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THE EXPRESS

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WEEKLY NEWS

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Recreation scores

EXPRESS PHOTO SUBMITTED BY CHARLENE BODNARCHUK

TELUS Manitoba community board chair Dave Johnston presents a grant cheque for \$9,000 to Marlene Michno, middle, and Charlene Bodnarchuk, right. The money will help fund a new project to install multi-use soccer and football uprights in Eriksdale's McEwen Sport Grounds. See story pg. 7.

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Westshore Community Foundation continues to build a lasting legacy

Staff

Last year marked many successes for the Westshore Community Foundation, a charitable organization founded in 1998 that helps fund community causes and registered charities.

Vice-president Tim Arnason said for the first time in the foundation's history, assets surpassed \$2 million.

"Our success is measured in several ways — the growth of our endowment funds, the funds that we are able to distribute by way of grants and scholarships, the development of our board and our awareness in the community," he said.

Early last year, the foundation became a member of the Gimli Chamber of Commerce and partnered with the federal government to obtain grants that were distributed to the community to help celebrate Canada's 150th anniversary since Confederation. Above its regular grants, the foundation was able to distribute seven additional grants totalling \$20,000.

April is the time of year when the foundation usually reviews the grant applications it has received and starts to distribute money to a number of organizations within its catchment area, which includes Gimli, Riverton, Winnipeg Beach, Matlock, Dunnottar and Fraserwood.

"We were delighted to be able to distribute 12 grants totalling \$34,271 to not-for-profit organizations within our catchment area," said Arnason.

Some of the organizations that benefitted were the Gimli Children's Centre (safety improvement work), the Gimli and District Health Auxiliary (power stretcher), Fraserwood Hall (improvements), Winnipeg Beach (restoration work to the town's ca-booze) and the Riverton Parent Advi-

sory Committee (outdoor basketball court).

The foundation has a scholarship committee, which evaluates dozens of student requests for financial assistance with post-secondary education. Fifteen scholarships totalling \$19,300 were distributed last year.

The WCF also has a Youth in Philanthropy Program, which gives youth an opportunity to engage in philanthropic activities first hand.

"With financial support, philanthropic and granting guidance/parameters from WCF, the YIP Committee (six high school students) conducted research and chose two organizations who received matching \$500 grants — the Gimli Humane Society and Habitat for Humanity — Gimli Chapter," said Arnason.

The foundation is governed by a board composed of local volunteers, who take part in periodic programs to improve governance. In May, for instance, the board attended the regional meeting of the Manitoba Community Foundations in Winnipeg and participated in the Nova Turi Group's comprehensive pilot project to enhance the awareness and understanding of a community foundation, and to ultimately improve its impact.

"We are one of the few community foundations in Manitoba that does not have any paid positions," said Arnason. "The board of directors have a shared commitment to improving the quality of life that we all enjoy and are happy to devote their time and expertise to this end. Huge thanks are also extended to Debra Merritt, our volunteer administrative support, who keeps us all organized and maintains the day-to-day office duties."

A number of businesses help sup-



EXPRESS PHOTO COURTESY OF WCF

Westshore Community Foundation 2017 board of directors. Back row, left to right: Gerry Knutson, Oli Narfason, David Douglas, Giuseppe Dalzotto, Darcy Jacobs, Don Matthewson. Front Row, left to right: Eric Stefanson, Michelle Couture, Shelley Narfason, Tristin Tergesen (President), Connie Magnusson-Schimnowski, Tim Arnason (vice-president). Missing from the photo is Ruth Ann Furgala.

port the foundation through fundraising initiatives. The Lakeview Resort, for example, held its 13th annual golf tournament in August with all proceeds going to the WCF to help it meet its administrative costs each year.

"This was our most successful tournament ever and we are most grateful to the Lakeview Resort and Conference Centre and our sponsors and participants for their ongoing support," said Arnason.

The foundation holds an annual Donor Appreciation and Scholarship Awards evening in the fall to celebrate "successful projects in our community and recognize the goals and

achievements of the students who receive scholarships."

Arnason said donors and its corporate partners and sponsors are vital to the foundation's work in the community.

"As our year wound down, we pause to give thanks to those who enable us to 'Build a Lasting Legacy' in our community," said Arnason. "Our strength is derived from our donors, our corporate partners and sponsors."

For more information about the Westshore Community Foundation, including access to its annual report, visit www.westshorefoundation.com.

Provincial health inspections tag Interlake food handlers

By Patricia Barrett

The province's latest Health Protection reports show a restaurant in Arborg having been ordered closed last month for improper food management practices.

The Golden Lake Restaurant on First Avenue was ordered closed Dec. 5 after a public health inspector found that it was handling and selling food under "unsanitary conditions."

The restaurant re-opened Dec. 8 after addressing the issue.

The province regularly posts Health Protection reports on its Health, Seniors and Active Living web page to

alert the public about food safety hazards and other violations.

In addition to food establishments, health inspectors monitor swimming pools, hot tubs, residential care facilities, hair salons, body piercing and tattoo studios, camps and arenas in which air quality can pose a health concern. The information remains posted the website one year after a conviction or end of a closure.

Over the course of 2017, a few Interlake food establishments were forced to temporarily close or were fined.

In June, Gimli's Dream Smoothies was charged \$723.65 after being con-

victed of operating a food handling establishment without a permit.

The Healthy Chef restaurant in the Eriksdale Inn on Highway 6 was ordered closed in May because of a rodent infestation and unsanitary conditions. It reopened 10 days later.

The New Sing Fei Chinese Food restaurant in Winnipeg Beach reopened in February after being closed for over a month and a half. It had been ordered closed for failing to take effective measures against the entry of pests and for serving food that was prepared under unsanitary conditions.

Lian Xing (6970 Henderson Hwy.) in Lockport was ordered closed for one day on Aug. 3 after failing to register for a permit, operating without a permit and "temperature abuse of potentially hazardous foods."

Visit www.gov.mb.ca/health/publichealth/environmentalhealth/protection/report.html for the Health Protection Reports.

The Interlake's Public Health inspector is located in Selkirk and can be reached at 204-785-5209.

Skylake house fire in RM of Bifrost-Riverton a total loss

By Patricia Barrett

A fire destroyed a home southwest of Arborg on Saturday, Dec. 30, leaving a family with nothing to salvage and taking the lives of their pets.

The property on which the house sat is located roughly 10 miles southwest of the town of Arborg in the Skylake district of the RM of Bifrost-Riverton, close to the border of the RM of Armstrong.

The family is not being named at this point.

Arborg-Bifrost Fire Chief George Chyzy said a woman returned home in the afternoon after visiting relatives about half a mile away and opened the door to discover thick smoke had engulfed the house.

The fire department received the call at 3:47 p.m. and was on the scene within 15 minutes.

"When we got there, it was fully involved," said Chyzy. "It's a total loss. There were two fatalities — a cat and a rabbit."

About 10 Arborg-Bifrost firefighters attended the fire and about five or six firefighters from Riverton came out to help.

The cause of the blaze is undetermined at this point.

"It's leaning towards an electrical cause," said Chyzy. "We were there until 1:30 in the morning digging. A fire [investigator] came from Winnipeg. He was debating about coming back in the morning, but we'd have to dig through ice. The closest we could come up with is the electrical in the wall caused the problem."

The temperature that evening was extremely bitter, about -28 degrees Celsius (or -34 with windchill), according to the Weather Network, and that made it very difficult and dangerous for firefighters and their equipment.

"We were shovelling water," said Chyzy. "The extremely cold weather conditions created some extra issues."

Despite being on the ground for about 10 hours, firefighters did not

experience any injuries, such as frost-bite.

The department's latest recruits took part in the fight.

"We had rookies on the job," said Deputy Chief Andy Barylski. "They did an excellent job, freezing along with the rest of the crew."

The local community came together to see that the family received immediate assistance. A friend of the family took to Facebook to thank the community on their behalf and update

them on the situation.

"The family in Arborg that had the house fire has had an overwhelming response by [the] community," wrote the friend. "They thank everyone that did get involved and helped, however they said now they have the essentials they need, and will start to rebuild home and life together. They said not to worry about them, as they did have insurance, and will just work through the process now."



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Lake Manitoba Chief plans to run again this summer

By Jeff Ward

The chief of Lake Manitoba First Nation, Cornell McLean, said he intends to run as chief in the upcoming August 2018 election and that he has a lot he still wants to accomplish for his community.

The two-year election cycle does put more pressure on the chief and council to improve the community but McLean said that he is very proud of what he and his fellow councillors have been able to do in that time.

McLean explained that 2017 had many high points for the community and pointed to joining the Manitoba First Nations School System as one of those. McLean is committing to a big revitalization project for their existing school so that youth on the First Nation don't have to travel to Lundar to go to school.

"We're working to bring our kids back from Lundar," said McLean.

"It's a long bus ride every morning and it would be much better if they could go to school in their own community."

Phase 1 of the \$30-million lagoon project was completed in 2017 with new sewer lines being hooked up. Phase 2 of that project, which is hook-

ing up new water lines, is a big priority this year. McLean said that a \$4-million project to close off the borrow pits in the area last year was another big step in improving the community.

The outgoing year was not without its issues; however, those came in the form of some serious health problems for McLean. He explained that over the summer, he had a quadruple bypass that kept him out of work for 16 weeks while he recovered.

"I'm feeling healthy now and we have a good council who filled in while I was gone. I knew I could depend on them and they didn't let me down," said the chief.

Another priority for this year is the completion of 10 new housing units for the community. McLean said that, through the First Nation's flood settlement with the government, he hopes to use some of that money to build more homes. Lake Manitoba First Nation has a population of approximately 1,400 residents.

A new restaurant that would serve chicken and pizza could also pop up along Highway 68 right next to the gas bar and become a reality in 2018. McLean said that adding in some new economic development on that high-



EXPRESS PHOTO BY JEFF WARD

New homes for Lake Manitoba First Nation are one of many priorities for Chief Cornell McLean and his council in 2018.

way would be a good step forward in creating new opportunities.

"If people could stop here and get something to eat, I think it would be good. It's a long way for people to go if they're hungry, so I think we have a good location for that," said McLean.

In 2016, McLean won the election

against incumbent Barry Swan with 417 to 162 votes.

He said that he believes there is still a lot he can contribute and he hopes the community agrees when the election happens this summer.

Ashern Chamber of Commerce looking to expand membership

By Jeff Ward

The president of the Ashern Chamber of Commerce is looking to encourage new membership, participation and volunteers within the organization this year to help reverse trending in the opposite direction.

Jason Carpenter, who owns the Ashern Home Hardware, said that he wants the chamber to be more visible in 2018, but to do that, he needs business owners to purchase memberships and to become more involved in helping out. The chamber, like many community organizations, is limited by how many people they have helping out.

Carpenter said that the pool of active members, which is around half

a dozen, isn't enough to expand their events because they simply don't have the hours to commit. If more of their approximately 30 existing paid members and new ones got involved, the chamber could explore other ways they can entice customers to spend their money around Ashern.

"Our mandate is to promote business in Ashern and the surrounding area, but it's difficult to do that with so few people," said Carpenter.

"Certainly, if we had more paid members, we can use that money to advertise on a bigger scale and hold events that make people want to travel up here to spend money."

Carpenter said he understands the time constraints on business owners,

as he is one himself. After long days, it can be difficult to want to attach another thing to do to the end of that and that's why the active members are stretched so thin. The demand on their time, just to keep up what has already been established, is high, so when new members come in, it eases that pressure.

Carpenter said that during the summer the chamber puts up a Welcome to Ashern banner across Main Street. Last summer, that couldn't be accomplished because it's a two-person job and only one person was available.

Currently Carpenter is working to bring awareness to the chamber as well as educate residents on who can join.

"I don't think many people know that we accept businesses of all sizes. There are a lot of home-based businesses popping up and we would love to have them become members and be active. We also accept non-profit organizations and farmers as well," said Carpenter.

At the end of the day, Carpenter wants to see business grow in Ashern and he believes that can be accomplished by having a more active Chamber of Commerce. Membership dues are \$80 per year for businesses and \$50 per year for non-profits.

Those interested in learning more or becoming a member can contact Jason Carpenter at 204-768-3980.

Highway 9 death still under investigation

By Patricia Barrett

The RCMP is still investigating the circumstances surrounding the death of a 49-year-old man involved in a traffic collision on Highway 9 the evening of Dec. 22.

The RM of Gimli man was said

to have been driving southbound on Highway 9 about 30 kilometres north of Selkirk when his vehicle crossed the centre line and struck a pickup truck heading north. The man was not wearing a seatbelt and was pronounced dead at the

scene. RCMP don't know whether substances played a role in the collision.

"We're unable to say at this time if alcohol or drugs were a factor in this collision as we are still awaiting results," said media relations officer

Sgt. Paul Manaire. "We will not be releasing his name."

The occupants of the pickup truck had been transported to hospital with non-life-threatening injuries.

Ashern residents resolve to lose weight, live healthier lives in 2018

By Jeff Ward

Nearly 40 Ashern residents answered a Facebook message on New Year's Eve to gather to work out, share healthy recipes while being accountable to each other in their weight loss and fitness journey.

Melony Just said she wasn't expecting the kind of response she received when she made the post. The post reached more than a dozen people within a few hours and at the time of writing this article, 37 people have become involved.

A new Facebook group called Waist Watchers Ashern & Area is where that discussion is taking place, but Just is also opening her family's home gym to those residents in an effort to kick start the exercise. Starting Jan. 15, a competition to lose the most weight in a three-month period will begin. Just is collecting \$20 from each participant, which will be split among the top two losers in April.

"Honestly, I never expected it to get this big this fast," said Just. "The goal is

to help encourage anyone who wants to start exercising and live a healthier lifestyle. I think doing something like that or using gym equipment can be very intimidating so to have a group get-together and we all help each other out is a good thing."

Just needs to get some insurance on the space before she can allow the public in to keep herself free of liability. But once that is done, she hopes to host people five days a week if the demand is there. Just's cousin who lives in Calgary and an Ashern resident who spends winters in Texas will also be taking part in the competition. Their weigh-ins every month will be done over FaceTime so that Just can verify the numbers.

Aside from exercising, Just wants to help encourage a more balanced and natural approach to eating. She said that "if it doesn't fly in the sky, walk on the ground or come out of the ground" that it should be avoided. What that ends up meaning is a diet that focuses more on home-cooked meals and less



EXPRESS PHOTO SUBMITTED BY MELONY JUST

Melony Just stands in her home gym that will host a fast-growing group of Ashern residents looking to live a healthier lifestyle in 2018.

on processed and sugary foods.

"I think we'll have success in this because everyone is so excited right now and we can use that to help encourage each other. When you're by yourself, it can be much harder to find the motivation, but there are nearly 40 of us to

help you do that," said Just.

Those who are interested in getting involved can do so since Just ascribes to a "the more the merrier" approach. Just can be reached at 204-302-1841 for anyone who wants more information.

Lakeview Gimli's pop-up restaurant sees raw success



EXPRESS PHOTO BY PATRICIA BARRETT

Winnipeg-based RAW: almond offered a fine dining experience on frozen Lake Winnipeg in a shelter resembling a Popsicle-stick house last week.

By Patricia Barrett

The Lakeview Resort in Gimli offered residents and visitors a brunch of a different sort over the past few weeks.

The hotel partnered with Winnipeg-based RAW: almond to offer a fine dining experience on frozen Lake Winnipeg in a shelter resembling a Popsicle-stick house, but on a much grander scale.

"For our first brunch, we had 28 guests and it was fabulous," said the

Lakeview's general manager Michael Lazer. "They had a great time. We served a Lake Winnipeg-based menu with an assortment of items from the lake and from the surrounding area."

The brunches took place New Year's Day and on

Jan. 6 and 7. Guests weren't told ahead of time what the menu included.

"Part of the experience was the basic unknown of what you're getting for the meal," said Lazer. "You know it's going to be unique and different."

The multi-course meal, prepared by the hotel's chef Matthew Wat, included smoked goldeye chowder, whitefish liver, Icelandic brown bread, Manitoba morels, a fresh herb salad with blackberry lavender mandarin dressing, and grilled whitefish fillets with chipotle and wildflower honey glaze. Dessert consisted of honey lavender ice cream, squid ink tuile and hardfishkur (Icelandic dried fish).

The heated shelter sat 30 people and included a kitchen for "finishing" the meals.

"It was very comfortable," reassured Lazer when asked about the blistering cold temperatures that had Gimli in the -30s for days at a stretch.

The hotel worked in partnership with chef Mandel Hitzer of the deer + almond restaurant in Winnipeg's Exchange District. Hitzer offered supper in the structure from Dec. 29 to Jan. 7.

"We graciously allowed them to use our [hotel's] kitchen for preparation," said Lazer, "and they graciously allowed us to serve three brunches."

Will the Lakeview be getting in on ice dining next year?

"I hope so," said Lazer.

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Hi, my friends. How's it going? As the season festivities begin to fade from our memory, hundreds of us are returning to the enjoyment of ice fishing. Simply jumping into our trucks with a bit of fishing gear, we find ourselves on the ice pack waiting for the jerking telltale sign of a fish on our line.

That's what happened to Willi Knelsen of Lac du Bonnet who I met at Gull Lake by Stead about a week ago. He said he was sitting in his truck beside his two tip-ups when one of them popped up. He jumped out of the truck, grabbed its line and began reeling in. Soon, looking down into the water of the ice hole, the head of a good-sized pickerel appeared. Just then, off to his side, Willi heard his other pop-up snap to attention.

Something didn't feel right though and on a hunch he let go of the line. The pickerel disappeared down the hole as he raced to the other rig. He reeled in, and sure enough, the same pickerel reared its head from the water with both hooks in its mouth. That's one fish that didn't get away.

It was a quiet, overcast afternoon some days later when I was slowly cruising along on the Red downstream of Selkirk visiting anglers when a hard wall shack with a solar panel on the roof caught my eye. I pulled up to it and knocked on the door, calling out, "You having any luck today?"

A young chap with short dark brown hair and lively nature answered the door saying, "We are today."

"What does that mean," I joked as I was ushered into a brand new shack.

Our new friend introduced himself as Shawn Emery then pointed to his friend sitting on a bench as Mike Probot.

"Well, I see you guys are going solar like so many other anglers," I offered.

"Yeah," Shawn said, "once installed,



EXPRESS PHOTO SUBMITTED
Willi Knelsen with his catch of a nice pickerel.

you've got free heat and light."

"Just when I came in, I remembered you saying you were having luck today," I questioned Shawn.

"Well," he explained, "a few days ago, getting down to fishing took a little doing."

Apparently, when they got here, they drilled holes and no sooner did they drop their lines into the water than Shawn's cell phone fell out of his pocket following his line. Thinking quickly, he thrust his arm into the icy water rescuing his phone. After calming down, the next step was getting the propane heater to heat the shack. They fiddled with the couplings until they thought they were tight and lit it up. The couplings weren't tight enough.

Suddenly flames began billowing all around the fixture.

Fortunately, once again quick thinking, Shawn turned the main valve off killing the flames. He slumped back onto the

bench exclaiming, "What else can go wrong!" Well, fortunately nothing did and the guys finally settled in catching a nice mess of fish to take home.

Last weekend, jumping off Road 94N past the Erinview "church road" onto the ice of Shoal Lake, I could see many shacks and tailgaters. I forced Old Red through high rutted snow drifts toward two trucks that had parked together as a wind shelter. I pulled up to two young guys and a gal jigging rods in ice holes between the trucks. The white ice pack was bathed in bright sunlight, though it was cold and windy as I got out of the truck.

Following introductions, I asked if they could recall any unusual fishing experiences.

Dillon Proctor of Teulon was the more talkative one. He thought for a moment, toying with his thick brown moustache. Britney Borthistle from Grosse Isle and his buddy tall, lanky, Shaun Schott from Woodlands stood by waiting. Then Dillon's eyes creased in amusement recalling how their boss went ice fishing and wrecked his auger. It seems he drilled some holes and then put his auger into one of them that wasn't drilled through to water — or so he thought. Sadly, some water did creep up and imprisoned the auger. Ken backed his truck up to it, hooked on a chain and then gunned it. The truck tires growled spinning as the auger squealed against the ice and then the shaft bent and the auger leapt from the ice.

Later, come Monday, Ken struggled into the metal shop where they worked, lugging his twisted auger. He pleaded with Dillon to fix it. "No way," Dillon exclaimed, "but I hear they've got a sale on at Canadian Tire."

Till next week. Bye for now.

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Manitoba wildlife care centre sees spike in injured snow owls

By Lindsey Enns

A refuge centre for Manitoba wildlife is seeing an increase of injured snowy owls heading their direction.

In 2017 alone, 17 snowy owls were brought to the Wildlife Haven Rehabilitation Centre and only two survived due to the severity of their injuries, one of which was released in December at Oak Hammock Marsh.

"The last time we've had such a significant amount was in 2015 and we had a total of 22 that year," said Tiffany Lui, the centre's animal care co-ordinator, adding out of the 22, they managed to release six of them. "In 2015 the majority of owls that came in they were starved."

In 2017, Lui said the majority of snowy owls that were brought in were due to injuries such as fractures and dislocations. One of the owls was also found caught up in a soccer net.

"Because he struggled in the soccer net, it ended up that it damaged the wings far beyond repair so he had to be unfortunately euthanized."

Lui said it's difficult to pinpoint exactly why the centre is seeing an influx of snowy owls.

"They're mostly immature owls as well. We find that the experienced



EXPRESS FILE PHOTO BY JO-ANNE PROCTOR

TransCanada Pipeline students Savannah and Keith assist with the release of a rehabilitated snowy owl at Oak Hammock Marsh on Dec. 12. The Wildlife Haven Rehabilitation Centre is currently seeing a spike in the number of snowy owls they are caring for.

adults usually stay up north where they can withstand the temperatures and the environmental conditions and they can hunt," she said. "Usually the juveniles, the younger ones, they're still learning to hunt that's why they

usually come down south where it's a little easier."

Lui said lots of the owls that come to the centre appear to have been hit by vehicles. She would like to remind motorists to be cautious and watch for

wildlife, especially at night time.

"Keep an eye out and drive safely," she said. "And if you ever find an owl or any other injured animal on the side of the road or wherever, give us a call. We can always try to help them."

In 2017, the centre cared for a total of 1,668 animals. There are currently 59 animals in care this winter.

Lui added the number of animals being brought in has been climbing over the last four years. She said the only animals they aren't permitted to take in include hoofed animals, skunks and bears.

"We'll take all sorts of birds ... we also take reptiles, mostly just turtles occasionally we'll get snakes ... and then we also take all sorts of mammals," she said. "Anything from squirrels and bunnies and mice all the way to foxes, coyotes and raccoons."

The Wildlife Haven Rehabilitation Centre has been rehabilitating injured, sick and orphaned wildlife for their return to the wild since 1984. The volunteer-driven, non-profit organization has cared for more than 35,000 wildlife since it opened.

To learn more about the centre, which is located in Île des Chênes, call 204-878-3740 or visit wildliffhaven.ca.

Lakeshore Recreation Commission hosting hockey skills camp

By Jeff Ward

An exciting new opportunity for junior hockey players looking to hone their skills began this week in Eriksdale and will continue through winter.

The 10-week program is facilitated and coached by Charlene Bodnarchuk, who is the recreation and wellness co-ordinator for the Lakeshore Recreation Commission. Bodnarchuk said that she has worked with and mentored under Larry Bumstead, head instructor for Jets Hockey Development for the last half decade.

The skills camp is based off of the teachings Bodnarchuk learned during that time. Players will learn and

develop their puck handling, passing, shooting, body checking, edge control, balance, stride and more over the 10-week period. Classes take place once a week, Tuesday mornings at 6:30 a.m. for novice/atom players and Thursday morning at the same time for peewee/bantam players, at the Eriksdale Recreation Centre.

"The first 30 minutes of each lesson will be focused on power skating," said Bodnarchuk.

"We want to make sure the kids are fluid on their skates so it's basically a lot of edge work and balance. We want to develop smooth strides and transitions between forward and backwards

skating and side to side."

This camp will focus on areas that a traditional hockey practice with a whole team doesn't have time for. Bodnarchuk said that those practices are more about gaining skills as a team, running plays and working together. This camp will allow players to develop their skills.

Bodnarchuk said that this camp, if successful, might be the first of similar camps for the Interlake. Hockey is a popular sport and she said that the room for expansion of this clinic into other areas is certainly possible.

As for the early morning schedule, Bodnarchuk said that she wanted to

make sure everyone had the opportunity to get involved.

"We have a lot of farm families in the area so they're used to getting up early. I know the evenings are very busy with hockey and other activities. I didn't think there was a free hour in there. Also getting up early and exercising is a great way to start your day," she said.

Even though classes have already started, Bodnarchuk said that parents who are interested in registering their child could still contact her at 204-280-0551.

Rec Commission receives \$9K grant for sport equipment

Staff

New soccer goals posts and football uprights will be installed in Eriksdale's McEwen Memorial Sport Grounds this summer after a \$9,000 grant from the TELUS Manitoba Community Board was awarded last fall.

The cheque, which was presented by TELUS Manitoba community board chair Dave Johnston to the Lakeshore Recreation Commission, will cover 90 per cent of the \$10,000 cost of the multi-use posts. The money will be added to a pool of existing dol-

lars to fund the remainder of the project.

Recreation and wellness co-ordinator Charlene Bodnarchuk said that she was excited to receive the grant and is looking forward to seeing the posts installed this summer. She explained that Eriksdale community soccer teams approached her last year with a desire to have the posts installed to improve the playing experience.

"We're planning for the weekend of June 15-17 to have a grand opening event and run tournaments throughout the weekend," said Bodnarchuk.

"I'm speaking with provincial sporting organizations to try and get some programming in place prior to that weekend. But we'll kick off the weekend with opening ceremonies and a game between Eriksdale and Ashern."

There is a total of \$21,000 of investment earmarked for that area, with money coming from the Eriksdale Legion, Eriksdale Chamber of Commerce, Healthy Together Now and the RM of West Interlake. Bodnarchuk said that more projects and improvements to that area will likely be announced this year.

Interlake-Eastern Regional Health Authority launches Home Care Clinic in Gimli

By Patricia Barrett

The Interlake-Eastern Regional Health Authority opened a dedicated Home Care clinic at the Gimli hospital last week that will provide patients with another option for receiving home care services.

Home care patients without mobility issues can book regular appointments with nursing staff at the new clinic rather than waiting for a nurse to visit them at home. The clinic will also help reduce emergency room visits.

"Having access to a home care nursing clinic on a regular basis means we can offer people a better option than the emergency department when care is needed in a timely manner," said Karen Wood, IERHA regional director of home care and palliative care, during the launch Jan. 4. "The kind of health-care issues that nurses attend to in home care typically don't require life-saving care provided in emergency rooms. If home care clients attend an emergency room for care, they will often have a long wait as people with more critical health-care needs will be prioritized."

The opening of the clinic will help introduce greater efficiency into the existing home care system by enabling nurses to visit more clients that can't leave their homes.

"Existing home care clients will be given a scheduled appointment to come into the clinic for care," said IERHA communications officer Cynthia Thoroski. "The provision of home

care within the clinic for patients who are mobile will, in fact, free up time for travelling home care nurses to visit other clients in their homes."

No additional staff will be allocated to the clinic. Current home care staff will be delivering the service, and the geographic area covered will remain the same — the RM and Winnipeg Beach, said Thoroski.

Home care nurses provide a range of services, including treating surgical incisions, bed sores and diabetic ulcers.

Community donors helped make the clinic a success. The Westshore Community Foundation provided the lion's share of funding for an examination table, which cost \$1,700.

"The Westshore Community Foundation is happy to provide a \$1,500 grant towards the cost of an exam table for the new home care clinic," said chairperson Tristen Tergesen. "This contribution to the health of our community is consistent with our mandate of 'Building a Lasting legacy.' Our foundation congratulates everyone involved who made this clinic a reality and we are pleased to be a part of this effort."

The executive director of the region's newly established Interlake-Eastern Health Foundation thanked donors for contributing to the community's health and wellness.

"The Interlake-Eastern Health Foundation provides essential assistance to all of our region's facilities and that



EXPRESS PHOTO COURTESY OF IERHA

From left: Matthew McKelvey (home clinic case co-ordinator), Karen Wood (regional director of home care IERHA), Karen Sterzer (home care clinic direct care nurse), Tristen Tergesen (chair of the Westshore Community Foundation Inc.) and Pamela McCallum (executive director of the Interlake Eastern Health Foundation).

assistance wouldn't be possible without the generosity and care we receive from our communities," said Pamela McCallum. "All contributions large and small make a significant impact on our region."

The home care clinic will be open

daily, but hours will vary because nurses will be visiting patients who aren't mobile. For more information, contact the hospital at 204-642-5116.

The IERHA provides home care clinics in Beausejour, Selkirk, Stonewall, Pine Falls and Oakbank.

Proposed Wellness Centre could put Ashern on the map

By Jeff Ward

A group of community advocates is working to create a new business plan that would convert the Ashern Curling Rink into a wellness centre, which they plan to present to council in the next few months.

One member of this group, Char-

lene Bodnarchuk, said she wants to see the space evolve. Curling hasn't happened inside the facility for a few years and she explained that it's currently used to host a shuffleboard group, the Ashern Gospel Church's JUMP club and the RM of West Interlake recycling depot. The group, Bodnarchuk explained, wants to make this space something that will put Ashern on the map, providing unique recreation experiences and be a pillar of community wellness.

"So right now, we have permission from council to continue exploring the opportunity to convert it into a wellness centre," said Bodnarchuk.

"We will be putting together our business plan over the next month and presenting to council. The RM owns the curling rink so the decision is theirs, which is why we want to make sure our plan is excellent."

Bodnarchuk said that the contents of that plan aren't ready to be shared right now but did say that it wouldn't



EXPRESS PHOTO BY JEFF WARD

The Ashern Curling Rink could be converted into a wellness centre if council approves a business plan later this month.

be your average fitness facility. She said the group wants it to be a place that would draw in residents looking to move to a rural area and bring in people from outside Ashern to use the facility.

"It should be something people

want to travel to use," she said.

Bodnarchuk said the group would present their plan to council at the end of this month or the beginning of next month and hopes, if it's approved, to have some councillors join the effort.



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Chief of Fisher River Cree Nation to receive Order of Canada



Fisher River Cree Nation Chief David Crate

By Patricia Barrett

Chief David Crate of Fisher River Cree Nation is to receive the Order of Canada in recognition of his service to the community and efforts to improve the lives of Indigenous Canadians.

Crate was among 125 recipients named by Canada's Governor General Julie Payette on Dec. 29.

Crate earned the distinction for "creating ecologically responsible economic development opportunities for his community and for improving access to education and technology in Manitoba's Indigenous communities," according to recipient biographies listed on the Governor General of Canada's website.

The chief was unavailable for an interview, but the FRCN website noted his achievement.

"In his time as chief, Crate has served as co-chair of the Manitoba First Nation Technology Council, working to bring better Internet services to Manitoba First Nations and has advocated for better language preservation," states the notice. "In 2012, Crate was appointed to the board of Manitoba Hydro."

The Order was created in 1967 and is one of the country's highest civilian honours. It recognizes outstanding achievement, dedication to the community and service to the nation. About 7,000 people have been invested into the Order. Their contributions have varied, but they've all enriched the lives of their communities.

West Interlake looking for input on accessibility



EXPRESS PHOTO BY JEFF WARD

West Interlake EDO Diane Bottrell is working to collect information on how the RM can eliminate barriers and improve the lives of residents with disabilities. A new survey is being circulated to collect that data.

By Jeff Ward

In an effort to comply with the Accessibility for Manitobans Act and to make the municipality more accessible to persons with disabilities, a survey is being circulated to collect information on what barriers residents face.

The survey includes a series of questions about how the RM can improve access to services. It asks the respondents about the barriers they face when trying to access services like the RM office, snow clearing and website access, among others, and what the RM could do to improve that access. The survey, put together by West Interlake EDO Diane Bottrell, is available online at www.rmofwestinterlake.com or at the RM offices in Eriksdale and Ashern.

"What we hope is that people will be detailed in their answers so that we can better understand where we can improve," said Bottrell.

"So if someone was trying to access one of our services and couldn't or had difficulty doing so, we want to know what happened. We also want to know what we could be doing better to help."

Many disabilities are invisible and don't take the form that would be stereotypically associated with them. People who suffer from fibromyalgia or arthritis, for instance, experience a great deal of, completely invisible, pain and it could act as a barrier. Things like how easy is the RM office to access for people in wheelchairs or with limited mobility, how easy is the website to read for

those with vision impairment and how easy is it to hear RM staff speak over the phone for those with hearing impairment are all part of this effort.

The survey describes five barriers that the RM would like to eliminate to improve the lives of its residents. Attitudinal barriers could be speaking with an individual's support person instead of that individual because the assumption is they won't understand. Information barriers can take the form of website print that is too small to read. Technological barriers are things like using an only online service to disseminate information when not everyone has access to a computer. Systemic barriers can be policies that reduce equal access to services like not allowing a service dog into the office. And physical barriers are any infrastructure designed with only able-bodied people in mind.

"For us, this is the beginning of understanding what barriers are most common, and then council will decide actions on how they can remove those barriers," said Bottrell.

These barriers not only make life harder for those who have to move around them but make the municipality less palatable to potential residents in the future. In the spirit of eliminating those barriers, Bottrell said she is

willing to hear from residents in person who are unable to fill the survey out on their own. She said that, unless otherwise specified, responses will remain anonymous even if that person dictates their experiences to her directly.

Bottrell said that the survey will be available for the foreseeable future but that the sooner she can start compiling responses, the better.

"FOR US, THIS IS THE BEGINNING OF UNDERSTANDING WHAT BARRIERS ARE MOST COMMON, AND THEN COUNCIL WILL DECIDE ACTIONS ON HOW THEY CAN REMOVE THOSE BARRIERS."



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First baby of 2018 arrives at Selkirk Regional Health Centre

Submitted

The first baby of 2018 for Interlake-Eastern Regional Health Authority (IERHA) arrived at 2:50 p.m. on Monday, Jan. 1, making this the first New Year's baby born at the region's new Selkirk Regional Health Centre.

Weighing seven pounds, eight ounces, Ezekial David James Bennet was born to mom Ashlea Harley and her husband Lance Bennet, both from Teulon. Harley and Bennet were thrilled to welcome this new addition to the family. Their son, Billy, who is four years old, was also happy to finally meet his little brother.

Dr. Cynthia Czajka-Fedirchuk attended the birth, and Harley said that the team of care providers from the Selkirk Regional Health Centre who were with her throughout Ezekial's birth were just "wonderful."

"The staff and everything since I got here has been absolutely wonderful — the nurses, the doctors, just everyone. Everyone says this place is great and it really is true," said Harley.

Prior to the family's departure from hospital, members of the Selkirk & District General Hospital Ladies Auxiliary presented them with a gift basket that included diapers, a baby safety first kit, sleepers and a gift card for toys. Every year, the auxiliary celebrates the hospital's first baby of the year with items that provide comfort and help extend the care received at the hospital into the baby's home.

The staff and physicians at Selkirk Regional Health Centre's family birthing unit and staff across Interlake-Eastern RHA extend their best wishes and congratulations to Ashlea on the birth of her son.



EXPRESS PHOTOS SUBMITTED
Ashlea Harley with her New Year's baby Ezekial David James Bennet.



Big brother Billy Bennet, mom Ashlea Harley and dad Lance Bennet with the region's first New Year's baby, Ezekial David James Bennet.

Travel Manitoba sending explorer to Interlake summer festivals

By Jeff Ward

Travel Manitoba will be sending a festival explorer to seven summer events this year with two stops in the Interlake broadcasting live while creating stories on social media to promote and cover these events to a massive audience.

Eriksdale Creamery Days and Gimli's Icelandic Festival are two of the seven locations the Travel Manitoba explorer will be visiting.

Breanne Sowards is the editorial content specialist for Travel Manitoba and oversees all social media for the organization. She explained that this position would lean heavily on Facebook Live and Instagram Stories to post and broadcast from each event. Their reach is more than 97,000 people on Facebook and nearly 65,000 people on Instagram with each post and story routinely seeing as many as 5,000 likes and over 10,000 views. This means an unprecedented level of live coverage for these events, and with the ability to reach people directly, it could mean more visitors than ever before.

"Last year, we did a test run on social media and it went well," said Sowards.

"We tightened it up a bit from last year, took some feedback from what people were saying. They like to see the food and variety of activities, so

we want the explorer to show that stuff."

Eriksdale Creamery Days organizer Andrea Sweetland said she was aware the explorer could be making a stop in Eriksdale but didn't know it was confirmed until the *Express Weekly News* broke the news to her. She said she is very happy to hear that her community's event will be featured to such a large audience.

"This is something that we simply can't do on our end at that scale. And now as long as we do up our end the way we know how it'll be good for us," said Sweetland.

She added that pictures and video typically fall by the wayside for her and other organizers, so to have live coverage by someone who knows that space well is something she thinks will be a great boon to their event.

Sowards said that their social media audience is very broad and reaches a lot of Winnipeggers, which is who many of these rural events are hoping to bring out.

"Whenever we post something, we notice people tagging their friends in the comments saying they need to check the event out. People are willing to travel they just have to know where to go," said Sowards.

Both Eriksdale Creamery Days and Gimli's Icelandic Festival take place in August.

Farm Credit Canada supports Rec Commission



EXPRESS PHOTO BY LANA MEIER

Pictured, left to right: Christine Anderson (FCC relationship manager Arborg) Laine Wilson (Teulon-Rockwood Recreation Commission), Kimberley Asham (FCC relationship manager Arborg) and Beth Hutchinson (Teulon-Rockwood Recreation Commission).

Staff

Farm Credit Canada AgriSpirit Fund gave \$20,000 to the Teulon-Rockwood Recreation Commission for the Centennial Centre Revitalization Project on Jan. 4. The community improvements include painting inside the hall, a new heating system and improvements to the entrance of the community hall, which will address structural and accessibility issues. FCC gave \$1.5

million through its FCC AgriSpirit to 78 community groups across Canada to support rural capital projects in honour of Canada's 150th anniversary. The fund awards between \$5,000 and \$25,000 for community improvement projects, such as hospitals, medical centres, fire and rescue information, playgrounds, food banks, libraries, arenas, swimming pools, recreation areas and community centres.

get inspired

> MEAL IDEAS



TURKEY CLUB SALAD

2 tsp (10 mL) Dijon mustard
 1 tsp (5 mL) lemon juice
 2 tsp (10 mL) canola oil
 3 Tbsp (45 mL) water
 Salt and pepper to taste

DIRECTIONS
 Layer romaine lettuce, eggs, turkey slices, avocado, bacon, cherry tomatoes and onion on two plates. Whisk all ingredients for dressing in a bowl.

Drizzle over salad and serve.
Nutritional Information
 Per serving
 Calories:375
 Protein:40 g
 Fat:16 g
 Carbohydrates:18 g
*Recipe Credit: Recipe courtesy of Eat In Eat Out magazine (www.eatineatout.ca).
 Recipe credit: turkey.mb.ca*

INGREDIENTS
 2 romaine hearts, torn into bite-size pieces
 2 hard -boiled eggs, quartered
 3 cups (750 mL) cooked turkey breast, sliced
 ½ avocado, peeled, cubed
 4 strips of cooked bacon, torn into 2" (5 cm) pieces
 ¾ cup (175 mL) cherry tomatoes, halved
 ½ cup (60 mL) red onion, sliced
 Honey Mustard Dressing
 2 Tbsp (30 mL) honey
 3 Tbsp (45 mL) light mayonnaise



Turkey Tacos

Add oregano, chili powder, salt, paprika and garlic powder. Cook, uncovered, stirring occasionally until moisture has evaporated. Heat taco shells in 350°F (180°C) oven for 5 minutes.

Spoon turkey mixture into taco shells and top as desired with diced tomatoes, shredded lettuce, shredded cheese and salsa.

Variation: Substitute turkey strips and flour tortillas for quick, easy turkey fajitas. You could also serve chopped green onions, black olives, green chilies and avocado as toppings

Nutritional Information
 Per serving
 Calories:265
 Protein:21 g
 Fat:15 g
 Carbohydrates: 10 g
Recipe credit: turkey.mb.ca

INGREDIENTS
 1 1/2 lb (750 g) Canadian Ground Turkey
 1 small Onion, chopped
 1 tbsp (15 mL) Vegetable Oil
 1/2 tsp (2 mL) Oregano
 1 tbsp (15 mL) Chili Powder
 1 tsp (5 mL) each, Salt and Paprika
 1/4 tsp (1 mL) Garlic Powder
 6 Taco Shells (hard or soft shell)
 Ground turkey is lower in fat. Cook over moderate heat and only until the pinkness disappears.
DIRECTIONS
 Sauté turkey and onion in oil.



Make a Positive New Year's Resolution

taking sides and ganging up against the "bad guy", it would also mean refusing to gossip about others, and letting others know that you are not interested in listening to gossip.

I was reflecting on the practice of making New Year's resolutions, and wondered if there was one that was powerful enough to send ripples of change throughout our world, yet simple enough that everyone could manage it.

It didn't take long for an answer to come. What if we all resolved to only speak positively about other people? What if we ceased all judgement and criticism, and viewed the negative behavior of others with some compassion, recognizing that those who behave negatively are essentially unhappy with themselves? What if we accepted that all of us are doing the best that we can give our current level of awareness, and that those who are the least pleasant to be around are the ones who require the most love and encouragement?

What if, when we had a problem with another person, we gently confronted them and asked how we could work out the problem so that we could have a good relationship, instead of getting on the telephone to report the sordid details to a co-conspirator in the gossip mill?

This would mean teaching our children that it creates negative energy when we say mean things about others, and being a positive model for them. It would mean dealing with issues openly in families, rather than

It might also mean not creating or participating in alignments in the workplace, but rather remaining sincerely cordial and professional in all of your work relationships. It would involve developing an awareness of our own processes, and what it is we are needing when we participate in negative processes. Having a common enemy can make two people feel closer to one another, but is this any basis for cementing a friendship? If much of your interaction with someone is based on discussing a third party, perhaps there is not enough good stuff to sustain the relationship.

I cannot think of anything else that is this simple, yet so profound in its potential impact. The amazing thing is that if only one person makes this resolution and sticks to it, a process of positive change will be set in motion.

This is a little like cleaning up our social and emotional environments. Let's stop littering our lives with negativity, and polluting our social environments with unnecessary garbage. We'll all breathe easier, and it will be much better for our children.

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. Follow Gwen on FaceBook for daily inspiration.



TURKEY CHILI

1 tsp (5 mL) dried chili flakes (add more for extra heat)
 1 tsp (5 mL) dried oregano
 2 tsp (10 mL) sea salt

DIRECTIONS
 Heat oil in a large pan and lightly brown turkey, onions, celery and red peppers, then add garlic.

Add tomatoes and black beans. Transfer to slow cooker with all other ingredients. Place lid on slow cooker then cook on low setting for 4 hours.

Serve chili with your favourite Mexican condiments like grated cheese, sour cream and salsa.

Nutritional Information
 Per serving
 Calories:110
 Protein:10 g
 Fat:4 g
 Carbohydrates:8 g
Recipe credit: turkey.mb.ca

INGREDIENTS
 2 x 1 lb (450 g) packages ground turkey
 2 Tbsp (30 mL) olive oil
 ½ cup (125 mL) onion, finely diced
 ½ cup (125 mL) celery, finely diced
 1 red pepper, diced
 1 Tbsp (15 mL) garlic, finely chopped
 2 26 oz/796 mL cans low-sodium whole tomatoes, drained and puréed
 1 18 oz/540 mL can black beans, drained and rinsed
 2 tsp (10 mL) ground cumin
 2 tsp (10 mL) ground coriander seed
 2 Tbsp (30 mL) mild paprika

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Fishers owed about \$1 million after a month of open market dealing

By Patricia Barrett

Four fish sheds are collectively owed between \$700,000 and \$1 million by private dealers after only a month of transactions since the start of open marketing in Manitoba's commercial fishing industry.

Ashern Fisheries Co-op, Eddystone Fisheries Co-op, Dawson Bay Fish Packers and Waterhen Winter Fishermen Inc. have not been fully paid for the fish they supplied over the course of December to licensed fish dealers Donald Salkeld (Northern Walleye Inc.) and Illinois-based Mike Schafer (Schafer Fisheries), who are believed to be — or to have been — business partners.

"The first week he [Salkeld] sent a little bit of money here and there and promising [more], so everyone wanted to believe it ... and everyone kept on shipping fish," said Frank Kenyon, who's fished on Lake Manitoba for over 50 years and served as vice-president of Lundar-based WMM Fisheries Co-op.

"We believe both Don Salkeld and Mike Schafer are guilty because when fishermen weren't getting paid, they were phoning them and neither ... informed the fishers, 'We have no money, we can't pay for the fish.' They encouraged fishermen to continue to ship ... and [said] the whole thing would fall through if the fishermen didn't keep shipping. In my opinion, they purposely misled the fishermen."

The province's new fisheries regulation, which took effect Dec. 1, stipulates that fishers must be paid no later than seven days after the date of a sale.

Kenyon said the Ashern shed, as far as he is aware, did not sign a formal contract with Schafer and Salkeld. Last week, the shed signed a contract with Freshwater Fish in order to stay afloat. Waterhen has been forced to shut down.

"If you can't live up to something [paying fishers], you go talk to them. You don't keep dicking them," said Kenyon. "There's no honour in that. There's no question about it in anybody's mind now, Mike Schafer and Don Salkeld did dick the fishermen."

Kenyon said the present situation is not a harbinger of what's to come; "bad buyers" will get weeded out.

"There are many more buyers coming in the future and it'll be a different deal with them because they've seen what happened with Mike Schafer and Don Salkeld. Fishermen won't put up with that anymore."

When contacted, Ashern, Eddystone and Dawson Bay fish sheds declined comment, citing current discussions with the two dealers for the outstand-

ing funds.

According to documents obtained by the *Express*, Salkeld and Schafer engaged in mutual finger-pointing after fishers started complaining about pay.

Salkeld allegedly delivered some of the sheds' fish to American fish processors other than Schafer and used Schafer's import licence to get it across the U.S. border. Through his Illinois lawyer, Schafer told Salkeld to stop. He also asked for an account of all the sales Salkeld had made to date.

"There has been no adequate documentation provided to Schafer for the subject shipments and further, it has come to the attention of Schafer that, using its Food & Drug Administration ("FDA") import license, you have been arranging for the shipment of product to competing third party processors," wrote lawyer Roger Stelle of Meltzer, Purtill & Stelle LLC on Dec. 29. "Schafer will look to Northern Walleye and to you, personally, for indemnification for any unauthorized shipments."

The four sheds were copied on the letter.

Northern Walleye fired back Jan. 3 with a memo on company letterhead. Addressed to "Sheds & Fishers," it wrote, "Schafer Fisheries has ... broken all of their obligations that they represented to you and NWI and breached their license agreement with the province."

Attached to the memo is a copy of an alleged email Mike Schafer sent to Salkeld on Dec. 25.

"I can't [sic] hardly live with myself because of all the people I've hurt. I know Jesus forgives me but this is a very difficult time ... Only wanted to help bring those fishers out of the oppression of government control and give them fair market value for the product. ... I sent the 10k hoping it could get to the fishers so maybe they could still have some sort of Christmas with their families."

The memo also reveals that Northern Walleye had had "dealings" with American fish processors Stoller Fisheries and Dan's Fish Inc., who were "very honourable and professional in their dealings with us. They have stepped in and mitigated a very bad situation caused by Schafer Fisheries."

The *Express* left a voice message for Mike Schafer and also emailed his lawyer. Neither responded.

At meetings he held in Gimli in December 2016 and April 2017, Salkeld referred to his arrangement with Schafer as a "partnership," and a recent price list with the heading "Northern Walleye Inc./Schafer Fisheries Winter 2017/18 Prices" was sent to the *Express*.



EXPRESS PHOTO BY PATRICIA BARRETT

Donald Salkeld's Northern Walleye fish plant in the Gimli Industrial Park is expected to be completed this fall.

NORTHERN WALLEYE INC. / SCHAFER FISHERIES						WINTER 2017/18 PRICES	
EFFECTIVE ON CONFIRMATION		SOO - SPECIAL ORDER ONLY					
Species	Type	Grade	Size	Product Code	NWI FINAL \$/Kg	NWI FINAL \$/Lbs	

Northern Walleye Inc./Schafer Fisheries Winter 2017/18 Price list.

But Salkeld said last week he did not have a partnership with Schafer.

"Schafer is saying we're pulling out, and I wasn't in partnership with him to begin with," said Salkeld. "We were actually working for the sheds, trying to facilitate the movement of their fish."

Salkeld said his company only arranged for trucking to get the fish to America, but it did not purchase fish. Although Northern Walleye has a provincial Fish Dealer Licence, he said it is prohibited from buying.

"We can't buy and export. We can only keep it here. We plan on building a plant in Gimli and then that licence will be valid for that. But we're not allowed to buy fish and export fish," said Salkeld. "When the fishers ship fish without going through a CFIA facility, they can only sell their fish directly to a fish plant in the States. They can't sell to Northern Walleye."

When Schafer became "overwhelmed with too much fish," Salkeld said he stepped up with funds for the sheds.

"I felt a little bit bad and I put some personal money in just to help the sheds out," he said. "Actually quite a bit of money. I'm at total risk with that money, too. I haven't been paid for that. I wasn't obligated to pay it, but I did."

Other American fish processing plants plan to buy the fish sent to Schafer and will assume the debt, said Salkeld. The sheds are to be paid next week.

It's unclear whether the dealers and sheds met food safety standards and reporting requirements, which are required in addition to the new regula-

tions. "You can buy, process, export, and sell fish if you have a Fish Dealer Licence," said Lake Winnipeg fisher Bill Buckels. "However, in addition to the rules surrounding the Fish Dealer Licence, you must comply with additional food safety requirements and reporting requirements, including for transporting and conveyances."

For its part, Sustainable Development said it will be launching an investigation into the matter.

"I have instructed my department to investigate the circumstances that led to recent payment delays to a number of commercial fishers," said Minister Rochelle Squires by email. "Licensed fish dealers are required to abide by fish marketing regulations, so their failure to comply in this instance is unacceptable and of deep concern to our government."

Kenyon said he has faith the Conservative government will help fishers get the money owed to them.

"They'll do what they can, they've always tried to help us," he said. "It's a black eye for them, too. They introduced the open market and they'll have backlash because these buyers were crooked. But that's not the way everyone is going to be."

Despite the rough start, Kenyon said he believes an open market will benefit Manitoba fishers.

"The open market is working because Freshwater had to put their prices up to compete," he said. "I went back to selling to Freshwater even though I didn't like what they were doing before. So I'm getting more for my fish now because of the open market."

Shoppers support Interlake women and children in crisis

Staff

Shoppers Drug Mart-Teulon donated \$1,404 to Nova House on Jan. 3. The donation was part of Shopper's Drug Mart Grow Women's Health Campaign (formerly the Tree of Life) from Sept. 9 to Oct. 6, 2017.

Visitors had the opportunity to purchase a leaf, a butterfly, an apple or bird from \$1 to \$50 at the store during the month.

The money will go along way in helping to support children's programs, including staffing and counselling at Nova House.

Nova House is a shelter for women and children in crisis in the Interlake Region of Manitoba providing temporary shelter, counselling and support. Nova House has 24 beds for women and children and was at full capacity over Christmas, said Nova House executive director Anna Pazdzierski.

"It is a huge benefit for us. There have been no government increases in financial support in 13 years. Our community support has been amazing," said Pazdzierski.

The combined total between Selkirk and Teulon Shoppers Drug Mart from this year's campaign was \$7,888.

Shoppers Drug Mart Grow Women's Health Campaign looks for registered charities to support women's health campaigns. For more information, contact Roxanne Aeichele at 204-886-2814.



EXPRESS PHOTO BY LANA MEIER

Pictured left to right: Nova House executive director Anna Pazdzierski and Shoppers staff Kim Calder, Roxanne Aeichele, Mike Olynik (associate owner), Carrie Stone and Mike Friesen. Missing from the photo are Allison Tronrud, Jennifer Gibson, Evelyn Penner and Amber Blue.

Manitoba Public Insurance unveils top five frauds of 2017

Submitted

The combination of keen-eyed estimators, security cameras, highly-experienced investigators and tips from the general public all proved to be valuable in assisting Manitoba Public Insurance (MPI) in its anti-fraud efforts in 2017.

MPI's annual top five fraud list is selected by reviewing a number of factors: sheer uniqueness of the fraud, financial savings for MPI and investigative excellence in unearthing the fraud.

Suspicious claims are handled by MPI's Special Investigation Unit (SIU). The efforts of this special unit resulted in claims savings last year of \$6.2 million for Manitoba auto insurance rate payers. The SIU closed 2,560 investigations in 2017.

Anyone with information about auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line at 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous.

No. 1: "Muddy situation"

Thanks to the seasoned investigative skills of an SIU investigator, a fraudulent total loss claim was discovered, saving MPI and its ratepayers \$36,000.

The vehicle owner stated they were travelling on a gravel road and while attempting to turn around lost control and sped into a water-filled ditch. The investigation told another story: the vehicle had in fact been "drowned" while four-wheel mudding. In addition, a web page for a local Jeep club published a photo from a long weekend rally, showing the vehicle stuck and buried in deep mud.

The investigation also discovered the vehicle owner had previously attempted to get the vehicle fixed

at a dealership, where technicians explained the damage (water in engine oil) was not covered.

Presented with all the facts, the vehicle owner withdrew their claim.

No. 2: "One hail of a story"

The keen eyes of Manitoba Public Insurance training and research staff led to the denial of a hail claim of nearly \$6,000.

The vehicle owner stated they went shopping and while their vehicle was parked outside it was damaged by a severe hail storm. In total, nearly 200 dents were on the vehicle. MPI staff, familiar with how vehicle paint is affected by hail stones, quickly confirmed the dents were not consistent with hail but were, in fact, caused by a tool/object.

When presented with the findings of the experts, the vehicle owner withdrew their claim.

No. 3: "Doesn't always pay to advertise"

On the surface, the collision claim didn't appear to be out of the ordinary: the driver admitted they had gotten into a fender bender. And being a novice driver, they also indicated they had a supervising driver at the time of the crash. Soon after, an experienced employee with MPI noticed a classified ad in a foreign-language newspaper, asking for a "supervising driver."

With this information, the vehicle owner later confirmed to an SIU investigator that they did not have a supervising driver and withdrew their claim, in addition to signing a \$2,500 promissory note for the

total cost of repairs to the third-party vehicle.

No. 4: "Camera captures all"

The vehicle owner opened a single-vehicle collision claim, stating he lent his vehicle to a friend, who accidentally crashed the car into a cement pole after swerving to miss an animal. When attending to the scene, investigators noticed a closed circuit security camera mounted directly above the crash site.

The video clearly showed the vehicle driven at a high speed directly into the cement pole with no animal anywhere to be seen. The video also proved the driver was not a friend, but in fact, the owner of the vehicle.

When presented with the evidence, the vehicle owner repaid MPI the costs of the repair: \$7,000.

No. 5 "Actively injured"

Stating they were too injured to return to work, the claimant began receiving income replacement payments from MPI. As the months passed, suspicions arose about how injured the claimant really was. An extensive investigation soon discovered the claimant led a very active life, including making regular trips to the gym where they were seen lifting heavy amounts of weights.

Based on the evidence of the investigation and opinions of experienced medical experts, it was determined the claimant was physically fit to return to work without issue. As a result, MPI terminated the income replacement payments an estimated saving of nearly \$55,000.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake players selected for SJHL/MJHL Showcase

By Brian Bowman

The Interlake will have several players represent the area at the SJHL/MJHL Showcase next week.

Winnipeg Beach goaltender Hayden Dola (Selkirk Steelers), Gimli forward Noah Basarab (Swan Valley Stampeders), and Arborg defenceman Griffin Chwaliboga (Neepawa Natives) will participate in the two-day event.

Besides Dola, the Selkirk Steelers will also have Carter Barley, Hayden Dola, Nolan Ferguson, Nico Labossiere and Nate Halvorsen represent their club.

The Showcase will feature the top 60 college-eligible players from each league as chosen by the coaches. The three teams from each league will consist of players aged 16 to 20.

One team will be comprised of players who are 18 and under while the other two teams are made up of players who are 19 and 20 years of age.

Each team in the event will play two games.

The Showcase games will take place next Monday and Tuesday at the Co-



Hayden Dola



Noah Basarab



Griffin Chwaliboga

operators Centre in Regina.

Monday start times for games are noon, 3 p.m. and 6 p.m. Tuesday games will begin at 10:30 a.m., 2:30 p.m. and 5 p.m.

"The MJHL is excited at this op-

portunity to work with the SJHL in this new event as it gives our players the chance to further showcase themselves in an elite environment to scouts and coaches from all levels," said Kevin Saurette, the Manitoba Ju-

nior Hockey League's director of operations.

All games will be broadcast live online through HockeyTV.

Bantam Lightning suffer third-period woes in Parkland loss

By Brian Bowman

One bad period sunk the Interlake Lightning against the Parkland Rangers in Bantam action last Sunday in Warren.

Interlake put two solid periods together to lead Parkland 4-2 in the third period. But the Rangers roared back to score four times in a 6:36 span late in the final frame.

Cole Emberly scored a first-period goal for the Lightning and then Brett Tataryn and Brayden Stevenson added power-play goals in the second to give Interlake a 3-2 lead.

The Lightning's Colby Bear then put the home side up two goals heading into the third. Bear finished the game with three points while Karson King and Tataryn both chipped in with two points.

Bear and Tataryn are currently co-leaders on the Lightning in points with 26 in 26 games.

Tyson Zimmer led Parkland with

three goals and an assist (scoring twice to start the third) while Zach Boychuk, Wyatt Tweet and Josh Thompson added singles.

Parkland outshot Interlake 40-30 as Lightning goaltender Jackson Kummens finished the game with 34 saves.

The loss came in the Interlake's first game in the new year. The Lightning wrapped up 2017 with three straight losses.

Interlake's last victory was a 9-8 win over the Norman Wolves on Dec. 9.

The Lightning will be looking to get back into the win column tonight when they host the Eastman Selects in Stonewall. Puck drop is 7:30 p.m.

Interlake will then hit the road Friday to battle the Southwest Cougars in Wawanessa. Game time is 7 p.m.

The Lightning will continue their busy schedule with a game next Tuesday (7 p.m.) against the Winnipeg Monarchs at the Bell MTS Iceplex.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Colby Bear scored twice and had an assist against the Parkland Rangers in Bantam action last Sunday.

Lightning prick Thistles for comeback victory

By Brian Bowman

There was not quit in the Interlake Lightning Midget Provincial hockey team on Saturday against the Kenora Thistles.

After giving up a goal just 18 seconds into the second period to trail 3-1, Interlake stormed back to score the game's final five goals for a 6-3 home win.

Marcus Dewey started the comeback with a goal at 2:40 of the middle frame and then the Lightning tied the score at 3-3 as Corey Soorsma tallied just 1:34 later.

Interlake's Eric Krywy scored the game's next two goals and then Shane Bear closed out the game's scoring.

Jaytey Towle scored the Lightning's other goal. Krywy, Dylan Fontaine, and Bryce Krauter each finished the game with three points.

Ben Hackl, Jayme Caron, and Aiden Bibeau replied for Kenora. Josh Bond made 39 saves for the win.

On Friday, Kenora skated to a 4-3 overtime win as Cooper Witherspoon scored the game winner.

Krauter and Fontaine scored goals late in the third period to tie the score at 3-3. Krauter finished the game with three points.

Krywy scored Interlake's other goal in the first period.

Jared Niniska, Hackl and Witherspoon also scored for Kenora. Two of those goals came on the power play while the other was a shorthanded marker.

Bond made 38 saves in the loss.

The Lightning ended 2017 with an 8-1 loss to the Eastman Selects on Dec. 22 and then were defeated 7-2 by the Winnipeg Bruins the next day.

Against Eastman, the Selects were very good in the final two periods of the road victory over the Lightning in Gimli.

After a scoreless first period, Eastman scored the first four goals of the second and then added four more in the third.

Evan Sumaling had a great game for the Selects, finishing with three goals. Spencer Morrison, Rylan Hoffman, Smith, Matthew Hill, and Wilton also scored for Eastman.

Soorsma scored Interlake's lone goal on the power play at 17:34 of the second period. Dewey assisted on the goal.

Justin Powers made 29 saves for the win.

In the road loss to the Bruins, Fon-



EXPRESS PHOTO BY LANA MEIER

The Lightning's Bryce Krauter finished the game against Kenora with three points last Friday.

taine scored an unassisted goal for the Lightning late in the first period.

Interlake's second goal came off the stick of Keenan McPherson in the second period. The power-play goal was assisted by Krauter and Krywy.

Nathanael Hinds and Kyle Lang each scored twice for Winnipeg while

Breydon Stubbs, Ty Naaykens and Jayson Szun added singles.

Interlake, now 7-21-0-2-0, will continue its four-game homestand this weekend when it hosts Brandon on Saturday (7 p.m.) and Norman Sunday (2 p.m.).

Juniors begin new year with three straight KJHL wins

By Brian Bowman

The new year could not have started any better for the Peguis Juniors

Peguis already has celebrated a victory three times in 2018 after a convincing 14-0 blowout win over the Norway House North Stars on Sunday afternoon.

Ethan Daniels and Jayden Pashe each scored three times while Darian Murdock, Tyrome Spence-Bair, and Wyatt Bear tallied twice.

Quinton Flett and Coulson Nepinak also scored for the Juniors. Flett finished with a game-high six points.

Nolan Favell made 18 saves for the shutout.

On Saturday, Peguis doubled the Lundar Falcons 4-2.

Peguis took a 2-0 first-period lead on goals by Dalen Schulz and Storm Swan. The Juniors extended their lead to 3-0 as Romano Paul tallied in the middle frame.

Paul then added his second goal of the game in the third while Colton Gadoury, on the power play, and Denon Sichewski replied for Lundar.

Allen Kohli made 29 saves for the win.

Peguis started its busy weekend with a 5-2 home win over the Arborg Ice

Dawgs.

Arborg's Gordie Longbottom and Bear, on the power play, traded first-period goals and then Peguis' Keifer Tacan tallied 38 seconds into the third period.

After Arborg tied the score at 2-2 with a Cal Finsson power-play goal, Peguis broke open a close game with three late goals.

Paul scored the game winner at 15:05 of the third and then Keevan Daniels-

Webb added an empty-net goal with 31 seconds left in the game.

Travis McPherson then scored with three seconds left in regulation time.

Luke Penner made 25 saves for the win.

With the three wins, Peguis is now 21-2 and has 42 points to lead the entire Keystone Junior Hockey League standings.

The Juniors are now ahead of the second-place OCN Storm and Selkirk

Fishermen, who both have 37 points.

The Falcons, meanwhile, were also in action Sunday, losing 5-2 to the St. Malo Warriors.

Gadoury and Derek Benson scored second-period goals for Lundar. Dustin Wiebe (two), Robert Guimond, Michael Venne and Tyler Bueckert replied for St. Malo. The Warriors scored three power-play goals in the game.

Midget female Lightning defeat Chiefs

Staff

The Interlake Lightning overcame a 2-0 second-period deficit to score three unanswered goals in a 3-2 victory over the Yellowhead Chiefs in Manitoba Female Midget Hockey League action Sunday in Shoal Lake.

Brenna Baryliski, Kalyn Barrett and Gracie Grift scored for the Lightning. Interlake's Jillian Henry, Jacey Ledochowski and Nori Sigvaldason each had assists in the game.

Juliana Davis and Jocelyn Zimmer replied for the Chiefs. Interlake goalie

Emma Plett made 26 saves for the win.

On Saturday, it was Yellowhead that squeaked out a 3-2 victory.

Henry led the Lightning with a goal and an assist while Barret also tallied. Jamie Johnson added an assist in the game.

Interlake's Rachel Parson made 49 saves in the loss.

Interlake began its busy weekend with a 4-0 loss to the Winnipeg Avros last Friday in Stonewall.

Winnipeg, which held period leads of 1-0 and 2-0, received goals from

Taylor Wuirch-Coombs (two), Taylor Coward and Jessi-Lynn Sumaling.

Plett made 44 saves for the Lightning while Danielle-Bonot-Schmidt faced just 10 Interlake shots.

The Lightning are back in action this weekend with a pair of home games in two different locations. Interlake will host the Westman Wildcats this Saturday at 2 p.m. in Teulon.

On Sunday, the Lightning will take on the Pembina Valley Hawks in Warren. Game time is 4 p.m.

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OBITUARY

Eugene Feschuk

June 10th, 1946 – January 4th, 2018



It is with heavy hearts we announce the peaceful passing of our beloved husband, father and grandfather after a brief battle with cancer. Left to cherish his memory are his wife of 46 years Linda, daughter Tammy (Peter) Crave and grandsons Ryan and Michael.

Gene was predeceased by his parents, Tony and Rosie, and stepisters Vicki and Lena. He is survived by his brothers Bill (Helen), Jack (Linda), Emil (Grace), Stan (Carol) and sister Margaret (Ernie) MacDonald, along with several nieces and nephews. Also left to mourn his loss are stepbrother Harold, brothers-in-law Dennis (Lesley) Pistawka and Roy (Francis) Ward, as well as many good friends and neighbours.

Gene worked hard his entire life, first starting as a young man cutting pulp to later working in carpentry and construction. He was employed with the Province of Manitoba where he worked for 31 years, first at the Gimli Air Base, then later at the Selkirk Mental Health Centre.

After retirement, he spent most of his time fishing, hunting, and working in his shop. He was very creative and could always find a way to fix almost anything. One of his favorite pastimes was constructing his ice fishing "shacks". He took great pride in their construction, each one complete with a stove he would build from scratch.

To Gene, his family was everything. He loved to go to the rink to watch his grandsons play hockey and took great pride in telling everyone about their accomplishments. He was always ready with a helping hand or advice to anyone whether you wanted it or not.

Gene was always a private man, and so in accordance with his wishes there will be no formal service. Cremation has taken place. A private gathering of family and friends will take place in the spring to celebrate a life well lived.

Vichnaya Pamyat

Condolences may be left at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Margaret Natalka Batenchuk

It is with sadness we announce the passing of Margaret Batenchuk aged 71 years, of Gimli on Saturday, January 6, 2018 at Gimli Health Centre.

Survived by her husband David of 51 years, son Jason; daughter Wendy (Gord) Farrell; four grandchildren and three great grandchildren.

Cremation has taken place and no formal service will be held.



www.kfuneralservices.ca 204-886-0404

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RM of GIMLI MUNICIPAL GRANT APPLICATIONS 2018

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If your organization would like to apply for a grant, the grant application package is available 3 ways:

- On the RM of Gimli website, www.gimli.ca
- By email request, gimli@rmgimli.com
- By mail, call (204) 642-6650

Applications received after the deadline date will not be considered.

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Joann King, CMMA
Chief Administrative Officer



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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

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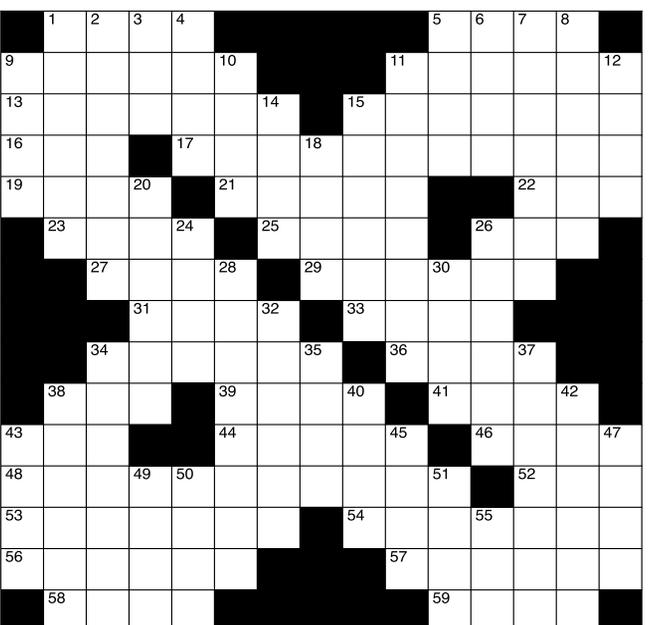
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- CLUES ACROSS**
- Methaqualone pill (slang)
 - Religious service
 - Woodland gods (Greek myth.)
 - "Where Is My Mind?" rockers
 - Deliberately contrary states of affairs
 - Inflection of the voice
 - "Great Expectations" character
 - Becomes a butterfly
 - Spoke
 - Tennis player Sharapova
 - Midway between northeast and east
 - Afrikaans
 - No instruction set computing
 - Pacific Standard Time
 - Relaxing places
 - Confiscates
 - Gladys Knight's fellow performers
 - Witnesses
 - Taking place in a series
 - Satisfy
 - Freshwater fish of N. America
 - Laments
 - "Girls" creator Dunham
 - Indian title of respect
 - Cocoa plum
 - Network of nerve cells
 - Link together in a chain
 - Cool 70s crew "The ___ Squad"
 - Persons engaging in energetic pursuits
 - Accumulation of glacial debris
 - Fastened
 - A cotton fabric with a satiny finish
 - Whiskey and bread are two



- CLUES DOWN**
- Rope used to lasso
 - Idyllic places
 - Field force unit
 - Guitar great Clapton
 - Slang for type of skirt
 - Figure skating jump
 - Innocent
 - Mathematical ratio
 - Slowly drinks
 - Line where edges meet
 - Offices of the pope
 - Dry or withered
 - "___ the Man" Musical
 - Difficult situations
 - Greek goddess of discord
 - Marked by smartness in
- dress and manners**
- Habitat
 - Annoy constantly
 - Full of life
 - Great energy
 - BBQ and soy are two
 - Virtuous
 - Not fatty
 - Foes
 - Merchandiser
 - Dishonest scheme
 - Repents
 - Protective crust
 - Native American people
 - Any place of bliss or delight
 - Bring up
 - Birds
 - Geological times
 - Consumed

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