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THE EXPRESS

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WEEKLY NEWS

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Medieval feast

EXPRESS PHOTO SUBMITTED BY WANDA SPARKES

The table was set at Arborg Early Middle Years School last week when Grade 7 and 8 students stepped back in time to celebrate the medieval era as part of their Social Studies unit.

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

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Arborg students celebrate medieval times at their castle

By Zachary Friesen

Kings, queens, knights in shining armor and damsels in distress! All those and more attended the Medieval Feast on Thursday, April 30 at their castle in the Arborg Early Middle Years School gym. The feast was a part of the Middle Ages Grade 7/8 Social Studies unit.

The event was more than just a meal. As well as the traditional four-course dinner, there were also games and entertainment. All students were assigned a role in the Feudal System, and dressed accordingly.

"I got to be the king's food-taster. I 'died' from the deer meat," joked student Sam Eastman. "I actually really enjoyed the food. We had roast chickens, soup in trenchers, cheese and apples, vegetables and desserts. It was a four course meal."

While dining, the students were also entertained by many acts, such as jester jokes, gymnastics, dancing, singing and storytelling. Brandon, who was a foot soldier enjoyed the jester jokes.

"His jokes were funny, but when he made fun of the king, they put him in the stocks!"

After the dinner and entertainment, students took part in a series of medieval-style games. Noah, who was a Viking enjoyed the variety that was offered.

"I tried the fence post toss, but I thought the rat race on hobby horses required more skill."

Other games included bobbing for apples, balance beam jousting and scooter jousting.

The entire gym was decorated as a medieval castle with painted walls, torches, a torture chamber, colorful flags and personal coats of arms made by each student.

The whole event was organized by student teacher, Kristen Rudyk, who taught the medieval unit.

"Everyone did their job. The classes were broken up into committees to research all aspects of a medieval feast.

Continued on page 3



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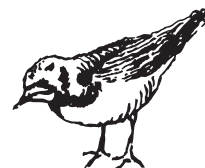
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EXPRESS PHOTO SUBMITTED

Arborg Early Middle Years students celebrated the Medieval Feast with the traditional four-course dinner, games and entertainment.



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> MEDIEVAL TIMES, FROM PG. 2

We used the information gathered to plan our feast. Students helped decorate, bake, plan costumes, perform and organize the entertainment and games. It was a group effort, and it couldn't have worked without everyone's cooperation."

When asked what she thought of the whole event, student, Olivia Orban-ski, said, "I would love to do this every week because it was super fun, and the food was really good."

"I GOT TO BE THE KING'S FOOD-TASTER. I 'DIED' FROM THE DEER MEAT."

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Nevakshonoff named Minister of Conservation and Water Stewardship

By Jeff Ward

For the second time in six months, Premier Greg Selinger has revamped his cabinet and this time Interlake MLA Tom Nevakshonoff has been given a cabinet post.

After 16 years of service, Nevakshonoff has been named Minister of Conservation and Water Stewardship.

"I'm very grateful to the Premier for the opportunity," said long time backbencher Tom Nevakshonoff.

"Out of our entire caucus I'm about as rural as it gets. I have a strong bond with the natural resource side of things and I'm focused on the preservation of our crown land. I think it's that, plus my 16 years that makes me perfect for the job."

Nevakshonoff is excited to be apart of the cabinet and said that now that his number has come up, it's up to him to do the best he can to move the department along.

Nevakshonoff explained that this position was his dream department

and that if given the opportunity to pick he would've chose this portfolio.

"The biggest project for me right now is making sure we keep moving on getting shovels in the ground regarding the flood proofing on Lake Manitoba. It's not just one project but a series of projects all of which require environmental impact assessments," said Nevakshonoff.

Nevakshonoff also mentioned that he'll be working on the issue of climate change and will be attending some big climate change conferences in the near future.

Changes to the provincial cabinet, which took place April 29 also included: James Allum, minister of education; Steve Ashton, minister of infrastructure and transportation, and minister responsible for emergency measures; Drew Caldwell, minister responsible for relations with the City of Winnipeg; Kerri Irvin-Ross, deputy premier; Gord Mackintosh, minister of justice and attorney general; and

Mohinder Saran, minister of housing and community development.

Changes to the provincial cabinet will focus on strengthening government to create more new jobs, building the province's infrastructure and protecting the front-line services that Manitobans depend on, Premier Greg Selinger announced last week.

"Our government has a strategic plan to grow our economy, create good jobs and achieve steady growth," said Premier Selinger. "Our plan is working. I have put in place a team of experienced and talented ministers who will build on our plan to stimulate our economy while protecting front-line services."

Selinger also needed to shuffle some positions because of Education Minister Peter Bjornson's desire to leave cabinet. Bjornson had asked to be relieved of his duties after severely injuring his back and will not seek re-election in Gimli.

The premier also thanked Peter Bjornson for his years of dedicated service in cabinet.

"Peter has decided for personal reasons to step down from cabinet. I respect his decision and thank him for



Interlake MLA Tom Nevakshonoff has been named Minister of Conservation and Water Stewardship.

his many years of service as minister of education, housing, entrepreneurship and trade. Peter has been an excellent minister, good friend and strong voice for the people of Manitoba," said Premier Selinger.

Winnipeg Beach man charged for near miss with biker

By Austin Grabish

A Winnipeg Beach man has been charged with careless driving after he was caught on camera driving into oncoming traffic that almost resulted in a head-on collision with a Winnipeg biker.

RCMP said a 65-year-old man from the Winnipeg Beach area has been charged with careless driving for the incident.

Winnipeg resident Ryan Evans was on his way to Gimli when the near miss happened.

A GoPro camera mounted on his dash captured the entire ordeal on video.

He told the *Express* in March the driver of the car came within just inches of his motorcycle's handlebars.

In the video, the driver appears to make no effort to slowdown or move back into his lane. The driver continues to drive even though Evans is coming at him head-on.

The driver's licence plate was clearly caught on camera, and was reported to RCMP after the incident.

Mounties said they would not be releasing the name of the driver charged.

A provincial judge will determine the driver's fine.



SCREENSHOT

The 65-year-old driver of the Volkswagen, seen on the right, has been charged with careless driving by RCMP for an incident in March that could have resulted in an ugly head-on crash with a motorcycle.

Phone scammers targeting Manitoba Hydro customers

News Release

Manitoba Hydro residential and business customers continue to be targeted by a phone scam.

Several customers have received phone calls that appear to come from the utility demanding immediate payment.

A typical scam phone call: Originates from a toll-free number. In some cases, Manitoba Hydro's phone

number also appears in the Caller ID; The caller asks a few questions, then states that the customer's account is in arrears and must be paid immediately; The customer is provided with payment options, which include making a payment through a local retailer (often Safeway/Sobeys), paying through a PayPal account, wiring a cash payment via Western Union, or providing a credit card number.

The fraudulent callers are quite believable and they often give the customer a short time limit in which to make a payment before the power will be cut off.

If you receive one of these phone calls or have any doubts about the call's authenticity, hang up immediately. Report the call to Manitoba Hydro, the local police non-emergency phone number, as well as Phone

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When you dial one of the phone numbers below, you are speaking directly to Manitoba Hydro: Questions about your accounts; call us directly at 204-480-5900 or toll-free 1-888-624-9376.

Questions about a pending disconnection; the direct line to Manitoba Hydro Credit and Recovery Services is 204-480-5901.

Reverend called to share the gospel in Riverton

Riverton Community Church opens its doors

By Marney Blunt

For Rev. Menno Friesen and his wife, Barb, opening a church in Riverton had been their calling since 1974.

And on April 19, the Riverton couple finally made it happen with opening the doors to the newly renovated Riverton Community Church of the Nazarene, located at 25 Main Street. The church will share the building with the Seniors Drop In Centre.

After running church services out of their home on a farm just north of Riverton and attending the Hecla Church during the summer time, the Friesens finally moved their services into a new and permanent home.

In August 2014, the couple purchased the building and after months of renovations, the Friesens have finally opened their own church. Something they say has been a long time in the making.

"There was a time in my life when I was not a born again believer. And I was in my late 20s when I come to know the Lord. And upon the call of the Lord, my life had just seemed that the Lord has laid on my heart to be involved in missions and sharing the gospel with people," said Menno.

"And that call in my heart has been with me ever since 1974."

Shortly after that Menno and Barb were married, they moved to Saskatchewan for six years where Menno attended Nipawin and Briercrest Bible Colleges. In 1981, they returned to their beef cattle farm near Riverton.

"It just seemed that God had some plans for us other than just farming," said Menno.

"So we've been involved with Bible studies and outreach ever since then. And the Lord just laid it on our hearts; Riverton has got to be the place (to be) sharing the gospel. And here we are."

When Menno and Barb took ownership of the building last summer, they quickly began serious renovations, and were surprised with what they found.

"This building is an old, old building in town and it had been used for many, many things over the course of the years," explained Menno.

"You could see the southwest corner of the building was sagging down. When we purchased it we opened up the walls to see what was underneath it. There was no foundation."

While there may have been no foundation in that corner of the building, the Friesens found that the building had another form of foundation.

"The day we were checking the foundation and (fixing it) I was reading the Daily Bread, and I read this is the verse that was on the Daily Bread for that day," said Barb, who pointed to Corinthians 3:11 on the front of their church service programs. "For no other foundation can anyone lay than that which is laid, which is Jesus Christ."

"It was the Lord's timing, the Daily Bread and that verse, on the exact day that they were fixing that corner of the church."

"It was very timely. God speaks in mysterious ways and God deals in mysterious ways and I felt



Rev. Menno Friesen (centre) cuts the ribbon to open the Riverton Community Church of Nazarene along with (left) Rev. Tim Enns from Winnipeg New Hope Church and (right) Dr. Larry Dahl, the district superintendent of the Canada West District Church of Nazarene.

that that was a verse that was to be the foundation literally for the building, the congregation and for the church," added Menno.

"It's just been a blessed journey ever since."

The grand opening of the church on April 19 had approximately 80 people in attendance. Church services are held every Sunday at 11 a.m., with coffee prior at 10:30 a.m. and a lunch after the service. The church also hosts monthly potlucks that are open to the entire community.



EXPRESS PHOTO BY MARNEY BLUNT
Barb and Menno Friesen recently opened the Riverton Community Church of Nazarene, located at 25 Main Street in Riverton.

"THAT CALL IN MY HEART HAS BEEN WITH ME EVERY SINCE 1974."

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Gearing up for the 2015 open water season

Hi folks,

I happened to catch the story of the 70th anniversary of the WW11 Canadian Liberation of the Netherlands on CBC a few days ago while I was getting my first cup of coffee in the morning. I mention this because as it happens it kind of goes along with the story I was planning to bring to you this week.

About three weeks ago Lucy Kowalchuk from our Selkirk office put me on to a chap by the name of Morris Fox in West St. Paul whose brother, Harold Fox, a fallen WW11 Canadian soldier, had a lake named after him as is our Canadian custom. I called Morris for a visit as his story which seemed to be about one brother honoring the other with some great fishing thrown in, caught my interest.

As I pulled into his yard, standing in front of the doorway of his big split level bungalow, this tall, thin with a large smile and high-armed wave greeted me.

Commencing on the story of his brother, he said Harold's lake was in northern Saskatchewan and that some years ago he and five of his relatives and friends went up there to build a cairn with a plaque commemorating Harold and then maybe do a little fishing in the lake. Morris and two of his buddies went up by plane while the other three took a truck up with all the supplies. He remembers telling the pilot that if the guys with the truck weren't by the lake when they landed maybe they should just turn around and go right back to the airport. It was really rough country.

Well, they were there so without ceremony they made camp and in



EXPRESS PHOTO SUBMITTED
Brett Thidrickson with a giant pickerel he caught last summer where the Red meets Lake Winnipeg.

two days built the cairn. Then they got to the good part by pulling their boat off the truck and started fishing.

The untouched lake was rolling in fish. They found themselves pulling in one large fish after another. At one point, Morris had borrowed a rod from one of the other guys and had leaned it against the inside of the boat with the lure hanging just above the water while he ate a sandwich. Within seconds, a jack jumped out of the water, swallowing the lure and took off into the deep stealing the lure, line and rod!

Now, sitting across from Morris at

his kitchen table just before we parted company, I listened to this 95-year-old yet vital man speaking clearly and rapidly of how that week at his brother's lake was the finest fishing experience of his life. Thanks for the wonderful story, Morris.

Just before spring breakup I remember talking to Waltemar Damert and his daughter Julliana from Beausejour. They said they loved fishing all along the eastern side of the south basin from Patricia Beach to Grand Marias in search of a giant trophy Lake Winnipeg pickerel. Waltemar recalled a time when he and a friend were ice fishing, his partner was having no luck in his ice hole so he moved, making another one.

Walt thought he would try that no-luck hole and just as he approached it he was startled to see a jack in the hole with its head just below the water. With lightning speed he grabbed the fish with his bare hands and landed it! Another story comes to us from Glen Pollard of Gimli who enjoyed this March's good fishing by the Willow-Crow Islands. Glen said a friend, Kerry (wouldn't give his last name), who winters in Florida insists on getting back without fail to Gimli for March fishing by those Islands. Well, with only a week to go before we'll be angling again and just to give you a little taste of what you can look forward to, here is a picture of St. Andrews' Brett Thidrickson with a 26" or 27" pickerel he caught last summer downstream of Breezy Point in the west channel.

So get ready guys and gals and we'll see you out there, bye for now.

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Volunteering to make a difference and change a life

By Marney Blunt

When Ayla Dropko went to Nicaragua with her school last year, it sparked a passion in her to continue to give to those in need.

Last year, Dropko went on a Free the Children school trip during her final year at Lord Selkirk Regional Comprehensive Secondary School.

"When I got back from Nicaragua, the imprint it left on me was just amazing, it was the happiest time of my life," said Dropko, who lives just outside of Arborg.

"I really wanted to go back and do another trip like that and see another community and know that I was able to make a difference and meet such inspiring people again."

Dropko says what astounded her during her time in Nicaragua was seeing how someone with so little could be so happy.

"You would talk to people and some of these people came from nothing or lived in nothing but they were still the happiest, most thankful people around," said Dropko.

"I guess when you're not surrounded by all these material objects you start to learn the main values, which is family and community and friendship and things like that. It was really

eye-opening for me."

After graduating Dropko took the initiative to look for another philanthropic trip and contacted Free the Children.

"I talked to a facilitator there, told them I was interested on a trip. We figured out that Kenya was the right destination for me," she explained.

Dropko will be travelling to Kenya on a Free the Children trip with a group of 18-25 year olds for three weeks at the end of the month.

Whether it's clean water, a school or food, Dropko says the group will be helping with whatever the community needs most,

"I've just always been happy knowing I was helping out other people. When we went to Nicaragua we built a school so that gave us the chance to give someone an education or contribute to that opportunity."

Dropko leaves on May 21 and last weekend she held a bud, spud and steak fundraiser to help cover some of the travel expenses and support her initiatives with Free the Children. If interested in making a pledge to support Dropko on her Free the Children trip, you can give her a call at 1-204-651-1214.



RECORD PHOTO COURTESY OF AYLA DROPKO

Ayla Dropko, 17, will head to Kenya later this month to volunteer with Free The Children. Dropko spent 10 days in Nicaragua, Central America last year.

On-line farm safety training now available

News Release

The Canadian Agricultural Safety Association (CASA) is pleased to offer three online farm safety training courses free of charge until May 31, 2015 courtesy of Farm Credit Canada (FCC) and the Canadian Fertilizer Institute (CFI).

Each year, CASA and the Canadian Federation of Agriculture (CFA) partner to present Canadian Agricultural Safety Week (CASW). CASW is an annual public education campaign focusing on the importance of safe agriculture. The 2015 theme "Be the Difference" encourages all Canadians to make a difference for farm safety.

However, CASA acknowledges that farm safety isn't just about one week. Farm safety is important 24 hours a day, seven days a week, 365 days a year. That's why CASA continues to "Be the Difference" and has developed three different on-line farm training courses.

"Farmers and farm workers can access this training directly from their home computers," says Marcel Hacaull, Executive Director of CASA. "We know that removing barriers to training is an important part of improving the safety of Canadian farmers."

Additionally, CASA has teamed up with FCC and CFI to make all three training courses available at no cost

until May 31, 2015.

"We are committed to helping producers and the agriculture industry achieve success, and that includes

keeping people safe when doing farm work," says Brenda Stasuik, FCC Director of Corporate Social

Responsibility. "We're pleased to offer these training courses to empower

Continued on page 8

THE EXPRESS
WEEKLY NEWS

**office will be closed
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Shrine Circus

Provincial budget big on spending

Investments in infrastructure, skills training, falls on back of \$422-million deficit

By Austin Grabish

The provincial government will continue to spend money on infrastructure and skills training as part of its \$15-billion budget that was unveiled by Finance Minister Greg Dewar last Thursday.

The 2015 budget, which has a projected \$422-million deficit, will see \$5.5-billion invested in infrastructure over the next five years.

The province is promising to expand tax credits for the film industry, caregivers, apprentices, small businesses, seniors, firefighters and search and rescue personnel.

Most of last Thursday's budget had already been revealed at previous policy announcements, including the elimination of interest on all provincial student loans.

The province's investment in a new hospital that is currently being built in Selkirk was also on the list of projects touted by Dewar after the budget was unveiled.

Dewar said the budget grows the economy while protecting jobs and services.

"It's a budget that works to keep lives affordable for rural Manitobans and protect the frontline services that Manitobans count on," Dewar said.

Asked why the province will run another deficit instead of curbing spending, Dewar cited global economic uncertainty.

"Families have told me to keep the services they rely on, and industry has told us not to take our foot off the gas," Dewar said.

"Cutting now would stop our momentum."

The Selinger government promised to have its books balanced by the 2014-2015 fiscal year during the 2011 budget, and that promise was later pushed back to the 2016-2017 year by Selinger, who cited a slow global economy.

Then, less than a week before last week's budget, Dewar announced the budget would not be balanced until 2018.

Dewar said the deficit financing is necessary for job growth and other investments to take place.

"We have a plan, our plan is working, and our plan will continue," Dewar said.

The provincial government has run deficits since 2009.

Opposition leader Brian Pallister called the budget 'deceptive' and said social services are at risk because of the deficit.

"That debt has to be repaid and serviced," Pallister said.

He also criticized the province's taking of \$105 million from its rainy day fund. It will have just \$115 million left

"CUTTING NOW WOULD STOP OUR MOMENTUM"



RECORD FILE PHOTO BY AUSTIN GRABISH

Finance Minister Greg Dewar unveiled the provincial budget last Thursday.

by the end of the year.

"We're down to the lowest level in the rainy day fund in almost a decade, and really, it's a serious problem, because the buffer for future security for our province just isn't there anymore," Pallister said.

"They've thrown fiscal management in the ditch."

There was mixed reaction from other groups on the budget.

Doug Dobrowolski, president of the Association of Manitoba Municipalities, gave the budget a C grading, partly because municipalities across the province won't be given a chunk of revenue from the 2013 PST hike like they had asked for.

"Overall it's an average budget, I'd grade it a C. There's nothing really that sticks out in this budget," he told

reporters.

"I'd equate it to like at your home when you're trying to save money, you turn a few lights out thinking you're saving a few bucks, but that's about it."

Liberal leader Rana Bokhari said Manitobans should trust nothing in the budget.

"This budget is not credible, because Greg Selinger has no credibility," Bokhari said in a press release.

But the Canadian Union of Public Employees applauded the budget, saying it reflects the needs of Manitobans.

"Manitobans want government to invest in core services and infrastructure, and that is exactly what the government is doing," said Kelly Moist, Manitoba president of CUPE.

> ON-LINE FARM SAFETY, FROM PG. 7

farmers and their families to stay safe on the farm."

"The safe and responsible storage, distribution and use of fertilizer products supports global food production. Our industry is proud to work with organizations including CASA to raise the profile of safe agriculture practices, and fertilizer safety year-round," says Clyde Graham, Acting President of the Canadian Fertilizer Institute.

The three training courses available are:

- Agricultural Machinery Safeguarding

- Seasonal Agricultural Workers Health and Safety Orientation

- Working in Confined Spaces on the Farm.

Once registered, participants have the option of taking one or all of the courses offered. Each course takes approximately 45-60 minutes to complete and offers a quiz at the end of the learning experience. Currently, the on-line training is available in English. After May 31, 2015, the courses will still be available, but at a charge. To access the new on-line training courses, please visit casa-acsa.ca and click "Training".

Nurse Practitioner NEW number

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Nurse Practitioner Schedule

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Portage Diversion closed, then opened again

By Jeff Ward

The decision to open or close the Portage diversion is one that comes with a lot of responsibility and one that the government doesn't take lightly.

The Portage Diversion was opened on March 16 of this year and closed on April 17 - just one month later.

"We have an extensive book of operating rules when it comes to the Diversion," said Steve Topping, the executive director for hydrologic forecasting and water management.

"Our peak flows during that time (March 16 - April 17) were 7,000 cfs (cubic feet per second) and you can get instantaneous peaks because of an ice surge, which we had. Once the flows on the lower Assiniboine reach 12,000 cfs then we can shut the diver-

sion down."

Flows did not stay there for long however, and 11 days later the Portage diversion was reopened April 28.

The impact that the Portage diversion has on Lake Manitoba levels is something that Interlake MLA Tom Nevakshonoff is always concerned about.

"These are issues that are forefront in my mind," said Nevakshonoff.

"We are very aware, hyper aware of flooding in our area given the last two events that have happened. But I have the upmost faith in our staff. These people do an incredible job of forecasting and managing our system."

In a press release Manitoba Infrastructure and Transportation (MIT) states that the diversion will be op-

erated to maintain flows along the Assiniboine River from Portage La Prairie to Winnipeg, and that current flows along the line now are sitting at 13,000 cfs. The news release said that the average daily flow through the Portage Diversion would be 500 cfs over the next 14 days with an approximate peak flow of 1,000 cfs.

These flows don't have any real impact on the level of Lake Manitoba, currently sitting at 813.23 ft., which is 0.73 feet above normal operating range, but below the flood stage of 814 ft. explained in the press release. The reality is that anytime the diversion is open, even if it's for such a small flow, it has residents worried.

"We're definitely sensitive to residents along Lake Manitoba, but at

the same time we have resident who live along the Assiniboine we have to worry about as well. This is where you have to balance the interests of the communities," said Topping, who was hired after the 2011 flood.

The balancing act to consider all the communities along Lake Manitoba and then all those around the lower Assiniboine like Cartier, St. Francis Xavier and Headingly. The unfortunate reality is that with the current system of diversions and control structures, the province can't effectively balance the water levels. And won't be able to until the new emergency outlet is built.

Current outflow from Lake Manitoba through the Fairford River is at 11,100 cfs.

Burning bans in place due to dry windy, conditions

News Release

Manitoba Conservation and Water Stewardship advises that effective immediately, all burning permits issued in the eastern and central regions of Manitoba have been cancelled due to dry conditions and the forecast of continued high winds.

This affects an area extending from the United States border on the south, through the Interlake to Gypsumville and Berens River in the north and east to the Ontario border. Manitobans are reminded that no open burning is allowed without a permit between April 1 and Nov. 15, and all current

permits are cancelled until conditions improve.

Anyone with questions about when burning can resume should contact the nearest Manitoba Conservation and Water Stewardship office and check with their municipal office to ensure no additional local restrictions are in place.

With the forecast for continued warm weather and strong winds, some travel restrictions are under consideration if conditions warrant. In addition to the provincial permit cancellation, rural municipalities may also impose burning bans or restric-

tions. A complete list of rural municipalities with burn bans or restrictions is available at www.gov.mb.ca/wild-fire/burn_conditions.html.

All-terrain vehicles (ATV) users are also reminded that they can play a role in protecting against wildfires. Anyone using an ATV must use spark arrestors. Check areas around the engine and exhaust frequently, and carefully remove and extinguish any debris. Operators are also reminded to be prepared by carrying a fire extinguisher, small axe and shovel.

Manitobans should:

* respect any burning bans put in

place by their municipality or community;

* be careful with any off-road travel by all-terrain vehicles or other motorized vehicles and stay on developed trails; and

* report any forest or grass fires immediately.

Reporting of wildfires can be done by contacting local emergency services at 911, or by contacting the forest fire tip line at 1-800-782-0076 (toll-free). More information on fire prevention is available at www.gov.mb.ca/wildfire/.

St. Martin Hotel ripped off in cheque scam

By Jeff Ward

A warrant is out for the arrest of 33-year-old Keith Beardy after he defrauded the St. Martin Hotel of more than \$12,000.

On April 2, Beardy walked into the St. Martin Hotel to cash a government cheque. The cheque for \$12,652 was Beardy's payout for not being able to fish in 2015. Beardy was able to double his money on the cheque by calling into the government office and saying that he had lost it. The government issued a new cheque and the 'lost' cheque was cancelled.

St. Martin Hotel owner Rebekka Eiriksson had no idea the cheque they cashed was cancelled until she went to pay for her gas a few days later.

"My mom found out that the account was empty after she got gas

and couldn't pay," said Ben Eiriksson, part of hotel management, Rebekka's son and the one who cashed the cheque for Beardy.

"As soon as she got back we checked our account online and saw that we were completely dry. I knew immediately that he screwed us," said Eiriksson.

The hotel doesn't keep \$12,000 on hand so Eiriksson had to make a special trip to their bank to grab the cash. Beardy had called a few days ahead to make sure the hotel would have enough to cover the cheque and when Eiriksson told Beardy that he would save himself nearly \$600 by going to the bank himself, Beardy said he just didn't care. (The hotel owners take a five per cent cut off of the cheque).

"Of course it didn't make a difference to him because he knew the cheque wasn't valid anymore. It should've been a red flag honestly, but you never expect to get ripped off," said Eiriksson.

The fraud has left the hotel owners struggling to maintain services.

"We've actually had to cut back on our bar service because we can't afford to buy new inventory. Basically every drink we sell now just pays to replace itself," said Eiriksson.

Bardey could not be contacted for comment.

There is a warrant out for Beardy's arrest. If anyone has any information regarding Beardy's whereabouts, they can contact Gypsumville RCMP at 204-659-5224.



SUBMITTED PHOTO

Keith Beardy is wanted by the RCMP.

Canada's military suffers 'sexualized culture,' report says

By Natasha Tersigni

The Canadian Armed Forces (CAF) came under attack last week for its underlying culture that is often hostile to women and the continued sexual harassment and sexual misconduct that comes with being female and a member of the CAF.

The criticisms came when Marie Deschamps, a retired Canadian Supreme Court judge, released an external report on her yearlong inves-

tigation into sexual harassment and sexual assault in the CAF. Military commanders had ordered the external investigation, which included over 700 military members being interviewed, as a response to the ongoing media reports that the CAF was ignoring or downplaying complaints and incidents of sexual harassment and assaults.

"There is an underlying sexualized culture in the CAF that is hostile to women and LGBT-BQ members, and conducive

to more serious incidents of sexual harassment and assault. Deschamps wrote cultural change is therefore key," in the report.

"It is not enough to simply revise policies or to repeat the mantra of 'zero tolerance'. Leaders must acknowledge that sexual misconduct is a real and serious problem for the organization, one that requires their own direct and sustained attention."

Selkirk-Interlake MP James Bezan, who also serves as Parliamentary Secretary to the Minister of National Defence, applauds the report and told

The Tribune that military culture needs to change.

"Nobody who signs up for the Canadian Armed Forces should be subjected to this disgusting behaviour," said Bezan.

The MP said the Conservative government will work with military commanders to see that CAF implements all ten recommendations that the report outlines in order to put an end to a history of ignoring and underreporting of sexual assaults and harassment and the stigmatizing of the victims.

"These things take time especially when you are dealing with the military culture and a major paradigm shift on how the military functions internally and how to bring down all that cultural change on sensitivity," said Bezan.

One of the report's key recommendations is to "create an independent centre for accountability of sexual assault and harassment outside of the CAF with the responsibility for receiving reports of inappropriate sexual conduct, as well as prevention, coordination and monitoring of training, victim support, monitoring of accountability, and research, and to act as a central authority for the collection of data."

Bezan said this centre is key to changing the sexualized culture in the military.

"This is so you do not have to report to your commanding officer if something happens. The military is based upon promotion and if you become someone they think is a 'squeaky wheel' sometimes that hurts your ability to move forward. We want to make sure that stigma is removed and that they have a safe place where they can go and at the same time the centre will be dealing with sexual assault awareness and education for all members of the Canadian Armed Forces."



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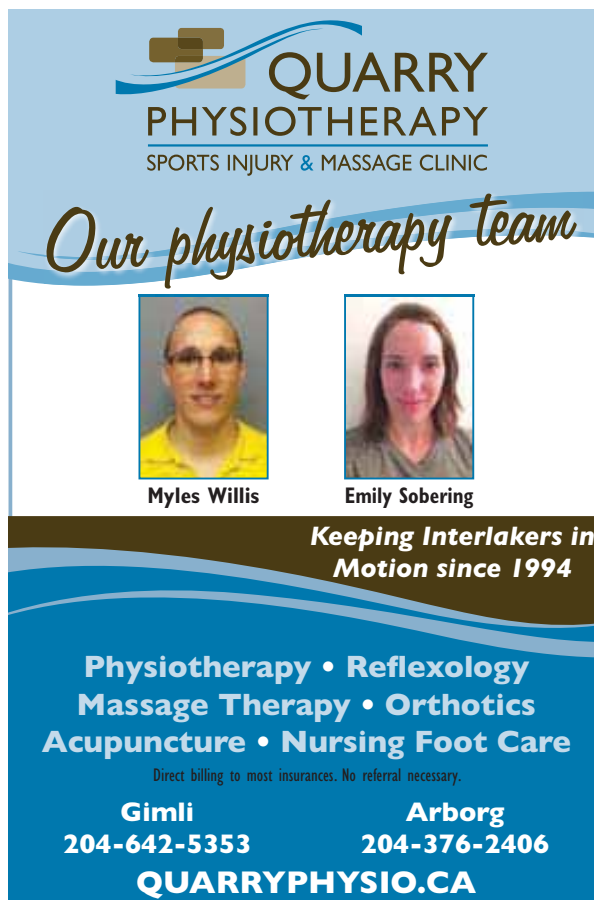
FOR MORE INFORMATION ON THE INTERLAKE THUNDER FOOTBALL CLUB PLEASE CHECK OUT THE WEBSITE AT: WWW.INTERLAKETHUNDER.ORG

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Home, Yard & Real Estate



Five tips for attracting butterflies to your garden

Butterflies add color, movement and whimsy to any landscape and are therefore welcome guests in most gardens. In the Midwest, some of the more common varieties include monarchs, swallowtails, spring azures and fritillaries. Learn how to attract — and keep close — these winged beauties by following these smart tips.

1. Don't forget the caterpillars. Maintain a steady population of butterflies throughout the summer and fall by ensuring that their offspring has enough to eat. Milkweed is the monarch caterpillar's snack of choice,

while black swallowtail larvae love to feast on herbs such as parsley and fennel.

2. Keep your garden insecticide-free. To avoid killing the insects that you are trying to attract, use gentler alternatives to insecticides to keep nuisances at bay. Ladybugs are a great choice, as they are harmless to plants but get rid of aphids.

3. Favor bright colors. Butterflies are especially attracted to yellow, pink and orange flowers, so plan your color scheme accordingly. Flowers with short, tubular heads or flattened

heads are your best bet.

4. Plant native perennials. Zinnias produce sweet nectar that butterflies love, all summer long; they are also native to the Midwest. Purple cornflowers are another good choice, and they keep blooming well into the fall.

5. Set up some drinking and resting spaces. Use flat rocks to give your butterflies a spot to spread their wings and take in some sun. You could also place a shallow water dish with a layer of sand at the bottom so your new guests can quench their thirst.



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Tips for choosing exterior siding

Exterior siding is one of the most crucial choices you'll ever make regarding the appearance of your home. Indeed, whether it's for a new construction or to renovate, siding allows you to express your personal style and totally change the look of your home. Here's an overview of the different materials worth considering.

Vinyl. Very popular because of its ease of installation and low cost, vinyl is lightweight and has the advantage of regaining its shape after an impact. However, dark colours tend to

fade in the sun.

Aluminum. This metal is less impact-resistant than vinyl — bumps and scratches remain visible on its surface — but it's much less sensitive to temperature variations and high winds.

Brick. Although it's expensive, brick makes a great wall covering that can last for centuries with little or no maintenance. Timeless and elegant, it adds instant style to your home. In addition, brick has excellent soundproofing properties.

Engineered wood. Made primarily from recycled materials, this material mimics wood grain while requiring very little maintenance. It doesn't contract or expand with the weather and is available in a wide variety of colours. Natural wood. This material makes a great siding, although it requires a lot of maintenance work; you'll have to be particularly careful about mildew and pests. But the effort is worth it; wood is shock-resistant, insulating, soundproofing and best of all, it looks fantastic.

Regardless of the type of siding you choose, be sure to find out how to maintain it properly so your investment lasts as long as possible.

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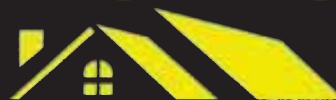
Protac Roofing and Renovations has been serving the Interlake since 1995, specializing in roofing, siding, soffits, fascia, and continuous eavestroughs. The head office is in Gimli, but they also do a thriving business in Winnipeg.

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

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

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A sweet deal learning the art of beekeeping

Ontario resident learns the ropes of beekeeping in Riverton

By Marney Blunt

From London, England to Riverton, Manitoba, Mike Wood has recently been learning a lot about beekeeping in all different parts of the world.

Wood took up the hobby of beekeeping while living in London, England for eight years, and now he's diving into learning about commercial beekeeping in Riverton.

"While I was (in London) I took a beekeeping course and I was keeping a hive of bees in my garden. So it was a fun little hobby project. It was like having a more-needy aquarium I guess," joked Wood.

Wood, who hails from a small town south of Toronto, returned to Canada this year wanting to know more about beekeeping. That's how he came to be connected to Teulon resident Tom Tyluk, a professional beekeeper who owns and operates a commercial bee farm near Riverton.

"I thought I would really like to see the difference between hobby beekeeping and basically commercially farming honey," said Wood.

Wood was linked up with Tyluk through mutual acquaintance Robin Chestnut, a Teulon local and also a hobbyist beekeeper.

"I just asked to work with him from basically scratch and see what I can



learn," said Wood. "I can do the basics, I can spot a queen. But Tom has 500 hives, I have one."

"I am basically going to compress centuries of hobby beekeeping into a couple months. Just by having so many hives with him, even in the first week it's been an incredible learning experience."

"I AM BASICALLY GOING TO COMPRESS CENTURIES OF HOBBY BEEKEEPING INTO A COUPLE MONTHS."

Wood certainly came to the right place to learn the ropes of commercial beekeeping. Tyluk has grown up around beekeeping ever since his father started beekeeping in Riverton in 1978. Tyluk took over the farm about five years ago after his father passed away.

Although crop yields fluctuate from year-to-year, Tyluk says he produces at least 100,000 pounds of honey a season. He says this summer he hopes to have about 600 hives on his farm.

"Each hive at the peak summer when the honey flow is rolling we'll have about 80,000 bees per hive," explained Tyluk. "It all goes in 45 gallon drums."



EXPRESS PHOTOS BY ROBIN CHESTNUT

Ontario resident Mike Wood (right) is spending a few weeks learning the ropes of commercial beekeeping from Teulon resident and professional beekeeper Tom Tyluk (left), who owns a commercial bee farm near Riverton. Wood picked up hobbyist beekeeping while living in London, England for the past eight years.



Bears damaging Tyluk's beehives is an ongoing problem and usually happens once or twice a year.

One thing Wood has got to witness in his time working with Tyluk is the ongoing problem of bears getting into and destroying beehives.



"Bears did a whole pile of damage for me this year. It usually happens once or twice a year for me. Guys that live in Fisher Branch probably have it ten times more regularly than I do. So it is quite an issue," said Tyluk.

"A bigger bear will open up all your hives and eat everything. All the wax, all the brood, he'll eat frames, wood, wire, everything. So I guess he gets sick and he disappears but then he'll be back. So if you're not on top of your hives and checking regularly and he keeps coming back he can cost you thousands and thousands of dollars of damage."

Wood hopes to take the knowledge he has learned from Tyluk and open five to ten hives when he moves back home to Ontario.

"I'm really grateful for the opportunity and I'm learning a lot," said Wood.

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Arborg's Sydney Burak performs 'Wild Dances - Rusiana' for the folk dance solo.



Bethany Nordal danced 'Rather Be' for the 12 and under jazz solo.



EXPRESS PHOTOS BY MARNEY BLUNT

Grade 1-4 students from Sigurbjorg Stefansson Early School danced their hearts out at Evergreen Festival of the Arts last week along with groups from Riverton and Arborg. The students danced to a variety of numbers including Virginia Reel, Mexican Hat Dance, Pata Pata and more.




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Interlake firefighters take part in missing people exercise

By Jeff Ward

More than 20 firefighters from the Interlake combed through the bush to find traces of missing people in a practice exercise for the ground search and rescue program this past weekend.

Firefighters from Gypsumville, Ashern, Eriksdale, Lundar, St. Laurent and Fisher Branch spent their weekend learning how to read maps, use a compass and use a GPS. All in an effort to help track down missing persons in the sometimes-dense Interlake bush.

"We put on a course every year to get guys trained up," said ground search and rescue coordinator Lorne Erickson, who's also the fire chief in Lundar.

"The course is open to all firefighters but it's also open to anyone in the public who want to get their training. In fact we actually want as many people from the public to come out and become part of the team."

Erickson explains that the more members of the ground search and rescue from the public, the less strain it puts on the fire departments. When someone goes missing you don't want your entire volunteer fire department to be out in the bush looking, as you're then vulnerable if a fire is called in.

The program has two trainers that go into the bush and create a course for firefighters to traverse. Randy Antonio and Dave Lussier are the trainers in charge of creating the course and as Erickson explains the participants are going to be looking for needles in a haystack.

"We have a start point and two different routes.



EXPRESS PHOTO BY LORNE ERICKSON

Firefighters gathered in Eriksdale over the weekend to take part in a practice exercise for the ground search and rescue program gaining new skills in locating anyone who may become lost in the dense Interlake bush.

We give them a waypoint to find and we have clues for them to look for. When they find the clues they radio in to us and let us know what they found and their coordinates. Then we give them a second waypoint."

The clues are fairly innocuous items like empty pop bottles or yogurt containers, maybe a reflector from a bike. In any other situation it would just be garbage, but when people are lost they don't often leave noticeable markings and anything that gives

ground search and rescue team members an indication of where the missing person is, is a vital clue as to where they are.

Upon completion of the program participants will be registered with the ground search and rescue team.

About 30 people go missing in Manitoba in the wilderness each year with about half of those cases needing ground search and rescue team assistance.

Farmers encouraged to register for Open Farm Day

Annual event highlights local foods, importance of farm families

News Release

The Manitoba government is encouraging farmers to participate in the sixth annual Open Farm Day to share information about the diversity and importance of the province's farms while also showcasing local foods, Agriculture, Food and Rural Development Minister Ron Kostyshyn announced April 29.

"Open Farm Day is our opportunity to showcase Manitoba's agricultural industry and to give a glimpse into how today's farms are managed," said Minister Kostyshyn. "It's also a chance for farmers and others with farm-based businesses to reach new customers, creating opportunities for economic growth and diversification."

Open Farm Day is an opportunity for Manitobans to connect directly with farms, ranches and market gardens across the province. The deadline for farms to register is June 1. Host farms will be provided with signs, posters and brochures. They will have an opportunity to be featured in videos that

can be used for additional marketing purposes.

This year, Open Farm Day takes place on Sept. 20. Last year, 47 farms participated in Open Farm Day and attracted more than 8,000 visitors. Farm sites with livestock, grain and fruit or vegetables can participate, as well as agri-tourism, horticultural and farm-focused agribusinesses. Many sites provide demonstrations, recreational activities, tours and other events as part of their Open Farm Day celebration.

"Open Farm Day is an unbelievable chance to connect people with the farm," says Dora Friesen of Integrity Foods, an on-farm food-processing and bakery operation in Riverton that has participated in this event since it began. "It provides the opportunity to see the diversity of farms and, in my case, to let people know where food comes from by taking our fresh produce directly from the garden and onto the visitors' plates. It is about letting visitors enjoy their time with



EXPRESS FILE PHOTO BY LANA MEIER

Open Farm Day is an opportunity for Manitoba farmers to showcase local foods and the importance of the farm and where our food comes from. Deadline to apply is June 1.

us while also learning about Manitoba farms."

Potential host farms must apply by June 1. The application is available online at: www.openfarmday.ca.

For more information on Manitoba's agricultural programs and services, follow the Twitter account at www.twitter.com/MBGovAg.

Ward 2 encouraged by meeting with DFA officials

By Jeff Ward

Despite the long process for Ward 2 (Siglunes) to get its money back for the boundary dike system put in place last year, councillors from the ward are remaining optimistic about the recovery of those funds through disaster financial assistance (DFA).

A meeting, which took place on April 29, brought together councillors and reeve from Ward 2 and DFA officials to discuss getting the funds to cover the cost.

"Right now we're still in the process of presenting it in a way that would be DFA recoverable," said Coun. Arnthor Jonasson.

"The fact that it was called a drain in the beginning, may have presented misinformation about what the project is. It's really a series of dykes to prevent water from coming into the

town of Ashern."

In a letter sent to then Siglunes Reeve Barry Zacharias, Premier Selinger's Directory of Recovery Jeremy Angus stated that the project would not be eligible for disaster financial assistance arrangements (DFAA).

"The RM should not proceed with non-emergent works

such as topsoil and seeding, permanent culvert installations or completion of the Boundary Diversion or Richter Road works with the expectation that DFA will fund," wrote Angus in his letter dated Sept. 9, 2014.

"I CAN'T GIVE YOU A NUMBER RIGHT NOW, BUT I'M GOING TO TELL YOU THAT FOUR MILLION IS A HUGE EXAGGERATION."

Jonasson explains that the letter wasn't presented to the current council until their first council meeting earlier this year, and that with the current meetings with DFA staff that he doesn't want to discuss what exactly happened in those meetings as to not jeopardize the negotiations.

The amount that is currently owed by Ward 2 is up for debate. Ward 1 Coun. Keith Lundale believes the total debt to be between three and four million dollars, but Coun. Jonasson feels that total is wrong.

"I'm on the finance committee and \$4 million is an over exaggeration. It's

not even close to the real number" said Coun. Jonasson.

"I can't give you a number right now, but I'm going to tell you that \$4 million is a huge exaggeration."

Coun. Jonasson explained that he didn't want to give a number right now because they are in negotiations with DFA. He did say that Ward 2 does want to be transparent and realized that him being on the finance committee and saying that Coun. Lundale's number is wrong and not being able to give a number himself doesn't cast the best light on the situation. When asked if the public will know what the true number is Jonasson said yes.

"Absolutely they will know. That will be public knowledge."

When that knowledge will be made public Coun. Jonasson couldn't say.

Swifter suspensions proposed for high-risk drivers

News Release

Changes to legislation expected to be introduced in the next session would result in drivers being suspended sooner for serious infractions, Justice Minister James Allum, minister responsible for Manitoba Public Insurance, announced Tuesday.

The proposed amendment to the Highway Traffic Act would require law enforcement officials to notify the registrar of motor vehicles of serious driving infractions immediately after charges have been laid, Minister Allum said. This will allow the registrar to take immediate action to suspend a driver's licence or to order driver-improvement interventions, the minister added.

"These enhancements will ensure high-risk drivers are dealt with faster and taken off our roadways for the safety of other Manitobans," said Minister Allum. "Several hundred high-risk drivers could be taken off the roads yearly with this new law in place. Affected drivers would still have the ability to appeal immediate licence suspensions to the Licence Suspension Appeal Board."

Currently, Manitoba Public Insurance's Driver Improvement and Control Program identifies drivers with at-fault collisions, convictions and administrative roadside suspensions for driver improvement actions including suspensions. Last year, about 4,000 drivers had their

licences suspended, while another 5,000 were directed to take a driver's course as a requirement to keep their licences.

"The corporation's ability to review and subsequently deal with high-risk drivers will be expedited with this change," said Ward Keith, acting vice-president, business development and communications, and chief product officer, Manitoba Public Insurance. "These enhancements provide additional information to assess driver improvement actions as we work to keep our roads safe for everyone."

"The RCMP welcomes any efforts to get dangerous drivers off the road," said Insp. Joanne Keeping, officer in charge, traffic services, RCMP D Division. "Our officers are out there observing high-risk drivers and intervening, so it is a positive step to have a new tool law enforcement can use to get those drivers out from behind the wheel. Making Manitoba roads safer is our primary goal."

High-risk drivers also face financial penalties. A driver who sits at the bottom level (-20) of the Driver Safety Rating pay a premium of \$2,500 for their licence. At the opposite end of the scale, long-time safe drivers receive a 33 per cent discount off their basic Autopac premium, in addition to a saving on the cost of their licence.

Keeping your mind healthy

Mental health awareness week May 4-10

By Marney Blunt

Mental Health Awareness Week is being celebrated across the nation from May 4 to 10 with a number of events being hosted in the Interlake.

On May 8, the Canadian Mental Health Association will be hosting a barbecue at Gimli Pharmasave.

This free-of-charge and come-and-go event will aim to raise awareness on what mental health is, why it is important to be mentally healthy and how to take steps towards living a mentally healthy lifestyle.

"We really want to focus on positive mental health, how to stay mentally healthy and why that's important," said Tristan Dreilich, the

mental health resource developer for the Interlake division Canadian Mental Health Association (CMHA). The CMHA also hosts a Mental Illness Awareness week in the fall.

Dreilich says having good mental health is much like having good physical health. For both your mind and your body, you need to give them attention and keep them active in order to be in good shape.

"We think it's much of the same fashion as you want to be eating healthy, you want to be active, you want to do the things that pro-

mote your mind to be healthy," said Dreilich. "So that might be things like eating right, exercise, taking a moment to check in on yourself or even stress reduction techniques."

Dreilich added that there is research that shows that people who are mentally healthy are more pro-

ductive at work and live a happier, healthier lifestyle.

"With mental health, it touches on all aspects of life," he says.

"One of the stats out there is that mental health is funded at about five per cent of their overall health budget," added Dreilich.

"We're finding that

people who are mentally unhealthy, if we don't take them seriously it will end up costing the Canadian economy lots of money because of people who aren't able to fully participate in the workforce."

The CMHA barbecue for Mental Health Awareness Week will take place on Friday, May 8 from 11 a.m. to 2 p.m. at Gimli Pharmasave. The event to open to the public and the CHMA will have resource information on mental health available.

"WITH MENTAL HEALTH, IT TOUCHES ON ALL ASPECTS ON LIFE."

Catfish anglers hoping to get lucky

\$14,500 up for grabs in May 30-June 28 fishing derby

By Austin Grabish

Anglers of all ages are being encouraged to register in an upcoming fishing derby that could see thousands in prizes handed out to lucky fishers who reel in tagged catfish thrown in the Lockport area.

The Lockport Tagged Catfish Contest will see 10 catfish tagged over the months of May and June thrown in the Red River.

The fish will each have a prize value ranging anywhere from \$500 – \$5,000.

"People will be happy that they're catching them and winning a nice prize and everything," said Dan Sernyk, Lockport Tagged Catfish Contest chairman.

Sernyk said five tags will be worth \$500 each, and then the remaining five tags will be worth \$1000, \$1,500, \$2,000, \$2,500, and \$5,000.

The contest starts on May 30, but tickets go on sale starting this Saturday.

Organizers are hoping as many as 1,500 anglers will take part in the con-

test.

Sernyk said any funds raised in the derby would go to the Lockport Community Market Corporation, which will invest the funds in community projects.

"It's just to enhance the area," Sernyk said.

Sernyk said the contest is the first big fishing competition to the hit the area in two years.

He said on May 28, two days before the contest starts, five catfish would be caught, tagged, and thrown back in the Red.

Then, during the second week of June, five more catfish will be tagged and thrown in the water, "and we hope that all are caught, we're very optimistic about it," Sernyk said.

Sernyk said anglers who catch the tagged fish would have to take a close-up picture with their catch, and prove they bought a ticket to the contest, before any payout is made.

He said the cash values of each tag will be kept a secret and stored in a vault.

Anglers will be allowed to fish on the

"PEOPLE WILL BE HAPPY THAT THEY'RE CATCHING THEM AND WINNING A NICE PRIZE."



EXPRESS PHOTO SUBMITTED

Dan Sernyk, Lockport Tagged Catfish Contest chairman, holds a 16-pound catfish caught in a 2011 fishing derby.

Red River, Netley Creek, Cooks Creek, and also on the Red and Assiniboine Rivers in Winnipeg.

Fishing can be done from the shore or boats, Sernyk said.

The contest runs May 30 – June 28.

The entrance fee is \$20, and tickets can be bought at tackle stores in Selkirk, Lockport, and Winnipeg.

More information is available online at lockportmanitoba.ca

Ashern grads host safe grad fundraiser

By Jeff Ward

Ashern Central School's Safe Grad committee put on a night of local music to raise funds for their safe grad last Thursday.

The fundraiser was held in the school gym and featured some great Interlake talent.

"We've also had a silent auction as well to help bring in some more money. All of it will go towards our safe grad that we have at the end of the year," said Avery Halldorson, the organizer of the fundraiser.

Performers at the fundraiser included; Dakota Monk, Avery Halldorson, Brian Meads, Country Granberg,

Faron Shorting and Dave Greene. Performing in a big band setup was Rianne and Steve Cook, Deb and Vern Falk, Jody and Brent Oversby and Joan Geisler.

The music was a mixture of new country and rock and dainties were served as well.

Admission was \$5, and nearly 100 people attended the fundraiser which brought in \$550 it total towards safe grad.

The Safe Grad committee will be holding another fundraiser on May 15 with their Safe Grad barbecue in the Ashern Chamber of Commerce booth on Main St.



EXPRESS PHOTO SUBMITTED

Brian Meads and Avery Halldorson perform a few covers for the nearly 100 guests who came to support the Ashern Safe Grad fundraiser.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local players represent Interlake at Director's Cup



EXPRESS PHOTOS BY LANA MEIER AND CYNTHIA WIRGAU

Twenty young hockey players represented the Interlake at the Director's Cup tournament May 1-3 at the MTS Iceplex. The tournament marked the closing of a six-week program that taught skills required to compete at the Major Bantam level. The players also join a pool of prospects from which 120 players will be selected for the WHL Skills Combine.

Some of the Interlake participants, from left to right included Nick Prystupa, who played for Team Zajac while Jaxon Groot and Shane Bear represented Team Hextall. Clockwise from left, Barry Blue (coach), Riley Wirgau, Bryce Allary, Bryden Sinclair, Matt Figur (coach), Hayden Dola (coach), and Tre Strachan (goalie) went undefeated in the tournament as members of Team Helm.

Thunder to be well represented at Blue and Gold game

By Brian Bowman

The Interlake Thunder Midget football team will have six players participating in this Saturday's Blue and Gold game at Investors Group Field.

Mackenzie Wilson (Stonewall), receiver Kurtis Janzen (Arnes), offensive/defensive lineman Michael Tillet (Teulon), linebacker Brad Findlay (Woodlands), linebacker Austin deLaRoque (Warren), and defensive back Thomas Dunlop (Stonewall) have been selected to play in the game.

"As their coach, I think (six) is a great number," said Thunder head coach Kris Johnston. "We only had six guys try out and every single one of them made it. That's fantastic from my perspective."

Players that made Team Manitoba's final roster will travel to Quebec later this summer to compete in the Canada Cup. Having six Thunder players reach phase two of the Team Manitoba process is a great accomplishment.

"We told the guys just to enjoy the process and take it as the very least, an excellent developmental opportunity," Johnston said. "Obviously, if they make phase two, three or four, that's basically just a bonus. Regardless of how far they make it, these six guys are going to individually come back and make our Midget team that much better in the summer."

In other Thunder news, the Midget team's spring camp will begin May 20 in Stonewall. The spring camp will wrap up June 6 when Interlake hosts the Southwest Wolves and Sunrise Coyotes in exhibition scrimmages. That event will run from 1-4 p.m. in Selkirk.

"We're really excited to have them out," Johnston said. "The Coyotes are a newly-formed Midget team that has been welcomed into the league just this year. We're really excited to have them out because they had a really strong Bantam program."

Interlake hoping to attract female players

By Brian Bowman

The Interlake Thunder are looking for more girls to join their football program for the 2015 season.

The Thunder girls will practice and play a series of exhibition games against the Sunrise Coyotes. The girls will be divided into two age groups - junior (9-12) and senior (13-16) - which will provide them the opportunity to compete against similarly-aged athletes.

"Participating in an exhibition schedule is an excellent way to introduce players to the sport in a relatively safe and controlled environment," said Joel McDonald, the Thunder director of coach/player development, in an email.

The girls will play six players a side, in a shootout format similar to the MGFA. Like all Thunder teams, the girls will practice and play out of both Stonewall and Selkirk.

With no league fees, the Thunder

board has set fees for girls' football at \$75 per player, plus applicable deposits. Included in that fee is insurance, equipment and field costs.

For more information, or if you would like to register your daughter for the 2015 season, please contact Joel McDonald at development@interlakethunder.org.

In other Thunder news, Interlake will be holding minor football registrations May 7 (6:30-9 p.m.) at the Teulon Elementary School, May 8 (6:30-9 p.m.) at Stonewall Collegiate and May 9 (10 a.m. to noon) at the Selkirk Recreation Centre.

For more information on registration, individuals may contact Joel McDonald at development@interlakethunder.org. If those interested are unable to attend one of the registration sessions, they may contact Vivian at registration@interlakethunder.org.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Locals lead Manitoba to fourth-place finish in Halifax

By Brian Bowman

Manitoba had a real good showing at the National Aboriginal Male Hockey Championships in Halifax, losing to B.C. 5-4 in the bronze-medal game.

Manitoba had a 2-0 first-period lead but B.C. battled back to tie the score at 2-2 before the opening period ended.

"The guys played well," said Manitoba head coach Kevin Monkman, also the KJHL's Fisher River Hawks' bench boss. "It just seemed like we couldn't get any bounces. The Hockey Gods weren't in our favour."

Manitoba's roster included Interlake players Wyatt Bear (Peguis), Linden McCorrister (Peguis), Jared Thickfoot (Fisher River) and Curtis Beck (Stonewall).

Beck was named the tournament's top goaltender.

"The guys came together (well)," Monkman said. "They're pretty close knit and they had a lot of fun. It was a good experience for a lot of them."

Manitoba was relegated to the bronze-medal game after losing 6-2 to Saskatchewan. Saskatchewan led 1-0 after the first period and then exploded for four goals by the 16:20 mark of the second period.

"The game was closer than the score," Monkman insisted. "Our big



Peguis' Linden McCorrister, a Brandon Wheat Kings prospect, travelled to Halifax for the nationals.

guns couldn't get to the net and the bounces and the penalties (hurt us). It's a different game over there, penalty-wise. They're very strict."

Manitoba was extremely good in the



EXPRESS PHOTO BY BOB BECK
Wyatt Bear also from Peguis represented Manitoba at the National Aboriginal Male Hockey Championships last weekend.

round robin, cruising to a perfect 3-0 record while outscoring their opponents by a 17-5 margin.

Manitoba trounced Ontario 7-1, defeated Team Atlantic 6-2, and doubled

Saskatchewan 4-2. Manitoba played really well in those three wins.

"We were getting pucks to the net and shooting more," Monkman said.

Manitoba wins bronze at female aboriginal nationals

By Brian Bowman

Team Manitoba, which included several Interlake athletes, won a bronze medal at the 2015 National Aboriginal Female Hockey Championships in Halifax last weekend.

Manitoba won the bronze with a 3-2 victory over Alberta. Manitoba led 2-1 after the first period and then increased their lead to two goals after two periods.

"It was not the outcome that we wanted but we'll take bronze," said Manitoba head coach Dale Bear of Peguis First Nation. "It was a strong

game by the girls. Alberta's goalie was probably the strongest goalie at the tournament, for sure."

In the semifinals, Manitoba was stopped 4-1 by Saskatchewan. Saskatchewan, which later won the gold with a 3-2 win over Ontario, sealed the victory over Manitoba with an empty-net goal.

"It was tied 1-1 with six minutes left in the game," Bear recalled. "And that's when they got their 2-1 lead on us off a lucky bounce that got past our D. Then they got a breakaway for another goal on another bad bounce."

Manitoba finished its round robin with a 2-1 record. They defeated Team North 8-1 and Saskatchewan 4-2. Manitoba's loss was a 3-0 decision to Alberta.

"We had a bad game in the loss against Alberta," Bear admitted. "But it was a good wakeup call for the girls to pick up their socks."

The Interlake athletes on Team Manitoba included Alexis Manningway (Peguis), Renee Stevenson (Peguis), Savanna Stevenson (St. Andrews), and goalie Bianca Zak (Stonewall).

All four athletes played extremely

well at the national tournament.

"They all contributed big time," Bear said. "All three of the girls were on my top line."

Bear said the experience of playing in an elite tournament such as this will help all of the players in their hockey careers.

"The girls play good hockey, like prep hockey, but they said this tournament was so physical and fast," he said. "They had no clue that this calibre of hockey was out there for aboriginal kids."



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ATTENTION: all property owners in Blocks 1, 2, and 3, Plan 29103 and Block 1, Plan 27513

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In order to control the weeds and grass, the property owner must perform regular mowing. A representative of the Weed Control Board will make an inspection of these properties on the following dates:

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JULY 13, 2015
AUGUST 17, 2015

LOTS MUST BE MOWED PRIOR TO THESE INSPECTION DATES. It is recommended that cutting occur as close to the inspection date as possible to ensure a favourable inspection report. A representative of the Weed Board will begin mowing offending lots immediately after each inspection. The cost of mowing, in addition to a \$40 administration fee, will be charged to the landowner. The administration fee will only be charged to offending lots once per season, regardless of how many mowing operations are performed by the Weed District. Failure to pay the bill will result in the costs being added to the owner's tax bill.

For more information contact the Weed Supervisor, Fred Paulson, at 204 376 3313.



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4 p.m. prior
to Thursday's
publication.**

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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 seventh day speaks of God's work in creation, the first day reminds us of His love in redemption. J.C. Ryle The Canadian Lord's Day Association www.clda.ca

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UPCOMING EVENTS

Gimli Farmer's Market Spring Meeting on Saturday, May 9th at 2 p.m. at New Iceland Museum. New vendors welcome. Make it, bake it, grow it. Inquiries call Diane at 204-642-1365.

ANNOUNCEMENTS

BIRTHDAY



**Mary Kowalchuk
Happy 93rd Birthday
on May 7th**

**Thank you Mom for being our inspiration.
When we grow up we want to be just like you!**
-With all our love and admiration,
your children, grandchildren and great-grandchildren

ANNOUNCEMENTS

BIRTHDAY



**Happy 2nd Birthday
Jase!**

-Love Mom and Dad,
Nana and "Uncle Ron"

ANNOUNCEMENTS

ANNIVERSARY

**65th wedding anniversary
in honour of
Gerald (Les) and Annie Scharf
of Oak Point, Manitoba**
Your are invited
to a come and go celebration
to be held at the Parish Hall in St. Laurent
on Sunday, May 17 from 1:30 - 4:00 p.m.
Everyone welcome. Lunch included.
No gifts please, just the pleasure
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CASUAL CLERK

**Fisher Branch, MB
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Qualified candidates will have related office experience, proficient computer skills, excellent interpersonal and communication skills and possess strong customer service orientation. Farming background would be considered an asset.

Interested candidates are requested to send or fax their résumé and cover letter, marked "Confidential", no later than **Friday, May 15, 2015** to:

**Human Resources
Manitoba Agricultural Services Corporation
Unit 100 - 1525 First Street S.
Brandon, MB R7A 7A1
Fax: (204) 726-6849
E-mail: hr@masc.mb.ca**

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> MEAL IDEAS



Turkey Breast Stuffed with Curry and Gouda

and cook onion, garlic and diced apple for 5 minutes. Remove from heat, add curry powder and bread cubes, and season. Mix well and let cool.

Cut turkey breast in half through its thickness (without cutting through all the way, so as to be able to open it up like a book).

Add Gouda to cooled apple and curry mixture.

Spread bottom half of turkey breast with mixture, then close up the two halves and hold in place with toothpicks. Place in an oven-safe dish, brush top with oil, season and bake in oven for 15–20 minutes. Reduce heat to 350°F (180°C) and cook for 1 more hour.

In a saucepan, heat oil and cook cranberries for 5 minutes. Add sugar and cook another 2 minutes, then deglaze with red wine and reduce by half. Add broth and leave cranberries on heat 7–10 minutes until cooked and the broth thickens. Season and serve with the stuffed turkey.

Prep time: 30 min

Cook time: 1 hour 30 min

Makes: 8 servings

www.heartandstroke.mb.ca

Ingredients

2 tsp (10 mL) vegetable oil
1 onion, chopped
2 garlic cloves, chopped
1 cup (250 mL) apple, peeled and diced
1/2 tbsp (7 mL) curry powder
1 slice of bread, cut into cubes
Freshly ground pepper
1 boneless turkey breast, about 2 lb (1 kg)
1 1/4 cups (300 mL) lower fat Canadian Gouda, diced or 1 cup (250 mL) regular Canadian Gouda, diced
1 tsp (5 mL) vegetable oil

Cranberry sauce:

2 tsp (10 mL) vegetable oil
2 cups (500 mL) fresh or frozen cranberries
2 1/2 tbsp (40 mL) sugar
1/2 cup (125 mL) red wine
1 cup (250 mL) reduced-sodium chicken or beef broth
Freshly ground pepper

Directions

Preheat oven to 425°F (220°C).

In a skillet, heat oil on medium-high heat

Chocolate Croissant Bread Pudding

Ingredients

4 to 5 large croissants, cut into 1-inch cubes (6 cups)
5 tablespoons softened butter, divided
2 cups half-and-half
6 ounces bittersweet chocolate, chopped
1 teaspoon vanilla extract
2/3 cup sugar
3 eggs
Powdered sugar for garnish
Fresh mint for garnish

Preparation

Preheat oven to 350°F. Spread croissant cubes on baking sheet. Bake until lightly toasted; set aside and turn off oven.

Spread 1 tablespoon butter in bottom of 8- or 9-inch square baking dish and add toasted croissant cubes. Heat half-and-half

and remaining butter in medium saucepan until almost boiling; slowly whisk in chocolate and vanilla; let cool 10 minutes.

Whisk together sugar and eggs in medium bowl and slowly whisk in chocolate mixture.

Pour over croissant cubes, making sure all are coated. Let stand 1 hour.

Bake 35 minutes. Serve warm dusted with powdered sugar and garnished with mint.

Preparation Time: 15 minutes

Cooling and Setting Time: 1 hour

Cook Time: 40 to 45 minutes total

Makes 8 servings



Next, Read the Ingredients List:



If you can't place the contents of the product in any part of the universe you're familiar with – if it doesn't come from a plant, a mineral, or an animal, for example – you may

want to think twice about putting the food in your body. Remember: Ingredients are listed in the order of their quantity within the food, so the higher an ingredient falls on the list, the more of it there is in the product. That's why it's smart to steer clear of foods that have sugar (or honey, cane juice, fruit juice concentrate, syrup of any kind, or anything ending in -ose) listed among the first three ingredients. Some pasta sauces have more sugar than chocolate sauce, and some cereals have more salt than potato chips – but there's no good reason for all that sugar or salt to be there. When there are competing flavors such as sweet and salty in one food item, the combo makes you want to eat more.

Similarly, avoid foods with trans fats or partially hydrogenated oils. I also suggest avoiding artificial ingredients

of any kind, sugar substitutes such as aspartame, and monosodium glutamate. In general, if you stick with foods that have ingredients you can recognize and pronounce, and foods that were foods when your grandparents were kids, you can't go too far wrong! Something else to keep in mind: Products that contain multiple grains or that are fortified with vitamins are likely to have longer ingredients lists. In that case, look for the word artificial on the list; if it's there, put the item back on the self. In that case, look for the word artificial on the list; if it's there, put the item back on the self.

Manufacturers often use regulatory loopholes to make you think you're getting something you're not. To become a better-informed shopper, wise up to the real meaning behind common claims on food labels.

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

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Hummus Mashed Potatoes

Ingredients

6 yellow potatoes, or about 5 cups peeled and cubed
1 1/3 cup Sabra hummus
2 tablespoon olive oil
Salt and fresh pepper to taste
2 tablespoon fresh parsley, finely chopped
1 lemon, cut into 6 wedges

Preparation

Peel potatoes and place in bowl of water to cover to prevent discoloration.

Cut potatoes into 1 1/2-inch cubes and place in medium sized pot with enough water to cover and 1/4 teaspoon salt.

Bring to boil and simmer over medium heat for about 30 minutes, or until fork goes gently through potatoes.

Once cooked, drain potatoes and place



back into pot over medium heat for about 3 minutes, until moisture comes out of potatoes and they appear dry.

Remove from heat. In same pot, start mashing potatoes with masher.

Add 1 1/3 cup hummus, oil, salt and pepper to taste. Top with sprinkling of fresh parsley and serve with lemon wedge to squeeze over top

Preparation Time: 15 minutes

Total Time: 45 minutes

Yield: 6 servings

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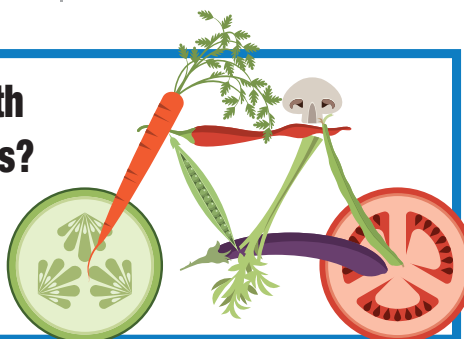
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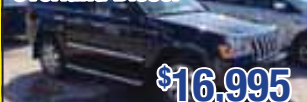
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