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WEEKLY NEWS

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Ashern Fire Department outfitted with new rescue sleigh



By Jeff Ward

The Ashern Fire Department is now ready to tackle the demanding conditions of bush rescue with their new sleigh purchased late last year.

The used sleigh was purchased for \$2,500 from Snow Medic in The Pas according to Ashern Fire Chief Ken Falk. The sleigh can carry up to two people — an injured person and either a member of the fire dept. or an EMS — and is one of the best ways to access patients deep in the bush. Falk said the sleigh can be outfitted with wheels for the summer and can be pulled in every terrain an ATV or snowmobile is capable of going through. This purchase was made possible through the fund raised at the Ashern Fireman's Ball back in September.

"I would be so happy if we never had to use the sleigh at all," said Falk.

"But I look at it a different way. What if we don't have it and we need it, then our hands are tied and we can't do anything. You can't take an injured person and just throw them on the back of a snowmobile."

Falk said he likes to be prepared and with snowmobiling such a popular activity in the winter months, it's wise to have something like the sleigh to be able to reach potentially injured people. Falk said that he personally has never been called to a situation like

EXPRESS PHOTO SUBMITTED

Ashern fire chief Ken Falk, left, EMS manager for the Northern Health Region Darren Baker, centre, and deputy fire chief Andrew McPherson pose with the department's newest addition, a rescue sleigh.

Continued on page 4

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

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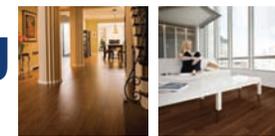
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Fire destroys century old building in Teulon

By Natasha Tersigni

A fire levelled a Teulon building that has been in the community for 104 years over the weekend, forcing owner Victor Chartrand to have re-build his auto body business.

Just after midnight on Sunday morning motorists traveling on PTH 7 spotted flames coming out of the roof of Vic's Auto Body Alignment & Brakes, which is located along the highway and called 9-1-1.

Crews from the Teulon- Rockwood Fire Department responded immediately to try and contain the flames and salvage the building. While no other property was affected, it took more than 10 hours for the crew to fully extinguish the fire that completely destroyed the building.

"The building is a complete loss; it was a very severe fire. We had an exceptional turnout with 21 members coming and the there was no other damage other than to the primary building," said Teulon-Rockwood Fire Chief Chris Dawson.

An investigation is currently ongoing by the Fire Commissioners Office of Manitoba to determine the cause of the fire.

Chartrand, who has owned the building since 1982, told the Tribune that he plans on rebuilding his business.

The building was built by the Town of Teulon in 1913 and was used as the community hall. A staple in the community, its multi-church Sunday school attracted over 100 students each week. When the new Teulon-Rockwood Centennial Hall was opened



EXPRESS PHOTOS BY LANA MEIER

Vic's Autobody in Teulon was completely destroyed by fire over the weekend.

in 1967 the building was sold to the Old Swiss and used as a chip factory.

In the seventies, the building was turned into an auto body shop and operated as McKinnon Mercury Sales until Chartrand purchased the building in 1982.



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V6 ecoboost, 6.5 box, black exterior	\$25,995	2012 Focus SE 4 cyl, auto, grey exterior, 93,000 km	\$9,995
2013 F150 Super Crew FX4 V8, 6.5 box, 116,000 km, white	\$29,995	2010 Fusion SE 4 cyl, auto, grey exterior, 121,000 km	\$8,995
2013 Ram 1500 Quad Cab Big Horn SLT		2007 Versa 5 dr, 4 cyl, 5 spd, only 125,000 km, red	\$3,995
V8, 4x4, Grey, 66,000 km	\$25,995	2006 Fusion SEL V6, auto, leather, 150,000 km	\$5,995
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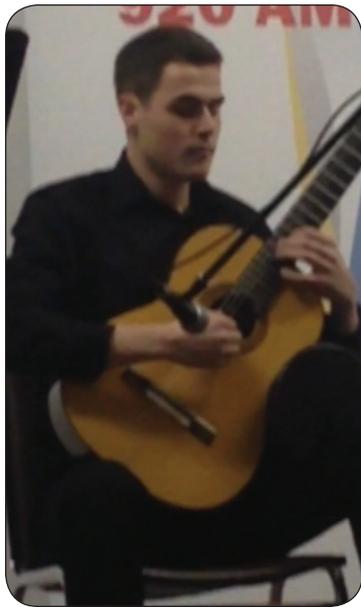
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CFRY fundraiser hauls in more than 16K for Moosehorn



Clayton O'Sullivan of Moosehorn took his participation seriously raising \$650.



Brian Meads won first place and \$100 while earning the Most Promising Performer plaque.



Brayden Noordenbos of Ashern and Courtney Granberg (of Moosehorn) wowed the crowd with their amazing singing duet winning second place and \$75.



Keara Barrett of Fisher Branch received \$50 and sang her way into all of our hearts earning third.

EXPRESS PHOTOS BY DAWN TOBER

By Jeff Ward

An incredible \$16,489.55 was raised last Saturday at the CFRY Amateur Radio Talent Show in Moosehorn.

The talent show is the first of the season for the good folks at CFRY and one of two shows the Interlake region will see. The goal for the fundraiser, which took place at Moosehorn Community Hall, was to cover the purchase of the new \$23,000 tractor. And while the fundraiser didn't cover the entire cost, Moosehorn Community Club president, Alfie Nachtigall was elated at the results.

Nachtigall said that it doubled his expectation considering the event was so close to Christmas.

There were 25 talented acts that performed during the four-hour event that was broadcast live on CFRY 920AM. Brian Meads took home the CFRY Most Promising Performer plaque and \$100 for first place. Courtney Granberg and Brayden Noordenbos won \$75 and second place for their singing duet while Keara Barrett

received \$50 for her third place finish.

"It means a heck of a lot to raise so much. It was just wonderful to see so much support for us and I'm so happy with the results," said Nachtigall.

The tractor is used for clearing snow away from parking lot of the Moosehorn Community Club and curling club. It's also used to cut the grass on the baseball diamonds and soccer fields. Dawn Tober was the master of ceremonies at the event and said that the tractor is one of the most important tools for the clubs.

"These places are used constantly so we need them to be in good condition and that's why this fundraiser was so important," said Tober.

"It's such an amazing feeling that we can all come together for a common goal and be so successful at it. Everyone felt so alive last night and we were all cheering everyone on."

Tober said that it's a humbling feeling to hear the names of places where donations were coming from being called out. She said that even listeners

from south of the border were pledging to help support the community.

Donations can still be made to the Noventis Credit Union in Moosehorn if there are still people who want to support. And all pledges must be in by Jan. 30 no later than 4 p.m.

The Interlake's next CFRY Amateur Radio Talent Show and fundraiser will be at the Ashern Centennial Hall on March 4.

If anyone is interested in performing please contact Jody Forsyth Oversby at 204-280-0464.

Fieldstone Ventures powering up women with free computer training

By Patricia Barrett

Fieldstone Ventures is about to power up women with a series of free computer classes designed to teach them the basics of the Windows operating system, word processing, emailing, and Internet searching.

The 15-hour Power-Up Introductory Computer Training for Women will be taught in Arborg by a local high

school teacher over the course of five nights.

"It's basically for anyone who's never had anything to do with computers," said Julie Bergner, manager of Ashern-based Fieldstone Ventures. "Even if they have a little bit of computer experience, they can come in

Continued on page 4



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Get your skates on 'cos Cooley's coming to town

Grand opening of Cooley's Ice Park gets underway Sunday, Feb. 19

By Patricia Barrett

Organizers of the 6th Annual Gimli Ice Festival got their skates on during the Christmas break, completing the construction of the kids' skating rink that will form part of Cooley's Ice Park.

And festival co-chairs Susan and Peter Holfeuer are currently preparing for the official launch of their mascot's ice park near the harbour on Feb. 19.

This year's park and two-day festival (March 4-5) will pay homage to Canada's 150th birthday.

"I'm super excited to be able to celebrate Canada's 150th," said Susan. "I've already had the opportunity to celebrate Canada's 100th in 1967. I get to celebrate [this] at an age I'll remember!"

Peter said the Canada 150 theme for this year's park and festival is a "once-in-a-lifetime experience" that will celebrate and showcase our diversity.

"We take pride in the fact we're all Canadians. And living in Gimli is a wonderful thing. So we want to make sure through Cooley's Ice Park and the Gimli Ice Festival that the special events we're dedicating to Canada 150...[will]...portray our culture, our history, our community and our heritage.

It takes about 120-plus volunteers to make the ice festival possible.

"We have the best volunteers," said Susan, who is a member of the Kiwanis Club of Gimli. "They're incredible,

considering the time of year and... the inclement weather; they're there. We're incredibly blessed to have these volunteers."

Volunteers, including Kiwanian members, put the finishing touches on the rink at the end of December.

K.C. Enterprises Building Supplies chipped in by offering discounts on the rink's plastic liner, as well as on the wood forms for the soon-to-be-built snow sculptures.

"We get all the wood supplies from them to build the snow sculpture wood forms," said Peter, "and this year – the liner for the skating rink. We had a budget for it, and they were able to meet our budget. They gave us a big discount...to show their support for not only Cooley's Ice Park, but for the Gimli Ice Festival."

Last year's snow sculptures paid homage to Lake Winnipeg fishers and Icelandic culture. This year they'll depict local and national scenes. Stonewall artist and snow sculptor Ralph Tanchak is scheduled to start whitening away in a few weeks.

"The snow sculptures basically have four themes," said Peter. "One is going to be celebrating our history, another...our heritage, another one...our culture, and another...our community."

The couple, who have organized the festival since its inception, are keeping the details under wraps. But once Tanchak climbs his ladder and takes



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli Ice Festival co-chairs Peter and Susan Holfeuer are getting set to celebrate Canada's history and culture with special festival events to mark the country's 150th birthday.

up his snow chisel, the secret will be out.

The Holfeuers will be supplying Tanchak with a tool box (i.e., an extra block of snow) so that he can, if necessary, graft parts onto any sculpture that degrades or gets damaged by naughty people ignoring the "no-climbing" signs.

Over the course of the winter, festival volunteers will be performing routine maintenance in the park.

The grand opening of Cooley's Ice Park gets underway Sunday, Feb. 19. It will start with a Canada 150 parade down Centre Street at 1 p.m., and organizers and dignitaries will gather near the harbour at 1:45 p.m. for a ribbon-cutting ceremony.

The Lake Winnipeg Visitor Centre at the harbour will be open for much of the Louis Riel long weekend so

Continued on page 5

> NEW RESCUE SLEIGH, FROM PG. 1

that, but if he is, he'll be ready.

The purchase of the sleigh is a proud moment for Falk and his crew. Firefighters worked together to raise the money and were humbled by the support of the community at the ball. The community showed a willingness to invest in the department and Falk said that it makes him happy that his team is able to help keep the community safer.

"It's something we've talked about for years and never actively went out and did it. My daughter is a medic in The Pas and that's where this came from. She told me that they were looking to upgrade so the opportunity was there to buy this used one," said Falk who added that the timing was right.

Falk and his crew know they can't prevent accidents. Those things are going to happen, but to have measures in place to help in as many situations as possible is the best way to make sure that accidents don't turn into something worse.

"YOU CAN'T TAKE AN INJURED PERSON AND JUST THROW THEM ON THE BACK OF A SNOWMOBILE."

> FREE COMPUTER TRAINING, FROM PG. 3

and learn to manoeuvre around the computer, work with Word, send and receive emails [and] use the Internet."

For those who don't have an email account, the instructor can help them set one up.

"We did [this course] in Arborg last year and we had a good response," said Bergner. "We had a full class of 12-15 people. So we thought we'll offer it again this year in the same area."

Fieldstone provides a number of different courses to communities across the northwest Interlake. It focuses on an adult learning, offering computer and business training, a mature-student diploma program and medical health training, among other services.

A grant from Manitoba Sport, Culture and Heritage's Status of Women program enables Fieldstone to offer computer training exclusively to

women.

"This program has been around for a lot of years. Over the years, we've been able to offer it in the Ashern area," said Bergner. "We've done them as far as Fairford and Lundar and St. Laurent. We've been offering it every year in the Interlake."

The free course has a cap of 15 students.

It will take place from 6-9 p.m. at Arborg Collegiate, located on St. Peter Street, on the following dates: January 16, 18, 23, 25 and 30.

To register, call Fieldstone Ventures at 1-888-777-1059. The deadline is Jan. 11. Please check for space availability after the deadline date.

"We can move the date around if we don't get enough [students] right away," said Bergner.

Eichler's viewpoint from the Legislature

Red Tape Reduction Task Force will help Manitoba grow and prosper

The new year is upon us, and I wish all residents of the Lakeside constituency and Manitoba's Interlake region great health, happiness and prosperity in 2017.

I'm also looking ahead to another productive and prosperous year for the agricultural sector in Manitoba starting with the kick off of AgDays this month. As provincial Minister of Agriculture, I'll present my outlook for the industry at the 40th annual AgDays at Brandon's Keystone Centre on Jan. 17 at 1:30 p.m. With agricultural people and producers from across Canada and the northern U.S. on hand, it will be a great opportunity to bring perspectives from our new Manitoba government as we continue to rebuild our province's economy.

To rebuild the economy across Manitoba, removing unnecessary red tape and excessive regulations will be a key focus of our government. We have created a task force to do just that.

Our 14-member Red Tape Reduction Task Force, which includes representatives of a range of businesses, organizations and industries, will identify unnecessary regulations that hurt the competitiveness of Manitoba companies and degrade the services provided by non-profit agencies. Reporting to the Minister of Finance, the task force will develop and recommend solutions to remove overbearing regulations and eliminate red tape.

Consultations with stakeholders are beginning this month, and recommendations with an action plan will

be developed this spring. Full implementation of the recommendations is expected by May 2018.

According to the Canadian Federation of Independent Business, red tape from all levels of government costs Manitoba's small and medium-sized businesses \$1.2 billion per year in time and resources. Manitoba needs a system to measure regulations, as well as constraints on expansion of regulatory requirements and legislation to ensure accountability. The previous Manitoba government studied the issue, but did nothing more.

Manitoba businesses and non-profit organizations need their government to work with them so they can succeed, serve their clients and create quality jobs, rather than have pointless regulations hold them back. Our government's task force will find ways to eliminate red tape and make Manitoba more prosperous. We are com-



Lakeside MLA Ralph Eichler

mitted to making Manitoba the most improved province for regulatory accountability by 2020.

Finally, I'd like to remind Manitobans that the deadline for applications for the provincial farmland school tax rebate is March 31. Application forms for the rebate, which is administered by Manitoba Agricultural Services Corp., are available online at www.masc.mb.ca.

Ralph Eichler
MLA for Lakeside

> COOLEY'S ICE PARK, FROM PG. 4

that visitors can warm up, enjoy a hot drink and wander through the museum dedicated to the region's fishery.

The ice park is free to all visitors.

The festival itself in March will see the return of popular events such as Viking combat demonstrations, the frozen fish toss and car racing on Lake Winnipeg. But it will also include seven events dedicated to Canada's birthday.

A canoe race on ice, somewhat akin to Quebec's 17th-century canoe ice-crossings of the St. Lawrence River, is set to be one of the highlights of the weekend.

"We'll create runways [in the harbour]," said Peter. "The canoe sits on top of the ice and...there will be one or two people in the canoe and two people pushing."

The object is to push the canoe a certain distance as quickly as possible.

"We brainstormed for a couple of hours, trying to figure out how to make it work," said Susan. "It's totally doable. We're going to have two teams [at a time]...and we'll do heats."

She said the festival will also be offering a Canada 150 mini-snow sculpting competition. Children and adults can try their hand at sculpting their unique vision of the country with guidance from Tanchak.

A member of the Gimli Art Club, along with Gimli High School teacher Kristine Dubois and a couple of her art students, will judge the competition.

Kids can participate in an indoor playground that will be set up at the Lakeview Resort.

"There are six or seven different games to play," said Susan. "They win gold coins. As they win the coins, we stamp off the games they play. Then

they take the coins...and turn them in for prizes."

It cost about \$12,000 last year to build Cooley's Ice Park, said Peter. The budget this year is about \$9,000 and approximately 15 per cent of that came from grants.

The Westshore Community Foundation, the municipality, the Kiwanis Club, and businesses such as K.C. Enterprises, Noventis Credit Union, the Lakeview Resort, Future Mechanical Systems and Shachtay Sales & Service are sponsoring various aspects of Cooley's Ice Park and the festival.

The festival runs March 4 and 5. A \$5.00 event pass provides access to all the festivities, a perogy and sausage sampler, hot chocolate, bannock and tea and other treats.

"We expect this to be one of the best festivals to date," said Peter.

Gimli, Stonewall checkstops see low volume of impaired drivers

By Jeff Ward

The RCMP Holiday Checkstops for Gimli and Stonewall saw less than 10 per cent of its stopped drivers charged for impaired operations in another successful campaign.

The Checkstop program ran during the month of December with nearly 12,000 vehicles stopped in Manitoba. Stonewall RCMP charged three peo-

ple with Impaired Operation, one person with Refusal of an Approved Screening Device Demand and one person a 72-hour suspension and is facing Impaired by Drug charges.

Gimli RCMP charged two drivers with Impaired Driving charges, two alcohol administrative suspensions and six other Highway Traffic Act charges.

In Manitoba there were 122 people charged with Impaired Driving — Blood Alcohol Level of .08 or higher — out of the 11,781 vehicles stopped.

During the four-week Checkstop program six people died in traffic-related collisions, and half of those are suspected to involve driver impairment.

Correction

In the 'Gimli council contends with rules for awarding bids' article that appeared in the Jan. 5 edition of the *Express Weekly News*, the difference between two competing bids the RM had received for refuse collection should have stated \$11,500 (a 23 per cent difference) rather than \$5,500 (a 10 per cent difference).

The *Express* apologizes for any confusion this may have caused.

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get fishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

Baiting fish with jellybeans

> ARNIE WEIDL

Hi folks.

Last week my instincts told me it was time to visit anglers on Gull Lake and Shoal Lake, which are known for great perch fishing. The grey, cool, breezy day seemed to have little affect on some folks at Gull Lake last Tuesday as they sat on overturned pails nursing baited lines in ice holes. Children played tag in the snow as I moved from one ice shack to another getting to know folks and in time met Alexander Embrechd with his son Robin from Steinbach.

Young Robin looked much like his father who was of average height, thin, strong in movement and expression with short brown hair, beard and mustache. They like everyone else on this amazing lake took great pleasure in showing me how many fine eating perch they had caught that morning. In the middle of last week I got onto the Red River ice off the "CIL" road by Selkirk.

Some ice anglers who love for this pastime, have brought their hard wall shacks to this river bend for decades. I watched old friends greet each other with friendly waves while setting up as I urged "old red" toward to a fairly new shack.

A young athletic looking chap emerged from his hut as I got out of my truck. He had just got there so while his shack was heating up our new fishing friend, Dakota Mayer from Winnipeg said, "let's jump into my truck, I've got a story."

He began, telling how he was summer boat fishing with a buddy on Macara Lake who had caught a huge jackfish. Bending over the side of the boat, he called to Dakota to come help with "them". The "them" didn't regis-



EXPRESS PHOTO BY ARNIE WEIDL
Stephanie Guy Darrens' wife with a pickerel she caught on Dauphin Lake.

ter with Dakota until he came alongside his buddy ready to tease him for not being able to handle and 3' jack by himself. He was stunned to see the gaping mouth of an even bigger musky tearing into the jack.

They tried to grab the musky, why, they're still not sure and once or twice they came close by grasping its' slippery tail. Eventually their hands weakened as they fumbled over each other and the monster, freed, disappeared beneath the dark water.

We sat laughing over the story noticing the window in his shack had become clear which meant the shack was warm so he went in to fish and I went for lunch.

On the weekend I was close to that other terrific perch fishing spot, Shoal Lake north of Stonewall but never made it. I met a truck obviously returning from the 93N church jump-off spot

and waved it down. There wasn't another soul around so we stopped in the middle of the road to talk. I introduced myself to Darren Guy and Kerry Yanke of Poplar Point who revealed the only way to get onto Shoal here was with sleds. I judged Darren and Kerry to be in their 30s, both had brown hair under toques. Darren was heavier muscled while Kerry was thinner in body and face. Both had funny stories.

First, Darren got a kick out of telling me how when they first started fishing together, his wife Stephanie, would walk beside their truck as he drove out onto ice for fear of being caught in the truck if it broke through. That was until she started catching fish. The next time out she was behind the wheel first telling Darren to get a move on. Then it was Kerry's turn.

His mood became soft as he told how a few years ago the two families including his very young daughter, Taylor, were ice fishing here and he noticed she was losing interest. He got an idea. He had Darren distract her then pulled up her line, put a jelly bean on the hook, dropped it in the water then shouted, "Taylor, I think you have a fish."

She rushed to her line pulling it up squealing in wide-eyed joy, "daddy I caught a jelly bean!"

"Yes honey you can catch jelly beans as well as fish," he lied with an innocent stare.

Back went her line into the water as fast as she could get it there. Holding her rod, she did a little dance in excited expectation but guilty dad couldn't bear his deception and came clean offering her the whole bag of candy. Loving Taylor forgave him. Bye for now.

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Manitoba Public Insurance unveils top five frauds of 2016

Submitted

Fraud comes in all shapes and forms, from deliberately staged accidents to bogus auto theft claims. Manitoba Public Insurance relies on various methods to catch these fraudsters, ranging from good old-fashioned investigative skills to acting on tips from the general public.

Fraudulent and suspicious claims are handled by Manitoba Public Insurance's Special Investigation Unit (SIU). The efforts of this special unit resulted in fraud savings last year of \$8.2 million for Manitoban auto insurance rate payers. The SIU closed 2,100 investigations last year.

Anyone knowing someone who is involved in auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line: 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous.

No. 1: "Smile! You're on Camera"

Thanks to the keen investigative skills of an SIU investigator, a fraudulent bodily injury claim was discovered, saving Manitoba Public Insurance and its ratepayers more than \$15,000.

The pedestrian said he was hit by a car and injured unable to work. The driver adamantly insisted there was no incident. With the two conflicting statements, the SIU investigator went to the scene and observed that several businesses had security cam-

eras mounted on their buildings. After viewing footage from one of the cameras, the investigator was able to see the pedestrian approaching the parking lot. Clearly, there had been no collision between the vehicle and pedestrian.

A seasoned collision re-constructor, who examined the footage and location, also confirmed there could not have been any contact between pedestrian and vehicle. The claim was subsequently denied.

No. 2: "Luxury Porsche Actually a Lemon"

Thanks to the cooperative relationship between the RCMP and Manitoba Public Insurance, a fraudulent auto theft claim of more than \$20,000 was denied.

The owner of a Porsche told his adjuster that the vehicle had been stolen from his apartment block parking lot in Winnipeg. A theft claim was opened. The story quickly unravelled after the RCMP notified Manitoba Public Insurance that a badly damaged/vandalized Porsche had been located in a rural area a full day before the owner claimed his car had been stolen.

During examination of the Porsche, it was discovered that the vehicle was in need of major mechanical repairs, which would have cost the owner several thousand dollars. Based on the police information and pre-existing

mechanical condition of the vehicle, the theft claim was denied.

No. 3: "Wannabe Manitoban"

All Manitoba residents are entitled to benefits under the Personal Injury Protection Plan (PIPP). Outside of the province, many insurance plans are structured differently and don't always provide the robust coverage available under Manitoba's no-fault injury compensation plan. Because of this, some individuals may try to claim they are Manitoba residents in order to receive PIPP benefits.

A man was severely injured in the United States after being involved in a crash. His family claimed he had been visiting the U.S. and opened an injury claim with Manitoba Public Insurance. While processing the claim, the case manager received information from a number of agencies which confirmed the man had not lived in Manitoba for several years, making him ineligible for PIPP benefits.

Presented with this information, the man's family withdrew their claim. Savings were estimated to be in excess of \$500,000.

No. 4 "Case of a Guilty Conscience"

After a number of unusual details came to surface, a father and son were asked to give a statement to an SIU investigator about the theft of a pickup truck. During the interview the son made a surprising offer: to write

a promissory note to Manitoba Public Insurance for nearly \$11,000 (damage costs). The son then declined to discuss his financial generosity.

However, the facts spoke volumes: the father, who was the registered owner, stated the truck had been stolen from his residence. One day after the reported theft, the same truck rear-ended another vehicle and fled the scene with several people witnessing the crash.

No. 5 "The Accident That Wasn't"

Two vehicles collide and are badly damaged. This happens every day in Manitoba. But, a number of unusual details surfaced during the investigation of this specific collision. It was discovered these two individuals knew each other and their vehicles were both in poor running condition. A seasoned traffic re-constructor testified that this crash was no accident, but a staged collision.

One driver pleaded guilty to fraud over \$5,000. He received a two-year suspended sentence with supervised probation, 100 hours of community service work and a restitution order of \$17,000 to repay Manitoba Public Insurance.

The second driver, who was also charged with fraud over \$5,000, did not appear in court. A warrant for his arrest has since been issued.

Ashern's Christmas Light competition brightens community

By Jeff Ward

Residential properties and a local business were awarded best-decorated certificates for their interior and exterior display of Christmas lights.

The competition organized by Ashern Chamber of Commerce member Katie Gunther said she was happy with the way the competition turned out. Gunther said that it's a part of community pride and that it's nice to see the community shining brightly during the holidays. There were three winners for the contest - best decorated exteriors for both rural and town residential and best-decorated business interior.

Chicken Chef in Ashern won best-decorated interior, while Amanda Mantik and Irma Patterson won best decorated rural and town respectively. Gunther said that seniors from the area toured the locations with help from Kathy Budge in the Handi-Van and judged the participating loca-

tions.

"It was very tough to choose winners because there are a lot of fantastic decorators in the community," said Gunther.

"The Chicken Chef was done up top to bottom and it was just beautifully decorated. The public health building was also incredible. They had a bunch of handmade decorations that made the choice very difficult."

Gunther explained that for next year's competition she hopes to see more interest from decorators. She said that she knows there are many people who decorate but didn't register for the competition.

"It's the kind of thing that they do for the benefit of others to make the community brighter," said Gunther.

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Battling phosphorus in wastewater, a challenge for municipalities (Part 4)

By Patricia Barrett

In the final part of Battling phosphorus (see parts 1-3 in the Nov. 10, Nov. 17 and Dec. 1, 2016 editions), alternatives to the use of chemicals, such as alum, to lower phosphorus in municipal wastewater are considered.

To reduce the severity of algal blooms on Lake Winnipeg and improve the health of the province's waterways, the Manitoba Water Quality Standards, Objectives and Guidelines Regulation came into effect January 1, 2016. It limits the level of phosphorus in wastewater to 1 mg/L.

One of the alternatives to alum, which binds phosphorus, is a constructed wetland.

Wetland plants, such as cattails, improve water quality by removing nitrogen, phosphorus, heavy metals and pesticides, according to Manitoba's Water Protection Handbook published by Manitoba Water Stewardship.

Some municipalities that had researched the viability of wetlands found mixed results.

They "do not work all the time" as far as phosphorus reduction goes, said the manager of engineering and utilities for the RM Hanover, east of Steinbach.

"The trouble with a wetland is you eventually have to harvest...the vegetation, otherwise the phosphorus just goes back into the receiving stream," said Rob Driedger, who spoke with the Express a few months ago about the cost of alum treatments. "... If...[left unattended]...[plants] decay over winter... and release all their phosphorus back into the water. The other [challenge] is we live in Manitoba, so as soon as things start freezing, they don't work."

The RM St. Andrews, which has a two-cell lagoon and a constructed wetland near Petersfield, discharges treated effluent into Netley Lake, which eventually makes its way to Lake Winnipeg.

"Just as in a natural wetland, the vegetation in a constructed wetland acts as a biofilter, removing sediments, pollutants and significant amounts of phosphorous and other nutrients from the water," according to a 2012 wastewater management plan prepared for the RM St. Andrews and the RM. West St. Paul.

St. Andrews CAO, Andrew Weremy, said the municipality does not have to use alum in its lagoon, but "most of the area in St. Andrews right now is serviced by septic fields."

If the population using the lagoon and the wetland were to increase, though, the RM would be expected to meet the government's 1 mg/L limit.

A spokesperson for the Manitoba Water Services Board, which funds municipal water and wastewater projects, said the effectiveness of wetlands is not cut and dried.

"A number of years ago, there was a push towards managed wetlands as a phosphorus solution – as a tertiary step on the end of lagoons," said WSB Senior Project Engineer Nathan Wittmeier. "... It was found to be effective at points...when you have cattails growing."

But cattails require yearly cutting in the winter – at least down to the level of the ice so that they can continue to absorb phosphorus, he said.

To the best of his knowledge, Wittmeier said depending on where wastewater samples are taken, it may be difficult to accurately assess wetland performance. Phosphorus could inadvertently enter waterways farther downstream of the discharge point.



EXPRESS PHOTO BY PATRICIA BARRETT

Wetlands, such as this marsh near St. Laurent, provide valuable habitats for animals, plants and insects, are a means of natural flood control through the collection and retention of high water, and improve water quality by removing phosphorous and other nutrients. Artificial wetlands are used by municipalities to treat wastewater.

Wittmeier said he's uncertain what the province's stance currently is on constructed wetlands.

A spokesperson for Sustainable Development indicated they are still an option, but in conjunction with passive filters.

"Manitoba remains supportive of the use of constructed wetlands for the purpose of passive filters," said the spokesperson. "And in fact there are pilot projects underway for constructed wetlands and other biomass-based systems to reduce nutrient levels."

A constructed wetland wasn't an option for the Village of Dunnottar when it began considering ways to help improve the health of Lake Winnipeg about 10 years ago.

"...at best, they get a 30 per cent reduction of nutrients," said Rick Gamble, who has been mayor for 15 years. "Generally, it's around 20 per cent. So when you're in a community that's growing, it's a Band-Aid solution."

In 2012 Dunnottar, with a permanent population of about 1,700 in the winter and between 3,000 and 5,000 in the summer, installed a passive filter after testing a small-scale version.

Developed by Dillon Consulting, Dunnottar's passive filter has the appearance of a "constructed meadow," capturing phosphorus that can be used as compost.

"The phosphorus rises up into the vegetation, which is cut three-to-four times per year and taken away...," according to the 2014 edition of the magazine *Municipal Leader*.

"Ours is designed for 5,000 people," said Gamble. "We can probably get them up to 10,000. They wouldn't work for a major city....but they're outperforming almost any technology I know of as far as nutrient uptake...."

Gamble said the Village doesn't need to use alum

as the filter has met and exceeded the 1 mg/L phosphorus regulation.

"...generally they've [tests] all come below half a milligram, some of them down to a tenth of a milligram, and some almost up to four-tenths throughout...last summer [2015] and the year before."

The innovative approach to wastewater management stemmed from Gamble and council's belief that "there are a lot of problems on the planet these days, and we're trying to get out in front of things and confront them and make changes."

"The thing is it's so simple, it's unbelievable," he said.

And it was less expensive than building another cell to expand lagoon capacity.

"We basically paid under \$700,000 to install the full-scale model."

The small-scale test filter is being used by the universities of Manitoba and Winnipeg to see whether it can filter pharmaceuticals, microfibers and nano-silver particles in wastewater.

The numbers of communities that have yet to meet the province's new phosphorus regulation is unavailable, but close to 40 were required to meet it in 2016.

"The province has had extensive consultations with communities, and those who manage wastewater facilities, as part of a comprehensive and ongoing effort to reduce nutrient loading to our lakes and rivers," said a spokesperson for Sustainable Development. "There are many variables involved in the conversion and upgrade to the new standards. Timelines are also different for larger communities than they are for smaller ones. The province will continue to work with communities to meet (or exceed) the requirement for phosphorus removal, but about 37 communities are expected to meet the new requirement...in 2016."

CRTC rules Internet speed in rural areas be improved

By Patricia Barrett

The Canadian Radio-television and Telecommunications Commission (CRTC) recently ruled that Internet speeds of 50 megabit per second (Mbps) should be a basic right for all Canadians, especially those in rural and remote areas of the country.

One business near Arborg is hoping that Manitoba Telecom Services Inc. (MTS) can soon deliver what the CRTC is recommending.

"I would love to see MTS help Manitobans be competitive, and be able to operate on the global world stage," said Peter Dueck, co-owner of Vidir Vertical Storage Solutions, which operates a plant near Vidir, north of Arborg, and another in the town of Teulon.

The family-owned business manufactures industrial storage and retrieval units. It can design almost every type of storage device imaginable to help a variety of industries and companies (e.g., Rona, Home Depot, Walmart, Lowe's and Menards) maximize vertical space.

The company conducts business across Canada, the U.S. and overseas, and relies on the Internet. But the lack of high-speed service in the region impacts the time it takes to conduct business.

Dueck said all of his company's departments use the Internet to communicate between the Vidir and Teulon plants and to conduct day-to-day business transactions with clients.

"The accounting department uses it, the sales department uses it. Everybody uses it," said Dueck. "You have to send customers concept drawings and prints...literally every department needs the service."

The CRTC, which regulates broadcasting and telecommunications companies, released its "universal service objective" Dec. 21, encouraging providers across Canada to level the Internet playing field between city and country.

"Many Canadians, particularly in rural and remote areas, do not have access to broadband Internet access services that are comparable to those offered to the vast majority of Canadians in terms of speed, capacity, quality, and price," according to Telecom Regulatory Policy No. 2016-496 titled, Modern telecommunications services – the path forward for Canada's digital economy.

The Commission estimates that 82 per cent of Canadians currently have access to "fixed broadband Internet access services at speeds of at least 50 Mbps download and 10 Mbps up-

load."

And its decision "sets out the actions" it is taking so that all Canadians can "participate in the digital economy and society."

The lack of high-speed Internet service comes at a financial cost to Dueck's plants, which also go by the names Vidir Machine and Vidir Teulon.

"There's a cost to reserving the bandwidth," said Dueck, who has been an MTS customer for about 30 years. "It has a high cost."

"...we're just trying to run a business," he added. "We're offering – between here and Teulon – 130 full-time jobs. And well paying jobs. We need to have the basic services that allow Manitoba to compete on the global market."

At his residence in Arborg, Dueck said his MTS Internet speed varies between 3 and 5.7 Mbps, depending on the task. When the kids play online games, for example, the speed can "easily drop" to 3 or 3.5 Mbps because there isn't enough bandwidth. And sharing photos with someone across town can be a "long process."

"When friends from the city visit us, they just can't believe how long it takes them to do anything online at our house."

Communications providers, such as CommStream, NetSet and Xplornet, have tapped the Internet void in Interlake areas, providing service where MTS doesn't provide any at all or where it doesn't offer high-speed Internet.

Dueck said he could opt for another provider, but that could entail a steep cost because of infrastructure.

"I know there are people in the town of Arborg who have up to 50 Mbps through [another Internet provider]," he said, "... [but]...it's not 'economically available' [to us] because you have to have cable TV run past your property."

And sightlines to and from communications towers are sometimes disrupted by tall trees.

"Hopefully, we'll not [be] in a situation where we have to cut down 60-year-old trees to get Internet service," said Dueck.

Dueck and his companies are not the only customers experiencing difficulties with marginal Internet speeds.

Arborg resident Dwayne Friesen, who operates a farm and provides computer troubleshooting services to area businesses, said there's a "big demand for good, reliable service."

Friesen used to work for companies providing satellite Internet service,



EXPRESS PHOTO BY PATRICIA BARRETT

Companies such as CommStream, NetSet and Xplornet provide satellite Internet service to Interlake residents and businesses where MTS Internet is unavailable.

and said in his experience the biggest problem businesses encountered was Internet down-time. That said, slow speeds are just as problematic.

"I think speed could be better," said Friesen. "When it's slow, it feels like it's down."

The municipality of Bifrost-Riverton is also aware of the issue.

"I know the concern has been that not everyone has the access," said CAO Cindy Stansell. "... It's definitely talked about on the street, [but] it's not necessarily an official complaint to the municipality."

A spokesperson for MTS said the company will be reviewing the CRTC's decision to determine how best to move forward as regards providing Internet service or improved speeds to rural and remote Manitoba communities.

"Last month's decision from the CRTC is very complex and MTS is still in the process of carefully reviewing it to assess its impact," said MTS Media Relations & Communications Specialist Jeremy Sawatsky. "Until this review is complete, we will not speculate with regard to potential next steps or impacts on our customers."

Providing Internet service to sparse-

ly populated areas is cost-prohibitive.

"...rural and remote areas are quite expensive for telecommunications companies to build into due to density issues," said Sawatsky. "This includes Arborg, where we currently offer download speeds up to 5 Mbps and upload speeds up to 512 Kbps."

In May 2016, Bell Canada Enterprises (BCE) purchased MTS for \$3.9 billion.

According to MTS, the merger is expected to bring "\$1 billion of capital into Manitoba over the next five years" and help rural and remote Manitobans obtain access to the Internet and/or see improved download and upload speeds, as well as better wireless and television services.

"Bell MTS has already committed to expanding broadband service for indigenous communities in northern Manitoba and enhancing LTE wireless service in Thompson and other more remote locations," said Sawatsky. "The new Bell MTS partnership will take communications investment and innovation forward in our province, and we look forward to bringing Manitobans these lasting and superior benefits."

BASIC gets down to the business of water management

By Patricia Barrett

A farmers' organisation dedicated to water management in the RM Bifrost-Riverton reviewed its accomplishments over the past year and set out its course for 2017.

During the East Interlake Conservation District's 11th Annual General Meeting Dec. 12 at the Fraserwood Hall, Brian Johnson and Eric Fridfinnson of the Bifrost Agricultural Sustainability Community Service Cooperative Inc. (BASIC) spoke about the impact of saturated soils in the municipality and the cooperative's initiatives.

BASIC was awarded \$1 million in 2016 by the federal and provincial governments to examine ways to mitigate periodic flooding and grow crops in a high moisture environment.

"We realised that...excess water was not really the issue," said Johnson. "The issue was infrastructure. And we decided we had to become part of the solution, not part of the problem. So our board [is] comprised of farmers in every part of the area. They know where the problem areas are. They know where the water issues are, [and] they know possible solutions to this."

The municipality has between 160,000 and 180,000 acre of prime cropland, and "about 10 years we started seeing a lot of excess moisture and a lot of crop loss," he said. In 2008 and 2010, the municipality experienced "very, very serious flooding" that resulted in "tens of millions of dollars" worth of crop losses.

BASIC has been tasked with undertaking field research to study the effects of excess moisture, identify seed varieties able to withstand a moisture-laden environment, mitigate soil erosion, maintain water quality on agricultural lands, and rehabilitate more than 330 kilometres of municipal drainage.

"We are committed to finding effective solutions to deal with chronic excess moisture, to help reduce the devastating effects on farm families and the rural economy," said Manitoba Agriculture Minister Ralph Eichler in a July 4, 2016, press release announcing the funding. "This project supports on-farm competitiveness and profitability and may offer lessons that can be applied in other parts of the province dealing with similar challenges."

BASIC hired a project manager who "really understood water management and hydrology and how to implement municipal drains," said Johnson, and a "memorandum of understanding" with the RM was signed.

In 2016 the cooperative undertook a

survey of select ditches and culverts, and will resume that work in the spring of 2017, expecting to acquire detailed information on about 440 miles of municipal ditches and drains. It also began fixing some of the problems.

"As of October 31, 2016, 20 miles of ditching projects have been completed or are in the process of being completed" said Johnson. "This is seven miles short of the 2016 goal of 27 miles. The shortfall is due to...delays obtaining licenses...bidding, contractor cost and inclement weather – all causing delays with the survey and construction project."

While BASIC was focusing on its own drainage mandate, Johnson said the municipality "continued its normal drainage program in 2016, replacing damaged drainage infrastructure."

Because of the unexpected delays, the cooperative was unable to spend all it had set aside for drainage work.

"A total of \$225,000 of the BASIC budget to Oct. 31 was unspent," said Johnson. "It was either moved to future periods or transferred to crop trials and equipment."

Those trials are expected to demonstrate the feasibility of growing crops in a high moisture environment, said BASIC Chair Eric Fridfinnson.

The cooperative will be working with the Prairies East Sustainable Agriculture Initiative (PESAI), a partnership formed in 2005 between farmers and Manitoba Agriculture, Food and Rural Development.

BASIC will allocate about \$40,000 of its grant money towards the upgrading of infrastructure at PESAI, which is located just west of Arborg.

"They [PESAI] have some irrigation capacity," said Fridfinnson, "but it's not what's required to be able to effectively duplicate flood emissions or excess moisture conditions. With that \$40,000, we believe we can do that."

Another \$100,000 will be directed towards evaluating crop varieties in 2017 and "whatever other work various commodity groups – whether it's flax growers, wheat growers, corn growers – ...see as important issues in dealing with high moisture cropping," he said.

Fridfinnson underscored the financial toll of flooding on RM farmers.

"Twenty-five per cent crop loss is probably about \$18 million in a single year," he said. "In fact, when we [gathered] some statistical [information] from our local Manitoba agriculture staff, they identified losses of about \$60 million over three years."

Financial losses for farmers translates into losses for local businesses



Eric Fridfinnson of the Bifrost Agricultural Sustainability Community Service Cooperative Inc.



Brian Johnson spoke about BASIC's initiatives.



EXPRESS PHOTOS BY PATRICIA BARRETT

The RM Bifrost-Riverton and BASIC, a farmers' cooperative, are trying to reduce the severity of flooding in the RM.

that sell a variety of agricultural products and equipment and provide other services, he said.

Fridfinnson said water sitting on fertilised agricultural fields for extended periods of time also soaks up nutrients such as phosphorus, eventually carrying them into Lake Winnipeg. That negatively affects water quality, according to research carried out by the University of Manitoba.

"...if we can provide effective drainage on farmland," he said, "we...move the water off more quickly and it has less time to absorb the nutrients."

Global food production, he said, is usually stymied by drought. But the Interlake has the opposite problem.

The lack of moisture is the "single

biggest impediment" to food production in the world at present, "yet here in the north Interlake, we have just a little too much moisture from time to time."

Interlake MLA Derek Johnson, who attended the AGM, emphasised the importance of collaborative initiatives between the East Interlake Conservation District, BASIC and the municipality to find solutions to flooding.

"...the East Interlake Conservation District and BASIC...are working alongside the RM of Bifrost-Riverton to plan for a long-term solution in the Icelandic watershed," said Johnson. "This along with other great initiatives will help improve...water quality for our entire region."

Your FARM



Governments invest in agricultural research in Manitoba

Submitted

Governments have invested more than \$365,000 in five new research projects in Manitoba including one intended to help reduce the risk of a common, costly and potentially fatal infection in dairy cattle. Manitoba Agriculture Minister Ralph Eichler and Terry Duguid, member of Parliament, Winnipeg Centre, on behalf of Federal Agriculture Minister Lawrence MacAulay, announced this new funding at a dairy farm near Rosser on Dec. 22.

"An investment in research is an investment in the future of Manitoba's agriculture industry," said Eichler. "It's exciting because these research projects are led by farmers and the broader agricultural industry, the people who are best positioned to identify the problems that need solutions and the opportunities we should pursue."

The research projects are funded

through the Growing Innovation – Agri-Food Research and Development Initiative (ARDI), and focus on a range of issues affecting Manitoba's agriculture industry.

"The Government of Canada's support for innovative research projects like these ones helps reduce the risk of harm to our crops and livestock," said Duguid. "When we invest in research, we're helping our farmers grow their businesses, while driving our economy and helping to feed a growing world population."

Funded projects include: \$180,000 to XiteBio Technologies Inc. to determine whether bacteria living near the roots of wheat and barley can be used to help control the damage caused by fusarium head blight, a serious fungal disease that affects crop yield and quality; nearly \$27,000 to Manitoba Pulse and Soybean Growers to

Continued on page 12



EXPRESS PHOTO BY LAURA HOLTSMANN

Manitoba Agriculture Minister Ralph Eichler (second from right), announced more than \$365,000 for five new research projects, including one focused on a common and costly infection affecting dairy cattle, at a farm near Rosser. He was joined by, left to right, David Wiens from Dairy Farmers of Manitoba, MP Terry Duguid and Henry Holtmann, co-owner of Rosser Holsteins.



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LEGO program receives three year funding extension

By Jeff Ward

A program designed to help get youth with employment barriers back into high school and graduated has received an additional three years of funding.

The Lakeshore Educational Growth Opportunities (LEGO) program is a partnership between Employment and Social Development Canada (ESDC), the Lakeshore School Division and Lake Manitoba First Nation. It has just finished its first session after a successful pilot program last year and program director, Donald Nikkel said that he is thrilled to see the funding come through. Students get an incredible and unique 10 weeks of specialized education that culminates in a paid work placement to show potential career paths. Nikkel said the programs first session went extremely well and his attendance rate —99 per cent — speaks for itself. With the additional funding from ESDC Nikkel can now plan long term and help more youth finish high school and find gainful employment.

“We want to create a link that gets youth more involved in the process of completing their education,” said Nikkel.

“The course offers three high school

credits and also links them up with potential employers. They also build valuable hands-on experience in a field they actually want to be involved in. We want to empower youth to take the steps to achieve their goals.”

Students in the position to benefit from the course might otherwise have been left behind by the educational system. But Nikkel and the Lakeshore School Division staff and administration don't want that to be the case, and he said if it takes extra work to make a difference they're willing to do it.

Thankfully that effort is paying off and Nikkel said that he hears many stories from students in the program talking about their workday who sound genuinely excited.

“We have a student, John Mousseau and he's working with a framing crew in Winnipeg. He saw that the other

workers have their own tool belts and equipment and decided that he wanted to take his wage and invest in that himself. I took him to Home Depot after work one day so he could start building his own collection of carpentry tools with money he earned doing the job,” said a proud Nikkel.

These are students that just a few months ago were skipping regular classes, weren't engaged and were

“YOU CAN SEE THE PASSION THEY ALL HAVE NOW THAT THEY'RE DOING SOMETHING IN AN AREA THEY'RE INTERESTED IN — IT'S WONDERFUL.”



EXPRESS PHOTO SUBMITTED

The LEGO program is helping Lake Manitoba First Nation youth get back into school by offering paid work experience opportunities while encouraging them to graduate. These students were helping with a Manitoba Housing renovations project.

at risk of leaving high school without a Grade 12 education. But now that they see what the opportunities are out there and get to live them, Nikkel said that it's like a light switch is flipped on.

“You can see the passion they all have now that they're doing something in an area they're interested in

— it's wonderful,” said Nikkel.

The first session ends next week and the second session will begin immediately after with eight new students. Nikkel is currently finishing up recruitment for the program and is excited to dive in with another group and help make a difference.

> AG RESEARCH, FROM PG. 11

conduct the fifth general weed survey in Manitoba since the 1970s and the third herbicide-resistant weed survey since the 1990s, as the results will help measure changes in the number and type of weed populations and assess weed management strategies; \$50,000 to CanaMaize Seed to develop and perform yield trials on a non-genetically modified soybean that is high-yielding and suitable for Manitoba's shorter growing season; more than \$47,000 to the University of Manitoba to evaluate prairie cordgrass as a potential source of biomass energy as compared to other perennial grasses, with the goal of developing a breeding program in Manitoba; and more than \$61,000 to Dairy Farmers of Manitoba (DFM) to identify more effective prevention and control programs for

mastitis, a costly disease affecting dairy cattle.

Mastitis is the most costly disease affecting the dairy industry, resulting in decreased milk yields, lower milk quality, higher veterinary treatment costs and the loss of animals. The project will study the micro-organisms in dairy cows' mammary glands during various points of lactation to determine the most effective times to prevent and control mastitis infections.

“Dairy Farmers of Manitoba is pleased to receive this investment for mastitis research,” said David Wiens, chair, Dairy Farmers of Manitoba. “Providing excellent care to animals is a priority for dairy farmers. This research will help to continually improve the level of care we provide our animals.”

In total, industry partners have contributed nearly \$374,000 to these five projects.

ARDI funds industry-led research and development focused on crops, livestock, environment and food. For more information about ARDI and other programs, visit www.gov.mb.ca/agriculture under Growing Forward 2.

The federal and provincial governments are investing \$176 million in Manitoba under Growing Forward 2, a five-year, federal-provincial-territorial policy framework to advance the agriculture industry, helping producers and processors become more innovative and competitive in world markets.

Dairy Farmers of Manitoba is committed to producing milk according to the highest standards of quality and

is totally financed by and represents all dairy farmers in the province. Established in 1974, it is responsible for managing the supply of milk in the province, representing the interests of Manitoba dairy farmers at the provincial and national level, developing and implementing advertising and promotional programs, and delivering nutrition and dairy agriculture education programs. All dairy farms in Manitoba are family-owned and operated. For more information about DFM, visit www.milk.mb.ca.

For more information on Manitoba's agricultural programs and services, follow the Twitter account at www.twitter.com/MBGovAg.

Interlake municipalities excited for collaborative future

By Jeff Ward

A Coldwell councillor is looking forward to a bright and collaborative future working with Hwy. 6 municipalities following four regional planning workshops.

The workshops were organized and facilitated by Community Futures West Interlake (CFWI) and involved every municipality in the region. The RM's of Woodlands, St. Laurent, Coldwell, West Interlake and Grahamdale were all at the table to discuss their municipality's priorities and concerns.

CAO's, EDO's, CDC chairpersons, members of local chambers of commerce councillors and reeve's were all invited to four regional planning workshops that identified how they could work together to strengthen the region. General Manager for CFWI Lana Cowling-Mason said that there are four areas of interest that the municipalities discussed that need atten-

tion. Housing development within the region, improved emergency medical response, increased access to skilled labour training and marketing the region as a tourist destination to the world.

Amanda Stevenson is the chairperson for the CFWI, an RM of Coldwell councillor and a Coldwell CDC representative. Stevenson explained that this strategy is a very good idea and one that she hopes will usher in a new age of communication in the region.

"The questions we're asking ourselves as municipalities, we should be asking as a region," said Stevenson.

"What can we do to be more successful, what are our future needs? We're so much better off working together to achieve these goals. More numbers means more voices and in terms of municipalities that lends more credence when approaching upper levels of government."

Cowling-Mason echoed those feel-

ings as well and explained that a small community has far less pull with the government than an entire region who're all saying the same thing. It works like a signal blast. If everyone is signing the same song it's pretty hard not to ignore it.

"The rallying cry was that while each community has a different set of challenges there are many commonalities," said Cowling-Mason.

"People in St. Laurent and Woodlands don't have the same issues with health care as people from West Interlake or Grahamdale do. And when the rest of the region gets behind that cause the fight gets easier."

Cowling-Mason said that these workshops were centred around identifying what opportunities the region has and how to capitalize on them. She explained that through all the meetings the attendance was strong, never dropping below 32 participants and that there were always represen-

tatives from each municipality at each meeting.

Stevenson said that in her six years as a councillor she's seen some communication regionally but not in the same vein as this strategic planning.

"We've communicated before as a region but only about specific things. The flood was one of those and it never really got beyond talking about that. What we're doing now is looking ahead as a collective instead of just individually. There are a lot of issues that don't effect my community but we're willing to lend a hand, because then we can gain support on our issues. It's very exciting to think about the possibilities," said Stevenson.

Cowling-Mason said that the meetings are now done and as each community looks over the battle plan — which will be detailed closer to the spring — they will at come together once more to officially recognize the strategy.

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Time to for a new car... Or is it?

Wow. Is that "check engine" light on again? Didn't you just have that looked at? Come to think of it, your car is approaching that age, isn't it? A bit more grumble in the engine, a touch more sway in the suspension -- you hate to admit it, but every time you take old faithful into the shop, the same thought tickles the back of your brain: Is it time for a replacement?

How much is too much to spend on repairs? It's a question we've all had to ask at one point or another. Perhaps it would help to have a basic sense of what auto maintenance typically costs over time.

The average Canadian household owns 1.9 vehicles and spends around 1.5 percent of its annual income on auto repairs [source: Statistics Canada]. In 2015, the standard family unit earned \$76,000, which means they laid out around \$1140 annually on repairs, or \$570 per vehicle. That number does not include the 3.7 percent spent on gasoline and motor oil or the 2.2 percent shelled out for insurance [source: Statistics Canada.]

Is that a lot? It depends on how you look at it. Like all complex machines, cars and their components have projected operational lifespan. Manufacturers anticipate that some components will fail often and that you'll replace them as part of routine maintenance, while others will last longer. The long-life components will generally be more costly to replace, but even those might not be so bad if you think of the cost spread over the lifetime of your car -- spending \$600 to \$800 to replace an alternator stings a little less if it's already kept you humming along for 120,701 to 160,934 kilometers.

If you own your car long enough, you'll have to replace or rebuild an awful lot of it, but that doesn't mean it's necessarily a bad idea. After all, new cars are expensive. They also depreciate an average of 45 percent over the first three years of ownership -- between 48.3 and 79.3 percent over the first five years.

Spending more than \$500 annually on maintenance and repairs may sound like a lot, but it's nothing compared to the added expense of buying a new car, especially if your current car is paid off. In fact, by some estimates, every five years you drive your car after paying it off saves you the monetary equivalent of a new car.

To understand how, let's compare a new car to a paid-off car with standard maintenance. To make it interesting, let's stack the deck in the new car's favor by saying that you drive 36,000 kilometers, which is double the national average. In five years, that adds up to 193,121 kilometers under your wheels, which translates to 35 to 40 oil changes. At \$40 apiece, you're looking at \$1,400 to \$1,600 -- let's call it \$1,500. Figure in another \$2,200 for miscellaneous service costs (filters, hoses, tire rotations and so on) and another \$1,500 for a few major items like a timing belt replacement, new brakes and shock absorbers. Tally that up and you get \$5,200, or around \$1,040 per year.

Now let's compare that to a new car. According to the National Automobile Dealers Association (NADA), the average price of a new car sold in Canada in 2015 was \$27,563, but we'll lowball it and say you found a good deal at \$24,000 and financed \$20,000 at 7 percent interest for 48 months. That comes out to a monthly payment of just under \$479, which tallies to \$5,747 per year.

In other words, for the cost of owning a new car for one year, you could own a paid-off car for five years, and still have money left over for tolls.

According to Consumer Reports, the average life expectancy of a new vehicle is around eight years or 150,000 miles. A well-maintained car in some cases can stay on the road for more than 400,000 km and that also means a safer trip for you and your loved ones. And who can put a price on that?

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Winnipeg Beach writer released fourth book, 'Be Brave'

By Lindsey Enns

A Winnipeg Beach writer is hoping to spark a conversation amongst teachers, parents and children with the release of her new book.

Jeanne Gougeon launched her book entitled "Be Brave" at the Gaynor Family Regional Library last Saturday.

The retired teacher says the book is about a five-year-old boy who is afraid of many things but with this father's encouragement, he does something really brave while away on a camping trip.

"He pushes himself to do it because he figures his dad is just going to tell him to be brave basically," Gougeon said, adding she originally wrote the book while teaching Grade One in the 80s but didn't have illustrations to go with it until now.

Gougeon said her niece Angele Gougeon did all of the illustrations for the book this past fall.

Angele is also a local author and artists who works with both traditional and digital mediums.

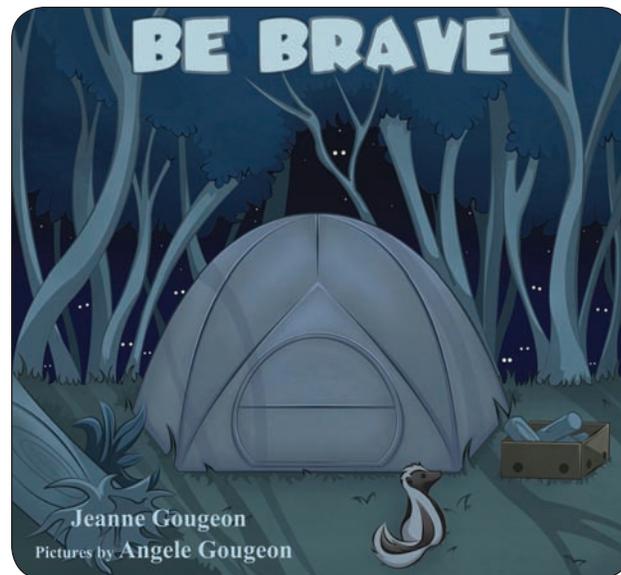
Gougeon said she hopes her new book encourages parents and teachers to talk to youth about when it's appropriate to be brave and when it's not. She added the book was written for children of all ages.

"I'm hoping it starts a conversation between parents and children ... about what things children should do and be encouraged to do and things they should maybe ask their parents to help them with."

Gougeon has served on the Lake Winnipeg Writers Group for several years in many positions including president. For more information about the writers group, visit lwwg.ca.

So far Gougeon has written three other books in French that were all fiction. One book was written for youth about bullying and the other two are mysteries involving an RCMP officer in rural Manitoba in the 60s. She is also currently working on another English novel.

'Be Brave' is available for \$15 on Amazon.



SUBMITTED PHOTO

Winnipeg Beach author Jeanne Gougeon released her new children's book "Be Brave," during a book launch at the Gaynor Family Regional Library last Saturday.

Community forums on fentanyl and other drugs to increase awareness

Submitted

With the growing concern about the presence of fentanyl in Manitoba, the Addictions Foundation of Manitoba (AFM) announced today that it will be hosting a series of community forums across the province to increase awareness and provide information about fentanyl and other drugs for youth and families.

"We know that parents and young people are looking for more information about the facts and dangers of fentanyl and other drugs," said Ben Fry, CEO, AFM. "That is why we have organized these community forums to give Manitobans more op-

portunities to get the information they need to know from the experts. Talking about drugs like fentanyl is the best way to keep kids safe."

The forums will feature presentations by experts from the AFM, as well as from law enforcement, health care, and other community organizations.

"The RCMP is pleased that the Addictions Foundation of Manitoba is teaming with our local detachments to educate the public on the dangers of drugs such as fentanyl," said Cpl. Scott Hanson, Head of "D" Division's Synthetic Drug Operations. "Prevention and education play key roles in reducing the risk."

A community forum will be held in Selkirk on Monday, March 6, 7-9 p.m. at the Lord Selkirk Regional Secondary High School,.

Everyone is welcome and the forums will be free to attend.

"We know that one of the best ways to combat the rise of fentanyl is to provide greater public awareness and education," said Dr. Ginette Poulin, Medical Director, AFM. "These forums are a great way to bring together experts who deal with the realities of fentanyl and other drugs on a daily basis, and answer questions that youth and families have about drugs and the supports that are available. I encourage everyone along with their families and friends to come out and join us as we gather in your communities to discuss and share in this opportunity."

For more information about AFM's community forums on fentanyl and other drugs, including dates and locations, visit: <http://afm.mb.ca>



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Taking a walk on the wet side

Sandy Hook residents debate RM drainage proposal (Part 1)

By Patricia Barrett

The RM Gimli is facing a bit of a challenge over its proposal to put to rights frail or non-existent drainage infrastructure on select streets in Old Sandy Hook in order to alleviate periodic flooding.

Residents from two streets have differing opinions about whether the municipality should dig ditches and install culverts – on their respective streets.

Second Ave. and Third Ave. west of Highway 9 lack ditches in the proper sense of the word. Along some sections of both streets, shallow trenches – allegedly dug by residents at a date that can't be determined – snake along the boulevard.

Culverts are either non-existent, incapable of handling considerable rainfall/snow melt or makeshift structures. On Second Avenue, for example, someone made an improvised culvert by hacking off the ends of a hot water tank, which has now collapsed.

Last year the majority of property owners on Third Avenue expressed opposition to the RM's drainage proposal, citing concern over the suggested size of new culverts, the loss of several feet of RM-owned boulevards and the removal of trees.

The majority on Third feels its flooding issues are not as serious as those on Second, and that drainage overhaul the likes the RM is proposing may be over the top.

One resident on Third surveyed the street and found 13 out of 17 property owners opposed to the plan.

"They [the RM] wanted to widen the road by two feet on each side and then they wanted to put this great big ditch and culverts," said Ross Malcolm, who is the designated spokesperson for his neighbours. "And the end result was that the whole thing was going to take roughly 20 feet on each side to accomplish that."

Malcolm and several of his neighbours had attended an Aug. 6 public meeting at which Gimli Coun. Thora Palson presented the drainage proposal. The plan, as presented then, would leave about 12 feet of boulevard from the edge of the ditch to residential property lines.

"And as far as everyone on Third Avenue is concerned, that's insane,"

said Malcolm. "That line runs right through the middle of trees."

Malcolm measured his yard based on the information presented and found he would likely lose five "healthy" trees he had planted on the boulevard. Other Third Avenue residents are opposed to losing their trees.

Malcolm suggested the RM's concerns about trees being saturated by periodic wet spells and the possibility they could damage homes or cottages during a storm are without merit.

"They're not falling down anytime soon," he said. "The trees on our boulevard are ash. The people across the street have some oak trees. The oak tree is not going to fall down in a storm."

The fillip for the RM's drainage proposal was a resident on Second Avenue who experienced spring flooding shortly after she purchased her property.

She contacted Coun. Palson, who is the liaison for Sandy Hook, when water started "coming closer and closer" to her home and was flooding her neighbours.

"I thought there'd be drainage, but there isn't," said the homeowner, who doesn't want to be identified

because of the strong feelings that arose during the public meeting. "So I thought I'd see what the municipality could do because I did think it was their responsibility for ditches and the drainage. I didn't think it would get this crazy, mind you."

The resident, who calls the drainage channels (where they exist) "little indentations," said some properties on Second have culverts, but they seem unable to handle water flow.

"I don't know what it does, but it has nowhere to go," she said. "All we have is standing, stagnant water. That's what we get until everything just sinks into the ground."

She had to sump pump encroaching water away from her house and out onto the street.

She said it's possible that property values on Second could be negatively affected by a lack of proper drainage infrastructure "because if we do get a really bad year of snow, there's going to be a lot of water there. There was a lot [of water] last year, and I only had a bit of snow."

"AND AS FAR AS EVERYONE ON THIRD AVENUE IS CONCERNED, THAT'S INSANE."



EXPRESS PHOTO BY PATRICIA BARRETT

Second Avenue lacks proper drainage infrastructure. A narrow trench runs in front of one property.



EXPRESS PHOTO BY ROSS MALCOLM

A property owner on Third Avenue calculated (by the position of the tree on the left) how much boulevard he could lose if the RM proceeds with its proposal to dig ditches and install new culverts.

Coun. Palson, who spoke with the Express about the drainage proposal, said she feels property values could possibly take a hit.

"If you were to buy a house [there], you'd [say], 'So this floods every year and there's no ditches?'"

Residents on Third have the opposite view as regards property values: they contend they'll drop if the RM reduces the size of the boulevards and cuts down trees in order to accommodate a ditch.

Barb Lucas, who has owned her Third Avenue property for three years, said when she and her family looked around Winnipeg Beach and Matlock for a cottage to purchase, they found them "too residential."

If the RM goes ahead with the "clear-cutting" of trees and the installation of huge ditches, she said, it would totally change the look of Third.

"It would decrease [property values] because the street is unique for that reason," said Lucas. "It's more country-feeling. We live in the city, and there were plenty [of cottages] to look at and buy. But if I wanted a city property, I would have [bought one]. I grew up in the country and that's

what I wanted."

Another Third Avenue resident, who does not want to be identified, said that although his property experiences flooding now and then, he thinks it would drop in value if the RM digs ditches.

"Look at the work they've [the RM] done on First," said the man, who has been a seasonal resident for about 30 years. "... They've taken property value away. And the ditches aren't cut or maintained."

Although the proposed work – if it goes ahead – could change the look of a street, property values themselves may remain unchanged.

A spokesperson from the Property Assessment department explained how the province evaluates property outside the City of Winnipeg.

"Only property that is owned per title is assessed to an individual," said the spokesperson. "Boulevards owned by the municipality (assuming you are speaking of a residential property) are actually part of the roadway, so they are not assessed at all."

See Part 2 in a forthcoming edition of the Express.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning pricked twice by visiting Thistles

By Brian Bowman

It was a tough weekend for the Interlake Lightning.

Interlake was swept at home by the Kenora Thistles last weekend, dropping a heart-breaking 5-4 decision in a shootout on Saturday before losing 7-4 on Sunday.

In Sunday's game, Interlake led 1-0 after 20 minutes and then the two teams were tied at 3-3 after two periods.

But Kenora took over the game with four goals in a 7:26 span in the second half of the final frame.

"We had the usual talk of making sure that we come ready to play and we just gave up that one goal," Swanson said. "We lack a little bit of confidence. They got that one goal and we lost our composure a little bit and we paid the price for it."

Corbin Mariash (two), Jack Einarson, who continues to play well, and Darian Murdock scored for the Interlake in the losing cause.

Jayne Caron (three), Matthew Pitchenes (two), Carter Tresoor, and Jarod Price answered for Kenora.

In Saturday's loss, Einarson scored Interlake's only goal in the shootout while Caron and Tresoor tallied for Kenora.

Corey Soorsma gave the Lightning

a 1-0 first-period lead 14:34 into the game, assisted by Tyler Broda and Einarson. Interlake grabbed the one-goal lead despite struggling in the game's first 10 minutes, said Swanson.

But Kenora battled back to take the lead after 40 minutes with a pair of second-period goals by Tresoor.

The third period was a wild one with five goals scored in the first 11:31 of the period.

"The third period, we started to find our feet a little bit and we took the play to them," Swanson observed.

Kenora's Ian Tookenay scored a shorthanded goal just 26 seconds into the final frame but Interlake responded extremely well with goals from Mariash, Codey Behun, both on the power play, and Keenan McPherson.

Kenora's Sullivan Shortreed then tied the score at 4-4 midway in the third.

Adam Swan was a busy young man, making 56 saves in the loss.

Interlake, now 7-18-0-0-3, hosted the first-place Winnipeg Wild last night but no score was available. The Lightning will continue at home with a pair of weekend games in Teulon.

Interlake will host a struggling Southwest Cougars' team on Friday (7:30 p.m.) and then last-place Norman on Sunday (2 p.m.).

"Southwest is not having a very



EXPRESS PHOTO BY LANA MEIER

The Lightning's Darian Murdock scored for Interlake in their 7-4 loss to the Kenora Thistles last Sunday.

good time of it right now," Swanson is Norman, so we would like to get a said. "They're losing a lot and Norman couple of wins this weekend, for sure."

Drews wins two in a row

By Jeff Ward

For the second year in a row, Tyler Drews and his team of curlers took home the top prize at the annual men's bonspiel in Eriksdale last weekend.

Drews won last year's competition, which was the 50th anniversary of the bonspiel, beating out Quinton Dreger and got first pick at a table of prizes from local businesses. Meanwhile Darren Bednarek was the winner of the second event, a repeat of his win of last year, beating out Kelly Stuart. Brian Kiesmen beat Ernie Anderstedt to win the third event.

Eriksdale Curling Club president Doug Kirby said that 14 teams competed this year and while attendance

was down from last year, he's pleased that there was still a core group of curlers that make the event fun.

"We all just want to play so we're happy to be able to get on the ice each year. And really anything over 16 teams for us at this point is a bonus," said Kirby.

The club ran a silent auction during the tournament which raised an estimated \$600 for the club to help cover expenses.

Kirby said that the annual ladies bonspiel is coming up next weekend, Jan. 21 and that there is still time to register. Anyone interested in registering a team can contact Kirby directly at 204-739-2761.



EXPRESS PHOTO SUBMITTED

Tyler Drews' rink won the first event at the Eriksdale Men's bonspiel last weekend, winning it two years in a row. Pictured left to right, Doug Kirby, Jake Zelenewich, Nick Drews, Josh Drews and Tyler Drews.

Arborg now top dog in KJHL Central Division

By Brian Bowman

There's a new top dog in the Keystone Junior Hockey League's Central Division.

The Arborg Ice Dawgs have overcome the Peguis Juniors and now lead the three-team division by two points after three wins last week.

On Sunday, Arborg defeated the Fisher River Hawks 8-2.

Arborg, which held period leads of 3-1 and 7-1, received a three-point effort from Spencer Kilbrei.

Kilbrei scored twice while Karson Collins, Cal Finnon, Derric Gulay, Corbin Pasternak, Braydon Chwartacki, and Clint Torfason also tallied.

Darryl Thaddeus and Brennan Cochrane replied for Fisher River. Nathan Friesen made 41 saves for the win.

The Ice Dawgs began their weekend action on Friday with a 7-5 home win over the Juniors.

Arborg trailed 5-4 in the third period but exploded for three goals in a 7:08 span for the comeback win.

Kilbrei had another great game for the winners - scoring four goals - while Jordan Woytowich, Gulay, and Derek Harasymko also tallied. Gulay and Torfason each had two assists.

Tyrome Spence-Bair (two), Romano Paul, Devon Garson and Dylan Stevenson replied for Peguis. Paul also had a pair of assists for a three-point game.

Dylan Ossachuk made 27 saves for the victory.

Arborg shuts down Satellites

On Jan. 3, the Ice Dawgs blanked the North Winnipeg Satellites 2-0.

Ossachuk made 27 saves for the shutout while Matt Lameroux and Colton Davies, on the power play, netted third-period goals.

Ryan Pochailo had two assists.

Arborg, now 16-7, will host the Selkirk Fishermen on Friday (8:15 p.m.) and then the Lundar Falcons on Sunday (2:30 p.m.).

Peguis, meanwhile, will play the Hawks at Fisher River on Friday (8 p.m.) and then the Juniors will host North Winnipeg on Sunday (4 p.m.).

Falcons fly past Fisher River

Lundar was also in action last Friday evening, soundly defeating Fisher River 11-3. The Falcons blew the game wide open with six second-period goals.

Dennon Sichewski led Lundar with three goals and an assist while Landen Gray had two goals and two helpers. Taylor Radley (two), Sam Gellardi, Shayne Desjarlais, Baily Proctor, and Craig Caine also scored for the Falcons.

Jack Clinton chipped in with four assists.

Brennan Cochrane, with a pair, and



EXPRESS PHOTO BY ANNALIESE MEIER

The Ice Dawgs Dylan Furgala takes a shot on net during Arborg's 2-0 win over the North Winnipeg Satellites on Jan. 3.

Dalton Woodhouse replied for Fisher River. Travis Rigden made 33 saves for the win.

Lundar played at North Winnipeg on Tuesday but no score was available at press time. The Falcons will contin-

ue on the road tonight when they visit St. Malo. Game time is 8 p.m.

Besides their home game Friday, Fisher River will play the OCN Storm on Sunday and Monday. Both games start at 7 p.m.

Dola named MJHL Goalie of the Month

Staff

The Selkirk Steelers' Hayden Dola was selected as the MGEU-MJHL Goaltender of the Month, the league announced last week.

Dola, 19, posted an impressive 7-1 record in December, highlighted by one shutout and a sparkling .926 save percentage. He was twice named a game star last month.

Dola, a Winnipeg Beach native, had 18 wins heading into last weekend's games. The runners up for the monthly award were Roman Bengert of the Steinbach Pistons and Cole Weaver of the Winkler Flyers.

Meanwhile, the RBC Player of the Month honour went to the Portage Terriers' Jeremy Leipsic. Leipsic, 19, was selected after he recorded 19 points (five goals, 14 assists) in nine games.

The Winnipeg product had seven multiple-point games, highlighted by being named a game star on two occasions. He also leads all MJHL scorers

with 64 points through 35 games.

The runners were forward Dexter Kuczek of the Winnipeg Blues and forward Kirklan Lycar of the Virten Oil Capitals.

Sher-Wood-MJHL Defenceman of the Month

The Pistons' Tyler Anderson was solid on the blueline in December, earning him Sher-Wood-MJHL Defenceman of the Month honours.

Anderson, 19, recorded 10 points (three goals, seven assists) in seven games played. In two of those games, the Winnipeg product was named a game star.

The runners up for the award were the Steelers' Taylor Fisher and the Flyers' Lawson McDonald.

IBAM-MJHL Rookie of the Month

Brendan Martin, 19, of the Waywayseecappo Wolverines has been

outstanding this season and his December was exceptionally strong, reflected in 12 points in nine games.

The power forward from Thunder Bay is third in club scoring with 11 goals and 27 points in 31 games.

The runners up were Winkler's Weaver and Virten Oil Capitals' defenceman Tristen Cross.

Manitoba Pork Peak Performer of the Month

Steinbach's Julien Koga has been named December's Pork Peak Performer of the Month.

Koga, 19, is in his third season with the Pistons and is enrolled at the University of Manitoba. He aspires to be a doctor and is always looking to give back to the community.

Koga is dedicated to helping children and is making a positive impact with a local cancer patient, four-year-old Isaiah Peters.

Peters has battled cancer for three



Hayden Dola

years and, in October, he was the special guest of the Pistons at their 'Pink in the Rink' game where he met Koga.

The pair spends time together reading, talking and playing mini sticks each week. Koga was also involved in packing and delivering food hampers to needy families prior to Christmas and is a recent recipient of the RBC 'Make 150 Count' program to promote volunteering.

Calvert rink suffers crushing loss in junior men's provincial final

By Brian Bowman

Colton Lott had a chance to make Manitoba junior men's curling history.

Instead, he is left anguishing a devastating loss in the junior men's final along with his Braden Calvert rink teammates.

Calvert surprisingly lost 7-2 to Assiniboine Memorial's JT Ryan, which prevented Lott from winning his fourth junior men's curling crown.

"There's not much you can do, the other team was playing really (well)," said Lott. "They played really well in the final and we didn't quite play to our full capabilities."

"But we gave it our all and that's all you really can do."

Calvert finished 6-1 in pool play and then soundly defeated Ryan 8-2 in the 1 vs. 1 playoff game to advance to the final.

"In (the playoff game) we played to our full capabilities," Lott noted. "We didn't give them any chances at all."

With that championship win, Ryan moves on to play in the nationals later this month in Victoria. He is fully deserving of the provincial win and he proved, once again, that Manitoba is chalked full of some of the best junior curlers in the world.

"Everybody in this province, from juniors to men's, is a spectacular curler," Lott said. "It's definitely really tough (to advance to nationals) and when you can get out of (Manitoba), it's such a privilege to make it out."

"In the provincials, it comes down to that final game and anybody can beat anybody."

For Sandy Hook's Lott, it was the last

junior men's game he will play – and it ended with a rare loss.

"(It's disappointing), especially since this was our last year for juniors," Lott said. "But you can't win them all and, hopefully, we'll be off to bigger and better things."

Lott, the 21-year-old third for Calvert, was chasing, what would have been, a record-breaking fourth junior men's provincial crown. Despite the loss, Lott was very satisfied with having such a stellar junior career.

"I've been curling competitively in juniors for seven, maybe eight years now, and our first provincial was seven years ago and we qualified and made the playoffs," he recalled. "And ever since then, I've been in the final – that's six years in a row now."

Lott won the junior men's provincial title last year and in 2013 with Matt Dunstone and in 2012 with Kyle Doering.

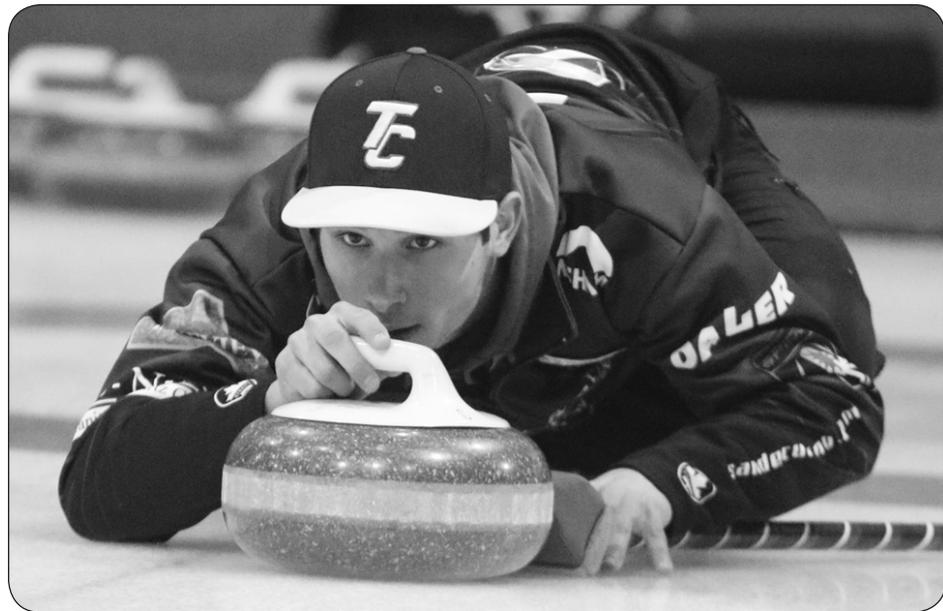
That tied him for the all-time lead with Jim Bush (1994, 1996, 1997), Marc Lacroix (2004, 2005, 2007), B.J. Neufeld (2004, 2005, 2007) and Lucas Van Den Bosch (2012, 2014, 2015).

Lott will now quickly turn his attention to the men's provincials, which will be played in Portage la Prairie next month.

Lott, who reached the men's final a year ago with Matt Dunstone as skip, will be playing on Jason Gunnlaugson's rink this year.

"I'm looking forward to it," Lott stressed. "It will be another great event to attend. The men's provincial is always nice to play in. I'm pretty excited to go."

"EVERYBODY IN THIS PROVINCE, FROM JUNIORS TO MEN'S, IS A SPECTACULAR CURLER."



EXPRESS PHOTOS BY LANA MEIER

Colton Lott gets low on his final shot during the junior men's provincials.



The Calvert foursome lost 7-2 to JT Ryan in the provincial junior final Friday afternoon at St. Vital Curling Club. Pictured, left to right, Rob Gordon, Kyle Doering, Colton Lott and skip Braden Calvert.

Lamb finishes 4-3 at junior women's curling championship



EXPRESS PHOTO BY LANA MEIER
Rebecca Lamb

Staff

The Stonewall Curling Club's Rebecca Lamb had a great start to the Canola Junior Women's Provincial Championship in Winnipeg.

But a tough schedule of opponents at the end of her round robin was much too difficult to overcome.

Lamb finished with a 4-3 record – losing three of her final four games – to narrowly miss out of the playoffs. She finished third in the "Asham Express" Red Group standings, behind East St. Paul's Kristy Watling (7-0) and Assiniboine Memorial's Laura Burt-

nyk (5-2).

The top two teams in each group advanced to the playoffs.

Burtnyk won this year's junior women's provincial crown after a thrilling 8-7 last-shot win over Watling.

Matlock's Lamb, whose rink includes third Jordyn McIntyre, second Brooklyn Meiklejohn, lead Rhea Teranishi, and coach Rob Lamb, had a difficult end to her round-robin schedule.

She was nipped 7-6 by Dauphin's Emma Jensen, doubled 6-3 by Watling, and edged 8-7 by Burtnyk before outscoring Elmwood's Meghan Walter

11-9.

Those narrow one-point losses were a big reason why Lamb missed the playoffs.

Lamb began action at the provincials with a wild 11-10 extra-end win over Brandon's Kaitlyn Payette. Lamb then defeated St. Vital's Shae Bevan 8-6 and pounded Beausejour's Kathryn Cullen 8-2.

Walter's foursome, which featured Gunton's Kendra Derbowka, finished 3-4.

Lightning busy in Bantam league play

By Brian Bowman

If the Interlake Lightning Bantam hockey teams wants to start winning, they are going to have to do a better job keeping the puck out of their net.

Interlake gave up 25 goals in three games last week – all losses – in Winnipeg AAA Bantam 1 action.

The Lightning lost 9-4 to the Winnipeg Hawks last Thursday in Stonewall and then was defeated 8-2 by the Eastman Selects the next night in Landmark.

On Sunday, Interlake was doubled 8-4 by the Pembina Valley Hawks in Rosenort.

In the Hawks' loss, Austin Adair led the Lightning with two goals and an assist while Michael Crave scored once and added a pair of assists. Brett Taryn scored the Interlake's other goal.

Cody McMillan and Ashton Charison scored for the Lightning against the Selects. McMillan scored again against Pembina Valley along with Cadrick Dueck, Lyle Murdock, Carter Bateman,

Interlake (1-19-1-0) will resume league action this Sunday when it plays the Warriors at Notre Dame Arena in Winnipeg. Game time is 11:45 a.m.

Meanwhile, the annual Hockey Winnipeg "AAA" All Star Classic is this Saturday at the MTS Iceplex in Winnipeg.

The day consists of three games, each proceeded by a skills competition. The skills competitions will take place at the RE-Max Arena, followed by the all-star game for each division.

The Lightning's Adair will play for the Bantam 1 Team East.

In City Midget action, the Lightning lost 10-4 to the Monarchs last Friday.

Daniel Paseschnikoff (two), Shaydon Mousseau, and Brandon Abraham scored for the Interlake in



EXPRESS PHOTO BY JO-ANNE PROCTER

The Lightning's Austin Adair led Interlake with two goals and an assist during his team's 9-4 loss to the Winnipeg Hawks last Thursday.

the losing cause.

The Lightning played the Hawks Monday but no score was available at press time. Interlake will then play the Monarchs on Thursday and then the Warriors Friday and Monday.

The City Midget all-star game will also be held this Saturday. Interlake will be represented by Ethan Daniels.

Dyck named Bisons Sports Female Athlete of the Week

Staff

Winnipeg Beach's Rachel Dyck was named the Smitty's Bisons Sports Female Athlete of the Week, for the period ending Jan. 8.



Rachel Dyck

Dyck has now been selected as Smitty's Female Athlete of the Week for the second time in the 2016-17 season.

The No. 8 University of Manitoba Bison women's hockey team earned four out of a possible six points to start the second half of the 2016-17 conference season in Regina last weekend.

Dyck allowed just four goals in the two road games against the Regina Cougars. The fourth-year goaltender was solid in net throughout the two-game series as she made 62 saves.

On Friday, Dyck was a major reason why the Bisons earned a point with a 2-1 overtime loss as she backstopped Manitoba with a stellar 39-save performance.

The next day, she continued to show why she is one of the top goalies in the conference as she made 23 saves in a 4-2 victory.

Dyck leads the conference with a 1.38 goals-against average and is tops in Canada West with a .938 save percentage.

She is also tied for the Canada West lead with nine wins and is first with four conference shutouts. Dyck has started in 13 of 18 conference regular-seasons games so far in 2016-17.

The Bisons (9-4-3-2) return home to host the defending conference champion and No.1-ranked UBC Thunderbirds (14-2-2-0) this Friday and Saturday.

Scoring from the blueline



Griffin Chwaliboga

Staff

Arborg's Griffin Chwaliboga had a strong weekend, scoring a goal and adding a pair of assists for the Neepawa Natives. Chwaliboga had a goal and an assist in the second period of a 4-3 overtime loss to the Selkirk Steelers last Friday and then added another assist in a 4-3 OT loss to the Winkler Flyers on Sunday. Chwaliboga currently leads all Neepawa defencemen in scoring with three goals and 13 points.

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APARTMENT FOR RENT

Apartment for rent in Arborg. Call 204-641-5902.

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Steel Building Sale ... "Really big sale is back - extra winter discount on now!" 20X19 \$5,145; 25X27 \$5,997; 28X27 \$6,773; 30X31 \$8,110; 35X33 \$11,376; 40X43 \$13,978. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

PROPERTY FOR SALE

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that acquires oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4055 or visit www.prairiesky.com/Selling-Your-Royalties.

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Taken from A Medical Point of View by Professor V. Wright - "HURRY, WORRY, BURY" has been the epitaph suggested for many people in this world. The increasing number of people taking drugs, the rising incidents of stress-related diseases, the frequency of attempted suicides reflect sadly on our modern day society and do demand an answer. No

cont. on next col.

MISCELLANEOUS

doubt that a proper regard for the Lord's Day would help improve these problems. Speaking as a physician there are good reasons physically, mentally and spiritually why we should set aside the first day of the week as a special day unto the Lord". Visit our website www.clda.ca

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Wanted: collector paying top prices - old advertising dealership signs, gas pumps, globes, oil cans, RedIndian, Buffalo, Whiterose, Ford, Dodge, GM, John Deere ect. (306) 221-5908, (306) 369-2810.

Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 467-5836



RURAL MUNICIPALITY OF GIMLI

MUNICIPAL GRANT APPLICATIONS 2017

The deadline for the Municipal Grant applications is February 15th, 2017.

Grant application letters have been sent to community groups outlining the requirements for applications for various types of charitable and community organizations.

If your organization has not yet received a grant application letter, please go to www.gimli.ca or contact the Municipal Office at (204)642-6650 for an application.

Dated this 5th day of January, 2017

Joann King, CMMA

Chief Administrative Officer



RURAL MUNICIPALITY OF GIMLI

EMPLOYMENT OPPORTUNITY RECREATION SERVICES CLERK

This full-time clerical position requires a dynamic individual who is responsible for providing secretarial, clerical, bookkeeping and administrative support in order to ensure that recreation services are provided in an effective and efficient manner.

PRIMARY RESPONSIBILITIES:

- Receptionist duties such as greeting clients at front desk, answering calls and emails, dealing with inquiries on recreation programs and facilities, processing payments and facility rentals/bookings
- Distribution of messages & mail
- Writing letters/creating spreadsheets, being proficient in word processing, excel, data entry and general secretarial/financial support
- File maintenance
- To relate positively to a wide variety of people, in potentially stressful situations
- Provide assistance to the Manager of Parks and Recreation and Recreation Programmer, as required

SKILLS & QUALIFICATIONS: Applicants must have excellent communication, organizational and time management skills with the ability to set priorities and meet deadlines; strong customer service skills and the ability to effectively interact with other support and professional staff and the public; experience with Microsoft Office applications is required; demonstrates ability to work under minimum supervision and in a team setting .

Preference will be given to applicants who have completed a recognized Post-Secondary Office Administration Program and who have several years' experience in providing administrative support services.

Salary range: \$14.72 – 16.76, less \$1.00 per hour during the 6 month probation period, salary is dependent on experience and qualifications.

Interested applicants are invited to submit a written application including 3 references by 4:00 pm on Friday, January 20, 2017 to:

Kristin Strachan, CMMA
Assistant Chief Administrative Officer

Rural Municipality of Gimli
62 – 2nd Avenue, PO Box 1246, Gimli, MB R0C 1B0
Email: kstrachan@rmgimli.com

We thank all applicants for their interest; however only those selected for an interview will be contacted.



MUNICIPALITY OF BIFROST-RIVERTON MUNICIPAL EQUIPMENT



The municipality invites tenders for the sale of excess equipment listed below:

Farm King Snowblower Y960

- 96" Cutting Width • 36" Cutting Height • No PTO

As is, where is

Located at the Municipality of Bifrost-Riverton, Riverton Public Works Yard, Riverton, MB

Tenders will be accepted by the undersigned until 4:30 p.m. on Friday, January 20, 2017.

Cindy Stansell, C.A.O.

Box 70, 329 River Rd., Arborg, MB R0C 0A0

bifrost@mymts.net



MUNICIPALITY OF BIFROST-RIVERTON INDOOR LIGHTING



Lighting Tender for the following;

Municipality of Bifrost-Riverton - Maintenance Shop, River Road

-Disconnect & remove existing fixtures

-Supply and install 22 T5H0 8' Fluorescent strips c/w lamps and solid reflectors

-Supply and install 2 T8 Fluorescent wrap fixtures (office & washroom)

Municipality of Bifrost-Riverton, Arborg Office

-Disconnect & remove existing fixtures

-Supply and install 164 4' LED lamps with new T8 premium ballasts

-Disconnect and remove existing pot light lamps (16)

-Supply and install 16 new LED dimmable lamps

Please contact Jason at 204.641.2167 to arrange walk through times.

Tenders will be accepted by the undersigned until 4:30 p.m. on Friday, January 20, 2017.

Thanks,

Jason Comeau

Public Works Manager

Municipality of Bifrost-Riverton

Ph. 204-376-2391 ext 104

Cell. 204-641-2167

FARMERS & RANCHERS HERD DISPERSAL SALES

Wednesday, January 18, 2017

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**MUNICIPALITY OF BIFROST-RIVERTON
MAIN MUNICIPAL OFFICE
CLEANING CONTRACT**

The municipality invites applications for the contract to clean the Main Municipal Office. The estimated time of work is approximately 1 hr per week. Resumes with a cover letter and three references will be accepted by the undersigned until 4:30 p.m. on Friday, January 20, 2017.

Cindy Stansell, C.A.O.
Box 70, 329 River Rd., Arborg, MB ROC 0A0
bifrost@mymts.net

RURAL MUNICIPALITY OF West Interlake

Employment Opportunity Grader Operator

The Rural Municipality of West Interlake is accepting written applications for the position of a full time permanent Grader Operator.

Skill Requirements:

- Applicants must possess a minimum Class 5 valid Driver's License.
- Must have experience in the operation of grader/snowplow.
- Maintain and service equipment and perform minor repairs.
- Receive direction and follow instruction

The successful candidate will work varying hours as determined by the Public Works Supervisor.

Please forward resumes on or before 4:30 pm, February 1st, 2017:
R.M. of West Interlake
Box 370, 38 Main Street
Ashern, Manitoba R0C 0E0
Fax: (204) 768-2301
Email: cao@rmofwestinterlake.com

We thank all applicants, however, only those selected for an interview will be contacted.



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Please email resume, with 3 references, to hr@vidir.com. or mail to: Box 700, Arborg, MB ROC 0A0 or fax to: (204) 364-2454
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Lake Manitoba Health Centre is currently seeking a Nurse (RN only) to fill a permanent Full Time position in the Community Nursing Program.

The successful candidate will be responsible to provide Nursing care and services as part of the Community Health Nurse Program

The successful candidate should possess the following qualifications:

- *Active member of the college of Registered Nurses (CRNM)
- *Experience in educating clients and Community Health Nursing an asset.
- *Knowledge and understanding of First Nation Health Care services and issues impacting the health of First Nation people is an asset.
- *The ability to function as part of an interdisciplinary team and work in a high stress environment.
- *Excellent verbal and written skills.
- *The ability to speak Ojibway would be an asset.
- *Valid Manitoba Driver's license and own vehicle.

A full job description is available upon request. We thank all applicants for their interest however only those meeting the criteria will be contacted for interviews.

Please forward resumes with salary expectations along with a current Criminal and Child Abuse registry check plus 3 references.

Deadline for applications is January 29, 2016.

Lawrence West Health Director
Lake Manitoba Health Center
Box 1247
Lake Manitoba First Nation, MB, ROC 3K0
Phone #(204)768-2304 Fax # (204) 768-2791
Email: lawrence-west@hotmail.com



Rural Municipality of **GRAHAMDALE**
www.Grahamdale.ca

ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

RURAL MUNICIPALITY OF GRAHAMDALE

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), The Rural Municipality of Grahamdale's Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of Grahamdale can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to: R.M. of Grahamdale, Box 160-23 Government Road, Moosehorn, MB ROC 2E0 Phone: 204 768-2858 Fax: 204 768-3374 e-mail: rm606@tcmsnet.com

The next General Election takes place in October, 2018.

Sandahl Bauch
Senior Elections Official



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Apply in writing by 4 pm January 20, 2017 to:

North Red Waterway Maintenance
Box 321
Selkirk, MB R1A 2B2
or Fax to: 204-785-2880
or email nrcw@mymts.net

Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Call 467-5836

Announcements



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OBITUARY



Janet Pauline McLeod

It is with deep sadness that the family announces the passing of our wife, mother, sister, aunt, grandmother, great-grandmother, and friend Janet Pauline McLeod on Friday, December 30th, 2016 at the age of 79 years.

Janet is predeceased by her parents. She leaves to cherish her memory her husband Ernie of 60 years; sons, Tim (Terry), Dan and David (Bonnie); grandchildren, Cory (Lisa), Trevor (Carie), Rhianna, Chloe, and Tessa; great-grandchildren, Celina, Isabella, Brennen, Cullen, and Wyatt. She will also be fondly remembered by her sister Adeline (Ken), niece Colleen (Rod) as well as many other extended family members and friends.

JP, as her friends and family fondly called her, was born in Winnipeg and grew up in the Brooklands/Weston area of the city. She spent time working at both Style Right Clothing and

Silverman's Jewellery. JP married the love of her life Ernie in 1956. In addition to Winnipeg they spent time living in Brandon and for the last 21 years in Meleb, Manitoba where they truly enjoyed the peace and tranquility that comes with country living.

JP found her true calling in life as a mother to her three boys and grandmother and great-grandmother to her grandchildren. Her family was her biggest joy in life and always her first priority. She would've sacrificed anything if it meant they were happy. JP enjoyed taking drives through the countryside with her husband Ernie, picnics on the beach, being near the lake, feeding the deer and other critters that visited their acreage, watching cooking shows and keeping apprised on the lives of her family.

Mom we will miss you every day and keep you tucked safely in our hearts forever.

In keeping with mom's wishes, cremation has taken place and a private family service will be held at a later date.

The family would like to extend a huge thank you to the staff at Gimli Health Centre for the care and compassion they showed mom during her last days.

Gilbart Funeral Home, Gimli in care of arrangements.
www.gilbartfuneralhome.com



OBITUARY



Clifford Warren Hines

With deep sadness we announce the passing of Cliff Hines on January 4, 2017.

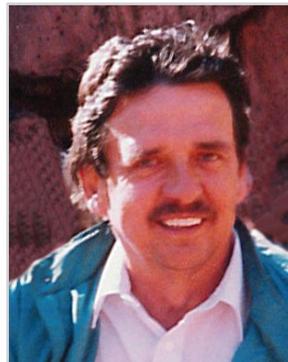
Cliff was predeceased by his parents, Carl and Hilda; siblings Walter, Lloyd, Jean and John (Jack). He leaves to cherish his memory his wife Betty; children, Jim (Karla), Janett (Mike) and Debbie (Kent); grandchildren, Thomas, Joseph, Kyle, Samantha, Sarah, Kelsey, Joshua and Kaden, many nieces and nephews and his dog Bob.

Cliff was born April 30, 1939 in Eastern Passage, NS. He was very proud of his United Empire Loyalist heritage and his Maritime roots. He told stories of eating lobster sandwiches and crossing Halifax Harbour by ferry to attend school. He served as an alter boy and cross bearer at the Anglican Church. Cliff learned the value of a days work early, driving a taxi at the age of 14. At 17, he enlisted in the RCAF (Shearwater), beginning a career that would take him across Canada and to Germany. He met and married Betty during his first posting to Gimli. After completing his service in 1976, he accepted the position of Superintendent of Electronic Maintenance with Environment Canada in Winnipeg. There, he had many adventures and made life-long friends with what he called "The Flying Circus" travelling to remote Northern Canada and Madagascar. He retired in 1993 and moved with Betty back to Gimli, enjoying cards, golf and frequent visits from the grandchildren.

Cliff had a passion for hockey and baseball, a fan of the Winnipeg Jets and the Toronto Blue Jays and attended many games. He was proud to share his Nova Scotia roots with Sidney Crosby and cheered for the Penguins too. He coached Jim's little league team and umpired games. He had a special place in his heart for horses and dogs, rescuing more than one. We will remember him as a kind hearted, devoted man, as well as the life of every party.

Cremation has taken place, a Celebration of Life is planned for the spring. Cliff's family is grateful to all staff at the Gimli Community Health Centre, especially the nurses and Dr. Patel. Also thank you to those who were a source of strength, you know who you are.

In lieu of flowers, please consider donating to the Gimli Humane Society.



Gilbart Funeral Home, Gimli in care of arrangements.
www.gilbartfuneralhome.com



Classifieds



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COMING EVENTS

Manitoba Riding for the Disabled Association 18th Annual Super Flea Market 2017. February 4th & 5th at Assiniboia Downs-Winnipeg. Vendor spots available- 80 vendors in the show! www.mrda.ca.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

HEALTH

Canada Benefit Group - Attention Manitoba residents: Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/freeassessment

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OBITUARY



Edith Barbara (Bischoff) Jonson

Peacefully on December 16, 2016, with family at her side, our mother passed away at the Arborg Personal Care Home.

Mom was born in Kendall, Saskatchewan on January 24, 1925, moving to Winnipeg three years later. When she was 14, she moved with her family to a farm in Okno, north of Arborg.

Edith married Jon Jonson on July 12, 1947. They farmed just southeast of Arborg for many years and raised nine children. In 2004 she moved to the Assisted Living in Arborg.

Mom's first job was baking at the Riverton Hotel, where she perfected her baking skills, making cinnamon buns and donuts. She enjoyed gardening, cards, crosswords and jigsaw puzzles. She always had time for coffee and visitors, and also time to host many family gatherings or events.

Edith was predeceased by her husband, Jon; three brothers - Gus, Andy and Emanuel; one sister Margaret and son-in-law Don Hyde.

Mom is survived by her children Doreen (George), Gary (Judy), Ingrid (Brian), Colleen, Judy (Donnie), Cheryl (Dwayne), Glenn (Valerie), Clint (Maria), and Wendy (David); 28 grandchildren and 20 great-grandchildren; her sisters, Kay and Laura, and many nieces and nephews.

A family gathering to celebrate her life will be held in early summer with a private burial at the Geysir Cemetery.

In lieu of flowers, donations may be made to the Geysir Cemetery or the Arborg Assisted Living Building Fund.



Arborg
1-800-467-0024
info@mackenziefh.com

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> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

- CLUES ACROSS**
- Short tributary of the Seille
 - Where you sleep
 - Crinkle
 - Regions
 - United States
 - Icelandic poetry books
 - Transferred property
 - Electrocardiography
 - From here
 - Hunting or observation expedition
 - Used to make cabins
 - Containers
 - Famed patriot
 - Makes less intense
 - Forced to take refuge
 - Campaigner
 - Special security team
 - Egyptian city
 - The Muse of lyric and hymns
 - What newlyweds just said
 - Pain
 - Norwegian village
 - Produced on paper
 - Acceptance
 - Semite
 - Detective Ventura
 - Martens
 - Small mammal related to rabbits
 - Airsick
 - Itinerant
 - Has spotted
 - Garland
 - Search engine
 - Former Knick and Bull Curry
 - Student selected components
 - Norwegian island
- CLUES DOWN**
- Fathers

1	2	3	4		5	6	7		8	9	10	11		
12				13					14			15		
16					17			18			19			
20								21			22			
				23		24				25				
26	27	28	29					30						
31								32						
33									34	35	36	37	38	
					39	40	41		42	43				
				44	45				46					
				47					48					
49						50				51	52	53	54	55
56						57				58				
59						60					61			
62						63						64		

2. Region
3. The Great Barrier _____
4. Father
5. Civil War general Don Carlos
6. Bodyguards
7. Knives
8. Member of U.S. Navy
9. English prince
10. Expression
11. Giants great Willie
13. Curving
17. Actress Keaton
24. Deploy
25. Medicine that treats animals
26. We all have it
27. Greek goddess of the dawn
28. Kevin Smith film "Chasing _____"
29. City in India

35. Went jogging
36. What thespians do
37. One and only
38. Largest English dictionary (abbr.)
40. Obstructs from a course
41. Prophets
42. Prefix meaning on or above
43. Got up
44. Drenched
45. N.Y. State capital
47. Sampled
48. Tending to an end
49. Architectural recess
52. Undergarments
53. Ethnic group in China
54. Reactive structure
55. Greek portico

get inspired

> MEAL IDEAS

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Bistro chicken pasta salad



This dish makes a great lunch or light dinner.
6 servings / 20 min
Prep 10 min / Cook 10 min
This dish makes a great lunch or light dinner that can be ready to go for hungry kids or spontaneous guests. You may want to double the recipe because it goes so fast.
Ingredients
1/3 cup (75 mL) balsamic vinegar
1 tbsp (15 mL) Dijon mustard

2 tsp (10 mL) canola oil
1 garlic clove, minced
2 cups (500 mL) whole wheat penne pasta, cooked
3 boneless, skinless chicken breasts, grilled or cooked, cut into cubes
1/4 cup (50 mL) grated or shaved Parmesan cheese
12 cherry tomatoes, sliced in half
1/2 small red onion, sliced in rings
1/4 tsp (1 mL) ground oregano
1/4 tsp (1 mL) freshly ground black pepper
1/2 cup (125 mL) freshly chopped basil

Directions
In small bowl, whisk together balsamic vinegar, Dijon mustard, canola oil and garlic. Set aside.
In large bowl, combine pasta, chicken, Parmesan, tomatoes, onion, oregano and pepper, tossing gently. Stir in balsamic mixture and basil, tossing gently again. Serve immediately or cover and refrigerate up to two days.

Pulled Pork Grilled Cheese



Servings: 6
Sandwiches:
3 pounds pork shoulder
Barbecue Sauce (recipe below)
4 tablespoons Borden Butter
1 loaf (1 pound) sourdough bread, sliced
16 slices Borden Cheese Singles
Sensations Extra Sharp Cheddar
Barbecue Sauce:
2 tablespoons Borden Butter
1 medium yellow onion, diced
1 jalapeno, diced (optional)
1 cup ketchup
1/2 cup brown sugar

liquid smoke, to taste
To make sandwiches: Heat smoker to 210 F.
Smoke pork shoulder 3-5 hours, until internal temperature reaches 150 F. Remove and wrap in aluminum foil. Refrigerate overnight.
Remove excess fat from pork. Using two forks, shred remaining meat into large bowl. Mix in Barbecue Sauce.
In skillet or griddle, brown two slices of buttered sourdough bread over medium heat.
Place slice of cheese on each piece of bread. Top with one-eighth of pulled pork mixture, second slice of cheese and another slice of buttered bread.
Turn sandwich over when bottom slice has browned and brown other side.
Tip: Use prepared pork shoulder in place of smoking pork.
To make Barbecue Sauce: In medium skillet, melt butter over medium heat. Saute onions until soft; stir in jalapenos, ketchup, sugar and liquid smoke. Bring to boil then reduce heat to medium-low and simmer 1 hour, or until sauce has thickened to desired consistency.
Tips: To make sweeter sauce, add more sugar. To make spicier, add more jalapenos.

Controlling Our Own Negative Behavior



"IF YOU ARE PATIENT IN ONE MOMENT OF ANGER, YOU WILL ESCAPE A HUNDRED DAYS OF SORROW."

CHINESE PROVERB

Do you ever have times when you realize you do not like the way you are talking to another? Perhaps you are angry or frustrated, and even as the words are coming out of your mouth you know they are not reflective of the person you want to be. Having this awareness means at least that you are conscious, and that your higher self is speaking to you.

It is tempting to blame the other person, for if they would only behave differently you would not have to act like this. Wrong! Our integrity is solely our responsibility, regardless of what another says or does. Of course we should know that, because it is what we always tell our

children.

Certainly it can be challenging to remain in integrity while someone is hurling insults or testing our patience beyond belief. However, that is when it matters most, because that is when we are most tempted to abandon our values and standards. Think about it-its easy for our teens to stay away from drugs and alcohol or sex when there is no opportunity to indulge. It is when they are tempted that their character is truly tested.

If you want to change your behavior to bring it more into alignment with the person you wish to be, then you must make a commitment to yourself. This is just between you and yourself. If, for example, you do not want to yell anymore, promise yourself that whatever happens, you will not raise your voice. Of course you will be tempted, and at first it may be hard to control yourself, but it will get easier with time. Remind yourself that the one who is irritating you is your teacher, helping you to learn patience.

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

Ham and Gouda Quesadilla



Cook time: 15 minutes

Servings: 1

2 teaspoons olive oil
1 small onion, thinly sliced
2 teaspoons Dijon mustard
1 flour tortilla (10 inches)
2 slices deli ham

8 dill pickle rounds
1/2 cup (2 ounces) Borden Cheese Gouda Shreds

In small, nonstick skillet, heat olive oil over medium-high heat until hot. Stir in onions. Cook, stirring frequently, until onions become tender and golden brown.

Spread mustard on one half of tortilla. Top with ham, onions, pickles and cheese; fold uncovered part of tortilla over filling to form semi-circle.

Cook quesadilla in dry skillet over medium-high heat until browned on both sides and cheese is melted.

Cut into four pieces and serve.

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