyed working with horses. At the age of 16, he attended an Agricultural Youth Program in Brandon, to learn about the grading and judging of livestock. Later, he also completed a course through the Department of Agriculture. The winter months were spent in bush camps, logging and freighting, both in Manitoba and north-western Ontario. Freighting generally occurred between Red Lake and numerous Hudson Bay trading posts.

Pall and Sigurros were married in 1952. They purchased Sigurros's parents' homestead in Hnausa, where they lived, raised their five children and grew their farm. Pall was a loving husband. He and Sigurros were never far apart and did everything together. They were a true team, theirs was a marriage and farming partnership to be admired.

Dad was a very inventive, creative and resourceful problem solver and a master of all tasks. He was a very hard working man, expanding his mixed-farming operation into a large successful dairy. Dad worked into his mid-eighties and maintained his keen interest in farming to the very end. He was kind and selfless and never hesitated to lend a helping hand to neighbours, strangers or anyone in need.

Dad was a self-educated man and when time permitted he loved to read and remembered everything he read. His memory was incredible, a treasured gift he shared with family and friends. His curiosity and thirst for knowledge extended to all current events and world affairs. He was an intelligent and witty conversationalist, possessing a keen sense of humour and natural charm. Dad loved his travel experiences, whether driving to New York with his cousins or to the east and west coasts of Canada with family. He especially treasured his trip to Iceland in 2007, where people refused to believe that he had not been born and raised in Iceland.

Dad had a life-long love of music. After moving to the Assisted Living in 2009, music became Dad's passion and it filled his heart and time. He had very eclectic tastes, anything from old-time country to classical music. Dad's favourites were the tenors of the Icelandic choirs and "Johnny And His Musical Mates".

He was most proud of his children and grandchildren, celebrating all of their accomplishments and milestones. He will always be remembered by his family and friends for his gentle, fun-loving spirit. He touched many lives and leaves a legacy of kindness and love.

"My greatest accomplishment would be having been blessed with the good fortune of a fine family and good friends. The best thing I ever did was marrying Mom."

The family would like to extend thanks and gratitude to the Staff of the Arborg Assisted Living Building for their exceptional care and dedication. He thought the world of each and every one of you. Also our heartfelt thanks to all homecare staff. We would also like to thank the physicians and staffs, at the HSC, GH-5 and the Arborg Health Care Centre, for their compassionate care.

In lieu of flowers, donations may be made to the Arborg Personal Care Home Building Fund, c/o Town of Arborg, Box 159 Arborg, Mb. ROC OAO

Góða Nótt Elskan

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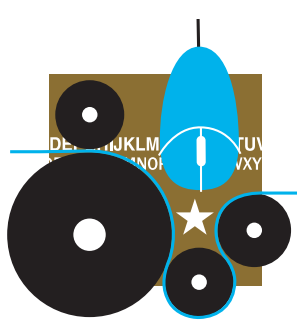
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