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VOLUME 4 EDITION 18 THURSDAY, MAY 4, 2017

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Stars shine

EXPRESS PHOTO BY PATRICIA BARRETT

The local Filipino dancers enchanted a crowd of 250 with their colourful dresses and flower dance at the Northern Lights Festival of the Arts concert in Fisher Branch last Friday.

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

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St. Laurent Métis documentary now airing on television

By Jeff Ward

The inaugural episode of the documentary series *Au Pays De Michifs* showcasing the lives of Métis people in St. Laurent aired recently on Canal D.

Canal D is a French language specialty channel that focuses on documentary-style productions and is available through both Shaw and Bell service providers.

The series is a look at a way of life that is grounded in Métis culture and history and documents an entire year of hunting, fishing and trapping in St. Laurent.

The first of eight 30-minute episodes aired on April 22 and series producer Patrick Clement said that he is thrilled to have the project out in the world for people to see. The production took the last two years to put together and has



EXPRESS PHOTO COURTESY OF PATRICK CLEMENT
Jules Desjarlais is the narrator of the show that documents an entire year of hunting, fishing and trapping in St. Laurent, now airing on Canal D.

been in the editing and post-production phase for the last six months. Clement said that he wants this series to be a window into a way of life that we don't often get to see and that this project wouldn't have succeeded if it wasn't for the people of St. Laurent.

St. Laurent Reeve Cheryl Smith said that she felt a great pride for her community after seeing the first episode.

"I thought they represented the Métis people so well and there was a great respect for the language, culture and traditions," said Smith.

"Because they actually speak Michif in the show, I didn't have to read the French subtitles to understand. This is my language. When I travelled to Montreal and spoke French, people asked me if I was from Louisiana because the dialect is so different. To hear it on TV was really great."

Clement said that because he himself is Métis, there was a lot of responsibility on his team's shoulders to tell the story as authentically as possible. In other "reality" shows, production teams will dramatize events to make them more exciting to the viewer. For this production, the drama, when there is some, comes from the fact that that's how life happens out in nature. When fishing nets get washed away or a storm starts to roll in, that's real drama. They're not life or death situations but they're accurate depictions of everyday life for Métis people.

"For us, the wow factor was just being able to film them using tools that are decades old — Bombardiers that are 60-70 years old, and other tools that have been passed down from generations," Clement said.

"It's stuff like that that you can't recreate. It's genuine. We always wanted the story to be true and authentic. If we followed someone around for days with a camera and nothing exciting happened, that's OK."

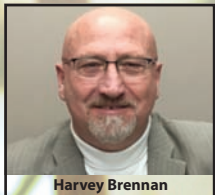
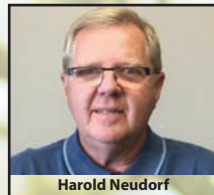
Clement said that if the series does well, he would like to come back to the area and explore more episodes and stories from St. Laurent. At this time, however, he couldn't say if that would happen or not.

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Spring runoff washes out road, damages others in Armstrong



EXPRESS PHOTOS BY PATRICIA BARRETT

Road 124 and 13E in the RM of Armstrong is pitted with deep fissures and parts of the road back-flowed into the ditch.



Runoff took out Road 9E at 124 NE in the RM Armstrong. Photo taken April 28.

By Patricia Barrett

Road 9E in the RM of Armstrong has taken a beating this spring as runoff from fields makes its way down to Lake Winnipeg. The road collapsed and washed away near the junction of Road 124NE.

Water was cascading through a gap about the length of a small sedan when the *Express* passed by April 28.

"As soon as we have a big washout like that, our councillor closes the road for the safety of people," said a spokesperson at the RM's office in Inwood, roughly 35 kilometres south of the site. "And then we see what is the issue and why the washout [occurred]."

Ward 3 Coun. Ted Sumka, who is on the roads committee, erected signs and flags warning drivers of the washout.

"The road washed out the bottom of the culvert when it was frozen," said Sumka last Sunday. "I'm going to put another culvert [in]. I'm just waiting to get an OK from Water Resources."

Farther down Road 124NE near the junction of 13E, water had run over road, leaving behind deep gouges. And parts of road had been sucked

into the ditch on the north side.

Much of the municipality is characterized by high groundwater levels, according to a 1999 Information Bulletin published by Manitoba Agriculture.

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Province's letter to fishers interpreted as 'threat'

By Patricia Barrett

A letter addressed to fishers from the provincial minister of Sustainable Development has left them wondering whether the Freshwater Fish Marketing Corporation has a future in Manitoba in 2018.

Minister Cathy Cox penned the letter March 28, suggesting the federally run corporation may not get a permit to do business in the province after July 1, 2018, and that fishers may want to "consider" new options.

Clif Evans, constituency assistant for Churchill Keewatinook-Aski MP Niki Ashton, said the letter is being considered a "threat" not only against FFMC but also other fish operators who'll be required to apply for a licence from the government in order to conduct business.

In the past few weeks, Evans attended two fishers' meetings at which concern about the letter arose.

"The content of the letter was discussed at the [Lake Winnipeg Fishery] co-management board meeting just last week," said Evans on Monday. "And the fishers were saying that it has the implications of a threat directed to any potential fish operator that wants to apply for a licence."

The letter was also discussed in Fisher River Cree Nation April 21 during a short break in a presentation by FFMC representatives, who spoke about the company's future business model and explained its contracts.

Fishers there wondered whether the province intends to stop the corporation from operating in Manitoba.

"That's what it seems to state here," said Sam Murdock, who's the First Nation's director of operations and a member of its McBeth Fisheries.

The minister's letter outlines the government's "next step" in creating an open market "beyond the existing FFMC single-desk," referring specifically to Bill 23, which will remove Manitoba from the Freshwater Fish Marketing Act.

With regard to FFMC contracts, Cox wrote:

"We are aware that the FFMC has contacted fishers offering three and five year contracts. Please keep in mind that an open market will allow fishers to have new options to sell their fish in Manitoba and beyond. You may want to consider the length of these contracts in light of the new open market and

wish to evaluate three and five year contracts offered by FFMC under the aspect that FFMC is only automatically approved as a licensed fish dealer until July 1, 2018."

Discussion in Fisher River focused on the drawbacks of the minister's statement; it may send a negative message to any fish buyer or seller wanting to operate in Manitoba.

"There are certain questions they want clarified," said Evans, who attended the FFMC presentation and spoke with individual fishers afterwards.

The letter appears to negate the government's stated intent to provide fishers freedom to make their own selling choices, as well as to establish a level playing field for anyone wishing to deal in fish under an open market.

About a week after the letter was sent, the minister rose during question period in the legislature and said FFMC will continue to operate, though she didn't specify where.

"And in fact, you know, the Freshwater Fish Marketing Corporation will continue to operate and those fishers who feel that that is the best option for them will have that ability to continue to have that relationship with them, will have the ability to ensure that their product is purchased by Freshwater Fish Marketing Corporation," said Cox April 3.

The *Express* sent an email to Sustainable Development asking whether it intends to ban FFMC in 2018 and whether the intent of the letter is to dissuade fishers from signing a contract with the corporation.

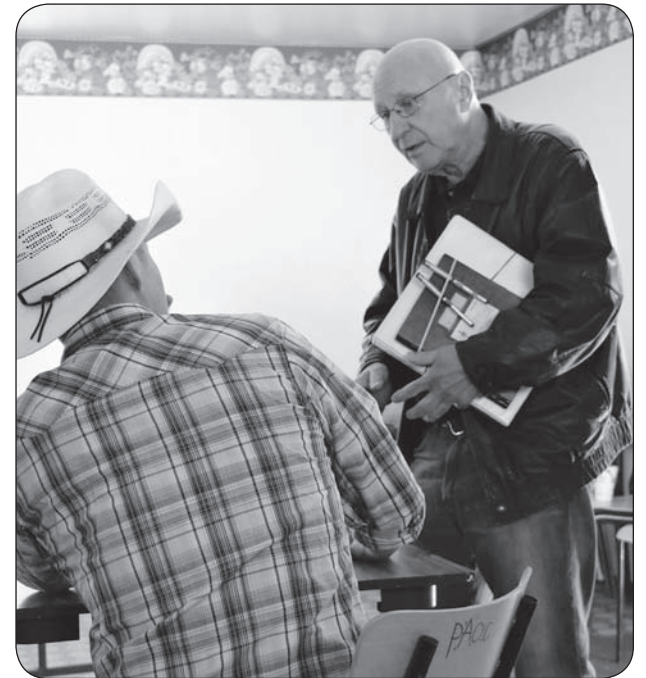
The department did not respond.

During the presentation in Fisher River, fishers also expressed concern about how the government will monitor and protect fish stocks under an open market regime, information yet to be provided.

"There's a lot of challenges the province is going to have to figure out," said one fisher, "because there's fish going to be moving every which way, and it will not be documented. And it's going to be a real problem."

The minister's letter states that "enforcement priorities of our Conservation Officers are shifted away from tracking down fish exports immediately" and will be replaced by "new open market rules and improved quota monitoring."

New regulations will not come into effect until Bill



EXPRESS PHOTO BY PATRICIA BARRETT

Clif Evans, constituency assistant for MP Niki Ashton, attended an April 21 meeting in Fisher River where discussion ensued about a letter sent by the province implying Freshwater may not get a licence to operate in Manitoba.

23 is passed, which could be November or December.

In the meantime, a lack of enforcement leaves somewhat of a vacuum, said Evans.

"They're saying two different things in this letter," he said. "On the one hand, they've immediately suspended efforts by conservation officers, and then made a statement about future controls. There's nothing in place now to control exports. Who's controlling these exports?"

Evans said Ashton's Ottawa office has contacted Dominic LeBlanc, the federal minister of Fisheries and Oceans, with its concerns.

"Niki is aware of the letter and is waiting to hear from the federal minister and the government's response," he said.

In spite of the minister's letter, Fisher River signed a contract with FFMC that will take effect upon the passing of Bill 23 (see story in this edition).

Red River Mutual donates \$38,127 to the Firefighters' Burn Fund

Submitted

Dana Oftedal, marketing manager at Red River Mutual, presented a cheque for \$38,127 to Martin

Johnson, chairman of the Firefighters' Burn Fund of Manitoba, on April 8.

Red River Mutual, along with broker partners including Interlake Agencies in Arborg and Gimli, ONE Insurance HUB International, MIG Insurance, BSI Insurance, and La Salle Insurance, pledged to donate \$1 to the Firefighters' Burn Fund of Manitoba for each text entry received through a promotional campaign that ran throughout the Winnipeg Jets 2016-2017 season.

The Firefighters' Burn Fund of Manitoba raises funds to support exceptional burn care, treatment, rehabilitation and research for burn survivors. They also support fire and burn prevention initiatives, including

the Firefighters' Burn Fund Fire Safety Trailer Program. Red River Mutual is a major sponsor of the program, which has seen over 20 fire safety trailers deployed throughout the province of Manitoba. The trailers are provided to mutual aid districts, to deliver interactive fire safety education to young people at schools and public events.

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IERHA awaits gov't approval before making cuts, CEO says

By Lindsey Enns

The Interlake-Eastern Regional Health Authority (IERHA) is gearing up to cut roughly 14 management positions, but which ones are on the chopping block is still dependent on government approval.

"We've done nothing to activate the plan yet," IERHA CEO Ron Van Denakker said during a telephone interview with the *Express* last Wednesday morning. "Until I get approval to actually move forward with the reduction, then we will go through that process."

The province has asked all five of Manitoba's regional health authorities to slash 15 per cent of their management positions as part of their 2017-18 budgets.

Van Denakker said they have submitted their plan to meet the province's efficiency target of \$7 million for the IERHA and they are awaiting government approval before moving

forward.

"Several of those positions are currently vacant and there are a number of people that have already expressed their retirement intentions," Van Denakker said. "To the best of our ability, we're trying to soften the blow to our organization by taking advantage of those things."

He added it's too early to tell which hospitals these cuts could potentially affect but he admits they will "have an impact on our ability to manage."

"I wouldn't have those positions in place if I didn't need them," he said. "We're going to have to look at the ways in which we do business and do things a little bit differently."

"We'll have to restructure appropriately to make sure that we don't impact what we're here to do."

Van Denakker added these cuts won't impact Selkirk's new hospital, which is scheduled to open in June.



EXPRESS PHOTO BY LINDSEY ENNS

The Interlake-Eastern Regional Health Authority is gearing up to cut roughly 14 management positions but the IERHA CEO says they won't impact Selkirk's new hospital, pictured above, which is set to open in June.

Grahamdale council budgets a minimal tax increase

Majority of budget going towards transportation services

By Jeff Ward

RM of Grahamdale Reeve Clifford Halaburda said that he is pleased with the way he and his council were able to increase the mill rate without burdening ratepayers in the 2017 budget.

CAO Shelly Schwitek said that the mill rate increase of 0.68 would increase the amount of taxes paid on a residential property assessed at \$100,000 by \$30.78 annually. The total taxes on \$100,000 this year would be \$1,804.73, up from \$1,773.95. Last year's budget marked a significant mill rate reduction from 27.583 in 2015 to 23.301 in 2016; however, this year the rate needed to be increased.

Council presented a balanced budget for 2017 with revenue and expenses matching at \$2,081,151.52.

Schwitek explained that 59 per cent, or \$1.1 million, of the expenditures for 2017 are going towards transportation services in the RM and it is the most spend-heavy section of the budget. The next closest allocation of money

is general government services at 24 per cent or \$453,350. Halaburda said that the municipality is so geographically large that more and more needs to be spent on roads annually to keep them serviceable.

"We have a lot of roads that need work and there is a list of priority roads that need the most attention," said Halaburda.

"WE HAVE A LOT OF ROADS THAT NEED WORK AND THERE'S A LIST OF PRIORITY ROADS THAT NEED THE MOST ATTENTION."

"We have a road off of Kyler Road in the beach area that is slated for rebuilding this year but we can only do a portion of it. Every year, what we've done is say we can only spend 'X' amount and then go through our projects and see what's affordable."

What is affordable this year is a project that has Halaburda and the rest of council excited. The long-awaited Moosehorn Flood Protection project is set to get underway in the next few months and will only cost the municipality 10 per cent of the total cost with the provincial and federal governments footing the other 90 per cent of the bill. Halaburda said that this investment in flood protection infra-



RM of Grahamdale Reeve Clifford Halaburda

structure, which is a plan to have a protective dike built on the east side of Government Road to prevent overland flooding, is a no brainer given the low cost to the municipality.

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Halaburda said that it's because of the potential for a flood that the RM can't be more aggressive in spending in other areas.

"It's hard in our situation because we have many land owners that are still hurting from the flood of 2011 and we can't increase the mill rate too much or it would force them out. What we're trying to do is have something stable, fair and comfortable for everyone," said Halaburda.

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getfishing

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> ARNIE WEIDL Spring sucker fishing brings out the kid in all of us

Hi again, good friends. This year's winter fishing on the Red River upstream of Selkirk was fast coming to a close in late March when I came upon Claude Gagne of Winnipeg tailgate angling.

He was a stocky, broad-shouldered, fun-loving chap who I had seen on the ice before, but this particular time, he had a story for us. In his restless manner, he said he was fishing here with a friend using the many open holes left by other anglers.

Claude spotted his truck by a cluster of them, got his lines in the water and went to say hi to close by neighbours. What he didn't see was his buddy Brian move the truck ahead just a bit so he could use holes by the door.

An enjoyable day ensued, fishing and visiting with friends in the ice shack "village" until Claude went to pack up his gear for home. The minute he approached the truck's tailgate, an ice hole just under it, out of sight, invited one of his legs in for an ice cold wash right up to the waist. He wanted to yell at Brian for moving the truck but he really couldn't because he should have been watching. Besides, his truck had lots of heat for the ride home.

About that same time, I was on Lake Winnipeg ice off Belair and met three guys from Winnipeg, John Galbraith, Graeme Barr and Jordan Ethans. They said because they only had a car and had to walk out onto the ice with all their fishing gear they liked Belair. They had learned the waters are deep close to shore here and full of smaller eating-sized pickerel. When I met them, they had almost caught their limit in the morning.



EXPRESS PHOTO BY ARNIE WEIDL

Transcona boys at the "church ditch" by Shoal Lake with some of their dip netting catch of suckers. From left to right: Chase Newbiggin, Trui Fitzmaurice, Brighton Kwiatek and Thomas Wiens.

Getting back to anglers getting wet in pursuit of their sport (like Claude), remember a couple of weeks ago when I mentioned it was time for dip netting?

Well I was sitting in Old Red on the side of the gravel road by the "church ditch" at Shoal Lake last week watching groups of young lads netting, bow fishing and just plain grabbing suckers out of the golden-coloured ditch waters. I got such a kick out of seeing them at first trying not to get dirty as they cast their pole nets into the water.

The minute they raised their nets with wriggling suckers in them, all caution was thrown aside as their primal instincts took over and they became hunters. Quickly, they shed shoes, socks, pants and shirts returning to the icy water after their prey. They chased the suckers out of the water weeds with their feet, their un-

bridled shrieks of excitement piercing the still country air with each fish landed. Then in the bright sun, I witnessed something heartwarming when the young men, only for a brief moment, became carefree boys again running, laughing and splashing through the fresh spring water after fish.

Later, they tiredly pulled on their clothes. I corralled some of them with their fish for a picture.

Some of our MIFA folks were at the Teulon Game and Fish Association's fundraiser at Frydays. The money goes for facility maintenance at the Norris Lake Park. Businesses and organizations like MIFA chipped in with gifts and donations for the silent auction. During the evening, we had great talks about our Manitoba wa-

Continued on page 7



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Arborg financial plan includes funding for proposed personal care home

By Patricia Barrett

The Town of Arborg council delivered a balanced budget April 26 and set out a number of priorities that will include raising reserve funds for the proposed personal care home it wants to build in partnership with the RM of Bifrost-Riverton.

Council held a public hearing to present its financial plan; no ratepayers attended.

"There was an increase of half a mill on municipal taxes," said CAO Lorraine Bardarson.

A residential property assessed at \$200,000 will see an increase of \$45.27. Last year home owners paid \$1,964.07. In 2017 they'll pay \$2,009.34.

Bardarson said the tax increase will augment the personal care home reserve fund with \$25,000. In 2016, the PCH reserve fund was \$12,262.06.

Council's five-year capital expenditure program includes \$1,400,000 in 2018 for the proposed PCH and attached events centre. Part of the funding for the project will come from reserves (\$50,000) and the other part through borrowing (\$1,350,000).

Council is also focusing on sidewalk renewal over the five-year period, budgeting \$35,000 each year for a total of \$175,000. The majority of that funding will come from reserves.

Council has yet to determine where new sidewalks will be installed.

Water main upgrading is planned for 2021 at a cost of \$1,000,000, which will be funded through a combination of a reserve fund, the operating fund, borrowing and other funds.

"We've had a few busy years, so 2017 is going to be rather quiet," said Bardarson, referring to capital projects.

This year, the town will allocate \$450,990.68 towards fiscal services, which includes contributions to capital, debenture debt charges and interest payments. In 2016, the town spent \$275,931.13.

It budgeted \$232,765,000 for transportation services in 2017. Transportation includes sidewalks, boulevards, ditches and drainage, street cleaning, snow removal, equipment repairs, storm sewers and street lighting. In

2016, council spent \$224,109.99.

Council gave second and third reading to the Tax Levy Bylaw No. 4-2017.

"The bylaw deals with the financial plan as a whole," said Bardarson. "The financial plan, which is a schedule to the bylaw, was adopted by a resolution of council prior to second and third readings of the bylaw."

Other council briefs:

Mayor Randy Sigurdson reported on a mayors and reeves meeting he attended at which the high cost of hiring auditors to review municipal books was discussed.

"It was regarding auditing the books of minor committees," said Sigurdson, "paying these enormous rates that we're paying, \$2,000 or \$3,000 at a time."

Sigurdson said RM of St. Laurent Reeve Cheryl Smith spoke about having talked to an accountant, who told her a complete audit was unnecessary.

"This is something we haven't been privy to before," said Sigurdson.

Bardarson said minor committees could be subject to an overview rather than a complete audit.

"The auditor conducting the municipal audit would have financials from these other entities," she said. "They would be consolidated ... and it wouldn't be a complete audit. They would do an overview."

BAR Waste would be considered a minor entity.

"It's an exorbitant amount of money we're putting out for them just to glance at a piece of paper and say this is balanced," said Coun. Vivian Leduchowski.

The mayor said the town will investigate the necessity of having full audits done.

- Coun. Leduchowski said cybercrime is an issue that can affect municipalities.

"AMM is going to have to get involved in helping with some resolutions in regards to cybercrime and cyber-security," she said. "Municipalities have to be careful about the information they give out."

Leduchowski cited contractors



EXPRESS PHOTO BY PATRICIA BARRETT

The Town of Arborg presented its 2017 financial plan at a meeting on April 26.

coming in and being given information that then goes onto the Internet, where people can access it.

"It can be used against the municipality," she said.

There have been no court cases yet in Manitoba, she said, but there have been hefty fines levied in other provinces.

- Deputy Mayor Robbie Thorsteinson reported that the town will be looking at options for a new tractor in the next few years as its current machine, which is used for snow clearing and sweeping, is about five years old.

- Purple loosestrife is back on the municipality's radar.

"It is a problem here," said Coun. Susan Bauernhuber, who attended an Interlake Weed Control meeting. "It overtakes other vegetation."

Weed supervisor Fred Paulson will work on a resolution to have it added to the Noxious Weed Act.

"Weed Control wants a resolution from every municipality to put it back in," she said.

- The town is still waiting for about \$9,000 from Manitoba Infrastructure for weed control carried out in 2014.

"The spraying was done," said Coun. Bauernhuber. "Because of the Noxious Weed Act, they have to do the

spraying by the highways. But they [Weed Control Board] budgeted a certain amount for it, and it was over Highway's budget."

- The Arborg Library will continue to raise funds for upgrades to its furnishings.

"It's not going to be a fundraiser," said Coun. Larry Speiss, who sits on the library committee. "We're just going to have people be able to make donations towards the [library]. One thousand dollars only buys one chair, basically. Rachel [Arborg's librarian] would like to get a few chairs. We're going to have an appeal for donations and, hopefully, raise the remainder."

People can make donations through the town and receive a tax receipt.

- Coun. Bauernhuber is encouraging residents to enter the upcoming Coors One Horse Town contest, in which small towns can vie for a chance to host a concert featuring big-name bands.

She said she has seen photos on the Coors website submitted from Gimli.

"What you do is send in multiple pictures of your community," she said. "And four bands will come out and perform in the summer."

Visit the Coors website at coorsbanquet.ca/oht for more information.

> GET FISHING, FROM PG. 6

terways and fish stock as well as TGFA's Junior Hunter Safety and Firearms courses. As we were walking out the door at the end of the evening, Ron Muir, the event chairperson had a story for us.

Yes, another "wet one."

A few years ago, he and his family were enjoying a weekend at Norris Lake, and when it

came time to leave on Sunday, Ron went about loading their boat. He beached it and asked his wife to hold the bow rope while he backed the trailer into the water. Well, a wind came along, pulling the rope out of her hand and taking the boat out to the centre of the lake. By now, most everyone had left the park, so Ron, being an inven-

tive fellow, stripped down to his shorts and swam out to rescue the wayward boat. He caught it, and using the rope, he swam and towed it back to shore.

Ron wouldn't tell me if he rode home in his wet shorts, but if he's anything like the rest of us, he probably did.

Come by next week, won't you? So long for now.

<p>Splendors of Niagara Falls "One of the Seven Natural Wonders of the World" September 10-18 PRESENTATION: MAY 11, 6:30 PM R.S.V.P.</p>	<p>Nashville, Branson, Pigeon Forge Oct 21-Nov. 3 The Great Smoky Mountains, Graceland, Dollywood, Grand Ole Opry, Country Music Hall of Fame, Live Music Shows, Guided Tours, Breathtaking Scenery and so much more!</p>
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Coldwell holds public hearing to hear arena objections

By Jeff Ward

Words in support and in opposition to the proposed \$2.56-million loan repayment of the new state of the art Lundar Arena were heard during the public hearing last Friday.

RM of Coldwell Reeve Brian Sigfusson welcomed approximately 70 people to the Lundar Curling Rink on April 28 for a meeting so the public could weigh in on the repayment plan. The strategy, which is a worst-case scenario, details how the RM would repay the \$2.56-million loan to build a new arena. Coldwell

CAO Nicole Christensen said during the meeting that the loan will have an estimated 5.5 per cent interest rate over a 20-year term and that the annual payment of \$214,219.08 would be split three ways. The Lundar Grettir Co-op will contribute \$87,820, the RM of Coldwell \$76,351.08 from their federal gas tax reserve, and \$50,048 would come as a local improvement tax levied on all residential property in Coldwell. Property owners will be given the option of paying their 20 years up front, which will save them on the interest, or to finance for a 20-year term.

Christensen explained after the

meeting that council now has to meet and decide if this is how they want to proceed. If they agree to move ahead, they will need to give first reading of their bylaw before seeking Municipal Board approval of the plan. Once the board had given their approval council can move forward with a second and third reading.

"Council will also have to account for the loan in their upcoming budget," said Christensen.

"WE'RE NOT THINKING WE'RE JUST GOING TO RIDE ON THE COATTAILS OF THE TAXPAYER. WE'VE NEVER DONE THAT."

It was stressed multiple times during the meeting by council that this plan represented a "worst case scenario" and that the finalized terms of the deal might look better than they are now, but no worse. Christensen said that future grants and other private donations and fundraising could mean repaying the loan much faster.

"We've gone to the bank already and secured a loan for 2.5 per cent so that gas tax might not even get used, and if we do use it, it's only to take down the loan even quicker," said Grant Sigfusson, who represented Grettir during the meeting.

A handful of questions were raised concerning council's use of the gas tax reserve.

One resident, Ron Nast, said that the



EXPRESS PHOTO BY JEFF WARD

Members of council fielded questions during a public meeting last week in Lundar on the proposed repayment plan for a \$2.56 million loan for a new arena complex. Coun. Amanda Stevenson, Deputy Reeve Greg Brown, Reeve Brian Sigfusson, CAO Nicole Christensen.

money would be better served repairing municipal roads. Deputy Reeve Greg Brown said that in his eyes, council has been addressing their infrastructure needs and always has a budget line for road repairs.

Coun. Amanda Stevenson said that the municipality has a window of opportunity to make this new facility work and that a lot of work has been done to make sure it doesn't cause any undue burden on ratepayers.

Grant Sigfusson said that this project will create many new opportunities for Lundar and that the town has an opportunity at being the first regional arena in the area.

"With the way things are going with what we're building, it's going to be a facility that runs itself. It'll be a paying facility. We're not thinking we're just going to ride on the coattails of the taxpayer. We've never done that," said Sigfusson.

Lakeshore Hospital Guild raises more than \$5,000

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Springfest Craft Sale
or
www.teulonfarmersmarket.com

STAY FOR LUNCH
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By Jeff Ward

More than 200 people attended the Lakeshore Hospital Guild Annual Spring Tea and Bake Sale last Friday where an incredible \$5,434 was raised.

President Shelley Bjornson said that this year the guild helped furnish the doctors' on-call rooms. They also purchased chairs for the clinic waiting room and emergency room, a hi-low bed, a cauterizing machine for a new treatment room and a new Bair Hugger for patients suffering hypothermia.

The Legion Hall in Ashern played host to the annual event with live music by Sodbusters and Ashern Central School music students.

Bjornson said that the guild just helped purchase a new chest bucky stretcher that allows patients to be X-rayed if they can't be transferred onto the X-ray table. The cost of that stretcher was approximately \$10,000 and that this year's funds will go towards that purchase.

The hall was decorated with red and white streamers to commemorate Canada 150 in honour of the hospital guild volunteers during National Volunteer Week April 23-29. The guild currently has 52 members who all play integral roles in achieving the goals of the guild and 2017 marks the 39th year since the Lakeshore Hospital Guild was formed.

Gimli approves bylaw to create LID for wastewater upgrades

By Patricia Barrett

Gimli council passed second and third reading of Bylaw No. 17-0002 to create a Local Improvement District for the expansion of the wastewater treatment plant and sludge management systems.

An expansion of the treatment plant is required to handle wastewater from the Diageo distillery, which is owned by Guinness UDV Canada.

LID No. 22 is comprised of two parcels of land owned by Guinness.

"A Local Improvement District is a physical area," said CAO Joann King during council's regular meeting April 26. "So you define the LID in a bylaw and then you do your project within that area, and that's what pays for it. If it's a general borrowing that's [applied to] the entire municipality, we don't have to do that. But this is specific."

The total cost of the project is \$18 million. The federal and provincial governments are contributing \$6 million each, and the municipality is borrowing an additional \$6 million, which Guinness will pay back.

"We borrow the money and they [Guinness] pay it back over time," said King.

Guinness will be given the option of paying the \$6 million up front or over a period of 20 years.

"If they want to pay up front per parcel, they'll pay \$3 million per parcel," said King. "If they want to finance the entire thing over the 20 years, every year they'll pay \$251,037.99 per parcel."

Council also passed second and third reading of Bylaw No. 17-0003, which will authorise the municipality to borrow the \$6 million.

The tenders for the project have not yet come in, and the cost may drop.

Other council briefs:

-Council passed second and third reading of Bylaw 17-0007, which establishes the 2017 property tax levy.

-Council approved a request from the Icelandic Festival of Manitoba to close the southernmost section of Second Avenue on Aug. 3 from 3-9 p.m. so that it can hold a donor appreciation event. The invite-only event will be held to celebrate the establishment of Viking Park.

-Council approved a request from the president of the Gimli Farmers' Market to operate on Saturdays from June 17 to Sept. 30 between 9:30 a.m. to 3:30 p.m. The market is located between the Art Club and the Lake Winnipeg Visitor's Centre.

In order to be designated an official farmers market, "you have to either make it, bake it or grow it," said a resident who attended council and whose wife is part of the market.

-Stronger Communities through Arts Participation for Everyone (SCAPE) sent a letter to council asking for permission to have its musicians busk on Gimli streets in the summer. Council approved the request and referred it to its economic development clerk to determine appropriate locations, dates and times.

-Council authorised the following payments:



EXPRESS PHOTO BY PATRICIA BARRETT

Guinness UDV Canada will reimburse the RM \$6 million towards an expansion of the treatment plant that is required to handle wastewater from the Diageo distillery.

\$51,433.32 for payroll and remittances for the period ending April 8.

\$400,273.89 for bills for general operating expenses.

\$28,150.00 to the Eastern Interlake Planning District as the first installment for 2017.

\$88,676.25 to Western Recreation for progress payment No. 10 for the outdoor pool.

\$48,562.50 to Western Recreation for progress payment No.11 for the outdoor pool.

\$104,525.00 to Western Recreation for progress payment No. 13, less a credit memo for \$23,588.75 for a climbing wall.

\$255,000 plus applicable taxes to Marcel Equipment Ltd. for the purchase of a Caterpillar landfill compactor.

\$5,250.00 to Bird Construction for pre-construction services for the outdoor pool.

\$752.90 to Gimli Sobeys for a partial reimbursement of Gimli Gold.

"There was \$580 worth of Gimli Gold reimbursement," said Coun. Thora Palson.

People who bring used oil to the Public Works Shop on

Anson Avenue are rewarded with a Gimli Gold certificate (worth a certain amount of money), which can be redeemed only at participating Gimli businesses.

"Twenty litres of used oil gets \$10 in Gimli Gold," said Coun. Danny Luprypa.

The Gimli Gold program was started about 10 years ago to encourage people to recycle and to benefit the local economy. The municipality also gives out the local currency for worthy causes in lieu of donations.

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 office. The deadline for these applications will be **no later than May 19th, 2017.**

For more information, please contact one of the following Infrastructure 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



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Opting in: Fisher River Cree Nation signs contract with Freshwater

By Patricia Barrett

Fisher River Cree Nation's fishers sent a blunt message to the provincial Conservatives by "opting in" to a formal contract with the Freshwater Fish Marketing Corporation.

FRCN's McBeth Fisheries signed the contract April 21, becoming the first community to definitively stand with the federally run corporation with which the province intends to sever ties.

The contract will take effect upon the passing of Bill 23, which will remove Manitoba from the Freshwater Fish Marketing Act.

"We're standing united on this issue," said Sam Murdock, who's a fisher, the First Nation's director of operations and co-chair of the Lake Winnipeg Fishery Co-Management Board.

FFMC had provided the contract to Fisher River a few months ago so that it could consider its merits.

"We did our due diligence by having our legal counsel review it," said Murdock. "The only thing you'd find in there is how you opt-out of it. He's [the lawyer] good with that. The contract is good. It's clean."

Fisher River has about 148 fishers and a number of helpers, employing approximately 206 people year round.

In January, Sustainable Development Minister Cathy Cox sent FRCN an inflammatory letter stating Aboriginal people do not have treaty rights regarding fishing for commercial purposes, despite precedent-setting Supreme Court of Canada rulings saying they do.

FRCN had criticized the government for failing in its "duty to consult" First Nations on matters that affect them. The province's hiring of Signature Mediation to tour various communities had not been considered a "consultation" by a number of fishing communities.

After the Conservatives' opt-out announcement last August, fishers from across Manitoba expressed concern about the potential loss of benefits they currently enjoy under FFMC: stable prices, Employment Insurance, freight subsidies for transporting fish long distances, profit-sharing (a yearly final payment) and loans backed by FFMC under the Communities Economic Development Fund to buy fishing equipment.

Entrepreneurs who've expressed an interest in building fish plants have yet to confirm what benefits they'll offer fishers other than better prices for their fish.

Murdock said FFMC's benefits are important, especially to Indigenous fishers, who make up about 85 per cent of all Manitoba's fishers.

There'll be no changes to those benefits under an open market, said FFMC's Dave Bergunder and John Binding, who met with fishers at the community hall to explain each clause in the contract and answer questions before it was signed.

Contracts will provide stability to fishers, said Binding, who oversees field operations in southern Manitoba. They're a "commitment" by FFMC to buy all of their fish.

Contracts will also provide security for the corporation, enabling it to determine its future production capacity and be a "consistent supplier to the marketplace."

"We're getting ready because it would not be prudent for us to not have a plan," said Bergunder, di-



EXPRESS PHOTOS BY PATRICIA BARRETT

Fisher River Cree Nation's McBeth Fisheries signed a contract with FFMC that will come into effect upon the passing of the province's Bill 23. Front (centre from left): FFMC's Dave Bergunder, Walter Sinclair, president of McBeth Fisheries, and Sam Murdock, FRCN's director of operations.

rector of field operations. "The [FFMC's] board of directors ... told management this uncertainty is creating a lot of problems for the fishers. Come up with this plan and go out and share it with fishers so it quells uncertainty. Nobody knows what's going to happen. So what we're saying is not to fear."

In an open market, FFMC would be free to choose whether or not to purchase fish from non-contracted fishers, said Binding. Those fishers "could receive lower prices and probably will. And there's no profit-sharing."

The corporation's priority will be to protect fishers who sign contracts.

"We're looking after our membership first," said Bergunder. "If they [non-contracted] have some fish for sale that will benefit our members, then, yes, we'll buy it."

The contract is a flexible document that enables fishers to adjust their catch sizes (e.g., if they purchase or sell quota or if fish populations change), and permits them to "opt out" of their contract with no penalties.

The contracts are similar to those FFMC has with 95 per cent of the fishers in Saskatchewan, said Bergunder.

If fishers opt out of their contracts for a spell, then ask to sign on again, they may be offered reduced prices.

Fishers can cancel their contracts with 180 days' notice.

"That is enough time to make adjustments on both sides," said Binding. "You can't pull out in the middle of a season because that would really disrupt your business plan as well as ours."

Those who breach a provision while under contract (e.g., sell fish to a buyer other than FFMC, falsify records, etc.) would have their contract terminated by FFMC with the same 180 days' notice.

"We won't leave you until the end of the season even if you do something bad," said Bergunder.

Fishers asked how the governing structure of the corporation will change under an open market and how Manitoba's fishers will be represented on the FFMC board.

"We're not sure how this whole thing will evolve," said Bergunder, "but there's going to be discussion between fishers groups and the federal minister."

Murdock said the corporation may become a co-



FFMC's John Binding explained each clause in the contract over the course of the two-and-a-half hour meeting.

operative "where we have members actually paying into it. So when you retire, you have something there. It's yours. And it's based on your production."

Murdock said staying with FFMC is the best course for Fisher River.

"If somebody's telling you the grass is greener on the other side, I don't think so," he said, citing an American fishery and pricing that benefits its operators rather than fishers. "We get more money for our fish on this side. Plus they [fishers] don't get any EI, they don't get a share of the profits, and if they want to buy anything in terms of equipment, then it's on their own."

Bergunder and Binding will be visiting every fishing community that sells to Freshwater to provide fishers with information on contracts and address their concerns.

Preliminary discussions they've already had with some communities indicate a willingness to remain with the corporation.

"Right now I believe probably 85 per cent of the fishers are supporting the corporation in Manitoba," said Bergunder. "I think there's going to be areas where that's not going to happen, but that's talk. Until people sign, we'll see."

Provincial government to restructure rural doctors program

By Jeff Ward

The grant program that was meant to bring more doctors to rural Manitoba is being cut by the Pallister government and will be replaced with a new strategy that has yet to be seen.

The grant program was set up in 2001 by the former NDP government and was revamped in 2010. It gave students \$12,000 in each of their four years of medical school, but students had to commit six months of work in a under-serviced part of the province after graduation for each year of grant funding they received. The cut will save the province approximately \$4.2 million per year.

In an interview with CBC News, Health Minister Kelvin Goertzen said that his government found through surveys that financial considerations were low on the list of reasons that doctors wanted to stay in any given location.

Interlake MLA Derek Johnson said that he agrees with the move and is looking forward to his government implementing a much more effective strategy for his region.

"You have to look at our region and understand that our families would be much better off with

money to go to school upfront rather than getting it after," said Johnson.

"This region is full of young people who are capable of becoming doctors and they're more likely to stay and work in our hospitals when they do become one. A program that pays you after you're done school eliminates the prospect for the potential of more doctors than if they had the funding to start off with."

Goertzen told the CBC that his strategy, which he isn't revealing yet, would bring results in the form of motivating doctors to stay in Manitoba. He also said that he couldn't offer a dollar figure on what the program would cost but added that it will be rolled out this fiscal year. The minister said the new approach wouldn't see the rural regional health authorities fighting each other for doctors.

NDP health critic Matt Wiebe said that he is disappointed to see this program be another one of Pallister's cuts to the health system. He said that this was a great tool in the toolbox for RHAs around the province and the PCs have taken it away and replaced it with nothing.

"If you're going to get rid of a program, you should at least explain what you're replacing it with," said Wiebe.

"So now students are seeing additional pressures because the tuition cap has been lifted and universities will charge more for tuition and now a program that is designed to help young doctors reduce their student debt and start work in a rural area is gone."

If a student received the grant for each of their four years, it would require two years of work in a rural area as part of the agreement — two years that a new doctor could be working in Ashern, where two doctors recently left. The program has been around

"IF A DOCTOR COMES FROM YOUR AREA AND THEY COME BACK HERE TO WORK, THE RETENTION IS GOING TO BE SO MUCH GREATER."



Interlake MLA Derek Johnson

for 16 years and the Interlake area hasn't been overflowing with doctors, but Wiebe's concern is that it's been cut with no explanation as to what comes next. "Again, I reiterate that if a doctor comes from your area and they come back here to work, the retention is going to be so much greater," said Johnson.

IERHA to host mental health awareness 'Coffee on Us' events

By Jeff Ward

In recognition of Mental Health Awareness Week May 1-7, the Interlake-Eastern Regional Health Association Suicide Prevention Committee will be hosting multiple "Coffee on Us" events throughout the region providing information on where and how to access mental health services.

The event is taking place in 16 communities across the region this week including three sessions at Flatlanders Coffee Roasters in Gimli on May 3, Interlake Cafe in Fisher Branch on May 5 and Just My Kind of Bakery in Ashern on May 4.

Laura Tanguay is the clinical team manager with the community mental health program and said that the events serve multiple purposes. The main objectives are about creating awareness for the Interlake-Eastern RHA's mental health services and giving people the path to access them.

Health-care staff works to connect participants to any and all resources they can. Things like self-managed care, smart phone applications and other web resources are just a few of ways staff can help.

Other objectives include reducing the stigma around these issues and get people to take these issues as seriously as a broken leg.

"You wouldn't hesitate to go to an ER if you broke your leg, so why wait to get help for something like this?" asked Tanguay.

"But that move for immediate reaction isn't there for everyone yet, so we're hoping that with these public

events we can change the minds of a few people. We're going for a far less formalized event. It'll just be our staff and volunteers serving coffee and chatting with people if they're interested."

These meetings are designed to give individuals who are perhaps feeling that encroaching stigma get in the way of seeking out help, a way to connect.

Many of these locations are normal everyday coffee shops, and Tanguay said that if someone wants to come in and be discreet about seeking help, they're free to do so.

Tanguay said that it is frustrating to still be fighting against the stigma

of mental health issues but that it's a fight they're winning. With each passing year, awareness becomes stronger and more and more people seek help. These numbers encourage Tanguay to continue pushing in this direction.

"We're making a lot of progress but it's still important to hold events like this. We have to be ready when someone asks where he or she can get support. Or if someone comes to us and they have a family member suffering from depression, what are some resources we can give them. We're constantly thinking about that," said Tanguay.

For those who need more immediate assistance, Tanguay said that there is a 24-hour crisis line open at 1-866-427-8628. For those wanting more information who can't attend the events this week, they can visit www.ierha.ca and navigate to the mental health section.

"WE'RE MAKING A LOT OF PROGRESS, BUT IT'S STILL IMPORTANT TO HOLD EVENTS LIKE THIS."

Game and Fish get strong show of support for fundraiser

By Jeff Ward

More than 340 packed into the Moosehorn Community Hall last Saturday for the annual Moosehorn Walleye and Whitetail Game and Fish Association fundraiser and awards banquet.

President Tony Dyck said that the event marks the 30th anniversary of the organization, a milestone he and other board members are very proud of.

Mildred Gering, who is in charge of membership, said the turnout this year was spectacular and the event has remained popular throughout the years. Gering said 40 awards were handed out, recognizing achievements in various categories including hand-drawn art, photography of wildlife and landscapes, and hunting and fishing prowess.

The association raises the majority of its money through a silent auction held during the banquet, which typically raises more than \$8,000. This year's total hadn't been calculated at the time of writing this article.

Gering said that the money goes towards a variety of projects that help keep the area wildlife populations stable. The association has spent money installing deer feeders in the winter when needed and also hired biologists to determine where fish spawning beds are at risk due to overgrown reeds and then spent money rebuilding them. Recently, the association purchased a quarter section of land in the RM of Grahamdale east of Moosehorn that will be converted into a safe area for wildlife.

"We do support hunting and fishing but also realize the importance of



EXPRESS PHOTO SUBMITTED BY MILDRED GERING

Mikey Price presenting to Nathan Meisner, second from left, who won an award for a 40cm walleye and a 31cm sauger; Seanna Price, second from right, accepted awards for Kalder McPherson's 64cm fresh water drum and 66cm carp. Mason Bauch, far right, received an award for a 55cm Northern pike and a 26cm perch during last Saturday's Walleye and Whitetail Game and Fish award's banquet.

keeping some areas as a safe place for wildlife to thrive and populate," said Gering.

Walleye and Whitetail Game and Fish awards

Art contest winners:

K to Grade 4
1st - Tanas Rawluk; 2nd - Mary Jane Sumner;
Grade 5 to 8

1st - Kaden Kippen 2nd - Rayanne Nickle

Photography: Marion Kelm for Wildlife photo; Keith Zimmerman for Scenic.

Big Game: Junior Typical Deer and Most Even was Josh Voth; Typical Deer and Largest Overall - Don Meadows; Non Typical Deer - Ron Bittner; Archery Deer - Mikey Price; Moose - Rob Bauch and Scott Price; Elk - Mike Stocki.

Game Birds: Canada Goose and Duck - Rob Bauch; Sharptail - Mikey Price; Snow Goose - Bruce Meitner; Spruce Hen and Ruffed Grouse - Mason Bauch (youth).

Fish: Nathan Meisner for a 40cm Walleye and a 31cm Sauger; Seanna Price accepting awards for Kalder McPherson's 64cm Fresh Water Drum and 66cm Carp; Mason Bauch for a 55cm Northern Pike and a 26cm Perch; Mikey Price for a 42cm Rainbow Trout and a 36cm Brown Trout; Seanna Price accepting award for Karen Springer's 82cm Northern Pike; Rob Bauch for 77cm Freshwater Drum; Eugene Syrotiuk for a 72cm Walleye; 56cm Lake Trout; 62cm Small Mouth Bass; and trophy for the largest overall fish with his Small Mouth Bass; Klaus Kelm for a 32cm Bull Head; Keith Zimmerman for a 45cm Tiger Trout and a 32cm Goldeye; Linda Zimmerman for a 49cm Carp and 61cm Channel Catfish; Oven Meisner for a 72cm Burbot.

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Manitobans encouraged to take precautions to minimize tick exposure

Submitted

May is Lyme Disease Awareness Month and Manitoba Health, Seniors and Active Living is reminding Manitobans that tick-borne diseases are preventable.

Manitobans can protect themselves by performing regular tick checks after spending time outdoors, knowing where blacklegged ticks are located, minimizing the risk of exposure and recognizing the signs and symptoms of tick-borne diseases. These precautions will help protect against anaplasmosis, babesiosis and Lyme disease.

Blacklegged ticks, which can carry anaplasmosis, babesiosis and Lyme disease, are most commonly found within and along the edge of forests and in areas with thick, woody shrubs and other vegetation. These ticks are more often found from early spring through late fall. The smaller nymphs are difficult to see and are most abundant during late spring and summer.

The province is monitoring and assessing the continuing range expansion of blacklegged ticks and has identified blacklegged tick risk areas, where the risk of tick-borne disease transmission is greatest. Blacklegged ticks found within these risk areas are more likely to carry the agents that

cause anaplasmosis, babesiosis and Lyme disease. While blacklegged ticks can be found outside of these blacklegged tick risk areas, the risk of tick-borne disease transmission is lower.

The burden of Lyme disease and other tick-borne diseases in Manitoba continues to increase. Since 2015, nearly 85 per cent of the anaplasmosis and Lyme disease cases reported in Manitoba likely had local exposure. Less than one in three Manitobans infected with Lyme disease recalled a tick bite. Limiting exposure to potentially infected blacklegged ticks is the key to tick-borne disease prevention.

Manitobans are encouraged to take precautions to minimize their risk of tick exposure by:

- applying an appropriate tick repellent, following label directions, on exposed skin and clothing;
- inspecting themselves, children and pets after spending time outdoors;
- removing ticks as soon as possible from people and pets;
- staying to the centre of walking trails;
- wearing long pants and long-sleeved shirts; and
- keeping grass and shrubs around homes cut short to create drier environments that are less suitable for



Manitobans are being warned to take precautions to minimize the risk of blacklegged tick exposure.

blacklegged tick survival.

Symptoms of anaplasmosis can start five to 21 days after a tick bite and may include fever, chills, headache, joint aches, nausea and vomiting, often in association with blood abnormalities and/or liver abnormalities. Anaplasmosis can be successfully treated with antibiotics.

Symptoms of babesiosis can start one to six weeks after a tick bite and may include non-specific flu-like symptoms such as fever, chills, sweats, headache, body aches, loss of appetite, nausea or fatigue. Babesiosis can be successfully treated with antibiotics.

Symptoms of Lyme disease can start about three days to one month after a tick bite, often with an expanding

rash which then fades. Early symptoms can also include headache, stiff neck, muscle aches or fatigue, fever, chills and swollen lymph nodes. Lyme disease can be effectively treated with antibiotics and treatment is most successful in the early stages of infection.

People who think they may have anaplasmosis, babesiosis or Lyme disease should see their doctor. For more information, they may also contact Health Links-Info Santé at 204-788-8200 or (toll-free) at 1-888-315-9257.

For more information about tick-borne diseases, including a map showing the blacklegged tick risk areas and additional information about prevention, go to www.gov.mb.ca/health/publichealth/cdc/tickborne/index.html.

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Lundar family reunited with missing pet

Winnipeg vet pays \$1,000 for the return of the dog

By Jeff Ward

A Lundar family is celebrating the return of their beloved dog Maverick after he went missing on March 24 and then was adopted by another family in Winnipeg.

Lela Harris said her dog Maverick, or Mavi, went missing after he was put outside in the morning. When she returned later with his food, he was gone. The dog greeted the family as they returned home from work and school. Then, in a very short window of time, he vanished, said Harris, who believes the dog was taken.

The family looked for Mavi for days before putting the word out on Facebook and being alerted to a similar looking dog that was being adopted out by Animal Services in Winnipeg. Harris said she called the moment she saw the post but it was after hours and was told to come by the next day. When she did, management told her that another family had adopted her dog the day before.

Negotiations with this family to get Harris's dog back did not go well and the family said they were keeping Mavi, now named Bogart.

After the story made the headlines on CBC, Winnipeg veterinarian Dr. David Scammell offered Maverick's adopted family \$1,000 to return him to his rightful owners, and they accepted.

On Wednesday, April 26 Animal Services chief operating officer Leland Gordon took Maverick to Lundar

to reunite with his family.

But Gordon didn't tell Harris.

"All he told me was that he was going to come meet us so that I could sign some papers that would help me get my dog back," said Harris.

"And then he opened the back of the van and my dog Mavi was there and I was just so overwhelmed. I hadn't seen him in a month and we were so close the week before to getting him back. It was devastating to know another family had him."

CBC News was there to capture the moment when Gordon opened the back door of the transport van when the dog and his family were reunited. Harris can be heard exclaiming "Mavi! Oh my God, Mavi!" as she embraced the dog.

"AND THEN HE OPENED THE BACK OF THE VAN AND MY DOG MAVI WAS THERE AND I WAS JUST SO OVERWHELMED."

Harris said she is eternally grateful for the work that Gordon and Dr. Scammell have done for her. Maverick was checked over by Animal Services and given a microchip so that a mixup like this won't ever happen again.

"We usually have him on a line if we're going to be away, but we were home, which is why he was free to

roam. He's left a few times before but just to our neighbours farm. He's never vanished like this," said Harris.

With Maverick now home, Harris said she'll likely be keeping a closer eye on him, just to make sure he doesn't get beyond the fence again.



EXPRESS PHOTO SUBMITTED BY LELA HARRIS

Lela Harris's two-year-old German shepherd-rottweiler cross Maverick was missing for month before being adopted. A Winnipeg veterinarian offered \$1,000 to the adoptive family to give the dog back to his rightful owners last week.



EXPRESS PHOTO VIA CBC NEWS

Animal Services chief operating officer Leland Gordon, left, returns Maverick to his owner Lela Harris last week after being away for almost a month and then being adopted by another family.

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Pups ready to adopt



EXPRESS PHOTO COURTESY OF SUNNY S-H PHOTOGRAPHY

Sunshine the foster dog poses with her 10 pups, who are now ready to be adopted through Manitoba Underdog Rescue.

By Jennifer McFee

Nearly two months ago, the community came together to search for a lost pregnant foster dog named Sunshine.

She eventually made her way back to her foster home in Stonewall where she soon gave birth to 11 pups. One pup didn't make it, but the other 10 thrived under Sunshine's care.

"They're six weeks old as of last Friday," said John Savage, who is fostering the yellow lab. "They got big fast."

The pups are now available for adoption through Manitoba Underdog Rescue, and three of them are spoken for — with Savage and his daughter each planning to keep one. A representative from the rescue organization also plans to keep one puppy.

That leaves seven pups available to adopt. Some of them are in foster homes right now, but they are in need of permanent homes.

Anyone who is interested can visit www.manitoba-underdogs.org for more information about the application process to adopt or foster a dog.

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The cooling system is designed to remove heat from the engine to keep the engine operating in its optimal temperature range. The cooling system is comprised of the following parts...

Water Pump: The water pump is either driven by the fan belt or the timing belt on some newer vehicles. The pump moves coolant from the radiator, through the engine, and back into the radiator. The pump has a shaft with a pulley on one end and a pump rotor on the other end. When the pulley is spun by a belt, the rotor moves the coolant.

Radiator: The radiator is a series of thin channels where the coolant flows through and it cooled by air flowing through it. It is important to keep your coolant in good condition to keep the channels open in the radiator. Following your manufacturers recommendation for changing your coolant, to keep your radiator in good shape.

Thermostat: The thermostat controls the flow of coolant through the engine. When your engine is cold, it actually operates with less efficiency. So until the engine warms up to its ideal temperature, the thermostat keeps coolant from flowing. Your thermostat can fail in either an open or closed condition. When it fails in the open position, your engine may actually run too cold and you will have bad gas mileage. If the thermostat fails in the closed position, your engine will overheat since no coolant will be flowing through the engine.

Hoses: The hoses carry the coolant from the radiator to the water pump and from the engine to the radiator. Hoses are generally made of rubber and can deteriorate with time. Hose should be flexible and not dry rotted (check for tiny cracks in the hose)

Coolant: Coolant is generally a mix of water and ethylene glycol. Many times called Anti-Freeze, coolant serves many purposes. As its common name implies, coolant prevents freezing, but it also provides lubrication for the water pump, increases boiling point of water, and keeps rust and scale from forming in your cooling system. Coolant must be changed on a regular basis, check your owners manual for the recommended schedule. PH level is critical to keeping your coolant from becoming a metal eating liquid. When you check your coolant for freeze point, also check out the PH level and make sure your coolant has not turned acidic.

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Stellar performances at Northern Lights Festival of the Arts' Highlights concert

By Patricia Barrett

Cultural diversity and performance excellence were in full swing last Friday evening at the 3rd Annual Northern Lights Festival of the Arts' Highlights concert in Fisher Branch.

Singers, dancers and musicians from Fisher Branch and surrounding areas entertained about 250 people at the Community Hall.

"It's just amazing how much talent there is in this area," said festival chair Annette Holowka. "[The adjudicators] remarked on just how fantastic our children and some of our adults are. I want to acknowledge all our performers ... you've earned our gratitude."

Festival secretary Lisa Mazur took to the stage to thank Holowka on behalf of the 11-member festival committee.

"Without her, we wouldn't know what to do!" she said.

The Highlights concert capped a week of recitals in which performers were assessed by three professional adjudicators from Winnipeg.

Four performers — vocalist Courtney Granberg and pianists Emily Mazur, Rogan Dueck and Emily Chevretil — were singled out by the adjudicators to participate in the Provincial Music Festival in Winnipeg, May 25-28.

Youth of all ages gave stellar performances on the piano, violin and guitar. Singers showcased their considerable vocal range through jazz, folk, gospel and musical theatre selections.

Grades 2 and 3 students from Fisher Branch Early Years school gave an upbeat performance of It's a Small World and Zippity Do Da, which earned them an award

from the Lakeshore School Division.

The region's cultural diversity was showcased through dance. Ukrainian, Filipino and East Indian dancers performed beautifully choreographed folk dances, full of expression, character and colour.

Senior dancers from Fisher Branch's Chaika Ukrainian Dance Club performed a fast-paced dance with spot-on timing and threw in a few acrobatic feats.

East Indian dancers, dressed in colourful saris, beguiled the audience through eye expression, hand gestures and an unshakable rhythm.

Filipino dancers, each holding a garland of flowers and leaves, were so graceful, they practically floated across the dance floor.

Fisher Branch's adult singers, the Songbirds, put the finishing touches on the evening with a wonderful rendition of Lord of the Dance.

Each performer was presented with an award sponsored by one of the festival's 50 or so sponsors.

"Our communities have been fantastic in supporting us with money and with hands-on help," said Holowka.

She singled out Harvey Danelak (MC for the night), Al Wiebe (sound man), the schools, the Ukrainian Hall and the Community Hall for their support. She also thanked each of festival's committee members for their hard work preparing and organising the festival.

"We can't even begin to say how much we appreciate that support," said Holowka.

Business sponsors included Broad Valley Enterprises, Country Harvest Inn, Fisher



EXPRESS PHOTOS BY PATRICIA BARRETT

Clockwise from top left: Indian folk dance; Courtney Granberg; Keara Barrett; pianist Emily Mazur; violinist Lily Plohman; Chaika Ukrainian dancers; Committee member Lisa Mazur presents an award to a student for her artwork, which graces the program; guitarist Horatio Chudd and Chaika Ukrainian dancers.



Branch Chamber of Commerce, Fisher Branch Women's Institute, Fisher Repair, Freedom West Insurance, Interlake Forage Seeds, Noventis Credit Union, Poplarfield Community Centre and Stocki Trucking. Individual sponsors included Alan and Shaun Lindal, Eric and Sadie Hamrlik, the Holowka family, Joanne Smith, Karen Abas, Pauline Barrett, and Robert and Natalia Wiens.



Volunteers recognized for countless hours of service

By Patricia Barrett

As part of National Volunteer Week (April 23-29), hundreds of Gimli and areas volunteers were fêted with fine chocolate and wine at the New Horizons 55+ Activity Centre in Gimli.

Over 100 people showed up for the April 27 celebration, which featured a lunch and inimitable author Doreen Pendgracs, better known as the Interlake's Queen of Chocolate, who doled out mouth-watering samples of fine chocolate from around the world and glasses of fruity summer wines.

Horizons' volunteer director Rick Hewson and facility program manager Jonie Johnson organize a community volunteer appreciation celebration every year.

"New Horizons submitted the names," said Johnson, who has worked for Horizons for about 15 years. "I submitted over 200 names of our volunteers."

Adrian and Ty Van Driel were among the volunteers who took part in the celebration. They received a Certificate of Recognition that was signed by Gimli's mayor on behalf of the municipality and by a representative of the Gimli Age Friendly Committee.

The couple said the volunteers who help run the Horizons Centre improve community life and maintain



EXPRESS PHOTOS BY PATRICIA BARRETT Volunteers Adrian and Ty Van Driel were honoured for their contributions to the community.



Author Doreen Pendgracs (left), Horizons' director Rick Hewson and program manager Jonie Johnson.

the vibrancy of the club.

"If you didn't have this amount of volunteers, you wouldn't have a successful 55+," said Ty, who has been a director on Horizons' board for about two years. "It's the volunteers that make the club."

"Without the club, there'd be nothing," added Adrian.

The couple volunteers on behalf of Horizons at a number of local events.

They help put on a pancake breakfast for the Icelandic Festival, for instance, and help organize a fall supper.

"Some volunteers give hours and hours, but I think the majority does what they can – and it's appreciated," said Ty.

She said Horizons, which has about 560 members, offers dozens of activities year round, including Tai Chi, floor curling, ballroom, line and circle dancing, woodworking, fibre arts, yoga, photography, poker, cribbage, bridge, bingo and bus trips to the States.

"You could never say you're bored," said Ty. "What I like is that there's something for everybody."

She said Johnson is a "fantastic" program manager who goes out of her way to help everybody.

Adrian said the club helps break the ice between newcomers and develops and strengthens friendships.

"As soon as they join and the next time they come out, they're introduced to so and so," he said. "And before you know it, they're part of the crowd."

Horizons' members come from all over the region, including Winnipeg Beach, Petersfield and Matlock.

Pendgracs, who lives in Matlock, did more than tantalize the taste buds of volunteers: she offered a few words of wisdom on volunteering, an activity

with which she has plenty of experience.

"I've been volunteering for more than 30 years in a variety of roles – both professional and personal roles – which have enriched my life," she said. "I can honestly say that I will be a volunteer for the rest of my life because no matter what kind of volunteer role I'm engaged in, it enables me to grow as an individual. It enables me to help mentor other people, and it enables me to experience life to the fullest."

Having written a veritable Bible on all aspects of volunteering titled *Before You Say Yes*, Pendgracs offered a Top 5 list of its benefits.

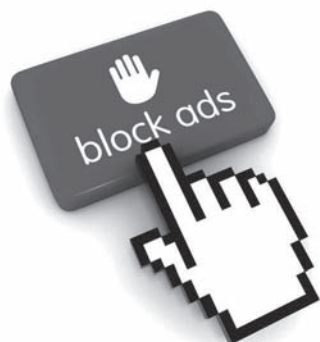
Volunteering enables people to learn new skills, practise and polish existing skills, make new friends, acquire positive energy through one's accomplishments and through helping others, and partake in travel and exciting experiences.

Johnson paid her respects to the six Horizons' volunteers who put together the lunch: Vera Ralke, Marion Gale, Gertie Demarchuk, Norma Doerksen, Lorraine MacVicar and Joanne McNabb.

Visit the Gimli New Horizons web site at www.gimlinewhorizons.com for more information about its programs and special events.

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A message from the members of the Provincial Community Newspapers Associations of Manitoba and Saskatchewan and AdWest.



* Source: <http://pagefair.com/blog/2017/adblockreport/>

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Local talent to perform at Red Barn Concert soon

By Jennifer McFee

The countdown is on for this year's Red Barn Concert, expected to be an evening of music, film and outdoor excitement all for a good cause.

The sixth annual event is slated for June 24 for a down-home concert in a Balmoral barn as a fundraiser for Nova House, a shelter for women and children in Selkirk.

Kelly Doucette and her partner Kassandra own the 40-acre farm, which includes an open barn space complete with a stage.

Along with a collective group of people, they have been organizing concerts to support local charities such as Camp Aurora, St. Francis Place and Camp Stepping Stones.

"The first year it was just a fun concert, and then we thought if we're putting all this work into something, perhaps we should be having somebody benefit from it," Doucette said.

"So we basically volunteered a bunch of time and hired some musicians every year. Whatever money's left over, we donate it to an organization that's local and that benefits local folks."

This year, they chose Nova House as the recipient because it's clear to see the necessity for its services.

"They're the only women's shelter in the Interlake. I work for the Department of Families, so I'm pretty acutely aware of how important Nova House is. Several other people that organize are in social work types of roles, so we're pretty acutely aware of the need," Doucette said.

"Also, a very good friend of ours works for Nova House and has been talking about seeing so much more change there."

This year's lineup showcases performers that include Casati, Okay Mann, Sleepy the Clown, The New Customs, and Wild Honey featuring Amy Storry McNally, Carey Richards and Manon Timsel.



Amy Storry McNally will be one of the performers at the concert.

In addition to taking the stage, Storry McNally is also an integral to the organization of the concerts. In fact, she grew up on the property so she knows firsthand what a great venue it is for gatherings.

"We used to hold something called Harvestfest for our friends and friends of friends," she said.

"We had a lot of music friends in the community that would come and perform ever year, so it totally works."

She also used to run Timothy Beans Café in Stonewall, where she gained experience putting on musical events and even a local film festival.

"My thinking with Red Barn is to extend those ideas to have this great little community of locals that all support each other in the arts and music. At Timothy Beans, I had such great response from the community," she said.

"Especially in a small community, it was like they were almost searching



EXPRESS PHOTOS SUBMITTED

The Red Barn concert on June 24 is a fundraiser for Nova House, the only women's shelter in the Interlake.

for somewhere to showcase their talents and express themselves through music or poetry or art."

Now the Red Barn concerts are heading in the same direction, with the addition of some yet-to-be-announced films to bolster the experience. Next year's event might also include more contributions from visual artists.

The family-friendly event will include a kids' tent and vendors. However, since there is no ATM on site, concertgoers should ensure that they have cash on hand to pay for any purchases.

Spots are limited, since there are only 150 paper tickets available plus another 100 online. Tickets cost \$25 in advance or \$30 at the gate, and kids 12 and under are free. The cost includes entry to the festival as well as a camping spot on the property for anyone who'd like to spend the night.

Gates open at 3 p.m. on June 24 and the concert starts at 5 p.m.



Owners Kelly Doucette and Kassandra are looking forward to the event.

For more information, visit redbarn-concert.com or follow the event on Facebook, Twitter and Instagram.

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> MEAL IDEAS

Campfire Philly steak sandwiches



Ingredients

- 1 tsp (5 mL) canola oil
- 1 large sweet onion, thinly sliced
- 1 large green bell pepper, sliced
- 2 cloves garlic, minced
- 1 tsp (5 mL) each thyme, chili powder
- 1/2 tsp (2 mL) each dried oregano and paprika
- 8 oz (227 g) outside round cutlets, sliced into thin strips
- 1/2 cup (125 mL) no salt added beef broth

4 small round or oval whole wheat buns, sliced

1/2 cup (125 mL) shredded light cheddar cheese

Directions

In a large skillet, heat oil over medium heat and cook onion, pepper, garlic, thyme, chili powder, oregano and paprika, stirring for about 10 minutes or until softened and starting to brown.

Stir in beef and broth and cook for about 5 minutes or until hint of pink remains in beef. Set aside to cool.

Place cheese on bottom of buns.

Divide meat mixture among buns. Wrap each sandwich well in parchment paper and overwrap in foil. Place in resealable bag and refrigerate for up to 2 days or freeze for up to 1 week.

Remove from bag and place on low grill or campfire to heat through to enjoy.

Fiesta Potato Smashers

Yield: 8

Prep time: 5 minutes

Cook time: 30 minutes

5 small yellow potatoes

5 small red potatoes or potato of your choice

1 pint sweet mini peppers (red, orange and yellow)

cooking spray

4 tablespoons fat-free sour cream or fat-free Greek yogurt (optional)

8 sprigs cilantro, picked from stems

salt, to taste

chili powder, to taste

freshly ground pepper, to taste

Place whole potatoes into microwave-safe, covered dish.



Microwave on high 3-4 minutes.

While potatoes are cooking, cut mini peppers into 1/4-inch slices. Spray nonstick pan with cooking spray and heat to medium. Add peppers and saute until they start to brown. Remove from pan and set aside.

Remove potatoes from microwave and with layer of paper towels covering each potato, smash on cutting board until 1 3/4-inch thick.

Spray saute pan with cooking spray, heat on high and add smashed potatoes. Cook 1-2 minutes until potatoes start to brown.

On plate, place potatoes and layer with sour cream or yogurt, if desired, peppers and cilantro. Dust with salt, chili powder and pepper, to taste. Serve warm.

Smokey Stuffed Jalapenos with Bacon



1/2 pound uncooked chorizo

16 ounces cream cheese

24 fresh jalapenos, halved and seeded

24 slices bacon (about 2 pounds), halved

1 cup Smokey Mesquite Bar-B-Q Sauce

Heat skillet to medium heat and

prepare grill for direct cooking.

Remove chorizo casing and cook in skillet over medium heat until cooked through. Transfer cooked chorizo to paper towel-lined plate to drain and cool.

Mix cream cheese and chorizo.

Stuff each jalapeno half with cream cheese mixture. Wrap with half strip of bacon and secure with toothpick.

Place peppers on grill and cook 8-10 minutes, turning frequently. Baste peppers with sauce during last 2 minutes of cooking.

Dependency on Prescription Medications



WHEN WE ARE NO LONGER ABLE TO CHANGE A SITUATION, WE ARE CHALLENGED TO CHANGE OURSELVES.

~ VIKTOR FRANKL - FROM MAN'S SEARCH FOR MEANING

Often people who would never think of "doing drugs" become addicted to or dependent upon their prescription medications. Some painkillers, anxiety medications and sleeping pills carry the risk of dependency.

Anxiety drugs and sleeping pills should generally only be used on a short term basis. While they may provide relief, they do not address the underlying problem. By the time an individual is talking to his or her physician about anxiety or sleeping problem, it is likely they have tried some things to help themselves, without success.

Anxiety or sleeping problems indicate there are underlying issues affecting the person. Often the basis for these issues may lie somewhere at an unconscious level, so it can be difficult to get to the bottom of things on one's own.

Psychological counseling has proven effective in assisting individuals

to change the patterns that are contributing to their difficulties. Without doing this, the symptoms remain along with the use of the medication. Sometimes people find their bodies get used to the initial dosage, and they need to increase the amount taken in order to get the same results as before. This is a slippery slope. Because the body has come to rely on the drug, attempts to go off the drug may result in symptoms that are even more intense than they were in the beginning.

If you feel you are dependent on your medications, talk to your psychologist or make an appointment with one. It is not a wise idea to stop taking these medications "cold turkey." Set up a program to assess the possible causes of the problem and to learn to alleviate symptoms in non-medicinal ways. As the therapy begins to show results, you can gradually reduce the amount of medication you are taking and ultimately aim to come off of it completely.

Naturally it is important to talk with your doctor about your concerns, and advise him or her that you have, or will be seeking therapy. Then, when you are ready to reduce your medications, this should always be done under your doctor's supervision.

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

Toasted Pecan Burgers



3 tablespoons Bar-B-Q Sauce

2 tablespoons Bar-B-Q Spice Rub

Mix together chuck, onion, pecans, bell pepper, sauce and rub. Shape into 4 patties.

Prepare grill for direct cooking. When coals are ashed over in charcoal grill, spread them in bottom of grill so food can cook directly over coals.

Grill burgers over direct, medium heat, first on one side then the other, 7-10 minutes, until they reach desired doneness. Medium burgers register an internal temperature of 160 F.

Serve with your favorite burger toppings on toasted buns.

1 pound ground chuck

1/4 cup chopped red onion

1/4 cup chopped pecans, toasted

1 tablespoon finely chopped green bell pepper

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INSIDE > OUTSIDE > UPSIDE DOWN

Neault wraps up impressive junior hockey career

By Brian Bowman

Waylon Neault's junior hockey career was a lengthy one.

And it was also a very, very successful one.

Neault played six seasons with the Peguis Juniors — winning three league titles — in the Keystone Junior Hockey League.

"It was fun," said Neault, a Fisher Branch product, last Sunday. "Winning the championships (was a highlight). The first one was (special) and the others were just as exciting."

With those KJHL titles, Peguis and Neault competed in Keystone Cup tournaments in St. Malo, Regina and, just recently, Arborg. It's always an exciting time playing for a western Canadian hockey championship.

"We could have done a little bit better, I guess," admitted Neault, who was recently awarded a \$500 scholarship by the KJHL. "But it is what it is. (The westerns) are a lot faster and the teams are better than the teams out here."

It was tough for Neault, knowing he played his last junior game in Arborg last month.

"When I was in the room after the game, it just hit me," he said. "I didn't want to take off my equipment. I just

sat there for a while."

Neault, a former Interlake Lightning, put up some nice numbers during his six KJHL seasons. The talented forward had 35 goals and 74 points in just 35 games during the 2015-16 KJHL season.

That season, Neault was deservedly selected as a KJHL North Division all star while the Juniors cruised to an impressive four-game sweep over the Selkirk Fishermen in the league final.

He added 15 goals and 35 points in just 19 regular-season games this past year while he concentrated on work in Saskatchewan.

Like most Manitoba boys, Neault started skating at the young age of four. He played the next year as a Fisher Flyer out of Fisher Branch (playing up a level) and his teams growing up won their share of banners, tournaments, and championships.

As he got older, Neault played for Peguis and competed in the Director's Cup for elite Bantam-aged players. He also played many years of "AAA" spring hockey (attending Winnipeg and United States tournaments) and has also represented Manitoba at the National Aboriginal Hockey Championships.



EXPRESS PHOTO BY SANDRA NEAULT

Waylon Neault, left, played six seasons with the Peguis Juniors, winning three Keystone Junior Hockey League championships.

Gimli Curling Club to host 2019 Manitoba Scotties

By Brian Bowman

The 2019 Manitoba Scotties Tournament of Hearts will be hosted by the Gimli Curling Club.

The event will be held Jan. 23-27, 2019 at the Gimli Recreation Centre.

"We are delighted to be going back to Gimli," said CurlManitoba executive director Craig Baker on their website. "The Gimli Curling Club has successfully hosted many others of our championship events in addition to the 2008 Scotties."

"We know the curling fans in the Interlake region are eager to have championship curl-

ing return to Gimli and we are confident this event will be another great success."

Gimli 2019 Scotties co-chair Dave Leblanc said Gimli is eager to host Manitoba's premiere women's curling championship.

"Gimli is excited to showcase local talent such as Team Einarson," Leblanc said. "(The) Gimli host committee will be excited to be watching a mostly new group of Manitoba women curlers."

Co-chair Lynn Hoplock is excited about the number of talented, young teams that will be vying for a provincial crown in

Gimli.

"It is exciting to think about the many great young teams we have seen emerge in Manitoba in the last couple of years and to think about one of those young teams possibly using Gimli as their starting point for their own run to a national and world championship," she said.

The first team to qualify for the 2019 Scotties will be the winner of the 2018 Manitoba Scotties Tournament of Hearts, which will be played in Killarney.

The 2018 Manitoba champion will return to defend their title at the 2019 event.

Gimli Minor Hockey

ANNUAL
GENERAL
MEETING

May 16, 2017

7:00pm

Gimli Rec Centre



Rebizant wins women's doubles badminton provincial title

Staff

Winnipeg Beach's Hanna Rebizant teamed up with Kristin Szuminsky to win the women's doubles badminton provincial title Sunday at the Winnipeg Winter Club.

The pair narrowly defeated previous winners, Clarissa Koh and Vanhphen Souvannarath, in the final (22-24, 21-11, and 21-17).

Meanwhile, the rural team of Dale Kinley (Stonewall) and Katherine Lee (Brandon) defeated Kyle Grymonpre and Katherine Desautels 2-1 by scores of 17-21, 21-15, 21-17 to win the mixed doubles provincial championship.

Kinley and Lee lost a close first match but were able to figure out their strategy before starting the second and third matches.

With a punishing combination of hard smashes and soft touch at the

net they were able to win the gold.

In a hard-fought two-game set, Thien Vo defeated clubmate Kyle Grymonpre in the men's singles final 2-0 (21-18 21-13).

Vo also paired up with Anil Kaul to win the men's doubles provincial championship. They beat Sean Chawla and his partner Kyle Grymonpre 2-0 in the final by scores of 21-17 and 21-14.

On the women's singles side, Tiffany Tantakoun defeated Kristin Szuminsky in three games (18-21, 21-12, and 21-17).

The provincial championship capped off Badminton Manitoba's circuit events for the season unless athletes choose to play at junior nationals later this month or internationally through the summer.



EXPRESS PHOTO COURTESY OF BADMINTON MANITOBA

Winnipeg Beach's Hanna Rebizant won the women's doubles badminton provincial title at the Winnipeg Winter Club last Sunday.

Kodiaks offensive in exhibition opener

By Brian Bowman

The Lundar Kodiaks had a pretty good start to their exhibition schedule last Thursday.

Lundar split a pair of games, crushing the Selkirk Royals 13-5 and losing 10-5 to the Stonewall Collegiate Rams.

The Kodiaks have to be pleased with scoring 18 runs in just 10 innings of baseball.

"We hit the ball pretty well compared to the last couple of years," said Kodiaks' head coach Rory Tycoles. "We've been working on (hitting) this year, which was one of our weaker spots in the last couple of years."

Lundar, which has been practicing in the gym since February, has also seen

some improvement in their pitching staff.

"Our pitching has come a long way in the last couple of years as well," Tycoles noted. "We threw a lot of strikes but the one thing that's kind of hurting us is our defence."

Lundar made too many errors in their opener and were guilty of allowing extra bases to the opposition on poor throwing decisions.

"It's expected," Tycoles admitted. "Especially at the level we're competing at. Our kids have been taking ground balls off the gym floor rather than a real floor, so it's a little bit different."

Still, those defensive errors will have

to be cleaned up quickly if the Kodiaks have any thoughts of advancing to the provincials in just a few weeks.

Lundar, which had 17 players try out for the team, will dress just 15 players for each game. Two of those players are solid pitchers in Lane Holden, a left-hander, and Shayne Desjarlais, a righty.

Tycoles said the Kodiaks are in good shape with several players that can be effective on the mound this season. Rylan Magnusson, Brent Johannson and Riley Wirgau are also expected to get significant time on the hill.

Lundar will begin its four-game Zone 5 league schedule tomorrow with an 11 a.m. game against Charles

Sinclair and a 1 p.m. contest versus Gimli in Fisher Branch.

After missing games next Tuesday in Grosse Isle, Lundar will then host games May 16. The Kodiaks will battle Warren Collegiate at 11 a.m. and then will play Stonewall at 3 p.m.

In the other game that day, Stonewall will play Warren at 1 p.m..

The Zone 5 championship, meanwhile, will take place May 24 in Stonewall with games starting at 11 a.m.

At stake is a spot into the MHSAA baseball provincials, which will take place June 1-3 in Altona.

Lightning goaltender invited to POE's second phase

Staff

Hockey Manitoba released the roster for the 2017 Program of Excellence Top-40 Camp — which included Stonewall goalie Chris Fines — this past Monday.

The camp, which will be held May 4-7 in Winnipeg, is the second phase of the Hockey Manitoba U-16 (male) Program of Excellence (POE) which is the provincial high performance development and selection program that leads to the formation of U-16 Team Manitoba.

The final U-16 Team Manitoba roster will compete at the 2017 Western Canada U-16 Challenge Cup hosted by the Western Hockey League, Oct. 18-22 in Calgary.

The U-16 POE Top-40 camp will see 48 players invited, comprised of 26 forwards, 16 defencemen, and six goaltenders. The invite list also includes two underage players (born in 2003) who are invited for an exclusive development opportunity and as potentials to challenge for spots in the next phase of the program.

Should an underage player potentially continue to challenge for a final roster spot later this fall a special exemption application process will be required to be filed by Hockey Manitoba to gain an under-age exemption status.

Player invite breakdown by Hockey Manitoba Region is Brandon - four, Central Plains - two, Eastman - two, Interlake - one, Parkland - one, Pembina Valley - two, Winnipeg - 27, Westman South - four, Yellowhead - five.

On the ice, the intensive nature of

the camp schedule includes group practice sessions, specialized skills sessions and six intra-squad games.

The camp also features a number of important development items off the ice featuring physical preparation presentations, mental skills coaching, team building, as well as leadership and character identification.

The four-day camp will take place at Seven Oaks Sportsplex and MTS Iceplex in Winnipeg.

Rams win Zone 5 badminton banner

Staff

The Stonewall Collegiate Rams' varsity badminton team won the Zone 5 banner for the second consecutive year.

Stonewall finished the two-day tournament with 44 points, two ahead of the Teulon Collegiate Saints.

Warren Collegiate was third with 32 points, followed by Gimli with 17.

Stonewall's Chris Wiebe was tops in the boys' singles division. He finished ahead of Gimli's Jack Einarson, Stonewall's Scott Yeo, Arborg's Connor Yarema, Lundar's Evan Erickson, Teulon's John Anslow, Gimli's Blaine Wishnowski, and Fisher Branch's River Abas.

The girls' singles division saw Warren's Emalia Sinclair place first. She was followed by Arborg's Morgan Melnychuk, Stonewall's Brielle Cara, Teulon's Kailen Ledochowski, Gimli's Brooke Peterson, STL's Lora-Lee McKay and Stef Byron, and Teulon's Mackenzie Garrand.

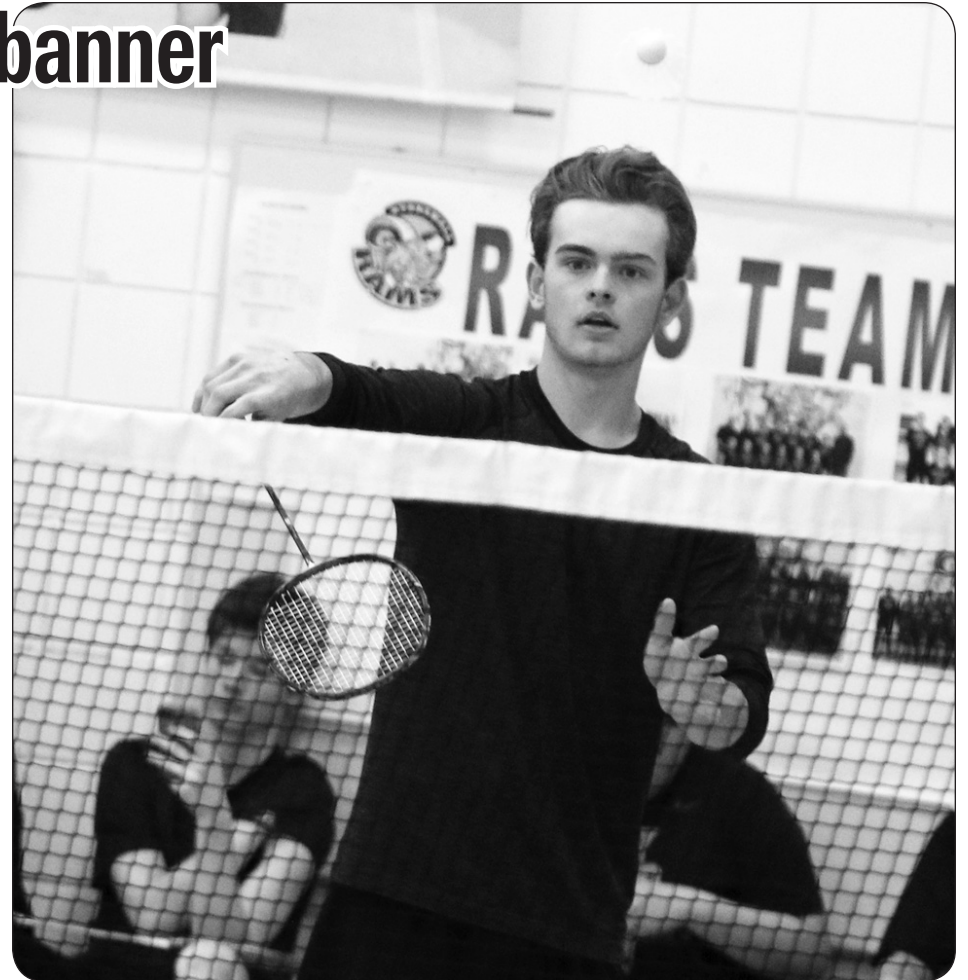
Men's doubles play was won by Teulon's Mark Shinnie/Jake Ledochowski. That talented duo finished ahead of Teulon's Justin Persoage/Ryan Hill, Stonewall's Justin Levesque/Lindsay-Corbel Ethan, Stonewall's Seth Mc-

Mahon/Ryan Brown, Teulon's Roy Chief/Curtis Johnston, Warren's Matthew Fossay/Jayden Allary, Stonewall's Quin Arsenault/Brett Munroe and Gimli's Jaxon Groot/Colton Neditafko.

In women's doubles play, Warren's Alex Chester/Grace Good man took home top honours. Finishing behind them were Teulon's Katrina Carter/Ali Mejicanos, Stonewall's Sarah Fines/Loren Proven, Gimli's Carley Matkowski/Jayda Campbell, Gimli's Samantha Porteous/Mackenzie Zagozewski, Stonewall's Hunter Lupyrypa/Ricki Frost-Hunt, Lundar's Tayler Sweetland/Callie Farthing and Stonewall's Shae Mulvihill/Kyra Shewchuk.

The mixed doubles division saw Teulon's Austin Spulnick/Brittney Hill take top honours, ahead of Warren's Austin Holod/Kaitlyn Holod, Stonewall's Carson Ouellette/Katie Shier, Lundar's Lane Holden/Ashley Sigfusson, Warren's Nicolas Streeter/Ryenn Lobb, Stonewall's Ethan Boyer/Hanna Marshall, Warren's Kyle Mello/Jacee Turner, and Gimli's Jay-Lee Strempler/Darren Sewell.

The MHSAA provincial badminton championships will be played this Friday and Saturday in Brandon.



EXPRESS PHOTO BY JO-ANNE PROCTER

Gimli's Jack Einarson finished in second in the boys' singles division at Manitoba High Schools Athletic Association Zone 5 badminton championships on April 26.

Volleyball Manitoba hosts second weekend of provincials

Submitted by Volleyball Manitoba

The second phase of the 2017 Volleyball Manitoba Provincial Championships took place last weekend with five championships — and 69 teams competing — in Winnipeg and Steinbach.

The 2017 provincials will continue this weekend with four more championships being played. In total, 190 teams are competing in 13 categories over the three provincial championship weekends.

Here are the final placings and all-star/MVP selections from April 29-30:

14U Boys Provincials

First – WinMan Spartans, second – Jr. Pilots, third – WinMan Raiders, fourth – Selkirk Royals, fifth – 204 Gold, sixth – 204 Cardinal, seventh – WinMan Tide, eighth – 204 13U Gold, ninth – BVC Gold, 10th – Prairie Fire Gold, 11th – BVC Blue, 12th – Tsunami, 13th – WinMan Wave, 14th – 204 White, 15th – 204 13U Cardinal, 16th – Pirates, 17th – Joust and 18th – Lakers.

14U Girls Provincials

First – Shock, second – Dynamo Red, third – Cats Gold, fourth – Club West Rage, fifth – Big Sand Gold, sixth – Jr. Bison Gold, seventh – WinMan Wild, eighth – Jr. Pilots Blue, ninth – Prai-

rie Fire Black, 10th – Tsunami Blue, 11th – Vision, 12th – Dynamo Grey, 13th – Vision 13U Rage, 14th – Jr. Bison Brown, 15th – RCV, 16th – Selkirk Royals Black, 17th – Shock 13U, 18th – Fury, 19th – Dynamo 13U Red, 20th – Pirates Black, 21st – Joust, 22nd – Tsunami Black, 23rd – Jr. Bison Black, 24th – Parkland Vipers, 25th – Vision 13U Panthers, 26th – Aztecs, 27th – Prairie Fire Orange, 28th – Selkirk Royals Blue, 29th – Jr. Pilots Grey and 30th – Westman.

14U Girls Tier 2 Provincials

First – Cats South, second – Neepawa Smash, third – Cats Blue, fourth – Fire N Ice Royal, fifth – Pirates Blue, sixth – Parkland Vipers West, seventh – WinMan Power, eighth – Parkland Vipers 13U and ninth – Fire N Ice Blue.

17U Boys Provincials

First – WinMan Clutch, second – 204, third – WinMan Attack, fourth – BVC, fifth – Jr. Pilots, sixth – Tsunami and seventh – Aztecs.

All-stars: Dylan Sutherland (BVC), Noah Rempel (WinMan Attack), Christian Pantel (204), Jeremy Kaminsky (204), Gideon Dresser (WinMan Clutch) and Riel Guenette (WinMan Clutch).

MVP: Nigel Nielsen (WinMan

Clutch).

18U Boys Provincials

First – 204, second – WinMan Legacy, third – Riptide, fourth – Jr. Pilots and fifth – Joust

All-stars: Jaden Martens (Jr. Pilots), Stephen Crew (Riptide), Carter Hofer (WinMan Legacy), Curtis Duester (WinMan Legacy), Owen Schwartz

(204), Brendan Warren (204).

MVP: Darian Picklyk (204).

This weekend will wrap up the provincials for this season with the following championship events:

15U Girls – MBCI and Maples Collegiate, 15U Boys – Brandon University, 16U Girls – Red River College, and 16U Boys – Steinbach.

Interlake players chosen for U18 Female Top-40 camp

Staff

Interlake athletes were a popular choice among the players chosen for Hockey Manitoba's U18 Female POE Top 40 Camp roster earlier this week.

Hockey Manitoba released the roster for the 2017 Program of Excellence Top-40 Camp, which included Stony Mountain's Ashley Hodge-Hirschfield (Balmoral Hall), Stonewall's Olivia Cvar (Balmoral Hall) and Annaliese Meier (Norman Wild), Riverton sisters Keayanna Lea (Balmoral Hall) and Keyara Lea (Balmoral Hall) and St. Andrews' Hailey Karbonik (St. Mary's Academy).

The camp, which will be held May 11-13 in Portage la Prairie, is the second phase of the Hockey Manitoba U-18 (female) POE. The POE is a highperformance program that offers developing athletes who are on track to be elite with the opportunity to represent their province while providing a solid development path to the national and international stages.

The final U-18 Team Manitoba roster will compete at the 2017 National Women's U-18 Championship, Nov. 1-5 in Quebec City.

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Land wanted for weekend or permanent getaway. 10-160 acres. May offer assessed value. Maximum \$30,000. Must have trees and road access. Nothing swampy. 204-589-1886, ejco@mts.net

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UPCOMING EVENTS

Telus Manitoba Motorcycle Ride For Dad. Fighting prostate cancer Saturday, May 27 10 a.m. official start Polo Park Shopping Centre. Register online: ridefordad.ca/manitoba

NOTICES

Following the resurrection of the Lord Jesus Christ, the first day of the week became a weekly reminder of His risen presence. Whereas the 7th day speaks of God's work in creation, the 1st day reminds us of His love in redemption. www.clda.ca

HEALTH

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

Canada Benefit Group - Attention Manitoba residents: Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment

NEWS TIPS

Call 467-5836

EMPLOYMENT OPPORTUNITY

Silver Turkey Breeders Arborg, MB

Silver Turkey Breeders is looking for a fulltime Barn Worker. Job duties include daily chores, feeding turkeys, picking, cleaning and packaging eggs, some minor barn maintenance, spread bedding and some record keeping. We are located in Silver, MB; 4 miles south of Arborg, MB. Weekend work required. Experience an asset but not required. Starting wage \$14.50-\$20 per hour (depends on experience). Please forward all resumes to silverturkeybreeders@gmail.com or mail to Box 4051 Arborg, MB ROC 0A0



JOB POSTING - BUSINESS ANALYST

Community Futures West Interlake has an opening for a Business Analyst. Community Futures West Interlake serves the municipalities of Woodlands, St. Laurent, Coldwell, West Interlake and Grahamdale, located on PTH #6 in Manitoba's Interlake. Community Futures West Interlake delivers a variety of services including loans and technical and advisory services for small and medium-sized businesses, services targeted to youth and entrepreneurs with disabilities, and community economic development and planning. The Business Analyst position is a key position at Community Futures and requires a business minded person that possesses a wide range of skills. Our focus in hiring will be to identify a candidate who has a strong mix of education and/or experience along with an entrepreneurial attitude and aptitude that will help to make them an excellent business analyst, lender, business developer and advocate for Community Futures.

The Position:

- Assisting business clients by providing business information and resources
- Analysis and assessment of business proposals
- Reviewing business plans, preparing of loan applications, business proposals and loan documentation
- Monitoring the investment loan portfolio
- Providing business training and development, marketing programs and administration of the Self Employment Assistance & Elevate Programs.

The ideal applicant will have a combination of:

Personal characteristics:

Hiring for this position will focus on individuals with the following demonstrated characteristics including:

- Strong inter-personal and communications skills
- Ability to function well in a small team environment
- Ability to take direction and work with a volunteer based organization and lending committee
- Positive and opportunity focused
- Results oriented self-starter
- Confidence in making decisions and communicating decisions effectively to clients
- Ability to identify and act on key issues related to loan applications, loan files and business development

Education and/or Experience:

- Business diploma or degree
- Business counseling or coaching training certification or related industry training and/or certification
- Commercial lending
- Small business ownership
- Business analysis, counseling, coaching and business development experience

Computer Skills:

- Proficiency with Microsoft Excel and Word is required
- Competent computer user including strong organizing and file management skills
- The software program, The Exceptional Assistant, experience would be considered an asset

Hours:

Regular office hours are 8:30 to 4:30 PM, Monday to Friday. Limited evening and weekend work is required related to meetings, events, training, conferences. Travel is required throughout the region and a valid Class 5 driver's license is required.

Please submit your cover letter and resume to

Lana Cowling-Mason by 4:00 p.m., Friday, May 19th, 2017.

By email: lana@westinterlake.com

By Mail: Attention: Lana Cowling-Mason
Community Futures West Interlake
Box 68, Ashern, Manitoba, ROC 0E0

For more information, please visit: www.westinterlake.com

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MUNICIPALITY OF BIFROST-RIVERTON DUST CONTROL PROGRAM



The Municipality is now accepting requests from residents for the application of Dust Control on municipal roads. The 2017 rate for a single application is \$260. Forms and additional information are available from the Municipal Offices. The deadline for completed forms with payment is May 26, 2017; late applications will not be accepted.

Jason Comeau, Public Works Manager
Box 70, 329 River Road, Arborg, MB ROC 0A0
bifrost@mymts.net



Town of Arborg invites applications for a Public Works Employee - Term Position -

Position responsibilities:

- Operation of heavy equipment
- Mechanically inclined/problem solving skills
- Able to work independently and within a team setting
- Assist in all public works operations
- Candidate must hold a valid driver's licence
- 40 hour work week - 6 month term (June - Dec, 2017)

Please send a resume, with three references, by **12:00 Noon on Tuesday, May 16th, 2017** to:

Town of Arborg
PO Box 159, Arborg, MB ROC 0A0
Fax: (204) 376-5379
Email: townofarborg@mymts.net

We thank all applicants however only those selected for interviews will be contacted.

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S	S	V	S			O	G	E		N	O	S				
I	B	B	V	H		G	N	L		T	E	V	K			
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Crossword Answer

RM of Fisher & LUD of Fisher Branch Employment Opportunities

Green Team Summer Students July 3 to August 25, 2017 (Eight weeks)

The Rural Municipality of Fisher and the LUD of Fisher Branch are accepting applications for the following positions:

RM of Fisher - 2 positions

Requirements:

- Must be between the ages of 16 and 24.
- Must hold a valid drivers licence.
- Must have transportation to and from the job sites.
- Must be able to work with minimal supervision.

Duties:

Grass cutting and trimming along roadways, ditches, riverbank and vacant lots. General garbage cleanup and related light maintenance. Assisting with other duties as required.

LUD of Fisher Branch - 1 position

Requirements:

- Must be between the ages of 16 and 24.
- Must be able to work with minimal supervision.

Duties:

Grass cutting and trimming along roadways, ditches, riverbank and vacant lots. General garbage cleanup and related light maintenance. Assisting with other duties as required.

Please submit applications by 4:30 p.m. Wednesday, May 31 to:

RM of Fisher, Box 280, Fisher Branch, MB R0C 0Z0
Fax: 204-372-8470 Email: fishercao@mymts.net
Attention: Linda Tremblay, CAO

Annual General Meeting

For
Moosehorn Consumers Co-operative Limited
Monday, June 5th, 2017
7:30 p.m.
Moosehorn Community Hall

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

Door Prizes
Refreshments



take a break

> GAMES

X CROSSWORD

CLUES ACROSS

1. Protective crust
5. Federal poverty level
8. "NCIS" network
11. This many makes a trio
13. Geological time
14. Populous Colombian city
15. Interviewer Morgan
16. More (Spanish)
17. Not close
18. Confined
20. ___ Farrow, actress
21. One point east of southeast
22. Kinetic and elastic are two
25. Taking possession of a property
30. Associate of same rank
31. Uganda
32. Heads the department
33. Assistants
38. I (German)
41. Small vessel
43. Home to Deadwood
45. Vetoed
47. Wings
49. Vestment
50. Heavy cavalry sword

55. Deer native to Japan
56. Spy agency
57. Was hurting
59. Famous New Yorker film critic
60. Liquefied natural gas
61. Jewish spiritual leader
62. Male offspring
63. Sense of self-esteem
64. Cheek

CLUES DOWN

1. Engine additive
2. Fashionable
3. Region
4. "Friday Night Lights" director Peter
5. ___ fatale, French seductresses
6. A treeless grassy plain
7. Large flat rectangular strips of pasta
8. Eating houses
9. Divulge a secret
10. Beget
12. Midway between east and southeast
14. Container for shipping

19. Deceased basketballer
Bison ___
23. Neither
24. Large lizard
25. Licenses TV stations
26. Express delight
27. Refusal of medical assistance
28. Upon
29. Bright or deep red
34. A way to sign
35. Zhou Dynasty state
36. Shock therapy
37. Ocean
39. Basketlike boat
40. Irish sport
41. Doctor
42. Middle day
44. Autonomous island
45. Made of wood
46. Meat from a calf
47. Inquires
48. Chinese dynasty
51. Swiss river
52. Prejudice
53. "The Wire" actor Idris
54. Resistance fighters
58. Criticize

1	2	3	4		5	6	7		8	9	10		
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59						60				61			
62						63					64		

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ANNOUNCEMENTS

BIRTHDAY



Happy Birthday Wishes to
Mary Kowalchuk
who is turning 95
on May 7th

To the best Mom, Baba and Great Baba,
Congratulations and God Bless

-With love from all your family

ANNOUNCEMENTS

IN MEMORIAM

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In loving memory of
our dear sister and aunty,
Dorothy
who passed away April 30, 2006

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From here to heaven above;
That keeps you very close to us,
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Call For Board of Directors The Interlake Consumers Co-operative Ltd. invites nominations for the position of Director

There are two (2) 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 17, 2017 to:

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



INTERLAKE NOTICE OF ANNUAL MEETING

When: Wednesday, May 31, 2017

Meeting: 7:00pm

**Where: Arborg Community Hall
409 Recreation Centre**

Agenda Items to include:

- Minutes from the 2016 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2017
- Board Elections

Interlake Consumers Co-op Ltd
Box 40, Arborg, MB R0C 0A0



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Saturday May 6th from 9am-6pm**

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- Appliances – no GST or **6 months** 0% interest
- Furniture – no GST and PST or 12 months 0% interest
- Look for **yellow tags** for extra discounts all the way up to **90% off**
- All accessories **1/3 off** Lamps, Pictures, Plants etc

DOOR PRIZES

Invitational Draw

Frigidaire 3pc Appliance Package \$1,999
Refrigerator, Range, D/W.

Purchaser Draw (One entry for every \$200.00 spent)

- 1st prize – **\$1,000** Furniture Gift Certificate
- 2nd prize – Palliser Chair & Ottoman Value **\$999**
- 3rd prize – Serta Queen Bed Value **\$899**
- 4th prize – DeFehr Pine Desk Value **\$789**
- 5th prize – Ashley 5 pce. Dining Set Value **\$719**

Free Draw (No purchase necessary)

- 1st prize – Dream Star Queen Bed Value **\$899**
- 2nd prize – Ashley Rocker Recliner Value **\$499**
- 3rd prize – Picture Depot Picture Value **\$149**
- 4th prize – Queen Size Bed Sheet Set Value **\$39**

Free coffee & donuts both days

SOME EXAMPLES OF THE DEEP ANNIVERSARY CUTS:

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Single Size Reg. \$849	\$649
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Queen Size Reg. \$999	\$799
King Size Reg. \$1,499	\$999

Super Special

Cash & Carry - Delivery extra

- Check out the clearance accessory wall – min. Discounts of **50%** all the way up to **90% off**
- Frigidaire 5 cu. ft. chest freezer - 12 Only **\$249**
- Ashley Recliner - 3 colors - Unlimited Supply Reg **\$569** Super Special - **\$399**
- Ashley Reclining Sofa and Reclining Loveseat. 3 colors - 5 sets only Reg. **\$1,728** Sale **\$1,299**
- Dynamic • Dresser & Mirror - grey - 5 Sets Reg. **\$588** Now **\$399**
• Matching Chest of drawers - 9 only Reg. **\$319** Now **\$249**
- Ashley 5 pce. Dining Set. Reg. **\$749** - 4 only **\$499**
*When Sold-out then **\$599** as per Flyer*
- Frigidaire Self Clean Convection Smooth Top Range
*Stainless Steel - 13 Only Reg. **\$1,499** Blowout **\$999**
*White - 6 only Reg. **\$1,399** While they last **\$999**
- Buhler Hospitality cabinet - solid wood Reg. **\$799** Now **\$499**
- Winners Only Sideboard - 2 Only Reg. **\$539** Now **\$299**
- Whirlpool Smooth Top Built in cook top - old Model Reg. **\$949** Carry Out Price **\$599**



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