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# THE EXPRESS

VOLUME 2 EDITION 20 THURSDAY, MAY 14, 2015

**WEEKLY NEWS**

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## We've got the moves



EXPRESS PHOTO BY JEFF WARD

More than 300 guests were wowed by the performances of nearly 80 Interlake dancers during the 16th annual Eriksdale Dance Troupe Recital Saturday evening. Pictured, Where's Waldo, Jazz I class; (left row, front to back) Alyssa Kallstrom, Allison McQuigge, Hannah Nickel, (centre) Marco Wiens, (right row) Maria Osmond, Caitlan Nickel, Vanswella Constant and Thea Lechelt.

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

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# Eriksdale dance troupe wows audience

By Jeff Ward

It was standing room only inside the Eriksdale School gymnasium last Saturday as eight months of hard work culminated in the 16th annual dance recital.

The Royal Winnipeg Ballet satellite program has taught hundreds of Interlake kids over its 16 years in Eriksdale and the recital is their opportunity to showcase all they've learned over the year.

"I'm just so proud of all these kids," said program coordinator Dolly Lindel after the recital was finished.

"They've all worked so hard and to see them out there dancing is so great."

There were performances of jazz,

tap and ballet during the evening. All of which had great costumes and accompanying music. Ear-to-ear smiles were present not only on the dancers, but on the faces of proud parents who filled the gym.

There were also four special performances by the Royal Winnipeg Ballet, and a rainbow silent auction which helps fund the program every year. This year more than \$2,100 was raised.

The amount of younger performers is really encouraging for the future of the program and with nearly 80 students joining the program this year it proves that the arts are alive and well in the Interlake.



The Jazz II class nailed their routine to the music of Goodnight Moon. Pictured: (back row) Rayanne Nickel, Miranda Kehler, Faith Nickel, (middle), Raelene Lucier Windross, Mishayla Kehler, (front row) Cara Marttila and Makayla Gabriel.



Allison Cardinal shows off her tap moves dancing to "Hey, It's Franklin"



Both Thea Lechelt (left) and Allyssa Kallstrom (right) finally found Waldo Marco Wiens.



What happens when you give a mouse a cookie during the Ballet 1 class? Pictured left to right: Alyssa Kallstrom, Katia Ziolkoski, Maria Osmond.



Dancing to the music of Peter Pan the Ballet II class finishes their routine with a final pose. Pictured: back row, Allison McQuigge, Anna Osmond, Ally Weatherburn, centre row Cara Marttila (kneeling), Faith Nickel (kneeling), Raelene Lucier Windross (leaning), front Keeley Thorgilsson.

EXPRESS PHOTOS BY JEFF WARD

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# Caldwell, Nevakshonoff focused on making West Interlake work

By Jeff Ward

With a group of concerned citizens from both wards of the RM of West Interlake circulating a petition to dissolve the RM, the time for government action may be drawing near.

The petition, which at the time of this article has more than 500 signatures and needs 30 per cent of the registered voters for it to be

complete, is the first step to dissolve the RM. Once that condition is met the group behind the petition needs to present their proposal outlining the reasons why the RM should be dissolved to the Minister of Municipal Government.

"There's a real division that has formed here," said Drew Caldwell, Minister of Municipal Government.

"We're working to try and bridge that divide. I met with the entire council about three weeks ago to bring them together. I think the meeting went well, but there's some obvious tension there."

Caldwell believes that much of the tension comes from the fact that Ward 2 (Siglunes) has a significant amount of debt (just over \$2 million) from their flood protection work in 2014 and 2011. And there is still tension from the firing of their CAO Arlene Darknell during a special meeting of council on April 8.

It's too early to say if these reasons are compelling enough to warrant dissolution of the RM and as Minister Caldwell explains it wouldn't be an

easy decision to make either way.

"The municipal board must first do an analysis, which would consider the rational and impact on stakeholders. I can't prejudge anything and I wouldn't take any decision lightly in this matter. It's going to require considerable attention."

That decision becomes even more difficult when you factor in just how young this new RM is and all of the work that went into getting it to this point. Two years of work, negotiations, and transition committees and in this case a recount of one of the closest elections in provincial history.

With all that Caldwell and NDP Interlake MLA Tom Nevakshonoff don't want to throw it all away.

"This is a highly problematic amalgamation," explained Nevakshonoff who is also the Minister of Conservation and Water Stewardship following the last cabinet shuffle.

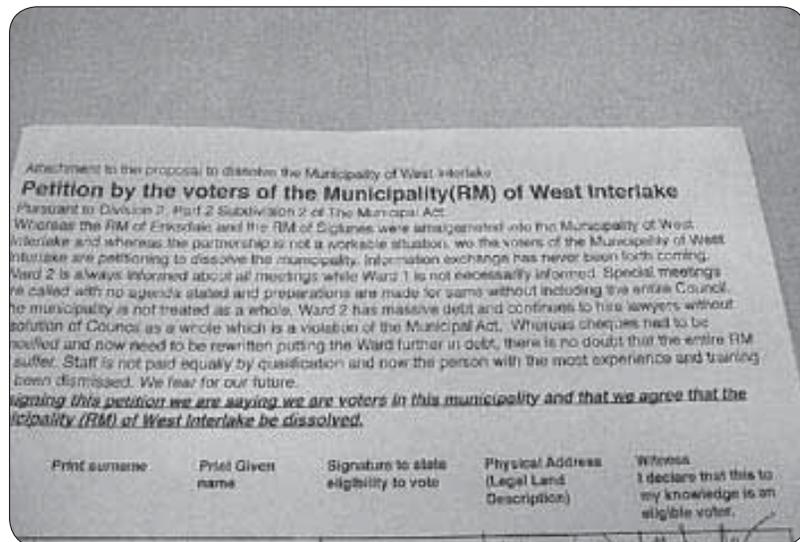
"It's a work in progress and we're still looking for solutions. We're not going to pull the pin on it right now, that would be a last resort."

Nevakshonoff even went, as far as to say that this situation was, "one of the most, if not the most difficult files I've been involved with."

The gravity of this situation is not lost on either him, or Minister Caldwell.

Councillors from both wards have expressed their desire for the amalgamation to work. And with the signatures piling up they might now have

**"THIS IS A HIGHLY PROBLEMATIC AMALGAMATION."**



SUBMITTED PHOTO

The petition circulating in the West Interlake is the first step in dissolving the newly amalgamated municipality.

much more time to sort it out.

Ultimately if the council can work together, the need for the petition goes away and Caldwell's staff will continue to monitor the situation closely.

"They are an RM that is duly constituted to manage its own affairs, so un-

til there's an event that requires municipal board action we're going to let those who were voted in govern," said Minister Caldwell.

There needs to be approximately 750 signatures before a dissolution proposal can be presented.

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# Juried art show as perfect as a picture

## Gimli Art Club hosts 2015 Interlake Juried Art Show

By Stefanie Lasuik

Some of Interlake's premiere artwork was on display in a sun-filled venue at Waterfront Centre Johnson Hall in Gimli on May 9-10. Open to the public, the event boasted over 250 pieces of art from 83 artists in categories ranging from acrylic to soapstone to fine art experimental.

All Interlake artists were eligible to enter into the event, where pieces were judged by three adult and three youth jurors who named first, second, third and honourable mentions in each category and provided written feedback to the artists.

Warren Wenzel came home the big winner of the day when his sculpture



Warren Wenzel's stone carving 'Breezy' took home the Interlake Juried Art show's top prize as awarded by jurors.

'Breezy,' depicting a horse in the wind, was awarded Best in Show.

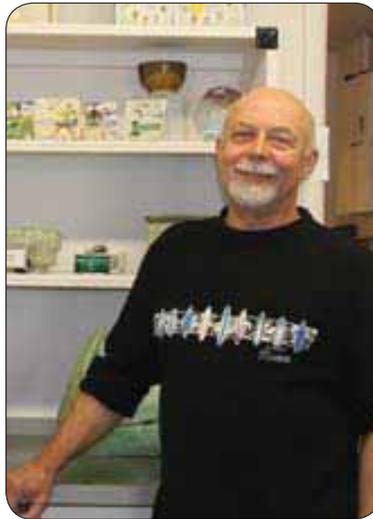
"It's quite a thrill to have won, I wasn't expecting that this year," Wenzel said.

Wenzel also described the experience as "amazing" and said he likes to enter the show to receive the jurors' criticisms.

The Gimli Art Club member has been stone carving for 15 years, the last two of which he spent in Gimli. Prior to that, Wenzel practised his artistry in Alberta, where two of his pieces were sold to the Albertan government to display in the 2010 Olympics.

Another big winner of the day was Jacqueline Goodman, who captured first prize in both acrylic and watercolour. She, also, pointed to jurors' comments as motivation to enter the show.

"I love the adjudication because it



Wenzel practises in the tradition of Michelangelo—know what's in the stone then just carve it out—received the event's Best in Show award.

helps me to grow and to learn more about my art," Goodman said.

The show also housed a youth section, which attracted quite

a gallery.

Sarah Jensen received top prize and the show's overall 'People's Choice' award for her acrylic painting named 'Dancer'.

Jensen's inspiration for the piece came from her own experience as a dancer, an activity she pursued for nine years.

Past president of the Gimli Art Club, Barb Gluck, referenced the incredible



EXPRESS PHOTOS BY STEFANIE LASUIK

Sarah Jensen's acrylic painting 'Dancer' (top right) dazzled judges and spectators alike to win the youth category and the 'People's Choice' award for attendees' favourite piece.

amount of teamwork both members and non-members put in to make the show a success. The efforts of these volunteers enabled Interlake artists to exhibit their work and receive critical feedback while bringing high calibre art to the public eye.

**"IT'S QUITE A THRILL TO HAVE WON, I WASN'T EXPECTING THAT THIS YEAR."**

**JOANNE LEVY**  
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Appointments for the non-urgent medical clinic are not necessary.



This clinic is in the physicians' offices in the Gimli Community Health Centre. Please use the 6th Avenue entrance (204-642-4595).

The emergency department will be available for urgent health concerns only.

Interlake-Eastern Regional Health Authority

# Local resident frustrated with Gimli's dialysis unit

By Marney Blunt

It's been over four years since the Gimli Community Health Centre received a new four-station, \$4.8 million renal health dialysis unit. The new unit was a second floor addition, which could allow for eight patients to be accommodated.

But are the patients happy with it? Not if you're Gimli resident John Chudd, who's been driving into Seven Oaks Hospital from Gimli with his family three times a week for dialysis treatments.

Chudd started his dialysis treatment in mid-March of this year and the Gimli Community Health Centre couldn't accommodate him because they were overcapacity for the staffing available.

According to a spokesperson for the Interlake-Eastern Regional Health Authority (RHA), the capacity for dialysis treatments at the Gimli Community Health Centre is 12 patients a day, with six patients in the morning and six patients in the afternoon.

Due to lack of staff trained to specialize in dialysis treatments, the unit is only treating six patients a day, forcing Chudd to make the trek into Seven Oaks Hospital three times a week.

Chudd says driving into Winnipeg, receiving dialysis treatment and driving back usually makes for at least an eight-hour day, three times a week. A frustrating routine when a dialysis unit is right there in Gimli.

"It's just that I'm wondering why we have this, if it's not being utilized, that's just my concern," said Chudd.

"I wonder why run to the unit in Winnipeg where I have to go, (with) the time and cost of getting in between? If there's equipment and facilities here, why aren't they being utilized? Because I'm not the only one

going in to Winnipeg as I understand. Why can this not be utilized for all of us?"

The Interlake-Eastern RHA works the Manitoba Renal Program in managing patients and waitlists for dialysis treatments.

"We've just completed our health plan for 2016-17, which required a look at dialysis, who's on the waitlist, where the waitlist is the longest, what would we be needing for an expansion," said Blair Stevenson, the regional director of acute care at the Interlake-Eastern RHA, which is responsible for renal health. Stevenson added that spots for dialysis treatments are at a premium provincially.

"The Manitoba Renal Program submitted to Manitoba Health for 24 spots in the Interlake, we asked for 26. So we'll probably land somewhere around 24 to 26 dialysis spots."

Stevenson also said that the communities with the longer waitlists are the ones that will be primarily focused on.

"Hodgson, Pine Falls and an evening shift in Selkirk were those that were identified as being the highest needs," said Stevenson.

Waiting for approval for funding and the process of training nursing staff to specialize in dialysis are reasons he attributes to the Gimli Community Health Centre not being able to operate at full capacity.

"Finding nursing staff takes some time. You have to write an entrance exam as well as on-site teaching at Health Sciences Centre, they'll often do a clinical practicum program in the city and then come out and be in an orientation program back in their home community," said Stevenson.

The training process occupies a nurse for approximately two to three months.



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Gimli resident John Chudd is frustrated that he has to travel to Winnipeg three times a week to receive his dialysis treatment. The provincial government spent \$4.8 million four years ago in upgrades to the Gimli Hospital to provide the dialysis treatment however, due to staffing issues it operates at half capacity.

"The further you get away from a sector like Winnipeg or Selkirk, the harder it is to find nurses who are open to doing that," said Stevenson, adding that it is a great opportunity for nurses.

"What it does is it takes a nurse out of a clinical area such as a medicine or surgery because the dialysis is specialized. You don't work nights, you'd usually have Sundays and holidays off. It's a great nursing opportunity."

Currently, with the exception of Selkirk, all dialysis units in the Interlake-Eastern RHA runs Monday, Wednesday and Friday. Stevenson says if the Manitoba Renal Program can access funding, the dialysis treatments will also be offered Tuesday, Thursday and Saturday. After then, the Manitoba Renal Program would look at the potential of adding an evening shift. Typically one nurse is assigned to two

patients for dialysis treatments.

"We've got our proposed plan, and if it gets funded we'll try to find nurses to work in these spots and if it's not successful then we'll then have to re-boot and look at perhaps realigning with centres that are closer to Winnipeg."

"Increasing our capacity is definitely in our best interest because there's travel costs for these folk," said Stevenson "These poor people have to find their way to the city three times a week. And from Gimli you're talking 45 minutes to an hour and you're tired usually before and after treatments. I sympathize with their plight. We'll do our best to make things better."

# Backcountry travel, burning permit restrictions lifted

News Release

Manitoba Conservation and Water Stewardship advises that weather conditions have improved to the point that backcountry travel and burning permit restrictions have now been lifted in southeast, central and western Manitoba.

Some municipalities may continue to have burning restrictions in place. Be sure to check with local municipalities regarding any local restrictions.

Manitobans should always:

- \* get a burning permit where required before doing any burning,
- \* 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 and the latest list of municipalities with burn bans is available at [www.gov.mb.ca/wildfire/](http://www.gov.mb.ca/wildfire/).

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EACH NIGHT

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# get fishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## Happy opening fishing week!

> ARNIE WEIDL

Hi friends, thanks for stopping and spending a little time with me.

Wasn't it amazing how our riverbanks and lakes came alive with our fellow anglers last Saturday? Everywhere I went folks were lined up side-by-side along the banks or out in their boats enjoying the day as they fished and yes every once in a while got their hooks snagged. Even in the sun filled but cold bracing windy day there was an air of vigorous anticipation.

I felt I wanted to start this summer's fishing stories with folks at the Pine Falls boat launch pier on the Winnipeg River. I made my way over there on the first day of fishing, driving along the beautiful meandering Highway 12. The early spring sights of the light green spruces offset by the chalky white birches with their tiny milky green leaves lining either side of the road gave promise of the coming warm summer.

Coming up to the pier's parking lot, there had to be 30 truck-trailer rigs; their owners gone with their boats out onto the river. On the pier with the cool pressing wind coming off the river, I joked around with some of the anglers when one fellow Chris Eangan from Winnipeg caught and landed a very nice pickerel which he held up so I could take a picture for us.

Later, I made my way back to Selkirk where I had a feeling it was time to visit with the folks right on the main pier in town. It was packed with anglers and I found myself having a whale of a time laughing and fooling

around with new fishing friends and meeting those we've gotten to know before.

Walking along the line of fishers, I came up to a couple, Aureo and Carmelita Bonio from Winnipeg just as Carmelita hauled in a drum. When I asked her to hold it up for me to take a picture, she tried to hold it with both hands around its middle but it wiggled so much and was so slippery, coupled with our fits of laughter, she couldn't hang onto it!

I finished the day by running to Winnipeg Beach to see if there were a lot of anglers in for the spring bass run. What I came across was an unexpected unbelievably funny story. I met Colin Huston, a commercial fisher from Gimli who was with a bunch of friends by the Beach Harbor. Colin is also a committed sports angler and as he along with a buddy fished, he gave this unusual story.

Last summer when he went out on the lake east of Gimli to lift his nets he saw that a pelican had been caught by the feet in one of them. Now it was only natural that he wanted to free the bird but as he got closer, he realized pelicans are really very large birds! Colin decided caution and a little planning were in order. He slowly maneuvered his rocking boat sideways up to the giant white wing-flapping beast. Then with hunched shoulders to protect his head he leaned over the side of the boat and began trying to free the birds' feet which were almost the size of his hands. He tried to cut the net with his knife when suddenly the bird's wings that were spread above



EXPRESS PHOTO BY ARNIE WEIDL

Chris Eangan of Winnipeg with a pickerel he caught at the Pine Falls pier.

him fell away and Colin felt shock as the bird's huge beak clamped onto his neck! By reflex Colin grabbed the pelican's neck. Colin didn't know whether to laugh or scream at this ridiculous situation. The power of the thing was frightening. Still, with one hand around the birds' neck he tore at the net with the knife and miraculously the giant's feet came free.

Sensing freedom the pelican let go of Colin's neck and attempted flight when Colin returned the favor by releasing his grip. Soon, the bird gained air for a short distance then plopped back into the water chattering, wagging its floppy beaked head and swimming away.

Colin responded with a fitting parting gesture of their brief encounter by giving the bird "the finger"! Sometimes truth is stranger than fiction isn't it? Well, if you've gotten out for some good fishing, great, and if you enjoyed our stories for this week, even better!

Bye for now.

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# AEMS hosts garage sale for Nicaragua

By Marney Blunt

Grade 3 and 4 students at Arborg Early Middle Years (AEMS) are doing their part to make a difference in someone else's life thousands of miles away.

Last Friday, the students held a garage sale next to the Arborg Co-op to raise money for Nicaraguan children, through the international charity Free the Children.

"In social studies we've been learning about three different countries around the world and about their basic human rights and social justice," said Cheryl Chwaliboga, one of the teachers at AEMS that helped coordinate the garage sale. Chwaliboga organized the sale with fellow teachers Gwen Stallard and Cheryl Johnston.

"So we've done a few different countries. Our school division last year worked with Free the Children to raise just over \$10,000 to build a school in Nicaragua, which they surpassed that goal."

Although the students surpassed that goal last year, the support didn't stop there and they continue to give.

"Nicaragua was one of the places we were studying. So with the kids we talked about the difficulties they face and we decided to hold a garage sale to support that," said Chwaliboga.

The teachers said hosting the garage sale for Nicaragua was a great learning experience for the students.

"We also talked about how everybody can do their part," added Stallard. "It doesn't matter what age you are or what you're involved in, everybody can do their small

part. So then we brainstormed with the kids to see what they would want to do and this is what they came up with."

The teachers sent out a note to parents at the beginning of the week and the students campaigned to raise awareness on the issue and advertise their garage sale.

"We sent a note home and the kids went to each class and did a presentation and asked them to bring in any gently used items that we could sell in our garage sale," said Chwaliboga. "So these are all donations that people brought to the school. We collected them Monday to Thursday."

The response from the community



Alliana Rempel has started her own fundraising initiative, 'Battle the Bad With Beauty' in support of the Malala Fund. Rempel was selling prints and stickers of her butterfly artwork at the garage sale.

was huge. Thousands of various items were brought in and donated to the garage sale.

"(The students) were very excited," said Stallard. "They worked hard. They made posters, they made stuffers to put in shopping bags at the Co-op and they did presentations and they sorted the items. So they've been very active and very involved and they're enjoying it."

One student has even been working on her own social justice initiative since December.

Alliana Rempel, a Grade 3 student at AEMS, has been raising money for the Malala Fund. The Malala Fund is



EXPRESS PHOTOS BY MARNEY BLUNT

Grade 3 students (left to right) Steve Blahey, Nevaeh Munroe and Bailey Fillon sold donated items at their garage sale fundraiser last week.

a non-profit organization that focuses on helping young girls go to school and raise their voices for the right to education. The organization was started by Malala Yousafzai, a 17-year-old Pakistan girl who got shot for standing up for women's education rights.

Rempel read Yousafzai's book 'I Am Malala' before Christmas and it inspired her to help make a difference.

"I heard that some girls can't go to school and I want all girls to be able to go to school," said Rempel.

Rempel started a fundraising campaign 'Battle the Bad with Beauty' to help raise money for the Malala Fund by selling 5x7 art prints of one of her butterfly pictures. She is also selling

stickers with her butterfly picture on them. She had her butterfly art setup at the AEMS garage sale

last week.

Rempel's five-year-old brother also wanted to help out on his sister's efforts, so she is also selling a drawing he did of a forest with the word 'hope' in it.

Since starting her fundraiser in December, Rempel has already raised over \$1,000. And as of Friday, May 8, she was just \$300 shy from her goal of \$2,000.

If you're interested in supporting Rempel's Battle the Bad with Beauty fundraiser, you can check out her Facebook page at facebook.com/battlethebadwithbeauty or send her an email at battlethebadwithbeauty@outlook.com.

**"IT DOESN'T MATTER WHAT AGE YOU ARE OR WHAT YOU'RE INVOLVED IN, EVERYBODY CAN DO THEIR SMALL PART"**

THE EXPRESS WEEKLY NEWS

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# Letters

Letters to the Editor: [letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)

## Where were the trophies and awards at the Evergreen Festival Hi-lites Concert?

Dear Editor,

Some people have been very vocal about their disapproval of the so-called "changes" that have been implemented, that is; The Hi-Lites Concert without the handing out of trophies and awards.

Nothing has changed. Trophies and awards were given, just not at the Hi-Lites "Spring" concert. The only two people left on the organizing committee continued in their promise of volunteering in respect to providing all the sessions with a professional adjudicator and also providing a final "concert".

A big trophy (in the past, Hi-Lites) assembly honours a festival whereas service clubs presenting their own awards throughout the year on a more intimate basis honours the recipient and the club or community.

Volunteers working throughout the 35 years, most for over 10 years, were tired and "used up". They were happy to be able to walk away, but could not

provide someone to take their place. We wrote of the need for volunteers in papers, attended club and school board meetings and invited people to attend our meetings or at least to "help out" in production. None came forward.

In the hopes that the service clubs continued with their trophy or award, we turned to them to take that section of the EFA over if they wished. Some have let me know of their intention to continue but that means they need time to figure out what that all entails. We did inform them all in October of 2014.

Some have not communicated and that is okay with us because our mandate as a member of the Associated Manitoba Festival of Arts (the Provincial body) and the Canadian Federation of Music Festivals is to provide the opportunity of all community members who wish, to experience performance and adjudication in a supportive and creative environment.

To supply the best venue and adjudication is paramount in allowing people to discover what their focusses should be. Will they study to go to the provincial or even the national level? Will they work to attend university or college in music or drama? Among other excellent learning opportunities, the EFA provides the opportunity for these questions to be answered.

So, our Hi-Lites concert did not include the handing out of trophies or awards, but it did include 26 performers, some of whom would not have been allowed to perform in years past because they did not "WIN" anything. As well as the warm applause they were able to generate from the audience, these 26 musicians and speakers were acknowledged by being paid for their work on Monday, May 4th evening. This is the real world and they had a tiny portion of experience in that world.

Arline Collins  
Evergreen Festival of the Arts

## Cosmetic pesticide ban should be reviewed

Dear Editor:

On May 1, the Province of Manitoba announced the ban on the use of cosmetic pesticides is now in effect. The AMM continues to voice its opposition to this unreasonable regulation not only due to its contradictory wording but also due to its impractical restrictions and sky-rocketing compliance costs placed on municipalities.

Firstly, the ban outlaws pesticides approved by federal government agencies. Banning federally approved cosmetic pesticides reduces the ability of municipalities to effectively manage weed control programs and results in unnecessary financial constraints on municipal budgets.

The City of Steinbach, for example, has estimated its annual cost of fighting weeds in the community will increase from approximately \$15,000 to over \$237,000 - which all citizens will ultimately have to pay.

Moreover, while Manitoba's municipalities fully support initiatives to ensure public safety, the AMM urges the Province to consider an exemption of urban hard-surface boulevards and highway ditches from the ban. Contrary to provincial thinking, no child plays on the side of the Trans Canada.

We hope the Minister of Conservation and Water Stewardship, Tom Nevakshonoff will adopt a practical approach to amend the regulation on the ban of cosmetic pesticides while working with municipalities to implement practical weed control solutions.

Doug Dobrowski  
President  
Association of Manitoba  
Municipalities

## Correction

**Staff**

Due to an operator/computer error, the article published in the May 7 *Express Weekly News*, "Ward 2 encouraged by meeting with DFA officials" was missing updated information.

The story, mentioned that Ward 2 Coun. Arnthor Jonasson couldn't give a number for his ward's debt, however, during a follow up interview on Monday, May 4 Coun. Jonasson was able to provide those numbers in an effort to be more transparent with the public.

The article should have included:

Coun. Jonasson explained that for both 2011 and 2014 combined there was nearly \$20 million spent on flood protection and that through disaster financial assistance (DFA) the municipal-

ity has received nearly \$18 million with just over \$2 million left in accounts recoverable.

"Calling them debts would be premature," said Coun. Jonasson during a phone interview with the *Express*.

"What it is, is unresolved. DFA claims and we're confident that with the work we've been doing with DFA recently that we're able to resolve these."

The timeline of having the claims approved is unknown at this time, but Coun. Jonasson said that he and the rest of Ward 2 Councillors are working on this issue and that they remain optimistic that their claims will be approved.

The staff at the *Express* apologizes for any confusion this has caused.

# Gypsumville RCMP investigate shooting

**Staff**

The Gypsumville RCMP responded to a report of a bear macing at a residence in Fairford First Nations at approximately 12:23 p.m. on May 9

As officers were responding, another call came in reporting that a shooting had occurred at the same location.

One male, 21 years old, was sprayed with bear mace and another male, 34 years old, suffered a lower body gunshot wound. He was transported to the local hospital where he was treated and released. Another male, 23 years old, was shot at, but was uninjured.

The suspects had fled by the time officers arrived on scene. Officers from Ashern, Lundar and police dog services out of Dauphin also attended to assist in locating the suspects.

At approximately 2:13 pm, three males from Fairford First Nation, aged 25, 18 and 16, were apprehended by RCMP. They remain in custody at the current time as the investigation continues. Charges are pending in the matter.

The weapons were located as well as bullet casings.

# Ashern students harness the sun for Earth Day

By Jeff Ward

Grade 10 students at Ashern Central School harnessed the power of the sun to cook hotdogs by creating solar cookers for the school's Earth Day activities.

Earth Day takes place on April 22 every year and is an international event held to demonstrate support for environmental protection.

"Our students were looking at alternative energies and the idea to make solar cookers came up so we decided to go with that," said Earth Day organizer and geography teacher Chelsey Lowry.

"We decided to link it into our Earth Day activities and cook

hotdogs as a fundraiser. Students also built a living wall out of moss, and helped clean up the streets in Ashern."

The small fundraiser brought in around \$200, which was used to purchase carbon offset certificates. Each certificate costs \$10 and saves one ton of CO2 emissions. Carbon offset cred-

its help other more renewable and clean energy sources, like wind or solar, expand.

Several designs for the solar cookers were built with each one producing a different result. Some, like the funnel shaped cooker, weren't as efficient as the box cooker with a glass top.

"I have to admit that we had a little bit of trouble with our solar cookers and towards the end of the day we did use a small barbecue to finish cooking. But that was part of the fun and the lesson is just figuring out how other energy sources work," explained Lowry.

Students also used the sun as an ignition source as well, using a magnifying glass. The school also

observed Earth Day by keeping as many lights off in the school as possible and teachers were also encouraged to have their classes outdoors.

Earth Day is about understanding the small differences each of us can make to help the environment. Be it, using less electricity, reducing pollution or understanding what makes

**"I HAVE TO ADMIT THAT WE HAD A LITTLE BIT OF TROUBLE WITH OUR SOLAR COOKERS"**



EXPRESS PHOTO SUPPLIED BY CHELSEY LOWRY

Ashern Central School students built solar cookers to make hotdogs as a fundraiser for Earth Day. Pictured left to right; Madeline Nickel, Sienna Gould (sitting), Matthew Carmichael, Shelby Webster (sitting), Kaitlyn Smith, Cassidy Otto, Brayden Noordenbos (sitting), and Courtney Granber (in background)

certain energies sustainable.

"I think it's really important to make sure the [students] are aware of what they can do to make a difference and it's also important for them to learn

about these alternative energies. The goal is to make everyone aware so that we can all do our part."

Ashern Central School held their Earth Day celebration on April 30.

## Province to licence tasting rooms to help boost local craft breweries

### Manitoba craft beer growing, popular growler bottle program to be expanded

News Release

Local craft breweries can now apply to open a licensed tasting room right next to their brewery production site and the refillable Growler Bottle program will be expanded as part of the Craft Breweries Strategy launched last December, Tourism, Culture, Heritage, Sport and Consumer Protection Minister Ron Lemieux, minister responsible for Manitoba Liquor and Lotteries Corporation, announced Thursday.

"Interest in craft beer is skyrocketing in Manitoba. We know beer tastes best when it's fresh so it only makes sense to encourage brewing right here in Manitoba, where Canada's Heart Beats," said Minister Lemieux. "Locally made beer also means jobs and opportunities in the province's agriculture, hospitality and tourism industries. Licensing tasting rooms and refillable growlers are impor-

tant steps to support Manitoba's craft breweries."

Minister Lemieux noted the introduction of growlers, the refillable 1.89-litre glass jugs at select Liquor Marts and beer vendors in Brandon and Winnipeg, has been a very popular boost to the craft beer market. As of mid-April, the number of growler fills was more than double what was anticipated, the minister said, adding overall growth in sales for Manitoba producers - Fort Garry, Half Pints and Farmery - is up 10 per cent since 2013.

During the past several years, craft brewery tasting rooms have become increasingly popular throughout North America. For beer enthusiasts, the craft tasting experience focuses on freshly brewed beer served steps away from the brew house operation. As part of the province's commitment to modernization and consumer choice, the Liquor and Gaming Authority of

Manitoba will licence brewery tasting rooms as unique hospitality venues focused on tourism, marketing and the brew house experience.

"The tasting room option will give Manitoba breweries the opportunity to feature and serve their products when customers stop by to make retail purchases, to try new brews or as part of a tour," said Mineral Resources Minister Dave Chomiak, minister responsible for the Liquor and Gaming Authority. "Opening this opportunity to showcase Manitoba's craft brewing industry underscores the province's support for this industry and the Craft Breweries Strategy."

Minister Lemieux also announced the Manitoba Liquor and Lotteries Corporation will launch an exciting summer promotion of new, limited-availability products from craft breweries across Canada, that have never been seen in Manitoba before, along with some unique local beers, brewed specifically for this event by Half Pints and Fort Garry.

The Manitoba Liquor and Lotteries Corporation is undertaking an analy-

sis and review of the growler program, including consumer and stakeholder feedback, which will inform recommendations and a plan for the expansion of the growler program by summer 2015, Minister Lemieux noted.

Input from an industry advisory committee that includes existing Manitoba brewers, as well representatives of the local hospitality industry, is aiding in developing the strategy. Provincial government departments and agencies, including Manitoba Jobs and the Economy, Manitoba Agriculture, Food and Rural Development and Manitoba Tourism, Culture, Heritage, Sport and Consumer Protection are partnering with both the Liquor and Gaming Authority and the Manitoba Liquor and Lotteries Corporation to identify ways to improve awareness of craft beer and the current climate for craft brewing in Manitoba, Minister Lemieux said. He added further announcements of measures to support local craft breweries are anticipated in the coming months.

# Evergreen Festival of the Arts a great success

## Local music festival wraps up

By Marney Blunt

There were a lot of beautiful voices, talented musicians and graceful dancers at this year's Evergreen Festival of the Arts, making the annual Interlake festival a total success.

For the past month, Interlake youth danced in Arborg, sang in Riverton, performed with their bands in Gimli and performed speech arts in Winnipeg Beach in front of several experienced adjudicators.

And on Monday, May 4, 26 of the festival performers got together for the Hi-Lites Concert at the Fraserwood Hall. The concert had over 200 people in attendance, making for one of the best Hi-Lites Concerts yet, organizers say.

"We kicked it up a notch this year," said Arline Collins, one of the venue facilitators for the Evergreen Festival of the Arts. "It was a tasting of everything that had happened in the month that we had the festival."

The concert lasted an hour and a half and featured piano solos and duets, violin solos, flute solos, dance routines, speech arts, vocal solos and even a cello solo.

"We brought in a brand new Yamaha grand piano and we had a nice sound system and the hall was designed specifically for its acoustics. So it was really, really good. The performers had the chance to perform in front of a really friendly audience and the whole community pitched in," said Ken Collins, who was the emcee for the Hi-Lites Concert.

"What it does is it allows the performers to get a real experience of performing a concert where there's lots of people in the seats. We're really excited about it, it really went well for us."

A few scholarships and awards were also given out at the end of the festival. Isabelle Stevens received the Kiwanis Trophy for her piano performance for



EXPRESS PHOTO SUPPLIED BY JOHN JONKER

Mrs. Lisa Michaluk's Grade 1-2 class from Sigurbjorg Stefansson Early School performed 'The Mosquito's Song' by Peggy B. Leavitt at the Evergreen Festival of the Arts Hi-Lites concert.

overall best in class.

Nine young performers were also given scholarships for International Music Camp supplied by Noventis Credit Union, the Evergreen Foundation, the Crystal Kohler Memorial Scholarship, the Kiwanis Club of Gimli and District and the Riverton Elks Lodge.

The Lilja Martin Memorial Scholarship was divided into \$200 each amongst Emily Mazur, Isabelle Stevens and Ainsley Kroeker. Nathanael Plett received a \$250 scholarship from the Johannes Palsson Memorial Award for his piano performance. Jillian Henry and Lukas Hamm were also awarded \$225 each from the Johannes Palsson Memorial Award

for their piano and instrumental performances. Adjudicators also recommended 16 performers to the Manitoba Festival of the Arts.

Both Ken and Arline gave kudos to the schools for immersing their students so much in the performance arts.

"This is a community event for everyone and the schools do such a fine job of teaching music and having the students perform and they're giving and they're doing spring and Christmas programs and concerts," said Arline.

"The children get a lot of input that way. It's really supreme in music in this division. The schools do a really wonderful job."

# West Interlake moving forward with new CAO

By Jeff Ward

After a month of having no chief administrative officer (CAO), the reeve and council of the RM of West Interlake have hired an interim CAO.

The interim CAO, Dale Lyle, has more than 30 years experience in municipal government and came highly recommended by municipal affairs.

"He brings a lot to the table, a lot of experience," said West Interlake Reeve, Randy Helgason.

"He's got an excellent track record and we're happy to have him on board. It's good to finally be moving forward with this and now we can get some work done. He was the CAO of Portage la Prairie which is quite a feat in itself."

Lyle will be conducting the affairs of the RM while also trying to find a permanent replacement for the position previously occupied by Arlene Darknell, who was dismissed on April 8. Although council would like to find a permanent replacement as soon as possible, Helgason couldn't give a timeline on when that will be.

Council also hired another new staffer, Carol Oppermann, who will

be looking after the accounting for the RM. Oppermann was the municipal administrator for Leaf Rapids and most recently was the CAO for the RM of East St. Paul.

"Right now the budget is front and centre and Carol is going to be helping get all of the finances in order so that we can move onto having our first financial plan," explains Helgason.

Only one regular council meeting

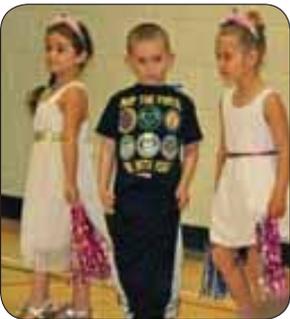
was missed during the time when the RM was without a CAO, and now that Lyle has been brought on the next regular meeting will be held on Tuesday, May 12 in Ashern.

Helgason is hoping that this will be a turning point for the RM and a council that's been mired in controversy. Helgason explains that everyone is thinking positively and is hoping that in two or three months things could be back to normal in the community.

"I think we'll be moving forward from this and we can start doing our job for ratepayers. It's been tough but I'm very optimistic about the future."

Both Lyle and Oppermann were sworn in during a special meeting on Tuesday, May 5.

**"I THINK WE'LL BE MOVING FORWARD FROM THIS AND WE CAN START DOING OUR JOB FOR RATEPAYERS."**



# Spring fling

Students at Winnipeg Beach School stepped into the spring season with their 'Spring Fling' Concert on May 7 in front of family and members of the community. The concert showcased all the hard work the students put into their band, choral, dance and ORFF (music, movement, drama, and speech) performances for the 2015 Evergreen Festival of the Arts. Pictured from top, counterclockwise, The Grades 1 & 2 choir sang 'Monkeys'; the Kindergarten class performed a dance routine to 'Let It Go', directed by Ms. Posie McDevitt; Becca and Emily performed 'Singing in the Rain' with the Grade 4 and 5 students in the ORFF category while the Grade 7 band kicked off the Spring Fling Concert with performing 'Air of Nobility', directed by band teacher Mrs. Janice Arnason.

EXPRESS PHOTOS BY MARNEY BLUNT



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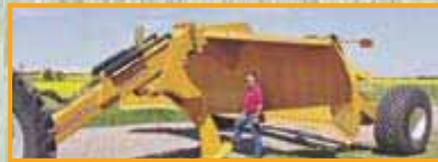
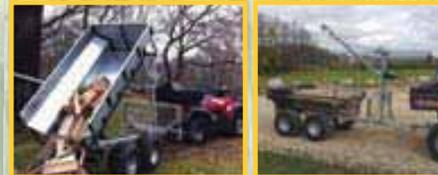
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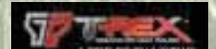
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# Horse and ATV ride continues fundraising tradition

## Charlene and Victor Dziedzic host their 16th Annual Ride for Wishes

By Stefanie Lasuik

The 16th Annual Charity Ride for Wishes enables children with life-threatening illnesses to make wonderful memories while making some memories of their own.

May 9th at the Dziedzic farm kicked off with a pancake breakfast serving 256 people before sending them out on either a horse or ATV ride. For the 450 riders, it was a cold, muddy day marked by the joy of being out on the farm on a Saturday afternoon. People hailing from Alberta, Saskatchewan, South Dakota, Ontario and all corners of Manitoba joined in the ride.

The event featured an inflatable jungle obstacle course for kids, as well as a meet-and-greet with Disney princesses and heroes, a token-and-prize tent and elaborate face painting.

Over 800 people feasted on BBQ pork and turkey for the cause. Dinner was marked by constant updates on how much money the event had raised through the pancake breakfast, lunch stops, dinner, a poker derby, a silent auction, a 50/50 draw, corporate sponsors and pledges. At the end of the night, it totalled \$46,000 and counting.

The proceeds will go to the Manitoba Nunavut chapter of the Children's Wish Foundation, which grants the favourite wishes of kids with life-threatening illnesses. Its aim is to create moments of joy for children and their families as they endure countless hospital visits, medical procedures, and emotional uncertainty. It takes approximately \$8,000-\$10,000 to grant one child's wish.

Russell Lepp, Manitoba and Nunavut's Wish Ambassador, attended the event. Russell, now six years old, underwent a heart transplant due to a congenital heart condition at five months of age. The complications of such a procedure, however, continue to this day. Russell still sees heart specialists and takes anti-rejection pills.

On Saturday, members of the Teulon Rockwood Fire Department presented Russell with his own fire helmet, making him an honorary junior fire chief. After the presentation, Russell made his way on stage, took the microphone, and in true rock star fashion, tapped to see if it worked before thanking the crowd.



Amber Pahl (left) and Emily Neufeld both shaved their heads for the cause raising \$2529.

Amber Pahl and Emily Neufeld shaved their heads for the cause. Amber Pahl had raised \$1240 to do so, and nine-year-old Emily Neufeld inspired \$1289 to be lifted out of the pockets of those in attendance and into donation cowboy hats spontaneously sent around the barn.

After thanking all of the members of the South Interlake Wish Team and the event volunteers, Charlene emotionally announced that the 17th Annual Wish Ride, set for May 14, 2016, will be their final. The couple has raised approximately \$800,000 for the Children's Wish Foundation in the sixteen years they've run the event and hope next year's will be a smashing success.

"Let's go out with a bang," Char encouraged the crowd.

The evening ended with a performance by the Manitoba Metis Spirited Dancers and a barn dance for all those in attendance.

Char Dziedzic said that her inspiration for the annual fundraiser is children, noting that her and her husband are lucky to have 10 healthy grandchildren of their own, who could at any point become Wish children. She believes it's important to create a memory for the Wish children and their families so that if something ever happened, they would still have that memory.

Anybody who still has pledge sheets or would like to donate can still do so by contacting Char at charvicdziedzic@gmail.com.



EXPRESS PHOTOS BY STEFANIE LASUIK

Six-year-old Russell Lepp attended the 16th annual Charity Ride for Wishes at Charlene and Vic Dziedzic's ranch as the Manitoba and Nunavut's Wish Ambassador. Lepp was made an honorary junior fire chief by members of the Teulon Rockwood Fire Department.



The Manitoba Metis Spirited Dancers performed for the supper guests before the barn dance kicked off the final part of the day.

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# Reechka Ukrainian Dance Club performs in Yorkton



EXPRESS PHOTO BY MARIANNE STEFASON

The Reechka Ukrainian Club's senior mixed group at the competition in Yorkton, Saskatchewan. The group did a dance called 'Homebrew'. The dance was the highlight of the Saturday evening competition of a comedy dance. The senior mixed group brought home a gold mark of 90.

**By Marney Blunt**

The Reechka Ukrainian Dance Club finished off another season with wowing audiences at the Kaylna Festival of Ukrainian Dance in Yorkton, Saskatchewan last weekend.

Over 26 dancers from the club performed in Yorkton on the weekend of May 2 and 3.

"We had a little bit of everything. We got some gold, we got some silver and there was a few bronze," said Lynette Oliver, the president of the Reechka Ukrainian Dance Club.

The Reechka Ukrainian Dance Club attends the Kaylna Festival of Ukrainian Dance every two years.

"I think the show-stopper was a senior mixed Poltava because it was a little bit of modern music," said Oliver.

"It was the last performance of the evening on

Saturday night and I think it really pumped up the audience."

The Kaylna Festival of Ukrainian Dance was the final competition of the year for the Reechka Ukrainian Dance Club, who hosted a windup spring tea last Friday.

"Sometimes we'll do some summer performances through invites through the community. We've done Arborg, we've done Folklorama," said Oliver.

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# Home, Yard & Real Estate



## Make way for a summer kitchen

If you're a cooking enthusiast, you might agree that there's nothing more enjoyable than combining your favourite activity with the beautiful summer weather. This year, all that running back and forth between the house and the barbecue could be a thing of the past if you follow the trend and treat yourself to a summer kitchen.



This year, turn your dream into reality by building a summer kitchen.

your outdoor kitchen to grow over the next few summers.

### SOME GOLDEN RULES

- Leave yourself enough room to move around and to eat. If you're working with a limited amount of space, it's best to decrease the dimensions of the kitchen rather than

Continued on page 15

## Five plants that grow anywhere

Every region in North America has its own specific weather quirk, whether it's freezing winters, scorching summers or heavy rainfall. It can be a daunting task to plan a garden when Mother Nature is so unpredictable, so here are some plants that will survive every season's tests.

### 1. PEONIES

You could forget entirely about these beauties in your garden and they'd still probably find their way back year after year. Even if mould or weather gets the best of them in the summer, you can still expect an encore next spring.

### 2. DAYLILIES

These cheerful yellow flowers can withstand extreme temperatures, which explains their popularity from coast to coast.

### 3. HOSTAS

You know the ones: these green, leafy plants require virtually no maintenance and are native to almost every region of North America.

### 4. HOLLY

Holly is often associated with Christmas time, and for good reason: it looks great all winter! With more than 400 varieties, you're sure to find a type of this berry-yielding plant that suits your garden.

### 5. TULIPS

These perennial bulbs are very easy to grow and care for. There are endless varieties, and thus tulips can be grown in many different colours and sizes. Gardeners delight in picking their hardy spring flowers. Plant bulbs in the fall and enjoy the show for many years to come!

So, no more excuses — wherever you live, grab a shovel, put on some gloves and get planting.



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One last tip: Make sure you always buy lighting products specifically designed for outdoor use in order to avoid damage or electrocution.



With some well-planned lighting you can enjoy your yard at night as well as during the day.

## > SUMMER KITCHEN, FROM PG. 14

restricting sitting and dining areas. A linear kitchen rather than an L-shaped one is the best way to maximize on space.

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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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of the mighty little flaxseed and how healthy it really is if you take a couple teaspoons of the milled stuff every day.

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You know that my role is and will always be to advocate for farmers and the good job they do of raising food that is healthy, safe, and cost-effective.

So I've told the story of flax and will tell it again and again because someone I know who had high blood pressure followed the recommended dosage and saw his blood pressure drop. This isn't only wives' tales: the St. Boniface Research Centre is getting the same results from their own controlled studies.

In today's issue you see the story with Gordon Bacon on not only how healthy pulse crops are as a great source of protein, but how they too control blood sugar levels and cardiovascular disease. Farmers do an amazing job with feeding the masses around the globe. Not everything is gold that glitters, they say, but in this case they're taking a commodity and turning it into healthy



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# Standing firm on GMO foods

> HARRY SIEMENS

ingredients that will find their way onto your plate.

But, stop the presses: there are those people who want to destroy the much maligned genetically modified foods that have in some cases been around for centuries.

My colleague, farm broadcaster Orion Samuelson, tells me he took on again the people who keep claiming GMO foods kill millions.

To do that, Orion turned to another voice to fight the battle.

He says that at the Annual Coca Cola Shareholders Meeting held on April 29 in Atlanta, Justin Danhof, director of the National Center for Public Policy Research, addressed shareholders and Coca Cola executives from the floor and shared these thoughts:

"Despite the fact that GMOs are mainstream agriculture, that GMOs feed people more efficiently, that GMO crops are more environment-friendly than conventional crops, and there is scientific consensus GMO foods are safe, activists still attack companies such as Coca-Cola for using GMOs in some of its products."

"Last year Scientific American reported that the delayed application of Vitamin A-enhanced Golden Rice, thanks to controversies stirred by anti-GMO activists, had cost over 1.4 million life years in India alone. This is real human suffering and death."

"The anti-GMO attacks come from Americans who have likely never missed a meal in their lives. The campaign against GMOs is unscientific, fear-based and inhumane, but they are

Continued on page 18

## Make 'Space on the Plate' for pulses

By Harry Siemens

Pulse Canada hopes that the United Nations' designating 2016 as International Year of Pulses will spotlight the health benefits of pulses, spark additional research, and increase attention to the hurdles that cause trade disruptions.

CEO Gordon Bacon says going forward they really want to make sure people know how pulses are a healthy addition to one's normal daily diet.

"We really believe that we have the opportunity in the pulse industry to catapult to be the ingredient of attention on a global basis," he says, noting they've just launched a new international logo and tagline billing

pulses as "The Future of Foods."

Bacon says the timing is right for beans, lentils, peas, chickpeas, and pulses around the world to get the recognition they deserve, not only as a protein source, but more importantly as something that will make a difference from a health perspective.

The main health factor he wants to talk about to anyone who will listen is blood sugar control, which is key in diabetes.

"This is a pandemic around the world in the developing countries, and certainly related to obesity problems, which aren't just restricted to North America, but India, the

Continued on page 18

# Your FARM



## Ritz says U.S. ready to make changes to M-COOL

### > HARRY SIEMENS

Canadian Agriculture Minister Gerry Ritz has concluded his second agricultural mission to Turkey, where he participated in the G20 ministerial agricultural meeting.

There, Ritz advocated agricultural innovation, including biotechnology, to increase safe food production, sustainability, and improve farmers' incomes.

He also called on G20 members to support international free trade to ensure producers and processors have the market access needed to feed the world's growing population.

The 20 members adopted a joint communiqué that supports information sharing on agricultural technologies and markets.

When it came to the question and answer period on a worldwide media conference call, Ritz answered questions regarding the status of the

United States' Mandatory Country-of-Origin-Labeling regulations.

On May 18, the World Trade Organization is slated to release its decision on the United States' final appeal of earlier rulings that M-COOL discriminates against imported livestock from Canada and Mexico in violation of U.S. trade obligations.

The M-COOL legislation requires retailers to label beef and pork according to where it was born, raised, and slaughtered, prompting many U.S. processors to stop using imported product rather than keeping it segregated.

Ritz said he spoke with his U.S. counterpart, Agriculture Secretary Tom Vilsack, about this issue while in Turkey.

"Tom and I had a very candid conversation today here in Istanbul," he says. "He recognizes now the economic hurt that this is actually doing to his own industry, so he's given instruc-

tions to the administration to bring forward a piece of legislation that will either look at a NAFTA label—which, of course, would encompass us—or something that would seek to repeal what COOL has done."

Ritz says he's firmly in the camp of repeal.

"We don't want the second shoe dropping some three or four years down the road when someone else gets this ridiculous idea," he says. "Tom is on-board fully now, saying we have to work together. We can no longer negate the intricacies of the North American marketplace, so I welcome that change. The epiphany he had on the way to Istanbul, I guess, was resounding."

The Canadian government has said it is prepared to impose duties on a wide range of imported U.S. products if the U.S. doesn't settle this issue.

### Canada partners with Turkey

Also while in Istanbul, Ritz met with Turkish Agriculture Minister Mehmet Mehdi Eker and secured an agreement to open market access for Canadian breeding cattle to Turkey. The agreement is estimated to be worth \$4.5 million annually.

He also discussed growing Canada's agricultural trade with the European Union Commissioner for Agriculture Phil Hogan.

Ritz and Hogan both welcomed the signing of the Canada-EU Free Trade Agreement and agreed they need to implement it in a timely manner.

"Increasing global agricultural trade, as well as encouraging innovation through biotechnology, are foundational to ensure food security," says Ritz. "Collaborative efforts will certainly bring more economic prosperity and growth for farmers in Canada and around the world."

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# Your FARM



## > SIEMENS SAYS, FROM PG. 16

winning. One ABC news poll showed 93 per cent of Americans think the federal government should mandate GMO labeling—a tactic they hope will elevate GMOs with taboo products such as tobacco and alcohol.”

“As perhaps the most recognized brand in the world, Coca Cola has an opportunity and indeed a duty to do more to bridge the GMO information gap and educate consumers about the safety of GMO products.”

Orion and I both fully agree with what Mr. Danhof had to say, and we

wish food companies would spend as much time defending science as they do reacting to emotional activists whose claims are not based on science.

We have been consuming GMO foods for four decades now and I have yet to see the first death certificate

that lists cause of death from consuming GMO foods.

Here is one other thing to remember, as the Economic Times reports: 1.3 million children die from malnutrition, while zero, nada, no one has ever died from GMOs.

## > SPACE ON THE PLATE, FROM PG. 16

Middle East, and increasingly even in China with the younger generation,” says Bacon. “We have the opportunity to position pulses as being something that provides some value to society in addressing one of our key priorities and that’s health.”

Bacon says much of the discussion at the recent Global Pulse Confederation in Las Vegas was not about traditional supply and demand of pulses, but rather how the industry can unlock this potential to move these crops from commodities to key ingredients that impact health.

“I think everything in life is greatly influenced by the timing,” Bacon says. “We’re coming together with 2016 being declared by the United Nations as the International Year of Pulses. We’re continuing to see focus on health and non-communicable disease health problems like blood sugar control, diabetes and cardiovascular disease.”

He says they’re seeing more and more on a global basis new product launches that contain pulses to compliment the cereal base.

“I think this is our future, looking for ‘space on the plate’ and an understanding at the consumer level as to why this is important,” says Bacon. “On eating whole beans, we have decades of research in terms of what the health benefit is, but we haven’t come up with creating new excitement for the new generation of bean eaters.”

He thinks all of the things coming together are going to give that big critical push to help them focus on what are the things they need to do.

“When you start with a new focus, then new questions come to light. I think that is our opportunity as to continue to provide that information to answer those questions and to catapult us forward to put pulses back on the plate,” he says.

The International Year of Pulses will launch with an official UN declaration next January, with celebrations planned to start in Australia and work their way around the globe.

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# Cookbook fundraiser to purchase AED

By Jeff Ward

Steep Rock Beach Park regulars have come up with an ingenious idea to help fund the cost of purchasing an AED by creating a cookbook to sell as a fundraiser.

The cookbook features more than 300 recipes from campground regulars who each submitted their favourite meals.

"I've actually been thinking about this idea for a few years now and we finally decided to do it last summer," said Sherryl Woloshyn, a campground regular and one of the main driving forces behind the cookbook.

"I figured it would be good for the community, getting everyone involved. It's a combined effort for the park, which we all love and spend lots of time at. The campers really responded."

Last summer there was an intake of recipes, with most campers submitting two or three of their favourite meals to the cookbook. Woloshyn, who worked with her daughter Kelly Webb and campground manager Lana Iwanchuk, put together the book over the fall.

Iwanchuk solicited advertising in the book to cover the printing costs, while Webb and Woloshyn both worked to sort through and input the

recipes into their publishers website.

"They have a template on their website and you just input all the information," explained Kelly Webb.

"It took a little longer than it probably should've but working full time and having a few part time jobs keeps you busy. It took about a month to have everything transcribed and into the book."

Once the book was completed Webb was able to get a proof quickly and make the call to move onto production. And now with the book complete it's time for them to be sold.

The book has 164 pages and contains a mix of 50 per cent bar-

becue related recipes and then 50 per cent baking and dessert recipes that can be done at home. There is also a section of campground hacks at the back of the book. Little tips on making your campground experience all the more enjoyable.

Each book costs \$12 and all proceeds go towards funding the cost of the AED. If you'd like to purchase a copy you can contact either Lana Iwanchuk, 204-449-2221 or Sherryl Woloshyn at 204-372-6029.

There are only 300 copies of Cooking with Steep Rock Beach Park available.

**"I FIGURED IT WOULD BE GOOD FOR THE COMMUNITY, GETTING EVERYONE INVOLVED."**

# Sandhill crane sighting



EXPRESS PHOTO BY MARNEY BLUNT

This lone Sandhill crane was spotted stepping through the tall grass along Hwy. 231 between Gimli and Fraserwood a few weeks ago. The cranes are migrating north for the summer season and can be seen throughout the Interlake and different parts of Manitoba once again.

# Chamber of Commerce back in Gimli

## News Release

It's official! The business community of the Rural Municipality of Gimli has come together to restart the Gimli Chamber of Commerce for 2015. With the encouragement of the new Mayor of the RM, Randy Woroniuk, a number of local business people have come together to move forward with a vision for a revitalized business and community network that will benefit all those who call the Gimli area home.

Over 75 businesses and other economic minded organizations have shown an interest in being part of a Chamber of Commerce. The new Gimli Chamber leadership team con-

sists of willing volunteers identified at a recent meeting of interested business people and will serve to get the chamber up and running for an initial term ending with the first AGM sometime in early 2016. The initial chamber council consists of 12 committed local citizens with varied backgrounds and talents:

Nic Munday (Noventis Credit Union) – President

Peter Holfeuer (Lifetouch Canada – Retired) – Vice President

Doriane Johnson (Sobeys) – Secretary

Shelly Goodman (Shel Bookkeeping) – Treasurer

Carrie Arsenault (Sugar Me Cookie

Boutique) – Director

Marc Palsson (Rona) – Director

Melanie Specula (Chicken Chef) – Director

John Bucklaschuk (Royal LePage/H&R Block) – Director

Tammy Axelsson (New Iceland Heritage Museum) – Director

Stefan Tergeson (Tergeson's) – Director

Grant Baker (Baker Law Corp) – Director

Michael Lazer (Lakeview Resort) – Director

The group is working with the Manitoba Chambers of Commerce to provide a wide ranging benefit package for Gimli members. The package will

be presented to potential members at a fun business mixer event and membership "Blitz" night on Wednesday, June 10, 7 pm at the Lakeview Hotel & Conference Centre. These benefits, along with networking opportunities, event coordination and a local business lobby are at the heart the desire to reconstitute a strong, local Chamber of Commerce. Thank you to everyone who has had a hand in moving this vision forward.

Please feel free to contact the Gimli Chamber for more information, or to register your email address for future communication, at gimlichamber@gmail.com or write to us at Box 228, Gimli, MB ROC 1B0.

# “Please, sir, I want some more”

Morweena Christian School *Oliver Twist* production draws huge crowd

By Marney Blunt

The high school students at Morweena Christian School took audiences back in time to the 1800s with their drama production of Charles Dickens' *Oliver Twist* last week at the Morweena Evangelical Mennonite Church.

The play tells the tale of the life of Oliver Twist, an orphan in the 1800s who endures a childhood filled with miserable events and social injustice. The orphan goes from a workhouse to being placed with an undertaker and then escaping to London where he becomes involved with criminal activity.

Tara Loewen, one of the directors of the production, said the Charles Dickens classic seemed like the perfect fit for the school production.

“We just sat down as a staff and went through different stories and we came to the conclusion that this one was a powerful story,” said Loewen, who is a student life coordinator at the school. Loewen directed the performance along with co-worker Amber Dueck.

“Also, we have close to 60 students

that we work with, and this one would have opportunities to have a lot of different parts, so that was also part of our decision making.”

Although the Grade 9 to 12 students having been going full out with rehearsals and preparation since returning to classes after spring break, the production has been in the planning process since even before Christmas.

“Just before Christmas, we got all the students to fill out a form as to what they felt their interests and skill level was as far as being involved in light or sounds or costumes or having a big acting role or a small acting role and those kinds of things,” explained Loewen. “So the students had a lot of input in what they actually ended up doing.”

Loewen said she couldn't have been more pleased with the effort the students put in and the way they worked together to get the job done.

“It's actually a lot of fun working with them because they're very excited about it and they've been putting in tons of effort and when you have a practice, it's never difficult to get them there,” said Loewen.

“I've been kind of encouraged and inspired by just watching the students

**“THEY JUST REALLY PULL TOGETHER AND BECOME QUITE A TEAM AND THAT'S A LOT OF REALLY FUN TO SEE.”**



EXPRESS PHOTOS BY MARNEY BLUNT

Morweena Christian School students decked out for their *Oliver Twist* performance. Pictured, front row (left to right): Terrilee Dueck, Heather Loewen, Amanda Dueck, Fernando Wiens, Aiden Payne and Trenton Kornelsen. Back row: Dwayne Dueck, Colleen Reimer and Nathan Friesen.



(Left to right) Tammy Penner, Cheyenne Reimer, Trishia Wiebe, Daryl Penner, Kendall Reimer and Donovan Plett in character for *Oliver Twist*.



(Left to right) Kayleen Dueck, Jamie Kornelsen, Camryn Plett, Randy Loewen, Jermaine Loewen and Keandra Plett. In front, Trenton Kornelsen.

work together. To me, it's really quite inspiring to see the way the kids serve each other, whether it's helping each other out with lines or costumes, they just really pull together and become quite a team and that's a lot of really fun to see.”

The entire production featured original music, as students Daryl Penner and Mikaela Reimer wrote all the instrumental music for the production. Just one more way the students made their teachers proud.

The play, which ran Thursday, May 7 and Friday, May 8 at the Morweena

Evangelical Mennonite Church, saw nearly 300 people in attendance each night.

Loewen added that not only was the production a fun thing for the students, but it also had some important messages that they picked up on.

“Just the way they've really begun to latch onto the themes in the story, just becoming more passionate about social justice and recognizing some of the greed and hypocrisy that is in our world currently even though this is a story from the 1800s.”

# Organizers are looking for the next Miss Interlake

## Last year's Jerrica Forsyth shares some of her highlights as Miss Interlake

By Jeff Ward

Since 1968 the Miss Interlake Pageant has been one of the most popular summer events in the region. However, in recent years that popularity has waned.

This year, with the help of some new initiatives, organizers are staging a comeback.

It's a small committee of just two people, Tara Law and Judy Fortin, who have been keeping the Miss Interlake Pageant alive and this year they're hoping to breathe new life into it.

"The last three years we've had a tough time getting interest," said Tara Law, who's been on the committee for five years.

"But this year we're doing more work trying to get girls to understand what the Miss Interlake Pageant is all about. We have a

few people going to the schools and explaining what the pageant is and what it can mean for you. So far we're already seeing more interest."

Law explains that the last three years have been tough to find contestants and that they've had to scramble at the last minute. The pageant can have as many as 10 contestants.

Contestants are tested throughout

the day with a talent competition, personal interviews where candidates are asked questions about world events, values and knowledge of living in the Interlake. During the afternoon the girls will model sports wear and a formal gown before finally giving a one to two minute impromptu speech on a previously chosen topic during lunch.

And the final stage, which takes place at the grand stand during the Lunder Ag Fair, is when the winners for best talent, miss congeniality and first and second runners up are chosen. The crowning of Miss Interlake 2015 is the finale. Miss Interlake will receive a \$1,000 scholarship, which was a new addition last year.

"We used to just give prizes, but we felt that with where the girls are in their life that the scholarship would be much more valuable to them and their future,"

explained Law.

The day is supposed to be fun, and it is for every contestant. But there's also a serious nature to being crowned Miss Interlake, because after you've won, you're now the ambassador to the Interlake, and the responsibilities involved are taken seriously by previous winners.

"It was unfortunate that I wasn't

**"IT'S MUCH MORE FUN IF YOU JUST LIVE IT, INSTEAD OF TRYING TO WIN, IT'S A GREAT BONDING EXPERIENCE."**



EXPRESS PHOTO SUPPLIED BY TARA LAW

Through targeted awareness the Miss Interlake Committee is hoping to have a renewed popularity this year. Pictured from left to right; Rockwood's Jenna Valiquette second runner up, Miss Interlake, Jerrica Forsyth and Stonewall's Rhianna-Lynn Holter-Ferguson first runner up.

called out for more events," said Jerrica Forsyth, Miss Interlake 2014 and also winner of Best Talent with her horse riding routine.

"As Miss Interlake you have to be available to volunteer at other events around the Interlake. I was called out to three events and was able to attend two of them. But that comes with the awareness which I hope grows this year."

Forsyth explains that many girls she knows are nervous about signing up to be a contestant because they don't have a talent, but said that the pageant was one of the most fulfilling experiences in her entire life and that every girl should have the chance to "feel like a princess for a day".

Forsyth explained that contestants shouldn't go in trying to win, and that the real reward is the experience itself.

"Honestly I never expected to win and it was a surprise. It's much more fun if you just live it, instead of trying to win, it's a great bonding experience. When I was up there I was proud of myself and the other girls. We're all Facebook buddies now."

The 2015 Miss Interlake Pageant takes place on Saturday, June 13 during the 63rd Lunder Agricultural Fair.

If you're interested in participating you can call Tara Law at 204-762-5908 or email her at missinterlake@outlook.com.

## Manitoba Hydro' Bipole III project failing to meet constitutional standards of consultation and accommodation of indigenous rights

Submitted by Kayla Frank, Assembly of Manitoba Chiefs

Construction of Manitoba's Hydro's Bipole III line is now underway along a corridor running approximately 1,384 km from the north to the south on the west side of Manitoba. The anticipated cost of the project is now anticipated to be \$4.6 billion dollars and climbing.

The proposed route runs through the traditional and ancestral territories of many of Manitoba's indigenous communities and will bring significant changes to the land and subsequent-

ly, cultural and economic activities on the land. In Manitoba, projects undertaken that have a real or potential impact on the exercise of Aboriginal or Treaty rights invoke a duty to consult and where necessary, provide adequate accommodations to satisfy the lawful duties of the government. In this instance, the province has failed the Opaskwayak Cree Nation, as well as other communities throughout the early stages of the proposed project in adequately addressing significant impacts.

"Community engagement in the last

few years has not adequately measured the losses that a community of families will experience in the shifting nature of their relationship with the land brought by industry development" stated Grand Chief Nipinac.

"Rather than address lawful obligations, and set a foundation for job creation and capacity building, including the expansion of alternative energy options in Manitoba, the provincial government has allowed its utility company, Manitoba Hydro, to begin procuring vendors from abroad. By applying a business model and proj-

ect plan that inadequately addresses the capacity and ability of Manitoba's indigenous communities to do the work together with other trained and competent Manitoba citizens, we all lose on a significant opportunity to build momentum I developing the green alternative energies of tomorrow."

The Opaskwayak Cree Nation now opposes further procurement and contracting initiatives on the project until such time as adequate consultation has occurred and accommodation measures negotiated.

# Thousands visit world-rekowned Narcisse Snake Dens

By Marney Blunt

It's that time of year when there's spring romance in the air at the Narcisse Snake Dens, and thousands of tourists are slithering their way down through the Interlake to see one of the biggest congregations of red-sided garter snakes in the world.

Each spring, tens of thousands of snakes come out of winter hibernation and surface out of the four dens that make up the Narcisse Snake Dens. The dens are sink holes that have been caused by water erosion, and below the sink holes there are cracks and crevasses in the limestone, making a safe cave for tens of thousands of snakes to hibernate below the frost line.

Conservation officials say this week is the peak time to see the snakes, as the dens will be at their largest concentration.

"There's some of the largest concentrations of snakes in the world," said Dave Roberts, a regional wildlife manager with Manitoba Conservation and Water Stewardship.

"They're wild creatures that are somewhat oblivious to the presence of humans because they're busy going through a mating ritual and you can get very close to them and even pick up a single snake if you choose to do so. There aren't very many places in the world where you can actually handle a truly wild animal like we have at the Narcisse Snake Dens."

When the snakes emerge of the dens, in the spring they have two things on their mind: Mating and finding food.



EXPRESS PHOTO BY MARNEY BLUNT  
Red-sided garter snake.

"They haven't eaten since the previous August or early September, so they've been living off the fat that they put down that previous summer," explained Roberts. "Their biological clock is telling them they have to make a choice between staying and breeding or heading out to areas for feeding, and at some point their little brains tell them it's time to switch from the breeding mode to the feeding mode."

Another good time to view the snakes is when they return to their dens in late August or early September.

"In the fall they come back after feeding in their summer foraging areas and they kind of loaf around for awhile as long as the weather is nice and then they kind of go down into the cracks of the limestone in the area and once it gets cool during the daytime," said Roberts.

Roberts says that in the early 2000s Manitoba Conservation, along with the help of Manitoba Hydro, installed



EXPRESS PHOTO BY TRACY FARMER

Each spring, masses of red-sided garter snakes congregate to form mating balls. These slithery swarms appear to be a "frenzy, but a closer look reveals a much finer dance. The small males court the larger female by rubbing her head with their chins and maintaining as much contact between their long bodies as possible.

a tunnel under Highway 17 and a small fence running along the highway in an effort to reduce the amount of snakes that get killed crossing the highway.

"We put in pipes that are 25 or 30 cm in size and the fences connect the tunnels and direct the snakes to the tunnels. Some of them through the tunnel, we found in recent years that the fences are becoming less and less effective," said Roberts.

"So I'll be actively trying to improve the fences this summer to decrease

the amount of mortalities that have been occurring on the highway. But we're still managing to see 75 per cent of the animals pass through that migration corridor."

The time for viewing snakes will carry on right until the end of the May, Roberts says, with the numbers of snakes starting to decline after the long weekend.

The Narcisse Snake Dens are located off Highway 17 in the Interlake, approximately six kilometres north of Narcisse.

## To Steep Rock and back



EXPRESS PHOTO BY ROBIN CHESTNUT

Visiting Canada from Japan on a work visa, Toru takes a break in Lundar during his three-day bike trip to see the world famous cliffs at Steep Rock. The journey will have him cycling more than 500km.

## Saying "Neigh" to Cancer

### Woodlands family prepares for annual cancer fundraiser

By Stefanie Lasuik

The Schotts are ready to show up cancer. Maryls, Stacey, Bonnie, Monica and Daniel of Woodlands are set to run a charitable horse show on June 27, with all proceeds going to CancerCare Manitoba and the Brain Tumor Foundation of Canada. This, the fourth horse show put on by the Schotts, looks to continue a tradition that has thus far raised \$25,000.

'Showing Up Cancer' was an initiative started by Stacey Schott in memory of her father, Eric, who passed away from brain cancer in

2007.

The event will feature 14 classes including Western, English, and lead line including fun categories in barrel racing and pole bending. A silent auction will round out the day.

The show, which was previously held in Stonewall, will take place at Selkirk Agricultural fair grounds and entry forms can be found on the 'Showing Up Cancer' Facebook page, by calling Maryls at 383-0193, or emailing showingupcancer@gmail.com

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Swan selected in WHL Bantam draft

By Brian Bowman

Interlake Lightning goaltender Adam Swan was selected in the 11th round, 222nd overall by the Lethbridge Hurricanes in the Western Hockey League Bantam draft last Friday.

He found out that he was selected by a WHL team when a classmate shouted out in class that he had been drafted.

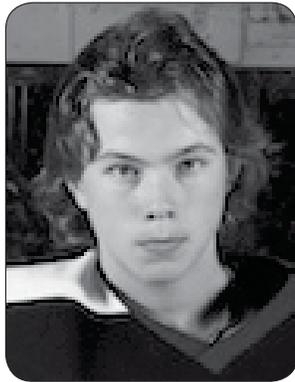
"It's pretty amazing, actually," said Swan, 15, Sunday evening. "Going to Lethbridge will be a great opportunity to show people my skills."

Lethbridge finished 11th in the Eastern Conference this past season, posting a 20-44-5-3 record. Hurricanes' head coach/GM Peter Anholt congratulated Swan after he was drafted by his club.

"They phoned me the day after I got drafted, welcoming me to the organization," Swan explained.

Swan, an Ashern product, played this past season for the Lightning Bantam team, splitting duties with Riley Buhay. Interlake struggled last season, finishing with a 2-41-1 record and allowing a multitude of shots each game.

But Swan felt seeing all of that rubber will help him in his goaltending career.



Adam Swan

"Basically, you have to hold your head up high the whole year and keep working hard," Swan said of last season.

Swan was one of 36 Manitobans selected in the WHL draft. Six of those Manitoba players were picked in the first round.

Here are the 2015 Manitoba selections from last week's WHL Bantam draft:

1st round:

D - Calen Addison (Brandon) - 2nd overall Lethbridge Hurricanes

D - Jett Woo (Winnipeg) - 4th overall Moose Jaw Warriors

F - Koby Morrisseau (Grandview) - 9th overall Spokane Chiefs

F - Riley Stotts (Winnipeg) - 10th overall Swift Current Broncos



EXPRESS PHOTO SUBMITTED

Ashern's Adam Swan was selected in the 11th round by the Lethbridge Hurricanes in the Western Hockey League Bantam draft last Friday.

cos

D - Dawson Barteaux (Foxwarren) - 14th overall Regina Pats

F - Caiden Daley (Winnipeg) - 22nd overall Brandon Wheat Kings

2nd round:

F - Owen Blocker (Dugald) - 32nd overall Swift Current Broncos

F - Noah Geekie (Strathclair) - 42nd overall Calgary Hitmen

3rd round:

F - Rylan Bettens (Winnipeg)

- 51st overall Brandon Wheat Kings

D - Montana Onyebuchi (Dugald) - 63rd overall Everett Silvertips

4th round:

D - Layne Toder (Elkorn) - 85th overall Calgary Hitmen

5th round:

F - Duncan McGovern (Winnipeg) - 91st overall Medicine Hat Tigers

D - Lane Kirk (Swan River) - 96th overall Prince Albert Raiders

ers

F - Grady Hobbs (Deloraine) - 102nd overall Victoria Royals

D - Andrea Esposito (Winnipeg) - 108th overall Calgary Hitmen

6th round:

D - Jacob Thomson (Brandon) - 124th overall Red Deer Rebels

D - Garrett Sambrook (Medora) - 132nd overall Brandon Wheat Kings

Continued on page 24



EXPRESS PHOTO BY LANA MEIER

## Interlake 2-0 in men's soccer

By Brian Bowman

The Interlake Impact have gotten off to a great start this season.

Interlake is now 2-0 after a 2-1 victory over Landmark FC in Manitoba Major Soccer League Seventh Division action last Saturday.

Benny Wiens and Kyle Dueck scored for the Impact. Sidney Wiebe replied for Landmark.

Interlake started its season May 5 with a convincing 8-2 triumph over Les Bleus at the Vince Leah Community Centre in Winnipeg.

Charles Howland led the Interlake

with four goals while Dueck, Weaton Friesen, Andrew Harder and Wiens also tallied.

Jerome Champagne scored both goals for Les Bleus.

With the two early-season wins, the Impact lead the MMSL's 7th Division with six points, two ahead of Azzurri (1-0-1) heading into this week's action.

Interlake will play Grunthal this Monday and the Gunners on May 22. Both games will be played at Vince Leah with 7:30 p.m. start times.





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### GARAGE SALE

Garage & Bake Sale May 16, 9 a.m. - 4 p.m. 6 miles north of Riverton on Hwy 8, 1 mile east on Rd141N, 1/4 mile south. Rain or shine! Lots of household items, baby clothes, food dehydrator, furniture, piano! Everything must go!!

May 16th - 8 a.m. Power tools, furniture, treadmill, air pressure tank. No clothing. 99 5th Ave., Gimli, MB.

### HELP WANTED

Employment Opportunity - Aspen Park in Gimli is seeking to fill 2 positions for a Recreation Supervisor, 1 position is permanent part time year round and the other is seasonal for the summer. Both positions to start mid June. Duties for both positions include: Recreation Centre housekeeping and supervision including daily maintenance and supervision for the pool area during the summer. The applicant must have excellent customer service skills, the ability to work with limited supervision and be physically fit. Please forward resume no later than: May 18, 2015 to: Winnipeg Condo Corp 208 (Aspen Park), Box 3577, RR #1, Gimli, MB ROC B1 or fax to 204-642-1243.

### HELP WANTED

Part-time House-keeping Staff required. Call Sheri at Rockwood Motor Inn at 204-467-2354.

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### MOBILE HOMES

6 new 16 x 80, 3 bed, 2 bath, starting at \$83,000; 1 new 16 x 68, 2 bed, 1 bath, starting at \$72,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

Large moving garage sale. Everything from indoor to outdoor items. May 16 & 17, 8 a.m. - 4 p.m. 19095 Dnister Rd., 2 miles north of Gimli between Hwy. 8 & 222.

Moving sale Friday, May 15 starting at 4 p.m. and Saturday, May 16 starting at 9 a.m. 3 miles West of Poplarfield on 68.

### PROPERTY FOR SALE

Approx. 560 acres of fenced pasture with hydro, well & corrals. 6 miles west of Teulon on 415. Ph 204-461-1610.

### HELP WANTED

Looking for fulltime help on a dairy farm in Gimli. Duties would involve all aspects of the farm. Feeding, milking and care of the milking cows and calves, also field work and general maintenance of equipment and the yard. Must have a valid licence. Please have a resume and references. Jason 204-642-2183. Or jk-porteous@gmail.com

### OFFICE SPACE FOR RENT

Located at 334 1st Avenue, Arborg, Mb. Formerly 1st Avenue Salon. Available June 1, 2015 (utilities included in rent). Contact Norm at 1-888-979-4835.

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**HOUSEHOLD MOVING AUCTION**  
**for Ed & Cheryl Lechelt, Ashern, MB**  
**Sunday, May 24th at 1:00 p.m.**  
**Sale site: Ashern Curling Rink, PR #325E, Ashern, MB**

**Household:** Round oak table w/4 chairs; Dining room table w/leaf, & 6 chairs (2 captain), & buffet; Chesterfield, loveseat & chair; Coffee table & 2 end tables; China - Royal Albert Val D'or Concerto & Paragon; Misc china & crystal; Elephant figurines (various sizes); Elephant wicker table; Artificial plants; White end tables; Pictures; Old Chesterfield, chair & loveseat; Jan Bain Prints - unframed "Wolf", framed "Cubs" & "Monkeys"; Elliptical trainer; Misc coffee & end tables; Green recliner; Children's table; 4 piece wall unit; Ted Long print "Sunday Supper"; Storage/shelving unit; White desk; wooden desk; Wall chime clock; (2) pine bookshelves; Papason chair; (2) Jean Postlethwaite paintings; White hutch dresser; Series of 6 "Rockwells Light Campaign" numbered plates w/certificates; Queen bedroom suite w/dresser & mirror, highboy; (2) night tables; Books - Taming of the Wilderness, North West Interlake Heritage, Hardships & Happiness; Records; Parlier loft bed (slats missing); Small stereo system w/recorder and cassette player; Kirby vacuum cleaner; Misc Household  
**Shop & Tools:** Pressure system; Garage stool; Motorcycle jack; Assortment of tools; 6" Craftsman bench grinder; Vice; Saws; Furniture dolly; Karcher 360 psi pressure washer; Craftsman Scroll saw; Tradesmaster Side sander; 10ft Aluminum ladder (7 step); Lge Swede saw; Soldering set; 12v Impact wrench (new); Craftsman 19 1/2 shop vac (wall mount); Stanley tool box caddy; Hammers; Submersible pump (sm); Misc tools  
**Yard:** Husqvarna 15hp riding mower w/double bagger (new battery); (2) push lawnmowers- Landmark & Craftsman (1 w/bagger); Green Machine; Scott's yard fertilizer; True Temper wheel barrel; Hi Capacity Roto tiller; Tree trimmer; 10 x 10 Gazebo; BBQ; (2) Adirondack chairs; Metal patio set w/table, umbrella & (4) chairs;  
**Miscellaneous:** Harley Davidson Pipes/mufflers (new); Wooden wagon wheel spokes; Gardex Safe; Old cabinets; 12v plug in cooler; (2) Ski-doo helmets; (2) Motorcycle helmets; Rabbit decoy; Hunting blind; Coyote game call; Jeep softtop w/headrail & backcover for TJ Jeep; Propeller w/clock; Fishing rods; Gun rest; (2) Spiral clothes racks; Fold up camping table; (4) used 16" tires;  
**Antiques:** Old wooden filing cabinet - legal "The Willson Stationary Co"; Wooden desk; wooden Chair; Wooden wall phone; (4) Vinegar bottles; Brownie camera; AnSCO clipper camera; Insulators; (3) Geco decoys; Eatons Catalogue (1927 replica); Gas tank; Lanterns; Wooden level.

**Auctioneer's Note: Ed & Cheryl have sold out. Everything must go.**

**Lorne (Buddy) Bergner, Auctioneer**  
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## FARM RETIREMENT AUCTION

for Leslie & Elsie Maytwayashing  
 Lake Manitoba First Nation  
**Saturday, May 23, 2015 at 10:00 a.m.**

**Sale site: From Lake Manitoba Band Store on Hwy #68 - 13.3 km South or from Eriksdale - 29 km West on PR #417 (Follow signs)**

**Tractors & Combines:** 1998 J.D. 7210 FWA Tractor w/740 JD loader, bucket & bale spear (3pt hitch bale fork); Int 444 diesel Tractor, 3pt hitch; (2) JD 2130 Tractors; JD 4230 Tractor; Cockshutt 1365 Tractor; 100-90 Hesston FWA, 3pt w/794 Allied loader (needs fuel tank); H-65 Huff loader w/2 yd bucket (runs good);

**Vehicles & Trailers:** 1980 GMC 3 ton w/box & h, 8x15 box & roll tarp; 40ft hay trailer w/converter; 15ft utility trailer, dual axle; 48ft stepdeck trailer; 18ft Real Industries gooseneck cattle trailer; 2 horse trailer, bumper hitch; Int Harvester 2 or 3 ton Truck w/HIAB lift (running); 4 wheel trailer;

**Machinery & Equipment:** New Holland BR780 baler; Buhler soft core baler (need pto shaft); J.D. 535 round baler; 9 wheel Vicon rake; (4) 9ft N.W. 456 hay mowers;

**Cattle Equipment & Miscellaneous:** (5) 24ft steel panels w/gates; (20) 30 ft panels; (60) 10ft panels; (2) blue panels w/gate; (7) round bale feeders; Cattle rack for 1/2 ton; Portable loading chute; 30x30 steel pen w/gate; Big Valley squeeze chute; Reyden squeeze chute w/palpation cage; (3) Ritchie waterers; Variety of small steel gates; 150 gal poly water trough; 12 + spools of new barb wire; cattle syringes;

**Fishing Equipment & Misc Sporting:** Approx 1954 Bombardier wide gauge w/350 engine & 400 turbo trans; 18ft Lund aluminum boat w/Mercury 2 stroke motor (runs good); 8ft Fishing sleigh; Ice Auger; Nets - 16 & 12, some 20 mesh & 3 inch for perch; (2) Skidoos - Polaris Trail & Skidoo; Baja WD90 4 wheeler for youth (almost new);

**Miscellaneous & Tools:** Slip rack; (2) Generators - Honda & Powermate; Air compressor; Power saws; Floor jacks; Tool boxes; Push lawnmowers; Dewalt chop saw; Tradesmaster chop saw; Princess Auto 3/4" drive air tools; Flat & open end wrenches; socket sets; misc tools

**Antiques:** Bennett gas pump(gallons & dollars); Pull type grader; Potato digger; 5ft horse mower; Horse bells; Sleds; Traps; Cistern pump; Tools; Lamps; Snow shoes; Coca-cola cooler; Butter churn; Cream separator; Cocks; Washer; Cheese box; Tobacco tins; (4) old steel tractor wheels; Antique signs - 7-Up, Coca cola, Sportsman & Blackcat cigarettes, Texaco, Quaker State; (2) China cabinets; Sideboard, (2) chairs, other misc antiques

**Auctioneer's Note: There is a lot more than what is listed, so plan on the whole day!**

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## McSherry Auction Service Ltd

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**St. Anne, MB**

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## EMPLOYMENT OPPORTUNITY

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The Town of Lundar is seeking a **part time worker for Public Works** who has a strong work ethic, can work with limited supervision, has a sense of community pride, is a self-starter and can communicate with others. Must possess full Class 5 driver's licence (minimum), knowledge of operating and maintaining small equipment, be physically fit to do the job and comply with Child Abuse Registry Check. Duties would be general maintenance of the town and supervision of Green Team workers.

Applications can be mailed to RM of Coldwell, Box 90 Lundar, MB R0C 1Y0 or dropped off at the RM office - 35 Main St. Lundar **no later than May 22, 2015.**

Any questions can be directed to Will McLeod at 204-762-6014 or Nicole at the RM office 204-762-5421.

### MISCELLANEOUS

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### UPCOMING EVENTS

Arborg Legion Ladies Spring Tea & Fashion Show at the Arborg Legion on May 21 at 7 p.m. Fashions by Johnsons. Silent auction, raffle & lunch served afterwards.

Join the fight against Prostate Cancer. The 7th annual Manitoba Motorcycle Ride for Dad happens Saturday, May 30, 10 a.m., Earl's Polo Park Shopping Centre. You can register or make a pledge by visiting [www.ridefordad.ca/manitoba](http://www.ridefordad.ca/manitoba) Proceeds stay in Manitoba for Prostate Cancer research and education.

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**ANNOUNCEMENTS**

**ANNIVERSARY**

65th wedding anniversary in honour of Gerald (Les) and Annie Scharf of Oak Point, Manitoba  
You 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 of your company.

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> MEAL IDEAS



## Cranberry Granola Bars

until very soft. Add soy butter, vanilla and cinnamon and stir until smooth.

In a large bowl, combine oats, wheat germ, flaxseed and cranberries. Pour over date mixture and stir to combine. Spread into a parchment paper lined 8 inch (1.5 L) baking pan and press down evenly.

Bake in a 350 F (180 C) oven for about 25 minutes or until golden and firm to the touch. Let cool before cutting into bars.

Tip: Wrap bars individually for ease to pop into lunches. For a chewier bar, simply store in the refrigerator. These bars will last up to 1 week at room temperature or in the refrigerator.

Prep time: 15 min | Cook time: 25 min  
Makes: 12 bars

[www.heartandstroke.mb.ca](http://www.heartandstroke.mb.ca)

- Ingredients**  
 1/2 cup (125 mL) chopped and pitted medjool dates  
 1 cup (250 mL) orange juice  
 1/4 cup (50 mL) soy or nut butter  
 1 tsp (5 mL) vanilla  
 1 tsp (5 mL) cinnamon  
 2 cups (500 mL) large flake oats  
 1/3 cup (75 mL) wheat germ  
 2 tbsp (25 mL) ground flaxseed  
 1/4 cup (60 mL) dried cranberries or raisins

**Directions**  
 In a small saucepan, combine dates and orange juice. Bring to a gentle simmer over medium heat for about 5 minutes or

## The Claims:



### The Claim: Zero Trans Fats

What it really means: To make this claim, a product must contain less than 0.5 grams of trans fats per serving, per FDA guidelines.

What manufacturers sometimes do is give the nutritional information for a tiny serving size; that way, there may be less than 0.5 grams of trans fats in the serving specified, but if you end up eating four times that amount – which actually may be a reasonable portion – you'd consume nearly 2 grams of artery-clogging trans fats. If you see "hydrogenated oil," "partially hydrogenated oil," or "shortening" listed in the ingredients, the product contains trans fat, and you'll want to avoid it.

### The Claim: Made with Real Fruit

What it really means: There's no official requirement for this phrase. So the entire box of toaster pastries, cereal bars, cookies, fruit leather, or other product could contain mere smidgens of real fruit or drops of fruit juice or fruit extract – and it would be legit for the package to carry this claim. In other words, there's no way to know how much "real fruit" is in it. If fruit is listed among the first three ingredients, that's a good sign, but remember to pay attention to the rest of the nutritional profile.

### The Claim: All Natural

What it really means: There are no official guidelines for using this claim on packaged foods – the product could still have added chemicals, including preservatives. So "all natural" is just marketing-speak designed to give the pudding, cereal, ice cream, or other processed food a wholesome image. Plus, it's worth keeping in mind that sugar and butter are natural, so a product that's labeled "all natural" could have heaps of sugar or butter in it, rendering it less than healthy. (When it comes to meat and poultry, the USDA requires that products labeled as "natural" contain no artificial ingredients or added color and be only minimally processed, but they still may contain additives such as broth or other flavor enhancers.) Your best bet is to focus on the food's nutritional value rather than getting hung up on whether it's natural by reading the Nutrition Facts panel and the ingredients list to see if the items you expect to be in the product are among the first listed.

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

*Brenda Stafford - Juice Plus - Team Pursuit  
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## Nutty Blueberry Quinoa Oatmeal

- Ingredients**  
 2/3 cup lowfat milk  
 1/3 cup old-fashioned oats  
 1/4 cup cooked quinoa  
 1/4 cup blueberries  
 1 teaspoon maple syrup or sweetener of choice  
 2 tablespoons pecan pieces  
 2-3 dashes cinnamon



**Preparation**  
 Combine milk and oats and cook according to package instructions to desired creaminess.  
 Stir in quinoa, blueberries, maple syrup, pecans and cinnamon and serve hot.  
 Serves 1

## Bircher Muesli With Dried Plums

- Ingredients**  
 1 cup coarsely grated unpeeled apple  
 1/2 cup rolled oats  
 1/2 cup steel-cut oats  
 1/2 cup chopped raw natural almonds  
 1/2 cup raw sunflower seeds  
 1/2 cup (about 3 ounces) quartered pitted dried plums  
 1 1/2 cups apple juice  
 Grated zest and juice of 1 orange  
 Sliced bananas and yogurt, for serving

**Preparation**  
 In large bowl, combine apple, oats, almonds, sunflower seeds and dried plums. Add apple juice, orange zest and orange juice; mix well. Refrigerate, covered, overnight or up to 3 days. To serve, portion into bowls and top with bananas and yogurt.  
 Makes 4 servings



## Morning Energy Mocha Balls

- Ingredients**  
 1 1/4 cups Honey Bunches of Oats Morning Energy Chocolatey Almond Crunch cereal  
 1/2 cup walnut halves  
 1 teaspoon chia seeds  
 1 teaspoon flax seeds  
 1 teaspoon sesame seeds  
 4 tablespoons almond butter  
 2 tablespoons honey  
 2 tablespoons pure maple syrup  
 2 tablespoons dried cranberries  
 1 teaspoon vanilla extract  
 2 teaspoons espresso powder  
 1/4 teaspoon coarse sea salt  
 1/4 cup toasted unsweetened coconut for rolling (optional)

**Preparation**  
 Place cereal in a food processor. Process until finely ground. Add walnut halves, chia seeds, flax seeds, sesame seeds, almond butter, honey, maple syrup, cranberries, vanilla, espresso powder and sea salt



to bowl. Process until well blended and mixture forms stiff dough. Remove dough and form into compact ball with hands. Form dough into 1-inch balls and roll in toasted coconut, if desired. Place balls on wax-paper lined sheet and let stand for about one hour, then transfer to tin or container with tight lid. Balls will keep for at least a week at room temperature, or they can be chilled.

Preparation Time: 15 minutes  
 Total Time: 1 hour 15 minutes  
 Serves: 20 balls

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*Richard Wojcik of Wojcik's Funeral Chapels and Crematorium is extremely pleased to announce Licensed Funeral Directors & Embalmers Kenny Loehmer of Balmoral, Manitoba and Stefan Campbell of Winnipeg, Manitoba have joined our firm after a combined 38 years of serving Manitoba's Interlake families from MacKenzie's Funeral Service of Stonewall, Teulon and Arborg.*

*We are proud to have Kenny & Stefan join us at our Family Owned Funeral Chapels, bringing with them a combined 35 years of experience. We are confident that they will maintain our tradition of providing old fashioned and personalized Funeral Service working with us at Wojcik's Funeral Chapels and Crematorium Inc.*

*Wojcik's has two Winnipeg Funeral Chapels located at 2157 Portage Avenue @ Sharp Boulevard and 1020 Main Street @ Manitoba Avenue, as well as our newly constructed Privately Owned Crematorium located at 51 Nicola Drive, Headingley, Manitoba across from the Manitoba Justice Women's Correctional Centre.*

*Besides at the immediate time of a death, Wojcik's Funeral Chapels also pre-arranges Funeral Services with Purple Shield/FamilySide. Kenny & Stefan are able to make arrangements in the comfort and convenience of your own home and look forward to continuing to serve families in the Interlake areas in any place of worship, community hall or venue comfortable for you and your family.*

*If you have any further questions or require our services please feel free calling Kenny at 204 - 897 - 4664 or Toll Free 1 - 866 - 424 - 6271.*

**2157 Portage Avenue**  
1 block west of Deer Lodge Centre  
**204 - 897 - 4665**



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**204 - 586 - 8668**

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