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WEEKLY NEWS

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First Interlake riding candidates' debate held in Arborg



By Patricia Barrett

The first candidates' debate for the Interlake riding took place March 23 at the Arborg Hall.

Lorne Beauchamp was moderator of the two-hour event in which three candidates (in alphabetical order) took part: Jamal Abas (Liberal), Derek Johnson (Progressive Conservative) and MLA incumbent Tom Nevakshonoff (NDP).

The candidates had one minute to respond to questions posed by both the audience and members of a panel composed of Owen Eyolfson, chair of the Arborg Chamber of Commerce, Morley Nordal, Ward 3 councillor for the RM Bifrost-Riverton and chamber member, Odinn Simundsson, Gary Wasylowski and Darryl Livingstone.

Below are excerpts from five of the questions.

1. Question from the Chamber of Commerce: With the critical need for personal care home beds in our region, does each candidate recognize the value in agreeing [sic] to fund operations of the proposed personal care home plan that has been put forth by the community of Arborg?

Jamal: "Our party has given that commitment to good, solid health care infrastructure like the 40-bed expansion here that has been proposed

EXPRESS PHOTOS BY PATRICIA BARRETT

The first candidates' debate for the Interlake riding took place at the Arborg Hall on March 23. Pictured left to right: Liberal candidate Jamal Abas, Progressive Conservative candidate Derek Johnson and New Democrat Party candidate Tom Nevakshonoff.

Continued on page 2

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

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> DEBATE, FROM PG. 1

in Arborg. ... I brought the leader out. ... as far as I know, she [Rana Bokhari] is the only leader in the province of Manitoba to discuss this bed expansion here in Arborg. We gave our full commitment. ... There are cost-saving measures there."

Derek: "The new Progressive Conservative team ... will accelerate the construction of new personal care home beds. ... Stakeholders have shared the preliminary plan that they have proposed for the personal care home here in Arborg ... and the numbers look very positive."

Tom: "The NDP ... believes that the government has the responsibility to deliver on this particular need of our people. I am announcing tonight that if we are re-elected, the provincial government will commit to constructing an additional 40 beds onto the existing personal care home."

2. Question from the Chamber of Commerce: Discussions around closing and amalgamating rural emergency rooms has been circulated by Dr. Ian Burron, the medical director of the Selkirk Emergency Department. The letter asks our rural doctors to support and lobby the IERHA to amalgamate emergency rooms and to no longer allow nurse-managed care by May 1. What is your stance on closing



Liberal candidate
Jamal Abas



Progressive Conservative candidate
Derek Johnson



NDP candidate
Tom Nevakshonoff

ing our emergency rooms and disallowing nurse-management [sic] care?

Derek: "Emergency rooms need doctors to remain open. ... We train doctors but they leave quickly to other destinations. ... A PC government will establish a physician recruitment and retention program. ... We'll promote hometown doctors through education and local communities, ... review the levels of incentives offered in the province ... and assess the impact of Manitoba's highest tax environment."

Tom: "Training doctors is fundamental. ... Today we have a 110 training positions. ... That's what matters most ... training rural people. We've got a rural physician recruitment advisory

committee ... working with the AMM [Association of Manitoba Municipalities]. That's the answer: training more doctors and keeping the system public."

Jamal: "No to this amalgamation. That is an absolute no. ... I think the answer is we need to have the right infrastructure in our hospitals. We need to have nurses there. We need to have nurse practitioners there. We need to have doctors. So this is something that we're committed to ... and expect a statement from the leader ... very soon."

3. Follow-up question from the audience: What would you do differently to recruit doctors to our area?

Tom: "If you can find rural and northern people who are interested in ... medical school ... they have free tuition now thanks to the NDP government if they commit to returning to the environment that they came from and serve. ... We've got a couple of new hospitals — one in Gimli, one in Eriksdale. We should be using those new facilities and setting up training units within the regional health authority."

Jamal: "These agency nurses that are in the Interlake — this is again preventing local people from staffing the hospitals. This is something that I find extremely regressive."

Derek: "Doctors respect education. If they have children here, they want them educated well. ... Jobs in rural Manitoba for their spouses, as well. ... There's some things you can do without increasing the budget. Tax incentives. They get a signing bonus ... give that in the form of a tax-free incentive so half the money doesn't go back to the federal government."

4. Question directed to Derek Johnson: Derek, do you believe the best thing for the province is getting rid of the one per cent PST increase right away with our province being in a crisis mode in health and infrastructure?

Derek: "We are committed to rolling back the PST in our first term. So we don't know how big of a hole we are

in. It is quite substantial, a lot of people are thinking. ... It is not something that is going to be done on April 20 in the morning."

Tom: "The PST increase to eight per cent was for a 10-year period. We did it to address the infrastructure deficit. We faced not one but two massive, unprecedented floods in this particular riding. ... To ... throw away the revenue sources that are needed not just to do flood mitigation, but ... highways ... No. 6 Highway ... drainage systems ... the BASIC group here in Arborg."


Jamal: "That one per cent is roughly \$300,000 million in revenue. ... We've come out with our plan, a dedicated municipal infrastructure fund."

5. Source not provided: What would you do if elected to ensure proper water management and to ensure farmers, landowners and cottagers are not flooded in the future?

Derek: "Well, just this morning we made an announcement on Lake Manitoba. We committed to putting a drain in for Lake Manitoba. It will be done within our first term. The federal government has committed quite a bit of money to that as well — \$248 million."

Tom: "The BASIC Group, we ... cost-shared with the federal government. We put \$1 million on the table to do a Lidar aerial survey of the Icelandic River. ... [We] have done an integrated watershed management plan of the Icelandic River and just recently announced a \$1 million grant toward ... BASIC. ... I mentioned the Crooked Lake project. ... We're committed to ... Lake Manitoba ... Lake St. Martin. ... The whole system including enhancing the diking east of Portage la Prairie ... so we don't have to put all the water into Lake Manitoba."

Jamal: "Part of this strategy to address the flooding is to engage in talks with provinces like Saskatchewan and Alberta. We are in Calgary's watershed, and the Interlake is not the dumping ground for those areas."



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LOCALLY INVESTED • COMMUNITY MINDED • LIFETIME MEMBERSHIP BENEFITS

Volunteers step up to renovate Arborg's new health-care training facilities

By Patricia Barrett

Two Arborg facilities are being renovated by volunteers for health-care courses that will be up and running in a few months.

"At our chamber meeting, we asked if anyone would volunteer to give their time," said Arborg Chamber of Commerce's chair Owen Eyolfson. "And we had a bunch of people step up and say they'd be willing to volunteer."

The provision of free labour by locals is common in Arborg, a town that thrives under those who pull together to ensure the whole community benefits from projects.

The town built its bandstand near the library using volunteer labour.

The Town of Arborg, the RM Bifrost-Riverton, the Arborg Seniors Development Corporation and the Chamber of Commerce have been working hand in hand to get the facilities into peak form for the health-care programs.

Pat McCallum, economic development officer for the Arborg-Bifrost Community Development Corporation, brought in Fieldstone Ventures from Ashern to co-ordinate training for HCAs and LPNs, who are much needed in the health region.

Some of them will undoubtedly find positions in the town and RM's jointly funded personal care home that's expected to be built by 2019, and a new government-built PCH, both of which received the stamp of approval from the NDP government last Wednesday.

The Town of Arborg will be taking care of snow clearing at the Kinsmen Building and will be paying insurance and taxes, said McCallum during an RM meeting last month.

She also said the HCA program is scheduled to start this spring, and the LPN course this September.

Over the past two weeks, volunteers have been busy gutting the inside of the Kinsmen Building.

It has been partially stripped of its carpeting, old linoleum flooring and lights.

"We got rid of some of the lighting that wasn't functioning properly," said Eyolfson, who gave the *Express* a tour last Thursday. "And we're going to be installing energy-efficient lighting."

Ceiling to wall, the building will be receiving a fresh coat of paint.

The cost of renovating the building has been pegged at \$50,000, according to previous RM reports.

A broken pipe caused a bit of damage over the winter, but Eyolfson said he has a plumber coming in to assess the damage.

Although there is no completion



Arborg Chamber of Commerce chairman Owen Eyolfson said the computers in the Age Friendly Building were donated for the health-care aide and licensed practical nurse courses.

date as yet, "everything should be moving very quickly now."

The facility is equipped with a number of washrooms and a fully functional kitchen — fridge, stove, microwave, toaster oven and dishwasher — which trainees can use to make lunch.

There are two large windows that provide a lot of natural light.



EXPRESS PHOTOS BY PATRICIA BARRETT

Volunteers are in the process of renovating Arborg's Kinsmen Building.

The Age Friendly Building across the parking lot is almost ready to go, stocked with tables, chairs and computer stations for students.

Eyolfson said they haven't yet decided which building will have the beds and a lab. Students could be alternating between the two facilities.

"AND WE HAD A BUNCH OF PEOPLE STEP UP AND SAY THEY'D BE WILLING TO VOLUNTEER."

Countryside Home building centre

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Home Owners helping homeowners

Principal Fraser eats crickets, making good on promise

By Jeff Ward

Alf Cuthbert Elementary students were greeted with an unfamiliar sight last week when they arrived at their school in Moosehorn to find their principal dressed like a chicken.

Alann Fraser, principal, said that she challenged her students to read a total of 50,000 minutes during I Love to Read Month this past February. If they succeeded, she would dress like a chicken for a day and eat crickets.

For the past three years, Fraser has challenged her students to read at home during I Love to Read Month, and each year, the students can challenge her to do something as their prize for reading.

The students have a parent sign off on minutes read at home, which are tallied in the schools hallway, and when certain milestones are met, students are rewarded with a prize.

"If this is all it takes for the students to read more at home, then I'll do it every year," said the brave principal, who last year puckered up and kissed a cow as part of the challenge.

"Most of our students love to read and are good readers, but there are some who aren't as excited about it. A challenge like this puts a bit of peer pressure into the mix because every

student wants to see me doing something."

With 90 students in the school and 50,000 minutes of home reading, that works out to each student reading an average of 555 minutes in the 29 days, which is nearly 20 minutes each day. Fraser said she is very proud of her students for achieving the lofty goal but noted that she pays a very small price for their hard work.

Fraser said that she even taunts the students playfully during the month, saying that they'll "never read that many minutes. I dare you to try." The taunting pushes the students even further, and Fraser said that she'd do almost anything to get her students to read as much as possible.

"We actually started talking about what I'll have to do next year already. As long as I'm not

wearing a dress or cutting my hair, I'll consider it," said Fraser.

As for the taste, Fraser said that her crickets were packaged and flavoured by Hodge Podge in Dauphin and that they really didn't have a distinct flavour. The flavours she chose were salt and vinegar and bacon and cheese.

The top readers in the school were also awarded a free lunch trip with Fraser in Ashern and the top class was awarded a pizza party.

"AS LONG AS I'M NOT WEARING A DRESS OR CUTTING MY HAIR, I'LL CONSIDER IT."



EXPRESS PHOTO SUBMITTED

Alf Cuthbert principal Alann Fraser ate crickets and dressed up as a chicken for an entire school day after happily losing a bet to students who read more than 50,000 minutes at home during I Love to Read Month in February.

Carving show and competition celebrates 30th anniversary

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News Release

March 23, 2016: The Prairie Canada Carvers' Association will celebrate its 30th annual carving show and competition at Canad Inns Polo Park in Winnipeg on April 16 and 17 and host for the first time ever a special duck head decoration challenge.

"The one-time duck head challenge is all about colouring and decorating a flat duck head cast in a creative imaginative way," said association chairperson Lynda Baxter. Winning heads will be selected by people's choice ballots cast throughout the weekend and cash prizes awarded on the afternoon of Sunday, April 17.

"The 2016 championship is a celebration of the wonder of crafting art from wood, stone, bone and antler," said Baxter.

The 2016 competition is expected to draw 300 handcrafted carvings and turnings from 100-plus entrants from Ontario, the Prairie provinces and adjoining states. The show is open from 9 a.m. to 4 p.m. Saturday and Sunday.

Sunday, April 17 is the best day for public

viewing of carvings as the judging is complete and carvings are displayed with award-winning ribbons. Admission for the show is \$5 for adults; children under 16 are admitted free.

The general public will also be able to purchase original handcrafted carvings from a sale table and bid on a variety of original carvings during a live auction on Sunday at 2 p.m. Children are welcome to colour a cut-out fridge magnet of a fish. All visitors are welcome to attend free seminars on Sunday morning and cast a ballot for the People's Choice Award.

Members of Les Gens de Bois Woodcarving Club, Adanac Carvers Association, the Oak Hammock Marsh Carving Guild and the Woodturners Association of Manitoba will be demonstrating woodworking techniques throughout the show. Volunteers from the Wildlife Haven Rehabilitation Centre will also be available with live hawks and owls on the Sunday.

For more information, contact Lynda Baxter at 204-791-5404 (lyndabaxter0@gmail.com) or visit the website www.prairiecanadacarvers.com.

Pallister promises flood protection priority if elected

By Jeff Ward

At an announcement on the shores of Johnson Beach, just north of St. Laurent last week, PC leader Brian Pallister told a small crowd that, if elected, the Lake Manitoba outlet project will become a top infrastructure priority.

Approximately two dozen people showed up to the announcement to hear Pallister talk about his commitment in keeping Manitoban's and their communities safe. Pallister said that to accomplish his commitment, the construction of the Lake Manitoba outlet — a project that has been started by the current NDP government — should be a top priority. Interlake MLA PC candidate Derek Johnson, who was a flood victim during the destructive flood of 2011, introduced Pallister. Other than safety, one of the biggest reasons Pallister wants to complete the massive half-billion dollar infrastructure project is to reduce any potential future flood claims. He said that spending this money now proactively saves money in the future.

"Today I am announcing that a Progressive Conservative government is committed to completing this project

and will provide our share of provincial funding to get it done," Pallister said.

"Manitobans living around Lake Manitoba have waited far too long for relief — a PC government will make it a top priority to stop the delays and get shovels in the ground."

Pallister said that his party would do what it takes to get the outlet built in five years. That is four years longer than what he said he could deliver in August 2014 to a group of people outside the Manitoba Legislature rallying for post-flood support. Pallister said during that rally that he could complete the project in one year.

The federal government committed \$248 million to the project in its budget last Tuesday, and Pallister said that his party could commit more mon-

ey to the channel if necessary.

For MLA candidate Derek Johnson, the commitment from Pallister carried with it a bit more emotion.

"Personally, I was evacuated for four and a half months through the 2011 flood and that's nothing compared to what I've seen," said Johnson, who was a councillor for the RM of St. Laurent during that time.

"The devastation that we witnessed

"IT WASN'T JUST PEOPLES HOMES AND COTTAGES; IT WAS THEIR DREAMS AS WELL."



EXPRESS PHOTO BY JEFF WARD

PC leader Brian Pallister announced his commitment to make the Lake Manitoba outlet a top infrastructure priority if elected next month.

was unprecedented according to dollar values. It wasn't just people's homes and cottages; it was their dreams as well. A lot of people had their dreams washed away so this is a great announcement."

When asked if he would continue on with the plan the current NDP government is working on right now, or if his plan would be different, Pallister said, "the NDP plan is coffee parties; our plan is moving dirt."

Author and award-winning nature book to be presented

Submitted

Many of Manitoba's most noteworthy and interesting natural treasures are not well known or well promoted. The secret to exploring our wild landscape is knowing where to go and how to get there.

On Thursday, March 31, Bill Stilwell, author of the award-winning nature book *Manitoba Wild* will be at the Teulon Public Library at 7 p.m. and at the South Interlake Regional Library Stonewall branch on Friday, April 1 at 2 p.m. for a slide show, talk and book signing.

His presentation takes you on a "virtual" scenic drive to places of unmatched natural beauty with spectacular wildlife and nature-viewing opportunities. This colourful slide presentation features some of Manitoba's most unique and interesting natural places.

Stilwell is the author of the recently released national best-selling book, *Manitoba Wild*, as well as two other na-

tional bestsellers: *Manitoba Naturally* and *Scenic Secrets of Manitoba*. *Manitoba Wild* has received the national Outdoor Writers of Canada Book Award. It also received the Product Development Award presented by the CAO of Travel Manitoba.

Stilwell's dazzling slide presentation reveals unique places and the wildlife and plants that you might see if you visit them. During his presentation, he will take you on a colourful photographic odyssey throughout Manitoba. It leads you to an assortment of "little-known" places that provide amazing scenery and diversity of wildlife and wildflowers. You simply will not believe the spectacular places that are revealed and described in his book

and in this presentation.

Few people know Manitoba the way that Stilwell knows it. His slide show and talk will whet your appetite for exploring this beautiful province. The more we travel, the more we realize that there is still much more to see. Everyone is welcome, so come out and meet Bill Stilwell, enjoy this colourful presentation and see special places that you likely never knew existed. See for yourself what has catapulted one of Manitoba's own local citizens

to the top of the best-selling author's lists.

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

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Maritimer has fishing in his blood

Hi folks.

Remember that gal Jenny Rowland we met on the Red a while back from Nova Scotia who found angling partners on the Internet?

Well, I met another Nova Scotian — Steve Murphy, originally from around Cumberland County — who, like Jenny, has fishing in his blood. I was driving alongside the Red north of Selkirk some time ago and spied a lone pop-up tent on the still thick ice.

My inquisitive nature took over, and finding a jump-off trail onto the ice, I headed for the shack. Close to it, I left Old Red as the zipper door opened and our newest fishing friend stepped out.

Steve had a quiet yet outgoing nature. As we exchanged stories, he fondly recalled memories of river trout and ocean shore mackerel fishing with his dad. It was easy to see Steve loved fishing as he talked of different angling techniques while showing me some of his catch.

Some weeks ago, I tried to get down the steep winding Yellow Brick Road onto the ice at Belair. The road before me was like a skating rink. Halfway down, with my hands tight on the steering wheel, I debated whether going further was adventurous or stupid.

I chose stupid.

I turned Old Red around and went in search of anglers elsewhere. That doesn't mean I liked it. It bothered me that I hadn't gotten down there, so guess where I was a few days ago?

Happily, the road was decent now and away I went down to anglers on



EXPRESS PHOTO BY ARNIE WEIDL

Steve Murphy from St. Andrews with some of his catch on the Red north of Selkirk.

the very passable slightly snow-covered, sun-drenched Lake Winnipeg ice. The afternoon was warm and folks were scattered all over the ice pack.

Straight ahead of me a half-mile out were two fishermen standing over their ice holes. The truck glided over the smooth snow, and upon reaching them, I rolled to a stop. With the door opened, I asked how the fishing was going. Our newest acquaintances — and, as it turned out, very new Winnipeggers — were Ilan Mazes, a young, tall, thin chap originally from Medellin, Colombia, and his buddy, a bit older with a heavier build, Luies Zalamillo from Buenos Aires, Argentina. As we passed the time, Ilan said they like coming to Belair for the master-sized pickerel.

Later, Luies told how in Argentina

he fished in the Platte River for dorado, a fish related to the piranha that has a very serious mouthful of teeth. The dorado apparently will bite you if they find you in the water but will swim away if you make noise. If I ever find myself in the water there (which isn't likely), I'll remember to bring a big drum.

I guess it was two or three weeks ago when I had an urge to go see what was going on at Shoal Lake again. As I got close, ahead of me on the road was a white truck that had been converted to a camper. We both parked at the ice's edge since everyone was walking out and I struck up a conversation with the driver. After getting to know each other a bit, our new fish-

Continued on page 9

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RM Bifrost-Riverton welcomes new CAO

By Patricia Barrett

The RM Bifrost-Riverton is about to officially welcome its new CAO.

Cindy Stansell has already taken over the financial and administrative helm and is scheduled to become "really official" at council's next regular meeting April 11 when Bylaw 6-2016 is given third reading and adopted.

"There's so much going on," said Stansell, referring to her love of the job. "It's never dull. You do something one week, and the next, it's completely different."

Stansell, a long-time employee, made her way up the ranks of the RM office.

In 2004, she took a clerical position over the summer, working under the tutelage of veteran CAO Grant Thorsteinson, who died in February. She joined the Town of Arborg for two years then took a position with S. S. Johnson Seeds before returning to the RM in 2010 as administrative assistant.

"Our main job is to provide council with the materials needed to make the right decisions," said Stansell, referring to the CAO job. "But I do a lot of financial work."

The Municipal Act spells out the duties of a CAO. They include taking minutes; ensuring bylaws, records and books of account are kept safe; collecting municipal revenues; depositing monies; paying accounts and answering information requests.

The RM has seen its share of tragedy

with the passing of CAOs and Coun. Marvin Magnusson.

"We've had one shock after another," she said. "We need some good years."

In 2013, Stansell said the manager of BAR Waste (the town's landfill site) died at a shower. And in 2014, CAO Cindy Johnson passed away. Stansell can still recall the day she heard the news.

"On Nov. 1, 2014, we received a call that she passed in the night."

Grant Thorsteinson served as CAO for over 30 years with the RM, working for a year at the RM Rockwood, before returning to his hometown.

"I learnt a lot from Grant. I was happy he came back..." said Stansell. "He [had] a wealth of knowledge. For the local improvement plan, he led me in the right direction."

Stansell said the RM has faced a number of challenges, including periodic staff shortages and the 2015 amalgamation with the Village of Riverton.

"I think we're doing pretty good, tying everything together," she said.

Stansell said among the perks of her job is the opportunity to help people get the information and support they need from the RM.

"We do our best to help all the residents in any capacity."

And she said working with RM office staff and public works department staff is enjoyable.

"We definitely have a great group."

Working with a diverse set of coun-

cillors, each with his own unique personality and area of expertise, is something Stansell is accustomed to, having worked with various council members over the years.

And siblings have given her plenty of practice.

"It helped growing up with three sisters," laughed Stansell.

She said all the councillors and Reeve Foster are "very supportive" of her.

Her rise to the top administrative job at the RM was the result of determination, hard work and the ability to juggle multiple demands simultaneously.

"I worked, went to school and had a kid in between," said Stansell.

She enrolled in the Manitoba Municipal Administration certificate program at the University of Manitoba, completing courses online as well as making long treks to the city for tutorials. She graduated last April.

She said she was happy that Grant [Thorsteinson] was able to see her graduate.

Although now CAO, Stansell said the multi-tasking hasn't ended.

"I'm also the secretary-treasurer for BAR Waste and secretary-treasurer for the Interlake Weed Control — I just took that on."

She also occasionally staffs the RM's satellite office in Riverton, which is open Tuesdays and Thursdays.

Having a full-time job and a three-year-old takes a lot of energy. Luck-



EXPRESS PHOTO BY PATRICIA BARRETT
Cindy Stansell, former interim CAO at the RM Bifrost-Riverton, is poised to "officially" become the new CAO in a few weeks.

ily she doesn't have farm chores. Her husband tends to the family farm.

"I have a wonderful support system at home," she said.

And at work, she has support from Assistant CAO Kim Furgala, who was CAO for the Village of Riverton.

"We have a great working relationship," said Stansell. "She's definitely an asset to our team."

CPAWS wants Lake Winnipeg restoration an election priority

By Jeff Ward

The Manitoba chapter for the Canadian Parks & Wilderness Society (CPAWS) is calling on all political parties to develop concrete plans and timelines for restoration of Lake Winnipeg.

Using World Water Day on March 22 to amplify their call to save Lake Winnipeg, CPAWS is hoping to see government take seriously the fundamental need to ensure the nutrient filtration capacity of boreal forests and wetlands is a primary consideration in land-use decision within its watershed. In a press release sent out by CPAWS last week, the organization reports that boreal forest protection

is one of the best ways in meeting the provincial target of a 50 per cent reduction in Lake Winnipeg's phosphorous levels. In 2013, the Global Nature Fund named Lake Winnipeg as the most "Threatened Lake of the Year."

"The boreal forest and its wetlands act as kidneys that greatly reduce the overdose of algae-causing nutrients damaging this beloved water body," said executive director of the Manitoba chapters for CPAWS, Ron Thiessen.

"If we fail to secure the health of the boreal within the Lake Winnipeg watershed, we will fail at bringing the lake back to a state that Manitobans can be proud of."

The boreal is an immensely complex and highly connected ecosystem that moves water slowly across the landscape. Thiessen said that impacting this connectivity with infrastructure and extractive industrial ventures can negatively impact the natural water flow. When that happens, the results can be an increase in nutrients that hurt the lake, the wildlife, the commercial fishing industry and even the tourism industry.

According to CPAWS, polling done by Prove Research in 2015 showed that 88 per cent of Manitobans want the majority of the boreal forest protected from industrial developments. And in 2007, more than 1,500 scien-

tists from all over the world called on federal and provincial governments to protect the majority of the boreal forest or risk greatly reducing its life-giving services. Those services include global oxygen production, cleaning water supply, climate mitigation and healthy wildlife habitats.

"Ensuring the health of the boreal and restoring Lake Winnipeg should be gifts we give to ourselves and to future generations," said Thiessen.

"IF WE FAIL TO SECURE THE HEALTH OF THE BOREAL WITHIN THE LAKE WINNIPEG WATERSHED, WE WILL FAIL AT BRINGING THE LAKE BACK TO A STATE THAT MANITOBBANS CAN BE PROUD OF."

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Arborg to become a centre for aging with two new PCHs



Arborg's existing personal care home is next to the hospital.

By Patricia Barrett

Tom Nevakshonoff, MLA for the Interlake riding and Minister of Conservation and Water Stewardship, delivered part of the government's commitment to PCHs during the first Interlake candidates' debate last Wednesday in Arborg, and it stunned those in attendance into silence.

"I am announcing tonight that if we are re-elected, the provincial government will commit to constructing an additional 40 beds onto the existing personal care home," said Nevakshonoff, who was first elected in 1999 and again in 2003, 2007 and 2011.

That was a promise, indeed, but not for the community-funded PCH projects the town and RM have had in the works for over a year.

But there was more to come.

A few phone calls to the MLA's campaign staff the following day for clarification eventually led to the MLA himself late in the day.

"We're also approving their project," said Nevakshonoff, who had met with both councils since the plan's inception then worked with the Health Minister on their behalf to get it approved.

So that makes two facilities for Arborg.

The Arborg Seniors Housing Corpo-

ration, which is overseeing the municipal project, wants to build an 80-bed care home to accommodate seniors with a variety of healthcare needs, including Alzheimer disease and dementia. The facility would include an events hall and bistro, and possibly a daycare. The complex would run north south between Main and In-golfs streets.

The projected cost of the facility is \$27 million, of which \$3.5 million would be provided by the local municipalities and \$2 million from community fundraisers. The corporation would mortgage the balance.

The estimated cost of the government-built PCH has yet to be determined pending design specifications. The existing personal care home, built in the 1970s, is located next to Arborg's hospital.

Without additional beds, Nevakshonoff said Manitobans would be "left vulnerable."

"We believe the province has a role to play," he said.

And that role is to turn Arborg into a centre of healthcare provision; something local councillors have called for on a number of occasions.

"All roads lead to Winnipeg..." said Nevakshonoff. "We want to shift resources northwards."



EXPRESS PHOTOS BY PATRICIA BARRETT

Tom Nevakshonoff, MLA for the Interlake riding, said the NDP government will build 40 additional beds onto Arborg's existing personal care home. It also approved the town and RM's jointly funded PCH proposal.

So goodbye Stonewall and Selkirk, to which many Interlakers have to travel for specialized care.

"We want to look at Arborg as a new centre for aging," he said. "This will be raising Arborg to a new level."

Nevakshonoff said the town has been "very proactive" when it comes to providing seniors' care. It has seniors eight years older than the provincial average.

"They built the House of Hope," he said, "and we gave them \$1.2 million for the assisted living complex."

Two media statements issued March 24 spoke to the NDP's commitment to Arborg and to seniors' care in general.

The NDP is supporting "community proponents by approving an 80-bed, community-owned facility," said Nevakshonoff in the statement. "Now we need to keep building our home care and PCH health care system — not bring in user fees or privatization, hurting families like the ones I represent."

A Town councillor declined to comment on the announcement. The RM's CAO said Reeve Harold Foster is out of the province and would prefer to wait for his return before official comment is offered.

Ashern RCMP respond to fatal single motor vehicle collision

News Release

On March 27 at about 10:35 a.m., Ashern RCMP, with local EMS and fire departments, were dispatched to a single vehicle collision on Highway 6 about two kilometres south of Gra-

hamdale.

RCMP have determined that a northbound truck with six occupants lost control and rolled, ejecting four people.

A male passenger, a 30-year-old man

from Fairford, was pronounced dead at the scene. The other four passengers were transported by STARS and ambulance with serious injuries and remain in hospital in stable condition.

The 25-year-old driver of the truck

was located on the scene.

A RCMP Forensic Collision Reconstruction is assisting with the ongoing investigation.

Alcohol is believed to be a factor in this collision.



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EXPRESS
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Interlake-Eastern Regional Health Authority

FASD series to shine spotlight on 'invisible' disability

By Lindsey Enns

Next month, the Interlake-Eastern Regional Health Authority hopes to educate the community on what is often referred to as an "invisible" disability during an eight-week educational series.

Each week, beginning on Thursday, April 7 from 4:30 p.m. to 6:30 p.m., parents, caregivers, family members and professionals who support those with Fetal Alcohol Spectrum Disorder (FASD) will learn about a new topic related to FASD.

The Building Circles of Support sessions are being held out of the Selkirk and District Hospital, Beausejour Primary Health Care Centre, and Pine Falls Primary Health Care Centre.

FASD diagnostic co-ordinators Sherisse Picklyk Dear and Devon Ungurain, who work with families with children or youth exposed to prenatal alcohol, work in partnership with the

"THE REALITY IS THERE IS NO SAFE TIME TO DRINK ALCOHOL DURING PREGNANCY."

Manitoba FASD Centre to offer the sessions via telehealth.

This is the sixth year they are being offered across the region.

Sherisse said there are 130 FASD related births a year, and a lot of the children they work with either don't get a diagnosis or don't qualify for one under Canadian standards and guidelines.

"A lot of the families that have our kids struggle with a lot of things," she said. "Our kids' brains process the world differently, so the regular strat-

egies that people might use ... doesn't necessarily work for our kids.

"Some of what we do is to help caregivers understand they have the disability. We do the changing."

FASD refers to the range of effects that can occur in an individual exposed to alcohol prenatally.

The Canadian Diagnostic Guidelines advises that there is no known safe amount or time to drink alcohol during pregnancy, which is a common misconception, Sherisse said.

"The reality is there is no safe time to drink alcohol during pregnancy, so the message we want to get out to folks is that if you are trying to get pregnant, it's best to not drink," she said. "We realize there's lots of reasons women drink ... so it's just bigger and more complicated and convoluted then folks really understand."

Current research shows that about 14 per cent of women in Manitoba

report drinking alcohol before knowing they were pregnant and approximately 50 per cent of pregnancies are unplanned.

"The reality is if you have an unplanned pregnancy ... there's always a risk," she said. "Alcohol is a risk factor."

FASD is often referred to as the "invisible" disability because those mostly affected do not have noticeable physical features.

Those with FASD can have trouble with memory and understanding cause and effect, have sensory struggles and have challenges with learning. Approximately one per cent of all babies born in Canada each year have FASD.

For more information or to register for the upcoming series in Selkirk, call Sherisse Picklyk Dear at 204-785-7789.

To register in Beausejour or Pine Falls, contact Devon Ungurain at 204-753-5245.

High-profile Ghomeshi trial 'put us back 25 to 30 years'

Nova House director worries fewer victims of abuse will come forward following verdict

By Dave Baxter

A woman who works with victims of abuse believes the high-profile Jian Ghomeshi trial could lead to fewer women coming forward with their stories.

"What it's going to do is when they are sexually assaulted, they will remember this and I could see them not reporting it," Selkirk Nova House executive director Anna Pazdzierski said. "This probably put us back 25 to 30 years."

Nova House works directly with women that have suffered abuse, but Pazdzierski said she knows many incidents don't get reported.

"There will be women that will not bother reporting because of this," she

said. "If it happened to me, I would think twice and three times before reporting it."

Ghomeshi, the former host of the highly successful CBC radio show "Q," was acquitted of four counts of sexual assault and one of overcoming resistance by choking last Thursday.

The judge in the case said he found reasons to doubt the complainants' version of events and he made those reasons clear before rendering his verdict.

"I was just horrified how the judge handled the sentencing. He denigrated all of the witnesses. He said they lied and just ripped them apart," Pazdzierski said.

The fact that some of the women

tried to contact Ghomeshi after the alleged abuse is not a reason to decide that he was not guilty, Pazdzierski said.

"You know, women are people and they don't always do everything just the right way, but, my goodness, choking someone is wrong, and I don't think there was any question he had choked them."

Pazdzierski said women who may be traumatized from the alleged abuse could now be traumatized by the trial, and she has heard from many sexual abuse victims

that the trial can be as difficult as the abuse.

"There is no question some may wish they had never come forward with their allegations," she said.

The Northern Lights Festival of the Arts

April 13th, 14th & 15th in Fisher Branch

Wednesday, April 13th - 9:00am to 4:00pm

- Vocal and Choirs @ Roman Catholic Church

Thursday, April 14th - 9:00am to 4:00pm and

Friday, April 15th - 9:00am to noon

- Piano, guitar, violin and recorders @ Roman Catholic Church

Friday, April 15th

- 1:00pm to 3:30pm - Gymnastics and Dance and

- 6:30pm to 8:00pm - Ukrainian Dance @ Ukrainian Hall

All performances will be judged by professional adjudicators.

THE HIGHLIGHTS CONCERT

will be held at the Community Hall on April 22nd at 7:00pm.

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Also hard copies will be available through the music teachers and at the door on festival days.

> GET FISHING, FROM PG. 6

ing brother, Coni Cristin from Winnipeg, had a story for us.

He was winter fishing here using two holes, and a rod in one of the holes took a nosedive into the water. Thinking quickly, Coni jigged the line in the other hole, hoping he would snag it. Believe it or not, he did. But when he pulled it up, not only was a small perch hooked but hanging onto its tail was a medium-sized jackfish.

Coni laid them out on the snow and separated them. He checked the perch, and seeing it was

no worse for wear, he sent it back down the ice hole. He then turned his attention to the jack. He didn't want to keep it for an eater and didn't want to put it back in the water right away, thinking he would give the little perch a fighting chance to get away.

So he put the jack in a pail of water, let it "cool its fins" for a while and then sent it back to its watery home. What a sportsman.

Well, I hope you all had a happy Easter. Bye for now.

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Doc Walker band to headline in Ashern

Ashern Rodeo Board to host country music band April 9

By Jeff Ward

Country music group Doc Walker will be performing in Ashern next weekend as a part of the Hometown Manitoba Tour.

The Portage la Prairie based band will be making a stop in Ashern on Saturday, April 9 at the Ashern Centennial Hall. The show starts at 7:30 p.m., with doors opening at 7 p.m. The multi-award-winning and Juno-nominated country music group will be performing songs from their albums, including their newest release, the 8th. The Ashern Rodeo Board, which had to act quickly to book the popular band, will host the performance.

"It happened really quick. They called looking for an organization to host, and the board felt it fit into the scheme of things for us, so we jumped right on it," said John Bezemer, president of the Ashern Rodeo Board.

"We're all really stoked for it because we have always dreamt of having them for our 25th anniversary celebration next year, but the cost of

booking them was out of our reach. But they made us an offer we couldn't refuse."

Bezemer said that the group takes a large percentage of the money made from tickets sales and at the bar, but he's not worried about turning a profit for the show. Bezemer said that he and the rest of the rodeo board are much more excited at the prospect of having such a popular band perform in their town.

Members of the Ashern Fire Department will be providing security while the Ashern Safe Grad Committee will be providing a coat check, with both organizations receiving a portion of the profits. Whatever is left over will go into making sure the 25th anniversary celebration is well funded.

Tickets are \$45 in advance and can be purchased from any board member or from the West Interlake office in Ashern. Tickets will also be available at the door for \$50, but only 500 tickets are available for purchase.



EXPRESS PHOTO FROM THE DOC WALKER WEBSITE

Doc Walker will be performing in Ashern next weekend hosted by the Ashern Rodeo Board.

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Spring on the Road

Five ways to fight bad smells in your car

Does the inside of your car smell awful? Here are five simple tips to make it smell good again.

1. VENTILATION

An effective way to get rid of most bad odours in a vehicle is to open the doors for a few minutes or hours, depending on how bad the situation is. Make sure you keep an eye on your car the whole time, in case an animal or thief is tempted to have a look around.

2. WASH

Are the smells in your vehicle caused by food or drink stains? Clean them as soon as possible with a product specifically designed

for the type of covering (leather, vinyl or fabric).

3. BAKING SODA

Does your car smell like cigarette smoke or gasoline? Before making an appointment with a professional cleaner, try this tip: generously sprinkle the seats, floor and carpets with baking soda. Wait overnight, and then vacuum it all up the next morning. The smell is still there? It may need a professional cleaning.

4. ASHTRAY

If you smoke in the car, wash your car's ashtray with soap and warm water on a regular basis. Better still, avoid smoking while driving.

5. CAR AIR FRESHENERS

A variety of air fresheners with different scents are available in stores to make your car smell as fresh as a ... daisy? Strawberry? Pine tree? Be sure to follow the manufacturer's instructions when using them because strong perfume smells can be a source of discomfort for some people.



Try targeted cleaning and airing out your car to get rid of bad smells.



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Whisky drought continues at Diageo distillery

By Patricia Barrett

Last Wednesday marked Day 19 that workers at the Diageo distillery north of Gimli have been manning the picket lines.

A spokesperson for United Food & Commercial Workers (UFCW) Local 832 said both parties are meeting with a conciliation officer over a number of issues, such as wages, sick days, vacation time, pensions and benefits.

"That has not been addressed for a couple of decades," the spokesperson said. "We're trying to update the collective agreement."

The company employs about 50 workers, who make the Crown Royal line of whisky. Northern Harvest Rye was declared Whisky of the Year by renowned whisky aficionado Jim Murray.

So far, the strike has seemingly left the bottling and distribution side of Northern Harvest untouched. It's bottled at a plant in Amherstburg, Ont. How much stock remains available for bottling, though, is unclear. The spirit must be aged for three years.

Gimli's Liquor Mart is expected to receive 22 cases (each containing 12 bottles) this week, according to staff.



EXPRESS PHOTO BY PATRICIA BARRETT

Workers at the Diageo distillery north of Gimli have been striking for "updated" wages and benefits.

Since earning the coveted award, Northern Harvest has flown off the shelves of liquor stores across Manitoba and those of other provinces, subjecting whisky drinkers to periodic droughts.

Despite the long hours on the picket

line, workers were upbeat. They talked shop and sports when the *Express* popped by.

One worker said he was optimistic about a resolution. Another extolled the virtues of Liverpool FC over that of Manchester United (Premier league

football), although, according to the league table, Liverpool trails Manu by six points.

For updates on the strike, visit the UFCW website at <http://ufcw832.com>.

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PC Team

Authorized by the Official Agent for Derek Johnson

Semi truck rollover

By Patricia Barrett

A semi hauling grain on Highway 17 landed in a ditch and flipped onto its side about 10 a.m. Monday morning, leaving its sole driver unhurt.

The accident occurred between Poplarfield and Broad Valley. A Poplarfield man said he was coming home when he saw the overturned truck.

The driver was on the scene four hours later, waiting for a tow truck.

"I'm OK," said the man.

He did not wish to give his name or comment on the accident.

RCMP officers were also on site.

"There were no other vehicles involved," said one officer. "And no deer were involved."

He said the man is not a local person.

The officer said it may take two tow trucks and a winch to flip the truck over and extract it from the ditch.



EXPRESS PHOTO BY PATRICIA BARRETT

The driver of a semi hauling grain on Highway 17 was uninjured when his truck left the road and flipped onto its side about 10 a.m. Monday morning.

Brussels' bombings fail to stop Evergreen School Division trip

By Patricia Barrett

An ISIS bomb attack on Brussels' airport and subway last week that killed an estimated 31 people and left more than 60 others in critical condition did not deter the Evergreen School Division from going ahead with a scheduled trip to Europe.

The division phoned the parents of all students last Tuesday morning to advise them of the bombings and gave them the chance of opting out of the excursion.

"No one withdrew from the trip," said Supt. Roza Gray.

After advising parents and carefully examining the itinerary, the school board decided to let the trip proceed, she said. Students will not, however, be going to Brussels.

All the students and their parents showed up at Winnipeg's airport Tuesday. Accompanied by teachers Scott Powers from Gimli High School and Tammy Einarson from Riverton Collegiate, the students boarded a flight to Toronto then flew on to Amsterdam.

"We didn't want this to turn into a fearful reaction and deny kids a valu-



Students from Evergreen School Division on Juno Beach.

able learning experience," said Gray.

The division will be closely monitoring the European situation and watching travel advisories for the duration of the trip.

Thirty-three students from Arborg Collegiate, Riverton Collegiate and Gimli High School are taking part in an educational tour of key European battle sites, including Vimy, Normandy and Paris.

Students will also stop in London,



EXPRESS PHOTOS BYSUBMITTED

The Evergreen School Division did not cancel a scheduled trip to Europe despite the ISIS bombings in Brussels, Belgium. Here the students visit a war memorial.

which was bombed during the First and Second World War.

The bomb attacks in the departure lounge at the Zaventem airport and at the Maelbeek subway station had a number of Winnipeg school divisions either cancel or reroute European ex-

cursions.

The St. James-Assiniboia School Division cancelled all of its scheduled trips to Europe.

An ISIS attack in Paris last November killed 130 people.

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An uplifting donation: bras for homeless women

By Jeff Ward

A new initiative based out of Steep Rock Beach Park is asking for donations of feminine hygiene products and new or gently used bras to benefit homeless or impoverished women.

Steep Rock Beach Park is partnering with the Lakeshore Women's Resource Centre in Ashern to collect these items for an initiative called Support the Girls.

Lana Iwanchuk, manager of the park, said that the need is significant and that these donations will help restore the dignity of women who can't afford them. Tampons, sanitary pads and bras are needed constantly, and the price tag can be out of reach for some women. Iwanchuk said that there are

women who have to make the hard choice of buying hygiene products or feeding their kids, and she hopes this initiative will help eliminate that pressure. Donations are being collected at six Interlake locations: Steep Rock Beach Park, Moosehorn Co-op, Blue Raven Design in Ashern, Healing in Style in Eriksdale, Fisher Branch PCH and the Stonewall Florist. The initiative kicked off on March 16.

"I think that, as a woman, to have to make a choice like that would be demoralizing and it would take a toll on your own self-respect and dignity," said Iwanchuk.

"I think we take stuff like this for granted. I certainly did anyway. But now it's time to give back and help

as much as we can. I'm really exciting for this initiative because it's going to help so many people."

The idea came from Dana Marlowe, a Washington, D.C., resident who decided to help out her community last Jul. Iwanchuk saw this and contacted her for advice on starting a Manitoba chapter, which, according to Marlowe, is the first Canadian chapter for Support the Girls.

Iwanchuk estimates that approximately 100 bras have already been donated and she expects that once the word gets out more, the donations will increase. Volunteers at the park are going to sort through all the bras and wash them. Anyone wanting to donate a bra is asked to make sure it

has no rips in it first.

"There are so many generous people in this area that I'm sure the campaign will be successful. And if it becomes popular, we could expand into other areas of the province as well," said Iwanchuk, who added that the initiative is supposed to end in September but can be stretched to operate all year if the demand continues.

Anyone interested in donating is encouraged to visit the drop-off locations. For more information about Support the Girls, call Lana Iwanchuk at 204-461-1309. There is also a Facebook page to visit as well entitled Support the Girls Manitoba.

Ice fishing derby winner



EXPRESS PHOTO BY BLAIR POOL

Ava Pool (right) and Shayanne Torgerson (left) split \$300 after pulling this 8lb. 14oz. monster mariah from the lake last weekend.

By Jeff Ward

Ten year old Ava Pool won the \$300 grand prize for her 8lb. 14oz. mariah at the Eriksdale Game and Fish Ice Fishing Derby last weekend. And in a very close second, with just a 1oz. margin separating the first and second place winner, Alvin Anderson won \$150 for his second place 8lb. 13oz. mariah.

According to Blair Pool, this was the closest competition organizers

have ever seen in the derby's history.

Third place wasn't too far behind either with Greg Gudmundson winning \$50 for his 8lb. 2oz. northern pike.

Pool said that 140 people came out to the annual derby, which was nearly double last year's total.

Pool split her grand prize winnings with her friend, Shayanne Torgerson who helped her pull in their winning catch.

Easter 'egg'citement



EXPRESS PHOTO BY CHERYL BUHLER

About 120 children met the Easter bunny at Robbie the Robin's First Annual Easter Egg Hunt last Sunday in Gimli. Children 12 and under decorated their baskets with the help of family and volunteers before heading out in search of the many eggs that were hid around the Visitor's Centre and near the harbour and bandstand. Organizers were very happy with the turnout and would like to thank the RM of Gimli, Robin's Donuts, the Gimli Art Club and the Lakeview Resort for hosting the family fun event.

get inspired

> MEAL IDEAS



Herbed barley bean "risotto"

2 cups (500 mL) low-sodium vegetable or chicken broth
2 cups (500 mL) 1% milk, divided
2 tsp (10 mL) vegetable oil
1 onion, chopped
3 stalks celery, sliced
2 cloves garlic, minced
1 tsp (5 mL) dried herbs (thyme, rosemary, herbes de Provence or Italian herb blend)
3/4 tsp (3 mL) pepper, divided
1 cup (250 mL) pot or pearl barley
1 tbsp (15 mL) whole wheat flour
1-1/2 cups (375 mL) cooked or drained and rinsed canned unsalted Romano or red kidney beans
1-1/2 cups (375 mL) chopped fresh or frozen green beans, thawed
2 tbsp (25 mL) white or red wine vinegar
1/4 cup (50 mL) fresh basil or parsley, chopped
2 tbsp (25 mL) grated Parmesan

Directions

In a saucepan or in a large microwave-safe measuring cup, combine broth and half of the milk (1 cup or 250 mL). Heat over medium heat on the stove top, or on medium-high (70%) power in the microwave, for about 5 minutes or until steaming. Cover and keep hot.

Meanwhile, in a large, deep pot, heat oil over medium heat. Add onion, celery, garlic, dried herbs, and 1/2 tsp (2 mL) pepper and sauté for about 5 minutes or until onions are softened. Add barley and flour; stir to coat well.

Stir in hot broth mixture. Cover, reduce heat to low and simmer, stirring occasionally, for 25 minutes or until barley is almost tender. Add a little more of the milk if necessary to keep barley moist. Meanwhile, heat remaining milk until steaming.

Stir Romano beans, green beans and remaining hot milk into barley. Cover and simmer, stirring often, for 10 to 15 minutes or until barley is tender and green beans are tender-crisp. Adjust the heat as necessary to keep the pot at a steady simmer without boiling. Remove from heat and let stand for 5 to 10 minutes to thicken slightly. Drizzle in vinegar, stirring to combine. Stir in half of the basil or parsley. Season to taste with up to 1/4 tsp (1 mL) more pepper. Serve sprinkled with remaining basil or parsley and Parmesan.

Pasta with Spinach Pesto



Prep time: 10 minutes
Cook time: 15 minutes
Serves: 4
1 can (13.5 ounces) spinach, well drained

1 cup fresh parsley leaves
1/2 cup grated Parmesan cheese
1/2 cup walnuts or almonds
1 large garlic clove
1 teaspoon dried basil
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1/2 cup extra-virgin olive oil
1 box (16 ounces) fettuccine noodles

In food processor, combine spinach, parsley, cheese, nuts, garlic, basil, salt and pepper; blend well. In slow, steady stream, add olive oil until mixture is blended and smooth.

Cook fettuccine as package directs. Drain. Toss spinach pesto with fettuccine.

Freedom of Speech

"I DISAPPROVE OF WHAT YOU SAY, BUT I WILL DEFEND TO THE DEATH YOUR RIGHT TO SAY IT."
~VOLTAIRE

Sometimes, in an effort to avoid conflict, people keep quiet, rather than expressing how they really feel about a situation. Women in particular often feel that if they disagree, they are creating a problem. Consequently, they end up feeling resentful, angry, anxious or depressed.

In keeping quiet, they also negate their intelligence and their worth. This results in lowered self esteem and confidence, and surely affects other areas of their lives, including their health.

The cure for this is to become an advocate for oneself, teaching others that you have a right to your opinions, and need to be free to express them, without being criticized, negated or put down. Then you must find the courage to speak up!

If there is someone who discounts your views, will not let you have your say, or becomes angry when you express your viewpoint, this creates a toxic situation. If it is not a family member, you may do well to avoid such a person.

If it is a family member, you can start with a discussion about the need to respect one another, and to really listen to each other. Together you might set some ground rules for communication that you both will honor. If this does not work, then working with a therapist may help.

If the person has no interest in improving the situation, then it would seem that he or she want to continue to bully you. In that case you may need to consider getting out of the situation because it is not healthy, and is certainly no way to live.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

Southern Style Succotash with Sweet Corn Sauce



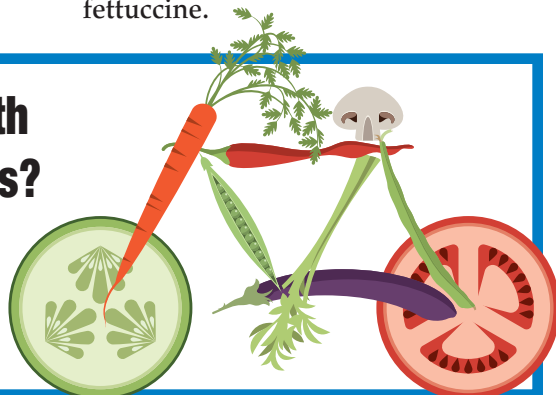
8 sprigs fresh thyme
1 fresh bay leaf
salt and pepper, to taste
Add olive oil to large skillet and quickly sauté all ingredients with salt and pepper until heated through, about 5 minutes. Serve on top of Sweet Corn Sauce.

Sweet Corn Sauce
6 ounces canned corn, excess liquid strained off
3 ounces champagne or dry white wine
4 tablespoons butter
salt pepper thyme sprigs
In blender, puree corn and champagne until very smooth. Strain through fine strainer and place strained corn juice in small saucepan. Heat until simmering and slowly add cold butter, salt, pepper and fresh thyme.

Prep time: 15 minutes
Cook time: 20 minutes
Serves: 4
4 ounces olive oil
1 can (14.5 ounces) sweet corn kernels, drained
1 can (15.5 ounces) butter beans
1 can (15 ounces) sweet peas
1/2 cup sliced canned carrots, drained and diced
1/4 cup canned diced tomatoes

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PCs promise a better health care plan for Manitoba

By Patricia Barrett

The provincial Conservatives announced their commitment to health care last Wednesday in Gimli, promising a better plan for the province.

"We have a better plan for a better Manitoba," said PC Leader Brian Pallister to a crowd of about 30 people shoulder-to-shoulder on the sidewalk outside Tergesen's general store. "And it's a better plan not just because the NDP's done so badly with the situation – but they have. Let's start by understanding: we have real challenges in health care."

The Leader was joined by MLA candidate for the Gimli riding Jeff Wharton, Interlake MLA candidate Derek Johnson and Selkirk MLA candidate Alan Lagimodiere.

Pallister said the health care system is broken in a number of ways, including "absolutely unacceptable" wait times that are "double the Canadian average."

"...the Canadian Institute of Health Information (CIHI) released a report, I believe it was last fall," said Pallister, "and they outlined the longest... hospital waits in Canada. ...people should not be forced to wait at their most vulnerable time in a health care situation in fear, for hours and hours on end."

He said one can fly to Vancouver and back in the time it takes to see a doctor at Concordia Hospital [in Winnipeg].

The Winnipeg Regional Health Authority provides wait times on its web site. Concordia's average wait time on March 27 was an hour and a half. St. Boniface Hospital showed an average wait of two hours.

Pallister did not say how a PC government would improve hospital wait times, but he did say the party will reduce ambulance fees by 50 per cent.

As for physician recruitment and retention, Pallister singled out Manitoba for having the "worst record under the NDP in Canada, bar none."

He said the situation is a "revolving door" that will get worse "if the NDP gets in."

Wharton, a former Winnipeg Beach councillor and Deputy Mayor, echoed that sentiment.

"Time and time again, I hear deeply personal stories from people about the NDP's mismanagement of our health care system and how it's affected their families," said Wharton. "Not having a doctor available from the Gimli hospital after 5 or on weekends. And there's a severe shortage of personal care beds in our community...that impact people here every single day."

Gimli Hospital has two physicians on staff.

Statistics on the Canadian Medical Association web site (based on CMA and CIHI data) show Manitoba in 2014 (latest data) ahead of Saskatchewan, PEI, Yukon, Northwest Territories and Nunavut, in terms of the numbers of physicians per 100,000 population.

CMA statistics also show Winnipeg alone (in 2015) having more doctors than the combined census metropolitan areas/census agglomerations of Saskatchewan, and those, respectively, of Newfoundland, PEI, Nova Scotia, New Brunswick, Yukon and Northwest Territories.

Nevertheless, physician retention is an issue that is dogging the entire country. It has been felt in the Interlake, where at times some emergency rooms have been left short-handed and managed by nurses with the assistance of doctors from other hospitals.

Pallister said doctor retention could get worse if the NDP raises taxes [income tax] on those in the highest earning tax bracket.

He said the province needs a "home-grown" plan [training people from rural areas], something the NDP said it, too, will try in order to stabilize the system.



EXPRESS PHOTOS BY PATRICIA BARRETT

PC Leader Brian Pallister visited Gimli last Wednesday to share his thoughts on health care and was joined by Gimli MLA candidate Jeff Wharton, Interlake MLA candidate Derek Johnson and Selkirk MLA candidate Alan Lagimodiere.

When asked by a reporter about the spending cuts in the 1990s under former PC Leader Gary Filmon, Pallister acknowledged the cuts.

"We had the largest cuts... for health care in the history of Manitoba in the '90s. We had massive reductions in our transfers, and we had the second-worst recession since the Great Depression. So it was a different time," he said. "...The reductions here were not as bad as they were under NDP administrations in Saskatchewan."

Pallister was also asked about the accuracy of NDP advertising claims that 1,000 nurses lost their jobs under Filmon.

"Well, I don't need to [address it] because it's specious," he said.

He said the NDP are making "false allegations."

The Manitoba Nurses' Union, in its 2003 publication, *History of the Manitoba Nurses' Union*, claims nurses were driven out of the province under the Conservatives because of low wages. They then experienced lay-

offs, eliminated positions and wage claw backs over the course of the '90s.

Although the document doesn't specify how many nurses lost their jobs, it says "...significant cuts in hospital budgets came through eliminating hundreds of nursing positions and closing hundreds of hospital beds. The LPN category of nurse was completely eliminated at St. Boniface Hospital."

It said staffing cuts were announced in several rural facilities including Grandview, Brandon, Dauphin and the North. Emergency room closures led to massive protests and petitions.

Under his leadership, Pallister said he would consult with voters and build teams.

"I'm a real believer in deliberative democracy, which means genuine involvement, opportunities for genuine involvement. A Premier who his own people say doesn't listen, whose priorities are not those of Manitobans, is not going to garner support from his own people."

St. Laurent family left homeless and in desperate need of donations

Fundraising social set for April. 23

By Natasha Tersigni

The community of St. Laurent is rallying together to help the family that has been left homeless after a fire completely destroyed their home on March 17.

A father and his two children, a fifteen-year-old boy and twelve-year-old girl, are in desperate need of everything from clothes to household items after a fire destroyed their mo-

bile home located next to MTT (Petro Canada) south of St. Laurent.

The family is now separated living with relatives and local residents are rallying around the family to support them during this time.

A collection for clothing and other items has been set-up and items can be dropped off at École Communautaire Aurèle-Lemoine School in St. Laurent.

Along with the collection, efforts are being made to raise funds to help with the re-build and to purchase other items for the home.

"We are hoping to get items to help replace some that were lost in the fire. There was no content insurance and the insurance for the home itself is failing short of actual replacement so any money that is raised will go towards the rebuild and to purchase items," said Sarah Gossen who is heading up fundraising efforts.

A social will be held on April 23 from 8p.m. to 1a.m. at the Royal Canadian Legion in St. Laurent. Tickets are \$10 and there will be silent auction, bottle draw and 50/50 raffle.

A Go Fund Me page has been started, www.gofundme.com/becauseilovemydad, to collect monetary donations.

For more information on fundraising efforts or to purchase social tickets contact Sarah Gossen at 204-383-0290 or sarahgossen@hotmail.ca.

Interlake Tourism Assoc. holds AGM, celebrates successes of 2015

By Jeff Ward

Approximately 50 people attended the Interlake Tourism Association (ITA) annual general meeting (AGM) last Thursday at the Royal Canadian Legion Hall in Lundar to discuss successes of 2015 and plans for 2016.

Travel Manitoba CEO Colin Ferguson updated members on the tourism industry and how he plans to stay competitive and market Manitoba to the world. Ferguson said that tourism is a \$1.6 billion industry in Manitoba and that Travel Manitoba is bigger than the wheat industry.

He also explained how the 96/4 plan adopted by the provincial government in last year's throne speech will help create a sustainable funding model to boost tourism and market the province globally. The 96/4 plan lets the province keep 96 per cent of the tax dollars created by tourism — \$250 million — and Travel Manitoba keeps the remaining four per cent to be used for marketing. There were also updates from the Home for the Holidays 2015 tour in Selkirk and the

Interlake Barn Quilt Trail.

"There's an impressive amount of passion behind those programs, and Home for the Holidays is a home run, in my opinion," said Ferguson.

"It took them weeks to sell out their tickets last year, but I think it'll only take them hours this year because of how incredible that program is. Programs like that, the Interlake Barn Quilt Trail and Unlocked, showcase the history, culture and passion for rural communities. These are all things that we'll add to our larger campaigns as they grow."

After the updates, ITA manager Gail McDonald went through a short review of 2015. She said that, due to amalgamation, municipal memberships dropped to 18 in 2015, which resulted in a decrease of membership dollars by approximately \$500. Industry memberships also dropped in 2015 due to retiring owners and struggling golf courses.

McDonald also said that while the expectations from members and the public have continued to rise, the

funding has not kept up. She said that between 30 and 50 per cent of her time is spent looking for money to continue to run the organization.

"Believe me, I talk with Colin [Ferguson] and people in government often about increasing our funding," said McDonald.

Despite the struggle to keep the ITA running, McDonald is proud to see all of the new initiatives and incredible ideas that Interlake residents come up with that entice people to visit. She said that programs like the ones already mentioned create a positive buzz and provincewide recognition to the Interlake.

A short election was also held for a vacant industry board member, and Graham Cox from Lake Winnipeg Adventures of Gimli was nominated and elected to fill that position.



EXPRESS PHOTO BY JEFF WARD

CEO of Travel Manitoba Colin Ferguson spoke to Interlake Tourism Association members about the competitive industry and commended members on their programs that bring new tourists to the Interlake each year.

Kidney transplant helps save Selkirk man

Staff

A friend and co-worker stepped in to save a Selkirk man in need of a kidney transplant.

"As a renal patient, your existence revolves around your dialysis schedule," Thomas Dawson of Selkirk said in a release last week. "You're either in centre doing hemodialysis or at home doing peritoneal or home hemodialysis."

"Travel, while possible, is difficult. This was my life for almost three years until I received my kidney transplant."

After Dawson found out family members were incompatible or ineligible to be kidney donors, friend and co-worker Lynn Russell offered to donate.

"I have known Thomas and his family for a while. We are both friends and co-workers. I watched Thomas go through so much before they diagnosed his illness. Standing helplessly on the sidelines, I could only offer support and listen to the up and downs that had become his life," she said.

"I can honestly say that I barely thought about it before I offered Thomas one of my kidneys. I have two; he needs one ... let's get this thing going!"

Months of testing ended with a positive result when Russell was found to



EXPRESS PHOTO SUBMITTED

Thomas Dawson of Selkirk, pictured right, is now living a fuller life thanks to a kidney transplant that was donated by his friend and co-worker Lynn Russell, pictured left.

be a match.

On Nov. 12, 2015, her kidney was successfully transplanted into Dawson.

"From the moment I woke up, I can only describe the feeling of having a functioning kidney as if someone turned a light on," Dawson said. "Life felt brighter."

Russell said she encourages people to become a live kidney donor if the

opportunity ever comes their way.

On any given day, more than 4,500 Canadians are waiting for a phone call to change their lives — a phone call to tell them an organ donor has been found.

Seventy-five per cent of these people are waiting for a kidney.

According to the recently released 2016 Canadian Organ Replacement

Register report, Treatment of End-Stage Organ Failure in Canada 2005-2014, the waiting list for a deceased kidney donor in Canada is the longest in Manitoba at 4.8 years. The median wait time in Canada is 3.9 years. In 2014, 35 per cent of kidney transplants across Canada were from living donors.

Kidney disease is impacting communities and families in growing numbers. Today, about 14 per cent of Manitobans have kidney disease. The number of Canadians being treated for kidney failure has tripled in the last 20 years.

The Kidney Foundation of Canada is committed to increasing kidney transplant and organ donation in Canada by 50 per cent by the year 2020.

The Kidney Foundation of Canada encourages Manitobans to discuss organ donation with their local candidates in the upcoming provincial election.

The foundation also encourages residents to discuss their intention to donate organs/tissue with family members and register their wishes on Manitoba's online organ donor registry at signupforlife.ca.

To date, only one per cent of Manitobans have signed up using this online registry.

Dispelling the rumours: NDP will not close rural ERs

By Patricia Barrett

In the wake of rumours about emergency room closures at Arborg and Eriksdale hospitals a few weeks ago, the NDP held a press conference March 22 at the Arborg hospital to reassure Interlakers that's not part of their plan.

Tom Nevakshonoff, MLA for the Interlake riding, and Armand Bélanger, MLA candidate for Gimli, affirmed their party's commitment to provide — and improve — health services in communities throughout the province.

"Armand and I are here to state unequivocally that there is no strategy on our part as the NDP government, and future government, to close any rural hospitals or any emergency rooms," said Nevakshonoff. "That has certainly not [been] our approach over four terms in office; I think we've proven that."

Bélanger said he himself had seen in 2007 an NDP promise to build a new dialysis wing in Gimli, which was delivered in January 2011. That was something that benefitted both his father, who hitherto had to travel to Winnipeg for treatment, and his family.

"The family got to spend way more time with him, and he got to relax more, which extended his life," said Bélanger. "It improved the quality of his life. So I see that time and time again with the NDP government. And I want to make sure that continues, especially in the Interlake and the Gimli constituencies."

The NDP's plan for health care includes protecting the public system from privatization, improving seniors' care through the expansion of home

care and personal care home beds, reducing ambulance fees and finding new ways to boost physician recruitment and retention so that emergency rooms — some in the Interlake — don't have to, at times, resort to nurse-managed care and advice from physicians located in other centres.

The problem of keeping physicians in rural areas is a phenomenon affecting every region of Canada. A 2009 study in *Canadian Family Physician* by Jutzi et al. cited a lack of professional support, demanding call schedules, insufficient vacation time, geographic isolation and salary rates as disadvantages of rural practice.

Nevakshonoff said he is aware of retention challenges and that the NDP is working with the Interlake-Eastern Regional Health Authority to find solutions.

Nevakshonoff said community-raised or "homegrown" physicians — people who grow up in rural and northern areas, and who have an intimate knowledge of and appreciation for the rural way of life — may be more amenable to returning to their rural roots after medical school.

"I was speaking to Ron Van Denakker [IERHA CEO] this morning about what types of incentives do we have with tuitions and so forth," said Nevakshonoff. "He told me ... if somebody commits to ... going up into northern Manitoba ... their tuition's virtually forgiven in its entirety. So that's a pretty strong incentive."

Nevakshonoff said he doesn't believe private and public health care can work together, and that it could make the physician retention situation worse than it is and further exacerbate waiting lists.



EXPRESS PHOTOS BY PATRICIA BARRETT

Tom Nevakshonoff, Interlake MLA, and Armand Bélanger, MLA candidate for Gimli, affirmed their commitment to ensuring emergency rooms in rural Manitoba remain open.

"That private system does not create the new health care people that we need. It doesn't create any more doctors. It doesn't create any more nurses," he said. "All it does is draw away

from the existing system."

As ambulances arrived at and departed from the Arborg emergency room, Nevakshonoff said the NDP has increased their numbers, upgraded the fleet and their medical technologies and built new ambulance stations, such as the one next to Arborg's hospital as well as in St. Laurent.

"That was a \$650,000 investment in this very community [Arborg] to go with this hospital here," said Nevakshonoff.

The IERHA's mobile medical bus has extended the availability of care to far-flung areas of the health region.

In the 2015 throne speech, the government said it will reduce ambulance fees. The Conservatives recently announced that they, too, will reduce ambulance fees.

A paramedic, loading a new power stretcher (hydraulic) into an ambulance at the Arborg hospital, expressed her appreciation for the two politicians' taking the time to show their support for health care.

"We're glad you're here — it's important," she said.



The government has committed funding to new ambulance stations in the IERHA, such as the one near Arborg's hospital and one in St. Laurent.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dolphins make splash across the prairies

Submitted by Lynn Kolba

The Selkirk Dolphins have represented the Interlake with exceptional teamwork and talent the past two months.

The Dolphins competed at the Man/Sask multi-province competition March 17-20 at Shaw Centre Pool in Saskatoon and also at the Junior Provincial Championships Feb. 26-28 at the Pan Am Pool in Winnipeg.

The Dolphins earned 119.5 points and placed fifth out of 12 teams at Junior Provincials with 12 swimmers competing and finished 22nd out of 37 clubs (with just two swimmers) at Man/Sask with a score of 112.

Here are some of the Dolphins' results:

Provincials:

* Arborg's Max Cockerill (born 2001) won gold medals in the men's 50-metre breaststroke, 50m butterfly and 400m medley. He also won a silver in the men's 200m medley and a bronze in the men's 200m backstroke.

* Arborg's Sonja Friesen (born 2004) won a bronze medal in the women's 100m medley.

* Gimli's Sinead Gibbs (born 2000) won a gold medal in the women's 50m backstroke. She also won silver



Arborg's Sonja Friesen won a bronze medal in the women's 100m medley at provincials.

medals in the women's 50m freestyle, 100m backstroke and 50m butterfly. As well, Gibbs won a bronze medal in the women's 200m backstroke.

* The Dolphins' relay team, consisting of Gibbs, Claire Morissette (St. Andrews, born 2001), Mackenzie Stewart (Clandeboye, born 2000), and



EXPRESS PHOTOS SUBMITTED

The Dolphins' relay team, consisting of Sinead Gibbs (Gimli), Claire Morissette (St. Andrews), Mackenzie Stewart (Clandeboye) and Sasha McPherson (Selkirk), won a gold medal in the women's 4x50m freestyle relay at provincials.

Sasha McPherson (Selkirk, born 2002) won a gold medal in the women's 4x50m freestyle relay.

Man/Sask:

* Arborg's Jillian Friesen (born 2002) achieved a 100 per cent success target, qualifying for finals in each of her

swims.

In the women's 800m freestyle, Jillian Friesen had a time reduction of 18.48 and placed fourth in the women's 200m backstroke with a time reduction of 5.80.

Blues win Manitoba Senior Hockey League championship

By Brian Bowman

The Lac du Bonnet Blues are the Manitoba Senior Hockey League champions.

Lac du Bonnet defeated the Stonewall Flyers 4-1 in their best-of-seven final series. The Blues clinched the series win after a 7-4 win on March 22.

Lac du Bonnet's Jay Usackis and Stonewall's Dan Stewart traded first-period goals and then the Blues scored the next five goals.

Matt Lahaie, Tim Rollins and Myles

Stevens scored in the middle frame and then Stevens and Cody Einarson potted power-play goals early in the third.

Cale McBride and Brett Harvie pulled the Flyers to within 6-3 before Rollins and Stonewall's Connor Appleyard traded goals late in the third.

Julian Guimond made 31 saves for the win.

The Blues now advance to the 2016 Senior "A" Provincials, which will be played from March 31 to April 10.

The provincials are a league-championship qualifying process where the winner of the province's five senior leagues earns a berth into the provincials along with one league having a second representative as a wild-card team.

The five leagues that will be represented are the Carillon Senior Hockey League, Manitoba Senior Hockey League, North Central Hockey League, South Eastern Manitoba Hockey League and the Tiger Hills

Hockey League.

The provincials will have two pools with three teams in each side playing a round-robin format. The top two teams from each pool will advance to the semifinals leading into the championship final set for April 10 at the MTS Iceplex.

This is the fourth year of this six-team championship tournament format.

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EXPRESS
WEEKLY NEWS

Peguis takes commanding lead in KJHL final

By Brian Bowman

The Peguis Juniors are one win away from winning a KJHL title.

Peguis had a 3-0 lead in their best-of-seven final against the Selkirk Fishermen heading into Game 4 Tuesday evening (no score was available at press time).

On Monday, the Juniors edged the Fishermen 4-3 in Peguis.

Romano Paul scored a first-period power-play goal and then Harold Linklater tallied in the second to put the Juniors up 2-0 after 40 minutes.

Devon Garson and Waylon Neault (into an empty net) then scored in the third.

Jeremy Pachkowsky and Karl Fey replied for Selkirk.

Keifer Tacan made 32 saves for the win.

On Sunday in Selkirk, Peguis stormed back from a 5-2 third-period deficit to edge Selkirk 6-5. Shaquille Houle scored the game winner with just three seconds left in the third period.

Montana Tanner had tied the score at 5-5 on the power play at 19:09 of the third. Earlier in the period, Houle and Kevan Daniels-Webb scored to start the dramatic comeback.

Houle and Jesse Flett scored early in the first period to stake the Juniors to a quick 2-0 lead. But Selkirk fought back, scoring the next five goals.

Fey and Dylan Painchaud-Niemi scored in the first period and then Fey, Kale Ilchena and Milan Horanski tallied in the second.

Connor Shaw stopped 33 Selkirk shots for the victory.

The Juniors took a 1-0 series lead after a 7-4 home win last Thursday.

Pachkowsky and Linklater traded first-period goals and then Tyndall Fontaine and Linklater tallied in the second.

Peguis took a 4-2 lead with third-period goals from



EXPRESS PHOTO BY BRETT MITCHELL

Selkirk's Milan Horanski has a wide open net as Peguis goalie Connor Shaw is sprawled on the ice during KJHL final action Sunday.

Matthew Cameron and Linklater.

The Juniors' Theoren Spence, Garson and Neault each scored shorthanded goals as Selkirk pulled its goalie for an extra attacker. Drayton Mendrun and Painchaud-Niemi scored late goals for the Fishermen.

Tacan made 35 saves for the win.

If necessary, Game 5 of the series will be played Friday in Peguis (8 p.m.), followed by Game 6 in Selkirk on (7:30 p.m.).

A series-deciding Game 7 is set to return to Peguis on Tuesday (8 p.m.).

Samagalski wins mixed curling provincials

By Brian Bowman

Derek Samagalski of the Gimli Curling Club defeated Braden Calvert from the Fort Rouge Curling Club 3-2 in the final of the Chicken Chef Provincial Championship in Neepawa on Sunday evening.

Samagalski scored one in the second end and then stole a single in the third. After Calvert replied with singles in the fourth and sixth ends, Samagalski put the game away with one in the eighth.

Earlier in the day, Samagalski beat

East St. Paul's Corey Chambers 6-2. Samagalski also posted wins over Grant Brown (6-0), Ray Baker (5-2), Alex Forrest (5-1), and Sean Grassie (10-5).

His lone loss was a 5-2 decision to Chambers.

Samagalski's rink, which features third Kerri Einarson, second Kyle Einarson, and lead Jenn Clark-Rouire, will now have the opportunity to represent Manitoba at the 2017 Canadian Mixed Championships in Yarmouth, N.S. in November.



SUBMITTED PHOTO

The Chicken Chef Mixed Provincial champions, pictured left to right, Derek Samagalski, Kerri Einarson, Kyle Einarson and Jenn Clark-Rouire.

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RURAL MUNICIPALITY OF GRAHAMDALE PUBLIC NOTICE REGARDING THE 2016 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 2016 at a Public Hearing in the R.M. of Grahamdale Council Chambers, 23 Government Road, Moosehorn, MB on **Thursday, April 28, 2016 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 18th day of April, 2016 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 18th day of March, 2016.

Shelly Schwitek, CMMA
Chief Administrative Officer
RM of Grahamdale

The Riverton and District Handivan Inc. requires one or two community minded individuals to provide the following contract services:

- ▶ **ACCOUNTING**
- ▶ **CO-ORDINATOR**

For further information contact
Jonas at 204-378-0148

Application due by **noon, April 18, 2016**, to
Box 250 Riverton, MB R0C 2R0
or at Village Office, Tuesday or Thursday

EMPLOYMENT OPPORTUNITY

Riverton Senior Resource
is seeking a
Part-time Meal Coordinator
at The Icelandic Lodge
35 hrs bi-weekly
Please send resume to:
Senior Resource Council
Box 250, Riverton, MB R0C 2R0
204-378-3103
Deadline for applicants April 4, 2016 12:00 pm

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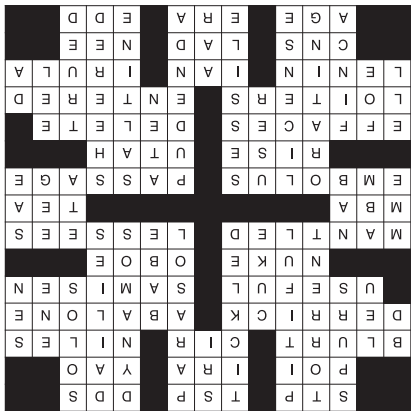
LAND FOR SALE

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The land will be sold subject to lawyer's approval and subject to sub-division being approved.



Crossword Answer

ARBORG BIFROST PARKS AND RECREATION COMMISSION

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Email: tom.abprc@mymts.net

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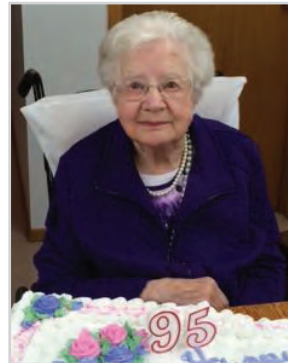
take a break > GAMES

Announcements

OBITUARY

Doris Mabel Gibson (Sigurdson) (nee Boundy)

September 7, 1920 – March 28, 2016



Surrounded by her loving family, Doris passed away at the age of 95 years at the Arborg Personal Care Home.

She is survived by her 9 children Shirley, John (Bev), Reggie (Kim), Irene, Linda (Ken), Franklin, Katherine (Brian), Jeffrey (Jinny), Ron (Yana) and sons-in-law Dave, Lynn, Tim and Craig; grandchildren Jim (Kathy), Murray, Shane (Andrea), Leslie (Tim), Brenda (Eric), Robbie, Sheila (Dwayne), Tracy (Kelly), Jonathon (Pat), Amanda (Duncan), Melissa, Desiree (Tyler), Kris (Suzie), Trisha (Shawn), Jaclyn (Kameron), Aaron (Kirby), Tyrel, Marissa

(Shawn), Nathan, Brendan, Stuart, Kaitlyn, Juel, Zachary, Sarah and Joshua; great-grandchildren Jessie, Sydney, Ethan, Christa, Devon, Anais, Jaxson, Ashleigh, Hailey, Jessica, Morgan, Madisyn, Taylor, Tanner, Denali, Mercedes, Henry, Tasia, Kynan, Paetyn, Avery, Slayde and Aliya; great-great grandchildren Brooklynne and Eion.

Doris was predeceased by her parents John and Alice Boundy; sisters Edith, Margaret and Olive; brothers John, George and Frank; husband of 38 years Sigurjon Sigurdson and husband of 13 years Magnus Gibson; son Leslie (infancy); daughter Joan and son-in-law Walter.

Doris was born September 7, 1920 at her parents homestead in Ledwyn, Manitoba. She attended Tarno School until 1935. As a young lady, Doris, worked in various households in Winnipeg and later at the Arborg Hotel. She met Sigurjon at her brother George's wedding, then again at the Geysir Hall. They married on October 19, 1946 and settled in Geysir in a home Sigurjon built for them. Their first child was born in 1947 and over the next 19 years they extended their family to 5 boys and 5 girls. Over the 38 years they were married, under their watchful eyes, the family farm grew and prospered. After Sigurjon passed away Doris remained in Geysir for another 5 years before moving to the Riverton Lodge where love blossomed for Doris again when she met her second husband Magnus (Donnie). They were married on February 22, 1992 and lived in the Riverton Lodge for the next 13 years. In her time there she became the president of the New Horizons Club. After Donnie passed she remained at the Lodge until January 2015 when she moved to the Arborg Personal Care Home.

During her amazing life Doris did a lot of traveling. She traveled Canada, coast to coast, enjoyed her Alaskan cruise and loved her many adventures in Vegas. She also traveled Europe twice, where Doris visited her many cousins in England. Although Doris was not born in England both of her parents were and this resulted in a very close connection to her British heritage and a strong affection of the British Royal Family. Doris was an avid knitter and created countless scarves, mitts, hats and sweaters for her family. She was an amazing cook and baker and earned top honours at the Arborg Fair on multiple occasions. She will always be fondly remembered for the many ponnukokurs and vinarterta cakes she made.

We admired her strong spirit and determination, her beautiful smile and her regal grace. She will be deeply missed and never forgotten. We love you always and forever!!!

Her family would like to extend sincere thanks to the staff at the Arborg Personal Care Home for their compassionate and attentive care. A memorial service will be held Friday, April 1st at the Riverton Community Hall at 1:00 p.m. Donations in her memory can be made to the Geysir Cemetery Fund, Box 796, Arborg, MB, R0C 0A0.

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



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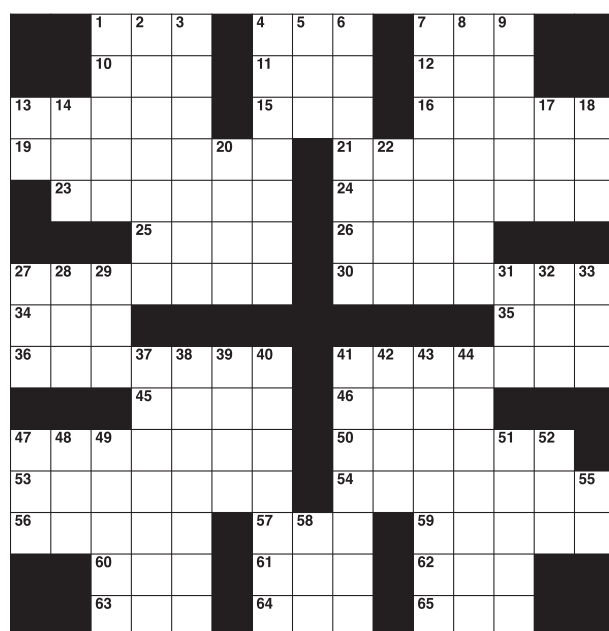
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- Herb
- Blood clot
- Route
- Reach a higher position
- American state
- Erases
- Expunge
- Waits around idly
- Came into
- Nikolai __, Bolshevik theorist
- 007's creator
- Dravidian language
- Central nervous system
- Male child
- Born of
- A period of history
- A major division of geological time
- Doctor of Education

CLUES DOWN

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- Tempest
- Miserable



- Excited
- Temindung Airport
- Provides shade from the sun
- Generators
- Newspapers
- Unaccompanied flights
- Bahrain dinar
- Romanian currency
- Between northeast and east
- London Southend Airport
- Cucumber
- Lovable pig
- Woman (French)
- Defensive nuclear weapon
- Clutch
- Seventh letter of the Greek alphabet
- Records electrical activity
- Car mechanics group
- Speaking
- A formal permission
- Exploiter
- Affixed
- External genitals
- Deity
- Eat these with soup
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- Connects two pipes
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Don't forget to send your special wishes to your friends and family.



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OBITUARY



Walter Frederick Bodnarus
March 31, 1944 - March 25, 2016

It is with mourning hearts, that we announce the peaceful passing of Walter Frederick Bodnarus on Friday, March 25, 2016 at age 71.

Walter was born on March 31, 1944 in Teulon, MB to Peter and Pauline Bodnarus (nee Shyk). He was raised in Komarno, MB where he also pursued a career in beef farming. He farmed from 1963 until 2007, when he was forced into retirement due to health problems.

He is survived by his loving wife of 41 years, Mary Ann; his children Frederick, Carla (Dale) Tschigerl and Lisa (Luke) Pollio; as well as his grandchildren Alexandra, Naomi and Titus Tschigerl. He is also survived by his brother Melvin (Ruth); sisters Mary, Rose, Gladys and Eugenia (Dave); as well as numerous nieces and nephews. He was predeceased by his parents and brother, Adam.

Thank you to the doctors, nurses and staff at St. Boniface Hospital who provided him with wonderful care during his last days. Thanks to his special cousin Bob for remaining a true friend to the end.

In respect of Walter's wishes, a funeral will not be held.

Flowers are gratefully declined; memorial donations can be made in his memory to a charity of choice.

"The tide recedes but leaves behind
Bright sea shells on the sand.
The sun goes down, but gentle warmth
Still lingers on the land,
The music stops, and yet it echoes on
In sweet refrains....
For every joy that passes, something
Beautiful remains."

OBITUARY



Forever In Our Hearts
Christena Dorothy Driscoll
(Clarke / Costello)

Christena Driscoll, aged 84 years, passed to reunite with her late husband Harold on March 23, 2016 at Teulon Hospital.

Born February 12, 1932 on the farm at Auburndale, Alberta, the seventh child of Alexander and Christena Clarke, her mother passing away giving birth. She was a twin and her brother Teddy died at six months old. After her father's passing in 1935 the children were split up, with Christena being adopted by her Aunt Tot (Dad's sister) and changing her name to Costello. Christena's youth was spent in Stonewall where she eventually met Harold Driscoll. They married on August 21, 1954, moving to the farm in

Eriksdale, where they raised their eight children. After 33 years they retired and moved to Teulon in 1990. They enjoyed 20 years of retired life before Harold's passing in 2010. Christena then moved to a trailer in Teulon and retired a second time from her many volunteer organizations. Her constant and unwavering concern for everyone around her is certainly Christena's most endearing quality. Always happy and quick witted, her fun personality never dampened by circumstances.

Left to cherish her memory are her children Ruby (Kelly), Margaret (Art), Sandra (Jim), Sheila (Andy), Alvin (Tracey), Wilbert (Leeann), Junie, Jenny (Ed). 34 grandchildren, 11 great-grandchildren and one great-great-grandchild. Sister Olive; brothers George and Wally (Audrey); sisters-in-law Joyce and Betty and many nieces, nephews and friends.

Viewing was held on Tuesday, March 29, 2016 at 1:00 p.m. followed by the Funeral Service at 2:00 p.m. at the MacKenzie Funeral Chapel, Stonewall.

Interment to follow at a later date.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



OBITUARY

Jean (Katie) King-Bidochka
July 2, 1939 - March 26, 2016

Peacefully, in deep slumber, Katie slipped the bonds of Life that had held her for almost 77 years. She is now free to soar with her many Guardian Angels that watched over and protected this ever smiling orphan.

She requested no ceremony, no gathering to grieve her at her passing, for a verse attributed to St. Augustine was her belief and hope. "Do not stand there crying at my grave. For I am not there, and I do not sleep."

Katie hoped that each of us who had touched her life would rejoice that she is now free from pain, from the passing years and from struggle. And when at odd times she comes to mind remember her for her best - her friendship and the caring that never ceased. Remember her beautiful smile, for she always felt greatly enriched to have known each of us. I don't think she really knew how large a family of friends the Orphan from Germany had.



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



Announcements

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OBITUARY



Douglas Stratton
July 4, 1933 - March 25, 2016

We are broken-hearted to announce the passing of Doug Stratton on Friday, March 25, 2016, with his family by his side. We are relieved to know he is in a better place, reunited with the love of his life, Josephine.

Father to Doug McKellar, Sheryl Kozub (Grant), Larry Stratton (Kim), and Bryan Stratton. Loving grandfather to Lauren Egesz (Dave), and Drew Kozub (Allie Walld), and Erik (Maddy), Ian, and Kyle Stratton. Great-grandfather to Porter Egesz.

Born on July 4, 1933, in Arborg, MB, he was known for his great sense of humour. He was quick to remind people, "I was born in the night...but not last night!"

Doug was an incredibly kind and generous person, always going out of his way to help a friend or family member in need. He loved his family with all of his heart and was so proud of them all. He always asked about their latest activities and praised their many accomplishments. He was a hard worker, who wore many hats during his career and encouraged his family to work hard and succeed, as he had.

Always a happy and enthusiastic person, Doug was known for saying, "The sun is shining and the birds are singing in the trees."

In 1985, Doug met the love of his life, Josephine. They married in 1989, and together, they owned and operated Stratton Lumber in Arnes, MB. They worked happily together, side by side, every single day. It was a labour of love.

They created their own piece of heaven in Arnes and lived out their dream, keeping an immaculate yard with gorgeous gardens, complete with a wishing well and their many garden gnomes. They immensely enjoyed nature, including feeding the Interlake's population of hummingbirds.

After their retirement, Doug and Josephine enjoyed traveling. Among their favourite trips were casino bus tours, a Las Vegas vacation, and a memorable trip to Texas they frequently reminisced about.

When Josephine's health started declining, Doug stayed by her side, caring for her, and they moved to the Sunrise Lodge in Arborg, MB. After Josephine passed away in the fall of 2014, Doug became an active member of the Arborg community. He took part in floor curling, shuffleboard, the Arborg & District Heritage Village, and the Arborg Legion. He was honoured and proud to become Sergeant-at-Arms and took the role very seriously. He was a member of the Ardel-Geysir Lutheran Church, and he was a proud member of the Viking Lodge in Gimli and the Riverton Elk Lodge #530.

Doug was incredibly close with his family. He took a keen interest in everything they did on a daily basis and he will be sorely missed. Doug stayed active and kept his sense of humour right through his last days. He was the best dad and granddad ever, and we loved him to the moon.

The family would like to thank the Arborg Hospital and all of its staff, as well as Home Care, for their care for Doug throughout the years.

A celebration of life will be held in the spring. In lieu of flowers, donations may be made to the Arborg Legion. Now, someone else finally has a chance to win the meat draw.

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



OBITUARY



Bernard Thomas Tataryn

Peacefully on March 21, 2016, at the age of 82, Bernard Thomas Tataryn passed away at the Deer Lodge Centre, Winnipeg, with his loving family at his side.

Bernard was predeceased by his parents Joseph and Mary; sister Nellie; brothers Walter, Mike, Joe, Melvin; sisters-in-law Catherine, Louise, and Lillian; and his eldest son Brian.

He is survived by Hazel, his loving wife of 58 years; brother Edward; children Doug (Darlene), Richard, Robert (Christine), Mary (Kirby), George, David and Gordon; daughter-in-law Shelly and his nieces, nephews, and many loving grandchildren.

Bernard was born in Selkirk, Manitoba and raised on the family homestead. He loved farming and was always ready to help out when needed. He made his career in plumbing and heating, working at Comstock, Balcaen and Sons, Moar's Plumbing and Heating, and retired from Tataryn's Plumbing and Heating, which he owned and operated for 35 years.

He enjoyed playing cards, casino trips, his coffee buddies at McDonalds, and family and his long time friends at the Selkirk Legion. He was a founding member of the Selkirk Knights of Columbus, serving on the board which established the Selkirk Knights Centre.

The family would like to thank the staff of the Deer Lodge Centre, especially Dr. Mario Paskvalin and nurse Erin for their compassionate and loving care during his final hours. We would also like to thank Selkirk and District Home Care who helped mom look after Dad for the past five years. Special thanks to Gilbart's Funeral Home for their extraordinary care, support, and attention to detail in our time of need.

Mass and Christian burial was held on Tuesday, March 29th, 2016 at 10:30 a.m. in the Notre Dame Roman Catholic Church, Selkirk. As per his wishes, cremation has taken place. Interment will be at the Notre Dame Cemetery following the Mass.

If friends so desire, in lieu of flowers, donations can be made to the Heart and Stroke Foundation or charity of your choice.

Bernie will live forever in the hearts of his many children and grandchildren.

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