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Playing with fire

EXPRESS PHOTO BY PATRICIA BARRETT

Members of the Arborg-Bifrost Fire Department burnt down a farmer's house north of Ledwyn Saturday morning during a training exercise.

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Arborg-Bifrost Fire Department plays with fire

By Patricia Barrett

The Arborg-Bifrost Fire & Emergency Department burnt down a farmhouse last Saturday near Ledwyn, north of Arborg, to provide vital fire-fighting training to its newest members.

John Dueck and his family built a new home on their farm and gifted the old one to the fire department so that it could experiment with various techniques.

"It gives some exposure to our newer firefighters to see how it burns," said Fire Chief George Chyzy, who attended the exercise.

Some burn requests are made through the Town of Arborg or the RM, and if there's training value in it — and it's safe to do so — the department will set them alight.

"We had a two-and-a-half storey house outside Arborg," said Chyzy, "and we used it for two months doing different burns to see different burn patterns."

In addition to building donations, property owners will usually make a monetary donation to the department to help cover the costs of paying firefighters and use of the equipment.

Dueck, whose farm is located a few miles north of PR 329, will be providing a monetary donation.

"It was really nice of him," said Operation Deputy Chief Leroy Loewen, who led the exercise. "This gives them first-hand experience in zero visibility in a room. You can watch the smoke build."

Carter Jacobson, who has been with the department for about a year, and will be completing his Level 1 (basic) training next month, said the exercise was beneficial.

"I learned how different places in the house get hotter than others. The upstairs, obviously, gets hotter than the bottom. And we broke the windows to have the fire move."

Jacobson was joined by fellow recruit Robert Hofer and firefighters Kristin Bartsch, Randy Dueck and Wilson Delos-Trinos. They started a fire (without the use of accelerant) on the main floor addition of the one-and-a-half storey house.

They then circled the 1940s-era building to pinpoint the location of the fire, determine whether anybody outside had knowledge of people or pets inside the dwelling, and locate hydro lines, which can burn off a building and snap along the ground (for this exercise, a thorough search of the house was made prior to firing it and hydro lines had been disconnected).

Firefighters would then determine

how best to manipulate the direction of the fire to save unburned parts of the dwelling or to prevent the fire from spreading to nearby buildings.

"If we were to put this fire out, we would come from the unburned side," said Chyzy, "and push towards the fire, pushing it back on itself."

Another way to direct its course is to lure it towards a fresh source of oxygen. To do that, a firefighter swung an axe through a window in the addition.

Within minutes, a tongue of flame about seven-feet long came shooting out the window, as though it had been propelled by a cannon. As the fire progressed towards the roof, it created tornadoes in the farmyard.

"Fire actually makes its own weather," said Deputy Fire Chief Andy Barylski, pointing out the twisters. The heat could be felt from about 30 feet away.

When the fire burned a sizable hole in the roof, a massive fireball erupted high above the house along with thick plumes of smoke that took on various hues, depending on what materials were burning. Black smoke is likely caused by tar in the shingles, said Chyzy.

Training Captain Randy Dueck, who operated the pumper, had perhaps the most important job of all: preventing the water from freezing in -25.

Dueck said he had to continually circulate the water (which is heated) in the truck in order to keep it flowing.

"If you do that [circulate it] for any length of time," said Chyzy, "it will actually boil on you and you've got to add some cold water or shut 'er down for a bit."

Firefighters also set up a portable 2,100-gallon water storage tank next to the pumper.

The storage tank, which takes about 20 seconds to unfold and a few minutes to fill, is a vital piece of equipment when it comes to fighting fires in remote locations, such as farms.

"You can dump the water out of the tanker (which holds 900 gallons) and go back to town for more water," said Chyzy.

The speed at which fire can move can't be understated. It took roughly 15 minutes for the fire to "fully involve" (which means a total loss) the addition. That's the amount of time (about 12 miles) it would have taken the department to arrive on scene had this been a real fire call.

"We would have arrived here when that half was going and this part untouched," said Chyzy. "When you put water in the middle and push the fire that way, there would be smoke and water damage, but the [main] build-



EXPRESS PHOTOS BY PATRICIA BARRETT

The different smoke colours indicate different types of materials (black is likely the tar in shingles).



Leroy Loewen (right), Kristin Bartsch (centre) and Wilson Delos-Trinos watch the blaze.

ing would still be intact."

In newer homes, he said it would take about 20 minutes to completely destroy it.

"Usually in an older home, the stuff that takes longest to burn is your main beams because in the old days, they used solid beams, about 8x10," said Chyzy. "In new construction ... it's chipboard and everything's glued together and it burns really quick. The glue is like an accelerant. The floor gives way. You've got 20 minutes and the house is gone."

Trees close to a house could help prevent the spread of fire.

"If there's wind," said Barylski while measuring the temperature of the fire (1,100 degrees) with the department's thermal imaging camera, "the trees will slow it down to a point. You can hose them down, keep the trees wet, and keep the building wet so it won't



Training Captain Randy Dueck oversaw the operation of the pumper, ensuring water constantly circulated and did not freeze.

catch fire."

Working in frigid temperatures poses a challenge to firefighters. Not only did they risk breaking bones on the thick layer of ice that formed around the house, but they felt the cold through their turnout gear.

"I've got a few layers underneath just to be comfortable," said Loewen, "and I put on thick socks."

The department recruited a significant number of volunteer firefighters over the past year.

"We're doing a Level 1 class for 11 students right now," said Chyzy. "Out of that 11, five are from Riverton. And they'll go back to Riverton."

The main causes of building fires are electrical, arson, careless smoking and careless cooking.

The department teaches the public how to prevent fires and how to handle small fires.

Southern Chiefs meet in Ashern to discuss flood preparation

By Jeff Ward

Representatives from 22 Southern Chiefs Organization (SCO) nations gathered in Ashern recently to discuss the issue of potential spring flooding and how to be prepared for emergency situations.

SCO Grand Chief Jerry Daniels led the meeting on Feb. 16 at Ashern Centennial Hall and brought in representatives from the Red Cross and Indigenous and Northern Affairs Canada.

Jamie Neufeld, environmental advisor to Grand Chief Daniels, said that the meeting was an important step in making sure all SCO members had updated emergency contact information. He said that Ashern was chosen as the location for this meeting because of its central location and that it gave all SCO members an equal opportunity to attend.

Neufeld added that the meeting was also a space to discuss a long-term flood mitigation strategy for all members and to prepare for what he believes will be a bad year for flooding.

"Peguis has flooded every year for the last 20 years so part of our conversation is what can be done about that," said Neufeld.

"We also discussed how to access emergency funds and how to access direct outreach. A lot of this is a refresher but we want to get ahead of any potential emergencies that we might face this year."

Neufeld said that much of the meeting was centred on how to get ahead of future floods by investing in flood mitigation now. Infrastructure like dikes and reservoirs as well as revitalization of marshland and more natural flood buffers were key talking points. Neufeld explained that while these projects take a significant amount of capital to accomplish, the upfront cost today would be far less than the continued relief funds each and every year.

"Assuming Trudeau's carbon tax goes through, we could mitigate those taxes by investing in green projects that also protect us from future flooding. Starting next week, we will be going out to each SCO community in order to address their specific flood plan," said Neufeld.



Solider on

EXPRESS PHOTO BY NATASHA TERSIGNI

Canadian Armed Forces soldiers, including Pte. Tracy Shier, right, stopped by Sigurbjorg Stefansson Early School on Feb. 24 to visit with kindergarten students and to talk about the military. The troops were in town for part of a weeklong Army Exercise ARCTIC BISON 2017, an annual winter exercise to ensure Reservists with 38 Canadian Brigade Group can operate in austere weather conditions in support of domestic operations in Canada's North.

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Gimli council rezones agricultural land at Industrial Park

By Patricia Barrett

An 11-acre parcel of land in Gimli's Industrial Park that was formerly designated agricultural land is now ready for business development.

But council's negotiations with one business owner — Donald Salkeld, former president and CEO of the Freshwater Fish Marketing Corporation — who had expressed interest in acquiring the site for a fish plant are "nowhere."

At its regular meeting on Dec. 8, council approved third and final reading of Bylaw No. 16-0015, which allows the land to be used for industrial purposes.

Mark and Lisa Michaluk, who live on Gimli Park Road and whose property borders the RM-owned land, had objected last December to the rezoning, citing issues with the poor condition of the gravelled road and increased traffic, noise and dust.

Council had passed second reading of the bylaw at its Dec. 14 meeting despite the Michaluk's concerns. The family then wrote a second letter of objection (Dec. 29) to council, which required a hearing before the Eastern Interlake Planning District board before council could move to third reading.

In addition to reiterating the objections they had made the first time around, the Michaluks cited a decline in property value.

"We believe that if Pcl A is re-zoned for industrial business use ... the future re-sale value of our home/property could definitely suffer as the average family would not be open to country living that has industrial type businesses adjacent to it."

Mayor Randy Woroniuk wrote a letter to the EIPD board, stating that the change to the designation of the land would be in keeping with the overall purpose of the park.

"The Gimli Business Park has been in place for over 40 years and has developed slowly over that time period," he wrote in a letter dated Feb. 2. "The zoning matter before you today is one of the final areas to be properly zoned to reflect the current and intended use of land for the Airport and the Business Park."

The EIPD board agreed with the mayor's argument.

It ruled Feb. 22 that the rezoning would be "compatible" with the surrounding area and that the RM could proceed to third reading of the bylaw. It also cited a written commitment the RM made to the Michaluks to "improve the condition of Gimli Park Road," and further noted that no commitment between the RM and any developer had been made.

During council's March 8 meeting, the mayor said the bylaw just addressed the "rezoning of land" and that it was not done for the purposes of establishing a fish plant.

Coun. Richard Petrowski said the proposed fish plant was not related to the rezoning; it was looked at on its "own merit and then whatever happens after that, that's a different thing. When you rezone it, you're not supposed to think there's a fish plant. You think about what it's supposed to be — industrial."

Responding to a media question, the mayor agreed that the impetus for undertaking the rezoning had been preliminary discussions with the proponent of the fish plant.

Assistant CAO Kristin Strachan added that, "It triggered the rezoning, looking at the land and realizing that it's not zoned [properly]."

Salkeld, whom the federal Crown corporation placed on administrative leave in March 2016 and then subsequently fired in December for actions "fundamentally incompatible with his position," had announced Dec. 15 his intention to build a fish plant in Gimli called Northern Walleye Inc.

The Michaluks wrote that they believed council wanted to facilitate Salkeld's plan to establish his plant.

"Prior to the first public hearing, we believed that the key underlying primary motivation for the re-zoning of Pcl A was for the potential sale to the speculators of a fish processing plant ...," they wrote in their Dec. 29 letter. "Interestingly, the day after the [first] public hearing ... at the Lakeview Resort ... in Gimli, an announcement was made that a fish processing plant would be up and running in the Gimli Business Park by the fall of 2017, operated by Donald Salkeld (the President/CEO of FFMC), who interestingly has since been terminated for cause from that position as of Dec. 22."

As reported by the *Express* in its Sept. 29, 2016, edition, council had entered into a gentleman's agreement (preliminary discussions) with Salkeld for the 11-acre parcel, contingent upon his presenting a business plan that would satisfy them.

The mayor indicated that a recent March meeting with Salkeld and his representatives had not advanced the negotiation for the land.

At issue are concerns as to how Salkeld will deal with the waste generated by his proposed fish plant and whether that could negatively affect the town's sewage system.

"We did sit down with him about a week ago, and right now there's a number of questions," said Woroniuk. "Before a plant can be established, we



EXPRESS PHOTO BY PATRICIA BARRETT

Residents living along Gimli Park Road, seen here looking east to Highway 8, objected to the RM's designating agricultural land (Parcel A) that's adjacent to their property into industrial land. The residents believe there will be increased traffic on the road if a fish plant is built on the new industrial site.



MAP COURTESY OF RM OF GIMLI

need to know that the pre-treatment of the waste is manageable for us. They gave us a technical report that they had received from somebody, and then we gave that to our engineer, which came back with a whole slough of questions. And now they [Salkeld] have to answer those questions."

In June 2013, Teulon Mayor Bert Campbell, spoke about a legal battle the town had had with Salkeld in the 1990s when he operated Northern Goose, a goose processing plant. There were serious issues, Campbell was quoted as saying during a council meeting, with feathers and fat blocking the town's sewer lines.

Gimli council wants to ensure its

wastewater system won't be compromised.

"For us, we have to be very cautious that our wastewater treatment plant isn't going to be impacted by this," said Woroniuk. "Right now, we're nowhere. We're still in the discussion phase."

As to the upgrading of Gimli Park Road, paving is unlikely.

"We don't know yet," said Coun. Danny Luprypa. "It needs to be upgraded. I don't think we have the budget (for paving). It's very unlikely that will be paved."

It would cost roughly \$1 million to pave about a mile.

Interlake artists paint paddles for clean water campaign

By Jeff Ward

Artists from Ashern and Moosehorn donated their talents to paint canoe paddles to help raise awareness and money for Winnipeg's Buchanan School in their "Water is Everyone's Responsibility" initiative.

Sharon Cote, Dennis Rawluk, Ming Gering and Doug Tritthart put their unique spin on the theme of water quality and respect for the environment while also paying homage to the ways that First Nations, Metis and Inuit people relate to nature.

The project is ongoing at the kindergarten to Grade 5 school and is being curated by teacher Linda Stuart. Stuart contacted the Interlake artists after she spoke with another teacher, Gary Borger, who knows Rawluk. Once the connection was made, Rawluk helped line up the other artists while also contributing his pieces.

The paddles painted by Interlake artists are a unique representation of how artists interpret the theme.

Gering painted a mother crane feeding her young in the wild with a windowpane to frame the piece that displays the elements of water and light. Rawluk's work displays an eagle perched on a rock in front of a stream of sky blue water. He also painted a second paddle with a poplar tree, which is a common tree in the Interlake and one that he said forms the base of many natural habitats.

Tritthart's paddle features a pair of loons leading their chicks across a perfectly calm mirror-like lake. Tritthart wrote in his bio that the scene "evokes the natural beauty of Manitoba's Interlake and the need to protect

these habitats for future generations to come."

Cote's painting is of a polar bear. Although they don't inhabit the area, the polar bear is one of the most at-risk species due to the effects of climate change.

"Water, the environment and wildlife are all connected, and the polar bear is the focal point of my piece because they're extremely vulnerable right now," said Cote.

"It was a true privilege to be a part of this project — to be asked to do this. I think it's such a great way to support an issue, and this is such an important one to me. I've been an artist for more than 30 years but I've been an environmentalist all my life," said Cote.

Stuart said that she was impressed by the artists' submissions and was thrilled to have them be a part of the project. Currently, the paddles are hung on the wall inside the school, surrounded by many others with their own way of exploring the theme.

Stuart explained that the school now has over 70 paddles and there are likely more on the way. The whole idea began when students weren't able to drink from the fountain safely from Jan. 27 to 29 last year when Winnipeg was under a boil water advisory and they needed to bring clean water in from home.

Stuart said that the situation began a discussion in the school about the environment and the need for clean water access. These conversations led to a discussion about First Nation communities, Like Shoal Lake First Nation, that have been under boil water advisory for 20 years.

"Our main goal here is awareness,"

"IT WAS A TRUE PRIVILEGE TO BE A PART OF THIS PROJECT — TO BE ASKED TO DO THIS."



EXPRESS PHOTO BY JEFF WARD

Works from Doug Tritthart, Sharon Cote, Denis Rawluk and Ming Gering hang on the walls of Buchanan School in Winnipeg. Their submissions will be auctioned off later this year to raise money for local and global water issues.

said Stuart.

"We want to continue to bring awareness to these issues and make sure that people don't forget. We take our clean water for granted, but we shouldn't. The paddles are our way of showing respect to that idea."

Cote said that she was proud to be a part of that message and said that this project has gotten her out of a bit of an artistic slump.

"It was very invigorating to be asked to do this and I agree so much with the message behind the art. I think that anytime you can say something important with a piece of art, you should do so. When people look at them, they should know that these send a message about the environment," said Cote.

Stuart said that one of the goals is to make sure that those who come to view the paddles have the message stick in their brain.

"To have people continue to think about it and talk about it is the real goal. We never want to let the awareness die down," said Stuart.

The paddles will be auctioned off later this year with the proceeds going towards a local or global water issue.

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> ARNIE WEIDL Keep the fire stoked before going to bed

Hi everyone.

Time after time when driving along Highway 9 through Sandy Hook, my eyes turn eastward to the ice shacks off the south end of Willow and Crow Islands on Lake Winnipeg. It bothered me that winter was almost over and I hadn't yet visited our anglers there.

The Gimli, Sandy Hook area has a shallow water "lagoon" just like south Grand Marias does. When I finally got a free afternoon last week, off I went clipping along its flat glare ice surface right up to those shacks by the Islands. One in particular stood out. It was large and grey, built more like a cottage with a heavy white door and trimmed windows with a truck parked beside.

I called out "Hello" as I left my truck. "Come on in," boomed a hearty, re-sounding voice from inside.

Near the door sat a fellow with a wide smile exposing an abundance of very white teeth. His name was Al Beck, he said, in a forceful, gravelly voice. He sported a full brown beard and moustache. Tinted glasses covered eyes that darted about as he talked. The old cap on his head was bent to his liking. Sitting around on wall benches were his wife Colette, sister-in-law Lucy, brother-in-law Tommy and mother-in-law Thelma. Introductions and pleasantries eventually led to Al remembering a fishing experience when two friends were fishing here with him in the open.

Al had two holes working while the others close by had one each. Suddenly, one friend got a strike — a big one. All these boys, in their time, had landed a big fish and could see it was going take some care to bring this one



EXPRESS PHOTO BY ARNIE WEIDL

Darrell Born and his son Keith of Winnipeg with their catch on the Red River upstream of Selkirk.

up. Al and the other friend ran over to help, grabbing the line with their gloves. The fish felt shockingly heavy. The line strained and then whipped and darted back and forth with frightening speed. Al, just by reflex, shot a look at his rods, seeing them both disappear down their holes. His friend by his shoulder grunted, "My rod just disappeared too."

Slowly they worked the fish to the hole, its head just fitting. Finally, up it came with lines wrapped all around it — and on the end of those lines were the boys' three fishing rods. No way that fish was getting away.

Some time ago, I met Darrell Born, and his son, Keith, fishing in the open on the Red a bit upstream of Selkirk. They had caught a few fish and agreed to hold them up for a picture. The fish were so slippery, though, that they had a terrible time holding onto them.

They had to rinse their hands off in the cold river water a few times to get a grip on the fish before we finally got a picture.

Thanks a lot guys for hanging in there. Just before I left, Keith said his girlfriend, Aries, had a talent for catching fish on their fins. More than once, he had to make her ice hole bigger because the fish was coming up sideways.

Somewhere between Beaconia and Balsam Bay about a mile offshore on Lake Winnipeg, I met a heavily built, round-faced young chap with a moustache and goatee getting his ice shack ready for a weekend of fishing. Our new friend, Ben Barbula from Winkler, was about to start a fire in the wood stove but took time to jump into my truck for a brief talk.

Continued on page 8

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Lundar to celebrate bittersweet winter carnival this weekend

Carnival King and Queen contestants to be crowned Saturday night

By Jeff Ward

This weekend marks the 69th annual Lundar Winter Carnival and the final carnival held inside the Lundar Arena as it is today.

Next year, organizers are hoping that the carnival will take place in a newly renovated arena.

Event organizer Michele Sigfusson said that it will be an emotional weekend for many parents and grandparents who've spent decades celebrating events in the building.

This year on March 17 and 18 there will be dozens of activities for families to enjoy and many of them are free. Sigfusson said that one of the main goals each year is to make sure that every family can come out on the weekend and enjoy the festivities.

The Winter Carnival is about bringing the community together, and this year that goal is more important than ever. Public skating, hockey, a pan-

cake breakfast, kids' fun land, face painting, a costume parade and the final family skate in the old arena are just some of the numerous weekend activities.

"It's going to be very emotional to a lot of people," said Sigfusson.

This will be final carnival before arena renovations begin.

"Many people who helped build this place are going to be there and I know they're feeling emotional about it. There's a lot of history here and they know the community is so proud of them for building this place. We'll be sad to see it go but also very excited for the new building."

There's an interesting dichotomy between the desire to have a brand new arena facility filled with new technology and the nostalgic longing for the old faithful that has stood on Main Street since December 1953.

Sigfusson said that the carnival has

been around longer than the arena. For the first few years, it was all done outdoors and the ice surface needed to be shovelled before hockey could take place.

Ashley Sigfusson, sponsored by the Lundar Grettir Coop Inc., and Theresa Stevenson, sponsored by the Lundar Legion Ladies Auxiliary Branch #185, are the two carnival queen contestants this year. The two carnival king contestants are Shayne Desjarlais, sponsored by the Lundar Elks Lodge, and Morgan Granberg who, sponsored by the Lundar Grettir Coop Inc.

Winners will be selected based on how many tickets they sell with prizes of \$300, \$200 and \$100 going to first,

second and third places respectively. Crowning of the king and queen will take place shortly after opening ceremonies on Saturday evening.

The ice show Saturday night is always a highlight for the carnival weekend. Sigfusson said that the skaters have put a lot of work into their show, which has a country theme this year, and she knows people will be blown away by what they have in store.

"We're also trying to get all of the old carnival queens and past participants together as well for a ceremony after we crown our new king and

queen. We figured it would be the perfect time to recognize all of them," said Sigfusson.

Any past carnival queens are encouraged to contact Judy Malcolm at 204-739-8220 or Carla at 204-739-8304 to get involved.

"MANY PEOPLE WHO HELPED BUILD THIS PLACE ARE GOING TO BE THERE AND I KNOW THEY'RE FEELING EMOTIONAL ABOUT IT."

Proposed legislation reaffirms government's commitment to fiscal responsibility

Submitted

The Manitoba government is introducing legislation that would ensure the sustainable financial future of the province, Finance Minister Cameron Friesen said Monday.

"Our government has committed to Manitobans that we will restore prudent fiscal management in order to ensure the sustainability of services today and into the future," said Friesen. "The fiscal responsibility and taxpayer protection act would set out clear rules for managing government budgets and would include financial penalties for ministers who fail to achieve legislated targets."

The proposed legislation will require government to:

- table a budget before April 30 every year with a fiscal responsibility strategy outlining the government's current and future financial objectives;

- refrain from incurring a deficit of more than a baseline amount — this would be the lesser of either the annual deficit amount projected for the 2017-18 budget or the lowest actual annual deficit amount for any fiscal year beginning with 2017;

- calculate deficit or surplus amounts on a summary basis;

- maintain a balanced or surplus budget once a deficit has been eliminated; and

- address debt reduction once a budget is balanced.

The legislation would also require 20 per cent of all ministerial salaries to be withheld each year that a deficit occurs. The amount withheld would increase to 40 per cent if two consecutive years of legislation-contra-vening deficits were experienced. This amount would be paid to ministers only if the government demonstrates progress from the baseline deficit.

If the deficit were to exceed the leg-

islated requirement by \$100 million or more, the entire amount withheld from the annual ministerial salaries for the year would be forfeit. If the deficit were to exceed the legislated requirement by less than \$100 million, a proportional amount withheld from the ministerial salaries would be paid. For example, a deficit exceeding the legislated requirement by \$80 million would mean that 80 per cent of the amount withheld would be forfeit, a deficit exceeding the legislated requirement by \$30 million would mean that 30 per cent of the amount withheld would be forfeit, and so on, the minister explained.

"Fiscal management and deficit re-

duction remain a top priority of our government as we make the reforms necessary to set the course to fiscal recovery," said Friesen. "This legislation would require government to demonstrate real progress toward balance through progressively smaller deficits, while ensuring the rules around compensation to cabinet ministers reflect our commitment to returning to balance."

The legislation would also require a non-binding referendum before the government introduces any bill to increase tax rates under The Health and Post Secondary Education Tax Levy Act, The Income Tax Act or The Retail Sales Tax Act.

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Community gathers to see designs for new Lundar arena

By Jeff Ward

Approximately 150 people gathered to look at the new designs for the Lundar arena and to ask questions of the Lundar Grettir Coop Inc. about the project.

Visitors packed the arena on Feb. 27 to get information on the arena's new design, the feasibility study, grant money and the financial plan.

Grettir secretary Sandra Johnson said the room was filled with many excited people eager to get a look at the space the community has been fundraising for years to get.

The new design has the old wooden arch structure being torn down and replaced with a precast concrete building that will stretch over the existing change rooms. Johnson said that the cost is estimated between \$3.5 million and \$4 million for Phase 1.

The arena seating will be changed to utilize the old Winnipeg Blue Bombers seating that Grettir volunteers salvaged before the old stadium was torn down. There will also

be an eight-foot-wide walking track, an elevator to reach the second floor and a heated viewing area. Much of the second floor area, including a future exercise room and offices above the change rooms, will be tackled in Phase 2 of the project. However, a timeline and estimated costs on Phase 2 are unknown at this time.

Grettir recently announced they received a grant of \$500,000 from the Canada 150 Community Infrastructure Program — a program put in place by the previous federal Progressive Conservative government to help fund renovations to infrastructure that provides community and cul-

tural benefits for the public. The grant money gave a shot in the arm to Grettir, which is planning to start Phase 1 of the project sometime in April with construction being completed around the time the next hockey season begins in the fall, said Johnson.

"People are very excited about this and the questions they had were mostly on the design of the space," said Johnson.

"What we're working on now is Phase 1 of the project, and as we get farther into that process, we can figure out what we need to get Phase 2 complete. That's the second floor of the complex and everything that goes along with that."

Phase 1 also includes flipping the entrance to the north side of the building.

A draft of what the local improvement tax could look like was also presented during the meeting, which shows how a portion of the cost of the project will be passed on to ratepayers.

Coldwell CAO Nichole Christensen said that the plan shown at the meeting is only a draft and a public meeting needs to take place to get public input before any tax can be discussed with any certainty. At the time of writing this article, a public meeting hasn't been scheduled.

"Our plan has this being more of a regional multiplex for our area and it will be a big draw for our community. That's why excitement is so high. After years of fundraising, all of the things we've talked about are finally going to come true," said Johnson.

She added that construction is estimated to begin in April.

"PEOPLE ARE VERY EXCITED ABOUT THIS AND THE QUESTIONS THEY HAD WERE MOSTLY ON THE DESIGN OF THE SPACE."

> GET FISHING, FROM PG. 6

We got to know each other, chatting as we looked across the unbroken flat ice. The air seemed a milky grey from a sun masked by thick clouds. Suddenly, I was caught in mid-sentence, shooting a glance at Ben as he threw his head back laughing, recalling how he, his brother Julian and brother-in-law Stephan almost froze to death in their shack a week before.

They were spending the night on the ice here and made a big fire be-

fore going to bed. It got so hot that the guys threw off their blankets, opened the door and then went back to sleep. Come early morning, the fire had gone out and the boys woke up freezing but nobody wanted to get up and close the door. They feel asleep again. Sitting beside me, I could tell Ben had a fairly respectable cold. Apparently, so did Julian and Stephan.

See you next week, gang. Bye now.



EXPRESS PHOTO SUBMITTED

More than 100 people attended a public meeting in Lundar a few weeks ago to get their first look at the designs of the new Lundar Arena.

Dog sledding education



EXPRESS PHOTO BY NATASHA TERSIGNI

Patricia Tschanen, an avid dogsledder who also owns and operates Crazy Jumpers Dog School and Boarding in Fraserwood, visited the Balmoral school to talk about her experiences dog sledding on March 10. Originally from Switzerland, Tschanen moved to Manitoba where she was introduced to dog sledding by a local musher. Tschanen attends many races throughout the province and recently returned from North Saskatchewan where she was a handler for a professional musher. "This was one of the greatest experience of my life and lucky for me he won the race," said Tschanen.

During her presentation, Tschanen spoke about dog sledding and introduced students to two of her nine dogs Fred and Balto. As a Siberian Husky, Balto is the perfect sled dog and despite being newly adopted he has taken very well to pulling the sled. Fred, a mix breed, prefers agility and following the sled demo he showed off his jumping and agility skills.

Nurse practitioners leaving Teulon's medical clinic

Questions about nurse practitioners' exit remain unanswered

By Natasha Tersigni

The revolving door of health-care professionals continues in Teulon with the recent announcement that both nurse practitioners currently working at the Teulon-Hunter Memorial Hospital medical clinic are leaving.

Early last week, the *Tribune* received information that nurse practitioners Paul Tylliros and Kaitlyn Yurick have begun notifying their patients that they are both leaving the practice. Yurick is set to leave in March and Tylliros is scheduled to work until April 13.

Information from the Interlake-Eastern Regional Health Authority (RHA) on the nurse practitioners leaving is scarce and both departure dates remain unconfirmed by the RHA. An emailed statement from Dr. Myron Thiessen, Interlake-Eastern RHA vice-president of primary health and chief medical officer, was released late Friday afternoon stating the following:

"We can confirm the two nurse practitioners in Teulon will be leaving the clinic. That being said, the model of care used at the clinic means all patients were attached to the clinic, not the individual health care provider. Because of this, clinic patients will continue to be seen and we don't foresee a significant disruption in the delivery of health care services at the clinic.

"We know Teulon's medical clinic has become an important point of access to health care in the community and we ask people to continue calling the clinic for appointments. We will have ongoing nurse practitioner support in the Teulon medical clinic until April and we are actively recruiting additional health care providers to the clinic. In the interim, we are working on bringing other health care providers in the region to cover shifts at the clinic as needed until we're staffed appropriately once more."

Questions on why the pair is leaving the clinic continue to go unanswered. When asked by the *Tribune* if he was happy about leaving the clinic, Tylliros said "No comment." At this time, Tylliros is unable to provide additional information as he remains an employee of the Interlake-Eastern RHA and is subject to their confidentiality clause.

Both nurse practitioners began practising at the clinic in December 2015

to alleviate the lack of medical professionals in the town. The clinic was, in part, an initiative by the town's Interlake Healthcare Sustainability Committee to address the medical needs of residents in Teulon by working in partnership with the Interlake-Eastern RHA. The committee includes councillors, health-care professionals and residents from Teulon and surrounding areas, as well as officials with the Interlake-Eastern RHA. The committee was created to work collectively to address longstanding issues preventing the delivery of sustainable health care in the area and was, in part, the driving force behind the nurse practitioners practising in town.

Over the last 14 months, it was reported several times that the clinic was filling a gap in Teulon's health-care services and was being well utilized by residents.

"The practitioners have left for reasons that have been made aware to the region and parties involved. People are definitely under the understanding of why they are leaving," said David Oakley, who is the chairperson of the Interlake Healthcare Sustainability Committee.

"This is a major disappointment. We are losing a couple of really skilled caregivers. There is no question about the disappointment. The relief in the process that we now clearly see is that people will not be left out high and dry because someone has left. In the past, that is what has happened in Teulon's medical community: one doctor has left and the patient has no one to look after them.

"With the clinic in town, the whole premise of what was being done from a strategic standpoint was patients were attached to the clinic and not a particular provider. What that means is that when the providers leave, as in these two nurse practitioners leaving, the patients are still cared for. They will not be told they will have to find a new nurse practitioner or doctor; they will be looked after," said Oakley, who added that the Interlake-Eastern RHA has posted the two nurse practitioner vacancies and is actively looking for their replacements.

One area that needs improvement, indicated Oakley, is the structure that the medical clinic operates under. Currently, the physical medical clinic at the Teulon-Hunter Memorial Hospital is under the care of the Interlake-Eastern RHA, and they are



EXPRESS FILE PHOTO

After 14 months at the Teulon Medical Clinic, both nurse practitioners Paul Tylliros and Kaitlyn Yurick are leaving the clinic.

responsible for any improvements and renovations. The clinic itself operates under the medical directorship of Teulon's Dr. Michael Loudon; however, the health-care providers are hired and paid by the Interlake-Eastern RHA.

The clinic model that is used in Teulon is a different model than what is currently being done anywhere in Manitoba said Oakley. A physician oversees the clinic and that physician oversees the nurse practitioners, but they are unionized nurses that work for the region.

"It is very confusing, and that is part of some of the bumps that we have hit in the road here in understanding that dynamic," added Oakley.

"The plan is to have two new

nurse practitioners as quickly as we can find them. In the interim, we expect that the physician in town (Dr. Michael Loudon) will be moving his practice into the clinic at the hospital just to make sure the clinic stays active and he is able to the look after and follow-up with patients."

REGISTRATION

March 14 9am-4pm

March 15 9am-4pm

March 16 9am-4pm & 6-8pm

ARBORG MINOR BALL

Rally Cap	2010-2012
Grand Slam (9U)	2008-2009
Mosquito (11U)	2006-2007
Pee Wee (13U)	2004-2005
Bantam (15U)	2002-2003
Midget (18U)	1999-2001

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U6	2011-2012
U8	2009-2010
U11	2006-2007-2008
U14	2003-2004-2005
U18	1999-2000-2001-2002

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Skaters shine at carnival

By Lana Meier

The Arborg Skating Club celebrated skaters' accomplishments Friday night at the club's annual carnival with a "Working 9 to 5" theme.

Jenica Sul performed *OCanada* before club president Sherri Orbanski thanked coaches Kayla Weik, Sarah Jensen, Tracey Finnson, Kaelynn Martin and CanSkate helpers for their commitment and dedication to the skaters.

Kayla Weik presented Mohamad Jarkas with CanSkater of the year. Four of the five Syrian children joined the club this year. Mohamad could often be seen practising his skating skills on the Arborg Bakery ice.

Arborg Ice Dawgs' captain Ryan Pochailo and assistant captain Spencer Kilbrei were also recognized for their patience and encouragement while helping with the young skaters. This was the first time that the Ice Dawgs helped with the program, and organizers are hoping that it will continue next year.



Eva Jensen holds a pose during her Novice Long Freeskate.



Whistle While You Work — CanSkate Group.



Kayla Weik presented Mohamad Jarkas with CanSkater of the year.



Emmalyze Barkman, Bailey Orbanski, Olivia Orbanski, Eva Jensen, Sydney Burak, Shelby Prus-Olson, Shannon Bodnarus, Jenica Sul (back) and Chloe Howell; right photo: Olivia Orbanski and Hailey Koomen, a first-year CanSkater.



Jenica Sul demonstrated a layback spin in her Silver Interpretive, Moment of Freedom.



EXPRESS PHOTOS BY LANA MEIER
CanSkate Power boys skated to Alabama's Roll on 18 Wheeler with Spencer Kilbrei and Ryan Pochailo.

Young philanthropists



EXPRESS PHOTO SUBMITTED BY KRISTEN RUDYK

The YPC, Young Philanthropist Club, at Arborg Early Middle School hosted their annual Girls' Night on March 2. There were approximately 35 Grade 5 to 8 girls who attended. This year, the students' \$10 entry fee was donated to CancerCare Manitoba. The night included making friendship bracelets, a dance-off, group dances, glow-in-the-dark dodgeball and hide and seek in the dark.

The YPC will host a school dance on March 24 that takes place the day before the start of spring break. The Spring Fling is a formal affair and proceeds will be donated to the Children's Hospital Foundation of Manitoba.

Local fisherman off to warmer waters



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli fisher Tiberius Benson will be sailing off to warmer waters in Australia in a few days to explore the continent. "I'm going to work and travel," said Benson. A few of his friends celebrated with him at the Ship & Plough pub Tuesday night. "It's sad to see him go," said fisher Sheldon Vermette. "He's got the greatest personality." Benson's friend Steele Bergval said he wished they could have a little more time to hang out before he leaves.

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The humane nature of modern-day trapping

By Jeff Ward

Over the last century, trapping has evolved from an uncaring and bloody trade to a very humane and necessary part of ecological conservation. And for three Interlake trappers, it is a life's pursuit of making sure that all animals trapped never suffer.

Trappers Ross Jerney, Kris Fjeldsted and Neil Brandstrom have more than 150 years of combined trapping experience with a deep respect for nature and the proper harvesting of animal pelts. Their love of the great outdoors is tough for them to put into words, but they all feel that trapping is their way of helping keep animal populations in check, protecting livestock from predators and protecting land from the damaging effects of some invasive species.

These three trappers have a golden rule above all others that provides the overarching method for everything they trap.

"If you're not going to harvest an animal properly, then let it live," said Brandstrom.

"We don't want any animals to suffer when we trap them. It means a great deal to us that we're using snares that

render the animal unconscious within seconds or holds that don't harm the animal in anyway."

Trappers live by these rules for a few reasons. The first comes from their love of nature and their desire to not use cruel and torturous methods to trap animals. The other reason is that in the modern world, fur buyers will simply not pay for pelts that are anything less than perfect. And when animals are trapped using means that aren't humane, they struggle against the mechanism holding them and damage their own fur trying to get out.

Brandstrom can put his hand into a wolf trap and set it off around his own fingers with no pain or injury. There are no teeth or jagged metal spikes to dig into an animal's flesh and the edges have a rubber pad on them. They snap shut swiftly and with some force, but not enough to a break bone.

The traps used today to hold animals are heavily regulated. No animal can be held in one for any longer than 72 hours, and Brandstrom said good trappers will check every 24 hours. As a result, the age of animals suffering at the hands of expert trappers is no



EXPRESS PHOTO BY JEFF WARD

Ross Jerney, left, Neil Brandstrom, centre, and Kris Fjeldsted have more than 150 combined years of trapping knowledge. Each of them holds a different trap that has eliminated all animal suffering from trapping.

more.

"The thing that most people don't understand is that animals do not die peacefully in their sleep in the wild," said Jerney.

"They die because they are torn apart by predators. They die because of horrible diseases and they die from starvation. These are, in most cases, slow, painful deaths. Our traps are quick and painless."

Snares are some of the most common traps used in the Interlake today and are used to catch coyotes, among other animals. The snare is perhaps the most simple of all the tools in the trapper's arsenal, and when set up properly, they are the most humane.

Fjeldsted said that with a snare in the ground, a coyote will walk into it and a power-assist will snap open, tightening the wire around the neck of the animal and rendering it unconscious in less than 30 seconds. The trapper described it like a rear-naked choke. There's no pain and the wire cuts off blood flowing to the brain so that the animal blacks out.

"A perfect snare will get the coyote right behind the ears. That way, there is no damage to their fur and they're

out fast. Some of them are out before they hit the ground," said Fjeldsted.

There's a fascinating amount of knowledge in the trappers' understanding of their environment. Setting a perfect snare isn't just about knowing where the coyotes are. Trappers have to know the average size of the animal so they know how big the snare hole needs to be. If it's too small, it won't fit its head through, and if it's too big, then it could get a foot caught. They also know how far the animal's head is from the ground so they can properly place the snare above the snow.

The real challenge of trapping comes in how well the trapper can observe the area and understand it quickly to know animals' patterns.

"We can't walk on their tracks, so when we find them, we walk all the way around to where we place the snare. And

we have to be careful not to leave our scent as well. Then we have to walk back the way we came and then hope we got something when we come back the next day," said Jerney.

When trapping marten, the trappers use a box they hang in a tree with bait in the top. The marten will run up

"THE THING THAT MOST PEOPLE DON'T UNDERSTAND IS THAT ANIMALS DO NOT DIE PEACEFULLY IN THEIR SLEEP IN THE WILD."

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APRIL 2017

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To amend clause 4.03 (b) from:
Further Qualifications [Section 184]
4.03 No person shall be a director unless that person or an entity of which that person is an officer, director, or member:
(b) purchased goods or services, or a combination of both, from the Cooperative during the last financial year of the Cooperative, worth the collective amount of at least \$500.00; and
To state the following:
(b) purchased goods or services, or a combination of both, from the Cooperative during the last financial year of the Cooperative, worth the collective amount of at least \$1,250.00; and

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Continued on page 16

Ashern prepares for annual winter carnival this weekend

By Jeff Ward

The Ashern arena will host the town's annual winter carnival this weekend with activities for all ages.

On Saturday, March 18, the day will kick off with a pancake breakfast and will include a ball hockey tournament and a painting event. Organizer Shelley Plohman said the painting event has attendees creating a painting from scratch, which they will get to take home afterwards. The event is being run by Abbie Riddle and costs \$20 per participant.

On Sunday at 2 p.m., the Ice Show will begin and will feature the talented acts of Ashern and area skaters. The theme this year is "Favourite TV Shows," and many skaters will be performing their solo routines before they compete the following weekend in the Stony On Ice competition.

During intermission, the crowning of the carnival king and queen will take place. This year, there are three contestants for both categories. Cotton Price, Miguel Cote and Matthew Carmichael will all compete for carnival king, and Shelby Webster, McKenna Bednarek and Jillian Jones will compete for carnival queen.

Tickets for the ice show can be purchased at the door for \$5 for adults and \$3 for anyone 18 and under. Kids five and under are free.

Correction

In "Going airborne at the 6th Annual Gimli Ice Festival" in the March 9 edition of the *Express*, we incorrectly identified a man providing harbour rides as Gimli Mayor Randy Woroniuk. The mayor was, in fact, tasting borscht.

And in "Community raises approximately \$25,000 to reunite Syrian family with relatives" in the same edition, we made a typo at the end of the article regarding funds raised. The correct total is \$25,000, not \$35,000. We apologize for any confusion this may have caused.

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36 cookies / 27 min

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Ingredients

- 1 1/2 cups (375 mL) all purpose flour with added bran
- 1 tsp (5 mL) baking powder
- 1/2 tsp (2 mL) ground cinnamon
- 1/4 tsp (1 mL) each ground ginger and nutmeg
- 1 1/2 cups (375 mL) shredded

- carrots (2 carrots)
- 1/2 cup (125 mL) 0% plain Greek yogurt
- 1/3 cup (75 mL) packed brown sugar
- 1/4 cup (50 mL) water
- 3 tbsp (45 mL) canola oil
- 2 tbsp (25 mL) ground flaxmeal
- 1 tsp (5 mL) vanilla
- 1/4 cup (50 mL) unsalted and roasted sunflower seeds

Directions

In a large bowl, whisk together flour, baking powder, cinnamon, ginger and nutmeg.

In another bowl, whisk together yogurt, sugar, water, oil, flax and vanilla. Pour over flour mixture and stir to combine. Stir in carrots and seeds.

Scoop dough in tablespoons onto parchment paper lined baking sheet. Bake in 400° F (204° C) oven for about 12 minutes or until bottom is golden and centre is still soft. Repeat with remaining dough.

Tip: Use a mini ice cream scoop for easy portioning of the cooking dough.

Store in an airtight container in the refrigerator for up to 1 week or freeze for up to 2 weeks.

Healing Your Inner Child



SO, LIKE A FORGOTTEN FIRE, A CHILDHOOD CAN ALWAYS FLARE UP AGAIN WITHIN US. ~GASTON BACHELARD

Even if one has had a very good childhood, there are often a few incidents which have left their mark—a mark which may affect aspects of adult functioning. Perhaps it was not being chosen for a team, or friends being mean. It might have been being left with a babysitter, too young to realize Mom and Dad would come back. A childhood injury or medical treatment can be frightening for children.

For those who had difficult or painful childhoods, the long-term effects are even more pronounced. Abuse, neglect, being bullied, or being rejected can affect the way we function as adults.

All of the pain, fear, sadness and memories belong to our "inner child." That is the aspect of our inner world that is the repository for everything we experienced in childhood, whether we remember events or not. Every feeling is stored, every belief we told ourselves when we were little, every conclusion we drew about ourselves.

Most "inner children" are wounded to some extent. The wounds are not necessarily proportional to the event, as a very sensitive child can hurt deeply by being rejected, and a more resilient child may handle some difficult situations with fewer effects.

It is these wounds that often cause us pain in adulthood. Events happen that trigger the old pain, and the wounded child comes forth. A husband comes home late for legitimate reasons, and a wife may over-react

due to old feelings of abandonment. A wife may point out something her husband forgot, and he may go off the deep end, angry at feeling criticized, the same as he felt when his mother always pointed out his mistakes.

At work, jealousies and rivalries may emerge, with workers vying for the good opinion of the boss. Some may even "tattle" on another, in an effort to boost her own position. This is an unconscious playing out of sibling rivalries, with the boss being seen as the "parent."

This can even happen with parents in relation to their children. A father can feel left out when the mother spends a lot of time with the new baby. When children are older, parents may compete for the attention and loyalty of their children. Again, these are not adult responses, but rather a kind of re-enactment of old experiences.

Clearly, a wounded inner child can wreck havoc on relationships and personal wellbeing. There are things we can do to heal our own inner child. The most important is to begin to become aware of how our past experiences may be affecting our present reality.

Next, we need to become a caring, nurturing mother/father to our own inner child. We do this by recognizing when we are having a reaction, and calming down our own emotions. This can be done the same we would comfort an actual child.

Our inner child needs to know we are there for him/her with love, compassion and acceptance. That child needs all of the things we may not have received from our own parents when we were young. The more we nurture and reassure our inner child, the less likely we are to unconsciously act out those inner, past-based emotions on others.

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.

Chocolate Mandarin Orange Cake



Prep time: 10 minutes

Total time: 45 minutes

Servings: 12

- 2 cans (15 ounces) Dole Mandarin Oranges, divided
 - 1 box (2 layer) devil's food cake mix
 - 3 eggs
 - 1/2 cup vegetable oil
 - 1 orange, peel grated (optional)
 - 1 package (4-serving size) vanilla flavor instant pudding
 - 2 cups frozen whipped topping, thawed
 - 1 cup heavy whipping cream
 - 1 cup semisweet chocolate
- Heat oven to 350 F. Spray two (9-inch) cake pans with cooking spray. Drain mandarin oranges, keeping fruit and syrup reserved separately. In large bowl, combine cake mix,

juice from one can of mandarin oranges, eggs, oil and orange peel; beat 2 minutes.

Pour cake mix into prepared pans. Layer mandarin oranges from one can over each cake and gently submerge them into cake batter.

Bake 25-30 minutes, or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan onto wire rack; cool completely.

Pour 1/2 cup reserved juice from second can of oranges in bowl with pudding mix; whisk 2 minutes, or until pudding mix is completely dissolved. Remove 12 orange slices from second can and dry with paper towel; set aside. Fold in whipped topping and remaining mandarin oranges. Spread mandarin frosting on top of first layer of cake and out to edges. Place second layer on top of first layer.

In small saucepan, heat cream until just beginning to steam, but do not boil. Remove from stove and stir in chocolate. Stir until well-blended. Pour chocolate mixture over cake and garnish with reserved mandarin oranges. Refrigerate half hour before serving.

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Creating learning for Ashern students

By Jeff Ward

Students at Ashern Early Years School (AEYS) spent last Friday painting with professional artist Toni Dent while working out some creative muscles.

AEYS principal Karen Carmichael said that each classroom was given an opportunity to work with Dent throughout the day, creating paintings that were recreations of Dent's original work or of Van Gogh's Starry Night. AEYS was supposed to have a

different artist in but had to cancel, and that's when Dent was asked to fill in.

Carmichael said that Dent has been being visiting other Lakeshore schools this year, including Eriksdale and Alf Cuthbert, through the Manitoba Arts Council Artists in the School Residencies program.

Carmichael said that students were very engaged throughout the day and had a blast painting and expressing themselves creatively.



EXPRESS PHOTO SUBMITTED

Izabella Watts plans out her next brush stroke, carefully trying to recreate a piece of Toni Dent's work.

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Your Local Independent Automotive Service Provider reserves the best vehicle care for you, their neighbour.

If your brakes are trying to tell you something, you should pay attention. A properly operating brake system helps ensure safe vehicle control and operation and it should be checked immediately if you suspect any problems, says the non-profit Car Care Council.

While an annual brake inspection is a good way to ensure brake safety, motorists should not ignore signs that their brakes need attention. Knowing the key warning signs that your brakes may need maintenance will go a long way toward keeping you and others safe on the road.

Your local service providers remind motorists to look for the following warning signs that their brakes need to be inspected:

- **Noise:** screeching, grinding or clicking noises when applying the brakes.
- **Pulling:** vehicle pulls to one side while braking.
- **Low Pedal:** brake pedal nearly touches the floor before engaging.
- **Hard Pedal:** must apply extreme pressure to the pedal before brakes engage.
- **Grabbing:** brakes grab at the slightest touch to the pedal.
- **Vibration:** brake pedal vibrates or pulses, even under normal braking conditions.
- **Light:** brake light is illuminated on your vehicle's dashboard.

Because brakes are a normal wear item on any vehicle, they will eventually need to be replaced. Factors that can affect brake wear include driving habits, operating conditions, vehicle type and the quality of the brake lining material. Be sure to avoid letting brakes get to the 'metal-to-metal' point as that can mean expensive rotor or drum replacement.

With the Winter months around the corner it may not be a bad idea to get your brakes checked or changed. Brake inspections can save you money so doing an inspection yearly is recommended, the longer you leave your brakes the more costly it can become. To get your brakes checked or changed visit your local Interlake service provider.

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Winnipeg couple helps honour local Korean War vets

By Lindsey Enns

A Winnipeg couple helped honour and recognize two local Aboriginal men for their service in the Korean War last week in Selkirk.

Frank Orvis, 86, of Selkirk and Gerald Bennett, 83, of Gimli were presented with an Ambassador For Peace medal and certificate on behalf of Canada's Korean consulate inside Orvis's Selkirk home last Friday afternoon.

Both men said it "felt great" to be honoured for their service.

Orvis served in the Korean War in 1953-54 and Bennett served nine months in 1953.

Wonjae Song and Olivia Do of Winnipeg have been busy trying to locate Canadian Korean War veterans for nearly four years. They are passing the information on to Canada's Korean consulate, which awards the veterans with medals and certificates, honouring their service.

Song and Do are currently trying to track down more Indigenous Canadian veterans.

After reading about the couple's search in the Feb. 2 edition of the *Express Weekly News*, both Orvis and Bennett reached out to Song to share their stories.

To date, the couple has helped honour nearly 60 Korean War veterans and descendants. In January, Song also presented Brokenhead Ojibway Nation Chief and Sgt. Tommy Prince's nephew, Jim Bear, with a medal honouring Prince for his efforts during the Korean War.

Song is the publisher of "The Diversity Times," and Do is the managing editor at "The Korea Times," both of which appear in one monthly publication.

When Do and Song get in touch with a veteran, they share their story in their publication. Song said they are also putting together a book about Korean War veterans.

Do said one of the newspaper's mandates is to "help Koreans to understand our societal system and



EXPRESS PHOTOS BY LINDSEY ENNS

Above, Wonjae Song of Winnipeg, left, presents 86-year-old Frank Orvis of Selkirk, pictured right, and 83-year-old Gerald Bennett of Gimli, pictured far right, with a medal and certificate honouring them for their service in the Korean War last Friday. BELOW: Pictured from left to right: Wonjae Song, Frank Orvis and Orvis's wife Gail Jones, Gerald Bennett and his wife Alvina gathered at Orvis's Selkirk home last Friday afternoon.



Canadian cultures," and sharing stories of Indigenous people is a way to achieve this.

"We believe that Koreans need to integrate with other cultures," Do said during an earlier interview with the *Record*.

Do and Song immigrated to Cana-

da from Korea in 2004. They say they have such a strong interest in the Korean War since many people call it the "forgotten war."

"When we met Korean War veterans, they told us that the Second World War history is well known, but the Korean war is not really known,"

Song said. "We don't want the Korean War forgotten."

Anyone that knows a Korean War veteran who are Indigenous Canadians or are their descendants are being asked to email Wonjae Song directly at thediversitytimes@gmail.com.

> TRAPPERS, FROM PG. 12

the tree and into the box to take the bait. When their head hits the pressure plate, the trap snaps shut around their neck, breaking it instantly. Brandstrom said the death is so fast, the marten doesn't have time to register what happens.

"I think that's one of the things we want people to know the most: these animals are being killed as humanely as possible, and if there

was a more humane way to do it, we would do that. It doesn't make any of us feel good to know that an animal has suffered. That's not who we are. In many cases, this stuff has to be done to control populations," said Brandstrom.

Beavers have been wreaking havoc on the north Interlake region for years, according to Jerney. Grahame Dale councillors enlist the help

of trappers every year to help reduce their population numbers. When a beaver builds a dam, it holds backwater and causes overland flooding on farms and rural roads. One beaver dam can cost thousands of dollars in repairs to rural infrastructure, Jerney said.

"They multiply very quickly and they're often in very tough-to-reach spots. You can travel hundreds of miles in a day to set traps on only a few dams," said Jerney.

The economics of fur trading are not what they used to be, and Brandstrom joked that if you want to make trapping a way to support a family, then you "better have a good day job." There simply isn't the money there once was in the trade. For these three trappers, though, it's never been about the money.

"It's a way of life, really. It's been something I've been doing for almost 70 years and there's still something to learn. We all love it," said Fjeldsted.

Politicians, community organizations and conservationists sweep to victory

By Patricia Barrett

The Town of Arborg hosted the 48th Annual Interlake Municipal Bonspiel at the Curling Club March 9 that saw a number of politicians, members of community organizations and conservationists vie for the trophy.

Arborg's mayor stopped by to watch the teams compete and spoke about his avid curling days.

"I was mostly a skip," said Randy Sigurdson. "That person yells at everybody, directing them to throw an out-turn or an in-turn."

The mayor explained some of the strategic moves to the *Express*' reporter, who knows little about the game except that the Scots allegedly invented it in the 16th century.

"If you sweep it," said Sigurdson, "it makes the rock go faster or it goes straight and keeps it from 'curling' or moving one way or another."

RM of Bifrost-Riverton Deputy Mayor Dave Shott — who, along with public works manager Jason Comeau and CAO Cindy Stansell, formed part of the Bifrost-Riverton team — had his own idea of what sweeping does.

"Really, nothing by anybody here," laughed Shott.

"It just looks good," piped in Arborg-Bifrost Parks & Recreation Commission manager Tom Chwaliboga, whose perfect turnout of the sliding foot — something that enhances the stability of one's slide — paid off with points.

Donna Gislason, who sits on the Recreation Commission board, was happy with her teams' performance in the first draw.

"We won," said Gislason, who brought 35 years of curling experience to the competition. "And we had fun."

The conservationists from the East Interlake Conservation District, composed of manager Armand Bélanger, resource planner Audrey Boitson, GIS technician Heather Alexander and administrator Brigitte Demarchuk, were decidedly methodical in their approach to the game.

Bélanger, who curls once a week in Gimli, sat on his heels and stared thoughtfully down the sheet for several minutes, as though he were pondering an improperly sloped drain with a crushed culvert.

Boitson, who is president of the Winnipeg Beach Curling Club, stretched out her broom, angling it in such a manner as to create an imaginary line along which she intended her stone to travel.

Staff and councillors from the Town of Arborg split into two teams. Both were downright sombre on the ice.

"We were concentrating," said Coun. Susan Bauernhuber, who has years of



Arborg Mayor Randy Sigurdson, an avid curler, explained curling strategy and kept the politicians in check.



Tom Chwaliboga demonstrated perfect sliding technique.

curling experience.

And that concentration paid off because her team swept to victory after the first draw.

The Community Futures East Interlake team, whose members included Eugene Zalevich and Dave Primmer, also went about their game quietly.

"We're very skilled curlers," said Primmer, perhaps foreshadowing the teams' excellent overall standing.

Winnipeg Beach Mayor Tony Pimentel was, hands down, the most powerful curler on the sheet.

As the lead for his team, which included Dunnottar's Deputy Mayor David Oberding, he threw two stones out, and we're sure there was some strategy behind that, despite his protestations to the contrary.

"I don't know my own strength," said Pimentel, who cited his handling of an industrial-size ladder every day at work.

(In the clubroom before the teams' first draw, however, Pimentel and



EXPRESS PHOTOS BY PATRICIA BARRETT

Kevin Palson gets set to throw as Signy McInnes (left) and Coun. Thora Palson wait to sweep.



Winnipeg Beach Coun. Darryl Carry and Arborg Deputy Mayor Robbie Thorsteinson watch Winnipeg Beach Mayor Tony Pimentel's stone cross the hog line.



Coun. Darryl Carry were overheard talking about players unable to throw past the hog line and how that would cost them a beer.)

"They went out," said Pimentel as his stones slid past Carry, who was standing in the house. "So that means I don't have to buy beer."

He pointed to Jan Larkin, assistant CAO at the Town of Arborg, as a model of finesse and control.

"That's how you're supposed to throw," he said.

As to the Gimli team, Pimentel warned that Coun. Thora Palson is a "force to be reckoned with. I'm just more of a wrecking ball."

The Gimli team, which included Palson's husband Kevin, sister Signy McInnes and cousin Odin Simundsson (who explained other drinking rules and pebbling), had the most to prove.

"Gimli won last year," said Palson. "Don't forget who's bringing the trophy."

She said the Rec Commission play-

ers, whom her team faced in the first draw, provided a lot of encouragement.

"I learned a lot," she said. "They gave me a lot of pointers, so I really feel good about [my game]."

Unfortunately, Gimli's dreams were scuppered when the points were tallied up.

"Although we think everyone was a winner yesterday, based on the point system we used, the overall winner was the team submitted by the Arborg-Bifrost Parks & Recreation Commission," said Larkin by email the following day.

Community Futures East Interlake took second place, and the RM of Bifrost-Riverton and the Town of Arborg (Team 1) tied for third place.

Mayor Sigurdson said the bonspiel brings the different community groups together and allows for a little bit of networking.

"It's a fun thing and it brings people to town."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs up 2-0 on Storm after weekend action

By Brian Bowman

It wasn't exactly how a team would want to play playoff hockey, but like the ol' saying goes – a win is a win.

The Arborg Ice Dawgs scored seven third-period goals on their way to a wild 10-8 home victory over the OCN Storm in their KJHL best-of-seven semifinal series last Sunday.

"It was quite the finish," said Ice Dawgs' head coach Cody Didychuk. "Obviously, you would like the goals against to be lower but our guys showed a lot of resolve."

Spencer Kilbrei and Travis Kilbrei scored first-period goals for Arborg, sandwiched around tallies from OCN's Jared McGillvary and Tony Apetagon.

The Storm went up 4-2 early in the middle on goals from Camacho Lathlin and Aavory Wilkie. But Clint Torfason then cut the lead to a goal at 11:49 of the second period.

Then things got weird in the third – really weird.

The Ice Dawgs trailed 7-5 late in the final period before exploding for five goals in a 3:21 span.

"It seemed like one shift after the other (the goals) kept going in for us," Didychuk said. "I told the guys that it's easy to get down when you're down two goals (with five minute to

play), but they stuck with it."

Corbin Pasternak, Derric Gulay (shorthanded), Jordan Kristjanson, Cal Finnson, Byron Gard, Colton Davies and Karson Collins scored for Arborg in the third.

Harold Linklater, Mitchell Tilley and Michael Markus scored power-play goals for OCN and then Linklater tallied at even strength.

Dylan Ossachuk made 48 saves for the win.

Arborg took a 1-0 series lead after a thrilling 6-5 overtime win on Saturday evening. Josh Wilkenson scored the OT winner.

"We had a long week-and-a-half off (between games), so I think it took us about a period-and-a-half to get back up to game speed," Didychuk said.

Torfason tied the score at 5-5 with just 3:08 remaining in the third period, assisted by Colton Davies.

The teams were tied at 2-2 after the first period and then OCN led 4-3 after 40 minutes.

Davies, Collins, Finnson and Travis Kilbrei scored Arborg's other goals while Lathlin (two), Apetagon (two) and Linklater replied for OCN.

Both teams were 1-for-3 with the man advantage.

Ossachuk made 38 saves for the victory.



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Josh Wilkenson scored the OT winner in Game 1 against the OCN Storm last Saturday.

Games 3 and 4 will be played this Saturday (7:30 p.m.) and Sunday (2:30 p.m.) in OCN. It won't be an easy trip for Arborg as OCN will be fighting hard to get back into the series.

"We fully expect them to give us their best," Didychuk said. "Their home rink will be loud and rocking, I'm sure. But the game plan stays the same for us."

"It's a different scenario but we have to play the same brand of hockey that has made us successful over the last couple of months."

If necessary, Game 5 of the series will return to Arborg on Tuesday (8:15 p.m.). Game 6 is slated for OCN on March 24 (7:30 p.m.) while a series-deciding seventh game would be played in Arborg on March 26 (2 p.m.).

Peguis, St. Malo battling in KJHL semifinal

By Brian Bowman

The KJHL semifinal series between the Peguis Juniors and St. Malo Warriors was expected to be a real good one.

But no one would have expected a pair of lopsided losses – one by each team – in the first two games of their best-of-seven series.

St. Malo evened the series at a win apiece after a 5-1 win Sunday afternoon in Peguis.

Peguis' Theoren Spence opened the scoring just 2:56 into the contest but it was all St. Malo after that.

Jared Hunter and Robert Guimond, with a pair, made it 3-1 after 20 minutes and then Hunter tallied the lone goal of the middle frame.

Elmar Tabler closed out the game's scoring in the third.

St. Malo was 0-for-7 with the man advantage while Peguis was 0-for-6.

Peguis took a 1-0 series lead after a

convincing 6-2 win last Friday in St. Malo.

The Juniors, which led 3-2 in the third, got late goals from Devun Groot, Spence (empty net) and Keifer Tacan.

Tyrome Spence-Bair, on the power play, and Spence scored for Peguis in the first period and then Spence-Bair tallied in the second.

Tabler scored both St. Malo goals. Luke Penner made 36 saves for the win.

Game 3 of the series was played Tuesday in St. Malo (no score was available) while Game 4 returns to Peguis on Saturday (7:30 p.m.).

Game 5 is set to go for next Tuesday in St. Malo. Game time is 8 p.m. If necessary, Game 6 will be played next Thursday in Peguis (8 p.m.) and a Game 7 would go March 25 in St. Malo (7:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Juniors' Theoren Spence opened the scoring for Peguis against St. Malo in their 5-1 home loss last Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning play .500 hockey at Bantam rural provincials

By Brian Bowman

The Interlake Lightning finished with a 2-2 record at Hockey Manitoba's Male Bantam "AAA" Rural Provincials last weekend in Stonewall and Warren.

Interlake began action last Friday with an 8-2 loss to the Eastman Selects in Stonewall.

Austin Adair and Cadrick Dueck scored for the Lightning, which trailed 2-1 after the first period and 6-2 after two periods.

Kade Runker (two), Brandon Thiesen, Caiden Gault, Ryan Forster, Cabrel Labossiere, Kyle Melo and Andrew Blocker scored for Eastman.

The next day, Interlake was blanked 10-0 by the Pembina Valley Hawks.

Michael Hlady (two), Riley Goertzen (two), Brett McDonald, Andrew Vasko, Daniel Isaak, Andrew Boucher, Cody Clark and Derek Wiebe

scored for Pembina Valley.

The Lightning had a better result later Saturday as they edged the Norman Wolves 3-2.

Colby Bear, Nathaniel Murdock and Lyle Murdock scored for the Interlake. Chase Bertholet and Cody Hale replied for Norman.

On Sunday, Interlake outscored the Parkland Rangers 8-5 in Warren. The Lightning, which trailed 2-0 after the first period, scored three times in the second and then added five more in the third.

Cody McMillan (two), Bear, Ashton Charison, Rhett Woods, Hunter Warman, Carter Bateman and Lyle Murdock scored for the Lightning.

Chris Fines was in goal for the Lightning in the two victories.

Pembina Valley won the provincial championship after edging Eastman 3-2 on Sunday.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Lightning's Cadrick Dueck scored for Interlake in their 8-2 loss against Eastman at the Bantam "AAA" Rural Provincials last weekend.

Interlake competes at Rural Bantam 'AAA' Female Provincials

By Brian Bowman

The Interlake Ice finished with a 1-1-1 record at Hockey Manitoba's Rural Bantam "AAA" Female Provincials last weekend in Garson.

Interlake started the provincials with a 2-2 tie with the Westman South Wildcats last Friday.

Brenna Baryliski scored once for the Ice in the first period and then added a third-period goal. Shayla Scraba and Caroline Caswell replied with third-period goals for Westman.

On Saturday, Interlake took a 2-0 first-period lead before losing 5-2 to the Central Plains Capitals.

Emma Pool and Ellen Marshall scored for the Ice. Maddy Fines and Zoe Zaretsky assisted on Marshall's goal.

Ashley Lamblez and Rhiannon Ice scored second-period goals for the Capitals and then Melayna Drozd added a natural hat trick in the third.

Interlake wrapped up play Sunday with a 1-0 win over the Norman Wolves. Baryliski scored the lone goal in the third period.

Jaylynn Miller posted the shutout.

Hockey Manitoba provincial champs



EXPRESS PHOTO BY ANDREA HANCOX

The Teulon/Arborg Tigers won the Hockey Manitoba Midget Rural 'B/C' banner this past weekend in Winnipegosis. The Tigers started the weekend with a 16-2 win over Swan Lake on Friday but then lost 3-0 to Cranberry Portage later that day. Teulon/Arborg then defeated Winnipegosis 10-0 Saturday and MacGregor 4-3 Sunday before beating Grunthal 3-1 in the championship game. Pictured back row, left to right: Colton Murray (assistant coach), Logan Sigvaldason, Josh Roche, Tristan Hudson, Jesse Hancox, Braydon Gislason, Derek Harasymko, Thomas James-Davies, Wesley Campbell, John Anslow, Dominique Griffin-Eros, Dwayne Dueck, Daryl Gislason (coach); front row: Addison Farrington, Jayden Roche, Cole Good, Bret Huta, Carter Kiel and Brody O'Neill.

McCorrister, Amos honoured with awards

Staff

The Manitoba Aboriginal Sport and Recreation Council recently announced that Linden McCorrister of Peguis First Nation is its 2016 Male Athlete of the Year.

McCorrister is a forward with the Western Hockey League's Brandon Wheat Kings. He led the Wheat Kings to a WHL title a year ago.

This season, the hard-working McCorrister has two goals and six points through 27 games.

The 2016 Female Athlete of the Year, meanwhile, is Aiyana Hart, a multi-sport athlete at Sisler High School in Winnipeg.

Also honoured were Coaches of the Year Jayme Menzies of Winnipeg and David Muswaggon of Cross Lake while Volunteers of the Year featured



Linden McCorrister

Celicia Amos of Fisher River and Jamie Mousseau of Long Plain First Nation.

Manitoba wins bronze at Tim Hortons Brier

Staff

It wasn't the colour of medal that they really wanted, but Manitoba's Mike McEwen didn't return home empty handed from the Tim Hortons Brier.

McEwen defeated Northern Ontario 7-5 in an extra end last Sunday to win the bronze in St. John's, Nfld.

"We wanted to come out and have our best game of the week and I think we were pretty close to that," said Manitoba third B.J. Neufeld on the Curling Canada website.

"It ended up being a really great game, little bit back and forth, well played and it's good to come out on top. We wanted to leave on a winning

note."

McEwen's Fort Rouge Curling rink, which included B.J. Neufeld, second Matt Wozniak, lead Denni Neufeld and coach Chris Neufeld, lost 7-6 in an extra-end to Team Canada's Kevin Koe in Saturday evening's semifinal.

Team Canada battled back from a 5-2 deficit to later steal one in the extra end.

Koe then lost 7-6 to Newfoundland/Labrador's Brad Gushue in the final in front of a sold-out crowd of 6,471 at Mile One Centre.

Gushue will now represent Canada at the Ford world men's curling championship in Edmonton from April 1-9.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Pea stems
- 6. Type of music
- 9. Leader
- 13. Distant
- 14. 5,280 feet
- 15. Beloved Yankee great
- 16. A female domestic
- 17. Free from alcoholism
- 18. Ribosomal ribonucleic acid
- 19. Entertains with song
- 21. Wooden shoe
- 22. Female horses
- 23. Group of males
- 24. Sodium
- 25. Revolutions per minute
- 28. Neither
- 29. Woody climbing plant
- 31. Dismounted
- 33. Orbits the earth
- 36. Female parents
- 38. Separates acids
- 39. Origins
- 41. Stuffing and mounting animal skins

- 44. Rupture
- 45. Fathers
- 46. Large primate
- 48. Shape-memory alloy
- 49. Halfback
- 51. "Family Guy" daughter
- 52. Irish mountain chain
- 54. Paired
- 56. Drinks
- 60. Death notice
- 61. Skirts
- 62. Fertility god
- 63. Where a curve intersects itself
- 64. Red Sea port
- 65. Mozambique seaport
- 66. Leaver
- 67. The human foot
- 68. Crash

CLUES DOWN

- 1. Excessively theatrical actors
- 2. Wings
- 3. French river
- 4. Internet device

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		

- 5. Where Tony Bennett left his heart
- 6. Flowering shrub that bears gooseberries
- 7. Brews
- 8. For each
- 9. Dictatorships
- 10. Slavic person in Saxony
- 11. Nobel laureate Shmuel
- 12. Lasso
- 14. Tones down
- 17. Lunar period
- 20. Leavened Indian bread
- 21. Military elite
- 23. One thousandth of an inch
- 25. L.A. footballer
- 26. Land plan
- 27. A satellite of Saturn
- 29. "Cat Ballou" actor
- 30. Obscure aspect of Sun God and a group of asteroids
- 32. Indicates the fare

- 34. ___ and feather
- 35. Round Dutch cheese
- 37. Begat
- 40. Relaxing place
- 42. ___ Hit'an of Alaska
- 43. Belgian city
- 47. Organ of hearing and balance
- 49. Isolated Southeast Asian people
- 50. "Power Rangers" villain
- 52. Yellow-fever mosquitos
- 53. Heavy cavalry sword
- 55. Laundry detergent
- 56. A way to wait
- 57. Mother and wife of Uranus
- 58. Justly obtain
- 59. Stony waste matter
- 61. Helps you find places
- 65. Oil company

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HOUSES FOR SALE

Immediate possession available. 1638 sq. ft. RTM. 2.5 baths, cathedral ceiling, island kitchen. \$189,000. Floorplan online at wgiesbrechthomes.ca. Custom builds also available. Call 204-346-3231 or email wilbert@wghomes.ca for more information.

3 only 16 x 80, 3 bed, 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: Career-Step.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

HOUSE FOR RENT

Home for rent or purchase in Balmoral - 8 mins north of Stonewall on paved hwy. Beautiful 1665 sq ft. bungalow on fully landscaped .5 acre lot. Complete w/finished basement and wet bar; five bdrms, 3 full baths and 7 appliances with an oversized dbl. attached garage w/ concrete driveway. No smokers please. Must have references. Call Paul 204-461-4511.

BUSINESS OPPORTUNITY

Kiss your job goodbye. Just imagine investing only \$1,350 and earning \$5,000 to \$7,000 yearly or \$25,000 and earning \$100,000 to \$150,000 yearly. Amazing returns - all cash - highest profit. Great for retirees too. Full details call now 1-866-668-6629 Website www.sweetsforacause.com

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

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Display kitchens \$3500. Traded in deluxe oak kitchen \$1200 (In-Stock) White shaker kitchens 60% off. Cancelled custom kitchens 70% off. Fehr's Cabinet Warehouse Ph: 1-800 758-6924.

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HEALTH

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

HAY

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

LIVESTOCK

Charolais yearling bulls for sale. Good prices. Good birth weights. Call John at 204-383-0308.

LIVESTOCK

Polled Salers bulls on farm & at MB Test Station. BW from 77 lbs. Strong growth and maternal milk traits. Semen tested, guaranteed. Can deliver. Ken 204-762-5512.

Red Angus yearling bull. Low birth weight, very quiet. Good growth. Grand Sire: Registered North-Wind Rambler 30 from Woodlands, Manitoba. Hand fed for longevity. Semen tested. For more information call (204)461-0919. Teulon, Manitoba.



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Spare Bus Drivers

Extra-Curricular Trips: \$16.32 per hour
Regular Routes: \$70.92 to \$96.99 for daily route*

If you work well with and enjoy young people and are committed to enhancing the student experience, we would like to talk to you about this opportunity.

Qualifications

- Manitoba Driver's License in Good standing
- Clear Driver's Abstract and criminal record
- Must be eligible for Class 2 License
- Minimum Grade 12 Education
- Enjoy working with young people
- Available before and after school and some weekends
- Mid Day work may be required

If this position is of interest to you, please contact:

Blanche Bernardin
Transportation Supervisor
204 642 6263
blanche.bernardin@esd.ca

EMPLOYMENT OPPORTUNITY

Equipment Operator/General Labourer

Successful applicant will need the ability to work independently and as a team player, be self motivated and have a class 5 license. Previous experience operating equipment an asset but training provided.

Submit resume to OTR Recycling, 204-768-3766
Box 660, Ashern, MB ROC OEO
office@otr-recycling.com

JOB OPPORTUNITY

POWERBEND TIRE & SERVICE IN ARBORG, MB

Is looking for a self-motivated individual to work at a well established business. Applicant must work well with others & be a team player. Duties include changing tires, changing oil & automotive repairs in a busy 4 bay shop.

Mon-Fri 8am-5pm.
Great wages & many extras.

Apprenticeship is available.

Call 204-641-0076

RCMP-GRC
ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA

The Gimli RCMP Detachment is currently accepting applications for **GUARDS / MATRONS**

Employment as a cell guard/matron is reliant on a satisfactory security clearance.

To pick up an application package, please attend the Gimli RCMP Detachment Monday to Friday between 8:00 am and 4:00 pm.

For further information, please contact Carrie at 204-642-5106 ext. 101

Royal Canadian Mounted Police / Gendarmerie royale du Canada

TEE M JAY FARMS

13th Annual CHAROLAIS BULL SALE

Saturday, March 25th
1:00 p.m. at Ashern Auction Mart
Selling 28 yearling Charolais Bulls

25 of these are sired by AI bulls - Ledger, Round Up, Kaboom, No Doubt, Millionaire.

All of these AI sires have been used successfully on our own heifers.

For more info or to view bulls, phone:
(204) 768-2819 or (204) 768-0037



RCMP-GRC
ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA

INVITATION TO TENDER/ APPEL D'OFFRES

Janitorial Service Contract / Contrat de services de nettoyage

RCMP Gimli Detachment/ GRC Gimli Détachement Gimli, Manitoba

The RCMP Gimli Detachment, Gimli, Manitoba is seeking tenders for a janitorial services contract.

Interested parties may obtain a Tender Package through the Detachment by contacting: **Carrie Gottfried @ 204-642-5106**

The successful contractor and their employees will be required to obtain a valid RCMP Departmental Security clearance.

The successful contractor must adhere to all safety rules, regulations and labor codes in all jurisdictions where work is performed.

This service contract will be awarded to the lowest price compliant bidder. Optional Site Visit will be held on: **Tuesday, March 21st, 2017 at 10:30 a.m.** Deadline for Tender submission is: **2:00 p.m. MDT, March 28, 2017**

Bids must be forwarded to RCMP NWR Procurement & Contracting via courier or fax as per Submission of Bids within the Tender Package.

RCMP has adopted the Integrity Regime administered by PSPC. As a result, the integrity provisions are being applied in RCMP contracting activities as outlined in the solicitation.

Le personnel du détachement de la GRC de Gimli, à Gimli, en Manitoba, sollicite des offres pour un contrat de services de nettoyage.

Les parties intéressées peuvent obtenir un dossier d'appel d'offres par l'intermédiaire du détachement en appelant: **Carrie Gottfried @ 204-642-5106**

L'entrepreneur sélectionné et ses employés devront obtenir une cote de sécurité de la GRC valide.

L'entrepreneur sélectionné doit respecter les consignes de sécurité, les règlements et les codes du travail en vigueur dans le territoire de compétence où sont réalisés les travaux.

Ce contrat de service sera attribué au prix le plus bas soumissionnaire conforme.

Une visite facultative des lieux est prévue pour: **mardi, le 21 mars 2017 à 10h30.** Date limite de réception des soumissions: **le 28 mars à 2017 à 14 h (HAR)**

Les soumissions doivent parvenir à la Section des acquisitions et des marchés de la Région du Nord-Ouest de la GRC par service de messagerie ou par télécopieur, aux termes du document Présentation des soumissions faisant partie du dossier d'appel d'offres.

La GRC a adopté le régime d'intégrité administré par SPAC. Conséquemment, les consignes relatives à l'intégrité seront appliquées dans le processus d'élaboration des marchés tel qu'indiqué dans cette demande de soumissions.

Royal Canadian Mounted Police / Gendarmerie royale du Canada

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Jackie Le Strat, Human Resource Manager
Email: HR@sigfusson.ca Fax: (204) 762-5107
www.sigfusson.ca

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APRIL 1, 2017**

BULLS

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7	2 YR. HEREFORDS
5	1 YR. GELBVIEWH
4	1 YR. CHAROLAIS
7	1 YR. ANGUS
2	2 YR. ANGUS
16	1 YR. SIMMENTAL
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ALL PUREBRED ANIMALS ARE TIE BROKE
SALE AT LUNDAR AGRI-ED CENTRE
AUCTIONEER BUD BERGNER
SALE TIME: 1:00 P.M.

For info. contact Jim at 204-467-8809 or Connie at 204-739-5264
Visit our catalogue on www.buyagro.com

Don't forget to send your special wishes to your friends and family.
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HEALTH

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

EMPLOYMENT OPPORTUNITY

Ashern Daycare is now hiring for the following positions:

Early Childhood Educator (ECE) Level II or III
Full time position & part time position

Substitute Child Care Assistant (CCA)
- Hours and shifts will depend on the center needs.

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

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

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

Please submit Resumes by **March 21, 2017** in person at #2 Main Street East in Ashern MB or by Email at asherndaycare@hotmail.com

Call
204-641-4104
To Advertise
in this Space

GIMLI VETERINARY SERVICES
70 Centre Street Gimli, MB R0C 1B0
204-642-8398 imtvvet@mts.net

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Announcements



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ANNOUNCEMENTS
BIRTH ANNOUNCEMENT



Brody Andrew Smith

My name is Brody Andrew Smith. I was born on February 4, 2017 at 1:30 p.m. I weighed 8 lbs. 13 oz. and 21 inches long! My parents are Amy and Justin Smith. First time Baba and Gigi are Judy and Andy Dudar; Oma and Poppy are Linda and Ned Smith.

They're also having a Baby Shower for me! "Hope I don't get wet!" on Sunday, March 26, 2017 at Lady of Our Lake Theatre in the Waterfront, 94 1st Ave., Gimli from 1 - 3 p.m. Please come for a visit, I would like to meet everyone! Oh, I heard Mom say that I'm registered at Babies R Us!

ANNOUNCEMENTS
ENGAGEMENT



Congratulations Ashley and Filippo

With happiness, Warren and the late Donna Gudmundson announce the engagement and forthcoming wedding of their daughter Ashley to Filippo Porpiglia of Winnipeg. Son of Serafino and Elizabeth. An October wedding is planned. A Bridal Shower will be held at the Arborg Community Hall, on Saturday, April 1st at 1:00 p.m. Donations can be left at Interlake Coop Grocery in Arborg and Arborg Home Hardware. The committee respectfully request gift cards or monetary gifts.

ANNOUNCEMENTS
ANNOUNCEMENT



February's Top A chiever Josh Isfjord

Josh would like to thank all of his customers for helping him reach back to back top achiever awards. Josh takes great honour in providing the community with the utmost level of satisfaction when purchasing their new or used vehicle. Come visit him at Selkirk GM today! 1010 Manitoba Ave., Selkirk MB. Call 204-482-1010 or email josh.i@selkirkgm.ca

ANNOUNCEMENTS
IN MEMORIAM

Mattern and Smith
In loving memory of our dear Dad and Grandpa, Phillip, who passed away March 14, 1978
In loving memory of our dear Sister and Aunt, Barbara, who passed away March 7, 1990

There is a bridge of golden memories,
From here to Heaven above;
That keeps you very close to us,
It's called the bridge of love.
Your memory is our keepsake,
With which we will never part;
God has you in His keeping,
We have you in our hearts.

-Lovingly remembered, Mina, Dody, grandchildren, great-grandchildren, nieces and nephews

Don't forget to send your special wishes to your friends and family.

204-467-5836 classifieds@expressweeklynews.ca

ANNOUNCEMENTS
COMMUNITY SHOWER

Community Shower
in honour of
Desiree Sigurdson
(Bride elect of Tyler Johnston)
to be held Saturday, March 18
at 1 p.m at the Arborg Community Hall
Social to follow that evening at 8 p.m.
They are registered at
Home Hardware and Bed Bath & Beyond
Unwrapped gifts are requested.

Remember Your Loved Ones
with an Announcement in the

Call 467-5836 or classifieds@expressweeklynews.ca

McSherry Auction
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#12 Patterson Drive
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**2016 F150
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**2017 F250 CREW
CAB XLT 4X4 DIESEL**



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0% FINANCING

**2017 F150 price after delivery allowance & non stackable cash. * All prices are after delivery allowance. All prices are plus taxes. See dealer for details.



**16-7th Avenue
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Sales - 855-963-1818**

**Year end price is plus applicable taxes. **2016 Edge is after non stackable cash, 0% is not combinable. Plus applicable taxes. OAC. See Dealer for details.*

Dealer #5358