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EXPRESS PHOTO BY PATRICIA BARRETT

A Manitoba Public Insurance simulator challenged Grade 9 teen Connor of Arborg Collegiate to put his driving skills to the test while texting last week.

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

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Gimli Liquor Mart's manager teaches the ABCs of booze

By Patricia Barrett

Having worked for the Manitoba Liquor & Lotteries for 22 years, Gimli Liquor Mart's new manager knows his way around booze.

Russ Trochim stepped into former manager James Dunlop's shoes late last month following Dunlop's retirement after 40 years of service.

Gimli Liquor Mart is not just a handy outlet that stocks all your favourite spirits, wine and beer, it's also a place of learning.

For those unversed in the world of alcohol, with all its mysterious food-pairing rules and different grape varieties and regions, Trochim will act as your personal guide.

"The MLLC has a couple of different courses," said Trochim, who has worked at the Gimli store for 13 years. "One is the ABCs of booze."

The courses are mandatory for all employees so that consumers can receive the help they need on price, food pairings and grape knowledge.

"That's one of the things the commission is proud of — employee knowledge," said Trochim.

A stout, for instance, is an ale, not a lager, and it's "fairly heavy," said Trochim. It's black, heavily hopped roast-

ed brew is best suited for lamb, oysters, shellfish and barbecued meats.

And it might come as a surprise to uninitiated imbibers that some alcohol has a best before date. Scotch ale such as McEwan's with its "assertive finish" has a best before date stamped on its neck.

Although trips to wine-producing regions in Canada and beyond aren't part of employees' training, product testing most definitely is.

"You get to try a lot of different products you normally wouldn't get to try on your own," laughed Trochim, who occasionally cooks with wine and has toured the Niagara and Okanagan wine-growing regions on his own.

The MLL provides food and liquor pairing guides in-store for consumers.

There is, of course, a school of thought that says people should drink whatever they like with whatever food they desire, and it's something that Trochim recognizes.

"It's a great guideline," he said. "But everyone's tastes are different."

In addition to having a plethora of knowledge about alcohol, store staff

Continued on page 5



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli Liquor Mart's new manager Russ Trochim knows what wines and beers go best with certain foods.

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Winnipeg Beach students share their expertise with school board

By Patricia Barrett

Three Winnipeg Beach students shared their farming and entrepreneurial expertise with the Evergreen School Division's Board of Trustees at its regular meeting April 20.

Last September, Grade 1 student Maddie embarked on a project to teach classmates about her hobby farm on which she and her family raise chickens, sheep, ducks and bees.

Maddie's mom, Shannon, had approached teachers Michelle Lachuta and Andrea Cranston about providing periodic educational sessions on various aspects of the farm near Winnipeg Beach.

Over the course of several months, Maddie and her mom brought rabbits, chicks, bees and a beekeeper's suit to class.

During the presentation, which Shannon also attended, Maddie dressed up in her beekeeper's suit and told board members about the various jobs bees carry out in the hive.

"The queen makes new bees," said Maddie.

She also explained how her rabbit Muriel chewed her house box to bits trying to make a nest before the family moved her to a bigger pen.

"One day, there were three hopping little bunnies," said Shannon.

In addition to bees and rabbits, Maddie tends to the family's sheep and geese.

"We have three sheep, four lambs and four geese who think they're sheep," said Shannon.

Lachuta, who attended the meeting with Cranston, said when Maddie and Shannon come to class, they provide basic information about the farm operation then introduce the animals to the children.

"We'd do a little introduction about what chicks like to eat and watch live hatching," said Lachuta. "It was really awesome for the kids to see."

Maddie also explained how she and her mom shear the sheep "before it gets too hot."

Maddie and her mom provided the board with a slide show presentation that included a map of the family farm, the locations of the animals' pens and a quiz about egg-laying animals.

Maddie told the board that Manitoba's red-sided garter snakes don't lay eggs but give birth to "live babies."

At the close of the presentation, Cranston said Maddie and Shannon will be speaking about ponds in a few weeks and then the class will going out to the farm for a visit. She's also having her students document what they're learning about raising animals.



EXPRESS PHOTOS BY PATRICIA BARRETT
Grade 1 student Maddie and her mom, Shannon, explained how she taught her classmates about various aspects of her family's hobby farm near Winnipeg Beach.

Alex and Chloe provided an overview of a paracord bracelet-making project that grades 5, 6 and 7 students



Alex and Chloe from Winnipeg Beach School provided an overview of their paracord bracelet-making project to the Evergreen School Division's board meeting April 20.

undertook to raise money for former student Brandon Schellenberg, who developed mitochondrial disease. He



Supt. Roza Gray was among the purchasers of a paracord bracelet that Winnipeg Beach students made to help a former student with the costs of an experimental drug trial.

Continued on page 8

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Home Owners helping homeowners

Body bags and wheelchairs: texting and driving a deadly combination

By Patricia Barrett

Manitoba Public Insurance staff, officers from Arborg's RCMP detachment, local firefighters and regional health authority paramedics drove home the point last Wednesday at Arborg Collegiate that texting and driving is a potentially deadly combination.

MPI staff set up a text simulator in the school's gym to show students that it takes a split second to become distracted by reading and sending text messages while operating a motor vehicle.

Grade 9 students Bret and Conor were the first to try out the simulator, which took them along a varied driving course with a number of everyday challenges, including reduced speed zones, vehicles suddenly pulling in front of drivers, one-way streets, barricades, changing traffic lights, sharp corners, pedestrian crosswalks, school buses and stop signs.

Bret, who does not yet have his licence, earned 30 driving distractions while responding to text messages sent by the simulator. His infractions included swerving into oncoming traffic, blowing through stop signs and red lights, overlooking the flashing lights of a school bus, speeding, hitting curbs and crashing his car.

"That's what we normally see," said MPI staff member Kyle Vince, referring to a distraction score of between 25 and 30.

"It's hard driving," said Bret, referring to simultaneous texting. "You just ignore things."

Adding to his distractions were a number of students (backseat drivers) shouting at him to watch out for lights and to speed up and slow down.

His classmate Conor texted at a stop sign, something that's illegal in Manitoba.

"[Stop signs] are part of the road," said Cpl. D. J. Spakowski from the Arborg detachment. "It's illegal to text even when stopped."

He said if you need to text or talk on your phone, you have to pull off the road in a safe location and hit your hazards.

Even listening to your cell phone radio with ear buds while driving is illegal because your hearing could be compromised. Other distractions that could net you a fine include applying makeup, eating or writing while driving.

Deer are a major hazard on highways, unpredictably darting out in front of vehicles. And adding alcohol to the texting-driving mix increases the probability of your veering into a ditch or into an oncoming vehicle.

RCMP eyes are everywhere. They're



Const. Gravelle of the Arborg detachment said he sees people texting and driving all the time. Becoming a paraplegic or dying are two of the consequences.

in marked cruisers, in unmarked cars manned by on-duty officers and in officers' personal vehicles when they're off duty.

"It's amazing when I'm off-duty," said Const. Gravelle of the Arborg detachment. "I see people on their cell phones."

Officers are specially trained observers, so don't think you can fool them by saying you weren't texting or talking when you were. They've heard it all. Drivers will lie (gasp) and say they weren't texting when their mobiles show they were, indeed.

Spakowski said he can tell what hand you're using to text and the model and colour of your cell phone if you're holding it above the steering column while driving — something many texters believe reduces distractibility.

MPI funds a number of yearly "blitzes" in which officers in unmarked cars sit sentry at strategic locations in various towns — including Arborg — waiting for a texter-driver to cruise by.

"We're not there to generate money for the province," said Spakowski. "It's to educate people [on the dangers]."

He said he pulled over a young man in Arborg for texting and driving. When he drove away with a hefty fine, the man alerted his father by text that the police were on the make; dad then got spotted (and pulled) for reading his son's message while he was driving.

And think twice about giving yourself a high five for evading the scrutiny of the RCMP, a \$203 fine and two



EXPRESS PHOTOS BY PATRICIA BARRETT

Bret, a Grade 9 student at Arborg Collegiate, earned 30 driving distractions during a texting and driving simulation April 21. He swerved into oncoming traffic, ignored school bus signals, hit curbs and crashed his car.



Arborg's volunteer firefighters and IERHA paramedics showed students what can happen when they text and drive.

demerits on your licence because you're only fooling yourself.

Arborg's volunteer firefighters and IERHA paramedics wheeled out a gurney and zipped up a black body bag in school's parking lot to show students what could result from texting and driving.

Paramedic Karren Kostyra from Gimli said texters who've experienced a vehicle accident are usually in "shock and disbelief" by what has occurred.

"A lot of times, they don't realize the seriousness of the injuries sustained," she said. "They'll be asking later,

'What happened to so and so?'"

Firefighter Andy Barylski told students they'd rather see the RCMP first than firefighters and paramedics.

Gravelle said a friend told him about a vehicle collision he had experienced near The Pas while he was on his mobile.

"He can't use his legs anymore. He's a paraplegic."

If you have both hands on the wheel and your eyes straight ahead, you'll have a better chance to react to road conditions and distractions, he said.

'We want to have a place that we can call home'

But returning home seems out of sight for 2011 flood evacuee

By Austin Grabish

Bertha Travers cherishes the memories she has of her grandchildren.

Travers, 67, is smiling as she pulls out aged photos of her grandkids from a large white envelope.

Her grandkids are sitting on a slide next to a swing set in the first photo; Travers's granddaughter is swimming in clear water in the second; and a deer is walking on crisp green grass in the third.

But the photos she's holding in her hands are all Travers has left of these memories.

"This is my son's yard. It's just swamp now," Travers says.

The evacuee from Little Saskatchewan First Nation is one of over 400 from the reserve who have never returned home since being flooded out in the 2011 flood.

"Those were the days when you were happy, when you were at home and enjoying family, the togetherness," Travers says.

"And all that is gone now."

Travers's home was completely de-

stroyed in the flood and she spent five years living in hotels before finally settling in a Winnipeg home last year.

She says her people face racism and discrimination on a regular basis in Winnipeg, and culture shock has been a problem for many who had never left the reserve before.

"It's completely alien," she says speaking of the City of Winnipeg.

"They don't have the supports that they had in terms of camaraderie with their fellow band members and that was important."

Travers has settled in Winnipeg and found work as a mental health resource worker but even she isn't sure if

she wants to return to Little Saskatchewan.

Last year, Little Saskatchewan First Nation signed its support for a new road and 60 houses that are to be built through a cost-sharing partnership between the federal and provincial governments.

But Travers isn't convinced the homes will be flood-proof and

"THOSE WERE THE DAYS WHEN YOU WERE HAPPY, WHEN YOU WERE AT HOME AND ENJOYING FAMILY, THE TOGETHERNESS."



EXPRESS PHOTO BY AUSTIN GRABISH

Little Saskatchewan flood evacuee Bertha Travers provided these photos of cherished family members to the Express. It's been five years since she and over 400 others were flooded out of their Interlake First Nation.

doesn't want to live in a town site on swampland.

"A town site setting is only going to promote more crime," she says.

"The water is not clear. The water

is contaminated and you can't even bathe in that water.

"We want to have a place that we can call home."

> LIQUOR MART, FROM PG. 5

know the law when it comes to consumer purchases.

Trochim said he likes the social responsibility aspect of the job. "We're very adamant about ID checking."

The revenues earned by Manitoba Liquor & Lotteries, a Crown corporation of the province, support health care, education, economic development, community services and public safety initiatives.

Some of the challenges that come with the management of the store are the "unknowns" that come up in the day-to-day operations, such as the supply interruptions.

Trochim noted the excitement generated by Crown Royal's Northern Harvest Rye winning the Whisky of the Year Award then "running out" of the product.

With warm weather on the way, business at the Gimli Liquor Mart booms.

"It's down here to way up here in summer," said Trochim, reaching towards the floor and ceiling by way of

illustration.

The store will have regular part-time staff and a new assistant manager, Melissa Palen, in place for the resort's tourists and cottagers.

"We're also getting a product consultant," said Trochim. "She will be looking after the fine wine boutique."

A number of new seasonal coolers will also be arriving for the summer. Trochim said a lot of older people drink coolers despite their association with the younger set.

"And new flavours of beer are still trending."

The store also stocks "one-time" beer

or wine products for long weekends or other occasions. They come with the added bonus of Mega Air Miles.

The Gimli Liquor Mart is located at 69 Centre St. New alcohol arrivals are posted on the MLL website at www.liquormarts.ca. Its Quick Find feature

can tell you where Northern Harvest and other products are in stock across the province.

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Taking it off for the catch of the day

Greetings, good buddies.

In the dying days of winter fishing on Lake Winnipeg, some serious anglers trying for that giant master wall-eye were concentrating their efforts in the middle of the south basin where big ones are known to dwell just before spawning.

I made my way out to them one sunny, warm day some weeks ago over the flat unbroken ice pack with its thin snow cover. Once there, everywhere you looked, the newer version of the bombardier, the SnoBears, dominated the ice scape. Some had their back door open with guys fishing inside while others sat in chairs beside their rigs fishing outside.

I stopped by one and introduced myself to two kindly looking fellows, Tom Lykker and Doug Shuatz of Fargo, N.D., relaxing in chairs, their short rods in hand. They could have been brothers, so similar were their appearances.

With graying hair, round faces and glasses, the only stand-out difference between them was Tom's glasses resting on the end of his nose while Doug's specs were set firm and high on his face. We got to talking and Tom surprised me by telling me he was the original designer of the SnoBears.

Boy, you never know who you're going to meet. They said they had been coming here for years, and when Doug had a heart attack a couple of years ago, Tom brought him to this very area the whole winter long as he recuperated. The guys made coffee and we sat in the warming sun, enjoying the mellow steaming brew. Then I bid them farewell and pointed Old Red further north until I saw this guy beside his "Bear" with no shirt on in a heated discussion with a companion.

I stopped and slid out of the truck with a curious smile on my face, asking what was going on. The shirtless guy, Ed Marten from Winkler, had just caught a big walleye and was in the midst of trying to convince his friend it was tradition on the lake that if you caught a walleye over 26", you had to take your shirt off to take a picture with it. He almost had him until the guy saw my expression of "how-naive-can-you-be," and then Ed's prank fell apart.

I guess it was a week later that I wandered on up to Riverton to shoot the breeze with the guys. They, like their southern counterparts, were far out on the lake. Most were



EXPRESS PHOTO BY ARNIE WEIDL

Ed Martens of Winkler with his big walleye on the south basin of Lake Winnipeg, trying to convince his buddy when taking a pic of any walleye over 26", you have to do it with your shirt off.

tailgating in the warm weather, but I drove up to a chap sitting in his truck's driver's seat with the door opened as he watched over his two ice holes.

Beside the truck in a chair, a friend sat minding his rigs. They seemed reserved at first, but after introducing myself to Mike Wieler and Richard Klassen from Morden, they immediately became friendlier when I told them I had an uncle in Morden who introduced me to one of my passions

Continued on page 10

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Gimli Hospital Auxiliary helps fund power stretcher

By Jeff Ward

Members of the Gimli District Health Auxiliary made a generous \$10,000 donation to the Interlake-Eastern RHA last week towards the purchase of a new power stretcher.

The auxiliary works with hospital staff each year on what auxiliary chairperson Ruby Tretiak calls a wish list. That list is made up of dozens of items that staff feel will increase the level of care they can offer, and Tretiak said that she and the rest of the auxiliary work very hard to make sure they can fund those wishes.

This year, the auxiliary did just that. They funded the lion's share of a new power stretcher, which cost \$16,000 and will save EMS staff from having to lift patients on and off of a stretcher. The bed is powered by a battery and can be lowered to just a few inches off of the ground. Patients can either be assisted onto it or get on themselves, and with the push of a button the bed brings them back up to height. The donation took place Wednesday, April 20 at the Gimli Community Health Centre.

"Words cannot express how thankful we are for this kind of a donation," said Interlake Eastern Regional Health Authority clinical operations manager Shelly Karlson-Eastman, who added that the Interlake-Eastern

RHA funded the remaining \$6,000 of the stretcher.

"The stretcher will limit the amount of injuries faced by our EMS staff because they no longer have to lift the patient. It requires only one paramedic to press a button to lift the patient. It will reduce the number of lifts a paramedic has to do and it's proven that injuries will go down."

Karlson-Eastman said she is extremely grateful for the donation and that this stretcher is the first of its kind in the region. She added that the stretcher is very similar to a normal stretcher but that this one can elevate the knees to reduce strain on the patients back and keep them from sliding off in transit.

The bed will have its home in Gimli but will benefit people from all over the Interlake.

"It will be geo-posted to other areas of the region when we do coverage for other stations who might be doing primary or transport calls," said Karlson-Eastman.

Tretiak said that she and the rest of the auxiliary are proud to be able to offer this kind of donation and that they can fund so many wishes each year. According to Tretiak, the auxiliary works very hard to make sure that there is money coming into the organization each year that can be do-



EXPRESS PHOTO SUBMITTED

Members of the Gimli District Health Auxiliary donated \$10,000 towards the purchase of this power stretcher that will help EMS staff avoid injuries and give patients in transit a much comfier ride. Pictured from left to right: Karren Kostyra, Brenda Bloodworth, Shirley MacFarlane, Shirley Michaluk and Lisa Amos.

nated back into the hospital.

Tretiak said that the auxiliary runs the hospital gift shop and has volunteers who staff it each day. They also operate the Pepsi machine inside the hospital as well as sell handmade items like baby blankets and quilts. The auxiliary also hosts the annual spring luncheon — taking place this

year on May 27.

"We donate between \$10,000 and \$20,000 each year, but this is the first time we've ever made such a large donation towards one item. We're so proud of this particular donation because it will help not only the patients but our paramedics as well," said Tretiak.

Future of West Interlake on the line at Municipal Board hearing

By Jeff Ward

After more than a year of petitions and paperwork, the members of the West Interlake Citizens Group (WICG) will finally plead their case in front of the Municipal Board next week as to why they would like the forced amalgamation of Siglunes and Eriksdale into the West Interlake municipality dissolved.

The hearing will take place Tuesday, May 3 at 7 p.m. at the Eriksdale Recreation Centre. And the purpose of the meeting is to have the Municipal Board decide the fate of the RM of West Interlake. The WICG hopes to have the RM dissolved over what they believe are flagrant violations of the Municipal Act, according to WICG spokesperson Andrea Sweetland.

Sweetland said that there has been suppressed financial information, lack of transparency and an unwillingness to do what's right. The WICG have been pushing for this meeting for nearly a year. Sweetland said that the group simply wants to dissolve the RM and have the former RM of

Eriksdale become an Local Government District (LGD) for the remainder of this municipal cycle. In 2018, they would hopefully amalgamate with another municipality, which could possibly be Coldwell.

"This is a very interesting situation because we really don't know what to expect," said Sweetland.

"We've been working on our presentation for many weeks and we'll keep reading through the submissions to make sure we have everything straight. We're just going to do the best that we can and hopefully get the resolution we want."

Most people in Eriksdale want to become a LGD, according to Sweetland. But that decision won't come right away, and Sweetland isn't even sure how long the board will take to make a decision like that. She said what she does know is that her involvement with the process is complete after this meeting on Tuesday since the decision, whatever it may be, is final.



EXPRESS FILE PHOTO BY JEFF WARD

Andrea Sweetland (right) is looking forward to having the opportunity to represent the WICG in the coming meeting with the municipal board that will decide the fate of the RM of West Interlake and whether or not Ward 1 (Eriksdale) will become an LGD.

Continued on page 21

Eriksdale scrapbooking fun day to benefit museum renovations

Scrapbooking Day and Card Making Fun Day sold out

By Jeff Ward

Now in its third year, the Scrapbooking and Card Making Fun Day in Eriksdale has continued to gain popularity among locals while financially supporting the Eriksdale Creamery Museum.

This Saturday, April 30 at the Eriksdale Recreation Centre from 9 a.m. until 7 p.m., 40 crafters will file in for a day of scrapbooking, card making and more. Each participant pays \$40, which includes table space, lunch, dinner and a few snacks throughout the day.

This year, the proceeds will be used to fix the siding on the creamery museum.

"We have people that travel from all over the province for the event," said Sweetland.

"We have some from Elie, Winnipeg and Selkirk. People come early and set up their spot and spend the day talking with friends and working on their projects. It's a lot of fun and a great way to get out of the house."

A new addition to this year's event is the inclusion of The Scrap Bucket, a Selkirk-based business that specializes in selling items for scrapbooking. Owner Cheryl Onyske said she's very excited to be included in the event and that she'll be bringing a bunch of items to help beautify participants' scrapbooks.

"I understand that there will be a lot of card makers there, so I'll be bringing things that will be great for them," said Onyske.

"I've got some dyes, embellishments, adhesives and other tools to



EXPRESS PHOTO FROM ANDREA SWEETLAND

The Eriksdale Recreation Centre will be filled with scrapbookers and card makers this weekend for the 3rd annual Scrapbooking and Card Making Fun Day in support of the Eriksdale Creamery Museum.

make sure that there will be no limit to what people will create. I'll also have a few classes throughout the day if people want to take part."

Sweetland said that all the spots are spoken for but will be open to anyone who wants to come in and see what the event looks like.

There are two scrapbooking events hosted each year. The first event helps raise money for the creamery museum while the second, which will be

held at the end of September, helps raise money for the Eriksdale Library.

Both events have been well attended over the years, according to organizer Andrea Sweetland, who said that the 40 available spots fill quickly. Aside from helping support the museum and library with each fundraiser averaging a \$1,000, Sweetland said it's just a great way for people to get together and enjoy a fun hobby.

> WINNIPEG BEACH STUDENTS, FROM PG. 3

will be participating in an experimental drug trial (see the April 21 edition of the *Express* for the full story).

"We wanted to take the weight off his shoulders," said Chloe. "Mr. E showed us the materials and how to start making them."

Accompanied by their teachers Jay Ewert and Jason Gibson, they explained the different roles students played in making the durable bracelets. Some took on the job of cutters, measurers, bucklers and weavers.

Ewert said he taught a few students how to make the bracelets then "it was wildfire after that."

"The most interesting part was designing them," said Chloe. "I'm a creative person."

"I liked the cutting," said Alex, referring to the long cords students had to measure and cut to accommodate a number of wrist sizes.

Both Alex and Chloe acted as bracelet sellers at parent-student conferences the school held last week.

Gibson said the students decided not to sell the bracelets online as they had originally planned but will be selling them at Dr. George Johnson Middle School, where Brandon attends class, and at a craft sale in Winnipeg Beach.

Ewert said the school had applied for a \$200 grant from the Evergreen Teachers Association to get the project underway. They sold \$500 worth of bracelets last week.

"The kids are often interested in social justice," he said. "We saw them do that in spades."

Winnipeg Beach principal Shawna Rudd, who attended the board meeting, thanked her students and teachers for their hard work.

"Our kids are super engaged," she said. "You hear the kids talking about [projects] days later."

After the presentation, Alex and Chloe handed around boxes of bracelets to board members. That resulted in "dozens of sales" that will go towards Brandon's treatment.

Want to talk to someone about your health care needs?



Interlake-Eastern
Regional Health Authority

The Interlake-Eastern RHA continues to work towards the delivery of sustainable health care services through the successful recruitment of health care providers. If you need to speak to someone about health care needs these local and provincial resources can help you:

Family Doctor Finder connects people to a family doctor or nurse practitioner who can support you with your regular health care needs. Call **1.866.690.8260** between 8:30 a.m. and 4:30 p.m. Monday to Friday to register.

Health Links – Info Santé

Registered nurses are available to answer your health questions 24 hours a day. Call toll-free **1-888-315-9257** – it doesn't hurt to ask.

Mental Health Programs

- child, adolescent and adult mental health services
- long term mental health illness management
- relationship counselling

Non-crisis mental health support - call toll-free **1.866.757.6205**

24-hour crisis mental health support - call toll-free **1.866.427.8628**

Pharmacists can:

- Issue a continued care prescription for most regular medications.
- Prescribe and offer advice on over-the-counter medications

Pharmacists who complete additional training and receive certification are able to:

- Administer certain immunizations and drugs by injection
- Prescribe medications for certain conditions like acne or smoking cessation

Make an appointment at Selkirk Quick Care Clinic for non-urgent care:

#3-1020 Manitoba Ave., Selkirk, Ph. **204-482-4399**

Monday-Friday: 10 a.m. to 8 p.m., Holidays & Weekends: 10 a.m. 5 p.m.

Cancer Navigation Services

After a cancer diagnosis, or if cancer is suspected, call cancer navigation services for individual specialized support to guide you on your cancer journey.

Call toll-free: **204.642.4520** Or email: cancernav@ierha.ca

Regional Travel Health Clinic in Selkirk - every Wednesday from 9 a.m. to 3 p.m.

Appointments can be made by calling **204-785-4891**.

It is recommended that appointments be made at least 8 weeks in advance of travel.

Visit your local Community Health Office

- sexually transmitted infection (STI) tests
- home visit for healthy baby
- routine immunizations
- prenatal classes

Arborg Ph. 204-376-5559

Gimli Ph. 204-642-4595

Ashern Ph. 204-768-2585

Fisher Branch Ph. 204-372-8703

Always dial 911 in the event of an emergency, lifesaving advice can be provided over the phone.

Tell us: Do you have a compliment or concern? Our tell us line is there to help answer your questions and concerns. Call us toll free at **1-855-999-4742**.

For more information, please visit www.ierha.ca.

Evergreen Foundation celebrates educational excellence

By Patricia Barrett

The Evergreen Foundation of Manitoba celebrated the achievements of Evergreen School Division staff with a light supper and awards ceremony last Friday at Gimli's Lakeview Resort.

Eight past and current members of the school division were inducted into the foundation's Hall of Fame.

"Our eight worthy choices represent the different roles needed to provide quality education for our students," said trustee Robert Arnason, who was MC for the evening. "Award recipients contributed in a variety of ways, all of them unique, but all with a common denominator: they do it for the students."

Under the Education Supporter Designation, Richard Cain (in memoriam), trustee for over 30 years; Morris Finnbogason, educational assistant for 10 years; Ruth Ann Furgala, trustee since 1992 and currently the division's board chair; and Percy Marks, bus driver, were recognized for their outstanding support to education.

Under the Professional Supporter Designation, Donald Bjornson, secretary treasurer for 24 years; Paul Cuthbert, teacher and superintendent over the course of 34 years; Kris Gudmundson, teacher for over 33 years; and Morris Kustiak, administrator for over 30 years, were honoured for their contributions.

The Evergreen Foundation of Manitoba is a registered corporation that provides funding for student scholarships and bursaries, and for research and educational purposes, said Arnason, who serves as the foundation's chair.

Supt. Roza Gray paid tribute to the eight new inductees for "contributing significantly to the educational experience in the division."

Bus driver Percy Marks was noted for being the longest-serving employee and was awarded for being an exemplary role model and mentor to students and parents.

"He has been with the division for 47 years, five months, three weeks and four days, said trustee Penny Helgason, who provided an overview of Marks' accomplishments. "And for the record, that's counting the run he completed today at 4:35."

He drove his own children and the children of three generations of families to school. He's currently driving his grandchildren to school.

The board will not "entertain a notice of retirement any time soon," said



ESD board chair Ruth Ann Furgala was recognized for her outstanding support to education as a trustee since 1992.

Helgason.

Helgason read out a few memories from Marks' former students. One recalled bus discipline, which Marks meted out with only his eyes.

"Did you know, all a student had to see were your eyes in the big mirror staring at them to understand you were not impressed? And it corrected poor behaviour. Without a doubt, you had their respect."

Wanda Sparkes, teacher and president of the Evergreen Teachers Association, thanked the foundation for its contributions to education.

"As educators, we appreciate the work you do to provide our ... students with scholarships," she said.

The ceremony attracted 150 people. Proceeds from the evening will go to the foundation.

"We're going to try to do this every second year," said trustee Cheryl Zelenitsky.

The last inductees into the foundation's Hall of Fame were in 1996.

After the awards ceremony, the foundation hosted a raffle for a two-night stay at the Lakeview. Inductee Kris Gudmundson won.

Among the foundation's past inductees are George Johnson, M.D. (1991) and Sigurbjorg Stefansson (1996).

Arnason thanked foundation board members and the division's administrative assistant Velma Darroux for making the evening a success.

Noventis Credit Union sponsored the event. The Lakeview Resort sponsored the raffle prize.



EXPRESS PHOTOS BY PATRICIA BARRETT

Bus driver Percy Marks (left) was recognized by Evergreen School Division trustee Robert Arnason for his 47 years of work with the division. Marks is the longest-serving employee with the ESD and can silence boisterous students with only his eyes.



Notice of Public Hearing

TRIENNIAL REVIEW OF ALLOWABLE FEES FOR CASHING GOVERNMENT CHEQUES

PURSUANT to amendments made to *The Consumer Protection Amendment Act (Government Cheque Cashing Fees)*, S.M. 2006 c.17 the Public Utilities Board (Board) conducted public hearings in 2007, 2010 and 2013 towards determining maximum amounts to be charged, required, or accepted as a cheque cashing fee for cheques issued by the federal and provincial governments, local government bodies, and government agencies as designated by regulation. On March 7, 2014, the Board issued its decision (Order 25/14), which is available for viewing on the Board's website, www.pub.gov.mb.ca.

THE ACT REQUIRES THAT

169(5) The board must review its existing orders under this section at least once every three years. After the review, the board must make a new order that replaces the existing orders.

Such reviews resulted in Board Orders 72/07, 51/10 and 25/14.

The Board has now begun the process of conducting the required triennial review and seeks input from any and all interested parties.

Submissions are to be made in writing to the Public Utilities Board, a) by mail to

the Board at 4th Floor 330 Portage Ave., Winnipeg MB R3C 0C4, or b) by email to publicutilities@gov.mb.ca. Submissions must be received by the Board on or before May 20, 2016.

Following review of submissions received, the Board will determine whether there is a need for an oral hearing. If not deemed necessary, the Board will deliberate on the fee schedule, taking into account all comments submitted. If a public hearing is deemed to be necessary by the Board, it will begin June 20, 2016, and, in that event, interested parties will be notified and provided with procedural information ahead of the hearing date.

PROCEDURE

The Board's Rules of Practice and Procedure apply, and are available on the Board's website and either upon request to the Secretary of the Board (at 400-330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4) or by calling at (204) 945-2638 or 1-866-854-3698 (toll free). The Board's email address is publicutilities@gov.mb.ca.

DATED this 22nd day of April, 2016

Darren Christle
Secretary, Public Utilities Board



Five days notice required.



Wheelchair access is available.

Manitoba

Calm after the PC storm: Derek Johnson prepares for the legislature

By Patricia Barrett

With barely a moment to spare during a campaign that earned the Progressive Conservative Party a 40-seat majority government, Interlake MLA designate Derek Johnson suddenly found himself at odds with the calm after the storm.

"I'm pacing as we speak," said Johnson from his home near Oak Point in the RM St. Laurent. "I pretty much don't know what to do with myself."

But in a few weeks, Johnson will have set his job as financial advisor aside, attended a PC caucus meeting and taken the oath of office. After that, he won't have to worry about having time on his hands.

He'll be tackling a number of woes besetting the Interlake riding, including emergency room doctor shortages, flooding, drainage and inadequate or non-existent mobile service.

Johnson said physician recruitment and retention in the Interlake is on his "front burner."

"We can't wait for our fourth year [in office]," he said. "We have to start now."

The difficulties keeping doctors in rural areas does come down to money to some extent, he said, but "too much politics" in the business of health care and tax burdens facing high income earners also factor into it.

"We're currently the highest-taxed province," said Johnson. "A doctor making \$170,000 can't take another tax increase under the NDP."

Based on discussions he has had with doctors, Johnson said there are a number of ways to attract them to rural areas, which will stimulate the economy at the same time.

"What doctor would want to come to the highest-taxed province, enroll their kids in the worst educational system or come to the Interlake where there are no jobs for their spouses?"

The beauty of the Interlake is also something Johnson said could contribute to physician retention.

"What we do have to offer is Lake Manitoba," he said. "A doctor, say from the U.K., can't afford lakefront

property, but we have affordable properties right here. We can market that around the world."

With the flooding that devastated parts of Lake Manitoba and First Nations communities farther north, Johnson said flood mitigation work is not something that will lag behind.

"We'll be moving dirt in our first term," said Johnson, who was councillor (2010-2014) for the RM St. Laurent during the 2011 flood and whose family was evacuated from their home when a wall of water overtook parts of the eastern shore. "We'll also be taking into consideration our environment and our First Nation partners."

There are five First Nation communities in the area with whom Johnson said the government will be consulting, as well as other stakeholders such as farmers.

"There is private property we have to cross [for flood mitigation work], and it will be necessary to consult with property owners."

And drains and ditches are a perennial concern in the riding, notably for the RMs of Fisher and Bifrost-River-ton.

Various RM reeves and councillors contacted Johnson in the wee hours after his election win.

"It was, 'Congratulations, and by the way....'"

The PCs have committed to spending no less than \$1 billion on infrastructure every year, and Johnson said he will "fight for our [Interlake] fair share of projects."

He cited Arborg as a primary area in which drainage needs to be addressed and will support the initiatives drawn up by BASIC, a group of RM farmers working to minimize overland flooding. The organization just received \$1 million from the NDP government.

"We'll have to take all the projects and start chipping away at them," said Johnson. "Third order drains [a provincial responsibility] haven't been touched for about 50 years."

As for the projects the NDP government has already earmarked, Johnson said, "you have to honour the majority



EXPRESS PHOTO COURTESY OF MARK EYOLFSON

Derek Johnson celebrated his Interlake riding win with his wife Tara and children Skyler and Charmaine at PC headquarters in Winnipeg during Manitoba's 41st General Election last Tuesday.

of commitments made. Contracts in place have to be honoured."

That said, Johnson cautioned that the new government won't be able to do everything in year one or year two.

"We don't know how big a hole we're in financially," he said. "It's like a bank taking over the financing of a company that's undergoing tough times: it has to know how deep the hole is, what money is owing and what commitments have been made."

Cellular service in the Interlake — and across rural areas of the province — is something Johnson said he'd like to tackle since it's vital for business operation in addition to personal communication.

He said he's in favour of last year's CRTC decision that large communication companies must provide smaller, independent companies with access to their network.

"You can't just serve major centres," he said.

The PCs earned 3,677 votes out of the 7,190 eligible votes cast in the Interlake riding. The Liberals earned 2,039, and the NDP, 1,416, according to Elections Manitoba unofficial results.

Sixty-five per cent of the riding's eligible residents voted compared to 2011 in which 53 per cent turned out.

Johnson put the healthy turnout partly down to his campaign team, which included his wife Tara Bergner and their two children, as well as Larry Brandt, Mark Eyolfson, Moe Orłowski, Abe Reimer and Deb Mason.

And his parents-in-law Charlotte Craig and Buddy Bergner provided "unmeasurable help," he said.

"I had an exceptionally dedicated and competent campaign team," he said. "We had about 115 volunteers on campaign day. ... I can't thank them enough. I would not have won without them."

He said both Tom Nevakshonoff (NDP), who served as MLA from 1999-2016, and first-time MLA candidate Jamal Abas (Liberal), who farms near Hodgson, called to congratulate him on his win and to offer advice as he moves forward.

"I'd like to thank my opponents," said Johnson. "We had a very clean race. The public spoke loudly."

> GET FISHING, FROM PG. 6

Palliative Manitoba is hosting bereavement education workshops in your area.

For more information, please call 1-800-539-0295, email mgoldberg@palliativemanitoba.ca or visit is.qd/communitybereavementcare



Interlake-Eastern
Regional Health Authority

in life, apple trees. They told me the ice in the rivers and creeks at home weren't safe to be on anymore, so hungry for some fishing, they came up here thinking the ice had to be safe.

In time, I asked them for a fishing story for us, and Mike had one where they were fishing on Pelican Lake last summer and had fish on a stringer hanging over the boat.

They decided to move to a different place but forgot to pull up the stringer. After going a short distance, they realized half their fish had slipped off. Looking back, they saw one floating. Turning to it, Mike bent over the boat side and began scooping the fish up just as a large jack,

its mouth wide, rose from the depths and engulfed the fish, almost along with Mike's hand.

About three weeks after meeting Mike, he sent me a picture of a massive walleye he had caught in Lake Manitoba north of Portage La Prairie, which normally I would have loved to share with you but I had a picture of Ed Martin with his shirt off holding that big walleye and I just couldn't pass up the chance to show you what some guys will do to pull off a joke.

So long. Till next week, gang.

Inwood Charity Ride for Wishes aims for \$1 million

After 17 years, the Dziedzics will host their final ride on May 14 at the VL Ranch

By Jennifer McFee

Let's work together to make a million-dollar wish come true.

The 17th annual Charity Ride for Wishes of the Central Interlake Sub-Chapter is coming quickly on May 14. This is the final year that the Dziedzic family will host the much-anticipated event at VL Ranch in Inwood, and they hope to make it a memorable experience.

Over the years, they have raised approximately \$840,000 for the Children's Wish Foundation. With the help and support of the community, they hope to raise at least \$160,000 to reach the \$1 million mark.

The funds raised will also make a very important wish come true for nine-year-old Bryce Helstrom of the Winnipeg Beach area.

Over the winter, Bryce's family thought that he had caught the flu that was going around the community. He continued to eat less and sleep more, so his family made a doctor's appointment, called Health Links and took him to the local emergency room. The family was told not to be too concerned about some swelling in his face

and neck, since this symptom can be common in kids with a virus. Bryce was given a prescription to fight the virus, with the assumption that it would take about 10 days.

But by the next day, things took a turn for the worse since Bryce was having difficulty breathing. He had no appetite and hardly wanted to drink. The swelling in his face and neck was worse, and it was spreading to his chest. His family decided to take him to the emergency room at the Children's Hospital in Winnipeg. By the time they got there, Bryce was not breathing well and his colour was becoming bluish.

Bryce was admitted immediately and the doctor ordered an ultrasound right away, suspecting some type of blood clot. An ultrasound technician noticed that fluid had built up around his heart. There was also fluid in his lungs and a tumour pressed against his heart that was making it difficult to pump his blood.

The cardiologists determined that they needed to operate immediately to take the fluid off his heart. A few

hours later, they were in the pediatric intensive care unit to prepare for the procedure. Without anesthetic due to Bryce's weakened state, the doctors injected a needle into his heart to withdraw fluid. Over the next few days, a catheter drain continued to take out the fluid.

The oncology department began giving Bryce steroid treatment to start attacking and shrinking the tumour. The fluid taken off his heart was tested and found to be cancerous and filled with lymphoma cells. The experts diagnosed him with Stage 4 T-cell lymphoblastic lymphoma, an aggressive and fast-growing type of cancer.

The next morning, he started chemotherapy and his heart began to improve slightly. Within a week, the tumour had shrunk so much that it was hardly detectable by X-ray, and there was only minor fluid left in his lungs.

Bryce is now back at home, going to the city several times per week for treatments that will continue for nearly three years. He hopes to return to school soon.

The May 14 charity event will raise funds to make a wish come true for Bryce. And for Charlene and Victor Dziedzic, it's children like Bryce who have inspired them to host the event year after year.

"Children are our future. For these children that are sick and have life-threatening diseases, if we can just put a smile on their face for a few hours or a couple of days by sending them on a wish, what more could you ask for?" Charlene said.

"We have 12 grandchildren. They are all healthy. We thank God every day, but that can change tomorrow."

Currently, there is no one slated to take over the annual event after the Dziedzics wrap up their final ride.

"We're all getting older, and it's getting tougher to get volunteers out. Some of our committee members have passed away, so it's just not the same," Charlene said.

"We have been very, very proud to be a part of the Children's Wish Foundation. There are lots of highlights this year, so people are very excited. We're going out with a bang. It will be one to remember."



EXPRESS FILE PHOTO BY LANA MEIER

Victor and Charlene Dziedzic are hosting their final Charity Ride for Wishes at their ranch in Inwood on Saturday, May 14.

In addition to the trail ride on Saturday, May 14, the fun-filled day features an ATV ride for the third year in a row. A pancake breakfast will run from 8 to 11 a.m. at a cost of \$5 for adults and \$2 for children age six and under. Then from 3 to 5:30 p.m., kids will be entertained by a big bouncer, as well as face painting and a visit from a superhero from A Living Fairytale.

The barbecued pork and turkey supper starts at 6 p.m., and attendance will be capped at 1,500 diners. The cost is \$10 for adults and free for children age six and under. Other highlights include the always-impressive Wish Auction, a 50-50 draw and a fireworks show. At 9 p.m., toes will be tapping during the barn dance, featuring Kendra Kay, MCMA's 2015 female vocalist of the year.

The Dziedzics extend their gratitude to the donors who make the event possible. Breakfast donors include Shellmouth Sausage in Roblin, Parish Heimbecher in Swan River, SPR Hair Salon in Teulon, Bert and Kathy Campbell in Teulon, and MMF Madeline Armstrong Métis Local.

Dinner donors include Charison's Turkey Hatchery in Gunton, Bruce and

Shirley Watts in Gunton, Danny's Whole Hog Barbecue, Concord Colony, Clearwater Colony, New Haven Colony, Real Canadian Wholesale in Winnipeg, Kroeker Farms in Winkler, Bostrom Catering, Alan Stutsky, Tim Hortons (Lee-Anne Brewer), Glenn and Judi Carroll and family, and Donny and Sabrina Reed and family.

The Dziedzics' son Darcy Brewer and Charlene's brother Carey Rae will cook the dinner, while Kathy Campbell and her helpful elves will cook the breakfast.

"Everything is donated for this ride, and we are so thankful for that," Charlene said.

For more information, contact Charlene at 204-278-3346 or charvcdziedzic@gmail.com. For more information about the ATV charity ride, contact Jim or Carol at 204-278-3363.

PUBLIC NOTICE

Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Infrastructure and Transportation office. The deadline for these applications will be **no later than May 20th, 2016**.

For more information, please contact one of the following Transportation offices:

Steinbach	204-346-6266	Dauphin	204-622-2061
Selkirk	204-785-5040	Swan River	204-734-3413
Portage la Prairie	204-239-3292	Brandon	204-726-6800
Thompson	204-677-6540	Arborg	204-376-3333
The Pas	204-627-8272	Boissevain	204-534-2030

Manitoba

Highlighting Northern Lights Festival talent

By Patricia Barrett

The Northern Lights Festival of the Arts showcased the talents of dancers, singers, musicians and gymnasts during a highlights performance April 22 at the Fisher Branch Community Hall.

The festival handed out a number of scholarships to talented youngsters in the Lakeshore School Division catchment area, Morweena, Arborg and the Peguis and Fisher River First Nation communities.

Among the sponsors of the festival were Noventis Credit Union, the RM Fisher, Ukrainian Farmer's Co-op, the Fisher Branch Chamber of Commerce, Broad Valley Catering, the Fisher Branch Motor Hotel, Interlake Forage Seeds, Interlake Agri and the Poplarfield Community Centre. A number of individuals also donated to the festival.

The following is a complete list of the scholarships presented during the evening.

Welcome – Chaika Junior Dance Club – “Pryvit” - Anne Buchko

Pianists:

Kaylee Podaima – “Paw Paw Patch” - Joanne Smith;

Timothy Schrock – “Play” - In Memory of Mary Holowka;

Madison Flett and Yvonne Wiens – “Chopsticks” - Broad Valley Catering;

Emily Mazur and Lauren LeTexier – “On Top of Spaghetti” - Anne Buchko;

Luke Wilson – “Pow Wow Dance” - Fisher Branch Women's Institute;

Fisher Branch Early Years Choir – “Splish Splash” - Lakeshore School Division;

Montana Asham – “Happiness” - Fisher Branch Women's Institute;

Chaika Dance Club – “The Wreath Dance” - Fisher Branch Women's Institute

Pianists:

Jacob Plett – “Spinning Song” - Fisher Branch Woman's Institute;

Wyatt Stadnichuk – “Song of Twilight” - Bernice Enstrom. (Wyatt was recommended by the adjudicator to participate in the Provincial Festival to be held in Brandon, May 27-29, 2016);

Sabina Plett – “Consolation” - H. Margaret Golas;

Rogan Dueck – “Sonatina in F Major #3” - Lakeshore School Division. (Rogan was recommended by the adjudicator to participate in the Provincial Festival to be held in Brandon, May 27-29, 2016);

Raelene Windross – “Rhythmic Movement” - International Pollination Ltd.;

Fisher Branch Grades 5 & 6 Choir – “Raindrops Keep Falling on My Head” - Lakeshore School Division;

Vocal Trio – Landon Sutherland, Myx Miranda and Ben Grocholski – “Happy Wanderer” - R. Barrett.

Guitarists:

Olivia and Todd Mazur – “You Are My Sunshine” - Joanne Smith;

JayPee Javier – “Stairway to Heaven” - Fisher Branch Woman's Institute;

Taliya Vandersteen – “Anna's Song” - In Memory of Mary Holowka;

Shanley Sigfusson – “I Could Have Danced All Night” - H. Margaret Golas;

Macey and Madison Asham – “Red River Jig” - H. Margaret Golas;

Fisher Branch Song Birds – “The Battle Hymn of the Republic” - RM & LUD of Fisher

Violinists:

Emily Schartz – “Allegro” - H. Margaret Golas;

Faith Nickel – “Cottoneyed Joe” - In Memory of Mary Holowka;

Casey Keeley – “Boil the Cabbage” - Joanne Smith

Scott Barrett – TBA - Poplarfield Community Centre

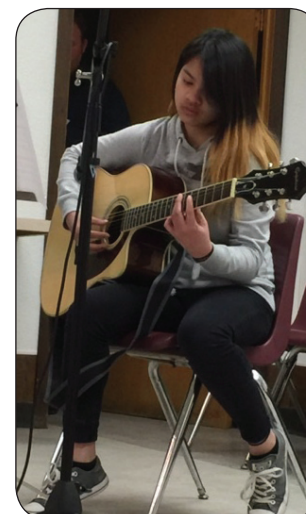
Dasani Cameron – “Jingle Dance” - Fisher Branch Middle & Senior Years Student Councill;

Dustin Cochrane – TBA - Minh's Restaurant;

Chaika Dance Club – “Volyn” - Lakeshore School Division;

Albert Thompson Memorial Square Dancers – “Square Dance” - Lakeshore School Division;

Keara Barrett – “I Will Always Love You” - Freedom West Insurance and H. Margaret Golas. (Keara was chosen by adjudication to attend the International Music Camp in July).



EXPRESS PHOTOS COURTESY OF THE NORTHERN LIGHTS FESTIVAL

Icelandic River Community Foundation gets wheels rolling

By Patricia Barrett

The Icelandic River Community Foundation presented the Arborg Personal Care Home with an Elite Tilt Recliner (or Broda chair) that will provide comfort to patients who spend a lot of time sitting.

Lorne Floyd, Judy Nichol and John Sigurdson, three members of the charitable foundation's volunteer board, presented the specialized wheelchair to the PCH during a volunteer appreciation tea last Wednesday afternoon.

The foundation also provided funds for the purchase of several radon gas kits for home use.

Nichol said the foundation negotiated a lower price for the padded chair, which is designed for long-term care patients. The chair's patented tension seating redistributes weight and relieves pressure.

Clinical resource nurse Tammy Jonasson said the chair provides safety, comfort and prevents bed sores for patients with frail skin and vascular complications.

"It's like a wheelchair, but it reclines and tilts," she said. "And there's a tray for meals and coffee."

The Icelandic River Community Foundation, which was formed 2010, is dedicated to improving the quality of life for residents of Arborg and the RM Bifrost-Riverton. Each year, the foundation donates money for the betterment of the community in areas such as health care, education, seniors or child services, culture and heritage and the environment.

The foundation also funds recreational activities and the Vidir Community Cemetery, said Nichol.

Floyd said the volunteers who sit on the foundation's board come from Arborg and Riverton.

"A lot of people donate to the foun-



Dorothy Froman, PCH clinical team manager, thanked volunteers for their fundraising efforts and personal assistance and presented each with a bright green zippered bag.

ation," he said. "The money goes into a capital fund and the interest is spent."

Evergreen School Division chair Ruth Ann Furgala thanked the foundation on behalf of the Interlake-Eastern Regional Health Authority on whose board she sits, as well as the 40 or so volunteers who attended the tea. They spend countless hours helping the hospital and PCH.

"As volunteers, you're the very foundation of caring and nurturing," said Furgala.

Randy Dallinger, the IERHA's vice-president of human resources, also thanked the volunteers, who are part of a number of local organizations such as the Arborg Hospital Ladies Auxiliary, the Legion Ladies Auxiliary, the Lutheran Church and MPC Fraserwood.

Continued on page 14



EXPRESS PHOTOS BY PATRICIA BARRETT

The Icelandic River Community Foundation presented the Arborg PCH with a specialized reclining chair that will provide comfort to patients in long-term care. Left to right: Charlene Thorkelson, clinical team manager; Lorne Floyd, foundation member; Tammy Jonasson, clinical resource nurse; John Sigurdson, foundation member; and Judy Nichol, foundation member.



Volunteers make all the difference. Members of the Arborg Hospital Ladies Auxiliary and the Lutheran Church Ladies enjoyed the appreciation tea hosted by the IERHA.



Of all the beverage containers that weren't recycled, how many were yours?



> WHEELS ROLLING, FROM PG. 13

"We know our staff members take comfort in knowing you're here to provide assistance," said Dallinger. "We're truly grateful for the job you do."

He said the IERHA holds volunteer appreciation teas once a year at all the health authority's facilities.

Dorothy Froman, clinical team manager for the Arborg PCH, thanked the volunteers for their fundraising efforts and personal assistance with residents. She presented each with a bright green zippered bag.

She made them laugh when she said the bags can be used "when you're going to the beach with a bottle of something."

For more information about the Icelandic River Community Foundation, visit www.ircf.ca.



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RHA mobile clinic gaining popularity in the Interlake

By Jeff Ward

The response to the Interlake-Eastern RHA's Mobile Clinic program has been very positive, according to the regional manager of Primary Health Care Clinical Services, Annabelle Reimer.

And if that popularity continues to grow, she said expansion could be a future consideration.

The mobile clinic began taking appointments in February and has been in Gypsumville, Seymourville and Grand Marias. Reimer added that the community of Prawda has been slow to adopt the system but believes that over the next few months, the word will have spread and interest will pick up there as well.

The mobile clinic is staffed with four medical professionals — two nurse practitioners and two primary care nurses — as well as a driver. The clinic provides people with regular check-ups and physicals, management of chronic diseases, referrals for minor ailments, immunizations and some lab services, among others.

The clinic itself is a special designed RV that is outfitted with everything that a regular doc-

tor's office would have access to.

Reimer said that the biggest concern for locals using the clinic is that there aren't enough appointment times. The clinic can only be in use for 12 hours a day but travel times are eating up much of that time.

"We only have four hours' worth of appointment time because of our travel," said Reimer.

"When patients do get in, they've been quite happy with the services and the feedback has been very positive. I know that each community is hoping we can spend more time there, and we're definitely working on making it the best that we can."

The mobile clinic is in Gypsumville every Wednesday from 11:15 a.m. until 3 p.m., and Reimer said that she estimates the appointment fill rates are 70 per cent. She said that the only real challenges so far have been with the IT connection but that those issues were ironed out quickly.

Anyone interested in booking an appointment is encouraged to call the clinic hotline at 1-855-295-8296 for more information.



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*To all the people of
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Democracy works best when we all participate and I want to thank everyone in Lakeside who took the time to exercise their right to vote in the 2016 election.

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Thank-you to all the volunteers and supporters who contributed to the campaign.

Ralph Eichler
MLA Lakeside



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Mother's Day is a wonderful opportunity to express all your love and gratitude to the mother of your children, whether they're still small or all grown up. Embrace the woman in your life with tenderness, and highlight this special day with a gift she'll never forget.

- Give her some of her favourite flowers and accompany your bouquet with a message that's both touching and sincere. Write "I love you," tell her how happy you are to live with her and thank her for bringing your beloved children into the world.

- Choose some jewelry with special meaning: a "mother-and-child" or heart-shaped pendant; a ring; earrings or a bracelet in gold or silver. Have it engraved with a loving word, your initials or an important date.

- Invite her to a fancy restaurant with just you or with the kids. It's a great

opportunity for her to discover local specialties or flavours from around the world. Or, find out about gourmet hotel packages that will let her prolong the relaxation. She's sure to remember this Mother's Day after enjoying a feast fit for a queen and a romantic night with you.

- Invite your sweetheart to a spa or beauty clinic so she can relax and be pampered. Afterwards, be sure to tell her how beautiful she is.

Whatever the gift, be considerate and attentive. Give her a day she'll remember with pleasure. Perhaps this Mother's Day will be the start of a renewed relationship, closer and more loving than ever before.



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Proposed St. Laurent fish plant could bring more money for fishers

By Jeff Ward

A Winnipeg-based company is looking to build a fish processing plant in St. Laurent that will put more cash into fishers pockets while bringing new jobs to the community.

Community Development First (CDF) is hoping to move quickly on

the project if a deal with Freshwater Fish Marketing Corporation (FFMC) can be worked out to get them their licence to sell fish.

The idea for the processing plant has been in the works for nearly two decades but has recently picked up steam. CDF's chief marketing officer



EXPRESS PHOTO BY TERRY SZYDLIK

The artist's rendered drawing for the proposed fish processing plant in St. Laurent shows a complex that would staff at least 100 employees and process approximately 100 million pounds of mullet and carp each year.

Terry Szydluk said that the team is just waiting to be granted their exemption by FFMC — a Crown corporation that handles the buying and selling of commercially caught fish in Manitoba to the world market — and then they can start moving the plan forward.

Szydluk said if the newly elected

provincial government keeps its campaign promise of turning FFMC into a dual market corporation, the CDF could begin putting their ambitious plan into place.

Szydluk said that St. Laurent would

Continued on page 20

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Derek Johnson



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get inspired

> MEAL IDEAS

Maple banana bread



1 cup (250 mL) whole wheat flour
1 cup (250 mL) large flake oats
1/2 cup (125 mL) wheat bran
1 tsp (5 mL) ground cinnamon
1 tsp (5 mL) baking powder
3/4 tsp (4 mL) baking soda
3 ripe bananas, mashed well
1/2 cup (125 mL) plain 0% Greek yogurt
1/3 cup (75 mL) maple syrup

1/4 cup (50 mL) canola oil

1 egg

Directions

In a large bowl, whisk together flour, oats, bran, cinnamon, baking powder and soda.

In another bowl, whisk together bananas, yogurt, maple syrup, oil and egg. Pour over flour mixture and stir to combine. Scrape into parchment paper lined and sprayed 8 1/2 x 4 1/2 inches (1.5 L) loaf pan.

Bake in preheated 350° F (177° C) oven for about 40 minutes or until tester inserted in centre comes out clean. Let cool in pan for about 10 minutes before turning out and cooling completely to slice and serve.

Tip: Wrap bread in plastic wrap once cooled and store at room temperature for about 3 days or overwrap in foil and freeze for up to 2 weeks.



Chicken Parmesan with Garlic Sautéed Baby Broccoli

Using meat mallet, pound out chicken breasts until they are about 1/4- to 1/2-inch thick. Season with salt and freshly ground black pepper, and place into preheated skillet over medium-high heat with 2 tablespoons oil. Cook until brown on both sides, about 2 minutes per side, then layer into 8-by-8-inch baking pan.

In small bowl, combine tomato sauce, basil, oregano, sucralose and Parmesan cheese. Mix with spoon and pour over chicken. Layer mozzarella on top and bake 25-30 minutes, until cheese is melted and sauce is bubbly.

During last 10 minutes of cooking chicken, use same skillet to sauté baby broccoli. Over medium-high heat, add garlic and broccoli to 2 remaining oil. Sauté until broccoli is crisp-tender, about 5 minutes. Serve immediately with chicken.

6 Tips for Adding Healthy, Whole Foods

By Christina Hooper

Backcountry Fitness & Conditioning

Many Canadians have grown up on processed foods. Although we still have healthy options to choose from, it can be overwhelming when entering the grocery store, eating out at a restaurant, or even the drive thru. Making healthy choices can be difficult, but manageable when you have the right tools to work with.

This may be a big change for you, so take it one step at a time. Pick 1 or 2 changes to make now, and once those are in place, pick 1 or 2 more. This is the best way to make it part of a lifestyle change and something you can live with.

Transitioning to a healthier way of eating may seem daunting so here are some tips to keep in mind:

1) Eat vegetables at most meals. Think salads, side dishes, soups, or even adding veggies to your sandwich or wrap.

2) When you are having a craving for something sweet, opt for a serving of fruit to satisfy your craving.

3) When you eat meat, it's best to choose organic, grass fed, and hormone-free so you get the maximum nutrients possible without the harmful pesticides residue, antibiotics, hormones, etc.

4) Fill your pantry with healthy food choices that are ready to eat and go. Snacks like nuts, seeds, dried fruit, homemade granola bars or fruit

are good for 'grab and go'.

5) Never leave the house without food if you'll be gone for more than 2 hours. Remember, eating healthy foods on a regular basis will help you avoid unhealthy choices. Make up some of your own trail mix (avoid ready made trail mix as most of them have hydrogenated oils and other undesirable, processed ingredients) or bring a small cooler to keep in the car or at work.

6) Most importantly, don't be too rigid, and remember that making small changes over time will make a huge difference, and it makes the changes easier to stick with.

Making these changes can help reduce your chances of heart disease, high blood pressure, diabetes and more. Many benefits of healthier whole foods include more energy, better digestion, better control of weight, improves mood, combats diseases, and of course improves longevity.

The dietary changes you're making should not feel restrictive, overwhelming or hard to live with. You want to build small healthy habits overtime and still enjoy your lifestyle.

An apple a day, keeps the doctor away.

Christina Hooper

Backcountry Fitness & Conditioning

Inspiring lives, one body at a time.

Fresh Mozzarella Salad with Basil Pesto



Prep time: 10 minutes

Net carbs:

1.7 g

4 cups arugula

1/4 cup basil pesto

2 pounds sliced whole milk mozzarella cheese

2 small whole red tomatoes, sliced

Basil Pesto

24 ounces basil

1/3 cup dried pine nuts

1/3 cup grated Parmesan cheese

1/2 teaspoon garlic

1/2 teaspoon salt

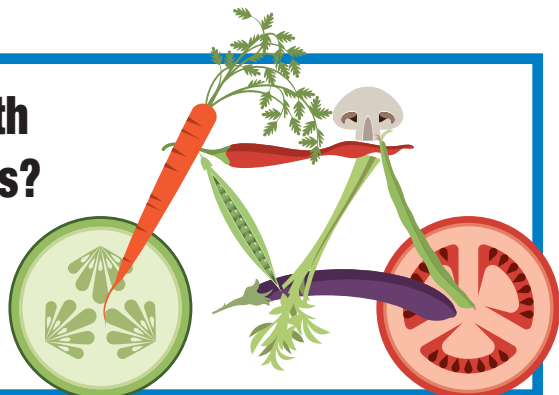
1/3 cup extra virgin olive oil

To prepare pesto, combine basil, pine nuts, Parmesan, garlic and salt in food processor or blender; pulse until finely chopped. Add oil in slow and steady stream with machine running; process until fairly smooth but not pureed. Serve immediately, refrigerate in airtight container for up to 3 days or freeze for up to 1 month.

Toss arugula with 2 tablespoons of pesto. Mound onto serving plates. Top with alternating slices of mozzarella and tomato. Drizzle with remaining pesto and serve.

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Evergreen tackles inter-campus programming and fee reductions

By Patricia Barrett

At its regular board meeting April 20, the Evergreen School Division Board of Trustees heard from Arborg Collegiate principal Randy Semenek about his plan to improve joint campus programming between Arborg and Riverton high schools.

A survey that was sent to parents and staff about shared programs raised a few concerns.

Among them were students missing some class time because of the bus shuttle they have to take between the two schools and the availability of programming in students' respective home schools.

"In the morning, [the bus] leaves at about 8:50 and students are arriving at each other's campuses at about 9:15," said Semenek. "So they're missing about 15 minutes of the first-period course."

"At lunch, the shuttle leaves at approximately 12:40 to go back and forth across," he said. "Students arrive with enough time to get to their afternoon classes ... [but] they do miss some of lunch, which we certainly understand is problematic in terms of clubs and groups and intramurals."

Semenek said the afternoon, end-of-day shuttle is the most problematic. The buses leave at 3 p.m., resulting in students missing a half-hour of the last period of the day.

Another concern with the busing schedule is that students are missing announcements.

Brenna Klym, student representative on the board, suggested announcements be broadcast on the buses while students are being transferred between campuses.

To help students who miss part of their classes, Semenek said they are provided with extra English and math classes, double periods of other classes in the afternoon and the scheduling of options courses, such as arts, shops and outdoor education, at the end of the day.

"It doesn't solve the problem," he said, "but it gives the teachers a little more ability to get through the curriculum without students missing that much."

As for the amount of time students spend at each other's campuses, and their desire to access as many courses in their home schools, Semenek said that comes down to staffing-student numbers.

"We have less staffing," he said. "That's just a real-



EXPRESS PHOTO BY PATRICIA BARRETT
Randy Semenek, principal of Arborg Collegiate, outlined solutions to improve inter-campus programming between Arborg and Riverton high schools.

ity."

One potential solution he said the schools are considering for next year is "a reduction at RCI [Riverton] ... we may have to eliminate some of the options."

"That will mean there won't be as many choices for students, and that's something we'll have to look at," he said.

The numbers of teachers available, retirements and the ability to teach certain subjects affects what

courses can be offered.

A few of the options Semenek said they'll be exploring is using technology set up in students' home schools to access courses across campus, and perhaps offering courses, such as power mechanics and psychology, on a rotational basis during certain years depending on student interest.

"We don't want two campuses where one is academic and the other is of lesser academics," said Ruth Ann Furgala, chair of the board.

"The result will be based on teacher availability," said Semenek. "It's based on who can teach what."

Semenek said he will be providing a brochure to parents about the availability of courses at the two schools.

The division made adjustments to its school fees that will help level the playing field between parents who can pay and those who struggle to make ends meet.

By "re-jigging" an engagement grant, the division will "reduce costs to parents," said Supt. Roza Gray.

Effective September 2016, there will no fees for lockers, agenda books, labs and project materials, field trips with curricular objectives, the swim/skate program, French camp, middle years and intramural athletics and high school convocations.

"There will be no charge for caps and gowns," said Gray, clarifying convocation fees. But students will still be required to pay for activities such as dinners and dances.

The division will charge a "modest" fee for school supplies purchased by schools, overnight trips for band and athletics activities, band uniforms, sports T-shirts, rentals of musical instruments, high school interscholastic sports and student parking.

For students with limited financial means, the division can provide financial assistance to ensure everyone can participate in desired programs and activities.

The Public Schools Act authorizes school divisions to impose fees. Evergreen first started charging fees in 1968.

Prior to the start of the school year, principals will provide parents with a comprehensive school fee schedule.

IERHA suicide prevention committee to host coffee chats

By Jeff Ward

The Interlake-Eastern Suicide Prevention Committee is inviting residents to join them for a cup of coffee to chat about mental health in support of Mental Health Awareness week May 2-8,

Throughout the week, mental health workers, wellness facilitators and volunteers from the suicide prevention committee will be on hand to provide information on support services and how to help someone struggling with mental illness.

The committee will be in St. Laurent at École Communautaire Aurèle-Lemoine on Wednesday, May 4 from 5:30 to 6:30 p.m., the Akkeri Cafe in Riverton from 9:30 to 11:30 a.m. and the Gypsumville Community Club from 1:30 to 3:30 p.m. The committee will also be in Fisher Branch at the Interlake Cafe on Friday, May 6 from 10 a.m. until noon as well as a dozen other locations around the region.

There is no need to register, and people in surrounding communities are encouraged to attend.

The Interlake-Eastern Suicide Prevention Committee has partnered with businesses and community centres to provide residents an opportunity to have a coffee and to speak with a professional.

"Mental health is an often-overlooked part of whole health and many people aren't aware of the supports available to help. We'll have information available on how to help someone who is struggling and what mental health services are available," said Laura Tanguay, clinical team manager with the community mental health program.

Tanguay said that this is the second time they've offered the event and that they've doubled the number of sites offered. She added that in certain communities, like Gypsumville, the committee has partnered with the mobile clinics and will be in

those communities alongside the regularly scheduled clinic times.

According to Statistics Canada, men aged 65 and older have high rates of suicide and have consistently been at or above the rate of 20 per 100,000 people.

"At these events, we will also talk about how to support someone who may be struggling. It can make a difference to a friend or family member and it all helps to reduce the stigma around mental health issues," said Tanguay.

Any residents in the Interlake-Eastern RHA area that require urgent response and mental health assessment are encouraged to call the 24-hour crisis line at 1-866-427-8628 or mobile crisis services at 1-877-499-8770.

First cases of Zika virus confirmed in Manitoba

Staff

Manitoba Health, Healthy Living and Seniors (MHHLS) has identified the first two confirmed cases of Zika virus infection in the province. Both individuals recently travelled to an area affected by the current outbreak.

The current overall risk to Manitobans is very low as the species of mosquitoes that can carry the virus are unable to survive the cool weather in Manitoba or Canada.

The effects and symptoms of Zika virus can vary widely from person to person. In most people, the virus causes a mild disease lasting between two and seven days, with key symptoms including fever, rash, aches, conjunctivitis and eye pain.

However, in a minority of people, Zika has been found to cause Guillain-Barré syndrome, an auto-immune disease which makes the immune system attack the body's nerve cells, resulting in weakness of the muscles and even paralysis. The effects typically last between a few weeks and a few months but are sometimes permanent.

Other neurological and autoimmune diseases, including acute disseminated encephalomyelitis, have also been linked to Zika.

The most notorious effect of the virus is its now-confirmed ability to cause fetal abnormalities if a pregnant woman contracts it.

Travellers to areas affected by the current outbreak and those areas at risk of an outbreak can protect themselves against Zika virus by taking individual protective measures to prevent mosquito bites including using insect repellent, wearing protective clothing, using mosquito nets, and ensuring that doors and windows are screened.

It is recommended that pregnant women avoid travel to areas with a current Zika virus outbreak or areas at risk of an outbreak. If travel cannot be postponed, then strict mosquito bite prevention measures should be followed to protect themselves against bites.

As research continues regarding the potential role of sexual transmission of Zika virus, caution is strongly recommended. Women should avoid becoming pregnant during travel to an affected area by the current Zika virus outbreak or an area at risk, and for two months after return from these areas. It is recommended that men returning from an affected area or an area at risk who show symptoms or are diagnosed with Zika virus consider using condoms or not having sex for at least six months after symptoms begin. It is also recommended that even men returning from an affected area or an area at risk who show no symptoms consider using condoms or not hav-



EXPRESS PHOTO SUBMITTED

The Zika virus can cause serious birth defects if a pregnant woman is infected, the USA's Centers for Disease Control and Prevention has confirmed.

ing sex for at least eight weeks after returning from an affected area.

A full list of countries and territories with active local Zika virus can be found at www.cdc.gov/zika/geo/active-countries.html.

Some affected countries and territories include the popular tourist destination of Mexico, Fiji, Honduras, Guatemala, Nicaragua, El Salvador, Panama, Costa Rica, Venezuela, Guy-

ana, Colombia, Ecuador, Brazil, Bolivia, Paraguay, Cuba, Jamaica, Haiti, Dominican Rep., Trinidad, Barbados, St. Lucia, St. Martin, US Virgin Islands.

For more information about Zika virus, contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free), or visit the Manitoba Health website at www.gov.mb.ca/health/publichealth/diseases/zika.html.

> FISH PLANT, FROM PG. 16

be the perfect geographical spot for a new plant, and he's very excited about the prospect of making an investment in this community. According to Szydluk, the plant would take both mullet and carp in the round weight — which means the fish is whole — and will sell to markets all over the world. He added that the plant would process 100 million pounds of fish each year.

"The plan works quite nicely because the mullet and carp are being pulled up in nets already but are being thrown back because they have no value," said Szydluk.

"If fishers are able to keep those

fish for a better return, they would be inclined to fish more often and their income would increase. With higher incomes, more young people would join the profession and the community would grow as a result."

The plan is exciting and ambitious, and Szydluk said that the plant would hire 100 people to start with in their projection. He said that there would need to be a housing plan as well for all those employees and that a sustainability centre would also be built for training purposes.

Reeve Cheryl Smith is intrigued by the plan and said she welcomes any and all businesses that wish to invest in St. Laurent.

"If they want to invest and create a fish processing plant, by all means. Council wouldn't oppose anyone who wants to create

jobs in our community," said Smith.

"We had a short discussion with [Szydluk] at our last council meeting and I think it was a really good productive discussion. This type of project has been attempted in the past and it's never been completed. So we wish them all the luck."

Smith said that FFMC representative for Southern Manitoba Field Operations John Binding was also in attendance during the meeting and added to the discussion.

Chairman of the south basin Lake Manitoba Commercial Fisherman Association (LMCFA) Allan Gaudry said that he is completely in favour of this new plant and welcomes the idea with open arms. Gaudry estimates a big spike in fishers' income if this plant is given the green light.

"To us fishers, it's great to have someone who will take carp and mullet in round weight," said Gaudry.

"When we have to dress the fish, we lose quite a few hours cleaning them

and we could be using that time to set up more nets and catch more fish. So far, all the fishers we contacted supported the idea and now we just need government to step in and provide the CDF with their exemption."

Szydluk estimated that if the exemption was granted today, the project would, at best, be 18 months from

completion and worst case scenario be three years away from a ribbon cutting. Either way, he intends to keep working on the project because it has the potential to be a huge industry.

"We need people to call their MLA and talk about opening the dual desk at FFMC. For us, that's the last thing we need and then we can start making phone calls to the banks, our investors, architects and engineers and say we're ready," said Szydluk.

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Potential second coming for the 'electrician's son'

By Patricia Barrett

After a strong showing that put him in second place in the Interlake riding, Liberal MLA candidate Jamal Abas is weighing his options for a future in politics.

The first-time candidate, who farms near Hodgson and who received much acclamation from friends and foes alike for his level-headed and straightforward campaigning, is not quite ready to throw in the towel despite his loss to PC MLA designate Derek Johnson.

"As bad as I feel that I didn't win," said the 25-year-old farmer, "I'm optimistic about figuring out where my passions lie."

And at this point, it's looking as though his major competing passion — farming — may once again take a back seat to politics when the next election rolls around.

Abas did remarkably well, placing fourth among the Liberals' 51 or so candidates for the highest number of votes received, according to Elections Manitoba unofficial results.

"I'm very proud of that," said Abas, who took "no days off" since his Jan. 25, 2015, nomination by the party. "I tried to be ... present in every community and acknowledge the [uniqueness] that each brings to the Interlake."

This time around, the Liberal Party gained two additional seats in the legislature for a total of three. And in a riding [Interlake] that has remained staunchly NDP for 35 years, the Liberal candidate showed prowess in the field.

Abas virtually swept Peguis First Nation voters away from both Tom Nevakshonoff (NDP) and Derek Johnson, according to unofficial polls during election night.

There were a number of people on his campaign team who had once worked for the other political parties, and who put their lives on hold to help him, he said.

"I knew I was in the race when card-carrying Conservatives put my signs in their yards, canvassed for me and donated to my campaign," he said. "So my messages must have been effective. ... They saw my vision and

shared it."

Abas said the entire experience was at times "surreal" and that he'll never forget the people he met.

"I've had so many experiences on the campaign trail that will live with me forever," he said. "There were some people I didn't know well but who had connections with my family."

At one home he visited, he met an 80-year-old farmer who had bought grain from his grandfather 60 years ago. Another remembered his grandmother.

He said he felt as though his grandparents, now passed on, were part of his campaign.

Abas said that although he "embraces a change in government," he'll be keeping a close eye on what transpires over the course of the next four years.

"I commend Brian Pallister for his win," he said, "but his fiscal plan is one we have to be careful of. Our province is not made of millionaires and billionaires: we're working class and small-business owners."

He said Pallister's plan "lacks depth and clarity" and that he shouldn't "be catering to the wealthy class only" with monetary incentives.

"He's looking through his own lens, not through the lens of the people. There's not a lot of empathy for what the average Manitoban goes through."

Citing Pallister's promise to lower the PST to seven per cent, Abas said he thinks "it's irresponsible to try to lower taxes while promising \$1 billion in infrastructure spending. Those numbers won't add up. If our education and health-care systems suffer, there will be problems."

Derek Johnson has a lot of work on his hands, said Abas, who called to congratulate him on his win. "Now that his government has a majority, he's expected to deliver. I'll be there to point out [what needs to be done]."

He spoke to Johnson about health care in the Interlake, hoping the PCs "make the right investment. Pallister's two-tier health system worries me."

"I want to see progress. And if I see it, I'll support it."

But Abas' biggest concern is what a



EXPRESS PHOTO COURTESY OF JAMAL ABAS

Liberal MLA candidate Jamal Abas made a strong showing in the polls during Manitoba's 41st General Election April 19, coming second to PC MLA designate Derek Johnson.

PC win means for rural and northern Manitoba.

"I hope it's not as grey a picture as the one people are painting."

As for Nevakshonoff's 17-year reign as Interlake MLA coming to an end, Abas said he has "a lot of respect" for his work.

"The NDP took a blow, but it doesn't mean Tom's 16 years should be [discounted] or [alternatively] not criticized."

With regard to the three Liberal MLA designates, Abas said he'll help them in whatever way he can.

"I especially commend Judy Klassen for unseating Eric Robinson," said

Abas, who had campaigned up north with the Kewatinook MLA designate. "She's a rarity in politics ... she has a good heart."

Although he's taking some "me time" right now and will be fully re-entering the agrarian field shortly, sowing and reaping grain and rearing beef cattle on the family farm, Abas said he's sticking around.

"People should pay close attention to the electrician's son from Hodgson," he said, borrowing an affectionate moniker given to him by locals. "I'll always be engaged [in politics]."

> FUTURE OF WEST INTERLAKE, FROM PG. 7

West Interlake Reeve Randy Helgason said he is also looking forward to the meeting and the finality of it. He is a bit concerned that the decision could be the dissolution of the RM of West Interlake and that continues to be an avenue that he doesn't support.

However, he is 100 per cent in favour of Ward 1, the former RM of Eriksdale, becoming an LGD as long as there are no ill effects for the residents of Ward 2, the former RM of Siglunes.

"This is a historical event and it is our one chance to make our concerns

heard," said Helgason.

"The amalgamation has put up a wall between our two communities and that's a shame. We were fairly close before and now I think there is a lot of bad blood caused by this forced amalgamation. I'm looking forward to this being the end of it."

Helgason said that he would be making a presentation during the

meeting — the nature of which he wants to save until the day of — and that the RM's CAO Larissa Love will also be making a presentation on behalf of council.

Helgason added that anyone is able to make a presentation and voice their concerns, and he encourages residents of both Ward 1 and 2 to do so.

Provincial trail riding club welcomes new members

Manitoba Trail Riding Club invites members to join them on five upcoming rides

By Jennifer McFee

For many trail riders, wild horses couldn't keep them away from this anticipated activity.

And the Manitoba Trail Riding Club welcomes new members to participate in the enjoyable pastime.

For member Linda Gillies, the club creates a sense of confidence and camaraderie in its members.

"I got into riding later in life. Sometimes, you want a group of people you feel confident with. The benefits are definitely having fun and riding in places that you wouldn't normally ride," said Gillies, who lives in the Grosse Isle area.

"If you like a little bit of competition and a reason to be out there two or three times a week training your horse, for me that's what it was. It's nice to be a member of a club and it certainly is a lot of fun."

"IT'S NICE TO BE A MEMBER OF A CLUB AND IT CERTAINLY IS A LOT OF FUN."

Once a month, club members meet to discuss rides, with five planned for this year. The first ride is scheduled for May 14 in Sandilands Provincial Forest, followed by a May 28 ride in Pembina Valley, June 18 in Birds Hill Provincial Park, and Sept. 10 in Bel Air Provincial Forest. This year's events wrap up on Sept. 18 at the MHC Manitoba Equestrian Championship in Birds Hill Provincial Park.

Most rides include three different options for participants: 15 miles, 25 miles or 40 miles, which can usually be done as competitive trail rides within a set timeframe. For the 40-mile rides, a minimum of two riders must register to participate.

Each event features a pre-ride vet check to assess that the horse is able to do the distance, followed by subsequent vet checks along the way. The club, which formed in 1979, in-



EXPRESS PHOTO BY JO-ANNE PROCTER

Manitoba Trail Riding Club member Linda Gillies of Grosse Isle, along with her horse Dakota and dog Polo, is encouraging trail riders to join their club.

cludes a junior division as well as mentorship for newcomers.

For more information on the Mani-

toba Trail Riding Club or to get involved, visit www.mbtrailridingclub.ca.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

RCMP challenge Fisher Branch students in basketball

Staff

Fisher Branch and Peguis RCMP detachment members were at Fisher Branch Collegiate last Friday to play against the school's basketball team.

The students put up a good fight, according to Cpl. Gabriel Simard, a member of the Fisher Branch RCMP and one of the players in the game. But the RCMP won the lunchtime matchup 49-23.

Simard said the RCMP routinely visits schools and makes presentations on social issues such as bullying. He said they support Safe Grad and like to assert themselves into the community and schools while building relationships.

"When youth see us outside of our uniforms, I think it's easier to establish that trusting relationship," said Simard. "And this game definitely helped to do that."

RCMP Const. Andrew l'Anson organized the game.



EXPRESS PHOTO FROM SHAUN LINDAL

Back row: Cst. Roch Carr, Cst. Ryan Carriere, Cst. Ronald Bumbry, Cst. Andrew l'Anson, Cst. Robert Rowe, Cst. Ryan Powe, Nikey Dillon, Zach Bayliss, Dakota Favell, Nelwon Wallch, Gabriel Simard and Cassidy Webb. Front row: Sgt. Hank Anderson, Cpl. Gabe Simard, Cst. Brooke Turnbull, Sgt. Darryl Robak, Morgan Lappage, Brooklyn Barteski, Richelande Plett, Alicia Perry and Matt Colpitts.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli hosts varsity badminton tournament

By Brian Bowman

There were a plethora of birdies flying around the Gimli High School gym as the Lakers hosted a varsity badminton tournament last Friday and Saturday.

Participating schools included Gimli, Collège Louis-Riel, Maples, Garden City, Swan Valley Regional Secondary School, Ecole St-Joachim, Teulon and Riverton.

Here are the local playoff results from the tournament.

In ladies' singles play, Gimli's Jayda Campbell lost 21-13 to Teulon's Katrina Carter and defeated Garden City's Justine Dalusong 21-11.

Carter later beat Duyen Nguyen (Garden City) 21-14 in the final.

Men's singles action saw Gimli's Jack Einarson lose 21-10 to the Maples' Cole Lacap. Teulon's Mark Shinnie won the men's singles title by defeating Lacap 2-0 (21-14, 21-15).

The ladies' doubles division saw Coral Zamzow and Zoe Winters (Swan

Valley Regional) defeat Amy Thorkelson and Madison Burke (Gimli) 21-7. The Swan Valley duo later defeated Gwen Balagtas/Beth Ivison (Maples) 2-0 (21-11, 21-15) in the finals.

The men's doubles division saw a pair of Gimli teams lose in the play-offs. Everett Morin and Austin Spulnick (Teulon) beat Gimli's Wayde Johansson and Nikko Vandorp 21-9 while Rich Del Mundo and Mikko Syfu (Maples) defeated Gimli's Tanner Schroder and Devun Groot 21-8.

In the final, Celmar Calubayan and Luis Rivamonte (Garden City) slipped past Rich Del Mundo and Mikko Syfu (Maples) 21-18.

Mixed doubles play saw Riverton's Bryden Johnson and Halley Einarson lose 22-20 to Judy Rico and Nathan Lazaro (Maples).

In the final, Teulon's Jake Ledochowski and Kyra Wiebe (Teulon) defeated Yvan Bourgeois and Caitlyn Kruk (Louis-Riel) 21-11, 21-18.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

G	M	S		S	E	H	O	V		S	E	R	O	M
N	O	N		E	T	E	S	G		D	N	E	P	U
O	D	V		T	S	I	R	U	T	V	I	N	I	M
G	N	I		T	V	E	S	P	O	F	E			
		B	E	I	A		S	E	T	A	V	E	S	
		V	T	O	U	M				S	O	V	T	
S	E	R	V	N	R	E	S	O	D			P	U	
E	I	G		V	E	T	N	V	A	T	E	S	U	M
H	V	S	T		H	V		I	E	M				S
D	E	R	O	S	N	O	P	S		T	H	O	K	
		E	T	I	O	T		S	E	S	N	E	S	
S	V	X	E	T	S	V	T	V		D	E	S	O	V
I	N	I	O	V		E	K	I		N	I	D	B	A
S	V	F	O	S		E	H	D		S	A	V	H	V

Crossword Answer



CROSSWORD

CLUES ACROSS

- Satisfaction
- 18th Hebrew letter
- Couches
- Severe
- Makes comic books
- Grape
- Handle perfectly
- Home of J.R.
- Everyone has these
- Linen
- He owned the Bucks
- Supported
- River in Guangdong
- Exclamation of surprise
- Nicholas II was one
- Comic antihero
- In the back of a mammal's mouth
- Joe is a famous one
- Impressionist painter Italo
- Send forth
- They ___
- Not down
- Computer program I-___
- Nostrils
- County in New Mexico
- Letter of the Greek alphabet
- Russian river
- Sorts
- A feeling (slang)
- Type genus of the Elopidae
- Ingesting
- Paints small things
- Trouble
- Turn on its end
- Story (archaic)
- Negative
- Manners
- Hurts
- IBM's software group

CLUES DOWN

- Greek sophist

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18					19					
20				21				22						
	23					24	25					26	27	
						29				30				
31	32					33		34	35	36			37	
38					39	40						41		
42					43					44	45			
46		47	48					49		50				
51					52	53	54			55			56	
										58				59
60	61							62	63				64	
65								66					67	
68								69					70	

- Diacritic mark
- Tumors
- Can't play
- Dabbling ducks
- Dekaliter
- The world of the dead
- Greek Muse
- Estate in Dickens
- Wild cat
- Menders
- Comedienne Gasteyer
- Female sibling
- Man-child
- Tommy Dorsey's trumpeter
- Mesopotamian deity
- Speech sound
- Bore
- Designer van Noten
- Small flakes of soot
- Insects

- Genus of gulls
- Indicates position
- Fixes up
- Homer's bartender
- Riding horses
- Dismounted
- Unlocks cans
- Salty
- These are for cars
- Mentally quick and resourceful
- Hemlock
- Give qualities or abilities to
- This (Spanish)
- Chime
- Uncommunicative
- A stock sale
- Leisure (slang)
- Similar

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MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE



REGARDING THE 2016 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that at 1:00 pm on Thursday, May 12, 2016, the Council of the Municipality of Bifrost-Riverton will hold a Public Hearing to present its Financial Plan for the 2016 fiscal year. The Hearing will be held in the Council Chambers of the Main Municipal Office, located at 329 River Road, Arborg, MB.

Council will hear any tax payer who wishes to make a representation, ask questions, or register an objection to the Financial Plan.

Copies of the Financial Plan will be available for review on the 30th day of April, 2016, and may be examined by any person during regular office hours.

Dated this 12th day of April, 2016.

Cindy Stansell, CMMA
Chief Administrative Officer
Municipality of Bifrost-Riverton

FARM AUCTION SALE

Eric Hobden
Harwill, MB (Fisher Branch/Hodgson area)
Saturday, May 7, 2016 at 11:00 a.m.

Directions: From Fisher Branch - North on Hwy #17 for 11.5 km to PR #325. Turn west on PR#325 for 11.6 km, turn North on 13W for 4.8 km to 12W & 8 km North to Hobden Road, turn left for 2 km. From Ashern - PR #325E for 41 km (Follow signs)

Tractors & Equipment: 7720 J.D. Combine, turbo standard w/airfold sieve, 2711 hrs showing on clock; #220 Straight cut Header for 7720; J.D. 4400 Combine (n/r); Rock-o-Matic 5ft Stone picker; J.D. 3020 w/dual hyd; Case 930 Tractor (n/r); 7-47 Westfield Auger w/16hp motor; J.D. 8ft Offset Disc, notched front & back (#225?); Versatile 400 20ft Swather w/cab; Versatile 400 15ft Swather; Spray Coupe 50ft Sprayer (no cab); J.D. Press Drill; Int. 20ft Cultivator (wing lift); Versatile Swather parts (n/m); Co-op #350 14ft Tandem disc; Cockshutt 225 14ft Sur-Flex; Diamond harrows; Cockshutt Horse mower

Vehicles: 1992 Chev Van (wheelchair ramp); 1976 C-65 Grain Truck, single axle, w/16ft box & roll tarp; 1982 Dodge Ram 4x4 Truck; Dodge 3 ton Truck w/box & hoist (n/r); Chev 1 ton (n/r)

Yard & Miscellaneous: Poulan riding lawnmower; McDougall galvanized well hand pump; 2 rolls Chain link fencing w/gates & posts; Imperial wood stove; Duck decoys

Tools & Shop: Air Compressor; Coleman 1500 watt Generator; Poulan Pro Chainsaw 42cc; Bench grinder; Assortment of Power tools; Gas jugs; Miller Arc Welder; Back pack sprayer; Pressure washer; Bench Vice; Jackall; Jumper cables; 3/8 50ft cable

Auctioneer's Note: Everything for this sale is listed so it will be a short day.

For more info: Call Eric at (204) 832-8398

Lorne (Buddy) Bergner, Auctioneer

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MISCELLANEOUS

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MISCELLANEOUS

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COMING EVENTS

Manitoba Motorcycle Ride for Dad - Fighting Prostate Cancer. Saturday, May 28, 2016, 10 a.m. Official Start. Polo Park Shopping Centre. Register online: ridefordad.ca/Manitoba

LIVESTOCK

Charolais yearling bulls for sale, Red Factor or White. Also 1 Red Factor 2 year old. Good prices. Good birth weights. Call John at 204-383-0308.

LIVESTOCK

For sale - red & black yearling and 2 year old Angus bulls. Will semen test. Delivery available. Call Wayne 204-383-5802 or 204-383-0100.

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PB Red Angus bulls for sale. Yearlings and 2 year olds. Call Shawn 204-378-5225.

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Small square hay bales and small square straw bales. Ph. 204-781-7937.

POTATOES FOR SALE

Potatos - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

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Ashern Auction Mart - Farm Market Report

Week of Apr. 20 • No. of Cattle: 910

Total Slaughter Cattle 80 Total Feeder Cattle 790 Horses 40

D1 & D2 Cows 82-91
Good Bulls 94-130

Age Verified ... 92-99 up to 1.06.50
D3 & D5 Cows 75-81

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Call For Board of Directors

The Interlake Consumers Co-operative Ltd. invites nominations for the position of Director

There are three (3) Director positions available

Nominees must meet the qualifications and requirements specified in the Co-op's Bylaws. Details on the qualifications and requirements can be picked up at the Administration Office in Arborg & at the Eriksdale Food Store location.

Nominations must be submitted in writing, no later than 5 pm on May 11, 2016 to:

The Nominating Committee
Interlake Co-op
Box 40, Arborg, MB, R0C 0A0



INTERLAKE

NOTICE OF ANNUAL MEETING

When: Wednesday, May 25, 2016

Meeting: 7:00pm

Where: Arborg Community Hall
409 Recreation Centre

Agenda Items to include:

- Minutes from the 2015 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2016
- Board Elections

Interlake Consumers Co-op Ltd
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WEEKLY NEWS

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1984 Versatile 555 series 3, 4x4, 18.4x38 duals, 4 remote hyd, 1000 large pto, serial #034605 had new drop in engine at 3850 hours, now showing 5606. Case model 1070, cab, pto power shift, axle duals, \$8000 spent on engine and transmission overhaul, 6563 hrs. 1971 IHC model 1066 diesel tractor add on 3pth, cab, TA, overhauled engine at 5550 hrs total hrs 5890. Roper 11hp garden tractor with mower. **Truck** 1973 GMC C-65 16ft box and hoist, 366 V8 5&2 Excellent 10x20 tires all around, safetied truck. **Harvesting** 1979 IHC 1460 Combine, pickup, 4077 hrs. Always shedded when not in use IHC Model 4000 sp swather cab, gas, 19-1/2ft batt reel, Hydraulic centre link for header tilt



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ANNOUNCEMENTS

CARD OF THANKS

Jena Gulay – Brett Olafson
Jena and Brett, along with their families, sincerely thank everyone for their attendance and/or support for their wedding shower and social on March 19th. A special thanks to the wedding party who helped organize and prepare for this special event. Thank you to all those who so generously donated silent auction and grand prizes. The gifts and support were awesome and so very much appreciated. We are so overwhelmed with the beautiful gifts at the shower and the enormous attendance at the social. We are so blessed to be part of this community.

ANNOUNCEMENTS

CARD OF THANKS

Johnson - The family of Marie Johnson would like to thank everyone for attending Mom's Celebration of Life. Thank you to granddaughters Alise and Carley for reciting the poem and thank you to Carley for playing her guitar and singing the beautiful song for Grandma. Thank you to cousin Cindy for reading Mom's Eulogy on our behalf. Thank you to the Gimli Legion, Mad Dash Catering and to Gilbert's Funeral Home. Also, thank you for the cards, flowers and phone calls. We appreciate it all very much.

Rona Gimli is looking for Sales Associates

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ANNOUNCEMENTS

SHOWER ANNOUNCEMENT



Sparkes – Lane

Robin and Wanda Sparkes are pleased to announce the upcoming marriage of their daughter, Heather, to Brennan Lane of Saskatoon, son of Buddy and Shelley.

A Framnes farm wedding is planned for late August.

To celebrate the upcoming wedding, we invite you to a Jack and Jill Celebration at the Travelling Inn in Arborg on Saturday, May 7 at 7:30 p.m. Dancing begins after 9:00 p.m. Donations can be left at Arborg Interlake Coop Grocery and Arborg Home Hardware. Registered at Sears and Home Hardware. Gift cards and monetary gifts are also welcome as Heather and Brennan live in Regina.

ANNOUNCEMENTS

IN MEMORIAM

Schwitek

In loving memory of
our dear sister and aunty,
Dorothy

who passed away April 30, 2006

There is a bridge of golden memories,
From here to heaven above;
That keeps you very close to us,
It's called the bridge of love.
Your memory is our keepsake,
With which we will never part;
God has you in His keeping,
We have you in our hearts.

-Lovingly remembered,
Ed and Mina, Dody,
nieces and nephews

ANNOUNCEMENTS

ENGAGEMENT



Zagozewski-Meiners

Derek Zagozewski and Janice Keller are pleased to announce the engagement of their daughter Chelsey to Travis son of Ralph and Valerie Meiners. An August wedding is planned. A wedding Shower will be held in their honour on May 7, 2016 at 1 p.m. at the Riverton Hall with a social evening to follow.

ANNOUNCEMENTS

IN MEMORIAM



Darcy Stefan Sigurdson
August 1, 1963 - May 1, 2011

No one knows how much we miss you,
No one knows the bitter pain
We have suffered since we lost you,
Life will never be the same.
In our hearts your memory lingers,
Sweetly tender, fond and true;
There is not a day, dear Darcy,
That we do not think of you.

-Forever loved and deeply missed
by son Tristan; parents Maurice and Sylvia;
sister Maureen and her sons;
brother Jeffrey and his son;
brother Eric, wife Tanya and their children

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- 2nd prize** – Serta Bellagio I Series Q Bed value **\$1,499**
- 3rd prize** – Palliser Recliner value **\$999**
- 4th prize** – Whirlpool D/W value **\$749**

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