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WEEKLY NEWS

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Peguis preparing for spring flooding; weighing long-term flooding solutions

By Patricia Barrett

Peguis First Nation is expecting a one-in-33-year flood event this spring and preparations are currently underway to prevent potential damage to about 150 flood-prone homes.

Based on a provincial fall forecast showing high ground saturation levels, Peguis received funding from the federal department of Indigenous and Northern Affairs Canada (INAC) to begin mitigation efforts over the course of March.

It's a given that Manitoba's largest First Nation (about 6,500 people on reserve; 4,500 off) will experience flooding.

"We flood every year," said William Sutherland, who has been Peguis' emergency co-ordinator since 2010 and oversees an Emergency Operations Centre. "And it impacts the majority of our lands and it impacts homes. Right now, with the latest flood forecast, we're prepping for a one-in-33-year event."

Sutherland said crews will begin brushing (removal of vegetation in ditches), excavating ditches, steaming culverts and removing snow from about 150 of the "most flood-prone homes." INAC funding also permits the purchase of 100 submersible pumps, reverse-flow valves and ABS pipe.

Sutherland has a series of maps in-



EXPRESS PHOTO BY PATRICIA BARRETT

Peguis' emergency co-ordinator William Sutherland is overseeing a number of flood-mitigation projects this month in preparation for spring flooding.

dicating various flood scenarios and their reach across the community.

Although the projections help him prepare for overland flooding events,

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> FLOOD, FROM PG. 1

they don't take severe weather events into account.

"They don't factor in heavy rainfall events. This is just river flooding," he said, referring to the one-in-33-year flood map that shows the majority of the community's housing and businesses under water.

Two branches of the Fisher River, which run through Peguis to Lake Winnipeg, carry run-off from farmers' fields in the neighbouring RM of Fisher. Major rainfall or snow events also cause or contribute to flooding.

"Our lands are in a giant basin," said Sutherland. "The land elevation ... from the Fisher Branch area coming north is a 121-foot drop in elevation. And as you're going through from the south to the north end of the reserve, it becomes a giant basin. As you're leaving the north, heading to Fisher River Cree Nation, only then does the elevation start slowly rising."

The band, formerly known as St. Peters Reserve before the province dissolved it in 1908 and re-located the people from Selkirk to their present location, had not experienced major artificial flood events until the 1970s.

Those flood events arose after a drainage project was carried out in the RM of Fisher in the late 1960s and 1970s, according to band member Earl

Stevenson, who spoke at a 2005 hearing conducted by the Manitoba Clean Environment Commission on the Red River Floodway Expansion Project.

Stevenson cited flooding in Peguis in 1974, 1979, 1986, 1989, 1996, 1997, 1998, 1999, 2000, 2001 and 2004.

"Our community is under constant flood threat every year," Stevenson had said. "We cannot allow another generation of our people to endure the scope of circumstances as a result of the flooding."

Sutherland said he remembers one of the 1970s flood events when he was a child.

"The army was called in. Highway 224 was under water. They evacuated us by helicopter to Gimli. The water was right up to here," he said, placing his hand near the top of the door frame in his office.

As to long-term solutions to flooding, Sutherland said there are a few options.

"The long-term flood mitigation that is currently underway is identifying homes within the flood zone. And it's either relocate those homes or [permanently] dike them."

But relocating them to higher ground, he said, might not prevent their flooding if a really severe flood event were to occur, according to flood projections.

"The area we're most concerned

with is the area between Highway 224 and the west road," he said. "A large chunk of the properties are in that zone."

Tom Nevakshonoff, former minister of Conservation and Water Stewardship, said he thinks the province can be part of the long-term solution.

"I would say the province does have a role to play because some of the water that floods the reserve comes out of the RM of Fisher. Methods such as staged release and controlled wetlands are examples of potential action."

He said there has been talk of building a diversion channel around Peguis, but the cost of that endeavour may be prohibitive.

"It could be hundreds of millions of dollars for about 30 miles or more. For example, look at the cost of the proposed secondary outlet from Lake Manitoba to Lake St. Martin — that's a quarter billion dollar project. That's a large number and they [current government] may be looking at more realistic solutions."

There are a variety of other actions that could be taken, he said.

The recently completed LiDAR (Light Detecting and Ranging) study, which is unique from other studies in that it shows ground elevation, could be used to design "selective diking" in areas to prevent the river from overflowing.

"We could also prevent back-flooding, which is something we [NDP government] did. We put a bunch of control gates on the lateral drains [those that run perpendicular] that flow to the river so that you can close off the culverts, which prevents the water from going backwards up the drainage ditch."

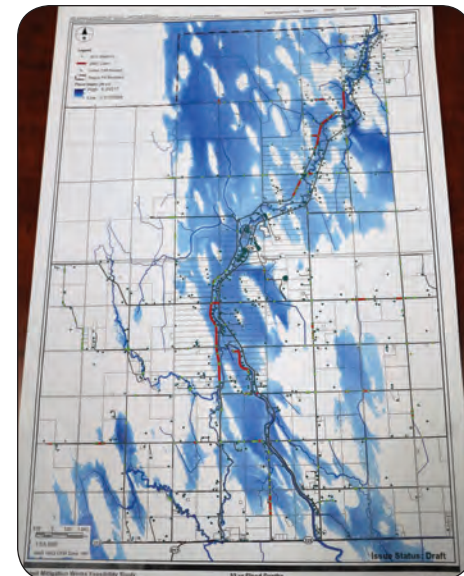
"You can also address high spots in the river: there are probably four or five sets of rapids, and if you remove those rapids, it would lessen the flooding. But, of course, the impact on spawning would have to be evaluated."

Nevakshonoff also cited a lack of drainage infrastructure on Peguis itself that could be remedied.

"Peguis lacks a good internal system of drainage," he said. "When the river does flood, it goes up into the hinterland. Because there's no effective drainage, the water can't get back to the river and sits on the land all summer. Perhaps the federal government should consider some categorical (specific) funding for drainage infrastructure to address this shortfall."

And the highway could act as the "mother of all dikes," he said.

Highway 224, a provincially owned road, is the major route into Peguis and provides access to communities farther north. When it's overtaken by flood waters, people are trapped. It



MAP COURTESY OF WILLIAM SUTHERLAND

This map shows the extent of flooding during a one-in-33-year flood event, which Peguis is anticipating this spring. The First Nation sits in a basin and floods every year.

also hinders emergency vehicles and access to the Percy E. Moore Hospital on Peguis' southern boundary.

Former premier Selinger had committed to plans to upgrade the entire stretch of PR 224. And as part of that, the road would have been elevated in some spots so that it could function as a dike.

The department of Manitoba Infrastructure did not respond by press time to a request for the current status of that proposal.

Sutherland said he's in favour of building up the highway.

"Our main access point in any crisis is keeping 224 open," he said. "Because it's not only Peguis. It's also the communities of Fisher River, Kinonjeoshtegon [Jackhead] and Dallas — I have to keep in contact with them."

Climate change has underscored the need to permanently address flooding on Peguis.

"This is the type of weather patterns we are currently seeing," said Sutherland. "And now with Peguis, it seems we get into a wet season usually in July or August or even October where we get these heavy rainfall events."

In addition to overseeing all facets of emergency response, Sutherland is in charge of eight or so special equipment units that were supplied in 2015 by the province with funding from the federal government.

The mobile trailers contain tiger tubes and other flood-fighting equipment that can be rapidly deployed against rising water.

Sutherland said Peguis provides flood assistance to other communities such as Fisher River, Moosehorn, Gypsumville and Sandy Bay.

"We've got the most experienced flood-fighters," he said.

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Liberals building bridges in preparation for possible provincial cutbacks

By Patricia Barrett

The provincial Liberals have embarked on a tour of rural communities to assess food and employment programs that could serve as models for northern communities.

Judy Klassen, Interim Liberal Leader and MLA for Kewatinook, along with Jon Gerrard, River Heights MLA, and Joanne Levy, past candidate for the Selkirk-Interlake-Eastman riding, made a stop in Selkirk and Gimli on Feb. 24.

In Gimli, the team visited Evergreen Basic Needs, a food bank, used clothing store and drop-in centre that supports area seniors, youth, low-income individuals and families, and people with disabilities. It also provides support to First Nation communities such as Peguis, Fisher River and Brokenhead.

Klassen said the provincial Conservatives austerity measures and upcoming budget could exacerbate food insecurity and lack of employment opportunities in the north.

"There's a lot of good Manitobans who are, like yourself, always trying to make sure that nobody's neglected ...," said Klassen to EBN's co-director Elaine Gibbs during a tour of the facility. "But there's just no ... connection, so that's why I'm trying to create these bridges, trying to find these good programs and bring them to the northern communities [to address] the neglect."

Klassen said northerners were once self-reliant and passed down knowledge of food production to the younger generation.

"We used to have farms," she said, referring to St. Theresa Point, where she grew up. "We used to have programs in the north. My dad grew ... potatoes."

She said farmers in southern Manitoba — particularly in the Steinbach region — are interested in sharing farming knowledge with northern communities.

"There are so many people willing to come up north and teach them how," said Klassen. "... We want to try to build those bridges."

Since 2004, the province has funded a northern food program called the Northern Healthy Foods Initiative (NHFI). The program supports food projects (community gardens, greenhouses, food business development) and helps subsidize the high cost of healthy food.

Klassen said food prices in the north have dropped, but the program could be improved. The high cost of transporting food is passed on to consumers.

"You have to fly in everything. Elev-



EXPRESS PHOTO BY PATRICIA BARRETT
EBN's Elaine Gibbs (left), Interim Liberal Leader Judy Klassen, MLA Dr. Jon Gerrard and Joanne Levy at Evergreen Basic Needs

en of my reserves are fly-in remote communities."

Klassen said milk in St. Theresa Point is a "treat" rather than a staple food item.

"The north is known for its food insecurity," she said. "You pay \$8 for a head of lettuce. When I left my reserve, it was \$16.79 for a four-litre [milk] and I had six kids."

She said a turkey her sister bought for Thanksgiving dinner last year was about \$70, and a 10-pound bag of potatoes costs \$50.

Last year, the new Conservative government maintained the current level of funding for NHFI, according to the Estimates of Expenditures and Revenue.

But what programs and services may or may not be funded in the upcoming budget is causing anxiety, said Gerrard. And the recent cuts at Hydro may be a sign of things to come.

"People are nervous and there's uncertainty because there's been 900 people ... [cut] at Manitoba Hydro and nobody knows for sure what's going to happen with a lot of other positions," he said. "There's a variety of organizations that are not going to get funding this year."

Coupled with job losses, funding cuts to programs would put a lot of pressure on social service agencies and food banks.

"It's really important to have organizations like [EBN]," said Gerrard. "And it's really important to have learning centres like the one we were visiting in Selkirk because at a time when people could be losing one job, it's very important to ... get the skills to get another job."

In addition to providing food, cloth-

ing and household items, EBN provides computers in its youth drop-in centre so that people can search for jobs.

Gibbs said EBN receives no provincial or federal funding.

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Provincial funding decrease may result in increased school taxes

By Patricia Barrett

Despite a provincial education funding increase of one per cent, the Evergreen School Division received two per cent less overall compared to last year.

The ESD's board of trustees held a public consultation Feb. 21 to provide an overview of the division's finances, educational priorities and ward boundary changes.

Supt. Roza Gray explained how provincial funding has affected the division's bottom line.

"You may have heard the provincial government announce a one per cent in their budget for education — that's actually not true for Evergreen School Division. Every year there's a provincial announcement, and ... we need to ask the question, 'What does that mean for us?' Although there's been a one-per-cent increase in the amount of money ... Evergreen is actually seeing a two-per-cent decrease.

"We've only received from the province 98 per cent of what we received last year at a time when our expenses are always going up."

When the cost of living and the collective agreement are factored in, the net change to the division is more significant, said Gray. And the diversity of students also poses a financial challenge.

"We have increasing demands on public education at a time where we have more diverse students. It's a continuing challenge to meet all the needs with less funding."

The two-per-cent funding decrease means property owners may see an increase in their 2017 school taxes, explained finance chair Dianna Auer.

"With the decrease in provincial revenue and with increasing expenditures, we are seeing a larger shift from provincial revenues to local taxation," said Auer. "... The proposed .073 mill increase represents a tax increase of \$6.57 on a residential property assessed at \$200,000."

In this year's budget, Gray said the division has increased the staffing available at Riverton and Arborg collegiates in order to enable students to have access to core courses. The division did, however, cut 1.4 full-time equivalent teaching staff positions.

Gray said the division's priorities are literacy, numeracy and well-being. It is also focusing on equity. Last year, one of the changes the board put in place was to have parents pay a flat fee of \$40 for school supplies and no additional fees for field trips.

"That was intentional so that all children have the same access to learning no matter what their personal circumstance is at home," said Gray.

The division's annual budget is \$20,858,988. It has 266 employees. Its total enrollment as of Sept. 30, 2016 is 1,455 students over eight schools. Enrollment has dropped over the past 10 years but has now levelled off.

There are 25 bus routes with 926 students transported per day. That works out to about two-thirds of the division's students being bused. The distance driven per day is 4,229 kilometres. The transportation budget for 2017-18 is \$1,583,250 (a 2.36 per cent increase).

Board chair Ruth Ann Furgala explained the changes made to ward boundaries.

The board passed a motion Jan. 18 to revise its ward boundaries in keeping with the rules and regulations set out in the Public School Act regarding geographic conditions.

Geographic conditions take into account popula-



Supt. Roza Gray provided an overview of the division's financial situation.



ESD board chair Ruth Ann Furgala.



EXPRESS PHOTOS BY PATRICIA BARRETT

The Evergreen School Division has 25 bus routes with 926 students transported per day. That works out to about two-thirds of the division's students being bused. The distance driven per day is 4,229 km. The transportation budget for 2017-18 is \$1,583,250 (a 2.36-per-cent increase).

tion fluctuations such as sparsity, density, relative rate of growth or loss of population.

"The key piece of all of it is you have to be in the plus or minus 25 percentile," said Furgala. "And the 25 percentile is based on the electorate."

Wards 1 and 2 (Riverton and Arborg) have now been combined into Ward 1. And Ward 2 (Gimli) has been enlarged.

"The Fraserwood area is now amalgamated with the Gimli ward," said Furgala.

The board made no changes to Ward 3 (Winnipeg Beach) because it meets electoral requirements (i.e., population density).

"Ward 1 has a minus 8.8 per cent. Ward 2 has a plus 1.1 per cent. And Ward 3 has a plus 10.8 per cent," said Furgala. "So the ratios are really well within the plus or minus 25 percentile that's required by the Public School Act."

The total number of trustees will remain the same: Ward 1 has three. Ward 2 will now have four. And Ward 3 has two.

Furgala said it's important to maintain the current numbers of trustees in order to preserve the autonomy of the rural voice.

"We chose not to reduce the size of the board. We currently have nine trustees. We've had nine trustees for ... many years. And the reason we chose not to reduce the size of the board is because we wanted the representation in the wards. We wanted the local community representation."

Furgala said the critical thing to note is that "we do not make decisions based on wards in our school division. We make decisions based on the best possible education opportunity for the students in Evergreen. So when we make a decision, it's not about, 'I need this in Riverton,' or Cheryl [trustee] needs this in Winnipeg Beach."

Furgala said the ward changes are posted on the division's website, and the public is welcome to provide feedback.

The changes have yet to be approved by the minister of education.

Arborg & District Agricultural Society keeps on pulling

By Patricia Barrett

The Arborg & District Agricultural Society has asked the Town of Arborg to support its bid for a 2017 Community Festivals and Events Program grant application and provided council with an update on its plans for the coming year.

The provincial department of Sport, Culture, and Heritage provides rural and northern communities with operating grants of up to \$10,000 for festivals that take place over a minimum of two days and that serve as a community's annual signature event.

"We need a letter of support from you so that we can continue to receive a Festivals grant," said Ag Society member Lenore Olafson, who was part of a delegation at council's regular meeting Feb. 22. "I did put in a request for that because we need that going forward."

The Ag Society, which was established in 1924, is a volunteer-run organization that encourages improvement in food production, promotes traditional rural activities and provides programs and services.

The Ag Society moved its annual July Fair and Rodeo to the Silver Community Centre grounds (about four miles south of Arborg) three years ago in order to expand the event.

"We bought another piece of land there because we found we were running out of room, and our event has expanded," said Olafson. "We've been looking at other options, but everything is so expensive and now we know the government is cutting back on grants and things like that."

The fair and rodeo draws hundreds of tourists and competitors from across the province to the antique tractor pull and the various horse shows.

"I think we're getting a pretty good following," said Olafson. "I think we are becoming the jewel we intended to be. And we're trying to put our town on the map. It's always going to be the Arborg Agricultural Society. Silver is a place that we rent."

The society works together with the Silver Community Centre and pays rent, which is used to improve the building. But it also owns some of the land.

"Our first five acres that we purchased, it was under the condition that it was attached to the Silver Community Centre," said Olafson. "We've purchased it [and] we've granted it to Silver. But we did buy our own two-acre piece on the corner to the south of the tractor pull. But we haven't been able to develop it yet."

The society plans to build a second concession stand for the tractor pull, in which teenagers and women — as well as men — take part.

"What I'm happy about is I'm seeing teenagers. ... They're competing with the old guys!" said Olafson.

The tractor pull is one of the event's main draws.

"There's a tremendous crowd there; it attracts a lot of people," said Olafson. "We're really proud of how far we've come."

The society has decided to cancel its Friday night fireworks display and riverbank social in town, but has tentative plans for a social at the Silver fairgrounds that will "pull in" the horse show and rodeo people already on site.

"We already have the barrel-racing, which is a pretty high-level competition," said Olafson. "And we have competitors from all over the province, following the rodeo circuit. They were going to midnight last year on



EXPRESS PHOTO BY PATRICIA BARRETT

Monique Smith (left) and Lenore Olafson presented plans for the 2017 Arborg Ag Society.

Friday night."

Olafson said the society wants to introduce new elements to the fair and rodeo every year.

"We want to change it up; that all costs money."

Olafson asked whether the town would consider making a financial contribution. The RM of Armstrong has made a contribution.

"We ask that you consider becoming a platinum sponsor this year. Up to this point, you've been gold, which is a \$600 sponsorship. We're hoping that you up it to \$1,000."

She said the 2017 budget is \$83,000 and the majority of that money is spent within the town, supporting town businesses. "Whatever we can buy locally, we do."

And town businesses, in turn, are generous supporters of the fair and rodeo, providing either cash or in-kind donations

"We're tremendously supported by our community," said Olafson. "Maybe a quarter of our budget is local sponsorship and then the rest is fun-

draising through socials and draws. We're always selling something."

Society member Monique Smith said this year's fair will be paying homage to Canada's 150th birthday.

"We'll be trying to get everybody to wear red and white."

Smith said the society is also trying to enhance the children's entertainment, which offers bouncy castles and a petting zoo. "We spend a lot of money there, making it family-orientated."

Mayor Randy Sigurdson said he has gone almost every year to the fair.

"I think you've done very well," he said. "Every time I go there, it seems to be overflowing and hopping. So congratulations on a job, I would say, very well done."

Council will consider the society's request for platinum sponsorship during its budget deliberations. It will provide a letter of support for the Festivals grant.

Council approves Viking Inn's request to host Beach Bash beer garden

By Patricia Barrett

At its regular meeting Feb. 22, Gimli council considered requests from two local businesses that want to host a beer garden for the 2017 Beach Bash concert events on Gimli Beach.

The Viking Inn wrote to council requesting permission to host a beer garden and to possibly provide food catering. The Lakeview Resort also wrote to council asking for permission to host a beer garden.

Coun. Danny Luprypa confirmed that the Lakeview has had the beer garden for the past few years. "I think the idea here is to rotate it or share it?"

Mayor Randy Woroniuk said all businesses that are capable of hosting a beer tent/garden — which includes

liquor licensing, fencing and security — should "have an opportunity to participate."

The Viking Inn has hosted outdoor beer gardens for about 10 years, and both Luprypa and Deputy Mayor Peter Peiluck said there has never been an issue.

Council approved the Viking Inn's request to hold the beer garden subject a number of conditions.

Those include the RM approving the site plan, servers being certified, permits and approvals being obtained, the legal number of patrons allowed in is enforced, business hours to run no later than 1 a.m. and music levels do not disturb neighbouring properties.

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> ARNIE WEIDL Who says you have to be quiet when fishing?

Hi fellow fishers.

In a haze of floating snow urged about by a cool breeze last Saturday, I rolled over the flat ice pack on Lake Winnipeg's south basin. Houses and trees on the Matlock shore shrank to dark lines in my rearview mirror. It felt good out there as I passed through village after village of ice shacks.

In time, two large white trucks beside some portable shacks caught my attention. Pulling up to them and leaving my truck, I heard good-humoured shouting between the tents. The zipper door of the closest one opened and the face of a young, lean, brown-haired chap became visible, saying, "Hi. I'm Doug Frost."

Doug was direct and easy to talk to. He told me the Frosts of Ontario and of Manitoba were having a weekend get-together enjoying ice fishing. As we got to know each other, a fishing experience that happened years ago on Crystal Lake popped into his mind.

It seems he was boat fishing, and during a lull in action, he decided to dress one of the fish he had caught. Under a knife poised over a board on Doug's lap, the fish jackknifed into the air in an arc that was going to put him back in the water. By accident, the fish's tail struck knife blade, clipping off a piece as it disappeared overboard into the drink. Three days later in the same place at almost the same time, Doug was enjoying another day of fishing and caught that same fish. This time it didn't get away.

A while back, I met Jakob Kuzniak



EXPRESS PHOTO BY ARNIE WEIDL
Jakob Kuzniak of Selkirk with his catch from the Red River.

and his wife Lindsay from Selkirk coming off the Red River. While they didn't have a story for us, he was nice enough to show his catch. Thanks, guys.

In the middle of last week not far from where I met Jakob and Lindsay, I ran into a couple of real characters, Brian Pederson and Jeff Skelton. Between fits of laughter, they told of

their friend Al, a slim, quiet, careful, dark-haired guy with a kind face who wasn't too sure about fishing but wanted to try. The boys used to like summer fishing in a small pothole lake south of Thompson and decided to take him along.

It was a hot sunny day, and after walking through the bush pestered by black flies, they got onto the water in an aluminum boat they had left there. I don't have to tell you the fishing is good up north, so you won't be surprised when no sooner had Brian and Jeff threw out their lines while asking Al to toss out the 20-pound anchor, they both caught jackfish. Al heaved the anchor overboard on the same side as the guys were reeling in their catch and everything went nuts. Lines were crossed and Al, not realizing the anchor rope was wrapped around his ankle, followed it over the gunwale. Up to his waist in water with angry jackfish wrapped around him, he looked up, pleading at Brian and Jeff for help.

It took a while and they did haul Al back into the boat but only because they could see their jackfish would follow since the lines they were hooked onto were wrapped around his legs.

The next winter, the boys were going ice fishing not far from Thompson and they let Al come along. It wasn't until they were pounding over scrubland, swamp and pockets of flat ice pack in their 4x4 that Al said he was afraid to go on the ice. The boys,

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Manitoba Trappers convene in Norway House for AGM

By Jeff Ward

Trappers from all around the province met in Norway House from Feb. 20-26 for the Manitoba Trappers Association (MTA) AGM, for an educational week of trapping advice, tactics and an economic forecast.

Ashern resident and MTA member, Ross Jerney said that the AGM was an informative week. It was a week filled with great conversations about trapping, workshops and a fur pelt competition, that is always the highlight of the convention. Educational workshops, lead by certified trapper instructors Neil Brandstrom, Chris Fjeldstead and Grant Armstrong showcased proper techniques that eliminate animal suffering, and help respect the land. Jerney said that elders from Norway House mentored young trappers and passed on their years on knowledge. This was the first time in the history of the MTA AGM that a meeting has been held this far north and Jerney said the accommodations and hospitality shown by First Nation officials were extraordinary.

"The education [from the certified instructors] is an important part because we sell so much fur to the European Union and they have many rules in place about what traps we can use," said Jerney.

"Many of them are rubber padded

and if you catch something you can release it and there will be no harm done to the animal. Most wolf traps people can stick their hands inside them safely. These are designed to do no damage to the animal."

Jerney said that during the AGM directors Neil Brandstrom, Gord Hannibal, Rob Andrushuk, Carl Monkman, Ron Spence and Barry Jahn were all re-elected to their posts. And Christo Spiesse from Norway House was elected the new director at large.

Jerney said that 40 new members joined during the meeting, all of who were from Norway House and that the increased interest and new members are a great sign for the industry. He said that there is a great-untapped opportunity up north for trapping.

"There is a great opportunity for people in the north to take a sustainable harvest and there are all kinds of furs in the north that aren't being utilized. If you have a responsible trapper running one of these Registered Trap Lines (RTL) they'll take out a certain number of animals and leave the rest for seed stock so the population stays healthy," said Jerney.

One of the focuses for directors and members of the MTA is to get more youth interested in trapping. It's not something that someone can make a strong living off of, but there is an



SUBMITTED PHOTO

Chris Jerney, centre, wins the Open Pelt Preparation - 1st Coyote. The award was presented during the convention by Chris Fjeldstead, left and Neil Brandstrom, right.

art and care to job that many trappers like Jerney would like to see passed down to the next generation. Trapping also fills a big need for many areas of the Interlake, like Moosehorn for instance in their fight against beavers, who need people with conservation

and trapping skills to help them push back against invasive species.

"It's more of a lifestyle thing for people who love the outdoors. We're always trying to get more youth involved and I think we reached a few last week," said Jerney.

Fisher Branch unveils landscaping plans around wagon wheel

By Rozanne Nevakshonoff

Fisher Branch Chamber of Commerce unveiled the landscaping plans encompassing the town monument at an open house held last Thursday at the Fisher Branch Collegiate Library.

An enthusiastic group showed up to check out the new plans and throw their support behind the chamber's concept.

"You're always hoping for more people to come out, but we had calls as well, and the videos and plans were well received," said Lori Smith on behalf of the chamber.

The plans, provided by B. Rocke Landscaping out of Winnipeg, will be incorporated using local materials and contractors. Community volunteers have also stepped up to put in time excavating, tree planting and other odd jobs as required.

Funding is always an ongoing challenge for projects of this magnitude. The cancellation of the Manitoba Community Places Program has left a gap in available funding to communities for projects such as this. The

chamber will be sourcing its funding from groups such as the Noventis Credit Union's Community Connections Program, the Coop Community Spaces Program and thinking outside the box, with a Go Fund Me page. They are always welcoming any other ideas for funding the project.

"The main objective for this year is

getting the sidewalk and driveway area underway and possibly some greenery," said Smith.

For more information on the project, contact the Fisher Branch Chamber of Com-

merce at 204-372-6618 or 204-372-8585 or fisherchamber@gmail.com.



RAFFLE

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12:00 noon at Smitty's Family Restaurant, 168 Main St., Selkirk, MB

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2nd PRIZE
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Eriksdale trapper teaches new techniques at Norway House

By Jeff Ward

Eriksdale trapper, Neil Brandstrom passed on his expansive trapping knowledge and some new techniques to trappers in Norway House last week as part of an educational workshop.

Brandstrom is a certified trapper education instructor and said that the rules and techniques have changed quite a bit over the last few years and the expectations from fur buyers are at an all time high. He said that while trappers in Norway House are incredibly skilled, they haven't been taught the new techniques to maximize the profits from their harvest. Norway House trappers requested the educational workshop on Feb. 20-22, which took place before the Manitoba Trappers Association (ATM) AGM and convention.

Brandstrom said that his three day workshop focused on snares and the new techniques associated with knots and how his offered a much more humane kill that allows for minimal animal suffering. Other certified instructors like Chris Fjeldstead from Lundar and Grant Armstrong from Boissevian taught First Nation trappers on how to prepare fox and mink pelts. Brandstrom said that both of them are experts in their field.

"We had five stations set up with different instructors going over their lessons and it was really well attended," said Brandstrom.

"We had 34 trappers take the course and

these were all men on the trap line. Some of them are 60, 70 years old and they still want to learn because they love it so much. I've never seen this kind of commitment before but it was great because we are all interested in sharing the knowledge we have."

Brandstrom said there are a lot of techniques that goes into making sure a \$100 fur doesn't turn into a \$20 fur because of improper handling. And while it takes years to master the skill, the concepts are easy for experienced trappers to pick up. Brandstrom said that trappers are conservationists and that they love nature. None of them want to see an animal suffer, but there is a economic aspect to it as well. Animals that suffer damage their own fur fighting to get out. So a human kill is one that provides maximum profit for the trapper.

"A few years ago when martin was worth so much money one fur would be enough to buy a dozen new traps. So why use in-human traps when they make the animal suffer and cost you money? It means a great deal to us as trappers that no animals suffer. And we say that if you're not going to harvest the animal properly, then let it live," said Brandstrom.

There are 154 registered trappers in Norway House according to Brandstrom who now all have new skills to make their harvest more profitable.



EXPRESS PHOTO SUBMITTED

A young trapper from Norway House learns how to prepare a muskrat pelt during the Manitoba Trappers Association educational workshop.

Lakeshore unfazed by K-3 class size restrictions

By Jeff Ward

Lakeshore School Division assistant Supt. Leanne Peters said that while every school in her division is 20K3 compliant, the initiative lacks a true understanding of what will really help students succeed.

20K3 is a provincial initiative designed by the former NDP government and an oversight committee to reduce class sizes of the kindergarten to Grade 3 levels to no more than 20 students. When announced in 2011, the NDP said the legislation was created to give students more time with teachers and, as a result, give them the attention to establish solid foundational skills and excel academically.

But Peters said that reducing class sizes is not going to be a miracle cure

for education.

"It's more about composition of the classroom, what kinds of need the students have in the classroom," said Peters.

"And that wasn't factored into the decision when this plan came to be. It's more about the quality of teachers in the classroom and the quality of their lesson plans. If you have a teacher in a classroom of 15 but they have poor activities and learning routes, the class size won't matter."

Peters said that before the 20K3 legislation was created, her classrooms were hovering around the cap and the division didn't have to do much work to comply with the new guideline.

Peters said that there are many different factors that play into the suc-

cess of students. Engagement rates of students and how a student learns are two very complex pieces of the puzzle, according to Peters. She added that her experience as a classroom teacher would show her a variety of different student needs and that time is almost never evenly distributed among students in the classroom.

"Say I'm teaching them how to write a paragraph. I'll have a few students who get it right away and have no issues. Then I'll have a few who need a little bit of guidance and additional support. And then there will be a few who need more detailed instruction. So the ones who got it right away only spent a few minutes with me," said Peters, drawing on her experience as a language arts teacher.

Certainly, a teacher is going to spend more time with students who are struggling, but another big challenge for teachers is identifying a student who isn't being challenged enough and pushing them to explore their potential.

Peters said that she's not unhappy to have small class sizes and that there are a lot of benefits to having them. Teachers aren't going to be constantly overwhelmed and can get to know students individually better. Her point is that the simple act of reducing class size isn't a magic fix for education. It's not the only factor that goes into creating a learned person.

> GET FISHING, FROM PG. 6

smirking, kept looking straight ahead, trying not to laugh saying, "Al, we've been on one lake ice pack after another for an hour."

It wasn't until Al caught his first fish that afternoon that he quit

shaking.

When visiting anglers on the southeast side of Lake Winnipeg, I cannot get past the South Beach Casino. The food is so great and, invariably, I meet folks with wonder-

ful fishing stories. One such couple last Friday was Tim and Angeline McIntyre of Lac du Bonnet. Both had the look of weathered outdoor strength about them, so I asked if they had a story for us. Angeline was quick to tell when they were fishing at Point du Bois a few years

ago in a calm late fall afternoon and she caught a giant jack. She got so excited, she started screaming and cursing. Neighboring boats with friends and family became so embarrassed they left. Well, you have a fun week fishing. Bye now.

Steep Rock Community Club has big development plans for 2017

By Jeff Ward

The board members of the Steep Rock Community Club are excited to unveil their new picnic shelter to the public this spring as well as a number of other improvements to the area.

According to club president Gord Keith, the plans for development of the area are on schedule to have everything — including a new pickleball court north of the shelter — completed by the end of this year or the beginning of next. The development is estimated at \$100,000 with approximately \$65,000 raised by the community through local fundraisers over a period of years.

The remainder will be paid through grants and donations from Community Futures West Interlake, Graymont and Manitoba Liquor and Lotteries. The RM of Grahamdale has also provided four picnic tables and two benches for the shelter.

Keith said that the development in the area has been an ongoing project for four years, and with the end in sight, his fellow board members and members of the community are getting very excited.

"It's been a very involved process and, to a large extent, has been driven by the board members," said Keith, who added that there have been many community volunteers helping out as well.

"I wouldn't be surprised if each of us is spending an extra 20 hours a week on this. We raised a lot of money on our own through the community and, honestly, we wouldn't be here without that support. We're proud to be using local contractors to do the work, people that live in our community mostly."

Keith said that the rejuvenation of the playground will continue through the spring and that a lot of the hard work of cleaning the area had been done with help from members of the community who came out on weekends to clear bush and clean the space.

This summer, the focus will be on building the pickleball court that Keith said will be a great attraction for the area. The Noventis Credit Union in Moosehorn donated \$1,000 to purchase the nets for the court. He feels that with the amount of people that already visit the Steep Rock area for the cliffs, the beach and the campground, having another attraction to keep visitors entertained will go a long



EXPRESS PHOTO SUBMITTED

The new picnic shelter in Steep Rock is built on the site where the curling rink once stood. The shelter is one of many rejuvenation projects the community club board is working on.

way in keeping the area relevant.

"I guarantee you that when we get this court completed, it will be a big attraction. The goals and objectives of the community club are about maintaining the beauty of the town of Steep Rock, and with the projects we've accomplished over the last few years and the ones we have coming up, we're achieving those goals," said Keith.

A grand opening celebration for the shelter will take place sometime towards the end of spring, but an exact date for that hasn't been set at this time.

"I GUARANTEE YOU THAT WHEN WE GET THIS COURT COMPLETED IT WILL BE A BIG ATTRACTION."

Council votes in favour of ward boundary bylaw

By Jeff Ward

West Interlake council voted 4-3 in favour of the redrawing of the ward boundaries for the 2018 election at the regular meeting of council on Feb. 21.

The bylaw states that there will be three wards during the next election cycle that will be represented by two councillors each a reeve elected at-large.

West Interlake CAO Larissa Love said that Ward 1 Couns. Keith Lundale, Merle Day and John Wainwright all voted against the bylaw and that Ward 2 Couns. Carol Hull, Art Jonasson and John Bezemer, as well as Reeve Randy Helgason, voted in favour.

Love added that there was one letter received by council from a ratepayer stating their disapproval of the bylaw and the boundaries. If 24 more letters are received, then the Municipal Board will weigh in on the decision.

Helgason said that he wasn't surprised by the way the vote went and he expected it would go that way.

"I understand their position, but I don't think we're ready for an at-large election here yet," said Helgason.

"We still have a differential mill rate between the wards and I don't think you get fair representation in your area if the vote was at-large. Hypothetically, you could get six people from the town of Ashern or from the town of Eriksdale on council. I think we should have every area properly represented."

Helgason said that he strongly supports proper representation by population and feels that Ward 2 isn't being represented fairly right now.

Meanwhile, Wainwright said that with wards being arranged as they are in the new bylaw, the Eriksdale area won't be properly represented at the council table.

Wainwright stated before the vote that he would be in favour of splitting the municipality into five wards with one council representing each and the reeve elected at-large. But Helgason said he doesn't agree with the idea because future resolutions could have a 3-3 vote and they might not pass.

As it stands today, it doesn't appear that either of those scenarios — five wards or an at-large election — have any chance of happening now that the bylaw has been voted on and the public input has been so little.

Helgason added that these changes to the boundaries could be changed by whomever is elected into council in 2018.

"They can have another look at it then if they feel that it's time to go over the issue," said Helgason.

Auction to support reunification of Syrian refugee family

Public auction
March 4 at 6 p.m.

Staff

The Interlake Refugee Support Network is holding a public auction Saturday night to raise funds that will help reunite members of a Syrian refugee family that settled in Arborg last year.

The network had sponsored seven members of the Jarkas family last February and would like to reunite them with 12 members of their extended family, who are currently living in a Lebanese refugee camp.

"This refugee sponsorship has been so positive, we would like to see other members of the family have the ability to leave their refugee camp in Lebanon and start a better life here in Canada," said the network's co-ordinator Trudy Dueck.

There is no government funding available to help with the new sponsorship, and the network needs to raise about \$95,000 to support the family for one year, as well as cover



EXPRESS PHOTOS SUBMITTED

The Interlake Refugee Support Network is holding a public auction this Saturday to raise funds to help the Jarkas family reunite with their son and his wife and three children (pictured right), along with her family who are currently living in a Lebanese refugee camp.

the cost of their transportation to Canada.

"We have had an amazing amount of support from the Interlake community," said Dueck, "and many items have been donated for the auction — both the live auction and the silent auction."

With the generous financial and social support of the community and members of the network, the Jarkas

family has settled into their new life in Arborg.

"Ahmed (dad) and Zainab (mom) Jarkas came one year ago and have quickly endeared themselves to the community," said Dueck. "They have made incredible progress with the English language, and after one year are self-supporting members of the community. Their children are in school and are making good prog-



ress."

The auction will take place at the Arborg Community Hall on Saturday, March 4 at 6 p.m. Joey Abas will be the auctioneer and Chrissy T from 103.1 Virgin Radio will be the MC.

> LIBERALS, FROM PG. 3

"We get funding from the different RMs or towns. But that's small. The profits from the [clothing and household goods] store and the donations we get financially are what drives all of the programs," she said. "And there are paid staff here, but there's a lot more volunteers. And you couldn't do it without them."

Based on statistics derived from a yearly hunger-count survey that EBN

and other food banks undertake for Food Banks Canada, Gimli has its fair share of people struggling to make ends meet.

In March 2016 alone, for example, 209 adults and 94 children obtained assistance from EBN.

"Last year in March, 95 households came and asked for a hamper," said Gibbs. "Some of those households came more than once, but they're only

counted as a household once. Of those 95 households, 26 of [them] were employed in some shape or form. Three of them were on Employment Insurance, 32 were on social assistance, 22 were disability related and 10 of them were old age pension."

In 2016, EBN distributed 156 Christmas hampers, and some of the recipients were not necessarily regular food bank clients. "They're just people who are really struggling to have Christmas."

Gibbs said the community — including businesses and area farms — is a great support, either supplying fresh vegetables, bread or monetary donations.

"I have people I call Food Angels," she said. "These are individuals in the community that will come to me and

say, 'What do you need?' And I'll tell them what I need, and \$500 or \$1,000 worth of food will show up at the back door."

EBN's operation impressed the Liberal team.

"I think it's phenomenal what you're doing," said Gerrard. "It's hard to imagine what life would be like for those 95 families without [EBN], and ... you're filling in a tremendously important gap. ... I'm sure if you were not here, we'd have a lot more people with mental health issues because of the difficulties and the struggling. I think what you're doing is making a huge difference for this community. Because you're a hub, you actually make a difference for a number of communities around."

MLCC appoints new president, CEO

Submitted

Peter Hak, a longtime Manitoba Liquor and Lotteries executive, has been appointed president and CEO of the the crown corporation.

Hak has served as CEO in an acting capacity since October 2016. His role becomes permanent effective immediately.

Hak has held a number of senior portfolios at Liquor and Lotteries since first joining Manitoba Lotteries

in 1984. He was most recently Chief Corporate Services Officer and previously served as Manitoba Lotteries' Chief Operating Officer and as Director of Finance. Hak is a chartered accountant and holds an MBA from the University of Manitoba.

Hak said Liquor and Lotteries' primary focus will be maximizing the Crown corporation's contribution to the province.

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Doc Walker to headline Quarry Days Free stage

Sunova Main Stage
Friday, Aug. 18

Staff

"The Show is Free" when Juno award-winning Manitoba country act Doc Walker kicks off the annual Quarry Days summer festival on the Sunova Main Stage on Friday, Aug. 18.

The Portage la Prairie duo have released 20 tracks including fan-favourites like Beautiful Life, Rocket Girl, Heaven on Dirt and their newest release Echo Road from September 2016.

Doc Walker has won Canadian Country Music Awards and had radio hits with the songs I Am Ready and The Show is Free from the 2003 album *Everyone Aboard*. In 2001, they released the album *Curve*. Both albums were for Universal Music Group.

With more than 20 Top 10 singles, Doc Walker is one of the most recognized Canadian country acts of the past two decades. The group has received multiple Canadian Country Music Awards, including Fans' Choice, Group or Duo of the Year, CMT Video of the Year, Single of the Year, and Country Music Program or Special of the Year.

For more information visit www.stonewallquarrydays.ca.



EXPRESS PHOTO SUBMITTED

Country band Doc Walker will kick off the annual Quarry Days festival on the Sunova Main Stage Friday, Aug. 18 with a free outdoor concert



EXPRESS PHOTO SUBMITTED

During a recent stay at Lakeview Hecla Resort, Barry Konzelman discovered these spectacular ice formations while exploring along the lakeshore on Feb. 14. Compared to his ski pole in the front middle, he estimates that the ice formations were about nine feet high along the northwest tip of Hecla Harbour.

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Geese set record for early return

By Jennifer McFee

A record-breaking goose sighting early in the season might be enough to give people goosebumps about changing climate patterns.

On Feb. 21 at 1:45 p.m., seven geese were spotted flying over Oak Hammock Marsh, breaking a previous record for the earliest sighting set on Feb. 28, 2000.

Jacques Bourgeois of the Oak Hammock Marsh Interpretive Centre said the geese have been arriving around mid-March for the past 20 years — and even as late as April 6 in 1996.

However, for the past three years, the geese have returned earlier than usual with return dates on Feb. 21 in 2017, March 6 in 2016 and March 10 in 2015.

"It seems like it's getting progressively earlier," said Bourgeois, noting that climate change could be a factor if the pattern stays the same for several years.

"A lot of people are excited that spring is early, but then they realize that spring is earlier every year. However, I don't think winter is quite over yet. Manitoba Merv said it would be

another six weeks of winter, so we'll see which one is right."

Each spring, the geese are eager to return to Manitoba to scout out their best nesting spot, he said.

"Lately, we've been hearing a lot about refugees. If you think about it, the geese are like refugees in the winter. They're basically weather refugees because they go south hoping to come back to their home when all that winter stuff is done," Bourgeois said.

"They want to be the first one back here so they can claim the best spot and the best territory. They don't want other geese to come and take over their spot."

Yet if the geese come back too soon, they could face problems due to a lack of food.

"If we get another couple of snowstorms and everything gets covered in snow, then they have a hard time finding food. The cold doesn't affect them at all. They're very well equipped. As a matter of fact, the warmest thing you can put on is a goose-down jacket, so the cold is no problem," Bourgeois said.

"So usually when they come back,



EXPRESS PHOTO SUBMITTED

Seven geese flying over Oak Hammock Marsh on Feb. 21 broke a previous record for the earliest sighting set on Feb. 28, 2000.

that's when things are starting to warm up and the water starts dripping. They can easily access the leftover food from last year like the old grains left in the field and so on. But if it gets covered in snow, then it's more challenging."

Since last week's sighting, even more geese have been spotted flying over the marsh and beyond.

"In the fall, that's when we have hundreds of thousands of geese all over the place. They're gathering together and coming from as far away as Churchill or even the Arctic. They're spending a couple days in the marsh, sometimes a couple weeks, so they can fatten up and get enough energy to fly back south. They usually congregate in big numbers," Bourgeois said.

"In the spring, it's a very different

story. They usually come in smaller groups, and more often than not, they'll be chasing each other because they want to get those best spots so that no other geese will start nesting in their territory. They're a little bit more territorial."

As spring approaches, Oak Hammock Marsh Interpretive Centre will offer plenty of opportunities to enjoy the season. A Maple Syrup Workshop is scheduled for March 18, and spring break will be jam-packed with Wild, Weird and Wonderful activities to learn about the creatures of the marsh.

For more information, visit www.oakhammockmarsh.ca or call 204-467-3300.

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Rainbow Auction

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Joey Abas**

**MC
Christy T
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Thank you to everyone for your generous support!

The Jarkas family and Interlake Refugee Support Committee

Crossing into Canada

Bezan calls on gov't to 'secure our border' during surge in illegal border crossings

By Lindsey Enns

James Bezan believes the federal and provincial governments could be doing more when it comes to the recent spike in illegal border crossings into Canada near Emerson, Man.

The Selkirk-Interlake-Eastman MP and Conservative defence critic says he is calling on the Liberals to provide more resources for RCMP officers and increase border security to deal with an influx of asylum seekers

that he believes will only continue to increase as spring nears.

"Ultimately the federal government and the province needs to provide the resources to the municipalities that are impacted here," Bezan said during a telephone interview with the *Record* last Friday. "Emerson is just a little town of less than 700 people and their first responders are almost all vol-

Continued on page 14

Second-hand store looking to upcycle used clothing, furniture

By Jeff Ward

The Lakeshore Women's Resource Centre in Ashern recently opened up a second-hand store that aims to keep landfills clean of good items that would otherwise be thrown away.

Executive director Carol Hull said that the idea to open a second-hand store — at 9 Main St. in Ashern — had been thought about for some time and the grand opening took place back in December of last year.

Hundreds of items are donated to the centre from all over the catchment area — St. Laurent to Moosehorn, and as far east as Fisher Branch. Each week the store is busting at the seams with new and gently used items. The donated items are mainly clothing, but there are pieces of furniture, toys, books, dishes and other items as well. Items are very inexpensive, ranging from as low as .25 cents with large pieces of furniture topping out at \$20.

"We want things to be affordable and it's important that we're not pricing anyone out," said Hull.

"We've got a lot of ideas on where to take this, but for now, we want to figure out what we have. A lot of the work in the beginning was just sorting out all the items, figuring out prices for them and then arranging the store."

"WE WANT THINGS TO BE AFFORDABLE AND IT'S IMPORTANT THAT WE'RE NOT PRICING ANYONE OUT."

Hull said that a nice by-product of the new store is the ability for people to upcycle and create less waste. As a Ward 2 councillor for the RM of West Interlake, Hull understands the overflowing landfill issues in Ashern. She said it's great to have a place where things can get a second life. The reality is that the items found within the store are not garbage but, in many instances, could end up there because there's nothing else that can be done with them.

Once the store has been around for a year, Hull said that she will look to donate some of the profits to other non-profit organizations around the community.

"We get items from all over the In-



EXPRESS PHOTO BY JEFF WARD

Carol Hull is excited about the prospect of helping people give their gently used items a second life in the recently opened Lakeshore Women's Resource Centre Second Hand store in Ashern.

terlake, and if we're successful in this long term, I'd like to be giving back to the communities that support us as well. But for now, we have to focus on making the store work," said Hull.

Hull added that the comments from

customers have been positive so far and that people are excited for a store like this to be in Ashern. She hopes to see interest increase as time goes on.

Ode to Gimli boardwalk dogs, beware you will care

By Patricia Barrett

Oh, you dogs,
You boardwalk dogs,
Your days o' freedom,
They're waning.

Widdershins round,
Haunches down —
Don't you hear them
Humans complaining?

You're allowed in ones.
You're allowed in twos.
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EXPRESS PHOTOS BY PATRICIA BARRETT

Tergesen's General Store and the RM of Gimli provide dog owners with free plastic bags and waste receptacles at various spots on the boardwalk along Gimli Beach.

Candidates campaign in Selkirk in lead up to election

By Teresa Carey

Peguis First Nation Chief Cindy Spence was at the Selkirk Friendship Centre last Friday night to meet with members of the First Nation who reside in Selkirk, Peguis' original home.

Spence was campaigning in the lead up to the March 24 election for chief and council. In Peguis First Nation elections are held every two years.

"We want it to be a positive atmosphere. We want to make people vote informed," said Debbie Burka, Spence supporter and key organizer. "Spence recognizes that Selkirk residents are Peguis, regardless of residency."

Following Spence's presentation six candidates vying for a councillor position, including Glennis Sutherland, Burke Ratte, Valerie Sinclair, Darryl Sutherland, Pauline Thomas, and William D. Bird, also had a chance to speak.

"I live a drug and alcohol free life. It's important to be an example to youth," said Spence, a former school principal, adding she has not taken her role as chief lightly. "I live my life in a respectful way. In the last two years my life has been dedicated to the job of chief."

Spence told the crowd she is seeking re-election because she needs "more time."

"There are still a lot of things to clean up," Spence said, referring in part to her work in cleaning up Peguis' finances and dealing with a \$31 million debt she had taken over from the former administration.

As in her first go-round in seeking leadership, Spence's platform focuses on issues of transparency, integrity, land issues, and economic development. Spence also emphasized the importance of using all the St. Peter's reserve compensation money for land acquisition for future generations.

"The money is intended for land and nothing else," she stated. "Some investigation shows that some of the money was not used for land purchase, but for other things."

The Spence team provided attendees with numerous copies of legal documents, some from two ongoing forensic audits, the full details of which will be released once the audits are completed.

Copies of restaurant and credit card receipts were also handed out, dating from 2008 to 2015, showing excessive spending for restaurant meals and entertainment. In addition, one document dated April 21, 2008 shows that former chief, Glenn Hudson, had approved his own personal loan in the amount of \$170,055 under the First Nation On-Reserve Loan Program, issued through the Royal Bank of Canada.

During her speech, Spence made reference to factious disagreements on Facebook and anger at bounced cheques caused by having been issued from Peguis' old bank, the Royal Bank, rather than from its new one, the Bank of Montreal.

The Peguis election will take place on March 24, with polls open from 9 a.m. to 8 p.m. at the Peguis Community Hall and at the Peguis Winnipeg Office located at 1075 Portage Ave. Eligible voters can also mail-in ballots.

Candidates for chief include former chief Glenn Hudson, who held the post for eight years until 2015; and past band councillor, Albert E. Sutherland, in addition to incumbent, Cindy Spence, Peguis' first woman chief.

Hudson was in Selkirk earlier this month, on Feb. 18, meeting with his supporters at the Selkirk Inn and Conference Centre.

Sutherland is also scheduled to appear at the Selkirk Inn and Confer-



EXPRESS PHOTO BY TERESA CAREY

Organizer Debbie Burka hands the microphone to Peguis First Nation Chief Cindy Spence, who is running for re-election, during an event at the Selkirk Friendship Centre last Friday. The First Nation will vote in a chief and four councillors during an election on March 24.

ence Centre on March 2 from 5 p.m. to 8 p.m. along with 10 councillor candidates who will also give presentations. He expects that about 100 people will be in attendance.

This is Sutherland's first time running for chief. He had been a band councillor for six years and decided to run because he is disturbed by a deepening division resulting from the polarizing effect of Hudson versus Spence. He wants to unite the people.

"That's the main reason I decided to run," said Sutherland during a telephone interview with the *Record* on Monday. "There is always talk about big projects in the city, like the Kapyong Barracks and Assiniboine Downs. But at home there is bad housing and high unemployment. Fix things here first."

There are 28 candidates in total vying for only four councillor seats.

They include: Brian Bear Jr. (Bucky), Mary Tyler Bear (Sutherland), Darlene D. Bird, William Bird, Allan H.E. Cochrane, Martin Favel, Tracy Govereau, Travis Hudson, Adrienne Manningway, Sylvia McKay, David Mcpherson, Burke Ratt, Linda Sinclair, Pauline B. Sinclair (Nee Wilson), Val Sinclair, William F. Sinclair, Curtis Spence (Coot), Walter Spence Jr., Annette Spence-Meeches, Ernest Stevenson, Lisa Stevenson (Leese), Darryl Sutherland, Glennis Sutherland, Mike Sutherland, Wade Sutherland, Edie Thomas (Nee Mcpherson), Ray Thomas, Walter E. Thompson.

Peguis First Nation is the largest First Nation community in Manitoba with a population of approximately 10,000 people of Ojibway and Cree descent. Approximately 1,000 Peguis members reside in Selkirk.

> CROSSING, FROM PG. 12

unteers and they've been incredibly charitable and hospitable in welcoming these people.

"But they can't do this forever."

Since Jan. 1, 2017, the RCMP has intercepted 143 people illegally crossing the border.

Between Feb. 22 and Feb. 27, RCMP say they intercepted 39 people illegally crossing the border near Emerson, all of which were taken to the nearby Canada Border Services Agency port. RCMP say they will provide another update on Monday.

Bezan said he has requested more information regarding how many of

these individuals have qualified for refugee status.

"There are more people that have applied for refugee status legally that shouldn't be pushed to the back of the line because of illegal crossings by other asylum seekers that are coming from a country that have very similar qualifications," he said.

Bezan said he is also calling on the Liberal government to strengthen the security of the Canadian border.

"This is a drain on resources, this is going to become a bigger problem," he said. "We need to stem this flow now, we need to put in more deterrents

measures and secure our border."

Last week, the province announced new supports to help with the influx of asylum seekers. Included in the announcement was 14 units of emergency housing in response to the growing need for temporary shelter for refugee claimants. These units, which have already been made available, will be managed in partnership with the Manitoba Interfaith Immigration Council (MICC) and Welcome Place and will also include space for support services.

The province also announced \$70,000 in funding for the Manitoba Association of Newcomer Serving Organizations (MANSO) to support a refugee

response co-ordinator for 2017-18 as well as \$110,000 in funding for Welcome Place for 2017-18 to support services for refugee claimants including paralegal services and safe transportation from Emerson to Winnipeg.

"We are incredibly grateful for the support of the provincial government and look forward to continuing to collaborate as we provide emergency shelter and other supports to those in the greatest need," Welcome Place executive director Rita Chahal said in a release on Feb. 23. "The ability of our community to pull together is unmatched and we have no doubt that Manitobans will continue to open their hearts."

People warned to stay off ice as levels rise and ice weakens

Submitted

Manitoba Infrastructure's Hydrologic Forecast Centre is advising people to stay off the Red River in the Winnipeg area as high water from the United States makes its way north starting today, raising river levels between eight and 10 feet, possibly weakening and breaking the ice.

The level is expected to peak within four to six days. The rising Red River will influence the level of Assiniboine River in the area where the two rivers meet and possibly upstream.

Recent warm weather extended into the northern U.S., melting surface snow and raising water levels in the Red River Basin.

Due to changing weather patterns, ice conditions on southern rivers and lakes may be hazardous. It is strongly advised that people be careful if venturing out onto what appears to be frozen rivers and lakes due to thin ice conditions.

Rivers can be especially hazardous as ice thickness can vary in the same area of a river. Ice tends to be weaker toward the middle of the river, although there may be exceptions. Areas of fast-flowing water tend to have thin ice, which may not be visible.



EXPRESS PHOTOS SUBMITTED

The province is warning people to stay off the Red River and Lake Winnipeg as it is dangerously thin.

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Symptoms of Bad or Failing Stabilizer Bar Links

The responsibility of keeping your car stable and handling smoothly under diverse driving conditions falls on the stabilizer, or sway bar as it's often referred to as. This mechanical unit is attached to the body of the vehicle by way of a body mount with stabilizer bar bushings and the stabilizer bar links, which attach to the lower control arm of the front suspension and have bushings along the link for protection and to ensure a smooth ride.

When the stabilizer bar links are starting to wear out, the symptoms can range from barely noticeable to significant, and if you don't have your stabilizer bar links replaced, can result in catastrophic damage to the front end of your vehicle and potentially an accident. Below are a few signs your stabilizer bar is failing

Clunking or rattling noises from the tire area

The stabilizer bar links attach to the lower control arm at the front end of most domestic and foreign cars and trucks sold in the United States. In certain cars, the rear end will also have stabilizer bar links. However, the ones that cause the most damage are in the front and located directly behind your left and right front tires. If you're driving down the road and you start to hear a clunking, rattling or metal-on-metal scratching noise, it is possibly the stabilizer bar links causing the sound. The stabilizer bar links are supposed to fit incredibly snugly, without any play or movement except between rubber bushings. When the links are worn out, the sway bar will begin to make these sounds especially when you're driving around corners or over a speed bump. When you hear these types of noises coming from the front end of your vehicle, make sure to contact your local service provider and have them inspect and replace stabilizer bar links and bushings.

Poor handling or loose steering wheel

Since the stabilizer bar links are attached to the lower control arm, steering and handling are also negatively impacted when they begin to wear out. Most of the time, the actual culprit is the bushings that are designed to take the majority of the impact and help to protect the metal parts from wearing out. However, the bushings also can cause extensive corrosion, especially if oil, grease or other debris becomes embedded on the stabilizer bar. The direct result of all of these issues is that the vehicle simply doesn't handle the same way that you're used to. The steering wheel will appear to be "loose", and the body will sway from left to right more due to the fact that the stabilizer bar links and bushings are wearing out.

If you notice any of the warning signs or symptoms above, contact your local service provider so they can inspect your stabilizer bar links and supporting equipment.

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Arborg Ice Dawgs to host 2017 Keystone Cup

By Patricia Barrett

Arborg has been chosen to host the Keystone Cup, Western Canadian Championship, April 13-16, and the manager of the local hockey team is optimistic about their chances of competing for the trophy.

Ivan Gulay, general manager of the Arborg Ice Dawgs, and Ron Johnston, manager of Enns Brothers, formed a delegation at the Town of Arborg's regular meeting of council on Feb. 22 to explain how the event will benefit the town.

"We're very excited. We have a lot of local talent playing on this tournament with the local Arborg Ice Dawg Hockey Club," said Gulay. "And when I say local, I mean the Riverton, Arborg, and Gimli areas. And the fan support will be great."

Gulay said he thinks about 800 to 1,000 people will attend each day, and he has already had people from Peguis and Gimli inquiring about ticket prices, which have not yet been set.

The Keystone Cup is the Junior B hockey championship for Western Canada. It has 12 hockey leagues from across Manitoba, Saskatchewan, Alberta, British Columbia and north-western Ontario.

The event comes to Manitoba once

every four years, Johnston said. The team made a bid to host it four years ago but lost to St. Malo. With upgrades to the ice and dressing rooms, the bid for 2017 was successful.

As far as their performance on ice, the Dawgs have been practically unbeaten in recent games.

"We're going to be training hard, and we're hoping, first of all, to do well in the playoffs," said Gulay. "In the last 10 or 12 games, I think we've lost two games. So we're right up there, now. We've beaten the top teams like Peguis, St. Malo and Selkirk. We want to do well as a host town."

Businesses are showing their support for the event and have agreed to extend their hours over the Easter weekend when the tournament gets underway.

"We've had a lot of good feedback from businesses," said Gulay. "It takes a lot of expense to run an event like this."

He said the event's 17 games and overall operation will cost about \$30,000. The ice alone will cost about \$7,500.

Proceeds from the event will go to the Ice Dawgs and the arena.

"Any income made from this whole tournament ultimately goes back to



EXPRESS PHOTO BY PATRICIA BARRETT

Ivan Gulay (left) and Ron Johnston spoke about Arborg hosting the 2017 Keystone Cup, Western Canadian Championship.

the local Arborg Ice Dawg hockey club," said Gulay. "In return, as GM of the team, we plan to give money back to the arena. How much at this time, we don't know."

Organizers are planning to video-stream the tournament for a fee so that fans from across Canada can watch. The fee will generate revenue, but it will only cover the cost of streaming the video.

Mayor Randy Sigurdson thanked the delegates for bringing the event

to town.

"That is wonderful for the town and for the whole area," he said. "I've never been involved in anything this big in hockey, but I remember being involved in provincial tournaments and there was a lot of work."

Johnston asked whether the town would like to chip in on the financial front.

Council passed a motion to donate \$1,000 towards the cost of the event.

Interlake players compete at ringette provincials

Staff

The rings were flying around the MTS Iceplex last weekend as the Manitoba provincials were held.

The U16 "AA" Magic settled for silver medals after losing to the Angels in the Gold/Silver series in two games. The Angels won by scores of 5-1 and 6-3.

The Magic will continue into the post season with a berth in the Canadian Ringette Championships in Leduc, Alta.

The team's roster includes Selkirk coaches Laura Dalman and Samantha Sampano and Interlake players Emily Lazaruk (St. Andrews), Alexis Cowan (Warren) and Rikki Frost-Hunt (Stonewall).

The U19 "AA" Magic also lost to the Angels in their Gold/Silver series in two games, settling for silver. The Angels won 5-2 and 4-3 but the Magic will also move on to the nationals in Leduc.

The Interlake players on the U19 "AA" Magic include Olivia McCowan (Grosse Isle) and Shae Mulvihill (Stonewall).

The U14 "AA" Magic won the bronze after a 7-1 win over the Wild while the

Interlake Ignite U19 "A" also earned a bronze after beating the Glenwood Rush 6-4.

Interlake was 0-3 in the round robin, losing to St. James (3-2), Glenwood (3-1), and East End (5-3).

The Magic (Open Elite) was also victorious in its final game, doubling the Rage 4-2 in the final. During round-robin play, the Magic, whose lineup features Sampano and Dalman, defeated the Storm (2-1) and Rage (6-5) but lost to the Lightning (5-3).

The Magic now have the opportunity to represent Manitoba at the westerns in Winnipeg on March 22-25.

In U16 "A" action, the Interlake Ignite was doubled 4-2 by St. James to drop them to the B-side of provincials.

Interlake then defeated South Winnipeg 3-2 before losing to the Glenwood Rush 6-4. The loss to Glenwood eliminated Interlake from the double-knockout format.

Interlake players featured Kya Jackson-Leclair (Riverton), Jessica Buhler (Winnipeg), Cassidy McKenzie (Selkirk), Kristina Slobodzian (St. Andrews), Samantha Melsted (Stonewall) and Robyn Partyka (Selkirk).



EXPRESS PHOTO BY DEREK FROST-HUNT

Left to right, coach Laura Dalman (Selkirk), Emily Lazaruk (St. Andrews), Alexis Cowan (Warren), Rikki Frost-Hunt (Stonewall), and coach Samantha Sampano (Selkirk)

The coaches were Robin Jackson (Riverton) and Kevin Melsted (Stonewall).

The Ignite U19s won the bronze after a 6-4 win over the Rush. Interlake earlier lost close games to St. James (3-2), Rush (3-1), and East End (5-3).

Interlake players included Reese Chop (Stonewall), Taylor Clegg (St. Andrews), Jamie Fisher (Selkirk), Re-

becca Fox (Stonewall), Randi Frost-Hunt (Stonewall), Fallon Furkalo (Stonewall), Julia Ignagni (Petersfield), Hanna Marshall (Stonewall), Renee Partyka (East Selkirk), Miya Saj (Stonewall), Charlotte Wilmott (Petersfield) and Rebecca Zdrill (Selkirk).

Interlake coaches are Megan Fallis (Warren) and Kinley Graves (Stonewall).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lakers cruise to Zone 5 varsity girls' basketball title

By Brian Bowman

Winning a Zone 5 varsity girls' basketball title is never easy, but the Gimli Lakers sure made it look that way against the Warren Collegiate Wildcats.

Gimli soundly defeated Warren 52-30 on Feb. 15 and then blasted the Wildcats 61-28 on Feb. 22.

"It was tougher than they scores might indicate," said Lakers' head coach Madison Biluk. "But our girls did play really well."

The Lakers executed a strong press very well in both games, said Biluk, which created several turnovers.

"They played fantastic defence, which is why (Warren) wasn't able to score too many points against us," she said.

Offensively, Gimli admittedly struggled in the first quarter but got hot by the third. The Lakers have the ability to wear teams down by the second half with their intensity, said Biluk.

Gimli played several tournaments throughout the season, winning two of them. The Lakers took top spot at

their home tourney while also placing first at a Westpark Royals' tournament.

Gimli played some pretty good basketball this past season.

"We run well and defend well," Biluk said. "We have a really well-balanced team. We do have girls step up when they need to and sometimes it's one girl and then the next game it's a different girl. Someone always steps up."

Gimli will now play in the regionals this weekend against an undetermined opponent. The Lakers, said Biluk, have to win their first game at regionals to advance to the MHSAA "AA" provincials in Boissevain March 16-18.

The Lakers would love to get a shot at playing the top "AA" teams in Manitoba like Boissevain and Souris.

"We're getting pretty excited," Biluk said, noting the Lakers have four Grade 12 players on this year's roster.

"We're confident that we're going to make provincials. We're ranked fourth (in the province) right now and the top eight make provincials."



EXPRESS PHOTO BY JO-ANNE PROCTER

The Gimli Lakers defeated the Warren Wildcats 61-28 to claim the MHSAA Zone 5 varsity girls' banner in Warren on Feb. 22. Pictured back row, left to right: Brooke Peterson, Jay-lee Strempler, Carley Matkowski, Amy Thorkelson, MacKenzy Groot, Samantha Porteous; front row: Ashley Warcimaga (assistant coach), Mackenzie Zagozewski, Jayda Campbell, Kristen Peterson, Jill Henry and Madison Biluk (coach).

Ashern, Gimli compete at MHSAA curling provincials

Staff

The Ashern Central School Cobras lost 6-5 to Edward Schreyer in the B-side final of the MHSAA girls' curling provincials last Saturday in Dauphin.

The Cobras earlier defeated Oak Park 9-3 and Miles MacDonnell 6-5 on the B-side.

Ashern began the provincials with a dominating 17-0 win over Vincent Massey and then beat Nellie McClung 7-3 before losing 6-3 to College Jeanne Sauve in an A-side semifinal.

The Cobras' rink featured skip Talyia Tober, third Kira Tritthart, second Tansy Tober, lead Cassidy Otto and alternate Alyssa Tritthart.

The team was coached by Andrew McPherson.

Ashern earned a berth into the provincials after defeating the Riverton Patriots 8-1 in the MHSAA Zone 5 final in Stonewall on Feb. 15.

The Gimli Lakers boys' curling team, meanwhile, also participated in the provincials last weekend.

Gimli defeated W.C. Miller 14-4, Margaret Barbour 6-3 and Edward Schreyer 7-6 before losing 6-4 to Dauphin on the A-side.

Gimli was then eliminated from the B-side after losing 7-6 to Miles Mac.

The Lakers' boys team included skip Josh Maisey, third Oliver De Meyer, second Cameron Lozinski, lead Tyler Giesbrecht and alternate Sean Giesbrecht.

Dayna Ford is the coach.



EXPRESS PHOTO BY TERRI OTTO

The Ashern Cobras senior girls from left to right, Andrew McPherson (coach), Talyia Tober, Kira Tritthart, Tansy Tober and Cassidy Otto.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lakers looking forward to varsity boys' regionals

By Brian Bowman

The Gimli Lakers overcame a 1-0 deficit in their best-of-three Zone 5 varsity boys' basketball championship series to earn a berth into this weekend's regionals.

After losing the first game 76-67 to Warren back on Feb. 15, Gimli bounced back nicely to win the next two games by scores of 56-45 and 83-65.

Gimli shot very well in that series-deciding Game 3. Dawson Green lit it up in the opening quarter, scoring 24 points.

"We came out hot and were up 34-17 in the first quarter," said Lakers' head coach Chad Heminger. "We were hitting (shots) and playing effective defence. It's always nice when the shots fall."

The Lakers used a press in the first two games but chose not to in the third. Instead, Gimli used a 3-2 trap to shut down Warren, causing several Wildcats' turnovers, in Game 3.

Gimli played exhibition games against Warren this past season while traveling to five tournaments across Manitoba.

The Lakers won their home tournament back in mid-January and also

took top spot at an Elm Creek tourney. More recently, Gimli had a very good showing in Winkler, placing fourth.

Strong defensive play has been a key for Gimli this season.

"We hang our hat on playing defence-first basketball," Heminger said. "And then we just push the tempo and get as many easy looks as we can."

Gimli will be hoping to get a lot of easy looks when they begin the regionals this weekend against an opponent that had not been announced by press time.

The Lakers, currently ranked seventh in the province among "AA" schools, must win their first game of regionals to earn one of eight spots into the MSAA "AA" provincials, which will be held in MacGregor from March 16-18.

Twelve teams will be competing at regionals.

"We're looking forward to the opportunity," Heminger said. "I don't know if (going to provincials) is a sure thing but we're young. We only have two Grade 12 (players) this year, so we're kind of building a two-year program here."

"Anything after the zones (for us) is a bonus."

Heminger has seen quite a bit of im-



EXPRESS PHOTO BY ASHLEY WARCIMAGA

The Gimli Lakers captured the MHSAA Zone 5 varsity boys banner after defeating the Warren Wildcats 83-65 in Game 3 of the playoff series in Teulon on Feb. 23. Pictured back row, left to right: Jordan MacVicar (assistant coach), Ryan Crave, Blaine Wishnowski, Dawson Green, Thorin Johannesson, Jacob Zazulinski, Owen Roberts, Chad Hemminger (coach); front row: Zach Sierazki, Zirkri Radke, Stephan Peiluck, Kevin Yablonski, Eric Petrowski, Aaron Drybough and Kalli Einarson.

provement with this young team over the course of a few months.

"I had them playing an offence that they had never played before," he said. "So it took a good chunk of the year

for them to settle in. But now they're playing their best (basketball) at the right time of the year."

Manitoba Hockey Standings

MANITOBA JUNIOR

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Steinbach Pistons	57	47	9	1	95	240	117
Winkler Flyers	57	39	15	3	81	211	143
OCN Blizzard	58	38	17	3	79	195	148
Selkirk Steelers	58	38	17	3	79	208	170
Portage Terriers	57	35	18	4	74	245	186
Winnipeg Blues	58	27	26	5	59	191	196
Virden Oil Capitals	59	25	26	8	58	162	195
Swan Valley Stampers	57	19	33	5	43	150	223
Neepawa Natives	56	18	32	6	42	158	219
Dauphin Kings	58	16	35	7	39	138	213
Waywayseecappo							
Wolverines	57	14	39	4	32	166	254

KEYSTONE HOCKEY LEAGUE

Central Division	GP	W	L	OTL	PTS	GF	GA
Arborg Ice Dawgs	3	3	0	0	6	10	4
Peguis Juniors	2	1	1	0	2	8	7
Fisher River Hawks	0	0	0	0	0	0	0
South Division	GP	W	L	OTL	PTS	GF	GA
St. Malo Warriors	2	2	0	0	4	12	5
Selkirk Fishermen	2	1	1	0	2	7	8
Lundar Falcons	2	0	1	1	1	5	12
North Winnipeg Satellites	3	0	2	1	1	4	10

STATS AS OF TUESDAY, FEBRUARY 28

KEYSTONE HOCKEY LEAGUE

North Division	GP	W	L	OTL	PTS	GF	GA
OCN Storm	2	2	0	0	4	19	7
Cross Lake Islanders	2	0	2	0	0	7	19
Norway House							
North Stars	0	0	0	0	0	0	0

AAA MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Wild	2	2	0	0	4	13	3
Brandon	2	2	0	0	4	7	5
Yellowhead	2	2	0	0	4	8	6
Eastman	2	1	1	0	2	8	5
Thrashers	2	1	1	0	2	5	8
Interlake	0	0	0	0	0	0	0
Kenora	0	0	0	0	0	0	0
Norman	0	0	0	0	0	0	0
Southwest	0	0	0	0	0	0	0
Central Plains	2	0	2	0	0	6	8
Pembina Valley	2	0	2	0	0	5	7
Parkland	2	0	2	0	0	3	13

AAA CITY MIDGET

HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Warriors	1	1	0	0	2	7	2
Winnipeg Hawks	1	1	0	0	2	4	2
Winnipeg Monarchs	0	0	0	0	0	0	0
Winnipeg Sharks	0	0	0	0	0	0	0
Eastman Selects	1	0	1	0	0	2	4
Interlake Lightning	1	0	1	0	0	2	7

Einarson named player of the week

Staff

The Interlake Lightning's season may be over but their captain was in the news recently.

The Manitoba AAA Midget Hockey League announced Feb. 21 that Jack Einarson was the CCM Hockey Player of the Week.

In three games during the final week of the season, the Gimli product netted two goals and added five assists. Against the Eastman Selects, Einarson had one assist and scored the game-winning goal in the shootout.

Later in the week, Einarson assisted on three of the Lightning's five goals in their 6-5 shootout loss to Kenora.



Jack Einarson

Einarson then had two goals and an assist in a 3-3 draw against the Thistles in the Lightning's final game of the season.

The Lightning captain had 23 goals and 34 assists this past season to finish tied for sixth in league scoring.

Ice Dawgs sweep Satelites in three straight

By Brian Bowman

The Arborg Ice Dawgs are advancing to the Keystone Junior Hockey League semifinals.

Arborg made quick work of the North Winnipeg Satelites, sweeping their best-of-five quarter-final series after a hard-fought 3-2 home win on Sunday afternoon.

"It was good to get the wins because the Satelites are a little better team than their record would indicate," said Ice Dawgs' head coach Cody Didychuk after the game.

"They have been playing good hockey lately so it was nice to come out of (the series) with a three-game sweep."

Arborg grabbed an early 2-0 lead just 5:05 into Game 3 as Colton Davies and Karson Collins tallied. Collins' goal came on the power play.

North Winnipeg's Braden Zamrykut cut that lead in half 7:18 into the second period but the Ice Dawgs' Derric Gulay answered with a goal about four minutes later.

The Satelites' Glen Paupanekis then closed out the game's scoring with a power-play goal with 5:27 remaining in the second period.

Dylan Ossachuk made 47 saves for the win, including all 15 shots he faced in the third period.

Torfason scores OT winner

The Ice Dawgs took a 2-0 series lead after Arborg's Clint Torfason scored on a nice individual effort in overtime for a 3-2 victory Saturday evening.

"It was a good team effort and I honestly thought we didn't play a very good game that day," Didychuk said.

"Our goaltender Ossachuk really played great that game and held us in there."

North Winnipeg had tied the score at 2-2 in dramatic fashion as Braden Zamrykut scored a power-play goal with just six seconds left in regulation time.

The Satelites had goalie Wyatt Emes pulled for an extra attacker and took advantage of the 6-on-4 situation.

Arborg took a 1-0 first-period lead on a power-play goal by Torfason and then Colton Davies scored a short-handed marker early in the second.

Sam Batt put North Winnipeg on the board early in the third.

Ossachuk made 39 saves for the win.

Game 1 shutout

The Ice Dawgs started the series with a very impressive 4-0 shutout win last Thursday in Arborg.

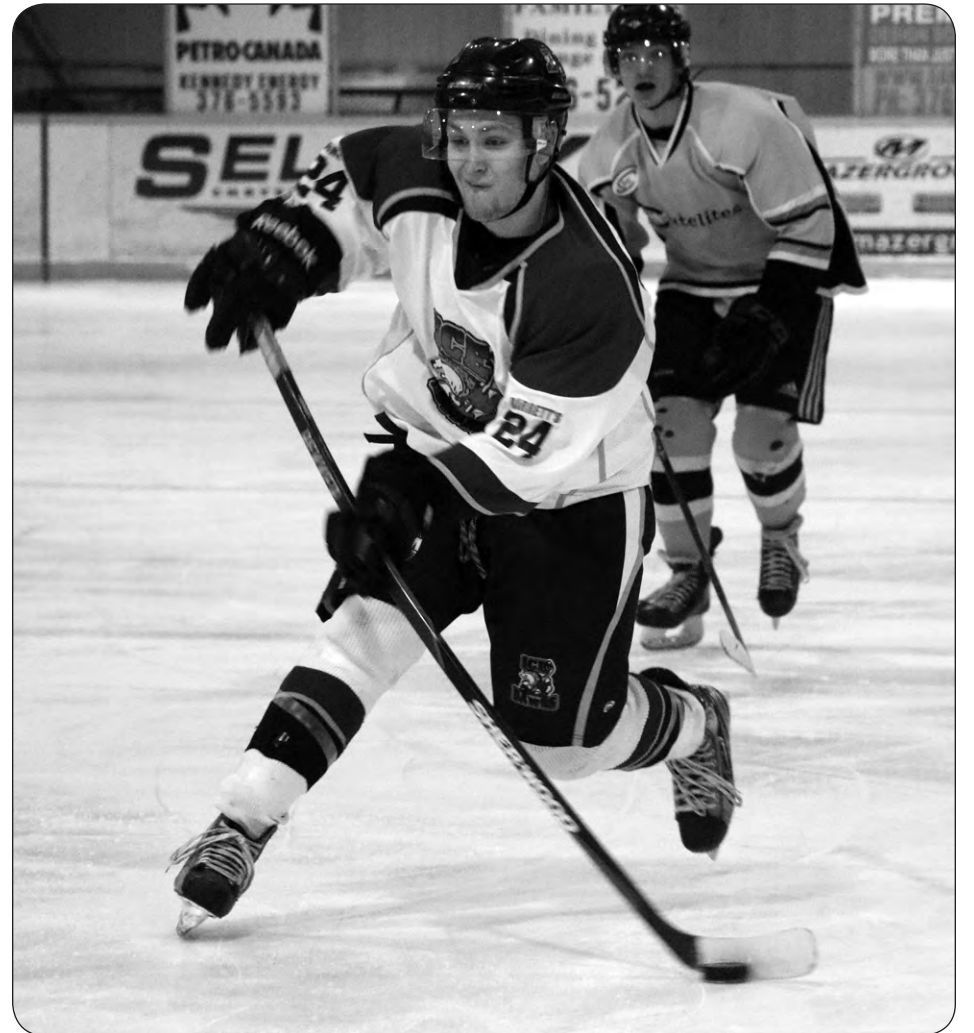
"That was the best overall game that we played in the entire series," Didychuk said. "From start to finish, we didn't give them a whole lot offensively and we really took it to them that game."

Jack Einarson, who spent this past season with the Interlake Lightning Provincial Midget team, scored a first-period goal and then Josh Wilkenson and Neal Sigvaldason tallied in the second.

Torfason closed out the game's scoring midway in the third.

Arborg outshot North Winnipeg 41-32 as Ossachuk earned the shutout.

At press time, Arborg did not know who they would play in the second round of the KJHL playoffs.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Clint Torfason is leading Arborg in playoff points after scoring three goals while adding an assist in round one. Torfason finished the regular season with a team-leading 28 goals and 37 assists for 65 points in 34 games.

Both OCN and St. Malo held 2-0 leads in their respective series heading into this week's Game 3s while Selkirk and Peguis were tied at 1-1.

Bantam Lightning improving heading into provincials

By Brian Bowman

It's not how a team starts a season, but rather how one finishes.

And the Interlake Lightning Bantam "AAA" hockey team is finishing rather well.

Interlake capped off its regular season with a solid 7-4 win over the Brandon Wheat Kings on Saturday in Stonewall.

Interlake, which held period leads of 2-0 and 3-1, received goals from Cody McMillan (three), Rhett Woods, Colby Bear, Carter Bateman and Lyle Murdock.

McMillan and Bear also had two assists in the game while Woods chipped in with three helpers.

Nolan Ritchie, Brayden Michalchuk, Daemon Hunt and Calder Anderson

replied for Brandon.

Chris Fines made 33 saves for the win.

The Lightning closed out its regular season with four wins in its final six games. That's real impressive for a team that posted a 5-30-0-1 mark this season.

"Our goal all season was to get the kids ready for the provincials," said Lightning head coach Chad Balmer. "The gap was quite considerable at the start of the season but the kids worked really hard. They all bought into the system and we stuck to the game plan."

The key for the Lightning, like it is for most clubs, is that they became a much better defensive team.

"A lot of these kids didn't know how

to play defence, not just the defence-men but the forwards," Balmer explained. "But now we're playing great in our own end and we're taking advantage of opportunities."

With the exception of an 8-0 loss to the Monarchs on Feb. 18, the Lightning gave up just 16 goals in five games the past few weeks.

And while the defence was been much improved, the Lightning's offence has been pretty good, too. Interlake scored 26 goals in those five games.

"We had games against the Hawks and Eastman where we lost 8-5," Balmer recalled, noting the Lightning won the second and third periods in both of those games.

"And, in those games, we were in

the game 97 per cent of the game. There was just a couple-minutes lapse where they scored a couple of goals."

The Lightning will hope to continue their improved play when they host the Bantam Rural "AAA" Provincials in Stonewall and Warren from March 10-12.

"We have a lot of confidence going in that if we play the way that we can, we can definitely compete and you never know what could happen," Balmer said.

The winner of the rural provincials will then play the city winners in a best-of-three series. That winner will then advance to play in the westerns in Saskatoon.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Peguis, Selkirk series even at a win apiece

By Brian Bowman

Home ice has definitely been an advantage so far in the KJHL best-of-five first-round series between Peguis and Selkirk.

Both teams have won in the friendly confines of their own rink after Peguis skated to a 5-2 win over Selkirk on Sunday.

After Selkirk's Harley Hoydalo opened the game's scoring midway in the first period, Peguis responded nicely with four straight goals.

Tyrome Spence-Bair tied the score at 1-1 late in the first period on the power play and then the Juniors took the lead for good as Theoren Spence tallied just 30 seconds into the second period.

Waylon Neault, with the man advantage, and Romano Paul scored to put Peguis up 4-1 before Selkirk's Kaden Kotowich tallied with 33 seconds left in the middle frame.

Neault then scored his second goal of the game late in the third period.

Luke Penner made 36 saves for the win.

Selkirk started the series with a 5-3 home win Saturday evening.

Auzzie Loewen scored the game-winning goal at even strength just 57 seconds into the third period and then Drayton Mendrun added a power-play goal with 12:48 remaining in regulation time.

The teams were tied at 1-1 after the first period as Paul and Selkirk's Milan Horanski traded power-play goals.

Horanski, who finished the game with four points, and the Juniors' Devon Garson scored with the man advantage early in the second period and then Kotowich netted an unassisted goal at even strength.

Garson then added his second power-play goal of the period.



The Falcons' Craig Weiss scored in Lundar's 5-4 overtime loss against St. Malo.

Both teams were potent on the power play, each scoring three times with the man advantage.

Selkirk outshot Peguis 54-23 as Riley Bannerman earned the win.

Game 3 of the series will be played Saturday at 7:30 p.m. in Selkirk while Game 4 will return to Peguis on Sunday (2:30 p.m.).

The date and time for a Game 5, if needed, had not been determined at press time.

The Lundar Falcons, meanwhile, were trailing 2-0 in their best-of-five quarter-final series with the St. Malo Warriors.

St. Malo defeated Lundar 7-1 on Sunday, scoring five second-period goals.

Riley Hunter (two), Jordy Hill, Ben Olson, Shaquille Houle, Elmar Tabler and Tyrel Bueckert scored for St. Malo.

Landen Gray replied a second-period shorthanded goal for Lundar.

The Warriors began the series with



EXPRESS PHOTOS BY LANA MEIER

Juniors' captain Devon Garson and Fishermen captain Drayton Mendrun tie each other up at a faceoff during last Saturday's game in Selkirk.

a hard-fought 5-4 overtime win in St. Malo.

Hunter scored the game winner in OT.

Lundar got off to a great start in this game, though, grabbing a 3-0 lead. Gray and Craig Weiss scored goals just 23 seconds apart midway in the first period and then Gray put the visitors up three goals at 4:37 of the second period.

But Jared Magne answered with a goal 18 seconds after Gray's marker and then Bueckert made it a one-goal game six minutes later.

Tabler tied the score at 3-3 just 12 seconds into the third period and then the Warriors took their first lead of the game when Bueckert tallied with 7:36 remaining in regulation time.

Lundar answered quickly, though, as Eric Miller scored with 6:48 left in the third.

Game 3 of the best-of-five series is set for Friday (8 p.m.) in St. Malo. If necessary, Game 4 returns to Lundar on Saturday (8 p.m.) while Game 5 will be played in St. Malo Sunday (4 p.m.).

Director's Cup Prospects Tournament to be held May 5-7

Staff

The Director's Cup Prospects Tournament will be held May 5-7 at the MTS Iceplex in Winnipeg.

Interlake held its tryout dates in late January in Teulon and Winnipeg Beach.

Director's Cup Prospects is a Hockey Manitoba development program for male Minor Bantam players born in 2003.

The program is a six-week standardized skills development program that will focus on key concepts and skills

applicable to the "Train to Train" athlete development stage. It will serve as an important precursor to the Program of Excellence.

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In the matter of the Estate of EDITH BARBARA JONSON, late of Arborg, in the Province of Manitoba, Deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned, Ingrid Fjelsted, Box 737, Arborg, Manitoba, R0C 0A0, on or before the 24th day of March, 2017.

DATED at Arborg, Manitoba this 24th day of February, 2017.

Executors
Ingrid Fjelsted
Clint Jonsson

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Upcoming Board of Trustees meetings:

- Tuesday, March 14th, 2017 at 6:30 p.m. at the Division Office
- Tuesday, April 11th, 2017 at 4:30 p.m. at Alf Cuthbert School
- Tuesday, April 25th, 2016 at 6:30 p.m. at the Division Office
- Tuesday, May 9th, 2017 at 6:30 p.m. at the Division Office
- Tuesday, May 30th, 2017 at 6:30 p.m. at the Division Office
- Tuesday, June 13th, 2017 at 6:30 p.m. at the Division Office
- Tuesday, June 27th, 2017 at 6:30 p.m. at the Division Office

Regular Board meetings are held every second and last Tuesday of each month at 6:30 p.m. at the Division Office, unless otherwise advertised.

Unique Job Sharing Opportunity

The Waterfront Centre, Gimli, is looking for an appropriate person to share the duties of General Manager on an alternate month basis. The successful candidate will have experience dealing with the public, co-workers, and tenants. Basic computer, accounting and good communication skills required.

- Previous experience in property management, the hospitality industry, and community involvement an asset.
- Must be willing and able to work under the direction of a Board of Directors.
- Training provided.

Deadline for applications Wednesday, March 15.

For further information contact Ross Bailey at the Waterfront Centre, 94 First Avenue Gimli, 204-642-4611 or waterfrontcentre@mymts.net

EMPLOYMENT OPPORTUNITY

Ashern Daycare is now hiring for the following positions:

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The ECE will plan and carry out programming. We are seeking an individual who has strong leadership skills and excellent communication and interpersonal skills. Applicant must be energetic, organized, reliable and have experience working with children of all ages. ECE must have the Province of Manitoba ECE Level II or III classification.

The CCA will work under the direct supervision of the ECE's and Director. Must have experience working with children.

All applicants must possess or be willing to obtain Emergency First Aid and CPR training. They must also clear a Criminal Record check and Child Abuse Registry check.

Please submit Resumes by **March 21, 2017** in person at

#2 Main Street East in Ashern MB or by

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- In person at 123 Anson Street, Gimli Industrial Park
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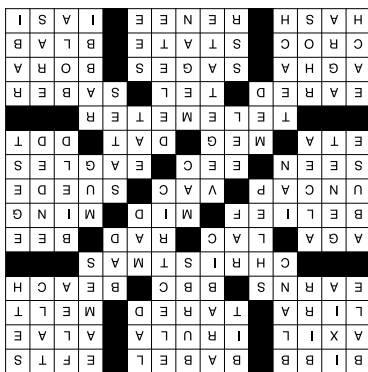
take a break

> GAMES

X CROSSWORD

CLUES ACROSS

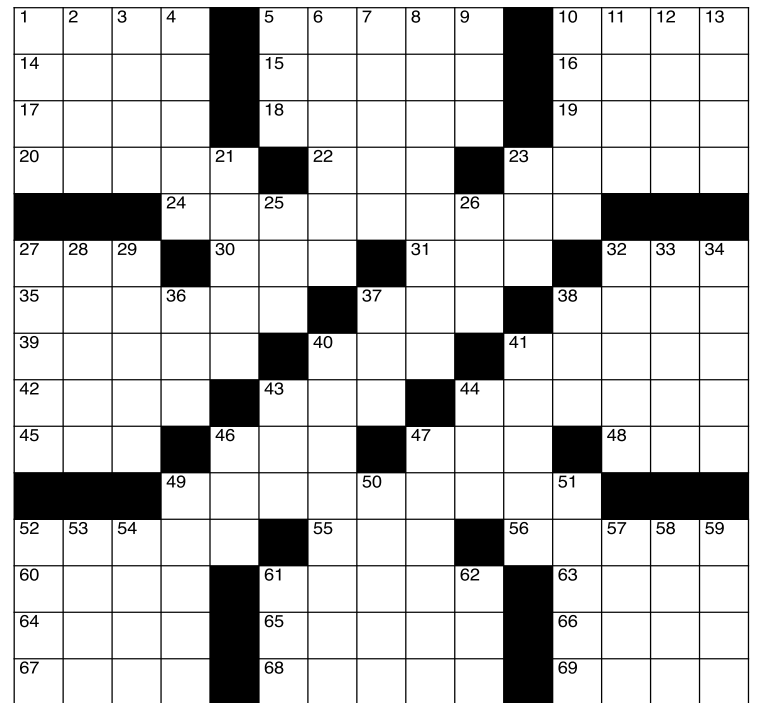
1. "ER" actress Leslie
5. Hebrew name for Babylon
10. Newts
14. Leaf angle
15. Dravidian language
16. Ridge on nematodes
17. Monetary unit
18. Determined the tare
19. Unfreeze
20. Merits
22. World's oldest broadcasting organization
23. Vacation spot
24. December 25
27. Ottoman military command
30. Resin-like substance secreted by insects



Crossword Answer

31. A.C. Comics female supervillain
 32. Insect linked to honey
 35. Opinion
 37. In the middle of
 38. Basketballer Yao
 39. Remove lid
 40. Pressure wound therapy
 41. Fabric
 42. Witnessed
 43. Defunct European economic organization
 44. "Hotel California" rockers
 45. When you expect to arrive
 46. "Sleepless in Seattle" actress Ryan
 47. Danish airline
 48. Insecticide
 49. Scientific instrument
 52. Type of seal
 55. Israeli city ___ Aviv
 56. Cavalry sword
 60. Ottoman title
 61. Gurus
 63. Cold wind
 64. Predatory reptile (abbr.)
 65. New Jersey is one
 66. Divulge a secret
 67. Finely chopped mixture
 68. Actress Zellweger
 69. Romanian city
- CLUES DOWN

1. "Dark Knight" actor
2. S. African plants
3. Castle in County Offaly, Ireland
4. White (French)
5. Morsel
6. Semitic language
7. Areas outside cities
8. Crackling
9. Cub
10. Landmark house in Los Angeles
11. Red Hot Chili Peppers bassist
12. Mineral
13. Late night host Myers
21. Pull along
23. Not good
25. British Air Aces
26. Upset
27. Maltreatment
28. Nocturnal, cat-like animal
29. Hollyhocks
32. Shelter
33. Finished
34. Discharge
36. "X-Men" actor McKellen
37. Beloved dish ___ and cheese
38. Holds coffee
40. Languish
41. Quenches
43. Electric fish
44. Consume



46. Type of school
47. Erase
49. Educate
50. "Transformers" actress Fox
51. Spiritual leader
52. Every one
53. Site of the Taj Mahal

54. Welsh village
57. Weapon
58. Geological times
59. S. Asian crops
61. Soviet Socialist Republic
62. Witness

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> MEAL IDEAS

Winter vegetable pork ragout



Ingredients
 4 tbsp (50 mL) canola oil, divided
 1 cup (250 mL) chopped onion
 2 cloves garlic, minced
 1 pork tenderloin or boneless pork (1 1/4 lbs/625 g), cut into 1-inch (2.5-cm) cubes
 3 tbsp (45 mL) all-purpose flour
 4 cups (1 L) reduced-sodium chicken stock
 1/2 cup (125 mL) dry white wine
 1 cup (250 mL) peeled and chopped carrots
 1 cup (250 mL) peeled and chopped rutabaga (turnip) cubes
 1 cup (250 mL) peeled and chopped parsnip
 1 large potato, peeled and diced

1 tsp (5 mL) each dried thyme leaves and ground sage
 1/2 tsp (2 mL) salt
 1/2 tsp (2 mL) freshly ground black pepper
 chopped green onions and fresh rosemary for garnish (optional)
Directions

In large stock pot, heat 2 tbsp (25 mL) canola oil over medium heat. Sauté onions and garlic for about 5 minutes. Remove with slotted spoon and set aside. Add remaining 2 tbsp (25 mL) canola oil over medium-high heat. Add cubed pork and brown. Remove pork with slotted spoon and also set aside.

To remaining pan juices, whisk in flour, scraping bottom of pan, until golden. Add stock and wine and whisk well to combine. Return onions, garlic and pork to pan.

Add vegetables, thyme, sage, salt and pepper and bring to a boil. Cover. Reduce heat and simmer for about 30 minutes or until vegetables are tender. Garnish if desired with chopped green onion or fresh rosemary.

Tip: If you have leftover pork or turkey on hand, it can be used in place of fresh pork in this recipe.

Seared Halibut with Lemon Butter Sauce



Serves: 4
Lemon Butter Sauce
 1/2 cup white wine
 1/4 cup fresh lemon juice
 8 tablespoons whipping cream
 3/4 teaspoon fresh garlic, chopped
 turmeric, to taste
 salt, to taste
 white pepper, to taste
 8 tablespoons unsalted butter, diced
Halibut
 4 teaspoons olive oil
 4 halibut filets (6-8 ounces each)
 salt
 pepper
 lemon zest
 herbs
Vegetables
 2 tablespoons olive oil
 2 small zucchini, cut into 1/4-inch strips
 2 small yellow squash, cut into 1/4-inch strips

2 small red peppers, washed, seeded and sliced into strips

Potatoes
 2 cups Idahoan Signature Russets Mashed Potatoes (from 16.23-ounce package)

For lemon butter sauce, add white wine, lemon juice, cream, garlic, turmeric, salt and pepper to sauté pan. Heat on high heat and reduce to half its original volume.

While lemon sauce is reducing, prepare fish and vegetables.

Once reduced, remove from heat and swirl in diced butter.

For halibut, heat non-stick skillet on medium-high heat with olive oil. Season halibut with salt and pepper. Sear until deep golden brown, approximately 5 minutes each side. Remove from heat and cover with foil.

For vegetables, add olive oil to skillet over medium-high heat. Sauté zucchini, squash and pepper until crisp-tender, about 2-3 minutes. Keep warm.

For potatoes, prepare mashed potatoes following package instructions.

To serve, plate mashed potatoes, vegetables and halibut. Drizzle halibut with lemon butter sauce and garnish with lemon zest and fresh herbs.

Note: Haddock or striped bass can be substituted for halibut.

Time Pressure



"Being busy is the latest middle-class status symbol."

Kathryn Kozlowski

We are all becoming increasingly aware of health consciousness. We know how to eat healthy foods, the importance of exercise, and avoiding toxic substances.

There is one factor that compromises our health and is so common that almost all of us are exposed to it every day. The worrisome thing is that it is seen as a normal part of living and is not recognized as a threat to our well-being.

I am talking about time-pressure. We experience this when we have too much to do. It also occurs when we are on a tight schedule, and always have to "hurry."

The negative implications from time-pressure are many. It contributes to stress and anxiety. This affects our physical health, but because it

makes us tense and edgy, it also affects our relationships. This can create additional layers of stress to an already overwhelmed system.

It can also contribute to poor eating habits as there is not time to prepare nutritious meals. Mothers often eat standing up, and workers may eat at their desks. This does not allow one to truly enjoy the meal, or to digest it properly.

Finally, if time-pressure is a factor in our lives, there is little, if any, real relaxation. That yoga class is great, but if you have rushed around all day before you get there, and then rush home to do ten more things before bed, what have you really accomplished?

Our culture currently places a higher value on multi-tasking and getting a lot done, than it does on health and quality of life. In some European countries, everything closes down for a couple of hours in the afternoon so people can go home and rest, or have a leisurely lunch with friends.

Since our culture is not likely to change anytime soon, it is up to each one of us to put the brakes on this "race" to which we subject ourselves and our children. Slow it down. Life goes by fast enough as it is.

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

Hoisin Roasted Pork with Steamed Greens



Serves: 4
 2 tablespoons hoisin sauce
 2 tablespoons honey
 1 tablespoon soy sauce
 1 pork tenderloin filet (16 ounces)
 8 ounces fresh sugar snap peas
 8 ounces green beans
 2 cups Idahoan Signature Russets Mashed Potatoes (from 16.23-ounce package)

package)

Heat oven to 350 F.

In bowl, combine hoisin, honey and soy. In non-metallic bowl, pour marinade over pork and set aside for 15 minutes.

Heat medium nonstick frying pan over medium heat. Add marinated pork and cook each side 1-2 minutes.

Transfer pork to baking tray and cook 15 minutes, or until cooked to desired doneness.

Steam fresh sugar snap peas and green beans together. Set aside.

Prepare mashed potatoes following package instructions.

To serve, plate mashed potatoes, sliced pork and steamed vegetables. Spoon pan juices over pork and enjoy.

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