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THE EXPRESS

VOLUME 2 EDITION 34 THURSDAY, AUGUST 20, 2015

WEEKLY NEWS

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EXPRESS PHOTOS BY CHERYL LAW

Junior steer riders from left, Dawson Torgerson Austin Kinkead, Cauy Kinkead and Michael Landon Lamoureux were taking the easy ride on the side by side during the Eriksdale Creamery Days Fair & Rodeo parade last Saturday. Driving is Devon Torgerson. The boys competed in the Heartland Rodeo later in the afternoon. See more photos pg. 14.

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Riverton restaurateurs launch Akkeri Café

By Patricia Barrett

After a few years of long hours operating the kitchen of what used to be called Sophie's in the Riverton Motor Inn, two longtime friends decided they needed a change.

Rather than hand in their notice, Chantal Chudd and Carly Olson entered into a partnership with the Inn.

And in a matter of days, the two restaurateurs re-painted, re-decorated and reopened what is now called the Akkeri Café.

"It means anchor in Icelandic," said Chudd, who has lived in Riverton for about 14 years and worked at Sophie's for two years.

Both she and Olson are of Icelandic heritage and thought it fitting to give their restaurant a name which was meaningful to both of them.

Chudd, who did the majority of the cooking at Sophie's, and Olson, who acted as kitchen manager, convinced the Inn's owner to lease them the restaurant. They reopened Aug. 6.

"They gave us a good opportunity to succeed," said Chudd, referring to the Inn's owners. "It will be a close partnership."

She and Olson probably won't get a



break from the long hours required to run a business. But Chudd said they "love to be busy." She's up for the challenge of working for herself. So is Olson.

The two women met in a hospital just after Chudd's daughter was born. "Carly and I have been best friends for years," said Chudd. Their daughters are cousins.

Chudd's daughter, Hayley, 10, and Olson's daughter Caitie, 7, are part



EXPRESS PHOTO COURTESY OF CHANTAL AND CARLY
Chantal Chudd (left) and Carly Olson, managers of the Akkeri restaurant in Riverton.

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of the Akkeri team. Now that school is out, they spend a lot of time at the cafe. They either help with meal preparation or attend to a myriad of small but important chores, such as filling sauces. Chudd said they're acquiring important life skills in addition to culinary skills.

"We want them to learn some work ethic," she said.

Before finding work at Sophie's, both women worked in the food industry.

"I was born in the restaurant business," said Olson, who has lived in Riverton for six years. Her family — originally from the Hecla area — used to own Zan's in Arborg. She learned the trade from the ground up. She had been managing the kitchen at Sophie's for three years.

Chudd, who is originally from Arborg, used to work at Zan's when she was in high school. She went on to complete the business administration program at Red River College in Winnipeg.

If there's one thing they know about good service, it's to give the people what they want.

"Customers always requested stuff

not on the menu," said Chudd. "So we added items to it."

In addition to the burgers and home-made pizza that Chudd said they are well known for, Akkeri has honey dill wraps, buffalo wraps, tacos and buffalo chicken burgers to tempt palettes. For those who like hearty breakfasts, Akkeri's menu includes omelettes, breakfast wraps, pancakes and French toast.

The two women will be sharing all the tasks equally, from cooking and staff management to the financial and administrative side of the business.

And as if that's not enough, they'll also be catering events held in the Inn's bar or events held in other locations, such as the curling rink, said Chudd.

They plan to pass on their business savvy to their daughters. "We've got plans for our daughters," laughed Chudd. "Whether they like it or not, they'll be in the restaurant!"

Akkeri's is located at 83 Main St. N. Hours are Monday to Friday, 7:30 a.m. to 8 p.m.; Saturday, 9 a.m. to 8 p.m.; and Sunday, 9 a.m. to 2 p.m.

Antique tractors still pulling their weight

By Stefanie Lasuik

Wally Finnbogason's antique tractors have been a part of Manitoba's Tractor Pulls for over 30 years. He delights the crowd by packing up fan-favourites and smokers and steering them, weighted sled equipped, stubbornly down dirt tracks until the machine quits and cannot pull any further.

The Stonewall resident, originally from Hnaua just east of Arborg, took a brand new 1979 Allis-Chalmers to the Arborg Fair and was hooked. In 1983, Wally purchased a 1950 Cockshutt 40 that he and his wife, Linda, named Beulah. The couple has been coming to the Teulon pull ever since. They love the event so much, they've decided to sponsor a class, the Antique Tractors 5500 lbs.

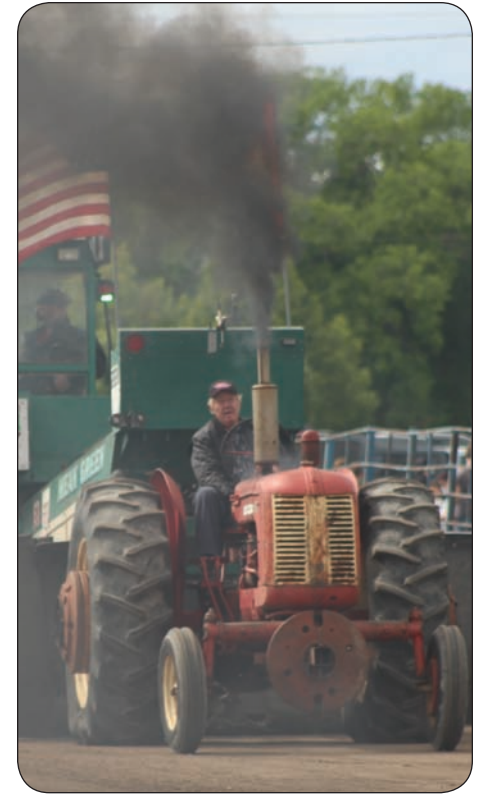
Wally no longer rides for the trophies, of which his basement is chock-full, but for the pleasure it brings both him and the fans, who gather to watch the old machines smoke, buck, and succeed in pulling enormous amounts of weight.

"We're just doing it for the fun," Wally said.

Continued on page 8



EXPRESS PHOTOS BY STEFANIE LASUIK
Wally Finnbogason, and his wife, Linda, have been longtime participants in Tractor Pulls across Manitoba, even making some appearances south of the border.



Wally Finnbogason sent up smoke to the crowd's delight in his 1950 Cockshutt 40, with which he received 3rd place.

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CREDIT UNION

Arborg discusses byelction, funding, street festival and repairs

By Patricia Barrett

September byelction

A town council byelction will be held in September to replace Coun. Erica Bardarson, said Mayor Randy Sigurdson at the council's regular meeting on Aug. 12. Bardarson had resigned in early July.

Federal funding of \$60,000

Western Economic Diversification Canada, a federal government department that supports economic development in the West, confirmed by letter that Arborg will receive about \$60,000 under the Canada 150 Community Infrastructure Program. The program provides funding for renovations and expansions to existing infrastructure of benefit to the community.

Arborg Street Festival

The 2nd Annual Street Festival gets underway Aug. 22. Council said this year's event is bigger than last year's. "It's good for the town," said the mayor.

or. It includes a pancake breakfast, Irish and Ukrainian dancers, a dog show, chili cook off, street hockey and bands. Local businesses sponsor the event.

Outdoor stage

Council received \$8,000 to build a bandstand or a covered stage. Once it's completed, council will receive another \$2,000. The permanent structure will be situated between the library and the legion.

"One of our residents entered a contest called Toyota Tundra Projects Are Calling," said Coun. Susan Bauernhuber by phone. "He won \$10,000, which had to go towards a bandstand or a public stage in the community."

Because of a longer-than-expected process of completing the paperwork, along with changes to the engineer's design, the stage will be built after the Street Festival, said Bauernhuber, who is chair of the Street Festival Committee.

The cost of the materials increased with changes to the engineer's specifications (increased stability in the wind), leaving council short of about



EXPRESS PHOTO BY PATRICIA BARRETT

Arborg council's next meeting is scheduled for Aug. 26.

\$3,000. Someone had, however, stepped forward with \$1,000. Bauernhuber said she will ask local businesses to consider covering the remaining shortfall.

2014 Community Health Assessment Report

Council was notified by the Interlake-Eastern Regional Health Authority that the results of the 2014 Community Health Assessment Report are available.

The assessments are to be carried out every five years, as stipulated by the government's 2012 amendments to the Regional Health Authorities Act. They highlight health issues of importance to the community and serve as a guideline for the Regional Health Authority.

The 728-page report is available on the RHA's website at www.ierha.ca/data/2/rec_docs/20654_2014CommunityHealthAssessment-Interlake-EasternRHA.pdf.

Infrastructure repair

Council will be budgeting for upcoming repairs around town. The west side of Main Street needs attention. And the concrete park benches near the library need to be replaced. The benches were flipped over in an apparent act of vandalism.

"Tough guys at two in the morning showing prowess," said Mayor Sigurdson. The curling rock — the world's largest — also "looks shabby" and requires painting.

Arborg Bifrost-Riverton Sustainable Community Development Plan

Council agreed to partner with the RM of Bifrost-Riverton to develop a neighbourhood action plan and monitoring strategy. Council will contribute funding up to a maximum of about \$26,000. In September, the council may hold a meeting with the RM to discuss the plan.

Credit Union Aquatic Centre

Three motors for the slides and spray area are being replaced at the Aquatic Centre, said Coun. Bauernhuber. Insurance will cover the cost of replacement, which will come to about \$10,000. The insurance company advised the town to buy replacement motors for all the equipment and keep them as spares.

Community Futures

Mayor Sigurdson reported on the Community Futures East Interlake Annual General Meeting he attended in July as part of Dunnottar's water awareness day. The Village of Dunnottar includes the beaches of Matlock, Whytewold and Ponemah. After the AGM, the mayor visited a state-of-the-art lagoon consisting of an underground filtration system that improves the quality of wastewater before it's released into Lake Winnipeg. Dillon Consulting developed the filter for Dunnottar. "We're not close to that, but some day Arborg will need to think about its system," he said.



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Matlock festival to offer mix of music, nature and art

By Austin Grabish

Music, nature and art will come together in Matlock during special festival next weekend.

The sixth annual Matlock Festival of Music, Art, and Nature will take place Aug. 28 to 30, and organizers are promising an exciting weekend for festival-goers.

Some 20 artists are set to perform during this year's three-day festival on two separate stages.

All of the talent is local, with artists coming from across the Interlake and Winnipeg, festival secretary Jeff Diamond said.

Diamond added the festival will offer patrons a chance to hear something new, as most of the performers are young and up-and-coming artists.

"The music is quite varied," Diamond said. "There's a lot of kind of folk and alternative mostly, but we also got some electronic music."

The festival will also host sev-

eral workshops on everything from yoga to paper-making beading and writing, and all will be tied into a health and lifestyle theme the festival has become known for.

"One of the things that's different about the festival is that besides having music on stage, there's also lots of different workshops going on," Diamond said. "It's a really neat kind of grassroots, very kind of community-oriented festival, and it's growing really quickly."

The festival is non-profit; however, festival-goers must pay admission. Weekend passes, day and evening passes are all available. Camping spots for those sticking around the whole weekend are also available.

Tickets to the festival are available online at matlockfestival.ca or can be purchased at the gate.

The festival kicks off next Friday night and takes place at 10 Ash Ave. in Matlock.



EXPRESS FILE PHOTO BY COLE TORFASON

The Crooked Brothers perform during a late-night show at last year's Matlock Festival of Music, Art, and Nature. This year's festival marks the sixth annual event and is set to take place Aug. 28 to 30.

Do your part to combat zebra mussels

By Staff

Have you spotted a zebra mussel or any other aquatic invasive species?

If so, Manitoba Conservation and Water Stewardship is asking you to take a photo and report it by visiting the website www.manitoba.ca/stopais or calling 1-877-STOP AIS-0 (1-877-867-2470).

Watercraft inspection stations with decontamination units were available from Aug. 13 to 17 at Selkirk Park in Selkirk and at St. Vital Park in Winnipeg to target aquatic invasive species.

As well, one watercraft inspection team roved the South Basin of Lake Winnipeg between Balsam Bay and Winnipeg Beach, while another team roved the Red River between Winnipeg and Lockport.

For the first time, zebra mussels veligers, or larvae, have been identified in samples collected from the M.V. Namao in the Lake Winnipeg channel between Hecla Island and Grindstone Point.

Zebra mussels are small, clam-like aquatic creatures that pose an environmental and economic concern in Manitoba. They are difficult to find and they can survive out of wa-

ter for up to 30 days. They can be inadvertently spread in water that is carried in undrained water-based equipment.

In partnership with the Lake Winnipeg Research Consortium, the province is collecting water samples for zebra mussel veligers from the M.V. Namao as part of a larger ongoing initiative to monitor the issue.

In Manitoba, it is illegal to possess or transport zebra mussels, which are present in Lake Winnipeg south of Grindstone Point and in the Manitoba portion of the Red River.

Everyone is asked to do their part to deal with the problem by cleaning and removing any visible aquatic plants, aquatic invasive species or mud from their watercraft, trailer and all other water-related equipment.

You should also drain all water from motors, bilge, bait buckets and any compartments. As well, don't forget dry

all water-related and hard-to-drain compartments that have contacted the water with a dry towel or sponge before it is used in any other body of water.

Lastly, be sure to dispose of unused bait and worms in the trash.

Manitoba currently has 15 aquatic invasive species, including zebra and quagga mussels, spiny waterflea, rusty crayfish and Asian carp.



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Interlake Women's Resource Centre

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7:00 pm – AGM

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL McKay wins Brokenhead open fishing derby

Hi gang, Over in Scanterbury last week, I had stopped at the South Beach Casino for lunch, and as I walked out to my truck, there in the parking lot was a big black dinosaur-sized turtle-shaped vehicle slowly wandering around, seemingly trying to decide where it was safe to park.

We've all heard about a storm-chasing outfit that has been working in southern Manitoba lately, and I guessed this customized truck was part of it. Patiently, I waited until the big black turtle finally found a safe parking spot it seemed comfortable with. As its armoured gull wing drivers' door swung high in the air, a young muscular chap with a clean-shaven face and head exited the tank-like machine. I quickly strode up and introduced myself.

The driver, Curtis Brooks of Melville, Sask., soon explained that he was part of that Oklahoma/New York/Canadian tornado chasing crew that were now rallying at South Beach to prepare for a violent weather chase along the Manitoba-Minnesota border. Now, while normally all this would be quite interesting, we are angling folk and I guess I caught Curt a bit off guard when I abruptly asked if he liked to fish. A blank look came over his face for a second. Then, with a big bright smile, he exclaimed he loved fishing in Northern Saskatchewan.

He gave us a story where not long ago he was fishing in Crooked Lake, Sask., and his rod was torn from his grasp and lost as a fish took his hook. About a half-hour later, using a spare rod and reel, he not only snagged and retrieved his original gear but landed the monster walleye that had taken off with his favourite rod.

Actually, the reason I was in Scanterbury was because I wanted to find out who had won the Brokenhead open fishing derby. I got hold of Angela Petrash who runs it, and she said George McKay, a great well-known angler, won the walleye division with a six-pound-11-ounce beauty.

Later in the afternoon, I stopped by the "fish ladder side" of the Locks at Lockport where I met two younger chaps, Andy Plet and Sebastian Pauls from Winkler. Sebastian was very talkative and enjoyed telling a story of when he was fishing at Pointe du Bois.

A while back on a cold rainy day, he was about to quit but cast out one more time and, lo and behold, caught a 45" jackfish — his biggest catch before or since.

After leaving Andy and Sebastian, I walked up the inclining sidewalk beside the fish ladder, which has always



EXPRESS PHOTO BY ARNIE WEIDL
George McKay with his prize winning walleye at the Brokenhead open fishing derby.

fascinated me. I could see inside the concrete water trough where wooden barriers protruded halfway across the trough — first on one side, then further up on the opposite side — which slowed the river waters, allowing fish to swim up the ladder in a zigzag fashion. It's such a simple yet effective device, allowing fish free river migration.

A couple of days ago, I was at Breezy Point and met a long-time angler, Barry Domino from Transcona. He was shore fishing on the Netley Creek side but said two days ago, he and some buddies were fishing along the east bank of the Red here and caught all kinds of drum and bass.

You may have noticed that I have not written much in the way of angling stories out of Gimli this summer. As some may know, the pier is closed for repairs. I did, however, run into New Yorkers Jeff Levine and his son Jaden, who come to the Winnipeg Beach-Gimli area every summer to vacation and spend time with Jeff's mother, who has a cottage there. They told me how much they have always liked angling off the Gimli pier. Jeff remembered one afternoon last year when he and Jaden caught 14 fish, which the family enjoyed at supper that evening. The pier will be ready for you next summer boys.

Well, good fishing, my friends, and so-long for now.

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Invasive cattails create problems for Bifrost-Riverton

By Patricia Barrett

Cattails are a major concern in the RM of Bifrost-Riverton. The wetland plants may suck up unwanted pollutants such as phosphorus from waterways — and are even edible — but they can get out of hand when left to flourish in ditches. They can impede the flow of water and cause major obstructions.

During the RM's regular meeting Aug. 12, Coun. Chad Johnson (Ward 2) said there was some flooding last month in his ward. Two miles of cattails were cut just north of Riverton, and water levels began to drop. Coun. Morley Nordal (Ward 3) said four miles of cattails were cut down in his ward.

The municipality has had three backhoes working all summer clearing cattails. Council is considering alternative solutions to dealing with them. Heavier-than-normal rain can exacerbate the problem.

Cutting them above the water is a temporary fix: they just come up again, said Coun. Donald Vigfusson

(Ward 6). They have to be ripped out at the roots. And if they're not gathered from waterways after cutting, said Coun. Richard Chomokovski (Ward 5), they clog culverts. He said he will be speaking to an environmental specialist from Gimli who has looked into the feasibility of spraying ditches with Roundup, an agricultural herbicide.

Other council briefs

The walking path along the river in the Village of Riverton was repaired, reported Coun. Chad Johnson. The surface looks like asphalt, but it's really tightly packed black granite. The path is wheelchair accessible and there are picnic benches in some areas. There are also rest stops with park benches along the path. "It is a spectacular looking trail," he said.

The number of people using the pool at Arbrog's Aquatic Centre dropped in July because of the weather, reported Coun. Nordal. After one particularly heavy rain, the pump station flooded and threw the red slide out of



EXPRESS PHOTO BY PATRICIA BARRETT

Invasive cattails continue to cause water concerns for the Bifrost-Riverton municipality. The cattails may suck up unwanted pollutants such as phosphorus; however, they are impeding the flow of water, causing major obstructions for landowners.

commission. An insurance claim was submitted.

A ratepayer had contacted Nordal to comment on a newly paved stretch of road near the House of Hope senior's complex in Arbrog. The ratepayer thought the road was too rough.

Council had accepted a quote from Eddie's Gravel at its July 8 regular meeting, and the Winnipeg Beach-based company completed the work.

The RM of Armstrong had asked B.A.R. Waste whether it would accept 14 semi-loads of plastic. Council said

Continued on page 12

2015 federal election

Liberals unveil plan for investments into First Nations education

By Lindsey Enns

The Liberal Party of Canada is promising to make new investments in First Nations education if elected in the upcoming federal election, Selkirk-Interlake-Eastman Liberal candidate Joanne Levy said.

"In order for Canada to succeed, we must all succeed. Indigenous Peoples are the fastest growing segment of our population, and it is critical to our shared future that those in Brokenhead Ojibway Nation and Lake Manitoba First Nation have the same education and economic opportunities as everyone else," Levy said in a release on Aug. 13.

"A Liberal government will immediately engage in a renewed, respectful nation-to-nation process and make important new investments in First Nations education to close the existing funding gap."

The Liberals' plan includes an immediate new investment of \$515 million per year in core annual funding for First Nations K-12 education, rising to more than \$750 million per year by the end of their first mandate; a new investment of \$500 million over the next three years for First Nations education infrastructure; and \$50 million in additional support for the Post-Secondary Student Support Program,

which provides financial assistance to Indigenous students attending post-secondary education.

Levy added their plan also includes new funding commitments to promote, preserve and enhance Indigenous languages and culture in the classroom.

"We will work collaboratively to include Aboriginal and Treaty rights, residential schools, and the contributions of Indigenous Peoples to Canada in classroom learning," she said.

Although a plan for First Nations education is "very necessary," Selkirk-Interlake-Eastman Green Party candidate Wayne James said making new investments won't solve all of the issues.

"We need to go even deeper into it and deal with it right in the communities themselves," James said. "We need to talk to the people down on the ground and let them help them find a way out of it ... We can't do that for them."

Wayne added he believes the best way to address First Nations education is to first deal with the amount of poverty in those remote communities.

"Poverty ... is a source of a lot of discontent and a lot of violence that is coming into play now," he said.

James, who was acclaimed as a can-

didate for the Green Party in late July, is the third nominated candidate fighting for the Selkirk-Interlake-Eastman MP's seat, which is currently held by Conservative MP James Bezan, who is seeking re-election.

Bezan was unable to provide a comment regarding the Liberals' new plan before press time Monday.

An NDP nomination meeting where

members of the Selkirk-Interlake-Eastman riding will vote for one of two candidates is set to take place on Aug. 30 in Selkirk.

Deborah Chief, former chief of Brokenhead Ojibway Nation, and Gimli resident Marc Gourdeau, a retired translator, are both running to represent the party.

Voters go to the polls on Oct. 19.

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Friday
Aug. 28th
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Aug. 29th
9 a.m. to 6 p.m.

More money for dementia research announced

News Release

More investments for research into dementia are being made through Research Manitoba and in partnership with the Alzheimer Society of Manitoba, Jobs and Economy Minister Kevin Chief announced Tuesday.

"With an aging population, there has never been a more important time to profile dementia research," said Minister Chief. "We understand the contribution our seniors have made to this province and today's announcement will put more resources in place so that we can better understand the best ways to treat and diagnose dementia."

Tuesday's announcement recognizes Dr. Benedict Albeni as the recipient of the Manitoba Dementia Research Chair. Albeni is a professor in the department of pharmacology and therapeutics, faculty of health sciences, college of medicine, University of Manitoba and principal investigator, synaptic plasticity and cellular memory dysfunction in the neurodegenerative disorders division of

St. Boniface Hospital Research Centre.

"Increasing our understanding of dementia and improving diagnosis and care is an important step forward," said Christina Weise, CEO, Research Manitoba. "We are proud to have Dr. Albeni and his critical research help to lead the way."

The minister noted that projects undertaken through the Dementia Research Chair will lead to best practices in the care of people with dementia. The funding for Albeni's program, entitled 'Basic and Oriented Dementia Research: Linking Novel

Methods for Early Stage Detection with Understanding Pathological Mechanisms in Dementia', is being provided to learn more about early detection of dementia, which affects thousands of Manitobans.

"More than 20,000 Manitobans have Alzheimer's disease or another dementia, and they are surrounded by family and friends who are also impacted by the disease," said Wendy Schettler, CEO, Alzheimer Society of Manitoba. "This initiative is a great opportunity for our community to come together and improve the lives of those affected."

Minister Chief noted that partnerships like these are essential to learning more about dementia, and they show the dedication of multiple organizations and institutions working toward that end.

"All Manitobans will benefit from the research discoveries this funding will fuel," said Dr. Digvir Jayas, vice-president (research and international), and distinguished professor, University of Manitoba. "The early detection of dementia will result in better quality of life for patients, families and caregivers."

"This is one of the most memorable events of my professional career," said Albeni. "To be recognized by the Alzheimer Society of Manitoba, Research Manitoba and the Government of Manitoba for the Manitoba Dementia Research Chair is a highlight I will remember over and over with gratitude."

For more information on Research Manitoba or the Alzheimer Society of Manitoba, visit www.researchmanitoba.ca or www.alzheimer.mb.ca.

> TRACTOR PULL, FROM PG. 3

"Going down the track satisfies me as much as it satisfies the spectators."

And spectators were sure satisfied over the weekend, as 800 fans stuck through stormy weather Saturday, and 1,500 gathered on Sunday for 15 different classes that included modified and non-modified tractors and trucks.

The Children's Wish Foundation, the Teulon Lions, the Teulon Curling Club, the Recreation Commission, the Teulon Rockwood Firefighters Association, the Teulon and District Museum and others all benefit from the event that has filled the town for over 40 years. Organizer Bert Campbell would like to thank all the sponsors who made the event possible.

Local winners over the two days include:

Stock 4x4 Gas Pickups: Grant MacDonell, Matt Shendroski and Travis Skorupski;

Antique Tractors 6500 lbs: Lawrence Goodman, Wally Finboggason and Wally Finboggason;

Highway Tractor: Brandt Palmer, Daryl Broker and Cody Woodrow;

Antique Tractors 5500 lbs: Lawrence Goodman, Ed Helwer and Daryl Broker;

Street Diesel Pickup: Cody Woodrow, Kim Klange-rause and Shaun Stefischmen;

4x4 Stock Trucks Diesel: Shane Symington, R.J. Dziedzic and Dustin Slobian;

Stock 4x4 Gas Pickup Trucks: Clint Dzuba, Matt Shendroski and Curtis Chartrand;

Antique Tractor 6500 lbs: Lawrence Goodman, Ed Helwer and Daryl Broker.

Special investigations unit probes Gimli RCMP

By Austin Grabish

The new Manitoba unit that investigates serious incidents involving police officers has its first five cases, and one is based in Gimli.

Investigators with the Independent Investigation Unit (IIU) of Manitoba are looking into an incident

that occurred north of Gimli on July 19 that left a suspect with serious injuries that required medical attention.

In the early morning of July 19, a vehicle passed an RCMP officer at a high speed. After a pursuit, the driver entered a driveway and refused arrest by the officer, who then requested backup, a press release sent last Tuesday from the unit said.

When RCMP backup arrived, officers entered the building to take the driver into custody and the suspect received serious injuries that required medical attention at a hospital, the release added.

The unit was notified by Mounties the next day and has taken over the investigation.

The IIU is also investigating a complaint made by a person who claims to have been physically assaulted while in custody at the RCMP detachment in The Pas in May, a member of the RCMP who is alleged to have physically abused a child between 2010 and 2015, as well as the July death of a suspected impaired driver in Anola who collapsed after being told to perform a roadside screening test.

They are also investigating a broken rib an RCMP officer's spouse received after a domestic altercation took place while the officer was off-duty in The Pas last Sunday.

The Independent Investigation Unit of Manitoba came into operation on June 19 and

will investigate all serious matters involving Manitoba police officers.

The new unit is the province's response to a 2008 recommendation from the Crystal Taman inquiry.

Taman, a Winnipeg woman, was killed after Derek Harvey-Zenk, an off-duty police officer, rear-ended her car after a night of partying.

An inquiry into her death and how the prosecution of Zenk was handled found an investigation by the East St. Paul police force was botched.

IIU executive director Zane Tessler said it doesn't matter if the officers were on- or off-duty at the time of an incident.

"We are involved in investigating any serious incident involving a police officer in the province," Tessler said.

Tessler said a serious incident includes any time serious force by police has been used and when injury, death or potential breach of provincial or federal laws by an officer has occurred.

The new unit also has the authority to take on a case if it determines it's in the public's best interest to do so, he said.

Tessler said it's important to note when the IIU takes on a case, it doesn't mean there has been wrongdoing.

Seven investigators, a team commander and director of investigators staff the IIU.

All are former police officers that are under Tessler's watch as civilian director of the unit.

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First Nations not consulted on Kapyong: judge

By Austin Grabish

The Federal Court of Appeal has sided with four Manitoba First Nations, including Peguis, over the Kapyong Barracks saga, but the future of the abandoned Winnipeg military base remains a mystery.

In a 53-page decision released last Friday, the Federal Court of Appeal ruled the federal government didn't meet its duty to consult with First Nations when it sold the base.

The base, located on prime Winnipeg real estate on Kenaston Boulevard, has sat empty since 2004 when the 2nd Battalion, Princess Patricia's Canadian Light Infantry, relocated to CFB Shilo near Brandon.

Justice David Stratas said the government had a duty to consult with Peguis, Long Plain, Swan River and Roseau River First Nations when the barracks became vacant but didn't.

He added records show the First Nations were interested in purchasing the land when it became available, and the First Nations were not notified when Canada closed the barracks and realized it had surplus land.

"Access to information documents show that Canada was aware of First Nations' interest in the Barrack's property. But despite knowing of that interest, it did not consult," Stratas wrote.

Last Friday's decision is the third that has come from a federal court in favour of the four bands.

Assembly of Manitoba Grand Chief Derek Nepinak congratulated the First Nations on the court's decision, which he called a "victory" on Twitter last Friday.

But it may not be the end of the legal saga for the four First Nations.

The federal government can still



EXPRESS PHOTO BY AUSTIN GRABISH

The Kapyong Barracks in Winnipeg (above) have been abandoned for over a decade. A decision by the Federal Court of Appeal last Friday ruled four Manitoba First Nations, including Peguis, weren't consulted when the barracks were put up for sale by the feds in 2007.

appeal the court's decision with the Supreme Court, and if a new government is formed after the October election, the matter may be handled out-

side of court.

A request for comment sent by text to Peguis First Nation Chief Cindy Spence went unreturned.

Lake St. Martin emergency channel closure

By Staff

The Lake St. Martin emergency outlet channel will be closed starting this week, according to the hydrologic forecasting centre of Manitoba Infrastructure and Transportation.

Through the operation of the emergency channel, the targeted water level was reached within the timeframe of the province's temporary authorization from the federal government's Fisheries and Oceans Canada, which is set to expire on Aug. 31.

Lake Manitoba waters flow along the Fairford River into Lake Pinemuta and then into Lake St. Martin. From there, Lake St. Martin waters flow along the Dauphin River into Lake Winnipeg.

The current Lake St. Martin level is 801 feet and is expected to drop to 800.1 feet by freeze-up, within the desired operating range. The Dauphin River flow is 7,200 cubic feet per second (cfs) and is forecast to drop to 5,500 cfs by freeze-up.

Meanwhile, the Lake Manitoba level is 812.5 feet and is expected to be about 811.8 feet at freeze-up, which is within the operating range established by the 2012 Lake Manitoba/Lake St. Martin Regulation Review Committee. Flows on the Fairford River are currently estimated at 9,680 cfs and are expected to drop to about 5,000 cfs at freeze-up.

The emergency outlet channel was

built during the 2011 flood to drain floodwater from Lake St. Martin and Lake Manitoba. The channel reopened last summer following unusually high rainfalls across the prairies in June 2014.

To close off the flow of water from Lake St. Martin into the channel, rock fill will be pushed across the channel entrance. As well, environmental monitoring will take place during the closure process as part of ongoing efforts to minimize the impact on local habitat.

In a recent announcement, \$495 million in funding was committed to construct an additional outlet channel from Lake Manitoba to Lake St. Martin, along with the conversion and enlargement of the Lake St. Martin emergency outlet channel. This includes the construction of a permanent structure at the start of the Lake St. Martin channel, as well as an enhancement of the outlet channel.

In addition, the project involves the construction of a permanently engineered channel with an outlet to Lake Winnipeg, bypassing Dauphin River First Nation. The permanent structure will significantly reduce the economic burden on the Province of Manitoba caused by chronic flooding. The Manitoba government will invest \$330 million in the project as part of the province's \$5.5-billion five-year core infrastructure plan.

Exercise facilities ready to run in Riverton

By Stefanie Lasuik

After a year of absence, the Riverton Friendship Centre reopened their gym facilities. The full-service gym was previously closed on account of sewer backup but is now sparkling and ready to help locals get and stay in shape.

"We have all the equipment necessary for a full body workout," Tanis Grimolfson, executive director of the Friendship Centre, explained.

The gym has two Manitoba certified fitness instructors on staff and hopes to employ personal training for an additional fee in the near future. Grimolfson also plans for the gym to offer cycling and yoga classes soon.

Change rooms complete with washrooms, lockers and showers are also available, but attendees must bring their own locks.

"We are very excited with the facility," Grimolfson said.

Not only did the Friendship Centre have all the fitness equipment replaced, it added new pieces to add to the totality of one's workout.

The gym is open from 9 a.m. to 9 p.m. from Monday to Saturday and noon until 6 p.m. on Sundays.

Memberships are also available for \$250 for a year, \$160 for six months, \$95 for three months and \$40 per month. Drop-ins are also welcome and cost \$15.



EXPRESS PHOTO SUBMITTED

The Riverton Friendship Centre reopened their gym facilities last month.

Day-trippers on Gimli Beach

By Patricia Barrett

Three longtime friends from Winnipeg cleared their schedules and headed out to Gimli last Wednesday to soak up the sun and the 32-degree temperatures.

Debbie, Barb and Edna (left to right), who said they were "39 and holding," will be doing a spot of shopping at Tergesen's before retiring to a beachside restaurant to cap the day.

"You're never too old to enjoy the beach," said Barb.



EXPRESS PHOTO BY PATRICIA BARRETT

Drought conditions might have farmers rethinking old advice

By Stefanie Lasuik

Whether farmers are looking at a surplus or shortage of alfalfa this fall, it may be tempting to violate age-old advice. Cutting during the critical harvest period has the potential to harm the fields, but the price may be right to put this advice to the wayside.

Although prices for alfalfa have not yet been set and will not be set until final cuts are taken, John McGregor of the Manitoba Forage and Grassland Association guesses that alfalfa will go for approximately six to eight cents per pound this year, similar to last year's rate, which was up a few cents

from 2013. Top quality alfalfa, he says, is looking at about nine to 10 cents per pound. Drought conditions out west have put a premium on the legume, which has farmers selling at prices upwards of 9 to 11 cents per pound, or \$180 to \$220 per tonne.

If the price gets high enough, local farmer Darren Hueging might consider selling. However, Hueging knows of the risks accompanying a cut beyond the critical harvest period and will not cut past then.

Hueging said that in order for the plant to stay insulated throughout the winter, it must be high enough to

catch the snow, which will then act as insulation. He further explained that he wanted to let the roots strengthen up before the cold winter months.

McGregor explained that those who are considering taking another cut in the critical period should ensure that their alfalfa has flowered at least once during the summer and that it has adequate fertility in potassium and phosphorus. He also said that farmers who harvest frequently, every 30 days

or less, may want to be more cautious about cutting after the deadline. The critical period is more necessary for these plants so that they can regain nutrient reserves before the winter.

The third week in August usually marks the beginning of the critical harvest period. The advice goes that farmers shouldn't harvest four to six weeks before the first killing frost, which is -5°C for alfalfa.

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EXPRESS PHOTO BY STEFANIE LASUIK

Darren Hueging and his daughter, Jocelyn, examine the alfalfa fields that could make for a good sell this year.

Province kicks in \$5M for Winnipeg Beach seawall repairs



EXPRESS PHOTO BY LINDSEY ENNS

Premier Greg Selinger and Winnipeg Beach Mayor Tony Pimental walk along the Winnipeg Beach boardwalk next to the damaged seawall that will be repaired after close to \$5 million in funding was announced during a press conference last Thursday.

By Lindsey Enns

Nearly \$5 million in much-needed repairs to Winnipeg Beach's seawall will mean increased flood protection for the community's businesses and boardwalk, Premier Greg Selinger announced last week.

Selinger said the seawall at Winnipeg Beach was "severely damaged" during a severe storm over the May long weekend of this year. He added the seawall provides protection for the community's beach and popular boardwalk along with the main business section and Winnipeg Beach Provincial Park campground.

"It will provide security and safety to all the people that live and work ... in the Winnipeg Beach area," Selinger said during his visit to Winnipeg Beach last Thursday. "It will just enhance the whole safety and security and accessibility of this area of Manitoba."

The provincial funds will allow for immediate repairs to the seawall while approved capital funds will make further improvements in 2016, Selinger said.

Tentative plans include extending

the beach's current steel wall to the damaged areas and pushing the seawall back further to provide more beach space while extending the boardwalk.

"This project will allow for future public and private investments, thanks to the increased protection the repaired seawall can offer from storms and flooding," Winnipeg Beach Mayor Tony Pimental said.

While stepping onto Winnipeg Beach last Thursday afternoon, Ashley Taylor said she would be happy to see some improvements made to protect the community's boardwalk.

"I like the boardwalk. ... It's a good thing," the Winnipeg resident said.

Manitoba Conservation and Water Stewardship is in the process of hiring an engineer to oversee the project. Once a design has been approved, the project will be put out for tender.

Construction will take place throughout the winter months so the most critical parts of the project can be completed within the current fiscal year, Selinger said.

"I look forward to seeing this project unfold in a timely fashion."



5 Reason's to Train Your Dog Positively and Professionally



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2. To Teach Life Skills Teaching your dog basic manner skills and providing her with enough mental enrichment and physical exercise will prevent her from developing anxiety and other stress related behaviours such as destructive chewing, inappropriate barking and aggressive display.

3. To Increase Sociability It is vital to socialize your dog by giving her good experiences in the presence of all kinds of people, animals and environments. Socialization is all about keeping your dog comfortable in these social situations while taking care not to force her into a situation she might find uncomfortable.

4. To Avoid Problem Behaviours Training your dog positively promotes security and comfort, and circumvents negative behaviours.

5. For Loyalty and Companionship Discipline in the form of time outs, removal, vocal interrupters or simply ignoring behaviour that you do not like, are far more effective than harshly suppressing negative behaviour which can damage your relationship with your dog.

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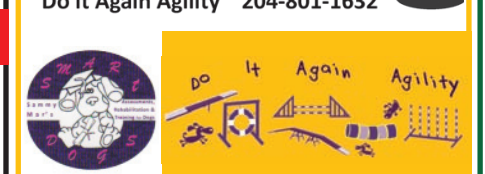


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Interlake chiefs rally against outstanding flood issues

By Austin Grabish

The Interlake chiefs who represent the First Nations hardest hit by the 2011 and 2014 floods are calling on the federal and provincial governments to deal with outstanding issues before further plans for \$495 million in flood channels are made.

Close to a dozen chiefs rallied at the Manitoba Legislature in Winnipeg Aug. 12 to make the plea.

The chiefs, who came from communities across the province including Lake St. Martin, Dauphin River, Little Saskatchewan, Pinaymootang, Lake Manitoba and Peguis, all say too many outstanding flood-related issues remain with both levels of government.

Assembly of Manitoba Grand Chief Derek Nepinak said millions are still owed to First Nations for outstanding flood claims, but the issues run deeper than just money.

Nepinak said First Nations haven't been properly consulted by both levels of government on the construction of the new Lake Manitoba and Lake St. Martin flood-outlet channels, which the feds and province jointly committed \$495 million in funding to in July.

"There's a tremendous amount of discussion that needs to happen, including what the impacts are going to be on the communities, how soon are people going to get home," Nepinak said. "The tragedies that have unfolded here in the Interlake, they're more than a politically expedient manner to be dealt with at the whim of politicians."

Peguis Chief Cindy Spence said her First Nation is still stuck trying to cut through red tape with the federal government on outstanding claims and



Peguis First Nation Chief Cindy Spence, pictured far right, speaks during a rally put on by the Assembly of Manitoba Chiefs regarding outstanding flood issues at the Manitoba Legislature in Winnipeg last Aug. 12.

displaced Peguis residents are suffering.

"Really, our people are victims," Spence said while talking about some of the social impacts displaced band members have endured while living off-reserve.

Lake St. Martin Chief Adrian Sinclair said despite recent milestones — including a June groundbreaking ceremony that marked the awarding of tender for road construction, ditching and piping for water and sewer — people are still hurting in his community.

Some band members have taken their own lives since being flooded out and moving to Winnipeg, while many still live in hotels and school dropout rates have soared.

"It's impacted the community members in a lot of ways," Sinclair said.

Dauphin River First Nation Chief John Stagg said fishers from his community had their livelihood destroyed in addition to being forced out of their homes.

"What we had to leave with was just a bag and jump in the boat," Stagg said.

Manitoba Aboriginal and Northern Affairs Minister Eric Robinson said the province is only in the initial stages of the two projects. Consultation with First Nations, farmers and municipalities, which will all be affected by the outlets, are still in the works, he said.

"To suggest that we've left people out of the consultation phase is completely wrong," Robinson said.

He added the recommendation to build a flood channel came from First Nations.

Numbers tallied by the federal government in late June show a total of 1,926 flood evacuees still remained displaced from the 2011 flood.

A request for comment from Aboriginal Affairs and Northern Development Canada was redirected to Infrastructure Canada but went unreturned before press deadline.

EXPRESS PHOTO BY AUSTIN GRABISH

> CATTAILS, FROM PG. 7

its waste licence prohibits it from accepting garbage from other municipalities — even for a fee. Council had previously denied Hecla access to its waste facility.

Heavy rains resulted in water running under one side of the fire station, reported Coun. Chomokovski. Gravel will be packed into the crevice.

The fire department has been dealing with a number of lift-assist calls that its committee is currently reviewing. Lift assists, defined as people requiring assistance getting up but who are otherwise uninjured, are common emergency service calls. Fire personnel, however, have been lifting patients from ambulance stretchers to hospital stretchers, said Chomokovski, who sits on the committee. "It goes out as a 911 call," he said. "To send 10 guys out to lift?" The committee may recommend working with ambulance attendants and hospital staff to identify alternative strategies.

Coun. Shott said operating efficiencies at the RM's public works department are being reviewed by its committee, which has received a few complaints from area residents. In one instance, a backhoe (for cattail weeding) had allegedly sat on a road for three or four days and dug only a half-mile of ditch.

The committee would also like see to equipment undergo regular safety checks in March or during slow months, even if they fall due in the summer.

"Don't pull equipment off the road in the busy season," said Shott. "This hoe has to be digging steadily."

He said little headway would be made on cattails in such a vast area.

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Keeping your kids HEALTHY for the new school year



Doing your own homework helps them do theirs

Getting a head start before school starts is always the right way to go. Here are some ways to make sure your children are ready for their studies:

Reading with your children will teach them to be observant and to develop their vocabulary and general knowledge. But can they see properly? Can they distinguish details, contrasts, and colours? An optometrist will be able to answer all these questions.

Perhaps your son seems to daydream all the time or is easily distracted by ambient noises. Or maybe your

daughter has difficulty in distinguishing between different sounds when you talk to her. If your children give you the impression that they don't want to listen or are unmotivated, it may be because they have difficulty hearing. An audiologist will be able to identify any problems.

Fall is a good time for your children to have a complete oral checkup at the dentist's. You can also ask for advice adapted to their needs, concerning both oral hygiene and diet. With healthy teeth they'll discover the power of a beautiful smile.



Backpacks

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Buying a backpack in five lessons

A child's backpack is a trusty companion; kids are rarely seen without them. However, a poorly adjusted backpack, or one that is too heavy, can cause back, shoulder, and neck pain. One teenager out of two suffers from back pain at least once a month, and what they're wearing on their backs may very well be the cause. That is a good reason to learn these five lessons about backpacks.



1. Shop with your children. Having the child with you is the only way to choose a backpack that will be the right size. The backpack should not be higher than the shoulders or wider than the back, and should reach down to just above the hips.

2. Choose the right material. A light synthetic canvas is better than a heavier cotton or leather. An empty bag should weigh no more than 500 g for a child and 1 kg for a teenager.

3. Choose a neutral colour. A neutral bag will better stand up to changing fashions. Expensive designer brand bags could also be a poor choice; kids grow up fast!

4. Examine the shoulder straps. These should be at least 5 cm wide and be adjustable and padded. A waist strap and a chest strap allow for better weight distribution.

5. Educate your children. Teach kids to only bring home what is strictly necessary in order to do their homework. The weight of the filled bag shouldn't exceed 10 percent of their body weight.

Research has proven that good posture will prevent children from becoming overtired and will help to improve academic results. A visit to a chiropractor will not only result in some sound advice but also some valuable preventive measures.

A child's growing period is crucial in his or her development. An annual visit to your children's healthcare specialists before school begins in the fall will allow you to benefit from some valuable advice. It will also be an opportunity to detect any incipient problems.



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Fun times at the Eriksdale Fair and Rodeo

By Staff

It was an action packed weekend in Eriksdale at the annual Creamery Days Fair & Rodeo.

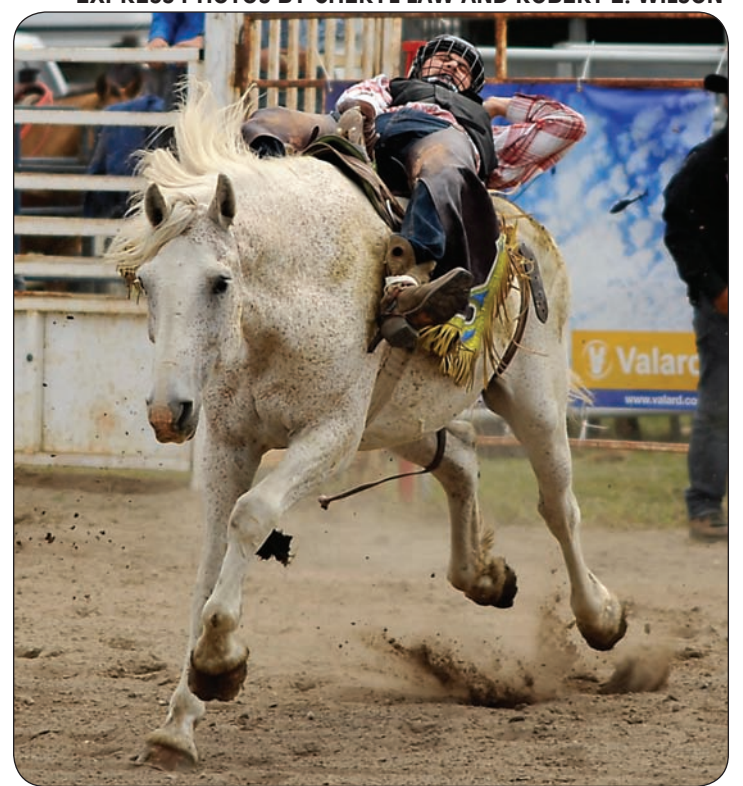
The fun kicked off Friday evening with Manitoba Barrel Racing and a horse shoe tournament.

Saturday started out with a free pancake breakfast served by members of the Eriksdale Fire Department and sponsored by the RM of West Interlake. People lined the streets to watch the parade and then enjoyed the day filled with entertainment, fun for the children and the Heartland Rodeo events.

Sunday saw more rodeo action and the popular tractor pull.



EXPRESS PHOTOS BY CHERYL LAW AND ROBERT E. WILSON



Rocking country on the sand



Jerry Sereda



Jake Mathews

By Stefanie Lasuik

His hit singles "If I had it my way" and "Beer Necessities" consistently fill cars tuned in to QX104, but on Friday night, his WCMA-nominated songs and CCMA-nominated sound echoed over Lake Winnipeg in Gimli.

Jake Mathews made his first-ever appearance in the community by getting locals up and dancing in the sand. His big-time sound delighted Gimli as much as his small-town attitude.

The native of Sudbury, Ont., picked up the guitar at the age of 14 and

mixed melodies with his large and extended family. At that point, his interest in music was sparked by the desire to be a part of the family's hobby.

"I don't think I ever really thought of it at that point that this is going to be my career. I just loved to do it," explained Mathews.

Two Western Country Music nominations for outstanding recordings, four Canadian Country Music nominations for artist of the year and rising star, and a Country News' Best Album title later, Mathews is a widely loved



EXPRESS PHOTOS BY LIAM MCKINNON

Country music entertainers Jerry Sereda and Jake Mathews entertained on the sand at the Gimli Beach Bash Saturday night.

Canadian country star, churning out six albums and currently writing for his next. He released his latest single, "Road and the Radio," in February of this year.

With his music, Mathews attempts to create pieces that others can relate to.

"It's trying to have that connection. I think you do that by performing songs and writing songs that will make people feel something," he explained.

Whether the emotion evoked is sadness or joy, Mathews believes in moving the audience to feel his music and its message. Mathews creates

the message in his songwriting — another great talent that has seen him produce lyrics for country music stars Gord Bamford and Autumn Hill. He sees himself writing more and more in the future.

For now, he enjoys the on-the-road lifestyle his career demands and was excited at the prospect of his first-ever Beach Bash.

Not only did Gimli provide the type of small-town atmosphere Mathews says he enjoys, it granted him his first opportunity to rock out in the sand.

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Family get-together at Arborg's Heritage Village Hall

By Patricia Barrett

Arborg's Heritage Village Hall invited seniors from the area to a 1950s-themed brunch last Wednesday.

The event brought four members of the Horvath family together to enjoy pancakes and sausages along with '50s music and memorabilia.

Anne, Margie (Margaret), Mary and Louie (Louis) recalled their childhood in Geysir, a small farming community about 12 kilometres east of Arborg, and some of their adventures throughout the years.

"Living on a farm is not so great in winter when you have to drag a five-gallon pail of slop to the pigs," Anne said.

Before school, they had to do chores — milk cows and feed the pigs and the chickens.

Mary used to help with haying. "I drove over the dog once," she said. But the ground was so swampy that the dog sank down under the weight of the wheel and escaped unharmed.

They were too poor to own bicycles and had to walk several miles to school and church and wherever else they had to go.

"In winter, we'd hook up the horse to the caboose [a covered sleigh]," said Anne. "One time we tipped over in the ditch."

"And we had to go through the door to get out," added Mary, who worked as a payroll administrator at Scott-Bathgate in Winnipeg for 36 years.

Anne recalled moving their neighbour's belongings by sleigh and how the horse got spooked by a grader. "Frank Spence fell off the back of the sleigh," she laughed.

The Horvath family and their forebears are featured in the Geysir Historical Society's 1983 book called *Faith and Fortitude*, available online. It details their grandfather's arrival in Canada from Hungary and the harsh conditions the family endured trying to make a living from farming. In addition to family photos, Anne and



EXPRESS PHOTO BY PATRICIA BARRETT

Three sisters of the Horvath family, left to right, Anne, Margaret and Mary, attended the Arborg Heritage Village Hall pancake brunch Aug. 12.

Marge appear in a Geysir School photo from 1950.

Anne, who brought her extraordinarily well-behaved dog Harley to brunch, recalled some of the highlights of her working life.

She left the farm for Winnipeg, got married and found a job at Greyhound Bus Lines. But she wasn't driving 40-foot coaches — she was making them. She welded parts of the metal frame and panels together.

"Oh, yes, it got hot under there," said Anne, 83, referring to the helmet that welders wear to protect their eyes and skin.

She said she wasn't the only woman welding at Greyhound. There were about six or eight of us, she recalled. No experience was necessary. The company trained them on the job.

"I started on acetylene [gas welding]," she said. "Then the foreman says, 'You've got to weld.'" That prompted a few chuckles from two male welders. "I thought, I'll show you guys."

And she did — for 32 years. In 1948, Greyhound acquired 65 per

cent ownership of Motor Coach Industries, a Winnipeg-based company, and ramped up its bus-building production, according to a 2002 article in *National Bus Trader*.

The company also built custom buses for clients.

"Dolly Parton ordered one," said Anne. "But she brought it back because there was something wrong with it."

Anne and her co-workers asked Parton if they could have a look inside her bus. "And she said, 'As long as you take your shoes off.' She had a beautiful voice," said Anne, who moved to Arborg about seven years ago.

She and Mary have their own homes in town. Mary was 16 when she left Geysir for Winnipeg. She returned to Arborg 17 years ago. Their brother, Martin, who was a carpenter, built her a home.

Margaret got married and used to help run Louis' farm. They both now live in Arborg's Personal Care Home. Louie's girlfriend, Cathy, also attended the brunch.

"These seniors are amazing," said Karen Melnychuk, recreation co-ordinator at the home, which is operated by the Interlake-Eastern Regional Health Authority. "What you find out about them, what they used to do."

Melnichuk said the home takes as many seniors as it can on these outings. "It's a good thing when family gets together and goes out," she said. Over the course of the brunch, she sat with seniors at different tables to see how they were getting on.

Staff at the Heritage Village organize games and singalongs. Today, they provided a number of items seniors may have used in days of old.

"We put together memory boxes," said student Shae Lynne Klym, referring to the other student volunteers, Taylor Stanowski and Jenna Hnatiuk, who distributed everyday household objects to each table.

The Horvath family examined an old Brownie camera [Kodak], an embossed Rawleigh's bottle from c.1900, and a super-sized press that Mary said was used to crush tomatoes.

A cribbage board caught Louie's eye. He started shuffling the cards in anticipation of a game. Louie was a deft hand at cribbage. "He still remembers how to play," said Mary.

"You cheat — that's why you win," Anne said, teasing her brother. "One time he had a good hand, and I said, 'You're over-counting.' I double-checked and he wasn't."

Louie, who is the eldest of the six Horvath siblings, used to entertain his sisters with his musical talents. He used to play guitar, accordion and a mouth organ.

"He'd put a mouth organ onto his guitar and play at the same time," said Mary, who likes to crochet and embroider.

"The only thing I can play is the radio," laughed Anne.

But if she were to pick up a welder's torch, she'd know exactly what to do.

Golf tournament to support two good causes

By Jennifer McFee

Calling all golfers — it's time to tee up for a two good causes.

The Hack N Smack golf tournament is scheduled for Friday, Sept. 11 at the South Interlake Golf and Country Club to benefit the Winnipeg chapter of Tourette Canada and the Manitoba Police Curling Association.

Lorne Perrin, one of the organizers on behalf of the Tourette chapter, said

it's the first time both organizations have teamed up for the event.

"Tourette Canada is the national charity of choice by the Canadian Police Curling across Canada, so the Manitoba chapter is working with our local Winnipeg chapter here to help raise a few added funds through the golf tournament," Perrin said.

"We're targeting about 80 to 100 golfers. We don't know what to expect for

the full financial results, but if we did \$1,500 to \$2,000 per organization on the first year, that would be deemed a success. If it's successful, we'll try to do it on an annual basis."

The shotgun start for the Texas Scramble golf tournament is scheduled for 2 p.m. The fee is \$100 per golfer by cash or cheque payable to MB Police Curling.

In addition to the golfing, the fee in-

cludes the costs for a cart, a meal and a chance to win prizes. Contests include longest drive, a putting contest and closest to the pin.

Golfers can enter as a team of four or as individuals. The deadline to enter is Friday, Sept. 4.

To enter, contact Perrin at lperrin@shaw.ca or 204-794-0340, Tyson Langrell at tlangrell@winnipeg.ca or Bill Stewart at hammerhd@shaw.ca.

Sandy Hook's last stand: Gimli Council rejects funding request

By Patricia Barrett

Sandy Hook: Community Club and Pier funding

A large delegation from Sandy Hook attended Gimli council's regular meeting Aug. 12. Of concern were funding cuts to the community club and the pier.

Earlier this month, the club posted a petition on its website encouraging the RM of Gimli to reverse its cuts (about a third) to the club, which is responsible for maintaining Sandy Hook's pier. According to the website, 190 people signed the petition.

"I want to congratulate council for stepping forward to recognize the importance of the community club in Sandy Hook," said Art Zuke, who spoke on behalf of the 20 or so residents taking up the majority of seats at the meeting.

Zuke read from a prepared statement that emphasized the benefits of both the club and the pier to the residents of the beachside resort. He then asked council to restore funding to 2014 levels, which was \$4,500. Pier materials accounted for \$3,000 of that.

Coun. Danny Luprypa said there was not \$3,000 worth of lumber on the pier.

The club had submitted its expenses to council. Zuke said that's what the pier cost. He went on to say that there are "intangible returns" to funding the club. He cited several thousand dollars' worth of business that residents give to the town of Gimli, and how the pier and the club bring families together. "We feel this is a reasonable request of our government."

Until 2010, the RM maintained the pier, a long, narrow, wooden structure that sits on telescopic legs about 12 feet or so above Lake Winnipeg. But after its regular contractor retired, council could not find another.

"If we put our employees [public works staff] out there," said CAO Joann King, "that'd be a workplace health and safety issue. That's a liability issue for us."

Instead, the RM gave the community club funding to maintain the pier. Zuke said, at present, it needs to replace the club's windows, pay for grass cutting services and materials for the pier. He said \$3,000 is the average of what it costs to erect the pier. Volunteers from the community build it in June every year and dismantle and store it over winter. The club had applied for grants but was unsuccessful.

The meeting grew a little tense as council and residents engaged in a long debate about the club and the pier.

Luprypa said he was "baffled by the amount of material needed for that pier," and that it "takes years for lumber to rot. I understand if there is a storm, there will be replacement. I'm missing something."

Coun. Richard Petrowski suggested the club dismantle the pier before fall so that storms don't damage it.

When Luprypa suggested the club implement a membership fee to help offset expenses, Zuke said, "It's an open door organization. That's not in the spirit of what it has always been. It would change the dynamic."

The club fundraises through picnics, raffles, 50/50 events, movie nights, bingos and pancake breakfasts.

"To expect the RM to do grass cutting and fix win-



EXPRESS PHOTO BY PATRICIA BARRETT

A delegation met with Gimli council during the Aug. 12 regular meeting to discuss funding for the Sandy Hook Community Club and Pier.

dows is not fair to all clubs in our RM," said Coun. Thora Palson. "It's a fairness issue."

"Sandy Hook residents are entitled to their fair share of the recreation budget," said a resident in response.

Deputy Mayor Peter Peiluck weighed in by detailing some of the club's expenses. "There are 20 other associations getting nothing," he said.

Zuke closed by saying the pier is an historic part of the Interlake. For more than 60 years, there has been a pier at Sandy Hook.

Sandy Hook: speed limit on Highway 9

Part of the Sandy Hook delegation cited safety concerns on Highway 9. They want the speed limit reduced to 50 kilometres year-round between First and 17th avenues. Between the September long weekend and the May long weekend, the speed limit is 90 kilometres. There are no sidewalks on the heavily housed stretch of road. To access their mail and the beach, residents have to walk on the highway. Where the road sharply winds, pedestrians and vehicles are hidden from sight. Residents said they have seen numerous vehicles leave the road and drivers who do not adhere to posted speed limits.

Their application for a permanent speed limit, rather than a seasonal one, had gone to the Highway Traffic Board but failed because it "affected other communities." Opposition had come from non-residents who said it would add extra driving time when passing through the community.

"Inconvenience shouldn't trump safety," said one Sandy Hook resident. They asked council what they needed to do to get their concerns addressed. CAO Joann King said she would contact the board on their behalf.

"If this moves forward," said Deputy Mayor Peter

Peiluck, "you should rally the troops."

Sidewalk tender

Council reviewed a number of tenders for roads, sewers and sidewalks. A tender proposing \$6.20 per square foot of asphalt for sidewalks was rejected.

"We want to go in the concrete direction," said Deputy Mayor Peter Peiluck, "because it's more durable."

Public hearings

Gimli resident Ashley Tupper submitted an application to open a massage therapy practice from her home on 5th Avenue. Tupper came to Gimli in 2009 and practised as a massage therapist after training and working in Winnipeg. After questioning Tupper about the availability of customer parking and possible signage (she said she will not have signs), council unanimously granted her application.

In March, St. Andrew's Towing opened up shop in Gimli after landing a contract with the Canadian Automobile Association (CAA).

"There's an actual towing company in Gimli now," said owner Robert Stutsky, who had not attended council but spoke later by phone.

He applied for a variance to add a building in which he'll house tow trucks. He also wants to erect a higher fence (eight feet) to protect nearby residents from the towing yard.

Council heard from one residential property owner who was concerned the compound would increase traffic flow and possibly pollute wells. Another resident was concerned about snow removal and speed in the back lane.

Coun. Luprypa said the property conforms to the zoning bylaw and that it is commercial highway property.

Council voted in favour of the variance.

Cowboys to compete at annual Ashern rodeo

By Natasha Tersigni

The September long weekend in Ashern is looking to be jam-packed with fun activities, including the town's 23rd annual rodeo.

The highly anticipated rodeo events include saddle bronc, bull riding, bareback riding, team roping, junior girls barrels, calf roping, ladies barrels, steer wrestling and wild pony races. For the younger cowpokes, there will be wild pony races and a chicken scramble.

The rodeo runs Saturday and Sunday with the gates opening at noon and the events starting at 2 p.m. each day. At the rodeo grounds both days, there will be beer gardens open noon to 8 p.m., and on Saturday after the rodeo ends, there will be an arm-wrestling competition.

On Saturday night at the rodeo grounds, there will be an outdoor cabaret featuring the country band Rob McLane and Against the Grain. The show starts at 8 p.m. and admission is \$15.

The Rodeo Grounds is located a mile and half south of Ashern on Highway 6. Day admission for the rodeo is \$10 or \$15 for a weekend pass.



EXPRESS FILE PHOTO BY LANA MEIER

Organizers of the Ashern Rodeo are gearing up for the 23rd annual rodeo Sept. 5 and 6.

Along with the rodeo events, activities throughout Ashern will take place all weekend long.

On Friday night, organizers will have a Street Dance, street painting and the kiddie train on Main Street from 7 to 10 p.m. At 10 p.m. at the east end of Main Street, there will be a fireworks

display sponsored by the Ashern Rodeo Association and the Ashern Chamber of Commerce.

Events Saturday morning begin bright and early with a pancake breakfast being prepared and served by the Ashern firefighters at the Centennial Hall. The breakfast runs 8 to 10

a.m., and then it is over to downtown for the parade that starts at 11 a.m. at the Sports Grounds.

This year, to fill the gap from noon to 2 p.m. after the parade and before the rodeo starts, the Inland Oceans Arts Alliance will be hosting their first-ever Ashern's Got Talent show. The event will showcase a variety of local talent, including singers, musicians, dancers, gymnasts, jugglers, magicians and comedians, and will take place on a stage outside the CIBC on Main Street.

"We are hoping for a variety show like America's Got Talent. Right now I have a whole bunch of singers and great musicians and I am still hoping for other talented performers," said organizer Elisa Hunt.

"This will be an informal and fun show. I am hoping to see how the reception goes this year, and maybe in later years, we will turn it into a judged contest that involves friendly competition between all of the towns in the area."

To sign up to perform at Ashern's Got Talent, phone Hunt at 204-280-0577 or email her at elisachimienti@hotmail.com.

QuickCare sees 'surge' in patients following clinic's closure

By Lindsey Enns

Selkirk's QuickCare location is seeing an influx of patients following the Red River Medical Clinic's closure.

"Recently we do know there's been a surge coming to QuickCare as a result," Interlake-Regional Health Authority regional director of public health Shannon Montgomery said. "Staff has said it's picked up for sure."

Being down a local health-care provider has had an impact, Montgomery said, forcing them to bring in an extra nurse practitioner.

"We have on most shifts been able to double up on the nurse practitioner," she said.

Although Montgomery couldn't provide up-to-date numbers, from April 2014 to March 2015, Selkirk's QuickCare Clinic saw anywhere between 700 to more than 1,000 patients per month. Annually the location sees more than 10,000, she said.

The Red River Medical Clinic shut down on June 28. The walk-in clinic, which was located inside Selkirk Town Plaza, announced its closure with a sign on its door apologizing to patients who were later left in limbo.

When the QuickCare Clinic first opened its doors in Selkirk, it was



EXPRESS PHOTO BY LINDSEY ENNS

The Interlake-Regional Health Authority says Selkirk's QuickCare Clinic, located along Manitoba Avenue, is feeling the pressure after the Red River Medical Clinic abruptly closed its doors on June 28.

operating on a first-come, first-serve basis. However, Montgomery said since January of this year, they have moved to a same-day or next-day appointment system where community members are asked to phone ahead.

"It gives us better control of the flow through the clinic and gives the consumer a better ability to know they have an appointment today or next

day," she said, adding QuickCare has never been a walk-in clinic. "Unfortunately we can't meet everybody's needs, but it works much more efficiently than just showing up."

But that's exactly what 64-year-old Ed Chrapchymski did on July 27 when he entered Selkirk's QuickCare Clinic hoping to get his blood pressure checked.

"It was very hot that day and I felt kind of woozy," Chrapchymski said. "I just wanted to make sure I was OK."

The RM of St. Andrews resident said he was unaware he needed to make an appointment ahead of time but offered to wait in case there was a cancellation.

"I told them that I would wait because it was early in the afternoon," he said. "They told me that I can't wait there and I had to leave."

Montgomery said it isn't uncommon for the clinic to direct patients elsewhere to obtain care either locally or in Winnipeg.

She said QuickCare locations offer non-urgent health care to those who can't wait to see their regular doctor. The clinics, which are staffed by nurse practitioners and primary-care nurses, also shouldn't be used for ongoing care. Montgomery encourages residents to register for a regular care provider if they haven't done so already.

"That's what people need to do is go through that primary-care connector and get on the list," she said. "It's your best way of having good continuity of care so the person knows you well."

sports & recreation

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Midget Thunder collar coyotes in weekend play

By Brian Bowman

The Interlake Thunder could not have asked for a better start to their Midget Football League of Manitoba season.

Interlake destroyed the Sunrise Coyotes 47-0 in the season opener for both teams last Saturday in Stonewall.

"It's always huge to win your home opener, but not only that, Quarry Days is a really big community event," said Thunder head coach Kris Johnston. "To be part of that was really huge. We loved being part of that and we always get a great fan turnout."

Interlake led 7-0 after the first quarter and then exploded for 27 points in the second stanza to turn a close game into a rout.

"The guys really came alive in the second quarter," Johnston recalled, noting every healthy player saw the playing field in the lopsided win. "We were playing well in the first but we were still getting our feet under us, sort of speak. We only had one controlled scrimmage prior to the game, so there were various different kinks that we were working out with regards to special teams, offence, and defence."

Thunder quarterback Declan Kubel of Selkirk was very effective in the win, finishing 10-for-17 for 122 yards and four touchdown passes. Three of those TD throws went to Thunder receiver Kurtis Janzen. The 6-foot-4 Janzen, a dynamic playmaker, hauled in five passes for 122 yards.

The other TD pass was caught by

Thomas Dunlop.

"The players on the field and our offensive coaching staff did an outstanding job," Johnston praised. "We did a very good job throwing the football, short, medium, and long. We attacked all three phases of their secondary with our passing game."

Interlake was also very effective running the ball. David Aisicovich rushed the ball 14 times for 102 yards and two scores. The Warren product had a fantastic game for the Thunder.

"We ran the ball very well on the perimeter and between the tackles," Johnston noted. "We were very balanced all day."

Defensively, the Thunder were strong right from the opening whistle. Austin deLaroque, a linebacker, had a great game for the Thunder, finishing with a team-high seven tackles while also getting a sack.

Trayton Smith and Mike Tillett also had very good games, dominating the interior line.

"They snuffed out pretty much any attempts to run up the middle and they collapsed the pocket on every single passing down," Johnston said.

Interlake was also very good in shutting down Sunrise's passing game. The Thunder finished the game with seven interceptions. Dunlop and deLaroque had two picks each while Smith, Matt Thoresby and Dakota Holden also had interceptions.

Holden's interception was returned for a touchdown.

The Thunder (1-0) have a tough



EXPRESS PHOTO BY JO-ANNE PROCTER

Lundar's Dakota Holden had an interception during the Interlake Thunder's 47-0 season opening win over the Sunrise Coyotes Saturday.

matchup this Saturday when they host the Transcona Nationals (1-0) at the Selkirk Rec Complex (4:30 p.m.). Transcona shut out the St. Vital Mustangs 22-0 in their season opener last Saturday.

"We have a big game at home in Selkirk," Johnson said. "We know (Transcona) is big, physical and they play quality defence. They run the football and they're pretty balanced, at least

that's my understanding from preliminary scouting reports."

In Week 3, the Thunder will host the Mustangs on Aug. 29. The next two games will pose a tough challenge for the Thunder.

"We go into every game looking to compete and we want to put the best product on the field that we can," Johnston said. "We'll learn a lot about ourselves in the next two weeks."

Manitoba places fourth at 16U girls' baseball nationals

By Brian Bowman

Team Manitoba placed fourth at the 2015 16U Girls Invitational Baseball Championships in Saguenay, Que.

Manitoba missed out on a bronze medal after losing 12-8 to Alberta last Sunday.

Trailing 9-1 in the sixth inning, Manitoba closed the gap to just a single run after scoring seven times in the top of the inning. But Alberta came right back with three runs in the bottom of the sixth.

Garson's Brittney Langlais was 2-for-4 with two runs scored in the bronze-

medal game. Arborg's Jamie Johnson finished 1-for-3 with a walk and a run scored.

Kaitlyn Holod of Grosse Isle and Laura Kilbrei of Arborg were each 0-for-2 at the plate. Holod also pitched in the game, giving up four hits and three earned runs in 2 2/3 innings. She also issued four walks and struck out one.

Earlier Sunday, Manitoba was shut out 10-0 by Quebec 1 in five innings. Manitoba had just three hits in the game and committed five errors.

Manitoba started the nationals with

a 9-3 loss to Ontario. Trailing 2-0 in the third inning, Ontario scored five runs and then added three more in the fourth.

Langlais had a hit and an RBI while Johnson and Holod also had a hit apiece. Kilbrei was 0-for-2 with a walk.

Langlais and Holod both pitched in the loss.

Manitoba rebounded nicely from that defeat, however, to trounce Quebec 2 16-3 the next day.

Langlais had another good game at the plate, going 3-for-4 with three runs scored. Johnson was 2-for-3 with

a run scored and pair of RBI. Holod had a hit, a run scored, and an RBI in her lone plate appearance in the game.

Johnson earned the win on the mound, surrendering a hit and two runs in 3 2/3 innings. She also walked one and had four strikeouts.

On Saturday, Manitoba beat B.C. 11-1 in six innings. Johnson scored twice and had an RBI while Langlais also crossed the plate for a run. Kilbrei had a hit in the game while Holod earned a walk.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder Atoms have awesome football experience

By Brian Bowman

The Interlake Thunder Atom football team has had quite a beginning to their season.

After starting with an impressive 59-8 victory over the Transcona Nationals, the Thunder won tickets from the Manitoba Lotteries Flight Deck program for their entire team to go to the Winnipeg Blue Bombers' game last Friday against the Toronto Argos.

The Thunder also received an on-field experience where they were able to be in the tunnel and high-five players. As a bonus, Bombers' receiver Nick Moore gave Thunder quarterback Brett Gascoigne a football.

Thunder head coach Darcy Gascoigne said the Bombers were able to expand their experience by providing a deal on additional tickets so more parents and siblings could take in the game. "We had 42 thunder faithful on the bus," Darcy Gascoigne said. "It was a fabulous experience for all."

The next day, a tired group of Thunder players battled the Valour Patriots. Trailing 20-0 early in the game, Interlake stormed back to win 39-33 in a stifling 35 C heat.

"I don't think I have ever been prouder of a team," Darcy Gascoigne said. "We were down 20-0 early (and) it would have been easy for these kids to quit. They were tired, it was 35 degrees outside, but they didn't (quit) led by the play of our quarterback Brett Gascoigne on offence and the hard tackling of Jon Melsted on defence."

The Thunder were able orchestrate a game-winning drive despite multiple penalties called on them. Interlake was penalized 30 yards, making it first



EXPRESS PHOTO BY AUSTIN GRABISH

The Interlake Thunder's Atom team were treated to a Blue Bomber's game in Winnipeg last Friday. The Blue and Gold didn't do so well, but the Thunder prevailed the following day with a 39-33 win against the Valour Patriots in Stonewall.

and 40 but Brett Gascoigne ran the ball, breaking multiple tackles and running over several players to get 41 yards and a first down before eventually scoring the winning touchdown.

"I believe these kids learned a huge life lesson here," Darcy Gascoigne

said. "They learned that if you don't give up, winning is possible and that's special. This is why we put our kids in sport, not only for exercise, but to learn these important life lessons and how to be part of a team and believe in themselves."

The Thunder's next game is at home this Saturday (2 p.m.) at the Selkirk Recreation Complex.

All five of the Thunder teams will be playing, starting with the Bantams at 9 a.m. and ending with the Midget and Cruncher teams at 4:30 p.m.

Kopp, Hoydalo win golf medals

By Brian Bowman

Lexie Kopp of Winnipeg Beach led Manitoba's female golf team to a silver medal at the Western Canada Summer Games in Wood Buffalo, Alta.

Manitoba finished with a two-round total of 493, which tied them for the silver with Saskatchewan. Manitoba combined for a 254 dur-

ing the first round and a 239 in the second round.

B.C. won the gold with a 435.

As an individual, Kopp had rounds of 92, 86 and 97 for a 275 total.

On the men's side, Manitoba won a bronze medal after finishing with a 468. That was behind B.C. (446) and Alberta (455).

Selkirk's Wesley Hoydalo was on

Manitoba men's team. As an individual, Hoydalo carded rounds of 85, 80 and 79 for a 244.

Manitoba finished third overall in the medal count at this year's Games with 144, behind only B.C. (280) and Alberta (226).

Manitoba won 48 gold, 47 silver and 49 bronze.



SUBMITTED PHOTO

Selkirk's Wesley Hoydalo (left) and Winnipeg Beach's Lexie Kopp show off their medals won in golf.

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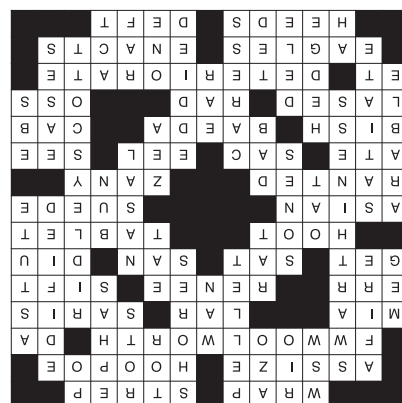
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NOTICE



The Board of Trustees regular meetings for the 2015-16 school year will start on Tuesday, August 25, 2015 at 6:30 p.m.

Regular Board meetings are held every second and last Tuesday of each month at

6:30 p.m. at the Division Office, unless otherwise advertised.

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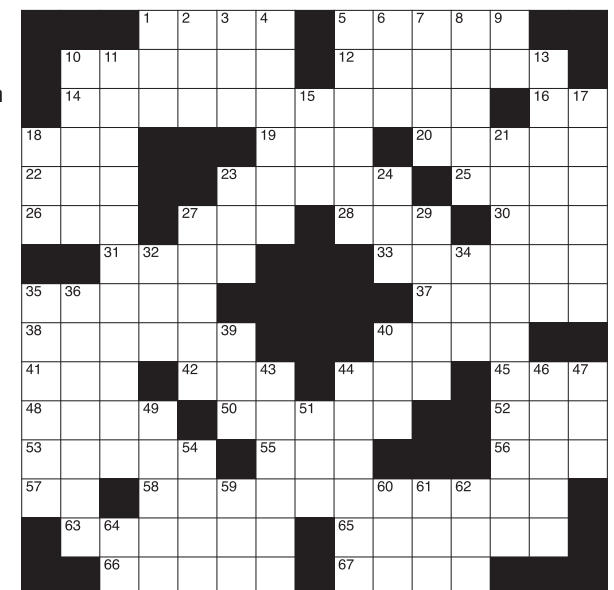
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CLUES ACROSS

- Encase a gift
- Tonsillitis bacteria
- Pre-1972 British trial session
- Family Upidae
- Five & dime pioneer
- Public prosecutor
- Actress Farrow
- Household god (Roman)
- Indian dresses
- Misjudge
- Actress Zellweger
- Remove flour lumps
- Obtain
- Modeled
- Juan, Francisco or Antonio
- Indian territory, Daman and

- Owl sound
- A slab of stone or wood
- Of the largest continent
- Napped leather
- Spoke wildly
- Comically strange
- Fed
- Baglike structure in a plant or animal
- Snakelike fish
- Bishop's official seat
- Bash ____ Falls, N.Y.
- Bay Area Eating Disorders Assoc.
- Driver compartment
- Emitted coherent radiation
- Radioactivity unit
- Former CIA
- And (Latin)
- Disintegrate
- "Desperado" band
- Makes into law
- Attentiveness
- Skillful hand movement



CLUES DOWN

- Point midway between W and SW
- 2011 animated macaw movie
- A word element meaning nitrogen
- Shot
- Coasts
- Hill (Celtic)
- Decays
- Hebrew dry measure
- Venice river
- Ablaze
- Duskiness
- Enlightened
- Unnaturally pale
- Acutely insightful and wise
- "French Kiss" actress Ryan
- "Alien" director
- Long-tailed rodent
- A way to ingest
- Sound units
- Relating to the nose
- Cereal grass
- Sticky or hot-cross
- Productive land
- Englut
- Apply with short strokes
- Indian corn genus
- Stroke
- Flowed in contrary directions
- Comforts
- Point that is one point S of due E
- Shrub fence
- Organ of balance
- Proofreading symbol
- CNN's founder Turner
- Smallest whole number
- Airforce of Gr. Britain
- A subdivision of a play
- Exclamation of surprise

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Food Store Manager Lynette Oliver
Ph: (204) 376-5245 ext 2222
F: (204) 376-5018
foodstoremgr@interlakecoop.com



Interlake Co-op Fast Facts

Formed
January 31st, 2007 with the amalgamation of Eriksdale Co-op and Arborg Co-op.

Locations
Bulk Petroleum
Food Store - Eriksdale
Hardware Store - Eriksdale
Food Store - Arborg
Gas Bar - Arborg
Cardlock - Arborg

Employees
90

Annual Sales
\$24.7 million in 2013



VIDIR MACHINE INC.

SERVICE PARTS COORDINATOR/ SERVICE INVOICING

Vidir Machine is a thriving business that develops and markets material storage and handling, and display solutions. Our products are exported worldwide.

Primary duties and responsibilities include taking orders for parts and entering into system for shipping, and all aspects of invoicing for the Service Department. Individual will also be responsible for assisting the Service Shipping Coordinator when necessary and other duties as assigned.

Candidate must be:

- Self-motivated
- Well Organized
- Able to Multi-task
- Have good communication skills and problem solving;
- Able to work independently and in a team environment;
- Must have a working knowledge of Microsoft Office including Word and Excel. Must be willing to learn new programming;
- Mechanically inclined an asset

Please email resume, with 3 references, to hr@vidir.com or mail to: Box 700, Arborg, MB R0C 0A0 or fax to: (204) 364-2454

Only those selected for interviews will be contacted.

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A big thank you to family and friends who contributed to our recent Jack & Jill Wedding Shower. We were thrilled to be able to visit with so many of you and sincerely appreciate the very generous gifts.

-Daniel Hotel and Darcie Snyder



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- Maintain and verify quality of parts
- Troubleshoot and resolve machine errors
- Print and apply ID tags to cut parts and deliver parts to work stations
- Other duties and responsibilities as assigned by supervisor or management.

Candidate must:

- Possess basic computer skills
- Be able to read blueprints
- Physical dexterity to move around parts
- Be willing to work in other areas as assigned
- Possess both mathematical and mechanical aptitude
- Be Punctual
- Must be able to work overtime when required.
- Be able to work in a team environment

CNC experience while not a requirement, would be an asset.

Salary dependent on skills and experience.

Please email resume, to hr@vidir.com or mail to: Box 700, Arborg, MB
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- Frequent overtime
- Able to work in a hot environment

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- Be able to pay attention to detail to ensure proper coverage on painted part
- Possess strong communication skills with co-workers
- Physical dexterity to move around parts that are being painted.

Salary dependent on skills and experience.

Please email resume, to hr@vidir.com or mail to: Box 700, Arborg, MB

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EMPLOYMENT OPPORTUNITY

Interlake Cattleman's Co-op (Ashern Auction Mart)

Part Time Position

The desired applicant will perform a variety of administrative and clerical work to help in the selling of cattle at the Ashern Auction Mart

Job Description:

- Administrative – Data entry, Coordinating producer reports, Government filings, keeping financial records
- Operate standard office equipment
- Public speaking and customer service

The applicant should possess the following skills:

- A self-motivated individual, with the ability to work with minimal supervision
- Have excellent oral and written communication skills
- The ability to perform varied and multiple tasks within deadlines
- Computer skills required
- Dedicated team player

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For more information contact Kirk Kiesman 204-768-0019

Submit detailed resume on or before

September 4, 2015

Interlake Cattleman's Co-op, PO Box 599

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> MEAL IDEAS

Rosemary-Feta Pearl Couscous Salad



Ingredients

2 cups (500 mL) water
3/4 cup (175 mL) uncooked whole wheat or regular pearl couscous
1 medium red bell pepper, seeded and diced
1 medium cucumber, seeded and diced
1/3 cup (75 mL) finely chopped red onion
1 cup (250 mL) lightly packed spinach, coarsely chopped
1/2 can (15-oz/426 mL) no-salt-added navy or cannellini beans, rinsed and drained
1 tbsp (15 mL) fresh chopped rosemary
1 medium garlic clove, minced
2 tbsp (25 mL) canola oil
1 tsp (5 mL) grated lemon zest
2 tbsp (25 mL) fresh lemon juice
1 tbsp (15 mL) cider vinegar
1/4 tsp (1 mL) coarsely ground black pepper
3/4 cup (175 mL) reduced-fat feta cheese, crumbled



Directions

In a medium saucepan, bring water to boil over high heat. Stir in couscous, return to a boil, reduce heat, cover tightly and simmer 10-12 minutes or until tender. Drain in fine mesh sieve and run under cold water to cool completely. Shake off excess liquid.

Meanwhile, in a large bowl, combine pepper, cucumber, onion, spinach, beans, rosemary, garlic, canola oil, lemon zest and juice, vinegar and pepper.

Stir in couscous and toss until well blended. Gently stir in feta.

Prep time: 10 min | Cook time: 15 min

Makes: 10 servings

www.heartandstroke.mb.ca

Grilled Herb Potatoes



Ingredients

2 1/2 pounds medium red potatoes, cut in 1/4-inch-thick slices
2 medium shallots, thinly sliced
2 tablespoons olive oil
2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme leaves
1 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/2 cup loosely packed fresh parsley, chopped

Preparation

In large bowl, toss all ingredients except parsley until potatoes are evenly coated. Wrap potato mixture in foil packet.

Place packet on grill over medium heat and cook 30 minutes or until potatoes are fork-tender, turning packet over halfway through grilling.

Sprinkle with parsley before serving.

Makes 6 servings

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Cooking Healthfully



The truth is that healthy cooking doesn't have to be a time-consuming, labor-intensive process. In fact, research from UCLA suggests that it takes on average only

about 10 minutes longer to prepare a wholesome, home-cooked dinner than to serve convenience foods. And if you make enough of the home-cooked stuff so that there are leftovers, you'll be ahead of the game, because you'll actually save time the next day. It costs less than ordering takeout, too! The key is to learn some quick, reliable strategies, so that preparing home-cooked meals will become easier for you. Whether you're new to cooking or you want to upgrade your usual cooking methods to make them healthier, you can learn to prepare tasty, satisfying meals that are good for your health and your waistline—in a matter of minutes.

When it comes right down to it, you can either spend a bit of time now cooking delicious, nutritious meals that you (and your family) can enjoy, or spend days, weeks, or longer on the doctor visits that may become necessary down the road if you develop diabetes, hypertension, heart disease, or other health problems

that stem from eating poorly. After all, studies suggest that when people dine out at restaurants, they consume meals with 50 percent more calories, fat, and sodium than when they prepare meals at home. It's also much less expensive to prepare meals at home. While dinner for a family of four at a fast-food chain runs about twenty-eight dollars, preparing a dinner for four of roasted chicken, veggies, salad, and milk costs about half that much. When you look at it from these angles, it's not much of a choice, is it?

For the sake of your health and waistline, it's far better to bake, sauté, broil, braise, poach, steam, or roast than it is to boil, char, or fry your food. Boiling certain foods (such as vegetables) destroys a higher proportion of nutrients than some of the other techniques. Charring (or blackening) meats, poultry, vegetables, or other foods on a grill can produce carcinogens, so it should be avoided. And frying any food simply adds to much fat.

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

Brenda Stafford - Juice Plus – Team Pursuit
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After-Work Beef Pot Roast Dinner

Ingredients

1 boneless beef chuck shoulder pot roast or bottom round rump roast (3 to 3-1/2 pounds)
1 envelope (0.7 ounces) Italian dressing mix
2 large onions, each cut into 8 wedges
2 cloves garlic, peeled
2 red bell peppers, cut into 1-1/2-inch pieces
1/2 cup ready-to-serve beef broth
2 zucchini, cut into 1/4-inch thick slices
2-1/2 tablespoons cornstarch dissolved in 2 tablespoons water
Salt and pepper

Preparation

Press dressing mix evenly onto all surfaces of beef pot roast. Place onions and garlic in 4-1/2 to 5-1/2-quart Crock-Pot slow cooker; top with pot roast. Add



bell peppers and broth. Cover and cook on HIGH 5 hours or on LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.

Remove pot roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

Carve pot roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Preparation and Cooking Time

High setting: 6 hours

Low setting: 9 hours

Makes 6 to 8 servings

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