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WEEKLY NEWS

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'biling through the snow

EXPRESS PHOTO BY PATRICIA BARRETT

Before getting down to some serious ringing in of 2017, Gimlites Doug Basarab, Jamie Bahniuk and Andy Whittle revved up their engines the morning of New Year's Eve Day and headed out into the wilderness. The three friends rendezvoused at the junction of Centre and Seventh (Highway 9) before undertaking a gruelling 88-kilometre round-trip journey. "We ride up to Riverton, have lunch and ride home," said Basarab.

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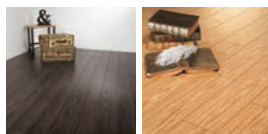
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Land for proposed fish plant in Gimli Industrial Park faces opposition

By Patricia Barrett

An 11-acre parcel of land at the Gimli Industrial Park that may or may not see the establishment of a fish plant has raised the ire of a family who lives south of the RM-owned lot.

The Gimli Park Road residents sent the RM a six-page letter dated Dec. 14 outlining their opposition to the RM's intention to re-zone the parcel from agricultural to industrial use in order to allow business development.

"Please know that we are 100 per cent against this re-zoning," they wrote.

A scheduling conflict prevented the family from attending a public hearing that took place during council's regular meeting Dec. 14. An attempt by the Express to reach the family for comment after the meeting was unsuccessful.

CAO Kristin Strachan said theirs was the only objection the RM received.

"...all the government agencies – agriculture, water control – everyone... got this application and there are no concerns by any government department. And also...comments from agriculture, which we thought might be the biggest concern because it [the 11 acres] is agricultural [land], [indicated] it falls within our development plan...which is administered through the EIPD."

The family's central concern is the condition of Gimli Park Road (gravelled), which they contend will further deteriorate if/once fishers start driving their catch to the plant. Increased traffic volumes will also create "high amounts of dust generation in the spring to mid-summer and early fall."

"The light-duty 'heavily-loaded' trucks that fishermen typically use to haul their fish to market will definitely wreak further havoc on the road," they wrote, "as this type of repeated 'overweight' traffic is meant to be handled by paved provincial highways, not poorly constructed gravel roads."

During the hearing, Coun. Danny Luprypa spoke to the condition of

Gimli Park Road.

"Can we give the objectors some assurances that we will actively upgrade this road?" he asked. "We have not done a very good job on this as far as I'm concerned."

Mayor Randy Woroniuk agreed, saying, "If there's going to be something going in there, I think it would be prudent to."

Luprypa asked that such a commitment be documented because "obviously if there's going to be increased traffic for whatever development that occurs there, there will be an impact on these residents."

He underscored the condition of the road.

"From about Kmet's [west of Highway 8] to the crossing, it's terrible. It's really, really bad. There doesn't seem to be base. It was so bad last spring that you couldn't access the properties."

Deputy Mayor Peter Peiluck said there were also discussions in the past about paving the road (Anson) on which the proposed fish plant could be situated.

"If in the event there was a food handling industry on that site," said Peiluck, "there were discussions weeks ago that the RM would pave the remainder of that road coming from the north – about 300 yards or something – and all trucks would enter from the north on asphalt because there is a consideration for dust that the plant may not want either."

Strachan said she would document that council will make an effort to improve the road.

According to administrative rules, council was not able to proceed to third and final reading of Bylaw No. 16-0015, which would allow the 11-acre site to be used for industrial purposes.

"Because we received an objection," said Strachan, "council can give only give second reading to the bylaw if you choose to tonight. And then tomorrow [we'll] have to issue another



EXPRESS PHOTO BY PATRICIA BARRETT

POSSIBLE An 11-acre site at the Industrial Park north of Gimli Park Road was chosen by the Northern Walleye Inc. fish plant company as its preferred location.

letter to the objector, allowing them to further object by a certain date. If they do further object, then it would go the planning district [EIPD] for [a hearing]. If they do not object within the timeline, then council can pass third reading."

Strachan said the RM's administrative office will advise the family that council discussed road conditions and agreed to undertake an upgrade.

Council passed second reading of the bylaw.

In their letter, the family also asked why other commercial land at the Industrial Park – that which is closer to PR 231 (paved) at the north end of the park – could not be used for a fish plant.

Council did not discuss that issue during the hearing.

Mayor Randy Woroniuk, contacted a few days after the Dec. 14 meeting, said Northern Walleye Inc. (the name

of the proposed fish plant) viewed a number of sites at the Industrial Park and determined that the 11-acre parcel would best suit its needs.

"He picked that site," said the mayor, referring to owner Donald Salkeld. "He asked, 'What's available?' [and] we showed him. 'There's that site available [11 acres to the south] and there are those sites available [in the north end].'"

Not all the sites are the same size. The other eight or so would be big enough to accommodate the proposed fish plant if Northern Walleye bought a number of them, said the mayor.

"If you want to attract industry to your community, sometimes you have to negotiate deals," he said. "Every city, every municipality does it. Are we going to hand him the land for

Continued on page 7

Auto dealers allowed to offer gap insurance for better protection

Submitted

The Manitoba government has amended regulations to allow auto dealers to provide guaranteed asset protection (GAP) insurance, Finance Minister Cameron Friesen announced last month.

"These changes will provide more insurance options and better protection for consumers," said Friesen. "In listening to the industry, we have made these changes to make it easier

for people to access insurance coverage that will cover the difference between an auto-insurance claim payment and any outstanding loan or lease obligations."

When someone finances the purchase or lease of a vehicle and the vehicle gets written off after an accident, the value of their insurance may not be enough to cover the outstanding amount of a loan. GAP insurance can be purchased to cover this amount,

with coverage varying based on the amount of the loan or lease.

The minister noted the regulation changes are now in effect, which allows Manitoba's auto dealers to sell GAP insurance at the time a consumer purchases or leases a vehicle.

"This change will make a great difference for our members," said Geoff Sine of the Manitoba Motor Dealers Association. "It gives them another tool that can be used to better protect

their customers in case of an accident and will help customers avoid financial hardship."

Auto dealers can contact the Insurance Council of Manitoba by email at contactus@icm.mb.ca or call 204-988-6800 to apply for or update restricted agent licences so they can begin offering the product.

Gimli Kiwanians help Arborg set up its own club

By Patricia Barrett

The Kiwanis Club of Gimli & District helped launch a new Kiwanis club in Arborg a few months ago after it received a request from some Arborg residents interested in establishing a service club.

Arborg's Riverdale Place Homes, an organisation that operates group homes for adults with intellectual challenges, expressed interest in setting up its own Kiwanis Aktion group, which helps fundraise for particular community projects.

"A number of people associated with Riverdale are part of the...Kiwanis Aktion Club in Gimli," said Lieutenant Governor Paul Stanicky, who oversees nine Manitoba clubs that form part of Division 2. "... And they were the initial group that said, 'Why don't we have an Aktion Club in Arborg?'"

Stanicky said an Aktion Club should, ideally, first have a club structure, so the Gimli club rolled up its sleeves and got down to work to gauge Arborg's support for a club.

"We had a team put together [and] we canvassed a number of people in Arborg, a number of businesses, business people and individuals that we had prior knowledge of," said Stanicky, who served several terms as president of the Gimli club. "And we also cold-called some people to tell them what we were planning and would they be interested, or do they know anyone that would be interested, in being part of a charter group."

Before the Gimli club started the process, they did some "homework" to determine whether Arborg had any existing service clubs because they "didn't want to compete with anyone or step on anybody's toes."

Stanicky said the minimum number of people required for the establishment of a club is 15, but Kiwanis always strives for more as some people may drop out if they have a lot of other commitments.

About 20 people in Arborg joined the new club.

"We're really happy about that," said Stanicky. "Actually, our club sponsored a new club in Selkirk a year and a half ago that is off and running and is starting to become successful in its own right."

Once a club has been chartered, it surveys the community to find out what sort of support or project is desired then it encourages people to undertake fundraising efforts.

The Gimli Kiwanians, for example, fundraise by holding a Cabaret.

"...we try to make our projects and our events as high profile as we can,

and the community really jumps in. Gimli is terrific that way," said Stanicky. "Last year at our Cabaret, we raised something north of \$20,000. There was a mysterious donor to get us over the magic number."

The 2017 Cabaret is scheduled for May 27.

The Gimli Club also provides guidance and advice to schools that want to undertake fundraising projects, said Stanicky.

"For example, we have Service Leaderships Programs (SLPs), and these... are in all the schools in the Gimli area and [in] Winnipeg Beach. And this teaches students from K-12...how to be involved in the community, how to structure an executive, how to structure their own sub-group in order to raise funds for children or for anything they may choose as a project."

Students at Gimli High School recently sold vegetables and hosted a Coats for Kids and Adults fundraiser to help Evergreen Basic Needs.

"There are some teachers in Arborg who are familiar with our Service Leadership Programs in Gimli, and they are very happy that we've started the club," said Stanicky. "Now they can



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Kiwanis Club of Gimli & District stoked the fires for hundreds of people during Canada Day celebrations last year.

begin their own [SLP] in the...Arborg Schools."

The Gimli club and the Kiwanis Foundation of Canada put up matching funds (unspecified) to help start-up Arborg's club, said Stanicky.

Members of the Arborg Kiwanis board will be announced shortly. The board just held a meeting in Decem-

ber, he said.

"They're already starting to do some work, and we have members from our club which are helping them in their process."

For more information about the Kiwanis Club of Gimli & District, visit its Facebook page.

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Sheep producer upset with lack of compensation from MASC

By Jeff Ward

Sheep producer, Caleb Ives is very upset with the poor compensation he received from the Manitoba Agricultural Services Corporation (MASC) after losing 137 ewes and lambs last summer.

Ives said that during the summer he moved his flock including 347 ewes and lambs to a fenced 160-acre piece of land on his property in Mulvihill. Gradually over a period of three months, he noticed that his flock was getting smaller. After hearing coyote's in the vicinity and even shooting a few on his property, Ives realized that the predators were likely the culprits of the missing animals. By the end of summer he had lost 137 animals but through MASC was only compensated for two lambs. Ives said that each animal lost should be valued at \$200 totalling \$27,400.

According to Ives the MASC adjustors said that he hadn't shown enough care in his animals and laid the blame for the deaths at his feet.

"We have 160 acres of land to watch over, it's basically impossible for me to keep an eye on all of it," said Ives.

"They said that they need a carcass with bite marks and want me to find tracks. The adjustor did find some tracks and took pictures of them but apparently that's not good enough. It

was raining when I took the adjustor the first time to look at the sheep so the tracks went away quickly."

The only other possibility is that worms could be killing the sheep — to which Ives said that he would've found them on the ground in the pasture and he didn't — or theft. Ives said that theft is highly unlikely as the sheep are quite skittish and don't even come to him when he has food. To steal so many over the summer in Ives mind, just isn't likely.

"THEY SAID THAT THEY NEED A CARCASS WITH BITE MARKS AND WANT ME TO FIND TRACKS."

Ives explained that he's made two appeals to adjustors who refuse to grant him any more compensation for his losses. Ives went before an appeals tribunal on Nov. 23 and was told

the same thing. Ives is just looking to break even because the losses were so significant.

"If they're not going to pay the guys who took a loss then what is the point of the program? Farmers can take a small loss of a few heads. But to lose as many as I did, there has to be some quality compensation for it," said Ives.

Coyotes are common in the area, according to Ives, who explained that his father has had difficulties with them for years at his winter cattle feeding area, which is one mile north of where Ives pasture is. Ives explained that on



EXPRESS PHOTO BY JEFF WARD

Caleb Ives is not happy with the financial compensation he received through MASC after losing 137 sheep this past summer due to a string of coyote attacks.

his pasture there is a lot of dense bush that makes the predators completely invisible and that even a small pack of coyote's would leave very little behind after taking down a sheep. Ives maintains that he did everything he could to make a good environment for his flock and the adjustors telling him he didn't care enough is insulting.

At this point Ives isn't sure exactly what his options are following the tribunal. He said that he has written a letter to Interlake MLA Derek Johnson who told him that he passed it onto the Manitoba Minister for Agriculture Ralph Eichler. Ives hasn't heard from Eichler but he is hoping to

hear something positive.

"When I called Conservation they never returned any of my calls. So even though I was dealing with coyotes killing my flock they wouldn't even send a trapper out here to help," said a frustrated Ives.

The *Express Weekly News* contacted one of the adjustors, Rick Yanke who visited Ives property during the summer. He said that he wasn't able to share any of the information about Ives's case specifically and deferred to his superior, the head of adjustors for more information. The head of adjustors was on vacation at the time of writing this article.

Province reduces ambulance fees across province

Submitted

The Manitoba government reduced ambulance fees across the province effective Jan. 1, 2017, Health, Seniors and Active Living Minister Kelvin Goertzen announced last month.

"People have told us ambulance fees in Manitoba are too high and we have heard these concerns," said Goertzen.

"We are taking the first steps to reduce ambulance fees and help make this important service more affordable for Manitobans."

Billings to Manitobans for ambulance services will be reduced to either \$475 or the pre-existing base fee established by the service provider, whichever is lower. In addition, all surcharges must be removed including kilometre fees.

Examples of the fee reductions if costs are billed to the individual in-

clude:

- Winnipeg – a decrease to \$475 from an average of \$522;
- the former Assiniboine region of Prairie Mountain Health – a decrease to \$475 from \$530;
- the former Parkland region of Prairie Mountain Health – the elimination of a \$3-per-kilometre fee;
- City of Thompson – a decrease to \$475 from \$500 and the elimination of a flat rate of \$800 for trips longer than 100 km; and
- Interlake Eastern Regional Health Authority – the elimination of a \$3-per-kilometre fee.

Ambulance services are outside the scope of the Canada Health Act and costs are the responsibility of the patient in jurisdictions across the country. In Manitoba, land ambulance services are delivered by a combination

of providers including regional health authorities and other service providers under agreement with regional health authorities such as municipalities or First Nation communities.

Ambulance fees vary by the regional health authority, community or municipality offering the service and are used to offset the costs of operations. Fees to clients represent approximately 50 per cent of the cost of operations, with the remainder of costs subsidized by the province and other organizations.

The province already provides coverage for certain ambulance services including:

- inter-facility transfers between health-care facilities;
- the Northern Patient Transportation Program, which subsidizes medically necessary transportation for res-

idents in the north;

- helicopter transportation to patients requiring critical and emergent care within a 250-km radius of Winnipeg; and

- the Lifeflight Air Ambulance program, which provides specialized inter-facility transport for critically ill or injured Manitoba residents who live further than 200 km from Winnipeg.

Manitoba Health, Seniors and Active Living has formed a working group with representatives from the regional health authorities to continue to implement a commitment to reduce current average ambulance fees of \$500 by 50 per cent over four years.

For more information on ambulance fees in Manitoba, visit: www.gov.mb.ca/health/ems/ambulance_fees.html.

Gimli council contends with rules for awarding bids

By Patricia Barrett

RM Gimli councillors found themselves momentarily at odds with their own tendering process when they debated hiring an external contractor for garbage collection.

The RM had received two bids for curbside refuse collection west of Highway 8. One was submitted by a local company and the other by 4570732 Manitoba Ltd., which is located outside the municipality.

"In the tender it states a 10 per cent variance...this exceeds it, unfortunately," said Coun. Danny Luprypa during council's regular meeting Dec. 14. "I feel so badly that the local person may not get this tender although this person will spend all the income they derive from this contract in our community. They'll purchase their fuel here, pay their taxes here, purchase their groceries etc.... Whereas the person who has the lowest tender is from out[side] of this community...."

The external bid was \$5,500 lower than the local competitor's, he added, but his heart "sure wants to support the local company."

Assistant CAO Kristin Strachan said council typically accepts the lowest tender unless "you have a reason not to accept [it]. The two bidders are both very reputable businesses – just one is local and one is not."

For council to accept a higher tender, it would have to find some "some

informality" or a matter of "non-compliance" in order to justify such a decision, she said.

Mayor Randy Woroniuk said the general feeling around the table is to support the local company, but it would be unfair to change the process and interfere with the tendering process.

Coun. Richard Petrowski said, "We all have no...choice but to award it to a non-resident."

Deputy Mayor Peter Peiluck said that the external company is the same one that currently handles the RM's recycling, and it has also held the garbage tender in the past.

Council awarded the contract to 4570732 Manitoba Ltd. for \$42,000 plus GST.

Other council briefs:

Council gave second and final reading to the Trailer Licence Fees Bylaw No. 16-0016, which increases fees for mobile homes in trailer parks and campgrounds.

There have been no changes to license fees since 2010. They will increase by \$10 in 2017 and then by 2.5 per cent on an annual basis.

"We are well below what other municipalities are charging," said Strachan. "... For us now to charge close... to [another RM]..., it would really hurt these campgrounds."

The RM has notified operators of the

affected sites. It has not received any feedback.

Coun. Thora Palson expressed her gratitude to Gimli MLA Jeff Wharton for helping the RM receive its provincial Mobility Disadvantaged Transportation Regional Incentive Grant for 2015.

The grant helps the municipality fund the Eastern Interlake Handivan Service.

"An error was made by the Handivan in 2014, which...made us ineligible for our grant," said Palson. "It was a very minor error, so we wrote a letter to Jeff Wharton explaining the situation."

In a letter received Dec. 8, Minister of Indigenous and Municipal Relations Eileen Clarke wrote that the RM will receive \$13,125 for the year 2015.

"We really thank [him] for going to bat for us," said Palson.

Council approved the following tenders, payments and other financial matters:

The majority of council accepted a quote in the amount of \$41,500 plus GST from Knutson Building Ltd. for the construction of a mechanical building for the outdoor pool.

Couns. Luprypa and Petrowski opposed the award as they do not support the pool.

Council accepted the lowest tender for the replacement of flooring at the Eastern Interlake Planning District office. King's Flooring will complete the

work at a cost of \$10,300 plus GST.

\$36,873.36 for payroll and remittances for the period ending Nov. 19.

\$52,861.44 for payroll and remittance for the period ending Dec. 3.

\$6,905.99 for payroll and remittances for accumulated banked time for the period ending Dec. 3

\$13,886.31 for council monthly indemnities and expenses for November 2016.

\$109,508.35 to Gimli Firefighters for 2016 indemnities.

\$65,835.30 added to property taxes for 2016.

\$22,247.68 in cancelled taxes for 2016.

\$417,309.16 for bills for total operating expenses.

\$903,565.41 to the Manitoba Minister of Finance for debentures due Dec. 31, 2016.

\$36,292.78 for pre-authorized utilities for November 2016.

\$46,421.86 for the fourth installment of the 2016 education levy.

\$94,500 to Western Recreation and Development for progress payment No. 7 for the outdoor pool.

A \$4 million line of credit established with Noventis Credit Union, Gimli Branch, to manage the operating expenditures for the 2017 year against the current year's taxes collected.

Anthony J. Richard Accountant Inc. was appointed municipal auditor for 2017.

letters

Letters to the Editor: letters@expressweeklynews.ca

Keep up with the library communication

I was interested in the *Express Weekly News* article concerning the annual technology grant to the Evergreen Regional Library and in particular the increase of \$16 or so. Although it isn't much after ten years of freezes under the previous government any increase is welcome. I also would like to correct your comment concerning the population served by each library.

The writer of the article assumed that the total population of the RM of Bifrost Riverton uses the Riverton branch where in reality a third of the RM are patrons of the Arborg branch. And as for Gimli it serves many non residents from Armstrong and Fraserwood, Winnipeg Beach and St. Andrews. A better figure to have used would be the membership stats from the last annual report, 2015, available

at each branch. The membership at the Gimli branch was 7,107 while Arborg had 2,577 and Riverton had 1,399 members.

Last year all three branches accounted for 63,736 books and publications circulated to the public. New items are added each year to all three branches both in paper books and eBooks. And unlike some libraries, one doesn't have to have a member-

ship card on hand in order to make use of the library so you can decide at the last minute to pop in and borrow a few books.

I do appreciate Ms Barrett's stories about the Evergreen system and hope she continues to keep the public aware of news that affects the library

ies in our communities.

Yours truly, Larry Speiss
Councillor, Town of Arborg

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **Four-legged thieves have to eat**

Hi outdoor buddies.

I hope you survived the Christmas and New Year's Eve festivities. Happily, the good times continue with humorous fishing stories our fellow anglers have offered for our pleasure.

A light breeze sent snow dust skipping around me on a bright afternoon just after Christmas as I made my way on the snow-ice pack out to the portable shacks off the north shore of the Winnipeg Beach harbor. I called out to the folks inside a large blue tent asking how the fishing was. A mature gentle voice called back, "Yes, we've had success."

As I approached a thin fellow with defined features and slightly graying closely trimmed hair peered through the door. Soon, inside, he introduced himself as Jim Bennet and his grandson Tommy Bennet. As we casually talked of this and that he remembered a time winters ago when his son lost his truck keys down their ice hole when fishing on the Gimli south bay. He became frantic realizing his spare keys were at home in Winnipeg.

Luckily anglers in a tent beside them caught wind of his predicament and shouted out saying they had a camera fish finder and were bringing it over. They placed it beside the hole and dropped the fish shaped camera to the lakes' mud bottom. There not more than two feet from the camera lay the keys in full view. A little snagging action with a weighted jig and the keys were rescued.

Isn't it great how anglers help each



EXPRESS PHOTO BY SANDY WEIDL

Chris Passilis of Winnipeg with some of his pickerel catch caught on the Red River by the Selkirk Park.

other?

Four or five days ago the snow and ice were no problem as I urged "old red" past Balsam Bays' harbor. Again, the sun was brilliant on a warm afternoon as I lumbered along passing dozens of ice shacks. To the north about a mile out I saw a bunch of shacks and pointed the old girl toward them.

I pulled up beside a group of guys, stopped and with my door open sat looking at a smiling, tall, heavily built, robust, grey haired fellow. We looked at each other for a moment then he burst out eyes to the clear sky, declaring, "Isn't it great to be out here on a day like this?" I just smiled back and silently nodded.

Our tall angler, Paul Nellis of Winnipeg, out with his sons Hayden, Chad and James had all caught their limit of nice eating sized pickerel. Standing on the sun drenched ice pack we marveled at the endless sea of portable and hard wall ice shacks stretching out to the northeast as far as the eye could see. I remarked to Paul that in my many years of being with angler's summer and winter, I had become convinced that way more anglers fished Manitoba's waterways in the short winter season than during spring, summer and fall.

"Sure," he said, "we throw stuff in the truck and we're on the ice fishing

Continued on page 7

Stonewall Teulon
Tribune
The Selkirk Record
The Winkler Morden Voice



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Missing ice fishing shack returned to business owner

By Jeff Ward

A new business owner got a belated Christmas gift when one of his missing ice fishing shacks was found.

Curtis Beyak, co-owner of Lake Winnipeg Ice Fishing Shack Rentals at Sunset Beach on Lake Winnipeg said he noticed one of his five ice fishing shacks, valued at \$2500, missing on the afternoon of Dec. 24.

The ice fishing shack rental business is a new venture for Beyak who opened only a week earlier on Dec. 17. Beyak and his business partner rent out the ice shacks that were all hand built by the entrepreneurs during the summer. The family friendly business gets people out into nature during the winter months.

Beyak said that so far those who have come by have really enjoyed their stay. Thankfully the shack was found 1.5 km south of the business location abandoned on Dec. 30. Beyak

said that he believes the media attention spooked the thieves and that they brought the shack back onto the ice.

"We are very delighted and grateful for the full recovery of the shack," said a now happy Beyak.

"We were also taken back by all the support from the local community and surrounding areas. It was amazing the phone calls, text messages and people sharing our post in efforts to the recovery. Thank you to everyone involved."

Beyak said that he had checked the area where the shack was found and said that he hadn't seen it there a few days prior to when it showed up. He said that there was no damage to it and that everything is in full working order.

Beyak couldn't share too much information as the Selkirk RCMP are still looking into the theft.



EXPRESS PHOTO SUBMITTED

Curtis Beyak was happy to see his missing ice fishing shack returned after finding it abandoned on the ice last weekend.

Ambulance fee reduction a step in the right direction for Interlake residents

By Jeff Ward

The elimination of a \$3 per kilometre fee for ambulance rides for residents in the Interlake-Eastern Regional Health Authority effective Jan. 1, 2017 is a step in the right direction according to Keith Lundale of the Highway 6 Health Advocacy Committee.

Lundale said that while he thinks the reduction is a good thing, it doesn't take away from the larger issue which is availability. Whether an ambulance cost \$500 or \$475 doesn't matter as much as the time it takes for it to get to the person who needs it. Lundale wants response time to improve and

feels that EMS workers shouldn't be transporting non-critical patients to other facilities.

"The reduction definitely lessens the blow of needing an ambulance," said Lundale. "The problem though is even with the reductions the response time could still be high. If you live in Eriksdale or Ashern are you going to phone an ambulance and wait 20 minutes, or are you just going to drive yourself there?"

Lundale said that phoning for an ambulance might not really make sense if a five minute drive at no cost turns into a 20 minute wait and a bill

of \$300 or more. The problems inherent with the ambulance system in the Interlake are less about cost and more about availability.

Lundale proposes that ambulances shouldn't be used to transport non-critical patients to another facility. And he wants to see the province and the Interlake-Eastern RHA work on a better solution for a stretcher service.

"What happens when you really need an ambulance and they're out transferring someone that's stable to a medical appointment? It doesn't really make a lot of sense," said Lundale.

Even with his concerns Lundale is

still happy to see the fee eliminated and the cost per ride reduced because it does mean that people won't think as much about calling an ambulance when they need it. It's counterintuitive to reach for the phone to call 911 only to put it down because you need to check your bank balance first.

While the fees have been reduced some the PC government campaign promised much more than it delivered. Pallister promised a reduction of 50 per cent in a March 2016 statement, which would come in their first year. That timeline has now changed to the first four years.

> GET FISHING, FROM PG. 6

in no time."

Things were hopping on the ice along the Red by Selkirk's park last week too. I was on the ice walking amongst the shacks passing the time with folks until I came by a guy Chris Passalis of Winnipeg who recalled last winter how he had gotten the better of a thieving dog.

He was fishing with friends here in a tent and as they caught fish they would toss them outside to freeze. Lines with baited hooks were in the water, the smell of coffee and hot cabbage rolls filled the tents' air, he remembered, when a shuffling sound outside was heard. Chris unzipped the door and peering out was surprised to see a scruffy little black dog trotting off with one of their fish.

"Well," Chris mused, "he's got to eat too."

He rejoined his friends only to hear some time later, his four-legged pest was back. Chris threw open the door seeing the dastardly dog making off with their last fish while at the same time his rod snapped down. He grabbed it and reeled in a big pickerel. Holding it by the gill he opened the tents' door, this time to put it in the truck. There standing right in front of him with an innocent expectant look stood the thief. Chris stomped over to his truck, opened the door and put his fish on the floor.

"Now try and get that one," he said as he slammed the door shut.

Till next week, bye now.

> FISH PLANT, FROM PG. 2

free? No. Are we going to do things to make this a more viable project? Yes, we will."

A claim that the RM will be giving Northern Walleye "free" land – something that was later picked up by another media outlet – is untrue, said the mayor when contacted a second time just before Christmas.

"The land will not be given away," said Woroniuk. "We will be negotiating [a sale] in good faith for the benefit of the whole community."

He added that there's no guarantee the fish plant will go ahead.

Donald Salkeld – as expected of any business person – has to present the RM with a formal business plan before council can consider whether it wants to pursue further negotiations.

To date (Dec. 23), the RM has not received a plan. Furthermore, the plan has to satisfy council.

Keeping in mind the importance of attracting business opportunities to Gimli, the RM had entered into a "gentleman's agreement" (a verbal discussion) with Salkeld a number of months ago, whereby it would broker a sale with him for his desired 11-acre site his if his business plan was satisfactory.

In addition to the 11-acre site, the mayor said the other commercial sites at the Industrial Park are up for grabs.

"There are other available lots for sale," said Woroniuk, "and we will entertain any type of business offer that comes forward."

Ashern Board Game Designer raises 11K in Kickstarter

By Jeff Ward

Following a failed Kickstarter fundraiser, Ashern game designer Raymond Northcott is taking what he learned to redesign the game and make it better.

The Hackers Guild is a cooperative board game that has its players — known as the titular hackers — attempting to take down Monolith Global and wrest control from the corporation. Players hack off site backups, storage facilities and data centres to prevent Monolith Global from enslaving mankind. The game had a two month Kickstarter — a website that allows people from all over the world to contribute money to bring ideas to market — and raised more than \$11,000, half of the \$22,000 goal. Northcott said that he never thought his project would actually get funded, but was pleasantly surprised by the amount of support he got from the world. There were more than 200 backers, many of whom Northcott has never met before.

“It’s definitely nice to know that so many people like the game and want

to see it come to market,” said Northcott.

“Right now my next steps are to redesign the board and revamping some of the rules for the game. I’d like to have those changes done by mid January and have it ready to be play tested at the end of the month.”

“IT’S DEFINITELY NICE TO KNOW THAT SO MANY PEOPLE LIKE THE GAME AND WANT TO SEE IT COME TO MARKET.”

Northcott doesn’t get the \$11,177 that he raised, but he said that more important than the money is the proof that there is a market for a game like this and that people are interested. The work involved in changing even a small aspect of the game is a serious time investment by Northcott. He said that making adjustments to the game require a careful look at how those changes impact the rest of the game. One change can lead to making the game too difficult or too easy, and ruin

the balance of the experience. At the end of this month Northcott said that he is going to take the game to a convention in Minneapolis that caters to designers that are in the play-testing phase of development.

“An event like this is often attended by people who are publishing games and the feedback from them is pretty



EXPRESS FILE PHOTO BY JEFF WARD

Even though he didn’t meet his Kickstarter goal, Raymond Northcott is still working on his board game and hopes to make an even better version this year.

valuable. They know the ins and outs of design and I’m looking forward to hearing what they think about the game,” said Northcott.

Beyond the winter months, Northcott is eyeing a mid-summer relaunch of the Kickstarter with a new and im-

proved version of the game. He hopes that with enough quality revisions and more time to get the word out that he could make whatever goal he decides to set for the goal.

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Riverton Elks raffle winner



EXPRESS PHOTO SUBMITTED

Perry Hibbert of Arborg was the lucky winner of \$20,000 from the Riverton Elks Lodge #530 Winner’s Choice raffle. The raffle is one of two major fundraisers sponsored by the Riverton Elks. Hibbert had his choice of a snowmobile, a loader trailer, a RTVX, a tractor, a Chevy Cruz sedan, an in-store shopping spree at Arborg Home Hardware or Riverton Co-op or the cash. The Elks also sell tickets for their annual Harley Davidson Motor Cycle draw where the winner receives a Harley Davidson motorcycle. Funds raised are invested in projects supporting community needs. Pictured, Exalted Ruler David Fontaine, right, with Hibbert.

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Grahamdale CDC doles out cash prizes for light displays

By Jeff Ward

Nearly \$400 in cash prizes was handed out to the winners of the Grahamdale CDC Christmas Light Competition just before Christmas.

Diane Price, CDC organizer of the event said that nominees doubled compared to last year with 16 judged. Price said that while the event grew in popularity

so does the creativity in the light displays. This year's winner was Wayne and Barb Baudry of Moosehorn who took home the \$150 grand prize with a perfect score of 20/20. Second place

with 19 points was awarded to Doug and Lorette Meisner who received \$100 for their efforts. The third and fourth prizes of \$75 and \$50 went to Lorraine and Russ Bobier and Angie Meisner respectively.

"They all made it very hard to choose a winner," said Price.

"Even though it's hard to choose it is a lot of fun for us to go out and tour the areas and see the lights. People

put so much hard work into their displays and it's nice to be able to reward them for making our community so bright."

Price jokingly said that the winners

"PEOPLE PUT SO MUCH HARD WORK INTO THEIR DISPLAYS AND IT'S NICE TO BE ABLE TO REWARD THEM FOR MAKING OUR COMMUNITY SO BRIGHT."



EXPRESS PHOTO BY JEFF WARD

Wayne and Barb Baudry's home in Moosehorn was awarded first place and \$150 cash for their incredible Christmas light display. The contest was sponsored by the Grahamdale CDC who gave away nearly \$400 in cash prizes to the top four homes.

will likely use their prize money to purchase more lights for next year. Judges toured from Gypsumville to Mulvihill and that each home had it's

charm.

"It's just a feel good thing to do and I hope it continues to grow this way," said Price.

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Understand your Fuel Induction System

This week's article focuses on the importance of protecting your mass air flow sensor or MAF. Air and fuel are mixed together to be burned in your engine. The amount is controlled by how hard you press on the accelerator or by external factors like climbing hills or hauling loads. Based on how much air you need – and how much is available – your engine management computer tells your fuel injection system how much fuel to send to your engine. But what if the computer is getting the wrong information about how much air is coming into your engine? Well, it would send the wrong amount of fuel and your engine performance would suffer.

The Mass Air Flow (MAF) sensor measures the volume, temperature, and density of the air flowing into your engine. With that information, the computer calculates how much oxygen is available to burn and adjusts the amount of fuel it sends. A dirty or damaged MAF sensor can give the wrong readings, hurt your fuel economy, damage the catalytic converter, reduce engine performance, trigger the Check Engine Light, and, worst case, stop your engine.

Remember that you can drive your car if the Check Engine Light is on - unless it's flashing. If your CEL indicates a MAF problem, your Interlake Auto Service Provider recommends that you take action before you damage your catalytic converter.

How does an MAF sensor get damaged? Well, let's look at this process again. As air comes into your engine, it first passes through the engine air filter. Dust, road grime, pollen, and other contaminants are, hopefully, trapped in the filter. If the engine air filter becomes clogged, some of the pollutants can pass through and hit the MAF sensor. Thus, a clean engine air filter protects your MAF sensor. Reason number 47 to replace your engine air filter as recommended.

Now if your MAF sensor is contaminated, you may be able to clean it with an fuel induction cleaning service at your Auto Service Provider in the Interlake. This service also cleans your throttle body and other fuel system components. In those circumstances where the MAF sensor is not only contaminated but actually damaged, it will need to be replaced. (And it costs a whole lot more than an engine air filter.)

Your Auto Service Provider can quickly inspect your engine air filter to see if you need a new one. A caution: low-line air filters may actually contribute to MAF sensor failure as filter material can come loose and contaminate the sensitive sensor elements - filter material is just as harmful as outside gunk.

When your friendly and knowledgeable Independent Auto Service Provider recommends you replace your engine air filter, it's a good idea to heed their advice. After all, how much is riding on that inexpensive but extremely important part?

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Just Watch Me winner encourages entrepreneurs to enter contest

2017 Video contest deadline is Jan. 25

By Jeff Ward

The winner of the 2016 Just Watch Me video contest is encouraging entrepreneurs to take part in this year's competition, after it brought her so much great publicity.

Michelle Wierda is the owner of Curves in Gimli and was Manitoba's winner last year in the start up entrepreneur category earning her \$250 as well as visibility on the contests website. The contest is designed to encourage business owners with disabilities to go after their dreams. Wierda deals with ongoing health issues day to day. The contest is funded through the Entrepreneurs with Disabilities Program (EDP) and is facilitated by Community Futures Manitoba.

Wierda said that in the months following her win she received a lot of publicity from her video and the media, which in turn boosted her recognition in town.

"A lot more people know me, than I know them," said Wierda.

"We often say as entrepreneurs that you work 80 hours a week for yourself, so you don't have to work 40 hours for

someone else and that's true. It's very long hours and hard work, and when you're fighting health issues it's much more difficult. Winning the contest was a big surprise to me and I was so excited to be chosen."

Wierda was in a car accident only three weeks before she took ownership of Curves and had difficulties balancing her own recovery, running a business and being a single mother to five children. But her determination and spirit carried her through and she said that she's quite a bit stronger for it. She is also celebrating five years being cancer free.

The contest has brought Wierda a lot of benefits as a business owner, and the exposure from the video she submitted and from winning the contest has really paid off.

"It's definitely uplifting to me as a business owner to win the award. It tells me that I'm on the right track and that I'm making good decisions. This was also a great way to introduce myself to the community," said Wierda.

The entrepreneur encourages other

"IT'S DEFINITELY UPLIFTING TO ME AS A BUSINESS OWNER TO WIN THE AWARD."



EXPRESS PHOTO BY PATRICIA BARRETT

Michelle Wierda is encouraging new entrepreneurs to submit an entry to the Just Watch Me contest and reap the benefits that have helped her business grow. The Curves team is coach Sigrun Gunnarsdottir, left, and owner Michelle Wierda.

business owners facing similar challenges to take out their camera and record a video for the contest. Her advice for those interested is to not worry about the quality of the video, but focus on making the content good. Tell your story and put yourself out there.

"Think about what you want to share and then answers the questions and

be confident. You are going to impact someone with your video, even if you don't win. They will see it and learn from what you have to offer," said Wierda.

The contest is accepting entries until Jan. 25.

Anyone meeting the criteria can visit www.justwatchmecontest.ca and follow the instructions to enter.

Ashern Skating Club to host Paint Nite fundraiser

By Jeff Ward

The Ashern Skating Club is holding a Paint Nite fundraiser to help pay for coaching and ice fees.

Paint Nites have become an extremely popular and fun event to raise money over the last few years and with good reason — they get results. The entry fee is \$45 per person with \$15 going towards the skating club. Adrienne Baker is organizing the fundraiser, which takes place at 7 p.m. on Saturday, Jan. 14 at the Ashern arena. Baker said that her daughter is one of the skaters and that she hopes people will come out to support the club as it provides a great wintertime activity and teaches area youth some great skills. Baker organized a similar event last year that saw more than 50 participants come by and hopes to see similar numbers again.

Paint Nites are a unique experience that has attendees recreate a painting from scratch with the guidance of an artist. Paint supplies are included in the registration fee and at the end of the night each participant takes home their masterpiece.

"It's all part of the push to get people engaged in the arena and using the facility more. We want to host events there and encourage people to be apart of it and volunteer. Skating is such a great activity for kids and it's one of the only ones for them at this time of year, so I hope people come out and support," said Baker.

Anyone interested in purchasing tickets can do so by signing up on the Ashern Skating Club Facebook page or by contacting Baker at 204-302-1289.



EXPRESS PHOTO SUBMITTED

The Ashern Skating Club is hosting a Paint Nite fundraiser at the arena on Jan. 14

East Interlake Conservation District celebrates environmental milestones

By Patricia Barrett

The East Interlake Conservation District celebrated its considerable environmental milestones, highlighted current conservation projects and set out future goals at its 11th Annual General Meeting.

"One of the reasons that the conservation district was put together was [that]...water doesn't recognize man-made boundaries," said EICD board chair Garry Wasylowski to a crowd of about 60 people at the Fraserwood Hall Dec. 12. "It recognizes nature's boundaries, and we cannot make water work within man-made boundaries. There are areas we can store water [and] there are areas we can move water off. And that will be an important part of how the CD works in the future."

In addition to monitoring water flow across the eastern Interlake and implementing improvement schemes, the EICD also works towards improving water quality, especially that of Lake Winnipeg and its tributaries, according to the organisation's 10-Year Review.

Manitoba's conservation districts were formed in the 1970s. The EICD was established in 2005 from a working group headed by Bifrost-Riverton Reeve Harold Foster.

It's composed of 15 municipalities: Arborg, Armstrong, Bifrost-Riverton, Dunnottar, Fisher, Gimli, Rockwood, Rosser, St. Andrews, Selkirk, Stonewall, Teulon, West St. Paul, Winnipeg Beach and Woodlands. It manages four major watersheds: Fisher River, Icelandic River and Washow Bay Creek, Willow Creek and Netley-Grassmere Creek.

EICD Manager Armand Bélanger put together a PowerPoint presentation highlighting some of the major conservation projects the organisation is currently undertaking.

These include two wetland restoration agreements (to reduce the impacts of storm damages and flooding, to help store carbon and to help filter contaminants), a native grassland restoration project in Dunnottar, the treatment of cattle run-off (in the Fraserwood area) with a passive filter, and the continued use of LiDAR elevation data, which has helped the EICD identify suitable land for wetland restoration projects.

"We usually get about a handful of landowners coming to us interested in water storage and slowing flow," said Bélanger. "We'll spend about a week at [an] area just surveying it, and then we'll do some designs and we'll send it off to the engineer. One in 20 projects might get approved.



EICD manager Armand Bélanger highlighted the organisation's current projects.



Pictured left to right, Arborg Coun. Vivian Leduchowski, Jim Leduchowski, Arborg Coun. Susan Bauernhuber, Alexis Petrowski and Gimli Coun. Richard Petrowski.



EICD members celebrated their achievements at their annual AGM.

EXPRESS PHOTOS BY PATRICIA BARRETT

With the LiDAR data, we can really pinpoint [feasible areas]."

The EICD has also worked with farmers to help reduce animal waste from flowing into waterways.

"We've fenced off a lot of cows from the creeks," said Bélanger, "but we're willing to fence off more. All we need are...partnerships."

An innovative passive filter project for cattle run-off is expected to be implemented this year if all goes well.

"That's copying the work Rick has done in Dunnottar with the lagoon system," said Bélanger, referring to Mayor Rick Gamble, who sits on the EICD board, "and we're scaling it down to a cattle site."

Since its inception, the EICD has carried out innumerable conservation projects.

Those include surveys of the location and condition of wells to assess risks to residents' drinking water, LiDAR (Light Detection and Ranging) sur-

veys, which create three-dimensional topographical maps that provide a better understanding of water flow, the sampling of benthic invertebrate (bugs that live the bottom of waterways) to assess watershed health, the creation of the Arborg fish ladder that facilitates access to habitats, and the enhancement of riverbank areas.

Wasylowski provided an overview of the EICD's future goals, which include the further development of LiDAR data sets, collaboration with BASIC, a farmer's organisation (see a forthcoming story in the Express), the feasibility of tile drainage, and continued partnerships with First Nations, municipalities and conservation sub-districts that fall under its umbrella.

An incentive program called the Alternative Land Use System (ALUS) that the province is currently considering (but not yet adopted) is something that interests the EICD.

"They [the government] want peo-

ple to...convert their land into natural areas," said university student Alexis Petrowski, explaining the overall goal of the program. She attended the AGM with her dad Richard Petrowski, who is a council representative for the Willow Creek watershed sub-district.

According to the description of ALUS provided in the EICD's Strategic Topics document, the province would pay landowners to maintain existing areas or to create natural areas.

"How this is going to roll out nobody's really sure," said Wasylowski. "... We know it's an extremely expensive program, but I compliment the government on going down this path. We also believe that conservation districts are the entities to implement this program."

Provincial politicians, who attended the AGM and supper, paid their re-

Gimli will fly high with the 2018 Manitoba Air Show

Snow Birds to fly over Gimli June 9 and 10

By Patricia Barrett

Gimli and its airport will be playing host to the annual Manitoba Air Show in 2018, an event expected to bring thousands of visitors to town the weekend of June 9 and 10.

During its regular meeting Dec. 14, council announced that it had agreed to host the event subject to a contract being signed with the organizers.

"It's going to be a major air show," said Mayor Randy Woroniuk. "... It's going to bring thousands of people."

Organizers of the event had looked at different venues then approached the municipality to see if it was willing to provide its airport for the two-day event, said the mayor.

The show will dazzle spectators with aerobatics by the Snow Birds and feature vintage aircraft, CF-18 Hornets and the Skyhawks, a military para-

chute demonstration team.

The mayor said there were some issues last year in Portage la Prairie regarding ticket sales and lengthy waits on the highway for parking, and he wants to ensure things will run smoothly in Gimli.

"We're going to be working with them [organizers] to provide parking in town," said Woroniuk, "and we'll provide shuttle buses...."

Despite the hiccups last year, council said it was told the show drew about 20,000 people.

"They will be looking for local volunteers,"

said Assistant CAO Kristin Strachan. "And there will be most likely a local committee formed to help address traffic. We'll have to close some of the back roads...in the flight path."

Some of the possible parking areas in town may include schools, the Recreation Centre and businesses.

"IT'S GOING TO BE A MAJOR AIR SHOW."



EXPRESS PHOTOS COURTESY OF RCAF

The Snow Birds will be in Gimli June 9 and 10 as part of the 2018 Manitoba Air Show.



A CF-188 Hornet of the Royal Canadian Air Force, will be part of the 2018 air show.

Noventis supports Gimli Glider project

Submitted

Noventis Credit Union supports local community programs and initiatives that enhance the lives of their members and the communities in which they reside through their CSR Monetary Funding Program.

The Gimli Glider Museum Inc. is creating a museum exhibit attraction will enhance local tourism by showcasing the unique Canadian aviation story of the famous Gimli Glider – a Boeing 767 that glided to a safe landing at Gimli Airport in 1983. The Exhibit will feature authentic parts from the aircraft, a theatre area with real aircraft passenger seats and a cockpit mock-up/flight simulator area where

visitors can try their hand at flying and landing a 767. Specialty displays will also be developed to highlight Gimli's rich aviation heritage including the RCAF era, Saunders Aircraft era, Air Cadet flying and Manitoba Air Services water bombers just to name a few.

"Noventis' generous contribution has made the Flight Simulator display a reality" Bannister stated during the presentation. With a planned opening in summer of 2017, the exhibit will attract more and new visitors to Gimli for the benefit of local businesses and attractions.

For more information visit www.gimliglider.com



EXPRESS PHOTO SUBMITTED

Nic Munday, Manager of the Gimli Noventis Credit Union presented Gimli Glider Museum Inc. co-chair Steve Bannister along with committee members Dave McNabb, Ron Hall and Peter Hofbauer a \$1,200 check on Dec. 19 to support the display contents of the Gimli Glider Museum Project.

Ensuring five STAR emergency medical care

By Natasha Tersigni

For health care providers in emergency medicine the golden hour, known as the time period lasting for one hour or less following a traumatic injury being sustained by a casualty, are the most critical 60 minutes of a patient's life. During those precious minutes the patient has a much higher survival rate.

To ensure local health care providers are up to date on providing care to a patient in an emergency medical situation the STARS Mobile Education Unit made a stop at the Stonewall hospital before Christmas so health officials could brush up on their life-saving skills. The mobile unit is outfitted with a human patient simulator that replicates complex medical and traumatic problems. The mannequin simulator speaks and breathes; blinks and has reactive pupils; has a heartbeat and a pulse and accurately mirrors human responses for such procedures as CPR, intravenous medication, intubation, ventilation and catheterization.

With the simulator doctors, nurses and paramedics stationed at the Stonewall hospital had the opportunity to test and practice their reactions and skills during an emergency. With the help of the STAR critical care nurse, the health care practitioners were able to run through multiple scenarios using the mannequin.

During each scenario, that included a car accident victim, a person suffering a heart attack or severe infection, the health workers had to respond to the mannequin as if it were a real-life patient.

"The mannequin is controlled by a person in the back of the mobile unit and they can see everything we are doing and they can talk to use as the stimulator. They run us through-out scenarios where we try and react to the stimulator and that allows us to practice our skills. The STARS medical team can give us a lot of information about what they look for when they come out to help transport people from either the scene of an accident or from the hospital," explained Kent Wiebe who oversees the education of health care professionals within the Interlake-Eastern Regional Health Authority (RHA).

"After each scenario, we debrief with the STAR critical care nurse on how we did, so the next time someone comes into the hospital that is a real patient we have gone through the critical thinking components and we are more prepared to provide care. As well, when STARS show up with their helicopter to take the patient to Winnipeg we know what they can expect from us from the start of care to the transfer, so we can make the transition as seamless as possible."



EXPRESS PHOTO BY NATASHA TERSIGNI

To ensure local medical professionals are up to date on their emergency medical skills, the STARS Mobile Education Unit came out to the Stonewall hospital before Christmas to provide training to doctors, nurses and paramedics on dealing with a critically injured patient.

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But the skunk came back the very next day

By Patricia Barrett

In a scene eerily reminiscent of Brutus and Cassius' assassination of Julius Caesar on the Ides of March in 44 B.C., Gimli councillors Danny Luprypa and Richard Petrowski attempted to remove the laurel wreath, so to speak, from the mayor's head during council's last regular meeting of 2016.

Without warning, they rounded on Randy Woroniuk, asking him to account for the whereabouts of *Mephitis mephitis* (striped skunk) that he claims he captures.

Woroniuk, a retired provincial conservation officer, is paid by the municipality to trap and remove the omnivorous mammals, which occasionally lodge under dwellings and other structures. He has held the post for a number of years.

Luring the mayor into a false sense of security the evening of Dec. 14, council members approved his skunk-control invoice for \$1,556.60.

Then they pounced.

Taking his cue from Luprypa and Petrowski, Deputy Mayor Peter Peiluck questioned the mayor's *superbia*: "It does not say how many skunks."

"One," said Petrowski, flatly.

Surprised by the sudden advance in the chamber, the mayor sprang immediately to his own defence: "That's [the invoice] been since September. There were 35 skunks."

If you divide 35 skunks by \$1,556, it works out to about \$44 per skunk. A well-known Winnipeg-based pest control company charges \$179 plus tax per skunk trap regardless of whether a skunk is actually caught.

Always concerned that council accept the lowest tender and get the best bang for the RM's buck, Luprypa asked Woroniuk whether he had submitted the skunks' tails as proof.

As though trained by Cicero himself, the mayor skilfully dodged the question by launching into a story about a

skunk in a crawlspace.

"I had to remove one from under a house yesterday," said Woroniuk, providing no details of this mystery residence or of the size of the alleged skunk. "I was quite pleased it didn't spray me. It went under [the owner's] crawlspace. I took a live trap then I realized, 'How am I going to get this guy out of here in the morning when I caught him?'"

Falling for the mayor's feint, Peiluck said, "Do you get sprayed sometimes?"

"All the time," said Woroniuk. "But I don't smell it anymore."

Luprypa obviously smelled something, and he tried another tack to get the mayor to account for his earnings.

"What do you do with the skunks, what do you do with them?" he demanded, as though he were Brutus with a dagger concealed in the folds of his toga.

You, too, my child, thought the mayor, remembering Caesar's last words to the praetor who may have been his biological son.

"I've got a property north of town," he finally conceded.

"A skunk park!" cried Peiluck in near disbelief, recalling Caligula's preferential treatment of his much-beloved horse, *Incitatus*, whom he housed in a marble stall and planned to appoint as consul.

It was at that moment Luprypa cottoned on to the mayor's lucrative scheme.

Mindful of the contemporary song *The Cat Came Back*, in which the line "we thought he was a goner" foreshadows the critter's return, Luprypa boldly suggested that Woroniuk has been creating work for himself at the expense of struggling ratepayers.

"So in other words what you're doing, Randy, is you're allowing them to come back to town so [that] you can catch the same one...many times over, is that it?"

"He takes them from Sixth and lets



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Gimli Mayor Randy Woroniuk defended himself against council's charge that there may be something stinky about his skunk-removal service.

them go on Fourth," Petrowski cut in, controlling the urge to shout "Rex, Rex" the way the Roman plebs used to do when they clapped eyes on Caesar.

*Damnant quod non intellegunt*², muttered the mayor under his breath, feeling as though he had been stabbed 23 times.

Woroniuk attempted to distract his attackers by asking them to accept as information the Municipal Emergency Measures Coordinator's report for November 2016.

And just when it seemed that the meeting was about to turn to lighter matters – statutory easement agreements with Manitoba Hydro and MTS, the re-zoning of agricultural land in the Industrial Park, et cetera –

Woroniuk abruptly backtracked (perhaps he felt the need to "get out in front" of the Liberators).

"The finest perfumes in the world have skunk essence," said the mayor, making an oh-so obvious play for the collective sympathy of Coun. Thora Palson and Assistant CAO Kristin Strachan. "And I've been offered \$30 an ounce for the oil."

He quickly added that he hasn't taken anybody up on that offer (i.e., double-dipping).

Luprypa, ever the sceptic, said: "So that'd be Skunk No. 5."

¹ *Superbia*. Haughtiness, arrogance.

² *Damnant quod non intellegunt*. They condemn what they do not understand.

> MILESTONES, FROM PG. 11

spects to the work the EICD has carried out.

Interlake MLA Derek Johnson spoke about the importance of conservation districts and their efforts to improve the water quality of Lake Winnipeg.

"This district in particular is vital because of the vast area it covers," he said. "...While the province recognizes our role in addressing soil and water management issues in a col-

laborative, strategic approach, it's ultimately a responsibility that's shared by conservation districts. Your ongoing efforts to improve the water quality of Lake Winnipeg and...surrounding waterways that lead into it, they definitely don't go unnoticed."

Gimli MLA Jeff Wharton spoke about climate change and the need to reduce greenhouse gas emissions.

"Climate change is real, and we'll

be working with Manitobans to make our province a world leader in the fight to reduce greenhouse gas emissions," he said. "We are in the process of developing a made-in-Manitoba climate-action plan that will include carbon pricing that reduces emissions and stimulates investment in clean energy and technology."

He cited the role of the EICD in helping the province carry out its "en-

vironmental strategy."

"Premier Pallister has instructed Minister Cox to implement watershed-based planning for drainage and water resources management with a goal of no net loss of water retention capacity in our watersheds. It is a goal that can only be accomplished through the work of conservation districts like the EICD."

Nature Conservancy of Canada purchases land in RM Gimli

By Patricia Barrett

The Nature Conservancy of Canada intends to turn a piece of land it recently purchased in the RM Gimli into a nature preserve.

The land conservation organization purchased 145 acres of pasture and hay land known as Fish Lake Drain Parklands near Camp Morton.

"You just don't want to buy a property and let it go wild," said Tim Teetaert, natural area coordinator for the Interlake, Tall Grass Prairie and the Whitemouth River Watershed, who appeared as a delegate at council's regular meeting Dec. 14. "We purchase it for certain reasons. It is maintaining those properties for biodiversity targets."

The Fish Lake Drain property was heavily grazed about 20 years ago, and the owner recently subdivided it before selling it to the NCC.

"[He's] quite a birder out there," said Teetaert. "He looks at this property as a habitat property. He was looking to partner up with us. I know he does some banding of snow buntings out at that property [and] he has owl surveys. The Manitoba Bird Atlas conducts their surveys out there."

NCC surveyed the property before purchasing it, said Teetaert, and determined that it's a "wet property. There's not much you can do in terms of production on that property."

NCC conserves land "with a slant towards biodiversity conservation," which means it focuses on habitats that are at risk of destruction or which contain species at risk.

"We are a science-based organisation and use the best available science to guide our conservation [operations]," said Teetaert.

According to its web site, NCC has conserved and protected over 63,000 acres (25,495 hectares) across nine natural areas critical to Manitoba's biodiversity. In the Interlake, it owns an alvar habitat (area of shallow soil over limestone bedrock). Other sites across the province include Fort Ellice (a Hudson's Bay Company trading post) and the Yellow Quill Prairie Preserve near Brandon.

The non-profit charitable organization acquires properties in a number of ways.

It undertakes direct purchases or accepts land

donations. It also enters into agreements whereby landowners retain the title and use of their property, but restrict development.

"So that [restricted development] might be draining a wetland or pushing down a riparian forest or something like that," said Teetaert, "and they are compensated for keeping that property in a natural state."

NCC carries out baseline inventories of all the properties it acquires, recording plants, animals and insects. That information is then used to construct a five-year management plan.

"That sets our biodiversity targets, threats to those targets and how we're going to maintain those targets over that five years," said Teetaert.

The NCC, which collaborates with a number of provincial universities, also controls for invasive species and where necessary, undertakes wetland restoration.

"Down in southeast Manitoba, we started doing some hydrology restoration," said Teetaert. "When some of our properties were a little dry, we started to install some tile drainage."

NCC owns properties in 20 different municipalities, pays tax on them and provides paid jobs.

"We try to spend as much money as we can locally," said Teetaert. "It may not be in the form of permanent staff, but we look to hire contract workers. And we do have some seasonal staff positions that are open."

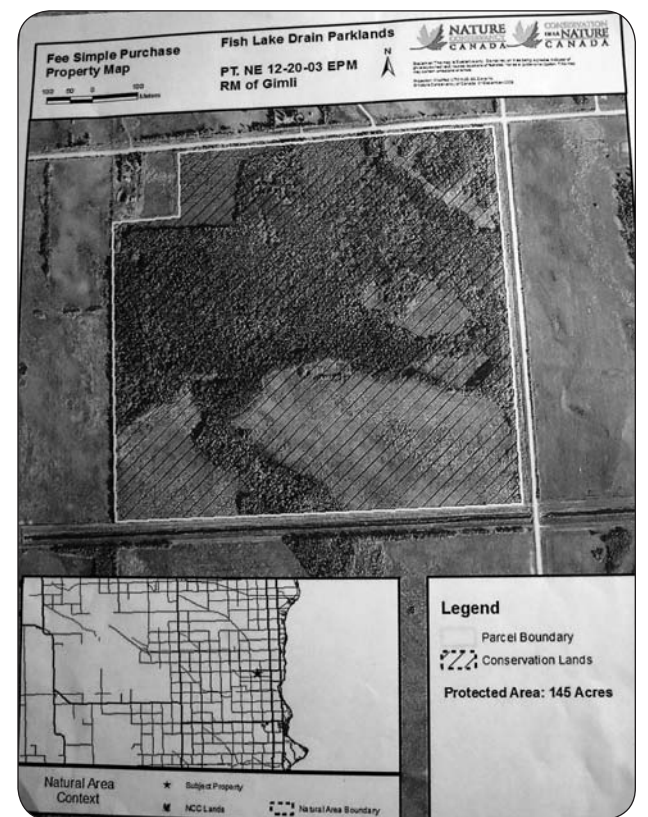
The organisation is funded through federal and provincial grants, with the majority coming from private donations.

The purchase of the Fish Lake Drain property was funded exclusively through private donations.

"There was someone who grew up in the Camp Morton area and...Lake Winnipeg is very important to them," said Teetaert. ".... So one of their goals was maintaining habitat along the drains within that watershed."

Coun. Danny Luprypa asked what the property had been valued at.

"I do know the value," said Teetaert, "and I can say the offer that was agreed upon was quite a bit over [fair market value]."



EXPRESS PHOTOS BY PATRICIA BARRETT
Fish Lake Drain Parklands map.

Coun. Thora Palson asked whether the NCC will let the public access the property.

Teetaert said within the organization's property management plans, there's a permitted use.

"A lot of it [access] is with written permission.... It allows us to know who is accessing the property or... sometimes there are liabilities: some properties we do acquire...have a well [that] we'll [have to] seal."

Mayor Randy Woroniuk said NCC's approach to conservancy is admirable.

"What I like seeing here is that you...actively undertake ecosystem management. To be honest, when you look at provincial Crown lands, those forests are [decaying]. They're not holding anything anymore. New ecosystem management increases biodiversity."

Christmas Hockey Tournament raises money for Grettir

By Jeff Ward

The Lundar Christmas Rec Hockey Tournament raised more than \$1,500 for the Grettir Co-op last weekend.

Five teams each played four games on Dec. 29 and 30 with all the proceeds going to the Grettir Co-op.

Tournament organizer Michael Christensen said that the tournament has been around for as long as he can remember and that he even refereed the tournament when he was 15. The tournament is all about

having fun. There are no winners or losers, and no championship to chase. Christensen said that it's all about supporting Grettir, and providing a great activity for the community to take part in.

"I don't think there was a single penalty called all weekend," said Christensen.

"The rink needs this tournament. The guys who play rec hockey look forward to it and it's a good fundraiser for Grettir. And during the winter time there isn't as much to

do for adults, so it's good to have something that brings us together."

The tournament is round robin style with no playoffs and each team plays every other team. Christensen said that the tournament could probably organize around eight teams as a maximum. Any more would mean restructuring the format or adding another day to the schedule.

Christensen said that the games at the start of the tournament are played with a bit faster pace than

the ones at the end due to the exhaustion setting in. Five hours of hockey played in two days will definitely wear out the legs.

"That second day is a little slower for sure. Some of the guys who are straight out of hockey can keep up, but guys who play a few times a year like me have a tough time," said Christensen.

Proceeds of the concessions had not been tallied at the time of writing this article.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local teams knock off Norway House in KJHL action

By Brian Bowman

The Norway House North Stars had a rough ending to 2016.

Norway House was pounded 16-5 by the Peguis Juniors last Thursday and then was defeated 9-5 by the Fisher River Hawks the following evening.

Fisher River took a quick 5-0 lead over Norway House and cruised to the home win. Jared Thickfoot led Fisher River with three goals and an assist while Darryl Thaddeus scored twice and added a helper.

Evan Thickfoot had a goal and four assists while Christian Cochrane added a goal and three assists. Melford Cochrane and Nicolas Murdock also scored for the Hawks.

Elliot Wilson and Jarrod Smith split the goaltending duties for Fisher River. Both teams were 3-for-8 on the power play.

Peguis pounds Norway House

In Peguis' lopsided win over Norway House, the Juniors scored six goals in both of the first two periods.

Theoren Spence scored six goals and added an assist for Peguis while Dylan Stevenson also had a huge game with four goals and four assists.

Tyrome Spence-Bair also had an eight-point game with three goals and five helpers.

Tyler Woodhouse, Devun Groot, and Quinton Flett also scored for Peguis.

Woodhouse and Flett each finished the game with six points.

Dray Flett made 38 saves for the victory.

Juniors fly past Hawks

On Dec. 22, Peguis defeated Fisher River 5-2 as Spence, Quinton Flett, Waylon Neault, Devon Garson and Woodhouse scored for the winners.

Murdock and Johnny Beaulieu replied for the Hawks. Luke Penner made 33 saves for the win.

The same two teams hooked up the previous night with Peguis outscoring Fisher River 13-6.

Spence (two goals, four assists), Spence-Bair (three goals, three assists), Romano Paul (two goals, three assists), and Woodhouse (two goals, two assists) each had big offensive games for Peguis.

Quinton Flett (two), Keifer Tacan, and Elmer Maytwashing also scored for the Juniors.

Brennan Cochrane (two), Johnny Beaulieu (two), Macrae Sinclair, and Joshua Beaulieu replied for Fisher River.

Penner stopped 38 Fisher River shots for the win.

Satelites down Falcons

On Dec. 20, the Lundar Falcons were edged 5-4 on the road by the North



EXPRESS PHOTO BY LANA MEIER

The Falcons' Mason Medeiros scored twice during the North Winnipeg Satellites 5-4 win on Dec. 20.

Winnipeg Satellites. Erik Rogalka scored the game winner in OT.

Craig Wiess and Mason Medeiros each scored twice for Lundar. Landen Gray and Jason Nikkel had two assists apiece.

In KJHL action this Friday, Lundar will host Fisher River at 8 p.m. while Peguis will visit Arborg (8:15 p.m.). On Sunday, Fisher River will host Arborg. Game time is 2:30 p.m.

Teulon to host STARSkate Regional Championship later this month

By Brian Bowman

The Teulon Rockwood Arena is used to hosting hard-hitting hockey action during the winter.

But later this month, the local arena will be hosting a more graceful style of skating.

On Jan. 22, the Teulon Skating Club will host the Skate Canada Manitoba STARSkate Regional Championships.

"We are definitely very excited to be hosting this event," said Audra Nesbitt-Hume, Teulon Skating Club's president and public affairs chair, last week. "This will be the first time that we have hosted this competition in Teulon."

The Interlake Regional STARSkate Championship is a required event for

skaters to qualify for the Skate Canada Manitoba STARSkate Championships in Virden this March.

Each of the six Manitoba regions hosts a competition before provincials.

There is expected to be 81 skaters from across the Interlake - and three from the Teulon club - competing at this elite competition. The event is for skaters who are in STARSkate levels 1 to 5, with an emphasis on the elemental components of figure skating.

Skaters do not compete in a solo freeski until Star 3 or 4, noted a media release, and will be placed in groups (as opposed to performing individually) in front of a panel of judges.

Skate Canada hopes this will promote figure skating as it will allow more children to enter figure skating without the pressure of individual competition until they are ready for this aspect, said the media release.

Along with the excitement of hosting this regional competition, there is plenty of work involved behind the scenes.

"There have been many hours put in during the evenings and weekends," Nesbitt-Hume said.

The event is currently seeking help from community businesses and friends of figure skating in the form of cash donations or items for the silent auctions and skater welcome bags.

It costs money to book the ice time

all day and pay for judges.

"We have had some community support," Nesbitt-Hume noted. "We have sent out donation letters to businesses and have had some people agree to support us but we can always use more."

Businesses and individuals looking to donate for the competition can contact Nesbitt-Hume via email at teulonskatingclub@hotmail.com or by phone at 204-485-4901.

Donations will be taken right up until the competition, said Nesbitt-Hume.

Cost for spectators is just \$3 for adults and \$2 for seniors and students. Children aged five and under are free.

Kopp named to Canada Games training squad

Staff

Golf Manitoba announced last month that Matlock's Lexie Kopp will participate in the final phase of the Canada Games training squad.

Over the winter, the athletes will take part in sport science initiatives focused on physical fitness assessments, mental game preparation, on-course focusing techniques and nutrition.

They will also practice weekly at the Golf Dome under the guidance of Golf Manitoba Director of Player Development Garth Goodbrandson.

"We are very pleased to once again be able to offer this group of Manitoba and northwestern Ontario's top young golfers an opportunity to develop their skills in preparation for the 2017 Canada Games in Winnipeg," said Goodbrandson in a media release.

"The talent and dedication of these young athletes to the program is extremely high."

The other members of the female training squad include Mikyla Albert, Danya Dubnicoff, Bobbi Uhl, Camryn Roadley, Rebecca Kuik, Alexandra Demko, Kate Gregoire, Hayley Shanks, Tiana Slate, Coral Zamzow, and McKenzie Batacan.

The male squad, meanwhile, also features Wesley Hoydalo, Cole Uzat, Zach Wytinck, Sam Diamond, Ryan McMillan, Sylvain Ruest, Cole Ferguson, Zak Bannatyne, Brendan Kesterke, Spencer Norrie, Anthony Leicht, Cameron McIntyre and Jacob Armstrong.

Following the winter training, all members of the Canada Games training squad will compete in a number of rounds over the spring and summer to determine the top three girls and top three boys who will become Team Manitoba at the 2017 Canada Summer Games.

The golf event will be held at the Southwood Golf & Country Club from Aug. 8-11.



EXPRESS PHOTO BY BRETT MITCHELL
Matlock's Lexie Kopp will participate in the final phase of the Canada Games training squad.



Jack Einarson

Midget Lightning resume league play this weekend

Staff

After a lengthy break between games over the holiday break, the Interlake Lightning will finally see some Manitoba AAA Midget Hockey League action this weekend.

The Kenora Thistles will make the trip to Teulon for a Saturday evening (7:30 p.m.) matchup and then a Sun-

day afternoon (2 p.m.) contest.

Those games are the second and third in a six-game homestand for the Lightning. The Winnipeg Wild will be here next Wednesday, followed by the Southwest Cougars Jan. 13 and the Norman Northstars on Jan. 15.

Interlake heads into the New Year with a 7-17-0-0-2 record and 16 points.

The Lightning are currently in 11th place in the 12-team league, three points behind the Parkland Rangers.

Lightning captain Jack Einarson of Gimli has been very good this season, leading the team in scoring with 15 goals and 31 points.

Mohawks topple Terriers

Staff

The Peguis Mohawks had an early reason to celebrate the holidays.

Peguis defeated the Fisher River Terriers 7-4 in North West Senior Hockey League action back on Dec. 20. No scoring summary was posted on the league website at press time.

The win improved the Mohawks' record to a league-best 8-3, leaving them tied atop the six-team league with the Norway House North

Stars.

Fisher River is currently in third place with a 7-4 record, followed by the Cross Lake Islanders (4-6), Lake Manitoba Eagles (2-8), and the OCN Blues (2-7).

The NWSHL resumes play tonight when Norway House hosts Cross Lake. On Saturday, Peguis will host OCN while Cross Lake will visit Fisher River. All three games start at 8 p.m.

Blizzard to cease operations after this season

Staff

The Manitoba Junior Hockey League will lose the OCN Blizzard next season.

OCN officially announced Dec. 20 that the Junior "A" hockey club will officially cease operations at the end of this season. The Blizzard entered the MJHL back in 1996-97.

"Over the past 20 years, the Blizzard positively contributed to hockey development of indigenous youth across Canada, and led to the formation of

other First Nation hockey teams in Canada," said a release posted on the Opaskwayak Cree Nation website.

The Blizzard's alumni includes Jordin TooToo, who began his junior career in OCN in 1998-99 - scoring 16 goals while adding 21 assists in 47 games - before moving on to the WHL's Brandon Wheat Kings.

TooToo then went on to play in the NHL with Nashville, Detroit, New Jersey and Chicago.

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NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, January 17, 2017 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 4/006/090/S/16 - CONNELLY SIGNS & SERVICE LTD. O/B/O 6644270 MANITOBA LTD.

Application to Replace On-Premises Sign Addition (Commercial) adjacent to P.T.H. No. 6, Parcel 14, Plan 8674, N.W. 1/4 23-25-7W, Municipality of West Interlake (Ashern).

4/006/253/A/16 - MANITOBA INFRASTRUCTURE O/B/O TOM & GWENDOLYN JOHNSON

Application to Remove Access Driveway (Agricultural) onto P.T.H. No. 6, S.W. 1/4 29-17-4W, R.M. of St. Laurent.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4 Phone: (204) 945-8912

Michelle Slotin, A/Secretary
THE HIGHWAY TRAFFIC BOARD



ANNOUNCEMENT

IN MEMORIAM



Edward John Kowalchuk
August 13, 1945 - January 8, 2013

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Substitute Teachers

Evergreen School Division is seeking applications for Substitute Teachers.

Evergreen schools are located in Arborg, Gimli, Riverton and Winnipeg Beach. Qualified applicants are invited to pick up an application package at the Evergreen Education Support Centre, located at 140 Centre Avenue West in Gimli, or download an application package at www.esd.ca under Employment/Human Resources—Substitute Teacher Application Package. For further information, please phone 642-6260.



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OBITUARY



John Stanowski

Peacefully in his sleep on December 25, 2016, John passed away at the age of 80.

John was born in Framnes (Arborg), Manitoba to Dominic and Regina Stojanowski. In 1957, John moved to Geraldton, Ontario, with Sophia (his beloved wife of 59 years). While in Geraldton, John worked for 19 years as a Scaler for Kimberly Clarke. In 1975, John moved his family back to his farm in Arborg. John took great pride in milling the logs from his own farm to build a home for his family. In Framnes, he farmed his land and honed his mechanical skills. He could build or repair most of the equipment he needed and enjoyed doing so. John worked as an Office Manager for Glenko Enterprises until he retired in 1997.

John displayed his artistic talent in variety of different ways. He loved to work with diamond willow, creating many different art pieces. He was a dedicated musician who sang in bands, wrote songs and played many instruments. His love of music was passed on to his children and grandchildren and at every family gathering the house was always full of music.

John enjoyed a lifetime of working and playing in the outdoors. He was an avid golfer and cross-country skier. He spent countless hours making trails in the bush and decorating the yard in his own quirky style.

John is survived by his wife, Sophia (nee Johnson); his children, Jack (Florence), Terry (Dale), and Leanne (Greg); his nine grandchildren, Janine, Kurt (Krystal), Ariel, Cody, Taylor, Bridget, Brennan, Darcie, and Ciara; and three great-grandchildren, Connor, Haley, and Ellie. He is also survived by his sisters, Sophie and Helen (Roy); sisters-in-law, Carol and Gladys; brother-in-law Bill; and many nieces, nephews and extended family. John was predeceased by his infant son, James; parents, Dominic and Regina; brothers Kazmir, Mike, and Joe; and sisters Mary, Bernice and Rose.

The family would like to thank all of the staff at the Arborg and District Hospital, who cared for John these last few months.

A memorial service will be held at a later date.

He was proud to have raised his family to be honest, hardworking and loyal.

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OBITUARY



Shannon Dawn Barnes-Figur

December 4, 1970 – December 31, 2016

Shannon passed away peacefully with her husband, Spencer Figur, by her side. Shannon was born in Saskatoon, Saskatchewan and was raised in Stonewall, Manitoba.

Shannon attended the "University of Experience" beginning her world adventures with a trip through Europe with her life long friend, Maxine. After their European travels, the girls went to work for a year in Glasgow, Scotland with an organization called Simon Community. Shannon then worked in Dublin, Ireland, Ghost River Camp in northwestern Ontario, two stints volunteering on Kibbutz Dan in Israel – all the while working during the summers at Ghost

River. She met many people from all over the world while in Israel and travelled to such places as South Africa, New Zealand, Australia, South America, Belize and several trips to Mexico. From a very young age, Shannon travelled with her family to most areas of Canada, the United States and Mexico which is when the travel bug began. Once she "came home to roost", she worked at Beacon Hill Lodge, and until her illness prevented her, she worked as a manager at a residence for the Hope Center.

Shannon was a caring, giving, loving person and loved all beings, including animals. She was a champion of anyone less fortunate. She was a very private person who would surprise you with her keen wit and sense of humor. Shannon was an avid photographer and saw the beauty in all things, and captured this in her photos.

Besides her beloved husband, she leaves to mourn her "canine babies", Alex and Arthur; her mother, Barbara (Neil); her brother, Sean (Kristine), nephew, Mitchell and niece, Kendall; stepchildren, Matthew (Bre) and Melanie, Owen; Aunt Sharon Brandstrom, cousins, Kristi and Kelli and family; Uncle Ronald Geisler (Joan), cousins Debbie, Deanne, Denise, Randy, Susie and their families; special family friends, the Jaspers; special friends, Maxine and Heather; and many other relatives and special friends.

Shannon was predeceased by her loving father, Edward; her paternal grandparents, Lloyd and Chrissie Barnes; her maternal grandparents, Roy and Tillie Geisler.

We will all miss our beloved Shannon and her generous heart. Shannon's life epitomized the following saying, "Choose not your friends from outward show; for feathers float but pearls lie low".

Thank you to all who cared for and helped Shannon in her battle over the past eight years, including, Dr. Pat Harris and team as well as all the nurses and home care workers. Thank you to all our friends and neighbors in and around the community of Stonewall for helping to raise such a beautiful, kind soul.

At Shannon's request, no formal funeral will take place. A private interment will be held in the spring.

No flowers please. If family and friends desire, donations in Shannon's memory may be made to Cancer Care MB, Funds for Pets Rescue or a charity of your choice.

We love you and will miss you so much, dear Shannon. Goodbye our beautiful, illustrious pearl.

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> MEAL IDEAS

Stir-fried broccoli, red peppers and beef



4 servings / 30 min
 Prep 10 min / Cook 20 min
Ingredients
 3/4 lb (350 g) top sirloin steak, cut into thin 1/2-inch (1.25 -cm) cubes
 1 tbsp (15 mL) sodium reduced soy sauce
 1 tsp (5 mL) cornstarch
 1 tsp (5 mL) dry sherry
 1/4 cup (50 mL) low-sodium chicken broth
 1 tsp (5 mL) oyster sauce
 2 tsp (10 mL) cornstarch
 2 tbsp (25 mL) canola oil, divided
 2 cloves garlic, sliced, divided
 4 slices ginger, divided
 3/4 lb (350 g) broccoli crowns, cut into 1/2-inch (1.25-cm) pieces
 1/3 cup (75 mL) low-sodium chicken broth
 1 medium red bell pepper, stem and seeds removed, diced
 2 stalks green onion, thinly sliced
Directions

In medium bowl, mix together beef, soy sauce, 1 tsp cornstarch and sherry. Marinate in refrigerator at least 30 minutes.

In small bowl, stir 1/4 cup (50 mL) chicken broth, oyster sauce, and 2 tsp cornstarch. Set aside.

In wok or heavy skillet, heat 1 tbsp (15 mL) canola oil over medium-high heat. Add half of garlic and half of ginger and sauté until fragrant, about 30 seconds. Add beef and stir-fry about 4 minutes, browning meat and cooling until no longer pink. Scoop beef onto a plate. Set aside.

In wok or skillet, heat remaining 1 tbsp (15 mL) canola oil over medium-high heat. Tip wok to coat bottom of pan with canola oil. Add remaining garlic and ginger. Stir-fry until fragrant, about 30 seconds. Add broccoli and sauté for 1 minute. Pour in 1/3 cup (75 mL) chicken broth and cover wok or skillet. Cook for 3 minutes.

Remove lid and cook until most of liquid is evaporated. Add red peppers and cook for 1 minute. Add beef. Stir sauce, making sure cornstarch is dissolved, then add to beef and broccoli. Cook until sauce is thickened, about 2 minutes. Stir occasionally to coat meat, peppers and broccoli with sauce. Sprinkle in green onions and cook for another minute. Serve immediately.

Family Barbecue Turkey Mini Flatbread



Servings: 4
 Prep time: 15 minutes
 Cook time: 10 minutes

2 cups Holland House Marsala Cooking Wine
 1/2 cup barbecue sauce
 1 1/2 cups roasted turkey, large diced
 1 tablespoon olive oil
 2 tablespoons yellow onion, small diced

1 cup zucchini, large diced
 1/2 teaspoon garlic salt
 1 tablespoon grated Parmesan cheese
 1 cup smoked Gouda cheese, shredded
 1 cup fontina cheese, shredded
 2 flatbreads (approximately 8 inches each)
 2 teaspoons cilantro, chopped
 Heat oven to 400 F.

In small saucepan, reduce cooking wine to about 1/2 cup. Mix with barbecue sauce. Toss diced turkey with about 1 tablespoon of sauce and set the entire mixture aside.

Heat oil and saute onion and zucchini about 3 minutes over high heat. Season with garlic salt and remove from heat; mix in Parmesan cheese. Set aside.

In small bowl, mix Gouda and fontina cheeses together and set aside.

Your Authentic Self



What does it mean to live authentically, and why is it important to do so? To be authentic is to be real; our words and actions reflect who we truly are inside. When this kind of congruence exists, we feel comfortable, natural and unstressed.

The opposite state is when we are either trying to project an image or to please others. We project an image when we want others to see us in a certain light or to think of us in a certain way. We may want to impress them so they think more highly of us.

The projected image is not always positive. Some individuals wish to appear helpless, or weaker than they really are, so others will take care of them. A student may “play dumb” so as not to be teased by others for being intelligent. Another may act “tough” on order to compensate for a sense of vulnerability.

We are also inauthentic when we adjust our words or behavior in order to please others. Children often begin at an early age to say what they think others want to hear. This pattern carries on into adulthood, based in part on a fear of rejection; if we disagree, perhaps we will not be liked or accepted.

It is clear that if we possess these patterns we are not really being ourselves. This sets the stage for in-

ner conflict which may even turn into resentment. If we cannot be our true selves it is impossible to have a real connection or intimacy with another.

The first step to living a more authentic life is to acknowledge our true thoughts and feelings. Maybe we do not really enjoy spending time with a particular friend, or actually hate going to the bar and watching everyone get drunk. Perhaps we always go to the in-laws for Sunday dinner, but would really like to do that at home with just the family.

Maybe we do not feel comfortable listening to gossip, and wish to be more positive.

The next step is to begin speaking our truth, and acting in accordance with it. Yes, there is a risk in doing so, but it is worth it. People will either respect you for being honest, or get upset with you. If they get upset, that means they do not want you to be who you really are, but rather, they want you to be who they want you to be. You cannot live your life according to another’s agenda.

What you will find is that those who respect who you truly are will be drawn to you, and the others will distance. The end result is that you can now be your real self most of the time. You will feel more relaxed, happy and at peace. You will be free to honor your soul’s true path, which, after all, is the purpose of our journey through this lifetime.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3’s, visit www.gwen.ca

Spread each flatbread with an even layer of barbecue sauce. Top each with 1 cup cheese and half the zucchini and turkey mixtures.
 Bake 10 minutes.
 Garnish with chopped cilantro then cut flatbreads in half to serve.

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