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THE EXPRESS

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WEEKLY NEWS

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Outstanding volunteer

Norman Grywinski has been named the Gimli Ice Festival's Shining Star Volunteer of the Year. Grywinski, an educator for 41 years, donates his time to photographing videos of major Manitoba events including the Gimli Ice Festival. Every year the Gimli Ice Festival recognizes a volunteer who has demonstrated that he or she has gone above and beyond to support the festival's mission in one way or another. See pg. 9 for more Ice Festival coverage.

EXPRESS PHOTO BY PETER HOLFEUER

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Large turnout for South Shore Ski Club trail opening

By Roger Newman

Winnipeg Beach council members and volunteer fire fighters partnered with avid cross-country skiers last Saturday afternoon for the official opening of the community's first ski trails in Moore Park.

Jennifer Heinrichs, a leader in a soon to be formed ski club, said approximately 40 people — including trail groomer-contractor Kevin Ford — were on hand for an afternoon of skiing and the chance to win prizes and refreshments with a value of more than \$1,000.

"Half of us skied and the other half

came out to support our new club," Heinrichs said. "Many others who couldn't make it are committed to donations and helping our club, which is to be known as the South Shore Skiers Club. We already have more than \$300 in donations with other money to come."

Heinrichs said the tasks ahead include recruiting members, electing a governing committee for the club and joining provincial and national ski associations so the club will have access to coaches and insurance.

"This endeavour requires lots of volunteer support," she added. "Fund-



EXPRESS PHOTOS BY DON HEINRICHS

Present Saturday for the official opening of Winnipeg Beach's first cross-country ski trail were, left to right standing, Coun. Frank Masi, CAO Kathy Magnusson, Coun. Larry Banks, groomer Kevin Ford, Jim Bennett and Randy McMahon. Kneeling left to right are Jennifer Heinrichs and Terina McPherson. A new club, the South Shore Skiers, will groom the two-kilometre trail in Moore Park west of Highway 9.



Gimli CSC president Craig Mackie and Kevin Ford show off the groomer.

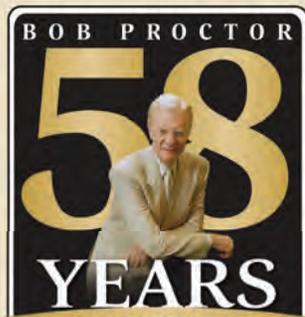
raising efforts and trail planning will continue through summer and memberships should go on sale next year."

Heinrichs also praised the support the new club is getting from the Town of Winnipeg Beach.

"Our trail is on their land and they

keep asking what else we might need from them," she added. "Many present Saturday said a warming hut and washrooms are needed — so perhaps these facilities will come sooner rather than later."

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Peguis First Nation family gets keys to new home

Staff

Peguis First Nation Chief Glenn Hudson and council were excited to hand over house keys today to new homeowners moving into the 21 Home Housing Project. As each of the 21 homes become ready for occupancy, families will move in and enjoy the locally built homes.

Each home features four bedrooms,

geothermal heating/cooling, 1,595 square feet, nine-foot walls, Vinyl plank flooring, two full baths, islands, fridge/stove/washer/dryer, HRVs and hardie board exterior siding (concrete).

Families draw for lots and new homes. A total of 21 homes were built with this new housing project. One by one, the new homeowners took turns

picking numbers to decide which lot and home they receive.

"This is the first new housing project of 21 homes on Pinease Road, located on the south end of the reserve. We, as a council, are glad to support our membership in receiving new homes. There is a backlog of 800 new homes for families and today we have completed 40-plus new homes with this project, CMHC and flood units. You can feel the excitement from the new homeowners and this is doubly excit-

ing for council and our housing board. It is a good day for our community. More houses being planned for 2019!" said Hudson.

"THIS IS THE FIRST NEW HOUSING PROJECT OF 21 HOMES ON PINEASE ROAD"



EXPRESS PHOTOS SUBMITTED

Chief Glenn Hudson and council were excited to hand over house keys today to new homeowners moving into the 21 Home Housing Project. As each of the 21 homes become ready for occupancy, families can begin to move in and enjoy the locally built homes.



Each home features a kitchen equipped with a fridge, stove and island.

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Olson applauds Gimli residents on recycling practises

By Roger Newman

If you had been there last Thursday night, you would likely have left with a vow to avoid plastic bags and packaging.

The scene was Gimli's New Horizons Centre where the Gimli Environmental Advisory Committee (GEAC) presented a program combining a speaker giving tips on recycling with a film about plastic polluting the world's oceans and lakes.

Garry Olson, owner of a Stonewall recycling company, started the evening on a positive note by answering audience questions about good recycling practices. Olson, a veteran of 35 years in the waste disposal business, currently has the recycling contract in communities including Stonewall, Teulon, Dunnottar, Gimli and Beausejour.

"Gimli is one of the better communities for recycling," Olson said, adding that pick-up volumes are swelled by a large tourist population.

His helpful "dos" and "don'ts" about recycling were followed by a full-length film alleging that discarded plastic is damaging the world's lakes and oceans. According to the filmmakers, 500 billion plastic bags and wrappings annually choke the waterways where they entangle and poison fish, marine birds and other aquatic animals.

The film also claimed that plastic contaminates the environment by polluting ground water. It delivered a strong message that there should be reduced use of plastic and improved waste management to prevent man-made dumping of plastic products.



EXPRESS PHOTO BY ROGER NEWMAN

Recycler Garry Olson, second from right, was the guest speaker at a Gimli Environmental Advisory Committee (GEAC) public meeting about recycling practices and pollution caused by plastic. Olson was greeted by GEAC president Cam Bellingham, left, secretary Audrey Swift, middle, and vice-president Linda Dodunski. GEAC creates public awareness about good environmental practices and also provides advice to the RM of Gimli Council.

Stay active and try out a new sport in Arborg this summer

By Ty Dilello

With spring just around the corner, it means that baseball season in the Interlake is fast approaching.

Tom Chwaliboga, the recreation director for Arborg-Bifrost, is always on the lookout for more kids interested in giving baseball a try.

The Arborg Bifrost Parks and Recreation Commission offers baseball as a program for boys and girls between the ages of five and 18 years and has seen enrollment increase over the past few seasons.

"There has always been baseball in some form in Arborg for all ages. Minor Baseball is always important, but in the past Arborg was home to the Arborg Aces and Acettes Adult Fastball Teams," says Chwaliboga, noting the town's history in the summer game. "These teams played in an Interlake league with other communities such as Eriksdale, Fisher Branch

and Ashern. More recently, Arborg has formed a 40+ Baseball team which plays Fisher Branch, Teulon, and Springfield and has provided an opportunity for individuals to continue to enjoy the game."

Minor Baseball has been growing over the past few seasons with the 2018 season being the first time in a number of years that there was a team in every age category. It's something Chwaliboga would like to see continue here in 2019.

"Baseball is an excellent life-long activity and Arborg is a great example of the baseball continuum," relays Chwaliboga. "Starting off in Minor Baseball allows the player to learn baseball skills so he/she can then become confident as an adult to participate in the recreational slo-pitch league and also possibly for the 40+ baseball team. Arborg Minor Baseball is also proud that a few players each

year have been selected to play on the Interlake Orioles AAA Baseball Teams with a couple girls playing for Team Manitoba."

The baseball season is very short, as there are between eight and 12 games during the months of May and June. The Recreation Commission urges parents to register their children to give baseball a try. Even if you live in a neighbouring community, you can still register into the program. The youngest age group is just house league (one day/week) with the 9U age group only playing one game/week. To register your child in baseball, please contact the Arborg Bifrost Parks and Recreation Commission at 204-376-5576.

The Arborg Bifrost Parks and Recreation Commission also looks after Minor Soccer and this program also has been growing steadily over the years. Both sports are very affordable

as all you need for baseball is a glove, while for soccer all you need is shin guards — the rest of the equipment is provided. Registration will continue until March 15 at the Recreation Office, located in the Arborg and District Arena. For more information, please call 204-376-5576.

Chwaliboga says that they also run a summer soccer camp with instructors coming in from England, Ireland and other parts of the United Kingdom. There is also a summer camp for kids between the ages of six and 11 that is held during July and August.

The Arborg Bifrost Parks and Recreation Commission also operates the Noventis Aquatic Centre, which is scheduled to open June 1. Registration for swimming lessons will take place at the Arborg and District Arena on April 9 from 6 to 8 p.m., April 10 from 9 a.m. to 5 p.m. and 6 to 8 p.m., April 11 from 9 a.m. to 5 p.m.

Friends of Lower Fort Garry seek crafters, farmers to join Harvest Fest market

By Justin Luschinski

Although summer market season may seem far away with winter's chill still in the air, Lower Fort Garry is already seeking artists, farmers and crafters to add to its new festival and market lineup.

The national historic site is gearing up to host a brand new summer harvest festival and makers market on Saturday, Aug. 17. The event will be part of Harvest Fest, an indoor and

outdoor festival where participants can learn and experience a variety of workshops, and the site itself, for free.

It's being organized by the Friends of Lower Fort Garry, and it's their first time putting on such an event.

Dr. Carolyn Weiss, president of Friends of Lower Fort Garry, said she's hoping the event will help showcase the talented crafters and artists living



EXPRESS FILE PHOTO BY LINDSEY ENNS

Lower Fort Garry will play host to a new harvest festival and makers market on Saturday, Aug. 17.

Continued on page 10

IERHA bus tour helps expose students to rural health care

By Lindsey Enns

Four communities within the Interlake-Eastern Regional Health Authority (IERHA) played host to a day-long bus tour for 16 students studying nursing, occupational therapy, physiotherapy, social work and pharmacy last weekend.

The bus tour stopped in Pine Falls, Sagkeeng First Nation, Beausejour and Selkirk last Saturday.

In partnership with the Manitoba Healthcare Providers Network, the tour helped expose students, mostly from both the University of Manitoba and Red River College, to rural health care and allowed them to meet staff and learn more about career opportunities in the IERHA.

Aiden Kahanovitch, the IERHA's human resources manager, said this was the health authority's first tour geared towards nursing and other allied health position students and they're hopeful it will become an annual recruitment tool for the region.

"For us, that's a huge thing in terms of recruitment, first giving students exposure to what rural health is really



EXPRESS PHOTO SUBMITTED

A group of students studying nursing, occupational therapy, physiotherapy, social work and pharmacy stopped at the Selkirk Regional Health Centre as part of a day-long bus tour of the Interlake-Eastern Regional Health Authority last Saturday.

like and what it's like to live in those communities," said Kahanovitch, who helped lead the third and fourth year students through last Saturday's tour. "For us, it's a great opportunity to observe the students and we usually end

up hiring those students after their practicum.

"There is always a need for new nurses and allied health professionals."

Health authority human resources

staff met students at the bus pick-up location on the east side of Winnipeg and then the bus headed to Turtle Lodge on Sagkeeng First Nation to learn about Indigenous teaching through a smudge and drum song. Then they visited the Pine Falls Health Complex, attended East-Gate Lodge in Beausejour and finished the tour at the Selkirk Regional Health Centre. Along the way, they drove through the community of Lac du Bonnet and were able to see all of the ice fishing shacks set up along the river in Lockport.

The day was designed for students to meet with staff who work in the region and to learn about things such as education placements, summer employment and career opportunities. Students received information from Tourism Manitoba and were also exposed to life and culture in the region through activities like bowling in Selkirk, watching ice-fishing at the Red River in Lockport and driving past the Canadian Power toboggan championship races in Beausejour.

Manitoba ridings get revamp ahead of next provincial election

By Lindsey Enns

Voters will notice some big changes to the province's electoral map when they head to the polls in October 2020.

Due to changes to Manitoba's population, the province is amending the boundaries of 56 out of 57 ridings. A total of 14 ridings will also be getting new names as a result of the Manitoba Electoral Divisions Boundaries Commission final report, which was released in December 2018.

"In developing the electoral division boundaries, the Commission has endeavoured to assure effective representation for all Manitobans," the report states.

Out of 137 municipalities, only five are being divided, the commission says.

"Municipal amalgamations have increased the size of some municipalities making it challenging at times to

keep a municipality entirely in one electoral division," the report reads. "If a municipality was divided, a major feature such as a highway was used to create the boundary."

In the Selkirk electoral division, consisting of both the City of Selkirk and almost all of the RM of St. Andrews, the constituency will be split and a portion will be renamed a new division called Red River North. Red River North will include the RMs of East St. Paul and St. Clements while the RM of West St. Paul will become part of the new riding of McPhillips.

In the Interlake region, the Town of Winnipeg Beach, Village of Dunnottar and RM of Armstrong are now included

in the Interlake-Gimli electoral division.

"The four northern electoral divisions were and will remain the largest in size. That is the reality when large parts of the north remain sparsely inhabited," the report reads. "Under the new boundaries, the four electoral divisions in the north have better balanced populations, are more similar in size and respect travel patterns as well as communities of interest."

Peguis First Nation and Fisher Cre Nation will become part of the newly

created The Pas-Kameesak division.

The commission's report was prepared by a five-person, non-partisan group, chaired by Manitoba Chief Justice Richard Chartier. According to the Electoral Divisions Act, the province must recalculate constituencies each decade to account for changes in population. The full report can be found online by visiting boundariescommission.mb.ca/report/.

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Province releases first flood outlook for 2019

Focus on the Red River at this time

Submitted by Manitoba government

The risk of major spring flooding in the Red River Valley in 2019 is high, Infrastructure Minister Ron Schuler said Thursday.

“Early forecasting data shows that we expect to see major flooding along the Red River, with both the Red River Floodway and the Portage Diversion pressed into service,” Schuler said. “Manitoba Infrastructure continues to gather data and work with counterparts in the United States and Saskatchewan to ensure timely information is available.”

With normal weather conditions, levels on the Red River south of the floodway are expected to be near 2011 levels. Unfavourable weather conditions, including late season snow, spring rains and a more rapid snowmelt, would bring Red River levels comparable to the 2009 levels, which

saw extended road closures of PTH 75 and other roads, and evacuations in some areas. Water levels will be below the flood protection levels of community and individual dikes. However, partial closure of some community dikes may be required to maintain local access.

Flows on the Assiniboine and Souris rivers are also expected to be high. However, peak water levels will be below flood protection levels. Flows may produce some flooding of farmland and low-lying areas. The Shellmouth Dam will be operated to store a portion of the spring run-off, thereby reducing downstream river flows.

Manitoba’s major lakes are expected to remain within their respective operating ranges. There is a low risk of overland flooding in the Interlake, upper Assiniboine and Whiteshell lakes areas. The Saskatchewan River and

Carrot River in northern Manitoba are at moderate risk of overland flooding.

Based on long-term weather forecasts, below-normal temperatures are expected in March and April, further delaying snow melt, with the risk of spring rains occurring at the same time. Manitoba Infrastructure is collecting ice thickness samples across Manitoba basins. Ice is expected to be thicker than normal, which would increase the risk of ice-jam flooding.

“March remains a crucial month in terms of snowmelt and weather conditions and how that will affect the flood forecast going forward,” Schuler added. “We expect to update Manitobans with more information as updated forecast data becomes available.”

The province will also be providing more detailed information to municipal officials. Further outlooks will be issued as updated forecast data becomes available. More information about flooding and how to prepare for an emergency situation is available at www.gov.mb.ca/flooding.

Traffic and Transportation Modernization Act and Regulations go into force March 1

Submitted by Manitoba Government

The Manitoba government’s streamlined regulations under The Traffic and Transportation Modernization Act come into force on March 1 after a 30-day online public consultation, Infrastructure Minister Ron Schuler announced last Thursday.

“As part of our government’s commitment to reducing red tape, over 6,500 onerous and outdated regulatory requirements will be eliminated,” said Schuler. “This represents a 44 per cent reduction in regulatory requirements in the process, allowing Manitobans greater freedom to make

decisions that directly impact their community without compromising public safety on Manitoba roads.”

Passed in June 2018, the act dissolves the Highway Traffic Board and the Motor Transport Board, which eliminates duplication with department operations and reduces red tape for industry and local governments.

Additionally, the act and revised regulations will:

- give municipalities a fair say by giving local traffic authorities, including municipalities, control over traffic by setting speed limits on municipal roads;

- streamline vehicle classifications resulting in fewer vehicle registration categories and pave the way for increased flexibility in the deployment of vehicles used for commercial purposes;

- clarify and modernize vehicle equipment standards under a new regulation, strengthening Manitoba’s competitiveness and ability to respond more quickly to automotive technology changes;
- allow industry to set rates for light vehicle inspections (commonly

Continued on page 7

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Life lessons from the kids

By Evan Matthews

It was a special week in the Stonewall area, as the concepts of kindness, caring, compassion and community were fully on display.

The Goodness Gorillas event, which linked up youth and seniors for a dancing and aerobics class, was a great success. The concept was a simple one: spread goodness.

Kids and seniors were having a good time together, getting moving and enjoying each other's company.

You could see it on their glistening faces, sweaty but smiling.

Then there was Pink Day at R. W. Bobby Bend School. The concept, again, simple: anti-bullying.

At the school's assembly, a sea of pink shirts filled the gym, with every shirt symbolizing an advocate, a per-

son against bullying.

An RCMP constable asked students what they'd do in a situation where they or someone they knew was bullied, who they'd speak to, why bullies behave the way they do, etc.

The kids had good answers for the questions posed to them.

When it comes to spreading goodness, building community, staying active, and standing up as a community against things negative to our societal well-being, kids seem to have an innate sense of what's right. Looking out for our neighbours, having fun, being healthy, building each other up as opposed to tearing one another down — these concepts are second nature to our society's kids.

Of course, credit to the parents and teachers for passing these lessons

along to the youth of the nation.

In the same breath, there are lessons for the adults to learn from the youth.

If we, as adults, always thought the same way these kids do — always looking out for our neighbours, putting fun and health at the top of our priority list, being positive rather than negative — where would we be?

Would we have fewer lawsuits? Would we hear the honk of a horn on a busy street less often? Would we have generally happier people?

Not to say it's all bad. People are, for the most part, good.

But sometimes it's a good reminder to get back to basics. Listen to the kids.

Be kind, caring and compassionate to one another. Work hard but play harder. Be well and healthy. Be positive and build.

Rural communities, more so than major centres, rely on community.

Are you showing up as your best self



Evan Matthews

for your community every day? Are you living your life to fullest, for yourself?

Take it from the kids. It's a good look.

Evan Matthews is a reporter/photographer with the Stonewall Teulon Tribune and the Express Weekly News. If you have a news tip or story idea please email him at evan@expressweeklynews.ca

Governments invest in agriculture education programming

Submitted by Manitoba government

The Canadian and Manitoba governments are providing \$99,400 over two years through the Canadian Agricultural Partnership program to support Agriculture in the Classroom – Manitoba, Agriculture Minister Ralph Eichler announced last Friday.

Agriculture in the Classroom – Manitoba delivers curriculum-based programs, activities and resources for teachers and their students to learn more about agriculture and the role it plays in Manitoba.

"We are proud to be supporting Agriculture in the Classroom – Manito-

ba and the educational programming they're providing to our students in the province," said Eichler. "Agriculture is a critical part of Manitoba's overall economy, and raising awareness and giving these students this opportunity at such a young age is an incredible experience."

Agriculture in the Classroom – Manitoba's programming plays an integral role in increasing public awareness of on-farm practices and agri-food processing by sharing accurate, balanced and current information to 30,000 students and teachers annually. Programming is delivered at all grade

levels and builds an understanding of the impact of agriculture in Manitoba.

March 1 also marks the beginning of Canadian Agriculture Literacy Month, where Agriculture in the Classroom organizations from across the country allow students to participate in activities to learn about, and connect and understand the agriculture industry. Agriculture in the Classroom – Manitoba will be co-ordinating classroom visits with farmers and industry representatives across the province.

"Our goal is to ensure all Manitoba students, by the time they graduate, have enough accurate information to

make informed consumer decisions. Agricultural education initiatives like Canadian Agriculture Literacy Month allow thousands of students to make meaningful connections to food and farming early on," said Sue Clayton, executive director of Agriculture in the Classroom – Manitoba.

"With generous support from the Canadian Agricultural Partnership program, more students will be able to expand and deepen their relationship with Canadian agriculture."

> MODERNIZATION, FROM PG. 6

known as a "safety") required when a vehicle changes ownership, reducing red tape for industry;

- improve and streamline the process for municipalities and communities to request a speed limit change on provincial roadways;

- streamline permit processes for access roads, structures and signs on provincial trunk highways and provincial roads by moving all permit services to Manitoba Infrastructure and new automated processes will improve service delivery;

- enable municipalities to improve efficiency in snow removal by allowing 24-hour unsigned parking bans, if public notice is provided; and

- open up Manitoba's charter bus industry to improve customer service, while ensuring that all safety-related regulation continues.

Schuler noted that Manitoba Infrastructure conducted jurisdictional research and consulted with key stakeholders including the Association of Manitoba Municipalities, Manitoba Trucking Association and Keystone Agricultural Producers among others, to develop new, and amendments to, regulations needed to implement the act.

Information about Manitoba's Traffic and Transportation Modernization initiative is available at www.gov.mb.ca/mit/ttm.

Clocks spring forward this Sunday for daylight savings

Staff

Most Canadians will adjust their clocks ahead by an hour Sunday, March 12 for the switch from local standard time to daylight saving time.

Daylight saving time officially starts at 2 a.m.

Clocks are pushed ahead one hour in spring to what's commonly called "daylight saving time," an idea first used in Ger-

many during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Another treasure on the lake's bottom

Hi friends.

I remember thinking last fall that because of the low water levels in our waterways, anglers would be taking their ice shacks far from shore to get some reasonable depths of water. Well, that happened. If you want to see those shacks from shore, you'll need binoculars. Add that to the fact that this has been a very cold winter with a lot of snow causing deep drifts on the ice packs and we have a potential for our fellow anglers not getting their ice shacks off the ice fast enough. We could wind up with a lot of "ice shack driftwood" showing up on our beaches come summer.

We dread how things can go awfully wrong when trying to get our shacks off the ice. A prime example of that was last Saturday when I happened upon the access trail by Sugar Island on the Red and witnessed a truck trying to pull a shack on a trailer up the riverbank incline. The truck, though large, was no pulling match in the deep snow and the big heavy trailer with the huge shack on it.

The driver had fallen off the snow rut and the truck's wheels were spinning helplessly. After attempts to clear snow from the wheels of the trailer and truck, the rig only became more stuck. Soon a dozen trucks were lined

up behind the stricken rig wanting to get off the ice. The one behind the rig was nice enough to hook on the back of the trailer and pull it and the truck back down the trail to the ice, clearing the way for the grid lock of trucks waiting.

Also dealing with heavy snow, spring ice-cutting operations are in full swing on the Red River but they should be at Selkirk in about a week and a half.

Now, onto fishing stories. About the middle of last week, I met the nicest lady, Evelyn Fillion, with her fishing friend, Jim Hildebrand from Halbstadt in southern Manitoba. Evelyn was gracious enough to hold up some of their catch for us to admire. They were tailgating on the Red River ice by the Spillway. While Evelyn proved to be a quiet gal, Jim was more than willing to strike up a conversation.

He was a big man, well over six feet with massive shoulders and a powerful body. His face was round and full with a short light brown beard. His eyes rested lazily on you when he talked. I stood with him on the ice as he spoke of his love for fishing and the outdoors. He went on about his wide knowledge of cooking and smoking different kinds of fish. His specialty, he said, was smoking strips of jack-

fish. Oddly though, our new friend Jim, who has spent much of his time smoking all kinds of fish, gives it away to family and friends. He doesn't eat any himself. He's allergic to fish. Our unfortunate brother breaks out with painful skin irritations. So sorry, Jim!

Last weekend I went visiting ice anglers just off shore from Gimli. The day was cool, still and hazy. Quite far out on the ice, a well-made hard wall shack caught my attention.

"Old Red" bucked and bounced over cracks on the ice lane plowed clear of snow by the town's clearing equipment. I pulled up close to the shack and called out, "Is anybody home?"

A male voice responded, "Yeah, come on in."

I stepped in, closing the heavy door. Across the room sitting on a wall bench were a young dark-haired gal, a well-built chap with a kind yet forceful air about him and a slight, unassuming dark-haired lady.

"I'm Randy Hepner and this is my wife, Jackie, and my daughter Nicole," he said. We sat for a while talking about Stonewall where they're from. When I asked Randy for a fishing story for us, he started to chuckle, looking at the ice hole by my foot.

Apparently, a few days ago the family came to fish and Randy saw the



EXPRESS PHOTO BY ARNIE WEIDL

Evelyn Fillion of Halbstadt, Man., with some of her catch on the Red River.

bottom of their ice holes had frozen over an inch or so from the day before. He took his chipper bar and prepared to poke out the ice. Holding the bar like a spear, he plunged downward. To his dismay, the bar slid from his grasp and kept right on going down to the bottom of the lake, sticking in the mud straight up! He could just see the handle end. He got down on the shack floor and plunged his arm into the icy water but it was just out of reach.

The next day when they came to do some fishing, the first thing they did was check down the ice hole but the bar had fallen over out of sight. So now they sit in their shack, fishing, knowing they have added another item to the many phones, rods and other fishing items lost to ice fishing.

See you next week. Bye now.

Manitoba signs forestry agreement with First Nation consortium

Submitted by Manitoba government

The Manitoba government has signed a forestry option licence with a group of four First Nations on the east side of Lake Winnipeg to explore Indigenous-led forest development, Sustainable Development Minister Rochelle Squires announced last Thursday.

"This licence is a first-of-its-kind forestry development agreement in Manitoba between the provincial government and Indigenous governments," Squires said. "This agreement has the potential to renew the area's Crown forest and pursue economic development opportunities while adhering to our commitment to environmental stewardship and sustainable forest management."

The province signed a two-year forest management option licence with Black River First Nation, Brokenhead Ojibway Nation, Hollow Water First

Nation and Sagkeeng First Nation. The consortium will investigate options such as:

- determining wood supply and suitability for commercial forestry;
- pursuing private partnerships and investment for commercial developments;
- preparing a proposal for an Indigenous-owned and operated company to manage, develop, harvest and renew the area's forest; and
- making an application for a long-term forest management licence as well as supporting greater participation by Indigenous communities in economic development and sustainable management of the province's natural resources.

"With this forest management licence, we can finally realize the dream we have been working on all these years," said Chief Sheldon Kent, Black River First Nation. "It will still

take time, energy and capital, but we are ready. It is a win-win for everyone including all the communities and stakeholders involved in this project."

The Economic Development Council for Manitoba Bilingual Municipalities (CDEM) has been working with the First Nations on this initiative for three years," said Edmond LaBossière, chair, CDEM. "We are pleased to support this historic partnership and promote the economic development of a region in which the First Nations are providing outstanding leadership."

This option licence represents over 5,000 square kilometres of land on the east side of Lake Winnipeg and north-east of the Winnipeg River, which has been without commercial forestry activity since the closure of the Tembec Industries mill in Pine Falls in 2009. It is expected the First Nation consortium will pursue private partnerships and investment for commercial

development in the area, Squires said. The province will have an opportunity to consider value for money when a business plan and forest development proposal are submitted by the four First Nations within the two-year licence period.

"Our government is committed to meaningful and respectful partnerships with First Nations communities across the province," said Indigenous and Northern Relations Minister Eileen Clarke.

"This agreement represents greater participation by Indigenous communities in economic development in the province and in the sustainable management of our natural resources. I'd like to acknowledge the work the four First Nation communities have done to get this agreement finalized and look forward to the positive outcomes that will emerge as a result."

Ice is nice at annual Gimli festival

By Evan Matthews

For the eighth straight year, Gimli proved snow and ice isn't all bad.

This year's Gimli Ice Festival brought together Icelandic and Indigenous cultures.

"John Ramsey was an Indigenous person in the region in the 1800s. In 1875, 144 years ago, the Icelandic settlers arrived," Susan Holfeuer, who has been a co-chair of the event with her husband Peter since the festival's inception.

"The First Nations were ... neglected by government, while the Icelanders were granted land on the west shore of Lake Winnipeg. If it weren't for John Ramsey, the Icelanders would not have survived the harsh winter conditions and the small pox epidemic," she says.

Though there was a conflict between the Icelandic settlers and the Indigenous people, but Holfeuer says the two groups ended up friends, helping one another and cultivating community.

The Song of John Ramsey, the movie,

played as one of the festival's events, while fried bannock was cooking in the outdoor winter village.

FIRE on ICE car racing ripped around on Lake Winnipeg, while just a few metres over, ICEMAN Motocross racing was happening simultaneously.

The Sons of Lugh put on a traditional combat demonstration. They also ran the Frozen Fish Toss, in which participants could double their score by hitting a Viking and/or kissing the fish.

For the kids, Cooley's Indoor Playground at the Waterfront Centre had a variety of games, crafts and readings.

The chili cook-off helped add some spice and bring the heat on what turned out to be a very frigid weekend. Tiffany Bigwood placed first, while Lois Yablonski finished in second, and Judy Dudar in third.

"Considering the inclement weather, it was a fantastic turn out. It was great to see the community pull together ... Every year we aim to engage culture, arts, sports, education and Gimli's

business sector," says Holfeuer.

"We aim to help stimulate Gimli, socially and economically, as we work with service clubs, organizations and dedicated volunteers. We'd like to give thanks to the volunteers, partners and sponsors. We couldn't have the festival without them," she says.



Proving the ice roads wasn't just for cars, motorcyclists competed in the racing events, too.



Organizers made the SnoBear available to take people for rides out on Lake Winnipeg.



The Sons of Lugh would not be intimidated by the frigid temperatures during the combat demonstration.



Storm Jackson (Viking name: Gousn Jarinsson), 9, competes in the Frozen Fish Toss. Competitors could throw either a Mariah or a Tullibee fish, scoring on a points system. Double your points if you kissed the fish.



Drivers bundled up inside their vehicles and ripped out onto Lake Winnipeg for the Fire on Ice car racing competition.



Zoe Fillion, 10, participates in the ball toss event at Cooley's Indoor Playground.



EXPRESS PHOTOS BY EVAN MATTHEWS

The Giesbrecht family, (left to right) four-year-old Pearce, Jesse, Samantha and two-year-old Jackson, explore the outdoor village.



Ruby Mills enjoys the horse race event at Cooley's Indoor Playground. Participants would roll the dice and move their piece accordingly.



The Freeze Outdoor Art Exhibit drew in visitors throughout the day.



Cameron Hays, 7, braved frigid temperatures to ice fish.

Indigenous culture celebrated at 8th annual Ice Festival

By Roger Newman

It gets bigger and better every year! That was the common message from dignitaries who spoke at the Volunteer Night kicking off the eighth annual Gimli Ice Festival last Friday.

The night honoured the 150 to 200 volunteers whose efforts made possible an increasing variety of events at the ever expanding festival. These festival workers were given a preview of the entertainment at the Saturday Variety Night which was tailored to this year's theme of "Celebrating Indigenous Culture."

Before performances by the guest artists, the volunteers heard the dulcet tones of Gimli MLA Jeff Wharton, Interlake-Eastman MP James Bezan and Gimli Mayor Lynn Greenberg. All three noted the growing importance of the festival to Interlake's winter tourism.

"It's a wonderful event — I am so proud to be a part of it year after year," Wharton told the audience.

Bezan also praised the festival's development and its decision to have an Indigenous theme this year. He said the festival's recognition of Indigenous culture and language is mirrored by a step taken in the House of Commons.

"Indigenous speakers can now talk to us in their own languages," the MP said. "We now have simultaneous translation and know exactly what they're saying."

Greenberg, for his part, noted that the RM of Gimli council has been an ice festival supporter since the outset.

"We gave them a \$500 grant to help them get started," the mayor said.

While the politicians were appreciated, the Friday night performers were more entertaining. One hit act was the Ivan Flett Memorial Dancers, a Winnipeg-based trio of Métis dancers named after their grandfather. The



Hoop dancer Rylee Sandberg was warmly received by the audience.



Mayor Lynn Greenberg said the RM of Gimli has been a festival supporter since the beginning.

three young people — Michael, Jacob and Cleanna — specialize in everything from traditional Red River jiggling to modern hip hop. They added



EXPRESS PHOTOS BY ROGER NEWMAN
The Ivan Flett Memorial Dancers added Gimli to their resume of performing in both Canada and the United States.



Indigenous culture was the theme of this year's ice festival.

Gimli to a resumé that already includes engagements in both Canada and the United States.

On the bill, too, were hoop dancer Rylee Sandberg, shawl dancer Kelly



Festival co-chairs Susan and Peter Holfueuer thanked the volunteers for their efforts.

Chirchilke and throat singer Nikki Komaksiutksak.

Judging by the audiences reaction, it will tough to pick a better theme for next year.

> FRIENDS OF LOWER FORT GARRY SEEK CRAFTERS, FROM PG. 4

in the Lockport and surrounding areas.

"It's been a dream of myself and (Louise Kress, who organizes the gift shop), to have a craft market here. We have this great space, and we really want to showcase the talent that's out here," Weiss said. "It's going to be a big event, we're predicting over 3,000 people will attend, and we want everyone to come out and experience the site."

Weiss said the market will be open to makers, creators, farmers and any

residents who are looking to sell their products. The market will be part of Harvest Fest, a larger festival that will host a number of events and workshops, where attendees can learn things like weaving, cooking and other trades in the 1800s.

The market has a variety of table options, with some tables being in large tents with others being in the open, which are priced accordingly.

Weiss said they're hoping this event will re-introduce people to Lower Fort Garry.

"We're looking to get people involved in a new way. It's exciting to have a large event, which means Canadians want to come and learn our history," Weiss said. "Lots of people say 'Oh, I was there in Grade 6, whatever,' come out again. See what we've got.

"You'll have a fantastic time."

All money raised through Harvest Fest goes towards benefiting the Friends of Lower Fort Garry, the non-profit organization that aims to promote the site and raise cultural

awareness of Manitoba history.

The market will run from 12 p.m. till 8 p.m. on Saturday, Aug. 17. The historic site will also host Glitter by the River that same evening. The annual party benefits the Andrew Henderson Memorial Scholarship.

For more information about any of these events, visit folfg.com.

If you are interested in being a vendor or would like your food truck to participate in this event, email info@folfg.com.

Gimli Icelanders celebrate the legalization of beer

By Roger Newman

Icelanders and their Icelandic-Canadian offspring obviously love to celebrate.

Many gathered in full force last Friday night in the Gimli Rec Centre lounge to party at the annual Icelandic Beer Day. Surprisingly, the latest celebration marked only the 30th anniversary of the legalization of beer drinking in Iceland in 1989.

"Before 1989, we had to go down to Reykjavik Harbour to buy beer from ship captains," said one transplanted tippler who has traded Iceland's capital city for a less sober life in Gimli.

Strangely, beer was the only alcoholic beverage remaining banned when Iceland lifted a prohibition of liquor consumption in 1915. The ban came off because Spain refused to buy Icelandic fish unless Iceland bought Spanish wines. While other kinds of alcohol became available at that time, Icelanders couldn't wet their whistles on beer for another 74 years until it was officially legalized in the mid-Atlantic country on March 1, 1989.

This year's Gimli celebration of beer day featured vocalist Tracey Martin, who entertained a large crowd that included Icelandic expatriates and party organizers such as Gunnvor Asmundsson, Svala Thrastardottir and other pillars of the Gimli Icelandic Canadian Society. It was the third annual beer day party which is a fundraiser for Logberg Hemskringla, the Winnipeg-based Icelandic-Canadian newspaper.

Last year's party was even bigger when TSN's Brian Williams came to the rec centre party to shoot a segment of a documentary about the Iceland men's national soccer team. The Iceland footballers are a second love of many Gimli residents who pack the town's bars when the Icelanders play much bigger countries in European and World Cup competitions.

Barring any more immediate Icelandic triumphs, many Gimli tipplers will now enjoy a sobering spell until the century-plus Icelandic Festival takes place on the August long weekend.



EXPRESS PHOTO BY ROGER NEWMAN

Svala Thrastardottir, left, Corrine Einarsson, middle, and Marie Arnbjornson lifted a bottle to toast Iceland's beer day.

Chili cook-off



EXPRESS PHOTO SUBMITTED

The Gimli Ice Festival chili cook-off helped add some spice and bring the heat on what turned out to be a very frigid weekend. Tiffany Bigwood (pictured) placed first earning \$100, while Louis Yablonski finished in second with \$75 and Judy Dudar in third with \$50.

Nurse practitioner accepting patients

Submitted by IERHA

Chrissy Rowan recently completed her nurse practitioner master's degree at Athabasca University and she is now accepting patients at St. Laurent Health Centre.

In her previous role as a registered nurse, she worked in the Winnipeg Regional Health Authority and before that as a licensed practical nurse at Stonewall Hospital.

Rowan went back to school to be a nurse practitioner because she enjoyed her career as a nurse so much she wanted to continue her learning.

"I wanted to exercise my highest capacity as a nurse and as a nurse practitioner I could do that," she says.

Growing up on a farm by Roblin in western Manitoba, Rowan is familiar with small communities where

everyone knows and supports one another.

"I wanted to work in rural Manitoba because of the way small communities feel like one big family," says Rowan, who lives on an acreage in Oakbank with her husband, one-year-old son, three cats and a dog.

St. Laurent Health Centre is a designated bilingual health facility in Interlake-Eastern RHA. Rowan completed French up to Grade 12 and has been practising the language in anticipation of using and it and enhancing her knowledge of French in her new role.

"I'm really looking forward to invigorating my interest in the French language by working in it in St. Laurent," says Rowan, who is also past-president of the Canadian Family Practice Nurses Association and the

Manitoba Primary Care Nurses Association.

Nurse practitioners provide care in a variety of health-care settings. They diagnose and treat illnesses, order tests, prescribe medications, manage chronic illness, consult specialists on patient's behalf and educate on disease prevention and healthy lifestyles.

Rowan will be taking patients in St. Laurent on Tuesdays and Thursdays and in Woodlands every other Wednesday. To schedule an appointment with Chrissy Rowan, please phone St. Laurent Health Centre at 204-646-2504. Dr. Sunu Thomas will continue to see patients at St. Laurent Health Centre every Friday.

Interlake-Eastern RHA continues to recruit an additional health-care provider to the area.

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The fireplace is the heart of a home

Riverton Co-op sponsors Showcase Breakfast at high school

By Ty Dilello

For many years now, Riverton Collegiate (RCI) has been offering a daily breakfast program to anyone that is hungry in the morning, including students and staff of the school.

Throughout the school year, RCI hosts "Showcase Breakfasts" where the various sponsors of the program come in as guest servers. These Showcase Breakfasts gives sponsors a chance to meet students and for students to put a face to the organizations that support the program, and the sponsors in turn get to see up close the results of their wonderful generosity.

Last Wednesday, one of the lead sponsors Riverton Co-Op came to the school and served at the Showcase Breakfast. The guest servers from Riverton Co-op had a great time at the school getting to see their impact on the school's community and the students enjoyed having them.

"We have a fairly robust breakfast program and serve a set menu everyday to anyone who is hungry," said RCI teacher Sarah Boaz. "One of our sponsors of that program is the Riverton Co-Op, and once a year we invite each sponsor to come in and see the impact they have by serving a Show-

case Breakfast. This past Wednesday, a few Co-Op employees, along with some of our staff and regular volunteers, cooked bacon, scrambled eggs, pancakes, toast, sausage and juice. The Showcase Breakfast is a really good way to recognize our many sponsors that contribute to this program."

In addition to Riverton Co-Op, some of the other sponsors that the breakfast program has include Riverton Elks, Riverton & District Friendship Centre, Djorfung Ladies Aid, Lake-side Quilters, and Noventis Credit Union. All of the sponsors get their day at the school every year and help serve breakfast for a morning.

There is no cost to having breakfast for the students and staff, which is a nice touch and there's no criteria that makes you eligible for it. It's simply if you're hungry, then come have some breakfast. It's been a very successful program in Riverton for the past number of years as roughly 80 per cent of the current students utilize the program.

On regular days when there isn't a Showcase Breakfast, the menu generally is as follows: Monday is toast and cereal, Tuesday is French toast, Wednesday is pancakes and sausage, Thursday is waffles and smoothies,



EXPRESS PHOTO SUBMITTED

Wednesday's Showcase Breakfast at Riverton Collegiate was sponsored by Riverton Co-Op.

Friday is grilled cheese.

The breakfast program at Riverton Collegiate really is quite the awesome undertaking by the staff. Students are often in a rush getting out of bed and going to school in the morning so sometimes they can miss eating breakfast at home.

Having an option to get a free breakfast at school is wonderful for all those involved and it's an idea that should be implemented in all schools across our province because, as they say, breakfast is the most important meal of the day.

Ice breakers hit the Red River in preparation for spring

By Lindsey Enns

It's a sure sign spring is on the horizon as crews are gearing up to take the Amphibex ice breakers onto the Red River for the program's 14th season.

Darrell Kupchik, executive director of North Red Waterway Maintenance Inc., says the ice-breakers hit the Red River at the end of Main near Netley Creek starting on Feb. 25. Anglers with ice fishing shacks in that area had been notified that their shacks needed to be off the ice.

Kupchik said they will then make their way towards Selkirk. Ice shacks in the Selkirk area are to be off the ice by March 10. As they advance up the Red River, crews will be notifying those ice fishers.

Crews will be on the ice for about four weeks in total and the fleet — operated and maintained by North Red Waterway Maintenance Inc., a corporation formed by the rural municipalities of St. Andrews, St. Clements and the City of Selkirk — will crush more than 28 kilometres of ice during that time.

The annual program focuses on sections of the north Red River with a history of ice jam-related flooding and Kupchik says they are seeing above-normal ice thickness and lots of snow this year.

"Every year, this is important but this year there is some concern," he said. "It's an insurance program. That's what this is."

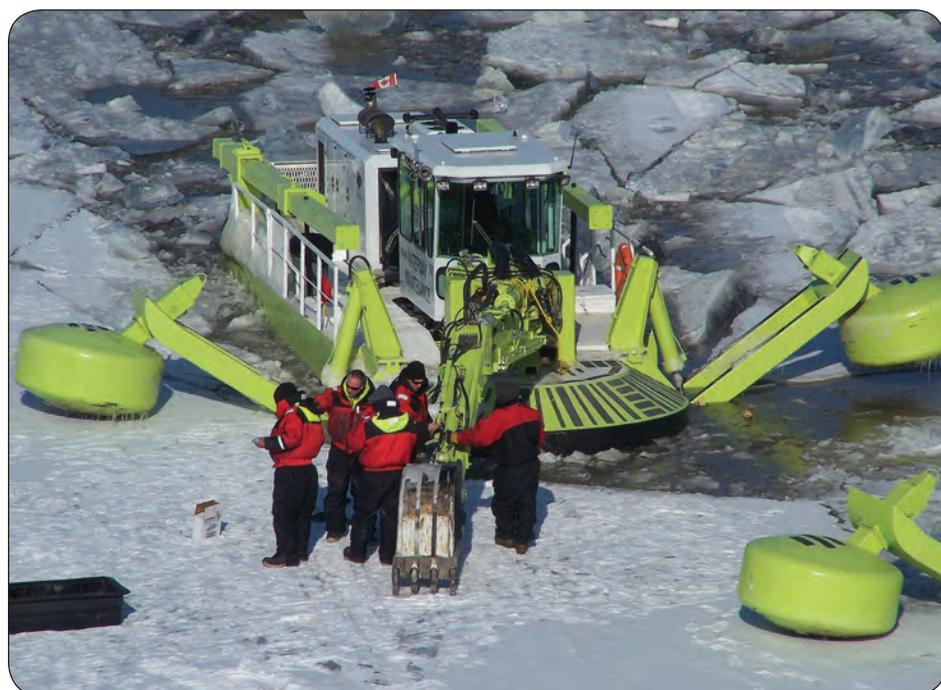
Crews are also getting a later start this year, he added.

North Red Waterway Maintenance Inc.'s contract with the province expired on Dec. 31, 2018, but it has been extended until March 31, 2019, so the ice breaking program can continue this winter.

"This contract extension will allow us to continue breaking ice," Kupchik said. "It will give us the added opportunity to continue our negotiations while we're breaking ice."

North Red Waterway Maintenance Inc. was formed in 2005 and started ice breaking in 2006.

"We've come along since then," he said. "It's such a unique operation that gets worldwide attention."



EXPRESS FILE PHOTO

Crews hit break up ice along the Red River in Selkirk in this 2017 photo. The Amphibex ice breakers hit the Red River near Netley Creek on Feb. 25.

Ice breaking crews would also like to remind residents to steer clear of the

unsafe hazardous ice conditions in their project areas.

get inspired

> MEAL IDEAS



Yield: 6 to 8 servings

For the bread pudding:

1/2 tablespoon unsalted butter, for greasing

1 pound brioche bread, cut into 3/4-inch cubes

8 eggs

2 cups milk

1/2 cup heavy cream

1/2 cup sugar

1/2 cup packed light brown sugar

1 tablespoon vanilla extract

2 tablespoons good bourbon

Pinch of fine grain sea salt

1/2 cup chopped pecans, toasted

For the crumbled topping:

1/2 cup flour

1/2 cup pecan pieces

1/2 cup packed dark brown sugar

1 teaspoon cinnamon

1/4 teaspoon fine grain sea salt

3 tablespoons unsalted butter, at room temperature

Sliced persimmons, for serving (optional)

Maple syrup, for serving (optional)



Breakfast Bread Pudding With Pecan Crumble

Lightly butter a 9 x 13 baking dish, then place cubes of brioche in the baking dish in an even layer.

In a large bowl, whisk together eggs, milk, heavy cream, sugars, vanilla, bourbon, and a pinch of sea salt. Sprinkle toasted pecans over the brioche, then pour the wet ingredient mixture evenly all over the bread, making sure it's covered thoroughly. Cover and let sit in the fridge for at least 2 hours (or up to overnight).

To bake the bread pudding: Preheat the oven to 350 F and remove the baking dish from fridge.

Meanwhile, prepare the crumble:

Add flour, pecans, dark brown sugar, cinnamon, salt, and butter to a medium bowl, and using your fingertips, rub ingredients together until evenly combined and clumps start to form.

Sprinkle the surface of the bread evenly with the crumbs. Bake until the bread pudding is puffy and the top is golden, about 45 minutes to an hour.

To serve, cut squares of warm bread pudding, and place on small plates.

Top with sliced persimmons and maple syrup, if desired.



The Human Spirit is like a Flower, it Blossoms

step on it, you will crush it.

You may not think you are a bully, because you do not hit or threaten others. However, saying mean things is bullying. You are bruising and battering the feelings and self-image of another person. You would never forgive yourself if that person took their own life, or even died in an accident. You would never, ever be able to forget the mean things you said or did.

If you have been mean to another person, what you can do now to try to fix things, is to be kind to that person from now on. You do not have to be best friends. What you can do is to smile and say hello. You might give that person some encouragement.

If others are being unkind, you must be brave enough to tell them to stop. Someone has to. If they will not stop, go and privately tell an adult, and ask them to help. We do need to watch out for one another.

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

It is my hope that every parent, teacher, and coach would take a few moments to discuss this column with the young people in their lives.

Words can cut deeper than the sharpest knife. Unkind words that you say can become etched in the consciousness of another forever. Calling names, criticizing, ridiculing, or isolating others is cruel. There is no justification for putting another person down. You never know how seriously your words might impact another.

I have worked with children as young as six who wanted to die, because they felt others did not like them. Students who are shy, awkward or self-conscious are most at risk.

You just do not know what else that person is dealing with. Perhaps the people they live with are mean or abusive. Maybe there is no one in the world who truly loves him or her.

The human spirit is like a flower. It is beautiful when it blossoms, but if you



Orange Whole-Wheat Waffles with Yogurt and Fresh Berries

Makes about 6 5- to 6-inch waffles

Serves 4 to 6

Orange Whole-Wheat Waffles

2 1/4 cups white whole-wheat flour

3 tablespoons sugar

2 teaspoons baking powder

1/4 teaspoon salt

1 1/4 cups whole milk

1/2 cup freshly squeezed orange juice

2 eggs, separated

5 teaspoons packed, grated orange zest

6 tablespoons unsalted butter, melted and slightly cooled

Yogurt topping

1 cup Greek-style yogurt (see note)

4 teaspoons honey

1 teaspoon grated orange zest, packed
Fresh raspberries, strawberries or blueberries, for garnish

1. For the Orange Whole-Wheat Waffles: Preheat a waffle iron (and, if you plan to hold the waffles until serving time, preheat the oven to 200 F).

2. In a large serving bowl, stir together the flour, sugar, baking powder, and salt. In another bowl, whisk together the milk, orange juice, egg yolks, and orange zest. In a third bowl, beat the egg whites until firm, but not stiff.

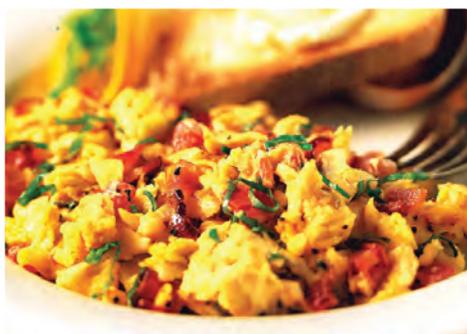
3. Make a well in the dry ingredients and pour in the milk mixture, blend-

ing gently only until the ingredients are combined. Add the butter in a slow stream, continuing to blend until the butter is incorporated. Gently fold in the egg whites.

4. For the yogurt topping: In a small serving bowl, whisk together the yogurt, honey and orange zest.

5. Pour 1/2 cup of the batter (or more, depending on the size of your waffle iron) onto the waffle iron and, using a metal spatula or table knife, spread the batter to within 1/2 inch of the edge. Close the cover and cook approximately 3 minutes, or until crisp and golden brown. (If your waffles aren't crisp, even after a "ready" signal has sounded, continue to cook them, watching carefully, until crisp and golden. If not serving immediately, place the waffles in a single layer on a baking sheet in the preheated oven while you finish with the remaining batter.)

6. Serve the waffles topped with a generous dollop of the yogurt mixture and garnish with some berries. Note: Nonfat, as well as reduced- to whole-fat varieties of Greek yogurt work in this recipe.



Bacon and Tomato Scramble

Makes 4 to 6 servings

4 Roma (plum) tomatoes

6 strips good-quality lean smoked bacon, cut crosswise into 1/2-inch pieces

3 tablespoons unsalted butter

2 shallots, minced

12 extra-large eggs, beaten until slightly frothy

Salt

Freshly ground black pepper

2 tablespoons finely shredded fresh basil

With the tip of a small, sharp knife, cut out the cores of the tomatoes. Cut each tomato in half crosswise and, with a fingertip, scoop out and discard the seeds. Cut the tomatoes into rough 1/2-inch dice.

Scatter the bacon pieces evenly in a nonstick skillet and cook over medium-low heat until golden brown, about 5 minutes. With a slotted spoon, remove the bacon from the pan and drain on paper towels. Pour off almost all of the fat from the skillet, leaving just a thin glistening.

Return the skillet to medium-low heat and add the butter and shallots. Sauté until the butter has melted and the shallots begin to sizzle, about 2 minutes. Add the eggs and cook, stirring occasionally with a wooden spoon and scrape the bottom of the skillet, until the eggs form very moist, creamy curds. Stir in the tomato and bacon pieces, season to taste with salt and pepper, and continue cooking to your liking, taking care that the eggs remain on the soft and creamy side. Serve garnished with the basil.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba misses out on medal in women's hockey

Cvar outstanding in leading all scorers in points

By Brian Bowman

Team Manitoba had the talent to medal in women's hockey at the 2019 Canada Winter Games in Red Deer, Alta.

But a tough 3-0 quarter-final loss to the host province, Alberta, dashed those medal hopes.

Alberta scored twice in the second period and then added an insurance marker in the third.

"There were 12 teams, so finishing fifth was pretty good and that's where they finished at the last Canada Games so we really can't complain about that," said Manitoba forward Olivia Cvar, who lives in Stonewall and is formerly from Gimli.

"We would have liked to have finished in the medal round and it all came down to that quarter-final game. Alberta kind of had that home-ice advantage — they had lots of fans coming out for support."

With that loss, Team Manitoba was relegated to the placement round. That's a tough placing for a very talented Manitoba squad.

"It sucks and with this team, this was the year that we could have done something," Cvar said. "It just didn't work out for us, I guess."

Manitoba finished fifth overall after defeating Saskatchewan 5-3 last Saturday.

"It was a really rough game but we just had the mental mindset of 'What

do we have to lose?'" Cvar said. "Let's just go out and win. We didn't retaliate and take any (silly) penalties. When they were doing (the rough stuff) we were scoring and getting them more mad."

Cvar scored a second-period goal and also had two assists.

Manitoba earned a spot in the fifth-place game after nipping New Brunswick 3-2 in overtime.

Cvar scored a third-period goal in the victory.

Manitoba started action with a 3-0 win over Saskatchewan on Feb. 24. Cvar had a goal and an assist in the game.

The following day, Manitoba was edged 2-1 by Quebec. Team Manitoba bounced back from that loss to defeat New Brunswick 4-1 on Feb. 26.

Cvar had a fantastic game against New Brunswick, scoring all four of Manitoba's goals.

"I scored in the first period on a quick goal on a 3-on-2 and then I got a second one on a power play," she recalled. "Then I realized if I keep shooting the puck at the net, it's kind of my lucky day. I know pucks are going through and when that happens, you just have to keep shooting and that's what I did."

"My stick just had the magic touch and I wanted to see how many (goals) I could get."

Cvar finished the tournament with



EXPRESS PHOTO SUBMITTED

Olivia Cvar (14), formerly of Gimli, finished the Canada Winter Games hockey tournament with seven goals and 11 points to lead all players.

seven goals and 11 points to lead all players. She was pleased with her play against elite talent at the Canada Winter Games.

"I was very happy," said Cvar, who will be playing hockey and going to school at St. Cloud State in Minnesota next season.

"I was kind of scared because it's the end of our season and usually your body gets really tired and exhausted. I was scared about that but just showing up there was a thrill. I thought I had a really good tournament."

Like so many other athletes, Cvar raved about the experience — and the excellent treatment — the athletes received at the Canada Winter Games.

It was definitely a very memorable once-in-a-lifetime experience.

"The volunteers would wait for you in -30 C weather to give you high-fives off the bus," she said. "Everything (was great), the food, the people, the clothes they gave you, the rooms. It was just unbelievable."

"It was almost like a mini Olympics — it was a great experience."

Manitoba wins 25 medals at the Canada Winter Games

Submitted by Sport Manitoba

After two weeks of competition, Team Manitoba finished off the 2019 Canada Winter Games strong with 25 medals.

That total included nine gold, seven silver and nine bronze.

On the final day of competition, two medals were added to the tally. The women's curling team won a silver while the men's curling team brought home the bronze.

At the last Canada Winter Games in 2015, Team Manitoba went home with 16 medals (six gold, three silver and seven bronze).

In the race for the Canada Games' Centennial Cup, Manitoba placed second as the second most-improved team from the last Winter Games in 2015, trailing only behind the host province, Alberta.

Archer Austin Taylor (Winnipeg) was Manitoba's flag bearer for the closing

ceremonies of the Winter Games.

"I'm excited to represent Team Manitoba — our athletes, coaches and volunteers," said Taylor. "It feels good to be nominated."

Taylor won two medals at the Games, a gold in the individual male compound event and a silver in the team mix compound event with teammate Bryanne Lameg.

"Austin's incredible performance at these Games (made) him an excellent

representative for Team Manitoba at the 2019 Canada Winter Games' closing ceremonies," said Team Manitoba Chef de Mission Marcie Halls-Stronciski. "Our team set out to build on past experience and successes at these Games and we're proud of the hard work our Herd put in to helping us achieve this goal."

Bantam Lightning finish 1-2 at Rural 'AAA' provincials

By Brian Bowman

Goals were hard to come by for the Interlake Lightning at the Bantam Rural "AAA" provincial hockey championship last weekend.

Interlake scored just three goals in three games as the Lightning finished play with a 1-2 record.

"We had a kind of disappointing end to the season," said Lightning head coach Chad Balmer. "We just couldn't score. We came into the provincials and we just couldn't put the puck in the net. We had our chances and we outplayed both Yellowhead and

Southwest."

The Lightning wrapped up action with a hard-fought 2-1 loss to the Southwest Cougars on Saturday in Ste. Adolphe.

Nathan Vigfusson scored a third-period goal for the Interlake.

Ty Plaisier and Zach Turner replied for Southwest.

Interlake started action with a solid 2-0 win over the Parkland Rangers Friday in Niverville.

"The guys played really well," Balmer said. "The kids played all three periods — it was a nice, all-around ef-

fort."

Karson King led the Lightning with a goal and an assist while Ty Woods also tallied. King had a very good season and was deservedly selected as a first-team all-star forward.

Dawson Cowan played very well in goal to earn the shutout.

On Saturday afternoon, Interlake was blanked 3-0 by the Yellowhead Chiefs.

Conor Geekie (two) and Cole Topham scored for Yellowhead.

None of the five goals Interlake allowed at the provincials came when

the two teams were playing 5-on-5.

Overall, it was a real good season for the Lightning. Interlake finished league play with a 13-18-0-5 record and 31 points to place fifth in the six-team league.

"From an Interlake standpoint, we had an excellent season," Balmer said, noting the Lightning had six first-year Bantam players on this year's team.

"We had 13 wins and seven overtime losses. We were probably the most competitive Bantam team that the Interlake has had."

Peguis defeats Cross Lake twice to end regular season

Staff

The Peguis Juniors wrapped up their Keystone Junior Hockey League regular season with a pair of home wins over the first-place Cross Lake Islanders last weekend.

Peguis edged Cross Lake 7-6 on Friday evening and then crushed the visitors 18-3 on Saturday afternoon.

In Saturday's lopsided win, Peguis scored 10 second-period goals and then added five more in the third.

Ethan Daniels led Peguis with six goals and an assist while Tryome

Spence-Bair netted a hat trick to go along with three assists.

Other big games were had by the Juniors' Tristan Slater (two goals and two assists), Wyatt Bear (two goals, two assists), Keenan McPherson (two goals, assist), Sundance Paul (goal, two assists), Travis McPherson (goal, two assists), Quinton Flett (five assists), Dalton Woodhouse (three assists) and Coulson Nepinak (goal and an assist).

Braden Whiskey, Justin Dorion and Keston Saunders replied for Cross

Lake.

Peguis outshot Cross Lake 75-32 as Dray Flett earned the win in goal.

While Saturday's game was a blow-out, Friday's contest was decided by just a goal.

Woodhouse scored the game-winner with 4:39 remaining in the third period. It was his second goal of the game.

Lyle Murdock, Paul, Flett, Slater and Nepinak also scored for Peguis.

Armando Evans (two), Slater (two), Kris Ross and Saunders replied for

the Islanders.

Flett stopped 37 shots for the victory.

With the sweep, Peguis finished the regular season with a 12-12-0-1 record and 25 points to occupy sole possession of third place in the four-team league. Cross Lake was the top team with a 21-6-0-1 mark and 43 points.

Peguis now advances to a best-of-five playoff series with the second-place OCN Storm. Game 1 will be played Saturday at 8 p.m. while Game 2 is set for Sunday (2:30 p.m.). Both games will be played in OCN.

Bronze champions Provincial silver medalists



EXPRESS PHOTO BY THERESA ZUK

The Arborg Falcons' PeeWee team won the bronze at the Rural 'B' Hockey Provincials in Killarney last weekend. Arborg started the provincial 'B' championships in Killarney last weekend defeating Lac du Bonnet 5-2 but then losing 3-1 against Shoal Lake/Birtle on Saturday. In semi-final action, they lost 10-2 to Boissevain but rallied back in the bronze medal game to defeat Shoal Lake/Birtle 7-4.

Pictured back row: Roger Burak (assistant coach), Kendall Asham (safety), Evan Asham, Danien Jacobson, Austin Loewen, Cyranno Dueck, Brooke Baryliski, Sawyer Zuk, Brandon Burak, Matthew Barkman, Brian Baryliski (head coach) and Jason Zuk (head coach).

Front row: Josh Bazilewich, Jaxon Loewen, William Caldiera, Johann Fridfinnson, Ashton Kornelsen and Ty Plett.



EXPRESS PHOTO BY ANITA WILLIS

The Interlake Atom 'C' girls' hockey team won silver at the provincials in Reston last weekend. Interlake lost 2-1 to Glenboro in the gold-medal game on Sunday. Earlier in the day, Interlake blanked Hamiota 4-0 in a semifinal game. Interlake began tournament play last Friday by shutting out Altona 1-0 and then defeated Westman 2-1 and Elkhorn 2-1 on Saturday.

Pictured back row, from left to right: coaches Kyle Willis, Jason Oughton and Wes Henry. Middle row, from left to right: Payton Mowatt, Kylie Combot, Myla Johannesson, Jencie Henry, Abby Oughton, Kailey Ostrander and Lauren Morin. Front row, from left to right: Hailee Strachan, Kerri Combot, Daisy Ducharme, Erin Martens, Karen Caumartin, Paige Powroznik, Shelby Buors and Vayha Willis. Laying in front is Riley Swanson.

Ab McDonald enshrined in Jets Hall of Fame

By Ty Dilello

On Feb. 26 before the Winnipeg Jets hosted the Minnesota Wild, the team paid tribute to a couple of former captains in a big way. Ab McDonald and Lars-Erik Sjoberg were inducted into the Winnipeg Jets Hall of Fame and their banners were proudly raised to the rafters during an emotional pre-game ceremony.

It's a little-known fact that McDonald was born in St. Andrews and spent his first four or five years there before moving into Winnipeg's Weston neighbourhood. McDonald had some uncles that were farmers in St. Andrews too and his family owned land by the golf course and church for a number of years.

McDonald did everything a hockey player should. A solid playmaker of his day whose lanky frame made it difficult for opposing defencemen to push him off the puck, McDonald is in rare company for winning four Stanley Cups in his first four seasons in the National Hockey League (three with Montreal and one with Chicago).

When the Winnipeg Jets joined the World Hockey Association in the early 1970's, McDonald was the team's inaugural captain and scored the club's first ever goal.

"It was really great to be able to come home," McDonald recalled. "I always thought during my career that it'd be really nice if pro hockey was in Winnipeg and I could go and play in my hometown. When the WHA came about and Winnipeg was going to be



Ab McDonald's wife and kids at the Winnipeg Jets Hall of Fame induction ceremony.

included in the league, it was at the point where I was getting towards the end of my career, so when I was asked to play here it was a no-brainer. It was something I always wanted to do and we had a pretty good club the few years I played in Winnipeg before I retired. If it wasn't for the WHA Jets, we might not have the team here today.

In addition to his two seasons with the WHA Jets, McDonald played sixteen seasons in the NHL with the Montreal Canadiens, Chicago Blackhawks, Boston Bruins, Detroit Red Wings, Pittsburgh Penguins and St. Louis Blues, scoring 430 points in 762 NHL games. He also played in five



The wives of the late Ab McDonald, left, and Lars-Erik Sjoberg drop the ceremonial puck with their families and other former Winnipeg Jets captains at the ceremony.

NHL All-Star Games and was in the top-10 for All-Star voting at left wing.

McDonald was one of the most universally liked hockey players the game has ever seen. He was one of those people that would do literally anything for anyone and I always had a lot of respect for that.

I was fortunate enough to know McDonald a little bit in his later years. When I wrote my Golden Boys (The Top 50 Manitoba Hockey Players of All Time) book, I spoke with McDonald numerous times as he was #28 on the list. Of all fifty players in my book, McDonald was the only Winnipegger that was still alive and living in town, and when the book came out, he was

kind enough to spend an evening with me at McNally Robinson for the book launch, giving a wonderful speech and signing copies of the book for everybody that attended. I will be forever indebted to him for doing that because I know that people wanted his autograph a lot more than mine.

When McDonald passed away last year from cancer at the age of 82, the whole hockey world seemed to stop and mourn his passing. McDonald touched a lot of people's lives and the Winnipeg Jets did right by inducting the St. Andrews native into their Hall of Fame.

Halterman a hero as Falcons fly past Warriors

By Brian Bowman

Home ice wasn't much of an advantage in the Capital Region Junior Hockey League playoff series between the Lundar Falcons and St. Malo Warriors.

The road team won all three games as Lundar edged the Warriors 4-3 in Game 3 of their best-of-three series on Sunday in St. Malo.

The Falcons' Xavier Halterman scored the eventual game-winning goal — his third of the game — with 2:18 remaining in the third period.

Lundar took a 2-0 first-period lead as Josh Wilkinson and Halterman tallied.

But St. Malo's Camden Cline replied with a goal late in the opening period. Halterman scored to give the Falcons a 3-1 advantage but the Warriors tied the score with goals from Justin Sven-

son and Robert Guimond before the middle frame ended.

Chris Lesage made 29 saves for the win.

Lundar started the series with a thrilling 5-4 double overtime win over the Warriors in St. Malo Friday evening.

Shayne Desjarlais scored the game-winner in OT.

Cline scored to stake St. Malo out to a 1-0 first-period lead and then the Warriors went up a pair of goals when Alex Murray tallied early in the second.

But Lundar's Derek Benson scored a huge goal just 15 seconds later.

Falcons' forward Storm Swan then went to work, scoring a natural hat trick to put the visitors up 4-2. His third goal was a shorthanded marker.

St. Malo battled back, though, as

Svenson scored a power-play goal midway in the third. Evan Wuerch then added a shorthanded marker 1:21 later to tie the score at 4-4.

Lesage made 31 saves for the win.

St. Malo evened the series with a 5-3 win on Saturday in Lundar.

The Falcons looked to be in good shape with a 2-0 lead after 20 minutes as Drake Zimmerman and Dennon Sichewski tallied.

But St. Malo stormed back in the second with goals from Wuerch (two), Svenson, Hayden Hildebrand and Tyrel Bueckert.

Lundar's Riley Wirgau scored the lone goal in the third.

The Falcons' Braden Paulic, Halterman, and Sichewski each finished the game with two points.

Lundar now advances to a best-of-seven semifinal series with the Sel-

kirk Fishermen.

Game 1 will be played Saturday in Selkirk while Game 2 is slated for Sunday in Lundar. Both games will start at 7:30 p.m.

Meanwhile, the Arborg Ice Dawgs began their best-of-seven semifinal series with a 5-2 home loss to the North Winnipeg Satellites.

Nathan Jones led North Winnipeg with a hat trick while Parker Cassie and Brayden Clarke also tallied.

Colton Davies and Ethan Chwaliboga replied for Arborg, which led 2-1 late in the second period before surrendering three goals in a 4:40 span.

Game 2 of the series was played this past Tuesday in north Winnipeg but no score was available at press time. Game 3 is set for Arborg on Saturday (7:30 p.m.) and then Game 4 returns to Winnipeg next Tuesday (8 p.m.).

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Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided.

Copies of the financial plan are available for review and may be examined by any person during the regular office hours of the Municipal Office. A copy of the financial plan is also posted on the Dunnottar website (www.dunnottar.ca).

Dated this 22nd day of February, 2019.

J.M. Thevenot, C.M.M.A.
Administrator

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

Level: Intermediate

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

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Sudoku Answer

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

Crossword Answer

CROSSWORD

- CLUES ACROSS**
- Public broadcaster
 - The media
 - Manila hemp
 - Not just "play"
 - Trailblazing German historian
 - Type of puzzle
 - Plant in the daisy family
 - Not young
 - Dennis is one
 - Revealed
 - But goodie
 - Absurd
 - Commercials
 - University of Dayton
 - Expression of annoyance
 - Stories
 - More critical
 - Of I
 - Time units (abbr.)
 - Arousing intense feeling
 - High schoolers' test
 - Trauma center
 - Astronomical period
 - Fights
 - Italian Lake
 - Rhenium
 - Baseball stat
 - State of consciousness
 - Some is dietary
 - Stringed instrument
 - Kidman, actress
 - Orator
 - Ottoman military commander
 - Makes known
 - Type of font
 - Cool!
 - Short musical composition
 - Porticos
 - Not wet
- CLUES DOWN**
- The upper part of a duet
 - Carpenter's tool
 - Outrageous events

| | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 | | | 15 | | | | | 16 | | | | | |
| 17 | | | 18 | | | | | 19 | | | | | |
| 20 | | | 21 | | | | 22 | | | | | | |
| 23 | | | | | 24 | 25 | | | | | 26 | 27 | |
| | | 28 | | | 29 | | | 30 | | | | | |
| 31 | 32 | | | | 33 | 34 | 35 | 36 | | | 37 | | |
| 38 | | | | 39 | 40 | | | | | | 41 | | |
| 42 | | | | 43 | | | | 44 | 45 | | | | |
| 46 | | 47 | 48 | | | 49 | | 50 | | | | | |
| 51 | | | | 52 | 53 | 54 | | | 55 | | | 56 | 57 |
| | | 58 | | | | | | 59 | | | | | |
| 60 | 61 | | | | | | 62 | 63 | | | 64 | | |
| 65 | | | | | | 66 | | | | | 67 | | |
| 68 | | | | | | 69 | | | | | 70 | | |

4. Procedures
5. Type of party
6. Between northeast and east
7. Sanskrit (abbr.)
8. NJ college ___ Hall
9. Sharp mountain ridge
10. Observed something remarkable
11. One who obeys
12. ___ de sac
13. Sign language
19. Predecessor to Protestantism
21. Right-hand man
24. ___ anglicus: sweating sickness
25. People who proof
26. Israeli Defence Forces sergeant
27. Remains as is
31. Receptacle
32. Archers' tool

34. Gets up
35. Unit of energy
36. Explains again
40. Pa's partner
41. Region bordering the sea
45. Type of acid
47. Lesotho capital
48. Gave a speech
52. Irregular as though nibbled away
53. Neither
54. Copyreads
56. Edward ___, British composer
57. Prepared
59. Launched Apollo
60. Relative biological effectiveness (abbr.)
61. Protects from weather
62. Feline
63. Equal

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of our
husband and father
Peter
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The world changes from year to year,
Our lives from day to day;
But the love and memories we share of you,
Will never pass away.

-Loved and remembered,
Lovie and Alan

IN MEMORIAM

Ed Sielski
December 7, 1918 - March 8, 1996
May the winds of heaven blow softly,
And whisper in your ear;
How much we love and miss you,
And wish that you were here.

-Lovingly remembered by
wife Olive and family

OBITUARY

Blair Robert Ellison

Blair Robert Ellison passed away on Tuesday, February 26, 2019 at the age of 59. He was predeceased by his dad Merle. He is survived by his daughters Saveja and Monique, his mom Alice, sister Maureen, nieces Chelsey and Ashley and their families, and his nephew Tyler.

In keeping with Blair's wishes, there will be no service.

Donations may be made to the Salvation Army Winnipeg Booth Centre, 180 Henry Avenue, Winnipeg, MB, R3B 0J8

Forever in our hearts.



204-886-0404

OBITUARY



Gary Raymond Einarson

Gary Einarson, beloved husband of Linda, passed away peacefully with his family at his side on March 1, 2019.

Gary was born in Gimli on October 4, 1949 to Palmi and Violet Einarson. Gary had a wonderful childhood growing up on a farm in the Minerva area near Gimli. He attended the University of Manitoba where he obtained a Bachelor of Arts and a Bachelor of Education. Later he completed a Masters in Education and a Certificate in Special Education. In 1971 he married Linda Sargeant and they settled in Souris, where they raised their two children, Bjorn and Erika. Gary liked to say Souris was "a good place to raise children", and it was. Gary spent his entire career working for the Souris Valley/Southwest Horizon School Division, first as an English teacher and later as the Coordinator of Special Education.

Gary was predeceased by his brother Lynn and his sister-in-law Lori Sargeant-Radomski. Gary is survived by his wife and best friend of 47 years, Linda; children Bjorn Einarson and Erika Martin (Jarrod); grandson Greyson Martin; sister Judy MacKinnon (Rod); brother-in-law Terence Sargeant (Tag Haney); sisters-in-law Gail Syberg (Christian), Eileen Soprovich (Dan), Christine Sargeant (Jim Brittain), and brother-in-law Phil Sargeant-Radomski; as well as numerous nieces and nephews who all loved him dearly.

Gary was a kind, patient, and compassionate man. Wise and witty, he especially loved writing, telling stories, participating in theatre and being a home handyman. Family life, at home and at his cottage, was what he valued most. He met the challenges of Parkinson's Disease with stoic resolve, even as it robbed him of his strength and freedom.

A celebration of Gary's life will be held in the summer.

In lieu of flowers, donations can be made to Parkinson Canada in Manitoba, #7-414 Westmount Dr. Winnipeg MB R2J 1P2.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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