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# THE EXPRESS

VOLUME 2 EDITION 22 THURSDAY, MAY 28, 2015

WEEKLY NEWS

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20 years of trail blazing

EXPRESS PHOTO BY LANA MEIER

Approximately 40 riders saddled up their steeds and hit the trails for the 20th annual Silver Western Days trail ride. The annual ride is a poker derby fundraiser for the Silver Community Club.

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

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# Riders hit the trails to celebrate Silver Western Days

By Lana Meier

Interlake horse riders hit the trails last Saturday in support of the Silver Community Club and the Arborg Fair and Rodeo.

Approximately 40 riders and their horses participated in the 12-mile trail ride while 200 joined in the evening activities.

The annual ride, which celebrated its 20th anniversary, is a poker derby fundraiser as well as a get-together for horse lovers.

Most of those participating in this year's ride know the trail well and have been coming for years.

For one rider, Walter Mycashiw this was his 20th ride but he remembers the first one well.

Mycashiw organized the first ride April 25, 1995.

"We had 10 riders and snow," he recalls. After the first ride, it was decided to host the annual ride on the weekend following the long weekend.

Fortunately, the tradition continues and the weather has always been great.

"We have never been rained out in the 20 years," said Mycashiw.



Colleen Bernier (far left) and husband Ed (far right) of Fisher Branch joined Stonewall's Wally and Linda Finnbogason on this year's trail ride. Wally, at 75 years young, still enjoys riding and was proud to be this year's oldest rider.

**EXPRESS PHOTOS BY LANA MEIER**  
Nine-year-old Juel Sigurdson (above, right) was this year's youngest participant on the 12-mile trail ride at the Silver Western Days. Top left, Walter Mycashiw is the driving force behind the Silver Community Centre and the annual trail ride.



## Corral Cleaning

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# Black Sludge on Lake Manitoba deemed safe

By Jeff Ward

Manitoba Conservation and Water Stewardship has deemed hundreds of dead frogs and a mysterious black sludge that have been washed up along the shores of Lake Manitoba as harmless.

Staff members from Water Stewardship were sent out to investigate on May 6 and observed this phenomenon is just a natural accumulation of dead organic material.

"This is not unusual on Lake Manitoba beaches in the spring, nor was there an excessive amount," wrote David Hay, the manager of the Water Quality Manage-



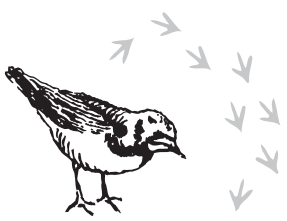
**EXPRESS PHOTO SUPPLIED BY DARLENE CLOSE**  
Black sludge found along the shores of Lake Manitoba has been deemed harmless and is caused by dead organic material.

Continued on page 3



## Member Appreciation Days.

Saying thanks is just part of what we do. And nothing goes better with summer than a BBQ and laughter. So, if you're a Noventis member, come down to your local branch to enjoy some pulled pork, a hot dog and (hopefully) a whole lot of Manitoba sunshine! Because we appreciate you!



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# RCMP investigate new leads in 30-year-old homicide

## RCMP conduct forensic review of Spearhill quarry

By Jeff Ward

A team of RCMP forensic investigators scoured through the limestone quarry in Spearhill, Man., hoping to find new evidence in a 30-year-old murder case.

In 1985, Faulkner resident Michael Kalanza went missing. His remains were uncovered in 1997 by a group of Grade 9 students from Ashern Central School who were on a field trip to the Spearhill quarry. DNA testing would confirm two years later that the remains were those of Kalanza. Now 30 years after Kalanza went missing, the RCMP are pursuing new leads in the cold case.

"We are hoping today's search will uncover evidence that can coincide with the new information provided to our investigators," said Sgt. Bert Paquet, RCMP media relations.

"We are conducting a renewed search of the area because we want to make sure there was no uncovered evidence left behind and we also want to make sure we do absolutely everything we can to solve this case, to bring closure to the family."

The amount of time that's passed since Kalanza's remains were found has made the search challenging. Anthropologists have assisted investigators because of that challenge, and Paquet explains that much of the information has come from the forensic examination of collected evidence.

The RCMP will not say what the new information is that's spurred the new search, not wanting to jeopardize the investigation, but they did say that investigators have made inquiries in the community and they've yielded new information.

"Historical cases are revisited on a regular basis with new approaches and new technologies. We hope that in this specific case, advancement in DNA analysis will allow us to find the missing pieces to



EXPRESS PHOTO BY JEFF WARD

RCMP investigators from the Historical Case Unit search through the site where Michael Kalanza's remains were found in 1997, hoping to unearth new clues in his murder.

the puzzle."

When the remains were discovered in 1997, they had been rolled up in a carpet. During that investigation, the RCMP were able to determine the cause of death was a bullet wound. Kalanza's remains were skeletal at the time they were discovered.

Since then, DNA testing has become much more accurate and needs much less material to be tested. The advancement of science and technology, as

Paquet mentions, could make the discovery of any new evidence lead to a break in the case.

Kalanza was 80 years old at the time of his disappearance. The search took place on May 21 and the quarry was off limits to the public during that time.

If you have any information about this case, the RCMP are asking you to contact their Historical Case Unit tip line at 204-984-6447 or Crime Stoppers at 1-800-222-8477.

## > BLACK SLUDGE, FROM PG. 3

ment Section of Manitoba Conservation, in an email obtained by the *Express Weekly News*.

Hay also mentioned that the large amount of dead leopard frogs were

likely the victims of low dissolved oxygen concentration in the lake. The staff member who researched the water found that the dissolved oxygen concentration was 10.4 mg/L and well within normal ranges for spring conditions, which means the frogs had been dead for quite some time.

The sludge is comprised of what's known as organic detritus. This can

be dead plant life from the lakebed, dead fish or other animals that have decomposed in the lake. However, it's impossible to tell exactly what comprises the detritus as it's too far along in its decaying process to figure out. The detritus is very similar to the stuff that builds up on the inside of your fish tank; it's harmless and is actually a big part of the ecosystem of the lake. It likely washed up on shore in such large amounts due to wind conditions on the lake.

There are many organisms in the lake that feed off of this material and it poses no harm to you if it comes in contact with your skin or if you've ingested it during a swim.

"We wouldn't advocate ingesting

large quantities of it, mind you, but it's completely harmless. We recognize that families take their children to the beach and some younger ones play in the sand and put their hands in their mouths. That's one of the reasons we acted so quickly in getting this material tested," said Hay.

Hay's team put an emergency rush on getting the lab to determine what the material was on the beach, explaining that they wanted those results quickly to determine if this should be a concern.

The Water Quality Management Section will be doing routine checks of more than 60 beaches across the province starting in June. The results of those tests will be made public on their website at [www.gov.mb.ca/conservation](http://www.gov.mb.ca/conservation).

**"THIS IS NOT UNUSUAL ON LAKE MANITOBA BEACHES IN THE SPRING."**

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# Federal government announces funding for Lake Winnipeg clean-up efforts

Communities across the watershed are working together to make a difference for Lake Winnipeg

## New Release

Last week, Selkirk-Interlake MP James Bezan, on behalf of Leona Aglukkaq, Minister of the Environment, Minister of the Canadian Northern Economic Development Agency and Minister for the Arctic Council, announced federal funding of \$43,000 to the East Interlake Conservation District.

This project will construct a cattle runoff wetland/filter treatment area to reduce nutrients, contaminants and sediments that run off agricultural properties and enter municipal drains in the Willow Creek Watershed that flows directly into Lake Winnipeg.

"Dunnottar, one of EICD's municipal partners, has had tremendous success removing nutrients and contaminants from their waste water using this passive filter technology," said Armand Belanger of the East Interlake Conservation District.

"We are very excited to be working with our project partners to scale this design down to a Manitoba cattle operation. After the completion of this project, this farm will be a model on how all farms can recycle the nutrients found in solid and liquid waste

into a high value end product, thereby reducing nutrients heading into our threatened Lake Winnipeg."

Environment Canada funding will be used for salaries, contractors, water sampling and communication activities. Other requested sources of funding include \$52,000 in cash and \$16,000 in in-kind contributions from EICD and the Province of Manitoba. Total project value is \$111,000.

"Our government is committed to protecting our rich natural heritage," said Bezan. "We are proud to support the work of these communities and organizations who are working together across Lake Winnipeg's vast watershed to help restore the health of the lake. These Lake Winnipeg Basin Stewardship Fund projects make a difference and help protect Canada's rich natural heritage from coast to coast to coast."

The Lake Winnipeg Basin Stewardship Fund provides financial support to projects or activities having concrete, demonstrable results to reduce pollutants and, in particular, nutrient loads entering the Lake Winnipeg Basin. The 2015-16 round of funding will provide over \$536,000 in support



EXPRESS PHOTO SUBMITTED

(L to R): Baldur Nelson; Jeff Wharton, Gimli PC Candidate; Ryan Farrell, farmer; David Yablonski, farmer; MP James Bezan; Garry Wasylowski, East Interlake Conservation District (EICD); Robert Green, EICD; Rick Gamble, Mayor of the Village of Dunnottar; Armand Belanger, EICD.

of 14 projects across Lake Winnipeg's basin. With funding from previous rounds, this represents a total investment of \$6.7 million in support for 88 projects that are reducing nutrients entering Lake Winnipeg.

The Lake Winnipeg Basin Stewardship Fund supports the recently launched National Conservation Plan (NCP). The NCP will provide a shared and coherent vision to advance con-

servation efforts across the country. It will enable Canadians to conserve and restore lands and waters, and enhance the connections between citizens and natural spaces.

## letters

Letters to the Editor:  
letters@expressweeklynews.ca

## Full-time resident doctor in Gimli needed

I would like to suggest or strongly recommend that the Gimli hospital have a full-time resident doctor. I am one of the lucky ones. Recently, during the supper hour, I suffered what I thought was a heart attack. Arriving at the hospital via ambulance, there, by the grace of God, my family doctor happened to be at the hospital when I arrived. I was promptly assessed and treated. Not only that, my doctor accompanied me to the X-ray department where he again promptly diagnosed my condition and arranged for an immediate transfer to the St. Boniface Hospital. I ended up having a thoracic aortic aneurysm and underwent major surgery.

Now I'm thinking, what if my doctor hadn't been at the hospital when I arrived? With the current conditions at the Gimli Hospital, I imagine the doctor on call would have been called and, seeing this was during the supper hour, at least a minimum of half an hour or probably more would have elapsed, which would have been very crucial. Some days there are no doctors on call, and if that had been the case, it would have been disastrous for me. For life-saving reasons, I really feel that a doctor should be at the hospital at all times. By not having a doctor on site at all times, the IERHA is leaving themselves open for medico-legal complications for a surviving spouse/family. Gimli has a large population of seniors, and immediate attention is crucial. This could have been your mother, father, husband or wife,

and they may not be as fortunate. Like I said, I am one of the lucky ones. Hopefully a fatality doesn't have to happen before something is done.

Respectfully submitted,  
(Mrs.) Deanna Rempel

P.S. - In July of last year, Marilyn Johnson had an emergency in her family where immediate attention and transfer was required. She, too, pointed out the need for a full-time doctor at the hospital and that we as taxpayers should be demanding this service!

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WEEKLY NEWS



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**REPORTER/PHOTOGRAPHER**  
Jeff Ward



**REPORTER/PHOTOGRAPHER**  
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# getfishing

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> ARNIE WEIDL

## Fishing tales from the open water

Welcome, my outdoors sisters and brothers.

If you've been fishing lately, you've probably been shaking your head, seeing how the low water and last week's storm have scattered the fish, making a nice day's catch hit and miss. Anyway, don't get discouraged. Things will get back to normal soon.

Last weekend found me sitting on the tailgate of Old Red on the Hnusa pier facing the silvery shimmering grey-green open waters of Lake Winnipeg. By my side, jammed into a crevice in the truck box, my South Bend rod was not displaying any fish-catching magic, unlike the chap beside me, Sheldon Kobewka from Winnipeg.

Sheldon hauled in a good eating-sized pickerel as his daughter Natasha and her boyfriend, Ty Riel, and I watched. We chatted back and forth as we waited for more bites, and Sheldon told of a time last Father's Day when they came here. Giant wind-driven waves were splashing completely over the pier. Feeling brave, though, he urged his van along the dock until a huge wave slammed into it, pushing it sideways. He turned around and went straight home!

Nothing makes me happier than to find someone willing to share a humorous fishing story with us, which happened when I was at a fish-fry party at Gigi and Dino Anniuk's place in St. Andrews on Sunday. I happened to be talking to some guests about the long history of our *Selkirk Record* when a chap, Don Cardineul, with a perfectly shaped snow-white full beard and long white curly hair, had just joined the party. He said that



**EXPRESS PHOTO BY ARNIE WEIDL**  
Sheldon Kobewka with a pickerel he caught on the Hnusa pier.

he had been in a CBC movie years ago which showed Lord Selkirk's journey to Manitoba that had a connection to our paper. This emphatic, fast talking, wise-cracking guy and I started joking around, and it wasn't long before he came up with quite a tale.

It seems there was an angler who bragged to a friend that he had caught a 30" pickerel whereupon the friend, unwilling to let a whopper of a lie like that get the better of him, retorted that he had hooked and landed an old lantern that was still lit! The first fellow said, "No way, that can't be!" Then, with a grin, the second fellow came back at his friend, saying,

"I'll blow my lantern out if you'll cut the length of your fish in half!"

In the middle of last week, I drove over to Balsam Bay hoping to find somebody with an interesting story for us. As I came down the sloped road to the dock, I spotted a young, tall guy that had been working on his boat harboured there, so I strode over to him asking if he had done any fishing. He smiled to himself as he told me he had fished only once in his life and would never do it again.

That set me back! I had to find out why! Our new friend, Steven Gilbertson, went into his story, saying when he was only 14, he went fishing with an older friend in the Lake of the Woods. It was a cold, windy day and Steve soon found himself trapped in a boat with a controlling person who told him repeatedly not to make any noise as it would scare the fish. When he lost two pickerel rigs to the rocks below, well, apparently it was the end of the world as far as his friend was concerned, oh, and God help him if he moved anything in the boat.

So, on the way back to Winnipeg, Steve swore he would never put a baited hook into the water ever again. Now, years later, he loves to tour around slowly with his boat, listening to his favourite music and enjoying the scenery.

I bet avid angler Darla Gregg who we met around Selkirk last week could change his mind! Speaking of Darla and all the other catfish anglers in our area, the Lockport Catfish Contest during June is just around the corner; call 668-5831 if you want in.

Well, have good fun outdoors this week my friends. So-long for now.

### > CONTACT US

Express Weekly News - Interlake Graphics  
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679  
Letters to the Editor: [letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)  
Classified: [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)  
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### OUR EDITORIAL STAFF

**Jeff Ward** (Highway 6) 204-298-3381  
[jeff@expressweeklynews.ca](mailto:jeff@expressweeklynews.ca)

**Marney Blunt**  
(Arborg, Gimli, Riverton, Fisher Branch)  
204-461-0714  
[marney@expressweeklynews.ca](mailto:marney@expressweeklynews.ca)

**Austin Grabish** 204-641-9106  
[austin@selkirkrecord.ca](mailto:austin@selkirkrecord.ca)

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# Gimli Beach crowned with Blue Flag status

Third Blue Flag beach in province, mayor wants to maintain status with banning dogs from boardwalk

By Marney Blunt

Gimli Beach is now going to be recognized around the world as an environmentally friendly, clean and safe beach.

Gimli Beach was crowned with the prestigious Blue Flag status last week, an international eco-label that has been awarded to over 4,000 beaches and marinas in 49 countries across the world. Gimli Beach is now the third beach in Manitoba to receive the Blue Flag designation, following Winnipeg Beach and Grand Beach.

"It's a great feeling (to receive this designation) because that means that the beach has met standards that are internationally recognized for cleanliness and it also means that the community came together and made this project a success," said Mayor Randy Woroniuk.

The Blue Flag is awarded to beaches that meet different criteria covering environment education and information, water quality, safety and services and environmental management, according to their website. The Blue Flag is awarded by the Foundation for Environmental Education, a non-profit organization that promotes environmental sustainability and education.

Woroniuk says the RM is currently

in the process of purchasing a flagpole and the Blue Flag will be going up shortly. This is the second time the RM of Gimli has applied for the Blue Flag, with assistance from the Gimli Environmental Advisory Committee and the East Interlake Conservation District. The RM has been working on this venture since 2008.

**Maintaining clean beaches means no dogs, mayor says**

Now that Gimli Beach has received the prestigious designation, Woroniuk says he wants to maintain the eco-label.

And that means no dogs on the beach and the boardwalk.

A bylaw was passed in 2013 that banned dogs from being on the Gimli Beach. Now, the RM is going to be reviewing that bylaw in aims of keeping dogs off the beach, the boardwalk and the grassed area west of the boardwalk in an effort to maintain their status as a clean and environmentally friendly beach.

"By getting this designation, it means that we've met internationally recognized standards. But this also means that we have to abide by those standards, which include the ban-



EXPRESS PHOTO BY MARNEY BLUNT

Gimli Beach received the prestigious Blue Flag designation last week, an international eco-label for environmentally friendly and clean beaches.

ning of dogs on the beach and on the boardwalk," said Woroniuk.

"I would really like everybody's cooperation so that we could maintain this, and there's lots of places to walk your dog, but having this designation is far more important than having dogs on the boardwalk."

Woroniuk says that although the bylaw banning dogs from the Gimli Beach was passed in 2013, council then did not have the fortitude to enforce the bylaw.

"But we didn't have the Blue Flag status (then) and now we have the Blue Flag status. So now it's going to be enforced and it's going to be enforced because it is far more important for us to have the Blue Flag designation than to have dogs walking on the boardwalk (and the beach). People can walk their dogs anywhere else but there, and I would like their cooperation in maintaining this status."

## Noventis and Starbuck merger makes ninth largest CU in the province

News Release

Noventis and Starbuck Credit Unions are pleased to announce a positive outcome to both member merger votes held on May 12.

Members of both credit unions voted overwhelmingly in favour of the amalgamation — with 96 per cent of Noventis members who turned out for the vote casting a positive ballot and 95 per cent of attending Starbuck members casting a positive ballot.

"This is an excellent outcome that will pave the way for an even brighter future for our members and staff," said Noventis board of directors chair Lee Gregory. "We have strong mandate from members to move forward now and we will do so."

The merger, which will take effect Oct. 1, 2015, will make the new organization the ninth largest credit union in Manitoba with more than \$732 million in assets.

The new entity will have a total of 11 branches,

150 employees and will serve about 26,400 members across the Interlake and the region surrounding Winnipeg.

Starbuck board of directors president Doug Mosset said the amalgamation was the right move at the right time for both organizations.

"This is a good day for our members because it will mean we have a strong foundation to serve them well into the future," Mosset said. "We know our cultures, systems and values are a good fit and that's what really matters."

Amalgamations are just one way Manitoba credit unions are working to remain a competitive alternative to banks — especially in the face of mounting technology, financial or regulatory pressures.

"We are taking a proactive and innovative approach and working together for the benefit of members," noted Gregory. "Our members and communities are at the heart of what we do and always will be."

### Annual General Meeting

For

**Moosehorn Consumers  
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**Monday, June 8th, 2015  
7:30 p.m.**

**Moosehorn Community Hall**

- Financial Report
- General Manager Report
- Election of Directors
- Appointment of Auditors

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Refreshments*





# Rolling down the highway for dad

Manitoba Telus Motorcycle Ride for Dad cruising through Gimli this weekend

By Marney Blunt

Springtime is the best time to shine up the Harley Davidson and head out rolling on down the open highway, and this weekend over 1,500 motorcyclists will be rolling on down the highway to Gimli.

And they're all riding for one great cause.

For the past 15 years, Manitoba Telus Ride for Dad events, which also include motorcycle, ATV, snowmobile and watercraft, have been raising awareness on prostate cancer and helping to save lives by raising funds to support research for prostate cancer in partnership with the Prostate Cancer Fight Foundation. This year, the Manitoba Telus Motorcycle Ride for Dad will be taking place this Saturday, May 30.

The Manitoba Telus Ride for Dad will begin at 10 a.m. at Earl's Polo Park in Winnipeg. Riders will participate in a police-escorted parade down Portage



EXPRESS PHOTO SUBMITTED

A sea of motorcycles is what you will see during the Manitoba Telus Motorcycle Ride for Dad, which will be cruising through Gimli this Saturday, May 31.

Avenue to the Assiniboine Downs. Organizers say last year's event saw 1,423 participants, and this year they are expecting over 1,500 motorcyclists taking part in the parade.

"It's usually weather-dependent and it's been pretty good so far," said Kirk Van Alstyne, the co-chair of the Manitoba Telus Motorcycle Ride for Dad.

"It's quite the sight to see. It's four bikes abreast and a couple miles long, and we actually get quite a few people

to come out and watch the parade, including families and kids, et cetera."

After the parade, riders will head out from the Assiniboine Downs to Gimli for lunch at the Lakeview Resort. The Lakeview Resort donates lunch for the first 500 riders.

"(We'd like to) recognize the Lakeview and all the support they've given us for quite a few years now," added Van Alstyne.

Last year, the Manitoba Telus Mo-

torcycle Ride for Dad raised approximately \$280,000 from entry fees and pledges, putting the total at \$860,000 from the last six rides. Van Alstyne thinks this year might be a record-breaker.

"We're shooting to break a million this year and I'm pretty sure we're going to do it," he said. For more information on the Manitoba Telus Ride for Dad, or to register or make a pledge, visit [ridefordad.ca/Manitoba](http://ridefordad.ca/Manitoba).

## Province invites Manitobans to become Eco Explorers

Staff

A new province-wide program is encouraging Manitobans to become home-grown tourists by visiting attractions across Manitoba.

"We have so much to offer visitors, and it's easy to take our own attractions for granted because we live here and can see them any time," Tourism, Culture, Heritage, Sport and

Consumer Protection Minister Ron Lemieux said in a release on May 25. "From the Assiniboine Park Zoo to the Narcisse snake dens and the Oak Hammock Marsh, Manitoba is where Canada's Heart Beats."

This summer, visit a participating Eco Explore site, learn about the environment and the provin-

cial ecology and then take a photo of yourself at the site and post it on Instagram using the hashtag #ecoexploremb. Visit three sites, post your photos and you will receive an Eco Explorer e-certificate, Lemieux added. At the end of the summer, the person who completes the most experiences will qualify to win a prize package from some of the participating organizations.

"We are pleased to participate in the Eco Explore program and can't wait to welcome visitors to Assiniboine Park and Assiniboine Park Zoo for this exciting challenge," said Lorne Perin, vice-president, park services, Assiniboine Park Conservancy. "The Eco Explore program is a great way for us to facilitate exploration of our province, not only here at the park and zoo but at all of the participating destinations."

Participating Eco Explore attractions

include:

- Alfred Hole Goose Sanctuary, Whiteshell Provincial Park;
- Assiniboine Park and Zoo, Winnipeg;
- Brokenhead Wetland Interpretive Trail, Scantbury;
- Churchill Northern Studies Centre Learning Vacations, Churchill;
- Fort Whyte Alive Bison Safari, Winnipeg;
- Living Prairie Museum, Winnipeg;
- Narcisse Snake Dens, Narcisse;
- Oak Hammock Marsh;
- Spruce Woods Park Centre, Spruce Woods Provincial Park;
- The Manitoba Museum Lake Winnipeg: Shared Solutions, Winnipeg;
- Weston Family Tall Grass Prairie Interpretive Centre, Stuartburn; and
- Whiteshell Fish Hatchery, Whiteshell Provincial Park.

To learn more about the Eco Explore program, visit [ecoexploremb.com](http://ecoexploremb.com)



### 2015 Lockport Tagged Catfish Contest

**Sat., May 30<sup>th</sup> at 6 am to Sun., June 28<sup>th</sup> at 6 pm**

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Entry Fee \$20. For more info call Dan Sernyk @ 1-204-612-9379



# Little Saskatchewan First Nation demands government action

By Jeff Ward

More than four years have passed since the devastating flood of 2011 and there are still nearly 400 people from the Little Saskatchewan First Nation that haven't been able to return home.

Since the flood, the First Nation has been working with the federal and provincial governments, trying to strike a deal to help rebuild their community, but those negotiations have hit another road block.

"This is really a land surrender," said Brock Campbell, technical advisor to the negotiations.

"The proposed easement would have this community sign away their land, and although they can still use it, they have no promise that it will ever come back to them."

This easement is a way for the provincial government to use the land without actually owning it. The council of Little Saskatchewan believes that their land will be flooded out, and if that happens, more than 80 per cent of their entire community will be swept away. More than half of the community is still evacuated, and those who have returned are living in sub-par conditions in their

flood-damaged homes. The First Nation has countered with resettlement demands that include new houses for the evacuees and for the people who have lived in Winnipeg for the past four years and have their own families and new homes for those who stayed behind. The province did promise to build 30 to 60 new homes; however, with nearly 400 people who remain evacuated, it's not nearly enough.

"I will not be signing anything 806 [easement]," said Little Saskatchewan Coun. Darrell Shorting.

"We have loved ones buried in our community. I'm not going allow the government to flood our community whenever they want."

A half-dozen members of the press and some members of the community attended a press conference on May 19, which took place at Canad Inns Fort Garry in Winnipeg. One of them was there to ask why the communication between council and those who remain evacuated had been so terrible.

"I'm here to represent some of the evacuees who couldn't be here because of the last-minute notice," said Candace Shorting, who's been evacu-



EXPRESS PHOTO BY JEFF WARD

Chief Hector Shorting (left) and Brock Campbell (right) discuss the impact that signing the easement agreement will have on Little Saskatchewan First Nation.

ated since 2011.

"The communication has been so terrible that we never know what's going on. We should be the priority here and we're not. When are we going to get to come home?"

Shorting raised a good point and

council admitted that their communication hadn't been as good as it could be. Council made a promise to reach as many evacuees as possible in future communications, mentioning that both evacuees and those who have returned home are priorities.

## Upsetting storm

Trees are shown turned over and uprooted near a cabin in Winnipeg Beach days after a wicked storm on May 17 wreaked havoc on the area. Instead of a warm first long weekend of the summer, Manitobans instead were dealt whiteout conditions on highways, lengthy Hydro outages and strong winds.

EXPRESS PHOTO BY NICOLE DOLA

## Crohn's and Colitis to hold 20th Annual Gutsy Walk

News Release

Crohn's and colitis severely impacts one's quality of life. What healthy individuals take for granted are frequently considered luxuries to a Crohn's and colitis sufferer. A reduction in the ability to work, the unnecessary burden of a social stigma, as well as bathroom access concerns and limited choices of travel options are just a handful of their everyday challenges.

Now in its 20th year, the Gutsy Walk, has seen year-over-year growth in walk site locations and participants. The Gutsy Walk is the signature fundraiser for Crohn's and Colitis Cana-

da, raising millions annually to fund much-needed Crohn's and colitis research and bring medical breakthroughs and better treatments into your community and the lives of its children and adults affected by these chronic diseases.

This year's walk will be held at the Canadian Mennonite University, 500 Shaftesbury Blvd. Registration opens at 11 a.m. and the walk begins at 1 p.m. We have two honoured guests attending: Honourable Sharon Blady, Minister of Health, and Micaella Stone, Miss Teen Manitoba.

Participants can register at [www.gutsywalk.ca](http://www.gutsywalk.ca).





# STARS celebrates 30 years in Canada

## Ste. Anne woman says air ambulance service saved her life four years ago

By Austin Grabish

If you asked Maranda Lanouette about STARS air ambulance four years ago, the then 25-year-old wouldn't have known what the life-saving service was.

But now the Ste. Anne resident can't say enough about the air ambulance she credits with saving her life.

"I didn't even know about this organization until I needed it, which is probably everybody's case," Lanouette said. "I wouldn't be sitting here with you today had I not had them."

In 2011, Lanouette was riding an ATV when she lost her balance, fell off the machine, and shattered her neck.

Out in the middle of the bush somewhere in Ste. Anne with no cellphone service, she remembers panicking.

Her family rushed to the closest store to dial 911, but when a ground ambulance came it couldn't make its way through the bush so STARS air ambulance was called in.

"We were in the middle of nowhere," Lanouette recalls.

Lanouette remembers lying on the ground and losing sensation in her body before her saving grace arrived.

"I waited there, I instantly lost all feeling in my body," she said.

A STARS air ambulance landed within just feet of Lanouette, and before she knew it she was on route to a hospital.

"They had me up in the air in absolutely no time," Lanouette said. "Within minutes I was safe and I'm very thankful for that."

The now 29-year-old shared her story at a STARS open house in Winnipeg last Saturday.

The air ambulance was celebrating 30 years of service in Canada, and has been in Manitoba for the last four years.

STARS have responded to hundreds of calls during its short time in Manitoba.

Last year, the air ambulance re-

sponded to seven calls in Selkirk, Brokenhead, Lester Beach, Libau, and St. Andrews.

The air ambulance flies on average once per day, and has saved countless lives.

But the service has come under fire in recent years, and in December 2013, the provincial government temporarily suspended the service after serious concerns were raised about patient safety.

The suspension came shortly after a woman died in one of STARS' air

ambulances. Provincial officials at the time said it appeared the patient had not been properly ventilated with oxygen.

Betty Lou Rock, vice-president of Manitoba operations for STARS, said changes have been made to increase patient safety.

She noted new alarms on patient oxygen machines ring when air levels are low.

"We put additional safety measures in there to mitigate the risk as much as we could," Lou Rock said.



EXPRESS PHOTOS BY AUSTIN GRABISH

ABOVE: STARS flight personnel were on hand for the air ambulance's open house at its Winnipeg hangar on Saturday. BELOW: Alan Mart, a STARS air ambulance flight nurse prepares for landing during a media flight in Winnipeg on Saturday.



## Gardening

is an activity that can produce muscle strain to the lower back, shoulders and knees.

It is very important that you maintain proper positioning, using your hips and knees rather than putting stress on your back to avoid any injuries.

With the help of a **Physiotherapist** they can help design a safe and effective program to keep gardeners pain and injury free.

1. Start & finish your day with a warm up and some stretching.
2. Be aware of your posture and body mechanics. When sweeping or raking, move your feet instead of twisting your trunk. When lifting heavy bags or pots, use your legs, keep your back straight, and hold objects close to your body to prevent unnecessary strain on your back.
3. Be ergonomically correct. Stay close to the ground when planting or weeding. Wear kneepads to avoid putting too much pressure on your knees.
4. Pace Yourself. Take breaks and do some gentle stretching to keep limber.
5. Be very careful when you lift. If the object is heavy, get help!

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# Eriksdale fire department buys new side-by-side

By Jeff Ward

After more than a year of fundraising, Eriksdale firefighters have purchased their new side-by-side all-terrain vehicle.

Costing the department \$20,000, the ATV will become an integral part of the fire-fighting effort.

"During the spring when conditions are muddy, it's hard for our other vehicles to make it into the bush," said fire chief Craig Pottinger.

"With the side-by-side, we can get six men into the bush quickly to fight a fire

and we can carry water tanks in and out as well as quickly pull a guy out if he's injured or tired. It's a very good thing for us to have," Pottinger explained.

The fire department has been fundraising at nearly every event in the community over the last year to get closer to their goal, sponsoring pan-

cake breakfasts during the annual fairs and other public events as well as holding their own raffles.

Pottinger picked up the ATV on May 21 and explained that this specialized piece of equipment gives his crew even greater access when fighting fires.

There can also be some very advantageous attachments purchased as well.

"In the future, we're looking at an attachment for us to tow a stretcher behind it, which would really help us if there's someone injured deep in the bush. We can also strap a big water tank to the back as well so our

guys don't have to keep going in and out of the bush to fill up their tanks."

Pottinger explained how the community really stepped up and contributed to the cause, even when they weren't fundraising. People would write cheques all the time and give what they could, and the department is very grateful for that.

**"WITH THE SIDE-BY-SIDE, WE CAN GET SIX MEN INTO THE BUSH QUICKLY TO FIGHT A FIRE."**



EXPRESS PHOTO SUBMITTED

Eriksdale's fire chief Craig Pottinger recently picked up a side-by-side, which will help make fighting bush and grass fires in the spring a little easier. The department had been fundraising for the past year.

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# Home, Yard & Real Estate

## Your dream garden in eight steps

Creating the garden of your dreams means either calling on the services of a landscape professional or diving headfirst into the project yourself. Of course, landscaping a yard requires a great deal of time, but it is definitely a great opportunity to let your imagination run wild. Before you get down to work, here is a list of all the necessary steps to follow to turn your dream into reality.

### 1. Planning is vital

Use your survey or certificate of location to check the site for any easements. Take note of hours of full and partial sunshine, undesirable views,

which corners to highlight and which to hide. Find out about current municipal regulations concerning landscaping. Have your soil analyzed, locate the areas that are exposed to wind, and determine your hardiness zone.

### 2. Identify your needs

How will you use the space? Do you want to install a pool or a spa? Do you need space for a children's playground? Would you like to create a water garden or a dining area? Hang a hammock or plant a vegetable garden? Think carefully about all your needs.

### 3. Make a plan

Using a pencil, eraser, and graph paper, draw a scaled plan of your property. Include the house, shed, pathways, driveway, and any trees and shrubs you want to keep. Then add all the elements of your new layout, taking into account the vegetation and structures you wish to include. Don't be afraid to sketch out a variety of plans; it's easier to make changes on paper than it is once the work has started.

### 4. Choose your plants with care

Before buying anything, take the time to make a list of all the plants you have chosen, including the hours of sunshine they need and the care they require. Be sure to consider the size

Continued on page 13



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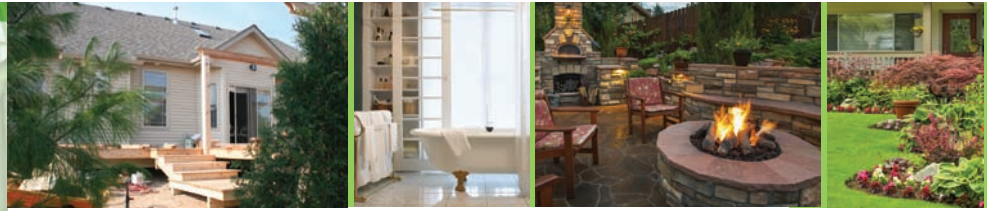
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# Home, Yard & Real Estate



## Don't let just anybody install your interlocking pavers!

Spring is the ideal time to assess the extent of renovations that are necessary. If you must redo your laneway, interlocking pavers will certainly enhance the exterior look of your home. Should you decide to install interlocking paving stones, remember that their proper installation will ensure their durability.

As an informed consumer, you want to hire a fastidious installer who has the expertise to realize the project.

The installer should also be able to submit an estimate and guarantee the work.

A professional installer will also advise you on the type of pavers that best suit the style and colour of your house. Interlocking pavers are available in quite a wide variety of models, as well as an extensive array of designs, sizes and colours. In fact, every type of paver can be set into different designs. Among the many

possibilities, you can use different coloured pavers to create a design. With such a dizzying assortment to choose from, it is wise to seek advice from an expert in the installation of interlocking pavers.

Once you have selected your paving stones, remember to note the name of the manufacturer and the model, and keep a sample paver on hand to ensure compatibility should you ever need to make repairs or additions.

### > GARDEN, FROM PG. 12

of the vegetation once it has reached maturity — this is especially important if you want to plant trees and shrubs.

#### 5. Spread out the work

Spread the work out over more than a year so that your project doesn't develop into a source of stress. Give priority to the jobs that require qualified workers and any machinery (pool, water garden, parking area). Establish a realistic timetable that takes your

budget and your time availability into consideration.

#### 6. Consult the experts

Landscaping is an investment that could increase the value of your property. Don't hesitate to consult an expert if you have any questions. It is better to spend a few dollars straight away rather than have to redo already completed work.

#### 7. Stay in control

From the moment your garden starts to take shape, you will have to start maintaining it. No-maintenance

gardens are a bit of a myth. Weeding, watering and pruning can take either a few minutes every day or a few hours once a week — so don't wait for the work to pile up. Learn to delegate; family members can contribute to yard upkeep, and gardeners can be hired for weeding and for bigger seasonal jobs.

#### 8. Enjoy it

The last rule is definitely the best: have fun! Make the most of your dream yard and enjoy your favorite pastimes there. You deserve it!



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## Protac Roofing and Renovations New Owner, New Name

Protac Roofing and Renovations has been serving the Interlake since 1995, specializing in roofing, siding, soffits, fascia, and continuous eavestroughs. The head office is in Gimli, but they also do a thriving business in Winnipeg.

Born in Russia, raised in Germany, and finally immigrating to Canada, Dmitriy Klassen has gained some worldly experience. He is a prime example of what vision and hard work will get you. He learned his business acumen in a very successful family business in Germany, but the youngest of 5, he wanted to prove to himself that he could make it on his own. In 2008, he followed his wife back to her home in the Interlake and with no money started with Protac Roofing and Renovations. He was soon managing the company and in late 2014, he bought out the former owners.

He attributes his success to a solid work ethic and a commitment to serving his customers in a prompt and professional manner. In 2015, you'll see the company continue to grow under the new moniker, **Protac Roofing Interlake**, working with you until you're satisfied.

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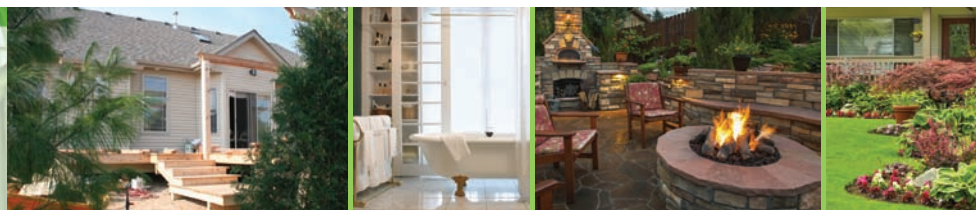


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# Home, Yard & Real Estate



## A well-trained specialist

This professional has the technical expertise to install, service, maintain and troubleshoot residential heating and cooling systems. A home heating technician can be a great help when you need a new heating system or if the one you presently own requires some adjustments or a few repairs.

A home heating and cooling technician can perform preventive and corrective maintenance of heating and hot water systems, as well as install and maintain air conditioning systems. To improve the performance of your present system, this specialist can suggest certain modifications and will ensure the completion of the project. Depending on your needs, you can

count on the technician to replace or bring certain equipment parts up to standard during regular maintenance sessions.

During basic training, the home heating technician is introduced to the principles of heating systems, including combustion. A technician learns the basic concepts associated with the required principles of installation, service, storage and delivery of heating oil, and understands the governmental regulations concerning the installation and maintenance of oil heating systems. This specialist can therefore ensure the necessary security controls, as well as the quality of environmental output and system performance in terms of energy consumption. The professional home heating technician has also studied the mechanics of natural or propane gas systems and air conditioning. Confronted by a wide diversity of equipment, which is characterized by strong technological advancements, the home heating technician must be able to adapt and learn continuously.

## A specialist in the installation of alarm systems

Undoubtedly, protecting your family and your property is one of your highest priorities, which is the reason you have decided to install an alarm system in your home. As an informed homeowner, you have opted for a security system that is connected to an alarm central. The next step is to find the best installation company and choose the most suitable products for your needs.

One of the main criteria when selecting a company to install your security system is certainly its good reputation. Make sure that the technician you consider hiring is authorized by your regional Building Authority and holds the appropriate security systems certification. The technician may also be a member of a recognized association and should be able to answer all of your questions adequately. Before proposing a security system, this expert will evaluate your specific needs in detail: smoke detectors, fire alarm, infrared detectors, intrusion alarm, et cetera.

The proper installation of your system is very important. In addition, your security system must be inspected annually in order to identify any defective or potentially defective components. Such annual maintenance inspections will reduce the risk of false alarms and the need for service calls.

The security systems technician is equipped with the tools required to perform a quality installation and provide professional technical assistance. Without the appropriate tools, it is impossible to detect potential problems during maintenance verifications or use the required troubleshooting techniques necessary to repair a security system.

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36 Main St., Lundar, MB



# Gimli Viking reclaims his youth with facelift

By Marney Blunt

The silhouette of the iconic Gimli Viking Statue is once again standing tall along the shores of Lake Winnipeg with a refreshed look. The Rural Municipality of Gimli's landmark statue received a facelift over the past few weeks. The restored statue was revealed to the public last Friday.

"Basically everybody that comes into town comes here and takes pictures," said Hjálmar Hannesson, the consul general of Iceland. "This is a symbol of Gimli and the people here and it's wonderful that it has been renovated."

The 48-year-old Viking Statue had been deteriorating over the last 10 years. The restoration included clean-

ing and recoating the fibreglass finish on the structure.

"This Viking Statue represents the courage and the fortitude that the first Icelandic pioneers had when they came to this country," said Mayor Randy Woroniuk to a large crowd, just minutes before taking the tarps off the newly renovated statue.

"This statue here, now all refurbished and looking as good as I am," joked Mayor Woroniuk, "will be our mascot, not just for the tourists but for the people of Gimli, because we have the same type of qualities that the Vikings did when they first crossed the Atlantic Ocean."

The Gimli Viking Statue was erected

in 1967 as an initiative by the Gimli Chamber of Commerce to coincide with Canada's 100th birthday. Now, to coincide with Canada's 150th birthday in 2017, the Icelandic Festival of Manitoba is planning to create Viking Park around the statue. Festival president Cameron Arnason says the goal is to have the Viking Park complete by 2017.

The statue was designed in 1967 by Arborg local Gissur Eliasson.

"Our dad would be so pleased to see everybody here and to see that our Viking Statue that he created has been renovated," said Glenn Eliasson, Gissur's son.

"I think he'd be happy to see the

Viking reclaiming his youth and the shine and the lustre. When I first saw it in 1967, I have a very, very vivid picture of what it looked like.

"(Gissur) was a very, very proud Icelandic. He took a great deal of pride in his heritage, and when he was in charge of the Viking, for him it was a labour of love and I think he saw it as a personal legacy. So to have it refurbished and renovated it means so much to the family."

This winter, Gimli council voted to fund \$60,000 towards the restoration project. The Province of Manitoba also funded \$15,000 for the project.



EXPRESS PHOTOS BY MARNEY BLUNT

Far left, centre: RM of Gimli Mayor Randy Woroniuk and special guests unveiling the restored Gimli Viking statue to the public last Friday. Far right: (Left to right) Jeff Wharton, on behalf of Selkirk-Interlake MP James Bezan; Hjálmar Hannesson, the consul general of Iceland; Cathie Eliasson, wife of Glenn Eliasson; Kathi Thorarinson-Neal, Icelandic Festival of Manitoba board; Cameron Arnason, president of the Icelandic Festival of Manitoba; Gimli Mayor Randy Woroniuk; Brent Eliasson; and Glen Eliasson, son of statue designer Gissur Eliasson.

## Arborg and Dunnottar benefit from Small Communities Transportation Fund

News Release

Representatives from three levels of government were in the Town of Arborg today to announce funding for new multi-use pathways for the Town of Arborg and the Village of Dunnottar. Residents in both communities will soon be able to walk, run or cycle on routes reserved specifically for non-motorized traffic.

In Arborg, an asphalt path of close to 230 metres will run from River Road to Crosstown Avenue. Scheduled for a September completion, it will provide local residents with a safe walking route with access to nearby businesses.

"As Arborg continues to grow in population, our transportation infrastructure must also expand to fill our resident and visitor needs," said Arborg Mayor Randy Sigurdson. "This new pathway increases our current walking trail system by over 700 feet and connects existing paths to both commercial and scenic areas of Arborg. We are very pleased to be given this opportunity, through the granting of these funds, to see this project become reality."

Construction is scheduled to begin in July on sev-

eral limestone walkways, together totalling approximately one kilometre, from the Dunnottar Station Museum to the south end of the community. They will increase pedestrian and cyclist safety, especially during the busy summer months. They will promote an active, healthy lifestyle in an age-friendly community like Dunnottar that has an extremely active senior population.

"The walking trail will encourage more active living by providing a safe place for walking and cycling, and the plantings, both trees and native plant gardens, will provide people with a healthy area to enjoy rural living," said Dunnottar Mayor Rick Gamble.

These two projects are benefitting from the Small Communities Transportation Fund, which reserves a part of the province's annual federal Gas Tax Fund allocation to help address the active transporta-

tion and public transportation needs of Manitoba's smaller communities.



EXPRESS PHOTO SUBMITTED

Front Row: Erica Bardarson, councillor; Tom Nevakshonoff, Interlake MLA, minister of Conservation and Water Stewardship; MP James Bezan; Rick Gamble, mayor of Dunnottar; Jeff Wharton, provincial PC candidate for the riding of Gimli. Back row: Lorraine Bardarson, Arborg CAO; Heather Sigurdson; Randy Sigurdson, Mayor of Arborg; Derek Johnson, PC candidate Interlake.



# Membership Day for Eriksdale Creamery Museum

By Jeff Ward

The Eriksdale Creamery Museum is set to host their annual membership day this weekend and hopes to raise funds for the aging building.

Built by the Brandon Creamery and Supply Company in 1912, the Eriksdale Creamery put the town on the map and was very important in establishing Eriksdale as a community in its early days.

"Eriksdale wouldn't have survived without the creamery," said Doreen Lamoureux, president of the museum board.

"It's such an important marker for Eriksdale. There's more than 100 years of history here and our memberships helps keep the place alive. It's always exciting for us when we get to open the museum for the first time each year."

The Eriksdale Creamery is one of the few remaining examples of an original rural creamery, a once-common

commercial enterprise in Manitoba. The plant, which was recognized over the years for its high quality products, provided area farmers with an important market for their cream and a reliable source of income from the resulting "cream cheques."

The resilient facility adapted itself and functioned on an international scale as a butter-finishing plant.

That first time will come this Saturday, May 30, and for just \$10 you'll get a year-long membership to the museum as well as a barbecue lunch.

While the membership allows you to visit the museum as many times as you'd like

throughout the year, it also helps with grant applications that the board makes during the year. One of the criteria for grant applications is a museum's membership numbers, so even if you only plan to visit the museum once a year, that membership you buy helps keep the place open.

**"ERIKSDALE  
WOULDN'T  
HAVE SURVIVED  
WITHOUT THE  
CREAMERY."**



EXPRESS PHOTOS BY JEFF WARD

The Eriksdale Creamery Museum was constructed in 1912 by the Brandon Creamery and Supply Company and produced butter for 78 years.

"Every membership we sell helps us make improvements and do the upkeep for the site. We're currently working on getting our siding refinished, which will be a big job, so any help we can get from our little fundraisers like this one is important," ex-

plained Lamoureux.

If you want to stop in and buy a membership, you can head to the museum site at 15 Station Lane in Eriksdale on Saturday from 11 a.m. until 2 p.m. Last year's membership day raised more than \$500 for the museum.

## Lake Winnipeg Foundation invests in local water projects

By Marney Blunt

The Lake Winnipeg Foundation recently announced funding for seven projects and organizations that are working towards bettering the health of Lake Winnipeg and the entire watershed.

Last week, the Lake Winnipeg Foundation announced a total of \$39,000 in funding for the seven projects as part of the organization's stewardship, research and education grants program.

The Lake Winnipeg Foundation provided funding for Brokenhead Wetland Monitoring and Restoration Planning by the Centre for Indigenous Environmental Resources; the OPEN Water educational initiative by the Royal Canadian Geographic Society; the Healthy Soils, Healthy Watershed project by the Upper Assiniboine River Conservation District; the South Basin Mayors and Reeves; the Ecole St. Norbert Immersion Parent Advisory Council; Native Plant Solutions (a branch of Ducks Unlimited); and innovative research at the University of Winnipeg.

Alexis Kanu, executive director of the Lake Winnipeg Foundation, says each of these projects is actively working on environmental solutions for Lake Winnipeg and its watershed. Many of them, including the OPEN Water project, the South Basin Mayors and Reeves and the St. Norbert Parent Advisory Council, are initiating in projects that involve educating youth.

"The South Basin Mayors and Reeves is a Lake Friendly program. They're doing a certification for schools program where they are helped schools to

become more lake friendly through a series of activities and certifications," said Kanu. "We are also funding the St. Norbert Immersion Parent Advisory council, which is working with school to develop an outdoor classroom and that showcases the water on the land and a natural habitat and provides an exterior space for education."

Kanu says all the funding comes from the support from the local communities that live around the lake that are concerned with its health.

"The funding from our grant program comes largely from our grassroots fundraising events and from the support of our members from across the watershed," said Kanu.

Kanu added that the May long weekend marks the start of the summer season for a lot of lake people, and for the Lake Winnipeg Foundation, that means focusing on connecting with the communities along the lake and engaging them with the ongoing issues that impact the health of the lake.

"It's really the contribution and the support of our members and their friends and people that love the lake that really help us to continue to provide the support to people doing good work across the watershed," said Kanu, adding that the start of summer is also the launch of the organization's summer Lake-a-thon season, which is their major annual fundraising campaign.

For more information on the Lake Winnipeg Foundation or to see more detailed descriptions of each of the projects, visit [lakewinnipegfoundation.org](http://lakewinnipegfoundation.org).



EXPRESS FILE PHOTO BY MARNEY BLUNT

This spring, the Lake Winnipeg Foundation announced \$39,000 in funding for seven projects that will better the health of the Lake Winnipeg watershed.



# Everybody's working for the summer

## Gimli Manitoba Youth Job Centre hosting open house June 1

By Marney Blunt

The grass is green, temperatures are getting warmer and the sun sparkling off Lake Winnipeg means that the school year is coming to a close and soon youth will be searching for summer employment to make some extra cash over the holidays.

The Gimli Manitoba Youth Job Centre (MYJC) is there to help local youth find the perfect summer job in the area.

The Gimli MYJC opened up last week, May 19, and will be staying open until the end of August. The organization offers a variety of services and programming to help local youth prepare for and find employment. The services are open to youth ages 12 to 29 from Gimli, Winnipeg Beach, Sandy Hook, Fraserwood, Arnes and Camp Morton.

One of the popular services offered by Gimli MYJC is the Odd Job Squad for youth ages 12 to 16.

"It's a fun, more casual and creative way to find employment for youth who are too young to be fully employed or don't want to commit to employment," said Bryna Johnson, the youth engagement leader at Gimli MYJC. "We do events such as barbecues, strawberry picks, popcorn sales and things like that so that they can earn money that way."

Johnson says they can also provide job referral services to homeowners and employers.

"We provide those services to homeowners who want their lawn mowed or general yard maintenance," explained Johnson. "We also offer it to employers if they want to submit a job order to us. Then we can refer the students who have registered to those employers."

To register, youth can submit a form and a resume and the Gimli MYJC can refer them to a job for one of their registered homeowners or employers.

The Gimli MYJC can also help youth with basic job preparations, including creating resumes, cover letters and preparing for job interviews.



EXPRESS PHOTO BY MARNEY BLUNT

Bryna Johnson, the youth engagement leader at Gimli Manitoba Youth Job centre, can help local youth find the right summer employment for them.

"It's a free and easy way to get help finding a job," said Johnson. "I know, especially in this area, it can be difficult in the summer because there's competition from tourists and people from the city coming to their cottage to work. So it's just an easy way to find employment if they would like the assistance."

The Gimli MYJC will also be hosting an open house on Monday, June 1 from 1:30 to 3:30 p.m. so the community can find out more about the services they offer.

"We invite the public and surrounding communities and parents and employers to come for cake and refreshments and we can inform them about the youth job centre and the services that we can offer," said Johnson.

For more information on the Gimli MYJC or the

open house, call Bryna Johnson at 204-642-6026 or email her at [bryna.myjc@gmail.com](mailto:bryna.myjc@gmail.com).

There are other Manitoba Youth Job Centres located throughout the Interlake, including the communities of Arborg, Ashern and Lundar. You can get in touch with the Arborg Youth Job Centre at 204-376-2397 or [arborg.myjc@hotmail.com](mailto:arborg.myjc@hotmail.com), the Ashern Youth Job Centre at 204-768-3405 or [myjc\\_ashern@hotmail.com](mailto:myjc_ashern@hotmail.com), and the Lundar Youth Job Centre at 204-762-5910 or [myjc\\_lundar@hotmail.com](mailto:myjc_lundar@hotmail.com).

**"IT'S A FREE AND EASY WAY TO GET HELP FINDING A JOB."**

## Province opens door to in-store brewing services

Staff

Manitobans will soon be able to make their own wine and beer at local stores and take their creations home when they are ready for consumption as part of a new wave of liquor law changes.

The Liquor and Gaming Authority of Manitoba is now accepting applications from Manitoba retailers that sell home wine and beer making supplies as their primary business to offer in-store brewing services to

their customers, Mineral Resources Minister Dave Chomiak, minister responsible for the Liquor and Gaming Control Act, announced on May 22.

"During our consultations on modernizing liquor laws, Manitoba consumers and businesses expressed interest in opening up opportunities for in-store wine and beer making," Chomiak said in a news release. "In-store brewing offers an opportunity for Manitobans to enjoy and learn

about beer and wine making even if they do not have the space in their homes, or don't wish to purchase, operate and clean the equipment themselves."

Wine and brew-making supply retailers will be able to help their customers select the ingredient kits for beer and wine, and provide instructional advice, equipment and manufacturing space for the production of wine and beer for home consumption. In-store brewing facilities al-

ready operate in the majority of other Canadian jurisdictions including Saskatchewan and Ontario.

This change is made possible by the new Liquor and Gaming Control Act, which came into effect April 1, 2014, as part of the Manitoba government's ongoing modernization of liquor laws that will offer businesses increased opportunities to respond to evolving consumer demands, eliminate red tape and improve public safety.



# Deadline for Gimli Public School reunion this week

Heritage committee finalizing plans, looking for more registration

By Marney Blunt

There is less than a month till the Gimli Public School celebrates its 100th anniversary with a reunion scheduled for June 26 to 28. The reunion is drawing former students and staff from all across the country, and the deadline to register is this Sunday, May 31.

The reunion will commemorate the 100th anniversary of the Gimli Public School, which was founded in 1915. The building currently houses the offices and council chambers for the Rural Municipality of Gimli. The heritage committee has been working hard to finalize a variety of activities scheduled throughout the weekend.

"(The deadline) is a month ahead and we have to know our numbers so we can do bookings and things and plan food etc.," said May Peiluck, a member of the heritage committee for the Gimli Public School. Peiluck also was a former teacher and student at the school.

"We are going to do a lot of different activities; we have a lot of things on the go."

The event will kick off on Friday, June 26 with registration at the New Iceland Heritage Museum. Terry Tergesen's photos albums of Gimli will be on display.

"(Terry) collected pictures like you wouldn't believe. He must have 15 to 25 albums there, all pictures of Gimli," said Peiluck.

After registration, there will be an evening reception at the Lakeview Hotel. The next day, Saturday, June 27, will be the big day of the centennial reunion.

"Saturday is going to be our big day. The school

will be open and we have been collecting pictures of classes from years and years back. It's just amazing the photos that came in," said Peiluck. "They've all been mounted and they are going to be on display and each door will have the names of the teachers that were in that classroom in their time."

On Saturday afternoon, the guests will also get a bus tour of Gimli.

"We're going to tour the new places that people might not have seen yet," said Peiluck.

That evening, there will be a reception at the Johnson Hall in the Waterfront Centre. Former teachers of the Gimli Public School will be honoured and will receive certificates.

"There will also be a book and a tape for sale with the story of the school, and we're going to have a open mike on Saturday night," said Peiluck. "So I think that's going to be lots of fun."

The event will wrap up on Sunday morning with a farewell breakfast at the Lakeview Resort. Peiluck says guests of the reunion have also been invited to a barbecue at the Lutheran Church that day.

All profits made from the event will go to the Evergreen Foundation, which provides scholarships to local students pursuing post-secondary education.

"The committee has been really working hard and everyone has been striving to make it a real success. I'm looking forward to it and I'm hoping that we get a real good turnout," said Peiluck, adding that guests are coming all the way from Nova Scotia and Alberta. Peiluck also says that even her own Grade 6 teacher, now in her 90s, is coming to the event.

For more information or to register, visit [gimlischool100reunion.ca](http://gimlischool100reunion.ca).

Registration forms are also available at various locations throughout the town, including the New Iceland Heritage Museum and the library. Registration is \$75 for the three days, and forms can be mailed to Susie Erickson-Jacobson at Box 460, Gimli, MB.

**"I'M LOOKING FORWARD TO IT AND I HOPE WE GET A REAL GOOD TURNOUT."**



**EXPRESS PHOTO BY MARNEY BLUNT**

A former student, teacher and now heritage committee member of the Gimli Public School, May Peiluck, shows off a yearbook from 1950-1951 and one of her class photos. Memorabilia such as these will be on display during the centennial reunion for the Gimli Public School, June 26-28.

## Evergreen Basic Needs Inc. summer hours for donations

### Submitted

Evergreen Basic Needs Inc. (EBN) has changed the hours of operation for the gently used store Respun Threads and Helping Hands Café. Respun Threads is now open Monday to Saturday from 9:30 a.m. to 5:30 p.m. and Helping Hands Café is now open from 9:30 a.m. to 3 p.m., Monday to Saturday. This also includes extended hours for dropping off gently used donations at the back of the building.

"The donations EBN receives are greatly appreciated. I would like to extend an apology to those who have

made attempts to drop off their gently used items and have been turned away or discovered EBN was not accepting donations at that particular time. Our spring/summer hours for dropoffs have been extended from 10 a.m. to 4 p.m., Monday to Saturday, except for every Thursday, which is food bank day, and in the morning of the third Wednesday of the month. During that time, EBN receives a shipment of food from Winnipeg Harvest."

EBN has been experiencing a slowdown in processing donations due to a shortage of volunteers in key areas

around the facility. "A number of our volunteers have left due to health reasons or moved out of the area to be closer to their adult children and grandchildren. It has been difficult to replace team members as each person is integral to the flow of activities that comprise EBN. From the moment a donation is dropped off, it is sent to be evaluated, repaired or cleaned, priced, then moved to the shelves in Respun Threads. Without volunteers, we simply could not function, so when someone leaves, EBN it creates a gap that needs to be filled immediately. Without our

generous donors and volunteers, we simply could not exist; therefore, if we did not accept donations when you dropped by, I sincerely apologize and we will accept gently used items from Monday to Saturday, the exception being Thursday, every Thursday throughout the year, as the back area of EBN is closed for food bank."

If you have experienced problems dropping off donations at EBN or would consider volunteering, contact Evergreen Basic Needs Inc. at 204-642-9736 to speak to EBN executive director Rhonda Powers or e-mail at [ebn@mymts.net](mailto:ebn@mymts.net).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Leach scores new sign in Riverton

By Brian Bowman

Reggie Leach scored a lot of goals during his fantastic NHL career.

And he scored a beautiful new highway sign honouring him on the east side of Highway 8 just south of Riverton earlier this month.

Leach, known famously as the "Riverton Rifle," was extremely pleased with the look of the new sign. Lloyd Roche, Rod Palson and Leach were responsible for putting up the sign.

Roche, a co-chair of Riverton's Legacy of Lions along with Cliff Evans, said the old sign was deteriorating and had to be replaced.

"The old sign was really bad and I wanted it down," Leach said Monday evening. "It took us a while to get it going again. By the time we decided what sign I wanted, my wife (Dawn) and I sort of picked out this sign, and how we wanted it to look."

"It took us over a year to decide what kind of sign we wanted."

The day of the sign unveiling attracted a good-sized crowd of about 50 people who also enjoyed a lunch together that day. Leach said he still makes it back to Riverton from time to time and has hosted a hockey tournament in the community. He tries to help out young minor hockey players through a foundation by helping to keep registration costs down. In the past, he has purchased skates or paid the registration for players.

"As hockey players, we should all give back," said Leach, who was the third overall pick in the 1970 NHL draft. "I always tell everybody it's not only one person that makes the hockey player, it's the whole town, really."

Leach lives in Manitoulin Island in Ontario these days but has been very busy touring the country with his son Jamie (who won two Stanley Cups with Pittsburgh), putting on their Shoot to Score Hockey camp. He was also recently a guest at Hockey Manitoba's 100th anniversary dinner.

The camp recently concluded in Austin, Texas and Leach said they

**"I STILL HOLD THE RECORD FOR MOST GOALS IN THE PLAYOFFS."**

have three camps scheduled in Manitoba this year. Leach, who helps out his son Jamie with the camp, said they will also be in St. Andrews, Gimli, and, for the first time, in Riverton in October.

"We (taught) roughly 1,700 kids last year," said the 65-year-old Stanley Cup and Conn Smythe Trophy winner. "And we're hoping to do 2,000 this year."

Leach's NHL career was a real good one. He scored 381 goals and had 666 points over 13 seasons.

He won a Stanley Cup with the Philadelphia Flyers in 1975 and scored 61 goals one season. He also potted 19

goals in 16 playoff games one season.

"I still hold the record for most goals in the playoffs," he said proudly. "I think I averaged 38 goals a year with Philadelphia."

Leach had an outstanding junior career with the Flin Flon Bombers before making NHL stops with the Boston Bruins, California Golden Seals, and Detroit Red Wings.

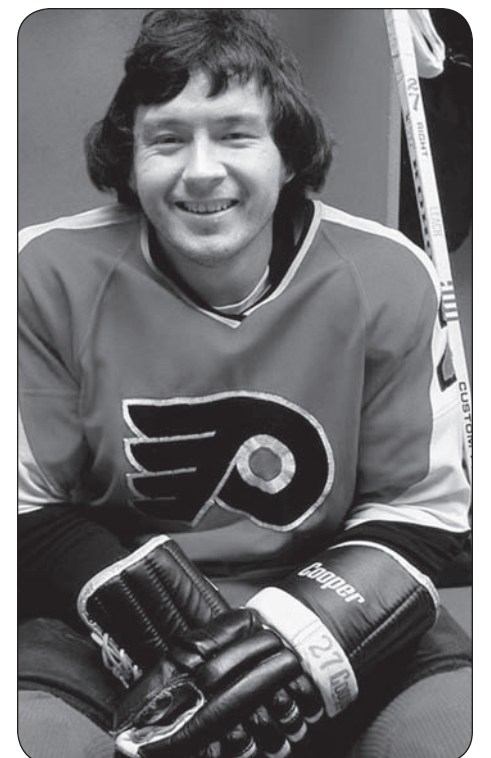
Those years will be part of Leach's new book, "Riverton Rifle," which he hopes comes out before Christmas.

"It's about my thoughts of my career and stuff like that," he explained. "I'm all excited about it. I'll tell you what. It takes a long time to do a book. My God, I've been working on this for a year now." For more information on Shoot to Score Hockey visit shoot-toscorehockey.com.



EXPRESS PHOTO BY BEN HOLYK

Pictured in the centre with his wife Dawn, Reggie Leach, famously known as the "Riverton Rifle" attended a highway sign unveiling honouring him and his hockey career earlier this month.



Leach scored 381 goals and had 666 points over 13 NHL seasons.



# Interlake Invitational track and field stars



Pictured left to right, Arborg Collegiate's Sarah Jensen jumped 1.30-metres in the junior girls' high jump at the Interlake Invitational track meet in Stonewall last Thursday. Arborg's Logan Sigvaldason finished first in the junior boys' discus for his throw of 30.22-m, while Gimli Lakers' Carley Matkowski finished first over-all in the junior girls' tetrathlon. Matkowski scored 1,707 points after finishing the 100-m dash in 14.40 seconds, the 800-m run in 2:55.42, leaping 4.12-m in the long jump and throwing 8.31-m in shot put.

EXPRESS PHOTOS BY JO-ANNE PROCTER

## PeeWee champs



EXPRESS PHOTO BY KAREN LEOCHKO

The Arborg PeeWee team defeated Stonewall in the gold-medal final Saturday afternoon to win the Balmoral Sports Day tournament. Pictured left to right, back row: Keith Johnson (coach), Brandon Prus, Austin Adair, Cadrick Dueck, Zak Leochko, Gracyn Melsted; front row: Logan Pearce, Brenna Barylski, Tyson Barylski, Noah Johnson, Christopher Penner and Jeff Adair (coach).

## Lundar baseball season ends at zones

By Brian Bowman

Lundar finished with a 1-1 record at the Zone 5 high school baseball championship last week in Stonewall.

Lundar, which wrapped up its season with a 1-6 record, lost 12-5 to Teulon and defeated Fisher River's Charles Sinclair 8-1.

Thomas Johansson earned the win on the mound for Lundar. Shayne Desjarlais led Lundar offensively in the victory with two hits and two RBI.

Despite posting just one win this season, Lundar head coach Rory Tycoles was pleased with the team's improvement over a short period of time. Pitchers started throwing strikes more consistently during the season while the defence cut down its errors.

"We went from losing to Stonewall 12-1 the first time we played them to 6-1 in the second game and 3-2 in the third time we played them," Tycoles noted.

Lundar should be in good shape next season with just one Grade 12 player graduating from this year's team. The team has many of its players play multiple sports and they start their workouts soon after the hockey season wraps up.

Tycoles, meanwhile, wanted to send out a huge thank you to all of the contributors to their marathon baseball game back on April 18. Individuals pledged money per inning, or gave a lump sum, to the program as the kids played a 29-inning game.

That game raised an impressive amount of \$1,137.

"I want to give thanks to all of the parents and those who contributed," Tycoles said.



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# take a break > GAMES

## SUDOKU

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

Level: Intermediate

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

Sudoku Answer


Crossword Answer

Classified booking deadline is Monday 4 p.m. prior to Thursday's publication.

**Call 467-5836**

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Part-time Security Officer Position

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## UPCOMING

### Board of Trustees MEETINGS:

- **Tues., June 9, 2015 at 5:00 p.m.** at Ashern Early Years School
  - **Tues., June 30, 2015 at 6:30 p.m.** at Division Office *Summer Break (July & August)*
  - **Tues., Aug. 25, 2015 at 5:00 p.m.** at Division Office
- Regular Board meetings are held every second and last Tuesday of each month at 6:30 p.m. at the Division Office, unless otherwise advertised.*

## RM OF COLDWELL RECREATION DIRECTOR POSITION

RM of Coldwell is seeking a responsible, self-motivated person to facilitate and co-operate in Recreation Programming for the community. This is a Flex Time position with approx. 25 hrs/wk starting at \$14.00/hr. Guidance and aid given by the Lakeshore Recreation Commission, instruction from the RM.

Interested persons can apply to the RM of Coldwell, Box 90, Lundar, MB ROC 1Y0, Marked "Rec Director", by June 9, 2015 at 4:30pm.

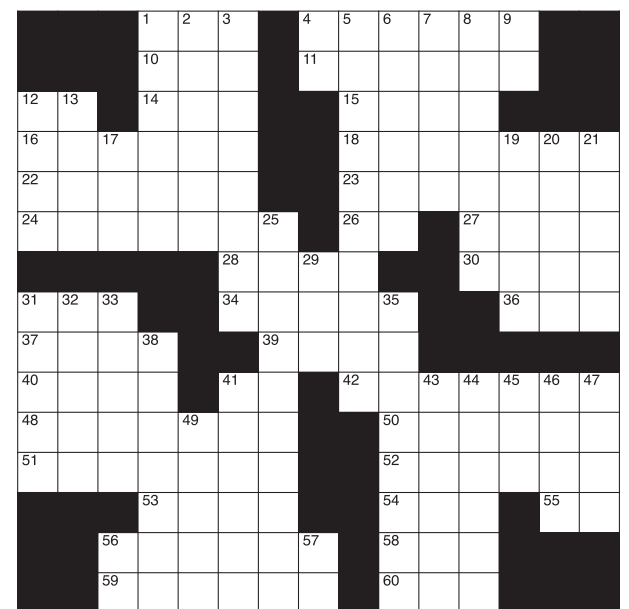
Questions call Nicole 204-762-5421.



## CROSSWORD

### CLUES ACROSS

1. Cleopatra's viper
4. Cuneiform writing
10. Dekaliter
11. Groaned
12. For instance
14. Wave in spanish
15. Arabian gulf
16. Written in red
18. Denouncements
22. Eat one's heart out
23. Survive longer than
24. Take priority over
26. Foreign service
27. Russian king (alt. sp.)
28. Stinkheads
30. Old name for Tokyo
31. Box (abbr.)
34. Red rock in Australia
36. Not old
37. Enlarge hole
39. Difficulty walking
40. The high point of something
41. 101
42. Hunting expeditions
48. Unusual appearing ghostly figure
50. Without civilizing influences
51. Heartbeat
52. Morning juice
53. Wicket
54. Head louse egg
55. 40th state
56. Pleasing to the eye (Scot.)
58. Nickname for an anorexic
59. Engaged in a game
60. Household god (Roman)



### CLUES DOWN

1. Admirer
2. Mouth secretion
3. Afterbirth
4. Initials of "Bullitt" star
5. Family crest
6. Forearm bone
7. Unable to move
8. Loss due to a rule infraction
9. Touchdown
12. Accordingly
13. Spiritual teacher
17. A bridal mouthpiece
19. Dress up garishly
20. Cleverly avoid
21. S.E. Asia goat antelope
25. Fla. state dessert

### 29. Popular legume

31. Two-die gambling game
32. Easily annoyed (alt. sp.)
33. Khoikhoi peoples
35. Cycle
38. Flavor of Newport cigarettes
41. Jamestown was the 1st English
43. Fine meal made from cereal grain
44. Incarnation
45. Norse goddess of the sea
46. Ignores or snubs (slang)
47. Tiny glass bubble
49. Chinese mahogany genus
56. Deepwater Horizon Co.
57. -, denotes past



# Classifieds Announcements

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## TENDER

### 724sq. ft HOUSE FOR SALE AND REMOVAL 95 1st Street Lundar

RM of Coldwell invites sealed tenders for the purchase and removal of 724 sq ft house plus garage and all buildings on 95 1st Street South in Lundar, MB. Ideal completion of removal date would be August 1, 2015, however sooner would be better.

Tenders due by June 9, 2015 at 4:30 p.m.

Submitted to the RM of Coldwell, Box 90, Lundar, MB ROC 1Y0, Marked "House Tender".

Questions call Nicole 204-762-5421.

## McSherry Auction Service Ltd

### AUCTION SALE WAYNE SPAKOWSKI

Saturday June 6, 2015 @ 10:00 am

**Komarno, MB - North 4 Miles on Hwy #7  
Then East 2 Miles on Rd 106 Then 1/4 North  
Contact: (204) 643-5182 or (204) 206-0120**

Tractors: J.D. 4020 Dsl Cab 540/1000 Hyd w J.D. FEL 8051 Hrs \* J.D. 3010 Dsl 3PH 540 Hyd w J.D. FEL 5104 Hrs \* J.D. 301A Dsl H.L. 540 Hyd w Allied 580 FEL 4536 Hrs \* Ford 8 N 3PH \* J.D. 3010 Dsl NR- Parts \* **Equip:** 2) N.H. 489 9' Haybine \* New Idea 486 RD Baler Elec. Auto Tie \* J.D. 38 7' Semi Mt. Mower \* J.D. 37 9' Trailer Mower \* J.D. 11 9' Trailer Mower \* H.M. 28' Dump Rake \* M.F. 124 Square Baler \* 3PH 3 Wheel Rake \* 1000 gal Water Trailer \* Farm King 7 Ton 4 Wheel Trailer \* J.D. 16' Tandem Disc \* Int 645 18' Cult \* Case 7' Breaking Disc \* 15' Crowfoot Packer \* 3PH Rock Pull \* MF 3PH 2B Plow \* 3PH 7' Cult \* Coop 15' Oneway Discer \* Hang Up Harrows \* **Livestock Equip:** 87 W.W. 16' Stock Trailer \* New Roller Mill \* 25) 10' Metal Corral Panels \* 6) Metal RD Bale Feeders \* 4) Metal Creep Feeders \* 2) Calf Shelters \* Ferrier Squeeze Chute \* Chicken Plucker \* **Vehicles:** 83 GMC Sierra 1/2 Ton \* 95 GMC 1500 4 x 4 \* 99 Merc Grand Marquis \* 80 Chrysler Codoba \* 79 Lincoln Town Car 400 \* 94 Jimmy 4 x 4 \* 91 Ford Explorer 4 x 4 \* 78 Nova Rally 305 \* 50's Austin Camrian \* 59 Ford 600 Dually w 12' Gravel B & H \* Over 10 Vehicles for Scrap \* Utility Trailer \* **Recreation & Yard:** 72 Boler 10' Camper Trailer \* Crafts 11 HP 36" R. Mower \* 85 Yamaha 350 CC Quad NR \* **Misc & Tools:** Galva Channel \* Used Sheet Metal \* Lumber \* Welding Cable \* FEL Bale Forks \* Saw Mandrel \* FEL No Cyl \* Tractor & Implement Parts \* 18.4 - 34 Duals \* Metal Band Saw \* Miller AC/DC Tig Welder \* Power Tools \* Hand Tools \* McCormick Mower \* Dump Rakes \* J.D. 9' \* Implement Seat \* Brass Bells \* Hood Ornaments \* Oil Tins \* Anvils \* Wrenches \* Saw \* Cream Cans \* **Antiques:** Coca Cola 4' Porcelain Sign \* Lighted Palm Clock \* C.P. Rail Track Signs \* Walnut Humidor \* Singer Sewing Machine \* Cast Boilers \* Wood Barrels \* Mail Box \* Coffee Grinder \* Crocks \* Copper Street Light \* Coleman Lanterns \* Gas Iron \* Scales \* Folding Camera \* Tonka Toys Tobacco Tins \* Crescent Crate & Bottles \* Pop Bottles \* 22 GUNS - 22 Cal \* Rifles \* Shot Guns \* Go to Web **Hunting Accessories:** Binoculars \* Ammo \* Gun Cabinet \* Knives \*

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[www.mcsherryauction.com](http://www.mcsherryauction.com)

### McSherry Auction Service Ltd

#### EQUIPMENT CONSIGNMENT

Sunday, June 21 10:00 pm

Stonewall, MB  
#12 Patterson Drive  
Tractors, Equip,  
Vehicles, Trailers, Yard  
& Recreation, Farm  
Misc, Tools. Book in  
your Items Now!

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[mcsherry@mymts.net](mailto:mcsherry@mymts.net)

### McSherry Auction Service Ltd

#### VINTAGE VEHICLE AUCTION AL THOMPSON

Sat. May 30 11:00 am

Wpg, MB  
5 Mins East on Hwy 1 From  
Jct 100 Perimeter then  
1 1/4 North East on Settler Rd.  
80 MGB 2D Convertible \*  
60 Pont Perisienne \* 51  
Chev Sedan \* 2) 51 Chev  
Deluxe \* 2) 49 Fargo  
3/4 Ton \* Vintage Farm  
Tractor & Equipment  
\* Kubota B600 w Roto  
Vator \* Al 15' Boat \*  
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Scraper

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### GARAGE SALES

Multi family garage sales. Saturday, May 30 from 9 a.m. - 3 p.m. In and around Morweena.

### HELP WANTED

Part-time House-keeping Staff required. Call Sheri at Rockwood Motor Inn at 204-467-2354.

Eddie's Gravel Supply Ltd of Winnipeg Beach is accepting applications for Asphalt Laborers. The applicants must have a valid drivers licence, work well with others and be in good physical shape. Local work 204-389-2023.

### McSherry Auction Service Ltd

#### MOVING & ESTATE

Wed June 3 @ 4:00 pm

Stonewall, MB  
#12 Patterson Drive  
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Antiques, Household,  
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Exciting Items!

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Get free vending machines. High cash producers. \$1.00 vend = .70 profit. Can earn \$100,000 + per year. Be first in your area. No competition. Protected territories. For full details call now 1-866-668-6629 [WWW.TCVEND.COM](http://WWW.TCVEND.COM)

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### MISCELLANEOUS

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### COMING EVENTS

Join the fight against Prostate Cancer. The 7th annual Manitoba Motorcycle Ride for Dad happens Saturday, May 30, 10 a.m., Earl's Polo Park Shopping Centre. You can register or make a pledge by visiting [www.rid-efordad.ca/manitoba](http://www.rid-efordad.ca/manitoba) Proceeds stay in Manitoba for Prostate Cancer research and education.

### HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail [stonewoodelk@hotmail.com](mailto:stonewoodelk@hotmail.com)

### POTATOES FOR SALE

Red, Yellow & Russett potatoes for sale. Sunflower seeds, wild bird seed & deer feed. Call 204-886-2676 Interlake Potato Farm.

Red potatoes for sale. 50 lb. bag large potatoes - \$15; 50 lb. bag small potatoes - \$12. Call 204-757-2155.

### FEED AND SEED

Selling organic/conventional Sweet Clover, Red Clover, Alfalfa, Smooth and Meadow Brome, Crestedwheat, Timothy, Sainfoin, Milk Vetch. Free delivery on larger orders! Pasture and hay blends. Birch Rose Acres Ltd. Star City, SK. Ph: 306-863-2900. [ivana-udrey@sasktel.net](mailto:ivana-udrey@sasktel.net)

### SALER BULLS

From the top performance Canadian Salers herd, black or red. Semen tested & guaranteed. Can deliver. Ken Sweetland 204-762-5512 or 204-739-3958.

## McSherry Auction Service Ltd

### AUCTION SALE LLOYD & HELGA SAMPSON

Sunday June 7th @ 11:00 pm

Dugald, MB

East 6 Miles on Hwy 15 then South  
1/2 Mile on Millbrook Rd.  
Contact: (204) 999-9721

**Building:** Commercial Steel Framed Construction Open Wide Span Sheet Metal Building 60' x 100' x 16' w 30' x 30' Addition 12' x 16' OH Doors \*\*TO BE MOVED \* Subject to Owners Approval of last Bid\*\* **Tractors:** Int B 275 Dsl, H.L. 3PH 540, 2189 Hrs \* MF 90 Dsl H.L. Shuttle Dual Hyd. 540 1280 Hrs. \* MF 135 Gas H.L. 3PH Hyd., 6841 Hrs. \* Ford 9N Gas 3PH \* JD 850 Dsl H.L. MFWA Cab 3PH 540 Hyd JD FEL1660 Hrs. \* Case IH 495 H.L. 3PH Dual Hyd. 540 Turf Tires 840 Hrs. \* **Vehicle Trailers** 98 Dodge Cummins Dsl. 4 x 4 Ext Cab 3/4 Ton, 300,000 Km Sfty \* 82 Ford 1 Ton Dually 5.7 L w B & H \* 61 Sunbeam Alpic \* 87 Chev 1/2 Ton \* B.H. 14' Flat Deck Tandem Trailer \* \* B.H. Trailer w Box 12' \* 4 Wheel Farm Wagons \* **Equipment** Farm King 3 PH 7' Tandem Disc \* McKee 3PH 5' Snowblower \* 3 PH 5' Cultivator \* 3 B Plow \* 7' Spring Tooth Cult \* **Yard** 94 Yamaha Phaser II 485 Exc. Cond \* Ryan Com. 30" Airiator \* Gas Rear Tiller Attach \* Along with Tools \* Building Supply \* Antiques \* Some Household \*

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### McSherry Auction Service Ltd

#### ESTATE OF JOE LAPKA

Sunday May 31st 11:00 am

Inwood, MB  
North 11 Miles on Hwy #17  
Contact: (204) 981-7232

JD 350 Crawler \* JD 2010 3PH JD FEL \* Deitz D13006 w/ Leon FEL \* MH 44 gas \* Equipment \* 2) NH 850 RD Baler \* NH 456 9' Trailer Sickle Mower \* Vicon 6 Wheel Hay Rake \* JD #5, 7' Sickle Mowers \* 6 Wheel 24' Steel Frame Deck Hay Trailer \* Cord Wood Trailer\* Livestock Equip \* Maternity Pen \* 2) RD Bale Feeders \* 7) Metal Corral Panels \* Tools\* Stihl 236 Chainsaw \* Table Saw \* Lincoln 180 Welder \* Air Comp \* Power Tools \* Tap & Die Set \* Various Shop Supply \* Honda EP 2500 Watt Generator \* 2000 lb Pressure Washer \* Plus More Tools \* Farm Misc\*

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### EMPLOYMENT OPPORTUNITIES Class 1 Gravel Truck Drivers

Sigfusson Northern is a Manitoba owned and operated heavy construction firm that provides clients with high quality service and personnel. We are currently accepting applications for the above positions.

#### Qualifications:

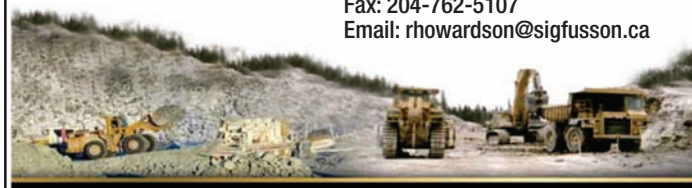
- Class 1 Driver's License
- Must have gravel haul experience

#### We offer:

- Competitive wages
- Full time permanent employment
- Merit Benefit Plan with Dental
- RRSP/DPSP Program

If you would like to apply for this position and join our team, please send your resume along with your current drivers abstract to:

Raynard Howardson  
HR Recruitment  
Sigfusson Northern Ltd.  
Box 51, Lundar, MB ROC 1Y0  
Fax: 204-762-5107  
Email: [rhowardson@sigfusson.ca](mailto:rhowardson@sigfusson.ca)





# Classifieds Announcements

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## LIVESTOCK

Charolais yearling bulls for sale. Red factor or white. Good prices. Good birth weights. Call John at 204-383-0308.

Good quality two-year old Charolais bulls for sale. Semen tested, free delivery, AI sired. Bar H Charolais, Grenfell, 306-697-2901 or 306-697-2988.

## TRACTOR FOR SALE

1962 Gravelly L8 walk behind. Attachments: mower, blower, tiller, sulkies & parts. Asking \$2950. 204-642-9585 Jim, afternoons.



## ANNOUNCEMENTS

### CARD OF THANKS

We would like to thank everyone who supported our Spring Tea. Thanks to Johnson's for their fashion show and to all the models, as well as all the businesses and members who donated towards the silent auction and to all who helped make the tea a success.

-Arborg Legion Ladies Auxiliary

## ANNOUNCEMENTS

### CARD OF THANKS

I would like to thank everyone who came out to celebrate my 100th birthday on May 11, 2015. Thank you to my family and friends for making it out to celebrate my birthday.

-Thank you, from Daniel Holm

The Aboriginal Business Service Network will be facilitating a

## BUSINESS PLANNING WORKSHOP

June 17 & 18, 2015 - 9:30 am to 3:30 pm  
Ashern Event Centre, Ashern, Mb.

This workshop will provide information to assist entrepreneurs in planning to start a business within the province of Manitoba or on a First Nation's community.

Registration Deadline: Tuesday, June 9, 2015

To Register or for more information call:

Community Futures at 1-888-496-8932

For more information contact:

Deborah Smith @ 1-888-303-2232



## HOUSEHOLD & YARD AUCTION

For Lorraine Dopf (formerly McMillan)  
Ashern, MB

Saturday, June 6, 2015 at 10:00 a.m.

Sale to be held at Camper Community Hall - 9 mi. South of Ashern on Hwy #6 (watch for signs)

**Yard Equipment & Misc:** P110 J.D. Tractor, 19.5hp, 42" cut; J.D. 2 wheel Trailer (yard); Wheel barrow; Hoes; Rakes; (2) Hose reels; Gas whipper snipper; Lounge Chairs (2 green/2 blue); Patio light set; Shotgun shells

**Shop & Tools:** Stihl MS170 industrial twin air compressor; Ultra-pro compression tester, 95001; Step ladder; Ext. ladder; Craftsman toolbox; 1/2" & 3/8" sockets; 1 1/16 - 7/16th Impact sockets; Open & box end wrenches; Dewalt saw-all (battery); Skilsaw (battery); Mastercraft Impact set (complete); B&D Skilsaw; 36" Ridgid pipe wrench; Ext. cords; Chainsaw & chains; Air tools; Saw horses; (2) Battery chargers; Booster cables; Small Craftsman tool box w/tools; 55,000 btu Propane heater

**Household:** TV entertainment centre- black w/fireplace; Large hutch; Kitchen table w/leaf & 4 chairs; (2) white kitchen chair; (4) brown wood chairs; Valet; Brown leather recliner; Chesterfield, love seat & recliner chair; (3) plant stands; Dehumidifier; Fans; Small desk; Assorted office supplies; (2) Printers; Organ & bench; (2) end tables; Phone table; Small Banquet table; Oversize coffee table (rustic); (2) round tables; Chest of drawers; Dresser; Picture frames; Pictures; Sewing machine; Dishes; Sealers; Pots & pans; Silver ware; Small deep freeze; Canner; (2) Meat grinders; Quick seal; Coffee Maker (silver); Breadmaker; Xmas decorations; Suitcases & duffle bags

**Miscellaneous:** Men's Titiest Golf clubs & bag; Women's Lady Cobra Golf clubs and bag; Golf balls; (2) white folding tables; Dog carriers;

Auctioneer's Note: Lots for everyone!

**Lorne (Buddy) Bergner, Auctioneer**

Box 721, Ashern, MB R0C 0E0

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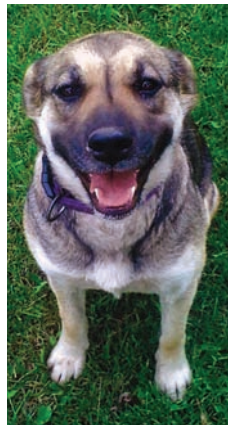
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**EXPRESS**  
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## STILL MISSING

**Maverick** went missing on April 12, 2015 from her farm yard west of Teulon RM of Rockwood corner of road 96N and 2nd Road East. Has your neighbour a new dog and maybe does not realize that the owner is frantically looking for her? 6 yrs old, tattoo **XGG78**, female shepherd cross, floppy ears, brown eyes, wide short muzzle, large paws, medium size, around 60 lbs when last seen, dark brown back (almost black) with light brown under body, no collar, timid of people. She is more than just a dog to me. Maverick is my family member, a companion, best friend, my life, and my heart is broken. There is a reward for information that brings her home.



Contact Frances Kwasny 204-886-7772 or 204-886-2419

Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 467-5836

**Biz Cards** Call 204-641-4104

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# get inspired

> MEAL IDEAS



## Buttermilk Blueberry Muffins

### Ingredients

1 cup (250 mL) buttermilk  
1 cup (250 mL) pitted prunes  
3 tbsp (45 mL) canola oil  
1 tsp (5 mL) vanilla  
1 cup (250 mL) whole wheat flour  
2 tbsp (25 mL) wheat germ  
1 tsp (5 mL) ground ginger  
1 1/2 tsp (7 mL) baking powder  
3/4 tsp (4 mL) baking soda  
1 cup (250 mL) fresh blueberries

### Directions

In a food processor or small food chopper, puree 3/4 cup (175 mL) of the buttermilk with prunes until prunes are in very small pieces and mixture is thickened. Pulse in oil and vanilla.

In a large bowl, whisk together flour, wheat germ, ginger, baking powder and soda. Pour buttermilk mixture over top and remaining buttermilk and stir gently to combine. Fold in blueberries.

Scoop batter into greased or paper lined muffins tins and bake in 375 F (190 C) oven for about 15 minutes or until tester inserted comes out clean.

Tip: These muffins can be made ahead up to 3 days or frozen for up to 1 week. Wrap individually and freeze or store in the refrigerator. Pop the muffin in the microwave to warm through if desired.

Prep time: 10 min | Cook time: 15 min  
Makes: 12 muffins

[www.heartandstroke.mb.ca](http://www.heartandstroke.mb.ca)

## Peanut Pumpkin Muffins

### Ingredients

1 cup all-purpose flour  
1 cup whole-grain pastry flour  
1 teaspoon pumpkin pie spice  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
3/4 cup packed dark brown sugar  
3 tablespoons unsulfured molasses  
3 tablespoons canola oil  
2 large eggs, divided  
1 cup canned (solid-pack) pumpkin  
1 teaspoon vanilla extract  
3/4 cup low-fat buttermilk  
3/4 cup roasted salted peanuts, chopped, divided  
Cooking spray

### Preparation

Preheat oven to 400°F. Coat a 12-cup muffin pan with cooking spray, or line it with muffin papers.

In medium bowl, whisk together the first six ingredients until well mixed.

In large bowl, whisk together brown sugar, molasses, oil and one egg until combined. Add the other egg, pumpkin

and vanilla, and whisk again until combined.

Gradually add flour mixture to wet ingredients, alternating with buttermilk, until just combined, being careful not over mix.

Stir in 1/2 cup peanuts.

Pour batter into prepared muffin pan, filling each one about 3/4 full. Sprinkle top of each muffin with remaining 1/4 cup chopped peanuts.

Bake until puffed and golden brown, and a toothpick inserted into the center of a muffin comes out clean, about 20 minutes.

Cool muffins in the pan on a wire rack for 15 to 20 minutes. Slide a knife around edges of muffins to loosen them from pan if no paper was used. Serve warm or cool; store in an airtight container or resealable plastic bag for up to 4 days, or freeze for up to 4 months.

Makes 12 muffins



## The Claim:



### Low Calorie/Light/Reduced Fat

What it really means: "Low calorie" means the item contains 40 calories or fewer per serving, but the serving size designated by the manufacturer could be the size of a bottle cap, and the product could still be high in fat. In real life, you might naturally eat four times that amount. The "light" label, by contrast, could simply mean lighter flavor or color (in the case of olive oil or corn syrup) but the same number of calories as the original – or it could mean "low calorie" or "low fat" (defined as less than 3 grams per serving). If the label says, "reduced fat," that means the peanut butter, soup, or other food contains 25 percent less fat than the original form. For low-calorie claims, figure out whether the serving size is realistic. If it isn't, think about how many calories you'd likely consume from a satisfying portion. With "light" or "reduced-fat" products, make

sure you know the trade-offs: reduced-fat cookies, reduced-fat peanut butter, and reduced-fat salad dressing, for example, often make up for the loss of flavor with added sodium and sugar.

Generally foods that have relatively short ingredients lists will be more wholesome and have fewer additives such as flavor enhancers, preservatives, dyes, and the like. An exception: Products that contain multiple grains or that are fortified with vitamins are likely to have longer ingredients lists. In that case, look for the word artificial on the list; if it's there, put the item back on the shelf. After reviewing the label, jettison products that, given what they are, seem to have excessive amounts of sugar or salt.

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

Brenda Stafford - Juice Plus - Team Pursuit  
Find us on FACEBOOK

## Best of Show Apricot-Pineapple Jam

### Ingredients

5 1/2 cups prepared fruit (about 2 1/2 pounds apricots and 1 1/2 pounds pineapple)  
1/2 cup fresh lemon juice  
1 package fruit pectin  
1/2 teaspoon butter  
8 cups granulated sugar

### Preparation

Pit unpeeled apricots, then finely chop or grind. Measure exactly 3 cups apricots into 8-quart saucepan. Cut, peel, core and finely chop pineapple. Measure exactly 2 1/2 cups pineapple into saucepan with apricots.

Mix well. Add lemon juice. Add pectin and butter and stir over high heat until reaches rolling boil. Add sugar and stir thoroughly until reaches rolling boil. Continue cooking for four minutes, stirring constantly to avoid scalding.

Remove from heat. Skim off any foam that forms on top of jam. Ladle mixture into hot, clean jars, leaving 1/4-inch headspace. Wipe jar rims and threads. Cover with two-piece lids. Twist lid bands so not loose but not too tight. Process for 10 minutes in boiling water bath canner.

8 pints

## Squash and Banana Mini Muffins

### Ingredients

1 1/2 cups all-purpose flour  
1 cup quick oats (uncooked)  
2 teaspoons baking soda  
1/2 teaspoon salt  
1/2 teaspoon pumpkin pie spice  
1 1/4 cups thawed frozen pureed winter squash  
3/4 cup firmly-packed light brown sugar  
3/4 cup mashed banana (about 2 medium bananas)  
1 egg  
2 tablespoons canola oil  
1 cup dried cranberries

### Preparation

Preheat oven to 350°F. Prepare mini

muffin pan with vegetable pan spray.

In large bowl, stir together flour, oats, baking soda, salt and pumpkin pie spice.

In medium bowl, whisk together squash, sugar, banana, egg and oil. Make a well in center of flour mixture; whisk in squash mixture until just combined. Stir in cranberries.

Fill cavities 2/3 full with batter. Bake 12-14 minutes or until toothpick inserted into center of muffin comes out clean.

Makes about 48 mini muffins



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Weightloss • Energy & Performance • Healthy Aging

— Allana Sawatzky  
isaallana@hotmail.com

— Janice Karaim  
jkaraim@mymts.net

— Rose Sawatzky  
isa.rose1957@gmail.com

[www.isaproduct.com](http://www.isaproduct.com)

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