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Provincial champs

EXPRESS PHOTO SUPPLIED BY MADI BILUK

The Gimli Lakers won the MHSAA "AA" varsity girls' basketball banner after a hard-fought 69-60 victory over the Souris Sabres last Saturday. The Lakers' senior players accepting the banner and trophy on behalf of the team are, left to right, Kirsten Peterson, Amy Thorkelson, Kenzy Groot and Carley Matkowski. See story on pg. 18.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

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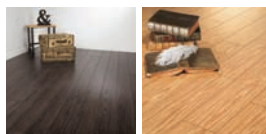
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Unrelenting researcher: ESD employee sparks book idea

By Patricia Barrett

Evergreen School Division's career development consultant turned a passion for research into an idea for a book about two Canadian singers who carved out major musical careers in the Canadian West at the turn of the 20th century.

Gail Kreutzer, who has been with the division

for over 30 years, was a member of the Winnipeg Humane Society board when she came across a brief citation to the animal shelter's founder in a book called *Aunt Winnie*, written by famed Canadian biographer Elspeth Cameron.

That sliver of information led Kreutzer down a three-year research path that ended in *A Tale of Two Divas: the Curious Adventures of Jean For-*

syth and Edith J. Miller in Canada's Edwardian West, which was released earlier this year with Cameron as writer and Kreutzer as primary researcher.

Although she works full time, Kreutzer spent countless evenings, weekends and holidays deeply immersed in the silent world of archives and libraries. She also purchased online subscriptions to historic newspaper and magazine collections.

She said she was unable to stop researching because the story she began to uncover —that the shelter's founder was a celebrated singer — was "so intriguing."

"I'd come home [from work] and I couldn't stop doing it," said Kreutzer, who does some teaching at Riverton Collegiate. "Then I'd go to bed and think, 'I wish I could have

Continued on page 7

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EXPRESS PHOTO BY PATRICIA BARRETT
Gail Kreutzer's passionate approach to research resulted in an idea for a book that reveals the cultural and musical life of Winnipeg and Edmonton in the late 1800s and early 1900s.

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Riverton's Canada 150 Reunion Days to include water events

By Patricia Barrett

Riverton is gearing up for a huge Reunion Days celebration on the Canada Day weekend that will provide three days of solid fun, feasting, musical entertainment and water-themed events.

Reunion Days is a decades-old summer celebration that has in the past featured carnival rides, car shows, music and more.

To celebrate Canada's 150th birthday, community volunteers struck a committee to co-ordinate, organize and obtain permits for a plethora of events that will include a parade, a multicultural event, a car show, a talent show, chainsaw carving, tours of Icelandic and Indigenous heritage sites, tours of the historic CPR train station, pancake breakfasts, barbecues, beer gardens, a dunk tank and bouncy castles.

Committee members met March 13 in Riverton Collegiate's library to provide an update on the events and to make changes to the tentative schedule.

The committee plans to make good use of the Icelandic River — over it, on it and perhaps in it.

A dinner tentatively scheduled for

Saturday evening on the town's state-of-the-art footbridge, which spans the Icelandic, is one of the water-themed events.

The thought is to set up a team of cooks at one end of the bridge, which the committee has already measured and obtained tables for, and serve a multi-course meal. A bar will be set up on the other side of the bridge. Tables can be reserved for two, four or larger groups.

"We'll do tables across the bridge with red- and white-checked tablecloths," said Cara Enns.

"Some of our husbands will volunteer to do that if they want to stay married," laughed committee co-chair Ruth Ann Furgala.

Other water-themed events on the weekend roster include a fishing derby, a log-rolling (balancing on a log in the river) competition, a Parade of Boats, duck (plastic) races and canoe races.

One event confirmed for Friday evening is the bathtub race. Committee member Liz Bjornson's family is organizing them. Because of their tendency to sink, the bathtubs will be raced on dry land.

A community church service in Cen-



EXPRESS PHOTO BY PATRICIA BARRETT

Members of the Riverton Reunion Days Committee are planning a huge celebration to honour Canada's 150th birthday and will be making good use of the Icelandic River. Pictured in front, left to right: Vickie Johnson, Ruth Ann Furgala; back row: Tyanna Mytz, Jason Comeau, Erin Furgala, Cara Enns and Liz Bjornson.

ennial Park is scheduled for Sunday about the Sunday service," said Tyanna morning after a pancake breakfast.

"Local churches are very positive

Continued on page 8



EXPRESS PHOTO BY WARREN OSTERTAG

A dinner is tentatively scheduled for the evening of July 1 on Riverton's footbridge, which spans the Icelandic River.

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#BelieveInitiative tour makes a stop in Fisher Branch

Olympic hurdler Sarah Wells inspires high school students

By **Natasha Tersigni**

If you can believe it, you can achieve it.

Believe is a mantra so embedded in Canadian Olympic hurdler Sarah Wells that she tattooed the eight-letter word to her wrist for inspiration. Having believed in herself and following her simple motto, Wells has been able to capture success as a hurdler.

Wells' journey in athletics has not been without hardships, but believing in herself has allowed her to be resilient and allowed her to overcome obstacles in her a life — a message she is continuing to spread through her #BelieveInitiative.

Sponsored by the Royal Bank of Canada, Wells is travelling to schools across the country promoting her social media #BelieveInitiative. Last week, Wells visited Fisher Branch, where she spoke to students on how they, too, can achieve their dreams.

"Success is something that is inside every single one of you and it is something that just needs to be recognized," said Wells, who added that before success comes hard work.

"Something I am pretty good at it is pushing myself outside of my comfort zone. I know if I want to see the most adaptation and to get the most out of my training that it is going to require me to push myself outside of my comfort. The other thing I know is that you have to make mistakes."

Wells did not excel at sports until she was introduced to the hurdles when she was 15 years old. Wells quickly excelled at the 400-metre hurdle event, working with her high school coach, who is a national team coach for track and field. She continued to train while attending the University of Toronto and set her sights on the 2012 Canadian Olympics.

Nine months before trials, Wells suffered a stress fracture in her left femur, which substantially affected her training. Instead of sitting out, she cross-

trained until she was healthy enough to compete at the Olympic qualifiers, where she ran a personal best.

After making it to the semifinals at the Olympics, Wells earned two medals at the 2015 Pan Am Games in Toronto, a silver in the 400m hurdle event and a bronze in the 4x400m relay.

But the struggles continued. While training for the 2016 Olympics, Wells was felled with another injury two months before qualifying for the 2016 Olympic Games in Rio, Brazil.

"I ended up tearing my hamstring and I realized that my drive and motivation to fight through any pain is what came back and shot me in the foot," explained Wells, who came in fourth at the Olympic trials and did not meet the standard to attend the 2016 Games.

"The way things ended, I have been left so unsatisfied. I am inviting you to become part of my journey because I think we really can inspire each other. It starts with a belief in yourself because that will be the spark that ignites your dreams," said Wells.

As Wells continues her journey to the 2020 Olympic Games, she wants students to join her #BelieveInitiative. Each week on her social media accounts, Wells posts a video talking about an obstacle in her training. Each video is accompanied by a challenge to encourage students to tackle their own goals and beliefs.

Vandersteen helps bring Wells to Fisher Branch

Fisher Branch Grade 10 student Laine Vandersteen has been following the #BelieveInitiative for a year. She spotted a random post on social media, took an interest, and thought perhaps she would be able to share what she found with her fellow students, but how was she going to accomplish this?

"I had seen a post one day on Facebook with a link to the program. I started with watching the Monday videos, then participating in the personal challenges."

Vandersteen initiated a conversation with #Be-



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF

Canadian Olympic hurdler Sarah Wells, middle, poses with Mrs. Amanda Bouchard, left, and Grade 10 student Laine Vandersteen following her presentation at Fisher Branch School on March 15. Wells was at the school to promote her #BelieveInitiative, which invites students to follow her journey to the 2020 Olympic Games in Tokyo.

lieveInitiative co-founder Sara Wells earlier this year.

Vandersteen told teacher Mrs. Amanda Bouchard about her recent conversation with Wells, and together they worked at bringing the #BelieveInitiative to Fisher Branch. Bouchard has spearheaded other events and knew that by inviting others to participate in this event, overcoming any logistical or monetary challenges would be easier to deal with. Arborg, Lundar and Stonewall schools all joined in and hosted the #BelieveInitiative for their students as well.

Wells explained what the #BelieveInitiative is and why it is important to reach out to youth across the country.

"It's a movement about being resilient and relentless in pursuing your goals and having an unwavering belief in yourself," she explains.

Wells explained how she came to realize that it's not only hard work but believing in yourself that helps you to reach your goals. She shared many thoughts of when she was a teenager, of not knowing whether or not she fit in, to trying out for various sport teams, and failing, to finally discovering a love for running at 15 years of age. There was a lot to think about. How was she going to make being a track athlete work? She struggled in choosing to give up certain "teenager fun things" so she could achieve her

goals. Staying focused and making the right decisions were all things she learned on this adventure.

Wells continued to relate what it took to make it as an athlete and how she dealt with her successes. She spoke of overcoming the challenges and learning from the many setbacks in her career.

She suggested students make themselves a list, break that list down into manageable goals and keep that list in front of them. She also suggested they push themselves out of their comfort zones, make mistakes and learn from them.

"You celebrate during the good times, but you grow during the tough times," said Wells.

Vandersteen had followed the Believe process from beginning to end. By thinking outside the box, breaking down the main object into smaller steps and believing in herself, Vandersteen had brought Olympian hurdler Sara Wells to her school to share her message with her fellow students.

For Vandesteen, this was also personal. She has been training in shot put and discus for two years. Last year, she placed 16th in shot put and 14th in discus at the provincials.

Vandersteen was competing in a provincial indoor track and field meet at the University of Manitoba last weekend.

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Province allegedly attempts to interfere with FPMC operations

By Patricia Barrett

Fisher River Cree Nation outlined its position on the province's intent to opt out of the federally run Freshwater Fish Marketing Corporation (FFMC) and responded to an inflammatory statement made by the minister of Sustainable Development regarding Aboriginal treaty rights during the Express' visit Feb. 23 (see Part 1 in the March 9 edition).

In Part 2, FRCN cites alleged provincial interference with the federal Crown corporation's proposal to offer contracts to Manitoba fishers, shares its views on the reasons for the provincial opt-out and addresses criticisms of FFMC.

Sam Murdock, a former FFMC president and currently director of operations for Fisher River, said he was advised at a meeting that the provincial department of Sustainable Development had sent the federal government a letter asking it hold off on offering contracts to fishers.

Murdock alleges the province is trying to interfere with Freshwater's operations — despite its intent to cut ties with the Crown corporation — “by writing a letter, which they have, to the federal minister, asking them to withhold the release of these contracts that are ready to be presented to the different co-ops throughout Manitoba.”

Sustainable Development would not comment.

On March 15, the Conservatives introduced the Fisheries Amendment Act (Bill 23), which “eliminates the monopoly that the Freshwater Fish Marketing Corporation had on the marketing of freshwater fish in Manitoba,” establishes a number of exceptions for those without dealer licences to purchase or sell fish, and requires — with exceptions — fish plant operators to be licensed, according to the explanatory note. The act is expected to come into effect July 1, 2017.

Gimli MLA Jeff Wharton said until the open market is established, the “playing field should be a little bit more level when it comes to opportunities for fishers.”

“My understanding is they're [FFMC] going around trying to get fishers to sign contracts. And I guess the concern on the fishers' part — we have a concern that it's creating some confusion because right now other potential buyers are not able to come into the market and offer the same ... type of opportunity,” he said last week.

At a November 2016 Lake Manitoba fishers' meeting in St. Laurent, which was attended by FFMC representatives, some fishers expressed concern with the corporation's proposal to offer contracts.

Wharton said communities on the east side of Lake Winnipeg are “excited” by the approach of the open market. Members of Hollow Water First Nation (near Hecla Island) and Brokenhead Ojibway Nation (north-east of Winnipeg on Highway 59) met with him last week at the legislature to present a business plan.

“We had a super discussion,” said Wharton. “And they're so excited about the opportunity and they've actually come forward with a small business plan to move forward with fishers on that side of the lake. ... Now, of course, they know July 1 is the date, and they're looking forward to that.”

The chances of FFMC maintaining its market share likely prompted the attempt by Sustainable Development to interfere with FFMC's plan to offer contracts, said Murdock.

“If we [fishers] stay with Freshwater, we benefit from the Communities Economic Development Fund (loans specifically for fishers),” he said. “We benefit with EI and a share of FFMC profits and guaranteed fish prices. So what they need to do with these fish contracts [is] ... get them out this spring so they know how much support they have. And based on that, they can go to the bank and borrow the monies they need to pre-buy all the fish and set the



EXPRESS PHOTO BY PATRICIA BARRETT

Boats sit along the shore of Lake Winnipeg near Fisher Bay, north of Fisher River Cree Nation. About 206 people in Fisher River earn their livelihood fishing.

prices. But the province doesn't want that because FFMC's going to be successful in doing it.”

Manitoba is the largest producer of fish for FFMC.

“Manitoba is the majority and Lake Winnipeg is the bread basket,” said Murdock. “It produces more fish than the territories (Northwest Territories), Saskatchewan, Alberta and north-western Ontario combined. That's including Lake Manitoba, Lake Winnipegosis — you can combine all those numbers, but Lake Winnipeg still produces the most.”

That “basket” poses a lucrative opportunity for fish plant owners.

As to criticisms levelled against FFMC regarding its operation, Murdock said all Crown corporations are

scrutinized by the auditor general.

“They do a thorough review of [FFMC] expenditures,” he said. “Those are annual reports that are made available to the public, and there's a meeting held every year and they're presented at that meeting.”

Murdock said Fisher River's invitation to the provincial government to consult with them still stands, and that the community would like to “work with the province.”

The province, however, has not responded to that invitation.

“If the province does not want to work with us ... then we'll go ahead and we'll market our own fish internationally or wherever,” said Murdock. “We have that right under our treaties. And that's been proven through the Norway House Supreme Court decision.”

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> ARNIE WEIDL With a little encouragement, we can land the big one

Welcome, fellow fishers.

Generally, I try not to offer fishing stories involving friends or family since we all know that can be as boring as forcing someone to look at pictures of their last vacation. There are, however, exceptions.

A few weeks ago, "Loco," my buddy who's also president of MIFA, and I participated in the Brokenhead Ice Fishing Derby. We arrived on the Brokenhead River ice on a bright, sunny, calm, warm afternoon. Everywhere folks were fishing, visiting and picnicking having a fine old time. Almost at the end of the derby, I was passing the time with some guys and noticed out of the corner of my eye the flag of my rig was down.

Now, normally you'd expect me to get right over there and see what I had but, like I said, Loco was with me. As I walked toward my rig, I said under my breath, "Oh no you don't, pal. You're not playing that trick again of pushing my flag down and then waiting to see what I'll do."

As I came close to my hole, I could see around a portable shack and there was Loco, belly down on the ice beside his fishing hole with John Bear, the chap running the derby, helping him up. At the same time, I could see someone with a horn getting ready to end the derby. I grabbed the line of my rig, flicking a jack onto the ice a fraction of a second after the horn sounded. Darn.

Continuing, I moved to John and Loco to help, but true to his nature and grimacing in pain having hurt his knee, Loco rolled over, looked up at me and proclaimed, "That fish on your hook is mine. It slipped my hook and went for your bait."

It's hard to manhandle a man while trying not to laugh at his expense.

EXPRESS PHOTO BY ARNIE WEIDL
Ashley Straight of Brokenhead with a first prize winning fish at their fishing derby.

Finally, with Loco safely stuffed into Old Red, we said our goodbyes. As we headed, home I shot a glance at Loco and snickering, uttered, "OK, you can have half the fish."

Anyway, local boys, Ashley Straight won first prize; Cameron Bear, second; and Gary Rider, third.

On the Red River a while back, I was travelling from one bunch of anglers to others visiting and trading stories when I came to a large, older, well-made shack. Inside were two long-time Selkirk fishing friends who have known each other since school. Bill Aisman had a slightly weathered fleshy face and full body that only comes from loving the outdoors. His buddy, Jackie Sparks, was

slighter in stature with defined features, brown hair pinned high on her head and a perpetual smile.

Jackie joked, saying that her husband, the other part of this trio, was on the river with the ice-breaking crews "smashing" ice. All three of them have spent their lives on this river, and she remembered when she was little, she won first prize at the St. Peter's church fishing derby with a borrowed rod. Her prize happened to be a shiny new one, which she treasured and used all her life until last year when it just fell apart.

I guess it was last week that I was way out on the south Lake Winnipeg basin and came across a very interesting fellow. He was a tall man with a swarthy chiselled face. His long greying black hair spilled down to his neck. His lips were thin, holding a firm half smile that spoke of his confident nature. His name was Rick Roy and he gave us the story where he was boat fishing with his wife Donna Lalonde at Winnipeg Beach last summer and she caught a big jack.

Rick sat back and silently watched Donna begin fighting with the monster. After a bit, she very sweetly asked Rick to help her, whereupon he, in a decisive manner, simply said, "No."

Other than the slapping and splashing of the water as the fish fought for its freedom, silence fell over the boat. Soon Donna looked at Rick with a determined restless expression and again said, "Rick give me a hand." Again he crisply shot back, "No, you've got this." That did it. She dug in, shoulders hunched, legs planted on the floor of the boat with her face tightened in resolve. She brought that fish to the side of the boat, netted it and shovelled it into the boat as Rick shouted, "See, I knew you could do it."

Till next week. Bye for now.

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IERHA to support smooth transition for patients at Teulon Medical Clinic

Submitted

Interlake-Eastern RHA is bringing interim health care providers to Teulon Medical Clinic to mitigate any health service disruptions until the clinic is staffed appropriately once again. Patients of the clinic are attached to the clinic for care, not their individual care provider so that care can be easily transferred to another member of the health-care team at any time. The electronic nature of

medical records at the clinic ensures a smooth transition and sharing of information amongst the providers.

"Teulon Medical Clinic is a vital part of the well-being and health care of residents in Teulon and surrounding communities," says Paul Barnard, regional director, primary health care operations and physician services. "By building a model of care that supports health-care providers in a collaborative environment, patients are expect-

ed to have better health outcomes and less interruptions in service."

Moving forward, the clinic vision is to put in place a collaborative team of doctors and other practitioners, who complement one another in order to provide timely and quality health care for community and area residents. Combining a spectrum of doctors with other providers in a clinic setting ensures that people have access to the most appropriate care they

need to get their health care concern addressed. Recruitment of additional providers is underway.

Patients are encouraged to call the clinic at 204-886-2131 to make an appointment and to confirm walk-in clinic hours. Teulon's medical clinic operates under the medical directorship of Dr. Michael Loudon. Interlake-Eastern RHA thanks Dr. Loudon for his continued services to patient care in the Teulon and surrounding area.

> RESEARCHER, FROM PG. 2

found a lead on that,' and your mind is going like crazy, and you think, 'I never thought of this angle. Tomorrow I'm going to go and do that.' It's funny how you find these different angles ... and it opens up a whole new path."

Covering the period 1893 to about 1933, the book details the musical training and careers of Jean Forsyth, soprano and founder of the Winnipeg Humane Society, and Edith Miller, contralto and international singing star, both of whom started their careers in Manitoba church choirs.

The book takes the reader through the burgeoning music scene in Winnipeg and Edmonton and the fashionable entertainments — teas, musicales and balls — in which ladies of high society partook. The two singers began working together in 1894 when they were hired as vocal teachers for the newly established Winnipeg Conservatory of Music.

In some chapters, Cameron creates a compelling fictional narrative (based on factual documents Kreutzer obtained) of significant events in the singers' lives. Her novelistic ingenuity brings the characters, their manners and their thoughts to life.

"It really gives you a picture of cultural life during that time," said Kreutzer. "A lot of things have been written about Western Canada during that period of time in the early years, but nothing has focused on the cultural day-to-day life."

Given Cameron's extensive writing experience (biographies on Canadian literary and cultural icons), Kreutzer tasked her with the job of writing the book.

"I had said to her, 'I think you should write another book,'" said Kreutzer. "I was trying to convince her to write this book. I kept sending her packages and packages of material because I just couldn't believe all this stuff I was finding. I thought this woman's [Forsyth] story deserves to be told."

Cameron initially resisted. In the

Acknowledgements at the back of the book, she reveals her reluctance to pursue the story. She wrote: "I emailed back a lukewarm response because I thought of *Aunt Winnie* as my last book."

Kreutzer was undeterred.

"I kept sending her stuff because I thought if anybody could write this, it was her."

Kreutzer herself is no stranger to the written word but had not tackled a book.

"I've done articles in local magazines like H2O and the Winnipeg Humane Society's newsletter, and I did a tribute to Jean Forsyth on their website," she said. "I also co-hosted a radio show on CJOB called All About Animals."

In the face of Kreutzer's persistence, and stacks of documents about Jean Forsyth that would arrive at her St. Catherine's (Ont.) home, Cameron finally relented.

The two women developed a working relationship almost exclusively by email. As the documents continued to flow in, Cameron found a number of references to contralto Edith Miller and tasked Kreutzer with additional research.

The way Cameron structured the book was impressive, said Kreutzer.

"She would take these snippets ... put them in dated order and get a story out of it. How she put them together just blew me away; it gave me a better appreciation for her as a talented author."

Kreutzer continued to dig up letters, concert reviews and photographs, all of which form the backbone of the book's 52 chapters.

"I don't know what it's like when you write a novel, but I know with this, it was an eye-opener as to how long — and I don't mean long, painful — but it was three years of research and back and forth. Three solid years. One of those years was myself doing research even before she decided to

take on the project."

Kreutzer even braved endless reels of microfilm in the Legislative Library. If anyone has ever taken that on, he/she knows it's almost like running a marathon.

"I would sit there for eight hours sometimes and I'd get nauseous after a while," laughed Kreutzer.

Through her research, Kreutzer discovered a distinct evolution in the places where musical entertainment was traditionally offered.

"When Jean first moved to Winnipeg, she was recruited here by Grace Methodist Church, and all the serious music that was offered at that time was through a church. And you'll see a transformation: it moved from church to hall eventually."

Forsyth and Miller eventually went on tour together across Western Canada, and formed a company with two male singers. Forsyth then moved to Edmonton, where she founded a popular tea room. Miller found success as an opera singer at Covent Garden in London (England) and sang at a series of celebratory concerts marking the Coronation of George V in 1910. She eventually married a baronet and retired from singing.

If it hadn't been for Kreutzer's research zeal, the story of two remarkable, independent women establishing a musical niche in Canada's West may not have been told.

In the acknowledgements, Cameron wrote: "This book owes its existence to Gail Kreutzer."

MANITOBA School Boards ASSOCIATION

The Manitoba School Boards Association held its annual Celebration of Success on Thursday, March 16th, 2017 at the Delta Winnipeg. The evening was dedicated to recognizing some of Manitoba's outstanding students, programs and leaders.



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Kate Letexier

from Lakeshore School Division on winning a **Student Citizenship Award** in recognition of exemplary citizenship in school and community.

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Alon Golubchik, Winnipeg SD

Student Citizenship Award Recipient (Group)

Bashful Boys, Park West SD

AMM George Harbottle Memorial Award

Alon Golubchik, Winnipeg SD

Premier Award for School Board Innovation

Bike Program, Lord Selkirk SD

Presidents' Council Award

Vern Reimer, Garden Valley SD

For more information on the Convention and Awards visit www.mbschoolboards.ca



Northern development strategy could benefit the Interlake

By Jeff Ward

Interlake MLA Derek Johnson is looking forward to growth and development in his riding and believes the trickle down of northern development could lead to great things for the region.

The "Look North" announcement last month by Manitoba's Premier Brian Pallister and Growth, Enterprise and Trade Minister Cliff Cullen laid the groundwork for a long-term vision for sustainable economic and business development and growth for the north. Johnson said that the Interlake should benefit from a renewed interest in the north and that even before the announcement, he's seen many Interlake businesses discuss expansion plans. Johnson pointed to St. Laurent and Gimli as two key Interlake areas that could see major fish processing plant operations begin this year and he's seeing other small businesses explore expansion as well.

"There's a mill north of Arborg that's been talking about expansion and many other people I've talked to who are doing the same," said Johnson.

"It seems to me that there's a lot of excitement in the air right now for Manitoba and not only with other

companies coming in but with existing companies expanding. I've heard that many businesses are more busy than they have been in a while."

The Canadian Parks and Wilderness Society director Ron Thiessen said he is cautiously optimistic about northern development. Thiessen said that there should be more attention in these areas because of how much potential for growth there is, but he added that there needs to be careful consideration of environmental concerns. Thiessen said that he is disappointed that any mention of protection for the environment was completely absent from the announcement.

"We believe an objective of balancing sustainable development and care for the environment is needed," said Thiessen.

"And knowing the value of a healthy landscape is the foundation for this goal. I don't think that anyone would aim to destroy or harm their environment but it happens as a side effect of industry and needs to be considered."

Thiessen explained that even the simple act of building a road to an area has an immense impact on the environment and disrupts many ecosystems. He said that he knows the

farther north you go, the more important environmental protection is for the residents who are already there. Thiessen said that the Interlake especially has such a diverse range of ecosystems and, as a result, many residents have fought for the protection of certain areas so they remain untouched.

Johnson said that there is a lot of room for expansion of forestry in the Interlake and mining north of the region but that the environmental ramifications from these industries will be looked at if and when expansion takes place.

The government is hoping to see the expansion of many different operations in the north, with tourism being one of the ones mentioned prominently. Other areas of industry include mining, exploration, manufacturing, processing, transportation and forestry. The province is leaning on big numbers in exports in these industries to woo potential investors and is holding three community roundtables — April 3 and 4 in The

Pas, April 4 and 5 in Thompson and April 5 and 6 in Churchill — to get the discussion rolling.

"Consulting with people in the north is a wise first step and at some point in this process I imagine they'll be consulting with Manitobans at large. And it's an important part of the process because economic prosperity and social equality need to be balanced here," said Thiessen.

The province points to a success story of development already took place in Norway House in the form a Salisbury House restaurant that opened in May 2015 as part of a profit-sharing economic partnership between Salisbury House Restaurants and the chief and council of Norway House, which now employs approximately 40 people from the community.

Stories like that can be jumping off points for new businesses, expansions of older ones or new development of areas of the province. However it manifests, Thiessen hopes that the environment will remain a strong factor in the decision-making process.

> RIVERTON'S CANADA 150 REUNION, FROM PG. 3

Mytz, reading from a text she received from a person helping to co-ordinate the event. "Instead of a special speaker, it will be personal testimonies from our locals that many know already."

The service will be followed by a potluck.

Members of the Riverton-Bifrost Fire Department are helping organize the weekend event. They'll be participating in Saturday's parade and will be setting up a beer garden.

The department will also be holding an Open House on Saturday that will include paramedics from the Interlake-Eastern Regional Health Authority.

Firefighters will be strapping visitors into fire trucks and taking them for a ride through town.

One thing firefighters may not be doing is participating in the dunk tank that they've booked for the weekend.

"We're loved; we're not hated," said Fire Chief Jason Comeau, who sits on the committee.

On Sunday night, a Hootenanny (a gathering featuring folk music) from 7 p.m. to midnight at the Riverton Hall will cap off the weekend-long celebration. It's expected to draw up to 600 people.

The community group Legacy of the Lions is organizing the party. Lions member Lloyd Roche posted a notice on the Reunion Days Facebook page, saying the show will feature tributes

to the illustrious performers of the past.

"As part of the Riverton Reunion days, the community's celebration of Canada 150, the show will feature several dominant players from the historic Hootenanny days in the '60s, including Solli Sigurdson, Dennis Olson, Wes Wilson, Laura McLeod (Dahlman), Roy Gudmundson and Fred Oleson."

As part of the weekend festivities, Riverton Early Middle School will be hosting a barbecue Friday (open to the public) and a tour to mark its 50th anniversary.

A number of individuals and organizations are pitching in to help the committee make Reunion Days a success. Those include the Evergreen School Division, the Icelandic River Lodge, the Friendship Centre, the Evergreen Regional Library, the Riverton Elks, the Riverton-Bifrost Parks & Recreation Commission and Manitoba Conservation's regional office.

The reunion committee will be finalizing event dates and times and will be publishing a program guide.

A link from Travel Manitoba's website will also be available. The RM of Bifrost-Riverton has a posting on its web site about Reunion Days and will likely update the page when the program is finalized.

Reunion Days will be held from Friday, June 30 to Sunday, July 2.



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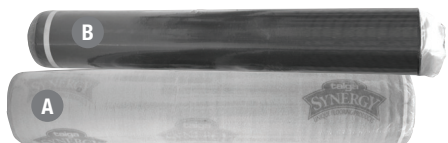
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Reciprocal bike tour to commemorate anniversary of Selkirk Treaty

Submitted

In recognition of the 200th anniversary of the signing of the Selkirk Treaty, Premier Brian Pallister announced he will complete a trip by bicycle between the original and current settlements of Peguis First Nation and invited Manitobans to participate in the event through the submission of letters of thanks to be taken on the journey.

"Dear Chief Peguis, thank you for helping the Selkirk Settlers to survive the first few years in Canada," the premier read at the launch event, quoting a student from William Whyte School's Grade 4/5 class. "Without you and your generosity, many of them would have died. Because of this friendship and support from 200 years ago, many of the first settlers' descendants still live in Manitoba."

Earlier this year, the premier sent letters to Manitoba school divisions and a variety of organizations inviting them to share letters of support this initiative. The premier invited all Manitobans to submit letters to be delivered to the community of Peguis First Nation during the trip.

Letters received from the Grade 4/5 class at William Whyte School in Winnipeg's Point Douglas community inspired today's visit to the school by the premier and Grand Chief Jerry Daniels of the Southern Chiefs' Organization.

"The legacy of an extraordinary friendship between Lord Selkirk and Chief Peguis laid the foundation for what would later become Manitoba," said Pallister. "The story of Manitoba is one of centuries of compassion, friendship and partnership between Indigenous Manitobans and those who arrived after them. That partnership is the bedrock on which our strong and beautiful prov-

ince was built."

"On behalf of the Southern Chiefs' Organization, we acknowledge the premier's gesture to educate and provide understanding of the Selkirk Treaty of 1817 and of the true history of our people's partnership," said Daniels. "This is an opportune time for all Manitobans to reflect on the importance of what occurred 200 years ago."

When the Selkirk Settlers arrived in Manitoba from Scotland and Ireland between 1812 and 1815, Chief Peguis helped provide food and shelter. In 1817, Lord Selkirk signed a treaty with five Indigenous leaders to grant each land, which included land at St. Peter's in East Selkirk to Chief Peguis' band.

Over the course of three days between June 16 and 18, the premier will cycle approximately 160 kilometres between the original St. Peter's Reserve in East Selkirk and the current location of Peguis First Nation in the Interlake.

"I invite you to join me in this mission of friendship by writing a letter to Manitoba's Indigenous peoples, expressing your gratitude for the vital role they played in the formation of our province," said Pallister.

Manitobans are asked to submit letters by April 15 to premierpeguistour@leg.gov.mb.ca or mail to:

Premier's Peguis Tour
Manitoba Legislative Building
450 Broadway
Winnipeg, MB R3C 0V8

Manitobans can follow the journey on social media using the hashtag #PremierPeguisTour.



EXPRESS FILE PHOTO

Premier Brian Pallister announced he will complete a trip by bicycle between the original and current settlements of Peguis First Nation in recognition of the 200th anniversary of the signing of the Selkirk Treaty. Pallister is inviting Manitobans to participate in the event through the submission of letters of thanks to be taken on the journey.

State of emergency declared if Lake Manitoba rises to 814 feet

By Jeff Ward

St. Laurent's Municipal Emergency Co-ordinator (MEC) Paul Belair said that the RM will declare a state of emergency if Lake Manitoba reaches a level of 814 feet.

The announcement appeared on the RM website on March 13 as a notice to the public. In a follow up post to the RM's Facebook page, Belair gave an update as to what has been going on since he was hired in February. Belair wrote that getting an understanding of government EMO procedures and preparedness as well as studying the provincial preparedness plan and template have been the top two things he's been working on. He wrote that the priorities of the MEC are public safety, the protection of property, saving tax dollars and respecting private property. The *Stonewall Teulon Tribune* was unable to speak with Belair directly for an interview.

The recent weather hasn't made the flood forecast look any better. Scott Forbes is the science advisor for the Association of Lake Manitoba Stakeholders (ALMS) and said that Lake Winnipegosis is still very high — 833.78 feet as of March 12 — and that the water is destined for Lake Manitoba this spring. Currently Lake Manitoba is at 812.42 feet.

"It's been declining slowly but we're in uncharted territory right now," said Forbes.

"Another storm like the one we just had in the next two months and this lake will flood. We can't afford another one like that blizzard. In 2011, two-thirds of the water in that flood came from Lake Winnipegosis and the lake is higher now than it was then."

The picture Forbes paints isn't going to inspire much confidence, but perhaps the RM's proactive work will. Keeping the community informed of when the RM will declare a state of emergency and keeping the lines of communication open between the MEC and residents will keep everyone on the same page.

Forbes said that it's not possible to keep the Portage Diversion closed this year and that residents should expect to see that opened. The flow on Waterhen River went up significantly last week from 4,272 cfs to 5,472 cfs and the outflow at the Fairford Water Control Structure also increased 400 cfs last week to 6,707 cfs, according to Forbes.

"The good news is that we can still get lucky and avoid 814 feet. We could catch a break and stay at a reasonable lake level but we can't have anymore serious rain or snow. This is the hand

that Mother Nature dealt us. It's really no one's fault," said Forbes.

Belair wrote that if residents have any concerns or would like to give permission for private access, he can be reached Monday, Wednesday and Friday at 204-739-8164.



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Lundar says goodbye to old arena with final winter carnival

By Jeff Ward

It was a bittersweet weekend in Lundar for the 69th Annual Lundar Winter Carnival as hundreds packed the building to celebrate and remember all of the important events held there for the last 64 years.

The family-focused event took place March 17-18 and has always been a popular one with dozens of activities designed for kids of all ages. A special visit from Ariel from the Disney movie *The Little Mermaid* and a Jedi from *Star Wars* were a popular attraction.

Saturday morning featured a pancake breakfast, followed by hockey, a kids' fun land with bouncy castles and face painting as well as the final family skate before the arena is renovated this summer.

There were many conflicting emotions as attendees said goodbye to the arena reminiscing on time well spent and looking forward to the updated facility coming later this year.

"It was an emotional, fun weekend as we said goodbye to the old barn, and as usual, the Grettir board did an outstanding job. The best part was the community getting together," said Cindy Thorkelson.

Interlake MLA Derek Johnson said that he was very impressed with the carnival and touted the immense community support as one of the reasons the event has remained so successful for nearly 70 years.

"The Lundar Winter Carnival has been supported by the community for numerous decades and I'm sure it will be supported for many decades to come," said Johnson.

Ashley Sigfusson and Shayne Desjarlais were crowned Carnival Queen and King and combined with the two other participants Theresa Stevenson and Morgan Granberg a whopping \$17,254 was raised through ticket sales.

The event was capped off by the Lundar Skating Club's Ice Show which featured the talents of area skaters who performed routines in a country theme.

The carnival will return for its 70th anniversary next year but under a new roof and renovated facility.



Three generations of Lundar carnival queens and princesses: Lillian Halldorson with her daughter Leanne Kell and granddaughters Marlee Kell, Jordhan Lynch and Rachel Halldorson.



Darlene Sweetland with her daughters Carla Thorgilsson, Leona Sweetland and granddaughters Sydney Thorgilsson and Kianna Sweetland Laughlin.



Four generations of Halldorsons took part in the 2017 Lundar carnival. Pictured: Murray, Kevin, Nicole, Zachary, Rachel and Harley and Hayden Halldorson.



EXPRESS PHOTOS BY JEFF WARD AND MICHELE SIGFUSSON
Pictured from left: Lundar Carnival Queen runner-up Theresa Stevenson, Carnival Queen winner Ashley Sigfusson, Carnival King runner-up Morgan Granberg and Carnival King winner Shayne Desjarlais.



The final public skate at the Lundar arena before renovations begin this summer.



The Rustic Nest wood sign class Brittany Lindal & Lauren McLeod.



Lundar Midget boys had a friendly game against the Interlake Lightning Female Midget AAA team.



Halle Johnson has a blast at the Kid's Funland.

Ashern says farewell to winter with annual carnival

By Jeff Ward

Hundreds packed into the Ashern arena last weekend to celebrate the annual winter carnival as an unofficial send off to the cold winter months.

The family-friendly event featured a pancake breakfast, a paint party and the Ice Show where area skaters performed their routines.

Organizer Shelley Plohman said that the turnout was great for all of the events and that approximately \$10,000 was raised by Carnival King and Queen participants. Colten Price and Shelby Webster were crowned King and Queen during the intermission of the Ice Show on March 19.

The 23 skaters performed routines based on the theme — favourite TV shows — and Plohman said that the audience loved the show.

"They put in a lot of work to get to this point so it's really nice to see the arena filled up with people supporting them. This is our last show before they do their competition next weekend for Stony on Ice," said Plohman.

During intermission, the Ashern Arena raffle



EXPRESS PHOTO SUBMITTED BY HELEN WEBSTER

The skaters performed routines in the theme of favourite TV shows for a live audience at the Ashern Arena Ice Show.



EXPRESS PHOTOS BY ADRIENNE BAKER

Lexi Larson shows off a spiral.



Nicole Graham

contest drew five cash prizes of \$200 along with a Stihl Lawn trimmer package, a Stihl chainsaw, two Dauphin Countryfest weekend passes and a Husqvarna riding mower. Charlene Kinkead won the grand prize of a 2017 Polaris Ranger.

Right photo, Emma Spence-Geisler



Zoe Oversby prepares for a jump.



EXPRESS PHOTO BY SHELLEY PLOHMAN

Colten Price and Shelby Webster were crowned carnival King and Queen and helped raise \$10,000 in ticket sales with the other contestants.

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Your FARM



Foster Ag Services wins \$15,000 in ADAMA's Thank-a-Retailer contest

By Patricia Barrett

Foster Ag Services pulled ahead of seven other Manitoba competitors in a retailer contest, taking home \$15,000 that will go towards community projects in Arborg.

Foster Ag was nominated for ADAMA Canada's annual Thank-a-Retailer Community Contest, which recognizes companies for exceptional customer service.

"It was great to see the whole community support us and vote every day," said Kyle Foster, one of the co-owners of Foster Ag. "When you were walking down the street ... people were talking about the contest. Everybody knew about it. It was kind of exciting for the whole community."

People came out in droves every day, voting for Foster Ag on the Thank-A-Retailer website and spreading the news of the nomination on Facebook and Twitter, which counted towards some of the points awarded to the



EXPRESS PHOTO BY KIAH STOYANOWSKI OF FOSTER AG SERVICES

company.

"The votes were [worth] 50 per cent," said Foster. "We had about 22,400 votes."

Foster Ag, located west of Arborg, supplies agricultural products to customers in the Arborg, Riverton and Fisher Branch areas.

Continued on page 13



PHOTO COURTESY OF FOSTER AG SERVICES

Foster Ag Services partnered with Arborg's Reechka Ukrainian Dance Club in a corn fundraiser to help them with expenses.



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Gov't move could ease way for new hog barns

By Harry Siemens

As part of the Manitoba government's proposed legislation to reduce outdated and ineffective regulatory requirements, changes could occur to make permitting a new hog barn a little less cumbersome.

Finance Minister Cameron Friesen said last week the government is committed to eliminating the barriers that prevent business and local governments from thriving and expanding.

"The red tape reduction and government efficiency act would amend or repeal 15 pieces of legislation to reduce the red tape that is creating burdens on business, non-profits, municipalities, private citizens and government officials."

That includes, the government said in a release, removing "general prohibitions from The Environment Act for the expansion of hog barns and manure storage facilities."

According to Manitoba Pork general manager Andrew Dickson, the government wants to make it easier to build hog barns and manure storage facilities.

Dickson explained the proposed legislation would remove a clause in the Environment Act that mandated the use of anaerobic digesters for hog operations because it was totally redundant. All the regulations that deal with manure storage and handling and application to land are all still in place.

Removing one clause doesn't mean Dickson expects to see a surge in the industry building new barns—there are still a number of regulations in place, he said, adding it would also have to make sense economically for producers to start building more barns.

Similarly, back in January the government committed to repealing the Manitoba Farm Building Code and amending the Manitoba Building Code by adding specific provisions for farm buildings.

The amendments would mean that producers are no longer forced to incorporate unnecessary requirements into the construction of barns.

"We estimate the new provisions will save producers tens of thousands of dollars when building barns," said Manitoba

> FOSTER AG, FROM PG. 12

Winnipeg-based ADAMA, a chemical company that supplies products to the Canadian agricultural market, recently posted the names of four winners on its website; the contest is open to companies from Alberta, Saskatchewan, Manitoba and Ontario. Each receives \$15,000.

Foster Ag intends to donate some of the money to the Arborg arena to help pay for two new dressing rooms that are used for hockey and skating. It will also help Arborg Early Middle Years school pay for an outdoor classroom.

The Arborg-Bifrost Parks & Recreation Commission had nominated Foster Ag for its service and ongoing contributions to the community.

The company, which is a member of the Keystone Agricultural Producers' executive, has helped Arborg's Reechka Ukrainian Dance Club raise money through a corn sale, contributed to the operation of the Arborg and Riverton curling clubs, helped with upgrades and construction projects at the Arborg Curling Club and has made annual donations to the Canadian Food Grains Bank.

Foster Ag thanked those who contributed to its win via Twitter. "We did it!!!!" reads the March 10 post. "Thank you so much to everyone who supported us throughout the whole competition, we couldn't have done it without you!!"

ADAMA will be holding a formal awards presentation, but Foster doesn't yet know the date.

The best part of winning is not so much the recognition, he said, but the ability to contribute to the community.

"Once we get the cheque," he said, "we can start handing out the money, which is more exciting."

Visit www.thankaretailer.ca for more information about the contest and its 2017 winners.

Pork chair George Matheson.

Mike Teillet of Manitoba Pork said producers are hoping to have a clearer indication by summer of what changes the provincial government will make to speed up the approval process for new hog barn construction.

Teillet said there is considerable interest in building or expanding finishing hog capacity from existing producers and new producers, including some who left the industry and looking to come back.

"The biggest challenge is simply the processes that they have to go through in order to get a barn built," he said. "Right now it's taking on average probably nine or ten months or more to get through all of the processes. It is one of the things that is a real drag on people wanting to get into the hog business as well as people wanting

to expand. We've looked at a number of different things which we think can make the system work much, much more smoothly and quickly and still at the same time protecting the environment and so on."

Teillet said they're not trying to get around environmental protections and that sort of thing, but trying to make the system work more efficiently.

"We've had a number of meetings with government people to go over some of the processes and try to suggest ways where we feel the system can be improved," he said. "I believe we're getting a fairly positive feedback from the government but at this point, we haven't seen anything as to what direction they're headed but we know they are looking at it very very closely."



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Parents, volunteers key to success of recreational kid's hockey program

By Patricia Barrett

The recreational hockey program for kids in Winnipeg Beach saw its second successful season thanks to the efforts made by the Town and the parents and volunteers who got it off to a flying start.

The program, which recently wound up, tripled in size since its inaugural run, attracting about 60 players of all ages.

Heidi Helstrom, one of the program's volunteers, said the kids benefited from the support of community members determined to make it happen.

"We would like to say a huge thank you to Kris [Isfeld], Jay [Adam], Allan [Sulyma] and all the other moms and dads that made this year such fun and a big success," she said. "It's so great to see how a community can pull together to make these great activities happen for our kids."

With the help of Sulyma, who is the town's recreation director, parents and volunteers launched the program in 2015/16, attracting 20 players between the ages of about six and 10. Most of those kids returned for the 2016/17 season.

The unique feature of the hockey program is its inclusiveness and support (both moral and financial) for kids who haven't had a chance to play the game.

"They wanted to provide the opportunity for kids (and their parents) who weren't yet involved in [a program] – or perhaps didn't feel they could commit to a traditional organized hockey program for whatever their reason – to...try it," said Kris Isfeld, who coaches one group of players.

Jay Adam, who coaches two other groups of players, was instrumental in creating an "equipment-share drive," in which efforts were made to find, borrow or trade hockey equipment in order to minimise the costs associated with the game and, at the same time, encourage kids to participate. Parents also purchased goalie gear.

Adam said the volunteers are crucial to the program.

"It is impossible to run this program without lots of different volunteers."

It was not only boys eager to join the program, but also quite a few girls, he said. "We would love to have even more."

Kids were allowed to choose what position they wanted to play, but they were also gently encouraged to try them all so that they could benefit from a well-rounded hockey experience. Players were slotted into groups based not on age, but on ability, size and consideration of their comfort level.

"What we did was bring together kids with some hockey experience and others who were 12- and 13-year-old first-timers, threw them together, and it was a really positive experience for them all," said Isfeld. "We provided a safe, comfortable environment where kids could be provided the instruction they needed, learn at their own pace, feel the satisfaction and camaraderie of belonging to a team and, most importantly, have fun playing hockey."

That approach instilled leadership and mentorship in the more experienced players, and also provided them with a chance to develop the hockey skills they already had.

While skill development, conditioning and coaching formed part of the program, the main emphasis was on fun.

"First and foremost, ice time had to be fun. There was not a huge focus on traditional skating and hockey drills, but greater focus on small area games, scrimmages, cross-ice games, and 'learning through play,'" said Isfeld. "For the smaller kids, this might have been playing freeze tag. For the older kids, it was most often a scrimmage game, sometimes cross ice, sometimes full ice."

In order to give the kids an opportunity to compete against teams from away, volunteers organized special events. Players in Balmoral and Clandeboye's recreational hockey programs were invited to the Beach to play a game or participate in a tournament. And kids from the Beach were invited to Balmoral to take part in its tournament.

"Hockey has to be competitive... the kids love the competition," said Adam. "But the primary focus still must be about having fun. Our program is competitive with a little c, not a BIG C."

The overwhelming success of the program will likely see it expand next season. Organizers are expecting to broaden the age categories and offer the program on two different nights to provide more flexibility to those with busy schedules.

They're also welcoming feedback from both parents and kids about the program so that changes/improvements, if necessary, can be made.

"One of my personal goals with this program is to keep it growing 'older,'" said Isfeld. "Many kids drop out of competitive hockey by the time they are 12, 13, 14. Then there is nowhere for them to play until they are adults.... This program is the beginning of filling that gap. Hockey should be a sport for life, played for fun and fitness."

Helstrom said she's looking forward



to future years.

"This was just a phenomenal year, and [I] can't wait to see what the future of rec hockey holds."

For more information about the program, contact the Town of Winnipeg Beach's recreation director Allan Sulyma at (204) 389-5126.

letter to the editor

Kudos on the great coverage

Dear Editor

'Interlake artists paint paddles for clean water campaign' in the March 18 edition of the *Express Weekly News*.

Kudos to Jeff Ward for his detailed report on the donations from artists' to the clean water initiative. The Interlake teems with talented people and this is very generous in support of "Water is Everyone's Responsibility."

I wish this initiative a growing membership and a successful auc-

tion of the donated very unique paddles. After all, what would our quality of life be should our inland ocean be allowed to die? I live in Winnipeg Beach and am following all news about this lake. I know it can be cleaned and revitalized. Where there is a will, there is a way. Seriously.

By the way, I like your Sports and Recreation coverage.

Sincerely,

Helma Rogge Rehders
Artist, Winnipeg Beach

Livestream captures moment when truck crashes through ice

Manigotogan couple was hoping to save two hours by crossing Lake Winnipeg

By Jeff Ward

A Manigotogan couple are safe after a terrifying experience on Lake Winnipeg when their truck broke through the ice on their way to Peguis.

Ko'ona Cochrane was broadcasting her journey via Facebook Live across the frozen lake March 14 when the truck suddenly broke through the ice. Cochrane can be heard screaming as the ice gives way beneath the truck and yells "That's my life— take that" as she grabbed her belongings before the truck sank below the ice.

She told her story to CBC reporter Lenard Monkman and explained that she figured they would save two hours of travel time by driving straight across the lake to visit her mother in Peguis. The couple was driving when

they noticed a large crack in the ice and decided to try a different direction.

"But then there was another crack there, and then next thing you knew, our truck went down. My partner slowed down to avoid it but it swallowed the truck. He got wet but he climbed out through the window into the water. I climbed up over the top of the truck," said Cochrane to CBC.

Cochrane said that she had seen many ice fishing shacks and estimated the ice on the lake was at least 36 inches thick. Once the pair was on top of the ice, Cochrane called 911, who patched her through to the RCMP. They then walked an hour to the western shore where they were greeted by an ambulance, conservation officer



EXPRESS PHOTOS VIA FACEBOOK.

Still photos show the moments before the truck went under the ice on Lake Winnipeg last week while Ko'ona Cochrane was doing a Facebook Live video.

and the RCMP.

Cochrane said that they suffered

no injuries but were cold when they reached the ambulance.

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It's almost time to remove those winter tires, and possibly time for new summer tires

Interlake Service Assistant Tech Question:

My name is Dan. My vehicle tires wore out early and I had to replace them. What can I do to make my tires last longer?

Interlake Service Assistant Answer:

Dan's problem – premature tire wear – is very common for Interlake residents. Here are several ways to lengthen the life of your tires:

First, tires lose air pressure over time, so check them at least once a month and fill them up as necessary. A sticker on the driver's side door jamb has the recommended pressure.

Winter Tires are a key safety component for Interlake drivers. Snow tires have more sipes than summer tires, increasing traction on snow and ice. Tires designed for winter conditions are optimized to drive at temperatures below 7 °C (45 °F), and because of their softer rubber wear out quickly in temperatures above 7 °C (45 °F). It's time to get them off to preserve their life. Ask your local service provider if they provide winter tire storage.

In the United States and Canada, a "3PMSF ("Three Peak Mountain Snow Flake")" symbol means that the tire has exceeded the industry requirement from a reference (non-snow) tire.

In Manitoba there are no requirements for snow tires. Studded tires may be used from October 1 to April 30.

Beginning the fall of 2014, Manitoba Public Insurance offers a Winter Tire Financing Program for policy holders. This plan covers the purchase of new winter tires, rims, balancing, tpms sensor installation, wheel alignments, etc... for up to a maximum of \$2,000.00, financed anywhere from one to a maximum of four years. Also All Weather Tires are part of the program and can be used throughout the whole year. As of the Fall of 2014, although a Winter Tire financing program is available by MPIC, winter tires are not yet mandatory. See your local Independent Service Provider for details.

Tire rotation is also important to increase tire life. Your front tires take the brunt of stopping and steering forces so they wear faster than the rear tires. They should be rotated regularly so that all four tires wear more evenly. Talk to your Local Service advisor.

Out of balance wheels can also cause a tire to wear too fast. Interlake drivers who feel a vibration in their seat or steering wheel may have a wheel out of balance.

Finally, bad wheel alignment and worn or damaged suspension can chew through a tire very quickly. It is important to have your wheel alignment inspected to ensure your front end parts are in good condition. Have your tires inspected for signs of premature wear. Your advisor will be able to pinpoint the cause and get it taken care of.

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Drug and alcohol roadside survey confirms drug use by drivers

Submitted

One in 10 Manitoba drivers who participated in voluntary roadside surveys conducted last fall tested positive for drugs, according to findings released from the Manitoba Drug and Alcohol Roadside Survey, Crown Services Minister Ron Schuler and Manitoba Public Insurance announced on March 15.

The purpose of the study was to establish a baseline for current drug and alcohol usage on Manitoba roadways. Of the 1,230 drivers who participated, 124 tested positive for some form of drug.

In total, 53 per cent of drivers with drugs in their systems tested positive for cannabis, 31 per cent for cocaine, 12 per cent for opioids, and two per cent each for benzodiazepines and amphetamines/methamphetamines. Twenty-two per cent of these drivers tested positive for more than one drug.

"Survey results are a clear indication that despite significant education and enforcement efforts, many Manitoba drivers continue to operate motor vehicles while impaired by drugs or alcohol," said Schuler. "Our government has committed to making legislative changes in response to the legalization of recreational use of marijuana and these results will help guide not only messaging related to the dangers of drug and alcohol use while driving, they will also provide a baseline from which we will measure the effects of both legislative changes and future enforcement efforts."

Prairie Research Associates were contracted by Manitoba Public Insurance in the fall of 2016 to conduct anonymous, voluntary roadside surveys to measure drug and alcohol use while driving. This initiative involved

the collection of breath and oral fluid samples, which were immediately destroyed after testing, to measure level of alcohol and screen for specific drugs.

Overall, 2.4 per cent of drivers produced a blood alcohol concentration (BAC) greater than nil. When that data was weighted for population and traffic flow, the proportion of Manitoba drivers who tested a positive BAC was 0.6 per cent.

"The low incidence of alcohol presence suggests that most Manitoba drivers are making the responsible decision to not drive after drinking," said Ward Keith, vice-president, Loss Prevention and Communications, Manitoba Public Insurance.

"At 10 per cent, the prevalence of drugs in the tested drivers is significantly more common and extremely concerning. While the survey does not necessarily provide an indication of driving impairment, prevalence alone provides reason for concern and lends support for targeted drug driving awareness and other road safety interventions."

A recent medical study published by the British Medical Journal shows that crash rates for drivers under the influence of cannabis are two to six times higher than for drivers who are not impaired. The different rates are due to how much and how often drivers have smoked cannabis.

Data also shows that in 2013 (the last year available), 95 per cent of fatally injured drivers in Manitoba were tested for the presence of drugs in their system. Of those drivers, nearly 40 per cent tested positive for the presence of drugs.

Survey Highlights

- 28 of 1,230 drivers tested pro-



EXPRESS PHOTO BY BRETT MITCHELL

Selkirk Fire Department members attend to the scene of a two-vehicle crash at the intersection of Highway 9 and Manitoba Avenue in Selkirk on March 9 around 7:20 p.m. Alcohol was a factor in the crash involving an SUV and a car and there were no injuries, according to RCMP.

vided a breath sample with positive blood alcohol content.

- Drug use was noted in 124 drivers across all survey communities and among both males and females.

- Drug use was most prevalent in the 35-44 age group (14 per cent of drivers tested in that age group), although young drivers also tested positive for drug use (4 per cent of drivers aged 16-18 and 12 per cent of drivers aged 19-24).

- Results indicate that the most prevalent drug for both sexes was cannabis, representing 63 per cent of positive drug tests for men and 49 per cent of positive drug tests for women.

Survey Protocols

- The Manitoba survey was conducted in September 2016 in five Manitoba communities (Winnipeg,

Brandon, Steinbach, Portage la Prairie and Thompson).

- Of 1,706 Manitoba drivers surveyed, 1,230 drivers (72 per cent) agreed to participate in providing voluntary breath and saliva samples, which were immediately destroyed after testing.

- Survey results provide an estimate of the prevalence of drug and alcohol use among drivers with a 95 per cent confidence interval of ± 2.8 per cent.

- Established national protocols developed by Transport Canada and the Canadian Council of Motor Transport Administrators were used to ensure the validity of the Manitoba survey results.

- Similar surveys have been conducted in British Columbia and Ontario.

Lakeshore taxpayers to see slight increase to cover shortfall

By Jeff Ward

The Lakeshore School Division board of trustees approved the 2017-18 financial budget that includes a marginal mill rate increase and \$375,000 from the division's reserves to offset the budget shortfall.

The board approved an operating budget of \$16,870,351 at the March 14 meeting. Division secretary treasurer Marlene Michno said that the budget represents an increase of 1.27 per cent in operating expenditures over the previous year.

Those increases addressed staff collective agreement provisions, staff

benefit cost increases and the anticipated increase in building maintenance costs, software fees and utility rates, said Michno.

She added that the mill rate would rise by 0.08 from 16.12 in 2016 to 16.2 in 2017 — an increase of half a per cent. The board approved of using \$375,000 from their reserves — leaving approximately \$675,000 remaining — to eliminate the discrepancy between income and expenditures. Michno said that there is still a deficit of \$52,000.

"The board does their deliberations during other meetings, so there

wasn't a lot of debate at this one it was really just solidifying everything," said Michno.

"Our board always thinks of what's best for the students first and foremost but secondarily how is it going to impact our local tax payers. Our mill rate increase is very small and most of that money is coming from new property."

The board still has a surplus to deal with unexpected or emergency costs like infrastructure breaking down or the fluctuating costs of things like hydro and the price of gas.

Michno said that the division is in

good shape in spite of those numbers and that administration has an open dialogue with school staff about their feelings when it comes to the financials.

"I know the staff are comfortable working within those budgets and I don't hear about teachers digging into their own pockets out of necessity. I asked all principals about the dollars they're provided in their supplies budget and they all repeated the same thing — they feel comfortable," said Michno.

Oak Hammock Ecovan pays visit to St. Laurent School

By Jeff Ward

Students at St. Laurent School got a hands on lesson in the environment, ecology and wildlife last week when the Oak Hammock Marsh Ecovan paid them a visit.

The Ecovan is a mobile educational facility packed to the brim with hands on learning, and staffed by two Oak Hammock Marsh interpreters to provide a full day worth of learning to students at the school. The visit took place on March 14 and was sponsored by the West Interlake Watershed Conservation District (WIWCD) — based out of Lunder — who cover the full cost of the visit. The learning is catered to all ages and grade levels from kindergarten to Grade 12 and features presentations like Creatures of the Night, Reptiles and Amphibians, World of Wetlands, Wacky Weather, Plant Ecology and many more.

St. Laurent School principal David Halldorson said that the school has participated in the Ecovan before and that both students and teachers love the interactive nature of the learning provided.

"Anytime you can get the students engaged is a great thing, and we have a lot of students here that spend a lot of time outdoors so they're really interested in this stuff already. It's a really great program that relates directly to our science curriculum," said Halldorson.

Presentations are designed to fit into the specific grade level of what's currently being taught in science at that moment.

"The presentations are really geared towards the curriculum and teachers can

choose which presentations they want based on where they are in the classroom," said Tracy Maconachie, conservation specialist for Ducks Unlimited.

"The education provided by the Ecovan is constantly evolving. We keep many presentations as hands-on as possible because students are more likely to be engaged when they can see and feel what they're learning directly."

Climate Change has become a key presentation topic for the Ecovan due to the prevalence of the issues around the world. Maconachie said that the lessons learned from the interpreters are designed to foster a sense of stewardship in the students participating. For rural residents, though, those senses are likely already there as they grow up surrounded by nature and are exposed to it much more than urban students.

And in that sense, Maconachie thinks that these visits carry more weight with them as students will understand how interconnected the system of a stream by their home relates to larger ponds and lakes.

"They have a different relationship with nature than an urban student does and already have that sense of stewardship. What we try to instil in them is that every small action locally helps the global cause. Somewhere in Lunder or St. Laurent, there is a Grade 2 student asking themselves what they can do, and we hope that we help them find that answer," said Maconachie.

The Ecovan also paid a visit to Lunder School on March 16.



EXPRESS PHOTO SUBMITTED BY IRINA ZOTTER

An Ecovan presenter shows off a pelt to students at St. Laurent School.

Manitoba introduces cannabis harm prevention act

Submitted

The Manitoba government is introducing new legislation that would be focused on harm reduction and public safety as part of its ongoing preparation for federal legalization of marijuana, Justice Minister Heather Stefanson announced Monday.

This legislation would be an early step by our government to target drug-impaired driving and prioritize the health and safety of Manitoba youth," said Stefanson. "As the federal government moves to legalize cannabis, our government is focused on the safety and health of all Manitobans."

The federal government is expected to introduce legislation in the spring of 2017 to legalize and regulate non-medicinal cannabis use, Stefanson said, noting that actual legalization is not expected until early 2019. Manitoba's proposed cannabis harm prevention act would provide tools to government, enforcement and public health during this anticipated two-year gap, she said.

The proposed legislation would provide for significant changes to The Highway Traffic Act and related legislation to ensure police agencies are better equipped to deal with drug-impaired drivers. Specifically, the new legislation would:

- allow for 24-hour driver's licence suspensions if a police officer believes the driver is under the influence of a drug and unable to safely operate a mo-

tor vehicle;

- require the Registrar of Motor Vehicles to determine if graduated licensed drivers who receive the 24-hour suspension should face further consequences;

- create an offence for consuming marijuana in or on a vehicle that is on a highway;

- require marijuana to be stored in a secure compartment — for example, the vehicle's trunk — so that it is inaccessible to people in the vehicle, similar to the rules around open liquor; and

- establish similar restrictions and prohibitions related to marijuana use for individuals driving off-road vehicles.

"Drug-impaired drivers are a real threat to the public, which is why we support any mechanism governments can put in place to reduce the risk," said Andrew Murie, chief executive officer, MADD Canada. "Impaired driving is still a serious problem in Manitoba and across the country. Manitoba's legislation helps to send the message that driving under the influence of marijuana is dangerous and unacceptable."

The Manitoba government first announced plans to develop a legislative and regulatory framework to address the dangers of drug-impaired driving, reduce harm to users, and protect children and youth from exposure to marijuana in the 2016 speech from

the throne.

These interim measures would be re-assessed if new roadside tests for drug improvement are approved for use in Canada, Stefanson said. Similar legislation allowing for 24-hour driver's licence suspensions is already in place in British Columbia.

The proposed legislation would also make changes to several other acts to ensure they remain relevant and appropriate including:

- The Non-Smokers Protection Act, that would prohibit smoking of marijuana or using an electronic cigarette in any enclosed public place or indoor workplace;

- The Public Schools Act, that would clarify that students using, possessing or being under the influence of marijuana while at school could still face disciplinary consequences even if the federal government legalizes marijuana;

- The Mental Health Act, that would ensure residential patients who are not allowed to receive illicit drugs will continue to be prohibited from obtaining marijuana; and

- The Child Sexual Exploitation and Human Trafficking Act, that would ensure the legislation continues to apply to individuals who use marijuana as a tool to exploit or traffic another person.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lakers win MHSAA 'AA' varsity girls' provincial title

By Brian Bowman

The Gimli Lakers are the MHSAA "AA" varsity girls' basketball provincial champions.

Gimli won the provincial title after a hard-fought 69-60 victory over the Souris Sabres on Saturday.

"It was a close (game)," said Lakers' coach Madi Biluk. "It was back and forth the whole game."

The Lakers overcame a 10-point deficit to win by nine. Gimli's offence came from several players, said Biluk, at different times in the game.

"They fought through the adversity that we felt that we were facing," Biluk said of their comeback win. "I just told them that they have to fight through it and they did."

Gimli started the provincials with a dominating 91-45 victory over the Roseau Valley Raiders.

"We had played them twice before so we knew that we could beat them," Biluk said. "That was a four versus five game, so it probably wasn't supposed to go like that but we knew we could beat them."

While Gimli's first-round game was a blowout, their semifinal matchup against the Boissevain Broncos was a nailbiter. The Lakers eked out a thrill-

ing 59-58 win over the top-ranked Broncos.

"It seemed like we had a two-point lead the entire game," Biluk recalled.

Gimli dodged a major bullet late in the game when the Lakers turned the ball over with just four seconds remaining. But the Broncos failed to capitalize on the late turnover and the Lakers pulled out the upset.

The entire Lakers' team played great at the provincials and a few players were recognized for their stellar play.

Kenzy Groot was named provincial MVP while Carley Matkowski and Jill Henry were selected as all stars.

"(Kenzy) dominated everything in the key, defensively and offensively," Biluk said. "The key was hers — that's the best way to describe it."

"Jill brings a ton of speed and makes a ton of layups. She's our best defensive player and Carley was one of our captains. She's our leader and has a great shot. She basically runs the floor."

The provincial title, meanwhile, was a great way to end a tremendous season for the Lakers.

"It was what we were working for for the last three years with this group," Biluk said, noting the Lakers lose four



EXPRESS PHOTO SUBMITTED

The Gimli Lakers are the MHSAA "AA" varsity girls' basketball provincial champions. Pictured left to right, back row: Mackenzie Zagozewski, Kirsten Peterson, Jillian Henry, Amy Thorkelson, Kenzy Groot, Brooke Peterson, Mia Gray; front row, Madi Biluk (coach), Carley Matkowski, Jayda Campbell, Jay-lee Strempler, Samantha Porteous. Missing from the photo, Ashley Warcimaga (assistant coach) who was face timed in on Carley Matkowski phone.

seniors from this year's team.

"They finally met their goal and that was the goal at the beginning of the

year. We knew that if we played the right way that we could do it."

Ice Dawgs lead Storm in KJHL semifinal series

By Brian Bowman

The OCN Storm are not done yet.

OCN staved off elimination in their KJHL best-of-seven semifinal series against the Arborg Ice Dawgs with a 4-2 home win on Sunday.

The Storm took a 2-0 first-period lead on a power-play goal from Harold Linklater and an even-strength marker by Mitchell Tilley.

The home side went up 3-0 as Linklater struck on the power play at 9:30 of the second period.

Arborg's Corbin Pasternak quickly answered with a shorthanded goal but Linklater completed his hat trick with 3:17 left in the second.

The Ice Dawgs' Clint Torfason then scored the only goal of the third period.

Arborg was 0-for-12 on the power play while OCN was 2-for-5. The Ice Dawgs outshot the Storm 39-31.

Arborg took a 3-0 series lead after a

wild 9-6 victory on Saturday evening.

Arborg trailed 5-3 late in the second period but scored five straight goals to grab an 8-5 lead.

Derric Gulay led Arborg with two goals and an assist while Aaron Kristjanson and Travis Kilbrei also scored twice apiece. Colton Davies and Jordan Woytowich each added a goal and an assist while Jordan Kristjanson also tallied.

Camacho Lathlin had two goals and two helpers for OCN. Tony Apetagon (two), AAvory Wilkie and Ethan Constant also scored for OCN.

Jordan Liske made 44 saves for the win.

Game 5 of the series was played this past Tuesday in Arborg but no score was available at press time. If necessary, Game 6 would be played Friday in OCN while a series-deciding Game 7 is set for Arborg on Sunday at 2 p.m.



EXPRESS PHOTO BY LANA MEIER

Ice Dawgs' Derric Gulay led Arborg with two goals and an assist in Saturday's 9-6 victory against OCN last Saturday.

Drews wins USA Curling College Championship

By Jeff Ward

Lundar native Nick Drews swept and curled his team's way to victory last week at the USA Curling College Championship in Utica, NY.

In the last two years of competing, Drews' University of Minnesota Golden Gophers' team placed third and second — both times narrowly missing the top spot.

Drews was the skip this year and he knew this year's championship on March 10-12 was in the team's grasp but it took a lot of hard work and preparation to get there.

Drews said he had a shot to win the championship last year but missed it and that this year was his last to win due to his impending graduation in May.

During the lead up to the competition, Drews and his team worked hard on practicing a more aggressive style of curling. Drilling the sweepers to be able to make a call as quickly as possible as to how fast a stone is moving were common in practice.

"I remembered a lot of drills I used to do when curling as a junior growing up and I wanted my team to use those skills," said Drews.

"You want an understanding of how heavy the rock is. The sweepers decide if it's light or heavy and they have to work together to decide if it's worth sweeping to get it through. We also did directional sweeping drills to curl the rock, or to stop a rock that's curling too much."

Drews describes curling like a chess

game and being many moves ahead of your opponent can prove to be the difference between winning and losing. The stones, to Drews, are chess pieces, and just like on the board, not all rocks on the ice are important. The skip has to have the ability and foresight to focus only on the stones that are important.

Aggressive openings early on in the game became a key factor of the Gophers' victory strategy. Once the team had put up a few points early on, they knew that the other team would be forced to attack and they could play defensively.

"An aggressive game for us would be throwing more guards and being less worried about the team having rocks in the house, as long as they weren't in a strong position. I'm not worried about the weaker stones for this game plan," said Drews.

The final game of the competition was against the University of Nebraska and the Gophers jumped out to an early lead just as planned. Drews said as the game wore on their opponent needed to make every shot count but the Gophers, now firmly in command of the game, just kept throwing their rocks in the house crowding the zone.

The game finished 7-3 in favour of the Golden Gophers.

"There was definitely a little excitement towards the end of the game but I have a routine that I kept going back to. No matter if it's the first or last stone of the game, I do the same thing to keep my cool," said Drews.



EXPRESS PHOTO SUBMITTED

The University of Minnesota Golden Gophers', pictured from left to right, Nick Drews, Andrew Wolf, Wes Leksell, Katie Kaseno, and Hunter Welch were recently crowned national champions.

Back in Winnipeg the Drews' family, including his parents Brad and Diana and brother Tyler, were watching the game unfold live via the live-streamed broadcast.

Tyler Drews' comments could be seen showing up in the live chat-room displayed during the broadcast. Drews' other brother, Josh, said he was watching the stream on his phone while on a gondola going up a mountain during his ski trip. The entire family connected through technology to watch their son and brother win the championship he's been working towards for the last three years.

"It was really cool to watch him finally win," said Josh Drews.

"It was such a proud moment for all of us to see him live. We couldn't all make it down but we still got to experience it with him," said Diana Drews.

Nick Drews said it was nice to know his family was watching live and rooting for him and he owes a lot of his success to his brothers for their constant sharing of sports knowledge.

"Tyler always skipped for me growing up and we still curl every year in the Eriksdale bonspiel so I'm always asking both of them how they would approach a certain situation. Those drills that helped us win were what we did all the time on that ice," said Nick Drews.

deLaroque commits to Mayville State

By Brian Bowman

Life is going to be much different for Austin deLaroque in just a few months.

The former Interlake Thunder linebacker has committed to play football and attend school with the Mayville State University Comets this fall.

Mayville is located in North Dakota between Grand Forks and Fargo.

"It's nice and close and I get to play college football for a couple of years," said deLaroque last Saturday. "It's a small school in North Dakota and it looks pretty nice. It should be fun and I'm very excited."

A text sent by deLaroque to recruiting co-ordinator Shane Clancy started the ball rolling and then the Comets asked for some game tape.

After a visit to the campus, deLaroque decided to commit to Mayville State. He wasn't aware if any other Manitoba players were going to play there this upcoming season.

The majority of Mayville's games are played in North Dakota although they did make a couple of

trips to South Dakota and another to Illinois to play games last season.

Most schools at this level recruit players from all over the United States. The Comets finished last season with a 4-6 record, losing three of its final four games.

It is hard to say how much playing time deLaroque will get in his freshman season. He was a dominant player at the Midget level and was named the Thunder's most outstanding defensive player.

"They have lost a few guys," deLaroque noted of the Comets' roster. "I'm not sure if I'll get a starting spot or where I'll be on the depth chart."

DeLaroque is about 6-feet tall and 215 pounds, which was a good size for the Midget Football League of Manitoba.

But he'll have to get bigger — and stronger — to play U.S. college football.

"Hopefully, I'll get a bit bigger before I go down," he said.



EXPRESS PHOTO SUBMITTED

Former Interlake Thunder linebacker Austin deLaroque has committed to play football and attend school with the Mayville State University Comets this fall.

Thunder announces coaches for upcoming season

By Brian Bowman

It may still only be March but the Interlake Thunder are already thinking football.

The Thunder announced their head coaches for the 2017 season while informing the public that Midget head coach Kris Johnston has resigned.

Johnston, a member of the Thunder board of directors the past three years, also served as head coach of Interlake's Midget program for the past two seasons.

"Due to personal commitments (Kris) is unable to continue in his role as head coach," said a media release. "Kris will continue his substantial

role on our board as vice president (of) football operations. We would like to thank Kris for the countless hours that he dedicated to our young athletes over the past two years."

Replacing Johnston as the Midget team's head coach is Mitch Obach. Obach has an extensive coaching resume, including serving as head coach of the Stonewall Collegiate Rams from 2007 until 2010.

In 2011, he was the first-ever head coach of the Interlake Thunder Midget team.

Meanwhile, Ed deLaroque will return as the Thunder's Bantam head coach while Chad Thoresby will lead

the Thunder's PeeWee team.

Returning for his second season with the Interlake Atom team is John Montgomery. Interlake's Cruncher head coach for this season will be announced at a later date.

In other news, the Thunder will be hosting registrations for girls' tackle football this Friday (6-8 p.m.) and Saturday (10 a.m. to 1 p.m.) at the Ice Palace in Stonewall.

The football club held its first registration this past Tuesday. All players must register with Football Manitoba at footballmanitoba.com prior to attending the club registration.

Proof of Football Manitoba registra-

tion will be required.

Games will be played Thursdays with home games at Stonewall Collegiate.

"Equipment issue will coincide with registration dates," said the media release. "We are excited with our senior numbers and close to our maximum roster."

"Our junior numbers are a little light but head coach John Montgomery is confident that we will get all the girls we need to defend our Junior Division championship."

For more information, contact Thunder president Joel McDonald at president@interlakethunder.org.

Peguis, St. Malo battling in KJHL semifinals

By Brian Bowman

Every game in a playoff series is an important one.

But Saturday's Game 4 between Peguis and the St. Malo Warriors was a really important one - especially for the Juniors.

Peguis evened their KJHL best-of-seven semifinal series at two wins apiece after a thrilling 6-5 overtime victory.

Tyler Woodhouse scored the game winner in OT, assisted by Tyrome Spence-Bair and Tristan Slater.

"It was a huge (win)," said Juniors' head coach Kevin Monkman. "It could

have been 3-1 (in the series) but we're going back to St. Malo tied 2-2."

St. Malo's Jared Magne, on the power play, and Peguis' Coulson Nepinak traded first-period goals before the Juniors grabbed a 4-1 lead on goals by Evan Gisler-Klyne and Quinton Flett (two).

But the Warriors answered that run with goals from Magne (shorthand-ed), Elmar Tabler and Robert Guimond, on the power play.

Romano Paul scored to give the Juniors the lead again 4:31 into the third before Jared Hunter tied the score at 5-5 with 5:12 remaining in regulation

time.

Luke Penner was a busy man in goal, making 50 saves for the win.

St. Malo took a 2-1 series lead after a 6-3 win on March 14.

Tied at 3-3 in the third, St. Malo put the game away with goals from Dustin Wiebe, Tabler and Ben Olson.

"Their fourth goal was a power-play goal and that kind of sunk us because we were shorthanded from the 20-minute mark of the third period until about (five minutes later)," Monkman said. "We kind of ran out of steam killing those penalties."

The two teams were tied at 2-2 af-

ter the first period as Woodhouse and Waylon Neault scored for Peguis. Magne and Wiebe replied for St. Malo.

The Warriors' Kyle Fortin and the Juniors' Devon Garson then traded second-period goals.

Both teams were 1-for-4 with the man advantage. St. Malo doubled Peguis in shots, 42-21.

St. Malo hosted Peguis in Game 5 of the series on Tuesday but no score was available at press time. Game 6 is set for tonight (8 p.m.) in Peguis while Game 7, if needed, would be played Saturday (7:30 p.m.) in St. Malo.

Lakers lose in provincial consolation final

Staff

The Gimli Lakers lost 95-85 to the MCI Blues in the consolation final of the MHSAA "AA" varsity boys' provincials in MacGregor Saturday.

Dawson Greene was named Gimli's player of the game.

Gimli, ranked seventh at provincials, was relegated to the consolation side after a 66-52 loss to the No. 2-ranked Niverville Panthers last Thursday.

Kalli Einarson was named Gimli's top player in that

game.

Gimli rebounded nicely from that opening-game loss to defeat the Killarney Raiders 78-69 on Friday.

Ryan Crave was picked as the Lakers' best player in the game.

The Carman Collegiate Cougars won the provincial boys' title after soundly defeating MacGregor 103-45.

In the third-place game, Niverville beat Steinbach Christian 81-74.

Riverton wins PeeWee banner



EXPRESS PHOTO BY JODY JOHNSON

The Riverton Eagles PeeWee team won the 2016-2017 Interlake Minor Hockey PeeWee 'C' banner after defeating Stonewall 5-0 in Game 5 of the playoff series. Pictured back row, left to right: Tyler Maxwell (coach), Tessy Hudson, Alexis Magnusson, Onyx Bonkowski, Ayden Dyck, Ashton Hudson, Ostyn Johnson, Bevin Kornelsen (coach) and Kevin Johnson (coach); front row: Keegan Barkman, Jersey Maxwell, Brody Maxwell, Ashton Kornelsen, Blake Rundle, Tytan Johnson, Hunter Charrier and Corydon Adam (goaltender).

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LAND FOR RENT

Agricultural leases Beaudry Provincial Park - Sealed tenders for the right to cultivate agricultural lands(s) within Beaudry Provincial Park will be received by Crown Lands & Property Agency, Crown Lands Act Dispositions, 308-25 Tupper Street North, Portage la Prairie, Manitoba, R1N 3K1 until 12:00 noon, Wednesday, April 12th, 2017. Bids must be accompanied by a deposit (money order, certified cheque or bank draft) of 10% of the bid amount (plus applicable GST) made payable to the Minister of Finance of Manitoba. Agricultural lands available for lease for 2017 to 2022 inclusive, will include portions of River Lots 4 to 11 and 15 to 19 inclusive in the Parish of Saint Francois Xavier in the R.M. of Cartier. Tender forms, maps and information materials are available at the above address, online at http://www.clpmb.ca/leases_and_permits/LPproperties.aspx or may be requested by telephoning 1-866-210-9589.

AUCTION

Unreserved equipment auction. Tuesday, April 25, 2017, 9 a.m., Winnipeg, Manitoba. After 61 years McEwen Bros. Ltd. is retiring. CPA is proud to be conducting the auction. To consign call Don Kerr 403-371-8195; canadianpublicauction.com

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MUNICIPALITY OF BIFROST-RIVERTON EMPLOYMENT - GRAVEL CHECKER



The municipality invites applications for a gravel checker for the upcoming gravelling season. Due to the nature of the position, the successful applicant will from time to time be required to work extended hours. The estimated term of this position is June 15 to August 31. Inquiries and written applications will be accepted by the undersigned until 4:30 p.m. April 6, 2017.

Cindy Stansell, C.A.O.
Box 70, 329 River Rd., Arborg, MB ROC 0A0
bifrost@mymts.net



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.



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49th Annual Lunder Bull Sale, April 1, 2017. For sale: Gelbvieh, Hereford, Simmental, Angus, Charolais. Also, selling 7 pens of three - yearling heifers. Sale time 1 p.m. Contact Jim at 204-467-8809 or Connie at 204-739-5264. Visit our catalogue on www.buyagro.com

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

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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

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ANNOUNCEMENTS

BRIDAL SHOWER

Bridal Shower
In honor of
Ashley Gudmundson and Filippo Porgiglia
Saturday, April 1, 2017
Shower: 1:00 p.m.
Arborg Community Centre
Donations can be left at
Interlake Coop Grocery in Arborg
and Arborg Home Hardware.
The committee respectfully request
gift cards or monetary gifts.

OBITUARY

Bernard J.F. Lecompte

Peacefully, on Friday, March 17, 2017 at the Gimli Community Health Center, Bernard Lecompte, aged 82 years of Gimli, MB, passed away.
He is survived by his wife Gail; children Holly, Angel (Soren) and Chris and grandchildren, Madison and Kelsey.
In keeping with his wishes, cremation has taken place and no formal service will be held.

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



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PUBLIC NOTICE Town of Arborg

CHANGE IN MEETING DATE

The April 12th, 2017, Meeting of Council
has been changed to

April 5th, 2017

Meeting will commence at 9 AM

Lorraine Bardarson, CAO
Town of Arborg

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*Don't forget to send
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Thank You for Restoring Hope

The Jarkas family and the Interlake
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SPECIAL THANKS

Auctioneer- Joey Abas
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Mark Brandt	Karl & Lori Kroeker	Riverton Shop Easy
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get inspired

> MEAL IDEAS

Oatmeal choco-cranberry cookies



12 servings / 25 mins
Prep 10 min / Cook 15 min
In these cookies no egg or flour is used. These have a soft texture with an addictive taste.

Ingredients
2 very ripe bananas, peeled
1/2 tsp (2 mL) vanilla extract
1 cup (250 mL) large flake oats
2 tbsp (25 mL) ground flax or chia seed
1/4 tsp (1 mL) ground cinnamon
3 tbsp (45 mL) mini chocolate chips
3 tbsp (45 mL) dried cranberries

Directions
In a bowl, mash bananas until smooth. Stir in vanilla.
In another bowl, stir together oats, flax and cinnamon. Stir into banana mixture until well combined. Stir in chocolate chips and cranberries.
Scoop dough into 12 mounds onto parchment paper lined baking sheet. Flatten each slightly and bake in 350° F (180° C) oven for about 12 minutes or until cookies are firm to the touch. Let cool before removing from baking sheet.

Oatmeal Raisin Cookie Corn



Yield: 10 cups
8 cups popped popcorn

3 tablespoons melted butter
2 tablespoons granulated sugar
1 teaspoon ground cinnamon
1 cup crunchy granola
1 cup raisins
1 cup walnut halves
In bowl, toss popcorn with melted butter.
Combine sugar with cinnamon; sprinkle over popcorn. Toss with granola, raisins and walnuts until combined.

Crunchy Popcorn Trail Mix

Yield: 9 cups
5 cups popped popcorn
3 cups whole-grain oat cereal
1/3 cup raisins
1/3 cup peanuts (or other nuts)
1/3 cup sunflower seeds
1/4 cup (1/2 stick) butter or margarine
6 tablespoons brown sugar
2 tablespoons light corn syrup
In large, microwavable bowl, stir together popcorn, cereal, raisins, nuts and seeds; set aside.
In small saucepan, combine butter,

brown sugar and corn syrup. Heat until boiling; cook 3 minutes, stirring occasionally.
Pour over popcorn mixture, stirring to coat evenly. Microwave 3-4 minutes, stirring and scraping bowl after each minute.
Spread onto greased cookie sheet; cool.
Break into pieces and store in airtight container.



Building Motivation and Releasing Procrastination



NOTHING IS SO FATIGUING AS THE ETERNAL HANGING ON OF AN UNCOMPLETED TASK.

~WILLIAM JAMES

We probably all, at one time or another (if not all the time) have difficulty motivating ourselves to complete some task or begin a project. Whether it is cleaning the basement or starting an exercise program, we may procrastinate for months, if not years.

This can be very frustrating, because one part of us really wants to begin working towards that goal. There is another part, however, that resists. Why does it resist?

Perhaps the task involves work and the resisting part would just as soon watch television. The task may seem overwhelming, and it seems impossible to even decide where to start.

There are some concrete steps you can take to overcome the inertia of procrastination.

First make a list of the things on which you really want to, or feel you must take some action.

Then, put each one on a separate page. For each one, list the steps that must be taken to get the job done.

Pick the one, or ones you want to start on, and put dates beside each step; the date by which or upon which you will complete that one step. It is much easier to contemplate and complete one step, than thinking about the entire project.

Let's imagine you are a teenager who needs to clean her room. On Monday, you go through the room and throw away anything that is garbage. On Tuesday, you pick up all the clothes off the floor and furniture, either hanging it up, putting it in a drawer, or into the laundry.

On Wednesday, you put books back on shelves, CDs away, and anything else that needs to be stowed. On Thursday you pull out everything from under the bed and repeat the first three steps with whatever you find there. On Friday, tidy dresser tops and desk tops and the closet if needed.

On Saturday, vacuum and dust. On Sunday, show your parents what you have done!

So, whatever it is you need to do, make a list, commit to dates, and get started. Completing each step will motivate you to take the next one, and before you know it, you have succeeded.

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.

Crispy Crunchy Apple Popcorn

Yield: 7 cups
6 cups popped popcorn
1 tablespoon butter, melted
2 teaspoons sugar
1/2 teaspoon cinnamon
2 cups dried apple chips
Heat oven to 300 F.
Line 9-by-13-inch baking pan with foil; butter foil. Spread popcorn in pan and drizzle with melted butter;

toss popcorn. Sprinkle popcorn with sugar and cinnamon, and toss again.

Bake 7 minutes.
Sprinkle apple chips over popcorn and heat an additional 3 minutes. Serve warm, or cool to room temperature. Store in airtight container.



Yummy Yogurt Popcorn

Yield: 2 1/2 quarts
2 1/2 quarts popped popcorn
1 cup plain yogurt
1 cup brown sugar
1/3 cup light corn syrup
In large bowl, keep popped popcorn warm.



In 2 1/2-quart saucepan, combine yogurt, brown sugar and corn syrup. Cook and stir over medium heat to hard ball stage (250 F on candy thermometer).

Pour over popped popcorn, stirring to coat.

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