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Remembering Brody

EXPRESS PHOTO BY HALEY CVAR

Friends and family gathered for the 7th Annual Brody Gleich Memorial Hockey Tournament in Eriksdale last weekend. Players took a break Saturday night from the traditional hockey game and played musical chairs.

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Province offers free park entry for February

Free fishing weekend Feb. 16 to 18

Submitted by Manitoba government

The Manitoba government will once again offer free park entry for the entire month of February so Manitobans and visitors can take advantage of the many winter activities available in provincial parks at no cost, Sustainable Development Minister Rochelle Squires announced this past Friday.

"Winter is an excellent time to enjoy the beauty of our provincial parks and there are many outdoor activities to take part in as a family or on your own," Squires said. "Whether it's cross-country skiing, snowshoeing or taking a quiet walk, there is much to see in Manitoba parks and we encourage everyone to enjoy them in winter just as they do in the summer."

Vehicle permits are not required in any provincial park this month, but SnoPasses are still required for snowmobiles using groomed trails in the parks and entrance fees still apply in national parks. There are groomed trails in 12 provincial parks across the province for cross-country skiing, snowmobiling, snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also

offer outdoor skating areas, hockey rinks and toboggan hills while fat-tire biking is welcome on designated trails in Birds Hill, Spruce Woods and Whiteshell provincial parks.

Trail grooming reports are updated online every Thursday throughout the winter. Manitobans are encouraged to check trail conditions and weather forecasts before visiting parks to properly plan their outdoor adventure. Maps of winter trails and updated reports can be found at www.manitobaparks.com.

In addition to free access to provincial parks this month, anglers are reminded they will not need an angling licence to try their luck during this year's Winter Family Fishing Weekend from Feb. 16 to 18. Anglers will be able to fish without a licence provincewide. Note conservation limits will apply and a federal licence will still be required to fish in national parks. Anglers should be sure conditions are safe before venturing onto the ice, always let someone know where they are fishing and wear appropriate clothing for an enjoyable ice fishing experience.



EXPRESS PHOTO SUBMITTED

Manitoba's provincial parks will have free park entry for the entire month of February.

For more information on fishing regulations in Manitoba, view the Manitoba Anglers' Guide at www.manitobafisheries.com.

Park interpreters are offering several guided experiences this winter. Interpretive programs are free and offered year round in Birds Hill, Spruce Woods and Whiteshell provincial parks. Highlights for the month of February include:

- a wolf howl in Whiteshell Provincial Park on Saturday, Feb. 2;
- a guided snowshoe trek in Whiteshell Provincial Park on Sunday, Feb. 10;
- a nature detectives program for families with preschool aged children in Birds Hill Provincial Park on Wednesday, Feb. 13;
- learn to ice fish session in Whiteshell Provincial Park on Mon-

day, Feb. 18;

- a winter family fun day at the winter recreation area in Spruce Woods Provincial Park on Saturday, Feb. 23; and

- a winter safari in Birds Hill Provincial Park on Sunday, Feb. 24.

Interpretive programs are happening every week in February. More information on these events and other upcoming programs can be found under the events tab at the Manitoba Parks Facebook page at www.facebook.com/MBGovParks and online at www.manitobaparks.com.

Teachers can also book free guided school programs throughout the winter season. For more information on winter activities and interpretive programs in provincial parks, email ParkInterpretation@gov.mb.ca or visit www.manitobaparks.com.



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RCMP civilian oversight committee formed

By Teresa Carey

Public Safety Minister Ralph Goodale, along with RCMP Commissioner Brenda Luckie, announced the creation of a 13-person civilian oversight committee that, along with other mandates, will investigate complaints of harassment and bullying in the RCMP.

"The prime minister gave me the mandate to ensure that the RCMP is a healthy workplace, free from harassment and sexual violence," Goodale said in a statement that was released last month.

The creation of this committee comes after years of harassment allegations brought forward by thousands of affected RCMP employees and former employees. Such a committee was one of the key recommendations made in two reports — one by the Civilian Review and Complaints Commission for the RCMP, "Report into Workplace Harassment in the RCMP," which came out in 2017, and an earlier report from then auditor general Sheila Fraser, "Shattered Dreams: Addressing Harassment and Systemic Discontent in the RCMP," released at the end of 2014 (The Fraser Report).

An interim board is to be appointed by this April and legislation is expected to be introduced sometime this spring to make the committee permanent.

"I'm so happy. This is a huge step for the RCMP moving forward,"

said Sherry Benson-Podolchuk, who served with the RCMP from 1989 to 2009.

"Face it, you can't investigate your friends, and that's been the problem," she said.

Benson-Podolchuk, who was born in the Interlake and now resides in Gimli, had been a victim of bullying and harassment from male co-workers and supervisors starting early on in her career.

After repeatedly being harassed and referred to as "Beaver" and "Raisin Tits," she complained to her superior.

"He laughed and did nothing," Benson-Podolchuk said. "I was pretty much on my own."

In her book *Women Not Wanted*, Benson-Podolchuk documented her years suffering abuse in the RCMP and hoped by doing so she would inspire others to speak up when witnessing or experiencing abuse and harassment.

Benson-Podolchuk commented that, for the people who spoke up about abuse happening in the RCMP, this oversight committee is a validation.

The committee will investigate and then recommend mediation and/or education, Benson-Podolchuk explained. However, she hopes that the process will include giving victims and perpetrators the tools and strategies needed to resolve the underlying issues and help all concerned parties work together in a healthy way.

"If they don't have the tools to resolve the emotional part of a conflict, they will not be able to move forward without harbouring resentment," she said. "As police officers, you need to back each other up for safety reasons."

If resentment remains, then a fellow officer may not "have one's back" in quite the same way, she said.

Benson-Podolchuk stressed that, if unaddressed, consequences can be severe for both the victim, who deals with the stress, depression, failed relationships, financial strain, ruined careers, trauma, PTSD and suicide, but also for the public, which relies on the RCMP for good policing.

"A stressed-out worker is not going to be an efficient worker and be able to be a productive police officer protecting people if they're stressed out," she pointed out.

Benson-Podolchuk now works as a consultant, giving presentations at universities and workplaces on bullying and harassment, and also works with individuals. She also gave a TEDx talk in Winnipeg 2015, "Tools to Survive Workplace Bullying."

She believes that the establishment of this civilian oversight committee is an opportunity for the RCMP to rebuild the public's trust in the RCMP, as well as rebuilding trust of the people working on the inside.

"A lot of people were affected by the culture of the RCMP," she said.

Benson-Podolchuk believes that,



Sherry Lee Benson-Podolchuk

if this committee had been in place while she was in the RCMP, her grievances might have been resolved more quickly, not the six years it took. She might also have been spared years of painful recovery.

"It's a lifelong process recovering from that trauma. I work every day to try to have a positive day," Benson-Podolchuk said.

Town of Arborg regular meeting council news in brief

By Ty Dilello

• At the Jan. 23 meeting, the 2019 levy requirements for the Evergreen Regional Library and East Interlake Conservation District were established. The Evergreen Regional Library will receive \$12,628 which is calculated by multiplying the population of 1,232 x \$10.25 per capita. The Eastern Interlake Conservation District will receive \$1,198.12.

• Len Thordarson, president of Interlake SnowTrackers talked to the council regarding the land use agreement. The landowner right-of-way agreement is with SnoMan and the Interlake Snow Trackers. A portion of their design-

ated trail crosses a short distance of municipal property.

• Dave Haines made a presentation about the high-speed internet service in the City of Morden.

• The Town of Winnipeg Beach and Village of Dunnottar are requesting prize donations for their upcoming 50th Annual Interlake Municipal Bonspiel at the Winnipeg Beach Curling Club starting on March 1. The hosts of the Annual Interlake Municipal Curling Bonspiel, the Town of Winnipeg Beach and the Village of Dunnottar, requested a contribution towards the prizes given out to the curling participants. Arborg will be making a contribution as well as participating in the 50th annual bonspiel.

• A partnership agreement for 2019 has been reached regarding the sponsoring committee for the Arborg Youth Job Centre Office. The Manitoba Youth Job Centre Partnership Agreement is between Manitoba Education & Training and the Town of Arborg. While MB Education & Training are the employer, the town interviews candidates and makes the selection for the position of Manager of the MYJC. Office space and supervision of the MYJC manager is provided by the town.

• There was a request for an extension to the 2018 lagoon usage agreement between the Town of Arborg and the RM of Gimli.

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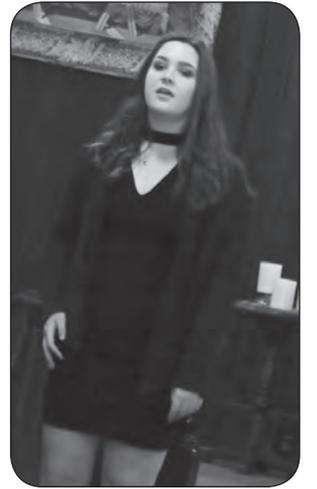
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Interlake's young adult choir Tabula Rasa presents Rise Up



EXPRESS PHOTOS BY JO-ANNE PROCTER

Tabula Rasa, the Interlake's young adult choir performed to an intimate crowd at Little Britain United Church just south of Selkirk last Thursday. Conductor Kendra Obach, with pianist Lisa Highmoor and Cory Sulyma on percussion led the choir through 12 unique songs that were included in their 'Rise Up' concert. To enhance the evening, Obach invited seven student guest artists to perform to showcase their musicality and help them build confidence and 'rise up' to be brave performers. For more information regarding Tabula Rasa contact Obach at klobach@gmail.com Photos from left, Tabula Rasa sings the catchy 'Gonna Rise Up Singin' song about finding the joy in each new day; Taylor Manning, DSage Stoyanowski and willow Reimer.

Westshore Community Foundation names new president



Tim Arnason

past three years.

"I am honoured to move into the president's chair and am looking forward to continue building upon the great work our foundation has done under Tristin's leadership," he said.

Westshore marks its 20th year in 2019. Started in 1999 with seed money from the Johnson Memorial Hospital and support from the Thomas Sill Foundation, Westshore has grown steadily over the years and shows current assets at approximately \$2.4 million. Since its inception, Westshore has awarded grants of over \$600,000 to not-for-profit organizations to fund eligible projects within our community. In addition, Westshore has provided over \$200,000 to support and encourage students through our scholarship program.

"Building a lasting legacy is what we are all about. The Westshore presence is seen throughout our community catchment area. Just take a look at what we have been able to do this past year. Approxi-

mately \$40,000 in grants was distributed within our communities. A safe outdoor play surface for the children at the Gimli Children's Center; structural improvements to the Gimli New Horizon 55+ Club, Interlake Women's Resource Center, Winnipeg Beach Curling Club, Gimli Humane Society; equipment upgrades to the Riverton & District Friendship Center and Betel Home Gimli. These are but a few examples of what we are able to do, thanks to the generosity of our donors and the strength of our partnerships," Arnason adds.

"We were also able to provide approximately \$20,000 in scholarships to area students in pursuit of their post-secondary studies."

Arnason has been a director with the Westshore Community Foundation since 2013.

"I am fortunate to be able to work with a group of directors who share a

passion and commitment to our community and who assume a responsibility to give of their time and expertise to contribute to the quality of life we all enjoy."

Arnason is no stranger to volunteer work. He has been involved in a myriad of volunteer initiatives over the years. He is a past-president and honorary life member of the Icelandic Festival of Manitoba and remains an active member with over 40 years of service. He currently serves on their board as an advisor and is a member of the Viking Park campaign cabinet. He also sits on the board of the Cana-

Continued on page 10

Submitted

The Westshore Community Foundation held its annual general meeting on Jan. 30, at which time Tim Arnason was named president.

Arnason takes over from Tristin Tergesen, who held the gavel for the

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Ambulances purchased, improving safety and comfort for patients, paramedics

Submitted by Manitoba government

The Manitoba government will purchase 65 replacement ambulances as part of efforts to modernize its fleet while supporting paramedics in responding rapidly and effectively to medical emergencies across the province, Health, Seniors and Active Living Minister Cameron Friesen announced this past Monday.

"Every day, paramedics take life-saving care directly to hundreds of patients, responding to 911 calls as well as transporting patients to and between hospitals and other care facilities," said Friesen.

"This significant investment will ensure our paramedics continue to have the right equipment to support the excellent care they provide to Manitobans."

The minister noted this investment builds upon the work underway to implement recommendations of the 2013 EMS System Review. This includes a \$5-million annual investment in 60 full-time paramedic positions

throughout rural Manitoba to reduce Manitoba's reliance on on-call staffing. These new full-time positions, 35 of which have been filled, will ensure ambulances are staffed 24 hours a day, seven days a week.

Additional investments have been made in capital projects that support the delivery of consistent, quality emergency medical services, including the construction of new EMS stations in Snow Lake and Lynn Lake and new crew quarters for the Kinross Trails station in Sandy Bay.

"Recommendations of the 2013 EMS System Review, which included significant consultation with front-line care providers, are guiding our investments," said Friesen. "Our approach is focused on implementing changes gradually. This includes the creation of a consistent, integrated EMS and patient transport model as part of Manitoba's broader health system transformation. These efforts will first build capacity, equip staff and invest in skilled professionals

across the province."

The restructuring of station locations recommended in the review will not occur until the EMS and patient transport model is in place, the minister added.

The tender sets out the specifications for the new ambulances, including requirements for construction, materials and workmanship. In addition, the tender requests that vendors submit proposals for a suspension system that enhances ride quality.

Once the tender is awarded, the successful vendor will begin building. It is anticipated that the new ambulances will be delivered and placed in all five health regions later this year.

Estimated costs are not being released at this time to ensure the tendering process is not affected.

For more information on emergency medical services in Manitoba, visit www.gov.mb.ca/health/ems/index.html.

Some school divisions to receive less provincial funding

Staff

The provincial government recently announced a \$6.6-million increase to funding for public elementary and secondary education for the 2019-20 school year.

But not all school divisions will see a boost to their bank account.

Locally, the Interlake School Division will see a -0.1 per cent change, while Evergreen, Lakeshore and Lord Selkirk school divisions will all see a -2.0 per cent change.

For Evergreen School Division, that means they'll receive approximately

\$200,000 less from the provincial government for the 2019-20 school year.

"We anticipated this reduction and created a proposed draft budget, which was presented to the community in the fall," said Evergreen School Division Supt. Roza Gray.

School funding in Manitoba is calculated using a formula that guarantees divisions receive at least 98 per cent of the previous year's total. Funding increases or decreases are based on multiple factors, including a change in enrolment numbers, capital costs, equalization payments

and the phase-out of the tax incentive grant.

School divisions receive funding from the provincial government as well as through locally collected school board property taxes. Once again, the provincial government is directing divisions to cap increases to their local education property tax at two per cent for the 2019-20 school year.

In addition, the province is asking divisions to continue to reduce administrative costs.

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My wife dove into the hole to save a fish

Hi guys and gals.

Last week my good friend Guy (Gee) Proulx sent me a picture of a Robin walking on a sidewalk in our area. I guess it found a warm enough place to survive this year's cold stormy winter, which was very apparent to me as I was bouncing over bitter wind driven snow drifts in Old Red on the west side of Lake Winnipeg last Thursday.

I pulled up close to a blue portable shack, lowered my driver's window and shouted, "Is anybody home?"

The zipper door opened and a stout, dark-bearded fellow with squinting eyes and gritty smile poked out. Seeing the sign on the side of my truck that I was a fishing columnist, he called out, "Come on in."

"I'm Shane Barchuck," he continued as I stepped into his shack and took the seat he offered me. We exchanged cards as we began to talk and I noted his card showed the "Hot Taco Band."

"Yeah," he said, catching my glance, "I love two things: fishing and making music."

I laughed saying, "I remember a few years ago an angler telling me Ted Nugent the musician went fishing in southern Manitoba when he was here for a concert and almost missed getting on stage because he didn't want to stop."

"I can believe it," Shane laughed. "You want a story," he murmured with his head down in thought as he automatically kept jigging his line in the ice hole's water. "There was a time when I and my sister, Christine, were ice fishing on Ross Lake by Flin Flon

and she got a strike. She screamed, "Fish on, fish on," feeling heavy weight on the line.

When she got it up to the hole she cried out, "What is this thing?"

"It's a burbot," Shane shouted.

Christine struggled it halfway out of the hole and then it stopped. She pulled and pulled. Finally there was give and the burbot came up along with a giant jackfish, its teeth sunken deep into the side of the burbot. "It didn't phase my sister at all. She grabbed that jack by the gills and tossed it onto the floor of the shack."

A day later on the Red downstream of Selkirk, a pop-up trailer converted into an ice shack caught my attention. I came alongside and before I could get out of the truck, I heard a voice inside shouting, "The door's open. Come in, Arnie." (I guess they saw my truck sign too.)

As I stepped in off to my left was a robust guy with fine facial features and thick tousled grey hair. To my right also nursing a fishing hole was a grey-haired chap with rounder, softer features and seemingly a more gentle nature. Ahead of me, the gas stove blue flame gave welcome heat.

"I'm Willis Holunga and that's my buddy Leon Feduniw," the robust fellow offered. "I'm a retired trucker and my neighbour pal here used to be a university professor. We've fished together for years."

Without waiting for me to ask for a story, Willes leaned over and picked up a very heavily made grapple. Holding it with the end high in the air, he



EXPRESS PHOTO BY ARNIE WEIDL

Grayson Huvel, left, and Rylan Wiens, both of Winnipeg with Graysons' catch on the Red River.

squeezed its mechanism and the claw end slammed shut.

"When I catch a fish, by the time I bend over to get it, sometimes it's gone, so now I just grab it with my garbage picker," he laughed, making the business end of his grapple snap together repeatedly.

We talked fishing for a while and then I left Willis and Leon and moved on down the river until I saw a portable shack with a young boy tumbling out of the zipper door with a fish.

I idled up to him and with my window down, said, "How would you and your fish like to be in the newspaper?" Another smaller lad and two men, who I assumed were the boys' fathers, emerged from the tent. Eager to be photographed, our successful angler, Grayson Huvel, took up his fish and called for his pal Rylan Wiens to stand with him for the picture. Thanks, boys.

Come Saturday, I ventured onto the

ice of southern Lake Winnipeg and saw a not-too-tall, well-conditioned chap with rugged features kicking snow around the bottom of his portable ice shack. Reaching him, I asked if he had caught anything. He just chuckled under his breath as he continued kicking snow.

"My wife's in the shack trying to get warm and dry," he smiled, looking sideways at me. "I caught a walleye a little while ago, and just as I was about to pull it out of the hole, it slipped the hook. I couldn't believe my eyes when my wife, Lovella, dove to the hole on her stomach and plunged both arms into the cold water grabbing the fish by one gill. I told her that was pretty extreme, but she just glared up at me and said, 'We've been sitting here for hours without a bite. We're not going home empty-handed.'" You have a very determined wife, Noel Eble!

See you next week. Bye for now.

Winnipeg Beach council approves low-cost homes

By Roger Newman

Low-cost homes will be offered soon in a new 44 lot subdivision recently approved by Winnipeg Beach council.

Developer Vince Dery of Arnes is planning to start construction of smaller 600- to 800-square-foot homes on property at Strollaway Street and Lake Avenue west of Highway 9 this year.

"The homes will cost under \$200,000 but there may be a few larger ones on corner lots," says Dery, who has a track record in the construction and building supplies industries in Mani-

toba and Alberta.

The developer said he is tackling his new project with a goal of bringing affordable housing to the Interlake. He hopes to complete the project within five years and says many of the homes will be built by Star Builders, a well-known Winnipeg supplier of ready-to-moves.

"We think our homes are going to appeal to younger people and snowbirds who are away for part of the year," Dery said.

Winnipeg Beach Mayor Tony Pimentel said his council has entered into a

conditional development agreement with Dery. He said the town's lagoon improvements have made it possible

for the beach to accommodate more new housing.

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Quest for clean water drives Winnipeg Beach manager

By Roger Newman

Raven Sharma Shariot is passionate about having clean water in Lake Winnipeg.

That's why she came to Winnipeg Beach two years ago to become utilities operations manager overseeing the town's waste-water treatment plant and sewer system.

She could have gone lots of other places because she acquired nine years of university training after graduating from Winnipeg's Oak Park High School.

"I enrolled in university to take a major in history and a minor in biology but discovered I love science most of all and switched to that program," says Sharma Shariot, who today has Bachelor of Arts and Bachelor of Science degrees from the University of Manitoba plus a civil engineering diploma from Red River College.

Sharma Shariot also has experience in Quebec field work including geochemistry mapping and a Canadian space agency-NASA study carried out in the northern town of Asbestos.

"The space study looked into the possibility of water and life on Mars with a view to landing there," she said.

"It resulted in a TV program on the Discovery Channel."

Despite such exotic episodes in her life, she has landed in Winnipeg Beach partly because the town has had one of Manitoba's most advanced waste water treatment plants since 2016.

Her assignment — which she has chosen to accept — is to regularly test the town's waste-water water and banish harmful phosphates causing the blue algae strangling Lake Winnipeg. Both the provincial and federal government monitor the test results from an updated treatment plant that has also given the town the capacity to add more homes and other buildings.

Sharma Shariot, meanwhile, obviously believes in the adage that busy hands are happy hands. Besides her water and sewer responsibilities, she is also the town's safety officer and a volunteer firefighter in Winnipeg Beach and Matlock. Her active schedule goes back to the U of M where she turned out for the soccer and track teams. But these days she is more likely to be displaying her versatility by playing guitar or drums.

She's also a science writer who lives by the adage that if you want some-



EXPRESS PHOTO BY ROGER NEWMAN

Raven Sharma Shariot has brought her water science skills to Winnipeg Beach for the long run.

thing done, ask a busy person.

"I love teaching and would be more than willing to talk to community organizations and in the schools about water treatment and protecting our lake," Sharma Shariot said.

Despite all her qualifications, She says she's in Winnipeg Beach for the long run.

"My parents are going to join me here in their retirement," she said.

Icelandic festival chooses theme for August long weekend

By Roger Newman

Gimli's Icelandic Festival — also known as Islendingadagurinn — will have the theme of "Take a Viking Voyage" when the 130th annual festival takes place on the August long weekend.

Festival president Grant Stefanson said the annual theme furthers the festival's mission of promoting and sustaining interest in Icelandic culture through a family-oriented festival. Speaking Saturday at the festival's annual meeting in the Lakeview Resort, he also praised board member Jenna Boholij for her work in developing the festival theme.

"The festival weekend is the perfect time to gather as a family and enjoy valuable time together under the Gimli sun," said Stefanson, who is entering the second year of a two-year term while following in the footsteps of his father and grandfather.

The president also said a visioning process is underway to develop a plan for the second phase of Viking Park on Second Avenue. Likely to feature a pathway in the harbour area, consultants are working with the Viking Park committee composed of Kathi Thorarinson-Neal, Ernest Stefanson, Lorna Tergesen, Tim Arnason, Arni Thorsteinson and Tim Samson.

"We hope the second phase will be constructed later in 2019," Stefanson said.

Welcomed at the meeting were new board member Sigrun Asmundson and Coun. Peter Holfeur, who will be the RM of Gimli council representative on the board. Murray Monkman, who has completed his term, was thanked for his service but will continue to be involved with the beach volleyball event.

Stefanson — noting that last year's festival was a great success — said the festival intends to increase revenue through more corporate sponsorships to complement present ma-



EXPRESS PHOTO BY ROGER NEWMAN

Icelandic Festival president Grant Stefanson and his wife Shannon Stefanson, third and fourth from left, were in conversation at the annual meeting reception with Tim Arnason, Shirley Isefeld and Debbie Boholij.

major sponsors Wonder Shows and Telus. Plans are also in the works for more 50-50 raffles throughout the weekend and for a more efficiently managed beer garden.

"The additional festival revenue should allow us to maintain a free to low-cost experience for all our festival guests," the president said.

A peaceful winter scene An early spring is on the way



EXPRESS PHOTO SUBMITTED

Employees at the Steep Rock Beach Park are busy getting things ready for the upcoming season. Events are being planned, supplies are being ordered and discussions about improvements and updates are taking place. Payments are being taken beginning Feb. 1 for seasonal sites and mooring spots and reservations for overnight camping begin March 1.



EXPRESS PHOTO SUBMITTED

With much of Manitoba locked in the icy grip of winter the past few weeks, Manitoba Merv's early spring prediction was welcoming for many this past Saturday. Manitoba Merv, the resident puppet at Oak Hammock Marsh, came out of his den, looked around and saw no shadow — meaning an early spring is on its way for Manitoba.

While Manitoba Merv's prediction are always fun and entertaining, Saturday marked World Wetlands Day.

On Feb. 2, 1971, in the town of Ramsar, Iran, world leaders signed an important international agreement to ensure the conservation and wise use of wetlands of international importance and their biodiversity, including water resources. Oak Hammock Marsh was officially designated as a Ramsar Site in 1987.



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Gimli Pharmasave owner continues 'wonderful ride'

By Roger Newman

Ernest Stefanson is still going strong after running his Gimli pharmacy for a half-century.

That was evident last Tuesday when a happy Stefanson helped cut the cake to celebrate the 50th anniversary of owning and operating his downtown pharmacy in the same location on Gimli's Centre Street.

"I've reduced my hours a bit but I keep working because I love what I do," Stefanson said as he was congratulated by friends and customers at an in-store reception. "It's been a wonderful ride and it's continuing."

Joy was not immediately present when the Gimli-raised Stefanson and his best friend Russ Keeler opened the original Viking Pharmacy in January 1969. They were recent University of Manitoba pharmacy graduates who raised \$10,000 in seed money with the help of their families to buy fixtures and stock.

Unfortunately, they soon found out that Gimli — with three drug stores in that era — was not quite ready to support a two-pharmacist store so Russ Keeler moved on to another pharmacy in Ashern. Stefanson carried on alone, but there was more adversity before things turned around. The Gimli air force base — a presence since the Second World War — closed in 1971 causing doom and gloom because of the major blow to Gimli's economy.

"It was the late 1970s and early 1980s before Gimli regained more stability," recalls Stefanson, who then moved to take advantage of the better business conditions.

He built a new store and strip mall in 1984 and occupied 4,500 square feet before the two tenants left and the drug store took over the entire 7,500-square-foot building. He also switched to the Pharmasave chain in 1990 to obtain better bulk buying power and later renovated the entire building both inside and outside in 2013.

Stefanson gives credit for the store's success to a staff that has grown to 14 employees and includes his wife Claire, also a pharmacist, and store manager Ryan Loos. Prominent too at the Tuesday reception were recently retired pharmacist Garry Fedorchuk, who joined Ernest in 1975, and another retiree Lorraine Oucharek. Both of them still take the odd shift in the store.

The quality of his employees has enabled Stefanson to spare time to serve the pharmaceutical profession in the wider world. He has travelled widely in his capacities as president of the Manitoba Society of Pharmacists, the Canadian Pharmacists Association and board member for Pharmasave's regional and national bodies. Closer to home — as a believer in giving back to the community — he has served as president of the Icelandic Festival and the Betel and Waterfront Centre boards.

Stefanson says the major renovation in 2013 has positioned Gimli Pharmasave for the future. "I believe our new look will carry us well beyond our 50th anniversary and whatever changes take place in the pharmacy profession," he said.



EXPRESS PHOTOS BY ROGER NEWMAN

Ernest Stefanson served his pharmacy's 50th anniversary birthday cake with the help of Lorraine Oucharek.



Stefanson, left, celebrated the milestone birthday with the help of his pharmacist wife Claire Gillis and founding partner Russ Keeler.

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> WESTSHORE COMMUNITY FOUNDATION, FROM PG. 5

da Iceland Foundation. You will also find him volunteering with several community initiatives.

Arnason is retired after spending 35 years with Manitoba Public Insurance in a variety of positions, including senior director of auto theft prevention and special investigations. He resides in Gimli with his wife Del. They have two children and one grandchild.

For further information on the Westshore Community Foundation, visit www.westshorefoundation.com or call 204-642-9796. Arnason also invites anyone to contact him directly at timarn@mts.net or at 204-899-8073.

"Contact me anytime. We have a great story to tell and I am happy to talk to anyone."

get inspired

> MEAL IDEAS



Warm Tandoori Chicken Wraps

Makes 6 wraps

1/3 cup plain tandoori paste
 2 tablespoons plus 1/2 cup plain yogurt
 Grated zest and juice of 1 lemon
 12 chicken tenderloin fillets or 3 skinless, boneless chicken breast fillets
 2 carrots, peeled
 1 English (hothouse) cucumber, halved and seeded
 6 pieces naan
 1 clove garlic, finely chopped
 Leaves from 6 fresh mint sprigs, plus 2 tablespoons finely chopped fresh mint
 In a small bowl, combine tandoori paste, 2 tablespoons yogurt, lemon zest, and lemon juice. Put chicken in a baking dish. Pour tandoori mixture over and

stir until chicken is coated. Cover and refrigerate for 2 hours.
 Light a fire in a charcoal grill or heat a grill pan. Brush grill or pan lightly with oil. Cook chicken for 4 to 5 minutes on each side, or until juices run clear when pierced with a skewer. Transfer to a cutting board and let rest for 5 minutes. Cut each tenderloin into 2 long strips (if using chicken breast fillets, slice each fillet into 4 long strips).
 Using a vegetable peeler, cut carrot and cucumber into thin ribbons. To heat naan, follow instructions on packet. In a small bowl, stir 1/2 cup yogurt, garlic and chopped mint together.
 Place naan on a work surface. Divide chicken, cucumber, carrot, and mint leaves among naan. Drizzle with yogurt mixture. Wrap the naan around filling and serve immediately.



Grilled Chicken Ciabatta with Romesco and Baby Greens

Serves 4
 2 loaves ciabatta or 4 ciabattini (ciabatta rolls), sliced in half lengthwise
 Olive oil, for brushing
 Fine kosher or sea salt and freshly ground black pepper, to taste
 4 boneless, skinless chicken breasts, pounded to a 1/2-inch thickness
 1/2 recipe Romesco Sauce (see below)
 Small wedge (about 4 ounces) of Manchego or Parmesan cheese, for shaving
 2 cups baby greens

Prepare a hot fire in your grill. Brush the cut sides of the ciabatta with olive oil. Brush the chicken breasts with olive oil on both sides and season with salt and pepper. Grill the chicken, turning once, for 5 minutes total. Grill the ciabatta, cut sides down, until it has good grill marks, 1 to 2 minutes.
 Slather all the grilled sides of the ciabatta with the Romesco. Place the chicken breasts on the bottom half of the bread, shave some Manchego cheese over the chicken, then top with baby greens and

the top half of the bread. If you're using a loaf of ciabatta, you'll have 2 chicken breasts on each loaf, so cut each loaf in half horizontally. If you're using ciabattini, you'll use 1 breast for each roll. Serve immediately.
Romesco Sauce
 Makes 2 cups
 1/2 cup toasted slivered almonds
 2 jarred roasted red bell peppers, roughly chopped
 2 garlic cloves, minced
 1 slice white bread (crust removed), toasted and crumbled
 1 tablespoon roughly chopped fresh flat-leaf parsley
 1/2 teaspoon red pepper flakes
 1/3 cup red wine vinegar
 2/3 cup extra-virgin olive oil
 In a food processor, grind the almonds. Add roasted peppers, garlic, bread, parsley, and hot pepper flakes. Blend until it becomes a paste. Add the vinegar and pulse to blend. With the motor running, gradually pour the olive oil through the feed tube in a steady stream until the mixture thickens like mayonnaise. Season to taste with salt and black pepper.
 Store in a covered container in the refrigerator for up to 3 days.



Pain of Love

knowing that, one way or another, whatever happens, we will eventually be okay.

When we have been hurt or betrayed, it is natural to shut down, be angry, feel victimized and to vow that we will never allow ourselves to be hurt again.

A closed heart does more damage than any that could be wrought by love.

Love is like a flower. It is first a bud, then it bursts into glorious bloom, and eventually it must complete its cycle. Sometimes love seems, for some, to bloom for an entire lifetime. But not usually. It might be there for years and years, but be like a dried flower. If the flower of a mutual love has faded, that does not take away from the gloriousness of its full bloom. Some never have had that experience.

To treasure love while it is there, and release it when it is time, is one of the hardest lessons to learn.

In our deepest sorrow comes the strongest invitation to bring the power of our own love to ourselves.

Love is abundant in this Universe - we just have to learn to be open to it in its many forms. Still, it's okay to cry, and rail against that very Universe when it has seemed to pick us up like a wild tornado, dropping us into a world not of our choosing - for seeming to make us participate in an unpredictable curriculum, and not providing any answer keys.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspiration.

I received an e-mail from a friend who lives thousands of miles away. She was devastated because her husband had announced one day that he no longer wanted to be married. He was in love with someone else. He was leaving, and that was it. My friend implored me to give her some answers as to why something like this can happen. What she really wanted, I suspect, is to know why this happened to her. While I could not answer her question, I replied with the following:

What I Do Know:

Love will lead us to the greatest joy imaginable in this lifetime.

Love makes us vulnerable to the most intense pain and agony imaginable in this lifetime.

Our greatest learning and forward movement occurs through love - through the joy, but also through the pain it inevitably makes us heir to.

Nothing stays the same forever.

Living hurts.

Sometimes we don't care about wisdom and truth: we just want what we want. And that's okay.

True healing comes through our own hearts - not others.

Our greatest, truest, unconditional love affair must first be with ourselves - then we are never truly alone.

Others may not always be worthy of our trust; but we must trust ourselves,



Cauliflower Popcorn

for easy cleanup). Roast for 1 hour, or until much of the floret has become golden brown. (That's the caramelization process converting the dormant natural sugars into sweetness. The browner the florets, the sweeter they will taste.) Turn 3 or 4 times during roasting.

Use crumpled up aluminum foil or paper towels to create a false bottom in your popcorn container, fill it with cauliflower, and serve immediately. Note: Raw cauliflower can be pre-cut and refrigerated for up to 2 days in an airtight bag or a bowl of water. With minimal sacrifice, cauliflower can be cooked earlier in the day and reheated in a 450 F oven for 10 minutes.

Yields 12 bites
 1 head cauliflower
 4 tablespoons olive oil
 1 tablespoon salt (or, for a salt-free alternative, Mrs. Dash table blend)
 Preheat oven to 425 F.
 Cut out and discard cauliflower core and thick stems. Trim remaining cauliflower into florets the size of golf balls. In a large bowl, add cauliflower, olive oil and salt. Toss thoroughly.
 Spread cauliflower on a baking sheet (line with parchment paper, if available,

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The Riverton Rifle – a look at the life of Reggie Leach

By Ty Dilello

The following is an edited excerpt from my 2017 book *Golden Boys: The Top 50 Manitoba Hockey Players of All Time*. Hailing from Riverton, Reggie Leach was ranked in the book as the 22nd greatest Manitoba hockey player in our province's vast history.

He was known as simply "The Riverton Rifle" in his heyday with the Philadelphia Flyers. Possessing one of the hardest shots in the National Hockey League, Reggie Leach was a goaltender's nightmare, firing bullet shots from all angles and scoring almost at will it seemed sometimes. Without a doubt, you could make the claim that Leach is one of the best pure goal scorers and best Indigenous players to ever come out of Manitoba.

"I would feed him the puck in the slot, knowing that he would unleash a killer shot. It was powerful and accurate enough to terrify goalies, first in Junior A and then in the NHL," recalled teammate and best friend Bobby Clarke. "He was stronger and faster than most of us, but it wasn't his natural gifts alone that accounted for his phenomenal success as a goal scorer. Leach spent hours on end working on his shot."

"The only person who could have stopped Reggie Leach from being remembered as one of the greatest snipers ever to lace up a pair of skates was Reggie himself," wrote Philadelphia Flyers beat writer Bill Meltzer. "Arguably the most naturally gifted member of the famous LCB line, Leach had a hat trick of devastating shots in his arsenal. He had a wicked 100 mph slapshot that intimidated defenders and goaltenders alike, a wrist shot that could pick any corner or find the tiniest five-hole opening, and a tricky backhand that made many a goalie look foolish. Leach was dangerous any time he got the puck over the blueline. He could score from any angle and was a good enough stickhandler to elude would-be shotblockers and pokecheck attempts. He also had underrated speed and was lethal in transition."

Leach was born on April 23, 1950, in Winnipeg to a pair of young unmarried parents. When he was just a few weeks old he was sent to live with his paternal grandparents in Riverton.

Although Leach lived a fairly happy childhood, it was marred with tragedy and death that would certainly have a deep effect on any young kid growing up. His father figure died of a heart attack; a brother wrapped his car around a telephone pole and passed away, while another brother drank himself to death. And his sister fell asleep in a car with her boyfriend and they both died from carbon monoxide poisoning.

Leach had his hockey beginnings in Riverton, playing road hockey as youngster with his chums. "There were a lot of kids in town, so when we played we divided ourselves into four teams, one from each quadrant of the town," recalled Leach in his 2015 autobiography called *The Riverton Rifle: My Story — Straight Shooting on Hockey and on Life*. "I was a goalie back then because I was too short and

chubby to be anything else. We played for hours on end."

It's not often you hear that an NHL great didn't start skating until he was in the double digits, but for Leach that was the case: "I didn't put on skates until I was ten years old. The first pair I tried on had belonged to one of my brothers and was about twice as big as my feet. I had to stuff them with newspapers so I could use them."

He excelled at hockey right from the start and did everything in his power to get on the ice at the Riverton Memorial Arena.

"I was on the ice at the Riverton Memorial Arena playing hockey about five days a week, but I wanted to be out there every day of the week, so I also signed up for figure skating and joined the girls on Wednesdays and Saturdays. I took part in some figure skating carnivals — no word of a lie. I loved being on the ice in front of a crowd, showing off my bunny hop jump or camel spin. I'm certain those lessons helped make me a strong skater.

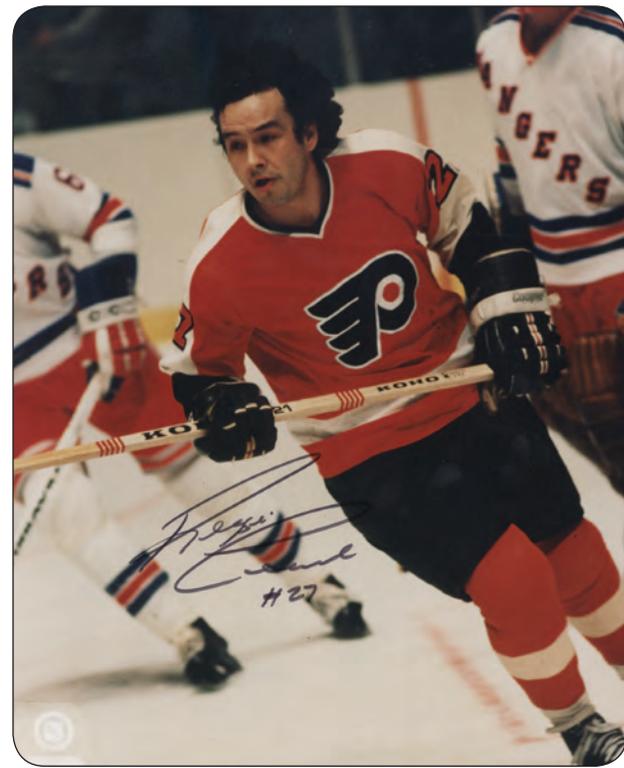
"But even that wasn't enough ice time for me. After the arena closed for the night, I would sneak into the building, which was essentially a barn, and spend hours on the ice by myself, skating in circles and firing pucks at the net. I would pick a target and shoot at it until I hit it, again and again. In time, I could fire the puck from the top of the face-off circle and hit the exact spot where the crossbar and post intersected. The arena was completely dark at that hour except for the beams of moonlight that shone through knotholes in the slats of wood. Most people in town knew that I was there because they could hear the puck ringing off the crossbar in the middle of the night. It didn't seem to bother them because no one ever asked me to leave. I guess they figured no harm was being done."

All of that shooting late at night is a very good reason why Leach ended up having one of the most lethal shots of his era. Despite being on the ice at the arena virtually every day, Leach felt that he still needed more hockey in his life, so he went ahead and built his own backyard rink.

"When our family moved into a bigger home, I created a small patch of ice in the backyard by hauling buckets of water from an outside well. I spent two or three hours at a time shooting the puck at a plywood board propped up against the shed. I had marked targets on the wood to shoot at. I was determined to have the best shot around. Friends would sometimes join me out there and we held friendly competitions."

Playing hockey as much as Leach did it's no wonder that he became one of the top players in his area. By the time he was 14, he was representing Riverton in the bantam, midget, and juvenile ranks. He even suited up a couple of games for the senior Riverton Lions squad which was a big deal for Leach since he grew up idolizing the local senior team.

When Leach was 15, he went to Weyburn and tried out for their junior team at the request of a Detroit Red Wings scout. He ended up being the last play-



EXPRESS PHOTO SUBMITTED

Reggie Leach One of the greatest scorers in the history of the Western Canada Junior Hockey League,

er cut at training camp, but that didn't discourage Leach as he ended up playing until Christmas that year for a Junior B team in Lashburn, Sask.

Leach was homesick so once he returned for Christmas he stayed in Riverton and played for his old teams the rest of the season. The next season he made the big jump to the Flin Flon Bombers of the MJHL. He arrived in Flin Flon with \$7 in his pocket and a dream to make the Bombers team out of training camp.

Shortly after he arrived in Flin Flon, Leach met Bobby Clarke, the son of a local miner who would of course go on to be one of the game's all-time greats.

"He was so good I had heard about him back in Riverton," Leach recalled. "We met a few weeks after I arrived in Flin Flon when he spotted me at the arena practicing my shot. There was no ice there in the summer, so I stood on the concrete firing the puck at a net. It wasn't long before we became fast friends. We shared a great bond: our love of hockey."

Leach and Clarke both made the Bombers team and the rest, as they say, is history. The pair's chemistry was simply incredible on and off the ice. When they weren't playing hockey, they were working together in the mines for the Hudson Bay Mining and Smelting company. They were inseparable and it showed in their strong play. In his first year with the Bombers they won the MJHL championship and Leach had scored 67 goals and 113 points in just 45 games.

The following season the Bombers moved into the stronger Western Canada Hockey League (WCHL) and Leach continued finding the back of the net at a rapid pace, scoring a league record 87 goals. It was around this time that Leach started to get the idea that he might be able to play in the NHL one day. "I was a pretty good hockey player in Riverton but it was a small community so I didn't know how my career was going to go from there," recalled Leach. "Once I went to Flin Flon and played there, I had

Continued on page 13

"THE ONLY PERSON WHO COULD HAVE STOPPED REGGIE LEACH FROM BEING REMEMBERED AS ONE OF THE GREATEST SNIPERS EVER TO LACE UP A PAIR OF SKATES WAS REGGIE HIMSELF."

> REGGIE LEACH, FROM PG. 12

a rough idea in my fourth year of junior there after Bobby Clarke came back. He was a year older than me so he turned pro a year before me and encouraged me to keep going at it because he said that I shouldn't have any problems making it."

While with the Bombers, Leach won league championships in three of the four years he was up in Flin Flon and averaged nearly two goals a game during his junior career. NHL scouts loved the quick release that he possessed which led Leach to being drafted by the Boston Bruins with the third overall pick of the 1970 NHL Amateur Draft.

Leach made the Bruins out of training camp, but he was joining a club that had just won the Stanley Cup the year prior so they were loaded with talent up front and as a result, Leach was relegated to the bench more than he would have liked.

"You're very excited at first being right there with the defending Stanley Cup champions. I thought at the time that these guys were so much better than I was as a hockey player because of what they had accomplished the previous year and here I am sitting in the same room and not getting a chance to play. The first year was okay, but by the second year you start to get frustrated. I thought I was better than at least four or five of the guys they had but they never gave me a full chance."

Eventually Leach voiced some frustrations to his coach and it led to him being traded at the 1972 trade deadline to the California Golden Seals in a deal that sent Carol Vadnais back to the Bruins to bolster their roster. Although playing in Oakland, California was a chance for Leach to get plenty of ice time, they were a last-place team for most of the three years he spent there and there weren't many high points.

"California was a chance for me to play on a regular basis. I just wanted to play the game at the highest level," said Leach. "But the team was run horribly. Junior teams were better run than the California NHL team. One of the few good things about playing in Oakland was the fact our owner, Charlie Finley, also owned the Oakland Athletics and we got free tickets to all of the big games including the World Series."

One week after the Philadelphia Flyers won the 1974 Stanley Cup, they traded a promising young player named Al MacAdam, Larry Wright, and a first round pick to the Seals for Leach. Word has it that Clarke had pushed for the Flyers to make the trade, telling owner Ed Snider that Leach could score forty goals in his

sleep.

"I came from a last place club and then all of the sudden I got a break and came on the defending Stanley Cup champs team once again. I know Clarkie said in the press that I would score 40 goals on a bad year, but I sure didn't look very good at Christmastime with only four or five goals. I wasn't used to playing in a system and being disciplined on the ice. In California, we just did what we wanted and tried to keep the games as close as possible and go from there. My attitude and love for the game certainly came back when I went to Philadelphia and things changed as I ended up having a pretty good finish to the year."

Pretty good finish indeed as Leach pumped 42 goals in the last 60 games of the year. He added eight more in the playoffs as the Flyers won their second straight Stanley Cup. The following 1975-76 season would be Leach's best in the NHL as he scored 61 goals during the regular season which would have won him a Rocket Richard Trophy as the league's top goal scorer if it wasn't for the fact that the trophy didn't come about until 1999. He also played in the inaugural 1976 Canada Cup and was on the Team Canada squad that was victorious, defeating Czechoslovakia in the final by 6-0 and 5-4 score lines.

In the playoffs that year, Leach continued his scoring ways and potted 19 goals during the postseason. He even had a five-goal game during his team's playoff run that saw the Flyers bid for a three straight Stanley Cup falter in the finals when they were swept by Ken Dryden and the Montreal Canadiens.

For his efforts, Leach won the Conn Smythe Trophy as playoff MVP. He's one of five players ever that have won the award despite losing the Cup final. Leach's 80 combined goals (regular season and playoffs) became a league record until the 1980-81 season when New York Islanders sniper Mike Bossy scored 85.

Leach is the first to credit Bobby Clarke for a lot of his success with the Flyers.

"Well Clarkie and I have been friends all our lives," said Leach. "We grew up in Flin Flon together working in the mines. He went to Philly while I was in Boston and California so it was really nice to get back together since we knew each other so well. We had Billy Barber on the left

side and together we had amazing chemistry and played together as a unit which led to us being one of the top lines in the NHL at that time."

All in all, Leach spent eight years with the Flyers and then finished off his NHL career with a one-year stint in Detroit. He was a part of the Flyers' 35-game unbeaten streak in 1980, which is a record that still stands to this day, which also includes his team's 22-game unbeaten streak on home ice that same season. Leach retired with 381 goals and 666 points in 934 NHL games over thirteen seasons. Twice surpassing the 50-goal plateau, Leach's hockey career is highlighted by his 1975 Stanley Cup and Conn Smythe Trophy. He played in two NHL All-Star Games (1976, 1980) and was named an NHL Second Team All-Star in 1976.

When his career ended, Leach got into the landscaping business. He started off as just a regular worker but soon came to own the company and grew it into quite a profitable business for a number of years. Leach's son Jamie played parts of five seasons in the NHL, mainly with the Pittsburgh Penguins, winning the Stanley Cup in 1992. Leach and Jamie became one of the rare father and son combinations in NHL history to both win the Stanley Cup.

Today, Leach and his wife live in Aundeck Omni Kaning First Nation on beautiful Manitoulin Island in northern Ontario. Leach was named to the Order of Manitoba in 2016 and continues to be a role model for Aboriginal kids by delivering speeches at First Nation schools all across Canada about the dangers of drugs and alcohol. His speeches come from the heart because he himself overcame alcoholism and has been sober for over 30 years. Leach's life has truly been an inspiring story.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba's best curlers heading to Virden for provincials

Staff

The most prestigious curling event of the season in Manitoba curling kicks off on Wednesday at the Tundra Gas and Oil Place in Virden. The Viterra Championships where our province determines our Tim Hortons Brier representative through a grueling 32 team double-knockout is a very special week and as per usual at this event, there will be a strong Interlake contingent that is of course led by fourth seeded Tanner Lott from Winnipeg Beach.

Winnipeg Beach's Lott has been having a breakout season so far and definitely deserves their number four seed. Lott started the year off strong by winning their first two WCT events and even participated in the Grand Slam of Curling Tour Challenge (Tier II). Most recently capturing the main event of the Manitoba Open so they are definitely one of those teams that are likely going to be in the mix come playoff weekend.

Gimli's Steen Sigurdson will also be in Virden. Steen's rink has had an up-and-down year so far, qualifying in just two of five World Curling Tour (WCT) event's, but are currently trending in the right direction after winning their tricky Interlake men's regional zone over the likes of Kyle Foster, Richard Muntain, and Justin Reynolds. They'll be in

tough at the provincials coming in as the 21st seed with a tough first matchup against Pembina's Daniel Birchard.

Express reporter Ty Dillelo has a horse in the race as well and will be skipping the ninth seeded team at the provincial championship. Dillelo has been having a decent year so far for a first-year as a team together. They made the playoffs or better at most of the WCT events, and have pulled off some big wins, most notably against the reigning Olympic gold medalists John Shuster.

"I like to think that we have the ability to play very well, it's just about putting it together and being consistent at the right time," said Dillelo.

For most of this decade, the Manitoba provincials has been a two-horse race between Mike McEwen and Reid Carruthers. Now that they've joined forces and the fact that they haven't exactly had the strongest season so far, this provincial championship seems pretty.

"I know that my team feels like we're one of eight or so teams that actually has a shot at this if we can play well and I'm sure our other competitors feel the same way," said Dillelo.

"All in all it should make for a pretty interesting weekend out in Virden."

There is talk of reducing the number of teams in the Viterra Championship from 32 to 24, making the event more difficult to qualify for.

But for now, the 32 teams can enjoy the Viterra Championships as one of the most intriguing events of the curling season.

The 2019 Viterra Championship draw showing the

first matchup and the team's seeding in brackets:

(15) Graham Freeman, Virden – Kelly Marnoch, Carberry (18)

(2) Jason Gunnlaugson, Morris – Darren Perche, Charleswood (31)

(7) David Bohn, Assiniboine Memorial – Curtis McCannell, Pilot Mound (26)

(10) Steve Irwin, Brandon – Ryan Thomson, Mor-den (23)

(11) Riley Smith, Fort Rouge – Kelly Robertson, Neepawa (22)

(6) William Lyburn, Granite – Dean North, Car-man (27)

(3) Braden Calvert, Assiniboine Memorial – Shaun Parsons, Burntwood (30)

(14) Trevor Loreth, Granite – Brett Walter, Elm-wood (19)

(13) Sean Grassie, Deer Lodge – Mark Lukowich, Granite (20)

(4) Tanner Lott, Winnipeg Beach – Greg Todoruk, Dauphin (29)

(5) Dennis Bohn, Assiniboine Memorial – Grant Shewfelt, Baldur (28)

(12) Daniel Birchard, Pembina – Steen Sigurdson, Gimli (21)

(16) Terry McNamee, Brandon – Randy Neufeld, La Salle (17)

(1) Reid Carruthers, West St. Paul – Robert Daudet, Granite (32)

(8) Corey Chambers, Lorette – Jeff Stewart, Glad-stone (25)

(9) Ty Dillelo, Fort Rouge – Tyler Drews, Fort Rouge (24).

Provincial bound



EXPRESS PHOTO SUBMITTED

Team Trinke, who are Stonewall Junior curling members, won the Winnipeg Regionals A-Side and have now advanced to the U18 Provincials. Playing Regionals at Deer Lodge Curling Club last weekend, Team Trinke defeated Team Wachal of St Vital 3-2 in their first game. In the A final, Trinke blasted St. Vital's Team Steski 14-1 in just four ends to win the berth spot to Provincials.

Team Trinke, which plays at Stonewall and St. Vital Jr. Super League, includes (from right to left) skip Matthew Bijl (Winnipeg), third Elias Huminecki (Winnipeg Beach), second Johnny Trinke (Winkler), lead Tyler Giesbrecht (Winnipeg Beach) and coach Darrel Argan (Stonewall).

The Asham U18 Provincials will be played at Swan River from March 7 to 10.

U17 Midget Prep, Bantam Lightning on losing end of games

Staff

The Interlake Lightning U17 Midget Prep hockey team lost a tough one to the Brandon Wheat Kings on Saturday evening in Warren.

Interlake led 2-1 late in the third period but Brandon's Brayden MacKay tied the score with just 37 seconds remaining in regulation time.

The Wheat Kings' Dalton Andrews then scored the game-winner in overtime.

Lucas Singh gave Interlake a 1-0 lead with a short-handed goal at 17:27 of the first period.

Andrews tied the score late in the second before the Lightning's Ashton Fisher tallied 1:40 into the third.

Jackson Kummen made 24 saves in the losing cause.

Last Thursday, the Lightning was blanked 8-0 by the first-place Winnipeg Monarchs in Arborg.

No scoring summary was on the league website at press time.

Interlake will host a very good Sharks' team this Thursday at 7:30 p.m. in Stonewall.

On Sunday, the Lightning will visit the Eastman Selects at 1 p.m.

Lightning Bantam AAA

In Bantam AAA action, Interlake was nipped 5-4 in overtime by the Winnipeg Hawks at the Maples

Multiplex on Saturday.

Liam Cunningham scored the OT winner.

The Lightning trailed 3-0 after the first period and then 4-1 late in the second.

But Interlake mounted a comeback with a second-period goal from Rylan Slatcher and third-period markers by Karson King and Alexander Kaczorowski.

Peyton Bateman also scored a second-period goal for the Lightning.

The Hawks' other goals were scored by Nathan Lenoski, Carson Shewfelt, Layne Richardson, and Cole Younger.

Zach Meadows made 33 saves in the loss.

Last Thursday, Interlake was blanked 5-0 by the Monarchs in Stonewall.

Sam Court and Michael Cicek gave the visitors a 2-0 first-period lead and then Dylan Moon and James Starr tallied in the middle frame.

Zach Nicholas closed out the scoring in the third. Meadows stopped 31 Monarchs' shots.

Interlake will play Eastman this Friday at 7:30 p.m. in Landmark and then will battle the Yellowhead Chiefs on Sunday at noon in Shoal Lake.

The Lightning will close out their regular season with home games Monday (7:30 p.m.) against the Warriors and the Central Plains Capitals on Feb. 16 (6 p.m.). Both games will be played in Stonewall.

Sahaidak/Lott win Curling World Cup for Canada

By Ty Dilello

It was a storybook ending to a great week of curling in Jonkoping, Sweden at the Curling World Cup for Kadriana Sahaidak and Colton Lott of Winnipeg Beach. Representing Canada in Mixed Doubles at the event, Sahaidak/Lott scored a last-rock 7-5 victory over Norway's Thomas Ulsrud and Kristen Skaslien in the final to win the third leg of the Curling World Cup and advance to the Grand Final of the event later this spring in Beijing, China.

"It means everything," said Lott. "We've been in a couple of tough finals, we lost the National final in Canada and then we lost the Canad Inns this year. So to finally come through in that final it was huge especially being at an international event representing Canada."

Colton Lott is one of the best young curlers in the world right now and he really proved it in the World Cup final by playing nearly perfect at 99 per cent. And with Sahaidak, the fact that she is now a Curling World Cup champion is downright unbelievable since not only is she just nineteen years old, but she doesn't even curl competitively in regular four-person curling. She is strictly a mixed-doubles curler and is already a very elite

player, knowing exactly what to do to get her rocks in the right places.

To reach the World Cup finals, Sahaidak/Lott had to navigate through a double round-robin, winning four games and only dropping two. It was the last round-robin game that launched the Canadians to the final when they dispatched South Korea 7-5.

In the World Cup final, the Winnipeg Beach tandem quickly jumped out to a 4-0 lead after three ends, but as we know in curling, leads sometimes are only temporary. Ulsrud/Skaslien hung in tough and after seven ends, they had fought back to tie the game at five apiece. Fortunately, the young Canadian duo held the last rock advantage in the final end and played a near perfect end, scoring a deuce, and taking home the Curling World Cup. For their efforts, Sahaidak and Lott took home US\$13,250 in prize money.

Colton Lott will now be returning to Manitoba to take part in this week's Vitterra Championships in Virden where he plays third for his older brother Tanner. They are the fourth seed at the provincials, and with Colton's recent mixed-doubles success, he is looking to carry that over into men's play.



WORLD CURLING FEDERATION/CÉLINE STUCKI

Canada's Kadriana Sahaidak and Colton Lott defeated Norway's Kristin Skaslien and Thomas Ulsrud 7-5 on Sunday to capture the mixed doubles title at the curling World Cup in Jonkoping, Sweden.

In other curling news

It was a disappointing week for Arborg's Vanessa Foster and her teammates on Team Darcy Robertson. They were on the losing side of things all week going winless at 0-6 in Sweden. A tough week for the Winnipeg foursome that was representing Team Canada for the first time.

Finally, in the men's event, Canada's Matt Dunstone (a Winnipegger) won the championship final over three-time World Champion Niklas Edin 5-4 in a thrilling back-and-forth see-

saw affair. Tied and holding the last rock in the final end, Dunstone made a quiet-weight hit and stick, removing an Edin counter in the four-foot to pick up the World Cup crown. Which means that in addition to Colton Lott and Kadriana Sahaidak, we will also be seeing Team Dunstone in Beijing for the Grand Final of the World Cup in May. Matt Dunstone and Colton Lott curled together in juniors for many years, most notably winning a Canadian Junior Championship and World Junior Bronze Medal in 2016.

Lakers looking to climb MHSAA 'AA' rankings

By Brian Bowman

The Gimli Lakers have a very good basketball team this season.

And the recent MHSAA rankings prove that.

Gimli is the No. 3 "AA" varsity boys' basketball team in the province and they would love to see that ranking go even higher.

"I think we were seventh before that and then we were in MacGregor in the last weekend of January and we played MacGregor, who was three, and we beat them," said Rams' head coach Chad Heminger last Friday. "We're sitting at three right now and we're young but we have some talent."

"We have a shot to make some noise."

When they're on their game, Gimli shoots the ball well from the outside. The Lakers have three players

Continued on page 2

Junior bonspiel champions



EXPRESS PHOTO SUBMITTED

The Stonewall Pharmacy Junior Bonspiel took place Jan. 25-27 with 18 teams competing (12 U15 and six U18). Left photo: The U18 A Event winner was Winnipeg Beach's Team Maisey, which featured Josh Maisey, Oliver DeMeyer, Sean Giesbrecht and Sebastien Pruneau of Stonewall.

The U18 B Event winner was Team Desaulniers while the U18 C Event winner was Team Wachal, both from Winnipeg.

Right photo: The U15 A Event winner was Winkler's Team Krahn. Their rink features Landon Krahn, Luke Trinke, Jace Zacharias and Jared Bueckert. The U15 A runner-up was the Stonewall rink of Blake Good, Autumn Good, Jake McIvor and Nicholas Buternosky. The U15 B Event winner was Team Beaudry while the U15 C Event winner was Team Peters. Both of those teams are from Winnipeg.

Sports broadcasting legend Bob Picken passes away

By Ty Dilello

Our province lost one of its major sporting icons this past week when legendary broadcaster Bob Picken passed away from cancer at the age of 86. His deep, velvet-smooth voice was synonymous with both professional and amateur sports in Manitoba for the past sixty years and will be deeply missed by all.

Bob Picken grew up in the North End of Winnipeg and got his first chance at sports reporting while in high school writing up game reports covering midget and juvenile hockey for the *Winnipeg Citizen*. It wasn't long before he was calling games on the radio, and by the 1960s he was the voice of the Winnipeg Blue Bombers and CBC Radio's voice of the Grey Cup for 15 years during the '70s and '80s. When pro hockey returned to Manitoba in the 1970s, you better believe Picken was the voice too for the WHA and later NHL's Winnipeg Jets.

To Manitobans, he is likely best known for his comprehensive coverage of the local, national and international curling scene. Bob covered 32 men's and 16 women's world curling championships. He even served a term as president of the Manitoba Curling Association (MCA). A competitive curler himself in his younger years, Bob came within a win of representing Manitoba at the 1963 Brier.

Personally, I have to say that Bob

was a big idol of mine in the sports reporting world. I remember driving around the city during the big MCA men's bonspiel from game-to-game as a youngster and listening to him on CJOB radio giving his recap of games and letting listeners know which team's looking for the coveted provincial spots were still alive.

Being a competitive curler, I've had the privilege of getting to know Bob a little bit through my curling over the years as he would frequent a lot of the local events throughout the winter. He was a kind soul that would literally do anything for anyone, volunteering countless hours to help make sure all of the local bonspiels ran smoothly even though he was well into his 80s.

Bob Picken is a legend in Manitoba, it's as simple as that. He is an enshrined member of literally every single sports Hall of Fame in Canada: Manitoba Hockey, Curling, Golf, Baseball Halls of Fame, the Canadian Football Hall of Fame, the Curling Canada Hall of Fame, the Winnipeg Blue Bombers Media Hall of Fame, the Manitoba Sports Hall of Fame, and World Curling Hall of Fame among many others.

Picken also received the major honour of the Order of Manitoba in 2017, where his lifetime of contributions to the Manitoba sporting community was recognized by the province.

I knew something was up when Bob

wasn't at the Thistle Curling Club (the old Valour Road) this fall volunteering as the drawmaster at an early World Curling Tour event the club was hosting. He'd been doing it every year since I started curling in men's bonspiels so my mind started to wander that he might have fallen ill at his advanced age.

It was then confirmed by my buddy Bob Chrystal, a former New York Rangers defenseman of the early 1950s as he has been long time friends with Picken for many decades and would often go for lunch with him. He told me that Picken was up at the Grace Hospital not doing too well with terminal cancer and that a lot of his sportsmen buddies were coming to visit. Even right up to the end, Picken attended a biweekly luncheon at the Viscount Gort hotel called the "Mafia Club" with fellow sportsmen, athletes, broadcasters, reporters, etc. It was always a way for Bob of keeping tabs on what was going on in the local sports scenes.

Bob Picken was officially diagnosed with terminal cancer towards the end of 2018 and finally succumbed to the illness at the Riverview Health Centre on Jan. 20 at the age of 86. Leaving behind his wife Barbara, three kids and the entire Manitoba sporting community who adored him and his God-given voice.

As former chairman of Curling Can-



EXPRESS PHOTO SUBMITTED

The legendary Bob Picken passed away at the age of 86 on Wednesday, following a battle with cancer.

ada, Resby Coutts best puts it, "Bob Picken is the last of the reporters from a golden age of sports coverage. The Manitoba sporting fraternity has lost a giant."

I know that myself and all my fellow competitors will be thinking of Mr. Picken this week at the Viterra Championship. I can only imagine that he'll be up-above us calling the games with that signature voice. We will miss you Bob.

Midget Lightning split with Winnipeg teams

Staff

The Winnipeg Wild are a very good hockey team - there is no question about that.

Winnipeg showed off their skill once again, cruising to a 9-0 victory over the Interlake Lightning on Sunday afternoon at the Bell MTS Iceplex.

The Wild's Kaden Bryant scored twice while Jackson Klewchuk also tallied in the first period.

Winnipeg then exploded for six goals in the second to grab a comfortable 9-0 lead. Cameron McDonald, with a pair, Bryant, Reese Belton, Tyson Smith, and Hughie Hooker scored in the middle frame.

The third period was scoreless.

The Wild scored four power-play goals in the game and also added a shorthanded marker.

On Saturday evening, Interlake edged the Winnipeg Thrashers 5-4 in Teulon.

Nicholas Prystupa scored twice for

the Lightning while Chase Barkley, Austin Adair, and William Faraci added singles.

Kai Studler, Cadrick Dueck, and Greg Paseschnikoff each had two assists.

Nick Sharpe, Jack Stewart, Brandon Ambrozik and Jordan Macfarlane replied for the Thrashers.

Winnipeg was 2-for-11 on the power play while Interlake was 0-for-4.

The Thrashers outshot the Lightning 60-15 as Josh Bond earned the well-deserved victory.

The Lightning will visit the Winnipeg Bruins on Wednesday at 7 p.m. at Southdale Arena.

Interlake will then be home for five straight games, beginning Saturday at 7:30 p.m. when it hosts the first-place Wild in Arborg.

The Lightning will then play the Eastman Selects Sunday (2:30 p.m.) in Teulon.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Kaden Stewart (24) and Chris Fines kept the puck out of the net during this flurry of action against the Winnipeg Wild last Sunday.

JV Lakers win home basketball tournament

By Brian Bowman

The Gimli Lakers figured that if they were going to host a junior varsity boys' basketball tournament last weekend, they might as well get in as many games as they could.

Gimli played the maximum three games after cruising to the tournament title with an impressive 66-43 win over Helen Betty Osborne in the championship game on Saturday.

"We had a pretty good crowd there and it was an exciting game," said Lakers' head coach Jordan MacVicar. "The guys were really stoked to win that one. We've done well defending our home court the last couple of years but it was the first time in a few years that we were able to win our home tournament.

"That was really exciting for them."

Matthew Yablonski led Gimli with 26 points, which included five three-pointers.

"He's a solid two-way player and one of our best perimeter defenders," MacVicar noted. "He's a fantastic shooter that controls the game well."

Tommy Pitman also had a very good game for Gimli, scoring 16 points while dominating the boards with 18 rebounds. Michael Crave was also solid, finishing with 20 points, 15 rebounds and five assists.

Gimli reached the final after downing the Niverville Panthers 67-57. It was a tight game as the Panthers brought a pesky style to the hardwood.

"They were a team that played with a lot of energy with an in-your-face style," MacVicar said. "They got into our heads a little bit and we got into a little bit of four trouble."

Gimli trailed by four points with about five minutes remaining but had a strong push down the stretch.

Gimli started the tournament with a dominating 88-64 win over Immanuel Christian.

The Lakers are a team that jumps out to leads and plays really sound basketball.

"We're a pretty solid defensive team," MacVicar said. "We transition from zone to man defence this year and they have picked it up pretty quick. They're pretty solid as a group picking up the tempo."

Last month, Gimli placed third at a MacGregor tournament. The Lakers edged the Carberry Cougars 56-55 in overtime in the third-place game.

"That was a big one because we overcame adversity," MacVicar recalled. "We were up six and they hit a couple of threes. But we settled down going into OT and that's one of those



EXPRESS PHOTO SUBMITTED

The Gimli Lakers junior varsity boys' basketball team captured the tournament title on their home court last Saturday after defeating Helen Betty Osborne 66-43 in the championship game.

Pictured, back row, left to right: Jordan MacVicar (coach), Riley Kennedy, Gabriel McDonald, Patrick Roberts, Nic Auer, Tommy Pitman, Zack Fedorchuk and Ryan Crave (assistant coach).

Front row, left to right: Ryder Thom, Taylor Stevens, Michael Crave, Matthew Yablonski, Alek Pischke and Lee Lapierre.

wins that will help you down the road in zone playoffs and, potentially, playoffs."

In exhibition play, Gimli is 3-0 after lopsided wins over Warren (69-25), Teulon (53-32) and Arborg (77-11).

The Lakers played Arborg this past Tuesday and then will resume exhibi-

tion action Feb. 13 in Warren. Gimli will then be in Teulon on Feb. 21.

Both games are set to start at 4:30 p.m.

Gimli will compete at the zones on Feb. 26-27 in Fisher River. The MHSAA provincials are slated for March 7-9 in Sprague.

Lundar playing much better defensively as playoffs near

By Brian Bowman

As the Capital Region Junior Hockey League playoffs near, the Lundar Falcons are starting to play some real good hockey.

The Falcons proved that again last Friday as they edged the North Winnipeg Satellites 2-1 in Lundar.

"We went on a pretty bad streak there (in January) but we have found some consistency now over the last few games," Worthing said. "It's actually guys showing up and we couldn't find the consistency when you never have one straight line.

"We definitely had to tighten it up defensively. If you look at the scores, we're scoring five goals (a game) but we're allowing the other teams to score seven or eight goals."

North Winnipeg took a 1-0 first-period lead with a goal from Nathan Jones but Lundar's Mason Medeiros and Josh Wilkinson replied with goals just 1:50 apart midway in the third.

"That was absolutely huge," Worthing said of the comeback win. "It was one of those must-win games. Because we were missing quite a few players we knew that we were going

to have to play different and grind a win.

"Before the game even started, we knew it would end like a 1-0 or 2-1 game."

Chris Lesage made 34 saves for the victory.

With the win, Lundar now has 32 points to sit in fourth place in the five-team league. North Winnipeg trails Lundar by just a single point while the Falcons are just four points behind the second-place Arborg Ice Dawgs.

"Any team can win it this year," Worthing said. "Regardless of where you're sitting in the standings, whenever two teams are playing it's always a close game. You're going to get that odd game where one team runs away with it because maybe the goalie is struggling or the defence isn't doing the best job of clearing the puck."

Lundar will visit Arborg in a key matchup Thursday (7:30 p.m.) and then will host the first-place Selkirk Fishermen on Saturday (8 p.m.).

"We're expecting some big things, especially from Arborg," Worthing said. "We had a really good game

against them in our last game. I know that they're going to come out pretty strong against us.

"As for Selkirk, it's always a good game playing them. It will be a fast-paced game so we need to play our game and be consistent throughout."

Arborg, meanwhile, played at North Winnipeg this past Tuesday but no score was available at press time. The Ice Dawgs will also host the St. Malo Warriors on Sunday with a 1:30 p.m. game.

> LAKERS, FROM PG. 15

— Brady Jonasson, Blake Magnusson and Hank McPherson — that all have a good shooting touch.

Gimli also has some good, young talent with three Grade 10 players that have moved up to play at the varsity level this season.

The Lakers will be hosting an eight-team tournament, which begins this Friday and continues through to Saturday.

"It should be good," Heminger said. "There are some ranked teams coming our way and it's always nice to play on your home floor."

Previous tournament action this season saw Gimli lose in the consolation final of a tournament in Niver-

ville back in mid-December. The Lakers were also defeated by the Arborg Athletics in the final of a MacGregor tournament last month.

Gimli also placed third at a Steinbach tournament.

In exhibition play this season, Gimli is 3-0 after home victories over the Warren Collegiate Wildcats (49-46), Teulon Collegiate Saints (89-36) and Arborg Athletics (67-46), according to the MHSAA website.

Gimli will have several more games this month before they host the Zone 5 playoffs on Feb. 20. Gimli will be competing against Warren, Teulon and Peguis at the zones, with the winner advancing to the regionals.

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OBITUARY

**Nancy Eileen Crockatt (nee Rodway)
June 29, 1934 - January 27, 2019**

Nancy passed away peacefully in the early morning of January 27, 2019 at the Souris Personal Care Home. She left this world holding the hand of a caring friend. She will be sadly missed by family and friends.

She was predeceased by her husband Hugh (2015) and son Tom (2011), parents Graham and Nancy Rodway. She is survived by her daughter Nancy Jo (Joe) Moller, grandson Cody (Lauren) and great-grandson Caleb Moller. Also survived by daughter-in-law Linda, grandsons Jay, Kyle (Kyla) and great-granddaughters Landyn and Brynn Crockatt.

Nancy is also survived by her siblings Pat (Bill) Kotelko, Helen (Chris) Riddell, Bill (Donna) Rodway, Jim (Dell) Rodway; sisters-in-law Anne Ostop, Eileen Crockatt and Phyllis Crockatt and their respective families.

After the loss of first, son Tom and then husband Hugh, Nancy lost her bright will to live and slowly faded away. Nancy had a gentle soul and welcoming heart. The coffee pot was always on, a meal ready in minutes for anyone that happened to stop in. Anyone lucky enough to be there for her lemon pies always came back.

Over the years, mom was a 4-H leader and Stats Can employee but first and foremost a farm wife and mother. She met many challenges, whether running for parts, making meals or working in the field, head on with a smile on her face. After their farm flooded, mom was a constant companion and caregiver to Dad. Mom was always supportive of her children and grandchildren and nothing made her happier than hearing about their daily lives and being included in their activities.

Eulogy will be given by long time family friend John Lavallee. Pallbearers will be grandsons Jay Crockatt and Cody Moller. Honorary pallbearers will be grandson Kyle Crockatt and friend Katie-Jo Williamson.

Funeral service will be at MacKenzie Funeral Chapel, 433 Main Street, Stonewall, MB on Monday, February 18, 2019 at 1:00 p.m. Pastor Henry Ozirney officiating. Lunch immediately after at Stonewall Legion with interment to follow at Warren Cemetery.

The family would like to thank the staff at Souris Personal Care Home for their excellent care going above and beyond all the time. Also thanks to Katie-Jo and Margie for their compassion and companionship to Mom during her last year.

Rest in Peace Mom, Gone but never Forgotten

Donations may be made in mom's memory to: Souris and Glenwood Palliative Care, Box 10, Souris, MB R0K 2C0.

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