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EXPRESS PHOTO BY PATRICIA BARRETT
 AMC Grand Chief Arlen Dumas (far left) presented council with a painting by Gayle Sinclair at the Fisher River Cree Nation grand opening of their state-of-the-art community hall and gaming room. From left: Chief David Crate and councillors Darrell Thaddeus, Carl Cochrane, Vince Crate and Shirley Anne Cochrane. See full story pg. 4.

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Arborg fair and rodeo pulls the crowds

By Patricia Barrett

The Arborg Agricultural Society's annual fair and rodeo last weekend saw plenty of action at the Silver Fair Grounds just south of town.

The three-day celebration featured barrel racing, freestyle motocross, equestrian vaulting, dog agility shows, a petting zoo and bouncy castles for the kids, entertainers and circus-style hula hooping and juggling.

The ever-popular tractor pull, in which antique tractors pull a huge sled down a muddy runway, saw over 100 entrants from across the Interlake in the first hour alone. First up in the 3,000-4,000 weight class was Lawrence Gudmundson on his 1955 Ford 960.

A glitch with the sled's electronic recording system had Gudmundson start over about four times. On one pull, he went 419 feet and had the announcer screaming, "When he gets to Highway 6, stop him!" But as luck would have it, the sled failed to register and the pull was disqualified. Nevertheless, he ended up completing a "full pull" of 300 feet.

Glen Barkman from Arborg competed in the same weight class with his 1957 Oliver 77. "I've competed twice in the tractor pull and did on average," he said as he waited in the tractor queue. "I'm hoping to do a little bit better today." He pulled the sled 215 feet.

The only woman in that weight class was Tracey Finnsen, who drove a 1947 Co-op E3. "I've done this once two years ago and I got a full pull on my second run. I'm going to win today!"

And that positive thinking had her pulling ahead and tying with the competition at 300 feet.

Of course there are a few tricks to pulling the sled. One is sheer horsepower and the other lies in the tires.

"A lot of people like to keep low air pressure in the tires to make them bulge so you get as much grip as possible," said Stonewall's Joe Vandasselaar, who waited to compete in the 5,000-6,000 weight class with two tractors. "That's not cheating. You're allowed any air pressure. But all your tractors have to be stock as to what they came from the factory — tire size and engine size."

Vandasselaar said there are different classes for tractors. The AI is for tractors that are all stock. But the AO, which is called "open," allows suped-up tractors. Points earned over the course of two days will comprise the total and determine the winner.

Brian Johnson from Winnipeg Beach brought his tractor to the parade Saturday but didn't compete. He said his cherry red Farmall is "too pretty to be in the tractor pull."

Johnson, who's a member of an antique tractor



Drew Johnson from Arborg gave stunning singing performances of Johnny Cash and Charlie Pride



EXPRESS PHOTOS BY PATRICIA BARRETT
Gunnar and his sister Loa visit with the cowboy polo horses at the Arborg Fair & Rodeo last Saturday.



Aiden (left) and Maddison got up close to the goats and other farm animals at the petting zoo.

club in Stonewall, takes part in parades across the Interlake, such as Winnipeg Beach and the Icelandic Festival.

On the other side of the fairgrounds, the Teakle Family Circus from Lockport, composed of Sarah Teakle and her brothers Jonny and Jacob, wowed the crowds with their circus-style hula hooping and juggling. Sarah took the hula hoop to new heights, gracefully spinning several of them around her body and legs and arms, simultaneously at times. Jonny's juggling earned him gold at the 2017 World Juggling Federation competition.

Over at the bandstand, Arborg's own Johnny Cash was putting some rhythm into the crowds. With his smooth baritone and country twang, Johnson could



Jill's pomeranians Sonic, Sparky, Glitter and Dazzle show what they learned at Crazy Jumpers dog school.

be mistaken for the country great himself.

"I've been singing since January," said Johnson, who graduated from Arborg Collegiate last year. "I do Johnny Cash, a little bit of Charley Pride, some George Strait and the older country singers."

When asked if he's considering a singing career, Johnson said he's been encouraged by Dave Greene, an Elvis tribute artist from Moosehorn, to take his act on the road.

"I've been practising guitar now, too, and trying to get something together," he said. "I'm keeping it small for now and see where it goes."



Tracey Finnsen, the only woman in the 3,000-4,000 pound class, took the lead, completing a full pull of 300 feet.



Cattle driving



Jacob Teakle dazzled the crowd with his juggling.

CPAWS aims to protect more of Manitoba's wilderness

By Jeff Ward

The Canadian Parks and Wilderness Society released its annual Parks Report last week detailing its recommendations for how governments can double current protected areas by 2020.

The report outlines opportunities within Manitoba including its continued efforts to support conservation efforts in the Fisher Bay region on the southwest basin of Lake Winnipeg. Along with protecting the large polar bear habitats along the Hudson Bay coast. CPAWS is calling on governments across Canada to demonstrate their commitment to this plan to double protected areas by 2020 by publicly announcing their intent.

They also want governments to develop a western science and Indigenous knowledge-based plan by 2020 for completing an effective network of interconnected protected areas that will act as a foundation for conserving nature in the face of climate change.

"In Manitoba, we have outstanding opportunities that if fully embraced will bring us from a rusty middle-weight to a Canadian leader in nature conservation," said Ron Thiessen, executive director of the CPAWS Manitoba chapter.

"There are literally dozens of candidates protected areas that our provincial government could permanently conserve if they make it a priority and swiftly undertake the conversations needed with regional communities and stakeholders."

A protected area is a space where human occupation and resource gathering, or harvesting is forbidden. It allows for biological benchmarks to be tested and, in the case of Manitoba where the boreal forest lies north of the Interlake, is where we can attribute fresh water and clean air. These areas are essential for biodiversity conservation, according to CPAWS, and they often provide safe habitat for threatened or endangered animals. The boreal forest acts as one of the world's largest carbon stores, which help protect the planet from the effects of climate change.

Canada signed a United Nations commitment to protect 17 per cent of its total landscape by the year 2020. CPAWS believes that we can double that with the time remaining. In their annual parks report, the organization listed areas in each province and territory that would work towards their goal. In Manitoba, the aforementioned polar bear protected area would total



PHOTO COURTESY OF HELENE HOFFMAN

The Canadian Parks and Wilderness Society are encouraging governments to support conservation areas. In Manitoba, the polar bear protected area totals 29,000 square kilometres of newly protected land.

29,000 square kilometres of newly protected land.

CPAWS missions statement adds that their goal is to protect at least half of Canada's public land and water "so that future generations can benefit from Canada's irreplaceable wilderness."

Sign up for life registration days

Submitted

Thanks to an initiative launched by our local Kiwanis Club, Aug. 4 and 5 have been proclaimed "Sign up for life registration days" by the RM of Gimli.

The dates coincide with Gimli's Icelandic Festival and will be observed hereafter at all future festivals.

Anyone interested in organ donation will find all the information they need at the organ donation booth, located in Gimli Park on Saturday and Sunday between 10 a.m. and 4 p.m.

Kiwanis volunteers and organ donation program volunteers (www.signupforlife.ca) will be available there, to answer questions and to assist anyone wishing to sign up.

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Fisher River Cree Nation trailblazing to the future

By Patricia Barrett

Fisher River Cree Nation, which was called “trailblazing” for its progressive community initiatives, threw a huge party July 20 to celebrate its dazzling state-of-the-art community hall and attached gaming room that will help boost tourism to the community.

Decorated with miniature tipis made by band staff, and Indigenous-patterned blankets, the elegant hall will host numerous community events, including weddings and meetings. It has a superb sound system, security cameras, kitchen and central air conditioning.

Historical photographs depicting local families and a traditional way of living, as well as pen and ink drawings made by renowned Indigenous artist Daphne Odjig, line the walls. Gayle Sinclair, who has family connections to Fisher River, painted colourful panels for the foyer, depicting different community scenes, and artist Celecia Amos added beadwork to the frames.

“Council always knew there was a need in the community to build a facility like this. We wanted to expand the gaming centre and have a nice environment where the community and visitors could come,” said Chief David Crate to over 300 community members and special guests, who were treated to a full-course meal and entertained by musicians and dancers from both FRCN and Peguis First Nation.

Council partnered with ATCO Sustainable Communities Inc. and engineering firm J.R. Cousins to build the facility, which cost \$4 million and will be paid for with gaming revenue.

Assembly of Manitoba Chiefs Grand Chief Arlen Dumas acknowledged council for its willingness to push boundaries and embark on forward-thinking initiatives. He also encouraged the band to help AMC advocate for other First Nation development.

“Collectively we exist. You set precedents, you’re innovative, you change how business is done and that ends up helping other communities,” said Dumas, who on behalf of AMC presented council with a large painting by Gayle Sinclair depicting bison, which symbolize prosperity.

“We know that some of our family struggle in these difficult times and any time we can show a positive move forward that always trickles down to other communities and creates opportunities for other people.”

“Trailblazing” is how Churchill-Kee-watinook Aski NDP MP Niki Ashton described Fisher River when she paid her respects to council and the com-



EXPRESS PHOTOS BY PATRICIA BARRETT

Chief David Crate chose a youngster to cut the ribbon for the new community hall to symbolize their future inheritance.



Justin Sinclair-Paul performed a traditional dance.

munity.

“You have led in so many ways for not just First Nations, but for many communities across this province. Your commitment to always moving forward, your commitment to creating local jobs and local opportunities is so evident in everything you do,” she said. “You are leading the way for so many who are looking to build a better future from within.”

Arborg Mayor Randy Sigurdson and his wife Heather, who brought greetings from Interlake MLA Derek Johnson, spoke about the ties between the two communities.

Chief Crate and council members presented local tradespeople William Murdock, David Murdock, Mervin Murdock, Carlson Murdock, Cory Murdock, Doug Beyer, Rodney Sinclair and project manager Lorne Cochrane with commemorative plaques for their work on the hall.

After lunch, drum band Loud Eagle, some of whom are members of Young Spirit, which won first place at this year’s Gathering of Nations — the largest powwow in North America —



Council thanked ATCO representatives for partnering with them on the hall.



Council thanked ATCO representatives for partnering with them on the hall.

sang and played traditional songs and accompanied the dancers.

Daniel Stevenson said the group started playing when they were boys. “Some of the songs are just messages for celebration, telling the people to get up and dance.”

And dance they did. The Albert



MP Niki Ashton congratulates Coun. Shirley Anne Cochrane. Coun. Vince Crate (right).

Thompson Memorial Square Dancers, taught by instructor Vivian Chaske, performed foot-tapping jigs, while youngsters taught by local educator Jen Kirkness and solo dancer Justin Sinclair-Paul performed traditional Indigenous dances.

St. Laurent votes in favour of fish packing plant

By Jeff Ward

Council for the RM of St. Laurent voted in favour of a conditional use application to retrofit the existing garage attached to the Lakeview Garden Restaurant into a fish packing facility during a public hearing last week.

The restaurant is owned by Jacky Yu and will still be in operation, but the attached garage will be converted into a space where fishers can drop off totes of round jackfish to be packed and shipped by Wildnorth Fishery Limited.

Wildnorth Fishery Limited director Eva Luk said that this venture will focus solely on packing and shipping one container of fish per day from the site. No processing will be done at this facility, and Luk said that fish will come into the facility, be weighed, placed into a tote, recorded for compliance with Manitoba Conservation and shipped to processing facilities in Manitoba and the U.S.A.

West Interlake Planning District office administrator Cherie Millar said that she received no written submissions in opposition to this plan. She said that the only governmental concern was from Manitoba Infrastructure who was concerned about the impact on Highway 6 traffic as the site is directly off of Highway 6 in St. Laurent.

"We have some concerns that traffic generated by the development may have an impact on traffic operations on Highway 6," said Millar reading from a

statement from MI.

"Therefore, we require the developer to provide some preliminary traffic projections ... based on this information our department will determine if a more detailed traffic impact study is required."

Luk said that the plant will only expect one reefer truck per day, so traffic concerns should be very minimal in her estimation. She said that they will be responding to MI to address their concerns.

Council had a few questions about the facility. Reeve Cheryl Smith asked what would happen to any potential fish that don't meet the standards for processing. Luk said that there is no checking of fish before shipping and that their responsibility is to pack and ship containers to facilities that check them there.

Lake Manitoba Commercial Fisherman Association president Allan Gaudry and offered his support during the meeting.

"We're always looking for options for marketing our fish and this looks like its favourable for fisherman," said Gaudry.

He added that jackfish are a good place to start as fishers in this region are catching many of these fish already.

Luk explained that her company will start retrofitting the garage as soon as possible and are aiming at November of this year to be fully operational.



EXPRESS PHOTO BY JEFF WARD

Eva Luk's company Wildnorth Fishery Limited will retrofit the garage at the Lakeview Garden Restaurant in St. Laurent this year. It will become a fish-packing facility that will pack and ship jackfish to processing plants.

Municipal Board approves RM of Bifrost-Riverton's \$4-million farmland levy

By Patricia Barrett

The provincial Municipal Board approved the RM of Bifrost-Riverton's request to impose a \$4-million levy on farmland property that will be used to upgrade 220 miles of drains.

The decision came after two public hearings before the Board (Nov 16, 2017, and May 3) where affected property owners, municipal representatives and members of the Bifrost Agricultural Sustainability Initiative Cooperative (BASIC) testified for and against the special tax.

BASIC asked the RM to implement the levy in 2015 (in the form of a borrowing bylaw) and again in 2017 after the Municipal Board objected to the bylaw's wording. With the green light, the RM can now apply for a 20-year loan at an estimated 6.25 per cent, and it will be recovered by a mill rate on all farmland properties. The tax will be calculated on the individual value of properties and affect about 1,348 ratepayers.

The RM's CAO Cindy Stansell, who oversaw BASIC's finances, said the municipality will only draw from the loan once it has secured matching funds from senior levels of government.

"Once that has occurred and the project is underway, we will draw from the levy and begin levying in the following year," she said by email last week.

The Board's vice chair Lori Lavoie gave her stamp of approval to the levy through Municipal Board Order No. E-18-094 dated May 24 even though the board had received letters of objection to the tax and a petition – numbers it won't release to the media.

Ratepayers opposed to the levy argued they won't benefit from drainage work and asked the Board for an exemption.

Sixty-six ratepayers using the Sylvan Dale Community Pasture were among those who registered objections, and the Association of Manitoba Community Pastures general manager Barry Ross had spoken on their behalf at the No-



EXPRESS PHOTO SUBMITTED

Members of BASIC attend a meeting at municipal office.

vember hearing.

"We're disappointed in the Board's decision but we'll abide by it," said Ross several weeks ago. "It's 66 parcels of land and, basically, we were just saying that it doesn't benefit us at all. It was something we didn't feel we needed to be taxed on. Our position was the whole municipality should have been taxed or just those that would benefit

Continued on page 20

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Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS EDITOR
Brian Bowman



ADMINISTRATION
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Manitoba outlines key components of recreational cannabis

Helping to eliminate the black market by keeping prices low

Submitted by Manitoba Government

The Manitoba government has outlined key components of its recreational cannabis regulatory regime, designed to help drive out the illegal market by keeping prices low and promote public safety as the province's top priority, Growth, Enterprise and Trade Minister Blaine Pedersen announced last Thursday.

"The various health, safety, education and enforcement implications of legalized cannabis fall almost entirely to the provincial level of government," said Pedersen.

"Our plan will help cover these provincial costs and also ensure fairness, recognizing the social responsibility retailers must share."

Manitoba's system will include markups at the distribution level managed by Manitoba Liquor and Lotteries to cover the costs of setting up and administering the supply and distribution system and a social responsibility fee (SRF) to ensure retailers share in the social costs of public education, safety, health and addictions.

The minister noted the province will communicate further with retailers and monitor the market as it evolves to adjust markups and the SRF in a way that best meets the needs of

Manitobans.

"We believe cannabis sourced from Health Canada licensed producers and sold by provincially licensed and regulated retailers will better protect the health and safety of Manitobans," said Pedersen. "We're focused on ensuring public safety for all Manitobans — those who want to use cannabis and those that don't."

Pedersen added the province has taken action to strengthen public safety in advance of legalization, including measures to combat drug-impaired driving, prohibiting smoking in public places and setting the minimum age of 19 to help keep cannabis out of schools.

Cannabis retailer social responsibility fee and wholesale markups

The social responsibility fee (SRF) is a regulatory fee to be paid by all provincially licensed cannabis retailers to ensure they share in the social responsibility costs of cannabis legalization. The SRF will be applied to total annual revenues from the sale of recreational cannabis.

The SRF rate will be set at six per cent of revenues from recreational cannabis sales in a calendar year,

starting in 2019.

The SRF will be payable to the province within six months of the end of the calendar year in which the revenues were generated. The first payment of the SRF will be due by June 30, 2020, to help licensed retailers keep prices low as they enter the market.

Manitoba Growth, Enterprise and Trade will be responsible for implementing the SRF under provincial retailer agreements. The SRF will be payable to the Manitoba government. A retailer that does not pay the SRF risks losing their provincial retailer licence.

The SRF will ensure Manitoba is meeting its goals of ensuring the safe and responsible legalization of recreational cannabis in the province, in particular to keep cannabis away from vulnerable populations and to eliminate the illegal market.

The revenues generated by the SRF will help fund the social costs of public education, safety, health and addictions associated with the legalization of cannabis.

Effective upon legalization in 2018, Manitoba Liquor and Lotteries will apply wholesale markups on recreational cannabis at the distributor level. The markups will be \$0.75 per gram on recreational cannabis, plus an additional nine per cent.

ADVERTISING OR PRINT CONTACT INFORMATION

Branden Meier 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-461-4771
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PHONE 204-467-5836

> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igrphic@mymts.net

OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

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NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

Drivers encouraged to recognize fatigue symptoms

Submitted MPI

With summer holiday road trips now in full swing, Manitoba Public Insurance is calling on drowsy drivers to wake up to their dangerous behaviour.

In a recent poll conducted by Manitoba Public Insurance, almost half of 800 respondents reported driving while drowsy at least once, including feeling drowsy while driving on a long trip, during the day or at night.

"Traffic volumes on our highways typically increase in summer months as people travel to holiday destinations," said Ward Keith, vice-presi-

dent of business development and communications for Manitoba Public Insurance. "Some drivers may also be tempted to push themselves to drive for longer periods of time to get to their holiday destinations more quickly, but doing so could lead to unnecessary collisions."

When travelling on summer road trips alone or with family, it's important that drivers remember to build in time for frequent breaks to ensure a safe arrival. Drivers should also build in time for potential travel delays due to severe weather, traffic congestion or road construction.

On average, 83 crashes each year are tied to some form of driver fatigue, according to Manitoba Public Insurance data. Over the 10-year period from 2007 to 2016, approximately seven of these collisions result in a fatality or serious injury annually.

"We encourage all drivers to act responsibly any time they are on the road," said Keith. "This means recognizing when you are too tired to be behind the wheel. Pull over, rest and continue on when you're alert and completely awake. It's better to arrive late than not at all."

Some fatigue warning symptoms to

watch for while driving:

- can't stop yawning
- have trouble keeping your eyes open
- can't remember the last few kilometers you've driven
- car starts drifting within your lane
- unable to concentrate and find that your thoughts wander

If you have one of these symptoms, it's best to get off the road and to find a safe rest area to take a nap.

MPI releases \$33.7-million income, while looking for 2.2 per cent increase

Submitted

Manitoba Public Insurance reported net income of \$33.7 million for the three months of its fiscal year ending May 31, 2018 — a decrease of \$5.2 million over the same time period last year. Net income of \$14.9 million is reported for the basic insurance line of business, which is a decrease of \$0.6 million from the first three months of the 2017-18 fiscal year.

"While the first quarter results are favourable, net income remains subject to change throughout the year based on variations in investment results affected by the financial markets and weather-related factors that drive claims and claims costs," said Mark

Giesbrecht, vice-president of finance and chief financial officer for Manitoba Public Insurance.

"Historically, the first two quarters of the corporation's fiscal year generate a profit, which is then offset by an increase in claims during the winter months. Summer hail storms, such as the one that struck the southwest area of the province in mid-June, can also have a significant effect on overall claims costs and the resulting financial picture for the corporation."

Total earned revenues for the first three months rose by \$23.2 million from the same period last year, driven mainly by an increase in the number of motor vehicles insured, the value of

those vehicles and a 2.6 per cent overall basic rate increase ordered by the Public Utilities Board effective March 1, 2018.

Last month Manitoba Public Insurance applied to the Public Utilities Board for an overall increase of 2.2 per cent in basic insurance premiums for the 2019-20 insurance year. The majority of that increase consists of a proposed capital maintenance provision, which will ensure an adequate basic rate stabilization reserve is maintained throughout the year to absorb unexpected variations in revenues, claims costs and investment income.

"Manitoba Public Insurance remains

committed to delivering on its mandate to provide exceptional coverage and service at rates that are affordable, predictable and stable over the long term," said Giesbrecht. "Maintaining an adequate rate stabilization reserve, combined with holding sufficient reserves will ensure we meet our financial obligations and are prepared for events such as hail storms."

"Prudent claims management practices, including an increased focus on detecting fraudulent claims, along with management actions to control operating costs and maximize operational efficiencies, will ensure we continue delivering on this promise for the benefit of all Manitobans."

Growers Association makes significant donation to STARS

Submitted by the STARS Foundation

The Canadian Canola Growers Association (CCGA) has announced it is joining STARS fight for life.

CCGA vice-president Bernie McClean presented STARS CEO Andrea Robertson with a cheque for \$100,000 on July 17 during the inaugural Field of STARS gala north of Saskatoon.

"I am honoured to present this gift to the STARS organization. By partnering with STARS, CCGA is supporting the health and well-being of farmers, their communities and their farming operations," said McClean, who farms near Glaslyn, Sask.

"Many members of our agricultural community live on farms or in rural

communities that do not have immediate access to specialized medical services. The services provided by STARS are vitally important to farmers and to the well-being of the rural communities where farm families live and work."

McClean added that a quick glance at the STARS mission tracker shows the wide impact of STARS in farming communities throughout the prairies.

"Since the beginning of this month, STARS has responded to emergencies in rural communities such as Val Marie, Wynyard and Kipling in Saskatchewan; Russell and Portage la Prairie in Manitoba; and Stettler, Manning and Grande Prairie in Alberta.

Robertson said STARS truly appreciates the generous gift from the CCGA, noting that it bolsters the already strong connection between STARS and the agricultural community.

"Despite all of the best intentions and planning, we know that incidents can, and do, happen on the farm," Robertson said. "The support from the CCGA helps to keep STARS on the cutting edge of critical care and ensures that when farmers across the prairies need specialized critical care, they receive it quickly."

ABOUT STARS

Simply put STARS fights for life. Since we embarked on our first mission in 1985, we've been driven by the goal of provid-

ing people the vital care they need when they need it the most. Whether it's offering hands-on training to rural medical providers or providing rapid, emergency medical transportation for the critically ill and injured, we operate 24/7 from bases in Calgary, Edmonton, Grande Prairie, Regina, Saskatoon and Winnipeg, anticipating and acting when people need our help. Learn more at stars.ca

ABOUT CANADIAN CANOLA GROWERS ASSOCIATION

CCGA represents more than 43,000 canola farmers on national and international issues, policies and programs that impact farm profitability.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Be careful what you say or a jackfish might make a liar out of you

Welcome, fellow fishers.

The sun reflected off the flowing muddy Red River waters past the Selkirk waterfront as I parked on the pier beside a family fishing last Tuesday. Leaving my car, I began talking to a chap relaxing in a folding chair, heavily tanned with curly dark hair escaping from the sides of his cap. He was outgoing and said he was Jeff Mell from Petersfield. When I asked him for a fishing story, he said, "Well, we've got one that happened to my daughter Hallie and I at Chalet Beach last week."

Smiling, he carried on. It was five in the morning with daybreak just coming up in the east. The water was silvery, flat and motionless, the air damp and still. Only Jeff and his daughter stood on the cool sandy shore as they cast out. The "whish" of their rods arcing through the air, the singing of their lines flying from their reels and the plopping of their weighted baited hooks into the water broke the morning silence.

Jeff bent down and placed the butt of his rod in a holder screwed into the sand. He turned to Hallie to say something just as he heard his reel screaming as it played out line. He turned to see his holder and rod streaking through the air then knifing like a torpedo from the shore just below the water's surface. Without think-

ing, he bound into the water with all his clothes on, his eyes glued to the yellow ring on the end of his escaping rod. Great splashing sounds arose as Jeff leapt and fell forward, grasping his rod. Clutching it, he turned wading to shore with his line pulling hard. Standing dripping at the water's edge he began the ritual of hauling back then pointing his rod toward his catch and reeling in. In time, a great grey and white catfish became visible against the rising sun. Jeff slowly reeled it to shore its tail slapping the water. The silken, glossy fish rested in a few inches of water rolling over occasionally. Jeff rested a bit then went to it, measured it and set it free.

No sooner had he pushed the fish to deeper water than Hallie screamed from the water's edge. Jeff looked up to see her rod bent completely over. His legs strained through the water as he rushed to her side. Standing together, watching the movement of her rod, their experience told them this was a different catch. It would pull like a steady weight then snap and run. Jeff cried out, "I think it's a jack. Don't let go, Hallie."

She dug her bare feet into the wet sand at the waters edge and worked her line bringing the fish in slowly, letting it play itself out. Soon the ivory belly of a giant jack rolling on its side came into view. It seemed to stop

fighting as Hallie brought it to shore. The fish's green speckled head and back gleamed as it lay in a shallow water sand trough. Again, dad measured it at just under four feet and let it go.

Now, just as Jeff was finishing his story, Larry, his dad (Jeff looked just like Larry, only younger) came up to us joking, "If he had been watching his rod, he wouldn't have gotten wet. I guess I can't say too much though because two weeks ago on the Gimli pier I wasn't watching either."

He continued, "I had a string with a sauger and pickerel on it in the water. A guy walked past me looking over the side of the pier at my catch and said, that's a nice jackfish. I looked at him exclaiming I hadn't caught a jack. I looked at my string and don't you know a jack had come up in the water and was hanging there with half my sauger in its mouth."

A week or so ago, I spent some time along the Winnipeg River spinning tales with our angler friends and took the picture you see of Jay Reyes of Winnipeg with a nice pickerel he caught. He didn't have a story for us but another chap by the name of Joe Funk sure did.

Joe was a tall, thoughtful guy with white hair and moustache. He told of a time years ago when he was a young lad his dad took him and his brother



EXPRESS PHOTO BY ARNIE WEIDL
Jay Reyes of Winnipeg with a pickerel he caught from the Winnipeg River.

to Snowshoe Lake to fish. They flew in from Nutimik only to realize they had forgotten their cooking utensils except for a tiny cooking pot. Three days of cooking the fish they caught along with other foods for three guys in that little pot became a nightmare. As he told his story, the experience the Un-raus of Stonewall had I written about two weeks ago where they learned to cook fish on a stick over an open camp fire came to mind but I didn't have the heart to mention it.

Bye for now.

Arborg water treatment plant upgrades ongoing

By Patricia Barrett

Upgrades to Arborg's water treatment plant are continuing over the summer, with the demolition of pipes, fittings, valves and other equipment between the three distribution pumps about 75 to 80 per cent completed, according to Town of Arborg CAO Lorraine Bardarson.

Approximately 80 to 85 per cent of new piping has been installed, and the old diesel standby pump has been removed from the plant. A new electric standby pump will be installed.

"Continuous water service to consumers is being well maintained during construction," said Bardarson.

And council is keeping residents up to date on the project through its website. It states that consumers may notice decreased water pressure during peak usage times from 6 to 8 a.m. and 5 to 8 p.m.

Bardarson said the contractor anticipates work on the electrical and controls to commence this week, and the project is expected to be completed by the end of September.

The town is cost-sharing the upgrades with the provincial and federal governments, which contributed \$133,333 each under the New Building Canada Plan's Small Communities Fund.



EXPRESS FILE PHOTO BY PATRICIA BARRETT
The Arborg water treatment plant upgrades are continuing over the summer.

Grieving children each get a teddy bear from Arborg family

Submitted by IERHA

Camp Stepping Stones, our regional children's grief camp, celebrated a very sweet and most generous donation this year.

Every child attending camp received a special teddy bear from Interlake-based business, Little Elska — a total in-kind donation of \$3,000! The bears were patiently waiting for the campers on their bunks as they arrived on their first afternoon at Camp Arnes.

Little Elska is a home-based business owned and operated by Jackie Horvat out of Arborg. They specialize in handmade products such as personalized blankets, backpacks, stuffed animals and a wide assortment of personalized items that can be customized for each customer in a special way, with your child's name, birthdate, etc.

When Jackie heard about Camp Stepping Stones, she knew she had to contribute in some way. "A friend of mine mentioned Camp Stepping Stones and I knew right away this was something we wanted to donate to. There are so many reasons why everyone should give more hugs, and we were so proud to provide each camper with their own bear to hug and have as a special keepsake."

Tammie-Lee Rogowski, clinical

team manager palliative care, Home Care Nursing Services and Regional Wound Care Program who oversees camp, was overjoyed when Jackie reached out regarding the donation.

"It was very meaningful for the children to arrive at camp and find their personal bear waiting for them on their bunk. Even more special for the children was writing on a red paper heart the name of the loved that died and placing it in their bear."

According to the camp's volunteer liaison, Sandra Milotte, over the course of the weekend, the bears provided comfort to the children and acted as a bridge to share their feelings and experiences with other campers.

"Their bear companions accompanied them on all camp activities and acted as a memory of their camp experience when they went home."

Pamela McCallum, executive director of the Interlake-Eastern Health Foundation, said donations like this really pull on the heart strings because of the lasting impact it has on the kids.

"Camp Stepping Stones is an annual grief camp that the Interlake-Eastern RHA runs for children who have experienced the loss of a loved one. The added touch of a personalized teddy bear that they can have and hold dur-



EXPRESS PHOTO SUBMITTED

Jackie Horvat, left, with her daughter Kylie Horvat, middle, and Sandra Milotte volunteer co-ordinator/community liaison with Interlake-Eastern RHA's palliative care.

ing their camp experience creates a really sweet memory for them and provides lasting comfort, which is one of the key objectives of camp," McCallum said.

This is another great example of community giving co-ordinated

through the Interlake-Eastern Health Foundation (IEHF). For more information on this and other examples of our region's incredible generosity, contact Pamela McCallum at pmccallum@ierha.ca or visit the IEHF on Facebook or their website at <http://www.iehf.ca/>

Solar farm to include corn, sheep and vehicle-charging station

By Patricia Barrett

Fisher River Cree Nation's solar farm is about 99 per cent completed, and it's likely to be the most ecologically friendly farm in the province when Indigenous-owned energy firm W Dusk Energy Group adds the finishing touches.

The one-megawatt, seven-acre farm is the largest on the prairies (excluding Alberta) and will generate enough energy to supply 350 to 400 homes each year.

FRCN Chief David Crate and council members are currently negotiating an agreement with Manitoba Hydro for the purchase of surplus energy.

Within the space of a week, W Dusk had installed the approximate 3,000 solar panels.

"The local crew were previously trained and certified to be solar technicians, and mounted the panels in only five days," said W Dusk's David Isaac, who, along with other company staff, was invited to Fisher River's grand opening celebration of the new community hall last Friday.

W Dusk focuses on the "energy-food-water nexus," said Isaac, and are the "leaders in community energy and clean technology integration."

Headquartered in B.C., the company designs and builds solar, wind, hydro-kinetic and harmonic energy systems across the country. For the Fisher River project, W Dusk partnered with Solvest Inc. on the construction of the farm and used Canadian-made Heliene solar panels.

Bullfrog Power, an Ontario-based renewable energy company that's supported over 140 community-based green energy projects across Canada, is in preliminary discussions with chief and council to see whether an energy purchasing partnership would be feasible.

The farm is destined to be a tourist draw when W Dusk has a viewing platform installed this week, a charging station for Tesla vehicles and eco-friendly plants and animals to reflect a commitment to and respect for nature.

"We're going to have wildflowers



EXPRESS PHOTO BY PATRICIA BARRETT

From left: W Dusk Group's Thomas Isaac, Paul Takayesu and David Isaac. On right: Bullfrog Power CEO Ron Seftel. W Dusk is putting the finishing touches on Fisher River Cree Nation's solar farm, the largest on the Prairies (excluding Alberta).

and corn growing on the perimeter of the farm, and we're going to have a few tenant sheep in there every year

as our vegetation control," said Isaac.

The farm is scheduled for operation in September.

Lakeshore Rec Commission holds meet and greet BBQ

By Jeff Ward

The Lakeshore Recreation Commission held a meet-and-greet barbecue in Eriksdale last week as a fun event to bring community residents together and to ask them about what they'd like to see for recreation options this summer.

The event was organized by Eriksdale's recreation programmer Desiree Chippeway. Chippeway cooked and served hotdogs and hamburgers, and had juice, water and fruit and veggie platters at no cost to attendees.

The event served as a good way for her to meet a large number of residents at one time while getting their thoughts on the future of recreation for Eriksdale.

Charlene Bodnarchuk, recreation and wellness co-ordinator for the Lakeshore Recreation Commission, explained that community feedback is extremely valuable for them going forward as it will inform future decisions.

"I want people to come to us directly and tell us what we're lacking in terms of recreation," said Bodnarchuk.

"If we know what they want, we can try and get it for them. It might not be the exact same thing because we do have a limited budget, but we can work towards it."



Alexa Moman enjoyed some fun games with her family.

One of the families that attended last week's barbecue was Allison Moman and her two kids, Dawson and Alexa. Moman explained that it's important to come out and participate in events like this because the alternative could be them never appearing again. It's a sentiment Bodnarchuk agreed with.

Bodnarchuk said she wants residents within the catchment area — RMs of Fisher, Grahamdale, West Interlake and Coldwell — to have something



EXPRESS PHOTOS BY JEFF WARD

Alison Moman shared fun times with her kids, Dawson and Alexa during the meet-and-greet barbecue last week. The Lakeshore Recreation Commission is working hard this summer to provide fun recreation opportunities to the communities it serves.

going on all the time. That's why the summer camps and pop-up events like these are so important.

"I also want people to come up to me and give me feedback on these things too. Go and find our people like Desiree and let me know what you think," said Bodnarchuk.

Chippeway is organizing a movie night in McEwen Park on Aug. 4 for families as well. The movie is TBA and will cost \$5 per person or \$15 for a family of four.

For more information on what rec events are available in your area, you can visit www.lakeshorerec.ca.

Donors help Project Echo exceed \$140K fundraising goal

By Justin Luschinski

A long list of donors and sponsors have stepped up to help the Rotary Club of Selkirk's Project Echo surpass its \$140,000 fundraising goal.

To date, the fundraising campaign has raised a total of \$214,939.19. The money will go towards purchasing an echocardiogram, a medical system that can diagnose and monitor heart conditions, for the Selkirk Hospital. The local rotary club along with local and area donors gathered at the Selkirk Golf and Country Club last Monday to celebrate this milestone.

"With your contribution, you've helped save lives," Dr. Daniel Lindsay, director of diagnostic services and chief of staff at the Selkirk Regional Health Centre, told donors last week.

The Selkirk Rotary Club pledged to raise \$140,000 towards the new machine, and so far they've exceeded that pledge by \$70,000.

Organizations from across the Interlake contributed to the campaign, including the Selkirk Legion, Ladies



Local leaders along with Project Echo supporters and contributors gathered to mark a fundraising milestone at the Selkirk Golf and Country Club last Monday.

Auxiliary and the Army Navy and Airforce Veterans Unit, who contrib-

EXPRESS PHOTO BY JUSTIN LUSCHINSKI

uted \$10,765 in total. The Selkirk Regional Health Centre gift shop also

raised \$25,000 towards the project. A long list of RM and town councils also contributed more than \$50,000.

Gayle Halliwell, a Rotary Club of Selkirk member for nearly 25 years and co-chair of the Rotary Club's Project Echo, thanked everyone for their contributions.

"We've exceeded our goal by almost \$70,000. Thank you very much for that. Thank you for contributing, thank you for all the support we've received," Halliwell said. "Our next goal is to have some discussions with (the hospital) and find out what can we buy with our contribution."

An echocardiogram creates a specialized ultrasound of a heart. Echocardiography, or "Echo" for short, provides a way to diagnose and monitor heart conditions. It uses sound waves to create a picture, which can allow doctors to see things such as viral infections and artery diseases.

Those seeking more information about Project Echo can visit selkirkrotary.ca.

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Cyclist makes his way through the Interlake on North American journey

By Jeff Ward

A two-year, 30,000-kilometre journey from the Arctic Circle to the southernmost part of Argentina snaked its way through the Interlake recently ago as Belgian rider Arnaud Maldague took in the sights on his bike.

Maldague said that his journey is a spiritual quest as well as a sporting challenging of extreme fitness and endurance. His goal might seem crazy to some, as he intends to ride the entire distance from the northern part of North America to the southern part of South America on human power.

Maldague will use a combination of walking, nordic skiing, snow kit-ing, sailing, biking and kayaking to make his way across the two continents. He said the trip will take him two years if there are no setbacks. So far he's rode his way through Manitoba and just last week crossed the border into the United States, covering over 3,000 kilometres. His trip started on Jan. 15 in Kugaa-

ruk, Nunavut, and he passed through the Interlake riding along Highway 6 back in June.

"I'm fully autonomous during the adventure," said Maldague when asked about what he has with him on his bike. "Usually I carry about five days of food when I cycle and about 40 to 60 days of food when I was skiing. For the rest, I carry every indispensable gear from sleeping to cooking. It's optimized, however, to be the smallest and lightest possible."

The trip is the ultimate endurance challenge as Maldague's body acclimates to many different temperatures, climates and weather conditions, willing himself to ride dozens of kilometres a day. He said he designed the trip to teach himself more about different cultures and people and see the changing environment from ice and snow, to jungle as he eventually makes his way to South America.

As Maldague rode through Ponton a wheel on his bike trailer broke and he posted to the Hwy. 6 Facebook page for help. Within 48 hours, he said someone had found a spare wheel for him in Thompson, who



EXPRESS PHOTO SUBMITTED BY ARNAUD MALDAGUE

Arnaud Maldague rode through the Interlake a few weeks ago on his journey to cover the 30,000 kilometres from the Arctic Circle to the southernmost part of Argentina.

gave it to a truck driver and dropped it at the gas station in Ponton where he eventually picked it up.

Maldague said where he sleeps depends on his daily distance goal.

"My camping places mainly depend on my daily distance goal, usually 100 kilometres a day. Depending on what's next to my goal, I try to find a cozy place to pitch my tent. Sometimes people offer to kindly host me, which allows me to learn more about the local history and culture."

He explained that riding along Highway 6 was stressful. Although drivers

were attentive and he was never in danger, it is still a little scary when vehicles are whizzing past at over 100km/h. His impression of the Interlake and Manitoba were extremely positive and he said that he was amazed at the kindness of Canadians and their interest in his expedition.

Maldague's next goal is to reach Lake Itasca, which is the headwaters to the Mississippi River. Once there, he will take the second-largest drainage system in North America and kayak south to New Orleans.

"I still have to find an expedition kayak however" said Maldague.

For those interested in following his journey, you can visit his Facebook page by searching his name or The Manneken Trip. You can also follow live progress at <https://livexplorer.com/themannekentrip/>

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Correction

Staff

In the article "Selling previously loved goods for the 27th year" in last week's edition of the *Express Weekly News*, the date in the cutline was incorrect. The Eriksdale Community Wide Garage will take place on the Saturday of the August long weekend for the 27th year. On Aug. 4, participants around the community will be set up between 9 a.m. and 4 p.m. selling their previously loved goods.

The *Express* apologizes for the confusion.

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ICELANDIC FESTIVAL OF MANITOBA

Event Schedule

Gimli, MB
August 3-4-5-6, 2018

Friday, Aug 3



Viking Village

LOCATION: Harbour Park Hill
CATEGORIES: Arts & Culture, Crafts, Vendors, Entertainment
Dates:
Friday - 1:00-5:00 pm

Craft and Food Vendors

LOCATION: Gimli Harbour
CATEGORIES: Food, Crafts, Vendors
Friday, 1:00 PM - 11:00 PM

Vingólf Beverage Gardens

LOCATION: Gimli Harbour
CATEGORIES: Entertainment, Music
Friday - 4:00-10:00PM

Wonder Shows Midway and Rides

LOCATION: Gimli Park
CATEGORIES: Food, Vendors, Entertainment
Friday - Starts at 5:00 PM



Volunteer Meeting

LOCATION: Gimli Park Pavilion
CATEGORIES: Arts & Culture
Dates:
6:00 PM - 7:00 PM

Sigur Rösk - Live Music

LOCATION: Gimli Harbour Stage
CATEGORIES: Entertainment, Music
7:00 PM until 12:00 AM

Saturday, Aug 4



Viking Village

LOCATION: Harbour Park Hill
CATEGORIES: Arts & Culture, Crafts, Vendors, Entertainment
Saturday - 11:00 AM-5:00PM,

Craft and Food Vendors

LOCATION: Gimli Harbour
CATEGORIES: Food, Crafts, Vendors
Saturday - Monday, 10:00 AM - 11:00 PM

Vingólf Beverage Gardens

LOCATION: Gimli Harbour
CATEGORIES: Entertainment, Music
Saturday - Noon to 10:00PM,



Wonder Shows Midway and Rides

LOCATION: Gimli Park
CATEGORIES: Food, Vendors, Entertainment
Saturday - Monday - Starts at Noon

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315 Main Street
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Peguis Office
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Selkirk Office
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FESTIVAL EVENTS

Icelandic Festival of Manitoba
Gimli, MB
August 3-4-5-6, 2018

Pancake Breakfast

LOCATION: New Horizons Centre
CATEGORIES: Food
Saturday - Monday, 8:00 AM - Noon



Beach Volleyball Tournament

LOCATION: Gimli Beach North
CATEGORIES: Sports
Check In - 8:30 AM - Starts - 9:00 AM

Sandcastle Contest

LOCATION: Gimli Beach North
CATEGORIES: Entertainment, Contests
Registration - 9:30 AM, Start - 10:00 AM

Art Show

LOCATION: George Johnson Middle School
CATEGORIES: Arts & Culture, Crafts, Entertainment, Contests
Noon to 5:00 PM Saturday

Isleendingadunk

LOCATION: Gimli Harbour
CATEGORIES: Arts & Culture, Entertainment, Sports
2:00 PM



BIG Games - Oversized Board Games

LOCATION: Gimli Harbour
CATEGORIES: Entertainment
2:00 PM - 6:00 PM

Children's Entertainment

LOCATION: Gimli Harbour Stage
CATEGORIES: Entertainment, Music
3:00 PM - 6:00 PM

Viking Battle

LOCATION: Harbour Park Hill
CATEGORIES: Arts & Culture, Entertainment
Saturday - 3:00 PM - 3:45 PM

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LOCATION: Lakeview Hotel and Resort, Wave Patio
CATEGORIES: Arts & Culture, Entertainment
3:00 PM

Saturday Nite at the Pier - Live Music

LOCATION: Gimli Harbour Stage
CATEGORIES: Entertainment, Music
6:30 PM until Midnight

Music on the Rooftop - Live Music

LOCATION: Waterfront Centre, Johnson Hall
CATEGORIES: Entertainment, Music
7:30 PM - 10:30 PM

Fireworks

LOCATION: Gimli Harbour
CATEGORIES: Entertainment
10:30 PM



Sunday, Aug 5

Viking Village

LOCATION: Harbour Park Hill
CATEGORIES: Arts & Culture, Crafts, Vendors, Entertainment
Sunday - 11:00 AM-5:00PM

Craft and Food Vendors

LOCATION: Gimli Harbour
CATEGORIES: Food, Crafts, Vendors
Saturday 10:00 AM - 11:00 PM

Vingólf Beverage Gardens

LOCATION: Gimli Harbour
CATEGORIES: Entertainment, Music
Saturday - Noon to 10:00PM

Wonder Shows Midway and Rides

LOCATION: Gimli Park
CATEGORIES: Food, Vendors, Entertainment
Saturday - Starts at Noon

Pancake Breakfast

LOCATION: New Horizons Centre
CATEGORIES: Food
Saturday 8:00 AM - Noon



Art Show

LOCATION: George Johnson Middle School
CATEGORIES: Arts & Culture, Crafts, Entertainment, Contests
Noon to 5:00 PM Sunday

Viking Battle

LOCATION: Harbour Park Hill
CATEGORIES: Arts & Culture, Entertainment
Sunday 3:00 PM - 3:45 PM

Jan's One Mile Fun Run

LOCATION: Gimli Park Pavilion
CATEGORIES: Entertainment, Sports, Contests
Registration 7:55 - 8:25 AM, Starts at 8:30 PM

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INTERLAKE GOLF *haven's*

Sandy Hook challenges players with accuracy and distance control

Sandy Hook Golf Club, referred to as The Hook is a short par 71 course that plays fast and hard and will test golfer's ability to know how far each of their clubs can be hit.

The Hook starts off in a very unique way with a par 3 that plays 145 yards from the white tee box. Starting a round of 18 with a short iron into a big green feels like an easy par or even birdie, but the hole sets the tone for how each player will think about approach shots going forward. Fairways are firm and shots that land around the green can take a hard bounce and carry much farther than anticipated. Shots like these will make you concentrate hard on picking the proper target into the greens, which are well manicured. Greens putt smooth and players who are good with the flat stick will appreciate the true rolls as they work to read the break. Some greens are very generous with pin-placement too and make putts that are outside of the 10-foot circle more likely to sink.

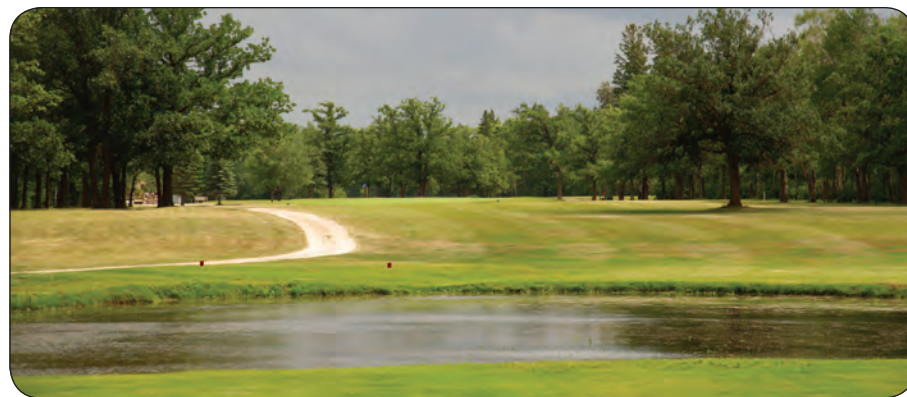
Playing The Hook with balls that release soft will help improve your score as you hit short irons and wedges into the green. But the firm-

ness of the fairway will improve yardage for shorter hitters as balls struck low and hard will have a good run on them before settling down. Hitters who pure their irons and woods will find the club releases through the ground fine, but wedges that take divots might require a different approach.

There are three par-5's on the course and two back-to-back on the 16th and 17th holes. They are a dream for golfers looking for low rounds. All three par-5's are under 500 yards from the white making an eagle three a real possibility.

Water does come into play on several holes at The Hook with 18 having a great tee shot over a large pond. For most golfers that water is out of play, but psychologically that water will play with your head a little bit. Taking a firm tee shot on 18 into a tight fairway will leave the water in your rear-view mirror.

The Hook also resides deep within a residential area and holes five through eight are situated in residents back yards. The feeling of those holes is almost like being at a tournament as people cut their grass, or watch golfers from their



deck while having a BBQ. The atmosphere is really fun to play in.

The Hook features a short course that tests accuracy over distance and finesse around the greens. Golfers looking to book a tee time at this fantastic course can call the pro shop at 204-389-5466.



EXPRESS PHOTOS BY JEFF WARD

The view from the 18th tee box presents a harder shot than it actually is. The water, although intimidating, is easily clearable with a mid to long iron or a driver. The finishing hole at Sandy Hook Golf Course is the fourth longest hole on the course and comes at the end of a stretch of two par 5's.

Regular Rates 2018

Weekday 18 Hole Green Fee
 Adult \$35.00
 Senior \$29.00
 Junior \$20.00

Weekend & Holidays 18 Hole Green Fee
 Adult \$39.00
 Senior & Junior \$39.00

9 Hole Green Fee
 (Monday - Friday anytime,
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The skies the limit: Mother Nature's glory



EXPRESS PHOTO BY BRIAN JONASSON

Brian Jonasson caught this stunning early-morning cloud formation over Lake Winnipeg near Valhalla Beach last week.



EXPRESS PHOTO BY JO-ANNE PROCTER

As the sun set on July 20, the horizon was hazy due to active forest fires burning in Northwestern Ontario giving the sun a bright pink glow. Smoke particles act as a filter for sunlight by scattering shorter wavelengths such as blue and leaving longer wavelengths of the light spectrum behind. This allows more orange and red colours to pass through. The effect is enhanced at sunset since the sun is at a lower angle in the sky. As a result, light has to pass through more of the atmosphere, including, in this case, smoke particles.



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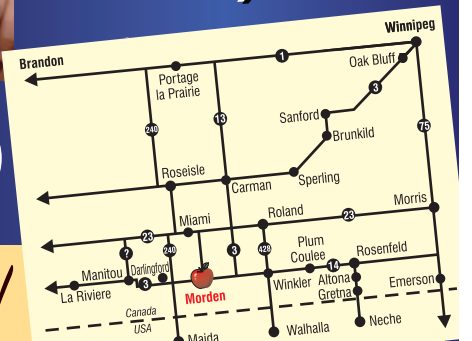
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GFF will screen over 59 Manitoba-made films

Submitted

The 18th annual Gimli Film Festival (GFF) is gearing up to begin in one week. This year, GFF will screen 59 Manitoba films that showcase the amazing talent coming out of the prairies.

"The film community in Manitoba is extremely supportive and consistently produces captivating and dynamic cinema that we can't wait to share with our film fans," says GFF festival director Leona Johnson. "With the festival only a week away, we're looking forward to welcoming all of our guests to Gimli."

Many local filmmakers will be in attendance including Guy Maddin, whose film *Archangel* will be screening on Thursday at 8 p.m. at the Aspire Theatre. Maddin will receive the Alda Award this year recognizing his dynamic career that started with the release of *Tales from the Gimli Hospital* in 1988. Elise Swerhone will receive the Jack Clements "Livin' the Dream" Award for her outstanding contributions to the Manitoba film industry.

Other Manitoba filmmakers in attendance include director Andy Blicq for his film *A Song for John Ramsay*, and Cam Patterson director of *Aboard the Namao*, a documentary on the state of Lake Winnipeg. John Barnard, director of *Bachman*; Shelagh Carter, director of *Before Anything You Say*; Katharina Stieffenhofer, director of *From Seed to Seed*; and Dave Barber, co-director of *Tales from the Winnipeg Film Group*, will also be in attendance.

This year, GFF will present two new distinct awards celebrating Manitoba film excellence. The first award for Best Manitoban Director is presented by the Directors Guild of Manitoba and will be announced at the Awards Reception on Saturday evening. Nominees include Shelagh Carter for her feature-length film *Before Anything You Say*, Erin Hembrador for her short film *Piece of Mind*, and Ryan Steel for his short film *The Birdwatcher*.

Also new this year is an award for Best Actor and Best Actress in a MB Short Film presented by ACTRA Manitoba during the Manitoba Short Films in Competition program alongside Manitoba Film & Music's Audience Choice award for best Manitoba Short Film.

GFF continues to be a destination for filmmakers. This year, the festival welcomes two Icelandic filmmakers: Karna Sigurðardóttir (*690 Vopnaffjörður*) and Ása Helga Hjörleifsdóttir (*The Swan*). Canadian directors Kathleen Hepburn (*Never Steady*,



EXPRESS FILE PHOTO

The RBC Sunset Screenings started this past Wednesday and will be shown nightly.

Never Still), Simon Plouffe (*Those Who Come, Will Hear*) and Christy Garland (*What Walaa Wants*) will also be attending the festival to introduce their films along with *Transformer* producer Paul Kemp. All of these filmmakers will be on hand to introduce their films and answer audience Q & As.

Film fans can purchase their passes and tickets online at gimlifilm.com, through the GFF APP or at the GFF box office. The GFF box office is open next on Saturday, July 21 and will be open for the duration of the festival.

RBC Sunset Screenings on Gimli Beach:

Wed., July 25 at 10 p.m. – A LEAGUE OF THEIR OWN dir. Penny Marshall

Two sisters join the first female professional baseball league and struggle to help it succeed amidst their own growing rivalry. Rated PG – Drama – 1992 – 2 hr 8 min.

Thursday, July 26 at 10 p.m. – PHANTOM OF THE PARADISE dir. Brian De Palma

A disfigured composer sells his soul for the woman he loves so that she will perform his music. However, an evil record tycoon betrays him and steals his music to open his rock palace, *The Paradise*. Rated PG – fantasy/musical – 1974 – 1 hr 32 min.

Fri., July 27 at 10 p.m. – DAZED AND CONFUSED dir. Richard Linklater

The adventures of high school and junior high students on the last day of school in May 1976. An American coming-of-age comedy film written and directed by Richard Linklater. Rated 14A – comedy – 1993 – 1 hr 42 min.

Fri., July 27 at midnight – THE BIG

LEBOWSKI dirs. Joel and Ethan Coen
"The Dude" Lebowski, mistaken for a millionaire Lebowski, seeks restitution for his ruined rug and enlists his bowling buddies to help get it. Rated 18A – comedy – 1998 – 1 hr 57 min.

Sat., July 28 at 10 p.m. – STAND BY ME dir. Rob Reiner.

After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body. Just a lark at first, the boys' adventure evolves into a defining event in their lives. Rated PG – adventure/family – 1986 – 1 hr 29 min.

Sun., July 29 at 10 p.m. – THE GREAT OUTDOORS dir. Howard Deutch | writer John Hughes.

A Chicago man's hope for a peaceful family vacation in the woods is shattered when the annoying in-laws drop in. Rated PG – comedy/family – 1988 – 1 hr 31 min.

2018 Special Events:

Opening Ceremony – Wed., July 25
Trivia/Quiz Night at Ship & Plough – Thurs., July 26

Future is Female Mentorship Program – Fri., July 27

Women in View Panel – Fri., July 27
DOC Day Afternoon – Fri., July 27
RBC Beach Boardwalk – Fri., July 27 and Sat., July 28 from 7:30 – 9:30 p.m.

\$10,000 RBC Emerging Filmmaker Competition – FREE – Sat., July 28

WFG 48 Film Fest – Sat., July 28

MB Short Films in Competition: Audience Choice presented by MFM

Filmmaker Meet & Greet – Sat., July 28

Awards Reception – Sat., July 28

Rock n' Roll Movie Night – Sat., July 28

Karaoke at the Ship & Plough – Sat., July 28

Best of Fest presented by Outlet Collection Winnipeg – Sun., July 29

Movie Magic for Kids Film Screening – Screening of films by aspiring young filmmakers involved in the Movie Magic Camp in Gimli with MTYP – Sun., July 29

Passes and Tickets:

Super Pass – \$110 allows access to all films plus special events.

Film Pass – \$80 Access to films only. 150 Film Passes available. *Only 29 left.

Filmmakers Pass – \$90. To purchase a Filmmaker Pass you must be a practicing filmmaker and you must show your membership to a local film organization. You can purchase your pass online at gimlifilm.com/passes. Individual Film Tickets – \$10.

GFF Box Office: Guarantee your seat. Individual film tickets are on sale through the GFF Box Office, GFF APP and online. Pass holders can reserve their tickets to secure their seats.

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The Gimli Film Festival is the largest film festival in Manitoba. Over the past 18 years, our audience, sponsors and partners have supported and shaped the festival into what it is today. We showcase fiction feature films, documentaries and short films from Manitoba, Canada and the world, that promise informative, fascinating and riveting entertainment.

Hockey legend to host fundraiser in Riverton

By Melissa McIvor

Fans of classic NHL hockey and rock and roll won't want to miss the big-ticket event in Riverton this August long weekend.

Reggie Leach, former NHL right-winger with the Philadelphia Flyers, has partnered with the Riverton and District Friendship Centre to host a community fundraiser featuring musical guest Mark Stevens from The Dovells on Saturday, Aug. 11.

"Mark Stevens and I are really good friends," explained Leach. "He did [an event] last year in Gimli and it turned out pretty well. He asked me if I would be interested in getting involved with one in Riverton [this] year and I said yes, but that it had to be a fundraiser that goes back to the community. So that's what we did."

Leach, nicknamed "The Riverton Rifle" after his Interlake hometown, had an illustrious career with the NHL where he played 13 seasons for the Boston Bruins (1970-1972), California Golden Seals (1972-1974), Philadelphia Flyers (1974-1982) and the Detroit Red Wings (1982-1983).

Among his many awards and achievements, Leach won the Stanley Cup with the Philadelphia Flyers in

1975, was awarded the Conn Smythe Trophy in 1976 as MVP of the Stanley Cup playoffs and played for Team Canada in the 1976 Canada Cup. He was also a member of the NHL All-Star team in 1976 and 1980. Leach played a total of 934 career NHL games with 381 goals and 285 assists.

Leach is still quite active in his retirement. In 2015, he published his first autobiography, *The Riverton Rifle: My Story – Straight Shooting on Hockey and on Life*, and he recently received a special honour from his old NHL team.

"I got inducted into the Philadelphia Sports Hall of Fame so that's a biggie," he said.

"The other things that I do along the way are mostly talking to First Nations communities across the country and the Shoot to Score hockey program. We're doing really well with that and we are really busy this time of year starting next week."

Leach will be making stops in Flin Flon and Gimli next month for two upcoming hockey camps.

Leach's work takes him across upwards of 110,000 kilometres every year and he is happy that his travels will bring him back to Riverton to host

their fundraiser.

"Anything to do with Riverton, I'm always willing to help out," he said.

Elvis impersonator Adam T. Elvis will open the show, followed by Mark Stevens.

"I saw [Stevens's] show last year and thought it was really well done and it's supposed to be even better this year," said Leach. "It's a view of going back in rock 'n' roll time and how it started."

The proceeds from the event will be presented to three groups hand-selected by Leach: the Riverton Seniors Activity Centre, the Riverton Bifrost Parks and Recreation Commission and the Bifrost Riverton Seniors Resource.

"I usually fundraise for the rink or minor hockey and I just thought I'd do something different this time," Leach explained.

"Any groups in small communities struggle so even a little bit of help that you can give makes a difference. I'd love to see a lot of people come out and support this because it's something that we are giving back to the community."

Doors open at 6:30 p.m. for first-come, first-served seating. The show starts at 7 p.m. with Stevens taking



Mark Stevens from the Dovells will play in Riverton on Saturday, Aug. 11.

the stage 8 p.m. Fundraiser attendees will also be able to try their luck at a silent auction and a light lunch will be served. Tickets are \$25 and can be purchased at the Riverton Friendship Centre.

Moosehorn flood protection project now officially complete

By Jeff Ward

The project to protect the town of Moosehorn from overland flooding during spring is now complete putting to rest a plan that's been in the works for almost 10 years.

Contractors Fast Brothers Ltd. completed the project earlier this month after a year of work. A few delays from heavy rain and a fire at the warehouse that supplied the contractors held the project back from being completed sooner. The dike works to divert water away from the east side of Moosehorn's Government Road, protecting houses, the RM of Grahamdale office and Alf Cuthbert School among other buildings.

A section of Jensen Road was also rebuilt and paved with new culverts added to carry the water to drain north and south of town. The total cost of the project was \$1.3 million

with the RM paying 10 per cent of that cost. The remaining 90 per cent was covered by a cost sharing agreement between the provincial and federal governments who spilt the remaining cost in half.

Grahamdale Reeve Clifford Halaburda explained that he is very happy to see the project complete and said that this project was vital in keeping the town of Moosehorn safe. He said feedback from the community has been mostly positive.

"Most of the people are very much pleased and happy to see that because they suffered over the years," said Halaburda.

Halaburda said that he has heard from some residents about the cost of the project being too high, but explained that the cost sharing of the project made this a reality for the RM.

"To me, it means a lot for the simple reason that people are coming back to me and saying that they're happy with it.

"MOST OF THE PEOPLE ARE VERY MUCH PLEASED AND HAPPY TO SEE THAT BECAUSE THEY SUFFERED OVER THE YEARS."



EXPRESS PHOTO BY JEFF WARD

These new culverts will help flow water diverted from the dike to drainage areas north and south of Moosehorn.

Some people aren't and saying that it cost a lot of money but the good part of it is we only pay 10 per cent of the cost."

The dike itself was nearly completed last fall but the contractors needed to wait out the winter before the finishing touches could be done. Halaburda said it was funny that the first winter the new dike was operational was also one where the RM had very little

snow. Halaburda said both Manitoba Infrastructure and KGS asked him how the dike functioned this spring.

"I told them it functioned very well because we had very little snow," joked the reeve.

Halaburda said he really valued the work of Fast Brothers Ltd. and would recommend the Blumenort company to other municipalities doing similar work.

August nights herald shooting stars for astronomers

August is the month when many observers view the most popular meteor shower of the year.

The Perseid meteor shower's popularity comes from the fact that it occurs in the time of year when many of us are outside, at camp or on vacation. Darkness falls earlier in the evening allowing meteor watchers to begin their observing session under a dark sky. Warm temperatures this time of year also make it more comfortable for meteor watching. The meteor shower builds up to a maximum over a week or so, then declines at a similar rate over the same time period.

If it is cloudy one night you still have an opportunity to view some meteors on another night. This year, we will see the peak of the Perseid meteors on Aug. 12 and pre-dawn hours of Aug. 13. The best time to observe the meteors is from midnight until the first light of dawn. The meteors can appear anywhere in the night sky but looking to the northeast will increase your chances of spotting a meteor.

Under ideal conditions of dark and clear skies, with no moon, there will be about 80 meteors visible each hour at the peak of the Perseids. Normally there are around five sporadic (random) meteors per hour every night coming from any direction at any time. The Perseid meteors originate from a radiant in the constellation of Perseus (hence the name Perseids). Because meteor shower particles are all traveling in parallel paths, and at the same velocity, they will all appear to radiate from a single point in the sky to an observer below. This radiant point is caused by the effect of perspective, similar to railroad tracks converging at a single vanishing point on the horizon when viewed from the middle of the tracks. This year the moon will

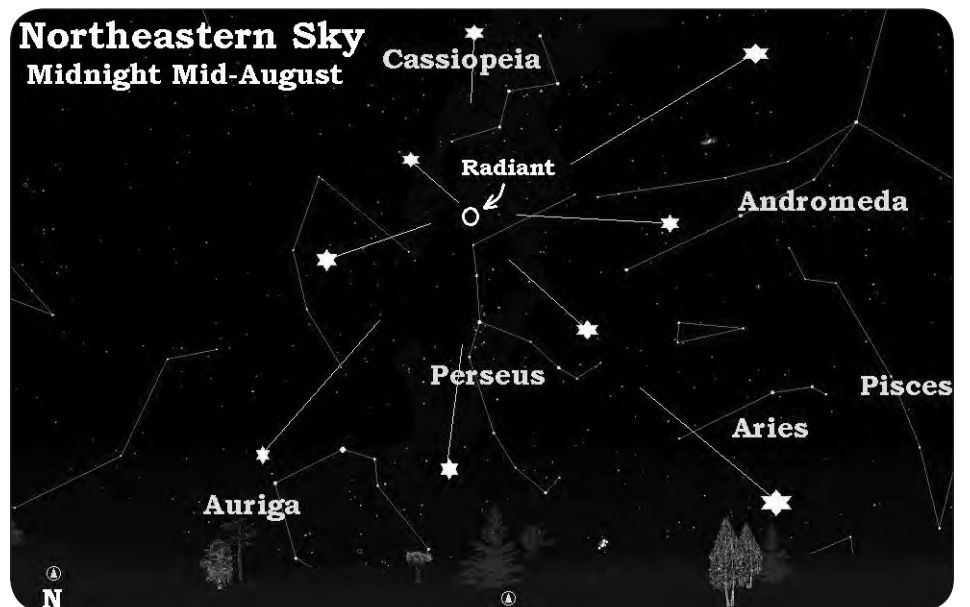
be absent from the sky when the Perseids peak so its glow will not interfere with the fainter meteors.

"Shooting stars" or "falling stars" are both names that people have used for hundreds of years to describe meteors as they streak through the darkness of the night sky. Stars do not "fall" or "shoot." If they did, there would be none left to see.

The Perseid meteors originate from Comet 109/P Swift-Tuttle. As this comet moves around the sun in its 133 year orbit, it sheds a trail of dust and debris behind. The Earth crosses the comet's path every August and sweeps up some of this expelled comet material in its annual orbit around the sun. This material enters the Earth's upper atmosphere at a high rate of speed (about 56 km/sec). Since these particles are moving very fast, they rapidly heat and burn up in the Earth's atmosphere. In this process of incineration, the particles (anywhere from dust to pea size) heat up to a high temperature and glow brilliantly.

It is this heating and glowing process that allows us to see the flash of light as the meteor streaks across the night sky. Many of us see this and instinctively say "Oooh, Look at that meteor!" Most last for an instant but some larger particles can leave a train (a persistent smoke-like trail of glowing, hot ionized gas) lasting several minutes.

While waiting for meteor activity Mars can be spotted rising in the southeast after the sun goes down. The Red Planet's brilliance is unmistakable. Mars came to opposition (when Earth catches up to and passes Mars) on July 27. This was the best appearance of the Red Planet Mars since August 2003. A telescope will easily reveal the rusty-coloured



EXPRESS PHOTO SUBMITTED

Perseid meteors will light up the skies after midnight on Aug. 12 and predawn hours of Aug. 13.

disc of the planet. Unfortunately, a global dust storm on Mars has obscured nearly all surface features to mere smudges to our view (at the time I wrote this article). These dust storms can subside rapidly so watch the Red Planet for possible changes. Even under good conditions, most of the surface features, appearing as light and dark markings, are very subtle sights. Patience is always a virtue when it comes to planetary observing. My suggestion is to be seated at the eyepiece and wait for those valuable moments of steady seeing which will reward you with finer details.

Toward the south Saturn can be seen as darkness falls throughout August. Use your telescope to see the rings and satellites. Saturn does not get much above the horizon, but with dark, clear and steady sky conditions, the ring structure is quite spectacular. Again, do not rush your time at the eyepiece. Watch and wait for times

when our atmosphere settles down allowing moments of steady seeing. The moon will be just to the right of Saturn the night of Aug. 20 and to the left of Saturn the next night.

Jupiter will be seen descending to the southwest after sunset throughout August. The first quarter moon will be to the upper right of Jupiter on Aug. 16. The next night it will have moved to the upper left of Jupiter.

As a community service, I am available to do talks on astronomy or related subjects to teachers, students, scouts, guides or any community groups who would be interested. I can be contacted at e-mail: bronsont@mymts.net to schedule a presentation.

Clear Skies

Ted Bronson

Ted Bronson is an avid local astronomer who has been observing the sky since 1964. His column "Guide to the Galaxy" appears monthly in the Tribune.

> RM OF BIFROST, FROM PG. 5

from it."

The Association operates 20 community pastures, about seven percent of which are municipal lands, and 90 and two per cent, respectively, provincial and federal Crown lands. Community pastures are used for cattle grazing, hay, agricultural research, hunting, trapping, fishing and other traditional food harvesting activities.

While recognizing that the Sylvan Community Pasture properties "do not flood because water is either quickly absorbed or runs downhill," and won't benefit from drainage, the Board nevertheless ruled against them.

"In the Board's opinion, unlike some other municipal works or infrastruc-

ture, the benefit of a well-functioning drainage system cannot be determined by whether it directly benefits a particular property," Lavoie stated in her decision.

After the November 2017 hearing, the Board had asked the RM to account for a \$1-million Growing Forward 2 grant that BASIC had secured from the federal and provincial governments, but dropped the request during its May hearing, citing irrelevance to the levy.

The grant was announced July 4, 2016, in a joint federal-provincial news release. BASIC posted financials for the period Dec. 1, 2017 to March 31, 2018 on its website a few months ago after questions about staff salaries

and other expenditures were raised at the public hearings.

BASIC and the RM had signed a memorandum of understanding in the spring of 2017, setting out their respective roles and responsibilities.

The RM agreed to administer all of BASIC's program funds, including the payment of staff and contractors, to appoint councillors and staff to sit on BASIC committees, and to work with BASIC to introduce the levy on farmland.

BASIC agreed to "develop and execute a plan to rehabilitate approximately 220 miles of municipal infrastructure serving agricultural land," and to work closely and cooperate with RM staff, contractors and others to "identify projects and work to be done and how it is to be done."

At the Board's May hearing, Stansell said the municipality's East and West drainage committees will be overseeing the drainage projects, not BASIC. It's unclear what role BASIC will now play given the RM's drainage committees will be overseeing the projects.

To date, the RM has applied for 150 miles of drainage. Fifty miles have been approved thus far by the province. Construction is scheduled to start after tenders are awarded.

From April 1, 2016 to March 31, 2018, the RM spent \$1,917,219.58 on drainage improvements.

For more information on BASIC's Growing Forward 2 expenditures, visit www.basic-bifrostriverton.com and click on "News."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

St. Boniface sweeps Interlake in MJBL playoffs

By Brian Bowman

The Interlake Blue Jays' playoffs didn't last very long.

Interlake's post-season lasted just three days after the St. Boniface Legionaires swept the Blue Jays in their best-of-three first-round series.

"We just went cold at the wrong time," said Blue Jays' head coach Adam Kirk. "We'd been really hot lately and you hope that things would continue."

The Blue Jays opened the series with a 4-1 loss to the Legionaires in Stonewall. Interlake then was shutout 5-0 by St. Boniface on Saturday at Whit-tier Park in Winnipeg.

"They pitched well and kept us off balance and it got into our guys' heads," Kirk said. "Once it got into our heads, it was hard to recover from."

In Game 1 of the series, St. Boniface scored a run in the top of the first inning and then added three more in the third.

Interlake's Derek Petrakso scored the Blue Jays' lone run in the fifth inning.

The Legionaires outhit the Blue Jays 9-6.

Ryan Moroz pitched seven full innings for the Blue Jays, allowing nine hits, three earned runs, and a walk.

He recorded seven strikeouts.

Despite the short playoff run, Interlake had a real good regular season, finishing with a 13-11 record.

They have even higher expectations for next season.

"As a whole, we had a very good season," Kirk said. "We doubled our win total and finished above .500. - definitely nothing to complain about. We had a short playoff but we'll learn from it, hopefully, and we come back next with hopefully the same guys and take a run at it."

Kirk wanted to thank all of the volunteers, sponsors, and fans for their

support this past season.

"We appreciate their support and hopefully we'll see them out next year and hopefully we'll have a better play-off run," he said.

In the other two MJBL playoff series, the Carillon Sultans swept the Pembina Valley Orioles (winning 4-3 and 7-1) while the Elmwood Giants easily took care of the Altona Bisons with victories of 12-2 and 16-2.

St. Boniface will now meet the first-place St. James A's while Elmwood will take on Carillon in a pair of semi-final series.

Prospect development camp set to help prepare MJHL hopefuls

Lanny Stewart, MJHL

Web Correspondent

The Manitoba Junior Hockey League Prospect Development Camp is set to take place this week.

This will be the second camp of its kind — the inaugural camp was held last year — and it'll take place in Winnipeg at the Seven Oaks Arena Complex, beginning today through Sunday.

Kevin Saurette, director of operations for the MJHL, said the upcoming event is important in the sense that it's designed to provide the 70-plus players participating with the necessary knowledge and resources to be successful as they prepare to transition to junior hockey.

"The main goal of the camp is to prepare them for what is expected at the junior level along with what it takes to reach higher levels in their development path — whether that's the NCAA, WHL, USHL, U Sports or pro hockey," he said.

Similar to last year's camp, the upcoming four-day affair, slated for 2001 and 2002-born players, will be detailed and informative, Saurette said, as players will receive on and off-ice skill development led by experienced professionals in their respective fields.

The players will be broken up into four teams, with each squad being assigned a current — or graduating

MJHL player — as a group leader for the duration of the event. James McIsaac of the Portage Terriers will lead Team White while Will Koop of the Steinbach Pistons will lead Team Grey. Chase Brakel of the Terriers (who recently committed to Cornell University) will help direct Team Red while Jeremy Leipsic of the Terriers (committed to University of Manitoba) will help guide Team Black.

The on-ice portion will consist of practice, skill and full-game sessions. The practice sessions will be led by current MJHL coaches and are designed to demonstrate to the prospects what they can expect on a daily basis at the junior level.

Position specific skill sessions will be led by professionals intended to cover several specific areas that we feel are important for players to continue to work on as they make the jump to junior hockey.

The games will give the prospects a chance to play in an elite competitive environment against the top players their age in Manitoba, who they will possibly be competing with and against in the MJHL.

It also gives them a chance see where they stand and to showcase themselves to the MJHL coaches and scouts that will be in attendance.

The off-ice portion, meanwhile, will cover elements related to athleticism

and mental skills, as well as the technical and tactical skills required to play in the MJHL and beyond.

During the off-ice portion, an MJHL presentation is scheduled, which is expected to highlight what the league and culture is all about, the many benefits and exposure opportunities that are provided, along with examples of the many players that have moved on to higher levels of hockey.

Other off-ice programs slated to take place include a mental preparation presentation, led by Dr. Dean Krielars, who will cover the techniques and overall importance of mental preparation and mental health for elite athletes.

As well, a college hockey presentation will highlight the NCAA option that playing Junior "A" hockey provides to players while also covering important playing and education eligibility guidelines.

Meanwhile, Paul Edmonds, the Winnipeg Jets' play-by-play announcer for TSN 1290, will attend the camp and will be leading a discussion panel, along with three panel members during an MJHL hot-stove session designed to provide players with first-hand advice and information on what it takes to be a successful hockey player.

The camp will also include some former MJHL'ers who have since gradu-

ated from the league, including Zach Whitecloud, a former member of the Virden Oil Capitals who signed an entry-level deal with the NHL's Vegas Golden Knights back in March, eventually making his NHL debut in April.

Colby Jaquet, a Selkirk Steelers' prospect, attended last year's event and is looking forward to learning that much more this time around.

"You get a taste of what it's like to play in the MJHL and also how much hard work that goes into getting to the next level," said the 2001-born player, who this past season played for the Midget "AAA" Winnipeg Bruins.

"Obviously my goal ever since I was drafted by Selkirk was to one day be able to put on a Steelers' jersey and wear it with pride. I'm hoping the camp will give me the opportunity to showcase myself but also allow me to see where I'm at in my development and what I need to improve on."

Max Neill, who also attended last year's camp, said he's expecting four days of high-end competitiveness and is looking forward to the challenge.

"I'm really looking forward to the scrimmages," said the 2001-born Steinbach Pistons' prospect, who spent this past season with the Midget "AAA" Central Plains Capitals. "It will be a good indicator of where I'm at and where I want to be come camp time."

Blue Jays winless at Senior AA All Star Provincials

Staff

The Stonewall Blue Jays posted an 0-2 record at the Senior AA All Star Baseball Provincials at Quarry Park last weekend.

Stonewall was doubled 10-5 by SWBL on Friday evening and then was defeated 5-4 by Brandon on Saturday.

The two losses ended the Blue Jays' tournament in the double-knockout format.

18U AA provincials

The Grosse Isle Jays finished with an 0-3 record at the 18U AA baseball provincials in Altona last weekend.

Grosse Isle started play Friday with a 9-7 loss to North Winnipeg and then the Jays were beaten 13-2 by Altona later that afternoon.

On Saturday, Grosse Isle lost 11-4 to Portage to finish Pool A play with a winless record.

Winkler won the provincial championship with a 7-1 victory over Portage in the final on Sunday.

13U AAA qualifier

Meanwhile, Interlake finished with a 1-2 record and ended up in fifth place at a 13U AAA qualifier in Minnedosa last weekend.

Interlake was edged 11-10 by Midwest on Friday and then doubled Carillon 14-7 on Saturday afternoon.

Later that evening, Interlake lost another close



EXPRESS PHOTO BY LANA MEIER

The Jays' Derek Miller makes the double play against SWBL in Senior AA All Star action last Friday.

game, dropping a 13-12 decision to Brandon.

All of the Sunday afternoon and the one evening game were cancelled due to rain.

The top six teams now advance to the 13U "AAA" Provincial Championships, along with the host team, Aug. 3-5 in West St. Paul.

Five teams withdraw from Keystone Junior Hockey League

By Brian Bowman

The Keystone Junior Hockey League will have a much different look for the 2018-19 season.

Five teams — the Selkirk Fishermen, Arborg Ice Dawgs, St. Malo Warriors, North Winnipeg Satelites and Lundar Falcons — have decided to leave the KJHL.

Those five teams have made an application to Hockey Manitoba to form a new league. That league, if approved by Hockey Manitoba, will be called the Central Region Junior Hockey

League (CRJHL).

"(Players) just can't afford the time to go up north all of the time," said KJHL president Rick Olson Monday afternoon. "There are so many things, kids are playing baseball and are on soccer teams, and a (northern road trip) takes up a whole weekend. Your whole weekend is shot — how do you maintain a part-time job?"

Olson, who is also the president of the CRJHL, said the cost of travel for the southern teams, along with players having busy schedules outside of

hockey, as being the main reasons for teams leaving the KJHL.

Other players have chosen to play in the Manitoba Major Junior Hockey League, which has very little travel and teams usually play twice a week.

Going forward, the KJHL will have at least five teams this season. The Peguis Juniors, Fisher River Hawks, OCN Storm, Norway House North Stars, and Cross Lake Islanders are all expected to be back in the KJHL this season.

Nelson House has also expressed in-

terest in rejoining the league but that commitment has not yet been finalized.

Vince Crate, president of the Fisher River Hawks, said the northern teams were informed about the league losing teams about three months ago.

"They cited all kinds of reasons from travel to financial factors, all kinds of reasons such as that," Crate said. "The (KJHL) will still go forward as is with the five remaining teams."

Flyers looking to ice team in 2018-19 in the SEMHL

By Brian Bowman

After taking a one-year hiatus from the South Eastern Manitoba Hockey League, the Stonewall Flyers are looking to hit the ice once again for the 2018-19 season.

An organizational meeting will be held this Monday at 7 p.m. at the Rockwood Hotel.

"Anyone interested in playing, being

on the executive, or just want to come and hear the direction the Flyers will take, please attend," said Wayne Isbister, a longtime Flyers' coach, in an email.

"It would be a shame to see a team with the history the Flyers have to Stonewall, fold."

The organization's history is a lengthy - and impressive one - dating

back nearly 100 years.

The Stonewall Hockey Club was formed around the 1920s. Stonewall men's intermediates were part of the club.

At the conclusion of the second world war, the Stonewall Intermediate team was renamed the Stonewall Flyers Intermediates.

The year of the name change was

around 1946, Isbister guessed.

The Flyers would play in a number of leagues over the years - the Highway League, Winnipoiné Intermediate A Hockey League, Lake Winnipeg, Western Interlake, South Interlake, South Eastern Hockey League and Manitoba Senior Hockey League.

Stonewall would win several league championships over the years.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Pirates beat Bonivital to win Midget 'AAA' city baseball title

By Brian Bowman

The North Winnipeg Pirates had a flair for the dramatics in the Midget "AAA" baseball final on Sunday.

Trailing 2-1 in their final at-bat, North Winnipeg scored a pair of runs with two outs to edge the Bonivital Black Sox 3-2 to claim the city championship.

"It was a hard-fought battle," said Pirates' head coach Gary Dear. "It was a very exciting game."

Ty Smith started North Winnipeg's rally with a walk and then was sacrificed to second by Devon Cassan.

After a hit batter, Wyatt Whitwell grounded out to first to advance the runners.

Liam Allen was intentionally walked to load the bases and then Kalli Einarson drew a 10-pitch walk to score a run.

"That was huge," Dear said, "because the first two pitches were strikes that he fouled off. He battled and battled until he got the walk."

Cole Olfert then scored the winning run on a passed ball.

The wild comeback was an impressive one by the Pirates.

"It was amazing," Dear said. "They all did the little things that you can't teach guys."

Davis Fenske pitched a great game for the Pirates, allowing just three hits through seven innings. He shut the door on Bonivital in the seventh, getting them out in order.

"He was unreal," Dear said. "We had

him pitch the game against St. James earlier in the week and he won as well that got us going.

"In my mind, he's our top pitcher right now and he is just 16 years old, which is amazing."

North Winnipeg started the playoffs with an 11-1 win over St. James on July 18 before edging Winnipeg South 5-4 last Saturday.

North Winnipeg trailed Winnipeg South 4-2 in the top of the seventh.

"We were never in any trouble against St. James," Dear recalled. "And then the game against South, we went into extra innings and won 5-4."

Later that day, the Pirates were blasted 12-0 by Bonivital and then North Winnipeg defeated the Elmwood Giants 5-3 on Sunday.

The Pirates, though, won't have much time to celebrate their city title as the provincials begin this Friday at Winnipeg South.

The competition is expected to be real tough at this year's provincials.

"There's a couple of real strong rural teams," Dear

noted. "Carillon is extremely strong, they have eight or nine 18 year olds on their team, so they're very strong and we split with them during the regular season. South Central has a strong team and so does Pembina Hills.

"We'll need every break because winning a provincials is pretty tough."

North Winnipeg will begin Pool 2 action Friday (6 p.m.) against South Central.

On Saturday, the Pirates will battle Winnipeg South at 9:15 a.m. and Pembina Hills at 3:15 p.m.



EXPRESS PHOTO BY KEN ALLEN

The North Winnipeg Pirates won the Midget "AAA" city championship defeating the Bonivital Black Sox 3-2 in the final this past Sunday. Front row, left to right: Kalli Einarson, Brittany Langlais, Devon Cassan, Davis Fenske, Wyatt Whitwell, Nathan Slaby, Christian Ingram; Back row: Gary Dear (head coach), Nolan Raven, Harry Slaby (assistant), Tyler Smith, Cole Olfert, Ryan Wasilewski, Chris Fines, Liam Allen, Roger Langlais (assistant coach) and Sam Nocita (assistant coach).



EXPRESS PHOTO BY LANA MEIER

Pirates catcher Kalli Einarson made the tag at home plate to get the out in the extra inning against the South Winnipeg Chiefs last Saturday.

McDonald wins men's amateur golf title

By Brian Bowman

The summer has been real good to Justin McDonald so far.

McDonald continued his stellar play on the golf course this month as he won the Nott Autocorp Manitoba Men's Amateur golf championship last Thursday.

McDonald led after each of the first

two rounds at Quarry Oaks and continued his dominance during the final two rounds at Glendale.

It was McDonald's first amateur title. And he did it in style, finishing eight shots ahead Eric Johnson.

McDonald, 32, carded rounds of 68, 70, 73, and 74 for a 3-under 285 total.

The Breezy Bend member was the only golfer to finish under par after the four days of competition.

Breezy Bend's Johnson was second at 5- over, followed by Niakwa's Todd Fanning, a five-time amateur champion, who wrapped up play at 295.

McDonald also won the mid-amateur title at Falcon Lake back on July

5. McDonald dominated there as well, finishing nine strokes in front of Matlock's Garth Collings.

Sandy Hook's Tyler Doyle had a solid tournament, finishing in a three-way tie for 34th overall with a 26-over 314. He carded rounds of 79, 74, 83 and 78.



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Requirements for Direct Support Worker:

The successful candidate will be expected to provide the following documentation upon hire: Criminal Record Check (with Vulnerable Sector Search) Child and Adult Abuse Registry check. To reduce wait times on employment, we suggest that all applicants apply ahead of time. Please be aware that obtaining these documents does not guarantee employment.

For further information:

<https://www.gov.mb.ca/fs/abuserregistries.html>
<http://www.winnipeg.ca/police/pr/PIC.stm#pic>

Pulford Community Living Services Inc. offers meaningful work, competitive wages, flexible hours, and a health care spending account for part time employees. All interested applicants are to complete an application and submit a resume.

To Apply:

Call Gary Monkman at 204-762-5050 OR
Apply online www.pulford.ca/employment/apply



RURAL MUNICIPALITY OF GIMLI MUNICIPAL NOTICE OF INTENT

TAKE NOTICE THAT on July 11, 2018, the Council of the Rural Municipality of Gimli gave first reading to By-Law 18-0010 to designate as a municipal heritage building under The Heritage Resources Act, the premises commonly known as the Sunrise Lutheran Camp Chapel, in the Rural Municipality of Gimli. The land is described in Certificate of Title No. 2623271/1 WLTO as follows:

THE BUILDING ONLY ON THE PROPERTY DESCRIBED AS, LEGAL SUBDIVISIONS 3 AND 4 OF SECTION 5-19-4EPM EXC OUT OF LEGAL SUBDIVISION 4 PUBLIC ROAD PLAN 5620 WLTO 78 RANGE 1, PLAN 13744 WLTO (L DIV) EXC FIRSTLY PLAN 7029 WLTO, EXC SECONDLY ALL MINES AND MINERALS AND OTHER MATTERS ET FORTH IN THE ORIGINAL GRANT FROM THE CROWN IN SECTION 16-19-4EPM

A copy of the proposed By-law can be inspected at the Rural Municipal of Gimli Office, 9:00 a.m. to 5:00 p.m., Monday to Friday.

A public hearing will be held at the Gimli Council Chambers, 62 2nd Ave, Gimli, Manitoba, R0C 1B0 at 7:00 p.m. on August 8, 2018.

At that time, any person may submit an objection or other representation on the proposal. If there is no objection, Council may resolve to adopt the proposed By-law, or not to proceed with it.

Dated at the Municipality of Gimli, on July 12, 2018.

Joann Murphy, CAO
Municipality of Gimli

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> GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles?
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mind-bending
puzzle will have
you hooked from
the moment you
square off, so
sharpen your
pencil and put
your sudoku
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Here's How It Works:

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

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

Sudoku Answer

1	2	3	4	5	6	7	8	9
S	E	S	O	L	O	N	E	
S	E	L	V	A	I	T	V	S
H	I	D	V	S		E	B	E
N	N	N		S	I	V	I	
V	N	N	J		O	W	H	
I	E	E	F	E	H	O	F	
T	R	O	P	H	I	V	K	R
I	V			N	O	W		
G	V	N	V					
H	O	R	V		O	I	O	B
V	O	S		S	E	I	L	E
V	I	S						

Crossword Answer



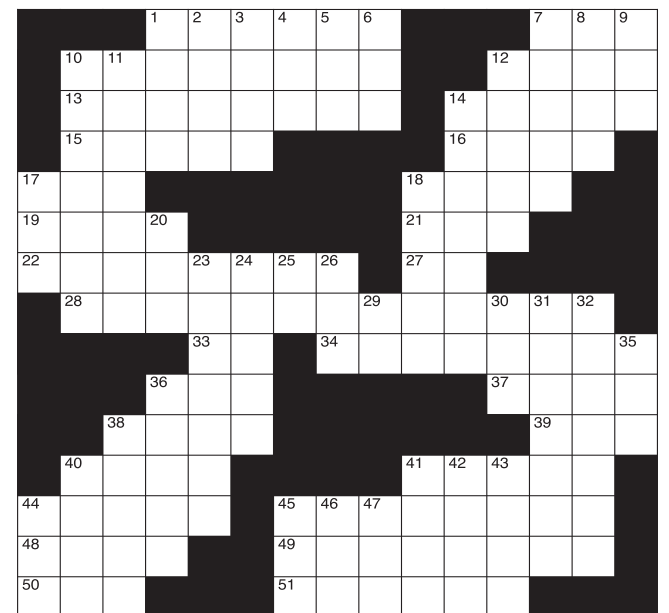
CROSSWORD

CLUES ACROSS

1. The winners
7. A place to relax
10. Monies to pay debts
12. Horse mackerel
13. Type of steroid
14. Make dry
15. The Godfather's adopted son
16. Ivanovic and Gasteyer
17. Horror movie franchise
18. Grab
19. Iranian city
21. Yearly tonnage (abbr.)
22. One's illicit lover
27. Fake smarts (abbr.)
28. Where Jersey natives depart from
33. Doctor
34. Front feet
36. Insurance option
37. Some is "wicked"
38. Type of weaving
39. Religious woman
40. One point east of southeast
41. Prestigious literary prize
44. Tiny humans
45. Relish over
48. Computer manufacturer
49. Envelops
50. One type is dippin'
51. Bequeaths

CLUES DOWN

1. Dice game
2. Greek goddess of youth
3. Piers Anthony protagonist
4. One-thousandth of an inch
5. JFK Library architect



6. A type of corrosion (abbr.)
7. Beat up
8. Political action committees
9. Antidiuretic hormone
10. Of the desert
11. Oblivious of
12. Actress Lathan
14. Musical instrument
17. It's in a plant
18. One-time special prosecutor
20. Indigenous people of Brazil
23. Mothers
24. Mongolian desert
25. Great Britain, Scotland and Northern Ireland
26. British air aces

29. A lover to Zeus
30. Frequently
31. Get together again
32. Gives a permanent post
35. Sun worshippers love one
36. Ammonia-producing process
38. 4th month of the Jewish calendar
40. New England river
41. Stores grain
42. Confess openly
43. Quarterbacks do it
44. Not good
45. Witness
46. Author Coulter
47. Type of screen

get inspired

> MEAL IDEAS



Watermelon and Bulgur Wheat Salad

1 garlic clove, crushed
1 tablespoon honey
salt
black pepper

In large serving bowl, combine watermelon, bulgur wheat, arugula, grape tomatoes and chopped mint.

To make dressing: In liquid measuring cup, whisk olive oil, vinegar, garlic, honey, salt and pepper until well combined.

Just before serving, pour dressing over salad and toss to combine. Top with shaved pecorino and season, to taste. Serve immediately.

Servings: 4
4 cups seedless watermelon, cubed
2 cups cooked bulgur wheat
2 cups arugula
2 cups grape tomatoes, halved
1/4 cup chopped mint
shaved pecorino romano cheese, to taste
Dressing:
1/2 cup olive oil
1/4 cup balsamic vinegar



Watermelon Sandwich Wraps

1 wheat, flour, corn, spinach or sun-dried tomato tortilla
2-4 teaspoons chive cream cheese, hummus, guacamole or Greek yogurt
5-8 slices turkey, ham, chicken breast, roast beef or pepperoni
1 watermelon spear, about 1/2-inch thick, 1-inch wide
2-4 teaspoons barbecue sauce, ranch, pesto, Thai peanut sauce, teriyaki, salsa or sweet chili and ginger
2-4 slices feta, pepper jack, swiss or mozzarella cheese

Toppings:
watercress
olives
scallions
cilantro
romaine lettuce
Bibb lettuce
jalapenos
fresh mint
basil
shredded carrots
Brussels sprouts
cucumber slices
bacon
pine nuts

Wrap It Up

Wraps are a perfect on-the-go snack and are easily customizable. Get started with one of these varieties from the National Watermelon Promotion Board or create your own combination. Start with a spread to help the fillings stick together. Place toppings in the center of a tortilla and a watermelon spear on top. Roll the tortilla over the watermelon spear to tuck in all ingredients. Fasten with a toothpick, if needed.

English Tea Sandwich Wrap: Flour tortilla, chive cream cheese, ham, watermelon, watercress

Greek Wrap: Tortilla, plain Greek yogurt, feta cheese, watermelon, black olives

Latin Watermelon Wrap: Flour tortilla, guacamole, ham, watermelon, pepper jack cheese, cilantro, scallions, jalapenos

Southwest Chicken Wrap: Corn or flour tortilla, guacamole, chicken, watermelon, salsa, bacon ranch dressing, pepper jack cheese, romaine lettuce

Watermelon Caprese Wrap: Flour tortilla, pepperoni, watermelon, pesto, mozzarella cheese, basil

Thai Peanut Chicken Wrap: Corn tortilla, chicken, watermelon, Thai peanut sauce, Bibb lettuce, carrots, cilantro

Southwest Veggie Wrap: Spinach tortilla, guacamole, watermelon, barbecue ranch dressing, swiss cheese, cucumber, cilantro
Mid-Eastern Veggie Wrap: Corn tortilla, Hummus with pine nuts, watermelon, mint, cucumber slices

Ginger Chicken Wrap: Wheat wrap, chicken, watermelon, teriyaki ginger sauce, sweet chili and ginger sauce, Bibb lettuce, Brussels sprouts

Hawaiian Wrap: Spinach wrap, pineapple cream cheese, ham, watermelon, sweet chili and ginger sauce, cilantro



Unhealthy Wishes Are Really Disguised Complaints

precious present moments wishing they were someplace or somewhere else! The true blessings of life are things we often take for granted. Not being in pain is near the top of the list. Being able to see, to hear, to walk and talk are gifts beyond measure. The ability to get a good night's sleep is a luxury for some. Freedom from the struggles of war and hunger would be heaven to many in this world.

If we have these blessings why would we disturb our inherent potential for the experience of joy by focusing on what we decide is "missing" from our lives? This is not to negate positive processes of dreaming, setting goals and manifesting. These processes work best, however, upon a foundation of deep appreciation and gratitude for the many blessings we already have. So, my birthday wish this year will be again for the health and happiness. Not just for me, but for you too.

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

How many times have you made a wish before you blew out your birthday candles? Do you remember any of the things you wished for? Did any of those wishes come true? I cannot remember any of mine specifically. I do know that I decided such a wish should not be wasted on material things, so I always wished for things like health and happiness.

I have many blessings to count and will never know if those wishes had anything to do with it. Those were healthy wishes though. The kind that you make and then forget about. You just release them without expectation. Unhealthy wishes are the ones that are really complaints in disguise. A wish for lottery winnings, to be taller or shorter, or have a different face contains the unspoken belief that these things would make us happier.

We cannot really be happy, we reason, because we have not been blessed enough with skills, talents or attributes. Many people waste



Watermelon Collagen Creamsicle

Servings: 1

2 cups cubed watermelon
2 rounded tablespoons collagen
2 tablespoons heavy cream

In blender, combine watermelon, collagen and heavy cream; blend. Pour into glass to serve.

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