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# THE EXPRESS

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WEEKLY NEWS

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Corey Bighorn, a youth commercial tobacco worker, was in Peguis First Nation last Thursday handing out blue light bulbs to band members who pledge to ban smoking in their homes. See story pg. 8.

EXPRESS PHOTO BY AUSTIN GRABISH

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

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# Supposed royalty lies in a grave near Riverton

By Stefanie Lasuik

In a field near Riverton, an old picket fence surrounds a grave with no headstone. A woman who is believed to be a member of the Danish royal family lies here. Now, over 130 years after her death, her descendants are leading a project to acknowledge the gravesite and the story behind it.

Friðrika Björnsdóttir was the granddaughter of Samúel, the son King Frederick VI of Denmark supposedly had out of wedlock. Samúel was born before King Frederick VI claimed the throne, but the boy was raised at royal expense, an Icelandic manuscript says.

Although Samúel's connection to the king cannot be proven, his upbringing at royal expense and a quote from his mother point toward this conclusion.

"It was no bit of trash with whom I had Samúel," said the King's alleged mistress, Soffia Maria.

Samúel's descendents don't know for sure if he knew of his royal status,

but they think he likely did.

"I think it would be unbelievable if he wasn't [aware of it]," said Salín Guttormsson, whose great-great-grandmother is Friðrika.

Samúel was living in Iceland when he met his wife, and together they had Lovisa. Lovisa went on to give birth to Friðrika, making her the alleged great-granddaughter of King Frederick VI.

Friðrika led a life of struggle. She and her husband sailed with their children to Canada in 1876, and settled into a 10-by-12-foot cabin in Sandy Bar with Friðrika's husband's cousins. Not long after they arrived, smallpox hit the area hard. All three of Friðrika's children died.

Friðrika and her husband, Pétur Árnason, forged on, settling a homestead they called Hof, where they would have three daughters. They left Hof after four years to settle at Árskógur.

Friðrika had two more children at Árskógur, but at 35 the strain eventually overtook her body. She died Aug. 8, 1884, 20 days after the birth of her last child.

Since the cemetery in the area wasn't in use at the time of her death, Friðrika's family buried her at the homestead, Árskógur. No one knows when the picket fence — the only marker of the grave — was put up, but Guttormsson is pretty sure it has been there for decades upon decades.

Four of Friðrika's children passed their possibly royal genes on to hundreds of great-grandchildren, great-great-grandchildren and great-great-great-grandchildren across North America.

"It's better than any story out of Hollywood," said Angela Chalmers, director of As It Happened Productions. Chalmers and her team are working on making the story into a documentary.

Right now, they're still trying to find and contact Friðrika's remaining descendants, particularly those who have Magnússon, Guttorms(s)on, Jónsson (Johnson) and Vídalín names. Over the next few months, they'll be filming interviews and the work at the gravesite.

They hope to have the film ready for late fall.

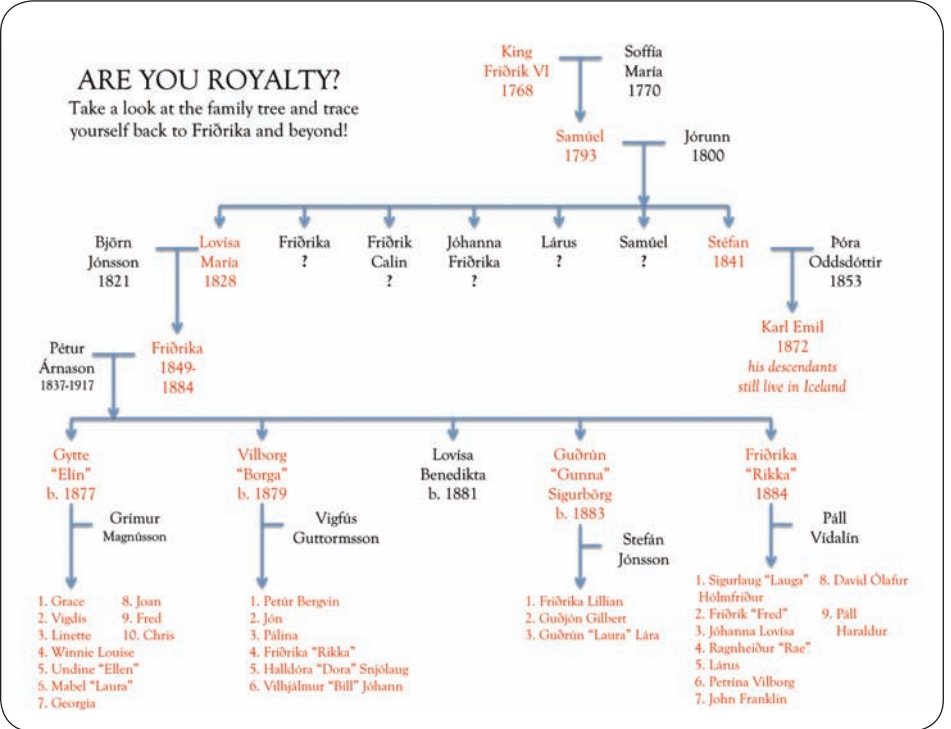
In the meantime, a family committee is reaching out to others related Friðrika and those who may be interested in the project. They're raising money for a three-sided pillar that



EXPRESS PHOTOS SUBMITTED  
Friðrika died in 1884 at the age of 35, but the legend of her ties to King Frederick VI lives on.



The Friðrika Memorial Restoration Project will involve building a pillar and information panel on the existing site of Friðrika's grave (pictured).



The Friðrika Memorial Restoration Project is still looking for others related to Friðrika.

will act as her gravestone and represent her family's past, present and future generations. Guttormsson was raised to honour her foreparents, and giving Friðrika a headstone is important to her.

"There's a passage I came across recently in the book *Burial Rites*, the story of Agnes Magnúsdóttir, that echos my sentiments perfectly. It was along the lines of every life being bracketed by a pair of events, birth and death, saying that those dates belong to a person just as much as their name and just as much as the experiences that happen in between," said Guttormsson.

The project will include creating an interpretative panel that'll be housed in a structure designed to reflect as-

pects of the architecture in Friðrika's time. The panel will tell Friðrika's story and describe the historical significance of her home burial. Friðrika was buried at home because many left the area of the Interlake around the time of her death.

Although Friðrika's burial site now sits on Jónas Thorarínson's private farmland, Guttormsson said the owner has been "fabulous" in his support of the project.

Those interested in being interviewed for the documentary, those wishing to donate or those who want more information can search "Friðrika Memorial Restoration Project" online or email [fridrikamemorial@gmail.com](mailto:fridrikamemorial@gmail.com).



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# Beach restoration underway in RM St. Laurent

By Patricia Barrett

Unfettered access to the shoreline along north and south Laurentia Beach may be a thing of the past for many residents and cottage owners in the wake of the 2011 flood, but they'll no longer have to deal with the added irritant of temporary dikes along the shore.

The RM St. Laurent sent its contractors out last week to remove the super sandbags and geotubes it had installed after a 2014 flood event.

Over the steady humming and intermittent skirls of track hoes and bobcats on the water's edge, Steve Payne, documentary filmmaker and CEO of Totem Studios, said he is happy to see the barriers go.

Payne has owned a cottage along the south end of Laurentia Beach for 15 years, and his affection for the community led him to make two documentaries — *Ice Works* and *Troubled Waters* — detailing the struggles of commercial fishers on Lake Manitoba.

"This will get things back to normal," said Payne, who was wielding a 2x4 for a new deck rather than a camera as bobcats manoeuvred across the sand, gathering up bags and tubes strewn about like discarded snakeskins.

Payne said he's also going to paint the exterior of his cottage.

The RM experienced substantial damage in 2011 when flood waters from Saskatchewan came barrelling down the Assiniboine River and were diverted into Lake Manitoba through the Portage Diversion.

After that event, many property owners installed permanent flood barriers, such as huge concrete piles and large boulders to shore up their bluffs — or what's left of them, that is. Getting canoes and skiffs down to the water wasn't easy, though, and it became more difficult when the sandbags and geotubes were installed.

Some residents built makeshift stairs over the top of geotubes or stacked up pallets alongside them.

Like many cottagers and homeowners at Laurentia, Payne's access to the shoreline is compromised.

He had reinforced the bluff in front of his cottage with large boulders, and now that the bags and tubes are being removed, he's planning to create permanent access to the beach.

"I'm building wooden steps down to the beach," said Payne, observing the restoration work along the south shore, which includes levelling of the sand.

"It will be a lot better than it was," he said.

At the north end of Laurentia Beach,



Documentary filmmaker Steve Payne was at his cottage building a deck overlooking the lake as contractors removed sandbags and geotubes from the south end of Laurentia Beach.

another track hoe operator was on a lot snagging tubes and sandbags. The operator cut through the sturdy canvas-like bags with the hoe's teeth then



EXPRESS PHOTOS BY PATRICIA BARRETT

Sandbags dangle from the jaws of a track hoe working in a lot at the north end of Laurentia Beach.

lifted them skyward to shake out the sand.

The RM recently met with and hired about 10 contractors, said the RM's CAO Tess Gutierrez. They were the same ones who installed the flood protection devices.

Beachfronts at Johnson Beach, Sand-

piper, Pioneer and Twin Lakes are also slated for restoration.

"It will take about two weeks," said Gutierrez. "That's the anticipated length of time to complete the clean-up."

Continued on page 4

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# Living off the land

Earthship build a learning experience for St. Andrews couple

By Austin Grabish

You can almost taste the petals in the air.

"Eat it. Just eat it. Eat it," he says. "It tastes really good."

It's a bit bland but then a spicy kick from this flower's bright yellow petals sets in.

The nasturtium flower is how Nicole Bennett and Kris Plantz welcome guests to their earthship home in St. Andrews, which is now three years old.

"We make everybody eat one of these when they come in the door," Bennett says.

The skies were gloomy on this particular day, but the local couple's greenhouse is blooming.

They have flowers, herbs, grains, grass and fresh veggies growing in the greenhouse.

To its right are three bedrooms, a kitchen with propane and a closet where the lone solar battery pack for the home is tucked away.

There are dozens of old wine and gin bottles acting as bricks in the walls and beneath them are recycled tires filled with earth that keeps this home warm.

Outside, Plantz is turning soil and planting seeds to prep an outdoor garden for summer.

The couple believes their earthship is the only one of its kind on the Prairies, but that could change this sum-



mer if construction on a second is successful in Rivers, Man.

Bennett and Plantz say they've learned a lot since first moving into their home in September 2013.

"You have to adjust how you behave in the winter," Bennett says.

Plantz, an environmental technologist, says he's gone from having zero construction experience to having built almost everything in the earthship.

"I've learned too much," he says.

Less sun in the winter means less power to run this 1,700-square-foot home.

"To put it in perspective, if we had like 10 (different) 100-watt light bulbs running for 24 hours, that would completely drain our batteries," Plantz says.

The couple had a close call during the winter when something started



EXPRESS PHOTOS BY AUSTIN GRABISH

Kris Plantz turns soil and plants seeds to prep a summer garden outside his self-sustaining earthship home in St. Andrews, which is now three years old. LEFT: Flowers, herbs, grains and grains grow inside the local couple's greenhouse.

sucking the home's power away — a search later revealed an incandescent light bulb to be the culprit.

"If you're going to run solar, you can't run the same things as a standard home otherwise you need a ton of panels and batteries," Bennett says.

Aside from a few other hiccups including a lack of hot water in the winter, Plantz and Bennett say they're happy with their earthship.

Despite being completely off the hydro grid, the south-facing home can naturally heat up to summer-like temperatures during the winter months.

A wood stove the couple installed during their second year in the home keeps the rest of the earthship warm and heating bill away, and there's no water bill here either.

The earthship's roof drains all rainwater into a filtration system that makes it suitable for drinking and

bathing.

Shower water is recycled into the greenhouse and then once more for the toilet before making its way into a septic tank, which is emptied twice a year.

Bennett and Plantz have spent the last three years finishing their home, but their work isn't done yet.

Bennett hopes to turn a massive dugout left over from the home's construction into a natural swimming pool.

Plantz says building an earthship is no easy feat and cautions anyone considering it about the physical work and surprise fame that comes with living off-grid.

"We had too many people coming by," he says, noting media coverage and curious visitors showing up to the home.



## > BEACH RESTORATION, FROM PG. 3

The cost of the restoration will be paid by the RM, which will then submit a claim under the province's Disaster Financial Assistance program. Because it's early days, no cost estimate was available.

"The project is just underway," said Gutierrez. "Contractors will be doing the billings for hours later."

Gutierrez said the majority of residents and cottage owners are happy to "have their beach back." A few,

however, wanted the sandbags and geotubes kept in place.

"The sandbags were put in under a program that picked up the costs," said Gutierrez. "Now we've got the same program to pay for the removal cost."

She said the purpose of the project is to restore the properties — as

far as possible — to their pre-flood condition.

The RM is looking forward to the anticipated return of visitors to the public beaches.

"We had a few phone calls when the weather was good, asking when the public beaches will open," said Gutierrez. "They want the beach."



# Gimli council approves outdoor patio and parking stalls at Tim's

By Patricia Barrett

At its regular meeting May 25, the majority of Gimli council approved the construction of an outdoor deck and new parking stalls at Tim Hortons on Centre Street.

Mayor Randy Woroniuk and councillors Thora Palson and Danny Luprypa voted in favour of the proposal, but Deputy Mayor and Coun. Peter Peiluck and Coun. Richard Petrowski voted against it.

The two councillors expressed concern about the parking stalls that Amenity Healthcare, which owns the Tim's franchise, wants to develop on the north side of the building.

The deck will displace five parking stalls that currently exist on the east side of Tim's.

At the suggestion of CAO Joann King, Peiluck agreed that a parking agreement with the municipality be implemented to ensure the lost parking stalls are replaced on the north side of the building. He also wants a sign erected indicating the new stalls are for the public.

Luprypa agreed, saying "my concern is that it needs to be public parking and not just staff [parking] because the east side parking is public parking."

A lengthy debate ensued over whether council should require Amenity to pave the seven new stalls it says it will develop.

An Amenity representative, who attended the meeting, said they plan to

gravel the parking stalls.

"It's already gravel, so they're going to do the other half," he said.

Peiluck insisted on paved stalls.

"For me, I won't support the deck unless I know the paved parking spots are going in. ... Those are gone [on the east side]. Paved. I want paved back," he said.

He said entering into an agreement for the deck could perhaps affect council's ability to mandate paved parking spots.

"Because there's a deck there, and all of sudden there's no paved parking spots. Maybe never."

Both Woroniuk and Luprypa said they weren't sure whether paved parking is necessary.

"If you've got a good gravel base to it," said the mayor, "I can live with that, too."

CAO Joann King said council could approve the proposal and "if you want some more time to think about the paving of it, you could put it in the parking agreement."

Rather than hold up the process, the mayor suggested they move forward and approve the proposal in principle. Parking is limited in town during the summer months, and he said he does not want people "digging around" for parking spots.

Before the vote was taken, council set a number of conditions on the deck.

A contractor hired by Amenity wants to construct the deck out of concrete, but council would agree only to a



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Gimli Mayor Randy Woroniuk, seen in this file photo, voted in favour of Tim Hortons' proposal for an outdoor deck and new parking stalls at its Centre Street location, breaking a tied vote. Two councillors expressed concern over the parking stalls and voted against the agreement.

wooden structure set on portable pads.

"If you pour concrete, it can never be moved," said Luprypa.

The size of the deck was another concern expressed by council.

Palson asked where pedestrian traffic would be directed, and Luprypa asked whether the edge of the deck would come too close to underground water lines.

In the end, council agreed to set the

maximum deck size at 13 feet wide by 32 feet long.

Palson asked that a clause be added to the agreement, stating the owners will return the space to its original state if the deck is dismantled.

The amended proposal, including a clause giving council the final word on the design of the new parking, will be reviewed by Tim's owners.

# Over half of Interlake residents are obese or overweight

It's time to cut down on 'excessive' liquid calories, local dietitian says

By Austin Grabish

Over half of the Interlake is obese, according to a new report released by health officials, but those numbers hardly surprise Jay Adam.

The dietitian based in Teulon said the numbers reflect what he's been seeing for years throughout the Interlake.

"When I really look at it, it makes sense," Adam said.

In total, 62.2 per cent of Interlake residents are obese or overweight, and that's almost 10 per cent higher than the provincial average of 56.4 per cent.

The obesity statistic is one of several the Interlake-Eastern Regional Health Authority recently highlighted in a 2014 community health assessment

now available on the RHA's website.

The RHA says obesity is a "common risk factor" that's contributing negatively to the overall health of Interlake residents.

"It's growing in our communities everywhere from Selkirk to Ashern to Lac du Bonnet," said Adam.

Adam puts much of the blame on liquid calories that come from high-calorie drinks. He used a double-double coffee as an example of a drink with an "excessive" amount of calories from high-fat cream and sugar.

He said coffee from fast-food restaurants like Tim Hortons and McDonald's have a considerably higher amount of calories than a drink someone would make at home.

"If you ordered a large (coffee), it's six sugar packets and six 18 per cent creamers," he said. "That's like having an ice cream cone every day."

A quick search on the Tim Hortons' online calorie counter Monday re-

vealed a large double-double coffee has 356 calories alone.

Adam said liquid calories are troubling because they offer no nutritional value and leave you hungry.

"If you drink those calories, whether it be from a Slurpee or soda pop or an

Continued on page 9

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL **Fishers and anglers are a persistent lot**

How's all my fishing pals doing this week?

It was cool and overcast on the Lockport pier a few days back but that hadn't stopped a goodly number of our anglers to come fishing. I strolled among them making small talk and in time came upon a young Winnipeg couple, Linh Dang and Duang Phan. Linh's long, dark hair, chiselled features and athletic body was accented with her mischievous sense of humour. Duang, on the other hand, had a compact well-conditioned body and spoke in short cryptic sentences.

When I asked, Linh had a story from-just before spring breakup when they were fishing up by The Pas and Duang fell through the ice. With his impressive strength, he pulled himself out. As they walked quickly to the nearby shore and the warmth of their car, Linh made light of Duang's misfortune, telling him the water there was so shallow he wouldn't have drowned anyway. That didn't help Duang's mood.

A day or so later, between rain showers, I stood on the gigantic rock outcropping by the McArthur Falls dam talking to anglers Mike Corte and his buddy Randy Esperanza from Winnipeg. As we talked, they told me that they had originally come from an island in the Indian Ocean so I asked, "Who taught you to fish?" Mike looked at me with a grin and said, "We lived on an island surrounded by water. If we didn't teach ourselves, we didn't eat."

I've been feeling a little guilty about not visiting our commercial fishing brothers and sisters lately, but somehow something always got in my way. At long last, on the weekend I was standing on the landing at the Gimli



**EXPRESS PHOTO SUBMITTED**

Rachel Bjarnason holding a sample of the Bjarnason family's commercial catch at the Gimli harbour.

harbour looking at the long wooden dock where dozens of skiffs rested side by side. Coming toward me, two skiffs were slowly plying the wind-rippled harbour waters making for their berths. I watched silently as each fisher tied off his boat and then began heaving fish-filled boxes from their boats onto the dock. A truck backed up to the dock's loading conveyer and out jumped two young gals. They quickly hop-skipped onto the dock, metal pulling hooks in hand and began dragging the boxes to the conveyer.

The girls, full of light-hearted energy, stopped every once in a while to exchange friendly banter with the guys. I silently watched this kind, warm family enjoying their work together. In time, with the truck now loaded, Richard

Bjarnason, his son Mike, his daughter Rachel and Mike's significant other, Sherri Finnbogason, graciously took time to talk to me.

They didn't have a particular story for us right then but a stroke of luck happened later when I called Richard's home for some details. I got Richard's wife Sheila who had another falling-through-the-ice story.

Years ago when she was with Richard on Lake Winnipeg winter fishing, she had brought a snowmobile while Richard had the bombardier. They were separated in a net-setting operation, and when Sheila went back for her snowmobile, she fell into a "slush hole." In seconds, she was completely submerged in freezing ice and water.

Somehow, she can't remember how, she pulled herself onto the ice and without hesitation yelled at Richard that she was going home. She mounted the snowmobile hunched behind the windshield and headed for shore. After an eternity of frozen painful bouncing, ice encrusted, she thankfully reached land. "I'm still breathing," she thought. She raised her numb fingers to her eyelashes and tore the icicles away so she could see and then roared the short distance to the house. She drove the sled right to the door and then waddled inside, her clothes frozen and crackling with each movement.

An old friend of Rachel's was visiting and stood there looking at her, saying, "You look like a drowned rat!" Sheila a true Manitoba fisher, smiled faintly, and calmly said, "Never mind how I look. Go help Richard finish setting."

Fishers and anglers are such a persistent lot, aren't they?

Bye now.

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# Youth employment services a vital resource for students

By Patricia Barrett

Youth and young adults in Gimli and Winnipeg Beach have access to a free employment service that's funded by the Province of Manitoba.

Manitoba Youth Job Centres connects people aged 12-29 with potential employers (including homeowners) and also helps them put together resumes and cover letters.

Youth engagement leader Stephanie Johnson is staffing the service from May to Aug. 19, which is headquartered in Gimli.

"We're here to help them find employment," said Johnson, who grew up in Gimli and is working towards her university degree in Winnipeg.

For students aged 12-16 interested in working only casual hours, but who want to give their resumes a boost, the service has an "Odd Jobs Squad." It can connect them with homeowners who want a spot of painting, lawn care or other odd jobs completed around their properties.

"Homeowners can contact us," said Johnson, who will keep their names on file and what jobs they want done. "The casual jobs are a big bonus because they help younger students get job experience that they can put on their resumes."

Another aspect of the Odd Jobs Squad may entail hosting community-centred events that will help students earn money. Johnson will be asking registrants what sorts of events they're interested in and will help organize them.

Possible events could include selling hotdogs, strawberry picking or car washes. All of the proceeds would go to the participants.

Carrie Arsenault of the Sugar Me

Cookie Boutique & Bakery on Centre Street used the Odd Jobs Squad last year to decorate her store.

"They painted my store windows with Canada Day pictures," said Arsenault. "And after Canada Day, they cleaned the windows."

Arsenault said she'd "use them again" and is hoping to team up in July and August for a number of events she plans to hold every Thursday at 7 p.m. in the courtyard in front of her store.

Zumba dance instruction, a fundraiser for instruments for the Gimli High School Jazz Band and a display of vintage cookie jars from days of yore are some of the events Arsenault wants to hold.

The Youth Jobs service helps those who don't have resumes or cover letters and prepares them for speaking with an employer. Johnson can teach youth how to handle themselves during an interview and how to emphasize what skills and experience they have to offer.

The service was launched two weeks ago, and Johnson said she's already busy connecting youth to potential jobs. And she'll be visiting area schools, such as George Johnson, to help advertise the service.

She has also been helping older students who've returned home for the summer.

"I already have job orders for post-secondary students," she said.

Some jobs may pay minimum wage or above, depending on the employer. Homeowners could pay by the hour or the day.

"The employer will tell me how much they'd pay," said Johnson, who is in her first year as youth engagement



EXPRESS PHOTO COURTESY OF STEPHANIE JOHNSON

Stephanie Johnson will be connecting youth and young adults with potential jobs in the Gimli and Winnipeg Beach area from May to Aug. 19. She will be holding an Open House June 2.

leader.

The service can't guarantee youth a job, but it helps them get a foot in the door and build their resumes.

"It's still up to them to show up to the employer," said Johnson, referring to interviews she'll help set up.

Both youth and employers/homeowners must register with the service.

Youth under the age of 16 will have to have a parent or guardian sign their registration forms. Johnson will be

delivering the forms to area schools.

There is no charge to use the service.

The office is located on the second floor at 62 Second Ave., which houses RM council offices. Hours are Monday to Friday, 8:30 a.m. to 12 p.m. and 1 to 4:30 p.m.

For more information, contact Stephanie Johnson at 204-641-1659.

She will be hosting an Open House June 2 from 3 to 5 p.m. Everyone is welcome to drop by.

## Rain, warmer temps dampen fields across Manitoba

Staff

Seeding is nearly 96 per cent complete for the 2016 season across Manitoba, according to the province's crop report on Monday.

But due to recent rainfall and warmer temperatures, the majority of seeded crops are experiencing rapid germination, emergence and growth.

Field operations were hampered by rainy weather conditions last week and over the weekend in some areas of Manitoba.

"Application of herbicides for weed control will remain a priority for producers as crops and weeds continue to advance quickly," the province's report stated.

Scattered showers were experienced throughout the Interlake Region over the past week, with rainfall amounts ranging from five to 38 millimetres.

Seeding progress in the Interlake region is 90 to 95 per cent complete.

Most cereals have emerged and are nearing the stage for weed control.

Most winter wheat fields are sprayed and plants are in the stem elongation stage.

Spring seeded fields throughout the Interlake region will be sprayed with herbicide this week, as field conditions allow.

Soybean staging varies in the region from cotyledon to unifoliate stages. Corn and sunflowers fields are start-

ing to emerge as well. Forage seed fields continue to develop and will be sprayed for weed control in the weeks to come.

Diamondback moth counts have been monitored for the last two weeks with no significant numbers reported.

Warm temperatures and scattered rains have encouraged hay and pasture development and growth of forages.

Alfalfa is in the

late vegetative to early bud stage and cattle are being hauled to native and tame pastures and pastures, which are rated in good to excellent condition.

<p><b>Nashville, Branson, Pigeon Forge</b>  <b>October 23-November 5</b>          A special tour for music lovers that journeys through the musical heartland of America  <b>Branson and the Ozarks</b>  <b>November 3-11</b>          A fun filled tour with fabulous shows and unique sightseeing  <b>PRESENTATION ON BOTH</b>  <b>June 14 2:30 pm or 6:30 pm R.S.V.P.</b></p>	<p><b>Mackinac Island Adventure</b>  <b>August 28-September 2</b>          Quaint little Victorian Style Island on Lake Huron  <b>Splendors of Niagara Falls</b>  <b>September 11-19</b>          "One of the Seven Natural Wonders of the World"  <b>Highlights of the Canyonlands</b>  <b>October 24-November 1</b>          Unforgettable Vacation thru Nevada, Utah &amp; Arizona</p>
<p><b>EMBASSY TOURS 757-9383</b>  <b>www.embassytours.ca 1-800-723-8051</b></p>	



# Blue bulbs to raise awareness about second-hand smoke

By Austin Grabish

Corey Bighorn hopes First Nations band members will flick on a blue light to signify the end to a different kind of light in their home — tobacco.

Bighorn is a commercial tobacco reduction worker and was on the Peguis First Nation last Thursday to hand out free blue light bulbs to band members who pledged to ban smoking in their homes.

The strategy is called the Blue Light Campaign and is meant to raise awareness about second-hand smoke.

"This campaign has been done in other provinces and so we figured we'd start one here," Bighorn said. "A blue light stands out. If you have a community like Peguis that has over 80 people now signed up, it's going to be pretty visible at nighttime."

Standing in front of a replica of what a dying foot with no blood would look like, Bighorn said commercial tobacco is destroying the health of many First Nations peoples.

It didn't take long for band mem-

bers to notice the foot and comment on its resemblance to their own family members' bodies.

"That's what happened to my parents," said one man.

Another shook his head with disgust as he saw the foot and mumbled, "This actually happens."

Bighorn has witnessed what tobacco can do to someone first hand and credits his grandmother with being his inspiration for getting him involved with the Southern Manitoba First Nations Commercial Tobacco Strategy.

"I have a grandmother who had both her legs amputated," he said.

Bighorn said educating band members about the stark difference between traditional and commercial tobacco is important.

He said commercial tobacco differs from traditional tobacco because it's loaded with more than 7,000 chemicals that aren't in the natural plant.

"Traditional tobacco isn't going to have all those," he said. "There's still



EXPRESS PHOTO BY AUSTIN GRABISH

Blue light bulbs bridging the divide between commercial, traditional tobacco.

low levels of nicotine, but I mean the traditional uses in ceremony and such don't really see people inhaling that smoke anyways."

He cited the fact traditional tobacco grows in a garden in Peguis for heal-

ing purposes as an example.

Bighorn said about 400 light bulbs have been given out to southern First Nations in Manitoba so far. The campaign continues this summer.

# The EBN Food Bank is desperate for food assistance

Submitted

The Evergreen Basic Needs Food Bank (EBN Food Bank) connects people, food and services that are essential to health and well-being.

The EBN Food Bank provides food

hampers to more than 300 people in a typical week, providing residents with basic food items to supplement their food budgets.

"During the winter, the Food Bank shelves were well stocked due to the

generous donations we received from community members, businesses and surplus food from Winnipeg Harvest," said Rhonda Powers, executive director of EBN.

"Our target was to have enough food on the shelves to last until May. Food Bank co-ordinator Elaine Gibbs stretched what food we had to meet the growing need in our catchment area, but now we are running desperately low on items on our Top 10 list.

"We are aware food banks across the country are struggling due to a number of factors,

including the focus on the desperate situation facing the Alberta residents of Fort McMurray. The spring/summer season has seen the EBN Food Bank numbers decline, but last summer the numbers did not decrease. We expect the numbers to remain the same this year."

The increasing cost of food has contributed to the growing numbers of community members utilizing the EBN Food Bank. Last year, food prices increased by more than four per cent above the inflation rate; the price of fresh fruits and produce climbed much higher. More bad news is in the future for food banks as economists are forecasting another food price increase of two to four per cent this year. The lower Canadian dollar means households in the EBN catchment area are stretching their food budgets to the breaking point to simply put the same food on their table as the previous year.

Many people in the EBN catchment area are trying to survive on a limited budget. Price increases often result not only in an increase in food budgets but choices are becoming limited as community members are forced to leave nutritional items off the grocery list and eat fewer healthy foods like fruit, vegetables and lean meat. The increasing lack of nutritional food impacts on the quality of life.

Over the past year, EBN has seen

more first-time visitors and more repeat visits from families who are struggling financially. While need is rising, it can be more difficult for the community to donate because people everywhere are feeling the effects of higher prices.

"Lower income residents are hurt the most by rising food prices and food banks need your contribution more than ever. The outpouring of generosity is reflected by the number of people and businesses who donate each year to the EBN Food Bank. EBN is always looking for more volunteers, so if anyone has free time on their hands, EBN would love to hear from you."

But right now we are asking everyone to please add a can for EBN in their shopping cart. Every little bit helps members of the community.

Donations can be dropped off at Evergreen Basic Needs Inc. located at 71 – Fourth Ave. in Gimli, or the local grocery stores that have a EBN food bin located near the front of the stores.

EBN's Top 10 list of donations required consists of canned fish or poultry; canned vegetables or fruit; canned spaghetti sauce; canned stew, chili or brown beans; peanut butter; dry pasta; canned soup; rice; sugar and jam.

For further information contact Powers at 204-642-9736 (office) or 204-641-2624 (cell) or ebn@mymts.net.

## Annual General Meeting

For  
**Moosehorn Consumers  
Co-operative Limited**

Monday, June 6th, 2016

7:30 p.m.

Moosehorn Community Hall

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

Door Prizes  
Refreshments





# Flooding along former CN railway line near Broad Valley continues

By Patricia Barrett

Overland flooding that has been besetting a Broad Valley farmer for years, and which has involved both the RM Fisher and the former department of Conservation and Water Stewardship, seems no closer to resolution.

David Hnatiuk took the *Express* on a tour of affected areas along a three-mile stretch of abandoned CN railway line known as the Interlake Pioneer Trail after a few days of steady rain last month swelled ditches and spilled onto farmland.

It also sent water cascading across road 132N (about a mile and a quarter west of Highway 17) and on to the Broad Valley Drain, which flows to the Fisher River. During wet years, those flows can inundate Hnatiuk's land.

"At times it has been close to double," said Hnatiuk, who has farmed organically since the mid-1990s. "In spring of 2011, it came over the top of the rail bed and threatened my grain bins a mile away."

Hnatiuk has experienced years of bad crops because of heavy rains and overland flooding. Water backs up at one corner of his land and spills into his fields. He has about 650 acres under cultivation.

"It affects three of my quarters," said Hnatiuk, who grows oilseeds, forage crops and edible pulses. "Since 2003, we had one good crop."

And he said the flooding has grown worse since 2010 when the RM Fisher dug half a mile of unlicensed ditch along the west side of the railway bed at the request of a farmer with land on the east side of the bed.

That ditch crossed the boundary line of the Fisher and Icelandic River watersheds, according to Conservation (now called Sustainable Development), and has the potential to alter the natural course of water. It also backs up water onto Hnatiuk's land.

"On a wet spring in 2011, prior to the unauthorized ditch being blocked, the water flowed through the watershed boundary line north rather than east. Not one acre of my land affected by

the Broad Valley Drain was able to be seeded," said Hnatiuk.

Conservation had ordered a block installed (a permanent mound of soil) in the unlicensed ditch where it crossed the watershed boundary.

A wooden railway bridge farther down the line, under which a creek flowed east towards the Icelandic River, was discovered filled in with earth in 2009. An 18-inch culvert was installed at the site, but it was later found blocked with a tractor tire tube and then sometime later with a wooden box, said Hnatiuk.

As reported in the April 14 edition of the *Express*, then minister of Conservation and Water Stewardship Tom Nevakshonoff said in addition to the unlicensed ditch, the bridge had been "removed without licence."

Hnatiuk said the block in the unlicensed ditch washed out in 2011 and he was flooded. It had to be re-installed.

"As impacted as our land is by weather, we can't handle any more water in wet springs," he said.

Digging ditches and altering the natural flow of water requires permission from the government, even for work done on privately owned land.

Hnatiuk brought his flooding concerns to Conservation's attention in 2011. And in 2013, he and a number of other farmers living near the railway line met with the department.

Hnatiuk said the culvert installed at the bridge site is not big enough to handle steady, prolonged rains and that it was installed higher above grade than normal.

"Small culverts plug easily," said Hnatiuk, pointing to cattails and a piece of rebar at the culvert's mouth, which was submerged under a few inches of water. "They pick up trash and roots. A big culvert will flush out naturally."

Hnatiuk had asked Conservation for two three-foot culverts to be installed, which the farmer on the east side of the railway line objected to because he said it would flood some of his



EXPRESS PHOTO BY PATRICIA BARRETT

An 18-inch culvert installed at a former railway bridge site is unable to handle a steady volume of water, backing up water to the west and flooding farmers' fields. A measuring stick installed by Conservation was unbolted from its post and tossed into the ditch.

fields.

That farmer had recently asked (via the RM Fisher) to have the culvert permanently blocked. Conservation denied his request.

"As council is aware, water has always flowed or drained through the railway bed at this location, previously through a bridge and now through a culvert," said a communique from the department that was read out during an April 6 council meeting.

On the day Hnatiuk and the *Express* walked the line, the water was high and backed up to the west, flooding a number of farmers' fields along the railway. One field was a virtual lake.

Conservation had installed measuring sticks in ditches along the railway bed to record water levels.

Hnatiuk said, "They're monitoring how much water comes from the west and how it impacts other drains."

But someone is periodically dismantling the sticks (they are bolted onto metal posts) and tossing them into the ditch, he said.

Two sticks along the line were seen floating in flooded ditches.

When the *Express* spoke with Nevakshonoff about a month ago, he said his staff had sent a letter to Fisher council proposing a solution to the problem. It was suggested the RM dig a ditch up the east side of the railway bed and send water into the ditches along municipal roads and on to the Icelandic River.

Hnatiuk said he's in favour of the proposal as it would prevent water flowing into the Broad Valley Drain and on to the Fisher River. It would instead direct water to the Icelandic River where it's supposed to go.

That, he said, would reduce the impact of flooding on his land.

Nevakshonoff had said that Conservation is continuing to monitor the situation and will perhaps increase the size of the culvert if necessary.

The RM Fisher was contacted and comment may be forthcoming.

## > INTERLAKE RESIDENTS, FROM PG. 5

Iced Capp — and Iced Capps are just as bad as your double-double coffees — you would still want to eat more," he said. "It's not a potato or a sandwich that we made at home or an apple or a banana. It's excessive liquid calorie intake."

The report also stated that incidents of diabetes and hypertension have increased in both young and old people.

Health officials noted a whopping 40 per cent of residents living in the northern Interlake at age 19 have diabetes.

Adam said while getting fresh food can be a challenge for those who live in poverty, there are still several healthy options for people on a budget.

"Things like whole wheat bread with peanut butter or whole wheat bread with an egg

or two is fantastic for breakfast," he said.

For dinner, he suggested frozen veggies to go along with pasta.

The RHA offers a four-week course called Craving Change that teaches folks how to eat healthier while forming better living habits. To register, call 1-877-979-9355.



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# Study aims to combat the 'never happen to my child' belief

By Austin Grabish

Parents should keep a closer watch on their children over the next three months, information from a new study on child abductions and murders suggests.

The Canadian Centre for Child Protection has found 41 per cent of child abductions in Canada happen in June, July or August.

The statistic is just one of several the centre released in a preliminary report on child abductions and murders last Wednesday.

The 16-page report is based on information the centre obtained in a study it conducted on 147 separate child abductions from 1970 to 2010.

The study, which the centre refers to as "groundbreaking," shines a new light on similarities amongst child abduction cases.

"We wanted to better understand who took the children, how they were taken, why they were taken, where they were taken to and when they

were taken," said Monique St. Germain, the centre's lawyer.

St. Germain said while the cases the centre studied are "extreme" and "rare," they offered significant insight into trends.

Like the fact abductions are more likely to happen during after-school hours, take place on a Friday or Saturday, and that 77 per cent of abductions studied are sexually motivated.

In its report, the centre said education is still needed to combat the common "this will never happen to my child" belief.

St. Germain said it may sound simple, but parents' best defence to protect their kids is supervision and suggested a peer buddy system for kids aged 12 to 15.

"If children travel together and they're in groups, they're generally going to be safer from this sort of thing in general."

St. Germain said the information from the study came from the centre's

case records and media coverage on cases across Canada.

The information pointed to a trend of abductions happening in urban areas, but St. Germain said there were likely cases in rural areas that didn't make it to the centre's attention.

"Because of the nature of media reporting, a lot of the stuff that we would come up with would be cases that were more concentrated in urban areas," she said.

St. Germain couldn't say why there's a spike in child abductions during the summer months other than speculating it may be due to the warmer weather.

She said if a child goes missing, parents shouldn't waste any time and should contact police immediately.

"The sooner that a child is noticed missing and that is reported to police, the greater chance that you have of having the child come back to you."

The centre will release a final report on the study later this year.



**EXPRESS PHOTO BY AUSTIN GRABISH**  
A new study from the Canadian Centre for Child Protection says children are more likely to be abducted during the summer months.

# Lundar Agricultural Fair adds new events

By Stefanie Lasuik

Members of the Lundar Agricultural Society are prepping the fair grounds for June 10 and 11 when horse shows to tractor pulls will attract people from across Manitoba.

The 64th Lundar Fair will feature old favourites and new events: bubble balls, MBRA 3D barrel racing and the Manitoba Limousin Summer Show.

Bubble balls let people play soccer with a twist. Each participant wears an inflatable ball and bounces off competitors as they attempt to score. These will be at Lundar Fair Friday evening.

The Manitoba Barrel Racing Association will show fast riders race around barrels for a cash jackpot on Friday at 6 p.m.

The Manitoba Limousin Summer Show will bring high-quality cattle to the grounds to show in 12 classes.

Organizers added these events to the mix to bring a change to the fair that has remained pretty similar the last few years.

Old favourites, like the 4-H beef achievements, will help kick things off on Friday. Starting at 9:45 a.m., the beef club will begin comparing its cattle at the Agri-Ed Centre. Consistent with the attendance in the past few years, this year's barn is full with 80 head.

Meanwhile, saddle and jackpot classes, which will dole out \$200 plus

\$10 of each entry fee to the champions, will highlight the horse ring. After the light horse halter class on Friday morning, the jackpot participants will each show three horses in their appropriate halter classes.

At 5 p.m., the home living section of the fair will open with exhibits ranging from sewing to cooking to potted plants. The top three entries in over 300 categories will receive cash prizes.

The tractor pull will also begin at 5 p.m., as antique modified and antique stock tractors. The pull will continue Saturday at 2 p.m.

From 8 to 9:30 p.m., Mark Morriseau will then fill the air with fiddle music while bubble balls let people bounce off of each other.

Fireworks will sound at dusk, preparing attendees for Saturday's events. The horse show and home living exhibits will continue Saturday, while a baby contest takes place at 9:15 a.m. in the Lundar Catholic Church.

At 9:30 a.m., six Miss Interlake contestants will compete for the title at the Lundar Legion. The winner will get her crown at 5:15 p.m. on the free-stage.

This year's contestants are Miss Erksdale, Carrie Godfrey; Miss Mulvihill, Taylor Kinkad; Miss Lundar, Jordayn Lynch; Miss Woodlands, Selena Peixoto; Miss Narcisse, Emily Caumartin; Miss Meadow Lea, Rebecca Van Hulle; and Miss Fisher



**EXPRESS FILE PHOTO**

The ever popular baby contest will take place Saturday at 9:15 a.m.

Branch, Taylor Caldwell.

The \$1,000 jackpot heifer show will have cattle owners in competition at 9:30 a.m., with the regular beef show to follow.

"Everything's going to attract some-

body," said the secretary and treasurer of the Lundar Agricultural Society, Cynthia Wirgau.

Those wanting more information and a full calendar of events can visit [lundaragsociety.com](http://lundaragsociety.com).



# Peguis Central students part of national science competition

By Patricia Barrett

Two science students at Peguis Central School were chosen to represent Manitoba First Nations at the annual Canada-Wide Science Fair held in Montreal, May 18-20.

Savannah Stevenson and Scott Johnson carried out projects that made them finalists for the national science competition, which showcases the brightest youth with solutions to real-world problems.

"When I was chosen to go to Montreal to represent Manitoba First Nations, at first I felt nervous ... but proud of myself," said Stevenson, who's in Grade 12 and will be graduating next month. "When I arrived there, it was a great experience and [I'm] glad that I got to go."

Stevenson compared vermicomposting (worms, soil and food waste) and regular composting (soils and food waste) to see which would result in a better fertilizer.

She collected compostable food waste from her school's cafeteria for the experiment.

"By doing this project, I wanted to find out which one was better for the environment so I could apply [it] to my school's garden and use it to reduce food waste and create produce for the cafeteria."

Retired teacher Carl McCorrister organized community gardens on Peguis in 2011 to help the community produce its own food (see the Oct. 8 edition of the *Express*).

Stevenson's experiment may help contribute to the natural fertilization of those gardens.

She tested the soils of both her fertilizers for carbon dioxide emissions, pH levels and moisture content.

"These tests were taken with the help of the Soil Sciences Department of the University of Manitoba and the Manitoba First Nations Educational Resource Centre (MFNERC), along with my science teacher," said Stevenson.

Fellow student Scott Johnson, who's in Grade 9, was thrilled to have earned a spot at the national competition.

"It was insane. It all really didn't hit me until I went to bed that night: I was going to Montreal," said Johnson when he found out he would be representing Manitoba First Nations. "... I guess I was in shock a little, knowing all my hard work had finally paid off."

Johnson studied the ability of peat moss to improve water quality "because of the recent floods and water contamination problems in my community. Since peat acts as a sponge and works as a filter, I wanted to see if the peat mining had any effect on what was happening."



**EXPRESS PHOTOS FROM DAVE SMITH**  
Grade 9 student Scott Johnson earned a spot at the national science competition for his study on peat moss filtering.

There are several quarry leases held by mining companies in the region around Peguis, Fisher River and Jackhead First Nations. Some are in pending status (see the park reserves article in the Jan. 21 edition of the *Express*).

"The first thing I did as a pilot project was start my own mini bog over the summer to get a basic grasp of what peat moss is," said Johnson. "After doing so, [I] talked to people with the U of M [Soil Science Department] and it sprung me to the idea of showing how peat acts as a filter."

Johnson collected five jars of water from a river and five jars of water squeezed from peat moss and tested the pH levels each day over the course of a week.

In his project abstract, Johnson said, "taking [peat] away is doing more harm than good. Peat takes thousands of year to build up and the conse-

quences in the long-term outweigh the benefits in the short-term."

He credits a staff member at MFNERC for spending hours helping him, and the support he received from his family, especially his dad "for all the times he drove me to the site."

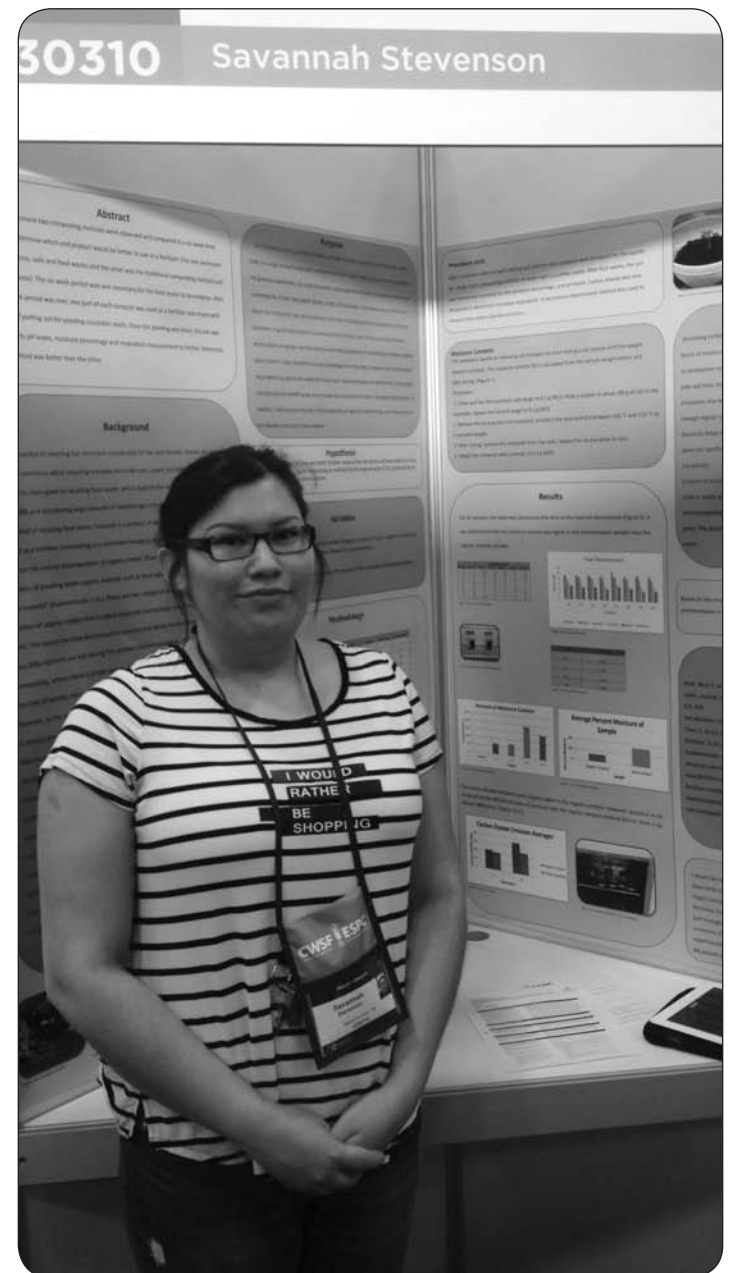
He also paid tribute to his science teacher, Dave Smith, for ensuring he stayed on track.

"My job was to act as their mentor," said Smith, who has taught science at Peguis Central for 21 years and accompanied both students to Montreal "But it's all their work."

He said Johnson found a statistical difference between his two water samples.

"The peat does act as a filter to store nutrients," said Smith.

And Stevenson came close (88 per cent) to achieving a required statistical confidence interval of 95 per cent,



Grade 12 student Savannah Stevenson was chosen to represent Manitoba First Nations at the Canada-Wide Science Fair in Montreal recently. Stevenson studied the effects of vermicomposting over that of regular composting.

he said. That would have shown the beneficial effects of worms in the breakdown of waste materials.

The national science competition was a "high-level competition" with 485 students representing all the provinces and territories, said Smith.

Although Stevenson and Johnson did not take home an award from the competition, they said they plan to continue studying science.

The competition "helped me realize science was the way to go," said Stevenson.

As for Johnson, he said he's interested in working in the pharmaceutical industry after he graduates from high school. In the meantime, he wants to continue his empirical investigations.

"Now that I have gathered all of this information, I plan on using it in my next project," he said. "What I want to do is test water from two places."



# High school rodeo to ride into Selkirk Park June 10

By Lindsey Enns

Preparations are well underway for next week's Manitoba High School Rodeo Association finals in Selkirk Park.

The three-day event, hosted by the St. Andrews-St. Clements Agriculture Society, will take place from June 10 to 12 at the park's rodeo grounds.

Events will take place from 10 a.m. to around 4 p.m. on all three days and schedules will be posted on the society's website at [selkirkfairandrodeo.com](http://selkirkfairandrodeo.com).

Events will include goat tying, bull riding, barrel racing, team roping and steer wrestling just to name a few.

So far, roughly 90 competitors aged 12 to 19 from across Manitoba, Ontario and Saskatchewan have registered to compete for various awards, bursaries and prizes.

Rea Pennington, president of the St. Andrews-St. Clements Agriculture Society, said participation is down a little bit from the previous three years.

Pennington added dozens of volunteers have been busy getting the park's rodeo area ready, getting the stalls ready for about 100 horses and planning their annual potluck dinner on the Friday night and high school cowboy prom on the Saturday night.



EXPRESS FILE PHOTO BY LINDSEY ENNS

Tyson Salmon of Stonewall competed in the bull riding event during the Manitoba High School Rodeo Association finals in Selkirk Park last year. This year's rodeo finals will take place June 10 to 12 at the Selkirk Park rodeo grounds.

"Anybody graduating from high school is also graduating from high school rodeo," he said, adding the prom is a big event for the youth. "They dress up and are paraded in. It's kind of a big deal for them."

The annual high school rodeo finals

is very much a family oriented event.

Although Selkirk has played host to the high school rodeo finals in September, due to increasing costs, the ag society will not be hosting it this year, Pennington said. He added they have applied to host it for the following

three years and will find out near the end of this month if they have been chosen.

"They like our venue but there's always a chance it will be held somewhere else as well."

## Traditional storytelling cherished at elders' gathering in Peguis

By Austin Grabish

Storytelling was the central theme at an elders' gathering on the Peguis First Nation last Thursday.

A couple hundred band members from across the Interlake came out to the Peguis Multiplex Centre for the elders' gathering, which featured traditional music, health information booths and a moment of silence for lives lost.

Among those that came out were flood evacuees from Lake St. Martin, who were bused into the reserve from Winnipeg, where they've been living since the 2011 flood.

Elders shared their words of wisdom by drawing and writing stories in seven different scrapbooks.

Dali Shiells is a nurse from the Pinaymootang First Nation and was helping elders who couldn't write to share their stories.

"It's tradition. Stories is tradition for them," Shiells said.

One man from Jackhead First Nation wrote a story about a bear with a long tail.

The story had been passed down to him and was important, he said.

Another story talked about how families used to travel on land for a week at a time to find the Seneca root, which is used for healing purposes.

Lake St. Martin elder Betty Traverse, 76, shared a story about trapping she had.

The storybooks will go to health centres in seven different First Nations including Peguis, Lake St. Martin and Lake Manitoba.



EXPRESS PHOTO BY AUSTIN GRABISH

Lake St. Martin elder Betty Traverse, 76, (right) shares a story about tapping at an elders' gathering on the Peguis First Nation last Thursday.



# The Little Brave of Peguis



EXPRESS PHOTO BY AUSTIN GRABISH

Ayden Daniels, 10, dances at an elders' gathering in Peguis last Thursday. Daniels is a traditional dancer and known as the Little Brave of Peguis. He represents the community at all major powwows.




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# Interlake doc shortage shows no signs of slowing down

## RHA braces for influx of ER patients

By Austin Grabish

Health officials in the Interlake are bracing for an influx of patients and a decrease in doctors.

The Interlake-Eastern Regional Health said it's experiencing "record numbers of physician shortages," and with summer around the corner, it's expecting emergency rooms to become busy, according to a press release issued last Wednesday.

The issue is that most of the RHA's emergency rooms are under nurse-managed care and have no doctors.

The health authority didn't include the current number of doctors it's short, and an RHA spokeswoman didn't return a request last Friday to provide the figures.

However, earlier this year the RHA's CEO Ron Van Denakker said the region was expecting doctor vacancies to rise and was short as many as 45 physicians.

The RHA narrowly avoided a strike by a group of doctors in April, who

had threatened to walk off the job if the region didn't end nurse-managed care.

In its press release last week, which was mostly a rehash of what's already been reported, the RHA said the doctors have agreed to support nurse-managed care until September.

"This is important to allow the Interlake-Eastern RHA the necessary time to develop a process and to communicate in advance with staff and communities within the region," the press release stated.

The RHA said it plans to end nurse-

managed care in emergency rooms across the region by early September but offered no explanation as to what its exit strategy would look like. It also didn't say what it would do if it couldn't find doctors to fill vacancies and still had to rely on nurses to treat patients.

The RHA said if someone's in medical distress, they should call 911 because "life-saving" advice can be provided over the phone.

It added patients who are capable of driving can go to their nearest hospital to be "assisted" by a nurse.

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To help organize our discussion, let's think of things that rob us of fuel economy in two ways: increased friction and inefficient fuel combustion.

**Friction.** Anything that increases friction increases drag or load on the engine. It has to work harder to overcome the drag – and that takes more fuel. The first thing that comes to mind is engine oil. Low oil means there's not enough to fully lubricate the engine so there's more friction.

The wrong viscosity and grade of oil can also adversely affect your fuel economy. Talk to your friendly and knowledgeable Independent Auto Service Provider about the right kind of oil for your car. Dirty oil won't lubricate as well as clean oil, so a regular oil change not only improves the life of your vehicle, but also gets you better mileage. The same principles apply to transmission fluid. Getting your oil changed and transmission serviced on schedule at your local auto service provider will reduce friction and save money on gas.

Consider upgrading to synthetic oils in your differentials (gears that allow your tires to turn at different rates when cornering), engine and transmission to reduce friction.

Another friction related issue is under-inflated tires. When tires are low on air, it's like driving through sand – the engine has to work harder to move every kilometer. Interlake vehicle owners should check their tire pressure at least once a month. The proper tire pressure can be found on the door tag on the driver's door or in your owner's manual. Never go by the maximum inflation as an overinflated tire can cause premature wear.

Sticking or binding brakes put a drag on your vehicle and can hurt fuel economy. A simple brake inspection at your local service provider can uncover potential problems.

Let's move on to **Fuel**. A dirty fuel system has varnish and gum interfering and the fuel injectors may be unable to deliver the correct amount of fuel at the right pressure and in the spray pattern that the engineers intended. A fuel system cleaning will get all of that working right and really improve fuel economy.

Replacing worn spark plugs will burn your fuel as efficiently as possible, saving you money at the pumps.

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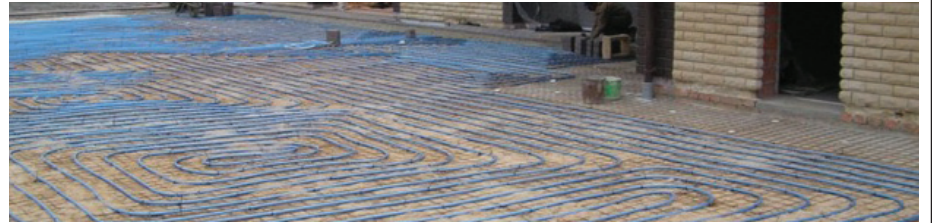
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June 10 & 11, 2016

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# Lundar Ag Society Presents **The Lundar Fair**

**Friday,  
June 10th**



**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**

**Lakeside, Dolly Bay, Fisher Branch, Lundar & Trailblazers 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**

**6PM *\*NEW\** MBRA 3D BARREL RACING**



**6-10 Wristband Special – Saturn Shows Midway**

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**8-10 Bubble balls – fun for all ages**



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*Good luck to all of the contestants, participants, and exhibitors.*

*And special thanks to all of the organizers, volunteers, and sponsors who make the event such a success each year!*

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# Kiwanis Kabaret raises funds for community projects

By Stefanie Lasuik

Members of the communities surrounding Fraserwood flocked to the town's hall on Saturday to join in the Kiwanis Club of Gimli and District's sixth annual Kabaret.

People dressed in dresses and suits moved through the blue-and-white lights of the hall, donating their time and money to the club so it can support local projects.

Kiwanis clubs are found in countries around the world and work to help their communities fulfill their specific needs. The Kiwanis Club of Gimli and District gives money to projects in the RM of Gimli, Winnipeg Beach and Dunnottar.

The club focuses on kid-centred projects, such as the new playground set to be built at the Sigurbjorg Stefansson Early School in Gimli. The playground will subscribe to the new "natural playground" trend. Such play places use rocks, hills and logs to create a safe environment for kids to explore.

The Kiwanis Club of Gimli and District has pledged \$25,000 to the playground's construction, which should begin this summer.

"It's going to be a destination point. Once it's done, even people from Winnipeg will be coming to enjoy it,"

said Sam Sekhon, the Kiwanis Western Canada governor and member of the Gimli club.

The Kiwanis Club sets their budget each year in order to help as many local projects as possible. Saturday night's Kabaret was their largest event to date raising \$16,000.

Before they began running the Kabaret six years ago, the club would hold a sportsman dinner, but the effort put into the event didn't translate into results. Sekhon and his wife Terry, the lieutenant governor of the Kiwanis division, then began organizing the Kabaret, which raised about \$14,000 in its first year.

Members and corporations of the community have been coming ever since to donate through bid and silent auctions, to enjoy a meal by Ludwig's, and, this year, to listen to the music of the Interlake-based band. Broke 'n Busted.

"It's probably the nicest formal affair in the Interlake," said Kabaret chair Heather Ritchie. And it's for a good cause. "All the money raised goes right back into the communities."

"It's the best feeling you get when you know whatever you're working for is doing good for the community," said Sekhon.

Lundar Ag Society Presents

# The Lundar Fair

Saturday, June 11th

Saturday, June 11, 2016

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

Manitoba Limousin Summer Show

PUBLIC JUDGING OF PEN OF THREE (10-4) beside Agri-Ed Centre

11:30 Parade - starting at school grounds

12:15 pm O'Canada (Pipes & Drums of Manitoba)

Opening Ceremonies. Raelene Lucier-Windross, 3 Mol Plaut, Legends Tribute

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

Face Painting (1-4 PM) Epic Face Art by Nicole

2:00 Antique tractor Pull

3:15 Miss Interlake (sportswear/formal wear; impromptu interviews at Freestage)

4:00 Legends Tribute (second set). (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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- Brian and Jan Holowaty

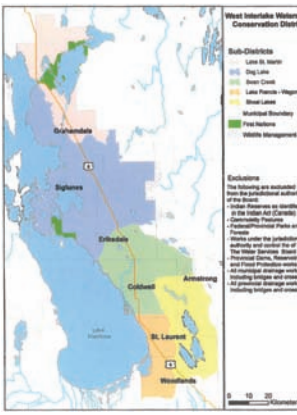
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We thank all district residents for supporting our programming and have fun at the fair!!



EXPRESS PHOTO BY STEFANIE LASUIK

From left to right: Sam and Terry Sekhon serve as the Western Canada Kiwanis governor and the lieutenant governor of the Kiwanis district respectively. They began the Kiwanis Kabaret six years ago.



# Arborg and Riverton students perform movie favourites

By Patricia Barrett

Band and choir students from Arborg and Riverton entertained the community last Thursday evening with musical selections from popular movies.

They also wowed the 200-plus audience at the Arborg Hall with a surprise percussion extravaganza.

Led by music teacher Heida Arnason, students in grades 7-12 performed the theme songs from movie favourites such as *Star Wars* and *Toy Story* and sang Moon Glow, Let it Go and Good Vibrations.

Three of the male choir students sang the theme song from the television series *Two and a Half Men*, which had the audience and fellow choir students in stitches.

Just before intermission, Arnason and two of her students settled in behind a set of shiny metal garbage cans.

Grade 9 student Sage Stoyanowski and Grade 11 student Laura Kilbrei donned overalls and took up their drum sticks to play Stinkin' Garbage on cans of various sizes.

"The shorter garbage cans are higher pitches," said Stoyanowski, who has played percussion for a year. "The taller ones are a lower pitch."

She said they found the song on YouTube and modified some of the rhythms. They also improvised some sections.

"We were using different sticks," said Stoyanowski, who also sang a solo part in the song Let It Go. "Each sounded a bit different."

At the end of the evening, Arnason bid a fond farewell to her students, at one point tearing up. She has been with the music program for a year, commuting each day from Winnipeg.

"She has been awesome," said Ruth Ann Furgala, chair of the Evergreen School Division board.

Trustee Penny Helgason thanked Arnason for her dedication, calling her a "true gift to our children and community."

Pianist and singer Ainsley Kroeker presented Arnason with flowers.

"We will miss you, Miss Arnason," she said.

Kroeker then took to the mic to sing Under My Umbrella while Sage Stoyanowski and Olivia Orbanski performed an amazing tap routine for Arnason.



EXPRESS PHOTOS BY PATRICIA BARRETT

Pictured clockwise from top left: music teacher Heida Arnason wipes away a tear after saying goodbye to her students; Arnason led the Concert Band through Pixar Movie Magic; the Vocal Jazz Ensemble sang Good Vibrations; the Beginner Band played Guantanamera; Laura Kilbrei and Sage Stoyanowski played the garbage cans; male student singing Let it Go; and Sage Stoyanowski performing a tap dance.



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**EXPRESS**  
WEEKLY NEWS





## Are you familiar with organic gardening methods?

If you're committed to protecting the environment, then you're probably doing everything you can to reduce pollution, waste and garbage. You may already be carpooling, taking quick showers and choosing reusable shopping bags, too. But have you thought about applying this philosophy in your yard? Some gardening practices encourage waste, while others are harmful to the environment. Here are some tips to help you to garden in an environmentally friendly way.

### BETTER WATER MANAGEMENT

Did you know that more than half of the water used for watering lawns and gardens is either lost as runoff from overwatering or through evaporation? To avoid such waste, ensure that you only give your lawn the amount of water it needs, and be sure to water early in the

morning to avoid evaporation loss. Collect rainwater and select plants that don't need much watering. Cover the soil with a layer of organic mulch to retain moisture longer.

### ENRICH THE SOIL

Avoid using pesticides and chemical fertilizers, as they are harmful to the environment and to the health of humans and animals. Use compost and organic fertilizers to enrich the soil.

Organic gardening also means banning decorative rocks and geotextile membranes, which compromise the exchange of gasses between the air

and the soil. Switch off any lights that light up your yard unnecessarily at night, and leave grass clippings on the

lawn rather than sending them to the landfill with your garbage.

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# get inspired

> MEAL IDEAS

## Honey garlic roast pork



Makes 12 servings

For easy entertaining, this is one of my favourites. While the pork is roasting, rich aromas will fill your kitchen. Serve with chutney, broccoli or scalloped potatoes.

Ingredients

2 Kg (4 lb) boneless pork loin roast  
Marinade  
25 mL (2 tbsp) sodium-reduced soy sauce  
25 mL (2 tbsp) sherry

25 mL (2 tbsp) liquid honey  
25 mL (2 tbsp) minced gingerroot  
2 cloves garlic, minced  
Directions

Combine soy sauce, sherry, honey, gingerroot and garlic.

Trim any visible fat from meat.

Place roast in large plastic bag and pour marinade over. Tie bag shut and refrigerate for at least 4 hours, rotating bag occasionally.

Remove roast from bag. Reserving marinade but leave as much ginger and garlic bits as possible clinging to roast.

Set roast on rack in roasting pan.

Roast, uncovered and basting occasionally with marinade, in 160°C (325°F) oven for 2 hours or until meat thermometer registers 70°C (160°F).

Let stand for 15 minutes before carving. Trim the fat off before serving.

Make ahead tip:

Marinate pork in refrigerator for up to 2 days.

## Coriander Spare Ribs With Cilantro Butter



Ingredients

Makes 6 servings  
3 tablespoons ground coriander  
2 tablespoons raw sugar  
1 tablespoon ground cumin  
Sea salt and freshly ground black pepper  
Finely grated zest and juice of 2 limes  
1/2 cup chopped fresh cilantro  
2 racks of pork ribs, about 4 pounds each, preferably St. Louis cut  
4 tablespoons unsalted butter  
1 garlic clove, minced  
Directions

Combine the coriander, sugar, cumin, 1/4 cup salt, 2 teaspoons pepper, and 2 cups water in a large zippered plastic bag. Seal and shake until the sugar and salt dissolve. Open the bag and add half of the lime zest and juice and half of the cilantro. Cut the rib racks in half and put in the bag with the brine. Seal the bag again, but leave a corner open and push on the bag to make sure you release any trapped air through the opening. Close the zipper completely.

Massage the liquid gently into the meat and refrigerate for at least 6 hours and up to 12 hours.

Preheat the oven to 200 F.

Put the ribs in on a rack in a large roasting pan. Pour enough of the brine from the bag into the pan so that it covers the bottom of the pan but doesn't touch the rib meat. Cover the pan with aluminum foil and steam until the rib meat is falling-off-the-bone tender, about 6 hours.

Raise the oven temperature to 450 F, remove the foil, and bake until the ribs are browned, about 15 minutes.

While the ribs are browning, put the butter and garlic in a saucepan over medium heat and cook until the garlic sizzles, about 1 minute. Add the remaining lime zest and juice and bring to a boil. Remove from heat and stir in the remaining 1/4 cup cilantro. Taste and adjust the seasoning with salt and pepper.

Cut the racks into individual ribs and serve drizzled with the cilantro butter.

Ribs can be stored for up to 3 days in a refrigerator. Reheat gently in a low oven.

## Empowerment and Healing

"HEALING TAKES COURAGE, AND WE ALL HAVE COURAGE, EVEN IF WE HAVE TO DIG A LITTLE TO FIND IT."

TORI AMOS

It is easy to be afraid of illness, and to feel vulnerable when we are sick. This is particularly true if we have been given a disturbing diagnosis. I am always reminded of what Dr. Bernie Seigel has said in his book, *Love, Medicine and Miracles*: you can give me a diagnosis, but not a prognosis. In other words, you can tell me what I have, but you cannot tell me how long I have to live, or how far my healing will progress.

The body/mind system is intricately connected and very complex. There has been much research on how our own thoughts, or even the prayers or healing thoughts of others on our behalf, can affect our healing.

If we think the worst and assume we will not get better, this has a profound effect on all of our inner healing systems. Keep thinking those thoughts and they become a self-fulfilling prophecy. The mind thinks that it is a forgone conclusion and nothing will help, so soon the body just gives up.

If instead we empower ourselves by believing the body is designed to heal itself, and feel a strong sense of our own power to heal, then everything is different. The immune system is stronger, we have a more positive outlook, and are more likely to do many things to help ourselves.

Dr. Seigel says the people who are most likely to recover from illness are the ones who do as many different things as they can to support their healing. They may utilize traditional medicine, alternative therapies, support groups, make dietary changes, do visualization, hypnosis or prayer, take vitamins, or use a multitude of other strategies too numerous to list.

Remember, even if someone does try to give you a prognosis, they will never say there is a one-hundred percent chance you will not make it. Even if it were ninety percent, it is better to visualize yourself being in the ten percent who get well, and do everything you can to support that belief. Remember, whatever the diagnosis, there are always individuals who beat the odds.

Strive to be one of them.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)

## Kiwi Fruit Sorbet

Ingredients

Makes about 1 quart

2 teaspoons grated lime or lemon zest  
3/4 cup sugar, divided  
3/4 cup water

2 pounds kiwi fruit (about 8 kiwi fruit), peeled and quartered

6 tablespoons freshly squeezed lime or lemon juice

2 limes, quartered

Directions

In a small bowl, mash the zest with 1 teaspoon of the sugar to release the oils. Combine the remaining sugar and water in a small saucepan and bring to a boil, stirring to dissolve the sugar. Cook until the syrup is clear. Remove from the heat



and let cool to room temperature. In a food processor or blender, purée the kiwi fruit with the juice, syrup and sugared zest. Transfer to a container, cover and refrigerate until thoroughly chilled, about 3 hours.

Freeze in an ice cream maker according to the manufacturer's instructions. Or, to freeze without an ice cream maker, pour the mixture into a 9-inch nonreactive square pan. Cover with aluminum foil or plastic wrap and freeze just until solid, 2 to 3 hours.

Scrape out into an electric mixer or food processor and process briefly until light and fluffy. Serve at once or transfer to a container, cover, and freeze until firm, about 2 hours. At serving time, garnish with a lime wedge to squeeze over each serving.

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# Ride for Dad raises record funds for prostate cancer

By Stefanie Lasuik

Over 1,100 motorcyclists roared through Gimli on Saturday to raise funds and awareness for prostate cancer. The eighth annual Telus Manitoba Motorcycle Ride for Dad raised a record \$330,000 to put the eight-year total at over \$1.5 million. The event has grown every year, to the delight of former Gimli resident and Ride for Dad executive Dave Van Alstyne.

Van Alstyne, 77, became involved in the ride eight years ago because his son, Kirk, was a co-chair of the organizing committee. Van Alstyne's dad, Asa, passed away from prostate cancer when Van Alstyne was 17 years old. Asa had prostate cancer in the era when testing wasn't as easy or effective as it is now, said Van Alstyne, who now gets checked every two years.

"The test is so simple," the retired RCMP said.

According to Prostate Cancer Canada, the two main tests first used to detect the cancer are the prostate-specific antigen (PSA) test and the digital rectum exam (DRE). The PSA is a blood test from a needle to the arm. In the DRE, a doctor feels the prostate. Combining the tests helps increase the accuracy of these methods, according to Prostate Cancer Canada.



Dave Van Alstyne (left) and Kirk Van Alstyne (right) have been involved in the Telus Manitoba Motorcycle Ride for Dad since it began eight years ago. In those years, the ride has raised over \$1.5 million for prostate cancer research and awareness.

"I think a lot of people are afraid of [getting tested] and then they die," said Van Alstyne. He hopes a key message of the ride — to get checked — will help remove the stigma around going for tests and save lives in the



EXPRESS PHOTOS BY STEFANIE LASUIK

Over 1,100 bikes lined the streets of Gimli as motorcyclists stopped for lunch at the Lakeview Resort and Conference Centre.

process.

"If some so-called 'tough-looking biker guys' can go get themselves checked, then anybody can," said Kirk

Van Alstyne.

Approximately 1.2 million Canadian

Continued on page 24

# Memories from '76 to roll at high school reunion next month

By Austin Grabish

They've been apart for 40 years, but the 1976 Gimli Composite High School grad class is about to be reunited.

Penny Dzydz is organizing the high school reunion, which takes place in Gimli on July 29.

"It's just a fantastic way to reconnect. You forget a lot of things in 40 years," Dzydz said.

When the *Express* spoke to Dzydz last week, members of the graduating class were still being contacted.

"So far it's been such a positive response. It's unbelievable, you know, after 40 years," Dzydz said.

Dzydz said next month's reunion will be a first for the grad class, which has inevitably gotten smaller over the years.

"There are some people we can't find for sure, but we're still in the process of getting all that together."

Dzydz said when the class meets again next month, a tribute will be paid to Rosemary Goodman, a peer who has passed on.

Some members of the grad class left Gimli after high school, but many

stayed and are still in town today.

After bumping into some high school friends almost regularly, Dzydz said it was time to reunite the entire class.

"Over the years, I kept running into people. Everybody kept saying over and over 'We should be having a reunion,'" she said.

Dzydz said in 1976 there were three separate grad classes in Gimli. She thinks together they totalled about 76 people and hopes the majority will be able to make it out next month for cocktails, dinner and dance.

Dzydz said there should be no shortage of memories shared at the reunion, noting the class was a baby boomers' year.

She recalled a student-led protest on April 7, 1976, opposing the demotion of a vice-principal.

"It was a really big deal. You know we didn't realize how radical it was. CBC News came," Dzydz said.

The reunion takes place July 29 from 6 p.m. to 1 a.m. at Farmers' Hall on Highway 231 in Gimli.

Dzydz said anyone wanting more information about the reunion can call 204-651-1433.



EXPRESS PHOTO SUBMITTED

The 1976 Gimli Composite High School grad class will meet again at a reunion July 29th in Gimli.



# Set for summer: Gimli Hospital may boost its physician numbers

By Patricia Barrett

A plan is in place to ensure adequate physician coverage at Gimli Hospital over the summer, and in the upcoming months, the hospital may see another physician joining the five it already has.

During a regular meeting of Gimli council on May 25, Mayor Randy Woroniuk said the Interlake-Eastern Regional Health Authority had given council assurances that the town will have physician care over the summer until September.

"This year, through lobbying and discussions with him [IERHA CEO Ron Van Denakker], he has assured us that we will have physician care throughout the summer," said the mayor. "They recognise the fact we need that ... level of care here."

Woroniuk said he had met with the IERHA a few weeks ago to address the need for adequate health-care services in the popular summer resort and came away "confident" that those services will be in place.

Last year, the situation was a little different.

"Our biggest concern last year was the lack of physicians in the ER," said Woroniuk, referring to a few times the hospital fell short, including the Friday of the August long weekend.

The IERHA's regional manager of physician services said Gimli Hospital may see another physician joining the staff later this summer.

"We're very excited to get another physician, but we're a little early to announce it," said Lorri Beer.

The physician the IERHA has in mind is "practice-ready this year."

The hospital currently has four full-time physicians, three of whom have clinics in the hospital itself. Those physicians provide in-patient and emergency care, said Beer.

"And we have another physician who helps out once a week with the patients who were seeing Dr. Cameron."

As for weekend coverage, when partying, vehicular accidents and heat-



EXPRESS FILE PHOTO

Interlake-Eastern Regional Health Authority has given Gimli council assurances that the town will have physician care during the summer months.

related complications can lead to the need for health-care services, the IERHA has a plan in place to carry the hospital through to the September long weekend.

"The physicians are still getting their schedules together," she said. "But there's a stabilization plan put in place for the weekends."

Over the course the summer, Beer

said the IERHA will be consulting with Manitoba Health to implement a more permanent solution for Gimli.

Physician recruitment and retention is an issue that dogs rural communities across Manitoba.

"We will be working with Manitoba Health for a longer-term plan [for Gimli]," said Beer.

# Walk, run or stroll: Gimli Lake Run Club will get you going

By Patricia Barrett

A dedicated group of fitness enthusiasts plans to have Gimli residents running, walking and strolling around town three times a week until mid-September.

The Gimli Lake Run Committee, made up of members from the Gimli Recreation Centre, Interlake-Eastern Regional Health Authority, Manitoba Indigenous & Municipal Relations, Robin's Donuts and New Horizons 55+ Activity Centre, is about to launch its inaugural fitness event June 5.

"We've come together as planning partners," said committee member Jan Keryluk from the IERHA's Community Wellness Team. "But it's a Gimli Rec Centre program."

Keryluk said the Gimli Lake Run fitness club is the sister club of the Kenora Lake Run, which shared its logo with the group.

"Funding for this came from [the province's] Healthy Together Now," she said.

The committee mapped out a 2.5-kilometre route that will start and end at the Gimli Bandstand, and chose three designated days for walking, running and strolling (literally those with baby strollers).

Strollers will be making stops along the route to take part in lunges, squats and other body weight exercises.

Committee member Jonie Johnson, hamming it up a bit, said strollers will

be asked to BYOB (Bring Your Own Baby).

There will be trained fitness instructors leading participants along the scenic waterside route.

"It's one thing I miss about Winnipeg — having a running/walking club," said committee member Cheryl Buhler, owner of Robin's Donuts in the Lakeview Resort.

Buhler is helping organize special educational sessions for those who join the fitness club. One session may involve a "shoe talk" provided by the Running Room in Winnipeg.

"They'll explain differences in shoes and watch you walk," said Buhler.

Participants can join the Lake Run club — at any time — for a fee of \$20. They will receive a registration kit full of useful resources and goodies. A number of sponsors, including the RM Gimli, CIBC, the IERHA, Gimli New Horizons and Sports Manitoba, donated items.

"One of our interests is recreation," said committee member Dave Cain, regional manager of Indigenous & Municipal Relations. "And this is a great recreational event."

The inaugural Lake Run is scheduled for June 5 at 9 a.m. at the Gimli bandstand.

There are three set days and times each week: Tuesdays at 7 p.m. for walkers, runners and strollers; Wednesdays at 9 a.m. for walkers and stroll-



EXPRESS PHOTO BY PATRICIA BARRETT

The Gimli Lake Run committee is about to spring into action June 5 when it launches its inaugural walk, run and stroller club that aims to have Gimli residents fit as a fiddle come autumn. Pictured front row, left to right: Kelsey Lambert, recreation programmer at the RM; Susan Stevenson, IERHA Public Health; back row, Jan Keryluk, IERHA Community Wellness Team; Cheryl Buhler, owner Robin's Donuts; Dave Cain, regional manager of Indigenous & Municipal Relations; Jonie Johnson, New Horizons; Hailey Grabowski, Indigenous & Municipal Relations.

ers; and Sundays at 9 a.m. for walkers, runners and strollers.

Participants can register at the Recreation Centre or at Robin's Donuts.

For more information, call Kelsey Lambert, recreation programmer at 204-642-6670 or email [grcprogrammer@rmgimli.com](mailto:grcprogrammer@rmgimli.com).



# Province recognizes outstanding achievements of educators

## Sigurbjorg Stefansson teacher Lisa Michaluk recognized for teaching excellence

### News release

Eight Manitoba educators have been recognized for their successful and innovative teaching practices with the Minister's Award for Excellence in Teaching, Education and Training Minister Ian Wishart announced.

"Great teachers result in bright, engaged students who are well-prepared to lead our province into the future," said Wishart. "Their commitment to excellence continues to benefit students long after they've graduated and that's why I'm very pleased to recognize these valued educators."

Lisa Michaluk of Sigurbjorg Stefansson Early School from the Evergreen School Division was recognized for her teaching excellence.

Michaluk's love of learning is infectious and she instills in her Grade 1 and 2 students a spirit of discovery. Students find their voices as their interests, ideas and research are included in classroom activities to support and guide learning.

A student's dragon figurine ignited a class inquiry on dragons, resulting in a collaboratively illustrated storybook and class performance, developing creativity, communication and citizenship.

Michaluk encourages critical thinking in various subject areas and provides time for exploration to develop understanding and make global connections. A ribbon-like sculpture had students discussing cancer and had

them wondering what they could do to help. With their teacher as facilitator, students planned a bake sale and proudly made a donation for cancer research.

Always kind and willing to collaborate, Michaluk serves on many committees and is passionately dedicated to creating an outstanding teaching and learning environment at the school. As the kindergarten to Grade 4 literacy teacher and ICT facilitator, she created a school blog for sharing learning with the community, made videos to profile quality school initiatives, and implemented iPads in every classroom to enhance documentation and digital learning.

Michaluk is an exceptional educator, leader, mentor and a trail blazer who is highly respected by her peers and loved by parents and students alike.

Other award recipients include:

- teaching excellence: Cheryl Lynn McQueen, Victory School, Seven Oaks School Division; and Louise Shachtay, R.B. Russell Vocational School, Winnipeg School Division;
- outstanding new teacher: Colleen Dawson, Lord Selkirk School, Winnipeg School Division;
- outstanding team collaboration: Melanie Gamache, Lesia Jensen and Kim Merasty, Dauphin Regional Comprehensive Secondary, Mountain View School Division; and
- outstanding school leader: Tanis Ziprick, Dr. F.W.L. Hamilton School,



EXPRESS PHOTO SUBMITTED

Lisa Michaluk of Sigurbjorg Stefansson Early School from the Evergreen School Division was one of eight educators in Manitoba recognized for teaching excellence.

River East Transcona School Division.

"Anyone who remembers their favourite teacher from school knows how inspiring a great teacher can be, so it's important we take the time to recognize just a few of the excellent educators we have in the province," said Wishart.

The minister's awards were initiated in 2006. Award recipients can be nominated by students, parents/

guardians, fellow teachers, school and school division administrators and school trustees. Each award winner receives a certificate of recognition and a \$500 cash award.

For more information on the awards, visit [www.edu.gov.mb.ca/k12/excellence](http://www.edu.gov.mb.ca/k12/excellence).

# First Paint-by-Narrows: a true work of art

### By Rhonna Rodriguez

On top of camping, fishing and fun by the water, this May long weekend Narrows West Lodge hosted its first of four paint sessions that will be offered to the public this summer.

Paint nights have become very popular in the city and Narrows West Lodge wanted in on the fun. The event ran from 1 to 4 p.m. on May 22 with local artist Shirley Germain leading the instruction.

Guests arrived at the conference room to find it transformed into an art studio, with a sample of the final project displayed and all the supplies required.

Germain not only had the room ready to motivate the creative side, she had prepared plates of cheese, crackers and grapes and a variety of

wines to help with inspiration.

Within three hours, all participants with varying artistic abilities were able to leave with their own rendering of the sample project on a 16x20 canvas.

With Germain's guidance, all guests left with a painting that they could be proud of after enjoying some time spent with friends while overlooking the lake.

Narrows West Lodge will be hosting three more Paint-By-Narrows events on June 11 from 6 to 9 p.m., July 23 from 1 to 4 p.m. and Aug. 20 from 6 to 9 p.m. Each session will cost \$45 and includes a canvas and paint brushes.

To register, email Revy at [revy@narrowswest.com](mailto:revy@narrowswest.com) or call the lodge at 204-768-2749.



EXPRESS PHOTO BY RHONNA RODRIGUEZ

Linda Lamirande took part in the first of a series of four Paint-by-Narrows paint night event.



# Riverton Chamber plans reunion for Canada's 150th

By Patricia Barrett

The Riverton & District Chamber of Commerce has big plans to mark Canada's 150th with a reunion that will turn the town into a centre of entertainment and festivity.

At its regular meeting on May 24, chamber members discussed a number of ideas for the celebration it wants to hold next July.

"We should be starting a dialogue with the community," said Ruth Ann Furgala, "and pull in the [Riverton] Elks."

The town last held a reunion celebration in the 1980s.

Furgala said next year's event could be held in conjunction with the Riverton Early Middle School's reunion and include a fairground with rides, children's activities, a hootenanny and tours of the fire hall.

Paul Koomen said he remembered the last reunion having a parade and floats through town.

Five members of the chamber agreed to form a committee: Ruth Ann Furgala, Erika Timchishen, Paul Koomen and RM Bifrost-Riverton councillors Donald Vigfusson and Colin Bjarnason.

Furgala said the committee will get the fundraising wheels rolling over the course of the upcoming year and that she'll approach the Riverton Bifrost Parks & Recreation Commission to get their ideas for events.

Other chamber business:

The chamber had approached Gimli's Chamber of Commerce last year to discuss the possibility of an amalgamation.

Clif Evans, chair of the chamber, had discussed the idea with Gimli Mayor Randy Woroniuk and former Gimli Chamber of Commerce President Nic Munday.

"It's a great idea for small communities to do a regional Chamber of Commerce," said Evans.

With a larger business base, new opportunities for networking, the sharing of ideas, event partnerships and promotional activities could emerge. Tourism could be further enhanced to benefit regional businesses.



EXPRESS PHOTO BY PATRICIA BARRETT

Riverton & District Chamber of Commerce Chair Clif Evans and Darlene Yaremus put the final touches on some paperwork after a regular meeting on May 24.

"You've got four communities up Highway 8, from Hecla to Riverton to Gimli to Winnipeg Beach," said Evans. "It's the 'Tourism Lane.'"

Evans said he will initiate further discussion with Woroniuk and new chamber president Michael Lazer in the fall.

"We'll invite them to our meetings, or ask to attend theirs, and speak about the pros and cons of amalgamation," said Evans.

The chamber broached the idea of forming a joint committee with the Riverton Community Development Corporation.

"I see the benefits of the Community Development Corporation and the chamber working together for the betterment of our community," said Bjarnason.

The chamber discussed the RM's proposed redevelopment of Riverton's campground, which had included a well.

"A well has been dug, but not for the

campground," said Bjarnason. "It's a test well for the water plant, but it's close enough to be used for the campground."

Vigfusson wondered whether a splash park that's in the works for Riverton could be tied into the campground.

Furgala said the splash park's planning committee is currently in the process of getting approval and would probably be subject to whatever property the RM deems suitable.

The RM had provided the planning committee with written a letter of support, and Furgala agreed to write a letter of support on the chamber's behalf.

The chamber discussed boosting its membership using a more vigorous approach to advertising. Last year, the chamber had 40-plus members. It now stands at about 30, but some have not yet renewed their membership.

The chamber will send out invitations to businesses who were once

members and post notices on community billboards around town.

"I talked to a number of people about joining," said Evans.

Workplace Education Manitoba will be holding a workshop Wednesday, June 15 from 1 to 4 p.m. in the Friendship Centre.

A number of chamber members plan to attend the session, which will focus on improving workplace productivity.

"There's always something you can learn no matter how long you've been in business," said Evans. "We should get the high school students to come. This will benefit the younger people."

The chamber revamped its meeting schedule: it will meet on the last Monday of every month at 7 p.m. in the town office. There will be no meetings in July and August.

The next meeting is scheduled for June 27. The public is welcome to attend chamber meetings.

## > RIDE FOR DAD, FROM PG. 21

men have prostate cancer, and 80 per cent don't know it, according to the ride's press release. One in seven men get prostate cancer, and estimates say nearly 4,000 men in Canada will die from the disease this year.

Ride for Dad began as a police-di-

rected initiative. The Winnipeg Police Service, led by Moe Sabourin, Kirk Van Alstyne and Ed Johner, decided to organize the ride after Rides for Dad sprung up in other provinces across Canada.

The first year they ran the ride, about

275 riders participated, estimated founding member Jim Lothian.

"We thought if we got 100, we'd be doing good," said Lothian.

Van Alstyne remembers handing out sandwiches from the back of a truck that first year. Now, riders make their halfway stop at Gimli's Lakeview Resort, where the first 500 registered riders eat for free courtesy of Gordon

Food Services and the resort.

On Saturday, the riders feasted on roasted chicken, corn on the cob, coleslaw and buns before heading back on their route, which eventually took them back to Winnipeg.

All the money raised from the ride will stay in Manitoba and go toward research and awareness campaigns, said Lothian.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Kodiaks' baseball season ends at zone championships

By Brian Bowman

The Lundar Kodiaks finished in third place — compiling a 1-1 record — at the Zone 5 baseball championships last week in Stonewall.

Lundar lost 10-0 to the Stonewall Collegiate Rams but then rebounded nicely to defeat Fisher River's Charles Sinclair 17-2.

The loss to Stonewall was a tough way to start the tournament for Lundar.

"We didn't capitalize on runners in scoring position, that's for sure," said Kodiaks' head coach Rory Tycoles. "The first three innings we had pressure on them — we had runners on every inning — and just didn't capitalize at all."

Tycoles, however, liked the fact that his squad did get runners on base throughout the game. In fact, Lundar had runners on second and third with one out in the first inning.

The Rams, meanwhile, capitalized on their chances early, jumping out to a quick 3-0 lead in the bottom of the first and then added a few more runs each inning to build the commanding lead.

In the lopsided five-inning win over Charles Sinclair, Lundar scored multiple runs in every inning.

"They were a little wild and we had quite a few walks," Tycoles recalled. "But the difference in the game was the fact that we capitalized on our opportunities. When we had guys on second and third, we hit a double, that kind of thing instead of striking

out.

"We put the ball in play, struck out less, and we were patient, taking our walks when they were there."

Shayne Desjarlais earned the win on the mound for Lundar.

Offensively, Dakota Holden had a real good day at the plate with several hits while Phoenix Maytwayashing belted a pair of doubles in the Charles Sinclair win.

The Warren Collegiate Wildcats went on to win the Zone 5 banner after a 3-0 victory over Stonewall. The Wildcats now advance to the 2016 MHSAA Provincial Baseball Championship in Winkler, which begins today and continues through until Saturday.

Meanwhile, even though the Kodiaks' season is now over, many of these ball players will continue with games in the Interlake Midget league. The high school season is a very good way to get the players some practice and game action in the spring.

"(The high school baseball) is good and you see a lot of improvement throughout our high school schedule," said Tycoles, who is also the coach of the Lundar Midget team.

"We probably scored 12 runs in our first five games and then we scored 30 runs in our last four. Getting those at-bats was good and the kids made the adjustments to get better."



EXPRESS PHOTO BY STEFANIE LASUIK

Lundar School Grade 11 pitcher Shayne Desjarlais throws a strike during the Zone 5 championships last week in Stonewall.

## Fisher River takes part in Zone 5 championships



EXPRESS PHOTOS BY STEFANIE LASUIK

Fisher River's Elliot Wilson attempts to lay down a bunt in second-inning play against the Lundar Kodiaks during the Zone 5 baseball championships in Stonewall.



Hawks' pitcher Evan Thickfoot delivers a hard fastball in the first inning of Fisher River's game against the Lundar Kodiaks on May 25.



# Manitoba Aboriginal Sports & Recreation Council announces scholarship winners

**Staff**  
The Manitoba Aboriginal Sports & Recreation Council announced this year's recipients of the 2016 MASRC - 2002 NAIG LEGACY SCHOLARSHIPS for athletes and coaches.  
The 2002 NAIG LEGACY SCHOLARSHIPS were created through the generosity of the 2002 North American Indigenous Games Legacies.  
The athlete scholarships are awarded yearly to Aboriginal athletes in Manitoba who have shown leadership in the amateur sport community through well-rounded participation as an athlete as well as on academic standing and other school and community-related activities.  
2016 athlete scholarships (in the amount of \$600) were awarded to: Ashley Jay -multi-sport Hamiota (Tahltan First Nation), Autumn Monkman - basketball Winnipeg (Ebb and Flow First Nation), Bryden Bukich - basketball (Winnipeg), Curtis Beck - multi-sport (Stonewall), Emily Middagh - multi-sport (Winnipeg), Hunter Goodon - hockey (Brandon), Jar-

ell Crampton - football/hockey West St. Paul (York Factory First Nation), Joshua Gandier - basketball Winnipeg (Peguis First Nation), Kiana Manoakesick -multi-sport (St. Theresa Point First Nation), Lauren Legault - hockey (Elie), Mallory Harvey - multi-sport Warren (Little Saskatchewan First Nation), Nicole Whitesell - hockey Winnipeg (Sagkeeng First Nation), Reanna Colomb - volleyball/basketball (Pukatawagan First Nation), Riley Clarkson - volleyball/basketball (Brandon), Sydney Hildebrandt - multi-sport (Marquette), and Tracie Leost - multi-sport (Winnipeg).  
The coach scholarships are awarded yearly to two Aboriginal coaches in Manitoba who have shown outstanding leadership in Manitoba's amateur sport community, as well as on academic standing and other school and community related activities.  
2016 Coach Scholarships (in the amount of \$600) were awarded to Curtis Beck - multi-sport (Stonewall) and Autumn Monkman - basketball Winnipeg (Ebb and Flow First Nation).

## Hitting the gridiron



**EXPRESS PHOTO SUBMITTED**  
Interlake Thunder linebacker Colton Meisner of Moosehorn participated in the U16 Blue and Gold game Saturday at Investors Group Field in Winnipeg.

## take a break > GAMES

### SUDOKU

				8			3	
6								9
7			4			6		
								6
				9	5			
					3		5	2
		8				9		
	9	5	6				2	
		6	1					7

**Fun By The Numbers**  
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

**Here's How It Works:**  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

7	8	5	6	2	1	6	4	3
4	2	3	8	7	9	5	6	1
1	9	6	4	5	3	8	7	2
2	5	4	3	9	8	7	1	6
3	7	1	5	6	2	4	9	8
9	6	8	1	4	7	2	3	5
8	1	9	2	3	4	6	5	7
6	4	2	7	1	5	3	8	9
5	3	7	8	6	9	1	2	4

Sudoku Answer

E	K	A	C	O	R	S	S	E	E	D
S	E	D	I	N	O	E	T	E	T	R
S	E	L	B	A	S	H	A	P	S	U
S	E	S	S	E	S	I	V	T	P	U
N	O	T	U	O	R	C	R	O	T	V
V	I	R	V	T	V	M	W	B	R	S
S	R	S	A	V	E	N	E	V	W	O
K	A	V	I	B	U	K	A	V	W	O
T	A	V	N	E	T	O	V	G	T	V
N	E	A	O	N	T	C	B	W	O	L
V	A	O	D	E	C	E	I	M	O	V
A	R	A	V	B	D	M	S	B	R	V

Crossword Answer

## X CROSSWORD

- CLUES ACROSS**  
1. Businessmen  
5. Million barrels per day (abbr.)  
8. From a distance  
12. Ruth's mother-in-law  
14. Performer \_\_\_\_ Lo Green  
15. Drug for Parkinson's disease, L-\_\_\_\_  
16. Composure  
18. Broadcasts cartoons (abbr.)  
19. Used for baking or drying  
20. About alga  
21. Food grain  
22. Not messy  
23. Super Bowl-winning Bronco  
26. Egg-shaped wind instrument  
30. Get rid of  
31. Being enthusiastic  
32. A bird's beak  
33. Pores in a leaf  
34. Time of life  
39. Yuppie status symbol  
42. Parasitic fever  
44. Gallantry  
46. Put this in soup  
47. Small dog  
49. Malay people  
50. Third-party access  
51. North winds  
55. Peruvian mountain  
56. Annual percentage rate  
57. Mourning garments  
59. Network of nerves  
60. Guided  
61. Nests of pheasants  
62. DJ Rick  
63. No seats available  
64. Patty

- CLUES DOWN**  
1. Tennis player Ivanovic  
2. \_\_\_\_ Nui, Easter Island  
3. Cotton pod  
4. Air pollution  
5. The real \_\_\_\_, the genuine article  
6. Taken to  
7. Holds artificial teeth  
8. Greek mythical figure  
9. Small depressions in the retina  
10. Vertical position  
11. Shout at length  
13. Conceivable  
17. White (French)  
24. Singer Charles  
25. Ancient Mesopotamian  
26. Canada and the U.S. are members  
27. Cognitive retention therapy  
28. Much \_\_\_\_ About Nothing  
29. Georgia rockers  
35. Cologne  
36. The products of human

1	2	3	4		5	6	7		8	9	10	11
12				13		14			15			
16				17		18			19			
	20				21				22			
				23		24			25			
26	27	28	29			30						
31						32						
33								34	35	36	37	38
				39	40	41		42	43			
			44	45				46				
	47						48					
49					50			51		52	53	54
55					56			57				58
59					60				61			
62					63					64		

- creativity  
37. Brazilian city (slang)  
38. Honorific title in Japan  
40. They can die  
41. Candy is inside this  
42. Verizon bought them  
43. Semites  
44. Marine mollusk  
45. Entertains  
47. Made of crushed fruit or vegetables  
48. Town in Apulia, Italy  
49. Unresolved root or sum of roots  
52. Invests in little enterprises  
53. Spanish city  
54. Search  
58. Midway between south and southeast



# Classifieds

THE EXPRESS  
WEEKLY NEWS

Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## MOBILE HOMES

4 new 16 x 80, 3 bdrm., 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776. Email [amhl@mymts.net](mailto:amhl@mymts.net).

## HOUSES FOR SALE

2 show homes ready for spring delivery! 1584 & 1638 sq. ft. RTMs. Pictures, floorplans available at [wgiesbrechthomes.ca](http://wgiesbrechthomes.ca). Custom builds also available. For additional information 204-346-3231 or [wilbert@wghomes.ca](mailto:wilbert@wghomes.ca)

## GARAGE SALE

June 4 at 22 Blue Spruce Rd. Glenbay. 9 a.m. - 4 p.m. Books, clothing, misc. household items, gas slide in range, snow tub sled.

## ROOFING EQUIPMENT FOR SALE

Due to illness - roofing equipment for flat roof & shingle roof and 2000 Ford truck with rack & ladder. Ready to start your own business. \$17,000 obo. Call Leona at 1-204-243-2474.

## HELP WANTED

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](http://CareerStep.ca/MT) or 1-855-768-3362 to start training for your work-at-home career today!

Live in caregiver/housekeeper. Drivers licence required. Dream job for the right person. For more info call 1-800-665-1992 or after 6 p.m. 204-997-4629.

## HELP WANTED

Rosburn Municipality needs a permanent full-time Operator/Labourer. Salary based on qualifications and experience. Applications accepted until 4:30 p.m., June 10, 2016 by mail or email. Rosburn Municipality, Box 100, Rosburn, MB. R0J 1V0. Phone 204-859-2779. Fax 204-859-2959. [municipaloffice@rosburn.ca](mailto:municipaloffice@rosburn.ca)

## CAREER TRAINING

Medical Transcription, Healthcare Documentation, Medical Terminology online courses. Train with CanScribe, the accredited and top-rated online Canadian school. Work from home careers! 1-866-305-1165. [www.canscribe.com](http://www.canscribe.com) info@[canscribe.com](mailto:canscribe.com).

## BUSINESS OPPORTUNITY

High profit high cash producing Loonie vending machines. All on locations - turnkey operation, perfect home based business. Full details call now! 1-866-668-6629, WEBSITE [WWW.TCVEND.COM](http://WWW.TCVEND.COM).

Restaurant for sale, by tender, closing on June 17, 2016. Highest or any tender not necessarily accepted. Seating capacity for 100. Fully equipped with grill, deep fryer, coolers, freezers, walk in cooler, chairs, tables, pots, pans, dishes, glasses, flatware, etc. Located on three lots on the corner of Highway 3 and 24, Saskatchewan. Contact Ron Radke at 306-883-4321, by email at [ron.radke@spiritwood.ca](mailto:ron.radke@spiritwood.ca) or Lola Lapesky at 306-883-4322 or by email at [lola.lapesky@spiritwood.ca](mailto:lola.lapesky@spiritwood.ca) for further information.

## MISCELLANEOUS

22 HP Craftsman garden tractor; New Holland, 60 CMS, 60" mid mt. mower, fits compact tractor; NH 714 GS, 48" rotary mower; 3 HP gas post auger, 2 augers; 5 HP Scott push mower. Ph 204-886-7925.

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

Sawmills from only \$4,397 - make money & save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: [www.NorwoodSawmills.com](http://www.NorwoodSawmills.com)/400OT 1-800-566-6899 Ext:400OT.

## MISCELLANEOUS

Trailers for sale. Car & Equipment Haulers, Dumpbox, Cargo, Utility, Gooseneck Flat-deck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127.

## TRAVEL/VACATION

Discover amazing Yellowstone Park. Premium quality accommodations and transportation. Guaranteed instant relaxation throughout with small group. Act now and insure your seat. [www.trippvacations.ca](http://www.trippvacations.ca) or 204-770-7771.

## 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 [stone-woodelk@hotmail.com](mailto:stone-woodelk@hotmail.com)

## POTATOES FOR SALE

Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.



**INTERLAKE WOMEN'S RESOURCE CENTRE**  
Box 1991, 87-5th Avenue Gimli, Manitoba  
(204)642-8264 [iwrc@mymts.net](mailto:iwrc@mymts.net)

## .5 EFT Women's Counselor

### Responsibilities:

Provide crisis intervention, single & group counseling, programs and supports are available to abused women residing within the service area.

### Qualifications:

Social work degree and/or equivalent training and experience

### Additional qualifications:

- Good understanding of the complex nature of family violence
- Good organizational skills
- Good written/verbal communication skills
- Good interpersonal skills and ability to work within a multidisciplinary team setting
- Good employment record
- Current and clear: criminal/vulnerable sector record check; child abuse registry check; adult abuse registry check
- Provide own vehicle and possess a valid driver's license

**APPLICATION DEADLINE: Friday June 24, 2016**

Please submit resume to the Interlake Women's Resource Centre.

*We thank all applicants for their interest but only those considered for an interview will be contacted.*

**QUARRY**  
**PHYSIOTHERAPY**  
SPORTS INJURY & MASSAGE CLINIC

**WE ARE HIRING!**

**Require a hard working, energetic individual for the position of Reception/Physio Aide**

- Full time position in Arborg Clinic
- Office experience preferred
- Must be able to work independently as well as within a "team" setting.
- Must have great customer service & multitasking skills.
- Must have an energy level to keep up in busy clinic.

**Send resume to [qphysio@mts.net](mailto:qphysio@mts.net)**  
*We look forward to you joining our team.*

Public Utilities Board

Régie des services publics

### NOTICE OF PUBLIC HEARING REVISED WATER and WASTEWATER RATES for RURAL MUNICIPALITY OF GIMLI

May 16, 2016

The Rural Municipality of Gimli (RM) has applied to the Public Utilities Board (Board) for revised water and wastewater rates as set out in By-law No. 14-0011 read the first time on July 24, 2014. Rates were last set in Board Order No. 125/15 on an interim basis.

A Public Hearing will be held: **Tuesday, June 7, 2016**  
62 Second Avenue  
Gimli, Manitoba  
Doors open at 6:30 p.m.  
Meeting to begin at 7:00 p.m.

The current rates and proposed rates are shown below and continued on next page:

Sewer (includes Loni Beach and South Beach)	Current	2016	Increase/Decrease	2017	Increase/Decrease	2018	Increase/Decrease
Quarterly Service Charge	\$27.07	\$21.33	-21.20%	\$21.97	3.00%	\$22.63	3.00%
Sewer S/cubic metre	\$2.31	\$1.29	-44.16%	\$1.31	1.55%	\$1.33	1.53%
Minimum Quarterly*	\$58.28	\$38.75	-33.51%	\$39.66	2.34%	\$40.59	2.35%
Quarterly REU**	\$125.32	\$63.71	-49.16%	\$64.37	1.04%	\$65.44	1.66%
Septic Haulers S/cubic metre - within the RM	\$3.60	\$4.49	24.72%	\$4.52	0.67%	\$4.60	1.77%
Septic Haulers S/cubic metre - outside the RM	\$5.60	\$5.98	6.79%	\$5.94	-0.67%	\$5.95	0.17%

\*Based on 13.5 cubic metres  
\*\*Based on 197 cubic metres per year (revised from 222 cubic metres)

Urban area water system	Current	2016	Increase/Decrease	2017	Increase/Decrease	2018	Increase/Decrease
Quarterly Service Charge	\$23.19	\$23.47	1.21%	\$24.33	3.66%	\$25.07	3.04%
Water S/cubic metre	\$1.17	\$1.22	4.27%	\$1.26	3.28%	\$1.29	2.38%
Minimum Quarterly*	\$38.99	\$39.94	2.45%	\$41.34	3.51%	\$42.49	2.77%
Bulk Water S/cubic metre	\$1.54	\$2.02	31.17%	\$2.09	3.47%	\$2.15	2.87%

\*Based on 13.5 cubic metres

Pelican Beach Area	Current	2016	Increase/Decrease	2017	Increase/Decrease	2018	Increase/Decrease
Quarterly Service Charge	\$22.78	\$21.06	-7.55%	\$21.67	2.90%	\$22.34	3.09%
Water S/cubic metre	\$1.61	\$1.65	2.48%	\$1.63	-1.21%	\$1.60	-1.84%
Minimum Quarterly - metered*	\$44.52	\$43.34	-2.65%	\$43.68	0.78%	\$43.94	0.61%
Bulk Water S/cubic metre	\$4.25	\$2.62	-38.35%	\$2.63	0.38%	\$2.64	0.38%

\*Based on 13.5 cubic metres

Pelican Beach Area Water System Flat Rate	Current	2016	Increase/Decrease	2017	Increase/Decrease	2018	Increase/Decrease
Quarterly Residential Equivalency Unit (REU)**	\$87.35	\$89.41	2.36%	\$88.18	-1.38%	\$86.56	-1.84%
Minimum Quarterly - unmetered single family or small business (1 REU)	\$110.13	\$110.47	0.31%	\$109.85	-0.56%	\$108.90	-0.86%
Minimum Quarterly - unmetered 2 residences or businesses (2 REUs)	\$197.47	\$199.88	1.22%	\$198.03	-0.93%	\$195.46	-1.30%
Minimum Quarterly - unmetered 3 residences or businesses (3 REUs)	\$284.82	\$289.29	1.57%	\$286.21	-1.06%	\$282.02	-1.46%

\*\*Based on 217 cubic metres per year

Gimli Industrial Park Area	Current	2016	Increase/Decrease	2017	Increase/Decrease	2018	Increase/Decrease
Quarterly Service Charge	\$25.48	\$15.16	-40.50%	\$15.60	2.90%	\$16.09	3.14%
Water S/cubic metre	\$1.80	\$1.75	-2.78%	\$1.80	2.86%	\$1.85	2.78%
Minimum Quarterly - metered*	\$49.78	\$38.79	-22.09%	\$39.90	2.87%	\$41.07	2.92%
Bulk Water S/cubic metre	\$1.91	\$1.96	2.62%	\$2.02	3.06%	\$2.07	2.48%

\*Based on 13.5 cubic metres

Gimli Industrial Park Area Water System Flat Rate:	Current	2016	Increase/Decrease	2017	Increase/Decrease	2018	Increase/Decrease
Quarterly Residential Equivalency Unit (REU)**	\$97.65	\$115.14	17.91%	\$118.51	2.93%	\$121.75	2.73%
Minimum Quarterly - unmetered single family or small business (1 REU)	\$123.13	\$130.30	5.82%	\$134.11	2.92%	\$137.84	2.78%
Minimum Quarterly - unmetered building with more than one residence or business (2 REUs)	\$220.79	\$245.44	11.16%	\$252.62	2.93%	\$259.59	2.76%
Minimum Quarterly - unmetered building with more than one residence or business (3 REUs)	\$318.44	\$360.58	13.23%	\$371.13	2.93%	\$381.34	2.75%
Minimum Quarterly - unmetered building with more than one residence or business (5 REUs)	\$513.74	\$590.86	15.01%	\$608.15	2.93%	\$624.84	2.74%
Minimum Quarterly - unmetered building with more than one residence or business (15 REUs)	\$1,490.27	\$1,742.26	16.91%	\$1,793.25	2.93%	\$1,842.34	2.74%

\*\*Based on 217 cubic metres per year

Questions concerning the application should be addressed to the municipal administration. Details are available for review at the RM of Gimli's office or the Public Utilities Board's office.

Interested parties should make every effort to attend the hearing and make their views known to the Board.

Any person wishing to make a written presentation to the Board should write:  
The Public Utilities Board  
400-330 Portage Avenue  
Winnipeg, MB R3C 0C4

or, send an email to: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca) on or before May 27, 2016.

*The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The PUB is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the PUB advises participants that these proceedings are public and that as a result, personal information protections are reduced.*

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at [www.pub.gov.mb.ca](http://www.pub.gov.mb.ca)

*"Original Signed By"*  
Kurt Simonsen  
Associate Secretary  
Manitoba Public Utilities Board



# Classifieds



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## Ashern Auction Mart - Farm Market Report

Week of May 18 • No. of Cattle: 888

Total Slaughter Cattle 120 Total Feeder Cattle 624

Older Shelly Cows ..... 50-60  
D1 & D2 Cows ..... 88-94  
Good Bulls ..... 100-125

### STEER PRICES

400-500 ..... 190-230  
500-600 ..... 180-224  
600-700 ..... 170-200  
700-800 ..... 150-194  
800-900 ..... 141-179.50

Age Verified ..... 95-101  
D3 & D5 Cows. .... 70-81

### HEIFER PRICES

400-500 ..... 170-205  
500-600 ..... 160-185  
600-700 ..... 140-181  
700-800 ..... 130-168  
800-900 ..... 129-159

**LAST SALE OF THE SEASON June 8**

Brought to you by: **Countryside Home** building centre **Your full service Kioti Tractor dealer** and Masterfeeds dealer **Masterfeeds** 204-372-8501

## Hip or Knee Replacement?

Problems walking or getting dressed?  
The Disability Tax Credit

**\$2,500**

Yearly Tax Credit

**\$40,000**

Lump Sum + Rebate

Apply anytime of the year. Lowest rate in the industry.

Reliable Expert Service

**204-453-5372**

## FARM MACHINERY

Wanted- we are buying Massey Ferguson discers model #3601 & 36. Contact 204-619-0335 or email massey-disc36@gmail.com

John Deere M tractor with No. 8 Siskle bar mower & M cultivator. Runs well. \$5500 obo. Call 204-771-6710 or 204-467-4525.

## FARM MACHINERY

2011 Clark 48 ft. tandem All Steel A/R, drop deck, winches & removable stake sides, asking \$22,000; 1977 J.D. 4630 2 WD, 7100 hrs., Boss FE loader, 3 pt., \$15,500. Ph 204-962-2376.

## FARM MACHINERY

1997 - 57' Flexi-coil 5000 air seeder; 2002 - Challenger MT 755 - 300hp, 5560 hrs; 2006 - Challenger MT 855 - 460hp, 3290 hrs; 2009 C94 30' New Holland Draper header; 2010 - CR 9080 New Holland combine, 1297 hrs. Call for pricing. Serious inquiries only. 204-825-7431.

## LIVESTOCK

For sale - red & black yearling and 2 year old Angus bulls. Will semen test. Delivery available. Call Wayne 204-383-5802 or 204-383-0100.

Charolais yearling bulls for sale, Red Factor or White. Also 1 Red Factor 2 year old. Good prices. Good birth weights. Call John at 204-383-0308.

## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF COLDWELL

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **24th day of June, 2016**, at the hour of **2:00 PM**, at: 35 Main Street in Lundar, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
29300	THE WEST HALVES OF LEGAL SUBDIVISIONS 2 AND 7 OF SECTION 23-18-4 WPM EXC ALL MINES, MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE GRANT FROM THE CROWN - 19061 RD 105N	L -\$21,800 B -\$7,500	\$3,498.54
111540	LOT 11 BLOCK 2 PLAN 13832 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN IN SW 1/4 12-20-5 WPM - 42 EIRIKSON DR	L -\$4,900	\$2,847.22
111542	LOT 12 BLOCK 2 PLAN 13832 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN IN SW 1/4 12-20-5 WPM - 40 EIRIKSON DR	L -\$4,900	\$2,663.44
130085	LOT 58 BLOCK 4 PLAN 20721 WLTO SUBJECT TO THE RESERVATIONS, PROVISOS AND CONDITIONS RESPECTING MINES, MINERALS, MINERAL OILS AND OTHER MATTERS MORE FULLY SET FORTH IN AN INSTRUMENT REGISTERED IN THE WLTO (P DIV) AS NO. 114920 IN FRAC S 1/2 SEC 17 AND FRAC N 1/2 SEC 8-20-6 WPM AND OF CLOSED GOVERNMENT ROAD ALLOWANCE - 193 SUGAR POINT TRAIL	L -\$15,200	\$2,715.25

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Coldwell as follows:
  - i) The full purchase price if it is \$5,000 or less; OR
  - ii) If the purchase price is greater than \$5,000, the purchaser must provide a non-refundable deposit in the amount of \$5,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration fees.

Dated this 5th day of May, 2016.

Managed by:



Nicole Christensen  
Chief Administrative Officer  
Rural Municipality of Coldwell  
Phone: (204) 762-5421  
Fax: (204) 762-5177

## EMPLOYMENT OPPORTUNITY

### Full Time Class 1 Driver

*With experience operating large equipment. Self-motivated with good communication skills an asset.*

Submit resume to [office@otr-recycling.com](mailto:office@otr-recycling.com) or OTR Recycling, Box 660, Ashern, MB R0C 0E0

## Four Unit Apartment Construction Tender

**Riverton Elks #530 hereby invite tenders for the building construction of an apartment complex to be built in Riverton, MB.**

The building will be wood frame construction. Each unit will be two bedroom, 1 1/2 baths and include an attached garage on each unit. Tenders to be submitted and received by June 20, 2016 with construction expected to start in September 2016. Lowest tender not necessarily accepted.

**For more information contact**

**Riverton Elks #530 at  
Box 660 Riverton, MB R0C 2R0  
Or Call Len @ 204-378-2771  
or Doug @ 204-378-5506**

## HELP WANTED

**Person to work in a busy auto, industrial and ag parts business.**

Mechanical and farm experience, good organizational skills an asset.

You will be trained on the job.

Duties to include serving customers, looking up parts, ordering parts, finding parts, making hydraulic hoses, making air conditioning hoses, etc.

Must be able to work in a fast paced environment.

Hours in the winter will be 9:30 to 6 Monday to Friday with a half hour lunch.

Hours in the summer will be 9:30 to 6 Monday, Tuesday off, 9:30 to 6:00 Wednesday, Thursday, Friday, 9:30-3:00 Saturdays. Sunday Off.

Wages to be discussed before hiring.

Full benefit package included, plus quarterly profit sharing bonus.

You can drop off an application, or mail, or email to [iauto@mymts.net](mailto:iauto@mymts.net)

**Interlake Auto & Tractor Parts**

161 Sunset Blvd, Box 249, Arborg, MB, R0C 0A0  
**(204) 376-2667**



## Public Works Foreman

The Town of Snow Lake is seeking a Public Works Foreman. Unionized position at the hourly wage of \$34.28. The Foreman is responsible for the Public Works, Recreation, and Utility operations.

Please visit [www.snowlake.ca](http://www.snowlake.ca) or contact

CAO Jordan Willner at [snowlake@mymts.net](mailto:snowlake@mymts.net), phone 204-358-2551



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Call 467-5836

## EMPLOYMENT OPPORTUNITIES

- **KITCHEN HELP**  
*experience an asset*
- **COOKS, PREP COOKS**
- **FOOD & BEVERAGE SUPERVISOR**

*Exerience in Food Service/ Customer Service an asset.*

Apply to [mlazer@lakeviewresorts.com](mailto:mlazer@lakeviewresorts.com)  
Only eligible candidates will be contacted for an interview.



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Call 204-467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

**Don't forget to send your special wishes to your friends and family.**



**204-467-5836**


[classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)



# Classifieds



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## Your search is over.

The Manitoba government offers you opportunity, diversity and a rewarding career.

### Maintenance Worker 1-3

Departmental/Full-Time  
Manitoba Infrastructure, Eriksdale, MB  
Advertisement Number: 32001  
Closing Date: June 13, 2016  
Salary Range: LAB \$34,497 - \$36,960 per year; OR1-4 \$37,357 - \$44,598 per year

Priority consideration will be given to existing Engineering and Operations Division.

An eligibility list may be created for similar positions and will remain in effect for 12 months.

We are looking for energetic and motivated individuals to start a road maintenance career with Manitoba Infrastructure to work in a positive team environment. This entry level position will be provided extensive on the job training through a Maintenance Career Training program.

**Qualifications:** Must have experience performing manual duties and operating hand and power tools. Experience operating light and/or heavy duty equipment and experience servicing and/or making minor repairs to vehicles and equipment is desired. Must possess and maintain a valid Manitoba Class 5 driver's licence and be capable to upgrade to Class 3 with air endorsement; be physically capable of performing required duties; work extended hours, weekend and statutory holidays, subject to callouts and be able to respond to work within 30 minutes of call.

For the full list of required qualifications and conditions of employment, please go to our website at [www.manitoba.ca/govjobs](http://www.manitoba.ca/govjobs).

**Duties:** Reporting to the Area Works Supervisor, the Maintenance Operations Worker will also receive lead hand direction from the Assistant Works Supervisor. This position performs physical maintenance work, operates and maintains small hand and power tools associated with highway maintenance operations to ensure the safety of the workers and the travelling public while maintaining public infrastructure.

### Apply to:

Advertisement No. 32001  
Manitoba Civil Service Commission  
Human Resource Services  
300-305 Broadway  
Winnipeg, MB R3C 3J7  
Phone: (204) 945-4394  
Fax: (204) 948-2193  
Email: [govjobs@gov.mb.ca](mailto:govjobs@gov.mb.ca)

Please include advertisement number and position title in the subject line of your e-mail.

Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter, resumé and/or application if they are from any of the following groups: women, Aboriginal people, visible minorities and persons with a disability.

Find out about other current job opportunities — click on the Jobs button at [manitoba.ca](http://manitoba.ca).

People. Purpose. Progress.

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### McSherry Auction

Consignment Sale  
Sat, June 11 @ 10:00 am

Equipment \* Livestock Equip  
\* Tools \* Vehicles \* Trailers \*  
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King Processor \* Norbert's  
40' Livestock Trailer \*

#12 Patterson Drive  
Stonewall, MB

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

### McSherry Auction Service Ltd

#### BRIAN GUDGE ACREAGE AUCTION

Sun June 5th 10:00 am

1 Mile North of Meleh, MB  
Then East 1 Mile

Int. T D 6 Crawler \* Case  
930 w FEL \* 6 Tractors  
\* Int 414 Dsl 3PH \*  
3PH Equip \* Polaris 700  
Ranger \* Honda 125 3  
Wheeler \* Farm Misc \*

Tools \* Antiques \*  
Stuart McSherry  
(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

### McSherry Auction Service Ltd

#### AUCTION SALE WALTER & ROXY WAZNY

Sunday June 12th @ 10:00 am

Lac Du Bonnet, MB  
South 2 Miles on Hwy 11 Then  
West 1/2 Mile On Tetrault Rd  
Contact: (204) 345-2664

Tractors Vers. 756 4WD Triple Hyd. 18.4 R  
38 7010 Hrs \* M. Moline Model U Hyd. 540  
PTO Pulley \* Cockshutt 1850 Dsl NR \* 2) MH  
44 NR \* Combine, Swather & Grain Truck  
MF 860 Hyd Combine 2700 Hrs. \* MF 9024  
Straight Header \* 75 Chev C 65 366 w 20'  
Box & Hoist \* JD 800 16' Swather \* JD 580  
24' P Type Swather \* Tillage Equip JD 340  
14' Offset Disc \* JD 1600 24' Deep Tiller \* Int  
645 24' Vibra Cult \* Inland 56' Hyd Diamond  
Harrows \* Int 6200 28' Drill Press SA FA \* JD  
24' Discer Seeder \* 9) 5' Degelmen Mulchers  
\* Haying & Misc Equip JD 336 Squarebaler  
\* NH 850 RD Baler w Elec Tie \* JD 640 Side  
Del Rake \* NH 45 Trailer 7' Sickle Mower  
\* MH Semi MT 7' Sickle Mower \* 24' Bale  
Elevator \* 2) Seed Broadcasters \* Augers &  
Seed Cleaning Westfield 7" 36' PTO Auger \*  
Vers. 6" 30' Auger \* Link 38" Seed Cleaner \*  
Westgo Seed Cleaner w Leg \* Seed Blanket  
Cleaner \* Hyd Drill Fill \* Misc BH 18' Flat  
Deck Tandem Trailer w Ramps \* Dole Grain  
Moisture Tester \* JD 210 R Mower NR \*  
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\* Elec Motors \* Saw Mandrel \* Welding  
Material \* Various Farm Misc \* Tools 4 HP  
Gas Pressure Washer \* Mig Welder \* Air  
Comp \* Chain Saws \* Power Tools \* Battery  
Charger \* Carbon Air Arch \* 3/4" Socket Set  
\* Hand Tools \* Shop Supply \* Antiques JD  
340 Cyclone Snowmobile \* 68 Merc 250  
Truck \* JD 28 Run Van Brunt Seeder \* JD 2 B  
Plow \* JD 8' Cult \* Int Breaking Plow \* Case  
Threshing Machine \* Cream Separators \*  
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Saturday June 11 10:00 am

Stonewall, MB

#12 Patterson Drive

#### Consignments Welcome!

Equip Bale King Vortex 4100 Bale Processor  
\* MacDon 5010 16' Haybins\* NH 688  
RD Baler\*JD 37 9' Sickle Mower \* 45'  
semi HayTrailer with Tandem Converter\*  
Livestock Equip 2)250 Bushel Portable  
Creep Feeder \*Cattle Oilers \* 12) Rd Bale  
Feeders \* Maternity Pen \* Silencer Hyd  
Squeeze Chute\* 6) Metal 20' Bunk Feeders  
\* Concrete 8' Bunk Feeders \* 2) Squeeze  
Chute System w Palp, 2 Alley, Tub \* Metal  
Gates \* Auto Waterer \* Metal Corral Panels  
\* 20,000 Lb Livestock Scale \* Trailers &  
Vehicles 97 Norberts 40' Livestock Trailer \*  
W.W. BH 16' Stock Trailer Loader Attach  
Root/Rock Fork off Cat 924 \* 8' Bucket \* Pel  
Quin 8' Manual Forks & Grapple \*Tools &  
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#### RETIREMENT FARM AUCTION HANK & ERNA FRIESEN

Saturday Jun 18th @ 10:00 am

Beausejour, MB

North 14 Miles on Hwy 12 Then

East 5 Miles on Hwy 317 Then

South 2 Miles on Rd 47 Then East 1/4 Mile  
Well Kept Equip Low Acreage Farm !

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Semi & Grain Trailer 05 Freightliner Day Cab  
Mercedes-Benz 450, 13 Spd Fuller Air Ride,  
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Hopper Grain Trailer, SFT \* Tractors\*Vers 800  
Series I, 4WD, 18.4-38 Gd 90%, 8400 Hrs  
\* MF 2675 Cab A/C P Shift, 540/1000 Dual  
Hyd, 18.4-38 Duals, 7162 Hrs. \* MF 65 3PH,  
\* MF Super 90 w FEL \* Int W 4 \*Combine,  
Swather & Headers \*Vers 4750 Swather Dsl,  
A/C, w Vers 4025 Double Drive w U-2 P/U  
Reel 2765 Hrs \* 2) 83 MF 860 Combines 1)  
Hydr 550 Hrs 1) Std 3365 Hrs \* MF 760 3865  
Hrs \* 2) MF 24' Straight Cut Header \* Case  
IH 5600 37' Deep Tiller \* Morris 70' Diamond  
Harrows \* Ford 241 13' Tandem Disc \* Int 45  
18' Cult \* Coop 16' Deep Tiller \* Westfield MK  
10" 61' PTO Auger \* 2) Westfield 8" 41' Auger  
\* 14 Wheat Heart Gas 10" Transfer Auger \*  
Ford 3 PH 6' Finishing Mower \* Ashland 8  
Yard Hyd. Scraper \* 9' Hyd Box Scraper \*  
NH 56 Side Del Rake \* Hyd. Wood Splitter  
\* 75 GMC 6500, w 17' B & H \* 49 Fargo 2  
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## ANNOUNCEMENTS

### CARD OF THANKS

The Teulon Rodeo Club would like to thank everyone who attended our fundraising social. A big thank you to all our sponsors, businesses and individuals who donated prizes for the silent auction. To Janet at Blue Skies Bakery for the buns, cookies and dainties and Buus Construction for the use of the jail. Thank you again and hope to see everyone at the Rodeo August 27th and 28th.

## ANNOUNCEMENTS

### BRIDAL SHOWER

**BRIDAL SHOWER**  
In honour of  
Whitney Fridfinnson  
Bride-elect of  
Kyle Kauk

Thursday June 9, 2016 at 7:00 p.m.  
Arborg Community Hall

Registered at Arborg Home Hardware,  
The Bay, Hudson Bay Home, Urban Barn.  
Unwrapped gifts please.

Donations may be left at Arborg Pharmacy  
or Interlake Co-op (Arborg), Arborg Home  
Hardware

### SURPLUS AUCTION BERG PREP AND PAINT

Thursday, June 9 • 10 AM

550 George Ave. Winkler, Manitoba. Truck and Trailer,  
surplus equipment, tools and stock reduction auction.

PLEASE NOTE Bergs is remaining in business,  
we need to make room for more business.



2005 Kenworth T600 C15 Cat 13 speed, 22.5 rubber complete with brand new Berg 20 ft grain body, hoist, Michelles roll trap, etc. 12,500 front axle. 40,000 rears. If you need more info. call me at 204 823 4159. 1990 IHC 2450, 466 diesel, with 24 ft deck soft side curtains, driving truck. 2001 Ford F-350, Gas, 4 speed, with goose neck deck. 1995 Chev pick up truck, runs needs work. Trailers: Two new Rainbow 18 ft car hauler trailers, with tandem 5200 axles. New 6 x12 ft Deck single axle trailer. New dump trailer 12 x 7 ft w/ tandem 7000 lb axles. Used 48 FT VAN semi trailer, storage unit with rolling under carriage. 20 ft Road boss fifth wheel trailer deck and tandem axle. Misc. Shop etc.: Indoor warehouse type fork lift with standing operators station. 2 - 7000 lb new trailer axles, electric brakes. 3 - 5000 lb axles w/ electric brak. New 3 pth 6 ft blades. 3 - 8 ft box scrapers, brand new. Cat R 80 Fork lift, not running

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### RETIREMENT FARM EQUIPMENT AUCTION FOR VIC BALEJA

Monday, June 6 at 10 AM

Sperling, MB. 30 miles Southwest of Winnipeg on Hwy  
3, ¾ mile Southwest of Pioneer elevator, South of  
Brunkild, Manitoba Hwy 3



2001 John Deere 9200 4 wheel drive, 4 Remotes. 480/85R-42 duals, Standard 12 speed, 4157 hrs, serial # 41505 with John Deere Starfire ITC Auto steer. Harvesting equipment, 2009 John Deere 9670 STS, Combine, corn / grain machine, 615P header, 480/180-42 duals, fine cut chopper, hopper extension. 1750 engine hrs, 1260 separator hrs, Serial # 9670S726563. Will be Green lighted, Field ready. 1994 GMC Tandem 3116 Cat with 10 speed, 20 ft Midland unibody box and hoist, Roll tarp, 16,000 lb front, 40,000 rears. 148,995 Kilometers Serial # 1GOTTH4J5RJ521521, safetied truck. Partial listing owners 204-745-7828

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## OBITUARY

### Wayne Johann Johnson



Peacefully and surrounded by his loving family on May 23, 2016, Wayne Johann Johnson left this world. Wayne leaves behind his three sons, Lance and wife Alexandra, grandchildren Adora, Ari, Asta and Ayvy, Derek and Tara, grandchildren Skyler and Charmaine, David and Chantel, grandchildren Brianna and Piper. He is also survived by his partner Geri Burnett, his mother Elsie, brother Ed and wife Barb, sister Donna Rae and husband Mark and many nephews.

Wayne was a very charismatic man with a great sense of humour and quick wit. Even during his short battle with cancer, he never lost his ability to laugh. He loved everyone and would help anyone at any time. Wayne always had time for a visit and a drink; no matter how busy he might be. He had this way of making everyone around him feel irreplaceable.

Wayne was a carpenter extraordinaire; he built many houses in his beloved community of Oak Point and surrounding areas. He was known for his excellent workmanship and design.

Wayne loved to share his knowledge. He patiently taught everything he knew. He would never get upset when someone did something wrong, he would just look, smile and say "I guess we won't do that again."

Wayne was known from coast to coast, going to Mexico for the winter for over 28 years. He had an enormous circle of friends; everyone loved him! Wayne hosted a yearly pig roast at Johnson Beach where he would enjoy the friendships he had with everyone, so with Wayne's love of friendships the family is planning a celebration of Wayne's life. It will be hosted on August 6th, 2016 at Johnson Beach at 4:00 p.m. In true Wayne style, everyone is welcome to attend.

Wayne had many friendships and they are forever!

We love you Dad, grandpa, son, brother, brother-in-law, uncle and friend. May you rest in peace, and you will never be forgotten as your legacy lives on through your sons and grandchildren!

### ANTIQUE AUCTION GEORGE AND SHIRLEY LEWCO

Monday, June 6 approx. 2 pm  
following the Vic Baleja Farm Auction

3 mile east of Sperling on Hwy 3 and Road 37, Mollard Road



New addition Ford Model 2000 Tractor, gas, 3pth, new tires, good unit, John Deere D 120 yard tractor with 48" mower, 313, hrs. 1976 Allis Chalmers 7030 tractor cab, dual hyd, pto and standard shift, 5000 hrs. 1949 Case VA wide front, eagle hitch pto, with this 2 bottom plow, sickle mower. Allis garden tractor 716 hydro or similar, running condition, no attachments. Two John Deere model D's, Seized, many many antiques, cream separator, pails, buckets, cans etc.

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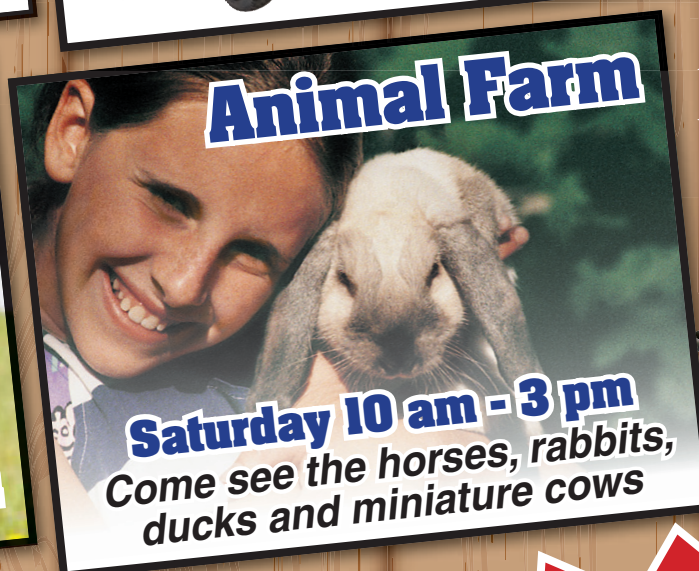
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