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VOLUME 3 EDITION 9 THURSDAY, MARCH 3, 2016

WEEKLY NEWS

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4-H clubs come together for skills, thrills event



EXPRESS PHOTO SUBMITTED

More than 30 4-H club members came together for a Skills and Thrills event on Feb. 20 at East Selkirk Middle School. The event included workshops and games for young members from clubs across the South Interlake.

Staff

Various 4-H clubs from across the Interlake came together for a special event late last month.

On Feb. 20, more than 30 4-H members from seven South Interlake clubs — including Balmoral, East Selkirk, Minerva, St. Andrews, Stonewall, Argyle and Teulon — got together at East Selkirk Middle School for the first ever Skills and Thrills event.

The skills portion of the event touched on some 4-H basics including public speaking, science and judging.

Amber Dyrda, a senior 4-H member from Teulon, said after watching last year's public speaking competitions, she thought that her fellow club members could use a refresher.

"Last year, I saw some younger members show up to the speech competitions not as prepared and orga-

nized as they could have been," Dyrda said.

Dyrda put her leadership skills to the test during last month's event as she delivered a public speaking workshop which included tips on how not to be nervous and what type of clothing is best to wear.

Following the workshop, 4-H members were treated to lunch and then broke up into groups to take on a

workshop about science and judging skills which was delivered by Sheila Stark-Perreault of the South Interlake Council.

Club members then headed into the gym for a game of laser tag and bumper ball.

4-H is an international youth and volunteer organization that started in

Continued on page 2

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Ramona's Reach raises \$14,500 at annual hockey tourney

By Jennifer McFee

The sixth annual Ramona's Reach hockey tournament scored nearly \$15,000 towards the goal of building a children's village in Uganda.

The event brought together 96 players on eight teams to compete on Feb. 27 and 28 at the Arborg arena. The crowds also enjoyed an extensive silent auction and a mouth-watering bake sale.

In total, the two-day tournament raised about \$14,500 in profit for the charitable organization that is inspired by Ramona Reimer. Reimer felt a calling to help the less fortunate in Africa, particularly orphans. Unfortunately, she died of cancer in 2009 at the age of 26. In her memory, her family and close friends decided to pursue her dream to help the disadvantaged in Africa.

They are now well on their way to building a children's village in Uganda. To date, they have drilled a well, acquired a lorry truck, and built a school and an orphanage. They also drilled a second well in a neighbouring community.

"It started off as a family thing. My parents are heavily involved," said Kevin Petkau, Ramona's brother. "Now it's become more of a community thing. We have a whole board and the support is fantastic."

The funds will be used wherever they are needed the most. Classes began last week at the new school, so some of the funds might go towards wages of the staff.

The organization is also close to moving 11 children into the new orphanage. Depending on the progress of legal paperwork with the local government, the children might be able to move in within the month.

With an eye on the future, the group also aims to build a church, a medical clinic, an administration building plus accommodations for mission teams, as well as an agricultural development.

"IT'S AMAZING HOW SOMETHING NEGATIVE CAN BECOME SOMETHING POSITIVE."

"We're very much trying to go alongside the people there. The people there had a passion for taking care of the disadvantaged. We have a Ramona's Reach Uganda board, which is some of the community leaders and a pastor out there," Petkau said. "We're not

trying to come in there and tell them how to do things. We're just trying to support them. It's amazing how that community has a heart for this."

Now that the hockey tournament has wrapped up, fundraising efforts will continue through the sale of raffle tickets for a trip to Florida. The charity will also run the street hockey tournament at the Arborg Street Festival.

"As we get children, our expenses are going up. We're always looking for donors and for people to get behind us and support us," Petkau said.

"It's amazing how something negative can become something positive."

For more information on Ramona's Reach or to find out how to donate, visit www.ramonasreach.com.




EXPRESS PHOTOS SUBMITTED

Funds raised at the sixth annual Ramona's Reach hockey tournament will continue to support a children's village in Uganda. To date, the organization has drilled a well, built a school and an orphanage.



Mattresses for the orphanage were recently purchased with the anticipation of 11 children moving in later this month.




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> 4-H, FROM PG. 1

Roland, Man., in 1913, according to the province's website.

Today, 4-H clubs have been started across Manitoba by thousands of members and volunteers.

More than half of the members live on farms and about a third live in rural non-farm areas.

Members can choose from more than 60 hands-on projects including

beef, photography, outdoor cooking, machines and crafts.

Communication activities help members establish strong speaking and interpersonal skills, while fun events aim to help them build friendships.

The whole experience is meant to help young people throughout their professional and personal lives.

Province 'accepts' Gimli into DFA program for 2015 storm



Coun. Richard Petrowski



PHOTOS BY PATRICIA BARRETT
Deputy Mayor Peter Peiluck (left) and Coun. Danny Luprypa

By Patricia Barrett

At its regular meeting on Feb. 24, RM Gimli council reported that the province "accepted" Gimli into a disaster financial assistance program for areas that sustained damage during a storm Aug. 22-23, 2015.

The weekend storm pummelled the Interlake, bringing excessive amounts of rain to Gimli. It knocked down trees and power lines and caused storm surges on Lake Winnipeg.

Local filmmaker Andy Blicq posted a video on YouTube showing waves battering Gimli Harbour and sweeping up the beach towards properties along the shore.

"Gimli got the brunt of the storm," said CAO Joann King.

The RM had submitted a damage estimate to the province, which resulted in its acceptance into the program.

"Acceptance into the program does not necessarily result in financial assistance," said the Feb. 9 letter from Emergency Measures Organization.

"We've done the initial assessment," said King. "Now the province sends out engineers ... to look at all the sites and do their own assessment and approve or not approve the work we want to do."

The EMO will have the site inspection carried out by third-party engineers, according to the letter.

King said the government's program "allows for restoration to what was; it doesn't allow for betterment."

Other council briefs:

- Council gave second reading to False Alarm Bylaw 16-002. On the recommendation of Coun. Danny Luprypa, it decided to defer third and final reading until all councillors and the mayor are present.

False alarms come at a cost to the RM. They tie up emergency services that may be required for a real emergency and result in unnecessary costs, such as the payment of fire personnel who are called out.

Excessive false alarms are defined as three or more in any continuous 12-month period. A record of false alarms are submitted to the RM by the local RCMP detachment and by the Gimli Fire Department.

The bylaw proposes changes to warnings and fines.

For the first two false alarms attended by RCMP, the property owner would receive written warnings from the RM. The third (and subsequent) false alarm(s) would see the property owner fined \$250.

For the first false alarm attended by the fire department, the property owner would receive a written warning from the RM. A second (and subsequent) false alarm(s) would see the property owner fined \$500.

- Council gave second and third reading to the Gimli Age Friendly Advisory Committee Establishment Bylaw 15-0015 that repeals and replaces the former Age Friendly bylaw 07-0047.

The AFA Committee will be tasked with establishing a clear set of priorities and an action plan that will enhance and improve the town for older people. The RM will manage the committee's finances.

- Geoff Penner, owner of Silver Harbour Marine Resort, wrote to council asking it to include a piece of land near Lake Winnipeg in its weekly grass cutting schedule. The Drunken River Harbour Authority leases the land from the federal government but has not performed any maintenance.

Penner refers to the land as an "eyesore." The RM cuts the grass on an adjacent piece of land near the site.

"We can ask the government to support it," said King. "We have cut the grass before and the Harbour Authority didn't pay it."

Council agreed to send a letter to the government.

- Council awarded a number of ten-

ders for 2016 and authorized payroll and bills.

Fort Distributors was awarded the dust control tender. It will cost the RM \$0.28 per litre of 30 per cent magnesium chloride.

A limestone tender went to Bochorka Bros. The supply and delivery of limestone aggregates will cost \$8.48 for 3/4" down per tonne plus GST, \$8.22 for 1/4" down per tonne plus GST, \$8.40 for 2" down per tonne plus GST, and \$0.33 for delivery per ton mile, delivered to the RM yard.

Council awarded a gravel crushing tender to Bochorka Bros. It will cost \$48,720 plus taxes based on 14,000 cubic yards. Council said it was the lowest bid received.

Bochorka Bros. was also awarded the gravel screening tender. It will cost \$8,800 based on 3,000 cubic yards.

Eddie's Gravel was awarded a tender for gravel hauling and loading. It will cost the RM \$37,520 plus taxes based on 12,000 cubic yards.

Council approved payroll (ending Feb. 13, 2016) in the amount of \$52,718.28 and general operating expenses in the amount of (about) \$88,000.

Council authorized progress payment No. 1 in the amount of \$31,426.96 to Nor Tech Mechanical for ventilation work required at the wastewater treatment plant in Gimli's Business Park.

Council will accept hourly equipment rates from interested parties until March 31, 2017. The CAO and Coun. Richard Petrowski suggested the RM put out a call for companies to iden-

Continued on page 7

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Interlake students focus on sustainability

By Jennifer McFee

With a focus on the future, a group of Interlake School Division students gathered in Stonewall last week for an annual sustainability summit.

The conference, entitled Generating Momentum for Our World: The Sustainable Development Goals, brought together a total of 45 students and eight teachers from seven schools: École Selkirk Junior High, Arborg Early Middle School, École Stonewall Centennial, Teulon Collegiate, East Selkirk Middle School, Warren Elementary and St. Andrews School.

The event took place at the Heritage Arts Centre on Feb. 25, hosted by the non-profit Manitoba Council for International Cooperation, a coalition of 39 organizations involved in international development.

As executive director of the organization, Janice Hamilton said the event was a great success in a beautiful venue.

Students learned about the 17 sustainable development goals passed by the United Nations in September 2015. These goals went into effect on Jan. 1, 2016, in an attempt to transform the world.

The UN previously had development-oriented millennium goals that started in 2000 and ended in 2015. The new goals are much more universal in nature, Hamilton said.

"It really is a connection between

economic, social and environmental issues," she said. "Climate change is part of it, but so is life under water and having no hunger and no poverty and gender equity. It's a little bit more extensive, and Canada has agreed to meet these."

The participants engaged in group work to emphasize peer empowerment and co-operation. They also had the chance to attend circuit sessions and workshops focused on public speaking, planning and promoting, and creative expression.

The day-long event offered many opportunities for the students to explore the five P's of the sustainable development goals: people, planet, prosperity, peace and partnership.

"They were knowledgeable and eager to learn more and participate," Hamilton said. "They were a really great group of kids. These were really strong students."

Youth engagement co-ordinator Renée Simcoe, a former Teulon resident who currently lives near Warren, said the kids learned that anybody can make a difference.

"It was a big success," said Simcoe, whose mom is one of the local teachers who attended with a group of students. "The kids at this one were very positive. A lot of their ideas were very innovative."

Simcoe also noted that the Heritage Arts Centre provided an ideal venue



EXPRESS PHOTO BY JO-ANNE PROCTER

Arborg Early Middle School students (from left to right) Alyssa Gard, Savannah Blandford, Hailey Palsson, Kylie Floyd and Brenna Barylski discussed health issues at the Generating Momentum for Our World: The Sustainable Goals conference hosted by Manitoba Council for International Cooperation at the Quarry Park Heritage Arts Centre in Stonewall last Thursday.

for the gathering.

"It was gorgeous. It was so nice to be able to have all those windows. It was just perfect," she said.

"One of the things that I'm a firm believer in is that if kids can see nature, their ideas flow a little bit easier and they can be a little bit more creative. It seems that it helps to open up their

minds."

The Stonewall conference marked the fifth in a series of five events that were held throughout the province this year. The conferences are funded through financial support from the federal government through Global Affairs Canada.

New post office and postmaster for Poplarfield

By Patricia Barrett

Poplarfield got a new post office and a new postmaster last week.

Up until Feb. 22, the post office was housed in King Buck Inn at the junction of highways 68 and 17. It has now moved a little further west up Highway 68 to the corner of Poplar Street.

When the postmaster retired last year, Poplarfield resident Gail Kochan applied for the position and was the successful candidate. She started training last week.

"There's a lot to learn," said Kochan.

She's being trained by Shirley Werner, a Canada Post employee from Pine Falls who travels the province training new staff.

"She did her e-learning before I got here," said Werner, referring to a two-day, 12-hour course new postmasters have to complete online before the on-site training begins. "That makes

all the difference in the world to the training."

Kochan physically moved the mailboxes from the King Buck Inn with the help of her truck, her husband Gary and friends Michael Leochko and Chris Ledohowski. It took about six hours to install them in the new location.

The post office is located at 36 High Plains Rd. (also known as Highway 68). Hours are as follows:

Lobby with mailboxes: 9:30 a.m. – 8 p.m. daily

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Monday 10 – 12:30; 1:30 – 4:30

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Wednesday 10 – 1:30

Thursday 10 – 12:30; 1:30 – 4:30

Friday 10:00 – 1:30

Saturday closed

Sunday closed



EXPRESS PHOTO BY PATRICIA BARRETT

Poplarfield's Gail Kochan (left) was being trained by Canada Post employee Shirley Werner last week as she began her position as postmaster last week.

The IERHA mobile clinic will not be stopping in Fisher Branch

By Patricia Barrett

The Interlake-Eastern Regional Health Authority's mobile clinic that was scheduled to serve Fisher Branch and First Nation communities in the area won't be serving the region after all.

Representatives from the IERHA met with RM Fisher council Feb. 3 to discuss the province's change in plan.

Manitoba Health had made an announcement in 2011 that it would bring a mobile clinic (a bus) to the area.

The purpose of the clinic is to deliver services where there either aren't any or where there are very few or very inconsistent services, said Annabel Reimer, IERHA's regional manager for primary health care, clinical health care services.

"I guess the one thing back in 2011 when the announcement first came out," said Reimer, who manages nurse practitioners and primary-care nurses in the region, "was our environment was definitely very different. That was pre-amalgamation with the last two regional health authorities ... and our environment of how health care was going in Fisher Branch was a lot different than what we are today."

Today, the clinic in Fisher Branch is staffed by a full-time nurse practitioner,

and residents receive physician services through the Percy E. Moore hospital in Hodgson, which is about 15 kilometres north of town.

"The bus was intended to shore up the service at the clinic," said Coun. Boyd Abas, who sits on the Percy E. Moore Hospital's advisory board. "There was a shortage of doctors at the time."

Despite currently having physician services through the hospital, Abas said retention is always a big issue in rural Manitoba.

One of the other changes to the "environment" was the flood of 2011 on Lake Manitoba, said Reimer. That affected the health authority's "ability or the need to deliver the bus to those towns."

"Little Saskatchewan and Dauphin River had been on there [the mobile clinic list]," said Reimer, "and then when we had the big flood, and a lot of those people were evacuated to Winnipeg and have not returned. It didn't make a whole lot of sense to deliver health care to those regions when there are no people there."

Jeremy Buchner, director of primary health care for the IERHA, said he had just visited the Dauphin River community and "there is no one living back in the community yet. They are



EXPRESS PHOTO BY PATRICIA BARRETT

Jeremy Buchner and Annabel Reimer met with Fisher Branch council last month to discuss the mobile medical clinic that was supposed to serve the community.

supposed to start moving back later this year."

The health authority is looking at ways to provide health-care services to them when they return, he said.

The mobile clinic will now serve Gypsumville, Seymourville, Prawda and Grand Marais, according to the province's Jan. 19 news release.

"Staffed by a nurse practitioner, a

registered nurse and a driver, and equipped with two examination rooms, the new Interlake-Eastern RHA mobile clinic will allow staff to offer services ranging from regular checkups to treating minor ailments and helping people manage a chronic disease or other serious conditions," said the release.

Alzheimer Society offers support to caregivers

By Dave Baxter

The Alzheimer Society wants to lend a helping hand to those Manitobans who are caring for someone with dementia.

"Every day, we hear about challenges faced by caregivers, so we are trying to support those caregivers as they are going through the journey of dementia," Alzheimer Society Interlake-Eastern co-ordinator Jackie Dokken said.

The Alzheimer Society is currently putting on monthly telehealth family education seminars in a number of communities, including Selkirk.

Dokken said a medical professional in Winnipeg is "Skyped" into the seminars being held across Manitoba and that professional can talk directly to whoever attends the sessions and is able to answer questions.

"It's very interactive and if you came to Selkirk, the presenter would be onscreen, but you can ask questions back to the presenter and they do leave time for questions," Dokken said.

A wide range of challenges come along with being caregiver for a loved

one with dementia, Dokken said.

"It can get extremely challenging and coping with those changes for some can become so stressful that it affects their minds and bodies, and they can end up needing medical help."

It's also very hard on a person to watch their spouse go through the stages of dementia, Dokken said.

When caring for those with dementia, caregivers often don't realize how many issues can come along with it, she added.

"We offer some pretty specific education and techniques but also stress things like getting things power of attorney done and looking into caregiver tax credits," she said. "Our role is to educate and support, so we go over checklists with people."

She said the sessions are also important because they get caregivers dealing with

the same issues into the same room.

"I've been told it helps because they don't feel so isolated after the come once. And what happens is there are different stages of the disease, so different caregivers at different stages can help each other."

The most recent seminar was held on March 1. The next one entitled "Becoming a Resilient Caregiver" will take place on Friday, April 1 at 6:30 p.m. and will be specifically geared towards helping caregivers understand how to take care of themselves while caring for someone else.

The Alzheimer Society Telehealth Family Education Seminars take place

at the Selkirk and District General Hospital and are free and open to the public.

To register for a seat, or for more information contact the Alzheimer Society at 1-800-378-6699.

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Fishing outing ends with hospital visit

Welcome, friends. Last week, I met a young, slim, blond, quick-witted gal, Jessica Werstuik from Beausejour, who had a story of last summer when she, her three-year-old boy Tucker Ball, her mom and auntie went fishing in Rickes Pit north of town.

It was a hot, sunny, windy day as the girls set up and then cast their lines into the water. Jessica turned to her son to help him cast out, but he was off discovering grass and butterflies.

Oh well, she thought, maybe later. Facing the rippling water with the blinding sun reflecting in her eyes, she fondly remembered learning to swim in this pit. Then she felt a tug on her leg followed by a sharp pain. She looked down to see a fish hook buried deep in her leg. Her astonished gaze followed the line back to a rod held by her shocked son. The frightened boy turned and ran away as fast as his little legs would carry him.

Mom and auntie came to Jessica and, after a quick look at the offending hook, agreed this needed a doctor. So everybody piled into mom's truck and, with Jessica bouncing in the back box with her windswept hair slapping her in the face, they made for the Beausejour Hospital.

Unbelievably, there was no doctor available, so now in auntie's car, they took off for the Selkirk Hospital. When they got there, the nurses took one look and started freezing her leg with needles — lots of needles. In no time, Jessica was feeling no pain and could see a kindly doctor coming her way. Great, she thought, but then the "kindly doctor" turned into an "all-business-type doctor." Kneeling on her leg, he wrested the nasty

hook out. After a while, Jess regained her composure and thanked him but wasn't really sure she meant it.

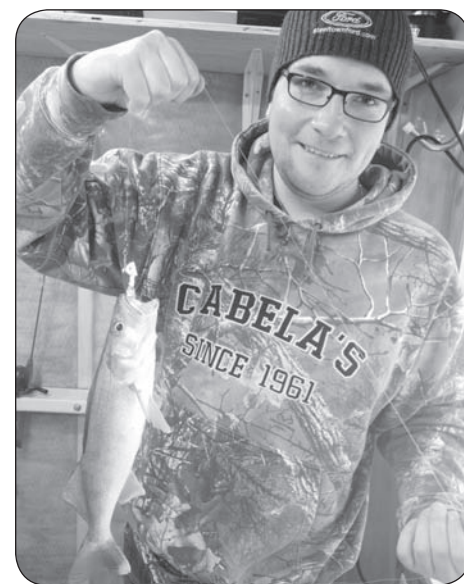
So that's how little Tucker's first catch became his mom.

This last weekend on the Red, I met Selkirk's Mayor Larry Johannson, his boys Erik and Larry Jr. and friend Cory Syrota. These fun-loving guys had built an ice shack on a used trailer, which now had become their little home away from home.

I was invited in, and soon they began telling me of a time in early spring off Chalet Beach last year. After fishing, their trip off the ice became brother-in-law Adam McKonals' most unlucky day. Heading shoreward, they playfully cruised through water patches that made their quads look more like boats casting wakes. Then, without warning, the equipment sleigh they were towing flipped, tossing everything into the slush. Sopping wet, the guys did their best to find and reload their stuff, but Adam started obsessing about his lost padded pail top. Again and again, he agonized over the lost top.

The guys searched for a while but eventually gave up and continued plowing through the soupy snow for shore. Poor Adam was even less happy when unloading his equipment onshore. He found his auger and heater were damaged and his all-weather rain suit was gone. Now all this time I had been visiting, "Mayor Larry" had not been with us. When he showed up, the guys greeted him with "Hey, LF."

I asked what the nickname meant and they laughed, saying they call dad "leather face" because he never wears



EXPRESS PHOTO BY ARNIE WEIDL
Erik Johannson with one of his catch in their ice shack on the Red last weekend.

headgear when out in the wild. The Johannsons and friends sure know how to enjoy life.

I finally got back onto the ice off Riverton's Sandy/Hecla Bars a few days ago. I stopped at a number of shacks and, at one in particular, I met a chap by the name of Ron Marykuca of Winnipeg. We talked for a while, and then he told of an odd happening the day before. An SUV had gotten stuck in heavy snow close by and a chap with a large truck offered to pull it out with the motor off, in neutral and the owner outside.

Then as both vehicles moved forward, the owner's big black Labrador in the SUV was seen in the driver's seat with his paws on the steering wheel. You see the funniest things on the ice sometimes. Till next time. So long.

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letters

Letters to the Editor: letters@expressweeklynews.ca

Evergreen basic needs café closing

So, the café is now history. As a member of the Gimli community, I find the decision to close a huge disappointment. I'm thinking about the older people, the singles, the individuals with a small pocket book, and others, who have come to depend on this facility for a regular healthful meal at noon.

What were the "number of factors"

that resulted in the decision to close? What about the people who came for a meal and stayed to shop at EBN? What about the grant given in good faith just last spring by the Canada Food Banks to upgrade the café's facilities? What about the lack of long-range planning? So, the EBN is conserving these facilities simply for "EBN community dinners and spe-

cial events for (the) organization"? I don't get it.

A reading area seems a poor substitute for the café. EBN operates largely thanks to the wonderful volunteerism we have in this community. Why then could the community not have been allowed input in this matter? Some good ideas would very likely have been generated. One that occurs to me as I write is to consider scaling down the offerings to something that still resembles a nutritious

meal (i.e.: one of the café's hearty soups and a sandwich). Finally, there may be groups/opportunities out there in our community which would generate increased use rather than closing of the café.

I hope that public response will be sufficient to give the board pause in their decision to implement this backwards move for Evergreen Basic Needs.

- Pam Larner, Gimli

Dear Premier Greg Selinger

Your public admission stating that mistakes were made does not sit well with me, and I am not alone!

My questions to you, Mr. Selinger, are:

Is the unnatural over flooding of Lake Manitoba, with surface waters resulting in high water tables in our Interlake?

Do trees have effects on property values and on wildlife?

Has the flooding affected crop pro-

duction and cattle farming?

Could this be the cause of mould issues in homes?

Give me a reason to support you?

Do the right thing with the Assiniboine Diversion and stop flooding Lake Manitoba, for you are killing the Interlake.

For as an old saying goes, you will not be remembered for what you did but rather for what you did not do!

Admitting that mistakes were made in the past is one thing; however, you are neglecting and making a bigger mistake for our foreseeable future. That mistake is the deliberate flooding of Lake Manitoba. Considering that Lake Manitoba is fed by clear artesian water, the flooding has saturated the soils in the Interlake!

This has and is causing the drowning of thousands of acres of trees; excess moisture is also causing a mould situation in some homes.

If appropriate studies were done beforehand, maybe we would not be

in this situation?

Mr. Selinger, can you please explain why you are permitting this to happen? Yes, you have made mistakes, but a bigger mistake is to ignore the telling signs that are observed in the Interlake. Your plans have proven faulty. The only sensible answer we now have is ... the Interlake is dying. All because of wretched and irreparable action plan and your refusal to change.

Respectfully,
Peter Marykuca
- Interlake Resident

> DFA PROGRAM, FROM PG. 3

tify what skills they have, such as roofing, siding, et cetera.

By keeping track of those skills and how much companies charge, the RM can make better decisions, said King.

"Everyone has different equipment and different rates, and we just take it all in and have it on file," said Deputy Mayor Peter Peiluck. "If we require a backhoe of a certain size, then we'll go to those rates and see which individuals have that and what their rate is."

King said it would only applies to the Public Works department, and the cut off is around \$30,000-\$40,000.

- Council paid its respects to CAO Grant Thorsteinson (RM Bifrost-Riverton and RM Rockwood), who recently passed away. King said he was "very instrumental in the revision of the program that people take to become administrators."

- Council received and adopted a request from the Dietitians of Canada to recognize March as Nutrition Month. The organization is asking Canadians to "Take a 100 Meal Journey," in which they make one dietary change (e.g., eat more broccoli) and practise it over 100 meals to improve their health.

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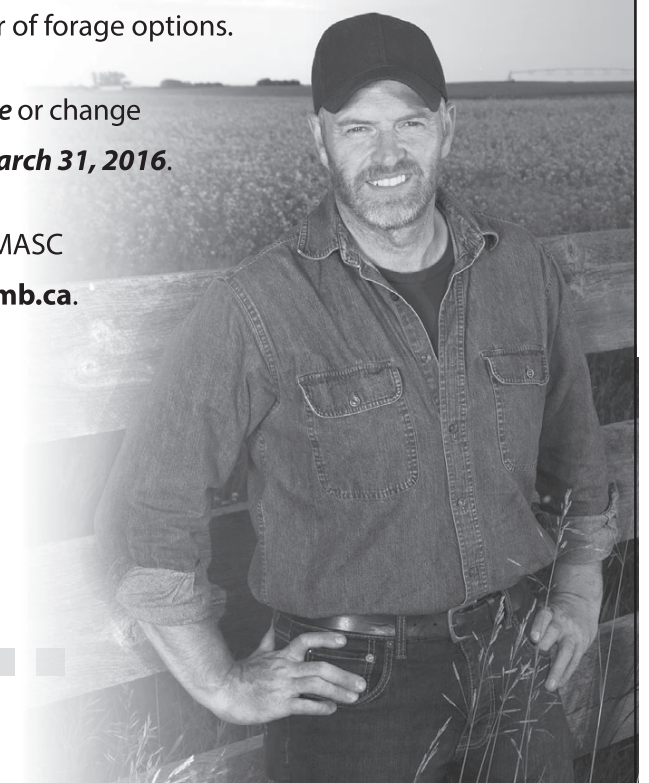


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EXPRESS
WEEKLY NEWS



Lakeshore School Division presents budget with 320K deficit

By Jeff Ward

The Lakeshore School Division presented their draft budget for the 2016-17 school year with a deficit of more than \$320,000 during a public meeting last week.

School board chairperson Jim Cooper said that with their provincial funding at the same level as it was last year and the rising costs of employing teachers and other staff, as well as the general maintenance of division buildings, a deficit couldn't be avoided.

The draft budget meeting was on Feb. 23 and had representatives from Armstrong, Fisher and Coldwell councils weighing in on the proposed budget.

School board trustees attending the meeting included Raymond Im-lah, Kris Vigfusson, Marvin Coverdale, Helen Jermey, Teresa Johnson and Kelly Webb.

What the deficit means for ratepayers is unknown at this time because the school board still needs to finalize what they're going to do, which will be done at their next board meeting.

"We're exploring many options

right now. We ran a deficit last year of \$50,000 and we're trying to figure out what works best," said Cooper.

"Personally, I don't think we're going to be in any kind of trouble running a deficit. One of the options we're exploring is keeping the tax increase under two per cent and running a deficit of \$150,000, which I think we can easily make up over the course of the year."

Cooper said he's well aware of the socio-economic makeup of those within the division and that he and his board members want to make sure that they choose the option that hurts ratepayers' wallets the least.

The budget presented is what Supt. Janet Martell called "status quo."

She explained that this budget is all about maintaining the level of services they provide and not adding on additional expenses. Martell and the board are very happy with the level of education they provide students, at a cost of \$14,351 per student, and they wish to continue on that level.

"It's certainly a status-quo budget,

"BUDGETS LIKE THIS DO PUT A LITTLE PRESSURE ON EVERYONE RIGHT DOWN TO THE CLASSROOM AND THAT CAN BE TOUGH."



EXPRESS PHOTO BY JEFF WARD

A draft budget for the 2016-17 school year for Lakeshore School Division was presented with a deficit of more than \$320,000 last week.

There's not a whole lot new to it — this is just the cost to do business as usual. Budgets like this do put a little pressure on everyone right down to the classroom and that can be tough," said Martell.

The provincial average of cost-per-student is \$12,687, which is a difference of \$1,664 per student in Lakeshore. The majority of that discrepancy comes from the cost of transportation. The division spends \$1,477 per student for busing, \$917 more than the provincial average of \$560. That cost is due to the massive geographical area that the division serves. According to Martell, the Lakeshore School Division serves an area that is the same

size geographically as P.E.I.

The division also presented their operating fund surplus of \$657,835, which could be used to cover the deficit in theory. However, Cooper feels that it wouldn't be the wisest idea.

"We could use the surplus instead of running the deficit or raising taxes, but that puts us at risk if there's an emergency. The surplus is a safety net that we can use when things break down. The flood in Eriksdale School last year is a good example of why we need the surplus funds," said Cooper.

The board will decide how to proceed with their budget during their next board meeting March 8.

Bezan disappointed in Liberals' plan to amend the citizenship act

Submitted

Ottawa-Conservative National Defence critic and Member of Parliament for Selkirk-Interlake-Eastman, James

Bezan issued the following statement in response to Liberal Immigration Minister John McCallum tabling of Bill C-6, an Act to Amend the Citizenship Act and make consequential amendments to another Act.

"Our Conserva-

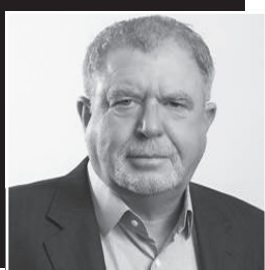
tive Party appreciates that we are a country of immigrants whose identities are moulded by the stories of ancestors from hundreds of lands. We understand that Canadian citizenship comes certain rights and responsibilities that must be upheld by those who hold it. That is why I am deeply concerned that the Liberals' first pri-

ority, when it comes to immigration and public safety legislation, is to give back the citizenship, and protect the rights of a committed member of the Toronto 18 terrorist group, Zacariah Amara.

"Mr. Amara, a convicted terrorist, is the biggest beneficiary of today's announcement made by the Liberals. It is extremely disappointing that the Liberals consider the rights of a convicted terrorist to be more important than the safety of Canadians.

"Our expectation is that people who take Canadian citizenship would want to contribute to Canadian society by residing here in Canada. It is also extremely worrying that one's citizenship cannot be revoked for committing a terrorist act but can be for fraud. This is an unacceptable double standard.

"This bill will be studied in great detail, but we remain extremely concerned by the purposed changes and the Liberals' intentions."



Mark Wafer is coming to Selkirk

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Mark Wafer is the owner of six Tim Hortons restaurants in Toronto. Over the past 20 years Mark and his wife Valerie have hired 127 people with disabilities to fill meaningful and competitively-paid positions in all areas of the operations, from entry-level to logistics, production, and management. They currently employ 46 people with disabilities in a workforce of 250.

Mark believes there is a clear business case for inclusive employment.

Mark is a member of the federal government's Panel on Labour Market Opportunities for Persons with Disabilities; co-founder of Canadian Business SenseAbility, Canada's national corporate strategy for hiring people with disabilities; a member of Ontario's Economic Development Partnership Council; and an inaugural member of Ontario's Champions League. He was recently inducted into the Canadian Disability Hall of Fame.

Mark is also a motorsports enthusiast, race car driver and amateur sports car champion

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Liberal leader vows to make rural Manitoba grow and thrive

By Patricia Barrett

Liberal Leader Rana Bokhari said she will help rural Manitoba grow and thrive by giving RMs and councils the money they need to serve their communities.

She outlined her party's strategy for rural Manitoba during a meeting with Arborg council last Saturday morning, one stop on her tour of Arborg, Fisher Branch and areas in between.

She was joined by her Interlake MLA candidate Jamal Abas and St. John's [Winnipeg] MLA candidate Noel Bernier.

Harold Foster, reeve of Bifrost-Riverton, Pat McCallum, the region's economic development officer, and Owen Eyolfson, president of Arborg's Chamber of Commerce, also attended the meeting.

Among the highlights of Bokhari's visit was a vow to give rural municipalities one per cent of the PST (currently at eight per cent) on top of the funding they currently receive from the province.

It would be very easy "to do what's popular" and reduce the PST to seven per cent, Bokhari said. Instead, she has taken an "appropriate position" and will disperse that money among municipalities so that they can deal with their infrastructure deficit.

Deputy Mayor Robbie Thorsteinson asked her to clarify the "on top of current funding" because he said he had been told by some other parties that wasn't the case.

"It's above and beyond what you're already getting," said Bokhari, who was elected leader in 2013. "You're hearing it from me — hold me to this; hold me to this. I'm telling you straight out — the commitment is above and beyond what's already there. It's another one per cent."

That one per cent would amount to about \$300 million dollars, she said.

"The option is tax your community and push them out of rural Manitoba, which is what I don't want — I want to grow rural Manitoba — or take the one per cent."

The transfer of funds wouldn't occur all at once because of the large financial hole in which the province presently sits.

"The rebate has to come into effect gradually ...," said Bokhari, who is MLA candidate for Fort Rouge [Winnipeg]. "[It] has to get phased in because we're in a mess. We can't do all



Liberal Leader Rana Bokhari and MLA candidate for the Interlake Jamal Abas met with representatives from Arborg and the RM, promising to help the region — and all rural communities — thrive.

of it at once."

Transferring more money to rural Manitoba would help stem the population's exodus to centres that have resources.

"We need rural Manitoba to grow and to thrive," said the Liberal leader, who grew up on a farm in Anola, east of Winnipeg. "And I assure you you're

not going to have young families moving into rural Manitoba if you guys are struggling to build a hockey rink or a community centre. ... You have to provide basic necessities to have families live in the country. That funding will help you with that."

Bokhari said, if elected, her government would not operate on a "top-down" approach. Not only would she give municipalities financial power through

the one per cent PST rebate but also local decision-making power about where to spend that money.

Bokhari said the PST could be used for roads, child-care spaces, water treatment facilities or flood protection.

She also listened to a presentation about the town and RM's plan to build and fund its own personal-care home. President of Red River Group property consultants Gord Daman, who the town and RM hired last year to oversee the design of an 80-bed [total] facility, provided a concise over-



PHOTOS BY PATRICIA BARRETT

President of Red River Group property consultants Gord Daman provided a concise overview of how the town will build and fund its own personal-care home.

view of why it's needed, who's going to pay for its construction and how it will be operated.

"If there are no beds provided by 2022, the IERHA region ... will be short some 600 to 700 beds," said Daman.

The cost of keeping people in a hospital while they wait for a bed to open is about \$700 to \$1,000 per day. It costs \$200 to have them in a long-term care facility, he said.

"Of all the RHAs in the province, [the IERHA] is the one that is most under-bedded for its population."

The *Express* covered the PCH proposal in its Dec. 10, 2015, issue, which is available through its online archive.

Reeve Harold Foster raised the issue of the government having to give the lion's share of funding to Winnipeg and the capital region, where 70 per cent of the province's population lives. That funding differential impacts the welfare of residents living in the Interlake who, as they age, require health services that large urban centres take for granted. The exodus of seniors from rural areas affects family bonds and rural economic sustainability.

"It's almost like a sentence on isolation," said Foster, "... because they're getting to the age where they can't drive. So it's very important that you recognize rural Manitoba."

"I'm a country girl," said Bokhari, "This is not new ... I grew up in this."

The Liberal leader applauded the municipality for "doing what it needs to do" for its community. She said seniors' care should have been addressed 15 years ago and that her party has a comprehensive commitment to long-term care facilities and home care.

"Maybe I'm a little selfish because I'm looking at it from the perspective that those are my parents; those are my grandparents ... and we're trying to find a place where our family members are safe," she said.

Having grown up in a rural community, Bokhari said she knows how they work and chose her candidates accordingly, based on their ties to and in-depth knowledge of their communities.

The leader said Abas and his family are "embedded in the community" and that he will be "fighting for your needs."

Abas, who had met with both the town council and the RM, as well as RMs across the Interlake and those bordering the riding, said he thinks the PST rebate is very progressive given the need to service the debt.

"When you hear the other guys saying they want to balance the budget in 18 months and bring the PST back to seven per cent in the first month and invest a billion in infrastructure in the first year," said Abas, "you have to question where it's [money] going to come from."

St. John's candidate Noel Bernier, who grew up in Fisher Branch and operated a business in Arborg, said he understands the rural community mindset and affinities to particular political parties.

"I know there are a lot of traditional and long-standing political allegiances in this room ... and I understand the dynamics we're dealing with to get our heads in a difference space," he said.

But he encouraged them to think about Bokhari's rural vision, which would allow people to "determine their own future."

Weighing in on the Interlake: Interview with Premier Greg Selinger, Part 3

By Patricia Barrett

The *Express Weekly News* sat down with Premier Greg Selinger Jan. 28 to discuss major issues affecting some Interlake municipalities and what his government has been doing — and will be doing — to resolve the challenges people face in the central region of our province.

The premier addressed a number of issues: infrastructure support (drainage, sewer and water, highways), mobile communications, health care and transportation services.

In Part 3 of this multi-part series, the premier weighs in on Gimli's sewer and water infrastructure and how the province has improved major highways.

Gimli's water system consists of cast iron pipes dating to circa 1957. It has the RM constantly on the hop repairing breaks. On many occasions, council has reported that it can't keep up with necessary upgrades to the system because it has to spend money on emergency repairs.

It said it needs more money from the Water Services Board, a Crown corporation that assists rural municipalities in developing safe and sustainable water and sewer facilities.

Gimli's sewer system is in good

shape. But based on a water infrastructure survey completed a few years ago, council estimates it needs about \$10 million to \$15 million for upgrades. It recently received \$2.5 million from the province.

"We can take another look at that," said Premier Selinger. "We're working with the federal government now to get a major infrastructure boost — green infrastructure which includes ... sewer and water."

The province has already earmarked about \$12 million for sewer and water infrastructure projects across the province. About a dozen municipalities and the city of Portage la Prairie received funding for upgrades.

Gimli was the only Interlake RM to receive water and sewer funding.

The premier said he'd be "happy to work with them [Gimli] and municipalities to see what more we can do."

A major infrastructure stimulus initiative from the federal government is necessary to help the province boost funding.

"But we've put a record amount of money into the Water Services Board," said Selinger. "We've increased the budget there pretty dramatically over the last four years because sewer and water are just basic services that every



EXPRESS PHOTO BY PATRICIA BARRETT

Premier Greg Selinger discusses major issues concerning Interlake municipalities.

community needs."

He said it is essential the province move forward on sewer and water because it helps communities retain and attract newcomers and create good jobs.

The province's Highway Renewal Plans (2007-2001, 2011-2015) state they have contributed to Manitobans' quality of life in a number of ways: they create jobs, support rural businesses that need goods shipped in and out, and provide a route to the outside world for those in remote regions of the province.

The shelf life of pavement is about 20 years, according to the plans. The premier said the province has put a lot of money into Interlake highways, including 7, 8, 9, 17, 68 and 6.

"We've done a \$194 million five-year commitment on Highway 6, which is into about Year 3," said Selinger. "We're

two-thirds [of the way] through that now, which is why it's not a good idea to come in and say you're going to cancel the one cent on the dollar for PST because then you'll have trouble financing these things."

A total investment of about \$150 million will have been made in Highway 6 when the project is completed. The highway runs from the Perimeter to Thompson.

The province is in the process of building an all-season road on the east side of Lake Winnipeg that will connect a number of First Nation communities, which had/have to fly in and out or use ice roads, to highways in the south Interlake.

"I think they've been dramatically improved ...," said Selinger, "and that makes a huge difference in rural communities."

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WICG holds meeting in Lundar on possible amalgamation

By Jeff Ward

The Lundar Lutheran Church was packed last week with approximately 120 people from Coldwell and Eriksdale who are interested in a possible amalgamation between Eriksdale and Coldwell, should the Municipal Board decide to turn Eriksdale into an LGD.

If the Municipal Board does create the LGD of Eriksdale, they would need to find a partner to amalgamate with by the time the next election rolls around in 2018.

The RM of West Interlake is the by-product of a forced amalgamation by the provincial government between Eriksdale and Siglunes. Eriksdale residents have been unhappy from the start and formed the West Interlake Citizens Group (WICG) in hopes of dissolving the RM.

The meeting took place on Thursday, Feb. 25 and lasted 90 minutes. During the meeting, WICG spokesperson Andrea Sweetland spoke to attendees about what the WICG hoped to accomplish. Sweetland said that the WICG is on a fact-finding mission and simply wants to know what the citizens think of amalgamating, should it come to that. The WICG wanted citizens to come up with what they felt were advantages and disadvantages to amalgamating: what will the communities gain from a partnership and what, if anything, will the communities lose from staying apart?

"We have so many shared services already, and over 70 per cent of the people we surveyed feel that Coldwell is the best potential partner," said Sweetland to the full room.

"We've spoken with councils and now it's time for the citizens to have their say — and that's why we're here.

We want to know what you think and the more information we have, the better."

Many of the comments brought forward were positive. Attendees said that the communities are geographically close and that many services are shared. Waste disposal, veterinary, RCMP, ambulance and health-care services all came up as advantages to amalgamating. However, for as many items on the list of pros, there was an equal number of cons.

One resident asked if there would be a competition for grants if the communities came together. Another resident brought up the years of hard work to get a new arena complex built and asked if amalgamating would unfairly split up any future

grant money between towns. Another resident felt that Eriksdale had nothing significant to offer Coldwell and felt that Coldwell would be giving up too much. Deputy Reeve Greg Brown said that Coldwell's population is fine and well over the necessary 1,000 people to be an RM. He said that Coldwell just doesn't need to amalgamate.

Many of the small groups who read out their list of advantages and disadvantages had either very little or no disadvantages listed.

"We were given good information on both sides and it'll help us formulate our presentation to the board. It's just as valuable for us to know the disadvantages as it is the advantages," said Sweetland after the meeting.

She also said that it's important for Coldwell residents to keep in mind that what was being discussed at last week's meeting won't decide anything. The only real power the meeting had was to gain information and

"WE WERE GIVEN GOOD INFORMATION ON BOTH SIDES."



Residents packed the Lundar Lutheran Church last week to weigh in on a potential amalgamation, should Eriksdale become an LGD.



EXPRESS PHOTOS BY JEFF WARD
Arlene Darknell (left) and Andrea Sweetland (right) field questions from the crowd.

insight from the residents of Coldwell. The Municipal Board holds all the cards right now and until their decision about the future of West Interlake is made, nothing changes for Coldwell.

There was no amount of talking last night that decided anything for Coldwell's future, explained Sweetland. She also wants people to know that even if the Municipal Board says yes

to Eriksdale becoming an LGD, there would be at least two years of negotiations with any potential partner about the makeup of the RM.

Sweetland said that the information gathered at the meeting would be reviewed and worked into the presentation to the Municipal Board.

At the time of writing this article, a date for that meeting had not been set.

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First annual Family Fun Weekend a great success

By Jeff Ward

The organizers of the Family Fun Weekend are thanking the community for their support and for helping to make their first annual event a success on Feb. 20 and 21.

A combination of efforts from the Lakeside Sno-Drifters, Steep Rock Beach Park and the community clubs for Grahamdale, Faulkner, Hilbre and Steep Rock was the key to putting on such a multi-faceted weekend of events, according to organizer Lana Iwanchuk.

The Family Fun Weekend had attendees participating in a poker derby, fishing derby, skating and a paint party, among other activities.

Kathy Shabaga won the poker derby and received \$271 in prize money. Ashton Kitchur took second, winning \$162, while Don and Cheryl Springer took third, winning \$109.

Keith Izzard won the fishing derby with a 1.5-kilogram Mariah, Sharon Neely placed second with a 1.45-kg pickerel, and Kristen Izzard placed third place with a 0.9-kg pickerel. Ellen Frank, who took home \$737, won the 50/50 draw.

Iwanchuk said that the group learned quite a bit and that the Family Fun Weekend really helped as a trial run for organizing larger events. Iwanchuk and the rest of the organizers used this event as a test for their much larger Canada 150 celebration planned for 2017.



EXPRESS PHOTOS BY LANA IWANCHUK

Pictured clockwise, from top left, Bostyn Baker relaxes on the ice after a long day of having fun; dozens competed in the ice fishing derby; Lee Springer, Joan Springer and Roxanne Gutknecht braved the cold temperatures while ice fishing; The sled was back and forth shuttling people around the lake while; the silent auction raised more than \$1,400 in total, with Ellen Frank purchasing the winning ticket; and a successful paint party had these ladies smiling after recreating a painting of fireworks.

Singer-songwriter Noble headlines in Lundar



EXPRESS PHOTOS BY CYNTHIA WIRGAU

Approximately 250 came out to hear the internationally renowned fiddler, singer-songwriter Sierra Noble last Sunday for the Lundar Agricultural Society fundraiser. The live performance was followed with an autograph session. Pictured with Noble and Janet Lamblin (left) is Racheal Hall-dorson (right).

Former Interlake resident writes his way to the big screen

By Jennifer McFee

Former Interlake resident Andre Harden was numb with excitement when he found out that his original screenplay was making it to the big screen.

This week, his chilling film *Numb* is being released in theatres in 16 Canadian cities, including in Winnipeg.

Numb is about a couple that's in financial distress, explained Harden. They've just learned that they lost the job that might have saved their house. As they return home through a storm, they pick up some hitchhikers. They discover a man who has been exposed to the elements.

"He ends up dying in their car as they're trying to help him. It turns out the reason he's suffering from the exposure is that he's looking for gold that he stole quite some time ago and was just trying to recover it," Harden said.

"This couple that's in financial distress decide this might really be a gift from God and a chance to change their lives, so they end up risking themselves to go out and see if they can find this treasure out there."

Harden, who grew up between Stony Mountain and Stonewall, launched his writing career after graduating from high school as valedictorian in 1989.

His interest in theatre led to writing and directing for stage. In the early 1990s, he started writing for film and was able to launch a freelance career in the year 2000.

"It's been up and down. For every produced screenplay, there's a hundred or more that get developed but then don't find the money to actually become a movie," he said.

"For the most part, I'd been writing an original sto-

ry that gets auctioned and then people try to find the money for it or I was just being hired to work on scripts that other people are trying to develop."

With *Numb*, a first-time director Jason R. Goode got involved in getting the film off the ground.

"It was a long haul of about four years when we were trying to develop the story into something more marketable and something they could do and then eventually succeeding," he said. "It was great."

The movie, filmed near Vernon, B.C., was well received at its world premier on Oct. 3, 2015 at the Busan International Film Festival in South Korea. It also screened during the closing gala of the Whistler Film Festival on Dec. 6.

"We've had really good feedback and reception from our audiences," he said. "It's been exciting and I'm pleased with the final product."

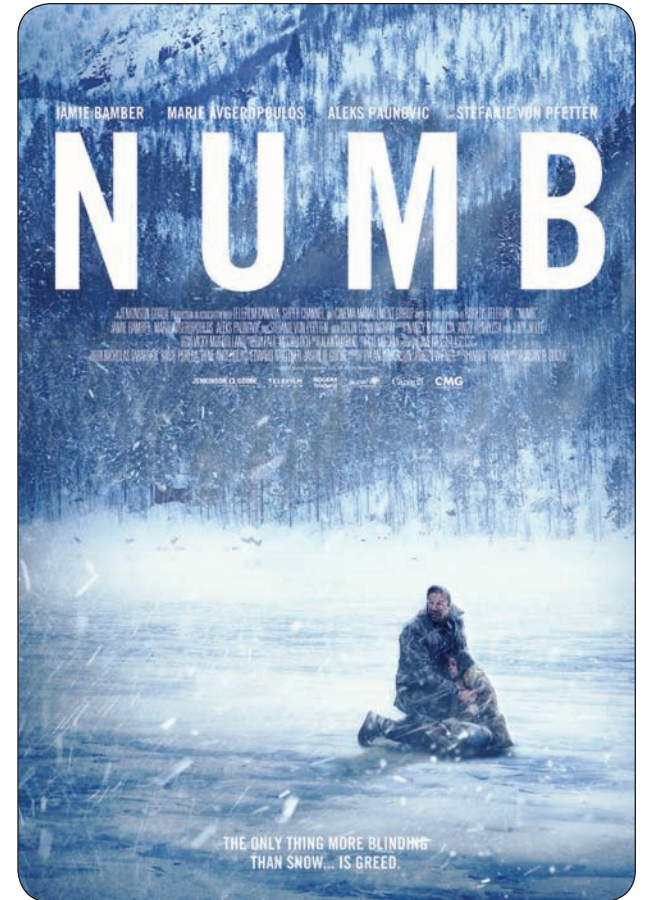
Harden, who lives in Moose Jaw with his wife and three children, hopes that the local community will come out and watch his film while it's on the big screen.

"It's been a long time coming. It's really exciting and kind of unexpected that it will be in the theatres. That's something that we hoped for," he said. "I hope it's the first of many."

The Winnipeg screenings will kick off with a sneak preview on Wednesday, March 2 at Grant Park Cinema at 7 p.m., when actor Aleks Paunovic will make an appearance for a question-and-answer period.

After that, the film will be shown at Landmark Cinemas Towne Cinema 8 from March 4 to 11.

For more information, visit the Facebook page entitled "*Numb*" or view the official trailer at <https://youtu.be/m28Z5-r1BY>.



TRIBUNE PHOTOS SUBMITTED

Andre Harden, formerly of Stonewall, will have his original screenplay make it to the big screen March 4-11 at Grant Park Cinema.

First day of classes



EXPRESS PHOTO SUBMITTED

Arborg Early Middle School students welcomed the Jarkas brothers during their first day of classes last week. As Syrian refugees, the Jarkas family of seven are the newest members of the community to settle in the Interlake under the Mennonite Central Committee of Canada sponsorship program.

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READY WHEN YOU ARE

Alf Cuthbert students write letters in support of Ukrainian family

By Jeff Ward

Spurred into action by a recent newspaper article, Grade 7 and 8 students at Alf Cuthbert School wrote formal letters to multiple levels of government to help the Vasylievi family stay in Canada.

Since taking part in We Day back in November 2015, students from the Grade 7/8 classroom have been involved in many local and global initiatives.

A blanket drive that benefited the Lakeshore Women's Resource Centre and the selling of Rafikis have been two of those actions that they hope will earn them another trip back to We Day next year.

And when the students read the Jan. 14 article in the *Express Weekly News* about the potential situation the Vasylievis face, they wanted to help. The students said that when they read the article, they felt anger, sadness and frustration, which drove them to ask what they could do to help.

"We started to do some lessons about how to write formal letters so we can let government know that we were not happy about this," said teacher Lanyth Tober.

"I'm very proud of the way the students rallied behind this family and they all worked very hard to make sure their letters were perfect. We



EXPRESS PHOTO BY JEFF WARD

Students proudly hold the letters they wrote to government in support of the Vasylievi family. Pictured left to right, Kaitlin Kopp, Faith Nickel, Rayanne Nickel, Kaylee Pelletier, Alyssa Tritthart and Tansy Tober.

even got a reply from James Bezan, which was nice."

Students sent letters to Prime Minister Justin Trudeau, Federal Minister of Immigration, Refugees and Citizenship John McCallum, and Selkirk-Interlake MP James Bezan, with Bezan being the only one who responded. His response said that he sympathized with the family and that due to privacy concerns, he couldn't get into

the details of the case.

"You are taking away a part of our community," said Tansy Tober as she read aloud from the letter her group wrote.

"Writing these letters made us feel like our voices were heard and it feels good to know that even though we're so young that we still have a say. It's not fair what's happening to them [the Vasylievis] and we want people to

know that," said Tansy Tober.

The students were happy to receive a letter back from MP Bezan but were unsatisfied with his reply. They're well aware that they need to keep up the pressure and they're not done yet.

"We haven't decided as a group what we're going to do next but we know it's not the end of this process," said Lanyth Tober.

Creative sanctuary to open to the public this summer

By Natasha Tersigni

For the last four years, Tracy and Maurice Thibodeau have been living in the heart of the Interlake on their scenic 80 acres, southwest of Teulon. Knowing the passion and creativity that can be ignited by being on their property, the couple took to Kickstarter to raise funds that would go towards building a tipi where artists can come to their property and get away from the hustle and bustle of daily life.

Kickstarter is an online funding platform for creative projects including everything from films, games, and music to art, design, and technology and is used to find interested investors to help back a project. The site is full of ambitious, innovative, and imaginative ideas that are brought to life through the direct support of others and the Thibodeau's thought that, artists would jump at the chance of experiencing their breath taking property to create artwork.

Through their Kickstarter campaign that ended this week, the Thibodeau's raised enough money to purchase a tipi. The tipi will be a place for the

public to come create and host a variety of workshops from art retreats, to yoga gatherings, meditation seminars and sweat lodges.

"We moved here just over four years ago because we had this vision to get out into open space where there is an area for people to have unique experiences, which ties into our business. We have hosted house concerts and couple retreats and festivals. With having all these people out here having such positive experiences we wanted to make it accessible to more people," said Tracy who came up with the idea of have having a tipi on their land from a family friend.

"He thought a tipi would be great out here and it just got me thinking of all the possibilities we could have if we had this structure that could host people and we could create this really great experience."

The campaign was only online for five days before it reached the goal of \$5,300, enough money to purchase a 24-foot tipi that could hold 11 to 13 adults. In total, the campaign raised \$5,725 and the extra money will go towards providing more comforts inside



TRIBUNE PHOTO SUBMITTED

Thanks to a successful Kickstarter campaign, Tracy and Maurice Thibodeau will be erecting a 24-foot authentic tipi on their 80 acres, southwest of Teulon, which will be used as a sanctuary for artists.

the tipi including flooring and rugs.

"I am just so humbled and excited about the support we got and what we can now do out here," added Tracy.

The plan is to have the tipi erected in

June and then open it to the public as a space for creativity.

For more information on the tipi project go to www.igniteretreats.com.

Riverton's Chase the Ace finds a winner

By Patricia Barrett

Riverton & District Friendship Centre staff awarded a hefty cheque to Chase the Ace winner Miranda Major Feb. 20 at the Riverton Motor Inn.

Major won \$56,682 in the popular 50/50 fundraising game in which contestants purchase a ticket and try to draw an ace of spades from a deck of cards.

The Friendship Centre received \$53,792.80.

The fundraiser will help the centre offer a number of social and recreational programs to the community. The money will also go towards maintenance and upgrades, said executive

director Tanis Grimolfson.

Five per cent of the pot (\$2,831.20) went to the people who missed out on drawing the ace.

Riverton Inn owner Pierre Deniset oversaw the event, which ran every Saturday night for 52 weeks.

He and the centre will be organizing another round of Chase the Ace starting March 5 and continuing every Saturday until there is a winner.

The pot starts at \$10,000. Tickets go on sale starting at 5 p.m. The chance to draw the ace will take place at 8:15 p.m. There will also be meat draws at 6:45 p.m. and 7:45 p.m.



EXPRESS PHOTO COURTESY OF TANIS GRIMOLFSON

Miranda Major won \$56,682 in Riverton's Chase the Ace. Left to right: RDFC executive director Tanis Grimolfson, Miranda Major, RDFC secretary Joyce Monkman, RDFC vice-president Doris Kozub and RDFC program co-ordinator Martine Sawanas.

Coldwell reeve unhappy with government's slow pace for flood outlet

By Jeff Ward

Coldwell Reeve Brian Sigfusson is upset with the inaction from the government in building the proposed outlets for Lake Manitoba to fight future floods.

He's calling on all levels of government to pick up the pace so his community can stop worrying every spring.

Sigfusson said that the government focuses too much on what happens down south at the Portage Diversion. He believes that not enough has been done at the north end of Lake Manitoba to move the project along.

"They claim they have a plan in motion, but I want to see some action," said a frustrated Sigfusson.

"The stakeholders, cottage people, farmers, the whole community suffers from this. I'm not against their plan. I just want to see them pick up the pace. They're not going fast enough."

Sigfusson said that he hasn't seen any major progress towards constructing the additional outlet. He also said that he doesn't believe this can be done overnight but that the government hasn't shown him that they're serious about completing this project.

What worries the reeve isn't the water that's already in Lake Manitoba but the water that's on its way. He said that Saskatchewan is holding back a lot of water that's bound to make its way to this province and that North Dakota is also holding back water that's destined to flow here.

"We're the end result of all that water. We get it all. The water from Saskatchewan is dirty and filled with salt, and that pollutes our fresh water. The whole Interlake needs to be aware because there's too much water out west, and that has to come here at some point," said Sigfusson.

Sigfusson wants to see action this spring and summer. He said he'd like to see the first phase into Lake Winnipeg complete in 2016 and he wants to see a better consultation with First Nations people as well. He believes the conversations that have already taken place weren't good enough.

"I'm tired of laying back and doing nothing. We're in this study and stall mode, and it's frustrating. I thank the government for all they've done so far, but we can move faster," said Sigfusson.

Activities planned for Kidney Health Month

Submitted

The Kidney Foundation of Canada – Manitoba Branch is pleased to announce various events and activities planned throughout the province in recognition of March as Kidney Health Month.

Throughout the month, our volunteers will be going door-to-door in various Manitoba communities to ask for their neighbour's financial support for the Foundation in Manitoba. At the same time, we're also encouraging Manitobans to take steps to care for their kidneys—they can join our Kidney Health Challenge online at <http://www.kidney.ca/mb/kidney-health-challenge-2016>. Manitobans can join a fun daily photo challenge on Facebook and/or share their kidney health

posts on social media along with the hashtag #kidneyhealth2016 for their chance to win fun prizes.

On March 10, we are hosting two events to help raise funds for kidney research and health programs in our province. This includes a special lunch-hour celebration at all Wendy's Restaurants in Winnipeg, where celebrity servers will be ready to help serve customers. Wendy's donates 100% of proceeds from chili sales to the Foundation on that day. In the evening of March 10th, we are proud to host our new signature fundraising event called Manitoba's Finest: Raising Hope on the Runway. The event will feature 12 of Manitoba's finest businessmen as models, including CFL Hall of Famer Milt Stegall.

Throughout the province, teachers will be challenging students to take better care of their kidneys by "dropping" sugary drinks. The Foundation is providing \$250 grants and curriculum to 12 schools across Manitoba (including schools in Flin Flon, Selkirk, Brandon, Poplar River, Portage la Prairie, Lake Manitoba, Ashern, Fisher Branch, and Red Sucker Lake).

"World Kidney Day happens on March 10," explains Val Dunphy, executive director of The Kidney Foundation of Canada – Manitoba Branch. "This year's theme for the day is Kidney Disease and Children: Act Early to Prevent It. We're happy to be taking steps to help children learn ways of avoiding kidney disease in their future. Manitoba has the highest rates

of end-stage kidney disease out of all Canadian provinces—it's important we take steps now to address these unfortunate statistics."

Many Manitobans are not aware that diabetes, along with high blood pressure, are the two leading causes of chronic kidney disease (CKD). CKD is very serious because there is no cure. People in the late stages of CKD need to go on dialysis or get a kidney transplant to stay alive.

Education is a key part of helping Manitobans learn more about keeping their kidneys healthy. The Foundation will share more details about our various events throughout the month.

CIBC announces Fisher Branch banking centre closure

By Patricia Barrett

It all comes down to volume — or lack thereof — for the CIBC banking centre in Fisher Branch.

One of Canada's six wealthiest banks will be closing its Fisher Branch location this June because of "low and increasingly lower volumes" and moving all accounts to its Arborg branch.

CIBC sent letters to account holders then sent representatives from Toronto and Regina to hold an information session Feb. 10 at the town's Ukrainian Hall.

"Like any business, we're constantly looking across the board where our business volumes are..." said Toronto head office communications manager Jon Kastikainen. "But what I can tell you is that it is on the low side nationally, this location. And for those reasons alone, the decision has been made to move over to the Arborg branch."

News of the closure didn't sit well with some Fisher Branch residents who attended the session.

"You realize a lot of older people, a lot of them don't drive," said area resident Irene Dion. "So for them to hire somebody to take them to Arborg is a lot of expense."

Fisher Branch to Arborg, round-trip, is over 100 kilometres.

Kastikainen said CIBC offers other options, such as telephone and Internet banking.

"They [seniors] don't want to go on computers, most of them," Dion said. "There are some that are really good with it, but some won't even try it."

Kastikainen said using cell phones to do banking is another option.

"Cell phones don't work in our area," said Dion, prompting laughter from the audience.

Cell and Internet service in the RM Fisher is notoriously poor or non-existent because of a lack of communication towers.

"You realize that Fisher Branch is a community of older people, and even if you were doing everything for them, it's still very confusing..." Dion said.

"I know — I've got three relatives that I help. They're very confused. They're muddled."

CIBC holds the fifth-place rank among Canada's six big banks, pulling in \$3.59 billion in profit for fiscal year 2015, according to a December 2015 Toronto Star report. CIBC cut 184 jobs in the last quarter of fiscal 2015. It made \$3.22 billion in profit in 2014.

It has no plans to leave an ATM behind in Fisher Branch when it closes June 17.

"Why aren't you keeping a bank machine in Fisher Branch?" said Dion. "There's a bank machine at Co-op. You can put one there. Then people wouldn't get charged extra."

Another resident agreed.

"Every transaction costs me \$3," he said, referring to other ATMs.

George Pryce, regional director for business effectiveness at the bank's central region office in Regina, said leaving an ATM in the community is not feasible based on past experience.

"We have had the odd situation in the past where we have left an ATM in a community and, to be honest with you, we find a couple years down the road, we end up going back and taking it out because the volumes are not significant," he said. "And then we just, if you will, open old wounds and cause the issues all over again."

The representatives said the bank is looking at options for branch staff after the closure, "either redeployment with another office within the region or other options to them as well," said Kastikainen.

Branch staff attended the meeting but were unable to speak for themselves when the *Express* asked how they felt about the transition. Pryce said staff confidentiality prevented their getting into specifics.

A man asked whether CIBC is willing to waive fees for people who may have to transfer investments to the credit union or another bank.

Kastikainen said he could discuss that on a one-on-one basis after the meeting.



EXPRESS PHOTO BY PATRICIA BARRETT

CIBC's communication manager Jon Kastikainen (left) and George Pryce, regional director for business effectiveness at the bank's central region office in Regina, were in Fisher Branch last week to field questions regarding their recent closure announcement.

The bank acknowledged it may lose some customers who can't travel to Arborg or use online or telephone banking services.

And that loss may be Noventis Credit Union's gain.

It has been acquiring CIBC customers who've chosen to move down the street rather than to Arborg.

"In comparison to what we normally experience, we've seen a significant increase in that branch [Fisher Branch] in the last month or so," said Noventis' chief executive officer Kevin McKnight.

Noventis, a rural-based financial institution, has had a branch in town for 25 years. It serves several Interlake communities, including small population centres such as Riverton, Eriksdale, Moosehorn and Ashern.

"We've got six out of 11 branches in which we're the only one in the community," said McKnight. "It speaks to our core principles to [ensure] community success."

The transition from CIBC to Noventis has been smooth for many, but a few seniors told the *Express* they don't like the identification requirements.

That's something McKnight said

he understands "if they haven't been through an account opening for a number of years."

The federal government brought in legislation about 15 years ago to address money laundering and terrorist-financing activities, he said. It is mandatory for banks and other financial institutions to require specific forms of identification.

"The initial [account] setup is required by legislation," said McKnight, "and once that's done, they'll [staff] get to know them in the branch."

McKnight said there are advantages to dealing with the credit union. Unlike federally-regulated banks, Noventis' deposits are 100 per cent guaranteed through the Deposit Guarantee Corporation of Manitoba.

And the credit union offers a wide range of products and services, including online banking and an Interactive [live person] teller machine in its Gimli and Selkirk branches.

Noventis also has a contact centre that people can call toll free at 1-844-826-6500 for banking assistance. It is available 7 a.m. to 7 p.m. every day except Sunday.

Amateur talent show raises \$23,000 for Community Club

By Jeff Ward

An astounding \$23,152 was raised in support of the Eriksdale Community Club during the CFRY Radio Amateur Talent Show last weekend.

There were 17 acts that performed during the fundraiser, which was broadcast live over CFRY 920AM. The money raised will go towards the

renovations to the community club canteen.

There were two sets of cash prizes awarded during the talent show.

The panel of talent judges awarded \$100 to Maija Kaartinen, who sang and played guitar, \$75 to singer Kera Barrett and \$50 to Chase Loewen, who sang and played guitar and was

also honoured with the CFRY Most Promising Performer accolade.

Guitar playing and singing duo Danny Watson and Eirnar Jonasson raised the most money through pledges with an incredible \$6,747, which earned the pair a \$100 cash prize. Realeane Lucier performed a singing, clapping and cup-tapping routine and received

\$2,050 in pledges, which earned her a \$75 cash prize. And signer Zoe Oversby brought in \$975 in pledges, earning her a \$50 cash prize.

This was the final CFRY talent show this year. They will begin again in 2017.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Familiar foes face off at Scotties Tournament of Hearts

By Brian Bowman

The bronze-medal game at the 2016 Scotties Tournament of Hearts featured a pair of Manitoba teams.

Winnipeg's Jennifer Jones, representing Team Canada, made her last shot in the 10th end to score one to beat Manitoba's Kerri Einarson 8-7 to win the bronze medal Sunday in Grande Prairie, Alta.

Jones' bronze-medal win helped to ease the pain of her 7-5 loss to Krista McCarville of Northern Ontario in Saturday's semifinal.

For Camp Morton's Einarson, meanwhile, it was a pretty successful week while competing at her first ever Scotties' national appearance.

"There's so many great memories," said Einarson, who curls out of East St. Paul, on Curling Canada's website. "It was such a great experience to be out here. I can't wait to be back. Once you get a taste, you want to always come back, so we'll definitely be back."

Jones scored a pair in the first end

but Einarson replied with a single in the second and then added a steal of one in the third.

After giving up two in the fourth, Einarson rebounded nicely with three in the fifth to lead 5-4.

The two teams traded singles in the sixth and seventh ends before Jones scored a pair in the eighth for a 7-6 lead. Einarson then tied the score at 7-7 with one in the ninth.

Einarson was relegated to the bronze-medal game after a tough 7-5 loss to Northern Ontario's Krista McCarville in the 3-vs-4 Page playoff game on Saturday afternoon.

Einarson missed her final shot in the 10th

end to allow McCarville a steal of two — and the win.

Einarson made the playoffs after finishing with a 7-4 record. She started the nationals with a 2-3 mark but then won five of her next six games.

Einarson's rink included third Selena Katz, second Liz Fyfe, lead Kristen

"I CAN'T WAIT TO BE BACK. ONCE YOU GET A TASTE, YOU WANT TO ALWAYS COME BACK."



EXPRESS PHOTO BY CURL CANADA

Kerri Einarson and her team lost 8-7 in the bronze-medal game to Winnipeg's Jennifer Jones, representing Team Canada, at the 2016 Scotties Tournament of Hearts.

MacCuish, and Briane Meilleur.

Meanwhile, this year's gold medal was won by Alberta's Chelsea Carey.

Carey needed her final rock to defeat McCarville 7-6 for her first national title. She won the Scotties' bronze in

2014 while representing Manitoba.

Carey's team will now compete at the 2016 Ford World Women's Championship from March 19-27 in Swift Current, Sask.

Souris to host Skate Manitoba STARSkate Championships this weekend

Submitted

The Souris Skating Club and Skate Canada Manitoba will be hosting the 2016 Skate Manitoba STARSkate Championships this Saturday and Sunday at the Souris Glenwood Memorial Arena.

Kim Eissner, the event chairperson, said she is looking forward to watching Manitoba's young and talented figure skaters over the weekend.

Hundreds of young figure skaters competed in January at six regional competitions across the province. These skaters will congregate in Souris to challenge themselves against other Manitoba skaters in their level.

This competition will provide skaters the opportunity to test the skills they have been learning throughout the year. Each skater is judged on skill and content based on the stage they

are learning. Each stage of this national program emphasizes key skills such as turns, stroking, jumps, spins, and different aspects of performance that have been designated by figure skating experts as necessary for development and progression in the sport.

All skaters began Skate Canada's CanSkate, Learn-to-Skate program and have moved into the STAR 1-5 program. STAR is where figure skating begins. Skaters will also skate in the higher levels including: Senior Bronze, Junior and Senior Silver, Gold and Pre-Juvenile and Juvenile.

The Manitoba Men's and Ladies provincial champions will be crowned in the following events:

- Pre-Juvenile Under 11
- Pre-Juvenile Under 13
- Juvenile Under 12, and
- Juvenile Under 14.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE

	GP	W	L	OTL	PTS	GF	GA
Portage Terriers	59	51	6	2	104	272	120
Steinbach Pistons	58	44	10	4	92	244	133
Winkler Flyers	58	41	13	4	86	249	146
Virden Oil Capitals	59	36	21	2	74	192	139
Winnipeg Blues	59	31	18	10	72	209	172
OCN Blizzard	57	26	28	3	55	176	202
Swan Valley Stampers	59	22	28	9	53	173	205
Selkirk Steelers	57	22	29	6	50	187	238
Dauphin Kings	58	20	33	5	45	174	241
Waywayseecappo Wolverines	58	15	39	4	34	145	245
Neepawa Natives	58	12	44	2	26	125	305

KEYSTONE HOCKEY LEAGUE

South Division

Selkirk Fishermen win series against Arborg Ice Dawgs 3 games straight
Lundar Falcons vs St. Malo Warriors
- best of 5 series tied at 1 at press time

North Division

Peguis Juniors vs Norway House North Stars - best of 5 series Peguis up 2 games to 0 at press time

OCN Storm vs Cross Lake Islanders - best of 5 series OCN up 2 games to 0 at press time

MANITOBA SENIOR HOCKEY LEAGUE

Semi Final B (Best of 7)

Lac du Bonnet Blues vs Gimli Wolves
- best of 7 series Lac du Bonnet up 2 games at press time
Stonewall Flyers vs Carman Beavers
- best of 7 series Stonewall up 2 games at press time

AAA CITY MIDGET

	GP	W	L	OTL	PTS	GF	GA
Winnipeg Warriors	3	3	0	0	6	16	7
Eastman Selects	4	2	2	0	4	15	10
Winnipeg Sharks	4	2	2	0	4	10	15
Winnipeg Monarchs	0	0	0	0	0	0	0
Winnipeg Hawks	0	0	0	0	0	0	0
Interlake Lightning	3	0	3	0	0	7	16

AAA BANTAM

	GP	W	L	OTL	PTS	GF	GA
Pembina Valley PV Hawks	3	2	1	0	4	9	9
Interlake Lightning	2	1	1	0	2	6	5
Parkland Rangers	2	1	1	0	2	5	6
Southwest Cougars	3	1	2	0	2	9	9

STATS AS OF TUESDAY, Mar. 1

Ice Dawgs' season ends with playoff sweep

By Brian Bowman

The Arborg Ice Dawgs played the Selkirk Fishermen tough for the first two games of their best-of-five KJHL semifinal series.

The third game, however, was a blowout.

The Selkirk Fishermen swept the best-of-five series after an 8-1 win Sunday evening at the Selkirk Rec Complex.

"Arborg put up a heck of a resistance, that's for sure, especially in the first two games," said Fishermen head coach Chris Poponick. "We finally put it together (Sunday) night and that's the way that I've been waiting for them to play."

Selkirk was in control throughout Game 3, building a 2-0 lead 13 minutes into the contest and then increasing that advantage to five goals by the midway mark of the game.

Griffin Steeves and Drayton Mendrun each led Selkirk with two goals and an assist while Milan Horanski had a goal and two helpers.

Michael Smiley, Jeremy Pachkowsky and Karl Fey also scored for the Fishermen. Clint Torfason replied with a second-period goal for Arborg.

Jordan Liske made 24 saves for the

win.

Last Thursday, Selkirk started the series with a 3-2 win at the Selkirk Rec Complex.

Mendrun gave Selkirk a 1-0 first-period lead before Arborg's Derric Gulay and Selkirk's Corbin Pasternak traded goals.

Pachkowsky gave Selkirk a 3-1 lead early in the third with a power-play goal but the Ice Dawgs' Cory Kuldys made things interesting when he scored with 1:51 left in regulation time.

Selkirk was 1-for-4 with the man advantage while Arborg was 0-for-5. The Fishermen outshot the Ice Dawgs 44-24 as Jordan Liske posted the win.

Jon Narverud, who was, at times, very good in the series, took the loss.

The next night in Arborg, Selkirk squeezed out a 4-3 victory.

Fey, on the power play, Talon Kelly, Scott Thomas and Jeremy Pachkowsky scored for the Fishermen. Nigel Hoyalalo had three assists.

Travis Kilbrei, Torfason and Ryan Pochailo replied for the Ice Dawgs. Pochailo's goal came with 2:22 remaining in the third period to close the gap to 4-3.

Riley Bannerman made 31 saves for



EXPRESS PHOTO BY LANA MEIER

Ice Dawgs' goaltender Jon Narverud played very well in the best-of-five KJHL semifinal series against the Fishermen. Despite his efforts Selkirk won three in a row to advance to the south division final.

the win.

Selkirk will now await the winner of the Lundar/St. Malo series. That se-

ries was tied at 1-1 heading into Friday's Game 3 in St. Malo.

Lundar, St. Malo even in KJHL semifinal series

By Brian Bowman

So far, home ice has been a disadvantage in the KJHL semifinal series between the Lundar Falcons and the St. Malo Warriors.

Each team has won in the other club's building after St. Malo evened their best-of-five series at a game apiece after a 6-4 win on Sunday.

The Warriors scored four first-period goals and then added a pair in the third.

Jonathan Kostek scored twice while Bryden Johnson added a shorthanded marker to give the Warriors a 3-0 lead just 11:55 into the game.

Mark Nelson added a goal late in the opening period for St. Malo and then Dustin Wiebe and Johnson tallied in the third. Johnson's second goal was into an empty net with 16 seconds left in the game.

Bryce Horning scored a first-period goal for Lundar and then Brandon Worthing and Jason Nikkel, with a pair, tallied in the second period to tie the score at 4-4.

Lundar opened the series with an impressive 9-3 win over the Warriors in St. Malo.

Special teams played a huge role for

the Falcons as they scored four power-play goals and three shorthanded ones, according to the league website.

Horning led the way offensively with four goals and an assist while Nikkel netted three goals and an assist.

Landen Grey also had a big game with a goal and three helpers. Brenden Carlson scored Lundar's other goal.

Travis Rigden made 21 saves for the win. Jared Magne (two) and Ben Olson scored for St. Malo.

Game 3 of the best-of-five South Division semifinal series will be played Friday in St. Malo. Game time is 8 p.m.

Game 4 will be played in Lundar on Saturday (8 p.m.) while a decisive fifth game, if necessary, will return to St. Malo on Sunday at 2:30 p.m.

Meanwhile, in a North Division semifinal, the Peguis Juniors lead the Norway House North Stars 2-0 in their best-of-five series after lopsided wins of 12-4 and 15-1.

In Game 1, Waylon Neault paced Peguis with three goals and an assist while Shaquille Houle also had a hat trick. Theoren Spence and Tyler Woodhouse each chipped in a pair of goals apiece while Matthew Cameron



EXPRESS PHOTO BY LANA MEIER

The Juniors' Tyler Woodhouse scored five times in the first two games against the Norway House North Stars, giving Peguis a two-game lead in their best-of-five series.

and Ian Sutherland added singles.

Game 2 saw Peguis outscore Norway House 6-1 in the first period and then 9-0 in the second.

Cameron led the Juniors with five goals while Tyler Woodhouse had three goals and two assists. Spence

(two), Keevan Daniels-Webb (two), Jesse Flett, Devon Garson and Harold Linklater also scored for Peguis.

Keifer Tacan earned both wins in goal.

Game 3 of the series will be played Friday in Norway House.

Wolves feeling the Blues in MSHL playoffs

By Brian Bowman

For two periods, it looked like the Gimli Wolves were in good shape against the Lac du Bonnet Blues on Monday evening.

But everyone knows hockey is a three-period game.

Lac du Bonnet scored five third-period goals in a 6-3 home-ice victory in Game 2 of their best-of-seven Manitoba Senior Hockey League semifinal series.

"They caught a couple of breaks and got behind our 'D' on a couple of occasions," said Wolves' head coach Scott Pawluk. "They got a couple of quick ones on us and, in that short little rink, it doesn't take long to turn it around."

Myles Stevens scored a first-period goal for the Blues but then the Wolves took a 2-1 lead after 40 minutes as Ryan Seekings and Trent Genyk tallied in the middle frame.

Gimli played well in the first two periods. But the third period was a disaster for the Wolves.

"To be honest, I thought we outplayed for almost all of the game with the exception of a couple of late let-downs in the third," Pawluk said.

Lac du Bonnet's Glenn Weiss and Gimli's Jared Morris traded goals by the seven-minute mark of the third

before the Blues scored the final four goals of the game.

Steve Later scored a pair just 3:44 apart and then Stevens and Tyson Lodge potted goals in the game's final minute.

The Wolves opened their best-of-seven semifinal series with a tough 3-2 road loss. Gimli had a real good effort while playing with a short bench.

After a scoreless first period, the Lodge and the Wolves' Scott Brauer traded goals early in the second. Corey Courchene scored at 17:55 of the second and then Tim Rollins tallied at 14:31 of the third to give the Blues a 3-1 lead.

Matt Jacobucci made things interesting, however, when he scored just 48 seconds later.

Game 3 was played Wednesday evening in Gimli but no score was available due to Tuesday's press deadline. Game 4 will also be played in Gimli with an 8 p.m. start time.

Winning at home is a must for Gimli right now.

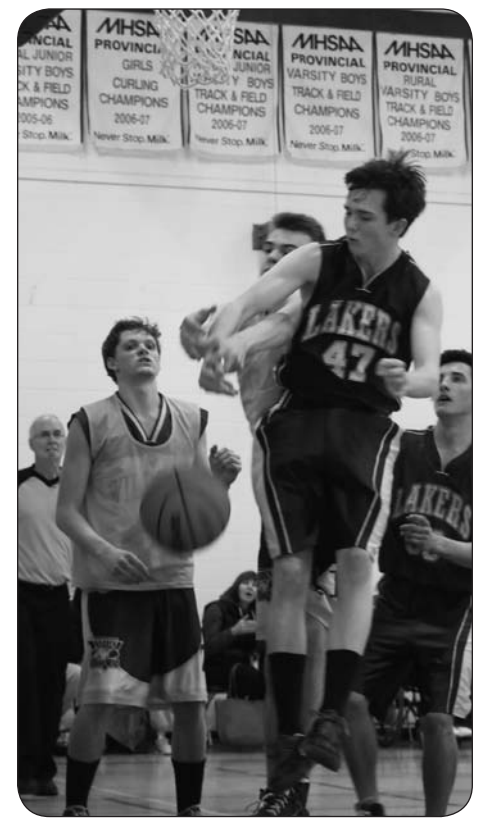
"Our last three or four games have been on the road, so it's been a while since we've played at home," Pawluk noted. "It will be nice playing at home for a couple of games in a row."



EXPRESS FILE PHOTO BY LANA MEIER

The Wolves' Ryan Seekings scored for Gimli in the middle frame to give his team a 2-1 lead in their 6-3 loss at Lac du Bonnet last Monday.

Gimli Lakers varsity basketball Zone 5 finalists



EXPRESS PHOTOS BY JO-ANNE PROCTER

The Gimli Lakers varsity boys and girls were both finalists at the Manitoba High Schools Athletic Association Zone 5 basketball championships in Warren on Feb. 24. The boys' team was defeated by Warren 67-37 while the girls were also defeated by Warren 47-32.

Pictured left to right, Amy Thorkelson looks to drive to the basket; Jadyn Campbell goes high for a layup; Dawson Greene blocks a shot; and Liam Walker denies a shot against Warren's Evan Brad.

Reimer traded by Toronto to San Jose

By Brian Bowman

All of a sudden, the upcoming NHL playoffs will mean something for James Reimer.

Reimer, a Morweena product, was traded last Saturday by the Toronto Maple Leafs to the San Jose Sharks along with forward Jeremy Morin for goaltender Alex Stalock, forward Ben Smith and a conditional fourth-round draft pick in 2018.

In 32 games this season, Reimer has an 11-12-7 record, 2.49 goals-against average and .918 save percentage. Reimer played 207 games for the Leafs, compiling a .914 save percentage.

The former Interlake Lightning and Red Deer Rebel was a fourth-round pick by the Leafs in 2006.

“James is an experienced NHL goaltender who will help add to our depth at that position as we head down the stretch run of the season,” Sharks’ general manager Doug Wilson said on the team’s website.

Reimer, 27, has seven games of NHL playoff experience with a 3-4 record, 2.88 GAA and .915 save percentage.

San Jose was 30-22-6 heading into Sunday’s game at Vancouver.



EXPRESS PHOTO COURTESY OF THE SAN JOSE SHARKS

Reimer was traded by Toronto to the San Jose Sharks last Saturday.

take a break > GAMES

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

Fun By The Numbers

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

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

Sudoku Answer

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

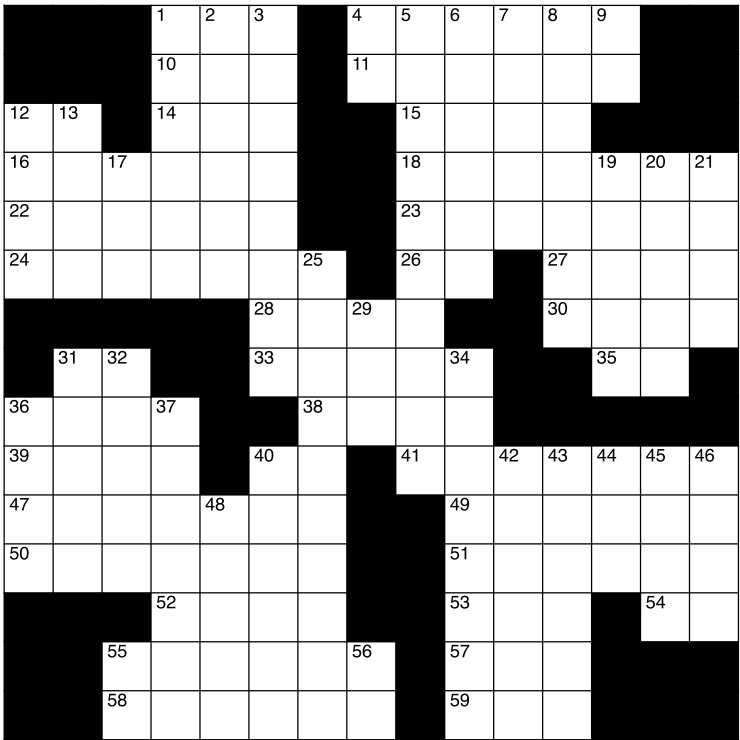
Crossword Answer



CROSSWORD

CLUES ACROSS

- Exclamation that denotes disgust
- Climbed over
- Has 50 states
- Able to move
- Prime Minister (abbr.)
- Cotangent (abbr.)
- Particle
- Fastened
- Wonders
- Surpassing all others
- Provides basement access
- Daily
- North Dakota
- Related to gulls
- Provoke
- Lake __, one of the Great
- Police department
- Throat illness
- South Dakota
- Contains iron (Brit.)
- Sees what the future holds
- The extended location of something
- Cobalt
- Dwells
- Reprimand
- Agree to a demand
- Talented in or devoted to music
- Gospels
- European defense organization (abbr.)
- Edge of a cloth
- Equally
- Experience again
- Female sheep
- Made vanish
- Unit of force (abbr.)



SOLUTIONS DOWN

- __ up
- Rear of (nautical)
- Purses
- Samarium
- A way to take forcibly
- On or into
- Metric capacity unit (Brit.)
- Assign to a higher position
- Delaware
- Post-traumatic stress disorder
- Island
- Central processing unit
- Pitchers
- Long-winged member of the gull family
- Auld lang __, good old days
- Term of affection
- They __
- Polynesian wrapped skirt
- Far down areas in the sea
- Delivered a sermon
- Any physical damage
- A Seattle ballplayer
- Raccoonlike animals
- Odd
- Delivery boys
- Billy __ Williams
- Icelandic poems
- A Scottish tax
- Central Florida city
- Rhenium
- __, denotes past

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Municipality of Bifrost-Riverton

CHANGE OF MEETING DATES

The following meeting dates have been changed:
March 9 will be held MARCH 15
April 13 will be held APRIL 11

All regular meetings are held at
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Cindy Stansell, CMMA
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Application forms and criteria are available on the School Division Web Site (www.esd.ca).

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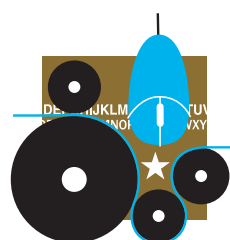
CARD OF THANKS

VIGFUSSON - We the family of the late Bruce Vigfusson of Lundar/Fisher Branch wish to thank our friends, neighbours and colleagues for their many acts of kindness, thoughtful expressions of sympathy, and attendance at the celebration of life for Bruce. Friends and family mean so much at times like this. Thank you to Pastor Bill Watson for his prayers and service, Donnie for his eulogy (you always do so well), the Legion Auxiliary for the lovely lunch, and the Arnason Funeral Home for looking after the arrangements. A very special and heartfelt thanks to John Gray of Arnason Funeral Home who helped us in so many ways to bring Bruce home - you are so very much appreciated.
-The Vigfusson/Magnusson families



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OBITUARY



John James Petrowski

August 22, 1932 – February 25, 2016

It is with profound sadness that we announce the peaceful passing of our dad, John Petrowski on the morning of February 25, 2016. Our dad managed many conditions during his lifetime, coronary disease, type II diabetes, anxiety, dementia and finally colorectal cancer which was treated by surgery in April 2015, but returned with a vengeance in 2016 and ravished his body in a very short time. Despite these many setbacks, we truly believed he died of a broken heart from missing our mom after her passing. There wasn't a day that he didn't ask why God had taken her before him. Although he was sad to leave this earth, we are comforted to know that they are together again in heaven.

To mourn his memory are his daughter Joan (David Bartmanovich) and son Kenneth. He also leaves behind his fur babies, Pusser, Tigey and Pumpkin; grand-doggies Molly and Elsie and grand-kitties Stella, Tipper and Walter. They always were so happy when Dad visited as it meant a whole lot of treats and most of his own dinner!

Dad was born in the Churchyard of Sts. Cyril and Methodius Church in Felsendorf (between Gimli and Fraserwood), and was the fourth of eight children born to Michael and Kornelia Piotrowski who had immigrated from Poland. Life was hard for them growing up but they relied on the strength of each other to get through tough times and have many good memories of their early life. The siblings are close to this day and he is survived by Eddie (Rose), Stanley (Helen), Emily (Tom), Edwin (Myrna), Bernice (Kjell) and Teddy (Emilie). He was predeceased by his parents, and sister Donna in 2008.

Dad is also survived by his brothers and sisters-in-law, Gordon Wach (Judy), Richard Wach (Sonia), Ronald Wach (Rose) and Betty Kulyk (Louie). He was an uncle to many nieces and nephews on both sides. He will be missed by his good friend Mike Woychysyn.

Dad was a great provider for our family and always put us first. He worked at many jobs, sometimes up to three different ones at one time. He was farmer, a mason, a plasterer, school bus driver, garbage man, janitor, bartender and icemaker. He was meticulous at every one of them and provided us with a good work ethic and respect for others. We did many things as a family that involved work of some sort, and of course he always was the boss! But we did have lots of time with family and fun adventures. Our Dad always had a story or good joke to tell. He loved to tease and someone always has a Johnny story to share with us. To say he was a "character" is an understatement. Everyone was welcomed to our home with a big "come on in!" and offered a beer or drink before they sat down. Next he insisted my mom made something to eat for company, and even when he was on his own he made sure we weren't hungry and encouraged us to make a sandwich and eat whatever was in the fridge.

Whatever he had was shared with family, friends and strangers alike. Although he might forget to tell us, he always was very proud of us kids and he simply adored our mother. When he first found out about his cancer in 2015 he would say - "I've had a good life, a wonderful wife and two beautiful children - what more could a person ask for..... Life is good as long as you don't weaken."

At this time we would like to thank the caring staff of both the Gimli Community Health Centre and the Gimli Betel Home who cared for Dad when we couldn't. There are angels that walk here on earth and they work in Gimli. Thanks for your love and attention to our dad. We would also like to thank Dr. S.V. Patel who managed his care for most of his life and Dr. R.C. Patel during his short stay at Betel.

Funeral Mass will be celebrated on Saturday, March 5th, 2016 at St. Michaels Roman Catholic Church, 7th Avenue, Gimli, at 11:00 a.m. with viewing one hour prior to the service. He will be laid to rest next to our Mom at Sts. Cyril and Methodius Cemetery, with a luncheon after that at St. Michaels Church basement.

Flowers gratefully declined. Donations may be made to the Gimli Humane Society, Box 1999 Gimli, R0C 1B0, Sts. Cyril & Methodius Heritage Church, PO Box 92 Gimli, R0C 1B0 or the charity of your choice.

If you are over 50 - please remember to get your bum checked - and follow-up on the results! Rest in Peace dear Dad - say hi to Mom and remember you two are forever loved.

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



OBITUARY



Winnifred (Bette) Elizabeth Dalman (nee Street)

It is with profound sadness that we announce the passing of our loving Mother and Nana, Bette Dalman on February 21, 2016 at Selkirk and District General Hospital.

She leaves to cherish her memory her beloved children Poullette Borgfjord (David), Sherry Thomson (George), Harold Dalman (Cathy), Wendy McLeary (Bob), Aprille Dalman (Grant Crouch), Charleen Kreamer (Bruce); her loving grandchildren, Peter Borgfjord (Cheryl Roby), Krista Brick (Robert), Holly Butler (Tim), Rayme Thomson, Travis Thomson, Kirstyn Dalman, Jenna Dalman, Rob McLeary, Jill Boulet (Trevor), Adam Kreamer, Charlie Veters, Adrienne Veters; her precious great-grandchildren, Aliya and Daniel Brick, Andrew, Caleigh and Everett Butler, Emma Thomson, Jackson Dalman-Kelsch, Aubrey and Maya Boulet. Mom also leaves to cherish her memory her brother Charlie Street (Geri); sisters-in-law Corrine Copping, Victoria Clark (Les) and Margaret Dalman as well as numerous nieces, nephews, relatives and friends.

Mom was predeceased by her dear husband Norman; her parents Colin Douglas (CD) and Winnifred Street, her much-loved sister Kathleen Veters and brother Paul Street. Mom was predeceased by dad's family Ingo and Stefania Dalman, Evelyn and Gordon Copping, Abe Copping, Harold and Sheila Dalman, Gordon and Audrey Dalman, Frank and Arnold Dalman.

Mom was born in Winnipeg on December 24, 1926. A good deal of her childhood was spent up north in Berens River, Little Grand Rapids and Fisher River as her father was a teacher and lay minister. She describes those years as adventurous but very challenging as the family was separated when the children were sent to Winnipeg for schooling. Mom and Dad met at a dance in Clandeboye and they were married on July 27, 1946 when Dad returned from the war. They made their home in Netley and lived there for 60 years. Mom always put family first, she worked on their farm and then afterwards in food and bar services so that we could afford to have the little extras for our home and family vacations. Mom's caring nature, which she inherited from her mom; saw her open our house to friends in need for short or long stays however long it took. Mom was a member of the All Saints Anglican Church in Whytewold for several years. She served on vestry, prepared the church bulletin, and looked after the outside flowers. Mom volunteered at all the church events and fundraisers. Upon moving to Selkirk in 2007 mom joined the St. Clements Anglican Church. She was also a member of Chapter A, PEO in Selkirk. She enjoyed singing with the Community Choir especially at the St. Peter's Old Stone Church Christmas Carol Service. Mom's many interests included knitting, crocheting, handicrafts and especially gardening. Her favourite pastimes were reading, music, watching curling and football. Mom loved to travel and visit family.

Mom was a loving, kind and devoted person. Her memory will live in our hearts forever. Thank you to the staff on the second floor at Red River Place for the excellent care during mom's stay. We would also like to extend our appreciation to the Special Care Unit at Selkirk Hospital.

A Celebration of Life will be held on Saturday, March 5, 2016 at 11:00 a.m. in the Gilbart Funeral Chapel, 309 Eveline Street, Selkirk MB. A private family interment will take place at Wakefield Cemetery at a later date.

In lieu of flowers, donations can be made to All Saints Anglican Church, Box 309, Matlock MB. R0C 2B0, St. Clements Anglican Church, 1178 River Road, St. Andrews MB R1A 4A1 or a charity of your choice.

Gilbart Funeral Home, Selkirk in care of arrangements.
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> MEAL IDEAS

Strawberry and pomegranate pannacotta



Makes 6 servings
Pannacotta is a traditional Italian dessert usually made with heavy cream. This lighter version is sure to impress your guests. Make it a day ahead for best results.

Ingredients
1 cup (250 mL) 2% milk
½ cup (125 mL) 1% buttermilk
½ cup (125 mL) fresh pomegranate juice
¼ cup (50 mL) sugar-free, seedless strawberry jam
1 envelope plain gelatin (enough to set 2 cups / 500 mL)
3 cups (750 mL) fresh strawberries, sliced
Fresh pomegranate seeds (optional)

Directions
In a medium bowl, combine milk, buttermilk, juice and jam.
Make gelatin according to package instructions. Whisk into the milk mixture.
Pour into six ramekins and let set in the fridge for at least 3 hours or overnight.
To remove the pannacotta from the ramekins, place the ramekin into very hot water for 1 minute. Run a sharp knife along the inside edge of the ramekin and invert onto the individual serving plate.
Garnish with fresh strawberries and pomegranate seeds (if using).

Thin Crust Pepperoni Pizza

1 Flatout Flatbread Artisan Thin Pizza Crust
1/4 cup chunky red sauce
3 slices provolone cheese
1/4 cup mozzarella, shredded
30 pepperoni mini slices
Heat oven or grill to 375 F.
Place flatbread on cookie sheet. Bake 2 minutes.
Remove from oven. Spread sauce on flatbread. Lay provolone on top of sauce. Top with mozzarella and pepperoni.
Return to oven and bake 4 more minutes, or until cheese melts.
Grilling method: Heat grill to 375 F. Pre-bake flatbread on grill for 2 minutes. Remove from grill. Spread sauce on flatbread. Lay provolone on top of sauce. Top with mozzarella and pepperoni. Return flatbread to grill. Close lid. Grill for 4 minutes, or until cheese melts.



The Skill: Sidestepping Sabotage or Turning It into Support



Even among close friends or family members, you may encounter sabotage or social undermining, as it's called in the research literature. It can go something like this: You're trying to slim down, but maybe your friends push you to have another slice of pizza or your significant other brings you a box of chocolates to cheer you up-the very stuff you're trying to avoid! Sometimes the sabotage is well meaning-people who care about you may see you struggling and just want you to feel better-and sometimes it isn't.

Often it's more about the saboteur than it is about you. The person may feel threatened by your efforts to lose weight or feel worried that a change in your health, vitality, or appearance will change the dynamic in the relationship (in which case, a little reassurance about how much you care for him or her may be in order). The person may envy your ability to take charge of your health and may feel inferior by comparison. Sometimes people just resist change – even if it's you who's making the change-because they're comfortable with the status quo. And sometimes sabotage reflects outdated ways of showing love-by providing bountiful food, instead of verbal (or other) expressions of love and affection.

Ultimately, it doesn't matter if the sabotage is conscious or unconscious, well intentioned or malicious. In the end, it's up to you to handle it. Let's start with the ugly kind, because that's simpler to dispose of. If sabotage is coming from someone who genuinely seems to want you to fail in achieving your goals, avoid, ignore, or chastise that person as you see fit.

On the other hand, if the sabotage is unconscious and/or well intentioned, and it's coming from a friend or loved one, calmly talk to the person about it and explain that you need his help and what form

of help would be most welcome. You might say something like "As you know, I'm trying to lose weight (or eat more healthfully), and I know your intentions are good when you offer me dessert (or whatever it is), but I'd actually appreciate it if you didn't, because it's hard to resist temptation! What I'd really appreciate is your help and support to keep me on track. Can I count on you for that?" Sabotage works only in the shadows, so once you point it out, it's likely to wither and die.

Even better, you'll be replacing a problem with a new solution: social contracting. Entering into an agreement with someone you care about is a highly effective way to modify your behavior. For one thing, when you ask someone to help you, you're making your goals public, which helps you stay accountable. For another, you now have another form of social support because you're engaging that person in the process of changing your lifestyle. Just be sure to be as specific as possible in telling that person how she can best help you, whether it's with a well-timed pep talk, helping to monitor your behavior, or joining you in your quest for healthier eating. Take the guesswork out of the picture.

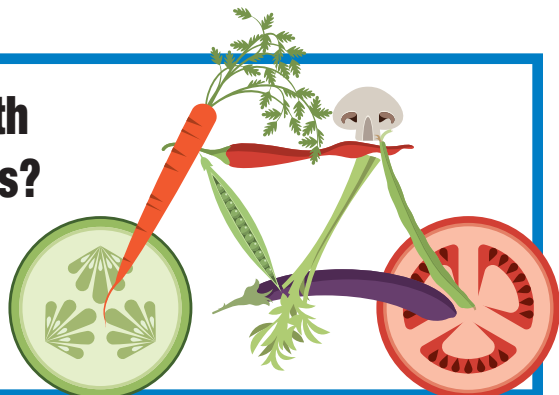
There's no need to choose between spending time with others and eating healthfully. With some effort, you can turn dangerous liaisons into valuable sources of support that will help you reach your goals for improving your diet and your health. Think of it as a way to turn the tables from potentially negative influences on your eating habits to positive, health-promoting ones.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

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