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WEEKLY NEWS

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Out with the old, in with the new



EXPRESS PHOTO BY CHERYL LAW

Lakeside Minor hockey players registered in the 2016-17 hockey season gathered for one last photo in the "old barn" in Lundar on March 23. The Lundar arena that has stood on Main Street since 1953 will be going through a state-of-the-art transformation beginning this summer.

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

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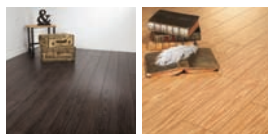
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Arborg's mayor provides career-development advice

By Patricia Barrett

About 20 kindergarten students from Arborg Early Middle School headed to council chambers a few weeks ago for an exclusive one-on-one with Arborg's mayor.

Mayor Randy Sigurdson read to them as part of I Love to Read Month celebrations that were held in February and fielded questions from the curious students.

Perhaps thinking of future workforce development, Sigurdson cracked open *The Berenstein Bears – On the Job*, a tale of two bears that roam around town to find out what types of jobs people do and determine which one would best suit them.

The youngsters penned a huge thanks to the mayor.

"Dear Mayor Sigurdson, Thank you for inviting us to your office," says one of the messages the students wrote on easel-sized paper.

"Thank you for reading us a story about all the jobs we can do when we grow up. Thank you for the yummy cookies and water."

"I even got a special note from [one of the kids]," said the mayor.



Mayor Randy Sigurdson read to the Arborg Early Middle School kindergarten students as part of I Love to Read Month celebrations recently and fielded questions from the curious students.

EXPRESS PHOTO COURTESY OF THE TOWN OF ARBORG

Glenn Hudson elected as new chief for Peguis

By Jeff Ward

Glenn Hudson has been named the new chief of Peguis First Nation after he earned more than 1,100 votes following the community's election last Friday.

Hudson is replacing former chief Cindy Spence, who was elected in 2015 and was the first female chief for the First Nation.

Spence won over incumbent Glenn Hudson in 2015 after an eight-year reign.

Spence received 855 votes on Friday. She said that she is proud of her accomplishments over the last two years and was happy to be elected as the community's first female chief.

Spence told CBC News that this wasn't the outcome she was looking for during this election.

"I sympathize with my supporters and my community. We had a mission to make Peguis a better place and I was only part way through that mandate," said Spence.

The former chief added that she plans to run again in the next election so that she can finish what she started in 2015.

Hudson plans to focus on building a new personal care home but said that the First Nation's finances are also a big concern moving forward.

"When I left office, we had a \$12.8



PHOTO SUBMITTED

Glenn Hudson was elected as chief of Peguis First Nation last Friday, winning over incumbent chief Cindy Spence.

million deficit, and now it's over \$31 million, so that's something we're going to have to wrestle with, but we've done it before and we'll do it again," Hudson told CBC News.

The First Nation also elected Annette Spence-Meeches, Wade Sutherland, Glennis Sutherland and Mary Tyler-Bear as councillors.

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It only takes a nugget to find your niche; how to be a freelance writer

By Patricia Barrett

One of the keys to constructing a successful freelance writing career is to find a niche.

Matlock author Doreen Pendgracs did just that and is now a well-known and sought-after expert on chocolate tourism.

Her unique combination of cocoa and worldwide travel was a subject untapped by travel writers.

"If we're talking about how to be a professional writer, you've got to find your niche," said Pendgracs, who worked in the corporate world until she embarked on a freelance writing career in 1993.

After writing for various publications, such as *Canadian Geographic*, *CAA Magazine*, *Profit* magazine and *Groups Today*, Pendgracs turned her talents to full-length books.

It was by chance that she found her writing niche in fine chocolate. While on vacation in the Caribbean, she visited a cocoa plantation, which sparked the idea of connecting chocolate lovers to the literal roots of cocoa production and the people who grow it.

"I fell into it," she said. "And that's what I want people to think about if they are on holiday or are an aspiring writer: you never know where your next project's going to come from. That seed was planted in January of '09 on that Dominican Republic farm ... then I realized I wanted to write a book on chocolate."

In 2013, she published *Chocolatour: A Quest for the World's Best Chocolate, Volume 1*, combining her love of travel and storytelling with in-depth knowledge of the best cocoa producers and manufacturers around the world.

Her research took her on globe-trotting adventures. She visited Belgium, France, Switzerland, Holland, Spain, Peru, Ecuador, Mexico, Costa Rica and England, to name a few.

England is a country one would not normally associate with high quality chocolate, but Pendgracs discovered that a "chocolate revolution" had bro-

ken out.

"They actually protested against the old-style British chocolate, which was far too sweet. Think of Cadbury or Quality Street, those types of chocolate where sugar is the No. 1 ingredient. When we're eating good chocolate, we know that cocoa or cocoa mass or cocoa liquor ... should be your No. 1 ingredient. New chocolate-makers in the U.K. are making some of the best chocolate in the world."

For each country, Pendgracs focused on what was unique as far as cocoa went and then dug deeper to find something quirky or just plain fascinating about the people behind the bean or the finished product.

Writers should focus on finding a small detail and then turning it into an entertaining story.

"You build a story around a nugget," she said. "You take a nugget and you nourish it and embellish it. You research it. You fuel it and it grows into a chapter or it grows into an overall theme."

Pendgracs said it's vital for writers to know the market before launching into a project.

"I was going to write a book about



EXPRESS PHOTO COURTESY OF DOREEN PENDGRACS

Doreen Pendgracs travels the world learning the art of fine chocolate as she writes the second volume of *Chocolatour*.

wine travel because I really love wine. But I researched the market and found [it] was saturated."

her break into magazine writing after she left her corporate job.

Finding gaps in the market helped

Continued on page 7



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Correction

Staff

In the article "#BelieveInitiative tour makes a stop in Fisher Branch" published in the March 23 *Express Weekly News*, the reporter's name should have said by Natasha Tersigni and Rozanne Nevakshonoff with photo credit to Tekla Vandersteen, owner/operator of Wild Country Photography.

The *Express* apologizes for the error.

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Lakeshore continues to focus on numeracy and literacy

By Jeff Ward

A redistribution of provincial funds will help Lakeshore School Division administration and teachers continue with their literacy and numeracy focus for students.

Earlier this month, Manitoba Education and Training Minister Ian Wishart announced that the Early Years Enhancement Grant (EYEG) replaces the Smaller Classes Initiative (SCI). The new grant will provide school divisions with flexibility and decision-making autonomy regarding organizational changes and supports needed to ensure success in the early years (K-3) including, but not limited to, class size.

As such, school divisions will no longer be required to be compliant with the SCI guidelines.

The same funding provided in 2016-17 will be provided to each school division in 2017-18 for a provincial total of \$16 million. School divisions can choose to use the grant to cover operating costs to maintain smaller classes, de-

velop teacher capacity to increase student achievement or a combination of both.

In the fall of 2017, as part of the K-12 Framework for Continuous Improvement, school divisions will be required to set realistic and measurable targets for increasing student achievement in literacy and numeracy in their school division plans. Divisions will also be expected to continue submitting Class Tracker data to the department annually by Oct. 15.

Going forward, there will be a fo-

cus on strengthening provincewide measurement and evaluation of educational outcomes, and sharing best practices for improving student achievement, including literacy and numeracy.

Wishart said that from the data they've collected, the initiative simply wasn't effective in its goal of improving literacy and numeracy as a result of smaller classrooms.

Lakeshore Supt. Janet Martell said that the money from SCI, a mandate that required every K-3 classroom to have 20 students or less by this year, for Lakeshore equates to one teacher's salary used for what is called a "curriculum consultant" that supported teachers in literacy and numeracy. That position will now be split into two consultants with one providing numeracy support and the other providing literacy support.

"We won't be shuffling any classes around, and literacy and numeracy will continue to be our focus. There is just a re-direction of dollars for that," said Martell.

Martell explained that due to the size of classes

in the division, the SCI regulations never really made a big difference. Martell added that for her, the mark of a successful classroom is in the relationship between teachers and students, which she said has always been strong throughout the division.

"The data we collect on our students and how the teachers use that to guide their teaching practices is where we have the most impact. I'm confident to say that we know every child in our system and what their needs are, and our teachers develop plans to meet



EXPRESS FILE PHOTO

Lakeshore School Division Supt. Janet Martell is happy with the government's announcement to replace the Smaller Classes Initiative with the Early Years Enhancement Grant that will allow teachers more flexibility for literacy and numeracy.

those needs," said Martell.

Teachers review that data every six weeks with administration and are constantly looking for ways to improve the process. If something isn't working, they scrap it and move on to the next idea. Martell said that the data gives them the ability to provide a near constant educational evolution and that the meta-analysis of that data is what works best for her division. While class sizes do have an impact on how much teachers have on their plate, it's not the only factor in the equation.

"It won't be the same across the province, and with more students, there are more individual needs, the more difficult that task becomes for the teachers. We're not teaching to the

middle anymore; we're setting goals for each student, and it's a greater task for teachers to meet those needs," said Martell.

A teacher needs to instruct 20 different students at multiple stages of comprehension to read, write, count, do basic arithmetic, develop critical thinking skills and dozens of other things in one-on-one, small groups and whole class instruction, and that's just a regular Tuesday.

Now instead of being told to use funding in one specific way, Lakeshore School Division can continue to invest in programs that support teachers directly.

"WE WON'T BE SHUFFLING ANY CLASSES AROUND, AND LITERACY AND NUMERACY WILL CONTINUE TO BE OUR FOCUS."

Campaign urges young Manitobans to always bring ID

Submitted

The Liquor and Gaming Authority of Manitoba (LGA) has launched a public education campaign to encourage young adults living in rural Manitoba to bring identification (ID) when they visit bars, restaurants or liquor stores.

The campaign also reminds staff in licensed establishments to check the ID of youthful-looking patrons.

"Checking ID is a matter of public safety," explains LGA CEO Rick Josephson, adding that all licensees are required by law to ask for ID from anyone who appears to be a minor.

The LGA says that unlike in cities, where the majority of patrons expect to be asked for ID in licensed establishments, inspectors have noted that those living in rural areas sometimes leave their ID at home.

"Rural bars and restaurants have a different dynamic than those in Winnipeg," said Coralee Dolyuniuk, executive director of the Manitoba Restaurant and Foodservices Association. "In smaller towns, it can be awkward for servers or bartenders to ask for ID from patrons who are potentially friends, neighbours or family mem-

bers."

Scott Jocelyn, president and CEO of the Manitoba Hotel Association, said, "We appreciate the LGA's efforts to help the public understand that if a patron appears to be a minor, liquor servers and salespeople need to verify their age by requesting ID. By asking for ID, our employees are just following the law."

The campaign features youthful-looking individuals and the tagline "We must ask for valid ID, even if we know you." It will run for six weeks and include billboards and posters

predominately in rural Manitoba. Messages will also be featured online through social media and high-traffic websites oriented to young adults.

"This campaign is a great reminder to both licensees and their customers that you must always bring ID, no matter how old you are and no matter who you may know working in the licensed establishment," says Josephson.

For more information, visit LGAmnitoba.ca.

Steep Rock Community Club 2nd annual Fish Derby

Submitted by Beverley Johnson

Over 100 fishers converged on the community of Steep Rock to take part in the Community Club's 2nd annual Fish Derby on March 25. In spite of the strong wind, all participants reported having a great time. The Filions served fish and chips, hotdogs and hamburgers, and hot drinks on the ice. The first prize fish was a burbot caught by Derek Hebert who received \$1,020, second was \$680 for a burbot caught by Ted Stark and third was \$340 awarded to Luke Bossuyt for a walleye. Over 30 random draw prizes were drawn from the registered names to give all participants a second chance to go home with a reward. These prizes were generously donated by supporters of the Steep Rock Community Club. It takes many volunteers to bring together a successful endeavour. Pat and Win Graham and Craig and Nancy Howse worked countless hours planning and organizing this event.

All funds raised will go toward projects, which will enhance the village of Steep Rock. Check out our new picnic shelter constructed by the community club. It is available for use by everyone at no cost. If you have a large group coming, however, it would be prudent to advise a member of the executive



Derek Hebert won \$1020 for his first prize burbot.

of the date. Also, a cell phone booster, donated by the club, is available to the public in the community hall. Construction of a pickle ball court and renovation of the playground are the next projects on our list.

Thank you

Steep Rock Community Club would like to thank the following sponsors for their support for the Fishing Derby: Blaine Paulson, The Fishin' Hole, McMunn and Yates, Joe Zasitko, Raw-



EXPRESS PHOTOS SUBMITTED

Over 100 fishers converged on the community of Steep Rock to take part in the Community Club's 2nd annual Fish Derby on March 25.

luck's Store, Charley Biggs (Fairford), St. Martin Garage, Noventis Credit Union, Blue Raven, Steep Rock Beach Park, Bumper to Bumper, Allison and Harry Ribbers, Tom and Erin Wasyluk, Ashern Petro Can, St. Martin Fish Shed, Vivian and Vic Bossuyt, Glen Clearwater, Brad and Shelly Rohl, Bev and Ted Yanke, Weatherburn Excavation Inc., Craig and Nancy Howse, Tracey and Robert Filion, Northern Interlake Pumpers, Dodd's Siding, Kris Cook, Marlene and Darwin Len-

ton, Larry Olson, Arnason Funeral Home, Moman's Backhoe Service, Debbie and Tim Tindall, Dianne and Mike Price, Moosehorn Co-op, Pelican Lures, Subway, Ashern Pharmacy, Kevin and Missy Devisser, Janine and Mike Price and Larry McDonnell.

A big thank-you goes to Brian Olson and Pat Graham for clearing snow, and to the many other volunteers who drilled holes, sold tickets, and set up benches and tables.

Provincial flood outlook suggests moderate flooding for Interlake

By Jeff Ward

According to the most recent flood outlook, the Interlake region and Fisher River can expect a moderate risk of flooding this spring.

The outlook was released last Friday and states that the potential for spring runoff is generally normal to above normal throughout all watersheds with the exception of the Souris River Basin. Unfavourable weather conditions like heavy rains can change the outcomes of the risks to the Interlake.

The report doesn't detail what a moderate risk means in terms of expected lake levels. The outlook states that Dauphin Lake, only 50 kilometres west of Ashern, remains a serious concern at this time, and even with normal weather conditions, the lake

could rise above flood stage.

Interlake MLA Derek Johnson said that he's been proactive in reaching out and meeting with all municipalities and their Municipal Emergency Coordinator (MEC) so that he can ensure all areas are prepared.

"I think education would be the phase that I'm on a personal level right now with them," said Johnson.

"The big thing is we don't want [municipalities] to fail for making some tough decisions when trying to fight a flood and save their community. It's important to have them educated on when they can spend money and be able to recoup it — that's a big component."

Johnson said that he knows there are many concerns from the commu-

nities all along Highway 6 and that his phone rings often with calls from residents. Johnson's own property in St. Laurent was nearly washed away in 2011 and he had to live in an RV for nearly five months with his two kids and wife until he could go back. The time left an inedible mark on him that he said has been a valuable resource to Manitoba Minister of Infrastructure Blaine Pedersen, who Johnson works with as a legislative assistant.

Johnson said that he's told his story and relayed to the minister what the people of the Interlake want most in situations like this — communication.

"I explained to him that people just want communication and he understands that. I'm cautiously optimistic about our flood outlook and I'm going

to continue to be proactive as is our government in being prepared for whatever happens," said Johnson.

Once runoff begins, the province will provide daily flood information to municipalities that they can use to fine tune their flood preparations.

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Brett Mitchell



REPORTER/PHOTOGRAPHER
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Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS REPORTER
Brian Bowman



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Manitoba Ice Fishing Association announces raffle winners

Welcome, good friends. I was well out on the ice on Lake Winnipeg's south end a couple of weeks ago when I came across an upscale ice shack with white shutters and an expensive door.

A truck was beside it, but both it and the shack were empty. My mind began to sift through various explanations and possible trouble when an approaching truck filled my rear-view mirror. Its driver circled around me, his door to mine. We rolled down our windows and a fellow with white stubble, short grey hair, heavy dark eyebrows and set lips that didn't smile said almost quietly, "We're trying to find a spot where we can get our shack across the ice break."

His friendly, engaging tone was in sharp contrast to his serious nature.

"I'm Dennis Sveinson and this is my brother, Glen," he motioned with his thumb at the chap sitting in the passenger seat. Glen, who appeared a bit younger, had longer, darker hair trimmed and swept back. His face was more relaxed, calmer. I asked the guys if they could jump into my truck and maybe come up with a fishing story for us, which they did.

They said there were nine kids in their family and they grew up in Spearhill north of Ashern. Dennis remembered spring netting suckers in Watchorn Creek by Lake Manitoba. He said he could still remember being up to his hips in the freezing ice-cold water, barefoot, catching and flipping fish up onto the banks. When they had half-dozen bags full, they would take them home and mom would preserve them in jars. Glen said he loved eating that fish in



EXPRESS PHOTO BY ARNIE WEIDL

Derek Meech, left, and Calyn Goodchild with some of their catch by Sugar Island on the Red.

the winter, recalling it tasted just like salmon.

Last week on an overcast, still, warm day even further out on Lake Winnipeg, I found two more brothers standing beside their truck, using it for a wind break while they tended their ice fishing holes. They were Mat and Justin Bohemier from Lorette. Mat, a little slimmer than Justin, said that he had sold his restaurant a few months ago and was now indulging in his favourite pastime, fishing. Justin, somewhat more reserved than Mat, said one of his favourite places to go fishing in the summer was Flin Flon because now that the smelting plant is shut down, the water is much

cleaner and the trout fishing is great.

As I left them, Mat observed with a smile that this had been an easy day on minnows because they hadn't had a bite yet. Keep trying, fellas.

Just before they started ice breaking on the Red River, I was driving on the ice by Sugar Island and noticed off to my left a young guy racing toward one of his ice fishing holes to claim a possible catch. I turned Old Red toward him, my interest piquing just as he slipped in a patch of water and started sliding on the side of his body to the hole like a baseball player trying to steal home plate. I

Continued on page 9

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OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

View the Express Weekly News online at
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Sunshine, the foster dog, gives birth to 11 pups

Puppies will be ready for adoption in four or five weeks

By Jennifer McFee

A now-famous Stonewall pooch is adapting well to her new role as a mom to nearly a dozen pups.

Sunshine made headlines several weeks ago for running away in wintery weather while she was pregnant. She returned home on March 8 after travelling as far as Selkirk and Petersfield during a week on the run.

Now spring has sprung — and so have Sunshine's 11 puppies, who were born in the early morning on Friday, March 17.

The good news is tinged with a little sadness since the runt of the litter died on March 22 at about half the size of her five brothers and five sisters.

In spite of the loss, Sunshine is thriving in her new role.

ing in her new role.

"Sunshine is doing great. She's a really good mom. It's amazing that she came home," said John Savage, who is fostering Sunshine. "I'm going to guess that most of the puppies wouldn't have made it if she hadn't come home."

The pups will likely be ready for adoption in about four or five weeks through Manitoba Underdogs Rescue, Savage added.

"I know that several of the puppies will probably be adopted in the area," he said. "We'll probably take one."

For more information about Manitoba Underdogs Rescue, visit www.manitobaunderdogs.org or follow the group on Facebook and Twitter.



EXPRESS PHOTO SUBMITTED

The pups will be available for adoption through Manitoba Underdogs.

> CHOCOLATOUR, FROM PG. 3

She noticed that the magazine *Home Business Report* lacked Manitoba content, so she stuck her neck out and offered herself as a writer.

Once she broke into the freelance business, the jobs began to follow.

Home Business Report had her write an article about a tourist lodge in Churchill, which led to additional work.

From magazine writing, Pendgracs dipped her toe into books, starting with a co-written travel guide, *Frommer's Newfoundland & Labrador*, and a few chapters in the *Manitoba Book of Everything*, before moving on to a solo publication, *Before You Say Yes*, which focuses on all aspects of volunteer work.

"When I first started doing books, I didn't think I could be a book author because I have a short attention span. I'm hyper and I like the vibrancy of

freelance work because it was always a buffet of different things you were working on."

In order to write an entire book, she tackled each chapter as though it were a stand-alone assignment.

And she picked a few battles along the way when working with editors, defending paragraphs or points she felt were integral to a story.

As for the proverbial rejection most freelancers will face, Pendgracs said one must remain positive.

"You never think you're a failure. You always consider it to be a challenge and an opportunity to either learn something new or change your direction. You never consider challenges or setbacks as failures because writing is a lifelong journey. And you'll come to forks in the road where you'll have to make decisions."

Pendgracs said it's important to con-

nect with other writers via listservs or professional writing associations and boards.

One of the most important tools a freelancer can have, she said, is a blog because it will not only help you practise your writing skills but also improve your chances of being discovered.

With cocoa having become a "life-changing" mission, Pendgracs is in the process of writing the second volume of *Chocolatour* in which she'll focus more on adventure.

"I've learned since I published Volume 1 that people love those adventure stories more than stories about chocolate. They want me covered in molten chocolate or trudging through muck on a cocoa plantation in Peru or Ecuador. That's what they like to read about. And, of course, you've got to back all your stories up with some interesting facts because the mission

of *Chocolatour* is to educate, entertain and entice chocolate lovers to explore the world through chocolate."

Her passion for the subject and the expertise she developed through on-the-ground research has made her a name in the world of travel. She's been contracted to lead a chocolate tour somewhere in the world for a Toronto-based tour company. And on May 12, she'll be hosting a coach tour from Gimli to Winnipeg chocolate-makers.

"You have to be patient and you have to believe in yourself," said Pendgracs. "You really have to believe that what you're doing is exciting because the key ingredient to success is passion. If you're a freelance writer and you're writing about stuff you don't enjoy, then it's time to change direction."

For more information about Pendgracs, visit Chocolatour.net.

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Icelandic River flooding in Arborg not expected at this time

By Patricia Barrett

Given current weather conditions, flooding is not expected along the Icelandic River where it flows through Arborg, according to a recent provincial flood update.

But if the weather turns, that forecast could be revised.

"The Icelandic River is normal for this time of year," said Arborg Mayor Randy Sigurdson during a regular meeting of council March 22.

"Flows are expected to remain within the banks," said Sigurdson.

Sigurdson had recently attended a flood information seminar in Selkirk at which forecasters had expressed uncertainty about the risk of flooding. Currently, lake levels are high and soils are saturated.

"All the [information] that's out there that they draw from doesn't give them any indication of what's going to happen this spring," said the mayor. "Basically, it all depends on the weather."

A forecaster had said the province is unsure whether this spring is going to be "warmer or wetter" or "cooler or drier."

"We're certainly not in a drought situation," said Sigurdson.

The base flows of the rivers are high for this time of the year, said the mayor, and Lake Manitoba is at 812 feet.

"They were saying that around the border, all the way from Saskatchewan right across the southern part of the Manitoba border ... is very, very wet, very saturated," he said. "And, of course, that water mostly comes this way."

The province is going to open the Portage Diversion and has concerns about Fairford, said Sigurdson, and Lake St. Martin is two feet higher than normal.

Other council briefs:

A 2016 provincial audit of the town's water supply indicated no issues.

The mayor said the town got a "gold star" and everything was "well within the parameters."

"There's no issue with it," added CAO Lorraine Bardarson. "It's called an annual compliance audit. It's not just the chemical analysis of the water, but it deals with any requirements as far as the operation of the plant."

The report confirms that the town complied with the Drinking Water Safety Act and the terms and conditions of the plant's operating licence.

The provincial Office of Drinking Water inspects water systems, collects data and reviews project proposals.

"They test for about 100 different minerals," said Deputy Mayor Robbie Thorsteinson.

The town paid about \$400 for its own water audit last August, but the province also conducted testing in September.

"It was my understanding it was going to become the town's responsibility to get this chemical analysis of the water," said Bardarson, "and we're required to do that every so often. So we actually did that last year, thinking it was going to be our responsibility. But when the Drinking Water Officer came out to do this inspection of the plant, they, too, did this chemical analysis of the water."

- Thorsteinson said there have been a few water issues (water in yards/ditches) around town because of the rapid cycles of thawing and freezing, but "nobody's in danger of flooding."

- The RM of Fisher requested an extension for the use of Arborg's lagoon until September, said Bardarson.

Fisher council had reviewed a report it received in April 2016, recommending sludge be dredged from the inlet pipe and spread over the floor of its primary and secondary cells. It also noted some erosion issues around the lagoon. Repairs were to be carried out to meet the requirements of Manitoba Conservation and Water Stewardship. Council had said the work could be carried out in two phases, possibly starting in 2018.

Thorsteinson said the agreement for the use of Arborg's lagoon originally stipulated three months.

Bardarson said that Fisher used Arborg's lagoon for about half of 2016 and that there have been no negative impacts to it.

Council will extend the agreement.

- The province indicated to council that an unpaved three-mile stretch of PR 326 near the Industrial Park, about 12 kilometres (eight miles) north of Arborg, will be considered for paving next year.

"It's on the drawing board," said Coun. Vivian Leduchowski, reporting on a meeting she had attended.

She said there was no mention of whether a new bridge over the Icelandic River would also be put on the drawing board.

Semitrailers to and from the north drive down Arborg's Main Street. Both the town and the RM of Bifrost-Riverton would like a new bridge built in the vicinity of the fire hall — providing direct access to Highway 68 — in order to divert heavy goods vehicles away from the centre of town.

- The town renewed a garbage collection agreement for the period June 1, 2017, to May 31, 2021. There have been no changes to the agreement. There is about a 75-pound limit for garbage.



EXPRESS PHOTOS BY PATRICIA BARRETT

According to a recent provincial flood forecast, the Icelandic River in Arborg is expected to remain within its banks.



A semitrailer turns onto Road 130 N from PR 326 on the outskirts of Arborg. Truck traffic from the Industrial Park uses the route to and from Arborg.

"Tree branches have to be tied and bundled and be certain lengths," said Thorsteinson.

It goes without saying that items such as tires and household furniture, such as sofas and beds, cannot be placed on the street for pickup. People have to take those items to the landfill site.

There have been a few incidents in which household items have been "abandoned" on the street, but the mayor said townsfolk "are pretty well perfect" when it comes to adhering to the rules.

- The town is upgrading its computer system and received a quote for \$7,037 plus PST from MuniSoft, which provides municipal governments with computer products and services.

The town sometimes donates its used computers to local schools, said Bardarson.

- Council re-established an incentive

program for developers John Crackle and Ernie Weik, who built a five-unit housing development with detached garages on First Avenue.

"They were approved for the development incentive program under a former bylaw that we had," said Bardarson. "Council passed a new development incentive bylaw in 2016 and ... while they [Crackle and Weik] put in the application, they weren't actually receiving any incentive as of yet for that new development."

- The Senior's Resource Spring Dinner is scheduled for April 4 at the legion.

- Tickets for the Arborg & District Multicultural Heritage Village's 11th Annual Dinner Theatre and Dance are now on sale. The event will be held April 8.

"We've actually got a group of Icelanders [from Iceland] coming," said Sigurdson.

Gimli approves new bylaw regulating fees for municipal services

By Patricia Barrett

Some of the fees the RM of Gimli collects for municipal services have been amended.

At its regular meeting March 22, the majority of Gimli council approved second and third reading of Bylaw 16-0014, which repeals a 2009 bylaw (No. 09-0012) and revises and updates the fees.

The fees pertain to services that fall under Public Safety (fire and rescue, animal control, traffic and parking), Public Works & Operations, Economic and Community Development, Finance and Administration, the Gimli Airport and the Recreation Department.

One of the fee changes affects tax certificates, which have increased from \$20 to \$30.

Not all the fees are increasing.

Culvert permits for residential and commercial lots, at \$150 and \$200 respectively, remain the same, as do permits for sewer and water connections, which are \$100 for residential and \$200 for commercial. Lot grading fees for residential and commercial developments, at \$300 and \$500 respectively, also remain unchanged.

Coun. Danny Luprypa voted against the new bylaw, citing the high cost of lot grading fees, which were established under a previous iteration of council.

"I just think the fees are far too excessive," he said. "Lot grades are \$300. I recall when I was on council prior to '06, they were \$100, and the council of the day tripled it to \$300. Culvert permits were \$30. That council multiplied it fivefold to \$150. I just think it's too excessive."

Luprypa went on to say that if those fees are intended to cover costs, he knows "it doesn't cost our employee \$300 to go and do lot grades."

None of the current members of council were councillors at the time of the 2009 increase.

"We didn't do it," said Mayor Randy Woroniuk.

CAO Joann King said the revenue derived from the fees protects long-time residents of the RM.

"I believe that when you are building a house or doing something specific, it should be user-pay," said King, who was CAO at the time of the 2009 increase. "It shouldn't be on the backs — the tax bills — of the people who have lived here for 50 years."

Luprypa contended that the RM is making a profit from the fees.

But King said the money is re-distributed for the benefit of all residents.

"It goes into the municipal budget," she said, "and the more we get from those types of sources, the better we can do with our overall tax rate. It's another source of funding."

Equipment rates charged by the RM are based on



EXPRESS PHOTO BY PATRICIA BARRETT

Coun. Thora Palson volunteered to sit as council representative on the Gimli Senior's Resource Council, which provides seniors with a variety of services such as house cleaning, yard maintenance, shopping assistance and meal delivery.

the current rates charged by the Manitoba Heavy Construction Association. Actual costs are based on equipment rates, wages and/or material costs supplied by the RM to complete the work.

Other council briefs:

The RM experienced two water system incidents last year as reported in a 2016 annual compliance audit that is available on the municipality's website.

The RM operates three public water systems (PWS): Gimli, Pelican Beach and the Industrial Park.

A single sample taken from the Gimli PWS indicated a failure to meet primary disinfection requirements.

The RM uses chlorine to disinfect drinking water.

"Probably the system ran out of chlorine," said King, explaining the term "non-compliant" in the audit report. "It's an automatic system, so it may have failed on that particular day and it would show in the testing."

There were no negative effects, such as deaths, as a result of that, she said. "The water is very clean."

Pelican Beach PWS experienced no incidents.

The Industrial Park PWS failed to comply with its licence/permit, which resulted in a warning issued on Oct. 31, 2016.

The audit noted that there was a "failure to report

an emergency," which violated Section 31(1)(a) of the provincial Drinking Water Safety Act.

Waterworks staff noticed a "sheen" on one of the reservoirs and thought they had controlled it.

"There was some testing or an indication that there was some kind of sheen on the top of one of the reservoirs, and when they saw that, they should have reported that immediately," said King. "They thought they knew what the source was and thought they had controlled it. There was no intent to not report it; it was just a situation where they thought they had it under control."

"We have three (reservoirs) out there at the Industrial Park, and two of them are now actually decommissioned."

The two decommissioned reservoirs date from about 1941 and 1968-70, she said.

- Council passed a resolution to release most of a \$5,000 performance bond for a new residential property that was built west of Winnipeg Beach in the RM of Gimli.

"I went to look at it," said Coun. Thora Palson. "The house looks very nice ... maybe there's some landscaping that still needs to be done, so I'm going to recommend that we release ... \$4,000 and retain \$1,000 until the landscaping is completed."

King said there is a concern that the foundation does not meet the RM's zoning bylaw, which requires a certain grade from the foundation to prevent water from sitting around the house.

"They haven't had the opportunity to do that," she said. "The site is wet."

Council passed a resolution stating the site is to be brought up to the proper building grade as per the zoning bylaw.

- Coun. Palson volunteered to sit as council representative on the Gimli Senior's Resource Council, which had requested a representative.

- Council approved a donation of \$300 to the Interlake and Eastman KidSport program.

"It is a good program ... they've definitely helped families put their kids into sports," said King.

The program provides eligible children with up to \$300 a year to assist with sport registration fees.

- Council received a letter from Gimli Minor Hockey committee members, thanking it for a platinum-level sponsorship for the 2017 Hockey Manitoba Peewee Rural A Provincials Program.

- The federal government granted the RM \$10,640 for its Canada 150 celebrations.

Coun. Palson said the RM faced a competitive pool of communities requesting grant money.

King added, "I was under the impression that we were one of the few to get it in this region."

> GET FISHING, FROM PG. 6

stopped close to him and got out of the truck as his buddy came up, laughing as he observed his partner lying in the water on the ice holding a landed fish high in the air.

Our athlete was Derek Meech and his friend making fun of him was Calyn Goodchild. When things settled down and we got to talking fish stories, Derek remembered when they were shore fishing by their place on Eagle Lake in

Ontario. They heard of another friend who was a pilot with a plane attempting to take off and had a learning experience.

Apparently, he had tied some luggage by the rear rudder on one of the pontoons and one of the lashings got caught in the rudder's workings, causing the plane to commence a great circle instead of going straight. The pilot thought to continue but the plane had other ideas and, with the motor roaring, decided to beach itself.

Lesson learned: if your plane is telling you

something, pay attention.

Well, the Manitoba Ice Fishing Association had its raffle draw on Sunday and we're happy to announce Don Marchand of Winnipeg won the flasher, Dianna Kolkata of Beconia won the portable ice shack, and Perry Annuik of Ontario won the auger.

Congratulations, folks! So-long anglers. See you soon.

Gimli to bear torch for the 2017 Canada Summer Games



EXPRESS FILE PHOTOS BY PATRICIA BARRETT

The Gimli Yacht Club is the host venue for the Games' sailing competition for the 2017 Canada Summer Games.

Manitoba Hydro Torch Relay to stop in Gimli on July 15

By Patricia Barrett

The Manitoba Hydro Torch Relay for the 2017 Canada Summer Games will be stopping in Gimli on July 15 as part of the lead-up to the Opening Ceremonies in Winnipeg.

The Gimli Yacht Club is the host venue for the Games' sailing competition.

The Games' executive and its official co-hosts — Treaty 1 and Treaty 3 First Nations, and the Manitoba Métis Federation — notified Gimli council of the forthcoming visit.

"As a sponsor of the Torch Relay, Manitoba Hydro is working closely with 2017 Canada Summer Games staff to coordinate a relay route, choose community torchbearers, and host a town celebration at your Mani-

toba Hydro office," wrote the executive in a March 3 letter.

The torch will be lit in Ottawa on June 6 then travel to 11 communities.

The relay begins in Steinbach then heads to Kenora (Ont.), Morden, Gillingham/Fox Lake Cree Nation, Thompson, The Pas/Opaskwayak Cree Nation, Dauphin, Gimli, Sagkeeng/Great Falls and Brandon. It ends in Winnipeg on July 26 with a celebration at Manitoba Hydro Place. The opening ceremonies are scheduled for July 28.

The Gimli relay route encompasses Centre Street, Highway 9, North Fifth Avenue and First Avenue.

The sailing competition will take place in Gimli from July 27 to Aug. 4.



79th ANNUAL GENERAL MEETING of Red River Cooperative LTD

OFFICIAL NOTICE

13

5:30-6:45 p.m. Registration
7-9 p.m. Meeting

Canad Inns
1405 St. Mathews Ave.
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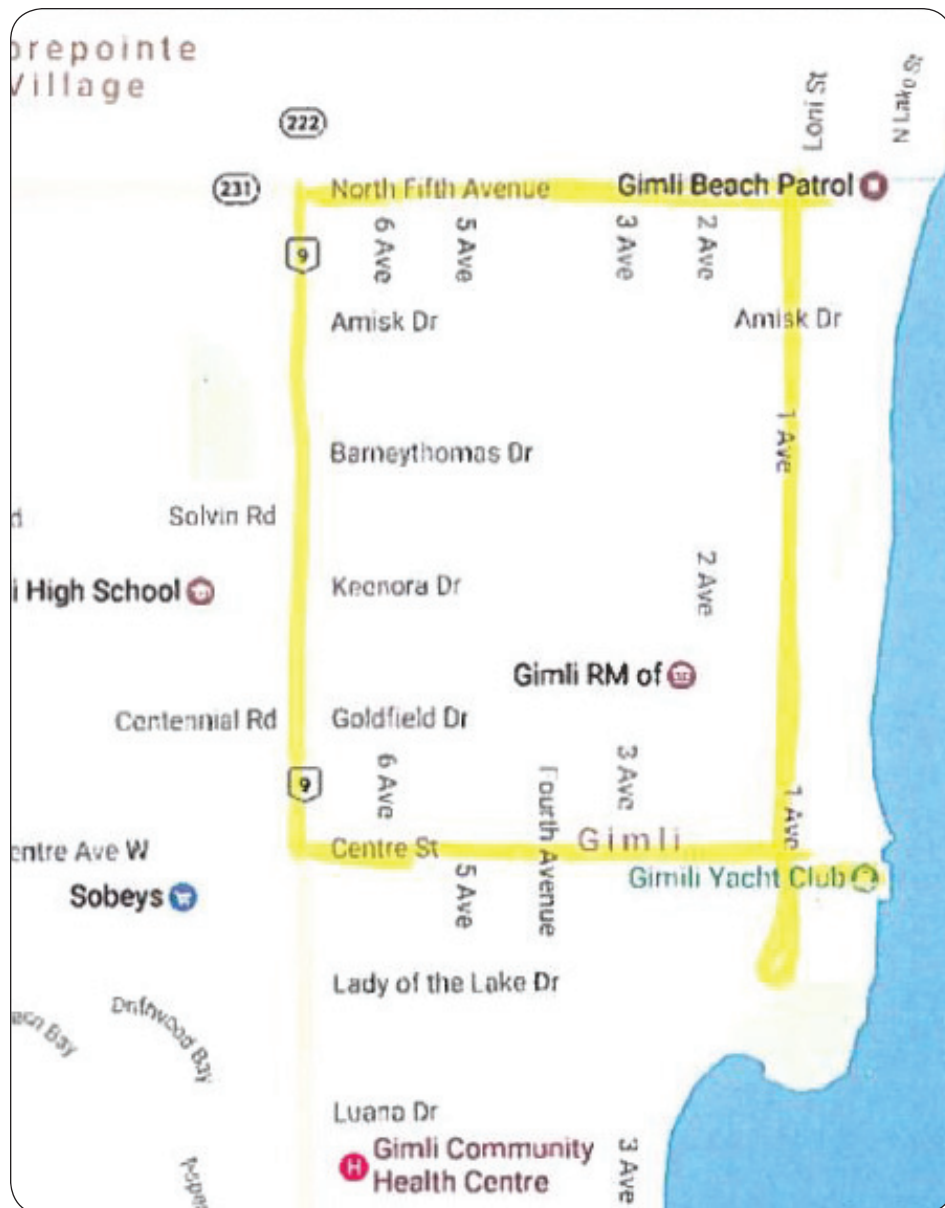
AGENDA ITEM: Members will vote on the following By-law Amendment:
To amend clause 4.03 (b) from:
Further Qualifications [Section 184]
4.03 No person shall be a director unless that person or an entity of which that person is an officer, director, or member:
(b) purchased goods or services, or a combination of both, from the Cooperative during the last financial year of the Cooperative, worth the collective amount of at least \$500.00; and
To state the following:
(b) purchased goods or services, or a combination of both, from the Cooperative during the last financial year of the Cooperative, worth the collective amount of at least \$1,250.00; and

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MAP COURTESY OF RM OF GIMLI

The Manitoba Hydro Torch Relay route encompasses Centre Street, Highway 9, North Fifth Avenue and First Avenue.

Families encouraged to get out for fitness fun activities

By Jeff Ward

A roster of fun fitness activities are taking place for free every Thursday evening at Ashern Early Years School in an effort to get families to spend more quality time together while staying fit.

The family fitness initiative is organized and supported by members of the Northwest Interlake Early Childhood Development Coalition and is facilitated by Brenda-Lee Einarsson. Fitness activities like yoga, relay races and kid-friendly games centred around Angry Birds all work in tandem to create an atmosphere where parents and their children spend meaningful time together.

While there is no age limit for the classes, the majority of attendees are young children aged five to eight, and as a result, the emphasis is on having fun and creating memories rather than rigorous exercise.

The program began this year and Einarsson said that they are still figuring out what the community wants to see.

"We're still trying to feel out what their needs are and we're adjusting to the feedback we get all the time," said Einarsson.

"We had a similar thing during the summer a few years ago, but people are busy during the summer so it didn't work out. We believe that it's really important for parents to be with their children during these formative years, so we wanted to give them a space to do that and be active."

Einarsson said that exposure to new activities for both parents and young children is always a good thing. She explained that when they introduced



EXPRESS PHOTO SUBMITTED BY BRENDA-LEE EINARSSON

Ashern children and their parents are taking part in a series of fun activities designed to get families more active while spending more meaningful time together.

yoga as one of the activities, they got a great response from the community. It indicated to them that this is one of those activities that area residents want to see more often, and that feedback loop has become valuable for organizers to understand what best meets the community's needs.

"The people who have been coming so far are coming for a reason. They do really like it, and I think even if we're only helping five people, that's

good enough for me. To me, the numbers don't matter much. It's just to know that we're offering a service people want to take part in," said Einarsson.

For those interested in getting involved, you can contact Tara Schoenberger at tara_175@hotmail.ca. As the co-ordinator for the coalition, she can add you to a Facebook page where event times will be shared. Einarsson hopes to expand the program to Eriksdale at some point.

New Rosedale Feed Mill

BEEF SEMINAR

April 12 10:00 a.m. to 1:00 p.m.

at Countryside Home Building Centre in Fisher Branch

Countryside is adding to their Feed and Mineral supplies by adding New Rosedale Feed Mill as another supplier to their existing Masterfeeds dealership. New Rosedale Feedmill offers milk replacement, calf starter and calf grower, beef supplement, and various beef minerals including chelated mineral. New Rosedale also supplies broiler chicken and laying chicken feed and hog starter and grower. And more items not listed here.

For the meeting, **Mike Paterson** is the main speaker, he works in the animal health business and was a nutritionist with a feed company. Mike has a few hundred cows and is a great speaker for producers to listen to.

A nutritionist will also be in attendance and representatives and products from New Rosedale Feed Mill. **Lunch will be provided.**

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Local hunters recognized at annual wildlife banquet

By Jo-Anne Procter

Hunters from Eriksdale and Lundar brought home awards from the Woodlands & District Wildlife Association annual awards banquet last Saturday night.

The club prides itself on the success of their youth hunters program and annually hosts the banquet to present all their hunters with awards.

Eriksdale's Jesse LeStrat received a plaque for his Non-typical 142 5/8 buck he harvested in muzzle season this past fall. Letrat's buck qualified for the Manitoba Record Book.

Letrat's dad, Scott, also received an award for his 118 3/8 Typical rifle buck.

Presentations were also made to the first- and second-place teams that took part in the third annual Youth Waterfowl Shoot last September. Eight teams of four shooters aged 12-17 received points for all types of geese and ducks.

The first-place team, the Quacker Whackers from Lundar — made up of Kenady Christensen, Hannah Lussier, Randall Johannson and Zachary Halldorson — scored 160 points. The second-place team, the Heavenly Honkers from Eriksdale — made up of Morgan Granberg, Jaxon Pilon, Jesse LeStrat and Austin Hanslip — scored 137 points.



Jesse LeStrat received a plaque for his Manitoba Record Book muzzle loader buck from association president Ed deLaroque.



Scott LeStrat received a plaque for his rifle buck from association president Ed deLaroque.



EXPRESS PHOTOS BY JO-ANNE PROCTER

Lundar's Quacker Whackers won the Woodlands & District Wildlife Association's Youth Waterfowl and received their awards at the annual banquet last Saturday. Pictured left to right: Scott Fisher (vice-president), Randall Johannson, Hannah Lussier and Zachary Halldorson. Missing from the photo is Kenady Christensen.



The Heavenly Honkers, including Austin Hanslip, Morgan Granberg, Jesse LeStrat and Jaxon Pilon, received their second-place awards from vice-president Fisher. They won the same award last year.

West Interlake moving on from year-long petition for dissolution

By Jeff Ward

West Interlake Reeve Randy Helgason said that council will not pursue the case for dissolution, annexation or any other means to break up the amalgamated RM after the West Interlake Citizens Group (WICG) formally dropped their petition earlier this month.

Helgason said that it's quite clear to him and the rest of council that the government and Minister of Indigenous and Municipal Relations Eileen Clarke will not allow Ward 1 — the former RM of Eriksdale — to split away from West Interlake. Helgason said that the only way for Ward 1 to leave amalgamation would be to amalgamate with another neighbouring municipality, like Coldwell. He added

that the chances of that are extremely unlikely, as Coldwell Reeve Brian Sigfusson has said multiple times that he has zero interest in amalgamation.

"We're amalgamated and that's how it's going to be," said Helgason.

"I wasn't surprised to see it end this way, and I'm not sure on this, but I think their numbers of support have dwindled. It's just one more thing we don't have to concern ourselves with and we can focus on other more important matters."

For nearly the entire time the municipality has been amalgamated, there has been conflict between the WICG and council. The citizens group believes that council doesn't act within the best interest of the municipality as a whole.

Earlier this month, after nearly two years of disagreements, the WICG officially dropped their request for a follow up hearing from the Municipal Board and said that their fight was over.

Interestingly, Helgason said that council supported the split but just didn't agree with the method WICG members were wanting.

"We've never supported dissolution but we did support separation. If we could've returned to our old boundaries, all council would've supported that, but it just wasn't possible," said Helgason.

These last two years for the newborn municipality contained some big events. The massive petition of nearly 800 names, the council sign-

ing in a resolution supporting a split, the WICG holding a Municipal Board hearing and council speaking with the minister on the issue had the makings of a potentially historic ruling.

With the issue now firmly in his rearview mirror, Helgason said he is looking ahead at some significant challenges facing the RM in the coming months.

"We have work to do and that's our focus now. First and foremost is our health care. I've been told we might be losing two doctors in Ashern in the next month or so. It's our main concern right now, and obviously if there's an issue with some flooding, we have to deal with that. We have to look ahead," said Helgason.

Province's proposal to change mesh size could gut fishers on Lake Winnipeg

By Patricia Barrett

Sustainable Development's proposal to make changes to the minimum mesh size for Lake Winnipeg could drive fishers out of business, said a fishers' spokesperson.

Kris Isfeld, who sits on the Lake Winnipeg Fishery Co-Management Board, and who represents between 100 and 150 fishers in Area 2, said he received word that the province plans to increase mesh size.

A larger mesh, he said, will allow small walleye (pickerele) that is demanded by the market to slip through.

The 3-inch net fishers currently use is their "number 1 tool" and they could be broke within a few years if the government proceeds.

"If the province increases the minimum mesh size, let's say to 3 1/2, there's a chance I could not...make money at all in the spring fishery," said Isfeld. "If that size of fish isn't around - there could be millions of 3-inch fish around - but if that size fish [3 1/2] isn't around, I'm going broke."

Isfeld said he's made a substantial investment in his fish business, spending "hundreds of thousands" and it will be worth nothing if net sizes increase.

Isfeld got wind of the proposed change earlier this month.

"It's particularly irking when you hear things. I got tipped off by [somebody] who told me [a Sustainable Development employee from the Gimli office] was in their Riverton [FFMC] building, telling everybody the springtime mesh size is going to be 3 1/2 to 4 1/2. It was spreading like mad, and that's when I wrote to [the employee]."

The employee responded to Isfeld March 6, confirming changes have been proposed, but declining to say what they are.

Isfeld produced the email: "Recommendations have been put forward to adjust mesh sizes on Lake Winnipeg. The decision is up to the minister to approve or deny. Changes to meshes are only to secure the future of the fishery."

The South Basin fishery owes its success to the 3-inch net, said Isfeld.

"From the start of this fishery...from early 1900s until today, the 3-inch net has been the most productive net year in and year out."

Mesh changes will upset the balance of the lake's species, he said, resulting in "too many mouths to feed."

"If we quit fishing our 3-inch net for one or two or three years, those 3-inch fish have to eat to grow. And they are going to decimate the feed in the lake.

And none of them will end up growing because they'll end up starving."

University of Winnipeg biologist Eva Pip said more data on Lake Winnipeg is needed.

"On the one hand more young fish will need more food, but on the other hand more of them will survive for future harvests," she said. "What seems to be missing at the root of this discussion...is an assessment of the availability of the food resources. Lake Winnipeg is a productive eutrophic lake, but not a healthy one. With the impending zebra mussel crisis, there will be less of everything, starting from the bottom and up the entire food chain."

Isfeld said the province has not consulted with fishers since it announced it will opt out of FFMC then introduced Bill 23 to sever ties with the marketing corporation.

nounced it will opt out of FFMC then introduced Bill 23 to sever ties with the marketing corporation.

"Absolutely nothing. Zero communication," he said.

When asked about mesh changes, a spokesperson for Sustainable Development said the department "continues to monitor fish populations including walleye in Lake Winnipeg, and is in the process of considering management options intended to secure the long term sustainability of the walleye stock for the benefit of all resource users."

The spokesperson added "proposed changes" on mesh size will be discussed at the next Co-management Board meeting.

Fishers argue the 3-inch mesh ensures the long-term sustainability of the lake, and they know when to "back off" fishing.

"The fishermen aren't complaining

"I KNOW THERE'S BEEN A LOT OF TALK ABOUT THE SUSTAINABILITY OF THE LAKE WITH RESPECT TO CERTAIN AGE CLASSES OF PARTICULARLY WALLEYE, BUT THERE CERTAINLY HASN'T BEEN ANY TALK OR LEGISLATION PUT FORWARD ON NET CHANGES AT THIS POINT THAT I'M AWARE OF."



EXPRESS PHOTOS BY PATRICIA BARRETT

Kris Isfeld holds up walleye the market desires. Once you go up to a 3 1/2-inch net, the fillet hangs off the side of the plate.



The large pickerele is not desired by the market. Commercial fishers want to catch the smaller pickerele.

there's not enough fish," said Ed Isfeld, who has been fishing for about 60 years. "And the anglers are certainly not complaining because over the last five years, it's like a village out in front of Matlock with all the huts."

The fishery has never collapsed, he said, and the reason for that is the 3-inch mesh.

"We had some lean years where we had to work a little harder to get your quotas," he said. "But there's never been a collapse. If fishing is really hard, and it's tough to get any fish, fishermen will back off and do something else, which takes the pressure off [stocks]."

Gimli MLA Jeff Wharton said he hadn't heard of proposed mesh changes.

"I know there's been a lot of talk about the sustainability of the lake with respect to certain age classes of particularly walleye, but there certainly hasn't been any talk or legislation put forward on net changes at

this point that I'm aware of."

When asked if the government should consult fishers on changes to their industry, Wharton said "absolutely" and that he has a meeting scheduled with two fishers in early April.

A change in mesh size will disrupt the market, Isfeld contends.

"Pickerel is our number 1 species. If you're a customer or consumer... you're not going to have any more baby pickerel," he said. "You're not going to have any more of the desirable six-to-eight-inch fillet on your plate. That's what consumers want most, the size of fish caught in a 3-inch net."

Isfeld said fishers will fight the proposed changes.

"If you're going to disrespect...the history of the commercial fishery, and if you're going to...go ahead and make decisions without consulting me and the hundreds around me in the same boat, and dismiss us as stupid fishermen, I'm going to call you on it."

Young reporters create own newspaper for Clarkleigh

By Jeff Ward

Two young entrepreneurs from Clarkleigh are taking a run at the newspaper business and have officially written, edited and printed two editions of their monthly publication, the Clarkleigh News.

Seven-year-old Alexis Nikkel and her five-year-old brother Eli launched the first edition of their publication this past December.

Alexis said that she couldn't remember where the idea to start a newspaper came from but took a liking to the idea almost immediately so she started work on the first edition as the editor of the publication.

Eli said that he is the official science correspondent for the paper and has written articles on what the hairs in your nose are for and on plant transplantation. The publication also includes articles covering family events and a classified section with ads for neighbouring farms.

The duo prints 10 copies of each edition on their home printer to give out to family and friends. Alexis said that their third issue is nearly complete

but they just haven't had time to put it all together. "I don't like deadlines," said the young editor-in-chief. "When it's done, I'll know it's done."

The aspiring journalists' mother, Amy Nikkel, said that the exercise happened to be a good way to focus on literacy skills while homeschooling her children. She explained that her daughter had just learned to read last fall. While Alexis was picking up and reading every book she could get her hands on, she wasn't writing with the same fervour.

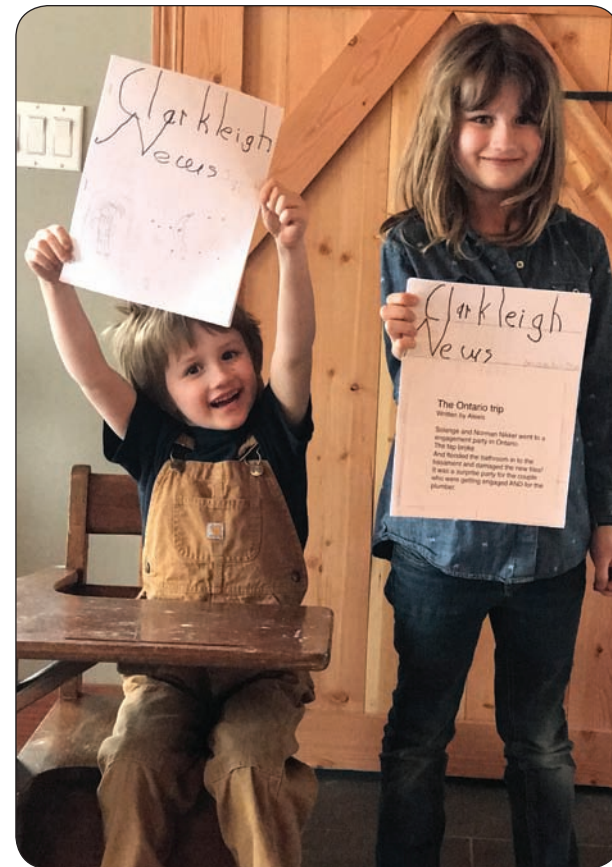
"But when we started doing this paper, she really got into it and took control. They go around and do interviews and find stories they want to write and we put it together,"

said Amy Nikkel.

She added that the pair decides what they want to write about and where to take the story. Eli is very interested in science, Amy Nikkel said, so he tends to focus on that kind of stuff.

To Nikkel's neighbours, the publication is colloquially referred to as the Clarkleigh News Network

"I DON'T LIKE DEADLINES, WHEN IT'S DONE I'LL KNOW IT'S DONE."



EXPRESS PHOTO BY JEFF WARD

Eli and Alexis Nikkel are busy dotting the i's and crossing the t's on their third edition the Clarkleigh News.

(CNN), and they are now all watching and waiting for these two curious journalists to come by and start asking questions.

Sabados Greenhouse earns sustainability and conservation award

By Jeff Ward

Sabados Greenhouse recently received an award recognizing their commitment to the environment and sustainability.

The Clarkleigh-based business has been in operation since the 1990s, and owners Karen and Allan Sabados have always kept their impact on the environment in mind.

The Manitoba Conservation District Association presented the West Interlake Watershed Conservation District Award (WIWCD) to them back in December in the form of a plaque. The couple was nominated for the award by the WIWCD for their outstanding commitment to lessening the impact of their business on the environment. Their original vision of living more gently on the planet remains to this day as they continue to find new and innovative ways to run their business while being as eco-conscious as possible.

Karen Sabados said the award humbled them and that their work is an ongoing process to find out what is the best way to run the greenhouse with the fewest amount of consequences to the environment. One of their biggest changes over the last little while has been the inclusion of new plant

pots. Allan Sabados explained that the pots were formerly plastic and the greenhouse would go through thousands each year that could end up in the trash. A recent change to the more biodegradable containers they use today has put their minds at ease.

"We watched this video on YouTube about all the plastics in the ocean and it was shocking," said Allan Sabados, who added that the video spurred them into action.

"So we started looking around for containers that were biodegradable and we had to get these imported from the Netherlands. They can be thrown into compost and don't harm the environment. It took some time for us to track them down and we called all over North America looking for them."

Sabados said that the containers are marginally more expensive than the plastic ones they were using before, but the price made no difference to them. The Sabados both said that their greenhouse is a constant evolution of little changes that help lessen their impact on the environment. They use biologic pest controls like ladybugs and rove beetles, they use LED high efficiency lighting, and their soil is a blend of peat and hyper-



EXPRESS PHOTO SUBMITTED BY IRINA ZOTTER

Allan and Karen Sabados said that the conservation award they received in December humbled them and that their greenhouse is a constant evolution of small changes to make it more environmentally friendly.

renewable and biodegradable coir. The couple has also installed solar hot water panels to provide some of the space heating inside the greenhouse and solar photovoltaic panels for part of the electricity needs. The majority of their furnaces have been converted to wood pellets instead of oil burning.

"It's important for us to keep looking at how we can improve. Nothing we do here is the perfect way and we're always researching to get better. The end goal is for us to have our greenhouse be more green," said Karen Sabados.

Interlake skaters take part in annual 'Stony on Ice'



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Figure skaters from around the province, Ontario and Saskatchewan laced up their skates for the annual 'Stony on Ice' competition last weekend. The Stony Mountain community centre was busy with fans and family members cheering on their favorite performers. The 27th annual open competition is one of the largest in Manitoba. Pictured from left to right, Autumn Hanslip performs in the Star 1 Girls Freeskate while Lily Plohman shows her elements in the Star 2 Girls (EL-C), Shanley Sigfusson shows off her spiral in the Star 2 Girls (EL-D) Elements, Zoe Oversby competes in the Star 2 Girls (EL-C) Elements, and Emma Spence-Geisler is set to perform in the Star 1 Girls Freeskate.

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Check Engine or Malfunction Indicator Light (MIL):

Indicates the engine computer has set a Diagnostic Trouble Code (DTC). Visit your local service provider to diagnosis with a professional scan tool.



Battery/Charging Alert:

Indicates voltage level is below normal level and the vehicle's charging system is not functioning properly. Have you alternator belt, and battery condition inspected at your professional automotive shop.



Coolant Temp Warning:

Indicates temperature has exceeded normal limits. Get your coolant level, fan operation, radiator cap, coolant leaks checked at your local service professionals



Transmission Temperature:

Transmission is operating at higher than optimum temperature as transmission fluid is hotter than normal. Get your transmission fluid level and engine coolant level checked.



Oil Pressure Warning:

If this light stays lit, it indicates loss of oil pressure. Immediately check oil level and pressure.



TPMS (Tire Pressure Monitoring System):

Indicates the tire pressure monitoring system has found a tire with low air pressure or there may be a sensor malfunction. Check tire pressure. Some vehicles will allow manual reset of TPMS warning light and others will require professional diagnosis. Refer to owner's manual.



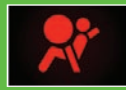
Brake System: Indicates one of three possible conditions: parking brake is on; problem with the braking system/brake fluid is low, or ABS problem.

Check brake fluid and make sure the parking brake is fully released.

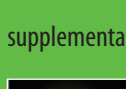
If the problem is in the ABS system, it may need a professional diagnosis.



ABS Light: Indicates that the Anti-lock Brake computer has set a code and needs professional diagnosis.



Airbag Fault: If this light stays illuminated after starting, it indicates that the vehicle has found a fault in the airbag system and the computer has set a code. Professional repair of the supplemental restraint system is highly recommended.



Traction Control or ESP:

Illuminates when the vehicle's traction control/anti-skid or electronic stability system is in use. Usually an indicator that conditions are slippery.

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Oak Hammock Marsh Ecovan visits Lundar EYS students

By Jeff Ward

Students at Lundar Early Years School had a hands on lesson about the environment, ecology and wildlife when the Oak Hammock Marsh Ecovan paid students 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 16 and was sponsored by the West Interlake Watershed Conservation District (WIWCD), based out of Lundar, which covers 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.

Raya Pool, principal of Lundar EYS, said that there is tremendous educational value in students receiving hands-on experiences that support their learning.

"The Ecovan grants students the opportunity to interact with learning experiences and resources a regular school classroom may not have," said Pool.

"For example, students see and

touch furs and stuffed animals [and] students have investigated owl pellets to understand what owls eat. Through these experiences, children better understand the world around them."

Pool said that the feedback from both staff and students has been positive with students appreciating and truly engaging in the learning process. That hands-on approach gets students excited, and the Ecovan is designed with that kind of engagement in mind.

"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 because we get more information or there be-

come new programs that have more relevance in today's day and age. 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,

"SOMEWHERE IN LUNDAR 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."



EXPRESS PHOTO SUBMITTED BY LINDA MILLER

Students from Lundar EYS play a game during the Ecovan visit from Oak Hammock Marsh designed to engage and educate students about the environment.

For rural residents, though, that sense is 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 Lundar 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 St. Laurent School on March 14.

Province announces further reductions to ambulance fees

Submitted

The Manitoba government is further reducing ambulance fees across the province effective April 1, Health, Seniors and Active Living Minister Kelvin Goertzen announced last Monday.

"Our mandate was to make sure ambulance fees were affordable for Manitobans living right across the province," said Goertzen. "Working with the regional health authorities and other ambulance providers, we are now able to further reduce fees."

Billings to Manitobans for ambulance services will be reduced to either \$425 or the pre-existing base fee established by the service provider,

whichever is lower. This follows a previous reduction that was effective Jan. 1, bringing a total decrease of \$50 this year, the minister noted.

Ambulance services are outside the scope of the Canada Health Act and costs are the responsibility of the patient in jurisdictions across the country. In Manitoba, land ambulance services are delivered by a combination of providers including regional health authorities and other service providers under agreement with regional health authorities such as municipalities or First Nation communities.

Ambulance fees vary by the provider offering the service. Client fees are

used to offset the cost of operations, with the remainder of costs subsidized by the province and other organizations.

The province already provides coverage for certain ambulance services including:

- inter-facility transfers between health-care facilities;
- the Northern Patient Transportation Program, which subsidizes medically necessary transportation for residents in the north;
- helicopter transportation to patients requiring critical and emergent care within a 250-kilometre radius of Winnipeg; and

• the Lifelight Air Ambulance program, which provides specialized inter-facility transport for critically ill or injured Manitoba residents who live further than 200 km from Winnipeg.

The minister noted Manitoba Health, Seniors and Active Living will continue to work with representatives from the regional health authorities to further reduce fees over the next three years.

For more information on ambulance fees in Manitoba, visit: www.gov.mb.ca/health/ems/ambulance_fees.html.

NDP adopts emergency resolution on Manitoba's fishery

By Patricia Barrett

The provincial NDP adopted an emergency resolution at its annual convention a few weeks ago to support single-desk marketing under the Freshwater Fish Marketing Corporation and will ask the federal government to intervene on behalf of Manitoba's fishers.

The resolution came after fishers contacted various members of the party with concerns about the province's plan to opt out of the federally run corporation and usher in an open market.

"As a result of the emergency resolution, the Manitoba NDP sent a strong signal in support of fishers, in support of the Freshwater Fish marketing Corporation and in opposition to Pallister's attack on fishers in the form of Bill 23," said Churchill-Keewatinook Aski MP Niki Ashton after the convention on March 17-19.

"And we had a unanimous vote in support of this resolution. As has been indicated in the past, including in the press conference we did in December, we're ready to fight back."

The resolution states that the Manitoba NDP offers "full and unequivocal support" of FFMC, and will "call upon the Provincial Government under the leadership of Brian Pallister to immediately drop its ill-conceived plan to opt out."

The resolution cites a lack of provincial consultation with fishers both before and after its August 2016 announcement to opt out, and stresses the government's responsibility to consult with Indigenous people, who make up the majority of Manitoba's fishers: "All governments in this country have a constitutional duty to fully consult and accommodate First Nations people on all matters that can have a fundamental impact on their way of life," said Ashton.

Bill 23, which will sever ties with FFMC this summer, was introduced March 15, ahead of the public release of a report by the fisheries envoy, whom the province hired to gauge fishers' concerns and report back with recommendations.

Ashton said that indicates a "right-wing ideological agenda" which disregards those most affected by the opt-out.

During question period in the legislature March 22, Amanda Lathlin, MLA for The Pas, said the government has "shown contempt" for fishers, particularly Indigenous fishers.

She asked Sustainable Development Minister Cathy Cox why the government has "ignored the vast majority of fishers who want to maintain the



Niki Ashton

single-desk FFMC."

Cox said the opt-out is something fishers want.

"This is about opportunity for commercial fishers," she said. "We've talked to them, we've listened to them and we've heard from them. We're going to provide them with opportunities to ... put more money in their pockets, not have fishermen have to go out and have to deal with one individual, not a monopoly [sic]. We believe in opportunity."

A March 15 provincial news release announcing the proposed legislation states that "over 375 fishers" attended the envoys' meetings. The average number of fishers in Manitoba is 2,206, according to *A Profile of Manitoba's Commercial Fishery*, published in 2012 by Manitoba Conservation.

Ashton said a number of First Nation communities who contacted her did not consider the envoy meetings a form of "consultation" and that she doesn't see the envoys as a "process that legitimizes Bill 23."

"It's clear to me the government is trying to create its own narrative to justify the destruction of Freshwater," said Ashton, who's running for the federal NDP leadership. "When you hear from most fishers in the north and the Interlake, they're very much opposed to what the government is doing."

Northern communities have one of the highest unemployment rates in the country, she said, and fishing is their primary occupation. The potential loss of their ability to compete on the open market will launch already impoverished communities further into poverty.

Ashton said she's taking the emergency resolution to Ottawa to press the federal government to intervene on behalf of Manitoba's fishers.

"I spoke to this resolution at the con-



During the province's Aug. 16, 2016, announcement to opt out of FFMC, Norway House Chief Ron Evans said his community's fishing co-op will continue to work with the corporation but will also explore other options to sell its fish.



EXPRESS FILE PHOTOS BY PATRICIA BARRETT

Rick Wowchuk, Swan River MLA and legislative assistant to the Sustainable Development minister, announced Aug. 16, 2016, at Gimli Harbour that the province will opt out of FFMC.

vention on behalf of the people I represent ... and I will be taking that message to the federal government in the sense that the people are mobilizing against Bill 23. Fishers are opposed. Many Manitobans are opposed. And we need the federal government to step in and essentially put a stop to Pallister's destructive agenda."

Although she hasn't seen a public statement by the federal minister of Fisheries on the opt-out, she said the Liberals have shown over the past two

years that they're not out to "dismantle" FFMC.

Because FFMC falls under federal purview, Ashton said the government has a distinct role to play in its future well-being as well as to protect fishers' well-being. Manitoba is the backbone of the corporation, and its removal will see the entire federal body suffer.

"Just saying, 'We believe in Freshwater' isn't going to cut it. We need them [the federal government] to step in and act on that," said Ashton.

Opportunities abound for winter tourism in the Interlake

By Natasha Tersigni

The Interlake Tourism Association (ITA) held their Annual General Meeting in Argyle last Thursday to ensure members are prepared for the influx of summer visitors to the region.

The non-profit organization made up of Interlake business and municipal officials work together to promote the Interlake as a tourism destination with the hope of stimulating the local economy by attracting visitors to the area. Travel Manitoba CEO Colin Ferguson was the evening's guest speaker and spoke on 2017 travel trends and areas where the Interlake region can capture more tourists.

Ferguson sees the most potential in the Interlake with both the winter activities and in the fishing and hunting markets.

"For fishing and hunting Manitoba is as good as it gets and every year we are seeing huge increases. For those of you who have been around the lake this year there is a lot of ice fisherman. This is the fastest growing tourism activity in the province of Manitoba right now and the best part is that it is popular among Millennials," said Ferguson

"We know the incredible attractions that exist in the Interlake, the events and national features that are particularly held in the summer. We also see the potential to grow in the winter."

Travel Manitoba is currently working with Gimli to brand them as a winter destination. This branding initiative is a spinoff of the work Travel Manitoba did last year in the Clear Lake area. In 2016, Clear Lake went to Travel Manitoba with 70 local

financial partners and two hotels that wanted to market the area as a winter destination.

"They came to Travel Manitoba and asked us to help them with branding and advertising support. We were delighted to work with them and what they are doing out there is really quite clever. They are running heritage classic hockey tournaments out on the lake and they are really producing unique ideas with great results," explained Ferguson who added that Travel Manitoba is currently working with stakeholders in Morden and Winkler, Portage La Prairie and Gimli on place branding initiatives.

"It is in the early stages. There will be more information and hopefully this time next year you can see what happens when a community comes alive and we are really excited about Gimli."

Following the address, ITA continued with their meeting, which included an update of events and projects for the year and the passing of the 2017 budget.

An election of industry members to the board of directors concluded the meeting and includes Kyle Anderson (Hitch n' Post Ranch), Jacques Bourgeois (Oak Hammock Marsh Interpretive Centre), Graham Com (Lake Winnipeg Adventures), Sheri Crockatt (Rubber Ducky Resort and Campground), Andrea Gruyters (Canalta Hotel Selkirk), Dave Hammond (Spruce Sands RV Resort), Heather Hinam (Second Nature Adventures in Discovery) and Julianna Roberts (New Icelandic Heritage Museum).



EXPRESS PHOTO BY NATASHA TERSIGNI
Travel Manitoba CEO Colin Ferguson was the guest speaker at the Interlake Tourism Association's Annual General meeting on March 23 at the Argyle Memorial Community Centre. Ferguson spoke about tourism opportunities in the Interlake.

Impressive array of art on display at Teulon library



PHOTO SUBMITTED

Kathryn Jack will have her art on display at the Teulon Library during the month of April. Jack's Snowy Owl carving is two and a half feet tall.

By Jennifer McFee

When it comes to artwork, some artists could be called a jack of all trades.

The title would fit well for Kathryn Jack, who is the artist of the month for April at the Teulon library.

Jack dabbles in a little bit of everything from acrylic painting to wool felting to pencil drawing to wood carving.

"I've always been drawing and doing creative things. Crafts and arts have always been part of my life," she said. "Now I'm in my late 50s and I have more time to work on it."

Since she's been going to the Stonewall art group every Thursday, she has done even more artwork over the last few years.

"It's nice to be around other artists to see what they're doing and get encouragement," she said.

"Whenever you see something and it presents a challenge to you, you try to find a way to express that in colour and paint or maybe in pencil. And with each one, you're not sure what the outcome is going to be until you sit down and pick up that brush."

Jack's work was on display last year at the Stonewall library, and she aims to include more recent projects for the display in Teulon.

"I'll bring some of my acrylic paintings, which are more of an impressionist style. We moved out to an acreage about four years ago, so a lot of farm animals are finding their way into my

paintings," she said.

"My carvings are mostly small birds and it's more of a winter pastime. If you have an hour to kill, it's easy just to sit there with that little piece of wood and try to bring that creature out. It's kind of addictive once you get started."

After five years of work on a labour of love, she recently finished a wood carving of a large snowy owl that is about 2.5 feet high, including the stand.

"I'm not a carpenter or great with tools," she said. "Wood has always been a medium that I've kind of avoided."

However, she always watched with interest when her father-in-law, Alex Jack, was engrossed in wood working projects during family camping trips.

"When he passed away, I got all his carving tools and books and roughed-out projects. So I'm trying to complete all these projects that he had cut out with the band saw," she said.

"It's a block of wood in the shape of a bird. You have to do all the fine tuning and carve it down, sand it and wood burn it. Then painting is the next step, so it's quite an intricate project to complete one of these little birds. Each step is different and it takes a lot of time."

To view Jack's impressive owl and other artwork, drop by the Teulon library at 19 Beach Rd. during the month of April.

Province announces appointments to license suspension appeal board

Submitted

Four new members have been appointed to the License Suspension Appeal Board of Manitoba, Infrastructure Minister Blaine Pedersen announced Monday.

"The License Suspension Appeal Board plays an important role in Manitoba, ensuring that appeals are judged with sound consideration for fairness and public interest," said Pedersen. "We rely on the experience and ability of these individuals to display sound judgment. I look forward to

the important contributions the new members will make to the board."

The License Suspension Appeal Board, established under The Highway Traffic Act, provides an appeal process in cases where a person's driver's licence or permit has been suspended by the registrar of motor vehicles or the court.

Newly appointed members are Beverley Duthoit, Sital Kang, Edward Nichiporick and Sandra Scarr.

Duthoit has an extensive background in corporate insurance and

claims as well as being a co-owner of a consulting company.

Kang has been a successful business owner for more than 25 years with experience in various areas including retail, restaurant and human resources.

Nichiporick has worked as a public servant for 40 years, developing his skills and knowledge in a multitude of positions. He is also a dedicated volunteer, offering his time with numerous organizations including his local crime watch group.

Scarr has extensive experience with the Department of National Defence, where she communicated with varied stakeholders of diverse ages, multicultural and socioeconomic backgrounds and gained an in-depth working knowledge of The Human Rights Code and Canadian Human Rights Commission.

The minister would like to thank the outgoing board members for their past service to the License Suspension Appeal Board and to the province of Manitoba.

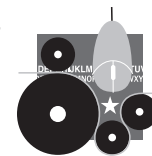
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1	6							3
			4	9	6			
5					3		2	
2			8					3
				7	6			
	1	7						
		4				9		5
9			3					6
		1	6					

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

R	L	S				S	S	O	
E	L	V				D	O	I	
N	M					I	C	H	E
L	A	B				B	A	V	
O	H	D	I			L	E	A	E
L	P	S				H	A	V	

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. "Be back later"
- 4. Hoover's office
- 7. Brew
- 8. Philo and Reglis are two ("Star Wars")
- 10. Actress Remini
- 12. Moghul emperor
- 13. Alaskan glacier
- 14. Constrictor
- 16. Prohibit
- 17. Ancient Brittonic tribe
- 19. Chinese pastry
- 20. Razorbill is of this genus
- 21. Beloved holiday decoration
- 25. Dutch football club
- 26. Aggressive dog
- 27. Small piece of glass
- 29. "South Park" creator — Parker
- 30. Leisure activity
- 31. Someone's story
- 32. Record-setting swimmer
- 39. Hillside
- 41. Unit of measurement
- 42. Famous for its potatoes
- 43. Insect secretion
- 44. Gate in Marrakesh
- 45. Cain and —
- 46. A set of moral principles
- 48. Repair
- 49. Two-terminal semiconductor device
- 50. Strongly alkaline solution
- 51. Former CIA
- 52. Satellite laser ranging

CLUES DOWN

- 1. Sea
- 2. Cleans things
- 3. More skinny

1	2	3					4	5	6	
7							8			9
10			11				12			
13							14	15		16
17				18			19			20
21					22	23			24	
					25			26		
			27	28			29			
		30								
			31							
39	40					41				42
43				44						45
46				47						48
49										50
										52

- 4. Supervises flying
- 5. Talk rapidly and excitedly
- 6. Intestinal
- 8. Don't know when yet
- 9. Soluble ribonucleic acid
- 11. Chinese and Vietnamese ethnic group
- 14. Wild cattle genus
- 15. Rock formation
- 18. Makes up
- 19. Resembles a pouch
- 20. Having an aerial quality
- 22. Windpipe
- 23. Million barrels per day (abbr.)
- 24. Bitterly regret
- 27. Soft creamy white cheese
- 28. Renamed when EU was incorporated
- 29. ' _ death do us part
- 31. Sound unit
- 32. Men proud of their masculinity
- 33. Clergy member's vestment
- 34. Hello
- 35. Mild yellow Dutch cheese made in balls
- 36. Marks
- 37. Derived from benzene
- 38. Low-melting alloy
- 39. Lost blood
- 40. Quantitative relation
- 44. Academic degree
- 47. Many subconsciousnesses

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg, Peguis to battle in KJHL finals

By Brian Bowman

The Keystone Junior Hockey League final should be a real good one between the Peguis Juniors and Arborg Ice Dawgs.

Both teams clinched a berth into the final with victories last week. Arborg's path to the final was an easy one. The same could not be said for Peguis, however.

The Juniors needed all seven games of their best-of-seven semifinal series to dispatch the St. Malo Warriors.

Peguis finally won the series with a hard-fought 3-1 win in St. Malo on Saturday evening.

Waylon Neault scored the lone goal of the first period on the power play and then Storm Swan tallied with the man advantage in the second to put Peguis up 2-0.

St. Malo's Jared Hunter cut that lead in half with a goal late in the middle frame but the Juniors' Devun Groot added a third-period power-play goal.

Peguis was 3-for-6 with the man advantage while St. Malo was 0-for-7.

Luke Penner was solid in goal, making 41 saves for the win.

Game 6 surprise

St. Malo tied the series at three wins apiece after a very surprising 9-0 road win last Thursday.

Tyrel Bueckert, Jared Magne and Brady Allan scored first-period goals and then Dustin Wiebe and Shaquille Houle tallied in the second.

The Warriors started the third with



EXPRESS PHOTOS BY MATTHIEU MEIER

The Juniors' Romano Paul scored the first and third goals in Peguis' 6-3 road win against St. Malo on March 21.

two power-play goals from Hunter and then another by Houle to lead 8-0.

Allan then added an unassisted goal with 3:47 left in the third.

Arborg ices OCN

The Arborg Ice Dawgs, meanwhile, earned their berth into the KJHL finals after defeating the OCN Storm 4-1 in their best-of-seven semifinal series.

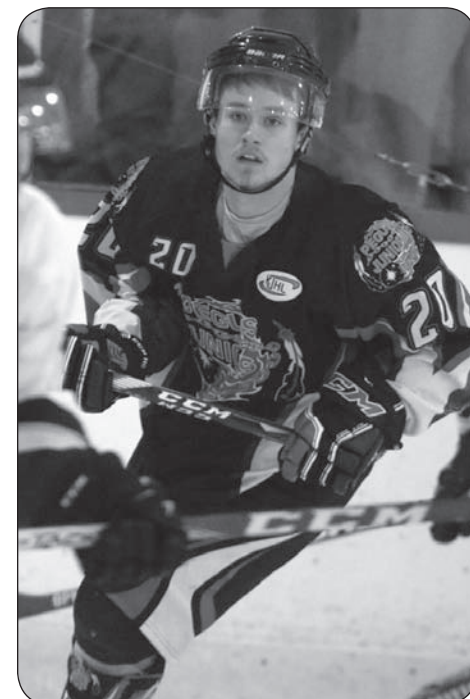
Arborg clinched the series win with a dominating 12-1 home victory March 21.

The Ice Dawgs, which held period leads of 2-1 and 6-1, scored four power-play goals in the win.

Josh Wilkenson and Braydon Chwartacki led Arborg with two goals and two assists apiece while Spencer Kilbrei scored twice and added an assist.

Cal Finnsen (two), Ryan Pochailo, Dylan Furgala, Jordan Kristjanson and Clint Torfason also scored for Arborg.

Broady Personius replied for OCN as Jordan Liske made 44 saves for the



Devun Groot assisted on Paul's second goal in the second period.

victory.

The KJHL final started this past Tuesday in Arborg while Game 2 of the series will be played tonight at 8 p.m. in Peguis.

Game 3 is slated for Saturday (8 p.m.) in Arborg, followed by Game 4 in Peguis on Tuesday (8 p.m.).

After the KJHL final, both Peguis and Arborg will be competing in the Keystone Cup 2017 Western Canadian Junior "B" Championship, which will be held in Arborg from April 13-16 in Arborg.

Skate Canada Manitoba announces 2017 award winners

Staff

Skate Canada Manitoba will be holding their annual Awards Gala evening April 29 at the Victoria Inn Hotel and Convention Centre in Brandon to celebrate their award recipients.

"This is the time of the year when our organization gathers to celebrate the successes of our skaters, coaches, and officials and to thank our volunteers," said Donna Yee, chair of Skate Canada Manitoba.

The first set of recipients was selected from nominations submitted by members throughout Manitoba in the skater, coach and volunteer cat-

egories.

Skate Canada Manitoba CanSkate Athlete Award – Dante Peter-Joyal from Skate Winnipeg.

Skate Canada Manitoba STARSkate Athlete Award – Larissa Scott from the Century Skating Club.

Skate Canada Manitoba CompetitiveSkate Athlete Award – Julia Patenaude from the Holland Skating Club.

Skate Canada Manitoba Program Assistant Award – Cassidy Buss from the Beausejour Skating Club.

Skate Canada Manitoba Volunteer Award – Terri Lynn Kempers from Skate Thompson.

Skate Canada Manitoba Volunteer Coach Award – Jessica Brown from Skate Brandon.

Skate Canada Manitoba Officials Award – Brenda Sokoloski from Skate Brandon.

Skate Canada Manitoba Volunteer Award of Excellence – Stan Yee from St. Andrews Skating Club.

Several other award/bursary recipients were also announced:

Ian Carmichael Memorial Award winner is Madison Herget-Schmidt from the East St. Paul Skating Club.

Dodie Wardle Memorial Award winner is Abby Phillips from Skate Gil-

lam.

Manitoba Open Junior Artistic Award winner is Sofya Fursova from the Selkirk Skating Club.

Manitoba Open Senior Artistic Award winner is Annika Duguay from the Carberry Figure Skating Club.

Manitoba Open Bursaries awarded to Breken Brezden from Skate Dauphin and Marrin McKee from Stony Mountain Skating Club.

Skate Canada Manitoba Honour Society – Don Brown from the East St. Paul Skating Club.

Dunstone wins Mixed Provincial Curling Championship

Staff

Those who attended the Chicken Chef Mixed Provincial Curling Championship last weekend at the Stonewall Curling Club certainly got their money's worth.

The great weekend of curling action culminated in an exciting final as East St. Paul's Dean Dunstone edged Sean Grassie 5-4 in an extra end.

Grassie took a 2-0 lead with a pair in the second end and then the two teams traded singles in the fourth and fifth.

Dunstone scored a pair in the sixth to tie the score at 3-3 and then added a key steal of one in the seventh. With the hammer in the eighth, Grassie extended the game by scoring one.

Dunstone reached the final after doubling Richard Muntain while Grassie took care of Kelly Marnoch. Both games finished with 6-3 scores.

Dunstone's rink included Natale Harding, Peter Nicholls, Renee Fletcher, fifth Matt Dunstone, and sixth Colleen Kilgallen.

Grassie's rink included Heather Maxted Rosser's Kennedy Bird, Meghan Knutson and coach Jack Grassie.

Stonewall's Derek Dowsett's rink of Monique Dowsett, Stuart Brown and Jane Brown, meanwhile, finished the provincials with a 2-3 record. Dowsett lost to Muntain (8-3) and Marnoch (8-1) before defeating Sam Antila 11-6 and Colin Kurz 6-5.

Dowsett then was eliminated after a 6-3 loss to Ray Baker.

Sixteen teams competed to represent Manitoba at the 2018 Canadian Mixed Curling Championship, which will be held in Swan River from Nov. 12-18 of this year.



EXPRESS PHOTO BY JO-ANNE PROCTER

Richard Muntain's rink, representing Gimli with Kerri Einarson, Kyle Einarson and Jennifer Clark-Rouire lost to East St. Paul's Dean Dunstone 6-3 in the semifinals at the Mixed Provincial Curling Championship.

Sport Manitoba, Manitoba Sportswriters and Sportscasters Association announce award nominees and finalists

Staff

Sport Manitoba and the Manitoba Sportswriters and Sportscasters Association are partnering to celebrate the best athletes in Manitoba.

Every year, both Sport Manitoba and the MSSA select the top athletes in the province in individual and team categories and celebrate their accomplishments.

This year, MSSA is partnering with Sport Manitoba and integrating their award presentations into the annual Night of Champions, presented by Manitoba Chicken, on April 22 at the Club Regent Event Centre in Winnipeg.

Sport Manitoba and MSSA want to recognize accomplishments in sport across the spectrum and feel that doing so in one event creates stronger bonds throughout the sport community.

Sport Manitoba Awards

The Manitoba Chicken Female Junior Athlete of the Year Nominees: Hannah Blatt – squash, Talia Gallant – ringette

Emma Gray – rowing, Marissa Naylor – tenpin bowling, Skylar Park – taekwondo, Kyla Roy – triathlon, Victoria Tachinski – athletics, Laura Tymchyshyn – baton twirling and Sarah Watson – swimming.

The Manitoba Chicken Male Ju-

nior Athlete of the Year Nominees: Selkirk's Damien Ekosky – judo, Emmanuel Akot – basketball, Cody Bartel – baseball, Tyson Langelaar – speed skating, Hunter Lee – wrestling, Cameron MacKay – fencing, Levi Nadlersmith – cross country ski, Yonatan Orlov – baton twirling, Nolan Patrick – hockey and Liam Rohatynsky – swimming.

The Junior Team of the Year Nominees: Team Dunstone – curling, Team Tymchyshyn/Orlov – baton twirling, Brandon Wheat Kings – hockey, Portage Terriers – hockey and St. Paul's Crusaders – football.

The Great-West Life Outstanding Volunteer Nominees: Kristal Benton – baseball, Gail Johnston – speed skating, Alan McCracken – fencing, George McLeod – golf, Lawrence Ostryk – artistic gymnastics, Kevin Sanders – diving, Keith Stoesz – curling, Jane Tan – baton twirling and Eleanor Young – tenpin bowling.

OPIN Official of the Year Nominees: Ashley Desjardins – hockey, Chris Donaldson – football, Jane Edstrom – athletics, Kelly Mahoney – triathlon, Richard Mason – weightlifting, Riley Nordman – baseball and Wendy Smith – artistic gymnastics.

The IMPACT Female Coach of the Year Nominees: Barbara Lynn Fay – swimming, Lorie Henderson – artistic

gymnastics, Sabrina Klassen – Special Olympics snowshoe, track & field and basketball.

The IMPACT Male Coach of the Year Nominees: Henry Kasdorf – volleyball, Kris Stasiak – wrestling, and Mingpu Wu – athletics.

The MSSA reviews a long list of athlete accomplishments and shortens the list to five finalists in each category.

Male Athlete of the Year - Open Category Finalists: Geoff Gray – football, DJ Lalama – football, Tyler Mislawchuk – triathlon, David Oneymata – football and Jonathan Toews – hockey.

Female Athlete of the Year - Open Category Finalists: Chantal Givens

– Triathlon, Meghan Montgomery – rowing, Isabela Onyshko – artistic gymnastics, Desiree Scott – soccer and Chantal Vanlandeghem – swimming.

Team of the Year - Open Category Finalists: Team Reid Carruthers – curling, Team Jennifer Jones – curling, Team Mike McEwen – curling, Manitoba Blizzard – lacrosse and Winnipeg Goldeyes – baseball.

Among the MSSA awards to be presented at the dinner is the Cactus Jack Wells Memorial trophy to recognize the event or individual creating a major impact on the Manitoba sports scene in 2016.

Teulon/Arborg wins Midget 'A' Regional banner

Staff

The Teulon/Arborg Tigers won the Interlake Minor Hockey Midget Regional banner on March 23.

The Tigers defeated Peguis 13-4 in a one-game matchup to qualify for

the 'A' side. Teulon then defeated Fairford two one in a best-of-three series to qualify for the final round.

The Tigers then beat Lake Manitoba 8-5 in Game 3 for the banner in Game 3 at Teulon

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

Are you suffering from joint or arthritic pain? Stonewall Elk Products Ltd., 204-467-8428 or e-mail stone.woodelk@hotmail.com

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UPCOMING EVENTS
Antique & Collectible Sale! Huge spring event! Largest of the season. Over 220 tables! Friday, April 7, 4 p.m. - 9 p.m. and Saturday, April 8, 10 a.m. - 4 p.m., \$5 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking.

LIVESTOCK
Charolais yearling bulls for sale. \$2500. Good birth weights. Call John at 204-383-0308.

MANITOBA COMMERCIAL FISHERS!

Northern Walleye Inc. & Schafer Fisheries

Would like to invite you to a meeting.

Lakeview Gimli Resort, Saturday, April 8, 2017

@ 2:00 - 4:00 pm Lakeview Rooms A & B

AND Eddystone Hall

Sunday, April 9, 2017 @ 1:00 pm



MUNICIPALITY OF BIFROST-RIVERTON JOB OPPORTUNITY RECEPTIONIST



The Municipality invites applications for the full time, permanent position of Receptionist.

The preferred applicant will be a positive thinker, problem solver and people oriented with the ability to positively interact with the public. As part of the Administration, you will provide general and clerical support for daily operations of the municipality. Proficiency using Microsoft Office applications is required; previous experience using Accounting Software will be considered an asset. Remuneration will depend upon qualifications and experience.

Resumes with a cover letter and three references will be accepted by the undersigned until April 7, 2017 at 12 noon.

Cindy Stansell, C.M.M.A., Chief Administrative Officer
Box 70, 329 River Rd., Arborg, MB, R0C 0A0
cao_bifrost@mymts.net Fax: 204-376-2742



RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

TAKE NOTICE that the Regular Meeting of the Council of the Rural Municipality of Gimli scheduled for Wednesday, April 12th will be re-scheduled to Thursday, April 13th, 2017.

Dated at Gimli Manitoba, this 23rd day of March, 2017

Joann King, C.M.M.A.
Chief Administrative Officer
Rural Municipality of Gimli



MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE



PUBLIC NOTICE IS HEREBY GIVEN under Section 194 of the Municipal Act that the 2015 Auditor's Financial Report, together with the related 2015 Financial Statements, for the Municipality of Bifrost-Riverton, have been deposited in the Office of the Administrator of the Municipality of Bifrost-Riverton at 329 River Road, Arborg, Manitoba and are available for inspection by any person or his agent, during regular office hours and that any person, or his agent, at his own expense, may make a copy thereof or extract therefrom.

Dated at Arborg, Manitoba this 23rd day of March, 2017.

Harold J. Foster
Reeve



Rural Municipality of GRAHAMDALE PUBLIC NOTICE REGARDING THE 2017 FINANCIAL PLAN

Public Notice is hereby given pursuant to Subsection 162(2) of The Municipal Act, that the Council of the R.M. of Grahamdale intends to present its Financial Plan for the fiscal year 2017 at a Public Hearing in the R.M. of Grahamdale Council Chambers, 23 Government Road, Moosehorn, MB on Thursday, April 27, 2017 at 7:00 p.m.

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection to the Financial Plan as provided.

Copies of the Financial Plan will be available for review on the 19th day of April, 2017 and may be examined by any person during regular office hours at the Municipal Office or on our website at www.grahamdale.ca.

Dated this 17th day of March, 2017.

Shelly Schwitek, C.M.M.A.
Chief Administrative Officer
RM of Grahamdale

HELP WANTED

Direct Support Workers to provide Assistance to Adults living with a Developmental Disability in the Community

We are looking to hire DSWs on a part-time or casual basis to work in our community residences - team players with a mature attitude, excellent judgment skills, caring disposition and a genuine interest in serving the exceptional people who live in our homes. Must be comfortable accompanying individuals on community outings and providing personal care such as bathing assistance. Other duties include household upkeep, daily cooking, and record keeping tasks.

A variety of shifts are available, including days, evenings, nights and weekends. If hired will be asked to provide clear criminal record and child/abuse registry checks. Valid driver's licence not required, but an asset, as are basic cooking skills and experience working in a caregiving capacity. Required training will be provided, covering First Aid/CPR, NVCI and the Vulnerable Persons Act.

Please apply in writing to: Executive Director
Riverdale Place Homes Inc.
Box 968, Arborg MB R0C 0A0

Or email: kfinnson_rph@outlook.com

Application Deadline: April 14, 2016

For more info contact: Kathy Finnson, Exec. Director 204-376-2940



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- If this position is of interest to you, please contact:
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Drop resumes at #28 Railway Ave. fax to 204-768-2629, or e-mail to jason.carpenter@homehardware.ca

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ANNOUNCEMENTS
CARD OF THANKS

We would like to thank everyone who supported our wedding shower and social on March 11th. Thank you to all those who helped plan, organize and provided food for the events. Thank you to everyone who gave gifts, bought tickets and donated prizes; including those that were unable to attend. We are very grateful for the generosity and kindness from the community, our family and our friends.

-Brett Gulay and Ingen Mueller

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get inspired

> MEAL IDEAS

Roasted pepper spinach and feta flatbreads

4 servings / 23 min

Prep 15 min / Cook 8 min

These toasty flatbreads

create a super lunch - a little like pizza with a twist!

Ingredients

1 cup (250 mL) unsalted cooked or drained rinsed canned chickpeas

1 1/2 cups (375 mL) baby spinach leaves, divided

1 small clove garlic

2 tbsp (25 mL) freshly squeezed lemon juice

1 tbsp (15 mL) tahini or other nut or seed butter

Pepper

1 roasted sweet red pepper (about 3/4 cup/175 mL strips)

4 6- to 8-inch (15 to 20 cm) whole wheat pita breads

4 oz (120 g) lower fat feta cheese,



HEART & STROKE FOUNDATION

crumbled or 3 1/2 oz (100 g) regular feta cheese, crumbled

Directions

Preheat oven to 400°F (200°C).

In a food processor, combine chickpeas, 1 cup (250 mL) of the spinach, garlic, lemon juice and tahini. Process until fairly smooth, adding 1 to 2 tsp (5 to 10 mL) water, if necessary, to make a spreadable hummus. Season to taste with pepper.

Pat roasted red pepper strips dry. Arrange pita breads on a large baking sheet or 2 sheets, as necessary. Spread with hummus, dividing equally. Arrange strips of roasted red pepper on top; sprinkle evenly with cheese. Bake for about 8 minutes or until pitas are toasted and toppings are hot.

Remove pitas from oven and sprinkle with remaining spinach.

Cowboy Caviar



Recipe courtesy of olive grower Natalie Jameson
Servings: 8-10
2 cups chopped tomato

3 green onions, sliced
1 avocado, peeled, pitted and cut into small cubes

1 can (15 ounces) black beans, rinsed and drained

1 can (6 ounces) large California Ripe Olives, drained and coarsely chopped
1/2 cup prepared vinaigrette dressing
corn chips

In medium bowl, stir together tomato, green onions, avocado, black beans and olives.

Toss with dressing and serve with corn chips.

Rotini with Shrimp and Olives



Recipe courtesy of olive grower Pablo Nery
Servings: 6-8

1 pound rotini pasta

2 tablespoons butter

2 tablespoons olive oil

3 tablespoons chopped garlic

1 pound large shrimp, peeled and deveined

1/2 teaspoon garlic salt

pepper, to taste

1 cup heavy cream

1/2 cup grated Parmesan cheese, plus extra for garnish

2 tablespoons prepared pesto

1 can (2.25 ounces) sliced California Ripe Olives

Bring large pot of lightly salted water to a boil. Add pasta and cook 8-10 minutes, or until al dente; drain well and set aside.

In large skillet, heat butter and olive oil over medium heat.

Add garlic and stir until golden, being careful not to burn.

Add shrimp to skillet and season with garlic salt and pepper. Cook about 5 minutes, or until shrimp are pink, stirring frequently.

Reduce heat to medium-low and add cream to skillet; simmer until thick.

Add cooked pasta to sauce and stir in Parmesan cheese, pesto and olives.

Sprinkle with Parmesan cheese.

The Unhappy Relationship



SOMETIMES YOU HAVE TO GET TO KNOW SOMEONE REALLY WELL TO REALIZE YOU'RE REALLY STRANGERS.
MARY TYLER MOORE

Are you in a relationship that is making you unhappy? All relationships will have occasional ups and downs, so I am not talking about the occasional rough spot. Rather, I am referring to the kind of relationship that is marked by struggle and dis-sentiment.

A relationship should be a source of nurturance and comfort. It should add to our life rather than detracting from it. Our partner should be someone with whom we can feel safe, and with whom we can share our deepest thoughts and feelings. He or she should be our best friend.

Often relationships start out that way, but over the years things gradually shift until the couple either find themselves to be outright enemies, or at least quite distant from one another. They find themselves living a life of conflict, or else lives of quiet desperation.

If this sounds familiar, and you want to save the relationship, then the old pattern has to change. Talk to each other, and discuss ways to make the relationship a happier place to be. Criticizing or judging each other will not take you forward. Focus on what you want to create, rather than the past.

If you cannot do this on your own, go for marriage counseling. You may just need help getting started. If the problems are long standing, or its hard to communicate, you may need to be in therapy for several months. This allows the time and guidance to firmly establish new, healthy patterns.

If you have already decided you do not want to be with this person anymore, then do something about it. Staying and making each other miserable does not serve anyone. Sometimes people stay longer than they should in unhappy situations because their childhood was unhappy and they are used to that. Others stay because they are afraid of change. If you do not want to be where you are, but do not know how to move on, then counseling can be helpful.

We have one life to live, and we owe it to ourselves to make it as good as possible.

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.

Red Potato and Olive Salad



Recipe courtesy of olive grower Carolina Burrenson

Servings: 4-6

Dressing

1/2 cup olive oil

3 tablespoons lemon juice

2 tablespoons red wine vinegar

1/2 teaspoon ground pepper

1/2 teaspoon kosher salt

1/4 teaspoon sugar

Salad

1/2 cup sliced California Ripe Olives, drained

1/2 cup grape tomatoes, halved

1/4 cup chopped fresh Italian parsley

1/4 cup chopped celery

1 1/2 pounds small red potatoes, quartered and boiled until tender

1 jar (6 ounces) marinated artichoke hearts, drained and coarsely chopped

1/4 medium red onion, thinly sliced

In sealable jar, mix together dressing ingredients and refrigerate at least 4 hours.

When ready to serve, place all salad ingredients in large bowl. Drizzle with dressing and toss lightly to coat.

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Allana Sawatzky
allana333@hotmail.com

Janice Gulay
jkaraim@mymts.net (c) 1-204-648-3836

Rose Sawatzky
isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com