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# THE EXPRESS

VOLUME 2 EDITION 9 THURSDAY, FEBRUARY 26, 2015

WEEKLY NEWS

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## Celebrating 60 years of winter fun

EXPRESS PHOTO BY JEFF WARD

Pictured from left to right: Heaven Koch, Raelene Windross, Autumn Hanslip and Lexi Anderson belt out some tunes for kids karaoke at the Eriksdale Rec Centre for the 60th annual Eriksdale Winter Carnival. See more photos on page 9.

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

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# Local Interlake students recognized at Yes I Can Awards

## Fisher Branch, Winnipeg Beach students honoured at 25th annual awards

By Marney Blunt

Two students from Fisher Branch and two students from Winnipeg Beach were recognized for their achievements at the 25th annual Yes I Can Awards last week.

The Manitoba Council for Exceptional Children hosted the Yes I Can Awards, which took place on Feb. 18 at the Victoria Inn in Winnipeg, to honour children and youth with exceptionalities that go above and beyond.

"I'd like to congratulate the Manitoba Council for Exceptional Children for their dedication and leadership in celebrating and acknowledging the achievements of children and youth in special needs, certainly by increasing awareness in the abilities, aspirations and personal qualities of all our children and youth," said Minister of Education and Advanced Learning Peter Bjornson.

"We strengthen our commitment for inclusive schools and communities. We share the goal of helping our children develop and grow and find their strengths and celebrate their learning. We all



**EXPRESS PHOTOS BY MARNEY BLUNT** Fisher Branch Early Years students Kristy Chartrand (left) and Marissa Tait-Muskego (right) both received awards of recognition. Chartrand received an award in academics while Tait-Muskego received an award in athletics.

want schools and communities where students can feel academically, emotionally and physically safe and engaged. You are here today because of your incredible commitment and strength to making a difference."

Some of those students that are making a difference include Fisher Branch Early Years Grade 4 stu-



Brandon Schellenberg of Winnipeg Beach Early Middle Years School received an award in school and community activities at the 25th annual Yes I Can Awards.

dents Kristy Chartrand and Marissa "Missy" Tait-Muskego.

Chartrand was recognized for her achievements in academics. Despite some physical barriers, Chartrand has learned to read, respond to ques-

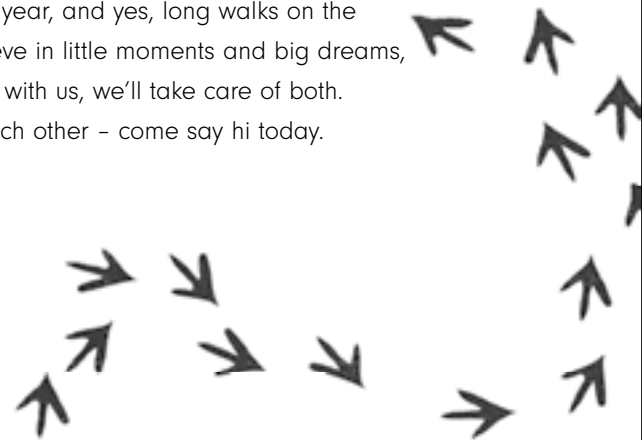
Continued on page 4



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North of Ordinary

# Showing some Irish pride in Winnipeg Beach

By Marney Blunt

Dust off your green party hats and lucky dancing shoes — the Winnipeg Beach Royal Canadian Legion is hosting another St. Patrick's Day Dinner on March 14.

The event, which has been running for several years, is a fundraiser for the legion.

"(It's) to cover operating costs and to keep us afloat," said Sandy Srutwa, branch assistant for the Winnipeg Beach Legion.

The event begins on Saturday, March 14 with cocktails at 5 p.m. and dinner at 7 p.m., which will be an Irish-style stew, biscuits and dessert. Afterwards there will be live entertainment from Winnipeg-based musician Jeff Lutz.

"He does everything from oldies to Celtic to rock and roll. He's working on a playlist right now," said Shawna Leflar, chair of the event. Lef-

lar added that Lutz has previously played at the Highway 9 Roadhouse and The Beach Hotel.

The event will also feature a 50/50 draw, a balloon bust and prizes for the best dressed in green. The event usually draws approximately 150 people from the community, Leflar says.

"It would be good to have (local residents) support the legion because of everything the legion does to support the town," said Leflar. "It's one way of giving back. You come out and support the legion, you come for the dinner and you get the entertainment, and it's one way to give back to the community. It's sort of a big circle."

Tickets for the St. Patrick's Day Dinner are \$15 each and are available at the Winnipeg Beach Legion, the Highway 9 Roadhouse or by calling Shawna Leflar at 204-641-2020.

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# Arborg RCMP respond to fatal highway collision

Staff

On Feb. 20 at 7:34 a.m., Arborg RCMP were dispatched to a two vehicle collision approximately six kilometres south of Arborg on Highway 7.

A GMC Torrent was travelling southbound on Highway 7 when it collided with a Dodge Ram that was travelling northbound.

The driver of the GMC Torrent, 29-year-old Jarred Gislason, was pro-

nounced deceased at the scene. Gislason was travelling with his six-year-old son, who received minor injuries.

The driver of the Dodge Ram had non-life threatening injuries. Both the Dodge Ram driver and six-year-old were transferred to hospital.

Preliminary investigation has ruled out alcohol as a factor.

Investigation is continuing.

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# Ashern Central classroom going paper free

By Jeff Ward

A Grade 9 classroom at Ashern Central School has said goodbye to paper and adopted a new way of learning — a way that is likely to spread quickly throughout the school.

With technology advancing rapidly, the way students learn is also advancing. iPads, laptops, smartphones and everything in between is enabling students to learn faster while gaining a better insight into their studies and interacting with other students.

"Paper ends up becoming quite wasteful over time," said Grade 9 teacher Krista Belanger, who teaches English and computer skills at Ashern Central School.

"Paper and worksheets have become what we rely on in education, but technology is being adopted so quickly in the workplace that it would be a disservice to our students if we didn't prepare them for that."

Belanger's class has been outfitted with 20 new iPads through a joint project Ashern Central has with Brandon University. These iPads, along with each student having their own laptop and in-class desktop computers, make for an environment that can be completely paper-free.

Students are able to connect to the school's Wi-Fi network and upload their documents to The Cloud. Those

documents can be edited by other students, if it's a group project or seen and reviewed by Belanger, at almost any time from anywhere Wi-Fi is available.

"With Google Docs, students are also able to edit their work offline as well. There are some students who don't have Internet access at home. But with Google Docs, they can edit at home, and when they connect to the Internet, those changes are automatically updated to The Cloud and saved."

There are some classes, however, where Belanger thinks that this style of teaching might not have the same value. Math, for instance, still requires students to show their work, and that's much more difficult on a laptop than it is with pen and paper. There are great ways to teach the principles of math with technology, but there might not be a way to go fully paperless.

"My paperless classroom idea is primarily about using what we have available to do things we normally would do in class in a different way. For example, instead of a physical binder we can set up Cloud storage for documents. By having students work collaboratively online, I can show them the versatility and effectiveness of having shared files and

**"PAPER ENDS UP BECOMING QUITE WASTEFUL OVER TIME."**



EXPRESS PHOTO BY JEFF WARD

Ashern Central School Grade 9 students Justin Charles (left) and Haley Jonsson are excited to trade in their paper and pencils for iPads and laptops in the classroom.

folders. In doing so, we can also teach organization and ownership."

Paperless classrooms won't be for everyone, but as technology becomes more and more integrated into our

daily lives, our education system should also reflect that. And that's exactly what this classroom at Ashern Central is doing.

## > YES I CAN AWARDS, FROM PG. 2

tions, print, create patterns, add and subtract. Meanwhile, Tait-Muskego received an award in athletics for her ability to overcome one obstacle after the other. The Grade 4 student can now manage her way around the school using a walker and a bicycle.

"Kristy won the academic award (and), in her case, she has difficulty speaking with cerebral palsy, so we've done a lot of work around speech language with her. We've set academic goals for her," said Roger McCulley, the principal at Fisher Branch Early Years School. McCulley says while Chartrand has come a long way in communication skills and academics, Tait-Muskego has also come along way in learning to walk.

"She hasn't learned to walk but she's using a walker and she has a wheelchair and does things like strengthening exercises and things so that she can walk," said McCulley. "We've had them here at the school

since kindergarten and we've worked with them right from the beginning. And there were so many challenges. Doctors didn't think that Missy would ever be able to walk and she's actually able to move around (with a walker) and crawl, and we're hoping that eventually she will walk.

"We're really proud of them, and all the staff has worked really hard as well and we've had really great parental support. The parents are excellent. It's been a real collaboration between the school and the home." Brandon Schellenberg and Christian

**"YOU ARE HERE TODAY BECAUSE OF YOUR INCREDIBLE COMMITMENT AND STRENGTH TO MAKING A DIFFERENCE."**

Lavoie are two students from Winnipeg Beach Early Middle Years School who also received awards of recognition at the Yes I Can Awards.

Schellenberg received an award for school and community activities and Lavoie, who was unable to attend the ceremony, received an award in the technology category.

Schellenberg has found non-verbal ways to communicate with others and has been actively involved in school and community fundraising events. He organized a "Wheelchair Dare" basketball fundraiser for the Muscular Dystrophy Association and inspires people to see the person and not the disability.

"He is a beam of sunshine in our school, always smiling and happily visits with all our staff and students

daily," said Shawna Rudd, the principal at Winnipeg Beach Early Middle Years School. Rudd added that Schellenberg is very involved with the local volunteer fire department as well.

Lavoie received the technology award, as he utilizes technology to overcome communication obstacles.

"He has struggled in the past to find a way to communicate his needs to others. People working with him have tried lots of devices, and now with the use of an iPad mini and the app Proloquo2Go, he is able to tell his parents about his day at school, indicate when he is hungry, tired, sick or wanting to spend more time in the gym — which he loves," said Rudd. Lavoie also enjoys reading books and has a list of favourites.

"We are extremely proud of both these students."

For more information on the Yes I Can Awards by the Manitoba Council for Exceptional Children, visit [cec.sped.org/yesican](http://cec.sped.org/yesican).

# Lakeshore hosts first annual Wellness Day

By Jeff Ward

More than 350 students in grades 9 to 12 took part in the first annual Lakeshore Wellness Day at Lundar School last Friday, which was all about increasing the physical and mental wellness of students across the school division.

Four high schools, including Fisher Branch, Inwood, Ashern and Lundar, took part in the full-day event that had students choosing from a variety of outdoor and indoor activities designed to stimulate their brain and their body.

"It's very exciting to be able to host the inaugural Lakeshore Wellness Day," explained Lundar School principal Jane Dupre.

"The idea for this came from meeting with phys-ed teachers during an administration day and hearing how they'd like to see students have more opportunities for physical activity. So we got to designing a full day around that idea and came up with this."

Dupre and the other teachers have been planning the event since October and worked diligently to not only have a wide variety of activities but also to show students different activities they can have as hobbies outside of school.

The day kicked off with the playing of the ceremonial drum, built by liason worker Carl Swan, during the opening ceremonies prior to the students heading off to the different ac-

tivities.

Activities such as archery, board games, GarageBand, kickboxing, badminton, crocheting, knitting, cooking, meditation, hockey, ice fishing and photography had students exercising their mind and their body all day.

"It's all about trying to foster new lifelong activities. We had everyone in our staff helping out with supporting and leading the different sessions. I think it'll give our students a nice break in the middle of winter, and it's a fun way to still teach but also just have fun," said Dupre.

The Lakeshore Wellness Day wasn't competitive, but there were prizes handed out randomly to participating students. The school division purchased three Fit-bits, which are watch-like wearables that track steps taken, how well you slept and even give wearers a small pulse when they've been inactive for too long.

Dupre hopes that the Lakeshore Wellness Day becomes an annual tradition.

**"IT'S ALL ABOUT TRYING TO FOSTER NEW LIFELONG ACTIVITIES."**



EXPRESS PHOTO BY JEFF WARD

Lundar School principal Jane Dupre (centre) opens the first annual Lakeshore Wellness Day at Lundar School, where more than 350 Grade 9-12 students from the Lakeshore school division took part in brain and body building activities.

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**14A**

THE EXPRESS WEEKLY NEWS



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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Dreaming of open water on a cold winter's day

Hi my frozen friends. I guess it's fair to say that because of the cold last week, one had to muster up a little extra will to venture out on the ice. That certainly was the sentiment expressed by our premier as he, along with other politicians, held a news event at Breezy Point last Tuesday to explain and praise the amphibex ice cutting operations on the Red. I made sure I was there to ask him why we weren't using the amphibexes to dredge the mouth of the Red in the summer in order to possibly lessen winter ice cutting. He smiled at me, looked me straight in the eye and said, "Perhaps you should ask James Bezan that question." Well, you know what, folks? I'm going to be seeing Mr. Bezan in Gimli in a few weeks and I'll do just that.

I've said before that I like to touch base with our commercial fishing brothers and sisters once in a while, so I had a talk with Caleb Reykdal of Gimli. He says the catches have been "hit and miss" lately at about two miles east offshore, with a noticeable residue of dead algae in the nets.

It happened that I had to get parts of my sled fixed very quickly so I could use it to get us stories when the snow gets to deep on the ice to drive through. I had heard that Diane and Ray Mariash, who own OBR and Marine off 207 and Highway 1, were pretty good and, believe me, it was true. I handed them a mechanical mess and they fixed it in no time. Thanks, guys!

Not only that, when I went in to pick my stuff up, Diane, a vibrant, engaging lady, came up from her desk saying that she had a kind of a fishing



**EXPRESS PHOTO SUBMITTED**  
Jeff Tyler with a jack fish he caught at Gull Lake by Stead. Looks like we have a vicious storm out there, don't we?

story for us but it was a summer story. I told her my readers would probably see it as a nice change of pace. So here goes.

A while back, Diane and Ray were out in a quiet, serene place on the water in the Lake of the Woods. At the time, they had a Carver cabin cruiser. While Ray, an athletic chap with short salt-and-pepper hair, took their Zodiac to go fishing, Diane got a drink and settled into her lounge chair on the front deck to relax in the sun.

Soon she was half asleep but somehow came awake just enough to hear heavy breathing. She lay still, trying

to come to grips with the situation. The steady, raspy inhaling and exhaling was all around. Slowly, silently she got up, tiptoeing gingerly from the fore-deck around the side of the boat to the stern. The breathing was less there. Shaking in fear in the hot overhead sun, she crept slowly back to the forward deck, and as she came up to her lounge, the breathing was now joined by a rasping on the side of the hull. Then she realized these weren't the sounds a human would make!

Steeling herself, she crept to the side of the boat and peered over. There, down in the water, eyes staring up at her from a giant head while trying to climb up the side of the boat with jagged clawed feet was a huge, wheezing turtle. Stepping back, Diane regained her composure and as she shook her head in relief, while taking a drink of her juice, her visitor turned and disappeared under the water.

Last Sunday, I thought it was time to visit anglers at Gull Lake again, and as I came onto the ice, I saw a shack with a large transparent addition of construction poly over a wood framework attached to it. Getting out of my truck as I reached it, I could see outlines of many anglers inside joking around. Then the door swung open and I was greeted by a dozen guys from Winnipeg out for a day's fun and fishing. None of the guys had caught a fish while I was with them, but after I left, Jeff Tyler caught a nice jack and Marj Laidlaw, one of the gang, sent a picture of it for us.

Well, we should be getting our first thaw soon, so hang in there.

So long for now.

Stonewall Teulon  
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*The Selkirk Record*  
The Winkler Morden  
**Voice**

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# Shoal Lake landowners hold AGM to discuss water

By Jeff Ward

The Shoal Lakes Flooded Landowners Association (SLFLA) held their annual general meeting to discuss their previous year and the future in their ongoing efforts to lobby the provincial government and to bring awareness to the overland flooding in the Shoal Lakes area.

Led by president Orval Procter, the meeting, which took place Feb. 18 at the Inwood Curling Club, lasted more than three hours and covered a wide variety of items.

"We wanted to give everything a chance to be discussed and also open the floor for new items," explained Procter.

"There are no shortage of problems we're facing, and those we discussed in detail. Unfortunately, we seem to be on the back burner for most members of government, and it feels like our problems don't matter."

The frustration in the room was obvious as many members expressed their displeasure in how things have gone for anyone in the Shoal Lakes area. Three rural roads in particular brought in new frustrations as highways 415 and 416 have yet to be re-

opened and the recently reopened 518 still hasn't been widened, making the drive tight.

Those roads not only represent a much shorter commute for area residents but also a much longer commute for any emergency service personnel. Procter and many others at the meeting believe that this spring could bring wildfires, and those roads being closed could spell disaster for those living in the area.

"Fire is a much bigger danger this spring than flooding is. The marshland is perfect kindling for fire, and if that happens, it could spread quickly, and at that point, RM borders become pointless. We need to know who will fight these fires if they happen and how firefighters will get to the areas that are in trouble."

With roads closed and lots of farmland still inaccessible due to overland flooding, fires could easily burn out of control. Over the next few weeks, SLFLA executives plan to meet with neighbouring RM fire departments to discuss plans.

At the end of the meeting, elections were held to determine who would be representing the affected RMs and



EXPRESS PHOTO SUBMITTED

Pictured left to right: Shoal Lakes Flooded Landowners Association secretary treasurer Leonard Dziedzic, president Orval Procter and vice-president Fred DeLaroque review the agenda for the evening.

relaying executive findings to the respective councils. The motion was to maintain the current board as it existed.

Wade Thorgilsson and Gerald Thom are representing Coldwell, Lee Wirgau and Leonard Dziedzic will represent Armstrong, Stewart Tataryn and

George Hamilton will represent St. Laurent, while Orval Procter and Fred DeLaroque will represent Woodlands.

Liberal MLA candidate Jamal Abas and PC candidate Derek Johnson were also in attendance. NDP MLA Tom Nevakshonoff did not attend.

## letters

### Provincial transfers

I'm becoming increasingly annoyed with those in the Manitoba NDP government who either are misleading Manitobans or are refusing to admit the facts when it comes to transfer payments from the federal government. As a matter of fact, federal support to Manitoba is at an all-time high.

The Province of Manitoba will receive nearly \$3.4 billion in federal transfers this year — a 24-per-cent increase from under the old Liberal government, including over \$1.7 billion through Equalization, over \$1 billion through the Canada Health Transfer, a 47-per-cent increase, and \$453 million through the Canada Social Transfer, a 36-per-cent increase.

Clearly, nothing has been cut. We're also protecting transfer support to provinces as health and social transfers continue to grow. The Liberals radically slashed transfer payments to provinces and territories — our Conservative government will never do that. We will ensure that provinces and territories can provide the health care, education and other social services that families need.

Equalization payments are a pro-

gram to support "have not" provinces, whose fiscal capacity is below the national average. It is determined through a standard, independent formula that is set in legislation. That formula has not changed, and the Manitoba NDP has full knowledge of how it works. The main reason why equalization payments to the Province of Manitoba declined by approximately \$42 million for 2014-15 is due to slower population growth in comparison to other provinces west of Atlantic Canada.

Canada Health Transfer (CHT) payments are made on an equal per-capita basis and include both cash and tax point transfers. Starting in 2014-15, provincial and territorial CHT transfers will be allocated on an equal per-capita cash basis only.

Total CHT cash levels are set in legislation up to 2013-14 and grow by six per cent annually as a result of the automatic escalator. The government announced in December 2011 that total CHT funding would keep growing at six per cent until 2016-17. Starting in 2017-18, total CHT funding will grow in line with a three-year moving average of nominal Gross Domestic Production, with funding guaranteed to increase by at least three per cent per year.

These revenues are in addition to the tax hikes the Manitoba NDP has made in recent years. The Manitoba NDP government just increased the PST by one per cent in Budget 2013, and they also raised the Manitoba gas tax by 2.5 cents per litre in Budget 2012.

Also, a few years ago, the Manitoba NDP quietly delinked the federal and provincial income taxes, which translates into a Manitoban earning \$40,000 is paying \$1,585 more in provincial income taxes than they would be had the NDP not made this change. If the provincial government had not delinked federal and Manitoba income taxes, the average family of four would be enjoying a \$3,300 tax cut each year provided by the federal government.

With all the money coming in from increased taxes, increased transfers and equalization payments from the federal Conservative government, the Manitoba government should not have any problems. Unfortunately, the provincial NDP government doesn't have a revenue problem; they have a spending problem that is not in the best interests of Manitobans.

James Bezan, MP  
Selkirk-Interlake, Manitoba

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# DIY Homesteader Fest returning to Fraserwood

By Marney Blunt

Beekeeping, blacksmithing, wild edibles and traditional foods — these are a few homesteader activities and homegrown products that you will be able to find at the Manitoba DIY Homesteader Festival in Fraserwood this June.

Back by popular demand, the DIY Homesteader Festival will re-launch on June 6, 2015, at the Nourished Roots Family Farm in Fraserwood. The first-ever homegrown-homesteader festival was held on June 1, 2013, and saw a sold-out crowd, which co-organizers Adrienne Percy and Kris Antonius attribute to people wanting to live a simpler, more connected lifestyle.

"We took a year break, and there were people emailing from across the country inquiring about it, if we were going to do it again," said Antonius. Antonius and Percy started up the festival two years ago along with Mike Berg and Trevor Percy.

"They wanted to come and get involved, so we took that as a sign that we should do it again."

Although still in the organizing stage, the DIY Homesteader Festival will feature over 20 workshops in a wide variety of homesteading activi-

ties, including beekeeping, raising rabbits, herbal skin care, blacksmithing, edible landscape, traditional foods, blacksmithing, kids' crafts and more. The workshops are aimed at empowering people to live a more fulfilling, more connected lifestyle.

"Our two families wanted to sort of pay it forward, so to speak, because we both really benefitted from the generosity of various farmers and producers in sharing their skills with us over the years," said Antonius.

"People increasingly want to reconnect with the food and the land, and so sharing the skills is one thing. It's wonderful to share the skills, but people also really want to reconnect with the land, and so it's kind of allowing them to have that connection point to get out into the wide open space and reconnect with people and get out into the richness (of nature)."

"We think there's a little bit of a homesteader in everyone," said Adrienne Percy in a news release. "Homesteading isn't about where you live and how much land you have. It's about an attitude and values."

Antonius and Percy describe the DIY Homesteader Fest as a warm and welcoming environment that of-



EXPRESS PHOTO SUBMITTED BY PAULINE BOLDT

The first DIY Homesteader Festival in 2013 had a sold-out crowd at the Nourished Roots Family Farm in Fraserwood.

fers something for the beginner right through to those wanting to expand their homesteading operation.

This year, the festival will not only feature workshops but also local food, music and activities, and organizers of the festival are getting prepared to have double the attendance they had in 2013.

This year, there will be VIP tickets available that will include festival-

swag, lunch, a ticket to the post-festival VIP dinner, priority workshop access, workshop seating and festival parking. Stay tuned as more details unfold for the second DIY Homesteader Festival at Nourished Roots Family Farm in Fraserwood.

For more information, contact Adrienne Percy at 204-296-2992 or Kris Antonius at 204-339-4166 or hello@homesteaderfest.ca

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## Fisher River woman wins big



EXPRESS PHOTO SUBMITTED

Tammy Murdock of Fisher River (far right) is presented with a \$40,254 cheque from Riverton Transportation and Heritage Centre representatives Doug Thorarinson (left) and Mitch Johnson during the Chase the Ace fundraiser at the Riverton Motor Inn. In total, the Chase the Ace fundraiser raised \$80,506, which was split between the two organizations and Murdock who was the lucky winner.

The funds raised will go towards maintenance and upkeep of the old train station (now called the Riverton Transportation and Heritage Centre). The old caboose has been at the centre for the past eight years, and now Johnson says the centre has enough money to have the caboose fully restored.



# A weekend of family fun and traditions

By Jeff Ward

Bitterly cold weather wasn't enough to stop Eriksdale carnival-goers from enjoying their 60th annual winter carnival.

Beginning Thursday evening and ending Sunday, the carnival featured numerous activities for the whole family to enjoy: hockey, curling, movies nights, family casino night, live entertainment in the form of two clowns and even a special performance by the Eriksdale Skating Club who were celebrating their 10th anniversary.

The skating club travelled back in time to 2005 and drew inspiration from the top kids' movies, pop songs and sporting events of that year to put their show together, skating to the music of the movies *Shrek*, *Madagascar* and *Winnie The Pooh*, as well as some of the hottest pop tunes with Maroon 5, Carrie Underwood and Good Old Hockey Game by Stompin Tom Connors to celebrate the Canadian Junior Hockey team's gold medal.

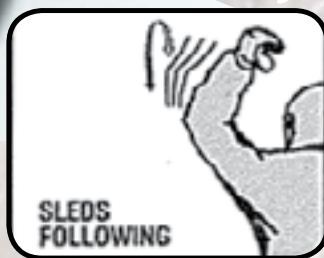
Taylor Kinkead was crowned Eriksdale's Carnival Queen Saturday evening with runners-up Carrie Godfrey and Kaylee Weatherburn. Kinkead was announced the winner after selling the most tickets between the girls. All three girls sold a combined total of \$14,500 raising money for the Eriksdale Community Club. The Eriksdale Community Club Board would like to thank all of the volunteers who helped make the event a success.



Pictured from left to right: Jerrica Forsyth (last year's carnival queen), Carrie Godfrey, Kaylee Weatherburn and this year's carnival queen, Taylor Kinkead.

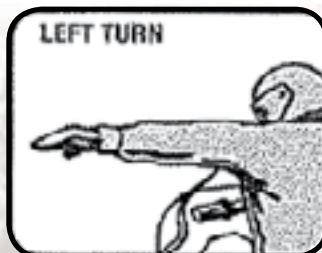


# Get out and Ride



**SLEDs FOLLOWING**  
 Arm raised, elbow bent with thumb pointing backward, in "hitch-hiking" motion, move arm forward to backward over your shoulder.

## PLEASE USE YOUR HAND SIGNALS:



**LEFT TURN**

Left arm extended straight out from shoulder and pointing in the direction of the turn.



**RIGHT TURN**

Left arm raised at shoulder height, elbow bent and forearm vertical with palm of hand flat.



**STOP**

Left or Right arm raised from the shoulder and extended straight up over the head with palm of hand flat.



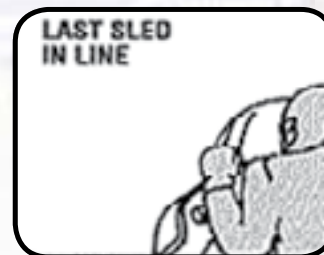
**SLOWING**

Left arm extended out and down from the side of the body with a downward flapping motion of hand to signal warning or caution.



**ONCOMING SLEDs**

Left arm raised at shoulder height, elbow bent and forearm vertical, wrist bent, move arm from left to right over head, pointing to right side of trail.



**LAST SLED IN LINE**

Raise forearm from handlebar and show clenched fist at shoulder height.

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**Hecla Provincial Park** [Trails OPEN]

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**Interlake Snow Trackers** [Trails PARTLY OPEN]

Winnipeg Beach, Arborg, Gimli, Riverton, Hecla, Petersfield  
 View Club's Website » <http://interlakesnowtrackers.ca>

**Inwood Snowmobile Club** [Trails CLOSED]

Inwood, Oak Point, St. Laurent, Fraserwood

**Lakeside Sno-Drifters** [Trails OPEN]

Steep Rock, Faulkner

**Log Cabin Riders** [Trails OPEN]

Moosehorn

facebook page>> <https://www.facebook.com/LogCabinRiders>

**Northern Lites Snowmobile Club Inc.** [Trails CLOSED]

St. Laurent, Marquette, Woodlands, Warren, St. Francois Xavier  
 View Club's Website » [www.northerlitesmb.com](http://www.northerlitesmb.com)

**Northern Trail Blazers Inc.** [Trails PARTLY OPEN]

Fisher Branch, Popularfield, Broad Valley, Chatfield, Hodgson

**South Interlake SnoRiders Inc.** [Trails OPEN]

Stony Mountain, Stonewall, Balmoral, Argyle  
 View Club's Website » [www.southinterlakesnoriders.com](http://www.southinterlakesnoriders.com)

**St. Martin Power Toboggan Club Inc.** [Trails PARTLY OPEN]

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# Provincial government invests in Interlake water services infrastructure

## Province invests more than \$4 million to four Interlake municipalities

By Marney Blunt

The Province of Manitoba announced funding last week that will benefit residents and business owners in four Interlake municipalities.

The province is investing more than \$4 million into improving and/or replacing local water supply and disposal services.

"The capital plan to the province this year is \$26.5 million towards water and wastewater projects all throughout the province. In the Interlake area, there is a \$4-million allocation from that to support municipal governments in providing good, clean water supply and good wastewater disposal," said Minister of Municipal Government Drew Caldwell.

"We want to work with municipalities to create a better community for people who live in the Interlake and the communities in the Interlake. We are interested in assisting municipalities in creating economic development opportunities in the Interlake for local communities."

The four Interlake communities that will benefit from the funding include the Village of Dunnottar, the Rural Municipality of Rockwood, the City of Selkirk, the RM of West St. Paul/RM of St. Andrews. The funding to these communities is a partnership between the two levels of government.

"The need for projects like these exists all across Manitoba, but they require partnerships for municipalities to achieve them," Doug Dobrowolski,

president of Association of Manitoba Municipalities, stated in a news release. "It is only through 50-50 cost sharing that these important projects can move forward."

Through the Manitoba Water Services Board, the Manitoba government will share the cost of the projects with the rural communities on a 50-50 basis, according to a news release issued by the Province of Manitoba. The cost of projects in the Interlake area totals more than \$8 million, the release also indicated.

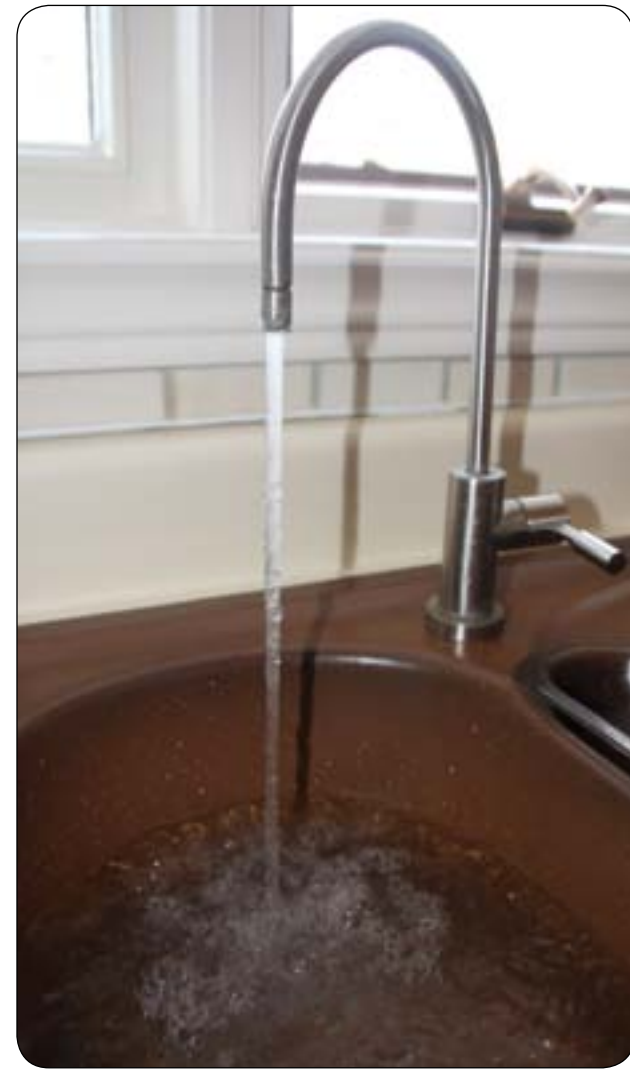
"The program that we are utilizing to make these investments through the Manitoba Water Services Board and these are projects that the municipalities and the province work together on developing," said Caldwell. "So right now, there are a number of projects under development by different municipalities in the province."

Some of those wastewater projects in the Interlake communities include the Village of Dunnottar's addition of a passive nutrient removal system, which will reduce nutrients in wastewater that ends up in Lake Winnipeg. The RM of Rockwood is working on a wastewater lagoon expansion for the community of Balmoral to meet future growth and comply with new wastewater

regulations for nutrient reduction. The City of Selkirk is receiving \$375,000 to secure an environmental and water rights license for a supplemental water supply to meet future water demands.

"These investments are critical to the future development of communities in the Interlake, and as a provincial government, we're highly supportive of working with these municipalities and realizing their potential," said Minister Caldwell.

**"THESE INVESTMENTS ARE CRITICAL TO THE FUTURE DEVELOPMENT OF COMMUNITIES IN THE INTERLAKE."**



EXPRESS PHOTO BY MARNEY BLUNT

The Province of Manitoba is investing more than \$4 million for improving local water supply and disposal services in the the Village of Dunnottar and the rural municipalities of Rockwood, West St. Paul/St. Andrews and the City of Selkirk.

# Gimli is talking business Chamber of commerce to be enacted soon

By Austin Grabish

Plans are in the works to restore a defunct Gimli Chamber of Commerce.

About 30 representatives from the business community came out to a two-hour roundtable discussion last Tuesday, which discussed the benefits of forming a chamber.

Entrepreneurs working from home, retail reps and restaurant owners were all in attendance at the meeting.

"It was positive," said Gimli Mayor Randy Woroniuk in a phone interview on Saturday.

Woroniuk organized the meeting and has been calling on the business community to start a chamber since being elected last October.

The town has been without a chamber of commerce for years, and Woroniuk feels that's stalling growth in

Gimli.

"Throughout my campaign, I kept hearing how Gimli was stagnant, and I'm hoping that with the revival of the chamber, they can remove that," Woroniuk said.

Woroniuk said the business community's response to the meeting was positive. He said two business owners are already spearheading plans to form an executive of what will be the new Gimli Chamber of Commerce.

"They all agreed that a chamber of commerce would be important for the future growth of Gimli," Woroniuk said. Pat McCallum, economic developer officer for the Arborg-Bifrost

Community Development Corporation, spoke about the benefits businesses can reap when they are part of a chamber.

She said in her opinion, the united voice that comes from a chamber is what has the biggest impact on the community.

"Their voice is very powerful and their collective voice as a chamber is very influential when it comes to just about any developments that are occurring."

Chuck Davidson, president of the Manitoba Chamber of Commerce, also spoke about the vital role a chamber has in a community.

Woroniuk and McCallum both said a chamber of commerce would help

not only the community but also individual businesses grow.

"As a united force, they can assist the municipality and policy, but they also assist each other in helping their businesses grow and also in attracting new business to the community," Woroniuk said.

The mayor said Gimli council will back the new chamber completely but it will be independent from council.

"We're there to assist them in any way we can, but now it's up to the business community to finalize how they're going to develop its structure and governance.

"That's all up to them." McCallum said business attendees at the meeting seemed anxious and excited for the new chamber.

"They were all keen on having a chamber," she said.

**"THEY WERE ALL KEEN ON HAVING A CHAMBER."**

# Canadian Army faces Arctic-like conditions on Lake Winnipeg

## 38 Canadian Brigade Group spends a cold week on Lake Winnipeg

By Marney Blunt

Extreme cold temperatures, blowing snow, whiteout visibility and massive obstacles—these were the conditions that the 38 Canadian Brigade Group faced on Lake Winnipeg last week during the Exercise Arctic Bison 15.

The Exercise Arctic Bison had approximately 90 members of the Canadian Army travel by snowmobile across Lake Winnipeg from Feb. 13 to 22, while approximately 30 members stayed at the Land Component Command headquarters in Gimli. The exercise focused on the achievement of the Arctic Response Company Group (ARCG) Full Operating Capability criteria, specifically focusing on the ability of the ARCG to force project and sustain itself 300 kilometres from its support base.

**“WE’RE USED TO THE CHALLENGE, WE’RE USED TO THE HARD WORK AND THE SOLDIERS WILL REALLY FEEL A SENSE OF ACCOMPLISHMENT WHEN THIS IS OVER.”**

“Exercise Arctic Bison is one in a series of exercises that we’re doing to achieve full operational capability within the Arctic Response Company Group. That company group was stood up by Ottawa six years ago in order to gain sovereignty in the north,” said Capt. Ward Lentz, senior duty officer for Exercise Arctic Bison.

“What we’re doing here is pushing them forward for the 300 kilometres and then holding them there for three days. That is our only job. The big part of that is all of the re-support and all the planning that goes into that. So we’ve been working up over the years to get to this point to achieve this mission.”

The Canadian Armed Forces are trained to face a variety of natural threats in Canada, including forest fires, floods and other natural hazards as well as man-made incidents. The members on the lake did a variety of movements that will prepare them for hazardous and harsh conditions of the Arctic. The exercise included response to a major air disaster and support to Ground Search and Rescue, while also establishing places on the lake to stay overnight and public relations activities in some communi-

ties along the shores of Lake Winnipeg.

“They’re doing on-snowmobile movement in formation (so all people moving at once). They’re setting up high frequency communications, they’re doing key leader events, so they’re interacting with the locals and having that public face for the military.”

Lake Winnipeg was the perfect place to execute the Exercise Arctic Bison, as the conditions on the lake replicated the Arctic’s remoteness, lack of infrastructure, vast distances between bases and communication challenges.

“We chose Lake Winnipeg because we thought it would simulate the Arctic as close as possible, and I think this week that is probably exactly what we’re seeing,” said Lt.-Col. Paul Davies,

the commanding officer of 38 Territorial Battalion Group.

“We’re used to the challenge, we’re used to the hard work and the soldiers will really feel a sense of accomplishment when this is over.”

At the Land Component Command headquarters in Gimli, members tracked the group on ice and stayed in communication with them to push up supplies to the group, which included gasoline, food and trading out broken snowmobiles for new ones.

The 38 Canadian Brigade Group started in Gimli on Feb. 13 and went up through Hecla to Bloodvein to Berens River and was at Reindeer Island as of Tuesday evening. The total journey is approximately 350 kilometres, as the crow flies. As of Feb. 18, the members were approximately 160 kilometres into the trek. The group faced many challenges along the way, including extremely cold temperatures, navigating around massive ice ridges on the lake and sometimes even having to stop because of whiteout conditions.

“Things are going well. They’re going slow because the weather has really had an impact. There have been a few times where they’ve had to just stop and wait out whiteouts. So it’s



Major Peter Sliwowski (left) orients Lt.-Col. Paul Davies to the position of his troops on a frozen Lake Winnipeg on Feb. 18.



EXPRESS PHOTOS SUBMITTED

Approximately 90 members of the 38 Canadian Brigade Group snowmobiled around Lake Winnipeg from Feb. 13 to 22 as part of the Exercise Arctic Bison 15.

slowing us down, but I guess that’s the real truth out there on the ice,” said LCol. Davies.

“The soldiers already have the skills, so now they’re just gaining more experience in using them. The reason we train all the time is to be ready for the

real thing, so we’re getting ourselves ready to for some kind of emergency response to the Arctic or a sovereignty presence. The Army all across the country constantly trains to be ready to go and do the real thing.”

# A new vision for Misty Lake Lodge

By Austin Grabish

A multi-million-dollar addictions recovery centre will open inside a former hotel that was forced to close its doors after millions in bills it said it was owed by Ottawa went unpaid two years ago in Gimli.

The \$8-million Aurora Recovery Centre will open in the former Misty Lake Lodge and Conference Centre sometime this June.

The Centre will be Manitoba's first rehab centre that offers addicts the chance to detox, said Dr. Ian Rabb, who is at the helm of the project.

Rabb, a former drug addict, now runs a Winnipeg property company and works with addicts through a charity.

He said there are very little supports in Manitoba for drug and alcohol addicts, noting it can take months for people to get the appropriate treatment they need.

"It's been very difficult to get them any kind of immediate help in Manitoba," said Rabb.

"Often I'm involved in sending people away to drug and alcohol rehab centers outside of the province."

Rabb knows first hand the struggles addicts face. He hit rock bottom and lost everything 13 years ago when he wound up homeless on the streets of Denver, Colo., with an addiction to methamphetamine.

"I think people refer to me like a dog with a bone when it comes to treatment, and today I can say that it paid off. I didn't get here alone. There have been mentors, fellow former addicts, community leaders and my family who all have contributed to this success," Rabb said in a news release.

Once completed, the Aurora Centre will have 16 medical detox beds, a combination of 54 beds split for both men and women, a wellness program,

mental health clinic, meditation centre, theatre, café and gift shop.

People with a variety of drug and alcohol addictions will be able to come for treatment at the centre.

But staying at Aurora will be anything but cheap.

"It's not going to be cheap," Rabb said.

A stay at the centre will cost addicts somewhere around \$900 per day, and the length of clients' stays at the centre will vary.

Rabb said clients will be in Aurora's programming for as long as two years, but they will only stay at the Centre a fraction of that time.

Rabb said once clients have checked in, they won't be able to leave the facility.

"When people check into treatment, they're our responsibility for the full time of treatment," Rabb said.

"They'll be monitored. They can't just pick up and leave."

He said plans are in the works to create a foundation that will disperse scholarships for addicts who can't afford the high cost of treatment.

The Aurora Centre is completely private and will receive no government funding.

The RM of Gimli's chief administrative officer said the Centre can open as soon as renovations are complete.

"Everything has been approved and completed on our end," wrote Joann King in an email to the *Express*.

But not everyone has welcomed the Aurora Centre.

Residents living near Misty Lake came out to Town meetings and a public hearing to voice their concerns about the Centre over the last two years.

One lawyer for a family living close to the site urged the RM not to allow the project to go ahead.



PHOTO ILLUSTRATIONS COURTESY OF AURORA RECOVERY CENTRE  
The Aurora Recovery Centre is slated to open in June.



The Centre will have beds for both men and women who are trying to get clean and overcome an addiction.

Concerns about safety, property value and the public's access to a beach on the Misty Lake property were all raised.

The Aurora Recovery Centre is expected to create 130 new jobs in Manitoba, a press release from the Centre said.

Misty Lake Lodge shut its doors for good in 2013 after the hotel owner

claimed nearly \$3 million in invoices sent to Ottawa went unpaid.

The hotel had housed hundreds of 2011 flood evacuees who were under the care of the Manitoba Association of Native Firefighters.

Almost 60 people, many of whom were longtime staffers, lost their jobs when the hotel closed down.

## Designing the future of Manitoba's boreal forests

By Jeff Ward

A summit to discuss the future of Manitoba's boreal region was held in Opaskwayak Cree Nation, and the outcomes of the gathering were largely positive.

The Boreal Summit was organized by the Manitoba government and brought together northern communities, Indigenous people, business leaders and conservationists to design a plan for the region's future.

"We have a great opportunity here in Manitoba," said Ron Thiessen, ex-

ecutive director of the Canadian Parks and Wilderness Society Manitoba chapter.

"We have the opportunity that other areas have lost. We have here multiple interests that need to be heard and addressed, but thankfully there is a lot of the same themes across all parties."

Thiessen explained that the main themes heard throughout the summit were themes of balance, prosperity, community rights and investment certainty. The challenge of the summit

is how to balance the environmental impact of industry but also allowing that same industry (mining, forestry and fishing) to grow and expand.

The summit, which took place Tuesday, Feb. 17, was well-timed as a Probe Research poll that was recently released showed the Manitoban's are most likely to support the idea of land-use policies that strike a balance between development and conservation. The poll found that more than half of those surveyed (62 per cent) agree that equilibrium between these

two should be a priority.

"It's clear we are ready to design a plan for maintaining our wildlife populations and ecological services such as fresh water and clean air in tandem with business investment, partnerships and employment that are so good for this economy."

The next step is to have those invited to the summit break off into smaller groups with similar interests to better evaluate their priorities.

The Boreal Summit saw more than 80 people attend.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Falcons even KJHL playoff series with Fishermen

By Brian Bowman

The Lundar Falcons showed the Selkirk Fishermen that their first-round Keystone Junior Hockey League playoff series won't be an easy one.

Lundar surprised Selkirk with a 5-4 come-from-behind victory Sunday at the Selkirk Rec Complex to even their best-of-five series at a game apiece.

Selkirk led 3-1 in the second period before Lundar scored four consecutive goals over two periods.

"We got caught flat-footed," said Fishermen head coach Chris Poponick Monday morning. "We had a 3-1 lead and thought it would explode into another 9-2 victory but (Lundar) didn't quit and they kept coming."

Selkirk was guilty of being much too complacent on its home ice.

"A lot of guys were standing around waiting for someone else to do it," Poponick complained. "We came really close at the end to tying it up but now we have a best-of-three."

Selkirk's Drayton Mendrun and Lundar's Cody Paul traded first-period goals and then the Fishermen led 3-1 on power-play goals from Tanner MacVicar and Karl Fey.

Paul scored his second goal of the

game late in the second period and then Trent Laycock potted a pair to start the third.

Tavish Quinn made it 5-3 with 1:49 remaining but Selkirk's Cale McBride made things interesting when he tallied just 25 seconds later.

Lundar started the series with a 9-2 loss Saturday in Selkirk.

The Falcons led 2-1 after the first period but Selkirk replied with eight unanswered goals.

McBride led Selkirk with two goals and three assists while Cody Melo (two), Michael Smiley, Lucas Lalonde, Fey, Cory Balcaen and MacVicar also scored for the Fishermen.

Jory Ross and Aldyn Gray scored first-period goals for Lundar.

Selkirk, which outshot Lundar 40-22, was 3-for-8 with the man advantage. The Falcons were 1-for-10.

Game 3 of the series will be played Friday in Lundar while Game 4 will be played there on Saturday. Both games will start at 8 p.m.

If necessary, a series-deciding Game 5 will be played in Selkirk. It was not known at press time when that game would be played.



EXPRESS PHOTO BY LANA MEIER

The Falcons' Cody Paul scored twice and had an assist in the first round of KJHL playoffs. Lundar evened the series against Selkirk with a 5-4 come-from-behind victory Sunday.

## Lots of lady luck at Arborg bonspiel



EXPRESS PHOTOS SUBMITTED BY DONNA GISLASON

The Arborg Curling Club hosted 16 teams at their Vegas-themed ladies' bonspiel this past weekend, with everyone reporting a fun time with not only curling but blackjack, cards and poker. Some of the costumes included CIS Los Angeles, Elvis and a marriage chapel complete with bride and groom and the flapper girls. The elimination prize of luggage was won by Stacey Johnson.

The first-event winners, pictured left to right, were skip Donna Gislason, Dale Stanowski, Karen Leochko, Maureen Sigurdson. The second-event winners, pictured middle, were Agnes Furgala, Della Magnusson, Hayley Fisher, Deanna Fridfinnson. The third-event winners were Shelly Batenchuk, Shawna Adair, Maureen Kaprawy and Shelley Uruski.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Peguis takes 2-0 series lead, Arborg even with St. Malo

By Brian Bowman

The Peguis Juniors led the Keystone Junior Hockey League in scoring during the regular season.

And not much has changed so far in the playoffs.

Peguis showed off its offensive talents once again, scoring 22 goals in the first two games of their best-of-five playoff series — both victories — over the Norway House North Stars.

The Juniors skated to an 11-6 victory on Saturday and then trounced Norway House 11-4 on Sunday.

In the seven-goal win, the Juniors led 2-1 midway in the second period when they exploded for six goals in a 10:20 span.

Tyrell Armstrong led Peguis with two goals and two assists while Brennan Cochrane and Tyler McKay each had two goals and an assist. Dylan Stevenson also scored twice for the winners while Joseph Sutherland had a goal and two helpers.

Waylon Neault and Presley Kirkness scored Peguis' other goals.

Keifer Tacan made 37 saves for the win.

On Saturday, Peguis jumped out to a quick 5-0 first-period lead and never took their foot off the gas. Kirkness and Darryl Flett each scored twice and had three assists.

Jesse Flett (two), Christian Cochrane, Brennan Cochrane, Sutherland, McKay, and Armstrong scored for Peguis.

Tacan made 41 saves for the win.

Game 3 of the series will be played in Norway House on Saturday (7:30 p.m.). If necessary, a Game 4 is set for Sunday (1:30 p.m.) and a Game 5 will return to Peguis on March 7 (7:30 p.m.).

The Arborg Ice Dawgs, meanwhile, were also in action last weekend, splitting a win apiece with the visiting St. Malo Warriors.

St. Malo evened the series with a 4-3 comeback win on Sunday. Trailing 3-0 in the second period, the Warriors scored four unanswered goals.

Cal Finnson, Connor Jonasson (power play), and Carter Comeau scored first-period goals for Arborg.

Jon Narverud made 34 saves in the loss.

Last Saturday, Arborg edged St. Malo 6-5 as Cory Kuldys paced the Ice Dawgs with two goals and two assists. Cody Gibson had a goal and two assists while Talon Kelly had a goal and an assist.

Trent Kroeker and Billy Andryo scored Arborg's other goals. Travis Kilbrei chipped in with two assists.

Narverud made 31 saves for the win.

Game 3 of the best-of-five series will be played in St. Malo on Saturday (7:30 p.m.), followed by Game 4 there on Sunday (2:30 p.m.).

If necessary, a Game 5 will be played in Arborg (7:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Ice Dawgs' Mackenzie Playford protects the puck as he drives to the net during KJHL action Sunday. Arborg lost the game 4-3 to St. Malo.

## Pawluk, Dyck named as second-team all stars

By Brian Bowman

University of Manitoba Bisons women's hockey players Michelle Pawluk and Rachel Dyck have been named as 2014-15 Canada West Women's Hockey Second Team All-Stars.

Pawluk, 22, a Petersfield native, is completing her fifth and final season at Manitoba and earns her first conference selection. This was her best statistical season as she was second in conference defenceman scoring with 17 points (four goals and 13 assists) while playing in all 28 conference regular-season games.

Her 13 assists were tied for most among Canada West defencemen and tied for eighth overall in the confer-

ence this season.

The 5-foot-7 blueliner had three multi-point games and scored three points in a game twice. Pawluk also registered a plus/minus rating of +12, which was fourth best on the team.

Meanwhile, Dyck, 19, is in her second season with the Bisons and earns her first conference selection.

During the 2014-15 conference season, the Winnipeg Beach product was second in Canada West goals-against average (1.70) and also second in conference save percentage at .927 while sporting a 16-4-1 record.

The 5-foot-9 goaltender was also fourth with three shutouts in Canada West play and had a nine-game con-

ference winning streak.

"Being recognized as an all star in this league is a hard thing to do with as many good players as there are in Canada West," said Bisons' head coach Jon Rempel in a media release.

"Michelle has been an exceptional leader, a stalwart on the blue line, and a big offensive threat. Rachel has been nothing short of spectacular at times for someone that is, for all intents and purposes, a rookie this year after only playing two games last season. Her work ethic and steady play has given her teammates confidence to make plays in front of her." Both women led the Bisons to a 2-1 series win over the Regina Cougars.

Manitoba won the series after an exciting 3-2 overtime win Sunday at the Wayne Fleming Arena.

Dyck made several key saves on two-on-one rushes and had one fantastic save on a breakaway from Regina's leading scorer Kylie Gavelin.

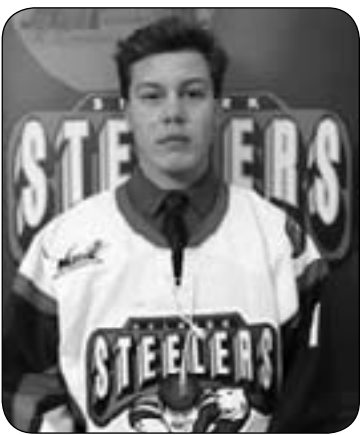
"I thought we played a great hockey game," Rempel said. "I think we played three really good games against a good team, and I'm glad it was this kind of series because it sets up really well for (this) weekend.

"We don't have to get our levels up because they're already there."

Manitoba won Game 1 by a 4-1 score Friday while Regina won the next game 4-3 on Saturday in double OT.



# Dola named to rookie all-star team



Hayden Dola

By Brian Bowman

Selkirk Steelers' goaltender Hayden Dola was named to the Manitoba Junior Hockey League's rookie all-star team, the league announced last Friday.

Dola, a Winnipeg Beach product, had a 12-13 record with two shutouts, a 3.29

goals-against average, and a .900 save percentage heading into last weekend's games.

The MJHL also announced its major award winners for this season.

Tristan Keck of the Winkler Flyers was named the MJHL's most valuable player. The 19-year-old from Morris tops all MJHL goal scorers with 40 in 55 games.

Keck was one of five major award winners, joining three members of the Portage Terriers who were also recognized for their outstanding season. The MJHL also released its all-star teams.

"Every player should be commended for their outstanding performance over the regular season," said MJHL commissioner Kim Davis in a media release. "Coaches of the league vote

and make the selections. These selections are extremely difficult to make. The talent level our league is reflective in how difficult it was to select these respective teams."

MVP Steve "Boomer" Hawrysh Award

Tristan Keck (Winkler) Rookie of the Year - Vince Leah Trophy

James Shearer (Steinbach Pistons)

Hockey Ability - Lorne "Windy" Lyndon Trophy

Brad Bowles (Portage)

Top Goaltender Nick Deery (Steinbach)

Top Defenceman - Brian Kozak Trophy

Tanner Jago (Portage)

Coach of the Year - Portage Terriers " Muzz McPherson" Award

Blake Spiller (Portage) 1st All Star Team

Goal - Nick Deery (Steinbach), Defence - Tanner Jago (Portage) and Jordan Greig (Virden Oil Capitals), Forwards - Tristan Keck (Winkler), Zack Waldvogel (Portage) and Brad Bowles (Portage).

2nd All Star Team

Goal - Graham Hunt (Swan Valley Stampeders), Defence - Landon Cross (Steinbach), Ryan Bittner (Winnipeg Blues), Forwards - Drake Lindsay (Neepawa Natives), Tyler Penner (Steinbach), and Jackson Keane (Winnipeg).  
Rookie All Star Team

Goal - Hayden Dola (Selkirk), Defence - Brady Keeper (OCN Blizzard), James Shearer (Steinbach), Forwards - Kirklan Lycar Dauphin Kings, Devin Muir (OCN) and Rylee Zimmer (Waywayseecappo Wolverines).

Each all-star winner will receive their award at their home rink over the next two weeks. The MJHL's top scorer, who will be decided upon season's end, will receive the Mike Ridley Trophy, named after the prolific goal scorer who starred with the St. Boniface Saints.

## Lakeside trails Blues in playoffs

By Brian Bowman

The Lakeside Phantoms find themselves down 2-0 to the Lac du Bonnet Blues in their best-of-five first-round Manitoba Senior Hockey League playoff series.

The Blues won Game 1 by a 6-4 score last Friday and then defeated the Phantoms 7-3 on Sunday. In Friday's win, the two teams were tied at 3-3 midway in the third period when Lac du Bonnet exploded for three goals in a 4:13 span.

Six different players - Steve Obelnicki, Matt Lahaie, Pat Brincheski, Stu Brincheski, Tim Rollins, and Brent Wold - scored for the Blues.

Parker Schween, Mark Tomlinson, and Tyler Medeiros replied for Lakeside. Eric Bruce had

three assists.

In Sunday's game, Lac du Bonnet built a 4-1 lead by the 8:08 mark of the second period and then added three unanswered goals in the third.

Wold paced the Blues with three goals and an assist while Brent Woodworth, Ryan Kindret, Aaron Wold, and Rollins also tallied.

Tristan Allain, Schween, and Tomlinson replied for Lakeside.

Game 3 of the series was played last night but no score was available at press time. If necessary, a Game 4 would be played Friday in St. Laurent. Game time is 8 p.m.

A time and date for a possible Game 5 was not posted on the league website.

## Lightning recruiting fans

By Brian Bowman

As the Interlake Lightning Midget Provincial team gets ready to battle the Brandon Wheat Kings in their opening-round playoff series, the organization is making a plea to fans to come out and support them.

The best-of-five series begins March 2 in Brandon and then switches to Teulon on March 4.

"The boys are super pumped to be playing in the post season and want desperately to play to a packed barn," said Midget Lightning presi-

dent Sherri Vautour in an email.

Interlake is having a special admission rate for playoffs and the Lightning want their supporters to bring noise makers. Admission rates are \$4 for adults and \$2 for students/seniors.

Game 3 will be played March 5 in Brandon while, if necessary, a Game 4 is set for March 7 in Teulon. The first four games of the series will have 7:30 p.m. starts.

A series-deciding Game 5, if necessary, is slated for March 8 in Brandon. Game time for that one is 1:30 p.m.

### Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Portage Terriers	58	51	3	4	106	279	117
Steinbach Pistons	57	37	13	7	81	211	147
Winnipeg Blues	58	37	15	6	80	222	175
Winkler Flyers	57	30	15	12	72	197	177
Virden Oil Capitals	55	29	17	9	67	194	177
Swan Valley Stampeders	57	26	25	6	58	168	191
Selkirk Steelers	56	26	28	2	54	172	192
Dauphin Kings	57	22	29	6	50	159	205
Waywayseecappo Wolverines	56	22	30	4	48	135	183
OCN Blizzard	56	18	34	4	40	157	221
Neepawa Natives	57	14	41	2	30	136	245

MANITOBA SENIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Quarter Final A (Best of 7)- Lac du Bonnet Blues vs Lakeside Phantoms							
Date	Away Team	Score	Home Team	Score			
Feb. 20 - Lac du Bonnet	Lakeside	4	Lac du Bonnet	6			
Feb. 22 - Lac du Bonnet	Lakeside	3	Lac du Bonnet	7			
Feb. 25 - St. Laurent	Lac du Bonnet	0	Lakeside	0			
Feb. 27 - St. Laurent	Lac du Bonnet	0	Lakeside	0			

KEYSTONE JUNIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Selkirk Fishermen	32	24	7	1	49	204	97
Peguis Juniors	32	22	9	1	45	242	156
Arborg Ice Dawgs	32	21	9	2	44	176	111
North Winnipeg Satellites	32	20	11	1	41	180	131
OCN Storm	32	19	13	0	38	136	121
St. Malo Warriors	32	15	16	1	31	158	155
Norway House North Stars	32	13	17	2	28	163	206
Lundar Falcons	32	8	22	2	18	105	157
Fisher River Hawks	32	2	30	0	4	57	287

AAA MIDGET HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
PLAY-OFFS TO START FIRST WEEK OF MARCH							
PLAYOFF MATCHUPS							
Placing	Team	Placing	Team				
1st	Winnipeg Wild	8th	Kenora Thistles				
2nd	Brandon Wheat Kings	7th	Interlake Lightning				
3rd	Winnipeg Thrashers	6th	Parkland Rangers				
4th	Eastman Selects	5th	Pembina Valley Hawks				

AAA CITY MIDGET HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs - CM	36	29	5	0	60	182	81
Winnipeg Warriors - CM	35	26	3	3	58	194	99
Winnipeg Sharks - CM	36	18	14	2	40	168	149
Eastman Selects - CM	36	14	18	2	32	136	161
Winnipeg Hawks - CM	36	12	21	3	27	134	171
Interlake Lightning - CM	35	3	31	0	7	72	225

AAA BANTAM HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Warriors - B1	32	26	5	0	53	171	58
Winnipeg Monarchs - B1	32	26	5	0	53	171	77
Eastman Selects - B1	29	18	10	1	37	106	81
Winnipeg Hawks - B1	32	13	19	0	26	114	149
Winnipeg Sharks - B1	32	10	20	1	22	84	91
Interlake Lightning - B1	28	0	28	0	0	37	210

\*STATS AS OF MONDAY, FEBRUARY 23

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- Prepare estimate/quotes on store system
- Up to date knowledge on new building products and their functions
- Direct ordering from suppliers and maintenance of accurate product pricing
- Building and developing professional relationships with customers
- Building and construction experience is required
- Ability to read and interpret blueprints is required
- Building code knowledge is required.

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# Announcements



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## ANNOUNCEMENTS

### CARD OF THANKS

**Willis, Mae** - Our most sincere thanks to everyone that attended Mother's service, sent cards, or made memorial donations. Special thanks to Rev. Beth McLean for her meaningful service and the United Church Ladies for the lovely lunch. A heartfelt thank you to Ellenore Nelson for her moving eulogy for Mae and to Doug Harold for capturing the essence of our Mother and Nannie with his beautiful video tribute.

-Love,  
Barry, Marge and family,  
Beryl, Larry and family  
Alvin and Elaine

## ANNOUNCEMENTS

### IN MEMORIAM

In Memory of  
**Sandra Thorgilsson**  
February 22nd, 2014

We little knew that day,  
God was going to call your name;  
In life we loved you dearly,  
In death, we do the same.  
It broke our hearts to lose you,  
You did not go alone;  
For part of us went with you,  
The day God called you home.  
You left us beautiful memories,  
Your love is still our guide;  
And though we cannot see you,  
You are always at our side.  
Our family chain is broken,  
And nothing seems the same;  
But as God calls us one by one,  
The chain will link again.  
It's been a year since you left us,  
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## OBITUARY

### Peter Smarz

Peter was born in Regina, SK. on March 13, 1941 to Antonina and Peter Smarz. He died peacefully on Friday, February 20, 2015 at the Hunter Memorial Hospital in Teulon, MB at the age of 73.

Peter is survived by his wife Shannon; daughters Tara-An Tyn-dale (David), with son Ethan and step daughter Megan; Amber with son Morgan son Dustin (Genevieve) with children, Veronica, Hayden and Sophia. Also the Green kids, Sidney, Dawson, Jessica as well as Marlow. He also leaves his in-laws, Tammy King, Griffin Harper and Shaun Harper, all of B.C. He was predeceased by his parents.

The family moved to Beinfait, SK for a period of time then moved to Winnipeg's North End. Peter started sneaking out to play hockey at age 12 and entered the workforce laying sod. He joined Winnipeg Police Force for a year then resigned to work at Advance T.V. He wasn't happy working there and joined the St. Vital Police force until amalgamation with Winnipeg. In the meantime he joined the Army Reserve in the Canadian Intelligence Corp. Can't tell you what he did or would have to shoot you. He met Shannon in the Army when he processed her fingerprints, they were married on April 20, 1968.

Peter coached Midget and Juvenile hockey in St. Andrews and was coaching development co-ordinator for the Selkirk area. His teams won many championships. He was one of the founding members of the Aboriginal Justice Committee to represent the police force. He took courses to teach gym and swimming at the North Winnipeg YMCA, and built the family home in St. Andrews. Peter joined Interpol as a liaison person, served on the Board of Directors for the Manitoba Society for Tourette Syndrome and St.



Andrews Horse Association.

So many thanks to Estrallita and Rose and doctors Zierath, Malik, and Cordova at the Heart Failure Clinic St. Boniface Hospital and the staff of Hunter Memorial Hospital and Doctor Loudon.

In lieu of flowers donations can be made to Hunter Memorial Hospital Palliative Care Program, St. Boniface Heart Failure Clinic or Cancer Care.

A Memorial Mass will be held at the Sacred Heart Ukrainian Catholic Church in Gimli, MB on Thursday, February 26th at 10:30 a.m. with Father Harry Chucky officiating.

Gilbart Funeral Home, Gimli in care of arrangements.  
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# get inspired

> MEAL IDEAS



## Citrus Apple Tart

pan. Chill until ready to fill. Heat oven to 350°F.

Peel and core apples. Cut in half, end-to-end. Slice apples crosswise into 1/4-inch thick slices. Combine sugar, cinnamon and salt in large bowl. Add apple slices and toss to coat. Randomly place about 1/2 of apples into bottom of crust in two layers, cutting apples as necessary to fill all gaps. Arrange row of apples lengthwise along outside edge of pan, overlapping the slices about 1/8 inch. Fill in center with smaller pieces of apples. Dot with butter.

Bake 55 to 65 minutes or until apples are fork tender and edges of apples begin to brown. Cool on wire rack. Heat orange marmalade in small microwave-safe bowl on HIGH for 20 seconds; stir. Brush marmalade over tart.

Preparation Time: 25 minutes  
Cook Time: 1 hour, 5 minutes  
Yield 8 servings

### Preparation

Preheat oven to 375°F.

In mixing bowl, stir together cookie crumbs, walnuts and butter until well blended. Firmly press onto the bottom of an 8-inch springform pan; bake 10 minutes. Allow to cool.

Meanwhile, in small pan over low heat, heat 1 cup cream just until it steams. Remove from heat, add chocolate and coffee; whisk until smooth. Allow to cool 10 minutes; pour over the crust. Cover with plastic wrap and refrigerate until firm, about 1 hour.

In shallow bowl, add 1/2 cup cold water; evenly sprinkle gelatin over water and set aside to soften, about 1 minute.

In medium pan, over low heat, heat maple syrup, milk and 1 1/4 cups cream until steaming. Add softened gelatin; stir until dissolved. Cool to room temperature, stirring occasionally, about 1 hour; pour over the firm chocolate layer. Cover with plastic wrap and refrigerate until set, about 2 hours.

Run a knife along edge of cake; remove sides of pan and place cake on serving plate. If desired, decorate top with chocolate wafers and maple candy.

Yield 8 portions

**Ingredients**  
1 9-inch single pie crust  
4 medium Granny Smith apples (about 2 pounds)  
1/2 cup sugar  
3/4 teaspoon ground cinnamon  
1/4 teaspoon salt  
2 tablespoons butter, diced  
1/4 cup sweet orange marmalade

**Preparation**  
Prepare recipe for single crust pie. Roll out dough, place in a 9-inch tart pan with removable bottom. Press to fit without stretching dough. Trim edges even with tart



## Maple and Dark Chocolate Cake

**Ingredients**  
1 1/3 cups chocolate wafer crumbs  
2/3 cup chopped walnuts  
3 tablespoons unsalted butter, melted  
2 1/4 cups heavy cream, divided  
8 ounces semi-sweet chocolate, finely chopped  
2 tablespoons strong coffee  
2 packets (1/4 ounce each) plain gelatin  
1 cup pure maple syrup from Canada  
1 cup milk

## Paying Attention to Sensory - Specific Satiety



Having a variety of foods can keep your diet interesting, but having too many choices in a given meal can actually stimulate your appetite and cause you to overeat. This is based on

the science of "sensory-specific satiety" – a term you may not have heard before but a concept probably familiar to you. As an example, consider this: How many times have you had room for dessert at the end of a big meal? You might feel too full to eat another bite, but when dessert arrives, suddenly you're looking forward to digging in again. This has nothing to do with having a hollow leg or extra stomach, but with sensory-specific satiety – the tendency to get full and lose interest in food in a flavor-specific manner but be able to continue eating when flavors and sensory properties of foods (texture, aroma, mouth feel, and the like) change. In particular, we tend to have extra room for sweets because that's the flavor with the highest threshold for reaching maximum fullness in the first place.

In general, the more foods and flavors you taste, the more you're likely to eat simply to reach the point of satisfaction with each one. That's why it's important to avoid over stimulating your taste buds – and hence your appetite – with too

many taste sensations in one meal. The goal is to have variety over time, not variety all at one time. After all, when you eat multiple flavors at a time, your brain does not say, "Enough! Stop eating!" as quickly as it would if you ate just one or two flavors.

In my clinical practice, I have counseled hundreds of patients who desperately wanted to lose weight. Each time they went on a diet, they shed some weight but eventually gained it back (and sometimes more) when their hunger and cravings went into overdrive. What they didn't know was how to put flavor management on their side to subdue their appetites, and help them fill up on fewer calories. By using flavors strategically and limiting the varieties of tastes you include in any given meal, you can create and consume meals that push your brain and belly's satiety buttons and turn off cravings sooner. Making these changes will help you stick with healthier choices, reform your overstimulated taste buds, and manage your weight more effectively. Those are effects that can appeal to everyone's palate.

*Disease-Proof: "The Remarkable Truth About What Makes Us Well"* by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford – Juice Plus – Team Pursuit  
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## Apple Cinnamon Rice Pudding



**Ingredients**  
10 mL (2 tsp) vegetable oil  
2 tart cooking apples, diced (peeled if desired)  
50 mL (1/4 cup) sugar, divided  
2 mL (1/2 tsp) ground cinnamon  
125 mL (1/2 cup) short-grain rice (Arborio or Italian-style)  
15 mL (1 tbsp) all-purpose flour  
750 mL (3 cups) 1% milk  
10 mL (2 tsp) vanilla extract  
Ground cinnamon

### Directions

In a deep saucepan, heat oil over medium-high heat; add apples, half of the sugar and the cinnamon. Cook, stirring, for about 5 minutes or until apples are softened. Transfer apples to a bowl.

Return pan to medium-high heat; stir in rice and remaining sugar. Whisk flour into milk and gradually stir into rice; heat just until steaming, stirring often. Reduce heat to low; cover and simmer, stirring occasionally, for about 25 minutes or until rice is very tender.

Stir in reserved apples and vanilla extract. Let cool slightly and serve warm or chill until cold. The pudding will thicken considerably as it cools. Sprinkle each serving with more cinnamon.

Prep time: 15 min  
Cooking time: 30-40 min | Servings: 6  
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