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EXPRESS PHOTO BY PATRICIA BARRETT

: Crystelle Wiebe (left) and her children Taleigha and Malakai joined Beth Wevursky and Jet for an illuminant stroll across Arborg's new foot-bridge, one of two built by Swivel Storage Solutions.

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

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Woof 'N Hoof up and running after blaze destroys kennels

By Patricia Barrett

The Woof 'N Hoof dog kennel went up in flames last week, but its owner will be re-opening in a new building this week.

The fire broke out May 15 in a former barn that owner Carol Wearing had converted into kennels and a space for grooming.

There were no injuries at the complex located on Road 14 E, about seven miles northeast of Arborg, and the blaze was ruled accidental.

"It was straw that caught fire," said Wearing. "It was at the back of the sheds. We were filling the back with a tractor and there was a spark from the tractor, maybe from the cement underneath...and it went up in flames and it was all gone."

Wearing had no insurance for the contents, but the building itself is insured.

There were two dogs being boarded at the time of the fire. Neither were injured.

"Luckily it was a quiet time," said Wearing.

The Arborg-Bifrost fire department was paged at 12:32 p.m., and its volunteer firefighters rushed to the scene.

Deputy Chief Jeff Pearce said it was a

difficult fire to control and extinguish.

"It was three quarters engulfed when we arrived due to the type of structure," he said. "It was a wood building covered in tin."

Chief George Chyzy said the structure was a barn that had been converted and upgraded. He estimates it was between 60 and 80 years old.

He said the Fire Commissioners Office visited the site and determined the fire to be accidental.

The local community has rallied to help Wearing get back on her feet.

People in Arborg are "fantastic," she said.

And the Crazy Jumpers Dog School in Fraserwood is collecting supplies for her and will be organizing a fundraiser.

"Crazy Jumpers, they're amazing," said Wearing. "They're going to put a paint night on, and she's [owner Patricia Tschanen] got people dropping off [supplies] and bowls because this is all gone."

The dog grooming community in Winnipeg is also pitching in to help her.

"The groomers in Winnipeg and surrounding area have all been collecting scissors and stuff like that for me," she



EXPRESS PHOTO BY CAROL WEARING

The Woof 'N Hoof kennel in the RM of Bifrost-Riverton was destroyed by fire last Monday, but owner Carol Wearing is re-opening this week.

said. "They're unbelievable. The kindness is amazing."

The fire hasn't deterred Wearing from pushing forward with her business, which she established five years ago after receiving planning permission from the RM of Bifrost.

She has another building on her property that will be put to good use.

"We've another building that we're

just, at the moment, cleaning out, and we'll put some tin on it and get some kennels going in there."

Wearing said that by the end of this week, she'll be operating in the new space, offering grooming and kenneling services.

Wearing can be reached at (204) 641-4407.

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Bridge over Icelandic waters rivals world-famous footbridges

By Patricia Barrett

British Columbia's Capilano Suspension Bridge instantly springs to mind when one thinks of famous footbridges. So do Spain's Caminito del Rey and Nepal's Hanging Bridge of Ghosa for their fearsome heights.

But those bridges don't come anywhere close to what the town of Arborg just installed over the Icelandic River.

As you saunter down a gravelled path from the huge sundial on the east side of town, your ear will pick up the burble of swift-flowing water and the chirp of songbirds hovering in the updraft along the pastoral shores of the ever-winding river.

Then you'll see the light of an almost otherworldly footbridge that dazzles the way a highly polished chrome bumper on a '49 Buick does.

Its graceful arch rivals French artist Claude Monet's Bridge Over a Pond of Water Lilies, and its checker-plate



Hotelier Owen Eyolfson pointed out the unique acoustics of the "Sundial-Village Bridge."

deck with raised nibs provides a sensory treat for the barefooted and a grip-enhancer for slick-weather walkers. The parapet rounds out the bridge's charms with a combination of solid kick plate, jail-house bars and



EXPRESS PHOTOS BY PATRICIA BARRETT

The "RCMP-Hospital Bridge" glimmers like a sheet of ice and dares the river to play up.

streamlined handrails.

It also has some pretty neat acoustics.

"You hear that?" said Arborg Hotel and Travelling Inn owner Owen Eyolfson, referring to subtle tonal changes as his sneakers met the sun-licked deck. He slammed his foot down to illustrate the bridge's ability to boom, then rapped it lightly to produce a tinny hum.

Eyolfson had slipped away last Thursday afternoon from a teepee-building party at the Arborg Multi-

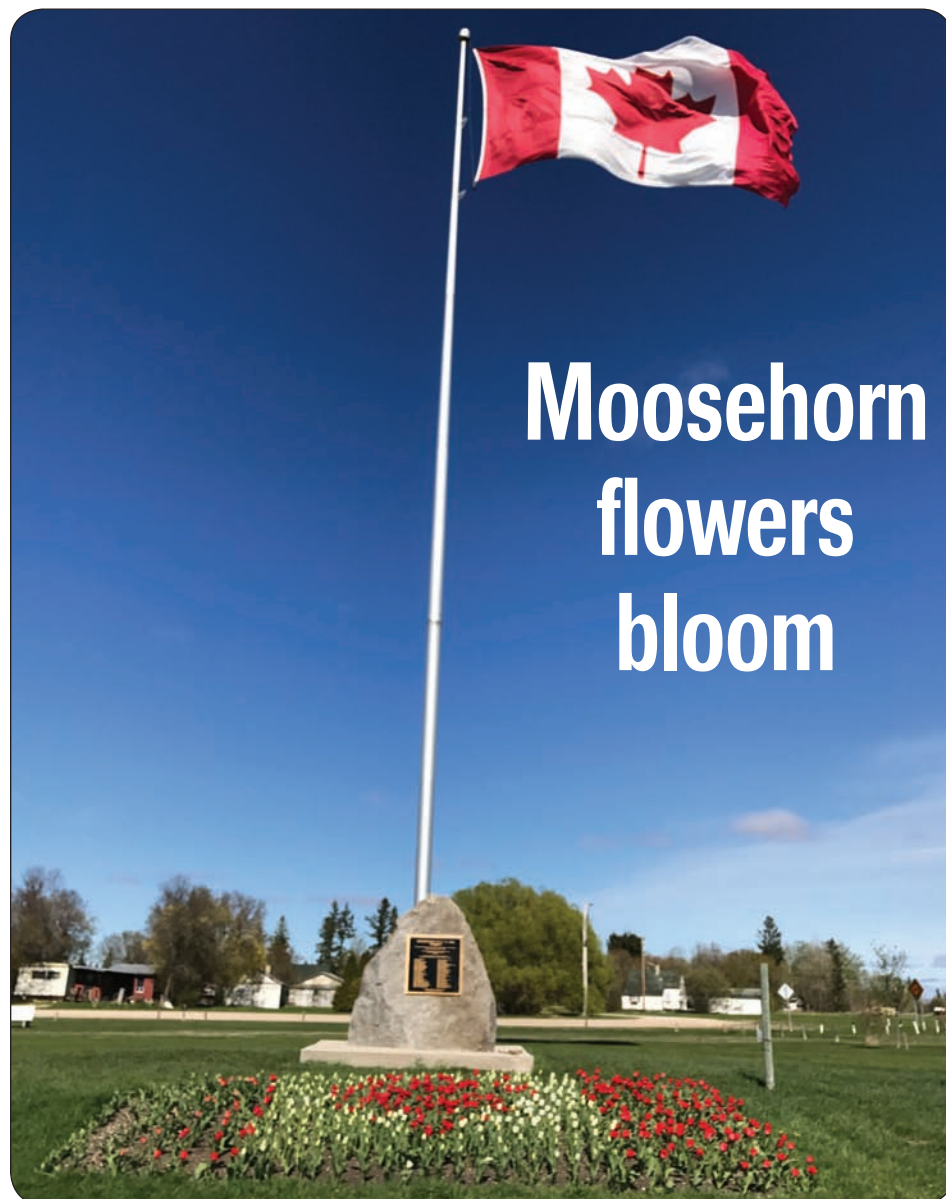
cultural Heritage Village – an iconic museum showcasing the area's diverse cultures – for a spot of light therapy.

And therapy it is. You don't just walk across this bridge – you journey.

What may come to mind is the fierce expressiveness of steely blue arctic ice pulled by wind and current past a punctum of green on faraway shores.

Or you may think this a bridge that behaves like a pufferfish, blowing itself up (through its mirror-like abil-

Continued on page 5



EXPRESS PHOTO BY JEFF WARD

Tulips at the base of the Canadian Flag in Moosehorn will bloom into the floral version of the flag later this summer. The public works project is a nice touch for the Canada 150 celebration for the RM of Grahamdale and might become a popular tourist spot for selfies and group shots this summer.

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Physiotherapist opens new business in Ashern

By Jennifer McFee

Caitlin Trakalo knows firsthand how physiotherapy can help people get their lives back on track — and now she's sharing that service through her new Interlake business.

The Eriksdale resident is a physiotherapist who opened shop last month in Ashern. However, she didn't always dream of becoming a physiotherapist. Instead, her career trajectory changed drastically after she experienced a life-altering accident in Greece.

Her original plan was to become a police officer, and she dedicated years of her life working towards that goal. After she graduated from the University of Manitoba with a bachelor of arts in criminology in 2008, she embarked on European vacation. Five days into her trip, she was in a quad accident in Corfu, Greece, that changed the course of her life.

"My dad had to come get me. I was in the hospital there for three days and then I flew home. I went straight to HSC and was there for two weeks," said Trakalo, whose father was born in Arborg and raised on a farm in Meleeb.

"Because my ankles were so swollen from the travel and the pressure, they had to wait over a week before they could cut me open. If they would've cut me open when I first came home, they wouldn't have been able to close me because of how swollen everything was. It was not comfortable, that's for sure."

The ordeal continued with one surgery each year from 2008 to 2012. Trakalo's initial operation was on both ankles, which put her in a wheelchair for about three months.

"Because I wasn't using all my muscles, I had to learn how to walk again. That was the hardest part of the rehab," she said. "So that's where the physio journey started for me."

Over time, Trakalo developed a close relationship

with her physiotherapist. With her help, she was able to overcome the negative prognoses from her physicians.

"At the end of the day, I thought that if I can do it, I want to help other people to do it too," she said. "I beat the odds, and I wanted to help others do the same."

Since Trakalo had taken a criminology degree, she didn't have any of the pre-requisites to apply for physiotherapy school. In addition to working full time as a policy analyst for Manitoba Lotteries, she took 30 credit hours worth of courses over a two-year period.

When she completed all the pre-requisites, she applied to the program and was accepted. She graduated from the University of Manitoba with a master's degree in physical therapy in 2014.

Trakalo now works as an orthopedic physiotherapist, treating injuries that involve bones, ligaments, muscles, nerves or a sore body. She also treats sports injuries, workplace injuries, and injuries resulting from motor vehicle accidents, as well as pre- and post-operative procedures for orthopedic processes.

"With an injury, it's not just your body that hurts — it's the mental and emotional side too. No matter how big or how small, it affects your life and relationships. You could have a wrist injury that tremendously affects your life," she said.

"I've been there and done that. Every injury is so individual, and a seemingly simple thing can tremendously affect your life. I think it's really important to be noted and taken into account when you're treating someone."

As a result of her education and experience, Trakalo has developed a rare personalized approach to her practice.

"I still experience pain every day and I probably will for the rest of my life. I'll never have full mobility in my feet and one of my legs is longer than the



EXPRESS PHOTO SUBMITTED
Eriksdale resident Caitlin Trakalo launched her new physiotherapy business last month.

other now, so that affects me. But I use my education to figure out what I need to do in order to be as strong and healthy as I possibly can be," she said.

"I've been at the lowest low and I've gotten over that, so I legitimately understand — and that makes a huge difference. I went through many ups and downs after my accident, and that's one of the biggest assets to my physiotherapy career. My personal experience helps me relate to my patients and shows them that you really can slay the dragon."

Caitlin Trakalo Physiotherapy is now open and ready for business at 11 Main St. in Ashern. For more information, call 204-314-0316 or email ctrakphysio@gmail.com.

letters Letters to the Editor: letters@expressweeklynews.ca

More hog barns -more manure - more pollution to our waters and environment

An Excerpt from an article by Laura Rance, Nov. 9, 2012. ...It is time to set the record straight.

"We continue to hear how this industry is efficient and cost effective, ironically, often in the same sentence as a request for government to prop it up once again, so it can continue to careen from one crisis to the next — being efficient and cost effective.

It is time to set the record straight. The hog production model we use in this country is capable of producing a lot of pigs, it employs a lot of people, it is even capable of producing large cash flow, but it cannot be described as efficient and cost effective.

Not when it can't afford to buy feed due to disruptions caused by a relatively common occurrence in agriculture, such as a drought. Not when it fails to meet modern animal welfare concerns and not when the full environmental costs are factored in.

It was refreshing to see one of the industry's own acknowledge last week there are structural prob-

lems weighing on the sector that must be fixed if Canada is to continue to have independent hog producers.

Stonewall farmer George Matheson isn't the first to observe the industry needs a new plan, but up until now, the ones making those observations were from outside the sector. Judging from their unwillingness to meet the industry's requests for more aid, the federal and provincial governments have come to the same conclusion.

The industry needs to go back to the drawing board and come up with a long-term strategy that lays to rest the assumptions — a low Canadian dollar, cheap feed and lax environmental rules, and an endless supply of cheap labour — that led it into the mess it is in today. It needs to incorporate the new realities such as animal welfare and unfriendly policy environments, such as the Manitoba government's moratorium on new hog barn construction.

We have never defended that edict as good policy. At best, it was a cop-out, pandering to the poor-

ly informed urban voter. But that said, if and when new hog barns are built in this province, there is an opportunity to incorporate the new thinking around barn and system design".

Manitobans have been put on the alert that they are coming. Very soon Hog Factory farms will be sprouting in the Westman area. These are troubling times.

The people who care and openly voice their concerns for animal rights, water sources and the state of our Lake Winnipeg are often referred to as activist /alarmists; ..then what name title would be suitable, I ask, for those who pay very little attention or any regard to the perceived risks and consequences of manure and pollution issues?

Growth comes at a cost that is more difficult to quantify. The success of Intensive Livestock Operations (ILOs) —often disparagingly referred to as "factory farms" — that feed the processing plants in Brandon and Neepawa, comes on the backs of small, rural communities and rural families already struggling with demographic change and trying to live a normal way of life in an invasive

Continued on page 5

> FOOTBRIDGES, FROM PG. 3

ity) to twice its normal size and mimicking the colours of its surroundings. Seriously, is that a handrail or has cerulean sky come dribbling down?

"Swivel," said Eyolfson, his legs doubled in blazing checker plate.

He was referring not to a dance move, but to an Arborg company – Swivel Storage Solutions – that actually made two bridges for the agricultural town.

"We are so proud of our new bridges," said the town's CAO Lorraine Bardarson.

The federal government chipped in to help fund them, she said, and the full cost of the project will be released shortly.

At the present time, neither have been christened. But Bardarson said the town plans to hold an official ribbon-cutting ceremony.

For the sake of simplicity, we'll call the east-side bridge the "Sundial-Village Bridge." We'll dub the other bridge the "RCMP-Hospital Bridge" because it links the police detachment and the health care centre on the west side of town (note: there's no inherent connection between the Mounties and hospitals).

The triangular footings on the west-side bridge resemble razor-sharp teeth, daring the Icelandic to trifle with it.

Is this what designer Norm Penner had in mind as he lowered a blowtorch to sheets of pressed aluminum?

Not really. But he said he's an "inventor at heart."

Penner's company makes state-of-the-art custom workbenches, toolboxes and cabinets with drawers that literally swivel on their hinges, facilitating one's access to tools.

When asked to look at the town's wooden footbridges to determine if they could be salvaged, he knew how much maintenance would have to go into them. That's when the light went on.

"There's aluminum docks and ramps, but for walking bridges, I'm not sure," said Penner.

This was his first bridge-building venture. Neither bridge swivels, but the RCMP-Hospital Bridge floats. And it's much more stable on the water than the former wooden bridge.

The all-aluminum construction means they're lightweight and easy to manoeuvre when the seasons change.

"They take them out for the winter," said Penner. "And there's no maintenance, no painting needed. If you make it out of steel, you've got to paint it every so many years."

In addition to helping with traction, the checker-plate pattern "just looks better."

Although their visual appeal is undeniable, the bridges may not be the ideal place for courting as their reflective ability could compromise women who favour shifts and flouncy skirts.

One of Swivel's employees took his wife for a stroll over the bridge, said Penner, and loved it. But he came back with a warning: "Don't walk over it with a dress because there's so much reflection."

Penner said the intense brightness will eventually fade. "Aluminum does oxidize and so with time it will get a little more greyish," he said. "It may take years."

A special polish, however, can be used to buff it to a high gloss.

"You can make it mirror shiny, but that's a lot of work."

Looking to the future, Penner said he may add bridges to the suit of products his company produces.

"We'd definitely love to make more," he said.

For now, Arborg's eye candy is sure to please its locals and tourists who desire a bit of imaginative reflection and escape from the humdrum of everyday life.

"Drink of the town" refreshes crowds during Victoria Day weekend



EXPRESS PHOTO BY PATRICIA BARRETT

Winnipeggers Koleen and Ben Safiniuk (left) stopped by Gimli's Sparkle Tea to sample a few of the store's 50 varieties of tea. Employees Emily and Robin and owner Janet Thordarson set up a table outside the store Saturday and offered passersbys a free cup of iced tea.

By Patricia Barrett

Locals and tourists had a sparkling Saturday afternoon at Gimli's Sparkle Tea store on Second Avenue.

Tea is the "drink of town" said owner Janet Thordarson, who set up a table outside and offered passersby a free sample of iced tea.

"That's really good," said Koleen Safiniuk, who stopped by with her son Ben to sample a mango tea and a wild strawberry herbal tea.

Safiniuk is from Winnipeg, but has a trailer in the Gimli area. She and her family were in town for the Victoria Day long weekend.

Sparkle Tea opened for the summer season May 4 and offers free samples of tea at the weekend.

"We also offer a free hot 'Tea of the Day' inside the store most days of the week," said Thordarson, who opened the shop with her husband

Jon. "Because it's hot outside today, we made batches of iced tea."

The Thordarsons stock about 50 varieties tea, including peppermint, raspberry and a festive-named tea called Birthday Tea. Some are caffeine free.

Thordarson said the store has a suggestion box into which customers can drop a recommendation for a tea they'd like to purchase.

"A lot of people were asking for ginger tea," she said.

The store buys tea from wholesalers in America, who get tea from China and India, among other places.

"All the teas have no artificial flavouring," said Thordarson. "And we just came out with a menu. Sparkleccino is our signature drink. It's made with real matcha. We also have iced tea lattes."

> LETTER TO THE EDITOR, FROM PG. 4

and polluted environment.

It has taken nearly 5 years for the Manitoba Hog Industry and our new Conservative government to formulate a plan to their liking and now they are preparing to bombard the province with even more factory hog barns. According to A. Dickson, the General Manager of the Manitoba Pork Council (MPC) another 50 to 70 hog barns are required to produce 1.2 million finishing hogs per year to satisfy the Maple Leaf and HyLife hog slaughter plants at Brandon and Neepawa plants.

As I see it, this "New Plan" is a lot more pig feces and Stink!, plus a complete disregard of our water sources and

Lake Winnipeg.welcome to Manitoba.... "The Manure Capital of Modern Civilization"

-John Fefchak

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Watch for pelicans or they'll steal your catch

Hi outdoors buddies.

The road to Breezy Point was somewhere between mushy and slightly awash as I urged old red along searching for our fellow anglers on the Reds' riverbank last week.

A northeast wind had tided the water over its banks onto the road in places and once again gave me the feeling of being by a Louisiana bayou. Not far from the roads' end, I saw a dark pickup with its front wheels almost at the rivers' water with two men in chairs using the truck as a wind-break from the icy breeze. I turned into the rough mud trail toward them as their expressions changed from curiosity to ease when they saw the sign on my door showing I wrote a fishing column.

"It looks like you've had some luck," I called out as I left my truck, seeing a string of goldeye in the water. The men rose and introduced themselves as father and son Jason and Lionel Moorhouse from Winnipeg. They settled back in their chairs watching their rods for a bite as Lionel began a funny cat-and-mouse drama that happened before I pulled up. He was closest to the water by the front fender of the truck and heard the plopping sound of pelicans slapping their beaks together. Lionel leaned forward peeking around the truck to see three pelicans eyeing their catch with great relish. He shooed them away but they came back time after time until the pelicans decided the humans were harmless and went for the fish.

At the same time a seagull flying in from the opposite direction also saw the goldeye and dove in grabbing one. That was a mistake because pelicans



EXPRESS PHOTO BY ARNIE WEIDL

Pictured from left to right: Jason Moorhouse and his son Lionel hold their fish close so the pelicans don't get them while fishing along the Red River at Breezy Point last week.

just love to beat up on seagulls! They pounced on it pecking it mercilessly. Lionel, in wonder, stood there laughing as the seagull and pelicans continued their fight out to the middle of the river-without a fish.

Days later I learned of another man, Richard Bjarnason of Gimli, who had similar experiences. I was on Gimli's commercial fisherman's pier and noticed a kindly faced, white haired fisher arranging some equipment in his skiff. Soon he straightened up and walked from the floating dock to the pier clad in rubber boots, loose dark pants, and a gray hunter's shirt. He stopped in front of me, a fishing rod in his hand, his legs spread born of years of keeping balance in a skiff riding the mountainous waves of Lake Winnipeg. He caught my perplexed look at the fishing rod, "you know many of us commercial fishers like to sport fish

when we can," he offered.

We exchanged names and fishing stories where upon I mentioned the Moorhouses' experience. Richard laughed recalling when he was out on the lake lifting nets he would toss a fish to the birds and heaven help the seagull who got the fish first when pelicans were around. They would gang up on the seagull literally picking it up in their beaks trying to tear it apart if it didn't give up the fish.

It was still, hazy and cool last Friday as I slowly walked along the stony beach south of Gran Marais to its beautiful hidden lagoon. The soft sand smelled of marine life. To the north, a rocky water break sheltered a lone angler in a chair holding an extremely long fishing rod wearing an old hoodie and cut offs. I strode lei-

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Auditor General's FFMC audit censures Salkeld's management

\$794,000 in unneeded spending and \$2.4 million loss of whitefish sales

By Patricia Barrett

The Auditor General of Canada released a special report last week on the Freshwater Fish Marketing Corporation, censuring its former president for "significant deficiencies" in management, including a \$794,000 purchase for equipment that wasn't needed.

Covering the period October 1, 2015, to June 30, 2016, the scathing 31-page report notes that it refers specifically to the FFMC president who "agreed to go on administrative leave" while an independent audit team conducted an investigation into "allegations and concerns raised in complaints about his conduct as President."

Donald Salkeld was placed on administrative leave in March 2016 and subsequently fired "for cause" last December on the recommendation of the federal fisheries minister.

The report also examines "matters" that preceded the starting date of the investigation and those occurring after June 2016.

The purpose of report was to determine whether the corporation's assets were safeguarded and controlled, its resources managed economically and efficiently, and its operations carried out effectively, as required by the Financial Administration Act.

The result is a veritable catalogue of management wrongdoings that destabilized the corporation.

The report says Salkeld, who was hired in December 2014, contravened established corporate policies and practices in a number of areas, including hiring, salaries and equipment purchases.

Together with management, Salkeld failed to safeguard the corporation from "considerable risks," in market dynamics, notably economic sanctions against Russia.

"By 2015, the markets for whitefish had been affected by Canadian economic sanctions related to Russia..." states the report. "As a result, inventory levels for whitefish peaked at about 2.3 million kilograms in March 2016. Management did not react quickly enough to address the situation..."

As a result, the corporation recorded a loss of \$2.4 million that "significantly affected the...financial results for that year."

When developing its 2015-2016 marketing plan, management "did not research competitors' pricing or fish availability. Nor did [it] conduct formal customer satisfaction surveys."

It also failed to address the "considerable risk" posed by the provincial Conservatives, who signalled their

intent to remove Manitoba from the Freshwater Fish Marketing Act.

That risk was "apparent in advance, especially as it had been discussed publicly during the Manitoba election..."

Salkeld "did not follow" the Procurement and Purchasing Policy when he approved the purchase of equipment (including a mincer), which didn't meet the needs of FFMC's Transcona processing plant.

"We found that \$794,000 of equipment was purchased during the 2015-2016 fiscal year with the approval of the President, but without conducting proper business case analyses," the report states.

And the auditors found no evidence that Salkeld sought approval from the board – as required – for some of that equipment.

With regard to hiring during the 2015-2016 fiscal year, the report found that "the President created positions without job descriptions, revised salaries without providing proper justification and filled positions without conducting competitive or merit-based processes."

The report doesn't indicate whether those salaries were inflated or identify the people Salkeld hired.

The report also blasts the former federal government (under Stephen Harper's Conservatives) for undermining the corporation's operations. The government failed to provide "timely approval of its corporate plans since 2009."

"We found that the Board did not receive communication from the Minister as to why its plans were not being fully and promptly approved."

NDP MP Niki Ashton (Churchill Keewatinook-Aski) said the Conservatives didn't back the Crown corporation.

"I'm very concerned with what is stated in the Auditor General's report," she said. "It is clear that the Harper government was not supportive of fishers and Manitoba's fishery. Today's federal government must take note of the report; it must step up and

support fishers in Manitoba and the FFMC."

Ashton added that the current provincial Conservative government has failed in its duty to consult with Indigenous fishers – who make up about 85 per cent of Manitoba's fishers – before and after it announced it will cut ties with FFMC.

"The majority of fishers in Manitoba are First Nations, and the province – or any ministry – has an obligation to consult under C35," she said. "The fishing industry is vital to our northern communities. In some cases, it may be the only industry/occupation available to them and their families."

Conservative MP James Bezan (Selkirk Interlake Eastman), who served under Stephen Harper in 2009, recommended Salkeld for the post of FFMC president, and later defended him when he was placed on administrative leave.

Bezan did not respond to the Express' request for comment.

The current federal Minister of Fisheries and Oceans (DFO) indicated that the Liberal government supports the continuation of FFMC.

"The FFMC provides important services to fishers and communities in Northern Manitoba and the Northwest Territories, and plays an important role for Indigenous communities," said Dominic LeBlanc by email.

FFMC has acknowledged and is addressing the issues identified by the Auditor General, he said, and DFO is "working closely with the Board of Directors of the FFMC to strengthen the governance and provide interim direction."

The DFO will



EXPRESS FILE PHOTO

Donald Salkeld, who incorporated his Northern Walleye fish plant in July 2016 while on administrative leave, is the subject of a scathing report into his management of FFMC.

also involve fishers in future decision-making as the corporation moves forward.

"Following the province of Manitoba's plan to withdraw from the Freshwater Fish Marketing Act, we are continuing to work with the Corporation as well as...fishers in Manitoba and the Northwest Territories," said LeBlanc. "The concerns of fishers are important to our government and will be considered in decisions regarding the future of the FFMC."

The Auditor General's report is available online at www.oag-bvg.gc.ca

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Interlake-Eastern Regional Health Authority

Average care home bed wait time reaches 6-9 months

By Lindsey Enns

Those currently waiting for a personal care home bed in the Interlake-Eastern Regional Health Authority (IERHA) could be waiting an average of six to nine months, the IERHA says.

According to information obtained through a freedom of information request, the IERHA currently has 756 personal care home beds and as of March, there was a total of 164 people on a wait list for one.

"If you asked us what our wait list was in September or October it's more likely to be up around 200 people waiting," said Karen Stevens-Chambers, the IERHA's vice-president of community services and chief allied health officer.

Stevens-Chambers estimates the IERHA will need roughly 600 additional beds by 2022 to accommodate aging residents.

"This year we need about 200 more beds, by next year I'm expecting that number will go up," she said.

Although the IERHA is currently working on a plan with neighbouring communities in hopes of bringing more beds to the region, IERHA CEO Ron Van Denakker admits there's no quick solution to the problem.

"That's our daily challenge everyday, that's our reality," he said.

In the meantime, he said they are looking into whether or not they can refurbish the Selkirk and District General Hospital and use those beds as personal care home beds once the new hospital opens its doors in June.

"We're so tight on beds in our region so ... if we could refurbish and use the old hospital for a couple of years to buy us a little of bit time it would give us a little bit more flexibility," he said. "But the question is whether or not that hospital can be used for that."



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

The average wait time for a personal care home bed in the Interlake-Eastern Regional Health Authority (IERHA) ranges from six to nine months and as of March there was 164 people on a wait list for one, according to the IERHA.

There are currently hundreds of Manitobans on a wait list for a personal care home bed and that number is only expected to rise as the population ages.

Statistics Canada's 2016 census figures released earlier this month show that for the first time in Canadian history, there are more seniors than young people living in Canada.

In 2016, there were 5.9 million seniors, compared with 5.8 million children 14 and under. In Manitoba, children made up 19.1 per cent of the province's population, while seniors made up 18.1.

In Selkirk, children up to age 14 made up 15.8 per cent of the population, those 65 years and over made up 23.1 per cent, and those 85 and over made up 4.5 per cent.

In 2016, the Manitoba Centre for Health Policy projected that Manitoba would need to add 5,100 personal care home beds in the next 20 years to meet the needs of a growing aging

population.

Stevens-Chambers said a person can't apply for a personal care home bed in Manitoba until they actually need one.

"The process is intended to begin when someone has an identified need for that personal care home bed," she said. "For some families that can be a little bit frustrating because many of us like to preplan things and want to be proactive but the system isn't set up to do that."

Over the years, personal care homes have also changed, she said.

"Maybe 30 years ago some of the personal care homes actually were built with some parking spaces ... because individuals going in there were still driving," she said. "In today's reality there's never parking spaces for clients because they are long past the point of being able to drive a car."

"Their care needs are different."

Selkirk MLA Alan Lagimodiere said during an earlier interview with the

Express that the province has received several requests from communities across Manitoba, including Selkirk, seeking more personal care home beds.

Lagimodiere added those chosen to receive more personal care home beds will be a "ministerial decision based on merit."

One of the key provincial election campaign promises the PCs made was to bring more personal care home beds to Manitoba. The party was then swept into power in April 2016.

There are currently 16 personal care homes located throughout the IERHA. Three of them are located in Selkirk.

> GET FISHING, FROM PG. 6

surely along the beach until I came abreast of him and trying not to disturb the peaceful atmosphere asked, "any luck?" He tensed sitting upright shaken from his solitude then gave me a greeting smile saying, "no, lots of bites but nothing yet." "Hi I'm Arnie Weidl, I write a fishing column." "I know you," he remarked as he shook my hand, "we talked last year about my tournament angling efforts, I'm Rory Jones."

"You know," he uttered, casting a sideways glance at the glass smooth lagoon water, "I've been fishing these waters for 50 years and it's still full of every kind of fish imaginable." We talked more for a while then as I walked back up the beach I turned looking at Rory half laying in his chair face to the sun and I felt what he felt, the pure relaxed joy of being an outdoors person.

Good fishing friends. Bye for now.

Nominate a local community builder to go down in history

Canada Portraits 150 project

Staff

With just 36 days until Canada celebrates its 150th birthday as a nation, here at the *Express* we are planning a memorable way to mark the historical occasion.

To represent the unique mosaic of our communities that make this country great, we want to create a collage of our own with those who have

helped build our communities and we need the help of our readers.

For the June 22 edition, we are planning a very fitting Canada Portrait 150 centrespread, and we need 680 headshots to complete it.

We are asking for headshots of community builders, volunteers, and anybody who has made a contribution in the Interlake and deserves to be rec-

ognized. If you know somebody that fits this description, then snap us a picture and email it to the *Express* at canada150@expressweeklynews.ca

Don't forget to be creative. Do you have a hockey coach that has gone above and beyond over the years? Do you know someone who volunteers countless hours in the community but is a bit camera shy? Maybe the founder of the local 4-H club or your community newspaper. We are looking for community builders to celebrate

Canada 150.

As a community paper, we strive to ensure everybody's voice is heard, so here is your chance to recognize someone important in our community

Please email us a headshot of a person you know that deserves to be recognized to canada150@expressweeklynews.ca

Be sure to include a few lines detailing the builder's community involvement and the reason why they should be in our Canada Portrait 150 project.

Interlake youth to be honoured at humanitarians reception

Gimli, Moosehorn, Winnipeg, Bird's Hill and students to receive awards

Submitted

Courage, compassion and humility were in the spotlight at the 20th annual MTS Young Humanitarian Awards last Wednesday at the Fairmont in Winnipeg.

"We can't say enough about these compassionate students and the teachers and parents who mentor them," says Norm Gould, President of The Manitoba Teachers' Society. "These kids have beautiful humanitarian hearts and they represent the good in public school students all across Manitoba."

Compassion comes naturally to Faith Nickel, a Grade 8 student from Alf Cuthbert School in Moosehorn, Manitoba. Faith organized a sock drive for Siloam Mission which netted 450 pairs of socks for the homeless. She helped with a class blanket and winter clothing drive which gathered 174 blanket and 297 pieces of clothing. She's such an inspirational leader to her classmates, whether it's helping individual homeless people or collecting toiletries for Syrian refugees. She's always the first person to help any student who is down, and is extremely sensitive to students with special needs.

Cameron Lozinski, a Grade 12 student from Gimli High School, has a deep belief in diversity and a flair for

organizing. In Grade 9, he was the only male student on the International Day of the Girl committee. He has a long-standing passion for Indigenous issues, history and culture. After studying the Truth and Reconciliation Commission's report he planned the school's "Red Dress Project". A self-starter, Cam is learning Cree and has accepted the invitation to teach basic Cree to a group of middle-school students. He's raised his own funds for three international Habitat build trips to El Salvador, Indonesia and Portugal. Cam also uses his knitting skills to create and sell toques to raise funds for the homeless.

You won't find four more enthusiastic Grade 5 humanitarians than Mackenzie Anderson, Livia Delarosa, Rhyann Miller, Isabella Nazarewich, Katie Posthumus, Kate Tustin, Carter Wiebe of Bird's Hill School's Dog House Canteen. Last year, these seven girls approached the school principal with the idea of re-opening the school canteen to send the proceeds to relief efforts in Fort McMurray. With one month of work these students raised \$1,200 to donate to the Canadian Red Cross. They have run the canteen every second month forwarding an entire month's proceeds to each of Ronald McDonald House, the Christmas Cheer Board, and the Children's Hos-



Gimli's Cameron Lozinski



Moosehorn's Faith Nickel

pital of Winnipeg.

We're proud to honour Loizza Aquino, Institut collégial Vincent Massey Collegiate; Charles Apolinario, West Kildonan Collegiate; Jayda Hope, River East Collegiate; and Arjay Certeza, Collège Garden City Collegiate. Their work founding Peace of Mind 204 has been a godsend to teens who suffer from mental health issues. They are on the ground floor connecting and helping. In fact, their Youth Against Mental Illness Stigma (YAMIS) events gather hundreds of students from

across Manitoba to speak about their experiences with mental health. That day, dozens of students find the courage to speak openly about suicide attempts, self harm and sexuality during the open mic session. Peace of Mind 204 has saved lives is helping to erase the stigma that prevents many youth from getting help. It has now become a registered charity.

For more details on our Young Humanitarian Awards, go to mbteach.org.

Nature Conservancy of Canada call for conservation volunteers

Submitted

The Nature Conservancy of Canada (NCC) is urging Canadians to help the country's at-risk species by caring for the special areas where these plants and animals live.

As we enter into National Volunteer Week, the private, not-for-profit land conservation organization has launched its 2017 season of Conservation Volunteers activities, which get Canadians directly involved in hands-on restoration and stewardship projects on local conservation sites across the country.

"At NCC, we believe all Canadians can play an important role in caring for nature," says Kailey Setter, NCC's manager of conservation engagement. NCC's Conservation Volunteers program offers weekly activities that are

designed to benefit species and habitats while offering people the chance to learn new skills, make friends and see some of Canada's most spectacular natural places.

"Volunteers are instrumental in NCC's efforts to protect nature," says Setter. "We invite Canadians of all ages to join us in various activities, such as counting and recording species, building or enhancing trails and boardwalks, planting native trees, shoreline cleanups, removing invasive species and building nest boxes. By giving some time and energy, our volunteers make an immense contribution to helping care for these areas."

Caring for nature not only has local benefits, it also means caring for migratory species, such as butterflies, birds and waterfowl, that need

healthy Canadian habitats as places to breed and forage for food.

Canada has 733 wildlife species at risk, and the Nature Conservancy of Canada has protected habitat for more than 180 of them. To date, NCC has more than 60 events planned across the country, with more to be added throughout the summer.

Some upcoming Manitoban events include Native Wildflower Garden Clean up on June 17 at the Weston Family Tall Grass Prairie Interpretive Centre, Tall Grass Prairie Monarch Surveys on July 21 and August 19 and a Fort Ellice Invasive Tree Take-down on August 26th near St. Lazare.

There will be many more spring and summer events to come, and Manitobans are encouraged to watch the website throughout the summer con-

conservationvolunteers.ca

Manitoba's Conservation Operations Program Coordinator, Rebekah Neufeld, reminds people that they may also help out by doing small acts of conservation at home. By planting local, native species, using rain barrels, making homes and yards bird-friendly, and conserving natural green space, people can help nature, and thereby benefit their own community and well-being.

"Volunteer programs are a great way to engage the local communities in the conservation work, and provide an opportunity to both share knowledge and learn from the people who live and work in these landscapes" says Neufeld.

Fisher Branch students bring Broadway to town

By Patricia Barrett

Fisher Branch Collegiate students provided the answer to just how far fairy tale characters will go in pursuit of an overriding passion during their smashing performance of *Into the Woods Jr.*, the youth version of Stephen Sondheim's Broadway musical.

Sondheim took fairy tale characters from 19th-century German authors the Brothers Grimm and 17th-century French author Charles Perrault and threw them together in the woods to see how they could resolve their "issues."

Beneath the witty dialogue, moments of slapstick comedy and some melodramatic songs, characters from Cinderella, Jack and the Beanstalk, Rapunzel, and Little Red Riding-Hood typified a number of human traits, such as virtue, vanity, wickedness, greed and trickery – as well as an ability to negotiate to get what they want.

The main plot follows the Baker (Myx Miranda) and his wife (Taylor Klimchuk), who've been cursed by a Witch (Keara Barrett) to live a childless life. The Witch agrees to lift the curse if they can bring her a number of objects she needs to make a potion: a slipper as pure as gold (Cinderella), a cape as red as blood (Little Red), a cow as white as milk (Jack and the Beanstalk) and hair as yellow as corn (Rapunzel).

What could have been a confusing collage of intertwining stories was deftly shaped by a talented ensemble of 22 students – including narrator Madison Flett – from grades 5 to 8.

The actors gave a polished one-hour performance May 16 to over 200 people. They moved through their woodsy landscape as though it were their own home while delivering 31 challenging musical numbers. The technical crew executed swift set changes, keeping the momentum going.

The onstage chemistry between Miranda and Klimchuk was a delight to watch. Like an old married couple,

they bickered and used a bit of emotional blackmail to compel each other to pursue the magical objects no matter what the cost to the other characters. Klimchuk's ability to pull faces had the audience in stitches at times.

Director and school Principal Greg Thomas said he gave the actors a lot of input into how they brought their characters to life and how they wanted to block their scenes.

"The kids were really good at it. It's a collective thing, it's not just one person," said Thomas, who has been directing musical theatre productions for about 10 years. "Even though I'm the director, much of the choreography is their input."

That collective spirit inspired a passion for their craft.

"The aspect that we're creating something together gives buy-in for the kids," said Thomas. "It's not just something dictated to them."

Although they had no lines, the two cows, Milky White (Rochelle Emms) and Cow (William Emms), were a hit. They perfected typical cow behaviours, such as chewing the cud and staring blankly off into space for extended periods of time.

Throughout the performance, one parent could be heard whispering about how much Milky White enchanted her.

"Oh, I loved the white cow," said Shelley Cameron after the show. "The little expressions, and her little face – she was just so sad and crawling around on her knees. In one scene, she did it really good, capturing the audience. I couldn't watch the other actors when she came on!"

Cameron's daughter Dasani, who played Jack's mother (Jack in the Beanstalk), gave a superb performance of the loving, concerned mom.

The only actor/singer that didn't require a mobile mic was Barrett with her amazing ability to project. The Grade 8 singer brought the witch's formidable temper to life with her powerful vocals.



From left JP Javier, (Cinderella's Stepmother), Alayna Kochan (Lucinda), Lauren Letexier (Florinda).

"She doesn't need a microphone," said her mom Pauline Barrett. "She's been singing since she was six, and she takes voice lessons. She'll be going to the Lundar Fair June 10 – they asked her to sing."

The colourful backdrop, donated by the Wevursky family, served as a character in its own right. The woods and castle were at times inviting, mysterious and sinister. Fisher Branch's Fire Chief Gord Wevursky and Poplarfield artist Rozanne Nevakshonoff painted it. Several of students helped with the backdrop and the creation of sets and props.

The Costume Hut in Riverton made the intricate costumes.

No one broke a leg during the high-energy performance and most of the characters, aside from Cinderella's stepsisters, lived happily ever after.



Desani Cameron (Jack's mom) and Greg Lambley (Jack) sing in the opening number.



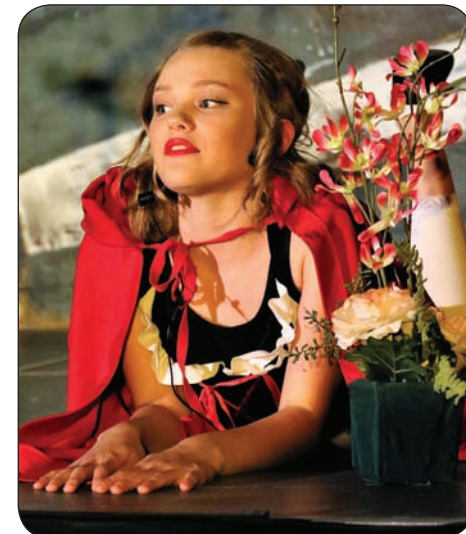
The Baker feeds some of the magic objects to the white cow.



William Emms played the spotted cow.



Luke Wevursky as Repunzel's Prince sang Agony.



Olivia Mazur as Little Red Riding-Hood.

Lundar Ag Fair to host a weekend of fun for everyone

By Jeff Ward

The 65th Annual Lundar Agricultural Fair is just two weeks away and the weekend is packed with family friendly events set to keep everyone entertained

The event begins on June 9 with a horse show and many 4-H activities at the Lundar Agri-Ed Centre. A steer show, beef cattle sales and MBRA 3D barrel racing will also take place. Magicians from Melrose's Magic will be walking around the fairgrounds performing for attendees and a fireworks show takes place at dusk. Capping off the evening is a Partilife Colour Dance Party with attendees being allowed to toss coloured powder into the air. The following day's events are a pancake breakfast, the cutest baby contest, beef show and Miss Interlake judging, antique tractor pull and live music. The parade this year has a theme of Family Reunion, which one of the organizers Cynthia Wirgau hopes will bring out some unique floats. The fair will conclude with the crowning of Miss Interlake while also marking the 50th anniversary of the competition.

"Really we're just hoping to bring together a good crowd and have good weather," said Wirgau.

"The key to having a successful fair has a lot to do with our great volunteers. We wouldn't be able to put on the fair if it wasn't for them. It's going

to be a great weekend and we're all very excited for it."

In a new effort to keep the grounds

clean this year organizers have placed new bright blue Recycle Everywhere bins at the fair grounds and commer-

cial display area and encourage all recyclables to be tossed into those bins.

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Making your vehicle last with regular maintenance in the interlake

Buying a new car can be a lot of fun if you can easily afford the payments, which in most cases means \$500 - \$1,000 in monthly payments. It is a proud moment to own that new vehicle with the new car smell and the shiny new paint. Of course soon, your new vehicle becomes just transportation, and you have one more issue which may or may not be a problem for you, **NEGATIVE EQUITY**. Negative equity is owing more on an item than its actual cash value if sold.

When you buy a new car it is immediately worth less now that you've driven it off the lot. If you spent \$25,000 and after driving away it away it is now worth \$20,000, you have negative equity of \$5,000. This isn't a problem if you can make your payments and provide proper maintenance to keep that investment a safe, reliable and economical mode of transportation. If you maintain your vehicle until it is fully paid for you will be ahead of the game and then you can work on keeping it in good running condition for many years to come.

The trouble comes when you still owe \$10,000 but your vehicle is only worth \$2,000. Now you have \$8,000 in negative equity. A trade in will mean you are going to be refinancing another \$25,000 plus the negative equity left after the trade in. After driving that new one off the lot, another \$5,000 immediate depreciation added to the negative equity, will be a total **NEGATIVE EQUITY OF \$13,000**. The cost for the new vehicle will be approximately \$33,000 which probably means higher payments for longer terms. Remember negative equity means that this money is being paid for something you do not have. For some people who have never thought about this it can snowball to a huge amount if you do this repeatedly. Your best investment is to have your vehicle paid off and kept running in tip top condition with regular maintenance. Keeping the vehicle longer will save you money in the long run. You can use the money that you would have made in payments for family vacations and investments which make you money for your retirement years.

A lot of people in the Interlake do own older well maintained vehicles. They enjoy the fact that they're paid off, or soon will be. They would gladly like to keep their vehicles for 300,000 - 400,000 kilometers or more - as long as it remains economical to do so - ask your Local Interlake Service provider for their advice on how to keep your vehicle in **Like New Condition**.

A common denominator is that people who maintain their vehicles **never skip an oil change**. That may sound a bit unsophisticated, but it's really not. First off, oil is the life blood of your engine and it needs to be clean to properly lubricate. Skipping oil changes leads to **clogged oil filters** and sludge that **can damage your engine**. Enough said.

There's another reason why the scheduled oil change is so important. It's simple - your local auto service professional is going to be looking at your vehicle. Fluid condition and levels will be inspected and any immediate concerns can be addressed and advisements for future items required will be brought to your attention so you can budget for upcoming maintenance and repairs.

Of course, good maintenance costs money, but it's far cheaper than new vehicle payments. We'll steer you right. Our reputation depends on it!

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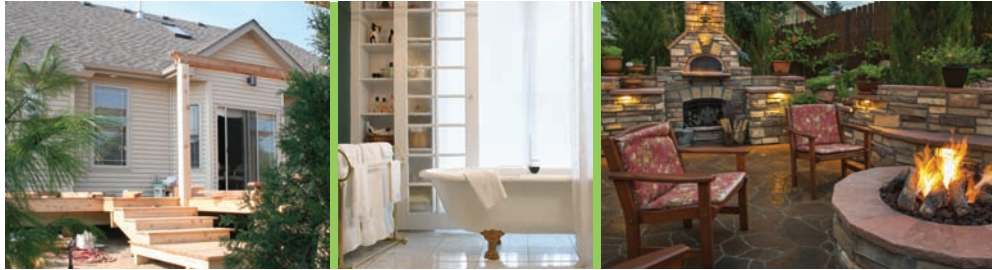
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The all-important tools of a gardener

Some gardening tools are indispensable, whether you're caring for flower beds or growing vegetables. These basic tools make your work easier and your gardening experience more enjoyable.

The three hand tools that are essential for on-the-knees gardening are a small trowel, rake, and a five-pronged fork. The trowel is used for planting young plants and can also be used to aerate the soil and remove weeds. The five-pronged fork has the advantage of being able to pass easily between flowers when loosening and breaking up the soil. With its narrow head, usually no wider than 20 cm, the small rake is practical for removing leaves and other debris from flower beds and vegetable gardens.

Two different types of shovel are necessary for bigger, stand-up jobs: a

round and a square one. The rounded spade facilitates the task of turning soil and digging deep into the ground in order to plant a tree or rose bush, for example. The square, or garden spade, is used to divide perennials without damaging their roots. A rake, hoe, and large lawn rake are other useful tools for the gardener.

Before you purchase any of these tools, be sure to consider exactly what you will be using them for. Another consideration to take into account is your comfort. If you suffer from back pain, ergonomic tools and those with longer handles will make your work easier. Lightweight tools that are as durable as heavier ones are also available on the market. Once you're at the store, and before making a final decision, be sure to try the tools, imitating the movements that you'll

use at home. If you can heft the tool properly, you'll be able to garden with comfort and ease.



Give your walls new life with a fresh coat of paint

Do you often feel an overwhelming urge to crack out your paintbrush and give your walls a fresh new look inspired by the season's hottest colours? If you like to stay on top of the latest design trends, here's what's in vogue for summer 2017.

- Woodland themes. Colours that bring to mind a peaceful stroll through the woods are must-haves in trendy, Zen-inspired homes this year. For inspiration, think of natural elements like leaves, pine needles, ferns, moss, mushrooms, bark and stone. Adding simple, earthy tones to your home is the perfect way to infuse some peace and serenity into your life.

- Nocturnal skies. This year, colour schemes featuring gradients of blue, grey and purple are transporting

Continued on page 13

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GIFT CERTIFICATES AVAILABLE

Gimli girl raises nearly \$500 for Children's Hospital Foundation

By Patricia Barrett

It's a heartrending photo, you have to admit, depicting a wee girl in a plaid coat sitting on a bare-bones boulevard before a drainage ditch with lowering clouds and blank-faced houses in the distance.

The pink flower in the child's hair seems to be the only spot of brightness in an otherwise drab landscape.

Six-year-old Rilla Nickerson strummed her guitar for about six hours over the course of a few days in front of her family's Gimli home, not once losing hope that someone would stop by and wonder what she was up to.

She undertook the busking endeavour to help the Children's Hospital Foundation of Manitoba, which raises and distributes funds for child health research, equipment and programs.

Last month, Rilla made out a cheque to the Foundation for \$486.55.

What we don't see in her mom's busking photo is Rilla's tenacity to stick it out despite a lack of visitors for the first hour or so of cold-knuckled strumming.

"I think it was a weekend. Half of the day," said Rilla during her first media interview in the library of the school she attends.

She said she sat on the boulevard "until supper" so that she could "donate to Dr. Good Bear's Hospital."

Rilla's mom, Holly Elsworth, said she provided a little bit of assistance by posting the busking photo on social media when it seemed as though nobody was going to stop.

"I was surprised with her dedication to the cause," said Elsworth. "It was a cool day. And after being out there on her own for at least 40 minutes with nobody coming by, she was still very determined that that was what she wanted to do. And she stayed out there for three more hours that day. We were proud of her, for sure."

Elsworth's public relations boost proved to be just the thing.

"After a while, lots of people started coming to my house," said Rilla, "and they would put money in a little bucket."

Rilla picked up the guitar last year and has been teaching herself to play ever since (with some help from her dad).

"I was playing since Christmas," she said. "I was practising to play. I tried to learn it by myself. My daddy plays the guitar. He helps me understand how to play the guitar."

The articulate guitarist said she discovered that playing by herself is a good way to further her mastery of the instrument.

"That's how I get better with my guitar – by myself," she said.

She apparently doesn't need to practise altruism: that just came about naturally.

"I thought I'd start helping children at the hospital," said Rilla, when asked why she embarked on her busking endeavour.

She said the idea to raise money was



Rilla Nickerson busks on a chilly day in Gimli.



EXPRESS PHOTO BY HOLLY ELSWORTH Rilla, right, presented a cheque for \$486.55 to the Children's Hospital Foundation of Manitoba



EXPRESS PHOTO BY PATRICIA BARRETT Six-year-old guitarist Rilla Nickerson and her mom Holly Elsworth, in the library of the school Rilla attends, spoke about her busking fundraiser for sick kids.

sparked by her mom, who had someone come by the house to pick up items the fam-

Continued on page 17



> FRESH PAINT, FROM PG. 12

trendsetters to a place where the stars — and unexplored galaxies — enchant us day and night. For a truly original, dreamlike design, consult a specialist about the use of watercolours to recreate the richness and depth of a dark night sky.

• Expert picks. Pantone and Color Marketing Group — two recognized authorities on international colour trends — have both chosen luscious green tones as this year's top colours. Coincidence or fate? Greenery (selected by Pantone) is a refreshing and revitalizing shade, whereas Thrive (chosen by Color Marketing Group) is more of a warm olive green.

• Sequined elegance. This year, be bold and opt for a chic design using special paint that includes a sequined finishing gel. This ultra glamorous style can be achieved by combining any number of dark colours (midnight blue, burgundy, charcoal grey, etc.) with small, iridescent flakes. In the right light, the end result is simply stunning!



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170001B

Dancers delight audience with recital performances

By Jeff Ward

Dancers from around the Interlake delighted 350 at the annual Royal Winnipeg Ballet (RWB) satellite recital in Eriksdale on May 13.

The Eriksdale School gym was turned into an enchanted forest complete with trees and fairies for the recital. The ambience of the performance has always been one of the many highlights of the annual event and satellite program according to organizer Dolly Lindell.

The RWB satellite program completed its 18th year with the recital capping off an intensive eight month (September-May) training process where students from all ages learn directly from RWB instructors. Lindell said that the program continues to stay relevant and popular even after all these years and that it's not surprising to her because of the value the program provides.

"Without this program my daughter wouldn't be the confident person she is today," said Alison Martilla whose daughter Cara has been dancing in the program for the last 11 years.

"It's also bringing the Interlake together for the arts, which doesn't happen as often as we'd like. The program has really brought out her love of dance and it's a great night where they get to show off all that hard work."

Lindell agreed that much of the val-

ue in the program comes in the form of a big confidence boost for its participants. Make no mistake, it takes some courage to stand in front of a crowd of 350 and dance for them, but these kids do it year in and year out and Lindell said that not only is she proud of them and their efforts, but that they should be very proud of themselves.

Another one of the benefits is that dance is a full body physical activity, and while it might look like it's a breeze to prance around to music, it is a workout. Students practice dozens of hours in class and dozens more on their own to perfect their routines. Some students even have multiple routines to memorize.

"I have quite a few students who are taking two classes so they have to learn and practice two routines. It's very difficult and they all work very hard to get it done," said Lindell.

Even after 18 years the program is still going strong and Lindell said that it's unlikely to stop it anytime soon. She said that she is looking forward to the silver anniversary at 25 years and hopes to do something extra special for that recital.

"To see the kids on the stage performing, and the look of accomplishment on their face, that's the reward for me. I'll do this until the students don't want it anymore," said Lindell.



EXPRESS PHOTOS SUBMITTED BY DOLLY LINDELL

Creative movement dancers dressed as fairies for the RWB satellite program recital. From left, Emerson Billekop, IrinAnna Giju, Emmaleigh LeStrat, Dillynn Kinkead, Lily Lindal, Sophia Monkman, Ava Nickel, Brooklynn Stagg, Taryn Watson and Kayla Whiteside.



These elegant ballet dancers wowed the crowd with their routine. From left, Emily Chevrefils, Dawson Gard, Alayna Kochan, Kiera Lavallee, Lauren Letexier, Raelene Lucier, Cara Martilla, Faith Nickel and Anna Osmond.



Young ballet dancers complete their routine for the year end recital. From left, Navaeh Gould, Lily-Jean Hillyer, Layla Krauss, Alexandra Lavallee and Kinsley Wallach.



Tap dancers dressed in leopard clothing gather for their finale. From left, Payton Cardinal, Sawyer Billekop, Raina Johnson, Alyssa Kallstrom, Sofia Lavallee, Karah Lindell, Emily McAuley, Chloe Miller, Caitlan Nickel, Hannah Nickel, Riley Oswald, Gabreyi Ryden, Alyssa Whiteside, Juliana Windross.



Dancers pose for a group photo following the year end recital for the RWB satellite program at Eriksdale School a few weeks ago.



Jazz dancers worked hard over the last eight months to perfect their routine. From left, Nevaeh Gould, Kate Granberg, Lily-Jean Hillyer, Kayla Krauss, Alexandra Lavallee, Sofia Lavallee, Chloe Miller, Gabryel Ryden, Shannon Thorgilsson, Alyssa Whiteside and Juliana Windross.

Award-winning fiddle player releasing fourth album in June

By Jeff Ward

Mark Morriseau has spent nearly his entire life playing and teaching people to play the fiddle. And with his fourth album release coming in June he hopes to capture the magic of the instrument again.

Morrisseau is known for many different reasons in Manitoba and across the country. He toured with Doc Walker, a country band that has been topping charts for more than a decade, he taught country music star Sierra Noble how to play the fiddle and his previous album, "Favorites" won him 2010 Fiddle Album of the Year at the Canadian Aboriginal Music Awards.

Morrisseau's fourth album, "Flowing Strings" has been in the works for quite a while and Morrisseau said that he and his producer, Brad Moggie are in the final stages of layering the tracks. The album will be debuted to a live audience at the Meadow-Lea Community Centre in Marquette on June 17.

"The album is still true to those traditional roots of fiddle

music," said Morrisseau.

"We've really made the effort to recreate the times we've had with some of our audiences over the last few years. The album is up tempo and has a nice energy to it with some great players on it."

Morrisseau said that he had planned to try to do a new album once every two to three years

but that it's an incredible amount of work to put together a new album from scratch and that teaching and his own family have been main priorities since his last album in 2010. Those efforts have not gone unrewarded though as one of Morrisseau's biggest passions is helping to propagate the fiddle and the rich and varied

Continued on page 17



EXPRESS PHOTO SUBMITTED

Award-winning fiddle Mark Morriseau will launch his fourth album titled, Flowing Strings in Marquette on June 17.

LAWN BOWLING OPEN HOUSE & INSTRUCTION DAY

Lawn Bowling is an easy game to learn with very few rules. Come out to the Lawn Bowling Green located by Gimli New Horizons on Sunday, June 4, 2017 at 1:00 p.m. give it a try

Equipment and Instruction will be provided for this low impact sport. Wear flat soled shoes and loose fitting attire.



SILVER WESTERN DAYS

Saturday May 27, 2017

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Recreational ride, supper and dance fundraiser this Saturday in Silver

By Patricia Barrett

With green-up well underway in the Interlake, the Silver Community Centre will be holding its annual recreational trail ride this Saturday that will include hearty feasts and a party until midnight.

Horse riders from several Interlake towns, including Silver (about three miles south of Arborg), Stonewall, Lundar, Eriksdale, Ashern, Arborg and Riverton, are expected to pony up for a day out.

The free fun ride is going into its 26th year, said Walter Mychasiw, director of the Silver Community Centre. It's a social event that brings members of the horse community together.

"It's all about horsey stuff," laughed Mychasiw.

The ride usually attracts up to 50 riders if the weather is fine.

"It's an all-day deal," said Mychasiw. "The riders start coming in about 11 a.m. and then at about 12, we'll go on the ride. We'll go 12 to 14 miles. We'll go three or four miles and stop and

draw cards for the poker derby and give the horses a rest."

Riders have to supply their own horses. Those who don't ride can jump aboard a tractor-drawn wagon that seats about 12 to 15 people.

The ride used to follow designated trails, but those have become too rutted by quads.

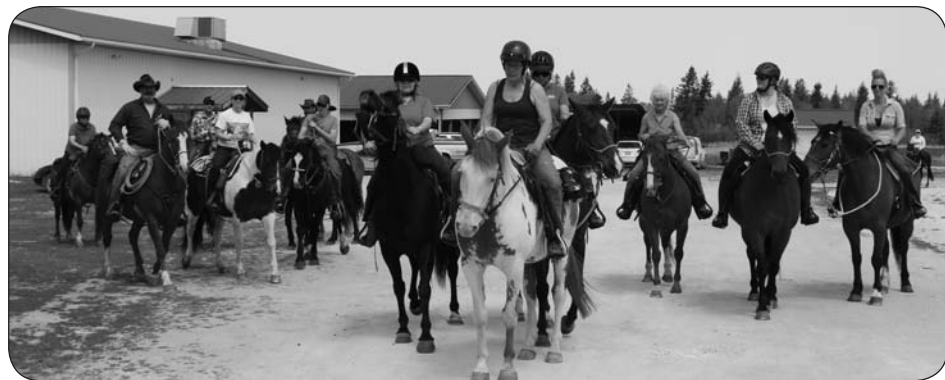
"We have one trail that goes along the Ridge Road, about three-and-a-half miles long, and then we come back on some of the older roads," said Mychasiw. "We stay off the highway. We might go a half mile along the highway in the ditch."

Mychasiw will be taking part in the ride, probably at the tail end to ensure no one accidentally strays from the route.

"I haven't missed a ride yet," he said.

James Symynyshen, treasurer of the Silver Community Centre, said riders can tuck into barbecued hamburgers and hotdogs before they hit the trail.

And the community centre is offering a roast beef supper starting at 6



EXPRESS FILE PHOTO BY LANA MEIER

Riders are being invited to saddle up to hit the trails for the annual Silver Western Days trail ride this Saturday. The annual ride is a poker derby fundraiser for the Silver Community Club and the Arborg Fair and Rodeo.

p.m., which includes a cash bar and silent auction.

After that, you can swing your partner 'round.

"We're having a Western dance in the evening," said Symynyshen. "The dance is a fundraiser."

The proceeds will go towards the maintenance of the community centre.

Riders should bring their horses to the Arborg Agricultural Society Fair Grounds in Silver for 11 a.m., Saturday, May 27. Poker derby cards cost \$5 or three for \$10. The supper and dance costs \$20 per person.

The Fair Grounds are located on Road 125 N, about a quarter mile east of Highway 7.

Narrows West Lodge weathers the storm and propers

By Jeff Ward

Narrows West Lodge weathered two natural disasters, lost millions in infrastructure, and had improvement projects destroyed by two separate floods, but the CEO will tell you his team is better for it.

In 2008 Narrows West Lodge spent \$150,000 to rebuild their marina to accommodate 44 boats. At the time it was the largest marina on Lake Manitoba according to Narrows West Lodge CEO Chad Olafson. The flood of 2011 destroyed the entire marina with divers being hired to dismantle the marina while it was still underwater the following year. Olafson said that the incident didn't deter him because the community needed the marina due to the high traffic area for boats, so they rebuilt in 2012. But in 2014 the whole marina was destroyed again by encroaching floodwaters. The flooding also destroyed work on the golf course and Olafson said that he was growing tired of watching their work get ruined so he decided that they needed to adapt.

"It was clear the government wasn't doing anything to prevent a flood from happening again so I needed to come up with a new design," said Olafson.

"So we decided to make the entire marina float so that no matter the water level people would still be able to park their boats and use it, and it

wouldn't be damaged by future flooding. And now we're expanding on that idea with a new boat launch. Our biggest thing is that even if we do have a flood it's going to be business as usual here."

The floating marina was built last year and worked to a great success. It can accommodate up to 44 boats like the original one and is not in danger of being destroyed by floodwaters. The investment in all three marinas totalled more than \$350,000, and the boat launch is estimated to cost \$50,000. Olafson said that the reason he and his team continue to pour their time, effort and money into the area is because they believe in the community.

Olafson refers to his team as "community builders" and said that the staff is basically family. They've weathered an incredible series of catastrophic losses, as many have from flooding in the Interlake, and have come out the other side stronger.

"We have a very nautical community, people love using their boats to get around and we like being the spot they can stop in at. We lost a lot over the last two floods but we're still here because I couldn't imagine living anywhere else. I love it here and I want this community to be successful," said Olafson.

The future proofing and flood protection extend out past the marina to



EXPRESS PHOTO VIA FACEBOOK

The Narrows West Lodge's floating marina was a project born out of necessity in an attempt to flood proof the investment of the lodge and make sure that even in the event of a flood it's business as usual at the lodge.

places like the area's growing subdivisions and golf course. Olafson said that he wants flood protection everywhere because he doesn't want to watch his community washed away. Olafson describes himself as a "very positive person" and an eternal optimist, and it shows considering the level of loss in both financial and infrastructure terms.

Olafson said that the kind of loss he experienced would make many people think twice about getting up off the mat and trying again. The Interlake has plenty of stories about perseverance in the face of the two floods and all over the region are farms, municipalities and families who continue

to look ahead and try again.

"And we've had overwhelming support in our journey and it's been fantastic. It helps us know that we're on the right track and that people appreciate what we're trying to do. Again we all love where we live so much and we're gonna tough this out because we all believe in developing this community," said Olafson.

The Narrows Lodge was fortunate to be able to survive two floods and come out the other side, but it didn't happen through luck. It was a lot of hard work combined with rock solid optimism and a desire to build a community for everyone.

Ashern business changes hands, giving new lease on life

By Jeff Ward

Blaine's Small Engine in Ashern officially changed hands last week and its new owner Kevin Gutknecht is looking forward to continuing a much-needed service for the area.

As of May 13 Blaine's Small Engine is now Kev's Small Engine and Gutknecht said that the opportunity to purchase the business from its previous owner Blaine Paulson couldn't have come at a better time. In April of last year Gutknecht injured his back working his previous job as a heavy-duty diesel mechanic. The herniated disc in his spine caused incredible pain and required him to be on disability until January of this year. Gutknecht unfortunately could not return to his normal job as standing for long periods of time makes his left leg go numb a side effect of the herniated disc. He said that the first few months of this year were especially tough as he tried to find something he could do but was unsuccessful. After meeting with the staff of Community Futures West Interlake he found out about the opportunity to buy the small engine repair business at 25 Main St. Ashern and jumped at the chance to own his own business..

"It seemed like a perfect fit honestly," said Gutknecht.

"It's still physically demanding on me for sure, but it's something I can

do. When I heard that Blaine was thinking about selling I went to talk to him to figure out a price immediately. I'm just happy that I'm working again and that I can make sure an important business like this stays around."

For the last four years Blaine's Small Engine has provided mechanical services to area residents. Fixing lawnmowers, chainsaws and recreational vehicles like quads have been commonplace for the business. The only significant change to that is in the name and Gutknecht said that once he gets into a rhythm he might look at ways he can personalize the business even more.

The reasons for Paulson looking to sell are pretty simple. He explained that it's getting time for him to retire and that he and his wife are looking forward to spending more time with their grandchildren. The business is not easy work and the labour involved can be exhausting. Paulson said that Gutknecht is the most qualified person to take over the business that he's met.

"You have to have a lot of mechanical knowledge and experience to do this job and he's the first person I met who's capable of that," said Paulson.

Currently Paulson is still working at the shop helping Gutknecht get a handle on the finer details of day to day business and will likely be there



EXPRESS PHOTO BY JEFF WARD

Blaine Paulson, left said that the new owner of the business formerly known as Blaine's Small Engine, Kevin Gutknecht, right, is the most qualified person he's met to take over the business.

for the next two to three weeks. Gutknecht said that he has never run a business before and that his main focus is to keep bringing the same level of service to Ashern residents that they've come to expect over the last four years. And he'd even like to go

above and beyond if possible.

"I want people to know that even though Blaine is gone they can still count on me to deliver the quality they've had before. So I'm willing to go the extra mile to do that," said Gutknecht.

> CHILDREN'S HOSPITAL, FROM PG. 13

ily had posted for sale on a Gimli web site; she wanted to contribute to that.

But she really didn't have a lot to sell.

"I said, 'I don't think you have anything you could sell,'" said Elsworth. "And that's when she said, 'So maybe I could play my guitar and collect money for the children at the hospital?' We're not sure where that idea came from. We've asked her many times, but we've never gotten any further response."

"I wanted to help, and I started my own thing to make a donation," added Rilla.

Elsworth said Rilla busked for a couple of days in front of their house, and the word spread. People as far away as Yellowknife and Sweden made pledges. The money continued to come in for at least a week.

"I carried the money in a container," said Rilla, describing her visit to Dr. Good Bear's hospital. "It wasn't too heavy though."

She said the staff were "happy" with her donation.

Elsworth said lots of people at the Foundation came by to hear Rilla's

story.

"We were surprised when we got there how many people came to listen to her story," she said. "A lot of them wanted to hear how she raised the money."

Much to her mom's surprise, Rilla made an impromptu announcement during her press conference, stating she plans to hold another fundraiser in a province the family will be visiting later this year.

"I'm going to sell cookies and lemonade, I think, in Nova Scotia," she said.

The proceeds would go to a children's hospital there.

"We certainly hope that she continues," said Elsworth. "Like she said that morning when she woke up, she told me it was time she started thinking about others. I remember that. And I thought, 'Wow.' We hope that's what she continues to do. As parents, that's music to your ears, isn't it?"

For more information about the Children's Hospital Foundation, and how to donate, visit goodbear.mb.ca or call (204) 953-5437 or toll free at (866) 953-5437.

> FIDDLE, FROM PG. 15

music that comes along with it.

The fiddle and music in general, have been a constant in Morisseau's life ever since he was a child. His father, grandfather and great grandfather all played the fiddle and he's fairly confident that the history for his family goes even further back than that. To say the fiddle is in his blood might actually be understating it.

"When it's around you all the time it's kind of hard not to pick it up, and it became a passion of mine. Playing with my dad, learning new things and listening to music. The fiddle is such a fantastic instrument to play and there are so many different ways that it can be played," said Morisseau.

As he describes it the fiddle can be play many roles in a song. It can act like a ghost and provide ambience and then rise up in the arrangement in sharp burst that make you take notice, like a musical spectre waiting to give the listener a shock. And it can also command the attention of the listener and lead the piece from beginning to end.

Morisseau said that the fiddle takes

on the identity of the person delivering the piece and that for him, the simplicity of the music acts like a time machine that transports the listener back to a simpler time.

"My dad's dad would wake up every morning and play the fiddle, get his practicing in and that was everyone's alarm clock. So when I play the music now I feel like it makes us all remember times like that, helps us see our mark on our own lives," said Morisseau.

Music has a power, perhaps unlike any other art form, to be very evocative. To make us travel through time or to bring up memories of specific life changing moments. Morisseau said that he hopes his music does that for those who listen, that it can be something powerful and memorable. But he'll definitely settle for something that makes people get up and dance.

For those interested in reserving tickets for the CD release party Morisseau encourages people to get in touch with him at markmor@mymts.net. Tickets will be available at the door as well.

Manitoba Youth Job Centres open in Ashern, Lundar and Gimli

By Jeff Ward

An important resource for youth summer employment is now open in Ashern, Lundar and Gimli.

The Manitoba Youth Job Centre staff will help provide local youth with community-based summer employment referral services, help with resume writing, establishing references and interview skill workshops. Youth engagement leaders are currently working to establish relationships with local businesses to see what their needs are and can refer youth that would be a good fit. The youth engagement leader for Ashern is Saige Klyne-Geisler while Khalida Benedictson has been hired to run the Lundar office. Chloe Coates will assist Gimli youth. All three offices are located in the municipal offices for each community.

The job centres will remain open until late August and the youth engagement leaders encourage area youth to drop in and see what's available.



Saige-Klyne Geisler



Khalida Benedictson



Chloe Coates

Lundar to celebrate Canada 150 with fireworks, outdoor movie, free golf

Staff

Lundar will be closing down a section of Main St. on Canada Day, July 1 to clear the way for hundreds to enjoy a BBQ, kids activities and more.

Coldwell Coun. Amanda Stevenson said that the opening ceremonies for Lundar's Canada 150 celebration will take place at 4 p.m. at the Lundar Museum. A community BBQ, kids games, and scavenger hunt will also take place later in the

day. The Lundar Golf and Country Club will also be hosting a free golf day, where anyone can play nine holes without paying green fees.

A massive fireworks show around 10 p.m. will follow the outdoor movie.

Stevenson said she hopes to see the streets filled with visitors celebrating Canada's 150th birthday and the 130th birthday of the town of Lundar.

Fishing in the rain



EXPRESS PHOTO BY MAGGIE WYSOCKI

A little rain didn't stop cottagers in Gimli from fishing for pickerel off of the pier over the long weekend.

RCMP issue 310 tickets during Distracted Driving Month

Submitted

April was Distracted Driving Month, and the RCMP targeted enforcement to help stop this dangerous driving behaviour.

With support from Manitoba Public Insurance, the Manitoba RCMP conducted an enhanced distracted driv-

ing enforcement campaign, focussing primarily on handheld electronic device use while driving.

During the month-long campaign, RCMP officers handed out 310 tickets to drivers under Section 215.1(2) of the HTA (Use a handheld electronic device while driving). Two of those driv-

ers were also found to be impaired by alcohol. This is an increase from the 175 cell phone tickets handed out during the April 2016 campaign.

Distracted driving reduces driver awareness and decision-making abilities, and remains a primary cause of traffic collisions in Manitoba. It also

carries a \$203.80 fine and will result in five demerits upon conviction.

The RCMP would like to remind motorists to keep their eyes on the road and hands on the wheel - put your focus where it should be so everyone can get home safely.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder senior girls improve to 3-0

Staff

The Interlake Thunder senior girls' football team had a couple of reasons to celebrate their home opener last Thursday.

Playing in front of a supportive crowd of friends and family is always a good thing. But the Thunder made the experience even better by soundly defeating the Eastside Eagles 36-6 (teams are only allowed a 30-point differential in the game-ending score) at Stonewall Collegiate.

"It was a really good time," said Thunder head coach Joel McDonald. "A lot of fans were there and the atmosphere was really upbeat. We've always done a really good job with our home games and our fans have really done a good job filling the field for us."

Interlake's offence was very good right from the get-go, gaining sizeable chunks of yardage on a consistent basis. The offensive line had another strong game, opening holes for the Thunder's running backs.

"It's become our trademark," Mc-

Donald said. "Just ground the rock... we're a ground-and-pound type of offence, which is really good because it takes pressure off of our defence."

With the win, the Thunder improved its record to a perfect 3-0 while the Eagles remain winless at 0-3.

Interlake is back at home again tonight when it hosts the Sunrise Coyotes (3-0) at Stonewall Collegiate. Kickoff is set for 7:10 p.m.

"It will be the benchmark for the season," McDonald said. "We will have a much better idea where things are at after this game as far as how the league will play out."

The Thunder junior girls' football team will also be hosting a home game tonight when it battles the Eastside Eagles at 6 p.m. at Stonewall Collegiate.

Interlake is now 0-3 on the season after a thrilling 40-38 home loss to the North Winnipeg Nomads last Thursday. North Winnipeg earned the win by scoring on the second-last play of the game.



EXPRESS PHOTO BY MATTHIEU MEIER

The Thunder's Emilie Mazur runs the ball in to score a touchdown against the Eastside Eagles at Interlake's home opener last Thursday.

Junior Blue Jays outscored by Pembina Valley

By Brian Bowman

There were plenty of runs scored in the Manitoba Junior Baseball League game between the Pembina Valley Orioles and Interlake Blue Jays on May 17 in Stonewall.

The good news saw the home side score seven runs after getting blanked in their MJBL season opener earlier this month.

The bad news, however, saw Interlake surrender 18 runs in an 18-7 loss to Pembina Valley.

The game was wild right from the very beginning as each team scored early and often.

The Orioles led 5-4 after the first inning and then 9-7 after four innings. Pembina then exploded for seven runs in the fifth and then added two more in the sixth.

Despite the loss, several Blue Jays' players had great games

at the plate.

Lane Holden was 3-for-4 with three runs scored and an RBI while Tanner Good had a pair of hits and two runs scored.

Derek Petrasko also had a pair of hits, a run scored, and an RBI. Martin Knutson, meanwhile, had three singles.

Interlake (0-2) visited the Brandon Marlins last night but no score was available. The Blue Jays will then be at home for their next four games.

The St. James A's will be here Friday (7 p.m.), followed by the Elmwood Giants on Sunday (2 p.m.).

The St. Boniface Legionnaires will be in Stonewall next Wednesday (7 p.m.) and then Brandon will visit June 2 (7 p.m.).

In Winnipeg Senior Baseball League action, the Stonewall

Blue Jays had a rough start to their season after a 10-3 road loss to the St. Boniface Legionnaires last Thursday in Winnipeg.

St. Boniface put up an eight-spot in the very first inning and then added two more runs in the bottom of the second.

All of Stonewall's runs were scored in the third inning.

No stats from that game were posted on the league website at press time.

Stonewall hosted the St. James A's this past Tuesday and then will have the Kildonan Mudcats come to Fines Field tonight. First pitch is 7:30 p.m.

The Blue Jays will then conclude a three-game homestand next Tuesday (7:30 p.m.) when they host the Elmwood Giants.



TRIBUNE PHOTO BY ANNALIESE MEIER

The Jays' Emerson Klimpke releases a pitch during Interlake's 18-7 loss to Pembina Valley on May 17.

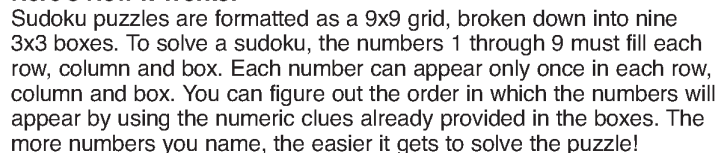
Impact shuts out Tri-S Strike Force

Interlake (1-1) is back in action this Saturday at 2 p.m. when it plays Elwood FC (2-0) at the Ralph Cantafio Soccer Complex.

Fisher Branch's Kate Letexier placed seventh in the senior discus after a throw of 22.87m.

take a break
GAMES

SUDOKU



Crossword Answer

CROSSWORD

55. Jerry's pal

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Immediate possession available. 1638 sq. ft. RTM. 2.5 baths, cathedral ceiling, island kitchen. \$189,000. Floorplan online at wgiesbrechthomes.ca. Custom builds also available. Call 204-346-3231 or email wilbert@wghomes.ca for more information.

2 only 16 x 80, 3 bed, 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

New modular homes starting under \$90,000 delivered! Best Buy Homes Winnipeg/Brandon/Grand Beach - WWW.BESTBUY-HOUSING.COM - Canada's largest selection of in-stock homes, quick delivery factory orders! Text/Call 204-800-0065.

CAMPGROUND

Hill Top Resort camping. 600 treed acres with sand beach lake, any size RV. Quads, ok. Live music. May to Sept starting at \$400. Site visits info@hilltopresort.ca

STEEL BUILDINGS

Steel Building Sale ... "Mega Madness Sale!" 20X23 \$5,780. 25X25 \$6,312. 30X31 \$8,175. 33X35 \$9,407. One end wall included. Check out www.pioneersteel.ca for more prices. Pioneer Steel 1-855-212-7036.

GARAGE SALE

HUGE GARAGE SALE in Warren. Household, tools, decorative boulders, antiques & more. Thurs., May 25 from 12-5 p.m. & Fri., May 26 from 9 a.m. - 5 p.m. Hwy. 6, west of 67. Watch for signs.

RECYCLING

Buying scrap metal, cars, farm scrap, loose scrap, any metal material. For sale: 3130 JD, 3 pth, VGC, \$10,500; 567 JD baler, VGC, \$18,500 obo. Ph 204-886-3407 lve. message or cell. 204-861-2031.

TREES/SHRUBS

Nursery Sell-Off. 5,000 tree pots. Shade trees, fruit trees - apple, cherry, plum, hedge plants, shelterbelt trees, Spruce/Pine, shrubs, \$5-\$35. Quantity discounts. Free local delivery. 204-771-4211.

LANDSCAPING

Good clean top soil for lawn or garden, \$10/yard, will load. Can deliver in 15 yard loads, mileage extra. Call Dan 204-642-3367 or 204-378-2944, River-ton.

HELP WANTED

In search of a seasonal Gravel Hauler. Class 1 drivers license required. Experience with belly dump and end dump trailers as well as tandem truck. Seasonal full-time employment. Position available immediately. Contact Ron 204-886-7248.

HELP WANTED

Dream job. Live in caregiver/housekeeper in Winnipeg and Florida! Needs a driver's licence and be able to travel. (204) 997-4629.

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar systems. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Stock, cancelled, mis-measured and custom kitchens in oak, maple, MDF, cherry alder, walnut, melamine, painted, lacquered, stained, glazed custom finishes. We do them all!! Fehr's Cabinet Warehouse 1-800-758-6924.

MISCELLANEOUS

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, leasing & financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, Mb. 1-888-685-3127.

HEALTH

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

HEALTH

Disability? ADHD? Do you have a disability? We can help you get up to \$50,000 back from the Canadian Government. For details call us today toll-free 1-888-875-4787 or visit us at: disabilitygroupcanada.com.

UPCOMING EVENTS

Telus Manitoba Motorcycle Ride for Dad. Fighting Prostate Cancer Saturday, May 27, 10 a.m. Official start Polo Park Shopping Centre. Register online: ridefordad.ca/manitoba

FARM MACHINERY

1981 IH 886, cab, dual remotes, 550/1000 PTO, near new 18.4x34 tires, 5330 original hours, nice unit. \$12,500 obo. Ph 204-278-3392.

MOVING SALE

Fri., June 2nd, 10 a.m. - 6 p.m. & Sat., June 3rd, 10 a.m. - 5 p.m. 10 miles north of Arborg on Hwy 326 then 1/8 mile west. Household, lawn & garden, tools, miscellaneous.

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alesha@forsythhauling.com
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ASHERN AUCTION MART
**WILL NOT BE HOLDING
AN AUCTION SALE ON
WEDNESDAY MAY 31st, 2017**

The last sale will be on June 7th

PLEASE CONTACT

BUDDY AT 204-768-0018 • KIRK AT 204-768-0019

LAND FOR SALE NE4-22-1E

Ernest Surminski, executor of the Estate of Brian Surminski, will consider offers to purchase and invites tenders related to NE4-22-1E. 160 acres of property suitable for pasture or agriculture purposes, including natural spring well and approx. 5 acres of bush. Your offer must be received in writing at 43 John Duncan Dr. Winnipeg, MB R2C 5E6 by no later than 5:00 p.m. on June 9, 2017, addressed to Ernest Surminski. The highest or any offer will not necessarily be accepted. Once an offer is received, it may not be withdrawn, varied, retracted or countermanded. All offers must be signed and dated. Immediate possession or as may be mutually agreed upon. You will be contacted if your offer is accepted.



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ARBORG, MB**

Vidir Machine is a leading manufacturer and worldwide supplier of vertical motorized storage carousels, display systems and rolled goods cutting systems. Our highly versatile product lines offer industry solutions for construction, retail, medical, warehouse, government, automotive, printing and manufacturing.

We have a number of full-time permanent positions available at our facility in Arborg, MB.

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PAINT/WASH BAY (DAY SHIFT)
MACHINE OPERATION (EVENING SHIFT)**

All Candidates must be:

- well organized;
- self motivated;
- mechanically inclined;
- work independently and as part of a team;
- capable of problem solving.
- It is an asset to have a working knowledge of Microsoft Office, including Word and Excel. Also must be willing to learn new programming.

Industry-leading wages with comprehensive benefits package offered. There is a shift premium offered for evening shift.

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

Only those selected for interviews will be contacted.

www.storevertical.com

Annual General Meeting

For
**Moosehorn Consumers
Co-operative Limited**
Monday, June 5th, 2017

7:30 p.m.

Moosehorn Community Hall

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

**Door Prizes
Refreshments**



**Rural Municipality of
FISHER**

OFFICE CLERK

The Rural Municipality of Fisher invites written applications for the position of permanent full-time Office Clerk.

The successful applicant will be required to provide a variety of administrative and financial clerical duties associated with municipal and utility services. A detailed job description is available upon request.

Position responsibilities include:

- Strong written communication skills, e.g. letter writing, minutes, notices.
- Ability to communicate effectively with Council, employees and public.
- Experience in using common software and computerized accounting systems.
- Attention to accuracy and detail.
- Financial duties include bank deposits, receive and record customer payments.
- Valid drivers licence.
- Graduate of, presently enrolled in, or willing to enroll in the Manitoba Certificate Program for Municipal Administration.

The RM of Fisher offers an excellent benefits package. Salary is set out in the CUPE Local 4348 Collective Agreement and is dependent upon qualifications and experience.

Written applications including resume, cover letter and three work-related references to be submitted in confidence by **Friday, June 9, 2017.**

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

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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McSherry Auction Service Ltd AUCTION SALE FOR THE LATE LAWRENCE TATARYN

Saturday June 10th, 2017 @ 10:00 am

Arborg, MB

3 Miles South on Hwy 7 Then 1/3 Mile East #10091

Auction Note: 2 Generation Farm Lots More Than Listed!

As Time Has Gone By Many Items Will Not Run Sale Day!

Contact # Louis (204) 661-1091

Tractors JD 4020 w JD 148 FEL 4205 Hrs. * 3) JD 3020.
* 2) JD 5020 * JD 5010 * JD 1120 3 PH * MF 135 3PH
540 PTO * MH 444 FEL * Case 930 * Int Farmall Super
M * 4) Int Farmall H * Int W6 * Cockshutt 40 * Coop
40 * 3) MM. "U" "R" "Z" * Allied 580 FEL * Farmhal
F11 FEL * Grain Equip White 8800 HydrCombine *
2) Versatile Combine 1) 420 1) 42 * Cockshutt 5542
Combine * 2) Coop 500 Swather * Schultes 857 Rock
Picker * Crown Rock Picker * Coop 15' Tandem Disc *
2) Int 620 Press Drill SAFAGA 1) 16' 1) 14' Melroe 900
6B Plow * Oliver 4B Plow * Farm King 50' Diamond
Harrows * Int 45 18' Cult * MF 14' One Way Disc * Coop
100 14' Cult * 2) Kendon 160 Bushel Hopper Wagons
* 3) Westfield 7' 41' Augers * 14' Crowfoot Packers *
Haying & Misc Equip NH 116 Haybine * NH 853 RD
Baler * 3) NH 850 RD Baler * 2) MF 6 Wheel Rakes * 3)
NH 56 Side Del Rakes * 3PH 2 Wheel Swath Turner *
JD 450 Trailer 9' Sickle Mower * MF 124 Square Baler
* MF 12 Square Baler * 2) Int 555 Manure Spreader
* NH 354 Mix Mill * Shaver Post Pounder * 8) Farm
Wagons * 3PH 7' Blade * Trucks & Vehicles 06 Ford
F150 XL 4 x 4 Ext Cab * 97 Ford F150 223, 000 KM *
94 Ford F250 * 75 Dodge 600 5 Spd x 2 w 10' Gravel
B & H * 60's Int 1700 Load Star * 60's Merc. Tandem 3
Ton Truck * 90's? Chrysler 5th Ave * 72 Chrysler New
Yorker * 55 Pontiac Car * 20's Chev Car * Trailers 91
Sokal 16' Gooseneck Tandem Livestock Trailer * 92
Sokal 20 Gooseneck Tandem Flat Deck Trailer * BH
16' Tandem Flat Deck * 90's Westwind 24' Fifth Wheel
Camper * MF Ski Whiz Snowmobile * JD Push Gas
Mowers * Roto Tiller * Saw Mill Misc 5400 Bushels
of Oats * 30) Corral Panels * Head Gate * 4 Bat Honey
Extractor * Sawmill Belt Drive 48' Bed * Hyd Wood
Splitter * Stationary Bin Erector * Bin Sheeting *
Various Tires Many Axles * Implement Parts * Auto
Parts * Farm Misc * Large Amount of Scrap * Tools
2) HD Drill Press * 2) Hyd Press * B&D Valve Grinder *
Acetylene Torches * Welders * Power Tools * Hand
Tools * Welding Table * Shop Supply * **Antique Equip**
Int Early Square Baler * JD Threshing Machine * Bob
Sleigh * MM 4B Disc Plow * Seeder * Disc * Saulky
Plows * Breaking Plow * Walk Behind Plow * Horse
Mowers 1) JD Big 4 * Feed Chopper * Steel Wheels
* Cream Separator * Corn Husker * Cutter Sleigh *
Horse Items * Kitchen Cabinet * Flour Sign * 7 Up
Sign * 2 JD Stationary Engines *

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McSherry Auction Service Ltd WES & MICHELLE FUNK

Sunday May 28th @ 11:00 am

Oak Bank, MB
North 6 Miles on Hwy 206
Then West 1/3 Mile on
Melrose Place #18
Contact # (204) 997-0249

11 16' Flat Deck Tandem
Trailer * 14 Polaris 570 Quad
100 Miles * 11 Polaris 850
Sportsman 386 Miles * 8 Guns
* Yard Items * Tools * Antiques
* Household * Go to Web!
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McSherry Auction Service Ltd CLAYTON KUNZELMAN

Saturday May 27th @ 10:00 am

Inwood, MB
North 4 Miles on Hwy 17 Then
3 Miles West on Road 106
Contact # (204) 206-0334

Tractors & Crawler * CAT
941 FEL Crawler * 12
Farmall 95 * Kubota M-110
MFWA * Case 2590 * Int
684 * INT 1066 Cab 3PH *
M. M Jet Star 3 * Ford 8N
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Grain Equip * Buhler Inland
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01 Wilson 53' Alum Stepdeck
* 77 Arnes 22' Gravel Trailer
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work away from home,
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email a resume to info@efmoon.ca

McSherry Auction Service Ltd FARM AUCTION SALE NORMAN LUSSIER

Saturday June 3rd @ 10:00 am

Lac Du Bonnet, MB
West on 317 & Jct 11 1 Mile,
North 1/2 Mile on Bilan Rd
(Rd2) Then Continue West 1/2
Mile on Bilan Rd, North 3 1/4
Miles on Charles Rd #439
Contact # (204) 345-8492

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x 4 Ext Cab * 80 Ford 3 Ton
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Trailer * Equip * JD 230 26'
Tandem Disc * MF 730 14'
Offset Disc * Morris Mag II
27' Chisel Plow * Int 6200
Press Drill w Transport *
Melroe 420 42' Multi Weeder
* 50' Diamond Harrows * JD
7' Rotary Mower * 3PH 8'
Hyd Angle Tilt Blade * 3PH
Post Hole Auger * Farm King
8' 42' Auger * Farm King
10" x 70' MK Auger * More
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2000 Bush * Farm Misc *
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NEWS TIPS Call 467-5836

McSherry Auction Service Ltd CONSIGNMENT AUCTION

Sunday June 4th @ 10:00 am

#12 Patterson Dr., Stonewall, MB
Thomas 173 HLS Skid Steer
*** Gehl 5628 Dsl Skid Steer**
*** Steer Steer Attach * 08**
Homesteader Gooseneck
Roll Off Bin Trailer * 01
Freightliner CL 120 Columbia
14.6 L Detroit 500 HP Wet Kit
865,000 KM Sft * 13' Tandem
Flat Deck * 92 Ford L8000
7.8 Dsl w 20' Tilt Deck * 94
GMC 1 Ton Dually 10' B & H * 68
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RD Baler * Fieldmaster 2 1/2
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& Grain Equip * Livestock
Equip * 3PH Equip * New
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INTERLAKE

NOTICE OF ANNUAL MEETING

When: Wednesday, May 31, 2017

Meeting: 7:00pm

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

Agenda Items to include:

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

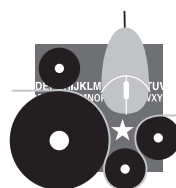
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Announcements

THE EXPRESS WEEKLY NEWS

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HEADING



Come and Go Bridal Shower for
Paige Bourdeaud'hui
Bride Elect of Kyle Gulay
June 3rd, 2017
2:00 p.m. - 4:00 p.m.
at Arborg Heritage Village
Registered at Arborg Home Hardware
Donations may be made at
Arborg Home Hardware and Arborg Co-op
Unwrapped gifts are appreciated.

IN MEMORIAM

In Loving Memory of
John Pawluk
who passed away May 30, 2000
Memories are wonderful things,
They never wear out, never get lost,
And never can be given away.
To some you may be forgotten,
To others a part of the past;
But to us who love and lost you,
Your memory will always last.

-Missing you always,
your family

HEALTH

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

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with an Announcement in the

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get inspired

> MEAL IDEAS

Island Fruit Salad

Servings: 2

- 2 tablespoons water
- 2 tablespoons coconut sugar
- 1/2 lime (1 tablespoon), juiced
- 1 1/2 teaspoons rum extract
- 2 kiwis, peeled and diced
- 1 orange, sectioned and halved
- 2 cups seedless watermelon, chopped
- 2 teaspoons flaked, sweetened coconut



In small bowl, combine water and coconut sugar; microwave 20 seconds. Stir to completely dissolve sugar. Let cool. Once cool, add lime juice and rum extract. In medium bowl, add kiwi, orange and watermelon. Pour rum juice over top and thoroughly toss. Let sit 30 minutes to allow flavors to blend. Divide fruit salad into two bowls and sprinkle with coconut.



Taking Offense

false. However, once established, the mind begins to seek other examples of behaviors that support those assumptions.

We are, in effect, assuming the worst about the other. This is the polar opposite of unconditional acceptance, and seeing the best in others. It is ego-generated thinking, and makes us co-dependent: needing the approval, support, validation, attention or love from others in order to feel good about ourselves.

It also makes it hard for others to be around us: they feel like they are walking on eggshells. No one wants to babysit our feelings. That is our job. Even if someone is behaving negatively towards us, the best thing is to just ignore it.

Our happiness is our own responsibility. We are happier when we forgive, let the negatives go, and continue to be kind, generous, loving and caring, regardless of the behavior of others.

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

Do you, or someone you know, become easily offended or hold grudges?

This can be a very difficult way to live. These feelings usually arise because we have expectations that others will behave in a certain way, or because we are taking things personally.

If a friend does not return a call right away, or someone at the office neglects to greet us in the morning we set a negative process in motion if we start feeling angry or hurt. If someone forgets our birthday, or is having a grumpy day, it solves nothing to lay a guilt trip on them for disappointing us.

In truth, when we take offence, it is because we are judging the behavior of another. We do not know the true reason for their behavior, but we assume it is because we are not important to them, they do not care about us, or they wanted to hurt us.

Most likely these assumptions are

Watermelon Protein Bites

Recipe courtesy of Anya Shinall of Anya's Eats

- 1 cup pitted dates, soaked
- purified water
- 1 1/2 cups sprouted watermelon seeds, divided, plus additional for garnish
- 1 tablespoon coconut butter
- 1 cup fresh watermelon, chopped
- 1/8-1/4 cup roughly chopped beets (optional)
- Chop dates in half.

Place dates in bowl of purified water and soak 1-2 hours.

Remove dates from water bowl and place them into food processor.

Pulse a few times then add 1 cup watermelon seeds, coconut butter and watermelon.

Add chopped beets, if using. Blend until well combined, scraping sides of food processor as you go.

Add remaining watermelon seeds



and pulse, leaving some seeds chunky. For smoother texture, continue to blend.

Remove mixture from food processor, place in small bowl and cover, allowing to cool in refrigerator 30 minutes.

Remove mixture from fridge. With fingertips slightly wet, roll mixture into balls and place on a plate.

Once done rolling, add watermelon seeds to top.

Place watermelon bites in freezer 1-2 hours, or until frozen.

Steel-Cut Oats with Watermelon

Servings: 2

- 1 cup 1 percent milk, plus additional (optional)
- 1 cup water
- 1/2 cup steel-cut oats
- 3/4 cup diced seedless watermelon
- 2 tablespoons dried tart cherries or cranberries
- 2 tablespoons chopped pecans
- 2 tablespoons maple syrup

In medium saucepan over high heat, bring 1 cup milk and water to gentle boil. Pour in oats. Stir; return to gentle boil then reduce heat to simmer, stirring occasionally, 20-30 minutes.

While oats are cooking, in small bowl, combine watermelon, dried fruit, nuts and maple syrup.

Portion out oats and top with watermelon mixture. Add additional milk, if desired.



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Make Water Mouthwatering



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- Watermelon with basil, mint or lime
- Strawberry with lime and basil
- Cucumber and rosemary
- Mixed berries and mint
- Pineapple with coconut