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Preserving history

EXPRESS PHOTO BY JEFF WARD

Minister of Municipal Relations Jeff Wharton announced a new provincial initiative that will commit \$5 million over the next three years to help sustain and grow Manitoba museums and archives.

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Another three-digit birthday for Interlake centenarian

By Natasha Tersigni

Her recipe of hard work and perseverance has certainly paid off for Inwood resident Stella Monaster. Surrounded by many family and friends, Stella rang in her 104th birthday on Dec. 18.

Joyce Olsen, who employed Stella for 20 years at her Inwood General Store, made the trip from Winnipeg to Teulon to be at the birthday party.

"Stella is just a wonderful person and I couldn't ask for someone better. We were such good friends as well. She could do everything and she did it so well. From baking, to gardening, everything she touched was just amazing," said Joyce.

"I can't praise Stella enough. She was a hard worker and gave so much back to her community."

Stella grew up on a farm in Fisher Branch with her parents and two brothers John and Donald. When she was 15, she was eager to find a paying job so she took a train to Inwood to work at the Hillside Hotel where she served, cleaned and worked in the kitchen for four and half years.

She met her husband Harry, and the pair moved to a farm near Inwood where they raised chickens and cows and boarded local school teachers. Just three years into the marriage,



Family and friends came out to Teulon to celebrate Stella Monaster's 104th birthday.

Harry died due to injuries he sustained in a farm accident.

Stella remained on the farm, and through a friend she was introduced to Steve Monaster. It took some courting, which included Steve having to walk 15 miles to Stella's farm just to see her, but the pair was married in 1940. Together, they farmed, boarded school teachers — an estimated 19 teachers stayed at the farm over the years — and raised two children, Randy and Kathy.

After her children were grown and



EXPRESS PHOTOS BY NATASHA TERSIGNI

Inwood resident Stella Monaster, who now lives in Teulon's Goodwin Lodge Personal Care Home, celebrated her 104th birthday on Dec. 18.

teachers were no longer boarded in the community, Stella took a job in Inwood at Olsen's grocery store. After working there for 19 years, Stella retired at the age of 71. She and Steve sold the farm and moved into town.

In 1980, Stella and Steve celebrated their 40th anniversary. In 1987, Steve passed away, leaving Stella a widow once again.

In her later years, Stella never let her age stop her from doing what she loved. She curled until she was 84 years old. She remained at her home in Inwood until she was 101 and then moved to Teulon's Goodwin Personal Care Home where she lives today.

Her secret to making it through it all these years is simple: "Work as hard as a horse."

Livestock manure regulations to take effect in 2018

Submitted

Changes to the Livestock Manure and Mortalities Management Regulation (LMMMR), which take effect Jan. 1, 2018, have been approved and implemented to provide clarity and modernize regulations, Sustainable Development Minister Rochelle Squires announced today.

"Our government recognizes the important balance of maintaining strict environmental oversight while

supporting sustainable growth in the livestock industry," said Squires. "Following extensive consultations, the Department of Sustainable Development has taken steps to modernize regulations without compromising our commitment to environmental protection."

Changes to the regulation will improve clarity for both producers and

Continued on page 7



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Interlake MLA says future of rural hospitals unknown until early summer

By Jeff Ward

Interlake MLA Derek Johnson said that the Lake Manitoba Emergency Outlet is the biggest project for the Interlake in 2018 and he is looking forward to seeing it being open.

Johnson said there were many projects that he was proud of last year including securing funding for Lunder's new arena complex and the lagoon expansions. He said his success is made possible by the hard work of his constituents who come to him with a plan and who've done their homework on how to accomplish it. Johnson said one of his biggest priorities for 2018 is the opening of the Lake Manitoba Emergency Outlet, a more than half-a-billion-dollar outlet to help regulate the water level in Lake Manitoba.

"We're still waiting for the federal government to give us something in writing. We have \$100 million in contracts that were ready to go out a month ago," said Johnson.

"We have to ensure, being stewards of the taxpayers' dollars, that we have the commitment of the 50/50 cost sharing on that."

Johnson himself was no stranger to the disastrous effects of the 2011 flood. He was evacuated from his St. Laurent home for four months. The outlet channel, he said, is a means to improve Interlake life along the lake for cottagers, homeowners and farmers.

The MLA said many farmers are still feeling the effects of that flood and the subsequent 2014 flood. Those damages are harder to see, he said, and it's easier to understand devastation



Interlake MLA Derek Johnson

tion when it's in the form of destroyed homes. It's easy for waterlogged fields and vast swaths of land that can't be used to go unseen.

Health care remains a focus for Johnson in 2018. Recently, with the addition of new doctors throughout the region, the issues facing Interlake hospitals are not as severe as they were a year ago. Premier Brian Pallister said that some rural hospitals will be closed or converted to personal care homes as the next step in the their health-care reform strategy during his Dec. 14 year-end interviews with the media.

Johnson said that he doesn't believe that Interlake hospitals will be affected by the changes Pallister

mentioned.

"I think our hospitals in the Interlake area are spread out a fairly significant

distance," said Johnson. "There's other areas of Manitoba where there's hospitals within, and I'm kind of guessing at mileage here, but within seven miles maybe of each other. To have a centre of excellence, to have something that's 100 per cent functional, you can't be splitting your resources up in an area that's that tight."

When asked if the 41-kilometre distance between Ashern's Lakeshore General Hospital and Eriksdale's E.M. Crowe Memorial Hospital fits

within that distance Johnson was talking about, and if one of those could be closed or converted, he couldn't say.

"That's all being reviewed, and late spring, early summer is when I believe the rural study will be completed," said Johnson.

The premier explained during his year-end interviews that those decisions would be made in the future.

"THAT'S ALL BEING REVIEWED, AND LATE SPRING, EARLY SUMMER IS WHEN I BELIEVE THE RURAL STUDY WILL BE COMPLETED."



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Snowy owl released at Oak Hammock Marsh



EXPRESS PHOTOS BY JO-ANNE PROCTER

TransCanada Pipeline students Savannah and Keith assist with the release of a rehabilitated snowy owl at Oak Hammock Marsh on Dec. 12.

By Jo-Anne Procter

It was another successful release into the wild for the Wildlife Haven Rehabilitation Centre.

On Dec. 12, a rehabilitated female snowy owl took flight at Oak Hammock Marsh with onlookers cheering.

The snowy owl had been found in Gillam, starving and dehydrated, and was flown to the Wildlife Haven Rehabilitation Centre in October.

Judy Robertson, volunteer president of the rehabilitation centre, told the *Express* that the snowy was nursed

back to health and put in a fly-away pen to build up her muscles to prepare for her release.

"We like to get them out where they should be and this (Oak Hammock Marsh) is a perfect habitat. There's lots of mice at the marsh and she won't have to look too hard for food."

Robertson explained that the marsh is ideal, as snowy owls don't need trees. The tundra doesn't have a lot of trees and they will stay on the ground quite happily.

Snowys are known to leave the north

for several reasons, such as lack of food or lack of territory. Most owls that are taken to the centre have been in some sort of vehicle collision.

"Unfortunately they often die within 24 to 48 hours," she said.

This year, the rehabilitation centre received 15 owls, most succumbing to their injuries. Currently there is one in care, preparing for release.

The Wildlife Haven Rehabilitation Centre has been rehabilitating injured, sick and orphaned wildlife for their return to the wild since 1984.

They are a volunteer-driven, registered charity that has cared for over 35,000 wildlife that plays a vital role in the ecological and biological processes that are essential to life itself. They rehabilitate wildlife and educate the public about the awareness, appreciation and peaceful coexistence with wildlife.

For more information on the rehabilitation centre, visit to www.wildlifehaven.ca.

Province announces Heritage Preservation Partnership

By Jeff Ward

The Manitoba government is strengthening its support for heritage organizations across the province with funding for two major capital projects and the creation of a new endowment fund for smaller organizations, Sport, Culture and Heritage Minister Cathy Cox and Municipal Relations Minister Jeff Wharton announced on Dec. 19.

The province announced a new program to support small- and medium-sized museums and archives throughout Manitoba. The new Heritage Trust program provides \$5 million over three years to create endowment funds within local community foundations for Manitoba museums and archives. The Heritage Trust program will provide a maximum of one provincial dollar for every two private dollars raised by qualifying heritage organizations. The program will create an incentive for communities to develop an endowment pool worth

up to \$15 million to support heritage projects across Manitoba.

"We are working with our heritage organizations and community foundations across the province to create stable, long-term funding to maintain these important community infrastructure assets," said Wharton.

"Partnering with community foundations to help support our urban rural museums, archives and heritage centres is critical for the sustainability of community infrastructure across Manitoba."

The minister explained that the program is designed to create an incentive for communities to develop an endowment pool worth up to \$15 million that can be used to support heritage projects.

The province will enter into a three-year agreement with The Winnipeg Foundation to work with Manitoba's other 54 community foundations to administer the program.

Endowments funds work by having

a pool of money that earns interest. Donations made to the fund are never spent; only the interest that money earns is granted out. In this instance, that money could be used for repairs to museums, to create new installations or for any project that supports the longevity of the museum.

"This new initiative is an exciting breakthrough because endowments provide sustainable funding that can be counted upon year after year. The Heritage Trust program provides a unique opportunity for those wishing to support the preservation of Manitoba's rich history," said Rick Frost, CEO of The Winnipeg Foundation, which will administer the program.

Minister of Sport, Culture and Heritage, Cathy Cox said that her government has "heard a strong call for greater investment from our heritage organizations across Manitoba," and that these new investments are their response.

Manitoba has nearly 200 museums

and 36 archives, with about 75 per cent of those located within rural areas.

The province also announced up to \$20 million for two projects in Winnipeg, which have undergone assessments to ensure they meet criteria for return on investment and value for money.

The province will contribute \$8.75 million this year to the Royal Aviation Museum as part of its \$45-million project on Winnipeg Airport Authority property, with another \$1.25 million available next year if private donation targets are met.

The province will also contribute \$10 million over five years to the Winnipeg Art Gallery's Inuit Art Centre, a proposed \$65-million programming hub to celebrate Inuit art and Indigenous cultures through exhibitions, research and education, and studio art and learning programs for students, including marginalized youth.

get inspired

> MEAL IDEAS



Cola and Brown Sugar Glazed Ham

1 cup orange juice over it. Cover pan with aluminum foil and roast 1 hour and 15 minutes.

While ham roasts, in medium saucepan, combine remaining cola, orange juice, brown sugar and Dijon mustard. Bring mixture to boil over medium-high heat and cook about 45-48 minutes, until reduced to 1 cup and mixture is slightly syrupy.

After ham roasts 1 hour and 15 minutes, remove foil and baste with glaze. Continue roasting and basting ham every 15 minutes with glaze until it is glossy and instant read thermometer inserted into thickest portion registers 145 F, about 1 hour and 15-30 minutes longer. Remove from oven and let rest 15-20 minutes before slicing.

Recipe courtesy of Anolon Gourmet Cookware

Servings: 14-16

11-12 pounds shank half bone-in cooked ham

large Anolon roasting pan
4 cups cola, divided
2 cups orange juice, divided
1/2 cup dark brown sugar
1/4 cup Dijon mustard
Heat oven to 350 F.

Trim skin and excess fat off ham. With sharp knife, score ham all over in diamond pattern. Place ham in roasting pan then pour 1 cup cola and



While expecting my first child, I read everything I could find on natural childbirth. I took the classes, knew how to time contractions, learned the breathing, and packed the suitcase. I was confident and ready. I labored through the night, but it did not seem to be happening like in the books and films I had seen. I was only half awake, because it was the middle of the night, and I honestly believed that all of my preparation would prevent the experience of any pain. Unprepared for increasing 'strength' of the contractions, I agonized over whether to accept the pain medication that was offered.

By the time I succumbed and agreed to take something, it was too late. The baby was coming. I recall afterwards feeling a strange sense of betrayal. In the fervor surrounding 'natural childbirth' at that time, the word 'pain' was never mentioned. I was angry that no one told me it would hurt! I felt I had somehow failed, and that is why it hurt. Of course, ultimately, it was bearable, or I would not have gone on to have two more children.

I see a similar phenomenon in our culture. It is common for people to feel betrayed when life experiences are painful. There is a sense either of victimization, unfortunate luck, or bad karma. Pain and suffering are deemed wrong; an aberration from the divine plan. Clients often ask me what they are doing wrong - assuming if they were 'doing it right', everything would flow according to their desires. Pain in life is normal. Both Jesus and Buddha taught that sorrow and tribulation are part of the human condition. How much better it would be if, when birthing ourselves into this world (or giving birth) we knew unequivocally that while there might be pain and difficulty, we have within us all that we need to survive and thrive.

If we knew, at the very core of our being, that we could handle whatever comes our way, we would not spend so

Embracing Struggle

much time resisting what is, or trying to figure out why it is as it is. Imagine soul is taking ego for a walk in brand new territory. Soul knows the joys and sorrows of the journey. Soul knows life on Earth is a 'virtual reality' experience that is temporary, and from which learning, and growth evolve. Ego, like the frustrated, impatient child, reacts to everything along the path. It gets excited when the journey is fun and rewarding, but begins to complain when the going gets rough. Soul may wish ego would just relax and absorb the tremendous learning - that ego would trust that soul knew what it was doing in bringing ego here. Soul knows pain is not punishment, but a powerful teacher.

If we choose to go for the growth, we can allow the pain to teach us to soften our hearts. In accepting the pain, and truly grieving, we allow for letting go, forgiveness and healing. We also gain compassion for the suffering of others. Ultimately what is significant in life is not what happens, but who we become in relation to what happens. I imagine ego is like the young person in the tribe who goes out on the hunt, at first just tagging along. Over time, the young one learns from the elders, at first simply imitating, but eventually learning all of the skills. Life's experiences provide the opportunity to release the limited ways of ego.

Little by little, the 'self' allows guidance to come more from the wisdom of the soul. Ego may still be triggered by difficulties as it moves along the path, but learns to listen to encouragement from soul, and to draw on the strength of soul. In time, with practice, ego expands its boundaries, and merges with soul. There is no longer a 'split', and we are able to accept whatever life brings with grace, and the trust that no matter how confusing things might seem to us, there is a divine order operating. This does not mean all that happens is good - it means there is good learning to be taken from all that happens. There is no need to resist what challenges us, for it is in embracing the challenge that we find our strength.

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



Country Ham and Cheddar on Biscuits

1 1/2 teaspoons baking powder
1 teaspoon coarse ground black pepper
1/4 teaspoon baking soda
1 teaspoon salt
8 tablespoons chilled unsalted butter, cut into small pieces
3/4 cup low-fat buttermilk, plus 2 tablespoons
Anolon large nonstick baking sheet
1 large egg yolk, beaten
12 ounces country ham, thinly sliced
6 slices (about 6 ounces) sharp cheddar cheese

To make chutney: heat oil in skillet over medium heat. Add onion and ginger; cook, stirring occasionally, until slightly softened, 3-4 minutes. Add curry powder and cinnamon; cook, stirring, 30 seconds. Stir in currants and cook until slightly softened, 2 minutes.

Add water and vinegar and cook until currants plump slightly, about

3 minutes.

Stir in sugar and cook 1 minute. Remove from heat and let cool 10 minutes. Stir in jelly, mustard and salt; refrigerate until ready to serve.

To make biscuits: Heat oven to 425 F. In large bowl, combine flour, baking powder, pepper, baking soda and salt. Using pastry blender, cut butter into flour mixture until it resembles coarse crumbs. Stir in buttermilk until mixture is moistened.

In bowl, knead dough 3-4 times to bring together. Press dough into disk and wrap in plastic wrap; refrigerate 20-30 minutes. On lightly floured surface, roll dough out to 1/2-inch thickness. Using 2-inch fluted biscuit cutter, start at outside edge of dough and cut out biscuits and set on baking sheet. Gently press dough scraps

together and roll again to 1/2-inch thickness. Repeat to cut out 24 biscuits total. Brush tops of biscuits with egg yolk.

Bake biscuits in center of oven until puffed and tops are golden brown. Remove from oven and cool 15 minutes.

Split biscuits in half and set aside. Lay ham slices on cutting board in single layer. Using 2-inch fluted biscuit cutter, punch out 24 ham circles and place each on bottom half of biscuit. Lay cheese slices on cutting board and punch out 24 circles to place each on top of ham. Spoon chutney evenly on top of each biscuit then replace top half of each biscuit.

Note: Biscuits can be assembled several hours ahead of serving and kept in refrigerator.

Recipe courtesy of Anolon Gourmet Cookware

Servings: 24

Chutney:

1 tablespoon olive oil
medium Anolon skillet
1 small onion, finely chopped
2 teaspoons fresh ginger, minced
3/4 teaspoon curry powder
1/4 teaspoon ground cinnamon
3/4 cup dried currants
3 tablespoons water
2 tablespoons raspberry vinegar
2 tablespoons sugar
1/4 cup apple jelly
1 tablespoon country Dijon mustard
1/4 teaspoon salt
Biscuits:
2 cups all-purpose flour

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Innovative dining experience planned in Gimli

By Ligia Braidotti

You probably have walked and skated on the frozen water of Lake Winnipeg countless times, but how many times did you go there to share a meal with your friends?

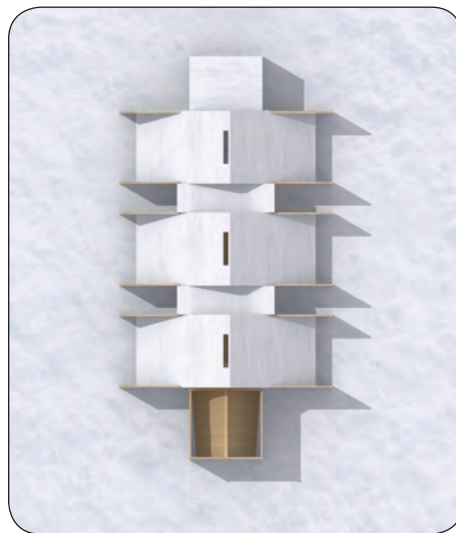
Now you can have that one-of-a-kind experience. The duo behind the Manitoba annual outdoor eating event RAW:almond is taking up the exciting challenge to host RAW:Gimli for the first time on Dec. 29 to Jan. 7. The event will open the season for Winnipeg Chef Mandel Hitzer of deer + almond and architect and founding director of RAW:Gallery Joe Kaltornyk.

Kaltornyk and his colleague Chad Connery were inspired by the local history and marina architecture, the fishing shacks and the houses.

"It's really about creating a warm, inviting atmosphere and we always have one big table that everybody sits together at. At the very end of the table will be the kitchen and we always invite people to poke their head in and take a peek or ask the chefs questions."

The exact location is yet to be confirmed, but co-founder Kaltornyk said the infrastructure would most likely be built close to the pier, as close as possible to their partners Lakeview Resort and Conference Centre.

"I never really built on the lake. Hopefully, it's more stable than the river here in Winnipeg (the event



A sky view of the infrastructure which will be built on the frozen Lake Winnipeg.

happens on the Red River by The Forks). It's also a completely new way of building for us. We've never built a place like this one we're going to build," Kaltornyk said. "All of the material goes back into the system, so we're not wasting anything."

Kaltornyk and Hitzer hosted the first pop-up restaurant in 2013 on the frozen river during the coldest months of the year. Since then, the event has grown to other locations such as Churchill and Tokyo, held at a mystery location. Now it's time for Gimli residents to enjoy this experience.

However exciting the event may be, Kaltornyk said they often suggest people keep an open mind toward the



EXPRESS PHOTOS SUBMITTED BY CHAD CONNERY

Joe Kaltornyk and Chad Connery were inspired by the local marina architecture when creating the infrastructure that will host people in the event.

experience.

"We tell people to keep their expectations at home and come with open minds and open hearts. It's an opportunity to meet new people and share a table and food with potentially your newest best friend," he added.

While Kaltornyk takes care of the design concept, Hitzer works on the secret menu that certainly has fish involved in its theme with other items reflecting the region. He is the featured chef and might bring some celebrity chefs to work with him as well, but it won't be as outreaching as Winnipeg's event.

"Winnipeg has over 30 guest chefs that come to Winnipeg, including

some locals, but I don't think we're prepared for that this year in Gimli," Kaltornyk said.

Tickets have been on sale since Nov. 23, but there are a few seats still available. Tickets cost \$140 plus tax (13 per cent) and tips (17 per cent). The first seating takes place at 6:30 p.m. and the second seating at 9 p.m. Those coming from and returning to Winnipeg can enjoy a ride on Exclusive Bus Lines' luxury bus for an additional \$30. Lakeview is also offering an overnight stay.

For more information and to purchase tickets go to www.raw-almond.com/rawgimli/

> MANURE, FROM PG. 2

department officials, while maintaining some of the country's strictest regulatory requirements and environmental protection measures for livestock operations. Pig operations will now be subject to the same robust legislation as other livestock sectors.

These amendments align with recent changes to The Environment Act under red tape reduction legislation and continues to balance environmental protection with economic development, the minister noted.

Manitoba conducted extensive public and industry consultations in the process of developing changes, which include:

- empowering front-line staff to respond more quickly, and reducing notification and processing steps for permits;

- increasing transparency by placing more information on the public registry;
- harmonizing setbacks from surface water courses with the Nutrient Management Regulation and removing in-season nitrate limits;
- improving variance options to enhance biosecurity measures for industry;
- levelling the playing field by clarifying permit requirements for seasonal feeding areas and outdoor confinement areas for small pig operations; and

- monitoring of operations such as livestock drinking water samples based on risk, rather than mandatory samples for all large operations.

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The tale of the one that got away

Hello my friends. Thanks for stopping by.

Maybe the holiday activities have been a bit overwhelming for you. If that's the case, sit back for a short time and let me pass on a few fishing stories for your enjoyment. First off, there was Stephen Petrosky who I met some time ago on the Red River. He was a young, slow-talking, caring kind of guy, totally involved in fishing. As I approached him on the ice, he seemed to have been trying to drill a hole with a hand drill, which was lying on the ice. I cast a glance around to neighbouring anglers who might have a power drill as Stephen continued telling me how much he had liked going up to Twin Lakes in the Duck Mountains to fish for tiger trout. Just then, a heavily clothed chap slowly strode to us, lugging his auger and, without a word, began drilling a hole for Stephen. Soon the auger punched through to water and the neighbour pulled it up, resting the bit on the ice. He shouted to our friend, "Where do you want the other one?" Stephen pointed to a spot 10 feet from the hole. Without another word our friend of few words moved over to the spot indicated, revved the auger's motor and made another hole. When the bit came out of the hole, still not talking, but with a self-satisfied smile on his face, our neighbour turned and dragged his auger three or four car-lengths away to his setup. "See," Stephen remarked, "that's how nice ice anglers are out here. They're always willing to help!"

A few weeks ago, I had the pleasure of meeting Jeff Mell and his daughter Hallie of Petersfield who had been a mile off shore on the south west side of Lake Winnipeg. Although they



EXPRESS PHOTO BY ARNIE WEIDL
Hallie Mell with one of her catch from the east side of Lake Winnipeg.

didn't have a fishing experience to share, Hallie was nice enough to hold up one of their catch for us to admire. Jeff said the afternoon had gone really well in that they fished on two feet of ice and caught enough for supper. A little further north of Jeff and Hallie, I came across a young tall guy, Tanner Bilcowski, who was setting up a portable ice shack with his friends from Sandy Hook. When I asked if he had a fishing story for us, he said a while back he was fishing with friends in a hard wall shack on a small lake by Minnedosa. They had made a couple of holes outside and set the tip-ups but got into some good food and playing cards. It was a warm sunny afternoon and Tanner sitting by a window noticed one of the tip-ups taking a nosedive into the ice hole's water. He jumped up, blasting through the door

and slid to the hole just as it plopped into the water. Well, they still had one rod at play, so they went back to their cards. Again, soon, Tanner saw the last rod shuddering. This time he was faster. Like lightening, he tore out there and grabbed the rod. On his knees, he reeled up triumphantly as a nice pickerel burst from the water — with the line of the first rod in the side of its mouth! In no time, they were back fishing with two rods!

Lastly, this week I met this boisterous, fun-loving gal, Jaime Podolsky, and her hubby, Micheal, on the east side of Lake Winnipeg. She loved to talk, saying that they always start their winter fishing here because the ice always gets thicker faster. Although she didn't have a winter story, she remembered not long ago when she was fishing on the Red she caught a catfish. After reeling it in and landing the fish, the baited hook literally fell out of the cat's mouth. Jaime put her gear aside so she could release the fish but soon heard a squawking behind her. She turned to see a pelican clumsily trying to get the minnow on the hook into its beak. Jaime jumped up, flailing her arms trying to scare the bird off, but somehow it managed to snap up the minnow along with the hook, line and rod! Jaime was furious and as the bird flew over the water but along the shore. Little Miss Energetic went tearing after it on the muddy bank, yelling at the top of her lungs, "You let my rod go!" But as the bird flew farther away, she saw her fishing gear fall from the bird to the river. "That was over \$100 worth of gear, Old Red," she muttered to herself. "I hope you enjoy it!"

See you all in the New Year. Bye for now.

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Comfort care bags provide some solace in difficult times

By Jennifer McFee

As families attend to their loved ones during the last moments of life, they can seek a little solace through a new initiative rooted in comfort and care.

The South West District Palliative Care board has provided full funding for comfort care bags filled with items to help families and caregivers during difficult times.

Originating from Quality Palliative Care in Long Term Care, the local project is an adaptation of a similar initiative launched by staff and management at Ontario-based Bethammi Nursing Home and Hogarth River-view Manor.

Sandra Milotte, palliative care volunteer co-ordinator and community liaison for the Interlake-Eastern Regional Health Authority, said the comfort care bags are available to people in an acute-care setting.

Thanks to the regional funding provided by the South West District Palliative Care board, the comfort care bags are now available in 10 different acute-care hospitals: Stonewall, Teulon, Eriksdale, Ashern, Gimli, Pine Falls, Beausejour, Arborg, Pinawa and Selkirk.

"They're a supportive resource that could be offered to family members and caregivers who are attending the bedside of their loved ones who may lack their own support system during that time. Their loved one is at the end of their life and the family is holding vigils, so they don't want to leave," Milotte said.

"The palliative care program identified a gap in support measures for those families and caregivers in the acute-care setting during those last hours of their loved one's life. It's

one way that the staff members or volunteers can offer support and let the families or caregivers know that they're in their thoughts."

Each comfort care bag contains a journal, peanut-free snacks, instant coffee, tea, toothettes, mouthwash, hand lotion, a deck of cards and reading resources from the Canadian Hospice Palliative Care Association.

"The bags are put together with care by local palliative care companion volunteers. They, along with myself, will monitor those bags to remind the staff that they are there," Milotte said.

"They're also recording any feedback. We'd really like to provide South West District Palliative Care with positive feedback from the staff or families. It's amazing and moving that they have funded this on a regional level."

Milotte extends her gratitude to all the volunteers for their contributions, noting that more volunteers are always needed.

"We really, really value our volunteers," she said. "They've been pivotal in making sure to get the message out there that these kits are an available resource."

The palliative program is provincially funded through Manitoba Health, and people can access it through the regional health authority.

"Traditionally, there was a lot of fundraising to ensure services were in place," Milotte said. "Although we really welcome and are happy to receive donations, we don't use the donations to fund positions. They go to purchase extras like this and to support the volunteer network."

The comfort care bags aren't just for families and caregivers whose loved ones are in palliative care; instead,



EXPRESS PHOTO SUBMITTED

The South West District Palliative Care board has provided full funding for comfort care bags to help families and caregivers during difficult times.

they're available for any end-of-life situation.

"There are lots of people who aren't receiving palliative care services who are at the end of life," Milotte said. "It's for any family who has a dying loved one in the hospital."

For more information about the palliative care program, contact Tammie-Lee Rogowski at 204-785-7756 or trogowski@ierha.ca.

For more information about volun-

teer opportunities, contact Milotte at 204-785-7542 or smilotte@ierha.ca.

Additional information is also available on the Interlake-Eastern Regional Health Authority website. Visit www.ierha.ca and click on the "Care in your community tab" followed by "Additional services in communities." Under this heading, information is available on palliative care as well as volunteer opportunities.

Lake Manitoba and Lake St. Martin outlet nearing engineering phase

By Jeff Ward

The Lake Manitoba and Lake St. Martin Outlet Channels are nearing the engineering phase and, according to the Minister of Infrastructure Ron Schuler, the province is just waiting on the federal government before moving ahead.

Schuler said that the province has budgeted \$100 million every year for the next five years to accomplish this project. The channels are nearly 50 kilometres of waterway that works to drain water from Lake Manitoba into Lake St. Martin and then into Lake Winnipeg. All told, the project is expected to cost north of \$500 million,

an investment Schuler said his government is prepared to make once the federal government approves a 50/50 cost-sharing agreement.

"We are prepared to go to the engineering phase. We're just waiting on the federal government," said Schuler.

"We're waiting for them to put it through treasury board and cabinet. Until they do that, we cannot proceed because anything we spend would not qualify for 50/50."

Schuler said that he knows that the last few years have been a struggle to control the lake level.

"Way too much water was going in, compared to what could be drained at

the top end," he said.

The consultation process that began earlier this year is still ongoing and Schuler explained that it will continue while the design and engineering phases happen. Those consultations have been a sore spot for some farmers in the RM of Grahamdale who've been told that they will have to sell X amount of acres of their land to the government so that the channel can be built.

Schuler said that he knows which companies have been successful at getting the contract for the aforementioned phases and that those phases could begin immediately. But because

the federal government hasn't approved the cost-sharing agreement, the province is in a holding pattern for the time being.

As for a timeline, Schuler explained that this is going to be a five-year project.

"It's going to be a very exciting project and it's one more piece in the puzzle to make Manitoba a far more safer place when weather events and quick snow melts [happen]," said Schuler, who added that this is a project that should've been done a long time ago and that his government is committed to seeing this through.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Express sports highlights from 2017

Staff

The sporting world in the Interlake was an extremely busy — and exciting one — this past year as local athletes and teams attained athletic excellence.



Colton Lott

January

Golf Manitoba announced that Matlock's Lexie Kopp would participate in the final phase of the Canada Games training squad.

Colton Lott had a chance to make Manitoba junior men's curling history but he lost 7-2 to Assiniboine Memorial's JT Ryan in the final. The loss prevented Lott from winning his fourth junior men's curling crown.

Winnipeg Beach's Rachel Dyck was named the Smitty's Bisons Sports Female Athlete of the Week, for the period ending Jan. 8. Dyck was selected as Smitty's Female Athlete of the Week for the second time during the 2016-17 season.

The Manitoba AAA Midget Hockey League, meanwhile, announced that Jack Einarson of the Interlake Lightning was the CCM Player of the Week.

In two games for the Lightning, Einarson, a Gimli product, had eight points and was instrumental in helping Interlake gain a much-needed four points in the standings.

On Jan. 22, the Teulon Skating Club did a fantastic job hosting the Skate Canada Manitoba STARSkate Regional Championships.

The Interlake Ice Bantam 'AAA' all star representatives featured Teulon's Jacey Ledochowski, Lundar/Ericksdale's Emma Poole and Arborg's



Mike McEwen

Brenna Barylski. Team White won the game 4-1.

It took a skip from Regina to win this year's Manitoba Scotties Tournament of Hearts.

Michelle Englot defeated Darcy Robertson 8-6 in the final of the Manitoba provincial championship. Robertson's rink — which included Arborg's Vanessa Foster as second — earlier stunned seven-time provincial champ Jennifer Jones 8-6 in the semifinal.

February

Mike McEwen's Fort Rouge rink edged West St. Paul's Reid Carruthers 8-7 in the Vittera Championship in Portage la Prairie.

McEwen reached the final after downing Granite's Trevor Loreth 8-2 earlier Sunday. It was McEwen's fourth consecutive year playing in the Manitoba final.

McEwen's rink, which includes third B.J. Neufeld, second Matt Wozniak, and lead Denni Neufeld, earned a berth at the nationals in St. John's, Nfld. from March 4-12.

The Arborg Curling Club's Kyle Foster also participated in the event. His rink included third Shawn Magnusson, second Bryan Galbraith, lead Justin Reischek and fifth Kyle Einarson.

In the gym, Wyatt Bonkowski powered his way to a silver medal in the 74 kg weight class at a competition at the Brickhouse Gym in Winnipeg.

Bonkowski, a Riverton product, lifted a total weight of 990 pounds. He squatted 362, deadlifted 402, and

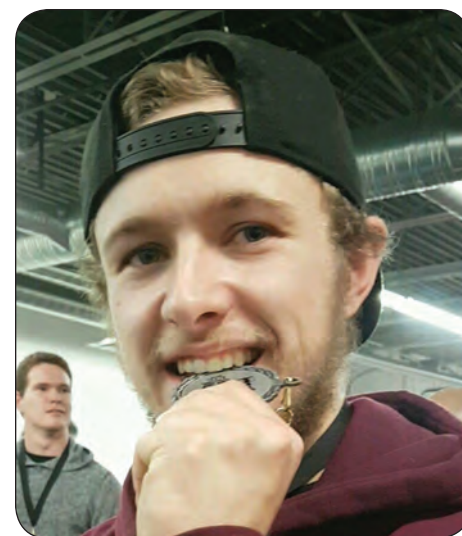
benched 226.

The Manitoba AAA Midget Hockey League announced that Interlake Lightning captain Jack Einarson was the CCM Hockey Player of the Week in late February.

On the court, the Gimli Lakers overcame a 1-0 deficit in their best-of-three Zone 5 varsity boys' basketball championship series to earn a berth into the regionals.

After losing the first game 76-67 to Warren, Gimli bounced back nicely to win the next two games by scores of 56-45 and 83-65.

The Gimli Lakers varsity girls' basketball team, meanwhile, soundly defeated Warren 52-30 and then blasted the Wildcats 61-28 to win their Zone 5 title.



Wyatt Bonkowski

March

University of Manitoba Bison women's hockey player Rachel Dyck was named a 2016-17 Canada West first-team all star.

Manitoba's Mike McEwen defeated Northern Ontario 7-5 in an extra end to win the bronze at the Tim Horton's Brier in St. John's, Nfld.

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

Back to hockey, the Interlake Lightning finished with a 2-2 record at Hockey Manitoba's Male Bantam "AAA" Rural Provincials in Stonewall

Continued on page 11



Gimli Varsity Girls basketball veterans



Peguis Juniors

Continued from page 10 and Warren.

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

In basketball, the Gimli Lakers won MHSAA "AA" varsity girls' provincial championship after a hard-fought 69-60 victory over the Souris Sabres. The Lakers overcame a 10-point deficit to win by nine.

Gimli's varsity boys', meanwhile, lost 95-85 to the MCI Blues in the consolation final of the MHSAA "AA" provincials in MacGregor.

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

McCorrister, a forward, led the Western Hockey League's Brandon Wheat Kings to a league title.

From hockey to curling, Lunder native Nick Drews swept his rink to victory at the U.S. Curling College Championship in Utica, N.Y.

March always has people thinking baseball and the Interlake Blue Jays were approved to rejoin the Manitoba Junior Baseball League for 2017. The decision became official at a MJBL meeting March 27.

April

For the second season in a row — and third time in five years — the Peguis Juniors were crowned the Keystone Junior Hockey League champions.

Peguis ousted the Arborg Ice Dawgs in six games of their best-of-seven final. The Juniors won Game 6 by a convincing 6-1 score in Peguis.

Both Peguis and Arborg later competed in the Keystone Cup, which was hosted by the Ice Dawgs. Arborg lost in the bronze-medal game to Regina.

Interlake coaches were honoured at the 2017 Basketball Manitoba Awards banquet.

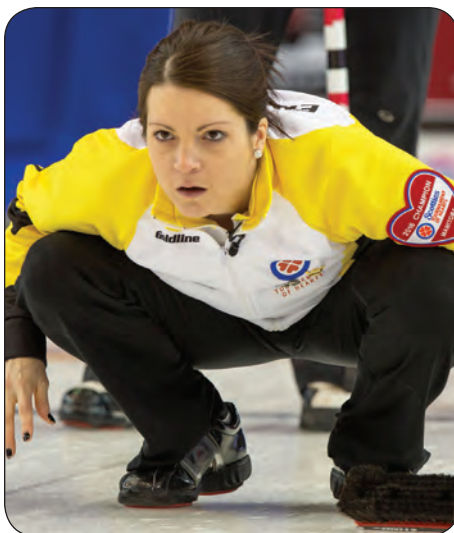
Gimli Lakers varsity girls' head coach Madi Biluk was deservedly named the

"AA" coach of the year while Selkirk Royals' varsity girls' head coach Sue Gilmour was recognized for her 20 years of coaching service.

May

It was announced that the 2019 Manitoba Scotties Tournament of Hearts will be hosted by the Gimli Curling Club. The event will be held Jan. 23-27, 2019 at the Gimli Recreation Centre.

Team Manitoba swept this year's 2017 National Aboriginal Hockey Championships in Cowichan, B.C. by winning gold in both the male and female divisions.



Kerri Einarson

Justin Nachbauer scored the game winner in overtime to lift Manitoba to a thrilling 6-5 win over Ontario in the male final last Sunday.

In the female gold-medal game, Manitoba blasted Saskatchewan 7-0 on Saturday.

Mallory Harvey led Manitoba with a hat trick while Stonewall's Bianca Zak's 21 saves.

On a different type of ice, Camp Morton's Kerri Einarson, Arborg's Vanessa Foster, Stonewall's Jared Kolomaya and Winnipeg Beach's Colton Lott were among the local curlers still with

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a chance to represent Canada at the 2018 Winter Olympics in South Korea in February.

They were among six Manitoba teams invited to participate in the 2017 Road to the Roar Pre-Trials in Summerside, P.E.I. last month. It was a final opportunity to qualify for the Canadian Olympic Curling Trials earlier this month in Ottawa.

On the gridiron, the Interlake Thunder senior girls' football team im-



Joshua Cameron

proved their record to 3-0 after defeating the Eastside Eagles 36-6 at Stonewall Collegiate.

June

The Manitoba Junior Hockey League's annual Bantam draft saw Peguis First Nation's Ayden Manningway selected in the fourth round (42nd overall) by the OCN Blizzard.

Manningway played last season for the Rink H.A. Nationals Bantam Prep program.

Peguis' Joshua Cameron, meanwhile, had the best throw in the junior var-

Thursday, December 28, 2017 **11**
sity boys' javelin at the MHSAA track and field provincials to win the gold.

Winning bronze medals at the provincials were Fisher Branch Collegiate's Brayden Grouette (varsity boys' shot put) and Gimli's Jillian Henry (varsity girls' pentathlon).

Lunder's Breanne Ward was a member of Team Canada at the IFAF World Women's Football Championship in Langley, B.C.

Canada went on to win a silver medal at the tournament.

July

With a league title at stake, the Interlake Thunder won the junior girls' football championship after a thrilling 71-63 overtime victory over the North Winnipeg Nomads.

The two clubs were tied at 55-55 after regulation time and then played two five-minute overtime halves. Zoe Oughton scored both Interlake touchdowns in OT.

In golf, Winnipeg's Todd Fanning defeated Mike Tibbs in an extra play-off hole at the Men's Mid-Amateur Championship July 5 at the Bel Acres Golf & Country Club.

Matlock's Garth Collings finished the event tied for fifth with Winnipeg's Jay Doyle. Collings, who fired rounds of 74, 75, and 76 for a 225 total, also tied for third in the master's division (40-plus).

Selkirk's Ben Bandura and Gimli's Curtis Markusson tied for 12th along with Ryan Terdik of Mt. Pleasant, Ont. The trio finished at 15-over 231.

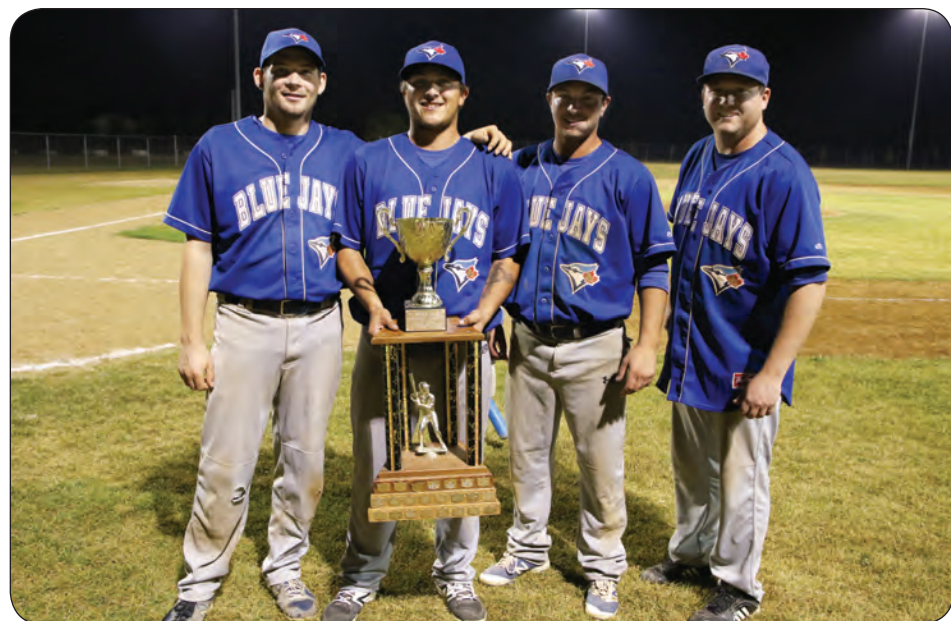
The Interlake Blue Jays were swept by the Carillon Sultans in their Manitoba Junior Baseball League best-of-three first-round playoff series.

Carillon won 10-0 at home and then 5-4 in Stonewall.

August

The Interlake Blue Jays' Adam Kirk

Continued on page 12



Stonewall Blue Jays, pictured from left: Nick Drews, Jarrett Hogue, Orin Hogue and Rory Tycoles.

Continued from page 12

was selected as the Manitoba Junior Baseball League's manager of the year.

Kirk guided Interlake to a 7-16-1 record to finish seventh in the eight-team league. The Blue Jays were then swept in a first-round, best-of-three playoff series by Carillon.

Interlake's Emerson Klimpke, meanwhile, was nominated for the MJBL rookie of the year award. That award was won by Carillon's Liam Lenton.

Klimpke hit .328 with 72 plate appearances during the regular season with 15 runs scored and four RBI.

Team Manitoba placed seventh in women's wrestling at the Canada Summer Games. Peguis' Mickayla Chapman-Cochrane was a member of Team Manitoba.

On the diamond, Team Manitoba won a bronze medal at the 16U Girls' Invitational Baseball Championships in Vaughn, Ont.

Manitoba took home the bronze after edging Nova Scotia 5-4. Manitoba won the game in dramatic fashion, scoring a pair of runs in the bottom of the seventh inning for the walk-off win.



Jamie Johnson

Arborg's Jamie Johnson had a hit and RBI in the bronze-medal game and was later named Manitoba's most valuable player for the tournament.

Twins sisters, Keyara and Keyanna Lea, formerly of Riverton, were two of 10 girls from Manitoba and Ontario that were recruited to play hockey for the Boston Shamrocks in the Junior Women's Hockey League.

The sisters were later picked to play on Team Manitoba U18.

Back to baseball, Team Manitoba finished with an 0-4 record at the 21U Women's Invitational Tournament

held in Stonewall. Manitoba's roster featured Johnson.

September

The Ashern Cobras spiked their way to a fourth-place finish at a Rivers Rams' Invitational varsity girls' volleyball tournament.

Ashern lost 2-1 to the Erickson Eagles in the third-place game. After losing the first set 25-20, the Eagles came back to win 25-14 and 15-11.

The Stonewall Blue Jays defeated the Elmwood Giants 8-3 to win the Winnipeg Senior Baseball League best-of-seven championship series in six games.

The league title was Stonewall's second in three seasons and sixth overall. Interlake players included Nick Drews, Rory Tycoles, Jarrett Hogue and Orrin Hogue.

With three straight wins in September, the Interlake Impact looked primed for a strong playoff run. But there weren't any playoffs this season.

Due to the Canada Games being held in Winnipeg this past summer, the Manitoba Major Soccer League made the puzzling decision not to have a post-season this season.

October

The Gimli Lakers reached the semi-finals of a Reivers' varsity boys' volleyball tournament, losing 2-0 Calvin Christian.

The Interlake Lightning Bantam boys' hockey team finished with a 3-0 record at a AAA Showcase in Winnipeg.

The Winnipeg Monarchs and Southwest Cougars were the only other teams to compile a 3-0 record. Fourteen teams took part in the three-day competition.

The Interlake Lightning Midget Provincial hockey team had a reason to be thankful on the Thanksgiving weekend. Interlake picked up its first



Troy Fortin

win of the season, blowing out the Winnipeg Thrashers 6-2 in Teulon.

The Gimli Lakers won a six-team junior varsity boys' volleyball tournament in Riverton last Thursday. Gimli won the championship game 2-0 by scores of 25-15 and 25-16 over the Arborg Athletics.

November

Arborg's Jamie Johnson was named Baseball Manitoba's female player of the year. She was honoured at Baseball Manitoba's awards banquet in Brandon.

Lundar's Troy Fortin and Woodlands' Trevor Procter, along with the Warren Seniors (1974-79), were among the Manitoba Baseball Hall of Fame 2018 inductees.

Procter and Fortin will be joined by Faron Asham, Doug Freeth, Andrew Collier, Jason Mateychuk and Terry Mayert in the individual category.

The Warren Seniors will be inducted in the Small Community category while the Brandon Marlins (1999-



Jermaine Loewen

2008) and Morden Mohawks (1993-2000) will go in the Major Teams category.

In football, the Interlake Thunder had their season come to an end after a 36-0 loss to the Falcons Football Club in the Midget Football League of Manitoba playoffs.

The Western Hockey League announced that Kamloops Blazers' winger Jermaine Loewen was named the WHL On the Run Player of the Week for the week ending Nov. 5.

Loewen, a 6-foot-4, 221-pound product of Arborg, recorded five points (four goals, one assist) in a pair of games for the Blazers.

Fisher Branch's Cliff Skibinski and his Red Deer Legends' baseball team, which included Chatfield's Paul Demianiw (who knows lives in Winnipeg) were the talk of the senior baseball world after winning both the 65 and over and 70 and over divisions



Paul Demianiw and Cliff Skibinski

at the 2017 Men's Senior Baseball League World Series in Arizona.

The Riverton Patriots earned a berth into the junior varsity boys' "A/AA" volleyball provincials after winning the Zone 5 championship earlier this month.

Riverton defeated Gimli 2-0 in a thrilling match by scores of 25-23 and 29-27 in the Zone 5 final. The Patriots ended up advancing to the provincial quarter-finals.

The Gimli Lakers varsity boys' volleyball team, meanwhile, earned a berth into MHSAA "AA" provincials, which took place in Warren and Stonewall.

December

Interlake Thunder linebacker Joe Rosser was named the Midget Football League of Manitoba's most valuable player for this past season.

The Interlake was very well represented at the 2017 Old Dutch — MJHL Showcase that took place at the Bell MTS Iceplex earlier this month.

The local players featured Griffin Chwaliboga - Neepawa Natives (Arborg), Hayden Dola - Selkirk Steelers (Winnipeg Beach), Noah Basarab - Swan Valley Stampeders (Gimli), James Maxwell - Swan Valley (Stonewall), Jack Einarson - Virden Oil Capitals (Gimli), Brayden Pawluk - Virden (Teulon), Riley Vautour - Waywayseecappo Wolverines (Stony Mountain), Wade Johannesson - Waywayseecappo (Arnes), and Adam Swan - Winnipeg Blues (Ashern).

The Interlake Thunder announced that their proposal to the Manitoba Girls Football Association to adjust the Junior age group from 10- to 13-year-olds and the Senior age group from 14- to 17-year-old athletes was passed with a substantial majority of 5-2.

The Thunder are members of the Manitoba Girls Football Association spring tackle football league.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Merces' mastery on home ice continues

By Brian Bowman

The Warren Merces continued their dominance on home ice this season, destroying the visiting Carman Beavers 8-3 on Saturday in South Eastern Manitoba Hockey League action.

Warren needed just 5:37 to score three goals and grab a quick 3-0 lead.

Bryn Lindsay scored two of those goals (including a shorthanded marker) while Wes Pawluk opened the game's scoring at the 2:36 mark.

Carman battled back from that slow start as Jason Rose and Scott Scisson scored in the first period but Warren's Dylan Hykawy and Trent Genyk tallied to start the second.

The Beavers' Troy O'Brien scored late in the middle frame to cut the deficit to 5-3 but it was all Warren in the third.

Pawluk added a pair of goals for the hat trick while Trent Genyk netted his

second of the game midway in the period.

Pawluk also added two assists for a five-point game. Lindsay and Trent Genyk each finished the game with three points.

Travis Bosch made 40 saves for the win. He is now 5-2 with a 3.36 goals-against average and .864 save percentage.

With the win, Warren is now 6-3 and in second place in the seven-team league with 12 points. That's one point behind first-place Notre Dame (6-2-1) and two in front of Morden (5-3) and Altona (5-4).

The Merces visited Portage on Dec. 22 and will travel to Winkler on Dec. 30. Both games start at 8 p.m.

Warren's next home game is Jan. 5 when it hosts Altona. Game time is 7:30 p.m.



EXPRESS PHOTO BY JO-ANNE PROCTER

Warren Merces' Wes Pawluk scored a hat trick in his team's 8-3 victory over the Carman Beavers on Dec. 16 in Warren.

Eriksdale's annual men's bonspiel fast approaching

By Jeff Ward

The 52nd Annual Men's Bonspiel in Eriksdale is quickly approaching and organizers hope to see a slew of teams register and compete for a chance at the coveted championship trophy.

Last year saw two repeat winners: Tyler Drews of Lundar, who won the first event, and Darren Bednarek of Stonewall, who took the top prize in the second event. Repeat winners add to the excitement of the event,

said Eriksdale Curling Club president Doug Kirby, as defending one's title is a tough thing to do considering the level of competition.

Team registration is \$150 and the deadline is Jan. 11. The event is a full weekend of curling and each team is guaranteed at least three games. It takes place at the Eriksdale Recreation Centre on Jan. 12-14.

"It is tough competition. It's why I never win prizes when I play in Eriks-

dale," joked Kirby.

This event, and the women's bonspiel the following weekend, are the club's only annual fundraisers. Money raised from the silent auction and the calcutta goes towards general maintenance of the facility, plant upgrades or repairs, or the purchase of new brooms or other game items.

"We do have a lot of volunteer help as well, but there are things that cost money so this helps us raise that," said

Kirby.

One of the volunteers is Paul Ryden, who selflessly donates many hours of his time to make the ice surface. Kirby said that without the help of volunteers like Ryden, it would be much more difficult to have curling in Eriksdale.

Those interested in registering a team can contact Doug Kirby at 204-739-2761.

Eriksdale women's bonspiel all about fun, competition

By Jeff Ward

The 52nd Annual Eriksdale Women's Bonspiel has a new game show theme this year that encourages participants to dress up and play games to win fun prizes.

Like the annual men's bonspiel, the women's teams are just as competi-

tive. Eriksdale Curling Club president Doug Kirby said it's not easy to play a weekend's worth of curling and come out on top.

The event takes place on Jan. 19-21 at the Eriksdale Recreation Centre. Team registration costs \$150 and the deadline is Jan. 18. Kirby said who-

ever wins the game show side event will get a free entry into next year's bonspiel. Costumes are encouraged, and while most take part in the fun activity, it's not required.

After the men's event, this bonspiel is the second of the curling club's two annual fundraisers. Funds

raised from the silent auction and calcutta go towards helping cover regular maintenance of the facility, any upkeep the ice plant might need, and purchasing stones, brushes or brooms, if needed. Those interested in registering for the event can call Doug Kirby at 204-739-2761.

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NEWS TIPS
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ANNOUNCEMENT

ENGAGEMENT



I am thrilled to announce the engagement and upcoming wedding of my beautiful daughter Lauren Rachele to Adam Geoffrey Beaton, son of Julie and Geoff of Perth Australia. Her daddy, the Late Ross Olafson, is looking down from heaven and is very proud of his little girl's choice. Mostly because Adam is a skilled fisherman and can un-snag a pickerel rig quite easily.

The wedding will take place January 18th, 2018 in Hawaii, a spot half way between the Canadians and the Aussie's.

To celebrate their marriage I, along with Brett and Jena wish to invite all our family and friends to a Pre-Wedding Celebration/Jack & Jill Shower on Saturday, January 6th, 2018 at 7:30 p.m. at the Arborg Legion. Everyone is welcome to attend to meet Adam and extend the happy couple best wishes for their future. Please bring your dancing shoes.

-Lenore Olafson
Brett and Jena Olafson

The organizing committee respectfully asks that if friends so desire monetary gifts are preferred as the couple reside in Australia.



PUBLIC NOTICE RM OF GIMLI

NOTICE OF CHANGE TO RESIDENTIAL GARBAGE SCHEDULE

As of January 15, 2018, all residential garbage will be picked up on the same schedule as the current residential recycling schedule, which is as follows:

MONDAY:

The area east of Highway 8 to Lake Winnipeg and between Seagram Road south to Minerva Road, including, but not limited to, the following subdivisions:

- Pelican Beach
- Loni Beach
- Gimli Urban Centre
(including Autumnwood, Centre Ave W, and Vesturland)
- South Beach
- Willow Island

WEDNESDAY:

The entire Rural area West of Highway 8 from Boundary Road south to PR 229. Also the area east of Highway 8 to Lake Winnipeg and between Seagram Road north to Boundary Road, including, but not limited to, the following subdivisions:

- Silver Harbour
- Arnes
- Spruce Bay
- Bay Shore Heights
- Spruce Sands
- Glen Bay
- Ness Country
- Loch Woods
- Lake Forest
- Camp Morton
- Gilwell Estates
- Kings Park
- Aspen Park
- Gimli Business Park
- Brewster Bay
- North Gimli Estates

FRIDAY:

The area east of Highway 8 to Lake Winnipeg/Winnipeg Beach boundary and between Minerva Road south to PR 229, including, but not limited to, the following subdivisions:

- Odin Green
- Siglavik
- Miklavik
- Husavik
- Sandy Hook West
- Sandy Hook
- Sandy Hook Golf Course
- Boundary Cove

HOLIDAY SCHEDULE:

For statutory and civic holidays that fall on Monday or Wednesday the pickup will occur the day after the holiday. For a statutory and civic holiday that falls on Friday, the pickup will occur the day before.

PLEASE PLACE ALL RECYCLABLES
AT THE SAME LOCATION AS YOUR

GARBAGE BY 7 AM THE DAY OF COLLECTION.

Mayor & Council
Rural Municipality of Gimli



Evergreen School Division Employment Opportunities In Riverton, Arborg, Gimli and Wpg Beach Spare Bus Drivers

Extra-Curricular Trips: \$17.41 per hour
Regular Routes: \$87 to \$106 for daily route

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

Qualifications

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- Clear Child Abuse Registry
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THE EXPRESS
WEEKLY NEWS

CROSSWORD

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

Level: Intermediate

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

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By The Numbers

These puzzles? When you'll loveoku. This d-bendingzle will havehooked frommoment youare off, soopen yourencil and putr sudokuvy to the test!

own into nine
9 must fill each
nce in each row,
the numbers will
the boxes. The
e puzzle!

CLUES ACROSS

1. Put within
6. Learned person
12. Resistance
16. Female title
17. Logical basis for a belief
18. Of I
19. Indicates position
20. Article
21. Insignificant organizational member
22. ___ route
23. Expression of disapproval
24. Microelectromechanical systems
26. Ponds
28. Satisfy
30. Dad
31. Spanish soldier "El ___"
32. Pouch-like structure
34. Obscure unit of measurement
35. Okinawa prefecture capital
37. Platforms
39. Jazz singer Irene
40. Benefits
41. Hellenistic governors
43. Brownish-green fruit
44. Needed to see
45. Political action committee
47. Fast plane
48. Bahrain dinar
50. Urgent request
52. Raccoon genus
54. Millisecond
56. Atlanta rapper
57. Rural delivery
59. Intrauterine device
60. The Wolverine State
61. Free agent
62. For instance
63. Reduces
66. Lincoln's state
67. Quit
70. Midsections
71. Bullfighting maneuvers

33. French dynasty
36. Scottish port
38. Irish militant organization
39. Dawn
41. Musical group of seven
42. Used to fry things
43. Carrot's companion
46. Rough stone landmarks
47. Fourth son of Jacob and Leah
49. Goes against
51. Passion
53. Hard white animal fat
54. Soybean pastes
55. Beckon
58. Mountain and morning are two
60. Self-referential
64. Data executive
65. Retirement plan
68. Star Trek character Laren
69. You and I



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Monday	Dec 25	CLOSED
Tues	Dec 26	12-4
Wed-Sat	Dec 27	
	-Dec 30	9-6