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# THE EXPRESS

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WEEKLY NEWS

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## Cool school

EXPRESS PHOTO BY PATRICIA BARRETT

Gimli's SSES Grade 1 to 4 students enjoyed the fresh snow on Dec. 20. The students were all looking forward to their two-week Christmas break.

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

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## 2016 keeps Selkirk-Interlake's MP on his feet as he adapts to new role

James Bezan says being in Opposition is busier, tougher

By Austin Grabish

James Bezan is getting used to being busy. The MP for the Selkirk-Interlake Eastman riding says he has a lot more to do these days in Ottawa.

Keeping them honest is Bezan's goal as the Conservatives' new defence critic.

He's charged with keeping the new federal Liberals accountable.

The Grits are what Bezan wants to talk about today, but first, we nudge his highlight for the Interlake this year.

He says it's the end of the Freshwater Fish Marketing Corporation's monopoly.

Bezan said the announcement, made by the Pallister government, will reel fishers in the right direction.

"It allows them to go out and get better prices on the free market."

The deal is still 12 months away but will mean better business for fishers in places like Dauphin River and Lake St. Martin, Bezan said.

Now to what Bezan wants to talk about — concerns about the feds' plan

to send Canadian troops to Africa.

Defence Minister Harjit Sajjan has committed to sending Canadian troops on a three-year deployment to a number of African countries.

Bezan notes recent deaths in Mali where United Nations peacekeepers have been killed.

The MP questions why Canada wants to send troops there.

"Our concern and the concern of our veterans is what's our national interest in going to the UN for what people think is peacekeeping but it's not," he said.

"These are very dangerous missions. Let's not call this peacekeeping. If they go over there, this is a war against terrorism."

Bezan sounds the alarm about terrorist groups like ISIS — something he did as parliamentary secretary to the minister of national defence before the Liberals' April sweep.

"They are going to use blue helmets for target practice," he said speaking of ISIS and Al-Qaeda in Africa.

The alarm bells Bezan is sounding are harder these days. He's still in the

**"LET'S NOT CALL THIS PEACEKEEPING. IF THEY GO OVER THERE, THIS IS A WAR AGAINST TERRORISM."**



EXPRESS FILE PHOTO

Selkirk-Interlake-Eastman MP James Bezan

same office in Ottawa — one he's had for over 10 years.

But in Opposition, he no longer has government departments at his fingertips that can provide research and facts.

Instead, he must rely on freedom of information and parliamentary researchers to find out what the government is doing. That makes his workload heavier.

And the workload doesn't end there. In between duties as MP and defence

critic, Bezan is co-chairing the leadership campaign for Durham MP Erin O'Toole, who is running for leader of the Conservative Party of Canada.

Bezan said he didn't consider running for the Tories himself because he isn't bilingual and believes firmly that the leader of the party needs to be fluent in French.

Bezan made no hint on the phone that 2017 would be any slower.

## DFA, road repairs priorities for West Interlake in 2017

By Jeff Ward

The recovery of DFA money and the maintenance of rural roads are the two largest priorities for the RM of West Interlake Reeve Randy Helgason in 2017.

Helgason said that 2016 overall had been a positive year for the RM now in its second year after amalgamating at the beginning of 2015. The prospect of the Ward 1 petition from the West Interlake Citizens Group (WICG) is still the elephant in the room,

and Helgason said that the issue is still a constant stressor for himself and council.

He said that in January of next year,

he and the council will be meeting with provincial ministers Eileen Clarke and Blaine Pedersen to speak about the issue and that he hopes a resolution to the conflict will take place in 2017.

The focus for council is to recover the DFA funds so that the municipality can move on from the effects — now just financial — of the 2014 and 2011 floods.

"We've been pretty careful with our budgeting because of our DFA issues," said Helgason.

"But I'd like to finally put that behind us and move forward with some other

projects. Recycling, drainage and our gravel maintenance are things I want to be focusing on next year. The biggest expense in the RM is gravel and

**"EVERYONE DESERVES A CERTAIN LEVEL OF SERVICE AND WE'RE GOING TO WORK TO PROVIDE THAT."**



Randy Helgason

maintaining our rural roads. Everyone deserves a certain level of service and we're going to work to provide that."

The reeve has been taking some time off recently to focus on his own health. Helgason found out after a recent CT scan that he had suffered a stroke and his doctors have advised him to take

some time to rest and avoid undue stress. He said that everyone at the office and councillors have been very supportive since the diagnosis.

Other high priority items for Helgason in 2017 are improvements to the sewer system, lagoon and waste disposal area in Ashern. He said that due to the heavy rain throughout the summer, these systems have been strained, and the rain also caused a lot of early wear to the gravel roads.

"We want to get to the point where we can maintain our roads effectively. If we have to we will consider purchasing or renting another grader and operator," said Helgason.

The reeve thinks the break for the holidays will be good for everyone and hopes to return to the job next month rejuvenated and ready to tackle the issues ratepayers are most concerned about.



# Changes to health care in the Interlake are afoot

Interlake-Eastern RHA CEO Ron Van Denakker talks about changes for 2017

By Austin Grabish

First the good news, if everything goes according to plan, there will be significant changes to health care in the Interlake in 2017 including the creation of a new Indigenous healing centre and the opening of a long-awaited hospital in Selkirk.

Then the bad news, the Interlake is still short 25 doctors.

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker is remaining optimistic.

"We've made some significant progress," Van Denakker said.

The CEO says the Selkirk Regional Health Centre has come along "very nicely."

"That's looking really good."

Van Denakker said the project is on schedule to open in 2017 and on budget.

The latter is important as a health review from auditing firm KPMG is currently underway in the Interlake.

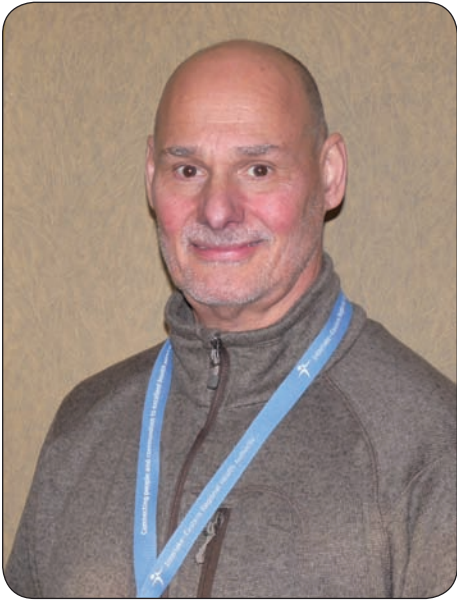
The Pallister government hired the auditing company to find efficiencies in all regions in the province's health care system.

Van Denakker said the RHA's Dr. Myron Thiessen has made progress in doctor recruitment efforts in the UK and Ireland.

"It's looking encouraging that several of those physicians that he spoke with will likely be coming over."

There are also plans in the works to create a traditional healing centre in Pine Falls that Van Denakker called "groundbreaking."

The centre, slated to open in March



Ron Van Denakker

2017, will have elders and First Nations health providers with traditional medicine. There will be a ceremonial room for smudging too.

Van Denakker said the health centre will be the first of its kind in Manitoba and will work in hand with western medicine.

It will also have a room for Indigenous peoples who are reaching the end of their life.

And the RHA's not stopping there.

Health officials are still trying to set up a clinical teaching program for the Interlake in Selkirk.

The goal of the program is to have a hub in Selkirk with student doctors working across the region in places like Arborg and Beausejour.

"We have groups of doctors that are



EXPRESS PHOTO SUBMITTED

The creation of a new Indigenous healing centre in Pine Falls is scheduled to open in March 2017.

engaged and wanting to be part of the process," Van Denakker said.



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# Dunnottar recognized for progressive conservation initiatives

By Patricia Barrett

The East Interlake Conservation District recognized the Village of Dunnottar for its efforts to improve the health of Lake Winnipeg and for its contributions to environmental health.

At its Annual General Meeting Dec. 12, the EICD presented Village Mayor Rick Gamble with a conservation award for adopting an innovative passive filter system that treats wastewater in its lagoon.

"The award-winning passive filter project is the result of almost 10 years of research and testing to develop a low-cost, low maintenance method of reducing nutrients in the effluent being released from their municipal lagoon," said EICD resource planner Audrey Boitson to about 60 or people at the Fraserwood Hall.

The Village undertook a pilot project using a smaller-scale passive filter before implementing the full-scale lagoon filter in 2014.

Boitson said it has "met or exceeded" all required environmental tests for effluent that flows into Lake Winnipeg.

EICD Chair Garry Wasylowski presented Gamble with the award.

"This is a great honour to be receiving this," said Gamble. "... Hopefully a lot of you will look at this technology. It's simple. The cost is reasonable and it works. We've never seen a sample that's been over half a milligram per litre of phosphorus since we started with the full-scale model two years ago."

He also said the passive filter is easy



Mayor Rick Gamble said the Village adopted a passive filter system for its lagoon in 2014. It has met or exceeded all required environmental testing for phosphorus and other nutrient levels.

to maintain.

In addition to the filter, Boitson said the Village was singled out for a number of waste-management strategies, which include a recycling program, curbside household hazardous waste and electronic waste collection, a used-oil recovery centre and a composting service for individual and community gardens.

The Village is currently in the process of determining the cost of solar panels



EXPRESS PHOTOS BY PATRICIA BARRETT

Garry Wasylowski (left) presented Village of Dunnottar Mayor Rick Gamble with a conservation award for a number of environmental initiatives.

for the roof of its municipal building in order to reduce heating costs and to contribute to climate change reduction strategies.

Conservation districts were formed in the 1970s. The EICD was established in 2005 from a working group headed by Bifrost-Riverton Reeve Harold Foster. Its purpose is to address soil and water management issues that complement efforts to improve the water quality of Lake Winnipeg and

its tributaries, according to the EICD's 10-Year Review.

During the AGM, the EICD celebrated its major conservation projects across the Interlake region and addressed future goals and initiatives to manage the four watershed districts which fall under its aegis. See a forthcoming edition of the *Express* for the full story.



# Happy New Year

EXPRESS PHOTO BY PATRICIA BARRETT

The RM Gimli council wishes everyone a Happy New Year. Left to right, Assistant CAO Kristin Strachan, Coun. Thora Palson, Mayor Randy Woroniuk, Coun. Danny Luprypa, Deputy Mayor Peter Peiluck and Coun. Richard Petrowski.



# Community Fund for Canada's 150th grants \$20,000

## Submitted

The Westshore Community Foundation is pleased to announce that \$20,000 has been granted to local projects that will celebrate Canada's Sesquicentennial in 2017.

The Community Fund for Canada's 150th is a collaboration between the Westshore Community Foundation, and Community Foundation's of Canada, the Government of Canada, and extraordinary leaders from coast to coast to coast. This collaboration means that the Westshore Community Foundation contributes \$10,000 and the other partners matched that money to a total of \$20,000.

In September and October of 2016 a call for grant applications celebrating Canada's 150th was opened. We received eight amazing applications from all over our catchment area. Our original total grant amount was \$10,000, but after viewing the applications received and observing that we have many communities in our catchment area, the Community Foundations of Canada offered us more funding. The board of the Westshore Community Foundation graciously agreed to add another \$5,000 and our partners agreed to another \$5,000 making our new total \$20,000.

After some very difficult deliberation, we came up with a list of grants for very deserving projects slated for 2017. These grants will help all of our communities celebrate our wonderful country and the people who live in it.

It is also a testament to the volunteerism and sense of community that we share in our area. This will be a time to show our pride and respect for a nation that we all call home.

### RM of Gimli - awarded \$2,500

Celebrating Canada 150 Gimli on July 1 and 2 with activities on Gimli Beach that support the importance of Lake Winnipeg to the vibrancy of the Gimli community.

1. The Great Canadian Song Stage: 7 p.m. to 12 midnight, July 1, on Gimli beach. Free.

To showcase iconic Canadian songs and songwriters to celebrate Canada's rich music history. Five musicians/bands from Gimli and surrounding area (minimum three) and Manitoba will be selected from an open call (supported by Manitoba Music). Each performer will select and perform their rendition of 7-9 songs from a master list of the top 100 Canadian songs plus two of their own songs. Performers selected to ensure different music genres represented.

2. Love Our Lake Day: 11 a.m.-3 p.m., July 2 on Gimli Beach, boardwalk and

harbour.

## FREE

To offer hands-on activities focusing on environmental issues facing Lake Winnipeg and the impact a healthy lake has on Gimli's economy (tourism, fisheries, agriculture, recreation, etc.).

- Informational activities from organizations to create awareness of what the public can do.

- Interactive activities related to recreational beach and water sports and fishing industry.

- Music stage featuring GHS band students and young musicians.

Both events will provide memorable opportunities for residents and tourists of all ages to come together in Gimli to celebrate Canada 150.

### Indigenous Celebration - Riverton & District Friendship Centre Inc. - awarded \$2,000

A cultural evening celebrating Canada's 150th year and showcasing Indigenous cultures in Canada at the Riverton Community Centre.

The project will celebrate Canada's 150th year while showcasing Indigenous culture in our area. Community members will be invited to participate and immerse themselves in Indigenous culture. There will be Indigenous entertainment and cultural dishes served. Eighty per cent of the performers will be community youth members, which includes throat singing, jigging, fiddling and traditional pow wow dancing. The evening will end with a firework celebration. The goal is to promote community unity and celebration of Canada.

### Canada 150 Walking Trail - Village of Dunnottar awarded \$2,500

The Canada 150 Walking Trail is designed to allow residents, tourist and guests the ability to explore the Village while maintaining an active lifestyle. The Canada 150 Walking Trail will be a one-mile stretch of a continuous walking trail throughout the entire Village. The goal for this project to promote an active and healthy lifestyle for residents, tourists and visitors, by providing them access to a walking trail that spans the entire Village. The creation of this trail will give users the opportunity utilize a safe and scenic environment for walking, sightseeing and allow for healthy and active enjoyment of the community.

The Walking Trail will be open to everyone residing in or visiting the Village of Dunnottar. The Trail will be designed to allow persons of all ages and abilities to get out and be active in the community. The trail will run



parallel to Railway Street between Ponemah Road and Whytewold Road.

### Gimli Ice Festival - Cooley's Ice Park - Rural Municipality of Gimli - awarded \$1,000

A focal point of celebrating Canada 150 starting at the turn of the new year, as well as the community, culture, heritage and history of the RM of Gimli leading up to the annual Gimli Ice Festival. This Gimli Canada 150 celebratory kick-off project is a special initiative of the Gimli Ice Festival, which has been Gimli's signature winter event for the past five years. To understand the importance of this project, you simply need to know what the festival's primary mission has been since its conception, to engage every sector of the community and invite them to participate in what's become Gimli's only all-inclusive festival. In that spirit, the festival has plans to create Cooley's Ice Park in January 2017 near the Gimli harbour front, named after the festival's popular polar bear mascot and community ambassador, "Cooley." The goal of this project is to remind all residents and visitors to Gimli as to what makes us a truly Canadian community. This will be done through the creation of four large snow sculptures, each one being a representative symbol of what makes "Gimli Canadian" by recognizing, Our Community, Our Culture, Our Heritage, and Our History. See drawings of the four planned snow sculpture with this application.

Each snow sculpture will also have a specially made "Gimli Canada 150" 2'x4' sign placed next to it indicating which one of these four community symbols it represents.

### Great Canadian Film Series - Gimli Film Festival - awarded \$1,000

Screen and discuss 15-20 hours of the best Canadian films that showcase great Canadian stories and inspire a deeper understanding of Canada. Screen 15 to 20 hours of films, show-

case great Canadian stories through retrospective of the best Canadian films that represent the diversity of Canada's past, Canadian's hopes and dreams.

- Six guests (filmmakers or film topic experts) invited to attend GFF to provide a Q & A about the film, their film career and/or provide in depth discussion and interchange on the film topic. Discourse will also focus on the future of film/film industry and/or the film topic and how it's changing, how Canadians can have an impact and a voice. The screenings will set the stage for Canadians to continue to dream about the future of Canada and what it can be. The films will be screened at a special price of \$5/film including one screening of short films (regular GFF ticket price is \$10). All films are free for GFF pass holders.

- GFF is a respected curator of "must see" films. This solid reputation will bring additional film fans in droves to see the film series. Offering the film series during the GFF 2017 will utilize the expensive infrastructure already

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# getfishing

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## > ARNIE WEIDL Winter fun and ice fishing have begun

Hi gang. On New Year's Eve, we celebrate the hope for better things to come. In our world of winter outdoor sport, two young guys at Sunset Beach bay just south of Grand Marais are making things better.

The winter ice fishing culture in Manitoba is evolving at a mind spinning rate. On the thick ice pack of our waterways, traditional small hard wall shacks now sit side by side with portable soft wall shacks, house-sized custom trailers, bombardiers, snowbears, sleds, ATVs and now rental shacks, thanks to Curt Bayak and Terry Roth. They built a bunch of ice shacks, towed them onto their bay and are renting them out. Good for you, guys.

During one of our conversations, Curt told me once the shacks were out, his grandfather came and they "baptized" one of them catching their limit in an hour. His granddad, always gracious, having caught the most fish, explained his luck by offering that the fishing is always good on "first ice." When I asked Curt if he had ever had an unusual fishing experience, he thought for a minute. Then he smiled sheepishly, saying, "Yes, last spring I went onto Jessica Lake southeast of Pinawa for some fishing and almost lost my lunch."

He went on, describing how he was clipping along over smooth ice on his sled enjoying a beautiful early spring warm sunny day when he felt the back end of his sled drop. Then he heard the motor go under heavy load. He tensed, his senses alert. Almost instantly, he saw his skis break through the ice and water began splashing over them. Instinctively, he sat back



EXPRESS PHOTO SUBMITTED

Curt Bayak with a pickerel he caught standing on front of his and Terry Roth's rental shacks.

on his seat and clamped the throttle tight, forcing the machine to rear up and shoot forward, planing over patches of water pockets.

He tore along, being sprayed with icy water every time he hit a patch of water trapped between the lower thick ice and a top thin layer. Close to the south shore, he hit true solid ice and stopped letting the sled idle. Water steamed off the motor. He stood looking back at his trail of ice and water, and to his surprise, his baloney sand-

wiches, hot coffee canister and fishing gear were strewn everywhere. They had flown off the back of the bucking sled in his rush for shore. He had no choice. Leaving the sled running, he gingerly walked back and collected all his belongings. Carrying his much-loved baloney sandwiches and dragging his other gear, he got to shore and made camp at dusk.

Before the snowstorm two weeks

Continued on page 7

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# Sigfusson prioritizes new arena and community hall for 2017

By Jeff Ward

With 2016 in the rearview mirror, Coldwell Reeve Brian Sigfusson is setting his sights squarely on 2017 as a year for big things for the municipality.

The reeve said that he'd like to see the new arena complex finally get the green light in 2017 because it brings with it a myriad of benefits for the RM. Sigfusson explained that the complex has been on the horizon for many years and he'd like to see it come to fruition. Along with the arena is a plan to work with

the province to complete work on PR 419, which connects Highway 6 to Highway 7 through the heart of Coldwell. Sigfusson said the road is a vital connection to the rest of the Interlake and he'd like to see easier travelling

between towns.

"I believe work like that benefits all of the Interlake, not just Coldwell," said Sigfusson.

"We need connections across the Interlake because all these things

help make us a better place for businesses, families and tourism. When there are routes through the Interlake, it makes our area more sellable."

Sigfusson said that he

and council would also like to tackle improvement projects for their drainage system, which he believes can be accomplished next year. He points to DFA recovery as one of the many positives to come from 2016 as well as the

**"WE NEED CONNECTIONS ACROSS THE INTERLAKE BECAUSE ALL THESE THINGS HELP MAKE US A BETTER PLACE FOR BUSINESSES, FAMILIES AND TOURISM."**



Brian Sigfusson

reeve explained that the added attention to the conversation of the former RM of Eriksdale trying to split off from their amalgamated RM of West Interlake and attempt to join Coldwell in a new partnership made for some frustrating times.

"I don't feel there is anything to gain on our part with that arrangement. It ends up costing us money that I would rather spend on other things," said Sigfusson.

Sigfusson said that he knows he can't please everyone all of the time and that it can be a tough thing to reconcile. He wants to do good by all ratepayers but knows there are many decisions that he has to make that people will disagree with. He added that he likes to get feedback from the community as often as possible because it helps him and his council make informed decisions.

The reeve said that since the flood of 2014, the municipality has rebounded nicely and that while there is still much to be done the direction that Coldwell is moving is a positive one.

installation of the cell tower booster in Lundar. Both events were a big step forward in Sigfusson's eyes.

For all the successes in 2016, there were some challenges as well. The

## > COMMUNITY FUND, FROM PG. 5

be in place and build on the annual audience base of 10,000 to 12,000.

**John Ramsay Project - New Iceland Heritage Museum Inc. - awarded: \$10,000**

A short film, featuring the heroic and tragic story of John Ramsay, will be made and will become a permanent exhibit in the New Iceland Heritage Museum — an exhibit that will celebrate the long-standing relationship between First Nations and Icelandic people who live and work together on the West Shore of Lake Winnipeg. A new video exhibit at the New Iceland Heritage Museum will explore and celebrate the fascinating and long-standing relationship between First Nations people and the Icelanders who settled on the West shore of Lake Winnipeg. The centrepiece of this exhibit will be the tragic story of John Ramsay. Instead of doing a standard museum treatment, we have approached William Prince, a rising star on Canada's music scene and a member of the Peguis First Nation, to write a compelling, original ballad that tells the John Ramsay story in a music video. Ramsay was a member of Prince's band. Ramsay's descendants will be a part of the storytelling, too. It was Ramsay who made sure the settlers did not starve and when a terrible Smallpox epidemic swept through the colony in 1876, Ramsay brought a doctor north. The aboriginal community at Sandy Bar, includ-

ing most of Ramsay's family, was wiped out by the Smallpox epidemic and 100 souls from the fledgling Icelandic community perished too. After Ramsay's death, he appeared in a settler's dreams, beseeching him to go to his wife's grave and repair it, which the settler did. That community spirit continues today and will be celebrated in this exhibit.

**Riverton Reunion Days - Riverton Bifrost Recreation Commission - awarded \$1000**

A summer celebration of community heritage, homecoming for past residence and strengthen community partnerships. 2017 Riverton Reunion Days will be a three-day event and include 50th year anniversary of the Riverton School, numerous family events, barbecue(s) and formal dinner, Hootenanny production (anticipate 800-plus in attendance), car show, motorcycle rally, Elks Kids Fishing Derby, tours of the new Icelandic River Lodge, the Riverton Transportation Heritage Centre and Icelandic "Engimyri House," memorial dedication Fridrika, talent shows, food venues, children's activities, pancake breakfasts, fireworks, beach volleyball and dunk tank. Icelandic River showcase of boats, duck races, canoe races and an interdenominational church service. All partners, working together will share our history — cultural, social and economic.

## > GET FISHING, FROM PG. 6

ago, I was at Breezy Point. It was cold but you could still see grass between snow patches. I got talking to three young chaps from Selkirk, Bretton Sewchuk, Jesse Waterman and Brandon Sutherland, who had just loaded their boat after a day of fishing. While we were joking around, as they showed me their catch, I couldn't help noticing some trampled snow in their boat. I asked them why they hadn't tossed the snow out before launching.

"We didn't want to wait," Jesse quipped, "but the snow on the aluminum boat bottom made it super slippery and we did wind up on our butts more than once."

After we stopped laughing about that, I think it was Brandon who said he remembered when they were fishing here last winter and his dad decided to pull their shack

to a different spot with Brandon in it. As they were bouncing along, the door flew open and Brandon's best rod holder fell out. He was determined to get it back so he put his sled helmet on (he wasn't sure why) and jumped out of the moving shack, tumbling onto the ice. He rescued his holder as a cousin came along on his sled. Brandon jumped on the back and headed to dad, who had stopped with their shack. As Brandon approached, the shocked expression on Pop's face was something not easily forgotten. By the way, the shoreline ice on Lake Winnipeg's south basin is fairly flat from Riverton to Winnipeg Beach but kind of rough from Matlock/Libau north to Victoria Beach.

Well, have fun New Year's Eve. See ya.

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# Rehab centre calling 2016 a success as addicts continue to recover

## Rehab centre in Gimli offers help to those struggling with alcohol, drug addiction

By Austin Grabish

The reality for many addicts is bleak, but a new rehab centre in Gimli says it's managed to make it a little brighter for some during 2016.

Paul Melnuk acquired the Aurora Recovery Centre from investors in April and re-opened the centre in June.

Melnuk was expecting a slow start but says Aurora has been anything but.

"We've had some very good successes."

The week before Christmas, the centre had 25 clients getting treatment.

People have been coming to the centre for months with a wide range of addictions including to opioids and alcohol.

Many who come to the centre have co-occurring addictions or mental health issues, Melnuk said.

"This disease can kill," he said.

Melnuk noted the recent fentanyl epidemic in Manitoba and didn't mince words when speaking about the plight of addicts.

"They either sober up or they get covered up or they end up in an institution. Those are the three choices."

The cost of sobering up at Aurora isn't cheap — a 30-day stay will set a person battling an addiction back \$17,000.

The cost goes up even more if the client needs to stay longer. Melnuk said one person stayed at the centre for 120 days this year.

"Experience will say that a 30-day stay is usually the minimum."

He insists the cost is worth it and notes it includes full medical detox —



EXPRESS FILE PHOTOS BY LINDSEY ENNS

Left photo, Marla Goldman, executive vice-president of client care services at Aurora Recovery Centre gives a tour of the centre's outdoor grounds last Thursday. For more information about the centre, visit [aurorarecoverycentre.com](http://aurorarecoverycentre.com). Right photo, Aurora Recovery Centre in Gimli has recently reopened under new management and can treat between 50 to 60 clients struggling with alcohol or drug addiction on any given day.

something he says only a few places in Canada have. The process involves full 24-hour care by doctors and nurses.

"They're leaving with tools that will help them stay sober and live a whole-some life."

Melnuk said the majority of clients coming to Aurora are from Winnipeg, but there are also people from other parts of Canada and the United States.

Right now, the majority of clients are coming in on their own, but Melnuk said the Canadian military recently approved Aurora as a treatment centre for its members.

When the centre originally opened

in 2015, its investors were counting on revenue from large insurance companies and the RCMP with members that needed treatment.

Plans fell through and the centre closed until Melnuk re-opened it this year.

Melnuk said after a hiatus, the centre is now changing lives.

"Our people are very passionate about helping addicts recover from what can be a fatal disease," he said.

"Each situation is different, and as we are working with a client through the treatment process, we hope that as they begin to experience the miracle of their own recovery that they

will choose to stay until they're ready to reintegrate into normal living."

People wanting to get help can check themselves in at Aurora or they can come with an interventionist.

When they arrive, a nurse assesses the client and then detox protocol is created based on the drug the client is battling an addiction with.

Melnuk says if an addict gets cold feet, that's OK too.

"People are not confined. They come in willingly, and so if they choose, they can leave on their own."

## Travellers should be aware of emergency care options

### Submitted

Interlake-Eastern RHA strongly encourages anyone who is traveling through the province for the holidays to be aware of the location of the nearest hospital and how to access emergency care. Services in some emergency departments may be temporarily unavailable if a doctor is not available onsite.

"Emergency department schedules indicating doctor availability

are now posted online and via a toll-free number because communities have told us loud and clear that they need this information," said Ron Van Denakker, Interlake-Eastern RHA's CEO. "We have worked with our doctors and hospital emergency department teams to make these available publicly."

People can call toll-free 1-866-267-5818 to hear about the avail-

ability of a doctor in an emergency department. These schedules are also posted online at [www.ierha.ca](http://www.ierha.ca) under "Care in your hospital" and "Emergency department schedules."

If people come to an ED without a doctor onsite, they are advised to please come inside and speak with a nurse who can assess their health status and identify care options.

When an emergency occurs, always call 911 or the local 10-digit number for emergencies. Paramedics will provide care and transport to the required care providers.

"We continue to recruit doctors to our region to deliver emergency department care and we are anticipating more doctors coming to our region in 2017," Van Denakker said.



# Construction, maintenance top priorities for Grahamdale in 2017

By Jeff Ward

RM of Grahamdale Reeve Clifford Halaburda is looking at infrastructure maintenance as his top priority for the municipality next year.

Halaburda said that the municipality had a very productive year in 2016 and that he's looking forward to continuing the projects that he couldn't accomplish this year. He points to a very wet fall season and a summer filled with constant rain as some of the biggest challenges in 2016. The almost weekly rain didn't make for the easiest road and drainage maintenance, but he said he was impressed by the crew in their ability to still get so much work done, given the conditions.

"Even with it being a very wet year, we managed to clean up a lot of our drains," said Halaburda.

"We managed to shape up our roads as best we can but we still have a lot

of construction going on and that will carry over into 2017. I think next year is going to look really good."

Halaburda is excited about a number of projects the RM is investing in next year, one being the development and improvements to the Steep Rock Beach Park campground. The RM has extended a line of credit of \$400,000 to make improvements and expand the campground. The money will be repaid to the municipality over the span of 10 years at \$40,000 per year, and Halaburda believes that the expansion and upgrades will encourage more tourism growth in the

area. He points to the long waiting list for seasonal spots as a good identifier that there is some significant interest in the area.

An upcoming challenge for the municipality is the talk of a possible flood in the spring.

"The problem in our area is that the water table is too high. Our soil is saturated with water already, so if we have a quick melt or even just a few heavy rain-

storms, that water will show up quickly. The ground can't take any more water. It's still early but anything is possible. I hope it doesn't happen,"

said the reeve.

Another challenge for 2017 is the continued degradation of PR 239. Halaburda said that he wants to work with the province on getting that road fixed. PR 239 connects Highway 6 to Steep Rock, and if tourism is going to see an increase, he doesn't want that road to be the reason that keeps people out of Grahamdale.

"For the people that live there, the tourists and for Graymont, we need a better road. An RM our size doesn't have the ability to fix it ourselves, but we are willing to work with the province to fix that road," said Halaburda.

On a more personal note, Halaburda said that he is excited to see the Moosehorn Hotel have its grand opening next year. And said that having that building back in town will certainly be a high point for the community in 2017.

"THE GROUND CAN'T TAKE ANYMORE WATER. IT'S STILL EARLY BUT ANYTHING IS POSSIBLE. I HOPE IT DOESN'T HAPPEN."

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## How to use a block heater to survive the winter

Learning how to use a block heater is a rite of passage for anyone living in the northern part of the country, where winters can be harsh and temperatures regularly drop below the freezing point. You know you're in a cold part of the world when you see little plugs dangling from the grilles of every car you encounter on the street. Have you ever wondered what those things are? Or exactly how a block heater works? It's an interesting, yet simple device that has probably saved more engines and gotten more people to work on time than any other winter-specific automotive add-on.

The Key Is Coolant

Although the term "block heater" is most common when referring to these winter warming devices, in reality most designs feature a "freeze plug" installed in place of your engine's expansion plug. This serves to actually heat up the coolant that flows through your motor. Even though antifreeze isn't circulating when the engine is off, the heat from the plug transfers throughout the cooling system via this fluid and slowly creates a blanket of warmth throughout the engine block. In turn, this also keeps the engine's oil temperature from plummeting to the point of a solid, sticky mess.

Easier Starting, Warmer Cabin

Why is it so important to keep oil and coolant warm in the dead of winter? When being instructed on how to use a block heater, you'll often hear how thick, cold oil can't adequately lubricate the inside of your engine. This issue can lead to damage and excessive wear during a cold start.

A block heater keeps the motor just warm enough that oil is able to flow properly, which also eliminates resistance from the pistons while they are being turned by the starter. A car that starts quickly is only one positive aspect of learning how to use a block heater. Your car's climate control system uses coolant to warm up the cabin, so it gets nice and toasty that much faster if the vehicle has been plugged in.

When To Plug In?

Wondering how to use this tool most effectively in the winter months? On a modern vehicle, there's very little need to operate the block heater for more than four hours prior to starting up in the morning. This means you can save on electrical costs by using a timer to activate the heater at just the right moment in the early hours of the morning.

For more information about block heaters visit your local auto service provider to have a chat.

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# Animal doc says being a vet is a rewarding career

By Austin Grabish

Kara Rutherford always wanted to be a vet even when she was rejected.

"It was really the only career I'd ever seriously considered," said the 25-year-old who hails from a grain farm in Grosse Isle.

Rutherford had horses growing up, was heavily involved in shadowing draft horses, and was always around cats and dogs.

She learned to appreciate the work it takes on a farm, especially when it comes to driving.

"Growing up on a farm, you know, I have an appreciation for what it takes to produce food."

So, being a vet just made sense. It's the reason she enrolled in pre-vet school at the University of Manitoba after graduating high school in 2009.

"It just kind of fit with my love of animals," Rutherford said.

But there was just one problem — she had to apply twice just to get into the intensive field of studies.

Looking back on the experience now, she said it was a good experience and just reinforced that she wanted to be there.

The real work started for Rutherford when she graduated and headed west to start a four-year program at the Western College of Veterinary Medicine at the University of Saskatch-

ewan.

There, she had to work hard and make some tough decisions like what field of veterinarian medicine she wanted to work in.

"I kind of was playing with the idea of specializing in equine medicine, but once I got into school, I found I enjoyed everything too much to pick one thing to specialize in," she said, adding she's always had a strong love for horses.

The fun for Rutherford came in her last year when she got to work in the field doing vet rotations.

The work sometimes involved cows and led her to start doing work as a student for Woodlands Vet Clinic.

The clinic is her new employer — something Rutherford said she's very grateful for, say-

ing she never expected to find a job so close to home after graduating university in April.

Since graduating, she's learned more and worked with more cows.

Her first night working on call, she ended up half an hour north of Fisher Branch to perform an emergency C-section on a cow.

"It's a lot of fun and every day is different," Rutherford said.

The recent grad has a message to aspiring veterinarians who may be pondering the idea of going to vet school.

"It's totally worth it. You just have

**"YOU JUST HAVE TO TAKE A DEEP BREATH BEFORE YOU JUMP IN."**



EXPRESS PHOTO BY JO-ANNE PROCTER

Veterinarian Kara Rutherford checks Bernese Mountain pup Nova's vitals at a recent visit.

to work hard. You have to know what you're getting into — vet school's a lot of work, and it's a truly rewarding career to get through it, but it takes a lot of hard work and a lot of dedication, and you have to really want it."

And on dealing with tricky and

stressful situations like a cow birth in the darkness of the night, she says this:

"You just have to take a deep breath before you jump in."

## KidFish to benefit children's hospital, CancerCare

By Dave Baxter

Garther Cheung still has fond memories of the crowds and smiling faces he saw out on the Red River last January during the KidFish Ice Derby.

"The vibe of this tournament is what we look forward to every year," Cheung, one of the organizers of the annual tournament said. "You hear the sounds of kids laughing and see all the smiles on everyone's faces. It has such a positive vibe. It's a feel-good event."

Cheung and a group of volunteers are now working to put on the third annual KidFish Ice Derby, which is scheduled for Sunday, Jan. 8, 2017, at the Selkirk Float Plane Base, with gates set to open at 8 a.m. and the derby set to run from 10 a.m. until 2 p.m.

Tickets for the ice-fishing derby are

\$25 for both adults and children, and all money raised from the event goes to the Children's Hospital Foundation of Manitoba and the CancerCare Manitoba Foundation.

Last year through ticket sales, donations and sponsorships the tournament, brought in more than \$34,000 with \$15,233 going to the Children's Hospital Foundation of Manitoba, and \$14,500 going to the CancerCare Manitoba Foundation.

An additional \$2,000 also went to the CancerCare Manitoba Foundation specifically for their Guardian Angel Care Room program, which provides hairpieces for girls between the age of eight and 10.

Cheung said all the money raised always goes to causes that help sick children and youth in Manitoba, and

they hope to raise even more money this January.

"Every year it gets bigger and better," he said. "The turnout since we started has been completely beyond anything we had ever expected."

"It's just a sea of people out on the ice."

He added about 1,200 participants took part last January, and that included about 400 children and youth.

"It's unbelievable the support we get not just from the Selkirk area, but from right across Manitoba and from the fishing community."

The derby aims to raise money but also to get families and children outside and having a good time together, Cheung said.

"This is to get kids into the outdoors," he said. "These days, kids are so con-

sumed with their electronics and their phones that they forget how fun it is to just go outside."

The first 200 kids that show up to the derby will get a free ice fishing rod.

There will be Top 10 prizes that can be won by all ages, as well as Top 5 prizes for children 16 and under.

Cheung added that because of the over 60 sponsors they have lined up this year, they will be handing out prizes to children throughout the day.

Tickets are still available, and for more information on the derby or how to get tickets, visit the "KidFish Ice Derby" Facebook page or call Garther Cheung at 204-291-8628.

If ice conditions do not allow for the derby to be held on Jan. 8, organizers have said it would be rescheduled for Jan. 22.



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# get inspired

> MEAL IDEAS

## Roasted Figs with Honey



- 8 fresh ripe black figs
- 1 tbsp (15 mL) liquid local honey
- 1 tbsp (15 mL) sliced hazelnuts or almonds
- 2 tbsp (25 mL) crumbled goat

cheese or ricotta (optional)

Directions

Cut figs in half almost all the way, leaving them still attached on one side. Place them open slightly in small casserole dish.

Drizzle with honey and sprinkle with hazelnuts. Bake in 375° F (190° C) oven for about 15 minutes or until nuts are light golden and juices start to release from figs. Remove from oven and sprinkle with goat cheese if using.

Apricot variation: Use 8 large fresh apricots for the figs.

Tip: Enjoy warm or cold. Wrap leftovers with plastic wrap and refrigerate for up to 2 days.

## Sugar Cookies

- 1 cup (2 sticks) butter (no substitutions), softened
- 1/2 cup sugar
- 1 large egg
- 1 tablespoon vanilla extract
- 3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- Frosting (optional)
- Coarse sugar crystals, silver dragees, holiday decors (optional decorations)

1. Preheat oven to 350 F. In large bowl, with mixer on low speed, beat butter and sugar until blended. Increase speed to high; beat until light and creamy. On low speed, beat in egg and vanilla. Beat in flour, baking powder and salt until blended.

2. Divide dough into 4 equal pieces; flatten each piece into a disk. Wrap each disk with plastic wrap and

refrigerate 1 hour or until dough is firm enough to roll. (Or place dough in freezer 30 minutes.)

3. On a lightly floured surface with a floured rolling pin, roll 1 piece of dough 1/8 inch thick. With floured 3-inch to 4-inch cookie cutters, cut dough into as many cookies as possible; wrap and refrigerate trimmings. Place cookies, 1 inch apart, on ungreased large cookie sheet.

4. Bake cookies 10 to 12 minutes or until lightly browned. Transfer cookies to wire rack to cool. Repeat with remaining dough and trimmings.

5. When cookies are cool, decorate with frosting if you like; use along with sugars and candies to decorate cookies. Set cookies aside to allow frosting to dry completely, about 1 hour. Store in tightly covered container (with waxed paper between layers if decorated) at room temperature up to 2 weeks, or in freezer up to 3 months.

## Hickory Nut Pie

- 1/2 recipe Plain Pie Pastry (see box)
- 1 cup light corn syrup
- 1/2 cup unsalted butter, melted
- 1 cup sugar
- 4 eggs, beaten
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

Preheat the oven to 325 F. Line a 9-inch pie plate with the rolled out crust and pour the nuts into the crust.

Combine the corn syrup, butter and sugar in a saucepan over low heat and

cook, stirring constantly, until sugar is entirely dissolved, about 15 to 20 minutes. Cool for about 10 minutes.

Beat the eggs, vanilla and salt in a small bowl, then add to the sugar mixture and beat well. Spread the filling evenly in the crust.

Bake for 50 to 55 minutes, until the center is set and doesn't jiggle when the pan is tapped. Cool on wire rack for at least 30 minutes before slicing. This pie can be served warm or cold.

# Put learning on your list of New Year's resolutions

Submitted

This year, make a resolution for lifelong learning with these literacy tips from ABC Life Literacy Canada:

- Take a course or upgrade your skills. People with higher literacy skills earn more income, are less likely to be unemployed and are more likely to find full-time work. To find help with reading, writing and math, visit [www.LookUnderLearn.ca](http://www.LookUnderLearn.ca).

- Read aloud together, no matter how old you are. Reading ability is like a muscle -if you don't exercise it often, you may not be able to maintain the same level of reading ability as you age. Encourage all family members to read and discuss items from newspapers and websites to keep up-to-date on what is happening around the world.

- Exercise your mind. Challenge yourself by doing the daily crossword or Sudoku puzzle.

- Write on. Keep a journal to express your thoughts and help polish your writing skills. Or, send a handwritten letter or thank you note to a

friend, family member or co-worker.

- Be a mentor. Offer to proofread homework or verify math answers after your child has done the work.

- Give the gift of words. Need inspiration for birthday, wedding or anniversary gifts this year? Why not give magazine subscriptions, books, or make a donation to a literacy organization in your community?

- Start a book club. Spend time with some of your favourite people talking about some of your favourite characters. Go online for tips on how to get started.

- Participate in Family Literacy Day®. On January 27, 2017, thousands of Canadians will take part in Family Literacy Day events in schools, libraries, literacy organizations and homes across the country. Find out how to join in at [www.FamilyLiteracyDay.ca](http://www.FamilyLiteracyDay.ca).

For more fun literacy tips and activities to help you keep your skills sharp year-round, visit [www.FamilyLiteracyDay.ca](http://www.FamilyLiteracyDay.ca).

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**SIDEBAR: Plain Pie Pastry**  
Makes two 9-inch pie crusts

- 2 cups all-purpose flour
- 1 teaspoon salt
- 2/3 cup vegetable shortening
- 5 to 7 tablespoons cold milk

Sift the flour and salt into a bowl. Cut in the shortening with a pastry blender until it is the size of small peas. Sprinkle 1 tablespoon of the milk over part of the flour mixture. Gently toss with a fork and push to the side of the bowl. Sprinkle another tablespoon of milk over another dry

part, toss with a fork and push to the side of the bowl. Repeat with the remaining milk until all of the flour mixture is moistened.

Press the dough together to form 2 equal balls, then flatten into disks. Roll out the crusts right away, or wrap the dough tightly, smoothing out any little wrinkles or air pockets, and refrigerate for up to 2 weeks. On a lightly floured surface, roll out each ball to a thickness of 1/8 inch. Use a light touch and handle the dough as little as possible.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Sprague attends Team Canada football evaluation camp

By Brian Bowman

Most young women were probably doing some last-minute Christmas shopping last Saturday.

But Julie Sprague had something else on her mind — football.

The Grosse Isle standout was in Moose Jaw on Dec. 19 after being invited to attend Team Canada's one-day evaluation camp.

"It was a cool experience," said Sprague Monday morning. "I was excited to go to it because I didn't think I would be able to because I was too young to do the provincial team. But they made exceptions for a bunch of people."

At just 18 years old, Sprague was much younger than most of the players at the camp, who were in their mid to late twenties.

"My goal out of the camp was to see what it's like, so I'm prepared (for the next one)," said Sprague, a member of the Manitoba Fearless women's tackle football team. "They go every four years, so my plan is to make Team Canada (in four years)."

Sprague, who went out for the try-out camp as a tight end/fullback, said there was plenty of talent at the evaluation camp. She noted that there was

a similar camp also held in Montreal this year.

The experience of the camp will prove invaluable to Sprague in her football career.

"I've been with the same coaches for a long time," she said. "But going to a camp with different coaches was so invaluable. I felt like I learned a lot."

Sprague also learned from a different perspective. As an Interlake Thunder coach, Sprague felt she understood the playbook much better than some of the other running backs at the camp.

"I think that's from coaching," she said. "Coaching is a huge thing to prepare because you just learn the game more and more."

To prepare for the next Team Canada evaluation camp, Sprague will be working hard in the gym with weight training. She is currently a shotgun thrower with the University of Manitoba Bisons.

Sprague hopes to be injury-free in the next few years to give herself the best shot at making Team Canada. She will, no doubt, improve as a player as she continues to play for the Manitoba Fearless.

"Usually I play in the fall as well,"



EXPRESS PHOTO BY TERRI WOLFE

Running back Julie Sprague of Grosse Isle attended Team Canada's one-day evaluation camp in Moose Jaw on Dec. 19.

Sprague said, adding she wanted to thank the Fearless and Thunder for their huge support in preparing her for the camp.

"But I decided not to (this year) just to prepare for this camp and I wanted to stay healthy. I've had some injury issues in the last couple of years."



EXPRESS PHOTO SUBMITTED

Balmoral's Matthew Stanley has played 17 regular-season games with the WHL's Swift Current Broncos this season.

## Stanley enjoying the WHL life in Swift Current

By Brian Bowman

Matthew Stanley was glad to be home for Christmas.

But he is really loving life as a Western Hockey League player.

The talented 18-year-old defenceman from Balmoral is enjoying his first full season with the Swift Current Broncos.

"It's been great, I love it there," said Stanley, back home for the holidays, last week.

After playing a handful of exhibition games with Swift Current last season, the left-handed shooting blueliner has already dressed for 17 regular-season games before the holiday break.

It's been tough, at times, for Stanley to get into the Broncos' lineup. Swift Current has a talented team this season, compiling a solid 18-10-3-4 record. That mark had the Broncos in fourth spot in the Eastern Conference standings.

"We have a pretty good club," Stanley said. "We have a new head coach Manny (Viveiros) and he's been really good. He's brought the guys in and they're real close together."

Playing with a winning WHL team is a pretty good feeling for Stanley. Last year, he played 36 regular-season games with the MJHL's Steinbach

Continued on page 17



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Express sports roundup

By Brian Bowman

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

Here are some of the highlights from 2016.



Paige Lindell, left, and Jodie Stewart

### January

Several Manitoba women — including a pair from the Interlake — had a hockey experience of a lifetime over the holidays.

Local players included Jodie Stewart of Stonewall and Paige Lindell of Eriksdale. Lee Stewart, the mother of Jodie, was one of the coaches.

In total, 34 current and former Manitoba Junior Women's Hockey League players (making up two teams) departed Winnipeg on Dec. 26 for Stockholm, Sweden.

In basketball, the Gimli Lakers lost 56-34 to the Selkirk Royals in the championship game of their varsity boys' home tournament.

Gimli started the tournament with a convincing 50-26 win over Powerview and then edged Roblin 42-39.

At the Teulon Saints Invitational, meanwhile, Gimli defeated Morris 62-42 to win the consolation final.

### February

The Arborg Skating Club hosted the 2016 Skate Canada Manitoba Open Free Skate Competition at the Arborg & District Arena.

The two-day event saw over 100 figure skaters from across Manitoba,

Saskatchewan and Ontario.



Carter Johnson

Corpus Christie IceRays' forward Carter Johnson committed to the Miami University RedHawks, a NCAA Division I program that plays out of Oxford, Ohio, for the 2016-17 season.

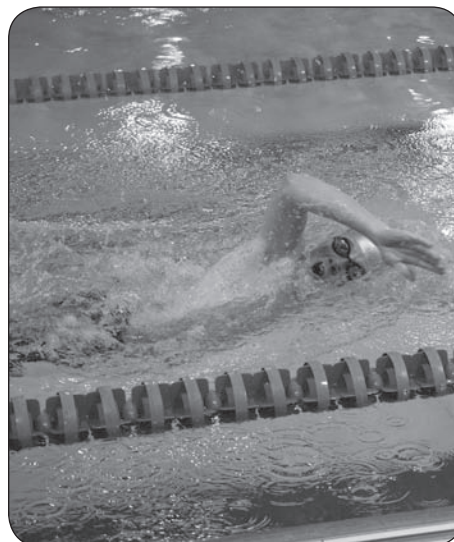
Johnson had three assists through 17 games for the RedHawks this season.

Sandy Hook's Dale Lott and his two sons, Tanner and Colton, were each on separate teams, vying for a men's provincial curling championship in Selkirk.



Kerri Einarson

Mike McEwen-Fort Rouge and his crew doubled Matt Dunstone's young guns, which included Colton, 4-2 in the championship game that came down to the final shot in the 10th end. Meanwhile, the bronze-medal game



Max Cockerill

the Interlake at the Junior Provincial Championships Feb. 26-28 at the Pan-Am Pool in Winnipeg.

Arborg's Max Cockerill 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 won a bronze medal in the women's 100m medley.

Gimli's Sinead Gibbs won a gold medal in the women's 50m backstroke. She also won silver 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.

### March

At the beginning of the season, the Gimli Wolves had visions of competing for a senior provincial title in April.

Instead, they were quickly dispatched in the first round of the Manitoba Senior Hockey League playoffs.

Gimli was swept in four games in their best-of-seven semifinal series against the Lac du Bonnet Blues. Lac du Bonnet won Game 4 by a 5-0 score in Gimli.

The Gimli Lakers, meanwhile, placed fourth on their home court at the MHSAA "A/AA" junior varsity boys' and girls' provincial basketball championships.

In boys' play, Gimli lost 65-57 in the third-place game to Carman Collegiate. Gimli had two players — Kalli Einarson and Eric Petrowski — selected to the tournament all-star team.

On the girls' side, Gimli was defeat-

at the 2016 Scotties Tournament of Hearts featured a pair of Manitoba teams.

Winnipeg's Jennifer Jones, representing Team Canada, made her last shot in the 10th end to score one to beat Manitoba's Kerri Einarson 8-7 to win the bronze medal Sunday in Grande Prairie, Alta.

For Camp Morton's Einarson, it was a very successful week while making her first-ever Scotties' national appearance.

James Reimer, a Morweena product, was traded by the Toronto Maple Leafs to the San Jose Sharks along with forward Jeremy Morin for goaltender Alex Stalock, forward Ben Smith and a conditional fourth-round draft pick in 2018.

The former Interlake Lightning and Red Deer Rebel was a fourth-round pick by the Leafs in 2006.

The Selkirk Dolphins represented



Lakeside Midget "B" provincial champions

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# sports & recreation

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Lake Manitoba Midget "C" provincial champions

ed 57-45 by the Killarney School Raiders in the third-place game.

Lakeside won the Male Rural "B" provincial hockey championship after a 3-1 win over MacGregor. Lakeside reached the final after doubling Ste. Rose 4-2.

At the Male Midget Rural "C" championship, Lake Manitoba won the title after beating Treherne 8-5.

In Female Bantam "AAA" Rural play, the Interlake Ice won silver medals after losing 3-2 to Eastman in the gold-medal game.

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 Mixed Provincial Championship in Neepawa.

Samagalski's rink, which features third Kerri Einarson, second Kyle Einarson, and lead Jenn Clark-Rouire, represented Manitoba at the 2017 Canadian Mixed Championships in Yarmouth, N.S. last month with Braden Calvert as skip.

The KJHL final series between the Peguis Juniors and Selkirk Fishermen was expected to be an exciting — and lengthy — one.

Sure, it was exciting. But it sure didn't last very long.

Peguis swept Selkirk in four straight games — which saw the series last just six days — after an impressive 4-2 win in Game 4 on March 29 in Selkirk.

## April

The Peguis Juniors were a dominant team in the Keystone Junior Hockey League. But they found out that the competition was a whole lot tougher at the 2016 Keystone Cup in Regina.

Peguis finished with a 1-4 record at the western junior "B" hockey championship.



Keyanna and Keyara Lea

The superstar hockey twins, Keyanna and Keyara Lea, are used to getting plenty of attention on the ice from opposition players.

So, it should have felt natural to the pair when they received plenty of attention at the annual Winnipeg Women's High School Hockey League Excellence and Leadership Awards Gala on April 13.

Keyara was deservedly selected as the winner of the CTV Division "A" Most Valuable Player Award, was recognized with the top scorer award, and was also presented the league's Top Rookie Award.

Keyanna, meanwhile, also had a great season as a rookie in the WWHSHL. She finished second in her division in goals with 25 and also had 45 points.

She was a co-winner division's top rookie award and was nominated for MVP.

## May

Winnipeg Beach's Lindsay Burns, along with close friend, Amy Clarkson, of St. Andrews, was inducted into the Manitoba Ringette Hall of Fame.

Burns, 31, grew up in Starbuck,



Lindsay Burns

Man., and played ringette there until she was 14 before she started playing "AA" in Winnipeg.

Team Manitoba won a pair of bronze medals at the 2016 National Aboriginal Hockey Championships in Mississauga.

The males won their bronze after blasting Ontario 6-1 on Saturday. Manitoba's roster included Interlake Lightning Bantam goaltender Adam Swan of Ashern, Peguis Juniors' forward Keevan Daniels-Webb of Guntton/Peguis First Nation, and Interlake Lightning defenceman Sean Loutit of Selkirk.



Reggie Leach

Reggie Leach accomplished a lot on the ice during his stellar NHL career. But, back in May, he was recognized for his work off the ice.

Leach was one of 11 deserving individuals selected to receive Manitoba's highest honour, the Order of Manitoba.

The announcement was made last by Lt.-Gov. Janice Filmon, chancellor of the order. She recognized individuals who have demonstrated excellence and achievement in a variety of fields of endeavour that have benefited the social, cultural and economic well-being of Manitoba and its residents.

## June

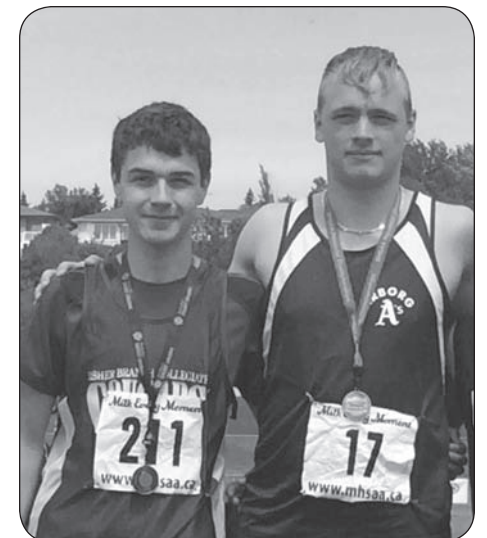
Keenan McPherson of Peguis First Nation was selected in the second round, 13th overall of the Manitoba Junior Hockey League Bantam draft in Selkirk.

McPherson, a forward, was selected by the Waywayseecappo Wolverines. Last season, McPherson led the Interlake Lightning in goals (14) and points (26) in 34 regular-season games.

Bryden Sinclair, also from Peguis, was picked by the OCN Blizzard in the fifth round, 61st overall.

The Keystone Junior Hockey League announced that the Arborg Ice Dawgs will be the host team for the 2017 Western Canadian Junior "B" Keystone Cup Championship.

The tournament, which will take place this April, will include teams from B.C., Alberta, Saskatchewan, Manitoba and northwestern Ontario. Past players at the Keystone Cup have been former Western Hockey League and Junior "A" players.



Taigen Novak, left, and Nathan Harding

The Interlake had several great performances at the Manitoba High Schools Athletic Association track and field provincials in Brandon.

Arborg Collegiate's Nathan Harding, 15, finished first overall in the junior varsity boys' javelin after an

Continued on page 16



Continued from page 15

impressive throw that landed 47.77 metres (a personal best by about six metres). That was ahead of Fisher Branch's Taigen Novak (45.90m).

Harding also placed first in the shot put after a toss of 13.84m. Both the javelin and shot put throws were Harding's personal bests.

In varsity javelin, Fisher Branch's Nikey Dillon came home with a bronze medal after a solid throw of 46.38m. Inwood's Graham Moore finished second in the junior varsity boys' discus with a throw of 31.22m.

### July

Arborg did what many teams would like to do at a provincial championship — they won their final game.

The local squad did a great job in defeating Midwest 13-4 on Saturday to close out their Bantam "A" provincials in Ile des Chenes.

Arborg opened play with a 13-5 loss to Pembina Hills and then was doubled 12-6 by the host Seine River.

The Interlake Orioles' PeeWee "AAA" earned a spot in the 10-team Manitoba PeeWee Provincial Championship in Hamiota after finishing with a 2-2 record at a qualifier.

Interlake then finished with a 2-2 record at provincials.



Garth Collings

### August

Breezy Bend's Garth Collings finished at 8-over 224 to place second at Golf Manitoba's Men's Senior Championship at Glendale Golf & Country Club.

Collings, a Matlock native, fired rounds of 75, 75 and 74. That left him five strokes behind St. Boniface's Mike Walker.

A pair of local hockey players spent some time recently sightseeing over in Europe. And, of course, they played some hockey along the way.

Riley Wirgau of Narcisse and Bryden Sinclair of Peguis First Nation spent 10 days in Europe playing against international competition. Both athletes played last season for the Interlake Lightning Bantam team.

Wirgau and Sinclair were playing on a Team Canada Cowboys hockey club

based out of Calgary. The pair was selected to play for the team after competing at a Regina tournament last season with the Lightning.

Team Manitoba, which featured three Interlake girls, won a silver medal at the 2016 16U Girls Invitational Baseball Championships in Vaughan, Ont.

Manitoba earned their silver medals after losing 11-1 to Ontario in the gold-medal game on Sunday.

Arborg's Laura Kilbrei scored Manitoba's lone run in the top of the fourth inning. Kibrei and Arborg's Jamie Johnson each had a hit in the five-inning game.

Meanwhile, Team Manitoba won a bronze medal at the Western Canadian 14U Girls' Baseball Championship in Dauphin.

Manitoba crushed B.C. 19-8 to place third on Sunday.



Jamie Johnson, left, and Laura Kilbrei

Manitoba's team included Stonewall's Anna Shewchuk, Sarah Dowsett, and Megan Humeniuk, Teulon's Jacey Ledochowski and Arborg's Brenna Barylski.

### September

Garth Collings had a great run at the Canadian Men's Senior Golf Championship in Niagara Falls, Ont., finishing in a three-way tie for 12th overall.

Collings finished at 7-over 295 after rounds of 70, 72, 81, and 72. That left the Matlock product tied with Oakville's Larry Taylor and Hong Kong's Doug Williams.

The Arborg Athletics won a single-day tournament in Riverton after defeating the host Patriots 2-0 by scores of 25-14 and 25-12 in the championship game.

Arborg reached the finals after defeating Pinaymootang 2-0 (25-11, 25-9) in a semifinal matchup.

### October

The Gimli Wolves announced that they will not be icing a hockey team this season.

The decision was necessary after the Manitoba Senior Hockey League informed the Wolves that the league did not have enough teams for the 2016-



Brayden Pawluk

17 season.

Many young hockey players played games last weekend in front of friends and family.

Brayden Pawluk and his Cheshire Academy U18 hockey team went 3-1 at a showcase in Hingham, Mass., which was viewed by plenty of USHL, college, and NHL scouts.

Pawluk, a senior, started high school at Teulon Collegiate and then spent last season at the Pilot Mound Hockey Academy. Last spring, Pawluk was in the Boston area at a showcase tournament and was approached by the Cheshire Academy scouting staff about joining their elite program.

The Interlake Thunder's Midget Football League of Manitoba season ended after a 39-9 loss to the Falcons Football Club in one of two semifinal games.

Rachel Dyck was named the first star as she made 23 saves to lead the University of Manitoba Bisons women's hockey team to a convincing 7-1 victory over the University of Regina Cougars.

Manitoba began the two-game series with a 5-1 win on Thursday night as Dyck, a Winnipeg Beach product, earned another victory. She finished the game with 16 saves.

### November

Selkirk Steelers' goaltender Hayden Dola was one of two runners up for this week's Recycle Everywhere MJHL Player of the Week award.

Dola, a Winnipeg Beach product, backstopped the Steelers to a pair of key victories while allowing just two goals.

As of Dec. 16, Dola was 11-7 with a 2.61 goals-against average and .916 save percentage. He has also posted two shutouts.

Team Manitoba placed seventh at the 2016 National Women's Under-18 Hockey Championship in Regina.

Manitoba, whose roster featured Interlake players Olivia Cvar, Kerigan Dowhy and Brooke Anderson, finished the tournament with a 6-1 win over Team Atlantic.

The Interlake's Jamie Johnson and Laura Kilbrei were members of the

Team Manitoba 16U girls' baseball team that was named the 2016 High Performance Team of the Year — Minor at an awards banquet.

Manitoba won a silver medal at the national 16U girls' championships this past summer in Vaughn, Ont.



Colton Nedotiafko

Interlake Thunder running back Colton Nedotiafko was named the Midget Football League of Manitoba's rookie of the year.

Nedotiafko plowed his way to 649 yards rushing and three touchdowns on just 113 carries — and average of 5.7 yards per rushing attempt.

Nedotiafko beat out St. Vital Mustangs' running back Breydon Stubbs for the rookie of the year award.



Griffin Chwaliboga

### December

Arborg's Griffin Chwaliboga of the Neepawa Natives was named the Manitoba Junior Hockey League's Defenceman of the Month for November.

The talented 18-year-old rearguard recorded points in six of seven games last month. He scored twice and added seven assists.

Chwaliboga was also recently named to the MJHL's top 30 college prospects list. He is one of seven defencemen along with 19 forwards and four goalies.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## > WHL, FROM PG. 13

Pistons.

"I've always dreamed of playing in the WHL and I'm finally here," he said. "Hopefully, I stay here the whole year, get better, and improve my game."

Stanley has been working a lot with Broncos' associate coach Ryan Smith. Smith is a former longtime head coach with the Selkirk Steelers.

"He has been awesome," said Stanley. "We've been doing one-on-one things and he's always giving me advice and always trying to get me better. He's a really good guy."

Stanley is looking to get a lot bet-

ter in his final years of junior hockey while, hopefully, moving up the Broncos' depth chart.

"My game is to play physical," said the six-foot, 178-pound Stanley. "That's what I like to bring to the table. (The coaches) tell me to keep it simple and make the simple play — don't try to do anything too crazy — and do my job."

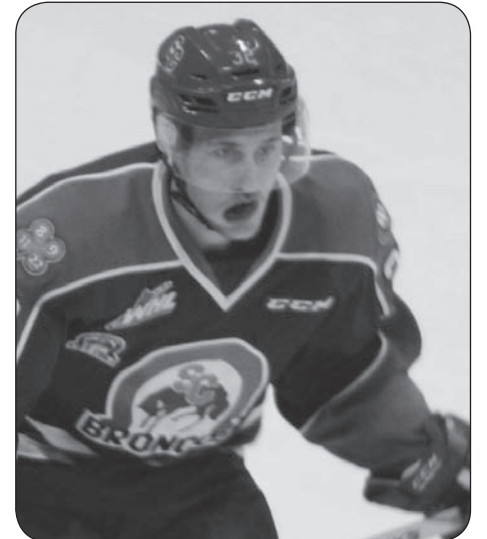
Stanley admits there is plenty of room for improvement to entrench himself as a bona fide Western Hockey League defenceman.

"I'm going to keep working on my size and try to gain some weight and

strength," he said. "I'll also work on my shot and I want to keep my game physical."

Making the move to Swift Current has been made easier by Stanley's billet family. The Rutherford family is originally from Stonewall and was specifically chosen by Stanley to be his billets.

"It's been pretty cool," he said of living with the Rutherfords. "Last year I was living in Steinbach, so this is my second year in a row (living on my own). It's been great."



Matthew Stanley

## take a break

> GAMES

### SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

#### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



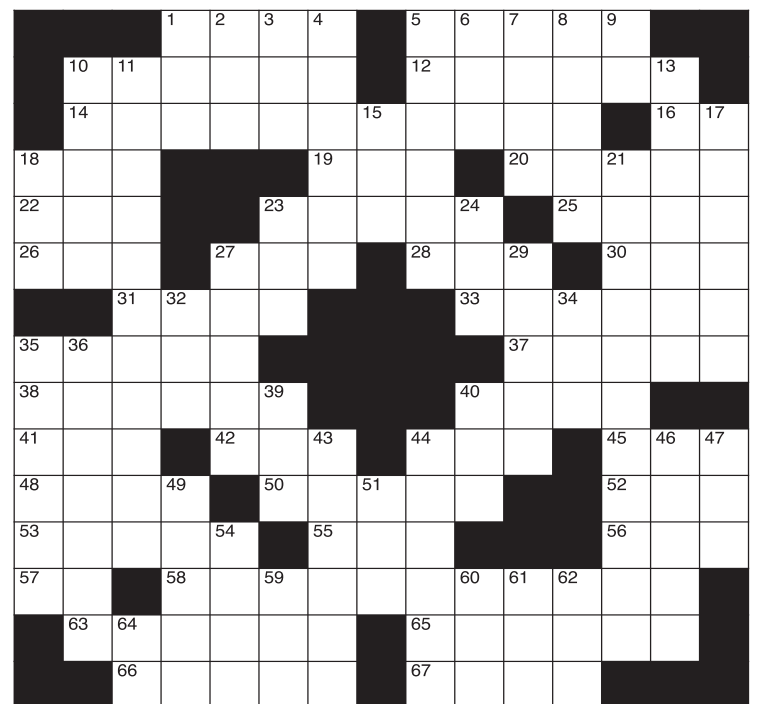
## CROSSWORD

### CLUES ACROSS

1. Isodor \_\_, American Nobel physicist
5. One a day keeps the doctor away
10. Extents
12. Noticing
14. Scriptural
16. Star Trek character Laren
18. "The Crow" actress \_\_ Ling
19. Not good
20. Measures gold
22. TV network
23. Wasting
25. Money in Ghana
26. Young girls' association
27. Title of respect
28. High schoolers take this test
30. Crunches federal numbers
31. Wild or sweet cherry
33. Celestial bodies
35. Fruit of the oak tree
37. Royal Navy ship during WWII
38. Of cherished symbols
40. Satisfy
41. 5th. day (abbr.)
42. Swiss river
44. Royal Albert Hall (abbr.)
45. Cool!
48. Flat metal shelves
50. Enclosed
52. A way to pass
53. City in Iraq
55. Printing speed measurement
56. Twitch
57. Indicates position
58. Made lawful
63. Took down
65. A way to travel on skis
66. North winds
67. Tunisian metropolis

### CLUES DOWN

1. Seafood



2. Incan god of mountains
3. Ritzy LA neighborhood \_\_ Air
4. Line that connect points of equal pressure
5. Audience-only remarks
6. Chest muscle (slang)
7. Pointed top
8. Lavender
9. Linear unit
10. Knives
11. 2016 World Series champs
13. A way to arrange
15. Talk
17. Serving no purpose
18. Container
21. Breathes new life into
23. Beloved dog Rin Tin \_\_
24. A bag-like structure in a plant or animal
27. Yemen capital

29. Sacred book of Judaism
32. Make a mistake
34. Wrestlers wrestle here
35. Respiratory issue
36. In league
39. Resinous insect secretion
40. Unhappy
43. Turbulent area of a river
44. Neglectful
46. Sours
47. Calendar month (abbr.)
49. Grooves
51. Sony Pictures Television
54. Monetary units
59. Command right
60. 1,000 cubic feet
61. Expression of triumph
62. Dinner jacket
64. The first two



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## COMING EVENTS

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## MORTGAGE SALE

The building and land known as **289 Sunset Blvd., Arborg, Manitoba**, as described in Certificate of Title No. 1124877/1 & 1124886/1 will be sold at auction by a licensed Auctioneer on Tuesday, the 17th day of January, 2017 at 2:00 P.M. at the mortgage property, 289 Sunset Blvd., Arborg, Manitoba.

To the best of the vendor's knowledge, there is situated on the mortgage property a 1,270 sq. ft. single family home on 2 acres of land, Main Floor consists of kitchen, living room/dining room with hardwood floors, wood burning fireplace, vaulted ceiling; Upper level has 3 bedrooms and 2 baths - carpet and linoleum flooring; slab foundation; detached double garage with workshop; well-treed lot. Property can be reached by travelling north on Hwy 7 from Winnipeg to Arborg (approx. 100 km) at Hwy 68 (Arborg turn off) turn right (east) onto Hwy 68; take the first left onto Sunset Blvd. property is the second lot facing Hwy 68 - Sunset Blvd. runs parallel to Hwy. 68.

Property taxes are paid in full to December 31, 2015. The property is sold subject to taxes and penalties accruing after that date as well as Caveats Nos. 1119009/1; 1119010/1 and 2125802/1 all registered by the Village of Arborg and will remain on title.

**TERMS:** Deposit of \$20,000.00 in cash, certified cheque or bank draft payable to Aikins, MacAulay & Thorvaldson LLP and the balance according to conditions to be announced at the sale.

Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale.

Further information may be obtained from:

AIKINS, MacAULAY & THORVALDSON LLP  
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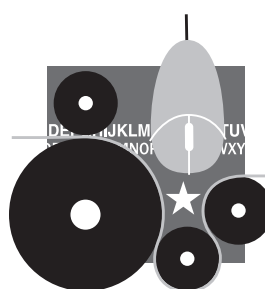
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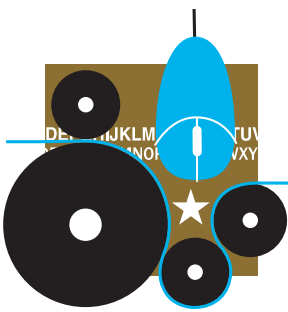
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Monday	Dec 26	12-4
Tues-Fri	Dec 27-30	9-6
Sat-Mon	Dec 31	
	-Jan 2	CLOSED