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## Live Different empowers Winnipeg Beach students



By Patricia Barrett

Three Winnipeg Beach School students who attended a Live Different performance earlier this month said it inspired them to change some aspects of their lives and keep others the same.

Renata, TJ and Autumn, three articulate Grade 7 students in teacher Jay Ewert's class, shared their unique viewpoint of the show that was hosted by Dr. George Johnson Middle School in Gimli.

Live Different is a Canadian non-profit organization that builds houses and schools in developing countries and teaches students how to make a difference in the world.

Part concert, part inspiring storytelling, Live Different delivers broad social justice messages – including putting an end to bullying – to students in middle and secondary schools across the country. The shows seek to empower students to take action against injustice and teach them to value themselves.

It was the first time the three Winnipeg Beach students saw the performance. It helped them recognize and celebrate their unique strengths.

Twelve-year-old TJ said he came away empowered to live the way he feels is right for him.

EXPRESS PHOTO BY PATRICIA BARRETT

Grade 7 students of Winnipeg Beach School, from left, Renata, TJ and Autumn attended a Live Different performance in Gimli and came away inspired.

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# SSES school pictures, a novel partnership

BY PHOTOS BY PATRICIA BARRETT

Sigurbjorg Stefansson Early School invited Grade 10 students in the applied communications program at Gimli High School to attend an award ceremony Dec 16 in honour of their photography work.

Four SSES students – dressed in loungewear for Pyjamas Day – presented a cheque for \$1,760 to teacher Anders Kuusselka and eight of his photography students for taking their school and class photos.

“It was a meaningful, real-life experience,” said Kuusselka, who supervised and graded the work of 10 students in the program, “because there are consequences if you don’t do it right.”

This is the first year SSES and Kuusselka’s students formed a school picture partnership. The school used the photography services of a commercial company last year.

Kuusselka said there were a few challenges. Depending on what camera model students used, some of the colours varied. But the students learned how to edit and improve the quality of the images.

“The parents were pleased,” said Kuusselka, who provides photography services to special events such as weddings and Lunder Daycare’s annual breakfast with Santa.

Providing the service ‘in-house’ benefitted both the division and the digital photography program at the high school.

“The money goes back to the school,” said Kuusselka, who has over 30 years’ experience in the classroom. In addition to photography, he teaches audio and video recording, photo editing and graphic arts.

Gimli High School will use the mon-



EXPRESS PHOTO BY PATRICIA BARRETT

Sigurbjorg Stefansson Early School awarded \$1,760 to applied communications teacher Anders Kuusselka and eight of his students for taking school photos. The money will go towards the photography program at Gimli High School.

ey to buy new equipment for the program.

Beyond that, students gained valuable work experience.

“It was a lot more than just taking pictures and burning them onto CDs,” said Brooke.

Ella said, “We learned to manage our time.”

They also learned to manage their young subjects.

“When they’re kidding around,” said Samantha, “it’s hard to get them to smile.”

And Jennifer not only had to pose them, but she also had to do a bit of combing and spritzing. “We had to fix

their hair and make them look good.”

“There was a fly on one kid’s head,” added Ella. “So we had to Photoshop them.”

About 87 per cent of SSES students ordered school photos. Each package contained five-to-ten individual images and cost \$10. A printed class photo was supplied at no charge.

“It was a much reduced price,” said Administrative Assistant Cathy Moar, comparing the cost of commercial services.

Each student received a copy of the digital images, which they’ll have to have printed.

In the gymnasium packed with SSES

students and media, Principal Rosanna Cuthbert thanked Kuusselka and eight of the ten students in the program for their outstanding work.

“We got amazing pictures and got to work with high school students,” she said.

Gimli High School Principal Tyler Moran attended the award ceremony.

Kuusselka’s novel approach to capturing school memories has piqued the interest of other schools in the division. Winnipeg Beach School has asked him to do a presentation Jan 12, at which he’ll present samples of student work.

## Capital projects announced for Interlake-Eastern RHA

### Government funding announced for several health-care facilities

#### News Release

A number of projects to maintain and improve health-care facilities throughout the Interlake-Eastern Regional Health Authority will soon be underway, Health Minister Sharon Blady announced today.

“Every year, we work with the regional health authorities to support projects that help maintain and improve the health-care facilities

throughout the province,” said Minister Blady. “This helps keep our buildings healthy and safe so providers can continue to provide quality care to Manitobans when they need it.”

Minister Blady said this year, more than \$1.1 million is being invested in 15 projects in facilities throughout the region including:

- \$149,000 for site, power and Internet connections for the mobile pri-

mary care unit, which is expected to begin operating in 2016;

- chiller replacement at Pinawa Hospital;

- heating, ventilation and air conditioning control system upgrades in the Lac du Bonnet Personal Care Home, the Powerview-Pine Falls Health Centre and hospitals in Whitemouth and Pinawa;

- window replacement at Rosewood Lodge in Stonewall;

- tub replacement at the Powerview-Pine Falls Health Centre and Sunnywood Personal Care Home;

- window replacement at E.M. Crowe Memorial Hospital in Eriks-

dale; and

- entrance ramp repairs at Kin Place in Oakbank.

“We are so pleased to have these infrastructure needs funded and we are grateful for the support of government. Keeping our residents, patients, public and staff safe, comfortable and effectively cared for in our facilities is of paramount importance,” said Ron Janzen, vice-president, corporate services, Interlake-Eastern Regional Health Authority.

Work on these projects is scheduled to be completed within the next two years, Minister Blady said.



## > LIVE, FROM PG. 1

"I liked that it was inspiring for kids to be themselves," he said. "You should be yourself no matter what."

The show made him think about what he valued most about himself and inspired him to embrace who he is as a person.

"I don't want people changing my personality and how I dress," he said.

His classmate Autumn, 12, came away with a slightly different interpretation.

Although she, too, likes her personality, the show had her thinking about how she could change other aspects of herself for the better.

"It inspired me to try harder to fix the things other people didn't like about me," said Autumn.

That admission somewhat puzzled her friend Renata, who said, "She's nice."

Both girls particularly liked the personal story-telling aspect of the show, in which performers would talk about a struggle they experienced and how they overcame it.

Renata, who is also 12, noted the deep meaning of the songs that were performed, recalling one line that went, "I finally found my voice."

Autumn recalled the story of one

performer who developed a medical condition early in life. That performer discovered the condition after falling off a bike and developing bruises that wouldn't heal.

"They thought there was no point in life," said Autumn. "But a teacher helped them make it past that."

Autumn picked up on the message of the importance of getting help and helping others through tough times.

"Even if there is something wrong with you," said Autumn, "you can come through it. No matter what happens, you can make it through."

She herself has already had practice overcoming the odd challenge or two: she taught herself to play guitar after a few short months of lessons, and accompanies the school band during public performances. She said playing helps her focus.

The topic of bullying seemed to really resonate with the students. Two said they had experienced it – and still occasionally do.

"One thing I did wrong," said Renata, "is I didn't tell anyone."

She said students should tell a teacher if they're being bullied.

"All the kids that get bullied are not alone," said Renata. "It's good to talk it out."

She liked the fact that the perform-



PHOTOS COURTESY OF JAMES GIBBS

The Live Different performance at Dr. George Johnson Middle School included songs, personal story-telling and some humorous vignettes.

ers' encouraged students to not change who they are, as did TJ.

"I'd like to keep the same how I treat other people," said Renata. "I'm nice to little kids – I really help them."

Principal James Gibbs of Dr. George Johnson Middle School in Gimli, where the Live Different show formed part of a week-long mini-Folklorama celebration, said the feedback he received from students was very positive.

"They wanted more sharing of stories about being bullied," said Gibbs. "When it's about beating you down,

kids can relate to that."

This is the third year the school has hosted a Live Different show. About 230 students in Grades 5-8 attended it.

He said the theme of this year's show was, "The story of myself."

"I need to make my own story," he explained, "and not let other people define who I am."

For the three students at Winnipeg Beach School, it seems that that is exactly what the show accomplished.

For more information about Live Different, visit [livedifferent.com](http://livedifferent.com)

## Canada's battle with ISIS underscores need for air combat: Bezan



JAMES BEZAN

Staff

The 17-hour battle in which Canadian Special Operations Forces and CF-18 fighter jets fought off attacks on Kurdish Peshmerga positions near Mosul and destroyed enemy capabilities shows the need for Canada to maintain its air combat role in the right against ISIS, according to James Bezan.

"I salute our troops for the courage and skill they exhibited during this battle with ISIS terrorists," Bezan, Selkirk-Interlake-Eastman MP and the Official Opposition Defence Critic said in a release on Dec. 18. "It's clear that the brave men and women of the Canadian Armed Forces, including

our CF-18 fighter jet pilots, are helping to win the fight against jihadi terrorism, stopping ISIS atrocities, and saving lives. This is the very reason why our CF-18 jets have to stay in the fight against ISIS. Yet the government has failed to even mention the Royal Canadian Air Force or our CF-18 pilots for their great efforts in providing air support to Canada's Special Operations Forces and Kurdish Peshmerga allies. It appears to be too much for the Liberals to even thank our fighter jet pilots for a job well done."

Bezan and Tony Clement, Official Opposition Foreign Affairs Critic pointed out that our allies have stated Canadian airstrikes have "helped destroy the enemy" and "saved lives" in the Kurdistan region, and that no coalition partners have asked Canada to step back and bring our CF-18s home. Last night the Chief of Defence Staff said, "Canada's contribution up until now has been superb and very much appreciated by the allies and very much unappreciated by ISIL, which is a great way to be."

The Official Opposition continues to call on the Government of Canada to leave our CF-18 jets in the air combat mission against ISIS.

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# KidFish Ice Derby on Jan. 10 to benefit children's charities

By Dave Baxter

An upcoming ice fishing derby will give children and families the chance to enjoy a day of fishing out on the ice for a good cause.

The same group of people that previously ran the annual Kids Fishing For A Cure ice derbies have made some changes and now go by the name KidFish.

The KidFish Ice Derby, which will help raise funds for sick kids across Manitoba, is set to take place on Jan. 10 in Selkirk. Organizer Garther Cheung said it is one of the best derbies for families in all of Manitoba.

"Last year we had over 200 kids show up," Cheung said. "And when you see the smiles on the kids faces and the way they are building memories with their parents, you can't put a price tag on that."

The first 200 kids that show up to the derby will get a free ice fishing rod and Cheung said that is something that is really special for a lot of kids.

"Everyone remembers that first time they went fishing with their parents, and they remember when they got that first fishing rod."

Derby organizers hope a lots of kids show up, but Cheung said it is definitely an event for all ages.

"Some think this is a kids derby, but this is for everybody," Cheung said.

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

People who pull in the biggest fish will go home with prizes, but the derby's organizers make sure most kids leave with a prize even if they don't win a top five prize.

"We have prize draws and giveaways



SUBMITTED PHOTO

A boy watches as a hole is drilled during the 2014 Kids Fishing For A Cure ice derby. The renamed KidFish Ice Derby is set to take place on Jan. 10 in Selkirk.

throughout the day, and our sponsorship gives us big ticket items but also a lot of smaller prizes, so we can give a lot of stuff out throughout the day," Cheung said.

The derby will help sick kids, as all proceeds will go to the Children's Hospital Foundation and Cancer Care Manitoba Foundation.

"We're just a group of anglers with really big hearts, and we love to volunteer, and we want to help out kids," Cheung said.

Thanks to a long list of sponsors the

KidFish derby will hand out more than \$20,000 in prizes and giveaways.

The KidFish Ice Derby was originally planned for Dec. 27, but because of ice conditions has now been moved to Jan. 10 in Selkirk at the Float Plane Base. Gates open at 8 a.m. with the tournament running from 10 a.m. until 2 p.m.

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

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# Canada 150 grants among Bezan's priorities in 2015

By Stefanie Lasuik

One of James Bezan's top priorities for 2015 was the allocation of Canada 150 Community Infrastructure Program grants to rural communities.

Bezan said he thinks the focal points for most communities are recreational facilities and community halls.

"The Canada 150 helped support a number of different programs to ensure that communities have places where they can gather, where they can have fun, where they can watch their kids and grandkids and places for us to stay healthy," said Bezan.

In July of this year, Bezan announced that \$592,321 would go toward 15 projects in his riding. Included in these projects were a \$31,825 grant to the Town of Arborg to replace two bridges over the Icelandic River, a \$12,200 grant for Hearthstone Community Group Inc. to install an elevator, and funding of \$23,100 to the Town of Teulon to upgrade the South Interlake Regional Library.

The Canada 150 fund also supported projects by the Argyle Curling Club, the Interlake Branch of the

Association for Community Living, Ducks Unlimited Canada, Little Britain Community Club, Little Britain Church, Lundar Museum Society Inc., the Town of Arborg, Camp Massad, and the Ukrainian National People's Home Association of Taras Shevchenko.

"Those types of investments are key to rural communities," said Bezan.

Bezan said he will now have to see what the new government's infrastructure program is like before deciding how to best get future funding for further improvements in the Selkirk-Interlake-Eastman area.

In 2015, Bezan assumed a leading role in leveraging over \$35 million for protecting Lake Winnipeg and Lake Manitoba.

Now a member of the Official Opposition, Bezan said 2016 will be a transition year.

Although Bezan said he spends a lot of time in Ottawa, he said he will stay connected to members of the community in 2016. He said he'll work hard to ensure his riding's constituents are being heard by the new government.



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Now as a member of the Official Opposition, Selkirk-Interlake-Eastman MP James Bezan says 2016 will be a transitional year.

Bezan pointed to casework as the most rewarding work and will continue to advocate for his constituents in 2016.

"We can usually get answers back in a fairly expedient manner," said Bezan.

Bezan will also see changes in his new role as Critic for National Defence for the Official Opposition. He

dubbed the role "very challenging" but said he is looking forward to it.

Bezan said he is making sure the government has intelligent debates about challenges to the national defence including issues with ISIS and Russia's continued occupation in Ukraine. He wants to ensure Canadian troops are properly equipped and cared for.

## Bezan demands gov't implement tariffs for COOL

Staff

Selkirk-Interlake-Eastman MP James Bezan is demanding the Government of Canada immediately impose more than \$1 billion in retaliatory tariffs against the United States following the World Trade Organization's (WTO) latest decision on the U.S. Country of Origin Labelling (COOL) policy.

COOL was implemented by the USDA in 2009 and ruled an unfair trade barrier by the World Trade Organization (WTO) in 2011, according to Bezan's release. The U.S. proceeded to appeal the WTO ruling, and the WTO once again ruled in favour of Canada. In May, for the fourth time, the WTO has ruled against the United States' COOL policy, reaffirming Canada's long-standing position that these measures are protectionist and discriminate against Canada. This decision in May was final, without the possibility of further appeal.



JAMES BEZAN

"Hog and cattle producers throughout Selkirk-Interlake-Eastman have been hurt by this regressive American protectionist policy that flies in the spirit of free trade," Bezan stated in a release on Monday. "COOL increases food processing costs, impedes the economic principles of free enterprise, reduces the competitiveness of the North American meat industry, lowers returns to livestock producers

on both sides of the border and does nothing to improve consumer awareness."

"The World Trade Organization has finally ruled that Canada can retaliate against the blatantly protectionist US COOL policy."

Bezan added any delay in enforcing retaliatory measures "would be considered a betrayal to our livestock sector."

"In light of this ruling, I am calling on the Liberal government to quickly follow through on our Conservative government's commitments to institute the tariffs against the USA and force Congress to repeal COOL immediately. I expect that the Minis-

ters of Agriculture and International Trade will press Cabinet to do what is in the best interest of Canadian farm families."

The WTO decision allows the Government of Canada to implement punitive tariffs on select American products by the end of the week.

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# Infrastructure, bringing people home top priorities for Nevakshonoff

By Stefanie Lasuik

Tom Nevakshonoff, the newly appointed Minister of Conservation and Water Stewardship and MLA for Interlake, has a passion for resolving water-related issues, but said infrastructure has always been a focus for him.

Nevakshonoff said a major accomplishment of his in 2015 was the construction on Highway 17 north of Fisher Branch toward Hudson. Nevakshonoff explained he will continue to focus on this work, with phase two set to take place next year. Phase two will see road improvements up to the border of Peguis First Nation, according to Nevakshonoff.

But Nevakshonoff's number one objective for the past year was rebuilding the communities around Lake Manitoba and Lake St. Martin that suffered from the floods, he said. Nevakshonoff explained he wants to help those who are still evacuated to return home.

"It's been a long and difficult road getting everyone together, and that would include local government as well as the federal government to commit and agree on what needs to be done there," said Nevakshonoff.

He deemed the restoration of the communities and the ability to welcome residents back home goals he will carry forward into 2016.

Nevakshonoff said his party is committed to creating secondary outlets for flood mitigation on the two lakes.

"Our commitment is firm to that. Where the other parties stand, I'm not sure," said Nevakshonoff.

Nevakshonoff said he also has a commitment to major improvements to the drainage infrastructure in Arborg. Nevakshonoff is working with local producers and the municipality and hopes to get cooperation from the federal government.

Also new in Arborg were the creation of a daycare and the expansion of Arborg Early Middle School gym, said Nevakshonoff. The Arborg Play Group, which held its ribbon-cutting ceremony on Oct. 31, is housed in a new \$1.1 million building.

On a political level, Nevakshonoff said he will continue to work toward solving the impasse in the amalgamated municipality of West Interlake.

"Until that's put to bed, I will not rest, and I'm working with all the players involved," said Nevakshonoff.

Nevakshonoff said he will also be



EXPRESS FILE PHOTO

Tom Nevakshonoff (left) newly appointed Minister of Conservation and Water Stewardship and MLA for Interlake.

dedicating a lot of his time to improving assisted living in St. Laurent and the personal care home project in Arborg. He said his new executive assistant, Murray Lowe, will aid in this work.

"Having somebody in my office from

Arborg will help that along," said Nevakshonoff.

With the next provincial election falling on April 19, 2016, Nevakshonoff said another priority of his is re-election. Nevakshonoff has served as MLA of Interlake since 1999.

## Promoting successes of entrepreneurs with disabilities

### Just Watch Me! video contest launches in Manitoba and Saskatchewan

By Jeff Ward

Community Futures is celebrating the success of entrepreneurs with disabilities by holding a video contest, where participants can win up to \$1,000.

The Just Watch ME! video contest is open to any entrepreneur who either has a self-identified disability or ongoing health conditions and who are operating a business in either rural Manitoba or Saskatchewan. Anyone interested in the contest needs to submit a two to three minute video about their business and upload it to the contest website, [www.justwatchmecontest.ca](http://www.justwatchmecontest.ca) by Jan. 20, 2016.

"This is such a great opportunity for people living with disabilities to showcase their talents and passions. So often their achievements go unrecognized and if it wasn't for Just Watch ME, so many people would not have

had the pleasure of seeing and hearing [last years winner's story]," said Lorraine Nickel, evening news anchor on Global Winnipeg and the Manitoba ambassador for the contest.

Last year's winner was, Sydney Deneka, who runs Kozy Kritters by Sydney out of Beausejour. Deneka sells handmade blankets for babies and pets and suffers from a rare genetic disorder called, Coffin Siris syndrome, which effects her hearing, vision, communication, social and cognitive functioning. However, none of this has stopped Deneka from realizing her passion and turning that into a viable business. She donates \$1 from the

sale of each blanket to pet rescues and shelters and to date she has donated over \$560 and many of her blankets as well, according to her website,

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Pictured above: Last year's winner Sydney Deneka, owner of Kozy Kritters, Beausejour, MB

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**JUST WATCH ME! VIDEO CONTEST**  
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SUBMITTED PHOTO

Sydney Deneka won \$1,000 for her business Kozy Kritters last year and said the contest was a great experience for business owners with disabilities. Community Futures is hoping to see even more amazing stories this year in the Just Watch ME! video contest.

[www.kozykritters.ca](http://www.kozykritters.ca).

Deneka's video submission from last year has been viewed more than 8,000 times and the attention she gained from winning the contest has translated into growth for the business.

"The video contest was a great experience. It helped spread the word about my blanket business. I have a

new workroom thanks to the \$1,000 prize money I won and a new website. My community has supported me and everyone knows what I do for pets and babies," said a proud Deneka.

The deadline for submissions to the contest is Jan. 20 and the winners will be announced on Feb. 18.



# Support our Troops plates a shining moment for Eichler

By Stefanie Lasuik

While frustrated by rules that prevent him from pursuing monetary proposals, Lakeside MLA Ralph Eichler is proud of several non-monetary ideas he brought forward in 2015.

Eichler said he proposed the Support our Troops license plate based on an idea from former constituent Joyce Rose. The idea came to life in July, when over 300 Autopac agents were set to sell the specialty plate.

From each \$70 plate, \$30 is used to fund scholarships for primary reserve members of family members of those serving in the Canadian Armed Forces posted to Manitoba. In July 2015, Manitoba Public Insurance committed to ten \$1,000 scholarships.

"That's a very proud moment for me," said Eichler.

Although this idea was approved by the current government, Eichler expressed his frustration of not being able to move forward with ideas involving money.

"It should not matter whose idea it is to bring change that's going to benefit all Manitobans," said Eichler.

In 2016, Eichler said he will focus on the election so ideas he and the Tories have for personal care homes and Manitoba's north can come to fruition.

Eichler said he wanted to help per-

sonal care homes to grow, which would move hospital patients from hospitals into these homes. This, he said, would take pressure off of hospitals, who would then be able to resort some of their beds back into emergency room beds. He said the initiative would also save money and estimated that an average of \$1,000 would be saved per individual per day. Eichler has seen the shortage of space personal care homes have in his own riding.

"We're very short-bedded in our region," Eichler said, approximating that 70 people in his riding are currently on a waitlist.

Eichler also hopes to pursue greater economic stability for Manitoba's north.

"The north is in big trouble," Eichler said, pointing to OmniTrax's decision to sell the Port of Churchill and Hudson Bay Rail line.

According to Eichler, the stability of Manitoba's north will not only influence the local residents, but Lakeside constituents as well.

"With Centreport a huge part of my riding, we want to see it be successful and grow and prosper," said Eichler.

Eichler was re-elected in October 2011.



EXPRESS FILE PHOTO

Lakeside MLA Ralph Eichler is proud of several non-monetary ideas he brought forward in 2015.

# Governments support Manitoba's dairy sector

News Release

The governments of Canada and Manitoba will provide \$2.5 million toward the construction of a modern dairy processing facility in St. Boniface, Federal Agriculture Minister Lawrence MacAulay and Manitoba Agriculture, Food, and Rural Development Minister Ron Kostyshyn announced Dec. 15.

"The Government of Canada is committed to supporting this country's dynamic agricultural industry, which is a key driver of jobs and economic growth," said Minister MacAulay. "This project is a great opportunity for governments to support private sector efforts, through Growing Forward 2, to modernize and expand the dairy processing sector in Manitoba."

The new facility, owned by Parmalat Canada Inc., will be built at the St. Boniface Industrial Park Phase 2, a 180-acre site off Dugald Road and east of Lagimodiere Boulevard. The

decision to replace an aging building with a new, \$50-million facility in a new location will allow the company to increase production with modern equipment in a neighbourhood more suitable for its business. Government funding will be used for energy and water-use reduction equipment, waste-water treatment and new processing equipment.

"Manitoba is proud to support this strategic investment to maintain and secure good jobs, create opportunities for growth in the agricultural sector and benefit Manitoba's economy," said Minister Kostyshyn. "This expansion is important to the future of the food processing and dairy industries in Manitoba and we are committed to seeing this project move forward."

Minister Kostyshyn noted this initiative supports Manitoba's goal of creating a \$5.5-billion value-added food industry by 2022.

In July of this year, the City of Win-

nipeg announced it would sell city-owned property in St. Boniface to Parmalat Canada worth \$2.625 million, allowing the company to keep its dairy operation in Winnipeg. Offset by the sale of the land, the city, the province and Parmalat Canada will cover the \$5.61 million cost to extend services like electrical and water to the new facility.

"I am very pleased that the new facility will set Parmalat up for success in Winnipeg and will position the company to act as a catalyst attracting further business to St. Boniface Industrial Park," said Mayor Brian Bowman, City of Winnipeg. "I would like to thank our federal and provincial partners for joining the city in contributing to ensure Parmalat's continued growth in Winnipeg for many years to come."

Parmalat Canada employs 139 Manitobans at facilities in St. Boniface, St. Claude and Grunthal. New hires are

expected once the expanded facility in St. Boniface becomes operational in 2017.

"Parmalat Canada is pleased to have such enthusiastic partners in the provincial and federal governments and the City of Winnipeg for this important expansion," said Jean Paul Quiblier, vice-president, operations, Parmalat Canada. "Local dairy producers have been extremely supportive in providing us with the raw materials to make a world-class product, and this investment shows our company's commitment and support of agriculture in Manitoba."

Funds for this project were issued as part of Growing Forward 2, a five-year, federal-provincial-territorial policy framework to advance the agriculture industry. The federal and provincial governments are investing \$176 million in Manitoba, helping producers and processors become more innovative and competitive in world markets.



# Schools sign pact to advance indigenous education

By Lindsey Enns

Manitoba's post-secondary institutions and the province's public school boards have signed a five-year plan highlighting the priorities needed to help First Nations students succeed.

"By having it as a five-year plan, you're making it measurable and time limited ... so there's an actual time line to it," Lord Selkirk School Division board trustee Lena Kublick said.

Kublick attended the historic Indigenous Education Blueprint signing at the University of Manitoba on Dec. 18 and said the mood was "very festive and very positive."

At the public school system's level, one of the objectives of the blueprint is to reflect First Nations role in Canada's history and have that be part of the kindergarten to Grade 12 curriculum, Kublick said.

"The timing is right with the final Truth and Reconciliation document, with this signing ... there's actual an appetite to bring about change," she said. "There's a plan to accurately teach Canadian history and to give equal opportunity and equity to indigenous students."

The Indigenous Education Blueprint – formally the "Manitoba Collaborative Indigenous Education Blueprint For Universities, Colleges and Public School Boards: Making Excellence in

Indigenous Education a Priority" – offers Manitoba a new way forward, following the Truth and Reconciliation Commission's recommendations.

The blueprint's framework is the result of a partnership between Manitoba's public school boards and the post-secondary education sector, now united in their efforts to advance Indigenous education and reconciliation, according to a U of M release. As the process moves forward, more partners will be sought.

"This new partnership has the potential to fundamentally change our society," said David Barnard, chair of

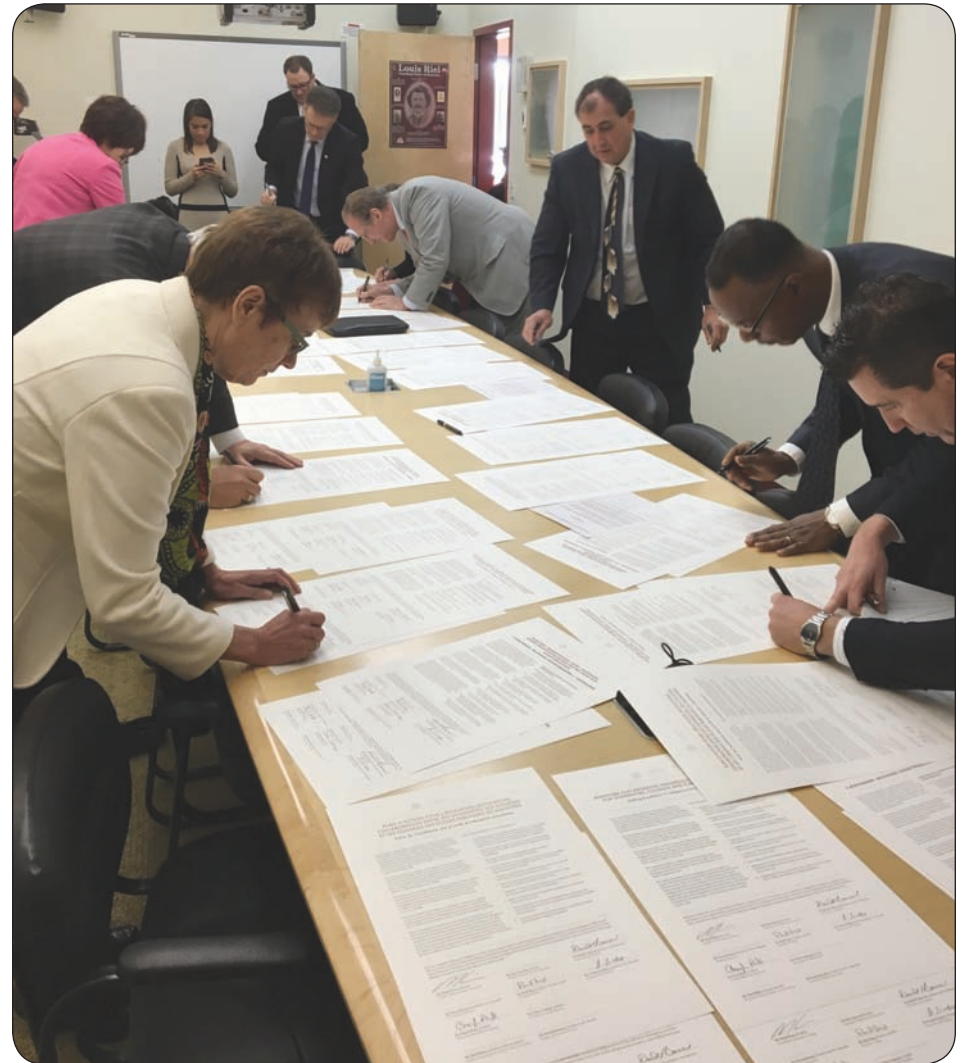
the Council of Presidents of Universities of Manitoba, and the president and vice-chancellor at U of M. "Reconciliation requires societal change and societal change is propelled by education. For the first time, all parties in Manitoba's education sector have united their efforts on this front and together, we will work with stakeholders to

make Manitoba a centre of excellence in Indigenous education."

Next steps include establishing a steering committee with all signatories, creating a collaborative website and social media platform and hosting an indigenous education conference.

"This monumental undertaking will help transform our province by cele-

"WITH THIS SIGNING ... THERE'S ACTUAL AN APPETITE TO BRING ABOUT CHANGE."



SUBMITTED PHOTO

Presidents from Manitoba's post-secondary institutions sign the Indigenous Education Blueprint at the University of Manitoba on Dec. 18.

brating Indigenous success, and helping to heal and reconcile the wrongs of the past," says Deborah Young, Ex-

ecutive Lead of Indigenous Achievement at the University of Manitoba. "The depth and extent of this collaborative effort will create pathways and safe spaces in our education institutions for Indigenous students and, remarkably, we are only just getting started. This partnership will grow in membership and mandate, strengthening our province's ability to close the gap between Indigenous and non-Indigenous peoples."

The educational partners who signed the blueprint on Dec. 18 included: University of Winnipeg, Brandon University, Université de Saint-Boniface, Canadian Mennonite University, University College of the North, Red River College, Manitoba Institute of Trades and Technology, Assiniboine Community College, Manitoba School Boards Association, and the University of Manitoba.

The U of M also recently signed a memorandum of understanding with the Treaty Relations Commission of Manitoba (TRCM). The MOU aims to enhance learning experiences for students, staff and faculty relative to Treaty and Treaty related matters.

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- The Chestnuts



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*Whisper Payment*

**Beloved companion --- my forever cat.**

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Barbara (and Maddie) Payment



# Make your New Year's resolution come true

New Year's resolutions provide a perfect opportunity to set positive goals for the year to come. Old habits can be hard to break, which can make it difficult for men and women to stay committed to their New Year's resolutions. But a new year marks a new chapter, and the following are some ways you can ensure this year's resolutions don't go unresolved.

- Be specific. A resolution that's too general may ultimately prove ineffective. For example, if you resolve to lose weight this year, you probably hope to lose a substantial amount of weight over the next 12 months, as opposed to just one or two pounds. If you set specific and periodic goals, such as lose one to two pounds by the end of January, as part of your resolution, then you are building in some measuring sticks along the way, and meeting those measuring sticks can motivate you to stay on course and realize your resolution by year's end.
- Don't go overboard. If you traditionally find resolutions hard to live up to, then stick to a single resolution this year. This allows you to focus your efforts more effectively and ensures you won't be overburdened, which could negatively impact your ability to realize your resolutions.

- Use technology. Saving more money is a popular New Year's resolution, and now men and women looking to save more can employ technology to help them realize their financial goals. If your goal for the coming year is to save 'X' amount of dollars, sit down and calculate how much you need to save each pay period to realize that goal. You can then have that figure automatically deposited into an interest-bearing savings account each time your paycheck is deposited into your account.
- Enlist a friend. If your New Year's resolution is one that others can apply to their own lives, then by all means enlist a friend. For example, men and women who want to find more time to exercise in the coming year can enlist a friend or family member to exercise with them. The buddy system is a great motivating tool, and enlisting the help of a

friend or family member provides the added benefit of seeing that loved one more often in the year ahead.

- Don't let setbacks derail your resolution. Resolutions too often fall by the wayside when men and women experience setbacks directly related to their resolutions. If you resolved to save more money but had a month when that simply was not possible, don't allow that to derail your resolution for the rest of the year. Setbacks are nearly inevitable, but they're never an excuse to give up on a resolution.

New Year's Resolutions

- 1.
- 2.
- 3.
- 4.
- 5.



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# Dunnottar looks to create 'road map' for the future

By Dave Baxter

The health of Manitoba's lakes and the creation of a sustainable plan were the two issues that were front-and-centre in the Village of Dunnottar in 2015.

Rick Gamble, the mayor of Dunnottar, said that at the end of 2014 the Dunnottar Sustainable Communities Committee was formed, and that committee has worked throughout 2015, and will continue to work to create a sustainable plan for Dunnottar.

"The goal of the committee is to put a plan in place for the future for good sustainable management for different issues," Gamble said. "It will be a road map that will guide us through the future to keep council in focus, and also keep the community involved in a lot of the different issues."

The committee is made up of a mixture of citizens, a council member and the mayor, as well as a member from the Conservation District and one from Community Futures, and Gamble said it is important because it assures that decision making power is

spread out, and doesn't just lie in the hands of those who sit on council.

"It's about keeping citizens involved for that road map moving forward."

Dunnottar has approximately 700 permanent residents, but 3,500 residents when you combine permanent and seasonal, and Gamble said the health of Lake Winnipeg is a huge concern for many of them.

Gamble said they recently put a resolution on the floor at the Association of Manitoba Municipalities to deal with the problem of zebra mussels, and that resolution went to both the provincial and federal governments.

"Zebra mussels are going to be a big problem not only for the lake itself, but also for the intake-outtake pipes and Manitoba Hydro, so bringing the province and the feds into play is important," he said. "And it's going to be costly, so we hope they come to the table with their wallets."

People in Dunnottar will notice construction of a walking trail taking shape in 2016, and Gamble said the "multi-year" project is something



SUBMITTED PHOTO

Dunnottar's Mayor Rick Gamble says the community is moving along and is looking forward to 2016.

people should be excited about.

"We are focused on giving active transportation options and letting people walk and bike in the commu-

nity, and we want them to do it in a safe way, and that is what this project will provide."

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## Liberty Tax warns of phone scam targeting Interlake region

Staff

Liberty Tax would like tax payers to know a phone scam targeting them is still ongoing.

"We have had several calls from our clients who have been very upset about being told that they have filed fraudulent tax returns," Liberty Tax Selkirk branch manager Jane Wunnemann said adding this month along they have had about six calls about this scam and she believes they are now targeting the Interlake region. "They are being told that they owe \$3,000 to \$5,000 in penalties and interest.

"The callers have very heavy accents and are claiming to have employee ID numbers. If you owe Revenue Cana-

da they would send you out a notice of reassessment explaining why you would have a bill."

Wunnemann added the only people Revenue Canada calls are those who own their own businesses and owe are large sum of money.

"Please let it be known that Revenue Canada only contacts you by mail," she said.

Wunnemann advises anyone who receives these types of calls to get their names and numbers if possible and report it to RCMP or Revenue Canada. She added callers are asking people to send money to Money Mart and are threatening to send police to their house if they don't.

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# New hospital taking shape

## Selkirk's \$120M health centre set to open in spring 2017

By Lindsey Enns

Selkirk's new \$120 million hospital will house an expanded emergency department, Cancer Care program, and an MRI machine when it opens its doors in spring 2017.

Now with its exterior 90 per cent complete, the hospital's main entrance features a 22-foot high glass wall encased in locally sourced tyndall stone.

Although it may not look like much now, landscaping the green space surrounding the hospital, located at 120 Easton Drive, is about 50 per cent complete.

"There will be bridges over ... water retention areas," said Gary Dandeneau, Interlake-Eastern Regional Health Authority regional director of capital planning and facilities management. "Lots of trees, shrubbery ... lots of exterior lighting."

Dandeneau led a group of roughly 30 health officials, community members, media, provincial and local dignitaries through a tour and update of the hospital last Wednesday.

Following the tour, Health Minister Sharon Blady said she's "really impressed" with how the new hospital is coming together.

"It's really phenomenal to see that

wonderful balance of that technology and investments ... but also knowing the spaces are being constructed in a way that's really patient centered and a way that accommodates families," Blady said.

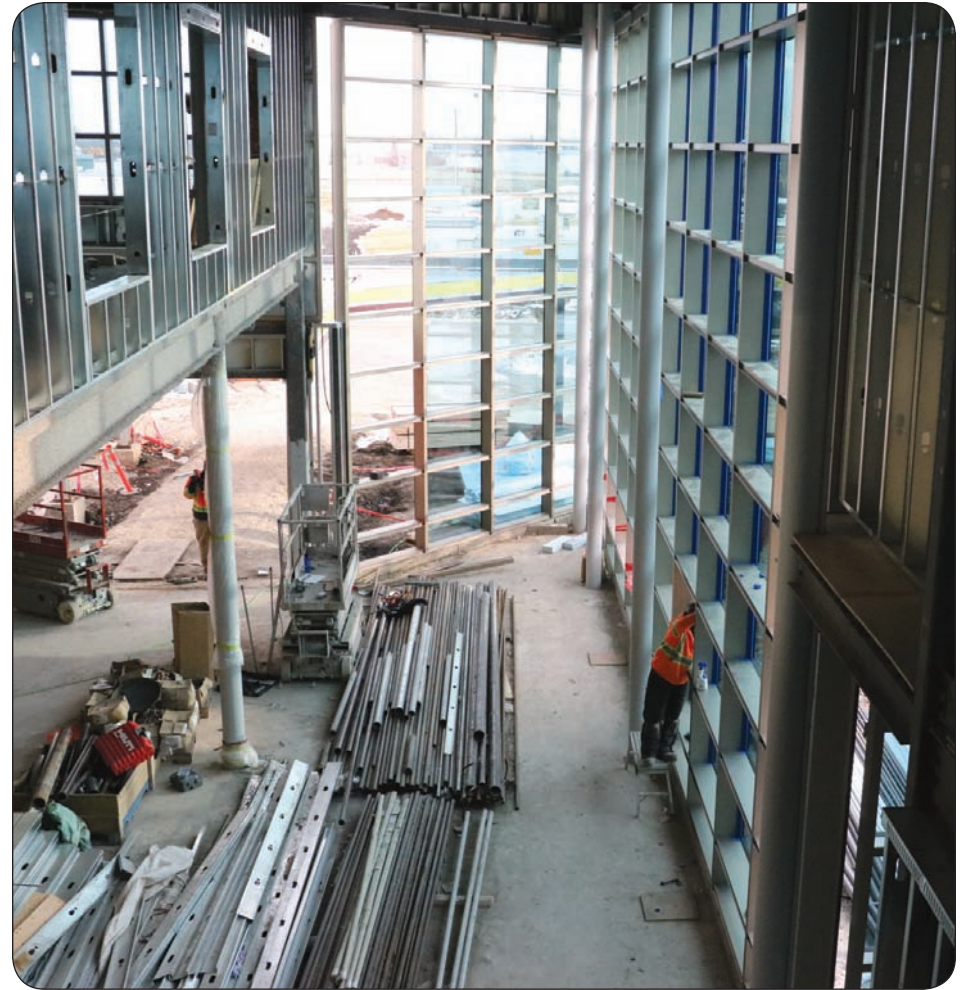
Having an MRI scanning machine in Selkirk is also going to benefit the entire Interlake and Eastman region, she added.

"It'll bring that service out to folks in a way that hasn't been seen before," she said. "It's going to help us address wait time issues and ... it's really going to help this be a complete health centre for the folks in Selkirk."

The overall cost of the new hospital, which includes building, equipment, furnishings and landscaping, has now increased to \$120 million from its original \$111 million price tag. Selkirk MLA and Finance Minister Greg Dewar said the province has agreed to cover the entire cost.

"It was regrettable in some ways that we had to make this kind of investment, because the current hospital has reached its end of life after only 30 years," Dewar said.

In 2007, the province promised to build a new hospital in Selkirk after a report found the city's current hospital was in such bad shape, it would



EXPRESS PHOTOS LINDSEY ENNS

ABOVE: Selkirk's new hospital's front entrance is seen from the second storey. The hospital's main entrance features a 22-foot high glass wall encased in locally sourced tyndall stone. The Selkirk Regional Health Centre is slated to open in spring 2017. BELOW: Health Minister Sharon Blady, pictured centre, Selkirk Mayor Larry Johannson and Selkirk MLA and Finance Minister Greg Dewar are led through a tour and update of Selkirk's new hospital last Wednesday morning.

### Hospital facts and features

The new 180,750 square foot Selkirk Regional Health Centre being built along Eaton Avenue will include:

- 65 acute care beds including 45 medical, eight surgical, eight family planning, and four ICU/SCU beds.
- An emergency department service in excess of 29,000 (projected) patients per year with two trauma rooms, 13 exam and treatment rooms, one isolation room, and four minor treatment rooms.

- Three operating theatres, each with at 600 square feet, and two endoscopy suites.

- A full diagnostic imaging department with digital imaging for CT, fluoroscopy, ultrasound, mammography, general radiology, and MRI diagnostic scanning.

- An ambulatory care outpatient clinic, and a integrated same day surgery and PACU department.

- An eight bed hemodialysis unit adjacent to a nine stretcher Cancer Care chemotherapy unit.

- Information provided by the Interlake-Eastern Regional Health Authority



have to be completely re-built.

Construction began in 2012, but was then halted for nearly two years due to a lawsuit filed against the RHA after it cancelled the hospital's tender.

Following last week's tour, Dewar admitted there was an "issue" with the tender.

"But the bottom line is the hospital is preceding and it will open in 2017," he said.

As for funding for the hospital's new MRI, Dewar said for the most part, the community's fundraising portion is complete.

"If there's a shortfall, it's relatively small," he said.

In May, the *Selkirk Record* reported the RHA was facing a \$133,000 funding shortfall for the MRI machine and the province was refusing to pay the balance leaving the community to pay the difference.

An RHA spokeswoman at the time said of the community's \$340,000 required contribution, just over \$207,000 had been raised.

Continued on page 12



# RHA looks to fill doc, care home shortages in 2016

By Brandon Logan

It's been another busy year for the Interlake-Eastern Regional Health Authority and its CEO Ron Van Denakker.

During an interview with the *Selkirk Record*, Van Denakker talked about the busy year that was 2015 and what the RHA has planned for 2016.

When it comes to physician recruitment, the CEO said there were a lot of challenges, but the RHA had some success.

While they lost a few doctors, Van Denakker said there were six or seven new physicians added to the region in 2015.

In hopes of luring more doctors to the region in both the near and long term, he said the RHA is hoping to build relationships with young students in hopes of attracting them to the area when they get into the health field.

"We've invested in physician recruitment from a resource perspective," Van Denakker said. "So somebody who's actually working in that area to establish relationships with residents and medical students, so we can start to reap the benefits of home-grown docs."

While there's always a need for doctors, he did go on to say there are many alternate care providers in the area, including 21 nurse practitioners.

Another issue the RHA has been targeting are personal care homes, or rather the lack of personal care homes.

Van Denakker said the need for personal care homes in Selkirk is particularly dire, as those on waiting lists

are occupying many of the hospital's beds.

"Our beds are 50 per cent full of people who are waiting placement for personal care homes, and that's an unfortunate thing for them," he said.

There is some help on the way when it comes to adding more beds in the region however. Van Denakker said a new personal care home in Lac du Bonnet, which would give the RHA a net 50 new beds, it making good progress and is almost ready to go to tender.

Meanwhile, the CEO added the RHA developed a 10-year personal care home plan for Manitoba Health that identified the region's needs.

"We're hopeful that work will translate in an approval for another significant capital project," Van Denakker said, adding he's confident they will get provincial money in 2016.

As for the RHA's biggest on-going project, which is the new Selkirk hospital, everything seems to be trending upwards.

Van Denakker said the hospital should be completed by spring 2017 and, as of now, the project is on top and on budget.

With the exterior near completion, he said work on the inside has already begun soon.

"Staff will start to come over a lot more to familiarize themselves with the new environment, because it'll be significantly different," he noted, adding the new building will also be a "big economic driver" for the city by creating "a significant number of new jobs."

Looking ahead to 2016, Van Denakker said the RHA has many projects



EXPRESS PHOTO BY BRANDON LOGAN

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said the RHA has had a good 2015 and is expecting to announce many new projects in the new year.

ready to begin, one of which is tied to the future shutdown of the old hospital.

"We are hoping we'll have the announcement of a new ambulance station here in Selkirk. That's required because the existing ambulance is actually juxtaposed or attached to the

hospital," he said. "When that hospital comes down, that EMS station has got to come down too."

The CEO also promised increased collaborative work with First Nations communities and the announcement of more programs to increase health care in smaller, more rural communities.

## > HOSPITAL, FROM PG. 11

Premier Greg Selinger promised \$4 million in funding for the MRI if the NDP was re-elected during the 2011 provincial election. However, the community would have to pay 10 per cent of the machine's total \$3.4 million cost.

The cost of the MRI, adding to the hospital's size and number of beds is what led to the hospital's overall cost increase, Dewar said.

"This is about doing it right and ... making smart, strategic forward looking investments and I think this building really encapsulates that," Blady said, adding the hospital will bring new employment to the area. "It's the whole package."

"It's economic growth and development and stronger health care."

Dandeneau said one of the neat features of the new two-level hospital is that in its maternity wing, labour, delivery and recovery will all be done in one room. He added the hospital's wall to window ratio is very high, making for plenty of natural light and scenic views for patients.

A large cafeteria will provide meals for their patients and Dandeneau said they are looking into outsourcing

new vendors to welcome into the space.

Although most of the hospital's interior isn't much to look at right now, with more than 200 workers on site each day, Dandeneau said they plan to have the building completely closed in by Friday.

Dewar said once the new hospital opens in spring 2017, the old one will be demolished and the land, which is owned by the province, will likely be turned into green space for the time being.

"At one time there was a consideration to use it for housing, but it is on the grounds on the Selkirk Mental Health Hospital so they're very sensitive as to what they want to see on those grounds," Dewar said.

Progressive Conservative health critic Myrna Driedger said the NDP used last week's hospital tour and update as a photo-op leading up to the next provincial election in April.

"A photo-op right now is just a desperate way to remind people that they're doing something," Driedger said, referring to how the NDP originally promised funding for Selkirk's new hospital in 2007. "They've taken forever to do it and along the way they've broken their promises to the people of Selkirk."

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## A Texas-size move for two local hockey stars

### Johnson, Lindsay making their mark in the Lone Star State

By Brian Bowman

Everyone knows that Manitoba is a hockey hotbed. But for a pair of talented, young men from rural Manitoba, they are chasing their hockey dreams far away from home in the Lone Star State.

Drake Lindsay and Carter Johnson made a gutsy decision to leave our hockey-mad province – and the icy, cold winters – to showcase their talents in the warmer climate of Corpus Christi, Texas.

And, so far, the pair has represented Manitoba extremely well.

Johnson, a Gimli product, is leading the Corpus Christi IceRays of the North American Hockey League with six goals and 17 points through the club's first 27 games. He played last season with the Swan Valley Stampede of the Manitoba Junior Hockey League.

Lindsay, a Grosse Isle native, is tied for second on the team with three goals and 16 points.

"It's been good," Johnson said of the move south earlier this month. "I've really enjoyed it so far. The weather is a lot different down here. It's hot year-round and you're walking around in shorts and a T-shirt in the middle of December."

That's a big change compared to Swan Valley during the winter months. And the type of hockey played down south is also vastly different compared to Junior "A" here in Manitoba.

"It's more structured and there's a lot of emphasis on defence down here," said Johnson, who scored 17 goals and had 45 points last season with Swan Valley. "It's tight in the defensive zone."

Corpus Christi's organization, said Johnson, has a pro feel to it. The IceRays' roster has players from all over the United States and also includes one from Germany.

"It's a pretty cool atmosphere," said Johnson, a former Interlake Lightning. "There are a lot of promotions and guys are from all over. We don't have a single guy from Texas but with the arena and the fans that we get, it feels pretty professional, which is cool."

Johnson said he felt playing in the NAHL would give both him and Lindsay better exposure to U.S. college scouts. He said he has already been in contact with several schools in recent weeks.

"I felt like the league was more geared to get you to college," said the 20-year-old forward. "I felt it was a good move in that sense."

That move was made a whole lot easier with Lind-



EXPRESS PHOTO COURTESY OF CORPUS CHRISTI ICERAYS  
Gimli's Carter Johnson is playing for the Corpus Christi IceRays of the North American Hockey League.

say at his side. The pair are real good buddies and have played a lot of minor hockey together.

"It made it easier coming down here initially, for sure," said Johnson, noting he missed his friends and family and was coming home for Christmas. "I had a friend with me and a familiar face from Manitoba – a guy that I had played with in the past."

Lindsay, meanwhile, said he has enjoyed the move to Texas so far despite the fact that he is a long way from home. The last couple of years, Lindsay was just a short drive away from home while playing for the MJHL's Neepawa Natives.

That drive home now would be a whole lot longer. "It's been real good down here," Lindsay stressed. "I have awesome billets. They will do anything for me and I think the hockey is a little bit better. I feel I have already gotten better as a player."

Lindsay was real good during his time in Neepawa. He led the Natives in scoring last season with 24 goals and 63 points in 60 regular-season games. Lindsay, always known as a very good offensive

player, also had 96 penalty minutes last season.

He feels the pace of the game is faster in the NAHL compared to the MJHL.

"I find everybody's a better skater," he noted. "Most guys are good skaters and everything is done quicker and with more structure."

Team-wise, Corpus Christi has struggled, at times, in the win column with a 9-13-3 record heading into a two-game weekend road series in Amarillo on Dec. 18-19.

But the IceRays had been playing better hockey with three straight wins earlier this month. At press time, Corpus Christie was fifth in the six-team South Division.

"We struggled at the start," Lindsay admitted. "Guys were getting settled in with the systems and that kind of thing, overthinking, but recently guys have started scoring."

"We scored five goals (against Odessa on Dec. 4) and we hadn't done that this year. That was kind of a big thing for us."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Year in Review: the top sports stories of 2015

By Brian Bowman

With 2015 coming to a close, it's time to take a look back at the outstanding athletic accomplishments from individuals who live in our area.

This year's list is a long one. And, no doubt, 2016 will bring many more highlights.

Here's a look back at 2015 in the sporting world.



Wyatt Bear

January:

-Wyatt Bear of Hodgson played in his first Western Hockey League regular-season game Dec. 28 as his Seattle Thunderbirds edged the Vancouver Giants 3-2. Just three nights later, Bear was in the lineup once again as Seattle slipped by the Winterhawks 2-1 in Portland.



Kerri Einarson

Bear played several games with Seattle until he was recently reassigned to the Interlake Lightning.

-Kerri Einarson's run at the Manitoba Scotties Tournament of Hearts was a spectacular one. Gimli's Einarson, who curls out of East St. Paul, reached the finals of the provincial women's curling championship before losing 5-2 to St. Vital's Jennifer Jones in Winkler.



Tiger Jones

February:

- Four Arborg trapshooters made a trip to Tucson recently to compete in the Spring Grand trapshooting competition.

John Jones and his children Katie, 24, and Tiger, 17, along with Brian Johnson, made the trip to the desert for the competition, which took place from Feb. 23 to March 1.

Katie won an overall pre-Spring Grand event with a score of 99 out of 100 while Tiger won a Spring Grand event with a 100 score.

John, meanwhile, won his class in doubles in the pre-Spring Grand.

March:

-Team Manitoba finished the Canada Winter Games



Logan Christensen

in Prince George, B.C. with a bronze medal in boys' hockey last Saturday evening.

Manitoba, which was coached by Selkirk Steelers' bench boss Wayne Bartley, won the bronze after defeating Quebec 5-3.

Manitoba's roster included Logan Christensen and Leif Mattson, both formerly of the Interlake, and Bear. Bear did not play in the Games due to suffering a concussion prior to the tournament.

April:

- Leading 3-2 in their best-of-seven Keystone Junior Hockey League final series, the Peguis Juniors had visions of winning a league title and advancing to the western Junior "B" championships.

But Peguis lost Game 6 at home 4-2 to Selkirk on April 8 and then was defeated 9-0 by the Fishermen in Game 7 in Selkirk.

- The Gimli Wolves battled right down to the end of the 2015 Hockey Manitoba Cup Senior "A" Provincials.

Gimli scored with 17 seconds remaining in the third period to pull to within a goal of the Morden Redskins and then came eerily close to tying the score with just three seconds left in a 5-4 loss in

the championship game at the MTS Iceplex.

May:

- Team Manitoba, which included several Interlake athletes, won a bronze medal at the 2015 National Aboriginal Female Hockey Championships in Halifax.

Manitoba won the bronze with a 3-2 victory over Alberta. Manitoba led 2-1 after the first period and then increased their lead to two goals after two periods.

On the men's side, Mani-

lected in the 11th round, 222nd overall by the Lethbridge Hurricanes in the Western Hockey League Bantam draft.

Swan, an Ashern product, played last season for the Interlake Lightning Bantam team.

- Lindsay Burns of Winnipeg Beach was one of nine Manitobans identified as Canada's top ringette athletes that gathered in Toronto recently in the hopes of securing a spot on Ringette Canada's national teams.

June:

- A pair of Interlake Lightning players were selected in the Manitoba Junior Hockey League Bantam draft on June 7 in Neepawa.

Goaltender Adam Swan of Ashern was picked by the Winnipeg Blues, who had the ninth selection in the fourth round.

Seven picks later (fifth round, 49th overall), Gimli forward Jack Einarson was picked by the Virden Oil Capitals.

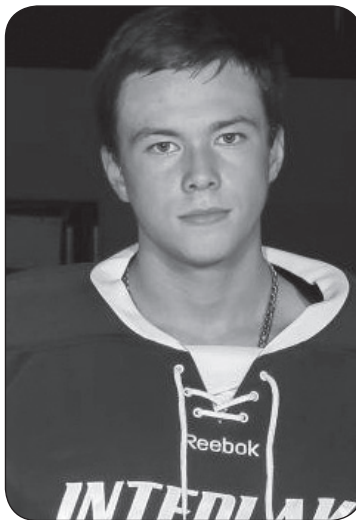
July:

-Arborg represented the Interlake extremely well at the 2015 13U "A" Baseball Provincials in Dauphin, bringing home silver medals.

Arborg was awarded silver after losing 15-1 to Portage in the gold-medal game on Sunday.

Arborg guaranteed themselves a silver medal after downing Winkler 7-5 earlier Sunday.

- The Interlake Impact men's soccer team improved its regular-season record to a perfect 11-0 after yet another solid effort in a 3-1 victory over the Gunners at the Winnipeg Soccer Complex.



Adam Swan

toba had a real good showing, losing to B.C. 5-4 in the bronze-medal game.

- Interlake Lightning goaltender Adam Swan was se-



Lindsay Burns

Continued on page 15



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## > YEAR IN REVIEW, FROM PG. 14

- Lexie Kopp placed ninth overall at the Accurate Dorwin Women's Junior Golf Championship, which was held in Winnipeg.

Kopp carded rounds of 88, 94, and 86 for a 268 total. She finished 50 over par and was the low net player in the 14-person field.

The Winnipeg Beach product had 13 pars and a birdie during the 54-hole event.

August:

- The Interlake Phillies had a heck of a wild ride at the 2015 U16 Girls' Canadian Fastpitch Championships in Calgary last weekend.

But that ride was derailed with a 7-6 loss to Saskatchewan's Lumsden Cubs in the playoffs.

Interlake finished pool play in third place with a 3-2 record, behind both Ontario's Brampton Blazers and the Richmond Islanders from B.C.

- Keelyn Knowles was sensational at the 2015 Canadian Legion Youth Track and Field Championships in St. Therese, Que.. The Arborg product was first in the shot put with a personal-best throw of 15.39 metres.

- Lexie Kopp of Winnipeg Beach led Manitoba's female golf team to a silver medal at the Western Canada Summer

Games in Wood Buffalo, Alta.

Manitoba finished with a two-round total of 493, which tied them for the silver with Saskatchewan. Manitoba combined for a 254 during the first round and a 239 in the second round.



Garth Collings

September:

- Garth Collings finished sixth at the Canadian Men's Mid-Amateur Championship in New Glasgow, N.S..

The Matlock golfing legend finished at 10-over 290 after rounds of 69, 73, 77 and 71.

- The Manitoba Senior Hockey League announced that they will have a different look this upcoming season.

The Sagkeeng Braves will be taking a league of absence from the league but the Stonewall Flyers, formerly of the South Eastern Manitoba Hockey League, have decided to join the MSHL.

October:

- The Gimli Lakers boys' soccer team is headed to the Manitoba High Schools Athletic Association's Rural Soccer Provincials after beat-

ing the Stonewall Collegiate Rams 1-0 in the Zone 5 final.

November:

- Goaltender Rachel Dyck was named the University of Manitoba Bisons' female athlete of the week in November.



Rachel Dyck

The 5-foot-8 Dyck, a Winnipeg Beach native, led her Bisons to a road sweep over the Nov. 6-ranked Lethbridge Pronghorns on Nov. 13-14.



Lexie Kopp



Jordan Kristjanson

December:

Arborg's Jordan Kristjanson was outstanding for the Interlake Lightning Midget Provincial Team in the first half of their Manitoba AAA Midget Hockey League season. The talented 17-year-old

centre from Arborg leads the Lightning in scoring with 11 goals and 19 points through 24 games.

He is also the leader on the team with six power-play goals.



Keelyn Knowles



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Viterra regional men's qualifiers announced

By Brian Bowman

CurlManitoba hosted the Viterra regional men's qualifiers last weekend at various curling clubs across Manitoba. Seventeen berths were awarded to the 2016 Viterra Championship, which will be held at the Selkirk Recreation Complex from February 10-24.

In Stonewall, the two Interlake berths were claimed by Arborg Curling Club's Kyle Foster and his team of Andrew Wickman, Dale Lott and Tom Watt and Winnipeg Beach's Justin Reynolds.

Reynold's rink features Tanner Lott, Wade Ford and Nick Weshnoweski. The other berths earned last week included:

Central:

-Steve Pauls - Clearwater CC and his team (Clare Reimer, Kevin Friesen and Dylan Reimer)

-Lorne Hamblin - Morris CC and his team (Brian Peters, Jordan Peters and Graeme Bergman)

-Randy Neufeld - LaSalle CC and his team (Dean Moxham, Devon Wiebe and Brett Moxham)

Eastman:

-Murray Woodward - St. Adolphe CC and his team (James Kirkness, Devin McArthur and Chad Barkman)

-Rylan Young - Springfield CC and his team (Scott Podolsky, Curtis Joyal and Phil Cook)

Norman:

-Shaun Parsons - Burntwood CC and his team (Kevin Parsons, Bronston Jonasson and Jim Davidson)

Parkland:

-Greg Todoruk - Dauphin CC and his team (Peter Prokopowich, Darcy Todoruk and Barrett Procyshyn)

-Ray Baker - Dauphin CC and his team (Wes Jonasson, Sheldon Oshanyk and Justin Reischek)

Westman:

-Terry McNamee - Brandon CC and his team (Brendan Taylor, Geordie Hargreaves and Travis Gouldie)

-Kelly Marnoch - Carberry CC and his team (Bart



EXPRESS PHOTOS BY LANA MEIER

Kyle Foster of Arborg and his rink earned a berth to the 2016 Viterra Championships after defeating Evan Martin 6-5 on Dec. 19. Foster also defeated Shawn Magnusson 9-6, and Andy Stewart 8-7.

Witherspoon, Brandon Jorgensen and Chris Cameron)

-Steve Irwin - Brandon CC and his team (Travis Taylor, Cody Rabe and Travis Saban)

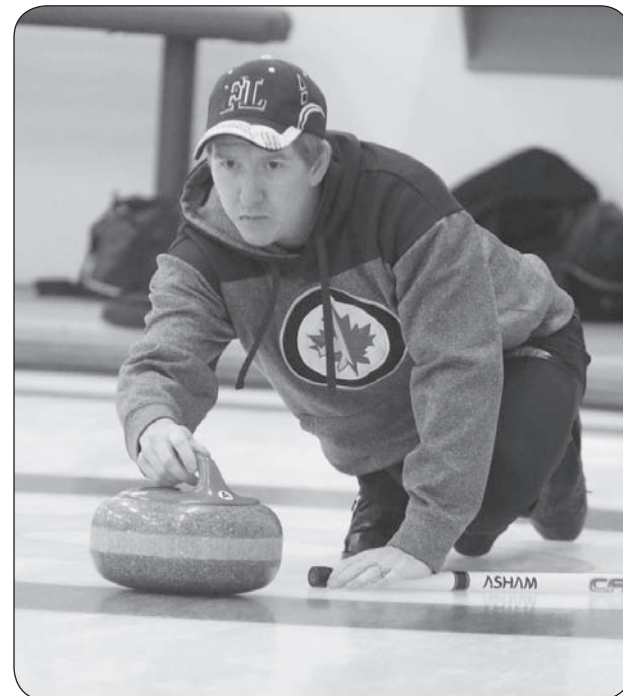
Winnipeg:

-Doug Harrison - Granite CC and his team (Jamie Hay, Darryl Gunnlaugson and Lary Borus)

-Hayden Forrester - Fort Rouge CC and his team (Brennan Sampson, Brett Macdonald, Cole Chandler and Coach Bill Macdonald)

-Trevor Loreth - Granite CC and his team (Brad Haight, Ryan Lowdon and Brett Cawson)

-Tyler Drews - Fort Rouge CC and his team (Josh



Winnipeg Beach's Justin Reynolds and his rink defeated the Evan Martin team 9-7 to earn a berth to the provincials on Dec. 20. Reynolds lost to Shawn Magnusson on Dec. 18 but rebounded back to beat Derek Dowsett 8-5, Andy Stewart 9-5 and Steen Sigurdson 6-4.

Drews, Daryl Evans and Jake Zelenewich)

Teams that have already qualified include: Mike McEwen-Fort Rouge (CTRS 2014-2015), Daley Peters-East St Paul (CTRS 2015-2016), David Bohn-Granite (CTRS 2015-2016), Taylor McIntyre-Granite (Spring Berth Bonspiel), William Lyburn-Granite (Berth Bonspiel), Jared Kolomaya-Stonewall (Berth Bonspiel)

Scott Ramsay-Thistle (MCT), Matt Dunstone-Granite (MCT), Dennis Bohn-Assiniboine Memorial (MCT), Alex Forrest-East St Paul (MCT), and Reid Carruthers-West St Paul (Returning Champion).

## Link earns Scotties berth at regional qualifier

By Brian Bowman

CurlManitoba hosted the Scotties regional qualifiers last weekend at various curling clubs across Manitoba. Nine berths were awarded to the 2016 Scotties Tournament of Hearts presented by Monsanto, which will be held at the Sun Gro Centre in Beausejour from Jan. 20-24.

In Stonewall, Kim Link's East St. Paul rink won the lone Interlake berth with a 5-3 win over East St. Paul's Kristy Watling on Dec. 20.

The other regional qualifiers from that weekend included:

Central:

-Mackenzie Zacharias - Altona CC (Morgan Reimer, Emily Zacharias, Jenessa Rutter, Coach Shel-

don Zacharias)

Parkland:

-Lisa Menard - Dauphin CC (Lesle Cafferty, Sam Murata, Laurie Macdonell, Brandi Oliver)

Westman:

-Terry Ursel - Neepawa CC (Gwen Wooley, Tracy Igonia, Wanda Rainka, Coach John Csversko)

-Cheryl Reed - Brandon CC (Stacey Fordyce, Pam Robins, Roz Taylor, Coach Dave Petersson)

Winnipeg:

-Cathy Overton-Clapham - Fort Rouge CC (Briane Meuilleur, Katherine Doerksen and Krysten Karwacki)

-Christine Mackay - Fort Rouge CC (Gaetanne Gauthier, Taylor Maida, Katrina Thiessen, Coach

Cathy Gauthier)

-Janet Harvey - Granite CC (Sue Baleja, Robin Campbell and Carey Kirby)

Norman:

-Jen Rolles-Thompson CC (Sheri Horning, Courtney Reeves and Carly Perras)

Teams that have already qualified include: Kristy McDonald-Granite CC (CTRS 2014-2015), Barb Spencer-Assiniboine Memorial CC (Spring Berth Bonspiel), Shannon Birchard-St Vital CC (Berth Bonspiel), Michelle Montford-Assiniboine Memorial CC (MCT Champion), Joelle Brown-Assiniboine Memorial CC (MCT), Darcy Robertson-Rossmere CC (MCT) and Kerri Einarson-East St Paul CC (CTRS 2015-2016).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Wolves put scare in Phantoms

By Brian Bowman

The Gimli Wolves made it look easy once again against the Lakeside Phantoms.

Gimli defeated Lakeside 10-3 in Manitoba Senior Hockey League action on Dec. 18.

After giving up a goal to Lakeside's Eric Bruce midway in the first period, the Wolves proceeded to score nine straight goals to take over the game.

Brock Genyck had a huge game with two goals and four assists while Trent Genyck added a goal and five helpers.

Ryan Seekings scored a hat trick to go along with two assists and Matt Jacobucci added two goals and two assists.

David Harman also tallied twice for Gimli.

Tyler Medeiros had two goals for Lakeside in the losing cause.



EXPRESS PHOTO BY LANA MEIER

Lakeside Phantoms' goaltender Joshua Kozar made 63 saves in a 6-3 loss to the Stonewall Flyers on Dec. 19.

Brett Gagnon earned the win in goal.

Gimli is back in action this Saturday when it visits Lac du Bonnet. Game time is 8 p.m.

The Phantoms, meanwhile, also played the Stonewall Flyers on Dec.

19, losing 6-3.

Matt Varnes (two), Brett Harvie, Brock Couch, Jeff Sonnenberg, and Barrett Schlag scored for the Flyers.

Bruce scored twice for the Phantoms while Medeiros had a goal and an as-

sist.

Tyler Chatfield earned the win in goal.

The Flyers, now 6-1 and in first place, will play Lakeside (0-7) again this Saturday (8 p.m.) in St. Laurent.

## Ice Dawgs lose to Warriors to end 2015

By Brian Bowman

There was no early New Year's celebration for the Arborg Ice Dawgs this year.

Arborg played its final game of 2015 and were defeated 7-4 by the Warriors

in St. Malo on Dec. 19.

Clint Torfason had a strong game for Arborg with three goals and an assist while Johua Boone also tallied.

Jared Magne (two), Blaise Nordine, Jordy Hill, Jesse Freund, Riley Hunter,

and Mark Nelson replied for St. Malo.

Jon Narverud made 49 saves in the losing cause.

The Fisher River Hawks were also in action the same evening, losing 12-5 to the Cross Lake Islanders.

Gavin Mason led Fisher River with two goals and an assist while Keenan Mason, Darryl Thaddeus, and Josh Bealieu each had a goal and an assist.

Fisher River was slated to play the Norway House North Stars the following afternoon but that game was cancelled.

On Dec. 18, the Lundar Falcons defeated the North Winnipeg Satellites 4-1.

After a scoreless first period, Keilan Moffatt gave North Winnipeg a 1-0 lead but Lundar's Storm Swan, on the power play, and Landen Gray tallied before the second period ended.

Bryce Horning (shorthanded) and Gray scored late in the third period.

Travis Rigden made 23 saves for the win.

The KJHL resumes play Saturday with Arborg hosting Lundar and the Peguis Juniors scheduled to play Norway House.

## Lightning slump into holiday break

By Brian Bowman

The holiday break could not have come at a better time for the Interlake Lightning Midget Provincial team.

With just one win in its past 14 games, the Lightning could really use a break. They could also use some Holiday cheer.

The slumping Lightning lost its final game of 2015, dropping a 5-2 decision to the Winnipeg Thrashers in Teulon on Dec. 19.

Trailing 4-0 late in the third period, Interlake made the game interesting with power-play goals from Sean Loutit and Noah Basarab.

Nate Hooper (two), Dawson McKenzie, Kyle Wiltshire,

and Carter Barley scored for the Thrashers.

The Lightning began that weekend with a 6-1 loss to the Central Plains Capitals in Portage la Prairie.

Wyatt Bear scored Interlake's lone goal at 18:06 of the first period, assisted by Basarab.

Jayson Brooks (three), Tyler Van Deynze (two), and Brody Moffatt scored for Central Plains.

With the two losses, Interlake is now 7-19 and in sole possession of 10th place in the 12-team league with 14 points.

The Lightning will resume league play on Saturday (7:30 p.m.) when they battle the Wheat Kings in Brandon. Interlake will then play the Southwest Cougars in Souris on Sunday (2 p.m.).



# Announcements

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## take a break > GAMES

### SUDOKU

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

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!

#### 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!

8	7	7	8	1	6	9	9	2
2	6	9	8	7	9	7	1	8
8	9	1	9	2	7	7	8	6
7	8	8	7	8	1	6	2	9
6	9	2	7	9	8	8	7	1
9	1	7	2	6	8	8	9	7
1	8	8	9	7	7	2	6	9
7	2	9	6	8	9	1	7	8
5	7	6	1	8	2	9	8	7

Sudoku Answer

S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S

Crossword Answer

## CROSSWORD

### CLUES ACROSS

1. Engine additive
4. Soluble ribonucleic acid
8. Subdue
10. One long, three short
11. Morally bad
12. With collapsible shelter
13. Central church parts
15. Summer shoes
16. Intestinal
17. Transgressors
18. Meeting expectations
21. Clutch
22. Autonomic nervous system
23. What you can repeat immediately after perceiving it
24. Favorite summer sandwich
25. An accountant certified by the state
26. Cologne
27. Norma Jean Baker
34. Galaxies
35. Bluish greens
36. Detected
37. Having 3 dimensions
38. Made level
39. The destroyer (Hindu)
40. Uncovered
41. Ooze slowly
42. Aerie
43. Point midway between S and SE

### CLUES DOWN

1. Having beautiful natural

1	2	3					4	5	6	7
8				9				10		
11							12			
13				14			15			
16							17			
18					19	20				
					21			22		
					23			24		
					25			26		
					27			28		
					29			30	31	32
					33					
					34					
					35					
					36					
					37					
					38					
					39					
					40					
					41					
					42					
					43					

### views

2. Fanafuti is the capital
3. Shrub used for hedges
4. Polishing tools
5. Slow down
6. Christmas carols
7. & &
9. Sound of sheep or goat
10. A long flag, often tapering
12. Atomic #73
14. Schilling (abbr.)
15. Female sibling
17. Long sandwich
19. In a way, necessitated
20. Mayan people of SW Guatemala

### 23. Cleaned up

24. Prohibit
25. Upright cupboard
26. Cyclone center
27. Metric linear units
28. Young male
29. Securities market
30. City across from Dusseldorf
31. Animal disease
32. Mount of \_\_\_ east of Jerusalem
33. Get free
34. Variable stars
36. One point N of NE

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# get inspired

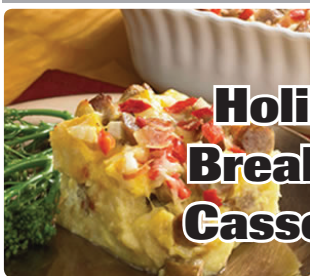
> MEAL IDEAS

## Cold shrimp rolls



**Ingredients**  
 Quarter of a 400 g package fine brown rice vermicelli noodles  
 1 carrot, shredded  
 250 mL (1 cup) shiitake mushrooms caps, thinly sliced  
 50 mL (1/4 cup) chopped fresh coriander  
 25 mL (2 tbsp) chopped fresh mint  
 25 mL (2 tbsp) sodium reduced soy sauce  
 20 large cooked shrimp, tail removed (about 250 g/8 oz)  
 10 rice paper wrappers (22 cm/8 3/4 inch diameter)  
**Peanut dipping sauce:**  
 45 mL (3 tbsp) hoisin sauce

20 mL (4 tsp) smooth peanut butter  
 45 mL (3 tbsp) rice vinegar  
 30 mL (2 tbsp) warm water  
**Directions**  
 Peanut dipping sauce: In bowl, stir together hoisin sauce and peanut butter. Slowly whisk in rice vinegar and enough of the warm water until smooth and combined.  
 Place noodles in large bowl and pour boiling water over top. Let stand for 10 minutes. Drain and rinse under cold water. Combine with carrot, mushrooms, coriander, mint and soy sauce. Stir in 30 mL (2 tbsp) of the dipping sauce.  
 Fill shallow bowl or dish with warm water. Submerge 1 rice paper wrapper at a time for about 30 seconds or until softened. Place on damp clean tea towel and put 1/10th of the noodle mixture in centre. Top with two shrimps and fold ends in and roll up jelly-roll style. Repeat with remaining ingredients. Cover rolls with damp paper towels and plastic wrap. Refrigerate for up to 2 hours. Cut each roll in half on the diagonal to serve.  
 Serve remaining sauce with rolls.



## Holiday Breakfast Casserole

**Ingredients**  
 2 packages (12 ounces each) Breakfast Sausage Links  
 6 English muffins cut into 1-inch cubes  
 1/4 cup butter, melted  
 1 cup (4 ounces) shredded cheddar cheese  
 1 cup (4 ounces) shredded mozzarella cheese  
 1/2 cup onion, chopped  
 1/2 cup red pepper, chopped  
 12 eggs  
 2 cups milk

1/4 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 cup bacon bits  
**Preparation**  
 Cook sausage according to package directions. Cool slightly; cut into 1/4-inch slices.  
 In a greased 13 x 9-inch baking dish, layer half the English muffin cubes and half the cooked sausage. Repeat layers. Drizzle with butter and top with the cheese, onion and red pepper.  
 In a large bowl, combine eggs, milk, salt and pepper. Pour over casserole. Sprinkle with bacon. Cover and refrigerate overnight.  
 Remove from the refrigerator 30 minutes before baking. Uncover and bake at 350°F for 45 to 50 minutes, or until a knife inserted into the center comes out clean. Let stand 5 minutes.  
 Serves Yield 12 servings

## Crazy Situations Can Be Funny

By Gwen Randall-Young

Sanity is all relative, but all relatives are not sane. Don't think too long about that or you won't be either, I have been noticing more and more situations where people think they are really going crazy, when in actual fact they are quite normal people in crazy situations.

Just think what happens to you when you consistently have more things to do each day than you possibly have time for. Or when you're standing in the kitchen and three children and one adult are all talking to you at the same time. These are quite basic crazy situations, but they can get more sophisticated.

Like when both sets of parents want you to spend Christmas with them, and both will be offended if you choose the other. Or if your husband complains about how much money is being spent on groceries one day, and the next day complains because there's nothing good to eat. Then you can go to super crazy.

This is when the boss expects you to work very hard and is keeping notes for your performance review, and the girls in the office resent you because they think you're trying to make them look bad. Or when your wife complains that you never show any affection, and then next time you go to put your arms around her she tells you to leave her alone.

When confronted with such situations, it is quite common to assume that there's something wrong with

you. This is because in most crazy situations, someone almost always says, "What's the matter with you?" And the crazier the situation, the more vehemently the finger will be pointed at you (the sane one.) So, what to do?

Well, there are several strategies you can try. One is to begin laughing hysterically. Crazy situations can be quite funny if they are not too serious, or you don't take them too seriously. While laughing in this way may be seen as concrete proof that you are the odd one, it does release a lot of tension. You can also point out to whoever might care, that the situation does not make any sense. This spoils the game somewhat, but allows you to exit the program, unless you begin to argue about if it does or not, but then you enter into Super Crazy Two. Another choice is to walk away, either because it's not worth worrying about and you can ignore the whole thing, or because it is too crazy, and you walk away with the intention of never coming back.

If you've been in a crazy situation so long that you don't know anymore if it's you or the situation, then you definitely need a second opinion (you don't have to count the unsolicited ones). And you can take comfort in the fact that most people who think they are crazy are not. It's the ones who think they're sane that we really have to worry about!

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)

## Savory Mini Cheese Balls

**Ingredients**  
 1 1/2 packages (8 ounces each) PHILADELPHIA Cream Cheese (12 ounces)  
 2 tablespoons toasted sesame seeds  
 1 teaspoon poppy seeds  
 2 cloves garlic, minced, divided  
 1/4 cup finely chopped fresh parsley  
 2 teaspoons chopped fresh thyme leaves  
 1 teaspoon finely chopped fresh rosemary  
 1/4 cup finely chopped dried cranberries  
 2 tablespoons finely chopped Planters Pecans  
**Preparation**  
 CUT cream cheese into 6 pieces; roll each into a ball.

**COMBINE**  
 sesame seeds, poppy seeds and half the garlic in small bowl. Mix herbs and remaining garlic in separate small bowl. Combine cranberries and nuts in third bowl.  
 ROLL 2 cheese balls in sesame seed mixture, 2 cheese balls in herb mixture and remaining cheese balls in nut mixture.  
 CUT each cheese ball in half and serve with crackers.  
**Preparation Time** 20 minutes  
**Serves**  
 12 servings, 2 tablespoons each



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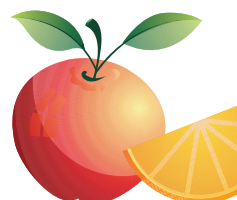
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