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THE EXPRESS

VOLUME 2
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NEWS

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Fired CAO files lawsuit claiming wrongful dismissal

By Austin Grabish

The woman who stood at the forefront of the RM of Eriksdale before it was dissolved in a widely unpopular forced municipal merger earlier this year is suing her new employer, alleging it wrongfully dismissed her.

Arlene Brandson Darknell is suing the newly created RM of West Interlake for an undisclosed amount of damages.

She was fired from her job as chief administrative officer at a special council meeting on April 8.

Prior to the RM of West Interlake's birth in January, Darknell had served for nine years as the CAO for the RM of Eriksdale.

A statement of claim filed with the Court of Queens Bench on May 21 alleges she was wrongfully dismissed from her job.

"Throughout the course of her employment, the plaintiff proved herself to be a valuable and reliable employee and performed her duties faithfully, diligently and in a highly competent manner," read one court document obtained by the *Express*.

Darknell is seeking general and special damages as well as interest, but the lawsuit didn't claim a total dollar amount.

Continued on page 4

Living the life



Dawn Cross and Barbara Cheyenne Rieder demonstrated how cooking might have been done in simpler times at the DIY Homesteader Festival in Fraserwood last Saturday. Cooking bannock and bread with cast iron over an open fire in front of an 1810 historic tent, shows visitors what it would have been like on a homestead. Participants learned where to buy cast iron, how to season newly acquired pieces and how to care for cooking tools.

EXPRESS PHOTO BY LANA MEIER

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Gimli residents and tourists upset by dog ban on boardwalk

By Marney Blunt

Jason Beck has been walking his dogs on the Gimli boardwalk for his entire life.

Every day that he's at his summer home in Sandy Hook, Beck walks his 11-year-old dog Tazzy along the boardwalk.

"It's a very special place to me and always has been," said Beck.

"For a lot of us dog owners, that opportunity to walk along the water in Gimli is a very spiritual, valuable thing."

When a bylaw was put in place to ban dogs from the beach in Gimli, Beck says he was fine with it.

"Having dogs banned from the beach in Gimli and allowed to be in the very back between the boardwalk and the grass is a reasonable compromise," said Beck. "And most dog owners, such as myself, clean up after our dogs and we don't go on the beach. But the problem is you will always have bad apples in every situation."

When Beck heard that dogs were also being banned from the Gimli boardwalk and grassed area behind the beach, he was less than pleased.

"I'm not only upset as a person who values a right that I had my entire life, but I am also upset because I think Gimli tourism is going to take a beating. You walk around Gimli on any

given Saturday in the summer, you're going to find 100 dogs."

So Beck created the Facebook page "I Support Dogs on the Gimli Boardwalk." Clearly he isn't the only one. The page has already received over 1,100 likes in just one week.

Beck isn't surprised.

"A lot of people were upset. A lot of people were up in arms. I kind of knew it was going to blow up like this," said Beck.

Beck says that he would like to work with the RM or form a committee to improve enforcement on the boardwalk.

"This is an enforcement issue," he said.

The Sandy Hook cottager also worries that dogs could be the ones to suffer if people drive out to Gimli Beach and then leave their dogs in the car while they're on the beach.

The RM of Gimli council is currently reviewing the bylaw to ban dogs from the beach, the boardwalk and the grassed area behind the boardwalk. The bylaw is an effort to keep the Gimli Beach and boardwalk pristine and to keep the Blue Flag status of being a clean and environmentally friendly beach, although it is not a requirement of the Blue Flag.

The application process for the Blue Flag designation had been in



EXPRESS PHOTO SUBMITTED BY JASON BECK

Jason Beck walks his dog Tazzy on the Gimli boardwalk every week he is at his summer cottage in Sandy Hook. Now the dog owner is upset about losing that right.

the works since 2008. Now, the RM of Gimli is currently working with the Gimli Environmental Advisory Committee to host a variety of educational activities over the summer as part of the Blue Flag requirements and

to also help enforce keeping a clean beach and boardwalk area.

Beck will be making a delegation on the issue during a regular council meeting on Wednesday, June 10 at 7:45 p.m.

Bezan joins Harper on trip to Ukraine

By Staff

Selkirk-Interlake MP and Parliamentary Secretary to the Minister of National Defense James Bezan is joining Prime Minister Stephen Harper on his trip to Ukraine and other European nations.

During his first stop in Ukraine, Harper will meet with Ukrainian President Petro Poroshenko and Prime

Minister Arseniy Yatsenyuk ahead of the G-7 Summit to discuss the international community's response to Russian aggression and Canada's continued support for Ukraine's ambitious economic and democratic reforms.

"Our Prime Minister has been unwavering in his support of Ukraine, and told President Putin that he

needed to 'get out of Ukraine' at the last G20 meeting," Bezan stated in a release last Saturday. "Prime Minister Harper has been a key leader in ensuring that Russia is isolated diplomatically and politically."

"Canada's support of Ukraine is again exemplified in the trip that the Prime Minister is currently making to the country. Ukraine can count on

Canada."

The delegation also includes Senator Raynell Andriychuk, MP Ted Opatz and MP Vladyslaw Lizon, as well as leaders from Canada's Ukrainian community.

A spokesperson from Bezan's office said via email he is expected to return to Ottawa today.

An advertisement for TLC Corral Cleaning. The background image shows a yellow front loader and a large excavator in a dusty, industrial setting. The text 'TLC' is prominently displayed in large, bold, grey letters. Below it, 'Corral Cleaning' is written in a stylized, white font with a black outline. At the bottom, there is a black banner with white text that reads: 'Stockpiling and Spreading - Taking bookings now! Contact Trevor @ 204-214-0606 or Terry @ 204-739-2040'.

New Gimli Chamber of Commerce



EXPRESS PHOTO SUBMITTED BY NIC MUNDEY

The steering committee of the new Gimli Chamber of Commerce hosted a business mixer and membership drive on Wednesday, June 10. Pictured, counterclockwise from left: Peter Holfeuer, Melanie Specula, Doriane Johnson, Michael Lazer, Tammy Axelsson, Stefan Tergeson, Nic Munday, Shelly Goodman, Grant Baker. Missing Carrie Arsenault, Marc Palsson, John Bucklaschuk.



Miniature Herefords to be on display

EXPRESS PHOTO SUBMITTED

Vernet McIntosh of McFinn Acres Miniature Herefords from Poplarfield, pictured above, with four-year-old Ruby and her month-old bull calf Bling, will be visiting Countryside Home Building Centre in Fisher Branch during Customer Appreciation Days on Saturday, June 13 from 11 a.m. to 3 p.m. The McFinn animal farm and petting zoo will have their miniature Herefords, spotted miniature donkeys, rabbits, goats, kittens, puppies, a mare and foal, and a pony for the young and old to get up close and personal.

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Gimli working to maintain eco-label for beach

RM partnering with GEAC to enforce beach rules, finding alternatives for pet owners

By Marney Blunt

With a Blue Flag designation awarded to Gimli Beach, the RM of Gimli and the Gimli Environmental Advisory Committee (GEAC) are now working together to meet certain standards that will help keep their status of being an environmentally friendly and pristine beach.

Last month, Gimli Beach received the Blue Flag designation, an international eco-label that is awarded to beaches and marinas that meet criteria covering environment education and information, water quality, safety and services, and environmental management, according to the Blue Flag website. The Blue Flag is awarded by the Foundation for Environmental Education, a non-profit organization that promotes environmental sustainability and education. Gimli Beach is the third beach in Manitoba to be crowned with the Blue Flag, following Winnipeg Beach and Grand Beach.

The RM will continue to maintain that eco-status by partnering with the GEAC to meet certain environmental standards.

"On behalf of Gimli council, I would like to express how extremely proud we are of the efforts that went into achieving the Blue Flag status," Mayor



Randy Woroniuk stated in a news release.

"We will continue to support, move forward and work hard to retain this designation and provide a clean and safe environment for all beach users to enjoy."

The RM has been working jointly with the Province of Manitoba, the East Interlake Conservation District and the GEAC to achieve the Blue Flag status since 2008.

As part of the criteria to maintain the Blue Flag status, the RM must host a certain amount of environmental educational activities, such as the GEAC's informational movie nights. The RM and the GEAC will be educating

students on the importance of water quality and aquatic life and will also have an informational booth set up during the beach treasure hunt in July and the student water festi-



EXPRESS PHOTOS BY MARNEY BLUNT

The RM of Gimli is working with the Gimli Environmental Advisory Committee to help enforce rules and provide educational opportunities to keep certain standards required by the Blue Flag eco-label.

val in June.

"We're also partnering with the Lake Winnipeg Foundation when they do their Walk for Water, which is in August, and the Great Canadian Shoreline Cleanup, which is in September," said a spokesperson for the GEAC.

"So we'll be out in full force to make sure the beaches are clean."

The GEAC is also looking to establish a volunteer beach patrol to assist the student beach patrol and help enforce the rules of the beach, including the controversial bylaw to not allow dogs on the beach, the boardwalk and the grassed area behind the boardwalk and also to not allow cooking in that grassed area.

"We're really going to try and encourage people to go to Gimli Park where there's splash pads and lots of facilities, so anybody wanting to cook is going to be directed there," said a spokesperson for the GEAC.

The RM will also be implementing a variety of other standards including cleaning the sand on a weekly basis, installing additional lifesaving stations, renovating and constructing more washrooms in 2016, additional training for beach patrol staff, routinely testing and posting water quality results and more.

As a potential compensation for the dog ban, the RM is currently in the process of establishing a dog park where dog owners can let their pets run unleashed. The park will be a fenced area on the east side of the sports park near Loni Beach, just off Highway 9. The RM is also investigating rural locations in the municipality that could be used as a pet-friendly beach.

If you're interested in volunteering to be a part of the GEAC beach patrol, you can send an email to contact@gimlimanitoba.ca.



Interlake

NOTICE OF ANNUAL MEETING

When: Tues, June 30, 2015

Meeting: 7pm

Where: Arborg Community Hall
409 Recreation Centre

Agenda Items to include:

- Minutes from the 2014 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2015
- Board Elections

> FIRED CAO, FROM PG. 1

However, court documents allege Darknell is owed \$10,243.31 for unpaid sick days she didn't take during her nine-year tenure with the RM of Eriksdale. Documents say the unused days were to be paid out next year.

Court records say Darknell was paid a base salary of \$50,250 and received health and other benefits at the time she was terminated.

The RM of West Interlake was formed in January after the province forced the municipalities of Eriksdale and Siglunes to merge.

Darknell was fired following a four-to-three vote at council in April, and nearly 40 residents packed council chambers to express their outrage when she was terminated.

The three councillors from Ward 1 (formerly RM of Eriks-

dale) voted to keep Darknell, while the three councillors and Reeve Helgason from Ward 2 (formerly RM of Siglunes) voted for her to be fired as the West Interlake CAO.

As of Monday afternoon, the RM of West Interlake hadn't filed a statement of defence with the court.

None of the allegations have been proven and the matter remains before the courts.

Artful passion turns into business for Interlake woman

By Jeff Ward

It's always a thrill when the hobby that keeps you occupied is something that people will pay you money for, and that's just what one Grahamdale resident has found out.

Sandahl Bauch took up woodworking a few years ago as a way to introduce new pieces of rustic art into her own home. After her family saw her pieces, word spread and soon people were asking her to make stuff for them.

"What started as a hobby just for fun turned into a way to make money, and that was very exciting," she said. "The response from the community has been so great, and now with this space for the summer, people are able to come by and see some of the things I make. I'm really excited about this."

In Moosehorn, right next to the RM of Grahamdale sign, is a small cabin-style building, and each summer the RM rents out the space to people who want to use it as a business. And this year, Bauch decided to take the next step and rent out the space for her business, Iron Oak Authentics.

Inside you'll find a myriad of different items from custom family name signs, up-cycled antique furniture, picture frames made from old barn wood and even corner shelves made from old doors that have been cut in half and fastened together on an angle. There's also Bauch's original artwork, which are designs she's painted on reclaimed wood. Getting use out of what most people deem garbage is something that really inspires Bauch to continue her work.

"I like that I'm able to make something beautiful out of what most people think is worthless. There's something really special about seeing treasure in trash. Some of the stuff I reclaim is really rough, so I like the challenge in bringing out the beauty in it."

For the most part, Bauch works alone and only gets help from her husband when necessary on some of the bigger jobs. Creating new pieces in between looking after her young son has become a way to channel her creativity and make a few extra bucks while she's at it.



EXPRESS PHOTO BY JEFF WARD

Sandahl Bauch holds one of her many beautiful pieces now on sale over the summer in Moosehorn. Bauch reclaims scrap wood to create rustic artwork for your home or cabin.

Bauch had her soft opening a few weekends ago, and her official grand opening took place last weekend, June 5-6.

If you'd like to visit Iron Oak Au-

thentics, make your way to the cabin just off Highway 6 in Moosehorn every weekend from 1 to 6 p.m. You can also find her on Facebook and Instagram under Iron Oak Authentics.

> LETTER TO THE EDITOR

Letters to the Editor: letters@expressweeklynews.ca

Oh Reeve, where art thou?

Dear Editor,

Even though he was invited, RM of West Interlake's Reeve Randy Helgason did not attend the town hall meeting in Eriksdale on June 3, 2015. I guess that shouldn't be surprising, considering he missed 32 meetings during his previous four-year stint as councillor for the RM of Siglunes (based on published meeting minutes).

Could it be the reeve knew he would be on the hot seat to answer questions regarding his reason(s) for firing CAO Arlene Brandson Darknell? Could it be he would not reply to impromptu questions with unscripted answers? Could it be because there are more voters who have signed the petition to dissolve the RM than voted for the reeve? On the other hand, could it simply be a matter of him being told not to attend by an unelected non-resident of the RM who collects our money for interim CAO duties?

Regardless of his reason(s), the reeve was not alone in his absence; missing-in-action were Ward 2 (Siglunes) councillors John Bezemer, Carroll Hull and Arnthor (Art) Jonasson. I find it sad these politicians refused to be held accountable for their actions/inactions to the people of the RM. I bet the four of you love to take our money for your transparent services.

The financial situation for Ward 2 was settled by the provincial government before the election — Ward 2 would be responsible for the debt the previous council, which included Coun. Helgason, rang up. Sucks to be those of us who live in Ward 2. However, that is not all that we will be forced to pay for.

Reeve Helgason and the Ward 2 politicians of today are sticking us with even more. I am speaking of the legal fees that were incurred surrounding the reeve's firing of CAO Darknell AND of the upcoming legal fees to fight the Statement of Claim submitted to the courts by Ms. Darknell on May 14 of this year. Does it feel good to play with our money to pay \$300 per hour or more for a lawyer? How much money are we on the hook for so far (billed and unbilled)?

I would ask the reeve in person about all of this, but during the 2014 election cycle, he did not respond to a letter I wrote to him. The letter was in regards to his disqualification as a councillor in June 2014 by the province, by way of The Municipal Act, for missing three regular council meetings in a row. That disqualification called for his immediate resignation, which he did not do. As I read it, the disqualification also made him ineligible for nomination and election, according to 90(1)e of the Act.

On top of that, Reeve Helgason kicked me out of a transition meeting. I guess he forgot to read a four-page document the province sent to him regarding public attendance at those meetings. In the end, his highness granted me the right to attend the meeting after he was convinced by more astute members of council that I could legally be there.

I don't think Randy likes me. I don't feel his "sense of diplomacy, fairness and equality for all" he campaigned about. Oh, well.

Reeve Helgason, why won't you answer the tough questions surrounding the firing of CAO Brandson? Why won't you allow yourself to be publicly held accountable by ratepayers? Why hide behind in-camera (private) sessions and hamper our efforts to get the truth out of you and councillors?

You campaigned on transparency, but one cannot see through your feet-thick lead veil. Please free the councillors from their in camera yoke so we can get the whole truth about you and your regime.

I will end with this: meet the new boss.

Sincerely,

G. Henry (Gene) Holowchak

Ashern

Frustrations with irresponsible dog owners in the RM of Gimli

Dear Editor,

To the irresponsible dog owners who walk their pets on Loni Beach (bylaw violation), fail to pick up the dog's "business" or who do pick up however leave the bag of "business" on the beach:

I say, "Poop on you."

And to the fisherman who toss the fish carcasses/remains into the lake; "Poop on you too."

Denis LeGros, Gimli

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PG

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PG

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WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES
Rick Reimer



SALES
Robin Chestnut



REPORTER/PHOTOGRAPHER
Jeff Ward



REPORTER/PHOTOGRAPHER
Marney Blunt



REPORTER/PHOTOGRAPHER
Austin Grabish



DISTRIBUTION
Christy Brown



PRODUCTION
Nicole Kapusta



PRODUCTION
Reanne Dawson



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getfishing

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> ARNIE WEIDL

From nets to bass to rookie anglers

Hi gang. Nice of you to drop in. We've all noticed our commercial fishing brothers and sisters going about their business from time to time, but I guess if we thought about it, we would realize we don't really know much about the techniques they use to bring in those fish.

One such interesting trick is the "bag shaping" of their nets. This method is used more in the winter on Lake Winnipeg when there is less lake current but can be used in the summer, depending on where you set.

Randy Albertson, a fisher out of Gimli, and I happened to be talking about it again and he explained that after setting your nets across current, the fish sense it as they approach and move downward along the net looking for a way around, but if you rig the nets with ropes in such a way as to form a bag shape along the bottom, the fish become enclosed with no way to get out. This is just another one of the hundreds of things our commercial fishers have to know and use in order to make a living.

Well, the bass are running in the Winnipeg River. Last week, I got over to Pine Falls/Powerview where the end of the Manitou Point Road meets the riverbank and found about a dozen guys fishing off the big rocks that stretch out into the water. They were casting against the current using gold spoons, and I noticed as soon as their lures crossed slower water caused by rocky outcroppings, they would get a strike.

I made my way down to one chap, Jose Robenes from Winnipeg, who was doing very well. He wasn't up to his limit yet but had so many on a



EXPRESS PHOTO BY ARNIE WEIDL

Jose Robenes of Winnipeg with a mess of bass he caught at Pine Falls/Powerview.

string he just brought them up to the rock bank so I could take a picture.

Now, I would like to pass on a somewhat unusual occurrence that happened on the north end of the Selkirk pier by the big old dry-dock when I was visiting with anglers there not long ago. I noticed a woman separated from everyone else, sitting in her car with the door open reading a book. Her rod was stuck in a hole in the pier with line and baited hooks in the water close beside the pier wall. I walked over and introduced myself as she got out of her car. By the way she moved, I thought she was some kind of an athlete. She had straight brown hair and large inquiring eyes yet a

delicately defined, sophisticated face. Our new friend introduced herself as Shawna Heywood of Winnipeg.

As we began getting to know each other, suddenly her face lit up and she dove back into her car, retrieving her new favourite book of the moment, *The Total Fishing Manual*. We laughed as she proudly held it up for me to see.

I learned as we talked that here was an independent gal in a very high-pressure job who needed at times to get away from it all and had chosen angling as her answer! She told how she went and bought a fishing licence, her how-to book, a whole pile of fishing gear, then struck out on her own to practise her new sport.

We went on talking about anything and everything until she touched on her job. Her lips became thin set lines, saying something tough had happened last night. Suddenly her sentences became short, unconnected words and her chin began to quiver. We stood in silence for a moment as emotion broke through her strong composure. After a bit, she got a hold of herself and her strong character reappeared. We resumed talking of life and fishing again, now purposely keeping it casual, and sooner than I would have liked, I had to say goodbye to Shawna.

The reason I mention my visit with Shawna is that it reminded me that as a writer, when you mix in someone's life while working on a story, be careful you don't cause them any undue pain!

Well, from nets to bass to rookie anglers, it was quite a week!

Bye for now, my friends.

> CONTACT US

Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@expressweeklynews.ca
Classified: classifieds@expressweeklynews.ca
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> CONTACT US

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fax: 204-467-2679

Find us: **74 Patterson Dr.,
Stonewall, MB R0C 2Z0**

Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Robin Chestnut 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-467-5836
ads@stonewallteulontribune.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jeff Ward (Highway 6) 204-298-3381
jeff@expressweeklynews.ca

Marney Blunt
(Arborg, Gimli, Riverton, Fisher Branch)
204-461-0714
marney@expressweeklynews.ca

Austin Grabish 204-641-9106
austin@selkirkrecord.ca

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Christy Brown, Distribution Mgr.: 204-467-5836

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West Interlake Citizens Group holds open house

By Jeff Ward

Nearly 200 residents of the RM of West Interlake packed into the Eriksdale Recreation Centre to voice their concerns about the future of their community.

The West Interlake Citizens Group (WICG) is the group behind the petition to dissolve the RM. The petition currently has 610 signatures and needs 726 to be considered by Municipal Affairs. At that point, the WICG will have to create a detailed written proposal for what they feel would be the best possible future for the RM.

"That's partly why we're here tonight," said Melanie Spalding, the spokesperson for the WICG.

"We want to get a sense of how the community wants us to proceed when we get our signatures. But we also wanted to have an open forum where people who've signed have the chance to ask of council the questions they feel are important."

Those questions were mainly about the financial state of Ward 2 and their current state with DFA (disaster financial assistance). Three councillors from Ward 1 — Keith Lundale, Merle Day and John Wainwright — fielded the questions. Councillors from Ward 2 John Bezemer, Arnthor Jonasson and Carol Hull chose not to attend the meeting. Reeve Randy Helgason also declined the invitation.

"I chose not to go for a few reasons,"



EXPRESS PHOTO BY JEFF WARD

Nearly 200 residents of the RM of West Interlake came out to support the petition to dissolve the RM.

said Helgason over the phone.

"Simply put, I don't support this petition at all. Also our year-ends and budget aren't complete yet and I don't want to stand there and try to field questions with no answers. I'd rather wait until we have our financial figures finalized and correct."

The other three Ward 1 councillors echoed Helgason's lack of support for the petition and cited that as a reason for not attending. Each also stated that, like Helgason, none of them wanted to be there to answer

questions they didn't have answers to. Hull explained that it might have made the situation worse and created more hostility if she sat there and just said "I don't know."

Ward 1 council members used that phrase a few times during the town hall meeting but still attended. Spalding believes that, regardless of their opinion of the petition, this was an opportunity to speak to a group of ratepayers, which council and the reeve are beholden to.

"There are 610 voters in the RM who

are in favour of dissolution. Isn't it his job as the reeve to find out why 610 ratepayers disagree with him," said Spalding.

Helgason explained that he accepts that opinion and that he made a decision based on the fact that he didn't support the petition.

A round of applause decided an unofficial vote to continue collecting signatures and try to get to that magic number of 726 and push for the dissolution of the RM.

National water organization joins initiative to improve water quality in Lake Winnipeg

Canadian Water Resources Association Signs Lake Friendly Accord

News Release

The Canadian Water Resources Association (CWRA) has pledged its commitment to improve water quality in Lake Winnipeg by signing the Lake Friendly Accord, Conservation and Water Stewardship Minister Tom Neva-kshonoff and Rick Gamble, chair of the South Basin Mayors and Reeves, announced today.

"The Canadian Water Resources Association brings a diverse range of knowledge and expertise to the Lake Friendly Accord," Minister Neva-kshonoff said. "The broad scope and collaborative structure of the association make it a great fit with the Lake Friendly Accord, as these are exactly the principles we seek to promote to address complex water quality issues in Lake Winnipeg and its basin."

The Manitoba government and the South Basin Mayors and Reeves first

partnered in June 2013 to announce the Lake Friendly Accord and the Lake Friendly Stewards Alliance. The goal of these initiatives is to foster collaboration among a wide range of stakeholders to reduce phosphorus and nitrogen loading to Lake Winnipeg, the minister said.

The CWRA is the first national organization focused exclusively on water-related issues to join the accord. The association promotes responsible and effective water management by engaging with individuals and organizations across Canada.

"The CWRA believes that awareness and education around the value of water must be prioritized to responsibly manage our water resources," said Ute Holweger, president, Canadian Water Resources Association. "CWRA has an extensive network of water expertise across Canada and

we believe that through this network, we can support the dialogue aimed at finding ways to manage water in a way that protects the lakes and waterways throughout the Lake Winnipeg basin and beyond."

"The South Basin Mayors and Reeves welcome the addition of this valuable partner to the accord," said Gamble, who is also the co-chair of the Lake Friendly Stewards Alliance. "The Canadian Water Resources Association offers a unique perspective that will complement work being done by our growing alliance membership."

The CWRA is one of many organizations that have signed the accord this year, a trend Minister Neva-kshonoff said signals a growing recognition of the need to work towards an integrated solution to Lake Winnipeg's water quality issues.

Previous signatories include Canada, Manitoba, the South Basin Mayors and Reeves, the Red River Basin Commission, Minnesota Pollution Control Agency and Department of Natural Resources, the Lake Winnipeg Foun-

dation, Manitoba Hydro, and the University of Manitoba.

For more information on the Lake Friendly Accord, visit www.manitoba.ca/lakefriendlyaccord or www.lakefriendly.ca. Discover how Manitoba is Lake Friendly in 50 Ways by visiting www.manitoba.ca/lakewinnipeg.

Interlake Cattlemen's Co-op Assoc. Ltd.

ANNUAL GENERAL MEETING

The Interlake Cattlemen's Co-op Assoc. Ltd.

will hold its **AGM** on

Monday June 15, 2015 at 8 pm
at the Ashern Auction Mart.

There are 4 directors' terms that will expire this year. Plan to come out and hear the audited Financial Statement and see what the auction mart has been doing this year. This is your opportunity to have your opinions heard.

FMI contacts: Kirk 204-768-0019 or
Buddy 204-768-0018

Dainties and coffee will be served.
Hope to see you there!

Who will be crowned the next Miss Interlake?

Six Interlake girls to compete for title at the Lundar Ag Fair

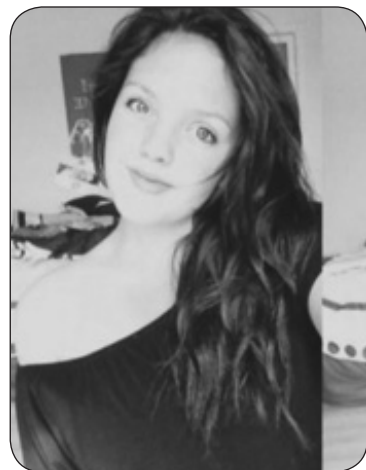
By Jeff Ward

We're just days away from the 2015 Miss Interlake Pageant, and with all six contestants primed to compete, it will be in the judges' hands who will hold the Miss Interlake title.

Pageant contestants are judged in four different categories — talent, personal interview, sportswear/dress review and an impromptu speech. Each of these categories will test the girls' confidence, poise, talent, personality and intellect, which are important qualities in picking a winner.

All six girls from Ashern, Eriksdale, Lake Francis, Lundar, Warren and Narcisse will be challenged throughout the day in the above categories. Before the day ends, one of them will be crowned Miss Interlake 2015 at the Grand Stand during the Lundar Agricultural Fair.

Miss Interlake is an ambassador to the Interlake and serves as an official representative during the various festivals throughout the year. She will also be eligible to run for Miss Manitoba.



Miss Lundar
Dayna Chartrand

My name is Dayna Chartrand. I am 16 years old finishing Grade 11. My parents are Armand and Trish. I work part

time at Lundar general store. I belong to a dance group called the Manitoba Metis Spirit Steppers, and with this group, I am able to travel and volunteer at different events. I've been on the honour roll since Grade 9. I enjoy fishing, golfing, teaching jigging and the school mentoring program. My talent will be jigging. Next year, I plan on attending RRC for business administration with a goal of becoming an RCMP detachment clerk. Special thanks to the Legion for sponsoring me.



Miss Eriksdale
Maija Anne Kaartinen

My name is Maija Anne Kaartinen and my parents are John and Rena Kaartinen. I am from Eriksdale and my sponsor is the Eriksdale Legion Branch and Ladies Auxiliary. I am 18 years old and will be graduating in June from Lundar School. I also take voice lessons at the Manitoba Conservatory of Music & Arts. My talent is singing and playing guitar, which is also my favourite interest. I enjoy playing hockey, making cards, learning to play new instruments and gardening. I have been on the honour roll every term since Grade 9, I have won a couple of bronze medals at hockey provincials, and I won the most promising talent award through the CFY radio talent night. My community involvement and my volunteer activities all include playing and singing at various events in our community, including singing at our church's annual Christmas concert, playing at Eriksdale's Annual Spring Cancer Society Fundraiser and singing

at the Lundar Fair. I have also helped raise thousands of dollars for Eriksdale, Lundar, Silver and Fisher Branch by singing in their CFY radio talent nights. I have carried a wreath for the Remembrance Day service in Eriksdale several times over the years. I have been working as a waitress, cashier and kitchen help at Havakeen Lunch and Tire since I was 14 years old. My future plans include teaching myself how to play the mandolin and attending school at The Massage Therapy College of Manitoba in hopes to eventually have my own massage therapy clinic.



Miss Narcisse
Katheryn Chic

My Name is Katheryn Chic. My parents are Ken and Kandy Chic. I am 18 years old and live in Narcisse. The Narcisse Women's Institute will be sponsoring me for the pageant. My talent is piano. I am self-taught and have been playing since I was in Grade 6. I am finishing my Grade 12 this year at Inwood School. Throughout school, I have taken a variety of courses including bio, chemistry, drama, accounting, pre-cal and much more. I get very good grades at school and participate in many activities. I have gotten citizenship award and honour roll with distinction for many years. I have a couple of ribbons from track and field too. Some of the activities are the SSAC group and Proficiency awards ceremony. I enjoy sports and play volleyball, soccer, badminton and, in past years, track. I work two jobs. My first job is a gas attendant at Highway 17 Service

in Inwood. My second job is being a farm hand on a dairy farm. I volunteer throughout my school and community. I help in the canteen and have participated in many town cleanups. Also when it comes to help coaching younger students in sports, I never hesitate to say yes. I love hanging out with friends and family. I work hard and don't stop till I have completed my goal. My future plan is to go to college to become an accountant, bookkeeper and payroll administrator.



Miss Lake Francis
Stephanie Deverill

My name is Stephanie Deverill. I am 18 years old as of May 28, 2015. I am the daughter of Glenn Deverill and Monique Legal-Deverill. I live outside the small town of Lake Francis and my sponsor for the pageant is Lake Francis Community Centre. For my talent, I will be singing one of my favourite songs written and performed by Hedley. The song is Old School.

I am a Grade 12 student at Warren Collegiate and will be graduating June 22, 2015. I have received an award every year of my high school career for my academic average achievement of a percentage of 80 or higher. I hope to receive this award again for my last year of high school.

I have been accepted into M.I.T.T. (Manitoba Institute of Trades & Technology) to learn the skills of becoming an industrial mechanic/millwright. The program is 10 months long and will begin Sept. 10, 2015. In the future, I hope to eventually have my own business.

I have been involved in many volunteering activities. When I was a part of Interlake Young Riders 4-H Club between the years of 2006 and 2012, we would volunteer at many events locally. Unfortunately the club was disbanded but I continued to help others in my community. With the Young Riders, annually during the Christmas holidays, we would gather at the seniors' homes in Woodlands and sing Christmas carols and share homemade desserts as well as coffee with everyone. Highway cleanup was another annual event.

I have volunteered at local events at the Lake Francis and Woodlands community centres, assisting with children's activities, working canteen and other activities. I volunteered at a local farm for Manitoba's Day at the farm during the summer of 2014. I am proud to be a part of the volunteering committee for the Annual Ride For A Child's Wish for the second year in a row. I have helped with the preparations of the Wish Ride, building picnic tables, organizing children's games, face painting and other activities. I have had many other volunteering opportunities.

I recently started a fundraiser called Stuffedies For Change. Stuffed animals of all shapes and sizes will be collected through the remaining month of May as well as the month of June. The stuffed animals collected will then be sold at a garage sale being held at Winnipeg Beach some time at the end of June. Prices will vary. The money earned from the sales of the stuffed animals will then be counted and donated to charities/fundraisers. The money will go to the Winnipeg Children's Hospital to help with purchasing of specific items needed. The money will also be donated to the Ride For A Children's Wish Foundation. I am also planning another fundraiser.

My interests are classic and modern rock and country music, singing, reading, outdoor activities, and spending time with family and friends, and also volunteering.



Miss Warren
Selena Peixoto

Hello. My name is Selena Peixoto, a 16-year-old student who is attending Warren Collegiate Institute, daughter of Liz and Arthur Peixoto. One of my favourite talents I have is modeling. Every time I do it, it brings out the best me and it makes me happy to model for people and in pictures. I hope I get big one day. Modeling is also one of my interests, also with music, fashion, which bring us to my hobbies. My hobbies include shopping, all kinds of sports like basketball and soccer and snowboarding. I love doing art and being with all my friends and family, especially being around my new baby foster sister Raina. One of my favourite things I have received is my certificate of citizenship award that's hung up on my bedroom wall. Every day I look at it and think "I am a good person." It reminds me to always be nice and help out and never let anyone or anything get in your way, and to help out even when people don't ask.

Then I have a Warren Wildcat JV Basketball trophy that's at school. I couldn't have done that and won second place without being a team, and I am proud of my girls and my wonderful coaches. Even though I was out for most of the season and in a cast, I was never going to miss a game. That trophy is one of my pride and joys.

Warren is such a beautiful place to just walk around and enjoy the skate park or just walk around to whatever weather is outside. When it's winter, that means hockey time! Whenever I could, I would go and cheer and be loud for the hockey boys. I helped support most the high school teams as I could, including our new soccer team

that am proud to say I was a part of and helped that team grow and tried to get as many girls into it as I could.

I have helped clean up a highway and made lots of food in home ec. class for the wonderful choral coffee and also CDC. I like to volunteer because when it's done, I feel good about it and what I have accomplished. WCI helps hold lots of events, especially since basketball is so big in our school, so it helps when we need volunteer hours.

My future plans are to be a successful model who is on magazines covers for fashion and makeup, then work my way to TV shows and commercials. But if that was not to work, I would love to be with kids all the time and to run a big successful daycare that is well known, and to have a big family. I enjoy being around kids and people a lot. They make me happy.



Miss Ashern
Avery Faith Halldorson

My name is Avery Faith Halldorson. I am 18 years old. I grew up on a cattle ranch in Hayland just outside of Ashern. I am graduating from Ashern Central School in two weeks. My two major talents are probably singing and acting. My interests and hobbies include singing with Ashland High School band and drama with the high school drama club. I currently work at Subway in Ashern. I grew up bringing a steer to the 4-H beef show here in Lunder every year since I was eight years old. I plan on taking a gap year before attending college or university, but I am definitely interested in a music or theatre program in the future.

Making a splash in Arborg this summer

EXPRESS PHOTO SUBMITTED
The Credit Union Aquatic Centre in Arborg is open for summer 2015.



By Marney Blunt

You know that summer is here when the local pool opens its doors for the season.

Arborg's Credit Union Aquatic Centre officially opened on Saturday, May 30. The pool features three waterslides, a preschool area, heated water (remains at 80 degrees), spray features and a picnic area.

There is also a variety of swimming lessons and programs offered at the pool that are currently accepting registration, including Red Cross swim lessons for preschool to age 15. The centre also hosts Red Cross instructor programs, including AWSI and WSI, and lifesaving programs, including Bronze Cross, Medallion and lifeguarding.

This year, Aquatic Centre is also planning on introducing mini-golf. Working with a local contractor, a nine-hole mini-golf course will be set up in the front entrance to the Credit Union Aquatic Centre. The mini-golf course will be available for anyone to use.

"It will be a fun and entertaining thing for people to do while they're waiting for their children or grandchildren at the pool," said Tom Chwaliboga, the recreation director at the Arborg Bifrost Parks and Recreation Commission.

The Credit Union Aquatic Centre has also undergone some improvements this year, as the Arborg Bifrost Parks and Recreation Commission has improved both the shower and washroom facilities. Some of the upgrades include adding ceramic tiles in the showers and increasing the size of the bathroom stalls to make them more accommodating for family use.

In June, the Credit Union Aquatic Centre opens at 1 p.m. on the weekends and at 4 p.m. during weekdays. In July and August, the public swimming hours are from 1 to 4 p.m. seven days a week. Various specials are available, such as \$20 for the afternoon for a family of five, Toonie Tuesdays, when the entry fee is just \$2 for the last two hours of the evening, and

Fabulous Fridays, when a family of five can get in for \$5 for the last two hours of the evening every second Friday.

For more information on the pool or to sign up for any of the programs, call the Arborg Bifrost Recreation and Parks Commission at 204-376-5576.

ARBORG BIFROST PARKS AND RECREATION COMMISSION

Summer Programs

Red Cross Swim Lessons

*spots still available for all levels (July & August)

Summer Camp

*July 6 - August 21, theme weeks

*2 age categories: children born

2007-2010 & 2004-2006

XCompany Summer Camp

*July 13 - 17, Arborg Bifrost Community Centre

British Soccer Camp

*July 20 - 24 @ Arborg Rec. Centre

*register online: www.challengersports.com

Golf Camp

*July 27-29, includes 9 holes, Links at the Lake, ages 10 - 13

For more information or to register, please contact Recreation Office
204-376-5576 tom.abprc@mymts.net

<p>The Complete South Pacific Australia and New Zealand</p> <p>Group Departure: February 12 - March 9, 2016 This tour offers everything needed to enjoy a truly memorable once-in-a-lifetime vacation. Presentation: June 23, 2:30 pm or 6:30 pm - RSVP</p> <p>Hawaiian Adventures</p> <p>Featuring two tours Grand Hawaii Vacation Feb 11-23, 2016 Hawaii Cruise & Stay Feb. 3-13, 2016</p> <p>Explore the Hawaiian Islands and experience breathtaking scenery. Presentation: June 25, 2:30 pm or 6:30 pm - RSVP</p> <p>EMBASSY TOURS 757-9383 www.embassytours.ca 1-800-723-8051</p>	<p>FABULOUS WISCONSIN DELL - Incredible Autumn Scenery Sept 20-25, 2015</p> <p>DEADWOOD & BLACK HILLS Including Mount Rushmore, Crazy Horse, Badlands Nat. Park & Much more. 1 Sept 27 16 Days</p> <p>MACKINAC ISLAND ADVENTURE Victorian Style Island Paradise where you can relive the days of yesteryear. 1 August 16 - 21</p> <p>NASHVILLE/BRANSON/PIGEON FORGE Musical Extravaganza 1 October 25 - November 7 A special tour for music lovers that journeys through the musical heartland of America. BEST VALUE AND PRICING!</p> <p>BEST OF BRANSON 1 November 1 - 9 Fun-filled tour with fabulous shows & sightseeing</p>
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Urban and rural homesteaders celebrate at their own festival

By Lana Meier

A wet, rainy morning didn't keep a sell-out crowd of 350 from learning some of the skills necessary to live off the land at the second biannual DIY Homesteader Festival in Fraserwood on Saturday.

The festival is a product of two families, Adrienne and Trevor Percy — who live at Nourished Roots farm in Fraserwood with their children on 320 acres — and city dwellers Kris Antonius and Mike Berg. Together, they pooled their skills and passions to bring homesteading know-how to a wider audience.

The family-friendly one-day festival, held on the Percy's farmstead, featured workshops throughout the day on clothes mending & repair, diy natural cleaning, diy home composting toilets, prairie & boreal medicine chest, horse care 101, how to grow your own medicine garden, herbal skin care, natural playscapes, intro to fermentation, fruit tree planting, smart green buildings, wild fermented sodas, off-grid solar electric demo, knowing your roots, pruning, home grain milling, and herbal first aid.

The entire day is a wealth of knowledge for those interested in doing it themselves, either living off the land, becoming self-sufficient or learning traditional skills.

"We know so many people who are an amazing wealth of experience. With the DIY Festival, we can share some of it," said Adrienne Percy.

To wrap up the day, the festival hosted a Land and Lake dinner, featuring a spit-roast pig and pickerel from Gimli, as well as local grains and cheese.



Pictured clockwise from top left: Matt the blacksmith made tools throughout the day on an open flame; children were kept entertained feeding the goats and chickens; in the Home Fruit Orchard workshop, Betty Kehler teaches the ins and outs of planning a basic fruit orchard, how to space them and the care required of them.

Laura Reeves explored the relationships that happens between plant neighbours and their environment in the Know Your Roots workshop. She introduced many wild edible and medicinal useful roots and had examples to compare and samples to try; wildflowers decorated the dinner tables; solar electric energy workshops were definitely of interest and the Beach Glass ensemble provided music in the afternoon.

EXPRESS PHOTOS BY LANA MEIER

Unexpected hitchhiker escapes, leaves markings

By Jeff Ward

A Peguis teacher awoke to a rare sight last Thursday as a mother bear and her two cubs had broken into her vehicle and were honking the horn.

At 6:30 a.m., Anita Sutherland woke to her car horn being honked. Thinking it was being stolen and the alarm was going off, she went to investigate.

"I was totally shocked when I saw them out there," said Sutherland, describing seeing the family of bears who were climbing all over the truck.

"I started taking some pictures and video and then noticed that one of them was in my truck. He was bashing his head against the glass trying to get out."

Sutherland said she had left her doors unlocked and figures the cub likely hooked the door handle with his claws and climbed inside. The cub, although cute, is still a bear and did considerable damage to the interior of the vehicle. The cub ripped the roof inside

and tore apart door panels but fortunately left the leather seats intact.

Sutherland was in shock and had no idea what to do. She called 911 who patched her into conservation, which was too far away to respond quickly. Luckily a neighbour had gotten Sutherland's message after waking up and sent her son Chris by to help out.

"Chris came by with his gun and took a few tries to get the cub out of the truck. He eventually opened the passenger side door and parked his truck on the driver side and honked his horn to spook the bear out," explained Sutherland.

The cub eventually hopped out of her truck and then ran up a nearby tree. The whole ordeal lasted about an

hour, and most of it is caught on video and pictures. The only consolation for Sutherland is that with all that evidence, it'll be an easy case with MPI when she explains what happened.

"I STARTED
TAKING SOME
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VIDEO AND
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THEM WAS IN
MY TRUCK."



EXPRESS PHOTO BY ANITA SUTHERLAND

Peguis teacher Anita Sutherland was wakened Thursday morning by an unexpected hitchhiker honking the horn of her vehicle while its mother and a second cub assessed the situation from atop the vehicle.

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Your Wedding



The perfect wedding band to tie the knot

Since time immemorial, wedding bands have symbolized the continuity of marriage. Legend has it that a wedding ring is customarily worn on the left ring finger because of the vena amoris, or "vein of love"; it was thought to have a uniquely direct connection to the heart. We know today that all the fingers have similar privileges, but your choice of wedding ring is still as important as ever. After all, you're hoping that it will adorn your

ring finger until death do you part. Your tastes, your gender, and especially your budget are the main factors to consider in choosing the right band.

THE METAL

- Gold. Whether it's yellow, pink, or white, gold is always a safe bet. The price varies according to the number of Karats (abbreviated by K or kt).

- Platinum. This metal is attractive and very durable, but more expensive.

sive.

- Titanium. It's less expensive and doesn't scratch or fade, but it isn't as shiny as gold or platinum.

- Silver. This is typically the most affordable option, but pure silver oxidizes over time.

DISCRETION VS. EXTRAVAGANCE

You might enjoy having a ring that's striated, bejeweled, or engraved with a personal message from your beloved. There's nothing to stop you from being creative and commissioning tailor-made wedding bands from your jeweller. Men typically prefer to opt for discretion and comfort; jewelry without gemstones is less fragile and thus more popular with them. And even though rings are available in an endless range of possibilities, most women still choose diamonds, which are, of course, forever.

Wedding superstition holds that you shouldn't try on your wedding bands before the big day, and that the groom-to-be should keep the rings



Gold, platinum, silver or diamonds: what will you choose for your dream wedding ring?

until the wedding. But the only really important rule is that this day be filled with happiness.

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curiosity will definitely be aroused.

To show all this promise, your invitation should include:

- the names of the bride and groom (include those of the respec-

Continued on page 13

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Your Wedding



The most beautiful bride from head to toe

The excitement, joy, and anticipation you'll feel on the big day will make you radiant with beauty. After all, there's nothing like a good dose of happiness to put a blush on the cheeks, a sparkle in the eyes, and a beautiful smile on every bride's face. But to truly glow from head to toe, perhaps you should think about consulting some beauty professionals.

1. THE HAIR STYLIST

A stunning bride needs a fabulous hairstyle. Whichever style appeals to you, you'll want to entrust your hair to the expert hands of a real hair salon professional. Remember to make two appointments: one to try different hairstyles, and another for the big day.

2. THE ESTHETICIAN

Manicure, pedicure, hair removal, facial, eyelash extensions and massage: a wedding is the perfect excuse to pamper your body. Not to mention that

stray body hairs, dry skin and damaged nails are not on the guest list! Don't forget to make two separate appointments for your makeup as well.

3. THE DENTIST

Because laughter is the right of every newly married couple, treat yourself to a teeth whitening treatment for a sparkling smile.

A BEAUTIFUL AND ORGANIZED BRIDE

- Make your appointments as soon as possible.
- Carry a photo of your dress and accessories to all your appointments, along with inspiring images from magazines.
- Find out the best time to pamper yourself with the various treatments. This way you won't have any regrets, such as hair colouring done too early (hello, roots!) or a microdermabrasion done too close to your big day.



Future brides should make their appointments early; the best beauty professionals are always in demand.

> INVITATION, FROM PG. 12

tive parents if you want to follow the tradition of the parents hosting the wedding)

- the location, date, and time of the ceremony
- RSVP cards and envelopes (encourage your guests to confirm their presence by including a pre-stamped reply card)
- an invitation to the reception (feel free to invite only certain guests to the party following the ceremony; specify the theme, dress code, location, and menu choices)

IT'S A GO!

Send one invitation per address, whether it's to a single person, couple, or family. Invitations should be mailed at least three months before the big day. If you're inviting your guests to join you abroad for your wedding, or if some of your guests live outside the country, try to send your invitations as early as eight months in advance. Keep a few spare invitations, just in case.



NEED SOME INSPIRATION?

When it comes to invitation design, it isn't always easy to transform your ideas into reality. You can turn to websites or wedding magazines for help. If you're not very artistic, choose a template or hire a graphic designer to create a unique wedding invitation.

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Your FARM



High beef prices a necessity for farmers

By Stefanie Lasuik

The high prices of beef may enrage some consumers, but for cattle farmers, the price is right. Still recovering from years of breaking even or even losing money after the Bovine spongiform encephalopathy (BSE or Mad Cow disease) outbreak, cattle producers are happy to see the current prices. Yet, experienced cattle farmers are too familiar with the beef industry to count on them lasting.

Bryan Fossay is a cattle producer in Woodlands, who has personally seen prices nearly double in past three to four years. He estimates cull cows as going at \$0.50-\$0.70 per pound to approximately \$1.00 last spring and now up to the \$1.20 range.

"It sounds great for the cattle person, and it is, but at those prior levels, producers were actually losing," Fossay said.

Now, cattle farmers can attempt to recuperate from years of feeble market. Unfortunately, the beef industry is ever-changing and rarely stable.

"Something could happen in the world next week and these prices could be gone," Fossay explained.

"Nothing is guaranteed. The only thing that is guaranteed is that you have to make that loan payment."



EXPRESS PHOTO BY JO-ANNE PROCTER
Matthew Fossay of Woodlands sold his steer for \$3.15/lb. at the Argyle 4-H Club Beef Show & Sale in Stonewall last weekend.

Such loan payments are deterring young farmers from the industry. Fossay illustrated with a local example.

"If there's a family in the Interlake who have been in cattle and they have a 20-year-old son who wants to take over one day, the parents can't just give him the farm," Fossay explained that since the parents must retire with enough to live on, their kids have to borrow money, which creates a huge debt load.

This situation makes it difficult for parents, who know the fickleness of the trade, to allow their kid to go into debt.

"It's very risky to get into," said Fossay.

Fossay attributes the current spike to decreased supply, the low Canadian dollar, and more affordable wheat. In the BSE years, many farmers were forced to sell more to afford loan payments and farming expenses. With less cattle set aside to build up the herd, the beef supply across Canada has hit its lowest mark since 1993. Further decreasing supply was the recent choice of many beef farmers to leave the industry in order to cash out while the market is strong.

Fossay does not foresee the prevalence of current prices. He thinks that the next two cow crops will be approximately where they are now, and that the price will decline in three to five years.

So as Manitobans fire up their barbecues this summer and select their beef, it is important to remember that for beef farmers, the increased price is less an extravagance than a necessity. "We're making up for it these past two years and hopefully a couple years ahead. We need these prices."

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Case IH 6000
'86, 1742H, 25', GAS **\$12,000**



NH HW325 '07, 1700H,
25', HB0025 hdr **\$65,000**



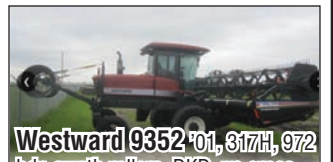
NH HW365
'07, 2441H, 18' disc **\$68,000**



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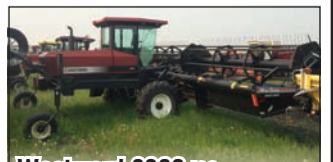
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Westward 9300 '98,
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Artist finds inspiration on the shores of Lake Winnipeg

By Marney Blunt

It's no secret that Winnipeg Beach is a beautiful place to be in any season.

Whether it's the sun reflecting off the water or a tiny piece of ice tinkling like shattered glass while floating on the water surface after an overnight freeze, the shores of Lake Winnipeg are an inspiration to many.

Watercolour artist Yvonne Dominik is one of those people who find it inspiring.

Dominik has been painting watercolour for years and started painting part-time while she was working in graphic design. As her talents and passion for art grew, her career eventually shifted from graphic design to full-time painting.

"I just more and more wanted to do art, so I ended up quitting graphic design and going part-time working and part-time just doing my painting, and that's how I got into it," said Dominik.

Now, Dominik has been a full-time artist for several years and has been running her studio out of her home in Winnipeg Beach, where she has lived since 2003.

The artist loves painting watercolour the most.

"I just love watercolour. It's challenging and that's exciting. So I really love watercolour and I'm sort of introducing different mediums," said Dominik.

Dominik was part of the first Interlake WAVE Artists' Studio Tour in 2004, but then she started showing her work at the former Mermaid's Kiss Gallery in Gimli. After that gallery closed last September, Dominik will once again be part of the Interlake



EXPRESS PHOTO BY MARNEY BLUNT

Watercolour painter Yvonne Dominik will be one of 31 artists participating in the Interlake WAVE Artists' Studio Tour June 13 and 14.

WAVE Artists' Studio as an individual artist.

"It's kind of neat to have people come to your home and into your studio. It's more informal and you can sit down and talk with them, so it's very neat to have an experience like that," said Dominik.

"It's just nice to meet people that are interested in

art or people that are just out for the day and come in to visit, so it'll be kind of neat."

For Dominik, living in Winnipeg Beach couldn't be more ideal as the area provides her with an endless wealth of inspiration.

"I like to try everything, I don't stick with one thing. I love this area, so I love painting the harbour or the next time I'll do flowers and water," said Dominik. "I find this area very inspiring. It's very close to nature."

Dominik has also found the shores of Lake Winnipeg inspiring for photography as well. The artist often uses her photography as inspiration for her paintings. And now, she has decided to put her photography in the WAVE tour as well.

"It's almost like your dream. It's a passion," said Dominik of painting watercolours and doing photography.

"It's almost like a love-and-hate thing. You want to do it, and if it doesn't turn out, you're all upset. But yet it's a challenge. Each painting is different. It's fun to try something different. Other times, it's just something you see and you take a photo of something and you just have to paint it. It's just something you just want to do."

One of 31 participating artists, Dominik will display her work during the Interlake WAVE Artists' Studio Tour, June 13 and 14. For more information on Yvonne Dominik and the Interlake WAVE Artists' Studio Tour, visit watchthewave.ca or yvonne-dominik.com.

Fashion show fundraiser supports local seniors

By Marney Blunt

The Gimli Seniors Resource Council hosted their annual major fundraising fashion show at the Lakeview Resort on Thursday, May 14, and organizers say it was a smashing success.

The event, which was themed Seasons in the Sun, showcased a variety of fashions by Johnson's and a dinner by the Lakeview.

"We had 172 tickets that we sold, so that was a great turnout," said Valerie Swanson, a resource co-ordinators at the Gimli Seniors Resource Council. "The models were just excellent, as well as the fashions. Everybody raved at how well it went this year and everything else that went with it."

The fashion fundraiser cleared \$3,200 in ticket sales, silent auction and 50/50 draws. All money raised will go towards programs hosted by the Gimli Seniors Resource Council, including Meals on Wheels, Lifeline home emergency response systems, transportation to medical appointments, yard maintenance, house cleaning services, shopping escorts and more.

"Over the years, we've used the funds for some special projects that we've had. We've got Meals on Wheels trays or we've needed to upgrade some of our Lifeline units or ex-



EXPRESS PHOTO SUBMITTED

Pictured from left: Connie Nixon and Tracey McInerney modelled some fashions by Johnson's during the Seasons in the Sun fundraising fashion show for the Gimli Seniors Resource Council.

pand our Lifeline program," explained Swanson, noting that they would like to thank everyone who supported the event, including the Lakeview Resort, Gimli Sobeys, Johnson's, the models and other contributors.

"It was really, really good. We were really happy, so we want to thank everybody for their continued support because this is our major fundraiser and this is what helps us to run all the programs that we have."

The next fundraiser fashion show for the Gimli Seniors Resource Council will be on Thursday, May 19, 2016, at the Lakeview Resort.

Golf is by no means a spectator sport.

In golf it is entirely possible to suffer an injury that could not only end your season, but also cause serious pain, discomfort, and frustration.

Lumbar (low back) pain is the most common symptom in golfers who stick with the sport over a long period of time. The repetitive motion, rotation, and strain from the golf swing create pressure on the discs of the spine. The increased load and force on the spine are intense enough to damage muscles, joints, discs, and even the ribs.

What can be done to prevent these common low back conditions in golfers?

1. Golfers with low back pain should seek help early on rather than wait and see if it goes away.
2. Breath control during swinging or putting is an important part of injury prevention in this sport.
3. Proper clubs fit to body specifications is a must for each individual player.
4. Push the golf cart rather than pulling it, use a golf bag with dual straps rather than a single strap, and maintain proper body weight for size.

A physiotherapist can assess your range-of-motion, postural alignment, movement patterns, and golf swing mechanics that need correction.



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Ten ways to rejuvenate your home

Does the outside of your home look a little tired and worn out? Here are some really simple tips that will help you give your home a whole new look.

1. Paint your front door a bright colour. Nothing is more eye-catching and inviting.

2. Replace the hardware around your front entrance: doorbell, mailbox, locks, etc.

3. Install a door knocker. They come in all sizes and shapes these days and can add a touch of style or whimsy to your door.

4. Give your street number a more up-to-date look. Gone are the days of those ugly metallic stickers on the mailbox.

5. If your house has wooden shutters or mouldings around the windows, there's a good chance the paint is peeling. Get out the paintbrushes and think about

using this opportunity to change the colour.

6. Clean your gutters and replace them if necessary.

7. Buy a new door mat to add style to your home.

8. Replace an old doorstep. In addition to being visually unattractive, dilapidated doorsteps can cause insulation problems.

9. Clean! Use a pressure washer to clean the siding and then wash your windows.

10. Be creative with your decorative lighting. Put up some lanterns, strings of mini-lights (clear Christmas lights) or recessed lights under the steps. You'll be the envy of the neighbourhood!

You'll be amazed at how easy it can be to improve the appearance of your home. Who knows, maybe your efforts will inspire your neighbours.



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Create a safe haven with a fence

Whether it's for safety, privacy or simply for the look, fencing your yard can add instant curb appeal to your home. A fence keeps children and pets inside the enclosure while safeguarding the house and yard. It also adds an interesting visual element to your property.

BEFORE BUILDING

Do plenty of research. Contact local authorities to find out about current regulations and to ensure that there are no telephone cables or gas lines where you want to dig. You should also check your certificate of location to be absolutely sure of where your property boundary is located.

CHOOSE THE MATERIAL

If your fence is meant to be functional and the look doesn't really matter to you, a chain-link fence remains the cheapest option on the market. Aluminum and ornamental

iron fences won't rust, are virtually maintenance free and come in a wide variety of styles. PVC fences are very popular and give plenty of low-cost privacy, but their plastic look could put off those more concerned with esthetics.

While any of the above options are viable choices, wood still remains the best fencing material. It requires regular maintenance, but the effort is well worthwhile. Its timeless appearance and the endless ways it can be customized appeal to just about everyone.

Once you've decided which sort of fence you want, you can either build it yourself or entrust the job to a professional fence installer. Afterwards, why not embellish your new fence with greenery or some flowers? Let your imagination run wild, as well as your green thumb!



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Protac Roofing and Renovations New Owner, New Name

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

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

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

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Memorial Service marks 71st anniversary of D-Day

By Stefanie Lasuik

The sounds of bagpipes filled the Town of Stonewall Sunday afternoon as the 303 Army Navy Air Force Pipes and Drums led a parade of military representatives, community service groups and government officials down Main Street to Memorial Park. In the park, friends and comrades gathered to honour Decoration Day, as well as the 70th anniversary of Victory in Europe Day, and to remember Canadian military and RCMP actions then and now.

"No one has greater love than this: to lay down one's life for one's friend. Our service personnel lay down their lives for those they don't even know," said Rev. Leonard Oracheski, who drew on John 15:13 to explain the significance of military participation during the service.

After three hymns, the dedication of floral tributes and the placing of flowers and wreaths, the crowd at Memorial Park stood for the Last Post and a moment of silence.

Past Stony Mountain Legion president Alwyn Ammeter saw both her father and grandfather fight in the world wars. More recently, Ammeter's daughter served in the Gulf War.

"I have a hard time with this day. To me, it's a very important day, as in November 11th. I still think we have to pay tribute to them and all the troops that are still out fighting and putting their lives on the line every day. I know what the families felt like as loved ones went off to war. I wouldn't wish that on anybody," Ammeter said emotionally.

War veteran Shirley Esaruk, who lost her grandfather and cousin in the line of duty, choked back tears.

"I think it's very important for everyone to remember it and turn out for it if they can. These individuals who are at war sacrifice themselves for us. We have a free country, and it's because of these people."



EXPRESS PHOTOS BY STEFANIE LASUIK AND NATASHA TERSIGNI

A parade led by the 303 Army Navy Air Force Pipes and Drums included Legion representatives, the 301 Air Cadet Squadron, Knights of Columbus, and government and public service individuals.



Legion President Tim Williams gave the crowd the final address after a moment of silence.



Lakeside MLA Ralph Eichler was escorted by MCpl Gordon Allan to the cenotaph to lay a wreath in remembrance of those who have served in the past and those who continue to serve.

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Looking back on an experience to never forget

By Marney Blunt

Seventy-one years after troops invaded the shores of Normandy, lifelong Gimli resident and Second World War veteran Gusti Jacobson looks back on his time in the war, an experience he'll never forget.

Jacobson began his Air Force training right at home, at the Gimli base, at age 22.

"I wanted to enlist earlier, but my dad wouldn't let me because he lost a brother in the war and another brother was a year and a half in the trenches," said Jacobson.

"He didn't think it was a good place to be."

After graduating from the Gimli station, Jacobson went to Montreal where he waited for a posting overseas. Eventually he was posted to train at a flying instructor school in the Midlands.

"There were a lot of odd things about a station," recalled Jacobson. "The one station (I was at), there were three pubs in the middle of the station. In the stations, they were scared of being bombed. They let people in the area so it wouldn't look like an Air Force station."

Jacobson trained as a bomber pilot and was put with a crew consisting of a bomber pilot, navigator, air gunner and tail gunner.

"We had a great crew. The navigator was really good," said Jacobson. "There was a board to show you how you did on your trip. A perfect trip was black, and not bad was half black, half red. We were the only crew that was mostly black. Our navigator was that good."

Even the training process was a risk overseas, Jacobson said, which made navigation skills extra important.

"The ruling often was that if the navigator and bomber could keep you within five miles of the track, you had a very good chance of not getting in trouble. But if you made a mistake and wandered way off, the German fighters could pick you off," he said.

"Another thing the navigator did was make sure they were a little early because it was very easy to lose time," added Jacobson. "If you're late, you try to make up time by opening the throt-

tle and then you start to use too much gas and you might not have enough to get back."

Although Jacobson was still in training when the war was over, he had a few close incidents to a bomb while flying near the German border.

"During the training, the closest I got to a bomb, we flew what you would call a diversion. There was maybe 40 or 50 heavy twin engines, and we'd fly over towards Norway and Sweden and come right up to the German lines, turn around and go back," explained Jacobson.

"And the main bombers would then go over Normandy or France, and the Germans would flip their fire force and we'd turn around and it would be too late for them to do anything and they couldn't where the real bombers were. That is the closest we've ever got to a bomb."

Jacobson knew a few other Icelandic soldiers from the Gimli area who would get homesick for the shores of Lake Winnipeg during the war.

"When they were homesick, they used to go down to the pub and just quietly drink beer and talk in Icelandic," said Jacobson.

One of those Icelandic soldiers, who Jacobson was acquainted with, chose not to go home after the war and instead volunteered with the Norwegian Air Force.

"He was supposed to be sent home but he volunteered for a European tour, for 30 trips or so. I think he was shot down and killed on the 15th or 16th trip, but he could have gone home," said Jacobson.

On June 6, 1944, Jacobson says he was somewhere on the base in the Midlands. When he found out the war was over, he had mixed feelings.

"It felt pretty good. But it felt kind of sad too, to do all that training and not do anything," said Jacobson, who was 25 years old when the war was over.

After the war, Jacobson returned home to Gimli and married a woman from Hnausa, Rose, and followed in the footsteps of his father with starting a 60-year career as a commercial fisherman. Jacobson's son also followed in his father's footsteps and became a commercial fisherman on



EXPRESS PHOTO BY MARNEY BLUNT
Gusti Jacobson was still in training overseas when the war ended, but it was an experience he'll never forget

Lake Winnipeg.

Jacobson says that his experience as a fisherman on Lake Winnipeg helped him with navigation skills while he was learning to fly as a bomber pilot.

"There was one thing I couldn't figure out for the longest time. My instructors couldn't figure why I was so good (with flying)," said Jacobson.



EXPRESS PHOTO SUBMITTED
Gusti Jacobson and his late wife, Rose. The couple married shortly after the war ended and Jacobson returned from overseas.

"It suddenly dawned on me after the war: I had lots of experience following a compass on the lake."

Jacobson, now 93 years old, resides at Betel Home in Gimli.

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Gate to plate, a growing trend in the Interlake

Raising your own food rising in popularity

By Marney Blunt

Raising your own chickens is becoming a growing trend in the Interlake.

The final pickup day for freshly hatched chicks at Kaljent Ag Services in Teulon was June 2, and suppliers say there was a significant amount of people who were getting chicks for the very first time.

"I really believe that it's a growing trend," said Jim Hardy of Kaljent Ag Services. Hatcheries will bring new chicks to Kaljent Ag as one of the pickup spots for producers. Hardy says that usually people pick up flocks of 50 to 100 at a time, with the exception of a few larger producers.

"There's more people that have moved out from the city and bought an acreage, and maybe at one time their grandparents did raise chickens and they want to try their own hand at it. Or it's just the idea of having some of your own food source, whether it's for the eggs or the meat," said Hardy.

Hardy also says that the first few weeks is a critical time in a chick's life, and there are certain things producers or owners should watch for.

"The most important thing when people first get their chicks is temperature," said Hardy, who explained that the chicks should be kept at 95 degrees at floor level, dropping five degrees each week.

"Until they have feathers, they can't

basically hold their own heat. It's pretty crucial. Drafts and cool breezes can really affect them."

Hardy said keeping an eye on the behaviour of the chicks would also help you to identify what they need.

"If it's too cold, they'll crowd up and kind of pile on top of each other and actually suffocate each other. They're trying to get warm," explained Hardy.

"I REALLY BELIEVE IT'S A GROWING TREND."

"If they're staying away to the outside of the brooding area, then you've probably got it too hot. They're trying to get away from the heat. The biggest thing is for the first 14 days, they take a lot of care. You've got to be watching them fairly closely for the first few weeks."

Good quality feed is also an important part of raising chicks and watching for any signs of illness or infection, Hardy noted.

"Most people put in a vitamin mixed with water just to get them off to a good start," said Hardy. "But the biggest thing is probably making sure that what you are using to house them is actually warm enough. Especially now, nights are really cool. Even though it's a 25-degree day, it's dropping down pretty cool at nights, so you've got to watch that."

For more information on Kaljent Ag Services, visit kaljentag.ca.



EXPRESS PHOTOS BY ROBIN CHESTNUT

An assortment of chicken breeds in their new home.



The Chicken Dome is a bottomless pen designed to be moved around the yard to allow birds a safe way to free range.

Eriksdale to host walk for Elder Abuse Awareness

By Jeff Ward

For the 10th anniversary of World Elder Abuse Day, people from Eriksdale and area will walk to bring awareness to this important issue.

World Elder Abuse Day is designed to bring greater recognition to the mistreatment of older adults all over the world. It is also an avenue to highlight the need for appropriate action.

"We have a good percentage of elderly people living here in Eriksdale," said Holly Stuart, one of the co-ordi-

nators of the event for the Eriksdale Community Resource Centre.

"The walk is the first of its kind here and we need to be bring more awareness to the issue of our seniors who are being taken advantage of or bullied. It has to stop, and awareness is the first step."

The walk, which takes place Monday, June 15 at 2 p.m., starts at the villa behind the Eriksdale Hospital and will snake around the town before ending back at the villa for some drinks and

a snack.

There will be horses pulling a wagon for those who can't walk the full distance, and the resource centre is hoping for volunteers who will help push wheelchairs for those needing them.

"I'm hoping to have the school involved as well and I think that getting our kids involved is a good opportunity for them. My goal is to try and get some of our younger kids helping the seniors and let them know they're there and want to be visited."

Stuart also explained that she hopes this year will be a good starting point for making the awareness walk an annual event.

There are no donations or any type of entry fee. If you'd like to be a part of the walk, just show up 20 minutes early to get your purple ribbon and show your support by walking through town. If you'd like more information, you can contact either Holly Stuart or Charlotte Lindell at the resource centre at 204-739-2697.

Gimli high school recognizes outstanding achievements



Several Gimli High School Grade 9 to 12 students were recognized as Outstanding Athletes during the high school's awards night on June 2. Pictured back row, left to right: Aaron Dryburgh, Matthew Dryden, Devun Groot; front row, left to right: Chloe Coates, Jillian Henry, Carley Matkowski and Isabelle Ruzic.



Irene and Gerry Varnes have attended the Gimli High School awards nights for the past 27 years to present a volleyball award in memory of their son, Gerry. The award is given to a volleyball player from Gimli High School who exemplifies sportsmanship and a great attitude. This year's recipient, pictured above middle, is Nikko Van Dorp.

EXPRESS PHOTOS
BY ANDERS KUUSSELKA



Members of the Evergreen School Division's (ESD) Board of Trustees attended the awards night to present the ESD awards to Outstanding Students. Pictured back row: school trustees Dianna Auer, Brent Johnson, Robert Arnason, Madison Burke (student) and Ruth Ann Furgala (trustee); middle row: Sarah Dickson, Lauren LeBleu, Danielle Dryburgh, Lauren MacVicar and Brina Erenburgh;; front row: Jay-Lee Strempler, Thea Goodman, Hannah Jonker, Amy Thorkelson, Carley Matkowski and Gladys Kohler (trustee).

Province unveils 'support our troops' specialty licence plate

Staff

On Canadian Armed Forces Day, Healthy Living and Seniors Minister Deanne Crothers, special envoy for military affairs, and Attorney General Gord Mackintosh, minister responsible for Manitoba Public Insurance unveiled Support Our Troops licence plates.

The new licence plate comes in a year that celebrates the 70th anniversary of VE-Day and was revealed the day after D-Day's 71st anniversary.

Manitobans can now show their pride and support for men and women currently serving in the Canadian Armed Forces by purchasing a special licence plate.

"This licence plate is exceptional because it allows motorists to show their support for Canadians who serve this country as members of the Canadian Armed Forces," said Crothers. "By purchasing this plate, Manitobans will know a portion of each sale will go directly to educational scholarships for qualifying military members, their spouses, partners or children who wish to study here in Manitoba."

Manitoba has a strong tradition of supporting the Canadian military, and many Manitobans have served with honour in two world wars, Korea, Afghanistan and in numerous peace-keeping and peace-time missions around the world, Crothers noted.

"We introduced a special licence plate to honour veterans, and it is fitting that we offer a plate to honour serving members of the army, navy and air force," said Mackintosh. "We know that Manitobans are proud of the dedication and sacrifices made by members of the military, and we expect this new specialty plate will be well received."

"I'm proud to say that once I introduced the bill into the House, the bill passed unanimously in the Legislature by all parties," Ralph Eichler, MLA for Lakeside, said. "The 'Support our Troops Licence Plate' gives the public an opportunity to participate in supporting our troops in Manitoba."

The eye-catching plate displays the yellow Support our Troops ribbon, accompanied by a camouflage background.

The plate will be available for sale Monday, June 8 and will cost \$70, with \$30 of that to be used to fund scholarships to qualified applicants.

"The Canadian Armed Forces, in particular the military members of Manitoba, are grateful to the province and Manitobans for their generosity. We are proud to be serving you," said Col. Joël Roy, commander, 17 Wing Winnipeg.

Manitobans interested in the Support our Troops licence plates will be able to purchase them at any of more than 300 Autopac agents.



EXPRESS PHOTO SUBMITTED

The province unveiled a new licence plate to show pride and support for men and women currently serving in the Canadian Armed Forces this past Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg wins four medals at MHSAA track and field provincials

By Brian Bowman

Arborg Collegiate may be a small school, but they had some big results at the MHSAA Track and Field Provincial Championships at the University of Manitoba last weekend.

Arborg brought home four medals from the track and field meet, which attracts elite high school athletes from across the province.

Logan Sigvaldason finished second in junior varsity boys' shot put after a throw of 15.23 metres and was also third in discus (32.86m). The Grade 10 student-athlete has a good future in both events.

"He's a very good athlete," said Arborg coach Haley Fisher. "He's very strong. He does weight training and stuff regularly and he has been working on his technique."

Keelyn Knowles also had a terrific performance, finishing third in junior varsity boys' shot put with a toss of 15.21m. The top three finishers in this event each had exceptional throws.

"These three boys were throwing their best at this meet," Fisher said in an email. "They all got a personal best, which is what you want to see at these competitions. With all the training that they have been doing, (you want them to) reach their peak performance and they did. It was very



Arborg's Keelyn Knowles placed third in the junior varsity shot put, throwing 15.21 while the winner threw 16.05.

exciting."

Neil Sigvaldason, meanwhile, placed second overall in the varsity boys' javelin with a great throw of 47.74m.

Arborg had 13 athletes make the

trip to the U of M, which is a good number for a smaller school. This past season was a real good one for Arborg track and field.

"It was a very good year," Fisher said.



EXPRESS PHOTOS BY HALEY FISHER
Provincial medallists, pictured left to right, Keelyn Knowles, Neil Sigvaldason and Logan Sigvaldason.

Lightning players zapped by junior teams

By Brian Bowman

The sign of a good hockey program is its ability to develop players for the next level.

And it looks like the Interlake Lightning Midget provincial team has certainly been doing its job.

The Lightning have five players – Braden Groot, Aiken Chop, John McCammon, Zach Odwak and Skyler Thorsteinson – that have already signed with Junior "A" clubs.

Groot and Chop are both Stonewall products. Groot is heading west to join the Saskatchewan Junior Hockey League's Humboldt Broncos, under the direction of former Selkirk Steelers' head coach Ryan Smith, while Chop and McCammon will be with the Neepawa Natives of the Manitoba Junior Hockey League.

Odwak, meanwhile, has signed with the MJHL's Steinbach Pistons while Thorsteinson has signed with Neepawa as a 16 year old.

"Our job is to get them ready to play at the junior level," said Lightning head coach Dwayne Swan-

son last Friday. "Those guys worked really hard for me this year and I couldn't be happier for them.

"When they leave your program, you know that they put in as much time and effort as they could and as a coach you hope they have somewhere to go after the season."

Groot was the Lightning's captain this past season and is a tremendous skater who sees the ice extremely well. Groot finished with 12 goals and 28 points this past season.

"He's not an overly big kid," Swanson said. "But he makes up for that with skating ability and huge, huge compete level. He's going to make a fine junior player."

Chop had a great offensive season for the Interlake, scoring 26 goals and producing 36 points.

"Aiken has a major-league shot," Swanson stressed. "If he gets an opportunity to release it, it's going to go in. He shoots really, really well. He's a kid that has a big body and he's going to do well at the junior level as well because of his size."

Gimli's golden girl



EXPRESS PHOTOS BY LIN STEEVES

Gimli's Carley Matkowski (middle) placed first with 1,788 points in junior varsity Girls' Tetrathlon at the MHSAA Provincial Track and Field Championships. Matkowski participated in shot put, long jump, 800-metre and 100-m race.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder rolling during exhibition action



The Thunder Midget team concluded their spring camp with two exhibition scrimmages, one against the South West Wolves and the other against the Sunrise Coyotes. Thunder receiver Kurtis Janzen runs with the ball after making a great catch.

EXPRESS PHOTOS BY AUSTIN GRABISH
Thunder defensive back Carter Safiniuk takes down a Wolves' receiver after a catch during Saturday's scrimmage in Selkirk.

The Thunder's Isabelle McDonald makes a tackle against a Sunrise Coyote player Saturday afternoon during their final home game in Selkirk. The girls will be in Oakbank this Saturday at 2:30 p.m. for an away finale.

Pickleball gaining popularity in Gimli

By Marney Blunt

It's often described as a combination between tennis and badminton, and it is possibly the fastest growing sport among seniors as it becomes the rage in community clubs across Canada and the United States.

And now, the rising sport of pickleball is growing in popularity right here in the Interlake.

Pickleball is a racquet sport that can be played with two to four players. The sport uses a court similar to a badminton court and a tennis net. Players hit a hollow ball with smaller paddles, and rules of the game are also similar to tennis.

The sport started up in Gimli a little over a year ago when Don Basarowich and his wife, Penny, got together with another couple that had also played the sport while vacationing in the States.

"Penny and I started playing in Texas and then another couple that live around here, Jim and Sandy Sigurdson, learned to play in Arizona," said Basarowich. After the two couples came back from wintering down

south, they decided that they wanted to continue to play the sport in their own communities. They approached the New Horizons for Seniors Centre, which linked them up with the Gimli Recreation Centre during the summer and the gymnasium at the Gimli base during the winter.

"We're still looking for a (permanent) home," said Basarowich, who added that next week they will be demonstrating and coaching pickleball to the students at the Gimli High School.

Approximately 20 people participate in the pickleball group, who can play Monday to Friday and occasionally Saturday, at 9:30 a.m. at the Gimli Recreation Centre. Occasionally some of the members have played at the Seniors' Games in Beausejour.

Basarowich says they are always looking for more people to join in, no matter which age.

"It's really going wild. It's going wild here and in the States," said Basarowich. "Our oldest player is 82. We've had some kids play. We're open to anyone. It's good activity."



EXPRESS PHOTO BY MARNEY BLUNT
(Left to right) John Drolet, Penny Basarowich and Don Basarowich are just a few individuals who play pickleball at the Gimli Recreation Centre every morning at 9:30 a.m.

Members only need to purchase their own racquet for pickleball, and Basarowich says the group has a distributor that they can purchase the racquets through for their members.

If you're interested in participating in pickleball in Gimli, you can call Don Basarowich at 204-642-9383 or call the Gimli Recreation Centre at 204-642-6670.

Ashern quilters warm home and abroad

By Jeff Ward

More than 100 visited the Ashern Centennial Hall last Saturday to view handmade quilts made by some very talented ladies.

There were at least 150 articles on display during the show, which has become a popular way for the community to see years of hard work up close and personal.

"We like that people are able to come by and see everything we've done over the years," said Pauline Noordenbos, one of the organizers of the show and a member of the quilting group.

"We've all been together for about 12 years and we all really enjoy this. None of us are professionals but it's just a passion for all of us."

Noordenbos explains that their group of quilters tries to give back every year to a charity and had that work on display as well. Dresses for the House of Hope Charity were also made and will be delivered to Haiti later this summer.

"It's called Dress a Girl Around the World, and we've made about 30 of them this year. We like to be able to give back to those who need the most help, and this was really a great opportunity for us to do just that," explained Noordenbos.

Jenna Noordenbos will be flying to Haiti later this summer to work with Extreme Response Canada to hand-



EXPRESS PHOTO BY PAULINE NOORDENBOS

Pictured from left to right: Linda Jeffers, Karen Richter, Mary Bezemer, Dorothy Halldorson, Kim Ostafischuk, Janet Zutz, Pauline Noordenbos, Sandy Smith, Joan Hansen, Elaine Bruce, Judith McCudden. Missing: Shelley Bjornson, Amanda Larkin, Kathy Fjelsted.

deliver these dresses as well as do some incredibly important work for the country. Haiti is still devastated by the massive 7.0 magnitude earth-

quake that rocked the country in 2010, killing an estimated 160,000 people.

Noordenbos's group gives back locally as well and has donated many

quilts for the hospital guild raffles and other causes in their community.

Interlake-Eastern RHA gets back to the basics of health

Two-day Interlake-Eastern RHA conference focuses the basics of health and wellness

By Marney Blunt

It was all about getting back to the basics of health and wellness at the Interlake-Eastern Regional Health Authority's Power of Prevention – Back to Basics conference at the Lakeview Resort in Gimli on May 27 and 28.

The focus of the event was on keeping yourself in good health so you can prevent making that unwanted trip to the hospital and focusing on the basics of health care, such as eating right and ensuring you get a certain amount of daily physical activity.

"A health-care system is so complicated, and the very last thing we want to do is actually get into the health-care system, and obviously that's going to happen for a number of rea-

sons, some things do happen," said Ron Van Denakker, the chief executive officer of the Interlake-Eastern RHA. "But if we can avoid getting into the system in the first place, then it just kind of makes sense."

The conference featured a variety of guest speakers and breakout sessions that focused on the basics of living a healthy lifestyle, starting right from the early stages of a child's movement.

Michelle Johnson of the Fit Kids, Healthy Kids program by Sport Manitoba was the first guest speaker to kick off the event. Johnson presented on the importance of movement in children during the early stages right over into young adulthood. Johnson spoke about the importance of physi-

cal literacy, moving in different environments and learning fundamental movement skills such as jumping, skipping and running.

"Physical activity should be mandated in every aspect of a child's life, from school to rec programs, in a way that they understand," said Johnson, who stressed much of her presentation on the importance of making sure physical activity is a fun, non-competitive pastime for young children.

The two-day conference also featured a variety of other workshops, including breakout sessions on quitting smoking, how to live a balanced traditional lifestyle, how to be prepared for emergencies, grocery shopping, meal planning, connecting with nature and more.



EXPRESS PHOTO BY MARNEY BLUNT

Michelle Johnson of the Fit Kids, Healthy Kids program at Sport Manitoba spoke on the importance of keeping the fun in physical activity for young children.

High school rodeo finals a family affair

By Lindsey Enns

Tucked under a sun hat with a smile from ear to ear, Lillian Salmon was happy to be spending the day in Selkirk Park supporting her grandson at the Manitoba High School Rodeo Association finals.

"I love animals ... I can sit here all day," the 93-year-old from Stonewall said. "I think it's all good."

"I admire the kids."

Salmon was in town last Friday for day one of the MHSRA finals to watch her grandson Tyson Salmon, also of Stonewall, compete in calf roping, team roping and bull riding.

"She's his number one fan," Tyson's mother Sandra said. "She tries to come to as many rodeos as she can ... but it's not always so close to home."

Hosted by the St. Andrews and St. Clements Agricultural Society, the three-day event included timed roping, racing and roughstock competitions for junior and high school students.

The finals brought together more than 100 competitors from across Manitoba, Saskatchewan and Ontario along with hundreds of their family members and friends. Competitors and their families also came together for a cowboy prom evening on Saturday and a final banquet and awards on Sunday.

The dust and dirt were flying as competition kicked off last Friday under sunny skies.

Tyson, who has been competing for seven years now, said he has no plans to put his gear down anytime soon.

"I wouldn't do it if I didn't love it," the Grade 11 student said. "I love animals so it's fun. I like being on the road."

But the best part about the MHSRA finals is being able to compete alongside his friends for a shot at making it to the nationals or taking home various cash awards, Tyson said.

Although he's been riding a horse on his own since he was three years old, bull riding is one of his favourite

competitions.

Tyson said when gets on a bull and gets ready to ride, his mind clears and he just focuses in on the task at hand.

"When I first started it was all nerves, now it's just adrenaline," he said. "You kind of just go off of what you know, everything else you just black out and just try and stay on."

Sandra said at first it was a little scary watching her son ride a bull, but over the years it's gotten a lot easier.

"If he wasn't so athletic I think I would be more concerned, and we did make sure he went to bull schools before," she said. "You don't just jump on a bull and go."

A full listing of final scores and event winners are being posted online on the MHSRA website at mhsra.ca.



Shane MacLennan received a Junior High Points Cowboy buckle.

EXPRESS PHOTOS BY RICK HIEBERT AND LINDSEY ENNS
Clockwise from top right: Tyson Salmon lassoes the calf in Tie Down Roping to get him a fourth place; Heather Gillespie (left) of Argyle and Lillian Salmon (right) of Stonewall take shelter from the sun while watching their grandsons during opening day of the Manitoba High School Rodeo Association finals in last Friday. Bottom right: Aubrie Park of Teulon in junior High Pole Bending. Bryce and Keenan McMahon competed in Team Roping. Clay Allan of Balmoral finished third in Tie Down Roping

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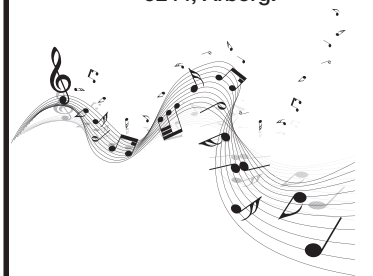
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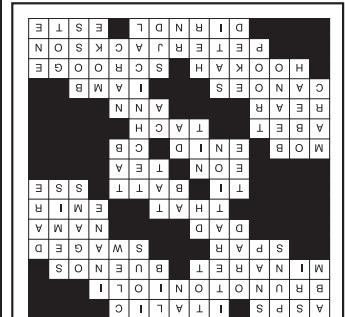
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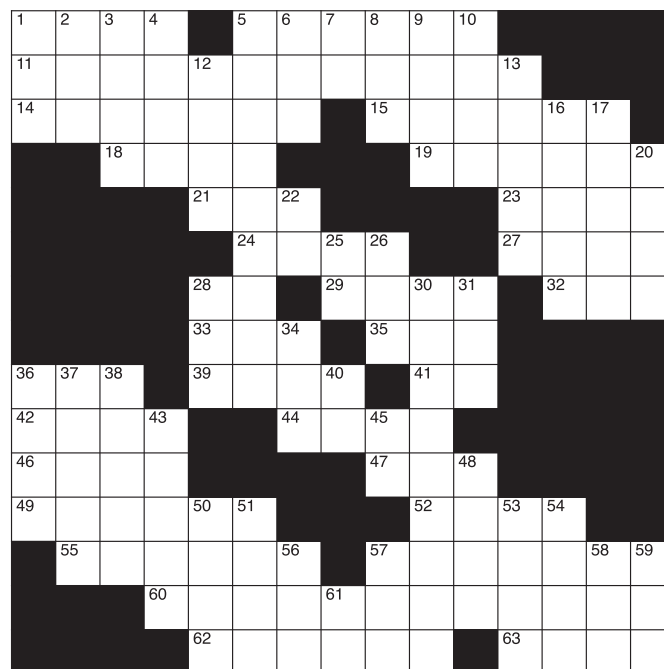
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CLUES ACROSS

1. Cleopatra's vipers
5. Slanted printing style
11. DWTS' Italian judge
14. Slender tower with balconies
15. ___ Aires
18. Practice fight
19. Forged using a metal bending block
21. Male parent
23. National Asset Mgmt. Agency
24. Not this
27. Middle East chieftain
28. 7th tone
29. A role of insulation
32. Midway between S and SE
33. The longest division of geological time
35. Oolong, green or Earl Grey
36. Disorderly crowd
39. Children's author Blyton
41. A radio band
42. Assist in some wrongdoing
44. Measures speed of rotation (abbr.)
46. Bring up children
47. Mitt's spouse
49. Light, narrow paddle boats
52. Unstressed-stressed
55. Oriental water pipe
57. Miser
60. "The Hobbit" director
62. Traditional German frock
63. This (Spanish)

CLUES DOWN

1. Defensive nuclear weapon
2. ___ Lanka, country
3. Play on words jokes
4. Finger click
5. Repeating



6. Toddler
7. Article
8. Women's ___ movement
9. Promises to pay
10. A ball of yarn or thread
12. Towards the mouth or oral region
13. Fatuous
16. Old Irish alphabets
17. Slang for trucks with trailers
20. Defy
22. Dear husband (abbr.)
25. A blood group
26. Make lacework
28. Golf ball support
30. Having a particular scientific skill
31. Chit
34. Head louse egg

36. Pomace
37. West Indian sorcery cult
38. A. Hutton drew this Br. comic
40. Popular 1950's hairstyle
43. A unit of girl or boy scouts
45. 3.6% of the earth's crust
48. Drug agent (slang)
50. Supplemented with difficulty
51. Self-immolation by fire ritual
53. Br. slang for donkey
54. Supervisor
56. Of she
57. Research doctorate in law
58. Took possession
59. Point midway between NE and E
61. Care giver degree

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Place chicken in re-sealable plastic bag and add marinade. Marinate in refrigerator for 30 minutes or longer.

Mash avocado (in mixing bowl) into small chunks and mix with ranch dressing until smooth.

Remove chicken from marinade and discard used marinade.

Grill chicken over medium-high heat, about 8 minutes per side or until thoroughly cooked. Remove chicken from grill and place on cutting board.

Slice chicken into thin strips and serve hot alongside warm tortillas. Serve with build your own sides/garnishes of hot sauce, blue cheese, carrots, cilantro and the avocado ranch dressing.

Preparation Time: 30 minutes

Cook Time: 16 minutes

Ingredients

- 1 1-ounce package, taco or hot taco seasoning
- 2 tablespoons cooking oil
- 3/4 cup water
- 1 pound boneless, skinless chicken breasts
- 1 avocado
- 1/2 cup ranch dressing, prepared
- 6 flour tortillas warmed
- Hot sauce, to taste
- 2 ounces blue cheese crumbled
- 3/4 cup carrots, shredded
- 1/4 cup cilantro, chopped

Wushu Chicken Tacos

Ingredients

- 1/2 cup diced rotisserie chicken
- 1/4 cup asparagus pieces, about 1 inch long
- 1/4 cup yellow squash pieces
- 2 fajita-size flour tortillas (6-inch)
- 2 lime wedges, optional

Sauce

- Fresh ginger slice, 1/8 inch thick, peeled and cut in half
- 2 cloves garlic, peeled
- 2 tablespoons creamy peanut butter
- 1 tablespoon soy sauce
- 3/8 teaspoon chili paste with garlic
- 2 1/2 teaspoons sugar
- 2 1/2 teaspoons Worcestershire sauce
- 2 1/4 teaspoons sesame oil
- 3 1/2 teaspoons water

Preparation

Chop ginger and garlic in food processor as finely as possible. Add next seven ingredients and process until sauce is completely smooth. If sauce is too thick, add more water. If sauce is too thin, add more peanut butter.

Toss about half the sauce with chicken and put aside in a covered bowl.



Boil about 1 inch of water in a large skillet and add asparagus. Cover skillet and turn off heat. In 1 to 3 minutes, lift off cover and remove asparagus using tongs.

Cut off ends of squash and cut into half-moon pieces. Put 1/4 cup squash pieces into microwave-safe bowl and add a little water. Cover with plastic wrap and microwave about 2 to 3 minutes. Let cool slightly and carefully drain off water.

Place tortillas in microwave and cook about 15 seconds, or until warm and bend easily.

Put chicken in tortillas, top with asparagus and squash and drizzle with additional peanut butter sauce. Serve with optional lime wedges.

Serves 1

Effective Strategies for Exam Preparation

by Gwen Randall-Young

For junior and senior high students, a lot of exam time misery can be averted with the right approach. Of course, if you have been keeping up with your studies, preparation for exams will be a lot easier than if you have let things slide.

Here are some general guidelines that can make a big difference. The first thing to do, starting right now, is to make a study schedule. Make yourself a timetable for the period of time from after school until bedtime, and for the weekends, from now until exam time. Start by scheduling in the times that you want to keep free for relaxation, so that you don't end up feeling over-scheduled and stressed out. Block out times that are already committed to extra-curricular activities, lessons, work, or responsibilities that you must maintain around the house. Then look at the time that is left. If you can see right away that you will not have enough time to prepare adequately, you will need to consider if you could cut back on other activities.

Schedule in regular study times, and stick to them. Studying is like putting money in the bank: if you do it regularly, in the end you will have something to show for it. If study time is not scheduled, then you have no guarantee that enough time will be available, and the night before the exam is too late.

If you are worried about a particular subject, sit down with your teacher and ask for some direction in preparing for your exam. The teacher may be able to point out the important areas upon which to focus, or to help you with a

concept that you do not understand. It is very important to ask for help if there are things that are not clear to you. If you don't know something, it is not going to magically pop into your head when you write the exam. Hoping that it won't be on the exam is not a great strategy either. A little bit of help could be enough to get you part marks on a question where you might otherwise get zero.

When you sit down to study, eliminate distractions. Schedule your study time in blocks of 40 minutes with a 10 or 15-minute break. Do not take phone calls or get up for snacks during your concentrated study time. This will interfere with your concentration and your ability to retain what you are studying.

If you stick to your schedule and organize your material carefully (this is where good note-taking pays off), and you ask for help with the parts you don't understand, you are doing a lot to ensure success.

Let your parents know that you have made a schedule, and ask for their input and support. Tension often builds around exam time, so be careful not to get into major hassles that will be disruptive to you. If you sense that you are irritable because of the pressure, let your parents know, so that they can be more understanding. Be good to yourself, and do not neglect proper diet, rest, exercise and fun. You can do it! Go for it.

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

Turkey and Bean Tacos

Ingredients

- 1 lb (454 g) lean ground turkey
- 1 cup (250 mL) white kidney beans, drained and rinsed
- 1 cup (250 mL) tomatoes, chopped
- 1 cup (250 mL) sweet onion, finely diced
- 1 cup (250 mL) frozen or canned corn
- 1 cup (250 mL) carrot, finely grated
- 1 tsp (5 mL) onion powder
- 1 tsp (5 mL) garlic powder
- 2 tsp (10 mL) chili powder
- 1/4 cup (50 mL) Ketchup
- 8 small baked tacos (package of 12, 6 oz/156 g), or 100% whole-wheat wraps or buns
- 1/2 cup (125 mL) grated lower-fat cheddar cheese



Directions

In a large fry pan cook the turkey until no longer pink.

In a large bowl mash kidney beans with the back of a fork. Add tomatoes, onion, corn, carrot, spices and ketchup. Mix to combine.

Add bean mixture to the turkey and cook on medium until heated. About 15 minutes.

Add mixture to taco shell (wrap/bun) and sprinkle with 1 tbsp (15 mL) of cheese.

Makes 8

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