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THE EXPRESS

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WEEKLY NEWS

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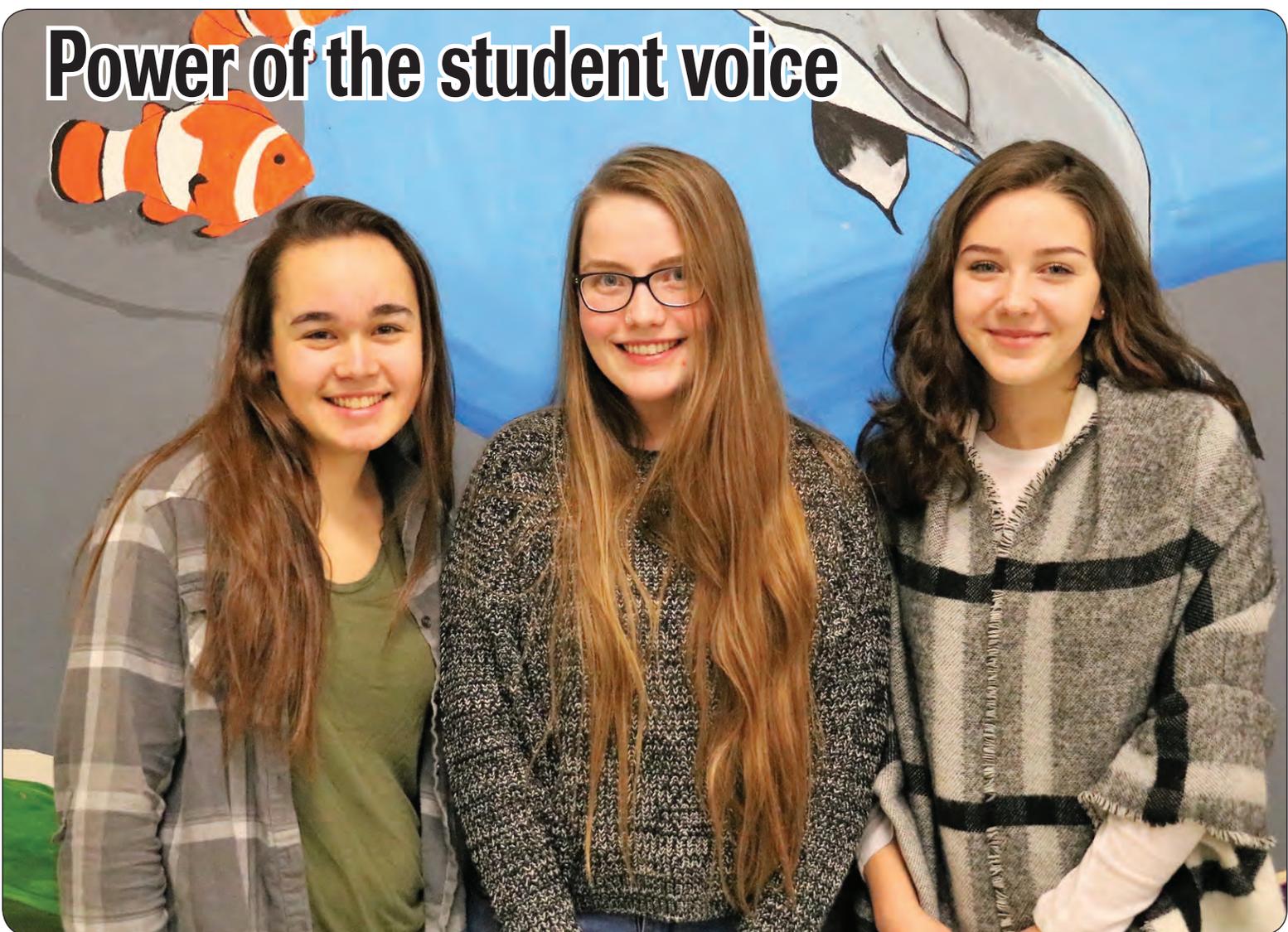
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Power of the student voice

From left Grade 12 students Sage Stoyanowski, Isabelle Stevens and Amy Johnson shared their perspectives on learning.

EXPRESS PHOTO BY PATRICIA BARRETT

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ESD students share perspectives on learning and leadership

By Patricia Barrett

Student representatives who sit on the Evergreen School Division's board of trustees took to the podium during a divisional meeting Nov. 28 to share with teachers, principals and guests their unique perspectives on the school system and what they most value.

Grade 12 students Sage Stoyanowski from Arborg Collegiate, Isabelle Stevens from Gimli High School and Amy Johnson from Riverton Collegiate spoke about leadership, determination, life skills, sense of belonging and the ability to overcome temporary setbacks.

Stoyanowski said Grade 12 students organized in its entirety a Remembrance Day service for the town. It included student band and choral performances, special guests from the community, the laying of wreaths and the set-up and tear-down of the venue.

Students worked together to achieve a common goal, she said, using one another's unique strengths and community connections to plan the service, and they drew from what they learned about war in history and social studies classes to plan an "impactful service." They faced a lot of pressure working under tight deadlines.

Allowing students to put leadership skills into practice and work together as a team will help prepare them for the adult world, she said, and enable them to become contributing members of society.

"This project gave me so much appreciation for the leaders in our community, the people who worked so hard to make this world a better place," said Stoyanowski. "I believe that our



Isabelle Stevens from Gimli High School

ability to put such an important event together as a class shows the power of community. And it shows that we are leaders in our school and we are able to contribute as young citizens in our world."

Isabelle Stevens said she's always been a naturally high achiever in math and is known around the school as the go-to person for help. In Grade 11 she was able to overcome a temporary lapse in concentration that was caused by an external factors.

"I found it much harder to focus and I wasn't sleeping much at the time, so math class was sort of my nap time," said Stevens.

That inability to focus on her school work eventually led her to believe that she'd never be able to rise above it.

"For someone who is high achieving, not being able to focus in class and not do well is very fear-inducing," she said. "I was stuck in this fear that I wouldn't succeed or have the motivation to do anything about it."



Amy Johnson from Riverton Collegiate

Getting involved in other programs, tutoring students and "growing" new friend groups helped Stevens climb out of her rut and she ended up getting a good mark in math that year.

"But it wasn't about the mark I got. I learned a lot about resilience, about myself and a lot about how to encourage other people when you're stuck in a rut," said Stevens. "The personal growth and evidence that you can get through it regardless of what's going on was what made it worth it."

Amy Johnson from Riverton said her most valuable experiences have been in life skills courses such as family studies, sewing and cooking.

Cracking up the crowd, Johnson said when she's old and grey, she doubts she'll "remember formulas I learned in pre-calculus or which bonds are covalent and ionic, but I will remember the skills I gained such as problem-solving, work habits, self-awareness and determination."

The various hands-on skills will re-



Sage Stoyanowski from Arborg Collegiate

main relevant throughout the whole of her life, she said.

"High school is the last place for some students where they can feel grounded and supported until they step out into the world of adulthood," said Johnson. "Most of us students rely on the knowledge and experience throughout our high school years to help us in our futures no matter what path we decide to take."

All three students spoke with poise and confidence about their experiences, earning high praise from Supt. Roza Gray and Assistant Supt. Scott Hill.

Hill said student learning goes beyond the grades they receive and that's why it's important for students to share those learning experiences with the wider community.

"Part of the reason for doing this," he said, "is to reinforce the notion that student learning in school is a lot more rich and complex than just the results and numbers."

Lakeside MLA shares greetings for 2019

Staff

As Lakeside MLA and Minister of Agriculture, Ralph Eichler has much to reflect on as he rings in the new year.

For Eichler, several projects stand out as great successes of 2018.

"As MLA, having the opportunity to represent the people of Lakeside for 15 years has been an honour and privilege. The start of engineering work for the Lake Manitoba and Lake St. Martin outlet project is one that is critical for the sustainability and profitability of the people of Lakeside. The beginning of repairs on Highway 415 connecting us to the neighbours of the west is also of vital importance," he said by email.

"As Minister, 2018 saw large-scale

investments in the agri-processing sector, with companies like Simplot who believed in our government investing \$460 million dollars. The agri-processing and agri-food sector continues to be the economic engine to create good jobs and sustainability for jobs now and into the future. Manitoba leads all provinces with total farm cash receipts, surpassed \$6.5 billion, which is a record."

Of course, 2018 also brought with it many hurdles to overcome.

"Unpredictable weather and climate change remains a challenge now and into the future as we work to adapt to our new reality. Severe dry conditions put our crops at risk and pasture land at risk, which creates real questions about return on investment when

crops are damaged," he said.

"Through the year it turned wet, causing another set of challenges: getting the crop off and into the bins. The moisture caused significant damage to potatoes, onions and carrots and caused delays in getting the crop off. The significant moisture from the fall will be beneficial going into next year's crop."

Looking ahead, there is much to be optimistic about in 2019. Eichler points to the completion of Simplot as well as the completion of new hog and poultry barns and grain elevators. He's also looking forward to the launch of Roquette and their new facility being built, along the forging forward with the government's protein strategy.



Ralph Eichler
MLA Lakeside

"We have to work further to ensure sustainability and predictability in the Ag sector, while at the same time increasing processing capacity. We

Continued on page 3

Sports and recreational events in Arborg for 2019

By Patricia Barrett

There are a number of fun-filled recreational and sporting activities being offered in Arborg to kick off the new year. Below is a select list of events.

Dancing

The Reechka Ukrainian Dance Club will be hosting Malanka on January 12 at the Arborg Hall.

Curling

Mixed Bonspiel (February 1-3); Ladies Bonspiel (February 15-17); and Men's Bonspiel (March 1-3) at the Arborg curling club.

A new curling league is being formed for doubles curling. It will be held two Wednesday's a month and consist of two people per team.

Hockey

Arborg Ice Dawgs: Jan. 10, 12, 25 and Feb. 7, 10, 16, 22 at the Arborg Arena.

AAA Interlake Lightning games will be held every Thursday in January starting at 7:30 p.m. (bantam and/or midget) at the Arborg arena.

Ramona's Reach fundraising recre-



The Reechka Ukrainian Dance Club will be hosting Malanka on Jan. 12.

ational hockey tournament will take place Jan. 26 and 27 at the Arborg Arena

Recreation Programs

Maple Leafs Foods Public Skating every Sunday (start times approx. 5:00 p.m. Please call arena to confirm).

Pickleball every Monday at Arborg Collegiate (drop in's welcome) from

6:30-8:30 p.m.

Fabric Arts every Monday. Socialize while helping others or just make your own creation. 7:00 p.m. at the Arborg curling rink.

Sticks n Stones Curling every Tuesday (drop in's welcome, equipment provided) from 1:00-2:30 p.m.

Karate every Tuesday at Arborg Collegiate. Must be 12 years or older, 7:30-8:30 p.m.

Floor Curling every Tuesday in the Arborg arena lobby, 10:00-11:30 a.m.

Walking every Wednesday at Arborg Collegiate from 7:00-8:30 p.m. (must register at the rec. centre).

Floor Shuffleboard every Wednesday in the Arborg arena lobby from 10:00-11:00 a.m.

40+ Recreational Hockey every Thursday at the Arborg arena at 9:30pm. Cost \$10 per person per skate. Open to anyone over 40 years of age.

Community Badminton every Thursday at Arborg Collegiate from 7:00-8:30 p.m. (drop in's welcome).

Youth/Junior Curling every Friday at the curling club from 4:00-5:30 p.m. Open to children in grades 3 and older.

Hockey with Reims is a hockey program with equipment provided by NHL goalie James Reimer. It will start mid-January to March and be held on Saturdays. Please contact rec. office to register for program. Open to boys/girls between 4-9 years of age.

For more information about programs, please call the Arborg-Bifrost Parks & Recreation Commission at (204) 376-5576 or email Tom Chwaliboga at tom.abprc@mymts.net

> LAKESIDE MLA, FROM PG. 2

also have to work with our Ag sector to ensure that producers are seeing a return on investment and that the capital they put at risk each and every day is returned to them," he said.

"We are looking to develop a long-term food strategy, not only for food waste but to ensure the best return on investment for all Manitobans."

As the holiday season wraps up, Eichler extends a message to fellow Manitobans from his Lakeside constituency and beyond.

"Whether it is infrastructure, health

care, family services or agriculture, we are focused on making our province the most improved in the country. That means we are working each and every day to ensure Manitobans have strong government services. The people of Lakeside deserve to have their health-care services maintained and made stronger," he said.

"We are focused on a great 2019, and ensuring that Manitobans know their government is working hard for them each and every day."



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Riverdale Place offers recycling tips for environmentally conscious consumers

By Patricia Barrett

In light of some confusion over what can and can't be recycled, the Express reached out to the Riverdale Place Workshop in Arborg for information about recycling in the region it serves.

Riverdale provides curbside pickup in Arborg and Riverton. It also picks up recycling from drop-off bins located in Pebble Beach, Hnausa park and the municipal landfill site. The workshop itself has a drop-off bin on site.

Riverdale prefers that recyclables are bagged when they're deposited in drop-off bins.

"It's very important that people keep their recycling in bags rather than dump it loosely into the bins because we have to pick each item up," said manager Alex Janower. "When we do curbside pickup, it's in a box and we just dump it in the trailer. But when it's put in the drop-off bins, we don't want it all loose."

It takes twice as long for the clients to pick up un-bagged materials from the drop-off bins, he said, and loose items may attract wildlife.

Riverdale Place Workshop is a not-for-profit vocational training and activity centre for people with disabilities. The centre has 29 clients. About 15 work in the recycling department. Clients also repair pallets, undertake other woodworking projects and produce crafts that are offered for sale in its store.

In addition to keeping [drop-off bin] recyclables in bags, Janower said the public can help by rinsing out their cans and containers as the clients have to handle them and sort them. Food remnants can grow mould and other matter and the health of the workers is a consideration.

"We always like to have all containers and glass rinsed and have any labels removed if possible," said Janower. "We'll do that here, but if people can remove the labels that's such a big help."

The workshop frequently finds pills in plastic pill bottles and asks that people empty the containers first before putting them in recycling.

Other items Janower said they sometimes find in recycling are broken pieces of glass, Christmas wrapping paper (which can't be recycled because of a film on the paper) and

used personal hygiene products. Those items should be disposed of in the regular garbage.

"One thing we don't take is mirrors and windows. A lot of times they're broken and we don't want to handle that," said Janower. "That shouldn't be thrown into recycling. It's dangerous and somebody could cut themselves badly."

Janower said he greatly appreciates the community's willingness to help protect the environment and values their continued support of the workshop.

Below is a guide of what can and can't be recycled.

Recyclable Items:

- Aluminum drink cans and pop cans
- Tin cans (soup, vegetables, etc.)
- Plastic drink bottles of all sizes
- Plastic milk jugs
- Plastic liquor bottles
- Plastic pill containers
- Milk cartons
- Cardboard egg containers
- Juice boxes
- Miscellaneous plastic containers (margarine, honey, etc.) with a 2, 3, 4 or 5 stamp on them, usually located on the bottom
- Newspapers (tied in a bundle if possible, not dumped loosely)
- Flyers, magazines and catalogues (tied in a bundle if possible)
- Glass bottles and jars
- Box board (cereal boxes, laundry boxes, tissue boxes, Kraft Dinner boxes, etc.)
- Oil containers (motor oil for vehicles). Caps must be left on.

Non-recyclable Items (these items should be put in the garbage):

- Styrofoam
- Styrofoam-like or plastic egg containers
- Plastic wrap
- Plastic bags
- Christmas wrapping paper
- Broken glass or mirrors
- Hygiene products such as pads, diapers or adult incontinence pads



EXPRESS PHOTOS BY PATRICIA BARRETT

Plastic bags, plastic sheeting and foam-like materials cannot be recycled.



Riverdale Place Workshop picks up curbside recycling in Arborg and Riverton. Shown here is the recycling trailer on Highway 68 heading into Arborg.



Soda bottles will indicate whether they're recyclable and contain a number, usually on the bottom. Riverdale accepts plastics stamped 2-5.

IERHA celebrates successes while tackling challenges



Ron Van Denakker
CEO of Interlake-Eastern Regional Health Authority

By Jennifer McFee

Here's to a happy New Year for all Interlake residents — and to all the professionals who work hard to ensure it's a healthy year too.

Ron Van Denakker, CEO of Interlake-Eastern Regional Health Authority, provides a glimpse back at 2018 as well as a sneak peak into 2019.

"It's been really busy in 2018. Probably one of the most significant things we've been doing over the course of the year is toeing the fiscal line. We passed

a balanced budget, yet volumes are up," he said.

"We continue to do more and more, trying to utilize some efficiencies. That's significant because in past years, it's been a real struggle to toe that line."

Another area of success in 2018 has been IERHA's work with their partners in Teulon.

"We've added a second nurse practitioner to the Teulon clinic so we now have a full-time doctor and two full-time NPs," Van Denakker said.

"We have a doctor coming back from mat leave working a day a week, and we've got good irons in the fire for some additional physician service there too."

From a primary health-care point of view, the IERHA is making progress with its My Health teams. The IERHA is also pleased about the recent announcement of a Selkirk-based residency program.

"In Selkirk, we're doing some really good work with our physician partners. Also, in the Highway 6 area, we're working very closely with some of the First Nations there. Historically, we've had a couple places where docs have gone into First Nations. We're now looking at enhancing that by having docs going into the First Nations one day a week and actually providing care right in their communities," Van Denakker said.

"That's really great because there were a lot of First Nations people who were repatriated after the flood. They had been away from their homes for many years, so trying to bring some health services closer to home is important."

As well, EMS investments in Teulon and St. Laurent have added extra hours onto shifts.

"There was a significant announcement this year of 26 additional EMS positions that will be scattered through the region. Those positions will be in place by January 2019," Van Denakker said.

"That will really improve our ability to hit our targets of responding to calls within 30 minutes 90 per cent of the time for 90 per cent of our population."

Coming up in 2019, the IERHA will continue to work with Shared Health on health system transformation.

In addition, a new First Nations Advisory Committee will launch soon in IERHA with a view of providing advice to the board.

Although there are many successes to celebrate, the IERHA continues to face a long list of obstacles.

"There's a challenge in access to acute care beds. Patient flow is a big problem for us and there's lots of pressure to take folks from Winnipeg and other areas because there's pressures there as well. So we need to continue to work on enhancing home care and other community-based options so people can stay at home longer," Van Denakker said.

"We're also really hoping to hear in the not-too-distant future that there will be some new personal care beds being built in our region to give us a little bit of capacity. We're at a gridlock right now."

Like other health authorities, the IERHA has been dealing with a significant uptake in the use of crystal meth and is working to better quantify the effects of this drug use on the health care system. The first Rapid Access to Addictions Medicine (RAAM) clinic recently opened in Selkirk with limited hours, but Van Denakker anticipates that it will soon start to grow.

"We're taking into consideration the protection of our staff and our patients. We had some significant issues up in Pine Falls earlier in the year and we've had to implement a lot of security-related measures. That is an ongoing challenge and we're starting to see it grow in other areas across the region as well," he said.

"Even though the RAAM clinic is up and running, it's a small step towards trying to deal with these issues that are pervasive — not only across the province but also the country and abroad."

To look for areas of process improvement, the IERHA aims to build a lean team of experts.

"We're looking at ways to improve, all the while trying to maintain our fiscal responsibility," Van Denakker said.

"I have a very strong leadership team and they're working very hard to make these improvements."

Split decision in residential lighting contest

By Roger Newman

It was too close to call!

Judges have declared a tie in the RM of Gimli's residential decorating contest because they were equally impressed by two homes in the Sandy Hook district.

The deadlock for best home means Dale and Janet Ramsdale of the Trevino Trail and Gord and Ellie Gowie of Beachside Rd. will each share \$500 of the RM's total prize of \$1000 in Gimli Gold shopping dollars. The Ramsdales will get a bonus of a shopping bag of merchandise for being selected by 242 members of the public as winners of the people's choice award this Christmas.

"We had double the number of entries this year compared to last year," said RM of Gimli Economic Development Assistant Brittany Isfeld who added that Vesturland won the neighbourhood lighting plaque." Next year I'd like to see contest entries double again and I think home owners should start thinking about participating in October."

For now, she is urging Interlake residents to hit the "holiday trail" and take a look at the imaginative residential lighting in all of Gimli's neighbourhoods." I think this would add to their Christmas and I wish everybody all the best," Isfeld said.

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Coarse Language, Violence **PG**

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Coarse Language; Violence **PG**

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We can't afford Trudeau

By James Bezan

MP Selkirk-Interlake-Eastman

For over a decade, I've had the tremendous honour to serve as your Member of Parliament for Selkirk-Interlake-Eastman. Since my very first day on the job, my top priority has been to make life better for the hard-working communities and families in our riding.

From saving our Coast Guard stations to building the outlets for Lake Manitoba and Lake St. Martin, I work every day to make sure our communities can thrive. It's an honour and a privilege to work for and represent the great people of Selkirk-Interlake-Eastman. But as I crisscross our riding, from Gypsumville to Stonewall to Pinawa, I see that our Prime Minister Justin Trudeau's government is making life harder than ever for rural families.

Trudeau thinks disgraceful policies like the carbon tax, steel tariffs and the new NAFTA will somehow help Canadians. And his fellow Liberals might agree. But for all of us who live in the real world, we know that Trudeau's policies mean hard-working families have less money in their bank accounts.

It's easy to praise the carbon tax

when your commute is a five-minute downtown bike ride. But when driving to work, home, or the doctor's office is the only option, the carbon tax starts to take a real toll. In an insult to Canadian voters, Trudeau has tried to sell this tax grab as a climate plan, and promised Canadians that this tax will somehow leave them with more money. Only a Liberal would try and pitch a tax as a way for families to save money.

As Trudeau shrinks the budgets of hard-working Canadians with his carbon tax grab, he's simultaneously making life harder for our crucial local businesses. Through his tariffs on steel, Trudeau is making our cars and tractors more expensive, while making steel production less productive. Companies like Vidor Machine, Black Cat and Kinetic Machine are essential to the region, and Trudeau's tariffs are making their futures less viable.

Trudeau promised these tariffs would strengthen Canada's stance in the NAFTA-renegotiations. But now we have a weak new deal, and no sign of when, or if, these tariffs would be lifted. Just like when Trudeau gave up the sovereignty of our dairy industry, with the United States Mexico Canada Agreement (USMCA) trade deal



MP Selkirk-Interlake-Eastman
James Bezan

he's giving up Canadian sovereignty to Donald Trump.

With this series of Liberal failures, I've spent the past year working to clean up Trudeau's messes. With each punch the Liberals have thrown at our rural lifestyles, our Conservative team has fought to protect hard-working rural communities. We're unveiling a comprehensive environmental plan that will help, not hurt, rural families. We're working with the steel and manufacturing sectors to find a solution to the tariffs that is in their best interests. And we're holding Trudeau to account for his failure to stand up for Canadian trade when it mattered most.

Stefanson appointed to Manitoba Public Insurance board

By the Manitoba Government

Two new members have been appointed to the Manitoba Public Insurance (MPI) board of directors, Crown Services Minister Colleen Mayer announced today.

"MPI is committed to exceptional coverage and service, affordable rates and safer roads through public auto

insurance," said Mayer. "The board of directors provides strategic oversight to the corporation and we are pleased to appoint these outstanding individuals who will continue this great work."

The two new MPI board members are:

- Carolyn Halbert (Lac du Bonnet)

is the former deputy registrar of motor vehicles, where she was responsible for the management of the five major driver safety areas of Manitoba. She represented driver safety on the Department of Justice's Impaired Driver Initiatives Committee, as well

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Sharp decline in earnings could see loss of distinctive Canadian voice

By Patricia Barrett

Canadian writers and other creators can't be expected to continue to work for free was the central message relayed to a federal committee that's reviewing remuneration models in the context of the Copyright Act.

The Standing Committee on Canadian Heritage has heard from over 100 witnesses, including writers, publishers, directors and representatives from associations such as the Directors Guild of Canada, the Writers' Union of Canada, the Canadian Publishers' Council and the Professional Writers Association of Canada (PWAC), and will be releasing a report next year.

The federal government is obliged to review the Copyright Act every five years to ensure creators are fairly compensated for their work while still allowing the public access to content. Since the Act was re-vamped in 2012, creators say their earnings have drastically declined.

Educational institutions (universities, libraries, k-12 schools) are the biggest drain on creators' compensation, according to the testimony of dozens of witnesses. Institutions take advantage of the Fair Dealing clause in the Act to "illegally" copy works on a "large scale" and in a "systematic" way without paying educational royalties to the creator. Digital pirating is also implicated in the theft of intellectual property.

Matlock author Doreen Pendgracs, who penned *Chocolatour: A Quest for the World's Best Chocolate* and is vice president of PWAC, testified before the committee Nov. 22.

"If an educational institution can pay Manitoba Hydro or whomever else they get service from, why is it they feel ethically within their rights to not pay the creators of the intellectual property they're using in their course packs?" Pendgracs told the Express after she returned from Ottawa. "And that's usually where we're finding the problem existing, in the course packs."

Theft of intellectual property poses a danger to Canadian culture, she said. If writers can't make a living from writing and pull out of the business altogether, Canada stands to lose its distinctive voice and unique perspective.

Pendgracs' share of copying revenue has significantly declined over the past five years, she said, and her earnings from speaking engagements about chocolate are the mainstay of her income.



PHOTO BY BARBARA LEHTINIEMI OF PWAC
Doreen Pendgracs, left, with Canadian Heritage Committee member Randy Boissonnault in Ottawa Nov. 22, 2018.

"I used to receive as much as \$1,200 a year as royalties from Access Copyright for the copying of my work and my share of the pool of copying funds received from educational institutions and other companies that were copying intellectual property for their use," said Pendgracs, who has written a number of books and articles. "This year I only got about \$200."

Statistics Canada data from 2015 pegs the low-income threshold for a single person at \$22,133 (net income). A writer's average net income is \$9,400, according to a survey undertaken by the Writer's Union of Canada, which represents 2,100 professional writers.

That puts writers far below the poverty line. If they don't have another job, savings or a spouse, they'll essentially be on welfare, said Pendgracs.

Writer's Union chair Eric Enno Tamm said modifications to the Copyright Act under the then-Conservative government have resulted in a 27 per cent decline in incomes over the past three years, and copying is "core" to how creators earn a living. The

changes have allowed businesses, educators and libraries "greater use" of copyrighted material in both print and digital form.

"In 2012, Canada's authors and publishers were asked by Parliament to trust and respect a new understanding – a new model – around educational copying and fair dealing," Tamm told the committee. "What followed was anything but fair for writers. It's been a disaster, and our members have felt it first-hand."

A "conservative" estimate of the number of uncompensated pages being copied annually in the Canadian education system is 600 million, say writing advocates who submitted follow-up documentation to the committee. They derived that estimate from data reviewed by the Copyright Board of Canada and the Federal Court of Canada.

Liberal MP Randy Boissonnault (Edmonton Centre), who sits on the Heritage committee, questioned the practice of educational institutions copying a certain percentage of a particular work and thinking that fair. He quoted from federal court justice Michael Phelan, who in 2017 said: "There is no explanation why 10 per cent or a single article or any other limitation is fair. Qualitatively, the parts copied can be the core of an author's work, even to the extent of 100 per cent of the work."

Pendgracs said even though educational institutions have seen a decline in government funding support and are feeling financial pressure, it doesn't entitle them to skimp on paying for the intellectual property they use.

"They're looking for ways to cut their overhead and they're decided that the creative community is vulnerable because we don't have any power," she said. "We can't turn off their electricity, right? So they're not afraid of us and that's why they've chosen to discount our rights."

Digital piracy is also having a major effect on the earnings of writers, publishers and other creators. Pendgracs said it's almost impossible for a writer to receive compensation for the misuse or theft of their intellectual property. Going after the thieves takes a lot of time and energy. It also costs money if authors and publishers decide to sue.

"You have to first of all contact the [perpetrator] and if they refuse to compensate you for what they've used – and most times they will refuse – then

Continued on page 11

> STEFANSON, FROM PG. 6

as serving as deputy chair of the Road Safety Research Committee of the Canadian Council of Motor Transport Administrators.

- Grant Stefanson (Winnipeg) is a partner with MLT Aikins, and practises civil litigation, business law, Aboriginal and employment law. He has appeared in all levels of court in Manitoba, the Tax Court of Canada, the Federal Court, as well as before numerous boards and tribunals including the Manitoba Labour Board and the Board of Revision. He has lectured for the Community Legal Education Association in Winnipeg and the Advocacy Program at the University of Manitoba law school. He is also the past chair of the Civil Litigation Section of the Manitoba Bar Association; past presi-

dent, Manitoba Law Students Association; former director of the Manitoba Law Foundation and the Winnipeg Symphony Orchestra; and current president of the Icelandic Festival of Manitoba.

Three reappointments were also announced:

- Daniel Bubis (Winnipeg) is the retired president, chief investment officer and founder of Tetrem Capital Management. Prior to founding Tetrem in 2004, he was the chief investment officer at Assante Asset Management Ltd., where he oversaw all investment management functions. He holds an honours business administration degree from the University of Western Ontario and holds a chartered financial analyst designation. He sits on the University of Winnipeg Foundation board of directors and is also on the Investment Committee for Canadian Friends of the Hebrew University

- Edna Nabess (Winnipeg) is a community and business leader who created two local businesses in The Pas and Winnipeg specializing in moccasins, clothing, jewelry and ornaments. Nabess is a member of the Mathias Colomb Cree Nation and a mentor to other women in her community, passing on her traditional skills and knowledge.

- Valerie Wowryk (St. Andrews) is a chartered financial analyst (CFA) and a past-president of the CFA Winnipeg. She is a director and portfolio manager with Richardson GMP and has more than 30 years of experience in investment oversight and guidance to a diverse client base.

The minister thanked outgoing board members for their service.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Life lessons can be learned while fishing

Happy New Year my friends! 2018 will have passed by the time you read this week's gathering of fishing stories our fellow anglers have shared. If you had a great time on New Years, your fishing brothers and sisters are happy for you, however if you need a little "pick-me-up" perhaps the following tales will do the trick!

The sun was just peeking out from behind some thin clouds as I pulled up to Shoal Lake west of Teulon. Not far out on the ice, I saw two men breaking down their portable ice shack and packing it onto their sleigh along with other fishing gear. I left "old red", put my sunglasses on to shade my eyes against the sun's glare coming off the blindingly white snowpack and walked out onto the ice in the pleasingly warm afternoon to meet them. Coming within shouting distance, I called out, "Is this lake one of your favorite places to fish?" "It sure is getting to be," the taller strongly built chap responded as we came up to each other. "Hi, I'm Arnie Weidl, I write the fishing column in the *Express*, the *Tribune* and the *Selkirk Record*," I said.

"I'm Brian Letkeman and this is my son Hunter," the big guy exclaimed, shaking my hand. "We love coming here because you're always assured of catching good quality master sized

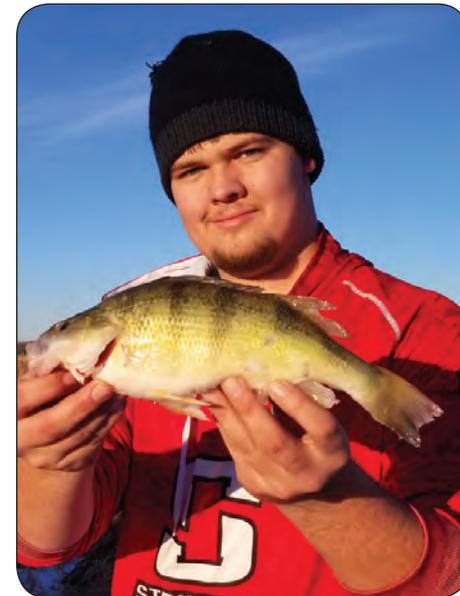
perch." "Yeah," I said, "I was talking to Jack Ogilvie who has the Erinview Campground here and he said that even though the water level is low, like everywhere else, the giant perch are still here in great numbers." As we were talking, Hunter proudly held up a sample perch of their catch and I wasted no time in taking a picture. I hope you're impressed!

A day or two before I met Brian and Hunter at Shoal I found a real character, Winnipegger, Chris Reed, on the Red River downstream of Selkirk. He was of average height and well proportioned but you just couldn't be around him and not be swept up in his fun-loving, joking antics. Somewhere during his non-stop fishing stories, he lit on a time last New Years' day, when his wife Melanie said he could go fishing. She said she was coming too because he had a habit of meeting friends and forgetting when to come home. Well, there they were in their portable shack and as usual Chris was on his cell phone but nature called and he put it on Mel's lap and left the tent. No sooner was she alone that Chris's rod bent with a strike and Mel, strictly by reflex, jumped up to grab the rod spilling Chris's phone down the ice hole! When they got back to town, Mel feeling for her "hubby"

bought him a new phone with a strap that went around the neck and a case that floated! There are times when being a thoughtful Samaritan can become quite thankless.

Lately, I had the pleasure of meeting a very classy guy, Brad Wiebe from Winkler. He was tall and thin with prominent eyebrows and chin. His hair was straight and black streaked with grey. Yet, he seemed thoughtful and caring with an amusing subtle sense of humor as he gave this story. It seems he was fishing last summer just off the shore in hip waders at Stephenfield Lake by Carmen. It was a warm, windy sunny day and he was casting and reeling in near the boat launch pad. A boater came in, beached his boat and retrieved his truck-trailer rig backing it into the water of the launch pad. Brad casually observed the exercise as he continued working his brand new rod until it became clear the boater was having a hard time guiding the boat onto the trailer and hooking up the bow strap. He rested his new toy on the beach and waded to the back of the guy's boat to help guide it against the wind so the boater could get the winch strap on.

No sooner were they making progress then Brad saw his rod jerk toward the water. A fish! He let go of the boat



TRIBUNE PHOTO SUBMITTED

Hunter (what a great guys' name!) Letkeman of Winnipeg with one of the huge perch he caught from Shoal Lake west of Teulon.

and strode heavily through the water for his rod. He grabbed it and wedged the handle in the branches of a fallen log. Turning, he waded back to the boat and continued guiding it. The boat owner by now was at the front of the trailer winching up. Off to his side Brad heard a "swish"! He turned to see his new pride and joy skipping away along the top of the water. Again, he left the boat and hauled one leg after the other in the resisting water after his rod. With a flip of its handle it was lost, disappeared under water just as the boater with his boat on the trailer, gunned his truck taking off without so much as a thank you!

Brad, old buddy, even if that guy didn't take the time to thank you, we do and good fishing in the years to come! Till next week, bye for now!

'Painkiller' doc sheds light on the dark horrors of Canada's opioid crisis

By Justin Luschinski

A Canadian documentary released earlier this month aims to shed some light on the country's opioid crisis.

Painkiller: Inside the Opioid Crisis, a TELUS Originals documentary directed by Matthew Embry, focuses on the heartbreaking, untold stories of those who have survived opioid addictions and the families of those who didn't. Frontline responders, border services and addictions specialists also share their perspective on the underlying problem of the ongoing opioid crisis, which is affecting communities across Canada.

Lainee Walker, a member of the Selkirk Bear Clan Patrol, has seen firsthand how opioids can destroy a community.

"Just last week, we drummed outside of (an apartment block in Sel-

kirk), who were dealing with drug problems. People are scared, they don't feel safe, because there's so many drug problems in the area," Walker said. "Meth is pretty bad here in Selkirk, people take it to stay awake so they can find a warm place to sleep. But opioids are everywhere. It's kind of closeted, it's not as obvious."

The documentary dives into how the opioid crisis began. Around the 1980s, there was a big push for doctors to treat pain, and pharmaceutical companies pushed opioids as a miracle drug, while also down playing how addictive they could be. According to some studies, Canadians can become addicted to opioids in five to seven days, depending on what they're taking.

Embry says we need to rethink how we treat addiction.

"The data has shown us the war on drugs was an absolute failure. It's not treating the root causes of addiction. The bottom line is people are dying," Embry said. "These people are just like you and me, they have families. What we're trying to get across is that the average person can do something. They can start by being more compassionate towards people with addictions."

Several experts also say in the documentary that the current system of punishing addicts with jail time isn't working. Walker says addicts need help, not jail time.

"For some of them, it's a coping issue. They're using drugs to treat depression, anxiety, they're trying to cope with a lot of stuff," Walker said. "We don't have a lot of resources here in (Selkirk), these people have

nowhere to go for support. Someone needs to give them the tools to cope with mental illness, and to learn that using drugs to cope is not good."

Embry said Canada should decriminalize all drugs, so that the country can create safe-injection centres, where addicts can use drugs safely, and without fear of being arrested.

Painkiller: Inside The Opioid Crisis is available online and on TELUS Optik TV on Demand. For each view, TELUS will give \$5 (up to \$50,000) to organizations providing critical care through the Mobile Health Clinics, powered by TELUS Health. Further, a \$5,000 donation will be made to causes important to the three families (total \$15,000) featured in the documentary.

For more information, or to watch the documentary, visit telus.com/painkiller.

Garson amputee thanks War Amps for their support

Submitted

The War Amps 100th anniversary year-long celebration is coming to a close. What began as an association to assist war amputee veterans returning from the First World War, has expanded its programs over the years to support all amputees, including Jayden Doner, 22, of Garson.

Jayden was born a right leg amputee and grew up with The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for artificial limbs and recreational devices. She also attended regional CHAMP seminars where "Champs" and their parents learn about the latest in artificial limbs, dealing with teasing and bullying and parenting an amputee child.

"I am so thankful for the support from The War Amps. The financial assistance to cover the cost of expensive artificial legs has been invaluable and the seminars provided me with a strong support system," says Jayden. "I'm proud to be part of this Association and its 100-year legacy."

Executive Director of the CHAMP Program, Danita Chisholm says, "Although the Association has developed many innovative and unique programs over the past 100 years, there is still much to do to ensure amputees like Jayden have the artificial limbs they need to lead full and active lives. With the public's support of the Key Tag and Address Label Service, our vital programs for amputees will carry on long into the future."

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.



Jayden Doner, 22, of Garson is pictured at a War Amps CHAMP Seminar in 2001 (left) and today (right). SUBMITTED PHOTO

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Rural family medicine residency program expands to IERHA

By Lindsey Enns

Selkirk will serve as one of the sites of a new family medicine residency program coming to the Interlake-Eastern Regional Health Authority (IERHA) next year.

The announcement was made at the Selkirk Regional Health Centre last Wednesday afternoon. The province says the new program aims to support physician training in rural Manitoba communities while encouraging doctor recruitment and retention efforts.

"Other regions hosting family medicine residency programs have been able to successfully recruit doctors from the trainee program to remain and practise in rural communities once their studies are complete," Health, Seniors and Active Living Minister Cameron Friesen stated in a release last week. "This formal residency program will allow medical residents to experience working in a rural community, helping them better understand the needs of rural patients and the variety of services they will be able to offer if they choose to practise in a rural community following their training."

Dr. Ian Alexander, who grew up in Clandeboye and now practices in Selkirk, says when he was going to medical school, a residency program like this one didn't exist in the Interlake so he had to train in Dauphin. He added family medicine is based on relationships and this program will allow medical students to be apart of the community they are training in.

"You have a built-in relationship with the community and it makes the hard work worthwhile to spend your efforts on people that you know," Alexander said following the announcement last Wednesday. "You don't get that if you go to a new town so it's a great opportunity."

Alexander, who has also lent a hand in bringing the program to the Interlake region, said lots of communities have shown interest in hosting the

program including Lac du Bonnet, Stonewall as well as Gimli.

"That has all been vital to making this happen is recognizing that it isn't just Selkirk, it's all of these communities," he said. "We know that this will help our recruitment and retention."

Residency is the last stage in training for doctors following graduation from medical school. Similar residency programs already exist in Prairie Mountain Health and Southern Health-Santé Sud. Approximately three-quarters of all graduates from those rural residency programs stay in Manitoba to practice. More than half of all graduates are still practicing in rural Manitoba 10 years later, said Dr. José François, head of the Department of Family Medicine at Max Rady College of Medicine and medical director of the Winnipeg Regional Health Authority's family medicine program.

"Having a site for the family medicine residency program located in Selkirk provides an additional opportunity for learners to experience the unique needs of a rural setting while better serving the residents of the Interlake," François stated in a release last week.

The selection of medical residents for these training opportunities will be made through the Canadian Resident Matching Service (CaRMS) for positions beginning in July 2019.

Residents selected for the IERHA program will work with community residents to address a wide range of health-care needs from prevention to chronic disease management, and across the full continuum of care from community health to hospital-based care to palliative care.

IERHA CEO Ron Van Denakker said they have been working on bringing this program to the Interlake for nearly four years.

"Training physicians locally leads to better recruitment and retention of these positions within the region," said Van Denakker, adding 17 towns



EXPRESS PHOTOS BY LINDSEY ENNS
Interlake-Eastern Regional Health Authority CEO Ron Van Denakker, left, helps announce that Selkirk will serve as one of the sites of a new family medicine residency program coming to the Interlake region at the Selkirk Regional Health Centre last Wednesday afternoon.

and rural municipalities have shown their support for the program so far. "I want to thank the broader physician community in our region that has taken a strong leadership role in making this program a reality."

The program will also emphasize understanding the health-care needs of Indigenous populations in the region and the social determinants that influence health. Other training will include work on pre- and post-natal care, nutrition and sports medicine.

For more information on the family medicine residency program at the University of Manitoba, visit umanitoba.ca/faculties/health_sciences/medicine/units/family_medicine/postgrad/index.html.

As cyber wars erupt, Canada must protect itself

By Eamonn Brosnan, Research Associate, Frontier Centre for Public Policy

If Canada is serious about standing as a sovereign entity, it would make sense to support our tech companies to ensure our security

The United States is pressuring Canada to block telecommunications companies from using equipment provided by Chinese company Huawei when building our 5G cellular network for smartphones.

The U.S. logic is along the lines of "We don't have actual evidence that China is using Huawei's products to spy on us, but we suspect that they have in the past and will in the future." In court, that wouldn't be sufficient to be allowed as evidence, much less get a conviction.

But this isn't a criminal court. This is about national security and corporate spying. And a cyber war is being waged that's similar to the Cold War.

The treasures we're fighting over?

Rare commodities in a world that's rapidly being depleted of natural resources, wealth, and political favours and control.

Russia has been suspected of Internet-based attacks in a variety of nations and has become increasingly bold using this strategy.

After taking the Ukrainian power grid down in December 2015, Russian hackers, from the state-sponsored group known as Dragonfly, seized control of critical computers in the U.S. power grid in the spring of 2016.

Groups working for Chinese intelligence have apparently hacked everything from natural resource companies to the Pentagon. It's believed they've directed their activities toward either hacking companies that control access to critical natural resources or high-technology equipment, civilian or military.

The Chinese government maintains firm control over their companies, government-owned or private, and these companies are required to cooperate with any national intelligence activities. Huawei and several other Chinese-based suppliers have been caught embedding backdoor access in various digital equipment. It's not known whether these security lapses were intentional or leftover access for testing that was forgotten and not removed before releasing them to production.

Either it was intentional or it was sloppy. It was definitely not secure.

In truth, the U.S. has been doing all of these things, too. Many U.S.-based hardware and software suppliers have National Security Agency-directed backdoors installed. This had been heavily documented by Edward Snowden.

This NSA program, PRISM, has al-



Eamonn Brosnan

Back to the basics for former Ashern principal

By Ligia Braidotti

An Ashern teacher left years of administrative work in schools to devote his time teaching woodworking skills to middle and high school students.

Since the beginning of this school year, Ashern Central School former vice-principal Randy Chartrand has been working with a few of his high school students on building log furniture.

"Once they get to Grade 9, the students can choose to build whatever they want, I don't tell them what to do, so I gave this as an option to explore with log furniture," he commented.

The students brought logs from their homes, peeled them and learned how to work with the equipment to turn a piece of wood into something that would decorate a house.

"I like to think of it as one of the oldest crafts known to mankind as far as working with wood. And although we now have a lot of electric power tools, I do like to start off with using basic hand tools and then progressing to using the machinery that makes things easier to do," he explained.

Chartrand added that with this process, the students learn about safety procedures involved in the completion of these kinds of projects and how to use the material smartly without creating waste.

"For me, watching the students complete the project they chose to do, they learn all the processes, working with different types of materials and I go along in the journey with them to start bringing out their creativity," he continued. "It's rewarding for me as much as it is for the students, especially when they take something, they can take pride in, and it serves to a purpose."

Chartrand, who's been teaching for 31 years, also said these types of elective classes are necessary because the students have an opportunity to do something outside the primary curriculum, expand their interests, and do things with their hands.

The woodworking class is offered to

all grades. The middle years get a 10-week block of woodworking classes and work on projects that Chartrand picks. For the high school grades, the course is offered as an elective class.

They've done community projects such as garden beds for seniors' homes, a community garden for Lakeshore Women's Resource Centre, and now they are also involved with building picnic tables for community groups.

"I have noticed over the years that students develop a sense of perseverance or 'stick with it ness' when they are working through the challenging parts of their project. This is a lifelong lesson that will help them in many aspects," Chartrand said. "I enjoy it. I have just as much fun learning along with the students."

He added the class is popular among students. He has about 35 to 40 students throughout the year, and even former students come by to say hi, help out, build something with the students or ask them to make something. Many of his former students now have a career in woodworking.

"I really enjoy seeing the students learn things they didn't know they could do," Chartrand said.



EXPRESS PHOTOS SUBMITTED

Ashern Central School former vice-principal Randy Chartrand is teaching the woodworking students how to make log furniture.



> CANADIAN VOICE, FROM PG. 7

you have to contact their Internet service provider and demand the material be taken down from that website," said Pendgracs. "That's about the only thing we can do to protect the misuse and pirating of our material."

The committee was offered a number of suggestions to protect creators and their property, including establishing robust rules to curtail "prolif-

erating" digital piracy, requiring users of any work to obtain permission first before copying and implementing a set of statutory damages to ease the financial burden of violated creators who decide to take legal action.

"Any copyright owner whose work is infringed should be entitled to damages sufficiently high to be a deterrent, whether the infringer had a

commercial or non-commercial purpose or whether any other copyright owner has elected to receive damages from the same defendant," said William Harnum of the Canadian Copyright Institute, testifying before the committee.

Pendgracs said she's encouraged by the Liberal government's review of copyright and appreciates the comments made by Boissonnault as he "really did his homework" and under-

stands that the creative community is being mistreated.

"We're grateful to have friends like that in Parliament who do understand the challenges of being an independent freelance creator in today's world," she said.

The committee has not indicated when it's expected to release its report.

Researcher finds Lake Winnipeg commercial fishers portrayed as villains

By Patricia Barrett

A PhD candidate in the University of Manitoba's department of Anthropology says there seems to be a movement afoot to downplay the economic and social viability of Manitoba's commercial fishery and to vilify its fishers.

Solmundur Palsson, who grew up in Iceland, is halfway through completing his thesis. It examines how the Lake Winnipeg commercial fishery works and how it's viewed.

Palsson interviewed and observed about 30 Lake Winnipeg fishers over the course of three years. He held a consultation and feedback session with fishers and the public on Dec. 12 at the New Iceland Heritage Museum where he shared some of his major findings.

He said he found a huge incongruity in the way organizations such as the Manitoba Wildlife Federation and individuals such as University of Winnipeg professor Scott Forbes speak about fish stocks. When commercial fishers are the subject, fish stocks – notably walleye – have either collapsed or are collapsing. When anglers are the subject, fish stocks are plentiful.

"I have to thank them [Manitoba Wildlife Federation and Scott Forbes] for opening space to talk about this in my thesis because it is interesting," said Palsson. "They say Manitoba and Lake Winnipeg have become this destination for walleye and catfish, but still somehow they say Lake Winnipeg is the worst-managed lake in the world. That doesn't make sense."

Fishers contend Forbes through various media outlets, including angling magazines, has spread misleading information about stock status. And the MWF, which advocates for anglers and hunters and which has worked with Forbes, has followed suit. It claims species such as sauger have been wiped out or are on the verge of collapsing.

Palsson said Forbes' diatribes against the commercial fishery is "not how you do science. It might sound like I have something against him, but his articles are really misleading. And especially the Wildlife Federation, they're trying to paint the fishery in a completely unfair light."

The MWF told the *Express* it recently had Forbes look at delivery data provided by the province (the province gets the data from the Freshwater Fish Marketing Corporation and for 2017, some open market dealers) and come up with an assessment. The MWF then publicly claimed that walleye stocks are on the verge of collapsing and sauger stocks have already



EXPRESS PHOTO BY KRIS ISFELD
Commercial fisher Kris Isfeld pulled up this walleye in his net mid-December. It had been hooked by an angler and tossed back into the lake. The fish suffered serious wounds and developed an infection around its mouth, resulting in its inability to feed properly.

been wiped out. Commercial fishers said it's untrue as are Forbes' Twitter claims (in October) about goldeye having met its maker.

Forbes will write about sustainability and criticize the province for its lack of data on fish stocks, said Palsson, yet he'll use the [delivery] data the province shares with him to call down commercial fishers.

Palsson himself analyzed the delivery data and said that without context, it can be interpreted in a myriad of ways. But the one thing the data do not show is how much fish is actually in the lake.

Delivery data from 2008 to 2010, for example, show a decline. Fluctuations in fish populations, prices offered by FFMC or numbers of fishers working in a given year may account for the drop. The flood of 2011 also had an impact on fish habitat and subsequent deliveries.

Fisher and fish dealer Murray Olafson, who operates the Riverton-based Canadian Fish Guys, agreed, saying delivery data doesn't reflect stock status.

"If you go back 20 years in Freshwater's records, what you see is the data collected on the amount of fish caught. What the data doesn't tell you is the price point of the fish," said Olafson. "And I've heard this before that there's no sauger, then nine or 10 years ago Freshwater decided to raise the prices of sauger to almost medium pickerel, and they got a huge amount of sauger. Just because it's not being caught doesn't mean it's not there."

Sustainable Development lacks the resources to do "good data collection," Palsson said. "They have the ability to do biomass research and spawning



EXPRESS PHOTO BY PATRICIA BARRETT
From left commercial fisher Eric Benson, researcher Solmundur Palsson and commercial fisher Bill Buckels. Over the course of his research, Palsson found that Lake Winnipeg fishers are disrespected and vilified.

tests – not just for walleye but for all species – but they don't have the manpower."

At the same time, he said the public is being led to believe that commercial fishers are "self-serving bastards," bent on taking every last fish out of the lake even if it means destroying their own and their family's livelihood. If that were so, the 100-year-old commercial fishery would've collapsed long ago.

Fishers say Scott Forbes has absolutely no credibility as he's not conducted biological research on fish stocks nor studied how fishers work. Forbes' research centres on behavioural ecology; he studies bird behaviour then comes up with general principles about family dynamics that he sometimes applies to humans (researchgate.net and the PubMed database list Forbes' research).

Fishers also contend Forbes is pro-angler. On his Twitter site, Forbes has a photo of himself holding a fish and a description that states he's engaged in an enduring search for "truth, freedom and good beaches to go surf fishing." Surf fishing is angling from shore.

In November, Fisher River Cree Nation wrote to Sustainable Development minister Rochelle Squires and federal fisheries minister Jonathan Wilkinson about the MWF's doom-laden statements on sauger, walleye and whitefish stocks, calling it propaganda that favours anglers.

MWF's arguments are "statistically flawed, highly inaccurate, and inconclusive," it wrote, and "academics [Forbes] seriously lacking in direct knowledge of fishing and the fishery in Manitoba are cited as knowledgeable

sources."

To his credit, MWF president Brian Kotak accepted an invitation from fishers to meet with them at their Lake Winnipeg Fishery Co-management Board meeting in late November and listened to their concerns.

Other major themes Palsson will be highlighting in his thesis are a lack of government consultation with commercial fishers, a phenomenon that stretches back decades regardless of what political party was in power, the proposed Lake St. Martin-Lake Winnipeg flood channel that will impact fish and First Nations that rely on fishing, and issues around FFMC, which is both despised for its too top-heavy administration and loved for never once having let fishers down when it comes to payday.

Palsson emphasized the value and importance of working with commercial fishers when conducting studies on the lake and the fishery itself. Fishers are no different from beef or chicken producers, who intimately know their industry and the animals with which they work.

"My job as an anthropologist is to explain how people think and how the commercial fishers work on Lake Winnipeg," said Palsson. "You [fishers] see the lake in a different light than anyone else because you spend all day on the lake and you see and feel what's going on with the lake."

Palsson will be holding public consultations in other communities after the holidays and will return to Gimli next spring to hold another consultation.

Nova House to focus on new training, programming in 2019

By Lindsey Enns

Although Selkirk's shelter for women and children says 2018 was filled with some changes and highlights, there were also some challenges along the way.

Viktoria Westgate, Nova House's executive director, says the cancellation of the Selkirk to Winnipeg bus route has been a major challenge for them.

"One of our biggest struggles is transporting our clients to and from Winnipeg," Westgate said, adding they have been relying on taxis to transport their clients to and from the city. "It's hugely expensive. I do know we need transportation to and from Winnipeg."

Nova House is an emergency and transitional shelter for women and children experiencing domestic and or family violence. The shelter strives to promote expression of feeling and build self-esteem and confidence by providing individual counselling, educational and support groups and workshops.

Westgate said some of Nova House's highlights for 2018 included introducing new programming for the children, youth and adults using their services, a new child care area, as well as naming and building their Transition Program, which is now called RISE (Recreating Independence and

Supporting Empowerment).

"This program allows women to rebuild their future at their own pace in a safe and stable environment that provides needed internal and external programming," she said.

Westgate said a big focus for them in 2019 will be their staff.

"It gets lost in the work that we do, we have so much focus on helping the women that come in that we forget about the staff," she said. "I feel like there's been so much change in the past year that our staff morale has gone up and down and then up again."

She added they plan to introduce some new training for staff and will look to long-time staff members for advice moving forward.

"If staff feel valued and empowered, they will do the same for the women that walk through our doors."

They also want to work on building better community connections and developing a long-term strategic plan for the shelter.

Westgate said the face of domestic violence is always changing and they are seeing a higher percentage of women come in with mental health and addiction issues than ever before. She added they want to ensure they are offering what those using their service needs.



EXPRESS PHOTO SUBMITTED

Nova House says their new child care area was the highlight for them this past year and they are looking forward to introducing new programs in 2019.

"Some of this will be to encourage staff to use their years of experience and wisdom in the field of domestic violence to help develop some 'unique to Nova House' programming."

Those seeking more information about Nova House or wanting to make a donation can visit novahouse.

ca or call 204-482-7882.

Westgate said they are currently in need of art supplies such as canvas, paints, brushes, glue sticks, card stock, markers, pencil crayons, wax crayons, magazines and scrapbook paper for their art programs.

Star gazers can see a lunar eclipse on Jan. 20/21

By Ted Bronson

It was only a year ago that we saw the full moon pass through the Earth's umbral (inner) shadow cone to produce a total eclipse of the moon. That occurred on January 31, 2018.

On the night of January 20/21 the brilliance of the full moon will fade once again as it passes through the dark shadow of the Earth. The entire event will be visible from our area. The moon will pass through the Earth's shadow in the constellation of Cancer. If the skies are clear that night it will undoubtedly be cold so bundle up to keep warm.

The eclipse will start in the evening at 8:36 p.m. CST (Central Standard Time), with the full moon entering the Earth's outer shadow cone (penumbra). At this time the moon will be about 35 degrees above the eastern horizon as seen from our area. An observer must look very close to detect the near imperceptible light gray shading of the penumbral shadow as it creeps across the lunar surface over the next 58 minutes. As the moon

moves easterly in its orbit around the Earth it will intercept the Earth's inner shadow cone (umbra) at 9:34 p.m. CST. It will be at this point when the partial phase of the eclipse begins. You will easily see the dark umbral shadow make its way across the moon's surface. The moon continues to move deeper into the inner shadow cone until 10:41 p.m. CST at which time totality begins. This is the time when the total lunar eclipse is most spectacular.

The moon will take on a coppery reddish-orange colour at this time. This colour is due to the refraction of sunlight through the atmosphere into the umbral shadow cone. The brightness and colour of the moon at this point gives a good indication of Earth's atmospheric condition. If the totally eclipsed moon has a bright orange or yellow colour then the atmosphere is mostly clear and contains little pollution such as dust, smoke, aerosols and few thunderstorms. However if the moon is a dark orange, deep red or nearly invisible then the Earth's atmosphere will not pass much sun-



TRIBUNE PHOTO BY TED BRONSON

On Jan. 20/21 the brilliance of the full moon will fade as it passes through the dark shadow of the Earth.

light into the shadow cone meaning that it contains higher concentrations of contaminants along with a lot of thunderstorms.

Mid-eclipse occurs at 11:12 p.m. CST

being the point at which the lunar disc is deepest within the Earth's umbral shadow. At this time the moon will be

Continued on page 18

get inspired

> MEAL IDEAS



Zucchini and Corn Tamales

2 1/2 tablespoons Tabasco Pepper Sauce

8 ounces Monterey Jack cheese, cut into 1/2-ounce strips

To prep husks: Soak corn husks in hot water. Place heavy pot on top of husks to keep submerged at least 1 hour. Once pliable, rinse each corn husk.

To make dough: In large bowl, mix corn flour, baking powder and sea salt. Using hands, mix in warm vegetable broth to make firm dough. In mixer, cream butter and shortening until fluffy then add dough in small amounts until well mixed. Continue mixing at low-medium speed 5 minutes, scraping dough off sides of bowl. Reserve dough.

To make filling: In large skillet over medium heat, heat olive oil; saute red onion and garlic until translucent. Add zucchini and mix 1 minute. Add tomato, dried oregano and sea salt; continue mixing 1 minute. Add corn and chopped cilantro. Stir and continue cooking about 2 minutes more; zucchini should be cooked but al dente. Remove filling

to heat-resistant bowl.

In small bowl, combine enchilada sauce and Tabasco pepper sauce. Add half of sauce mixture to filling; mix well. Reserve remaining sauce.

To assemble tamales, spread 2 tablespoons dough onto wide end of each corn husk. Dough should extend across corn husks, except 1 inch on sides and about 3 inches from narrow end.

Scoop about 1 tablespoon zucchini and corn filling into middle of dough. Add 1 teaspoon reserved sauce over filling and one strip cheese on top. Fold right side of corn husk over filling

and seal closed with dough. Fold over left side of corn husk tightly and fold narrow end of corn husk up. Cut strips from extra corn husks and tie around each tamale to secure.

Place tamales vertically, filling-side up, in steam pot with enough water to steam 40-45 minutes. Cover tamales with extra corn husks to trap in steam; place lid on pot. Tamales are ready when masa dough separates easily from husks. Add water to pot, as necessary, for longer steaming.

Let tamales rest 10 minutes before unwrapping. Remove corn husks before serving.

Recipe courtesy of Sylvia Garza of Qué Mami Organics

Yield: 16 tamales

30 large, softened corn husks

Masa (dough):

3 cups masa harina (corn flour)

2 teaspoons baking powder

2 teaspoons sea salt

2 1/3 cups vegetable broth, warmed

1/2 cup unsalted butter, softened

1/2 cup vegetable shortening

Filling:

1 tablespoon olive oil

1/2 small red onion, diced

1 garlic clove, finely diced

3 cups zucchini, cubed small

1 tomato, cubed small

1/4 teaspoon dried oregano

1 teaspoon sea salt

1 cup sweet white corn

4 tablespoons cilantro, finely chopped

5 ounces Qué Mami Organics Red

Enchilada Sauce



Sweet Citrus and Spice Cheese Board

raspberries

blackberries

Real California burrata cheese

honey, for garnish

fresh herbs, for garnish

To assemble cheese board: On large board, plate or tray, arrange brie cheese, olives, dried orange slices, sliced pepper jack cheese and almonds.

On smaller board, arrange raspberries and blackberries around burrata cheese placed in center of board. Garnish cheese with honey and fresh herbs.

Place smaller board into empty space on larger board.

Real California brie cheese

black olives

green olives

dried oranges, sliced

Real California pepper jack cheese,

sliced

almonds

> CYBER WARS, FROM PG. 10

leged been used to intercept all manner of communications. There are serious concerns about how much this is used domestically, without warrants and without judicial oversight.

In 2010, a malicious worm (it sends copies of itself out to infect other machines networked with the infected machine) called the Stuxnet attacked and destroyed a number of centrifuge machines being used by the Iranians in their nuclear weapons program. The worm was carefully crafted to target these machines and the suspicion is that it was produced by a joint operation of American and Israeli in-

telligence. It set the Iranian nuclear weapons program back due to the loss of the centrifuges.

This isn't about ethics or moral outrage. Depending upon where you live, you might agree with some of these cybernetic attacks and feel outraged at others. However, we don't need to determine who's right or wrong - this is simply about being pragmatic.

China, though a trade partner, is also a competitor that seeks every advantage when dealing with us. The Chinese have engaged in corporate espionage, stealing technology where they can.

> STAR GAZERS, FROM PG. 13

well up in the sky at 55 degrees above the southeastern horizon.

Totality ends 62 minutes later at 11:43 p.m. CST as the first rays of sunlight strike the surface of the moon announcing the beginning of the second partial phase of the eclipse. The coppery colour of the moon disappears as the familiar white brilliance of the full moon returns over the next 68 minutes. The partial portion ends at 00:51 a.m. CST The eclipse reaches its

finality as the moon leaves the Earth's shadow at 01:48 a.m. CST.

For the next opportunity to experience all phases of a total lunar eclipse from Manitoba we need to wait until May 15, 2022.

The Earth revolves around the sun in an elliptical orbit so we are farthest from the sun at one point and closest six months later at the opposite point. On January 2, 2019 the Earth is at its closest to the sun (perihelion) at a

It doesn't need to be proven beyond a reasonable doubt that Huawei will install backdoors for Chinese intelligence. This isn't a criminal court trial. This is national security and suspicion is all that's needed in the murky world of spies.

If Canada is serious about standing as a sovereign entity, it would make sense to support our tech companies.

BlackBerry, a Canadian-based smartphone maker, has traditionally had the best security of any phone maker. Nortel was a major player in network infrastructure before its financial collapse in the early 2000s.

Maybe Canada should take a page out of the playbook of so many other nations and start supporting and encouraging our companies. Companies like these are our only real way to ensure our security and independence from the prying eyes of foreign intelligence operations.

It's high time we started putting the interests and security of Canadian citizens, businesses and government first, and stop worrying about offending a foreign power's sensibilities.

Eamonn Brosnan is a research associate with Frontier Centre for Public Policy.

distance of 147,099,761 km (91,403,526 miles). Since the northern hemisphere is tilted away from the sun this time of year we receive fewer hours of sunlight each day (winter season). The southern hemisphere is tilted toward the sun giving them the summer season now. It is the Earth's tilt towards and away from the sun that affects our seasons rather than the relatively small variation (3.3 percent) in earth to sun distances over the year. The

Earth will be at its farthest point from the sun (aphelion) on July 4, 2019 six months from now.

Have a Happy New Year and look forward to those clear and dark nights in 2019...

Clear Skies

Ted Bronson (bronsont@mymts.net)

Ted Bronson is an avid local astronomer who has been observing the skies since 1964.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

2018 was a great year for local athletes and teams

Interlake athletes and teams achieved a ton of success in the sporting world in 2018.

Here are some of the major highlights.

January



Rachel Dyck

For the first time in Bison women's hockey history, Manitoba was ranked No. 1 in Canada in the latest U SPORTS Top 10 poll.

Manitoba vaulted from the fourth spot all the way to No. 1 after a home weekend split with UBC in December.

Winnipeg Beach's Rachel Dyck was in goal for the Bisons as they skated to a 2-1 overtime win over UBC in Game 2 of the series.

A big part of Manitoba's success was the play of the Interlake players on the roster.

Besides Dyck, Manitoba also had Stonewall forward Allison Sexton, Warren forward Mekaela Fisher, and Stonewall goalie Devan Johnson on its team.

The Interlake had several players represent the area at the SJHL/MJHL Showcase.

Winnipeg Beach goaltender Hayden Dola (Selkirk Steelers), Gimli forward Noah Ba-

sarab (Swan Valley Stampeders), and Arborg defenceman Griffin Chwaliboga (Neepawa Natives) participated in the two-day event.

Besides Dola, the Steelers also had Carter Barley, Nolan Ferguson, Nico Labossiere and Nate Halvorsen represent their club.

The Showcase featured the top 60 college-eligible players from each league as chosen by the coaches.

Interlake Lightning players Cadrick Dueck, Carter Bateman, and Rhett Woods represented their team at the 2018 Winnipeg AAA City Midget All-Star Classic at the Bell MTS Iceplex.

The Lightning Bantam team, meanwhile, had Colby Bear, Michael Crave and Brett Taryn participate in their league's all star game.



Kerri Einarson

To a different sheet of ice, St. Vital skip Jennifer Jones made a last-rock draw to defeat Darcy Robertson 7-6 in the final of the Manitoba Scotties women's curling championship in Killarney.

It was Jones' eighth provincial women's curling title.

Robertson reached the final after defeating East St. Paul Curling Club's Kerri Einarson, who lives in Camp Morton, 9-7 in a semifinal clash.

Einarson later came one win away from winning a Scotties Tournament of Hearts championship.

Einarson was defeated 8-6 by Manitoba's Jennifer Jones in Penticton, B.C.

Einarson earned the 16th and final spot at the Scotties Tournament after defeating Calgary's Chelsea Carey in a wildcard game.

It was announced that eight individuals – including Edgar Stevenson – and two teams would be inducted into the Manitoba Softball Hall of Fame on May 5.

Stevenson was born in Rivers, Man. and then moved to Peguis where he learned to pitch following his father who was well-known in that softball community.

February

The Keystone Junior Hockey League announced its all-stars for the season.

Arborg Ice Dawgs' goalie Joey Fratantonio was selected along with teammate Cal Finsson, Lundar's Brett Jocelyn and Fisher River's Darryl Thaddeus.

The Peguis Juniors' Keifer Tacan was picked as an all-star defenceman.

Representing the Stonewall Blues at the PeeWee 'AA' Female All Star Hockey Winnipeg Day were Ava Pool, Kylee Emms-Finsson, Mikki Thorkelson and Tessa Stewart.

The Midget "AA" Blues had McKenna Riley, Callie Farthing, Darci Mowatt, Denali Sigurdson, Raelyn Caumartin, and Courtney Marko represent their team at their all-star game.

The Interlake Lightning, meanwhile, saw Kenady Christensen, Keely-Emms-Finsson, and Emma Pool represent their club at the Hock-

ey Winnipeg Bantam 'AA' All Star Day.



Gimli Lakers



Ashern Cobras

In curling, the Gimli Lakers won the Zone 5 boys' banner and later captured gold at the MHSAA provincials.

Gimli's team consisted of skip Josh Maisey, third Oliver De Meyer, second Sean Giesbrecht, and lead Tyler Giesbrecht.

The Zone 5 girls' banner was won by the Ashern Cobras. Talya Tober skipped her team of third Tansey Tober, second Kira Tritthard, and lead Alyssa Tritthard.

Ashern also went on to win a provincial high school curling title.

The Interlake Lightning wrapped up its regular season in late February with a pair of losses. Interlake finished the regular season with a 11-32-0-3-2 record and missed the playoffs.

On the court, the Gimli Lakers won the Zone 5 varsity boys' basketball banner after beating the Warren Collegiate Wildcats 88-50.

March

The Lakeside Falcons defeated Winnipegosis 7-4 in the Hockey Manitoba Midget Rural "B/C" Provincial bronze-medal game.

The Arborg Ice Dawgs' season came to an end after a 2-1 loss to the Lundar Falcons in Game 5 of their KJHL best-of-five quarter-final series.

The Peguis Juniors, meanwhile, swept North Winnipeg in the first-round of their KJHL playoffs.

The Gimli Vikings defeated La Broquerie 9-3 to win the bronze at Hockey Manitoba's Male Midget A/AA provincials.

Meanwhile, the Lake Manitoba First Nation Eagles were silver medalists after losing to Thompson in the final of Hockey Manitoba's Male Midget "A/AA" provincials.

The Interlake Bulldogs' Atom "C" girls' hockey team won bronze medals after defeating Rat River 3-2 in their provincial final.

In playoff action, the Interlake Lightning were swept by the Eastman Selects in three games of their best-of-five City Midget playoff series.

The Gimli Vikings came home from the Bantam "A" hockey provincials with silver medals

Team East had a real good showing at the 2018 Manitoba Winter Games, bringing home 83 medals to finish third among six areas.

Thirty-five of those medals were gold while 23 were silver and 25 were bronze.

Peguis' Kevin Stevenson, 13, was fantastic in wrestling, winning gold in the 100-106 kg male division.

Badminton action saw Riverton's Gracyn Melsted win silver in the U17 mixed division.

Continued from page 15

In archery, Fisher Branch's Taylor Klimchuk, 13, won bronze medals in both female compound individual cadet and compound team mixed (with Zac Cross from Power-view).

Mike McEwen's curling rink announced they were breaking up on Facebook after 11



Left to right, Mike McEwen, B.J. Neufeld, Matt Wozniak, Denni Neufeld, and Chris Neufeld (coach).

seasons together.

McEwen, B.J. Neufeld and Denni Neufeld (both formerly from Gimli), and Matt Wozniak played in three Briers and three Olympic curling trials over the last decade.

The University of Manitoba Bison women's hockey team earned their first national championship in the program's 21-year history.

Manitoba goalie Lauren Taraschuk made 20 saves as the Bisons beat the Western Mustangs 2-0 in the tournament final.

Manitoba's roster included Winnipeg Beach's Rachel Dyck, Warren's Mekaela Fisher and Stonewall's Allison Sexton and Devon Johnson.

The Lundar Falcons season came to an end after losing to the Peguis Juniors in four games in their best-of-seven KJHL semifinal series.

Peguis won Game 4 by a 8-4 score.

The Fisher Flyers from Fisher Branch won the Atom "C" female division banner after defeating Peguis in a best-of-three series.

The Teulon/Arborg Tigers captured the Midget Interlake "B" banner after beating Fisher River 5-4 in overtime.

The Lakeside Falcons captured the Interlake Minor Hockey Association Midget "A" regional banner after defeating Gimli 4-2 and 3-1 in a best-of-three final.

April



Jermaine Loewen

Jermaine Loewen capped off a tremendous season with the Western Hockey League's Kamloops Blazers by being honoured with three major awards at the team's season-ending banquet.

Loewen, an Arborg product, hauled in the CH Day Memorial Trophy as the Blazers' most valuable player while also winning the Doris Rubel Award (most dedicated player) and the Dean Evason Award (inspirational leadership and ability).

Dayne Finnson accepted a college scholarship to play for the Division I University of Alabama-Huntsville Chargers.

Finnson, an offensively-skilled blueliner from Arborg, was an impact defencemen for the Victoria Grizzlies in the B.C. Hockey League the



Colton Lott and Kadriana Sahaidak

past two seasons.

In curling, Colton Lott and Kadriana Sahaidak were one win away from wearing Team Canada jackets at the world championship in Östersund, Sweden.

The Interlake duo lost 8-7 to Laura Crocker and Kirk Muyres in the final of the

2018 Canadian Mixed Doubles Championship in Leduc, Alta.

Sandy Hook's Lott and Gimli's Sahaidak led 7-6 heading into the final end before Crocker's final take-out sealed the win.

Assiniboine Memorial Curling Club's Colin Kurz defeated Gimli's Justin Richter 8-4 in the final of the 2018 Chicken Chef Manitoba Mixed Curling Championship in East St. Paul.

Team Kurz reached the final after edging Deer Lodge's Sean Grassie 5-4 in a semifinal matchup, scoring one in the eighth end with the hammer.

Kurz's rink featured third Meghan Walter, second Brendan Bilawka, lead Sara Oliver of Marquette, and alternates Hailey Ryan and Hugh McFarlane.

For the third consecutive year, the Peguis Juniors were the Keystone Junior Hockey League champions.

Peguis completed the hat trick after downing the St. Malo Warriors 4-3 in Game 5 of their best-of-seven league final.

The final three games of the series finished with identical 4-3 scores.

Peguis went on to win silver at the Keystone Cup after a 5-2 loss to the Thunder Bay Northern Hawks in the final.

Off the ice, Kurt Kornelsen, who grew up in Riverton, competed in the 83kg Men's Open Division at the Westman Rocked powerlifting meet in Brandon and set a provincial bench-press record.

Kornelsen also won his age/weight class and earned best overall Open lifter.

Lundar's pairing of Callie Farthing and Ryan Gleich were a smash hit at the Zone 5 badminton championship. The duo won the mixed doubles division while Riverton's Dalton Johnson and Denali Sigurdson were third.

Arborg's Connor Yarema was second in the boys' singles division while Gimli's Jayda Campbell and Arborg's Jessica Monkman were second and third, respectively, in girls' singles, action.

Hockey Manitoba announced the rosters for the 2018 Male U16, Female U18 and Female U16 Program of

Excellence.

The male top-40 roster included Peguis forward Colby Bear. Bear played last season for the Interlake Lightning Bantam AAA team.

The U18 female top-40 camp featured Gimli forward Olivia Cvar, who played prep hockey for Balmoral Hall.

May

There were 33 Manitoba players selected in the 2018 Western Hockey League Bantam Draft - including Peguis' Colby Bear - that was hosted in Red Deer.

Bear was taken in the 11th round (236th overall) by the Regina Pats. Bear is a talented forward that played last season with the Interlake Lightning.

He produced 16 goals and 36 points in 36 regular-season games. Bear was the Lightning's top point producer and was second on the team in



Keyara and Keyanna Lea

goals scored.

Manitoba had a golden time at the 2018 National Aboriginal Female Hockey Championships in Membertou, N.S.

Team Manitoba won the gold medal after defeating Ontario South 5-3 in an exciting final.

Keyanna Lea had a fantastic game, finishing with five points, while her sister Keyara Lea had three points.

Stonewall's Bianca Zak made 19 saves for the win.

Team Manitoba came home with bronze medals from the 2018 National Aboriginal Male Hockey Championships in Nova Scotia.

Manitoba defeated Ontario South 4-1 in the bronze-medal game.

On the diamond, the Lundar Kodiaks won the Zone 5 baseball championship for the first time since 2013.

Lundar defeated the Stonewall Collegiate Rams 6-5 in dramatic fashion on May 23, scoring twice in the bottom

of the seventh inning of the championship game.

Brent Johansson ripped a line shot over the Rams' centre-fielder's head for the walk-off win.

Arborg Collegiate (275.5 points) edged Fisher Branch Collegiate's (271.5) by just four points to determine the winner of the MHSAA Zone 5 Track and Field "A" banner in Stonewall.

Interlake athletes did exceptionally well at the World Sikaran Championships which were held in Winnipeg.

The local results featured - Josh Tourand (Spruce Sands) Beginners (White - Orange Belt) under 17, second (weapons), third sparring, and third knife.

Will Smith (Gimli) Intermediate (Green-Purple Belt) under 17 first weapons forms, second empty hand forms, second knife sparring, and third stick sparring.

Matt Smith (Gimli) Beginners (White - Orange) under 17 second stick sparring, third beginners empty hand forms, and third knife sparring

In the birdie world, Hanna Rebizant won a bronze medal in U23 women's doubles at the National Badminton Championships.

She headed to Denmark later in the summer to train in the sport.

June

Manitoba Junior Hockey League teams were building for the future at the league's annual Bantam draft and some local players caught the attention of MJHL teams.

Argyle forward Brett Tataryn was selected ninth overall by the Portage Terriers. Tataryn had 18 goals and 30 points in 32 regular-season games with the Interlake Lightning last season.

Warren defenceman Kaden Stewart was selected in the fourth round (40th overall) by the Winkler Flyers.

With the next pick in the draft, the OCN Blizzard snagged Colby Bear.

The Lundar School Kodiaks capped off a tremendous season with a pair of tough losses at the MHSAA baseball provincials in Plumas/Neepawa.

Lundar failed to make the playoffs after losing to Bois-sevain (11-1) and Major Pratt

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Troy Fortin

(14-4) in pool play.

The Manitoba Baseball Hall of Fame & Museum inducted Troy Fortin, who grew up in Lundar.

Fortin played one season in the Manitoba Junior Baseball League with the Legion 141 Veterans.

A major highlight for him, though, was getting drafted by the Minnesota Twins in 1993.

Jamie Johnson of Arborg was one of 11 high school students awarded a \$500 scholarship. Johnson participated in baseball, volleyball, cross country and badminton.

The National Hockey League draft is always a special day for junior hockey players in Canada.

But it was extra, extra special for Jermaine Loewen on June 23 in Dallas.

Loewen, an extremely talented forward with the Western Hockey League's Kamloops Blazers, was selected in the seventh round (199th overall) by the Dallas Stars.

Loewen became the first Jamaican-born player to ever be drafted by the NHL.

July

As a member of the North Winnipeg Pirates Midget "AAA" team, Gimli's Kalli Einarson committed to the University of Calgary Dinos baseball program for next season.

Several Manitoba curling teams were named to Canada's national team program, including Camp Morton's Kerri Einarson.

Four of the eight women's teams named to the program were from Manitoba.

The Interlake Blue Jays' Manitoba Junior Baseball League playoffs lasted just three days after the St. Boniface Legionaires swept the Blue Jays in their best-of-three first-round series.

The Keystone Junior Hockey League announced it will have a much different look for the 2018-19 season.

Five teams - the Selkirk Fishermen, Arborg Ice Dawgs, St. Malo Warriors, North Winnipeg Satelites and Lundar Falcons - have decided to leave the KJHL.

Those five teams later formed a new Capital Region Junior Hockey League.

August

The Interlake Orioles played some great baseball on their way to reaching the bronze-medal game at the PeeWee "AAA" provincials in West St. Paul.

But their season ended with a tough 10-0 loss to the North Winnipeg Pirates.

Team Manitoba finished fourth at the five-team 21U Women's Invitational baseball tournament in Stonewall.

Manitoba was defeated 14-4 by Nova Scotia in the bronze-medal game.

Local shooters did very well at the Manitoba trapshooting provincials in Oak Bluff.

Arborg's John, Katie and Dori Jones, along with Arborg's Brian Johnson and Lundar's Don Law all shot great at the three-day competition, which attracted about 60 competitors.

Riverton's Carter Comeau saw his first university football action when his Calgary Dinos defeated the University of Alberta Golden Bears 50-38 on Aug. 22.

Comeau also played in the MJHL with the Winnipeg Blues and in the MMJHL with the Stonewall Jets.

The village of Dunnottar became home to two national pickleball champions.

Lisa Bergson and Judy Reid won the women's doubles title at the 55-Plus Games in St. John, N.B.

September

The Interlake Thunder may have been new to the Rural Manitoba Football League, but they sure had a good han-

dle on the nine-man game.

For the second straight week, the Thunder cruised to a lopsided victory after Interlake trounced the Park West Outlaws 55-13 on Sept. 14 in Stonewall.

On the pitch, the Interlake Impact was defeated 3-1 by the North Winnipeg United in Manitoba Major Soccer League Division 5 action in Winnipeg.

Dalen Penner scored the Impact's lone goal.

The loss dropped Interlake's league record to 10-6-1. The Impact became tied for third place with North Winnipeg United (9-4-4), each with 31 points.

On the ice, the Interlake Lightning finished with an 0-4 record at the Female Midget Capitals Showcase in Portage la Prairie.

On the links, Hecla hosted the MHSAA golf provincials as the Selkirk Royals' Mikyla Albert finished tied for the low score in the girls' division.

Albert fired an 80 along with St. Mary's Academy's Kate Gregoire.

On the boys' side, Kildonan East's Lachlan Allerton fired a 75 for a two-stroke victory over Portage's Owen Gillespie.

Both Arborg Collegiate Athletics varsity volleyball teams won tournament titles late in the month.

Arborg's girls' squad won their six-team home tournament after defeating the Fisher Branch Cougars 2-1 (18-25, 25-18, 15-8) in the championship game.

Meanwhile, Arborg's varsity boys' team won the tournament title in Riverton after beating Immanuel Christian 2-0 by scores of 27-25 and 25-14.

October

There were several outstanding performances by local athletes at the cross-country zone finals on Oct. 3.

Riverton Collegiate's Logan Comtois was the top runner in the junior varsity boys' race, finishing with a solid time of 16:31.

Stonewall Collegiate's Cole Emberly was second (16:34), followed by Peguis Central School's Ian Cameron (17:17), and Gimli High School's Michael Crave (17:29).

The Junior varsity girls' race saw top-five finishes from Fisher River's Trinity Stranger (15:49), Arborg's Amber Eriendson (16:01), and Ashern's Ashley Meisner (16:03) and Casey Keely (16:04).

The varsity girls' race saw top-five placings from Arborg Collegiate's Nori Sigvaldason (21:10) and Olivia Orbanski (21:19).

In the 17-runner field in the varsity boys' race, Arborg's Noah Paulson (22:29) was fourth.

The Gimli Lakers won the six-team Arborg Collegiate junior varsity boys' volleyball tournament.

Gimli claimed the tournament title after defeating the Riverton Patriots 2-1 (16-25, 25-15, 15-5) in the final.

The Lundar Falcons and Arborg Ice Dawgs began a new chapter in their respective organizations.

Both teams played their first-ever regular-season games in the newly-formed Capital Region Junior Hockey League.

Lundar started its regular season by playing to a 4-4 tie with the Fishermen in Selkirk.

Arborg, meanwhile, began with a 4-2 home win over the North Winnipeg Satelites.

The Arborg Athletics captured the varsity girls' volleyball title at an eight-team tournament in Gimli on Saturday.

Arborg defeated Immanuel Christian 2-1 by scores of 25-12, 22-25, 17-15 in the final.

Gimli's Noah Basarab, a talented forward, received a chance to play closer to home after the Selkirk Steelers acquired him in a trade with the Swan Valley Stampeders.

In curling, Kerri Einarson's was defeated 7-5 by Edmonton's Chelsea Carey in the final of the Canad Inns Women's Classic 32-team bonspiel in Portage la Prairie.

The Interlake Lightning picked up their first win of the season after defeating the Pembina Valley Hawks 5-3 in Manitoba AAA Midget Hockey League Showcase action in Portage la Prairie.

The victory was a great way to end the weekend after Interlake was on the losing end of a 3-2 overtime loss to the last-place Parkland Rangers.

In trade news, the Western



Logan Christensen

Hockey League's Medicine Hat Tigers acquired 19-year-old forward Logan Christensen from the Saskatoon Blades in exchange for Gary Haden.

Christensen, a Lundar product, had one goal and three points in 13 games with Saskatoon this season.

The Manitoba Junior Hockey League was introduced to Gimli.

Selkirk hosted Virde in a regular-season game, which saw the Steelers edge the Oil Capitals 2-1 in front of a good-sized crowd of about 400 spectators.

Later in the month, it was announced that Lundar will have a very special guest visit their town in January.

Former Olympian hockey star Jennifer Botterill will be in Lundar for a Female Hockey Day on Jan. 12.

Botterill will be a guest speaker beginning at noon with a question-and-answer period to follow.

Griffin Chwaliboga of the Winnipeg Blues was one of two runner-ups for the Telus-MJHL Defenceman of the Month for October.

The Arborg product had five goals and 11 points through 10 games with Winnipeg this season.



James Reimer

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November

Florida Panthers' goaltender James Reimer of Morweena had a first-hand look at Patrick Laine's talent in Game 1 of the Global Series in Finland.

Laine beat Reimer twice - and completed his hat trick with the Panthers' goalie pulled for an extra attacker late in the third - to lead the Winnipeg Jets to a 4-2 win over Florida.

Reimer, a former Interlake Lightning, made 32 saves in the loss.

The Riverton Patriots defeated the Gimli Lakers 2-1 (26-24, 25-17) in the Zone 5 junior varsity boys' volleyball final.

Riverton also secured playoff wins over Fisher River (25-9, 25-16) and Warren Collegiate (30-28, 9-25, 15-7).

The Arborg Collegiate Athletics captured the Zone 5 "A" varsity girls' volleyball banner on its home court after sweeping the Ashern Cobras 2-0.

Arborg won sets by scores of 25-20 and 25-23.

The Athletics reached the

final after beating Fisher Branch 2-0 (25-18, 25-21) in a semifinal match.

The Keystone Junior Hockey League announced it is taking the newly-formed Capital Region Junior Hockey League to court.

Peguis First Nation Chief Glenn Hudson held a press conference where he spoke to the media.

Peguis was among five Manitoba First Nations that have launched a lawsuit and were asking for an injunction to block the CRJHL from continuing its first-ever season.

The Interlake Thunder capped off a perfect Rural Manitoba Football League season with a convincing 42-20 win over Swan Valley in Stonewall to win the Doug Steeves Trophy.

Curling action saw Kadriana Sahaidak and Colton Lott reach the final of the 2018 Canad Inns Mixed Doubles Classic in Portage la Prairie.

The local duo lost 9-4 to the pairing of Kaitlyn Lawes and John Morris in the final.

The Riverton Patriots lost 2-1 in the quarter-final of the McDonald's "A/AA" junior varsity boys' volleyball pro-



Gabe Simard

vincials in Flin Flon.

The Hamiota Huskies defeated Riverton by scores of 29-27, 19-25, 15-6.

The Interlake Thunder did a lot of winning on the football field on their way to a perfect season and league championship.

They also did a lot of winning at the Rural Manitoba Football League's awards banquet.

The Thunder's Gabe Simard of Fisher Branch was named the league's top offensive lineman while Graeme Perrie of Stonewall was selected as the league's Rookie of the Year.

After a lot of hard work, the Interlake Lightning Midget female hockey team was finally rewarded with a victory.

Interlake was on the win-



The Interlake Thunder Midget boys

ning side of a 1-0 decision over the Winnipeg Avros in Manitoba Female Midget Hockey League action at the Seven Oaks Sportsplex on Nov. 28.

December

The St. James Canucks' Nathan Cvar was named the Manitoba Major Junior Hockey League's Goaltender of the Month for November.

Cvar, formerly of Gimli, posted an impressive 5-1 record and 2.33 goals-against average in November.

Interlake Lightning goaltender Anya Epp was selected as the Manitoba Female Midget Hockey League's Player of the Week.

Epp, a Grade 9 student from Stonewall, shut out the Winnipeg Avros 1-0 on Nov. 28 while stopping all 38 shots.

Epp then earned her team another point in a 2-1 shoot-

out loss against Central Plains two days later. She stopped 48 of 49 shots through regulation and overtime before losing in the shootout.

The Kerri Einarson and Jennifer Jones rivalry added another chapter in early December.

Winnipeg's Jones beat Camp Morton's Einarson 8-5 to win her record fourth women's title at the Home Hardware Canada Cup in Estevan, Sask.

Jones scored three in the ninth end to secure the victory.

The Manitoba AAA Midget Hockey League announced Dec. 11 that Interlake Lightning goaltender Chris Fines was selected as the CCM Hockey Player of the Week.

In two starts for the Lightning, Fines stopped 66 of 68 shots, earning a 1.01 goals-against average and .971 save percentage.

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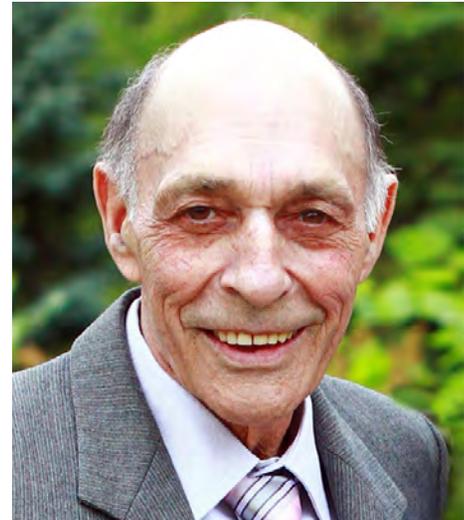
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IN MEMORIAM



Edward John Kowalchuk
August 13, 1945 - January 8, 2013
We miss your smile, your joking ways, We miss the things you used to say. And when old times we do recall, It's when we miss you most of all.
Breathe Easy.
-With love from your whole family that misses you every day
Hug Dad for us

ANNOUNCEMENT
IN MEMORIAM

In Loving Memory of Eugene Feschuk
June 10, 1946 - January 4, 2018
The ones we love don't go away, They walk beside us every day; Unseen, unheard but always near, So loved, so missed, so very dear.
-Always loved,
Linda, Tammy, Peter, Ryan and Michael

REPORTER/PHOTOGRAPHER

The Stonewall Teulon Tribune and Express Weekly News are looking for an outgoing individual to join our news team as a reporter/photographer covering Stonewall, Teulon, St. Laurent, Rockwood, Rosser, Warren, Woodlands, Armstrong and the communities along Highway 6, including Lundar, Eriksdale, Ashern, Grahamdale, Steep Rock, Moosehorn and across to Fisher Branch.

The ideal candidate is someone who is familiar with the goings-on of the region (or willing to get out there and learn), eager to take the initiative in finding compelling stories, has the know-how to take awesome photographs and is able to write clean, engaging copy on deadline.

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Submit your detailed resume and samples of writing on or before Nov. 9, 2018 to Lana Meier at news@expressweeklynews.ca

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