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Hog wild

EXPRESS PHOTO BY PATRICIA BARRETT

Motorcycles head down Centre St. to Gimli harbour last Saturday during the 9th Annual Ride for Dad parade to help raise over \$300,000 for prostate cancer research and education. This year's Ride attracted 1,510 registered riders surpassing the old record of 1,437 set in 2014.

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Ride for Dad rolls into Gimli to raise funds for prostate cancer

By Patricia Barrett

Over 1,500 participants fired up their motorcycles last Saturday for the 9th annual TELUS Manitoba Motorcycle Ride for Dad (MRFD) to help raise money for prostate cancer research and education.

Participants set out from Polo Park in Winnipeg for a round-trip journey through the Interlake, making pit stops in Selkirk and Gimli.

It's the third time John and Janine Klimack from Elie, Man., took part in the event, which is held in 30 cities across the country.

"It's a good fundraiser to take part in," said John.

In addition to helping the cause, the couple popped by Gimli's Salon 41 to get their hair "hog perfect."

"We lived in Riverton for 14 years, and we still follow our hairdresser," laughed Janine, referring to their stylist who works at the salon in the Lighthouse Mall. "She fixes your helmet hair. It's a biker-friendly salon."

The couple also visited some Gimli-based friends before heading back south.

Tracy and Ken Spooner from Beausejour also fired up their hogs for the event.

"We rode to support the cause," said Ken. "It's a great day for a ride, and it's fun to be around all the bikes."

By mid-afternoon, Centre Street and First Avenue near Gimli harbour were chock-a-block with bikes and riders. Queues formed at Lakeview Resort, which offered a buffet for \$10, as well as at area restaurants.

The vice-president of the Gimli Chamber of Commerce was on the street taking photos of the bikes and



This Ride for Dad participant wasn't chicken to raise money for prostate cancer.

selling 50/50 tickets to help raise funds for the Gimli Glider Museum, which is scheduled to open in the upcoming weeks.

"This event is great for the community and it's a great cause," said Peter Holfeuer. "It helps create awareness of prostate cancer and encourages men to get the checkup."

The MRFD raised over \$300,000, bringing the nine-year total to over \$1.8 million.

"Thank you Manitoba!" said MRFD co-chair Kirk Van Alstyne. "The TELUS Manitoba Motorcycle Ride for Dad is in the top two or three in Canada in terms of funds raised and total number of registered riders and year-after-year it is very gratifying to see the strong support Manitobans give the Ride for Dad."

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EXPRESS PHOTOS BY PATRICIA BARRETT

John and Janine Klimack from Elie rode to raise funds for prostate cancer awareness and to visit friends in Gimli.



About 1,500 riders gathered near the Lakeview Resort on First Avenue for lunch and then headed back to Winnipeg.

TELUS and PlayNow.com — underwrite MRFD expenses allowing 100 per cent of pledge donations to be used in the fight against prostate cancer.

Joining the Ride for Dad official start were Celebrity Ride Captains Ami Houde, women's motocross champion and Monster-truck driver; Gord Leclerc, CTV News anchor; and Doug Brown and Obby Khan of the Winnipeg Blue Bomber Alumni.

Guest speakers were The Hon. Ralph Eichler, Minister of Agriculture; Doug Eyolfson, MP, St. James-Assiniboia-Charleswood-Headingley; Scott Kolody, commanding officer, D-Division, RCMP; Danny Smyth, chief, Winnipeg Police Service; John Lane, chief, Winnipeg Fire Paramedic Service; Maurice Sabourin, president, Winni-

peg Police Association and co-chair MRFD; Tim Prokipchuk, regional director, TELUS; Evan Murray, special events co-ordinator, Winnipeg Police Service; MRFD co-chair, Kirk Van Alstyne; sponsors and Media Easy Riders.

The ride is led by the Winnipeg Police Association with the volunteer organizing committee made up of Winnipeg police officers, community and business leaders, and dedicated citizens.

Additional funds are being raised in a motorcycle raffle with the winner receiving a 2017 Indian Scout from Headingley Sport Shop. Tickets are just \$10 each or 3 for \$25 and are available at all Windsor Plywood stores and the Headingley Sport Shop. The draw date is Sept. 15.

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Gimli councillor abstains from vote on payment for beach washrooms

By Patricia Barrett

The RM of Gimli's approval of a payment to a local construction company for public washroom facilities completed in the summer of 2016 has seemingly raised the concern of one Gimli councillor.

During a regular meeting May 24, the majority of council approved a resolution to pay \$30,000 to Toomey Construction for its work on the washrooms, but Coun. Thora Palson abstained from the vote.

"I chose the right to abstain," said Palson when asked for comment by the media during question period. "I didn't feel that I could vote either way, so I don't really have a comment at this time."

Council had awarded the contract to Toomey at its April 27, 2016, meeting for a total of \$148,185.00 plus GST.

King said the RM wanted to wait over the winter to see if there were any problems with the washrooms, and that's why the \$30,000 payment was held back.

"There were hold-backs," she said. "The building had to go through winter. We did that so we'd be able to know if there were any deficiencies, such as seepage or something of that nature."

Washrooms on Gimli Beach are closed for the winter season.

When contacted later in the week for clarification on the payment delay, King said Toomey had submitted cost



Gimli Coun. Thora Palson abstained from a vote to make a payment to Toomey Construction for beach washrooms it built at the south end of Gimli Beach.

overruns.

"We had change orders and adjustments that total \$40,252.74 (includes GST)," she said by email.

The total amount of the tender council approved in 2016 was \$155,594.25 including GST, she said, and Toomey's was the lowest bid among three other contractors vying for the project.

She also said there had been deficiencies, but they've now been corrected.



EXPRESS PHOTOS BY PATRICIA BARRETT

The public washrooms were opened last summer.

"The hold-back was delayed as we did not agree with some of the labour costs," said King. "And we were waiting for a privacy screen to be installed in the men's room. The labour costs were agreed to by the contractor and the municipality and this is reflected in the total payment."

When contacted a few days after

council's meeting, Coun. Palson implied the project was carried out in such a way that didn't quite sit right.

"All along with this project, there was a sense that things were being done differently than what we are used to," she said without elaborating further.

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Arborg Fire Department teaches students the basics of firefighting

By Patricia Barrett

Arborg Early Middle School students — all 300 of them — got to play firefighter for the day during the Arborg-Bifrost Fire & Emergency Department's annual Open House May 19.

The department organized the event to teach kids from kindergarten to Grade 8 aspects of fire safety and how to manage small fires.

Inside the fire hall, trainer Dave Edge and firefighters Anya Foster, Kristin Bartsch and Leroy Loewen (operations chief) set up a burn pan and took students through the finer points of using a fire extinguisher to fight a small fire.

Students Raneisha and Aleah, who are in Mrs. Chwaliboga's grades 3 and 4 class, had their fire out in mere seconds.

Much to the delight of the students, firefighters Denis Chyzy, Terrell Kerbrat and Kevin Petkau (also a paramedic) lined them up outside the hall to try out the portable water kits and the bigger hoses.

For Hayden, who's in kindergarten, it was a chance to brush up on skills he learned last year.

"I've done it before when in nursery school," said Hayden, who's in teacher Desiree Sigurdson's class. "I came

here and did it."

Kerbrat gave Hayden a few pointers on the adjustable nozzle that controls the intensity of the spray.

Krystal Drain and Cailee Plante, summer students from the Brandon Fire Commissioners Office, taught students how to crawl on the floor through thick smoke in the burn house, which simulates a real fire through the use of harmless water vapour, and to meet in a designated safe place outside the house.

The department also invited paramedic Troy Pauls from STARS and area conservation officers Cam Hurst and Trevor Wyant — who "safeguard our natural resources (fish, wildlife, forests)" — to educate the kids on overall safety and to explain how they do their jobs.

Pauls said fire departments are instrumental setting up landing zones for the air ambulance. "They identify Hydro wires and towers and speak with the pilots. It's a team effort."

Deputy Chief Andy Barylski said local businesses provided the food for the day.

"The Co-op and Arborg Bakery donated all the wieners and buns," he said. "Kudos to them for supporting the kids."



EXPRESS PHOTOS BY PATRICIA BARRETT

Kindergarten student Hayden tries one of the big hoses and gets a few pointers from firefighter Terrell Kerbrat on how to adjust the nozzle.



Raneisha (in blue) and Aleah (in pink) learn how to fight a small fire under the watchful eyes of firefighter Kristin Bartsch (left) and Operations Chief Leroy Loewen.



Arborg Early Middle School students showed how many people can pile into a Kubota, used to fight brush fires.



Firefighter Terrell Kerbrat gave kindergarten student Lilaf some instructions on putting out a fire.



Teacher Grace Martensen (back) and firefighters Terrell Kerbrat and Denis Chyzy pose with her grades 1 and 2 students.



Fire Chief George Chyzy with grades 7 and 8 students. Front: (left to right) McKenzie and Paige. Back (left to right): Shelby, Emily, Delaney, Briaer and Chloe.



Retired teacher Anders Kuusselka, subbing for a few days at AEMS, took a break with his students.

Multicultural Heritage Village invites special guests to build teepees

By Patricia Barrett

The Arborg and District Multicultural Heritage Village committee invited special guests to the museum May 18 to celebrate Indigenous culture and build teepees.

Wyatt Lincez and Rondell Owens built the teepees with materials supplied by the Village while Ruth Christie and Lenore Johnson shared stories of Indigenous cultural practices.

Arborg Hotel and Travelling Inn owner Owen Eyolfson and Village summer students Caleb Plett, Kelsey Benson, Halley Einarson and Mackenzie Barkman helped with the teepee construction.

"My son Owen learnt how to build teepees from an elder that brought out our first teepees," said Village co-chair Pat Eyolfson, referring to dwellings built in previous years, "but we wanted to have more Aboriginal people helping us today."

Christie worked as an interpreter at Lower Fort Garry for 20 years, teaching visitors about Aboriginal history and culture. She explained the practical and symbolic elements of teepees.

They're usually built with poles from the tamarack tree because it grows tall and straight and doesn't have a lot of knots, she said. That prevents rain from entering the teepee.

"The rain follows the path of the pole," said Christie, who is of Cree and Scottish heritage, "and if there's a knot, water will collect and drip on your bedding or furnishings."

When you enter a teepee, you walk in a circle to "follow the sun," which is a sign of respect.

"You walk in a circle because you're living in harmony with nature," said Christie. "You're following the path of the sun – it's your circle of life, too."

Teepees are divided into quarters, which have corresponding colours.

"When families sleep, the children are in the east," she said. "That's the beginning of the day and that's the beginning of their lives. The colour is yellow, which represents innocence."

Teenagers and young adults sleep in the south quarter, whose colour is red. It's the hottest place in the teepee.

"Lots of hormones are raging," Christie laughed, "and they're testing your boundaries. So there's a little rebellion and lots of energy."

Parents sleep in the west quarter, whose colour is black, representing maturity, and the providers and protectors of the family.

"The north direction is white," said Christie. "The elders – the grandparents – would sleep there. White represents wisdom. So when you're walking the circle, it's your circle of life."

Every pole (usually 13 inside and two outside in Cree and Ojibway culture)



The builders try to form a diamond on what will be the back of the teepee by adjusting the angle of the poles.

has a name to represent the values by which a family lived, she said. They include obedience, respect, love, faith, kinship, cleanliness, sharing, strength and hope.

In addition to the outer covering, called the "Mother Earth Dress" whose opening is "like the collar of her dress," a dew cloth was hung inside the teepee to keep it ventilated.

"It forces the wind up to take the smoke out," she said.

In winter, moss or straw would be placed around the teepee for insulation.

Christie said women in Cree culture traditionally built and dismantled the teepees when it was time to move. Aboriginal people were mobile in order to live in harmony with the environment.

"We didn't stay in the same place because you didn't want to destroy all the resources," she said. "And you had different seasons for different resources."

Lincez, who provides cultural-based counselling and traditional teachings at the Stony Mountain Penitentiary, led the teepee construction.

The first step is to bind the tamarack poles (three or four depending on tradition) together with rope. They act as the main beams.

"They have to line up like a diamond at the back," said Lincez.

After the main poles are raised, the remaining poles are laid against them and secured with rope. A pole with attached canvas is then slid through the diamond shape, and the canvas is wrapped around the dwelling.

"Originally, they had about 12 hides that were stitched together," said Owen Eyolfson. "But after the Hudson's Bay

Company came in, they started trading the hides for canvas because it was a lot easier and it was one piece."

Eyolfson said canvas is just as durable as hide and that rain and snow will just "bead off."

Lenore Johnson said there was a fair bit of work that went into preparing bison (or moose) hides for the covering.

"You would soak the leather for two weeks," she said, "then scrape off the hair and stretch the hide. Then stitch them together."

Pat Eyolfson purchased a number of pelts for the teepee's furnishings. A massive buffalo hide for the floor cost about \$1,200.

"We have a beautiful buffalo hide that we got from Bill Worb Furs, which has been selling hides for 66 years," she said. "We also bought wolf and beaver hides."

Owen Eyolfson held up the pelt to illustrate the size of the bison, then laid it on the floor and invited the Express to try it out. The pelt is so thick that you don't feel the ground. And it's much warmer than a down duvet.

"We have in our family an Icelandic sheepskin rug that is at least 120 years old," said Eyolfson. "We use it as decoration now, but if you use it for [a blanket], it's so hot."

After the first teepee was erected, Eyolfson treated everyone to a hearty lunch of soup, sandwiches and desserts in museum's historic hall.

Created in 1999, the Village has collected and preserved about 15 dwellings (a home, church, hall, gristmill,



Teepee builders, members of the community and the Village committee gather in front of the finished teepee. Front row from left: Florence Barylski, Kay Bergman, Pat Eyolfson, Ruth Christie and Lenore Johnson. Back row: Rondell Owens, Wyatt Lincez and Owen Eyolfson.

etc.) and artifacts that once belonged to people of Indigenous, Icelandic, Ukrainian and Polish culture that lived in the area and surrounding region.

"Most the buildings we were given would have been torn down," said Eyolfson. "It would have been a huge loss of history."

The Village and its attached campground is located on Highway 68, about a half mile east of Highway 7.

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Jeff Ward



PRODUCTION
Debbie Strauss



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> ARNIE WEIDL The story of a tag along fish

Welcome, my outdoor friends.

Last week while wandering around the shores of Riverton, I noticed float planes on the Icelandic River. That piqued my interest and I soon found a road leading to them with a "No Trespassing" sign. Faced with the prospect of meeting some special people, I pretended not to see it and idled forward until three guys came into view. I left my car and approached a chap packaging cargo on a picnic table.

"If you fly stuff up north, you must have some great fishing experiences," I joked as I left my car.

He broke into a smile. "Thousands," he responded. "I'm Tom Phinney," he said as his partner walked up.

"And, I'm Tim Paul," his buddy added.

Tom, a full-bodied man with a mellow voice and slightly greying hair under a well-used "Tac Air" cap, had the swarthy face of a man who spent most of his time outdoors. He said he had a story about another friend trying to become a champion angler.

Apparently, Tom and some friends who were shore fishing off Ferry Rock Lake and this other buddy, Jamie Hickers, who at the time was short of a master whitefish to complete his Master Angler Award slate. While everyone was catching one huge walleye after another, Tom caught a master whitefish, which upset Jamie to no end. So he jumped over beside Tom, yet no luck, nothing but giant walleye. As time wore on, Tom moved to another rock, cast out and, yes, caught another master whitefish. Jamie's face turned to stone. He silently picked up his gear, walked to camp mouthing words I can't print and had a few drinks I wouldn't identify.



EXPRESS PHOTO BY ARNIE WEIDL
Ziqi Zhang from Winnipeg with one of his catch at Victoria Beach.

Last weekend, I was over at the nursery section of Selkirk's Canadian Tire for some berry plants. When I asked for help, this wonderful, enthusiastic blond lady came marching up to me, asking, "What can I do for you?" She was not too tall but moved quickly and her name tag spelled "Siggi."

"You wouldn't happen to be of Icelandic heritage, would you?" I asked.

"No, but my husband is," she shot back with an accommodating smile. My hand couldn't get one of my cards out of my pocket fast enough as I asked her for a fishing story.

"Well, yeah, my husband Rick Schofield and I had an unusual fishing experience but it was during the winter," she remarked.

"I'm sure our people would love a good fishing story regardless of the time of year," I said reassuringly.

Encouraged, she recalled when they were ice fishing on the Winnipeg River

by Pinawa, she caught a big jack. The fish was so big it couldn't come out of the hole, so Siggi ran over to a neighbouring shack and borrowed a gaff. Rick took it and, plunging his arm into the cold water, gaffed it. Then lying on the ice, he rolled over looking up at Siggi, saying, "It's too big for the hole." "You know what we have to do," Siggi stated.

Nodding, Rick rose and began cutting a bunch of holes around the main one. So there was Siggi, pulling on her line with the gaff handle submerged and Rick punching more holes when their cottage neighbour, who was cross-country skiing, strode up to them. "Can I help?" she offered.

"Yeah, take one of your poles and see if you can snag the gaff before the fish breaks free." Siggi exclaimed.

She did it and the girls pulled as Rick's bigger hole allowed the fish to be landed, but it was too late for the noble beast. It lay on the ice, done. Siggi's skiing friend looked at the fish and then back at her, saying, "If you don't want it, I'll take it home."

"Go ahead," Siggi agreed. Her friend got a rope from Rick and tied it to the fish, wrapped the other end around her waist and off she went toward home with her fish sliding along the ice behind her.

Folks were in great abundance in Victoria Beach bringing supplies to their cottages last Saturday. Still more were on the pier fishing. It was great fun walking up and down visiting fellow anglers. In time, I met Ziqi Zhang of Winnipeg, a fine young lad who was happy to show us one of his impressive catch.

Come by next week, won't you? Bye now.

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OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

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Volunteers look to raise \$5K for Sandy Hook Community Centre

By Scott Billeck

After its first successful GoFundMe campaign last year, Sandy Hook Community Centre is looking to run it again this year to keep one of the community's important pillars up and running in the future.

The community centre is looking to raise \$5,000 for further improvements to the aging building, which was built in 1972.

Last year, their inaugural campaign raised over \$8,500, having set the same \$5,000 goal.

The funds allowed for an overhaul to the front of the building, bringing with it reframing, new windows and other structural work. Additionally, an accessibility ramp was added and upgrades to the building's plumbing were addressed.

"Last year was our maiden voyage with it," said SHCC board member Art Zuke. "We do annual fundraising for the community club and I brought forth the idea of maybe doing this and it was very successful. We were able to do a lot of things that needed doing."

This year, the new funds will go toward a bevy of new projects that need a financial hand.

The plan, if the money is raised, is to replace their old, rotten shed with a bigger one. Their children's programs would also see a boost with the purchase of new outdoor play equipment,

which would be stored in the fancy new shed.

Replacement of the east community deck, electrical upgrades and ongoing structural improvements would also be addressed.

"We do three big community pancake breakfasts during the year and we're really juggling the electrical to make those happen," Zuke said.

The history of the SHCC dates back to 1919, claiming to be Manitoba's oldest and longest running volunteer-based and -owned community club. The original community centre was built in 1928 but had to be replaced in 1972 due to lake corrosion.

The seasonal building sees near non-stop action during the summer months and provides "robust seasonal programming for children, families, and adults. It is an active hub of community engagement through which community spirit is built and lifelong friendships are forged and nurtured," according to its GoFundMe page.

Zuke is a lifelong Sandy Hooker and has visited the community centre since he can remember, as have his kids.

"I grew up in that building," he said. "I grew up the day camps. As a teenager I worked there and in my 20s I volunteered there and now as a parent, I've seen my children move up through the day camp and they're



EXPRESS PHOTO SUBMITTED

Volunteers are hoping to raise another \$5,000 for repairs to the Sandy Hook Community Centre with the help of a GoFundMe page.

volunteering now.

"I've spent my whole life there, in one way or another. And now as a board member, I continue to work there on a volunteer basis to keep it going so that those in the community have the same opportunities I did."

Zuke said that SHCC is a great community meeting place.

"In many ways, it's an equalizer that brings together people from all walks of life and socio-economic circumstances," he said. "Personally, I've

made lifelong friendships out there that crossed borders and cliques that maybe would keep people from meeting in the city of Winnipeg or elsewhere. They've helped me to understand not only other people but myself as well."

The GoFundMe has raised \$1,150 of its \$5,000 goal as of publication time.

For more information, and to donate, visit www.gofundme.com/sandyhookcc2017.

Gimli's Canada 150 Committee announces Canada Day activities

Submitted

The Canada 150 Gimli Committee has been hard at work to ensure Canada Day celebrations are memorable.

Gimli has received federal funding for their Canada 150 art project. The project is an art installation that will be built using recycled materials and will make its debut on Lake Winnipeg on July 1.

The Gimli High School art class collaborated with professional artist James Culleton to create seven design concepts for the installation. After a public vote on Facebook, the top two choices were the iconic Viking Statue and a Viking ship. The committee decided to incorporate the top two choices into the final design. The design also features the Gimli High School Lakers Serpent and a Canadian maple leaf on the flag.

The art installation isn't the only project the Canada Day Committee has on the go. The committee recently closed the open call for submissions for the Great Canadian Song Stage.

The song stage will feature bands that will feature favourite Canadian songs.

Organizers are hoping for a great turnout on Canada Day in Gimli commemorating 150 years.

A number of activities have been scheduled:

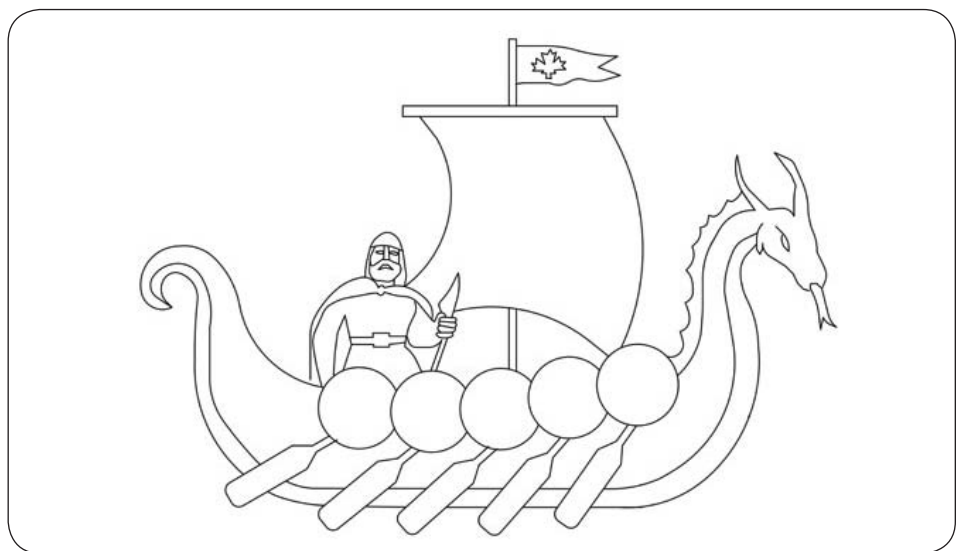
* 8:30 to 10:30 a.m. — Kiwanis Club of Gimli & District Inc. pancake breakfast at the Gimli Harbour. They will also be selling mini donuts and pickerel snacks throughout the day.

* 11 a.m. — Canada 150 parade will run from Bowlers, down Centre Strette and First Avenue up to Goldfield Drive, where it will disperse.

* 12:30 p.m. — The official ceremonies at the Harbour Stage

* 2 to 5 p.m. — The theme of this year's Canada Day celebration is "Love Our Lake." Love Our Lake activities will take place at the harbour and along the beach. Activities will include kayaking, paddle boarding, canoeing, environmental displays and much more.

* 7:30 to 9:30 p.m. — The Great Ca-



EXPRESS PHOTO SUBMITTED

Gimli High School art class collaborated with professional artist James Culleton to create a design concept for the Canada 150 art installation project.

nadian Song Stage at Harbour Stage

* 10 p.m. — The committee plans to end the evening with a bang with "Light up the Lake." Fireworks will

be accompanied by a boat parade of lights. Come early to pick up your special Canada 150 light-up baton.

Arborg resident scores Ice Dawgs jacket thanks to anonymous donor

By Patricia Barrett

Arborg resident Harold Hornfjord was downright chuffed when staff at the Assisted Living complex where he resides made a surprise announcement in the dining hall May 25 that he was the recipient of an Ice Dawgs team jacket courtesy of an anonymous donor.

Hornfjord, who used to the farm in the Vidir area and whose grandparents came from Iceland, is an avid Dawgs hockey fan and has rarely missed a game over their 10 seasons.

"I'll wear the cap, too, that I've got," said Hornfjord when he saw the jacket. "I've been a hockey fan for quite a few years."

He was one of two people asked to drop the puck for the Keystone Cup that the town of Arborg hosted in April.

Maureen Sigurgeirson, who works at the Assisted Living complex and was co-chair of the Keystone Cup, helped the donor get the jacket for Hornfjord.

"The way this all happened is after the Keystone Cup was over, I had submitted a picture of Harold dropping the puck, which ended up in *The Express Weekly News*," said Sigurgeirson. "I talked to [the donor] a little bit about Harold's standing in the front entrance, and whether the Ice Dawgs are playing here or playing away, he's always on top of that and knows the scores."

When the donor found out Hornfjord didn't have a team jersey or jacket, he got out his credit card.

"He said, 'Is there a possibility that I could get something like that for Harold?'" said Sigurgeirson. "That's a really nice thing to do."

When contacted, the donor asked to remain anonymous. Because he lives out of town, he was unable to attend the surprise presentation.



EXPRESS PHOTO BY PATRICIA BARRETT

Ron Rogowsky presented an Ice Dawgs jacket to Harold Hornfjord, one of the team's greatest fans.

Ron Rogowsky, who has been part of the Ice Dawgs executive since the team's inception about 11 years ago, presented the jacket to Hornfjord on the donor's behalf.

"[He] got a memento for you to wear to our Ice Dawg games," said Rogowsky to Hornfjord, who was having lunch with about 30 other residents. "Harold dressed up and dropped the puck, and he was a celebrity in the paper. On behalf of the Arborg Ice Dawgs, I'd like to thank Harold and all of our fans, which make our team successful. Harold is one of our great fans."

Rogowsky said the donor admired the fact that Hornfjord has been to virtually every game.

"Harold comes early and he has his spot," said Rogowsky. "You follow them. Harold knows everything that's going on."

Hornfjord's fellow residents broke into applause when he was presented with the jacket, which has his name on one arm and "Fan" on the other.

It was a perfect fit.

"Turn around," said one woman, who wanted a 360-degree view of the jacket.

Hornfjord has expressed gratitude to the donor with a "thank you."

After the presentation, Hornfjord provided an update on NHL teams. Although a big fan of the sport, he doesn't enjoy the fighting.

Rogowsky, Ivan Gulay and Jerry Maryniuk spearheaded the start of the Ice Dawgs, which now has 10 Interlake residents on its board and 23 players.

"We've won two league championships in 10 years," said Rogowsky. "We hosted the Keystone Cup this year. We were the first Manitoba team in five years that made it to a medal round. We won two games in the Westerns and lost to Saskatchewan in our quarter-final game. We've been to the league finals two more times on top. In our 10 years, we've been very successful."



Interlake-Eastern
Regional Health Authority

Selkirk Regional Health Centre Opens June 25

Patients and staff at Selkirk & District General Hospital will be moving to the new Selkirk Regional Health Centre on June 25. A grand opening of the health centre with public tours is being scheduled in fall 2017. Please visit www.ierha.ca and click on "Care in your hospital" for more information on the opening of the new Selkirk Regional Health Centre at 120 Easton Drive.

As a result of this move, please be advised of the following service disruptions.

Diagnostic Outpatient Service Interruption

Diagnostic Services Manitoba's (DSM) Laboratory and Diagnostic Imaging services will be moving to the new Selkirk Regional Health Centre (SRHC) between June 5 and June 28. This will result in some outpatient service interruptions:

Service	Dates Affected	Outpatient Impact
x-Ray Testing	June 5- June 25	Outpatient X-ray services will be unavailable June 5-25.
Selkirk & District General Hospital		If you require an X-ray before June 26, please visit neighbouring DSM facilities in Arborg, Ashern, Beausejour, Eriksdale, Gimli, Lac du Bonnet, Pine Falls, Pinawa, Stonewall or Teulon. For more information on location and hours, please visit www.dsmanitoba.ca/patients/location-hours/ .

Please visit www.dsmanitoba.ca for the complete list of diagnostic outpatient service interruptions that will occur between June 5 and June 28.

If you have any questions about how diagnostic services may be affected during the move period, please phone DSM Diagnostics in Selkirk at 204-785-7421.

Thank you for your patience and understanding while we work with the region to accommodate the move. We look forward to serving you at the new Selkirk Regional Health Centre, where all regular diagnostic services will resume June 28.

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For info call 204.330.2755

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A raven report



EXPRESS PHOTO BY PATRICIA BARRETT

Viking Park in Gimli is shaping up. Odin's ravens were sent out Friday afternoon to check out the work and report back.

Hwy. 6 repaving causing delays



EXPRESS PHOTO BY JEFF WARD

Motorists travelling north or south along Highway 6 south of St. Laurent should plan for an extra 30 minutes for the next few weeks as a repaving efforts has traffic down to a single lane.

PR 248 to PR 415 at St. Laurent is scheduled for repaving, and Manitoba Infrastructure through 511 is estimating it will take until mid-July to complete the work. The 23-kilometre stretch of road begins at the MTT Petro-Canada gas station and will migrate north over the next few months. A pilot vehicle will guide travellers along the broken surface and speeds are down to 60 kilometres per hour.

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Countryside Home building centre

Fisher Branch, Manitoba
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Nominate a local community builder to go down in history

Canada Portraits 150 project

Staff

With just one month 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 recognized. If you know somebody that fits this description, then snap us a picture and email it to the *Express* at

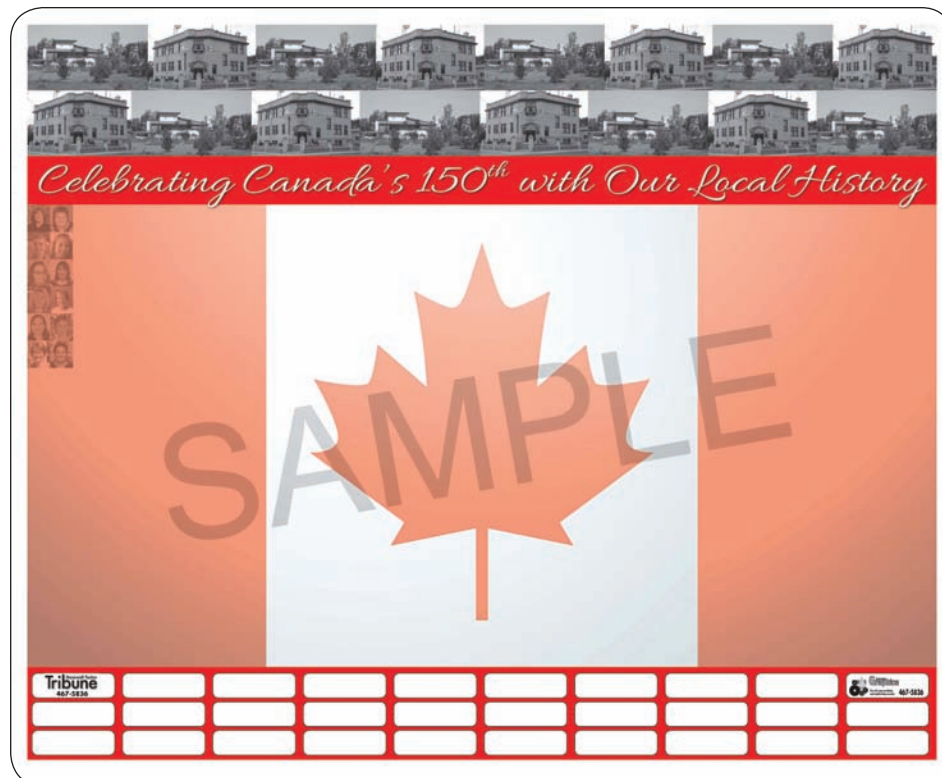
canada150@expressweeklynews.ca

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.



Thousands of painted stones to help mark Canada's 150th

Staff

In honour of Canada's 150th birthday, Skinners Locks Market is teaming up with Skinners Restaurant to mark the special occasion.

Joy Sul, the manager of the market, has spent the winter hand-paintinging rocks.

So far 1,896 rocks have been painted with the goal being make 4,000.

"The idea came from a rock painting group I belong to from around the world," Sul said. "In a village in Romania, painters painted flowers, ladybugs and butterflies on stones and hid them throughout the town. It was rewarding to see the happy smiles on the villagers who found them."

"I was so intrigued with this idea, I incorporated it to celebrate Canada's

birthday."

The rocks have been enclosed in mini Ziploc bags, which also contain information about the Lockport market. Lyle Thompson has provided coupons inside for a Skinners hotdog for \$1.50 at their River Road location for during market days on Sundays.

"You can find the lucky stones in parks, parking lots, walking routes throughout the summer," Sul said. "So keep an eye out in Beausejour, Stonewall, Lockport, Selkirk, East Selkirk, Garson, Tyndall and the Interlake, to name a few."

This year, the Skinners Locks Market will mark its seventh year.

Starting on Sunday, June 10, the market will be open every Sunday from 12 p.m. to 5 p.m. until Sunday, Sept. 11.



EXPRESS PHOTO SUBMITTED

Joy Sul, the manager of Skinners Locks Market, has been busy hand-paintinging rocks in honour of Canada's upcoming 150th birthday.

PUBLIC NOTICE

Proposed NetSet 250 ft. Guyed Telecommunications Tower

SUBJECT:
REVISED LOCATION

NetSet File – FRA#1716 - 150

250ft guyed telecommunication tower

This proposed site will provide enhanced wireless voice and data services to the Town of Inwood and the surrounding area.

There are no suitable co-locate opportunities within the vicinity of the proposed location

Location: SW 1-18-1 W
Coordinates:
N 50° 30' 50"
W -97° 28' 55"
Site is zoned as agricultural

The facility will include a locked equipment cabinet within a fenced compound within the 3 acre leased area.

All necessary Transport Canada and NAV Canada approvals will be obtained and provided upon request to any members of the community.

NetSet hereby attests to protect the general public in compliance with Health Canada's Safety Code 6 including all combine effects within the local radio environment at all times as well as the installation of the tower will respect good engineering practices including structural adequacy.

With respect to this matter, the public is invited to provide written comments by

July 1, 2017

To the contact information shown below. Please include a return address.

NetSet Communications
c/o Terri Lynn Nicholson
5 Granite Road
Brandon, MB R7A 7V2
Tel: 1-877-638-7381
Fax: 1-204-725-2721
Email: logistics@netset1.ca

If you have any questions regarding the policy and installation of telecommunication facilities, please contact:

Spectrum Management and Telecommunications
Manitoba District Office
400 St. Mary Avenue, 4th Floor
Winnipeg, MB R3C 4K5
Tel: 1-800-665-3421
Fax: 204-984-6045
Email: spectrum.winnipeg.district@ic.gc.ca
(By Appointment Only)

If you have any questions regarding the local land use requirements, please contact:

Rural Municipality of Armstrong
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Fax: (204) 278-3437

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- 50th Miss Interlake Pageant



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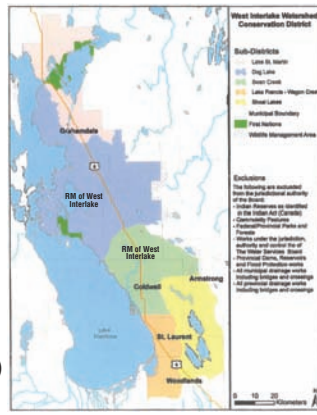
**See website for complete program -
www.lundaragsociety.com**

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- Rain Barrels (sold at a subsidized rate of \$50.00)
- Habitat Rehabilitation (repair degraded fish and wildlife habitat)
- Surface Water Quality Testing
- Sod Seeding Assistance Program (financial assistance on the rental of sod seeder)
- Low Flow Toilet Rebate Program (\$50 rebate off the purchase of a low flush toilet) -
- Composters (sold at a subsidized price of \$30 and \$50)
- Community Tree Nursery Program (cost of first 25 tree seedlings is covered by WIWCD)



For more information, please visit or contact us at:
9 Main St., Lundar, Manitoba
204-762-5850 / www.wiwcd.com

WIWCD

We thank all district residents for supporting our programming and have fun at the fair!!

Celebrate Canada 150 with 4-H!




Visit the 4-H display at the
Lundar Fair and Exhibition
June 9th and 10th
and vote for your favourite canvas in the 4-H Art Challenge!

You can also vote for your favourite canvas online from June 1st to 6th.
Visit 4h.mb.ca for the link to vote or more info.

Check out the other 4-H activities at the fair!

The 65th Lundar Ag Society Presents **Lundar Fair** Friday, June 9th

- 8:00 am Breakfast Special at Concession Booth
- 9:00 Horse Show – Showmanship, Halter & Jackpot
- 9:45 4-H Activities (Agri-Ed Centre) Beef Clubs Dolly Bay, Fisher Branch, Lundar, Trailblazers & Lakeside 4-H Beef Achievement Day
- 1:00 Horse show resumes – trail stakes, Pee Wee classes, 4-H Horse Classes, Saddle classes, Novelty Classes, Speed Events, Costume classes (Horse Ring) Mini Driving, Mini Speed
- 4:00 Beef Cattle Sales (Agri-Ed Centre)
- 5:00 Home Living Exhibits open if Judging Completed (Closes 9:30)
- Commercial displays in Curling Rink
- Antique Tractor Pull
- 5-8 pm Bubble balls – fun for all ages



- 6 pm MBRA 3D BARREL RACING
- 6-10 Wristband Special – Saturn Shows Midway
- 7:30-1:30 Partilife Colour Dance Party at Freestage (colour powder for the first 40 participants)
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The 65th Lundar Fair

Saturday, June 10th

- 7 – 9:00 am Pancake Breakfast in Arena Rotunda (Sponsored by B.P.O. Elks)
- 9:00 sharp Horse show – Draft halter classes
- 9:00 Home Living Exhibits Open in Curling Rink Commercial Displays Open in Curling Rink
- 9:15 Baby Contest – Lundar Catholic Church
- 9:30 Miss Interlake (talent judging) at Lundar Legion Hall \$1000 Jackpot Heifer Show (Agri- Ed Centre)
- 10:00 Regular Beef Show – starting with bulls PUBLIC JUDGING OF PEN OF THREE (10-4) beside Agri- Ed Centre
- 11:00 Parade – starting at school grounds
- 12:45 pm O'Canada (Pipes & Drums of Manitoba) Opening Ceremonies. Entertainment Laurie Sutherland (Patsy Cline Tribute), Sonny Gould Family, Keara Barrett
- 1:00 BBQ Beef Dinner Opens Horse Show resumes with Hitch Classes Open Pee Wee Showmanship (Agri-Ed Centre)
- 1:30 Registered Beef Classes resumes followed by Junior shows CKDM Petting Zoo opens
- 2:00 Antique tractor Pull
- 3:15 Miss Interlake (sportswear/formal wear; impromptu interviews at Freestage)
- 4:15 Sol James. (Freestage)
- Home Living Section Closed Home Living Exhibits to Be Picked Up
- 4:30 Commercial Displays Closed
- 5:15 Crowning of Miss Interlake (Freestage)



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Continued on page 15



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Fisher River breaks ground with major construction projects



EXPRESS PHOTOS COURTESY OF CLIF EVANS

Fisher River Cree Nation held a ground-breaking ceremony last Wednesday to celebrate the upcoming construction of a new school and community centre.

By Patricia Barrett

Fisher River Cree Nation celebrated the construction of three major community projects with a ground-breaking ceremony May 24.

With funding assistance from the federal government, the community will be building a new school and a community centre. A new child and family services building is already underway.

"The sod-turning celebration for the school had every student and teacher from daycare to Grade 12 present," said Clif Evans, former Interlake MLA and constituency assistant for NDP MP Niki Ashton (Churchill Kewatinook-Aski).

Evans attended the celebration and brought greetings from Ashton.

"Chief and council worked diligently over the past several years to bring these projects to fruition," he said.

The First Nation's existing school, which is about 46 years old, houses kindergarten to Grade 12 students and is overcrowded, said Chief David Crate in a news release posted on the community's website.

The cost of the new school, which will house grades 7 to 12 students, is pegged at \$25.5 million. The community centre will cost \$4.3 million, and the child and family services complex will come in at \$3.6 million. The federal contribution to the projects was not available by press time.

"The new school will be able to accommodate about 600 to 700 students," said Evans, "and will include a gym and sports and recreational grounds."

The news release says the projects are "expected to bring an additional \$7.5 million into the community through job creation, local trades employment and required services in the surrounding area."

Fisher River Cree Nation, about 193 kilometres north of Winnipeg, has over 3,000 band members.

Construction on the school and community centre will get underway in June and is tentatively scheduled for completion in September 2018.



Fisher River Cree Nation celebrated the upcoming construction of a new school and community centre.

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Home Parents are required for non-resident students attending Riverton Collegiate for the 2017-18 school year.

Home parents receive a monthly payment for room and board and in turn are expected to provide a safe, welcoming home environment while maintaining close communication with the child's parents and with the school.

Applicants must successfully complete both criminal record and child abuse registry checks.

Contact Riverton Collegiate to learn more about how to become involved in this worthwhile program.

Riverton Collegiate
204-378-5135

www.esd.ca/rci
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Riverton Collegiate



Illustration courtesy of Fisher River depicting the new community centre.



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Narcisse Snake Dens make for a slithery experience

By Maggie Wysocki

For some people, catching a glimpse of the largest concentration of snakes in the world is their worst nightmare.

But for others, the four weeks of snake mating at the Narcisse Snake Dens in Armstrong, Man., is something they couldn't imagine missing.

"I've met people from France, Germany, the United States ... it's pretty crazy how far people travel to come here," says interpreter Tye Whalen.

Located one hour northwest of Selkirk, the dens are home to tens of thousands of red-sided garter snakes.

It's difficult to track the exact amount, but the province's Wildlife Branch estimates 80,000 snakes live on the area.

This year, it seems even more people have caught wind of the mesmerizing snake migration, says Whalen, who has worked at the Wildlife Management Area for the past three years.

"I think the word is spreading about it and this year is the busiest I've ever seen it," said Whalen, estimating more than 3,000 people visit on weekends and 1,500 on weekdays.

If you want to see the snakes in action, you'll have to deal with the crowds, says Whalen, suggesting visiting Narcisse between 11 a.m. and 5 p.m. to see the mating.

The greatest number of snakes are



out when the sun's hottest, he says. During the winter months, the snakes avoid the cold by staying inside the cracks of the limestone rocks. But dur-



EXPRESS PHOTOS BY MAGGIE WYSOCKI

Two young Narcisse visitors from Winnipeg brought nets and buckets to the dens on May 19, which they said were going to help them "build a house" for the snakes. Top left: A Narcisse visitor holds two red-sided garter snakes, which have teeth but aren't poisonous, at one of the dens. Bottom left: Narcisse Snake Dens' interpreter Tye Whalen has worked at the dens for the past three seasons but says this year is the busiest he's ever seen it.

ing the spring months, the snakes are active, emerging to begin mating.

"It's pretty crazy to watch. Basically a bunch of male snakes go after one female but only one of them gets lucky,"

laughs Whalen, pointing to a big cluster of snakes, which he calls a "mating ball."

Continued on page 17

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When to change your cabin air filter?

The cabin air filter, a feature found on most late-model vehicles, cleans the air that comes into the interior through the heating, ventilation and air-conditioning system. It catches dust, pollen and other airborne material that can make riding in a car unpleasant, particularly if you have allergies or other respiratory problems.

Recommendations on when it should be replaced vary by vehicle manufacturer — some say every 20,000 or 25,000 kilometers, others longer — and how often can depend on how much you drive and where. Ask your local service provider to find out.

If you drive in heavy traffic in an urban area that has poor air quality, you could need to replace the filter annually or even more often. However if you like on a gravel road that is extremely dusty you may have to change even more often.

Some signs that you need a new cabin air filter are reduced air flow through your climate control system, such as when you crank up the fan too high and get more noise than results. Another is persistent bad odors. Even if you don't have these warnings, you should have the filter checked by your local service provider at least once a year.

A cabin filter is a simple component that should be replaced when necessary to keep the AC system working as efficiently as possible, and to keep the cabin as comfortable as possible for the passengers. If you suspect that your cabin filter may be dirty, have the vehicle examined by one of your local Interlake service providers.



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Ashern Falcons take flight learning the game of baseball

By Jeff Ward

Minor baseball is back in Ashern and the Falcons have taken flight over the last few weeks, learning the game, making friends and having fun.

Minor baseball returned to Ashern at the beginning of May and has been a popular weekly activity for area youth, averaging more than 40 players each week. Two teams of four- to six-year-olds and a team of seven- to eight-year-olds have been busy on

the field. Organizer Tyler Geisler said the program is taking off and he's excited about having another activity for youth in the area.

The teams are playing every Tuesday at the Ashern Sports Grounds and their season is finished at the end of June. Geisler said he is using this opportunity to test the waters of the game in the area. Next year, he hopes to do a full season under the Baseball Manitoba banner.



EXPRESS PHOTO BY TYLER GEISLER

A high five for a base runner after busting it down the line.

Ashern Slo-Pitch tournament to benefit future wellness centre

By Jeff Ward

The second annual Ashern Canada Day Baseball Classic will raise money to convert the community's former curling rink into a wellness centre, complete with walking track and exercise equipment.

The Baseball Classic, a slo-pitch tournament for up to 16 teams, will take place at the Ashern Sports Grounds on July 1. Each team pays \$250 to be apart of the event and competes for the grand prize of \$2,000.

Side activities like bouncy castles, live music by Sonny & The Hurricanes, a casino and fireworks show, among others, are also planned to round out the days events.

Organizer Tyler Geisler said that he's looking forward to the event after the overwhelming response it got last year raising over \$12,000. Geisler said that the money raised will go towards converting the former Ashern curling rink into a wellness centre that will house a rubberized walking track, state-of-the-art exercise equipment and a fitness studio.

Geisler explained that it's been a few years since the curling rink had any games taking place due to ice plant

issues and that the costs associated with reopening the curling rink simply wouldn't be worth it with two successful clubs running out of Moosehorn and Eriksdale.

He added that the Ashern Arena board is in the process of taking over the curling rink to manage it and oversee the future conversion to a wellness centre. The conversion project is set to cost approximately \$45,000, and Geisler hopes to raise a lot of that with this event.

"Both Moosehorn and Eriksdale have great curling programs, so to invest money into our own doesn't feel like the right idea. We should continue to support their curling programs and work to turn our old space into something new," said Geisler.

"Right now, there is no fitness centre in our community and it's something that could be a big benefit to us here. We've been talking about this idea for about 12 months now and this is our first big fundraiser to get us there."

Geisler said that he has teams coming from all over looking to take home that \$2,000 prize and he only had four spots left at the time of writing this article. Anyone interested in register-

ing a team is encouraged to contact Geisler as soon as possible at 204-314-0087.

Aside from being a fundraiser, the event is just another good community builder. Geisler wants to see everyone come out and watch the games or just grab a drink at the beer gardens, listen to some music and watch the fireworks.

"Community building is so important and last year it was the inaugural event and way more people came than we expected. We had to go to the vendor twice and more burgers had to be ordered. It was a lot of fun. This year, we're stepping up our game, and above all else, we hope people just come out and have fun," said Geisler.

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PRESS RELEASE

THIS LAND OF OURS

a choral concert of Canadian favorites

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Sunday, June 4, 2:30 pm

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The West Shore Singers celebrates Canada's 150th birthday with *This Land of Ours*, a concert of Canadian favorites sung in choral soundscapes.

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muriel.smith58@gmail.com or 204-781-2307

> NARCISSE, FROM PG. 16

There are four dens to visit on the site with a three-kilometre walking trail surrounded by trees between them. Each den is active with snakes, but Whalen says the biggest number of snakes can usually be found in Den 4.

"It's my first time here and I'm so surprised by how many snakes there are. It's hard to picture until you see it for yourself," said Jessica Muench, who lives in Winnipeg and spent Fri-

day at the dens with her family.

If you have yet to travel to Narcisse, it's not too late. As of last Friday, there were still a few hundred snakes remaining in multiple dens.

After their mating season winds down, the snakes will travel 20 kilometres to their summer home to give birth, returning to Narcisse again for the winter in September.

Provincial minister deflects questions about fisheries envoy report

By Patricia Barrett

The provincial Conservatives side-stepped NDP questions last week about the whereabouts of a fisheries envoy report that was due for release this spring.

The government promised last November to release the report and its recommendations from Signature Mediation, a company it hired a few months after announcing its intention to remove Manitoba from the Freshwater Fish Marketing Act.

During question period May 25, Wolseley MLA and environment critic Rob Altemeyer made a concerted effort to get Sustainable Development Minister Cathy Cox to explain why her government hasn't produced the report.

"Where's their final report?" asked Altemeyer. "Has the government received it and, if so, why isn't it public yet?"

Cox deflected the question, launching into an account of conversations she's had with a federal politician.

"I've actually had many discussions with Minister LeBlanc, who's the federal fisheries minister, and had those discussions with regard to us moving towards a single desk," said Cox.

When Altemeyer pressed her for information about the report, Cox shot back, "I don't know why he [Altemeyer] will not get on board and support commercial fishermen and the opportunity for them to keep more money in their pocket."

Fisher Kris Isfeld, who sits on the Lake Winnipeg Fishery Co-management Board and represents between 100 and 150 fishers, said the envoys' report did not accompany a Sus-

tainable Development representative who spoke at a Co-management meeting in late April.

"It was originally on the agenda, but was removed," said Isfeld. "It was not addressed in any significant way by anyone from the department. They just said it was a 'higher up' decision [to withhold it]."

The lack of transparency doesn't necessarily surprise him and area fishers.

"We knew from the get-go that the envoy was the politicians' attempt to 'sell' their already finalized decision to the majority of fishers who opposed it," he said. "Honestly, what need is there for a report when the people who are doing the reporting are paid by the politicians who predetermined what they want the report to say?"

As they made the rounds of fishing communities, the envoys probably realized that the province's unilateral decision to opt out was unpopular, said Isfeld, and subsequently advised the government against pursuing it further.

"That would be a good reason not to release it, wouldn't it?" he said.

When contacted Friday, a spokesperson for Sustainable Development said the report is "still being reviewed internally."

Cox delivered a parting shot across the bow in response to Altemeyer's final supplementary question in the house.

In addition to acknowledging that she doesn't support FFMC, she suggested the auditor general's recent report on the federally run corporation provides justification for severing ties with it.

"He [Altemeyer] should read the auditor report that was prepared by the auditor," said Cox, "and it slams the federal fish agency for their mismanagement. So I don't know why he supports the Freshwater Fish Marketing Corporation, but he should get on board and support commercial fishermen."

To Altemeyer, the statement seems contradictory, considering FFMC's former president Donald Salkeld — who was fired "for cause" in 2016 — was a Tory appointee.

Salkeld was given a thorough drubbing by the auditor general for wasting \$794,000 on equipment that didn't meet the needs of FFMC's plant, incurring a loss of \$2.4 million in whitefish sales and contravening established corporate policies and practices in a number of areas, including hiring (see the May 25 edition of the *Express*).

Altemeyer said Cox is "completely misrepresenting" the report, which is based on the findings of a team of independent auditors hired to look into Salkeld's conduct as president and general oversight of the corporation.

"She's continuing her government's attack on [FFMC]," said Altemeyer. "The auditor general's report ... does not say it's the [FFMC's] fault for what happened. They're saying it was the person appointed by the Conservatives. It's his fault for what happened. So for Minister Cox to claim that it's the FFMC's fault when the Tories appointed someone to the job — and who did a horrible job — is just not accurate."

Altemeyer also expressed concern about the government's use of tax-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Even if opting out is the "worst idea in the world, that's not a viable option because the province has already made the decision," said fisheries envoy Perry Mohr last December in Gimli.

payer money on the envoys.

"It looks like this whole consultation process and all the money that would have been spent on it, however many thousands and thousands of dollars, is a complete sham," he said. "Until the government proves otherwise, that's the only conclusion the public can make."

Peguis holds inauguration ceremony for chief and council

By Patricia Barrett

Peguis First Nation, the largest First Nation community in Manitoba, welcomed its recently elected chief and councillors during an inauguration ceremony May 25.

Chief Glenn Hudson, Coun. Annette Spence-Meeches, Coun. Wade Sutherland, Coun. Glennis Sutherland and Coun. Mary Tyler Bear took office after the election in late March.

Community members, special guests and dignitaries paid their respects to the new council and enjoyed a lunch and performances by the Albert Thompson Memorial Square Dancers.

"I would like to bring a message of congratulations from your member of Parliament, Niki Ashton, who wishes she could be with you," said constitu-

ency assistant Clif Evans, who attended the event on her behalf.

In a prepared statement read by Evans, Ashton said, "Your commitment to your Nation and to your community is unparalleled. You have all been leaders for years, and this is a continuation of that leadership on behalf of your community."

Ashton, who represents about 33 First Nation communities in the Interlake and the north, said she will do all she can at the federal level to advocate on their behalf.

"Whether it is in terms of engaging the federal government on investments and living up to its treaty obligations, or advocating for the needs of Peguis, from flooding to housing to education, I look forward to supporting your work."



EXPRESS PHOTOS COURTESY OF CLIF EVANS

Pictured left to right, Coun. Wade Sutherland, Coun. Mary Tyler Bear, Chief Glenn Hudson, Clif Evans, Grand Chief of the Southern Chiefs' Organization Jerry Daniels, Coun. Glennis Sutherland and Coun. Annette Spence-Meeches.

Chronic illness researchers looking for Interlake participants

Personal Lifestyle Research Program needs 200 volunteers

By Jeff Ward

A University of Manitoba research program is looking to the Interlake for participants to help understand chronic illnesses better.

The program is called The Manitoba Personal Lifestyle Research Program (TMPLR) and will take in data from volunteers based on their diet, physical activity, sleep habits and chronic diseases.

Once collected, the data will be interpreted to build a map of the province of where chronic diseases show up and if their location and personal lifestyle have any significance.

Recruitment officer for the program Elaheh Nosratmirshekarlou said that the goal of the project is to get a better understanding of how chronic diseases are influenced by diet, activity and sleep. She said that the program needs 200 people, ages 30-46 from rural communities across Manitoba to take part in the study, which involves two 90-minute sessions. Sessions take

place inside their state-of-the-art 40-foot Mobile Research Unit (MRU), which will be set up at a location in the Interlake that has yet to be decided. The sessions begin in July and have participants getting a blood test and a DEXA scan, which will reveal bone density, body fat percentages and lean mass, among other things.

The research will also delve into the genetics of its participants, and a stress test will need to be done as well. The numbers will be cross-referenced among their group so that those who take part can get a better understanding of how their body stacks up against the province.

Nosratmirshekarlou said that all participants will be assigned an ID number and that their identity will not be a part of the study since the tests are confidential. She added that all of the information collected will be shared with the participant.

"We'll be able to tell participants how healthy they are compared to



EXPRESS PHOTO BY ELAHEH NOSRATMIRSHEKARLOU

The Mobile Research Unit for the Manitoba Personalized Lifestyle Research Project will be stopping in the Interlake later this summer and is looking for volunteers to take part in a study that aims to understand common chronic illnesses better.

others that have been tested," said Nosratmirshekarlou.

"This program aims to reduce the prevalence and severity of these chronic diseases in our province by creating a more personalized lifestyle strategy. But to do that, we need to understand how our health is influenced by the interactions of micro-organisms in our body."

Nosratmirshekarlou explained that often the solutions for reducing chronic disease are one-size-fits-all, which does help some but could stand to be better.

Those interested in participating or getting more information are asked to call 204-480-1042 or email TMPLR-trial@umanitoba.ca.

Moosehorn flood protection construction began last week

By Jeff Ward

Construction on the long-awaited flood protection project that will build a dike to divert water away from the east side of Government Road began this week in Moosehorn.

Fast Brothers Ltd. out of Blumenort has been hired for the construction and will take most of the summer to

complete. The job started on Monday and will continue until the end of August.

The dike is expected to cost \$1,350,892 with 90 per cent of that cost being covered by the provincial and federal governments through reimbursement.

Grahamdale CAO Shelly Schwitek

said there were 14 bids for the job, which was ultimately tendered out to Fast Brothers Ltd. and that the RM was pleasantly surprised that the final price was lower than they anticipated.

The dike helps protect the annually flooded east side of the town and will protect the rest of Moosehorn from larger-scale future floods. Water di-

verted away from residential areas, including Alf Cuthbert School and the RM office, will flow into Moosehorn's drainage ditches north and south of town.

Schwitek said that the dike has to be "substantially completed" by Aug. 31 and that it is to be "at total performance" by Sept. 15.

Water levels on Lake Winnipegosis remain at record high

By Jeff Ward

The ongoing issue of water management for Lake Manitoba residents continues with water levels for Lake Winnipegosis reaching a record high for this time of year.

Strong winds are driving the gauge reading up to over 835 feet, but science advisor for the Association of Lake Manitoba Stakeholders (ALMS) and University of Winnipeg biology professor Scott Forbes said that the level is likely closer to 834.51 feet. That level, however, is still a record high for this time of year. If the gauges are correct and the lake is higher, there will be trouble for Lake Manitoba.

Forbes said that even with the inflows from the Portage Diversion slowing to a dribble at just over 1,000 cfs, inflows at the Waterhen River from Lake Winnipegosis are still at

11,583 cfs. This means that currently Lake Manitoba is taking in more water than it is sending out.

"We're going to need a good two to three days of calm to get a good gauge reading on Lake Winnipegosis," said Forbes. "The readings could be the high winds, or a gauge error. If that lake reaches 835, the historical data says that it will generate flows on the Waterhen as much as 13,500 cfs and it will send Lake Manitoba to flood level of 814."

Like always, the watching of lake levels is a waiting game — but an important one. Forbes said that a level of 814 or even a little higher on Lake Manitoba is survivable but not pleasant. He added that the level of Lake Manitoba is around 813.7 feet, but because of the southeast wind, it's tougher to read the gauges accurately.

A southeast wind sends water directly between the two gauges, which can create an artificially low lake level, Forbes said.

In addition to lake levels, Forbes is interested in lake ecology. Since 2011, Lake Manitoba has seen drastic changes in the water chemistry.

"The diversion has really changed the salinity of the lake quite dramatically and phosphorus levels are now five times what they were before 2011. With the phosphorus issue, there is concern that we're turning Lake Manitoba into Lake Winnipeg with algae blooms," said Forbes.

Changes in phosphorus levels aren't the only new concern as the inflow from the Portage Diversion also churns up a lot of lakebed sediment from the extremely powerful force of the water. Forbes also points to six

new species of fish now living in Lake Manitoba that weren't there before 2011 that hitched a ride through the diversion inflows.

Another significant change to the ecology of the lake has been the near total loss of shoreline trees as their root systems were destroyed due to over saturation. The loss of those trees is not just set dressing for the lake but those strong root systems are actually important in keeping the shoreline strong as they help hold the soil together. Without them, shoreline erosion could now be more common.

It's not all doom and gloom, though, as conditions can improve. A good, hot summer and the eventual construction of the new emergency channel can help to reverse the negative effects on Lake Manitoba caused by perpetually high water levels.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder junior girls stun Eagles with late comeback

By Brian Bowman

The Interlake Thunder junior girls proved that every play in football counts.

Trailing Eastside with just one play remaining in the game, Interlake sprung a huge touchdown and then added a critical two-point convert to tie the Eagles 22-22 last Thursday evening.

It was the first time this season that Interlake attempted a two-point convert in a game.

"It was a huge play right when we needed it," said Thunder head coach John Montgomery. "(And the two-point convert) was pretty impressive ... it was quite an awesome moment for them."

The tie for Interlake snapped a three-game losing streak to begin the season. Montgomery said the Thunder junior girls (consisting of 15 players aged nine to 12) are continually improving on the field.

"Over half of our team has never played football before," Montgomery noted. "So they really have to learn the basics of football and when to do this and when to do that."

"As they're learning, they're starting to know where they are supposed to be (on the field) and what they are supposed to

do."

The Thunder are an eager bunch, said Montgomery. They are also a very talented group, consisting of players scattered throughout the Interlake.

Montgomery said the four-team league is a good way to introduce young girls to football. Each team plays against each other twice during the regular season.

"It's full-contact tackle football and the field is 80 yards long by 40 yards wide," he explained. "It's a smaller field and that's good. It's (six-player) football and we run plays like any other football league."

The Thunder junior team is back in action tonight when it visits the Mustangs in St. Vital. Kickoff is 6 p.m.

"Hopefully, we'll play well against them," Montgomery said. "Whatever the score is, that's what the score will be. From when we started this year to now we're probably improved 200 per cent."

Meanwhile, in senior girls' football action last Thursday, the Interlake Thunder were defeated 24-13 by the Sunrise Coyotes.

Interlake's next game is tonight (7:10 p.m.) when it plays the Nomads in north Winnipeg.

Zone 5 baseball action



EXPRESS PHOTO BY LANA MEIER

The Gimli Lakers' Noah Basarab delivers a pitch during MHSAA Zone 5 senior boys' baseball action last week in Stonewall. Gimli defeated the Lundar Kodiaks in a semi-final game before losing 13-3 to the Stonewall Rams in the final.

Junior Jays slayed by Giants

By Brian Bowman

The Interlake Blue Jays are finding out the hard way how good the Manitoba Junior Baseball League teams really are.

Interlake lost all three of its games last week, including a 14-1 home defeat to the Elmwood Giants last Sunday.

The outcome was never in doubt in this one as the Giants scored six runs in the first inning, added three more in the second, and then piled on four in the third to take a commanding 13-0 lead.

The Blue Jays' Brennan Cheasley scored a run in the fourth and then the Giants replied with another run in the fifth.

Interlake started the weekend with a 9-5 home loss to the St. James A's. St. James led 2-1 after four innings but then broke the game wide open with six runs in the fifth.

Trailing 9-1 in the bottom of the sev-

enth, Interlake scored four times in its final at-bat.

Lane Holden, Baily Proctor, Cheasley, and Martin Knutson scored for the Blue Jays. The other Interlake run was not listed on the league website at press time.

On May 24, Interlake hit the road and was defeated 5-1 by the Brandon Marlins. Brandon led 2-1 in the bottom of the fifth before they scored three runs.

Landen Gray plated the Blue Jays' lone run. Chayce Topolnitsky (two) and Proctor had Interlake's three hits in the game.

Knutson pitched well, giving up just two earned runs in six innings.

Interlake (0-5) hosted the St. Boniface Legionaires (1-6) last night and then will have Brandon visit Friday (7:30 p.m.).

On Sunday, the Blue Jays will battle the Pembina Valley Orioles in a road doubleheader. The first game will begin at 1 p.m.

Impact edged by Elmwood FC

Staff

The Interlake Impact is learning that life in the MMSL's 5th Division isn't exactly easy.

After dominating in a lower division for years, Interlake finds itself now 1-2 on the season after a tough 2-1 loss to Elmwood FC at the Ralph Cantafio Soccer Complex in south Winnipeg last Saturday.

No goal scorers from the game were posted on the league website at press time.

The Impact opened their sea-

son with a 5-0 loss to North Winnipeg United back on May 5 and then shut out the Tri-S Strike Force 1-0 May 13.

Interlake now has three points to sit tied for sixth with Liberty FC Winnipeg in the 10-team division.

Interlake (1-2) is back in action this Saturday at 2 p.m. when it plays first-place Carmania FC (3-0) at Shaughnessy Park in north Winnipeg.

It will be the Impact's first of five games this month.

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Dainties and coffee will be served.

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.



Stonewall & District Lions Manor

F/T MAINTENANCE PERSON REQUIRED

Under the direction of the General Manger the Maintenance worker will coordinate and assist with inspecting, maintaining, cleaning and repairing the Lions Manor building & grounds, suites, equipment and fixtures. Organize & assist with work orders. Address and service tenant concerns in a respectful manner. Possess a working knowledge of carpentry, plumbing, electrical, & HVAC systems. Be familiar with building maint. & operations, preventative maint. programs and health & safety protocols would be an asset. Employment is subject to satisfactory criminal & adult registry check. Mon to Fri, 35 per week, possible evening & weekend call-ins.

Please send your resume to 622 Centre Ave, Stonewall MB R0C 2Z0 with salary expectations by June 6, 2017. E-mail manager@stonewallmanor.ca Fax 467-2198

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



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EXPRESS
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 Sunday, June 11th @ 11:00 am
 51 Park St., Vivian, MB
 Contact # Maureen (204) 795-8141
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COMING EVENTS
 Do you have a dish that you know is a winner? Why not serve it on a platter at the Canadian Food Championships? Apply to compete today at canadianfoodchampionships.ca.

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
 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

EMPLOYMENT OPPORTUNITY
The Eastern Interlake Handivan is seeking an individual for our ADMINISTRATOR POSITION
Duties would include:
 • Completing the financial responsibilities, such as payroll, accounts payable and receivable, bank reconciliation, providing financials to the auditor
 • Reporting to the Board and records management
 • Managing communication and correspondence
 • Applying for Provincial Grant Funding and submitting the required reports
 The position would be 20 hours a month.
 The preferred candidate would have strong organizational skills, financial understanding of general accounting, proficient in Simply Accounting or equivalent, knowledge of government processes, experience working with a Board of Directors, and enjoy working with the public.
 Position will remain open until a suitable candidate is found.
 Please submit resumes to: palsn@rmgimli.com inquiries can be directed to the same or by calling 204-641-5481.

Coldwell Eriksdale Waste Disposal Grounds
REQUEST FOR PROPOSALS
 The CEWDG Board invites proposals for construction of berms and other work to be completed at our site in Eriksdale, MB
 Contact cwgd@hotmail.com or Arlene at 204-739-8050 for complete list of work.
 Mandatory Site Visit - June 5, 2017 at 9:00 a.m.
 Proposal Deadline - June 12, 2017 at 4:00 p.m.
 Work to be completed by - June 30th, 2017.
 Include in proposal the total project cost, details of all work and list of equipment to be used.
 Provide hourly rate for equipment - should extra work be required
 Provide Proof of Insurance and WCB Coverage.
 Sealed Proposals can be mailed to CEWDG Board, Box 209, Eriksdale MB, ROC 0W0 or delivered to Coldwell RM Office 35 Main Street, Lunder MB, ROC 1Y0

MUNICIPALITY OF BIFROST-RIVERTON
RIVERTON WATER TREATMENT AND SUPPLY PUBLIC INFORMATION MEETING
JUNE 14, 2017 7:00PM
RIVERTON CURLING CLUB
 TAKE NOTICE THAT The Municipality of Bifrost-Riverton has undertaken a Water treatment and Supply Study for the community of Riverton.
 An Open Information Meeting will be held Wednesday, June 14, 2017 at 7:00 pm at the Riverton Curling Club.
 All are welcome to attend.
 Cindy Stansell, CMAA
 Chief Administrative Officer
 Municipality of Bifrost-Riverton

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Box 340 Arborg, MB R0C0A0
 Visible minorities and individuals with disabilities are encouraged to apply
 This is a Canada Summer Jobs opportunity

SUMMER POSITION
Viking MOTORS GM
LOT ATTENDANT
 July 4 - August 25
\$12.00/hr
 Must have valid drivers licence
 Must be returning to school in the fall
 Please submit resume to boyd@vikingmotors.ca or mail to
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 Visible minorities and individuals with disabilities are encouraged to apply
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Announcements



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ANNIVERSARY



Congratulations to life-long Fisher Branch residents Bernice and Ed Basaraba on their milestone 50th Anniversary on June 10, 2017
May you continue your journey of love and happiness in good health well into the future
-With much love, your family (and friends)

SHOWER ANNOUNCEMENT



Jack and Jill Bridal Shower for Tracy Vincent and Cody Maicher June 10, 2017 at the Gimli Legion at 2:00 P.M. Registered at Bed Bath and Beyond and Hudson's Bay or Rona (Gift Cards)

SHOWER ANNOUNCEMENT



Johnson and Hildebrandt We would like to invite you to a bridal shower for Arielle Johnson bride elect of Kurt Hildebrandt To be held on Sunday, June 4th, 2017 from 1-3 p.m. at the Gimli Minerva Hall The couple is registered at The Bay, The Bay Home Outfitters and Ace Hardware in Gimli

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get inspired

> MEAL IDEAS

White Pizza Frittata



Prep time: 10 minutes
Cook time: 35 minutes
Servings: 8
1 tablespoon extra-virgin olive oil
1 large clove garlic, minced
12 ounces frozen spinach, thawed and water pressed out
12 large eggs
1/4 cup skim milk
1/4 teaspoon ground black pepper
1/2 teaspoon dried oregano leaves
3/4 cup part-skim ricotta cheese

1/2 cup grated Parmesan cheese
1/4 cup minced fresh basil
1/2 cup shredded, part-skim mozzarella cheese
Heat oven to 325 F.
In oven-safe skillet, heat olive oil over medium heat. Add garlic and cook 2 minutes, or until fragrant. Once garlic is fragrant, add spinach; break up to incorporate and heat.
In medium bowl, whisk together eggs, milk, pepper, oregano, ricotta, Parmesan and basil.
Add egg mixture to skillet, reduce heat to low and cook 1 minute, stirring gently. Move to oven and bake 25-30 minutes, or until eggs are almost completely set.
Carefully remove from oven and add mozzarella. Return to oven and bake until mozzarella is melted, about 5 minutes.
May be served hot, at room temperature or cold.

Blueberry Buckwheat Pancakes



Prep time: 5 minutes
Cook time: 15 minutes
Servings: 4
3/4 cup buckwheat flour
3/4 cup all-purpose flour
2 tablespoons sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 eggs
1 3/4 cups lactose-free, 2 percent

milk
2 tablespoons vegetable oil
1 teaspoon pure vanilla extract
2 cups fresh blueberries, plus additional for topping (optional)
syrup (optional)
In large bowl, whisk together flours, sugar, baking powder, baking soda and salt. In small bowl, beat eggs then add milk, oil and vanilla; mix well. Stir wet ingredients into dry ingredients and mix to combine.
Heat griddle or large skillet over medium heat. Using 1/4 measuring cup, pour batter onto griddle. Gently place several blueberries all over surface of pancakes.
Flip pancakes when bubbles start to form around edges and bottoms are golden brown. Cook on other side until golden brown, about 2 minutes. Remove to plate and cover to keep warm.
Top pancakes with additional blueberries and syrup before serving, if desired.



Just Don't Get It

Is there someone in your life who drives you crazy because they "just don't get it?"
Perhaps it is a partner, parent, child, friend or co-worker. They simply are not on the same wavelength, and no matter how much you hint, cajole, lecture, explain or plead, they just do not see things the way you do.
This can indeed be frustrating, but there is another side to the issue. When we view someone in this way, it actually means we are judging them. We are saying our way is better, correct, or more evolved than their way.
Further, we are saying we are smarter, more astute, more in tune, more aware or more evolved than they are. The problem is, this is not a very evolved way of thinking and being.
It actually could be perceived as being arrogant, disdainful, and lack-

ing in understanding and compassion. An evolved person would not demonstrate these qualities.
Ideally, if we are on a path of personal growth and are choosing to be conscious, then we would aim to accept our differences and to see the good in others. We would attempt to understand their point of view and the reasons for their actions and behaviors. Further, if we are respectful of them, they may be more open to seeing a different point of view (ours).
If the words and behaviors of the other are abusive or demeaning, then of course it is fine to move on, or have little, if anything to do with them. This can still be an evolved course of action, so long as we do not rant about how stupid they are, or gossip to all who will listen about our negative impressions, but rather simply bless them and move on.
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.

Huevos Rancheros Oats



Prep time: 5 minutes
Cook time: 15 minutes
Servings: 2
Oats
1 cup 2 percent milk
3/4 cup water
1/8 teaspoon salt
1 cup old-fashioned oats
Huevos Rancheros
1/2 cup sweet onion, peeled and chopped
1 1/2 teaspoons light olive oil
1 can (10 ounces) diced tomatoes with green chilies
1/4 teaspoon chipotle chili powder

2 eggs
kosher salt
black pepper
1/4 cup sharp cheddar cheese, freshly grated
In medium saucepan over medium-high heat, bring milk, water and salt to boil. Stir in oats. Reduce heat to medium-low and simmer oats, stirring occasionally, 4 minutes. Remove oats from heat and place lid on saucepan. Set aside.
In nonstick skillet over medium heat, saute onion in olive oil until soft, about 4 minutes. Stir canned tomatoes with green chilies and chipotle chili powder into onions to combine. Continue to heat salsa to boil, about 1 minute. Make two wells in middle of tomato salsa. Crack eggs into wells. Season eggs with salt and pepper, to taste. Cover skillet and poach eggs in salsa to desired doneness; about 3-4 minutes.
Divide oats evenly between two bowls. Spoon eggs and salsa over oats. Serve immediately with cheddar cheese.

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