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WEEKLY NEWS

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Taking a calf nap

EXPRESS PHOTO BY ANGELA THORGILSSON  
 Emma Thorgilsson and Carmen Thorgilsson take a break from all the fun and excitement at last weekend's 4-H Beef Show and Sale. The 66th annual Lundar Agricultural Fair featured dozens of family-friendly activities. See pg. 10 for full coverage.

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

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# Arborg blooming with volunteer planters

By Patricia Barrett

Arborg is never short of volunteers to help add a bit of eye-catching colour to the town.

Arborg Early Middle School teacher Cheryl Chwaliboga and her friend Julie Kopnitski were out last Friday evening planting a variety of flowers in a large plot along River Road, a spot that's popular with tourists wanting a glimpse of the winding Icelandic River with its lush green banks, shallow rapids and fish ladder.

One group of volunteer planters already added a splash of colour to the planters beside Interlake Co-op and Noventis Credit Union.

"Different volunteers do different plots," said Chwaliboga. "Volunteers are sent to the flower shop and they can pick whatever flowers they want to put in that particular bed, and they charge it to the town. Then they come and plant."



EXPRESS PHOTO BY PATRICIA BARRETT

Julie Kopnitski (left) and Cheryl Chwaliboga planted flowers along the Icelandic River.



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## Just passing through



EXPRESS PHOTO BY MARLYN STARK

This large beaver attracted a crowd as it meandered along Main St., across from Tim Hortons, in Ashern on Monday. The iconic Canadian animal drew the eyes of many residents who snapped pics. It is unknown if the beaver was just passing through or waiting to get a double double.

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# Province rejects stakeholders' proposals to amend Sustainable Watersheds Act

By Patricia Barrett

The provincial Conservatives rejected proposed amendments to The Sustainable Watersheds Act (Bill 7) after hearing from several organizations concerned about environmental degradation.

Introduced Nov. 30, 2017, by Sustainable Development Minister Rochelle Squires, the bill intends to improve water management across the province. During a Legislative Affairs Committee hearing held May 9, the government heard from several stakeholders, many expressing general support for the bill but recommending a number of changes to enhance environmental protection.

"We [NDP] had agreed previously that we would pass the bill, warts and all, because it does retain a lot of the good work the NDP government had done previously, and it moves progress a little bit forward," said NDP environment critic Rob Altemeyer by phone May 22, the day the government rejected all proposed changes to the bill.

"But each and every opportunity where we're giving this government the chance to do things that stakeholders and experts in the field are telling them to do, they're just refusing to do it. And all of our lakes and rivers are going to suffer as a result of it."

Altemeyer, who sat on the May 9 committee, recommended the government release a report on nutrient levels (phosphorus, nitrogen, etc.) in provincial waterways every year rather than every four years as the bill stipulates, and to make the raw data publicly available. The timing of the first report won't happen until "well past the next provincial election," denying Manitobans an opportunity to assess the Conservatives' track record on environmental protection.

During the hearing, the International Institute for Sustainable Develop-

ment (IISD) and the Lake Winnipeg Foundation (LWF) had also urged the government to provide raw data on water quality each year. And although Squires made a verbal promise to do just that, she vetoed Altemeyer's amendment that would have seen it enshrined in Bill 7.

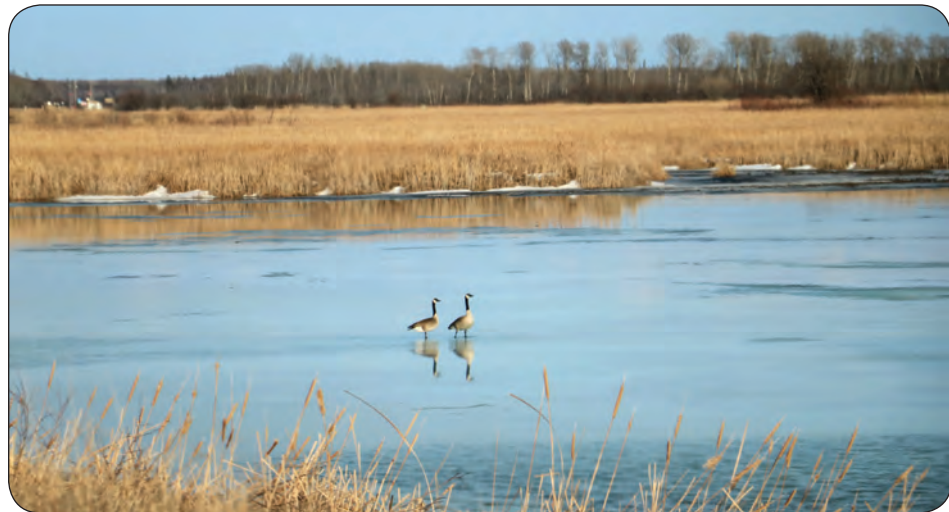
Other amendments Altemeyer said he proposed — all of which the Tories rejected — sought to define and permanently protect Class 3, 4, and 5 wetlands (the most valuable types of wetlands), and make the minister "more powerful" in that she could declare a public threat from the U.S. to Manitoba's waterways and seek permission to contact the federal government and the International Joint Commission for help in defending our waters.

"It would have applied not only to aquatic invasive species, but also to threats from flooding or drought," said Altemeyer, referring to North Dakota's two massive water diversion projects that have the potential to harm Manitoba's waterways.

Altemeyer said the Tories also rejected an amendment to retain the Lake Winnipeg Friendly Accord, signed in 2013 by Canada's western premiers and the federal government, and later by the LWF and the state of Minnesota. The accord was an agreement to work together to reduce nutrient loading to waterways.

"All of us agreed we need to change our behaviour to lessen our downstream impacts, which ultimately end up in Lake Winnipeg, and the government has wiped it out," said Altemeyer. "They also refused the [LWF and IISD's] request that there be an opportunity for the public to comment on any regulation related to nutrient-monitoring work."

Bill 7 amends the Conservation Districts Act, the Manitoba Habitat Heritage Act, the Water Protection Act and the Water Rights Act. Changes to the latter bill will "streamline" the process



EXPRESS PHOTO BY PATRICIA BARRETT

Grassy Narrows Marsh, a channel between Hecla Island and the mainland, is an important nesting area for waterfowl.

for "low impact drainage and water retention projects."

Since European settlement, Manitoba has lost an estimated 40-70 per cent of its wetlands, which help control flooding by storing vast quantities of melting snow and runoff, recharge ground water supplies, sequester harmful nutrients and contaminants, reduce greenhouse gas emissions and provide key habitats for waterfowl, fish and wildlife, according to the

province's Water Stewardship website.

LWF director Alexis Kanu told the Express that the foundation views Bill 7 as an "enabling bill," a necessary first step that will lead to the potential creation of stronger drainage regulations and the protection of more wetlands.

She said LWF was pleased to see in the bill a commitment to no net loss

Continued on page 5



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# Inquest called in death of Eriksdale man

By Jeff Ward

An inquest has been called to learn more about the death of 18-year-old William Saunders who was shot and killed by police after he escaped custody on his way to the Winnipeg Remand Centre last year.

Saunders was being transported from Lundar to Winnipeg on Nov. 14 when he was able to get free and commandeer the police van. That began a manhunt for Saunders, who was eventually found just before 1 a.m. near Lake Manitoba First Nation where he was shot and killed when RCMP tried to arrest him.

Saunders' mother, Irene, spoke with the *Express Weekly News* fol-

lowing the death of her son and said that he had come home earlier that night bleeding from a gunshot wound to his shoulder. He told her that he was going away and didn't know when he would see her again.

"He came in and grabbed his wallet and some things and said, 'They have me up on charges.' He said he'd call me when he could but didn't know when he'd see me again and he was out the door. At five in the morning, a sergeant from Winnipeg came and told me he was dead," Saunders said in November.

Provincial law requires an inquest into deaths that involve a police shooting. Dr. John Younes,

chief medical officer for the province, made the call public on June 5.

The Independent Investigation Unit was called in following the shooting and are always called in following incidents of this nature.

Irene Saunders said that while her son did have many run-ins with the law, he was a good kid. She explained this his girlfriend, at the time of his death, was one month pregnant.

"When he came home that night, he had this look on his face I'll never forget, like he was disappointed in himself because he knew he disappointed us. He looked so lost."



William Saunders

## Coldwell property owners will see tax reductions in 2018

By Jeff ward

RM of Coldwell residents and business owners will be paying less taxes this year, with a substantial reduction for some.

A rural property assessed at a \$150,000 will pay \$2,336.85 in taxes this year, which is \$230.85 less than 2017. LUD properties will see taxes decrease by \$886.95 on \$150,000.

Council presented a balanced budget with revenues totalling \$3,690,571.05.

Coldwell CAO Nicole Christensen said that six residents attended the hearing on June 1 and raised questions about road work expenses and expenses related to the arena project.

Council will spend \$291,718 on general government services, \$105,400 on

protective services, \$933,400 on transportation services, \$150,480 on environmental health services, \$14,200 on public health and welfare services and \$50,233.66 on environmental development services.

They will also spend \$61,907 on economic development services, \$85,600 on recreation and cultural services and \$1,888,868.09 on fiscal services, the last of which accounts for 52 per cent of budgeted expenses.

The new arena building remains a capital project for 2018 with \$2,819,737 allocated to it in the budget. This cost is part of the \$3.5-million total cost for the structure that is currently being built at the arena site. Council spent \$680,263 in 2017 on the arena. New grant funding has been awarded and

council said it will bring the total cost of the project down from what was previously presented and approved. Council has three other capital projects on the list for this year: office renovations and upgrades, budgeted at \$5,000; new equipment for the fire department, budgeted at \$10,000; and a payment on their grader needs to be made in the amount of \$74,226.

Those projects, as well as \$1,698,863 of the arena, will be borne from the general fund and the remaining \$1,120,874 for the arena will be borne by borrowing.

Anyone wanting to review the budget in more detail can find a copy at the RM office in Lundar.



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# Upcoming Winnipeg fundraiser brings travelling theatre, arts to Interlake



By Melissa McIvor

A Winnipeg-based theatre group is bringing the Interlake to the West End for an evening of fundraising to help launch an ambitious new travelling show in a community near you.

On Wednesday, June 20, residents of the Interlake are invited to join Theatre Projects Manitoba (TPM) at the West End Cultural Centre to support *This Land Floods: An Interlake Chautauqua Tour*, which will bring a week of performance and workshops to Steep Rock, Eriksdale, Arborg and Teulon starting October 2018.

TPM has been operating within Winnipeg for almost 30 years and its organizers chose a unique format for their pilot project beyond the city's limits.

"[We] had this ambition to resurrect touring in the style of a 'Chautauqua,' which was very popular in the early

1900s," explained Andraea Sartison, associate artistic director at TPM.

"It was basically a travelling tent show that would come to various rural places and put on different things like lectures, concerts and performances, etc. We want to do that same thing by doing a multidisciplinary tour, but the catch is that we're not just coming in to put on a bunch of different shows for rural people. We're more interested in collaborating with people that we meet in the community."

A major event that they will do in every place that we go is a cabaret, continued Sartison.

"We've been doing a lot of writing about the Interlake so we have a lot of plays about the Interlake that we'd like to perform and read with the people in the community as actors," she said.

"We also are travelling with musicians, storytellers and poets, but there will also be an open invitation to anyone in the community to perform at the cabaret as well. If there's a fiddler in the community they might perform, or a classic guitar player or a dancing group. It's open for everyone."

TPM will also stage a production of *Mary's Wedding*, an acclaimed Canadian play about two young lovers in a small Canadian town during the onset of the First World War.

The group has also been collaborating with Interlake art organizations,

community groups and RM and town offices to design customized workshop programming.

"Some places are interested in doing a choir for the week and a choir performance," explained Sartison. "Some are interested in doing crafting. Some are interested in doing some musical jams. It depends on each place, who is there and what they want to do. That's how we've been shaping each of our residencies."

All performances and workshops on the Interlake Tour will be free or at a reduced cost.

TPM is known locally and nationally for productions that focus on Manitoban content, playwrights and artists, and the group found inspiration in the Interlake waterways when planning their first project beyond the perimeter.

"The title 'This Land Floods' is taken from a poem by Manitoba playwright Katherena Vermette, which we use with permission," said Sartison. "In our province, and especially in the Interlake region, we all understand flooding because we are a place that has a lot of water. And so we looked at, 'How do we trace our stories through the waterways in our province? How do we use the lakes, Lake Manitoba and Lake Winnipeg, as our borders?' And then we looked at what stories have brought people together around water."

"We spent a lot of time at both of the lakes and [the area] is especially interesting because it's a place where settlers and Indigenous people have gathered and worked together for a long time," Sartison added. "In the Interlake, that's especially true with communities of settlers, Indigenous and also Métis communities living and thriving close by."

This Interlake culture will be well-represented at The Interlake Chautauqua Tour Fundraiser by local musical guests Daniel Pélouquin-Hopfner (Ste. Rose du Lac), Sol James (Eriksdale) and Métis fiddler Brad Moggie (St. Ambrose). Attendees will also view a film by Gimli's Andy Blicq about the famous John Ramsay legend and will be treated to theatrical readings of creative pieces written by Indigenous artists and university students. A silent auction will include pieces and art experiences by local WAVE artists and other specially curated packages.

Tickets for the event are \$40 (general admission) and \$25 (artist admission) and can be purchased at the door, at [www.theatreprojectsmanitoba.ca](http://www.theatreprojectsmanitoba.ca) or by calling 204-989-2400.

Doors open at 7:15 p.m. and the show begins at 8 p.m. A cash bar and finger food by Feast Café will be provided.

More information on the upcoming TPM Interlake residencies can be found at [www.theatreprojectsmanitoba.ca](http://www.theatreprojectsmanitoba.ca) as it becomes available.

## > SUSTAINABLE WATERSHEDS ACT, FROM PG. 3

of wetland benefits, which means that if natural wetland habitat is damaged or drained, it will have to be restored. Although that's a "laudable principle," Kanu said it will be difficult to implement in practice on the ground unless the government creates robust regulations.

As to the minister's verbal commitment to release raw data on water quality on an annual basis, Kanu said the foundation was "very pleased" about that and will "take [Squires] at her word."

Kanu, who spoke at the hearing, said she also recommended scrapping a section of the Water Protection Act, which deals with how upgrades to the city's North End wastewater treatment plant are to be undertaken. A more cost-effective and "immediate" approach would reduce the amount of phosphorus flowing into Lake Winnipeg and stem algal blooms that arise as a result.

"Some sections of the Water Protection Act are actually perceived as preventing the city from taking immediate action to address phosphorus

loading from their treatment plants," she said. "So we want to allow them the flexibility to explore alternate methods for removing phosphorus."

Ducks Unlimited Canada's spokesperson Patrick McGarry, who presented at the hearing, noted a discrepancy between drainage and water retention. He called Bill 7 an "important step in the right direction" in that it promises to protect essential wetlands, but "does not entirely prohibit drainage."

The bill states that drained or altered wetlands must be restored or that a compensation payment be made. McGarry recommended the government implement a provision that "focuses first on avoidance and invokes compensation measures as a last resort."

Keystone Agricultural Producers vice-president Jill Verwey also spoke at the hear-

ing, saying she supports the streamlining of drainage projects on farms as there is a current backlog of 1,600 applications.

But she raised concerns about the organization destined to receive compensation payments also acting as the oversight body for evaluating those wetlands.

"We view this as a conflict of interest, as any organization that may be directly involved in receiving funds from a landowner to do wetland offsets projects could not independently facilitate a fair evaluation system," said Verwey during the hearing.

The government passed the bill June

4 without incorporating any of the stakeholders' recommendations, said Altemeyer.

"I think this government from Day 1 has had a very difficult time acknowledging that anybody else has anything to offer."

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# get informed

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## 'Clear Your Gear' fishing line recycling program launched



EXPRESS PHOTOS BY JUSTIN LUSCHINSKI

Sustainable Development Minister Rochelle Squires, pictured above left, puts a bundle of monofilament fishing wire into one of the new recycling containers located along the Red River in Lockport last Friday. The province has partnered with TransCanada and the Wildlife Haven Rehabilitation Centre to set up specially designed containment units for anglers to dispose of used fishing line at popular angling locations as part of the new Clear Your Gear recycling program.

By Justin Luschinski

Manitoba has launched a new recycling initiative in hopes of limiting the amount of fishing line left behind by local anglers.

The province has partnered with TransCanada and the Wildlife Haven Rehabilitation Centre to set up specially designed containment units for anglers to dispose of used fishing line at popular angling locations, such as Lockport.

Monofilament fishing line can be detrimental to birds, fish and other wildlife if left on shore and in the water. Even in a landfill, it can still be picked up or scattered by birds. The Clear Your Gear fishing line recycling program, which was announced in Lockport last Friday before the province's annual free family fishing weekend, ensures fishing line gets properly recycled.

Sustainable Development Minister Rochelle Squires says fishing lines

pose a huge hazard to the ecosystem.

"There's such a growing awareness of the need to do more, whether we're talking about single use plastic bags or lines, we know that these products are having a detrimental effect on our fishing life," Squires said. "We've heard from Wildlife Haven about how many incidents of birds with fishing line wrapped around their wings, or in their stomach, and it's 100 per cent preventable ... I believe that with a bit of awareness, and a little convenience, people will want to do the right thing, and put their lines in these containers where they can be recycled properly."

Squires said the province sees this program as the first step, and they may expand the program to other fishing spots outside of the Interlake region.

Zoe Nakata, Wildlife Haven Rehabilitation Centre executive director, says they treat many line-related injuries at the centre.

"We've seen too many monofilament injuries to birds. It's not biodegradable, it can last for hundreds of years depending on the environmental conditions. And because it's so small, it's very difficult for birds and animals to see it," Nakata said. "They can get entangled, which results in injury, strangulation, or drowning ... A reduction in these lines will reduce the number of injuries we treat at the centre, and increase the survival of those animals."

Squires says fishing in Manitoba generates more than \$200 million in direct and indirect impact to the economy.

"That's a lot of lines in the water, and we want to remind and encourage all anglers to respect the beauty of our natural areas by safely placing trash and fishing line in proper receptacles," she added.

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# getheard

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## Manitoba Agriculture Research and Innovation appointments

### Submitted

The Manitoba government has appointed nine members to the newly formed Manitoba Agriculture Research and Innovation Committee (MARIC), which will provide analysis and recommendations on strategic investments in agricultural research, Agriculture Minister Ralph Eichler announced this past Monday.

"The new appointees to the committee all reflect the diversity of the research community and the agricultural sector as a whole," said Eichler.

"Their expertise, experience and commitment to agricultural research will ensure our government receives the best advice on making investments and how to sustainably grow our industry for the future."

The MARIC will be responsible for assessing and making funding recommendations related to research proposals submitted under the five-year federal-provincial-territorial Canadian Agricultural Partnership. Current priority areas include grain innovation, livestock production, ag-

ri-resource management, processing and value-added, and market development. Committee members will also be responsible for developing and maintaining a provincial strategic plan for agricultural research and supporting research extension and communication with provincial, national and international stakeholders.

The following individuals have been appointed to MARIC on a two-year term: Joanne Buth (Winnipeg), chairperson; Betty Green (Fisher Branch), vice-chairperson; Francois Labelle (Carman); Dr. Allan Preston (Hamiota); Trust Beta (Winnipeg); Kim Ominski (Winnipeg); Gary Plohman (Beausejour); William (Bill) Ashton (Brandon); and Bruce Hardy (Winnipeg).

Betty Green is the provincial co-ordinator of the Verified Beef Production program and a partner in the G7 Ranch with her husband and son, managing 10,000 acres and a 1,000-head beef herd. She has held leadership roles related to education, agri-

culture and rural development for over 30 years including president of the Manitoba Beef Producers, president of both provincial and Canadian associations of school trustees (1988 to 2002), vice-chair of the Prairie Improvement Network and chairperson of the Zone Canada Initiative.

The minister noted the creation of this committee meets the government's broader commitment to streamline and reduce the number of appointments, boards and committees. MARIC replaces advisory committees related to the previous federal-provincial-territorial framework, Growing Forward 2, as well as those connected to the province's Grain Innovation Hub, Manitoba Livestock Manure Management Initiative Inc., and the Manitoba Consumer Monitor Food Panel. This consolidation is expected to create savings of approximately \$500,000 per year while also reducing administrative burdens for researchers.



EXPRESS PHOTO SUBMITTED

Betty Green of Fisher Branch is the provincial co-ordinator of the Verified Beef Production program and a partner in the G7 Ranch with her husband and son, managing 10,000 acres and a 1,000-head beef herd. Green has held leadership roles related to education, agriculture and rural development for over 30 years, including president of the Manitoba Beef Producers, president of both provincial and Canadian associations of school trustees (1988 to 2002), vice-chair of the Prairie Improvement Network and chairperson of the Zone Canada Initiative.

## letter to the editor

Letters to the Editor:  
letters@expressweeklynews.ca

### Who has the right to photograph my yard?

Dear editor

On May 29, early evening a white car pulled into my yard. A gentleman came out showing me a very nice framed picture taken from an airplane of my yard asking me if I would like to purchase it for \$200 framed or \$125 not framed.

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chance I might have purchased the unframed picture.

Without my permission, that photograph was taken illegally and I am not buying something that is illegal. If that picture means so much to them, then they can keep it.

I could tell that he was not too pleased that I did not purchase the picture.

Respectfully your,  
Peter Pilatyk  
Winnipeg Beach

## Fire bans lifted for West Interlake, Grahamdale and Coldwell

### Staff

Fire bans have been lifted for the RMs of West Interlake, Grahamdale and Coldwell following much needed rain that has removed the danger of future fires.

Fire bans, including ATV bans, were in effect last month while wildfires burned out of control near Ashern and Camper. That fire is now extinguished, and with bans lifted, farmers can begin to

burn refuse on their fields, residents can enjoy bonfires and zip around the countryside on ATVs.

Burn bans were lifted last week, June 4 for the RM of West Interlake and June 5 for the RM of Grahamdale. The RM of Coldwell lifted their bans on June 7. Residents can pick up a burning permit for their respective RM office. Permits are available at no cost and are necessary for open burning.



# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Thank goodness for GPS technology

Hi gang.

How about a nice cool refreshing winter fishing story? I know; you're thinking 'Leave the winter stories alone for a few months.' But I'm sorry, one of our fishing brothers gave us a good one and I think you'll like it.

Last Friday, the sun beat down on the clusters of anglers on the Hecla village pier, yet one fellow of average size stood out with his full head of strong white hair. I walked over to him and asked how many pickerel he had caught.

"We just got here," he said. "I'm Ed Kalmot from Arborg."

When I asked him if he had a fishing story for us, he hesitated and then said, "Yeah, but it happened in the winter."

"That's OK," I said. "Our fellow fishers like any kind of a good fishing story."

He thought for a moment and then began. He was on the ice two miles out from Riverton's Sandy Bar in the middle of January. There were other anglers all around him, some in shacks and others sitting on pails or chairs fishing in the open beside their trucks. It was overcast, and as Ed sat jigging his line in the ice hole, he noticed the wind slowly but steadily picking up. He looked up, checking the sky, and as his eyes fell to the northwest horizon, he tensed seeing a whiteout of snow dust coming.

He rose, throwing his gear into the truck box as the wind-driven snow hit him. He worked hand over hand, pulling himself along the truck box to the driver's door. Out of the corner of his eye, he saw a nearby shack tremble and then roll over, its skids and floor weirdly exposed. A smaller shack

barely visible lifted off the ice and then bounced with a sickening crack, collapsing in on itself.

Ed pulled the truck door open against the whistling blizzard and wedged himself inside. Catching his breath, he looked back in the truck box. His pail was gone. Probably in Lac du Bonnet by now, he joked to himself. He knew he had to get off the ice before dark. He had learned to use GPS and navigated his truck to shore right to the road he had used to get on the ice.

I thanked Ed for his story and continued on down the pier looking for someone who had caught fish.

I chatted up folks as I walked past until a gal called and invited me to see a big pickerel she had caught. Like so many that day on the pier, Umaben Bilimoria and her dad Babuibhi Batelpto were beyond excited with their best catch ever.

Late last week, I wandered up and down the Red by Selkirk stopping occasionally to pass the time with anglers. Eventually I came upon a fairly large chap comfortably slumped into his folding chair. His jolly face was emphasized by a small, dark goatee and earring. He spoke in easy-going short phrases, saying he was Eugene Johnson. He pointed to his young red-haired son, Tyson, and their friend's son, thin, dark haired, Masson, offering, "We almost had a triple catch together."

Eugene described how a three-foot sturgeon took his hook while at the same time Tyson caught a 16-inch pickerel, which wrapped itself around the sturgeon's line. Masson, not to be outdone, caught his own pickerel, which joined Eugene's sturgeon and



EXPRESS PHOTO SUBMITTED

Umaben Bilimoria, left, and her dad, Babuibhi Batelpto, with their prize catch off the Hecla pier.

Tyson's pickerel in a confused water thrashing, lines all tangled up in a mess. They reeled in, but just before they had the three fish landed, the sturgeon twisted from its hook, disappearing under the waves. The boys proudly went home with fish.

Last Saturday, I drove along the Winnipeg River talking to folks and came across a loud, laid back, fun-loving Greek by the name of (now hang on) Peter Avgerouovlos. He had a warm face topped with short grey hair. He told how a while back at the Pine Falls dock a buddy, who wished to remain nameless, was in his boat waiting for Pete to bring down the rig to load the boat after fishing. High waves were slapping the boat this way and that

as the friend tried to control it with the motor in forward slow. Suddenly a huge wave poured over the back of the boat, nearly swamping it, tossing our friend into the drink for good measure. He bobbed like a cork in the wild waves, eventually grabbing the boat's side. The boat, however, still in gear, began bouncing around in a circle while a gallery of angling spectators on the pier shouted unhelpful hints to our hapless waterlogged friend.

Finally, the boat changed course itself and slammed onto a huge shore rock with an agonizing screeching sound.

Till next week, good fishing — and boating!

## St. Laurent to host World Elder Abuse event

By Jeff Ward

The St. Laurent Recreation Centre will host guest speakers tomorrow (June 15) in an effort to bring awareness to the mistreatment of elders.

World Elder Abuse Day is June 15 and the event will run from 10 a.m. to 3 p.m. in St. Laurent.

RCMP Sgt. Richard Marshall is one of the guest speakers and he will go over ways that seniors can protect themselves from being the victim of

crime. A representative from Victoria Lifeline will speak about their services and about safe and independent living.

Organizer Brigitte McDaniels said that a representative from the Canadian Revenue Agency will also be on hand to go over the most recent phone scams.

"Our aim is to educate as many people as possible," said McDaniels.

"The CRA phone scam has popped

up again recently and they can be very convincing. We want to make sure people are protected and that they're aware of the ways people are trying to take advantage."

McDaniels explained that the stigma that is still prevalent today is that elder abuse is only physical. The reality is that abuse comes in many different forms: physical, emotional, financial and more. Financial abuse, she said, is very common.

"Maybe you have someone who says they'll take some money out of the bank for you and ends up taking a little for themselves," she explained.

Giving older adults the information to protect themselves is a big goal of this event and attendance is encouraged.

Attendance is free and a light lunch will be provided.

For those wanting more information, call McDaniels at 204-646-4095.



# Paddler attempting solo kayak trip around Lake Winnipeg

## Submitted

Alex Martin, an 18-year-old kayaker from Winnipeg who is graduating from high school this June, is attempting to circumnavigate the entire shoreline of Lake Winnipeg by kayak — a 1,750-kilometre trip that he will be attempting solo, which will take approximately two months to complete.

Alex is an experienced wilderness paddler who has travelled internationally to kayak. Alex has grown up paddling on Lake Winnipeg. He sees his summer 2018 adventure as a chance to share his passion with others, raise awareness about the many recreational activities this iconic body of water has to offer, draw attention to areas along Lake Winnipeg's shoreline that are recognized for their ecological and cultural importance (for example, proposed UNESCO World Heritage Site Pimachiowin Aki) and connect with people who live in lake-side communities.

"My goal with this trip is to help promote water stewardship on Lake Winnipeg. I am incredibly thankful to have the opportunity to attempt this trip and very grateful for the support and encouragement that I have received from my parents, the paddling and adventure community, and the organizations that I have been able to work with on this project," says Alex.

The Lake Winnipeg Foundation (LWF) is an environmental charity that advocates for change and co-ordinates action to improve the health of Lake Winnipeg. LWF is supporting Alex's goal to use his trip as an educational opportunity: beginning

in spring 2018, LWF and Alex have been jointly presenting to Winnipeg schools, talking to students of all ages about topics including the ecological challenges currently threatening Lake Winnipeg's health and the preparation involved in planning an outdoor adventure. These presentations will continue in fall 2018.

"Lake Winnipeg is a special place for so many people. We're inspired by Alex's deep love for this lake, and we're proud to support him as he channels his passion into action for water stewardship," says Alexis Kanu, LWF's executive director.

The Manitoba chapter of the Canadian Parks and Wilderness Society (CPAWS-MB) fosters collaboration with communities and stakeholders to establish protected areas within the vast boreal region of Manitoba, which includes Lake Winnipeg's watershed. CPAWS is supporting Alex during his journey in his efforts to educate about the importance of protecting the landscapes and ecosystems that support the health of Lake Winnipeg.

"The boreal forests and wetlands that surround Lake Winnipeg are paramount to the health of our great lake, as they manage water flows and reduce the level of excess nutrients that enter and can cause damage to our beloved waterbody," says Ron Thiesen, CPAWS-MB executive director. "We trust that Alex's ambition to explore and promote our lake and its adjoining landscape will inspire Manitoba's youth and many others to join the efforts to ensure the well-being of Lake Winnipeg for future generations of people and wildlife."



EXPRESS PHOTO COURTESY OF STEFANIE MARTIN

Alex Martin, an 18-year-old kayaker from Winnipeg, is attempting to circumnavigate the entire shoreline of Lake Winnipeg by kayak this summer.

Safety is paramount. Despite his young age, Alex has had the opportunity to gain experience in many facets of paddling and train with professional kayakers from around the world. He has trained with wilderness medical experts and professionals in animal safety and has also reached out to individuals and organizations from around Lake Winnipeg to gain further knowledge of the areas through which he will be paddling. He will be taking all precautions necessary to stay as safe as possible both on and off the water, including ending his journey if it is not safe to proceed.

Alex's circumnavigation attempt is set to begin on Wednesday, June 27. Subject to change, the plan is to depart from the beach at Grand Marais Point in Grand Beach Provincial Park (starting time to be announced closer to the date). From there, he'll paddle

to the southernmost point of the lake, continue up the west side of the south basin and make his way into the north basin, where some sections will take Alex more than 200 kilometres from the nearest community. His adventure will continue down the east side of Lake Winnipeg; if successful, he will finish where he started sometime in late August.

Alex will be documenting his experience on the Lake Winnipeg Circumnavigation website, [lakewinnipegcircumnavigation.com](http://lakewinnipegcircumnavigation.com), where a GPS map will be available for supporters interested in tracking his daily progress. He'll also be posting updates from his journey on Facebook and Instagram.

Paddlers looking to join Alex on the water for a day are encouraged to contact him online.

## Winnipeg ALS Walk this weekend

### Submitted

The ALS Society of Manitoba announces the 17th Winnipeg Walk for ALS to be held on Saturday, June 16, at 9 a.m. at Assiniboine Park (White Tent - Opposite the Pavilion). With a 2018 fundraising goal of \$255,000 and more than 2,400 participants, this event is one of the largest walks in the city that helps support people living with Amyotrophic Lateral Sclerosis (ALS/MND) in Manitoba and invests in national research to make the disease treatable and not terminal.

"ALS/MND is a rapidly progressive fatal and costly disease that affects the whole family economically and emotionally. Clients require different services and equipment at different stages of their ALS/MND journey to improve their mobility and to maintain their quality of life," said Diana Rasmussen, Executive Director at ALS Society of Manitoba.

The Walk for ALS is a national volunteer-led movement helping local communities. Funds from the Winnipeg Walk for ALS goes 40 per

cent to national research and 60 per cent remains in Manitoba for client services and programs.

"ALS/MND can affect anyone at any time and there is no cure yet. However, the research community in Canada is working hard and moving forward to find effective treatments for ALS/MND. To make this happen, we need Winnipeggers to team up with friends, family and co-workers to fundraise and walk with us to give HOPE to clients and to build a future without ALS/MND," added Diana Rasmussen.

The Winnipeg Walk for ALS is a family-friendly and wheelchair accessible event that runs from 9 a.m. to 12 p.m. it will offer free activities and light refreshments for participants, including a photo booth, and face painting for kids. For those who cannot attend the walk, they can still donate and make a difference in the life and future of people affected by ALS/MND.

For donations and to register, go online to [walkforals.ca](http://walkforals.ca) or contact the ALS Society of Manitoba at 204-831-1510 or [HOPE@alsmb.ca](mailto:HOPE@alsmb.ca).



**KAREN L. KRISTJANSON,** M.Sc., M.A., is a professional life coach, writer, and member of Leading Women for Shared Parenting.

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**Wednesday, June 13th,  
7:00 pm at the Gimli Library**  
*Refreshments provided*



# Annual Lundar fair packs town for fun events

By Jeff Ward

The 66th Annual Lundar Agricultural Fair took place last weekend with a myriad of family-friendly events and competitions in a great summertime atmosphere.

The fair lineup was wall to wall entertainment Friday and Saturday complete with a horse show, 4-H activities, a beef show and sale and other agricultural events. The baby show, parade, live music, a tractor pull, and the Miss Interlake pageant dominated the Saturday lineup.

Members of the Fisher Branch 4-H Beef Club, Lundar 4-H Beef Club, Dolly Bay 4-H Beef Club, Interlake TrailBlazers 4-H Beef Club and Lakeside 4-H Beef Club took part showing their steers and heifers in the ring to potential buyers at the Show and Sale.

Fisher Branch's Presley McConnell's steer won Grand Champion while Lakeside's Talyia Tober's steer won Reserve Champion.

Tansy Tober of Lakeside Beef won Grand Champion Heifer and Sigga Vigfusson won Reserve Champion Heifer. Brooklyn Wirgau and Ryan Gleich, both of Lundar, took home Grand Champion Continuation Heif-

er and Reserve Champion Continuation Heifer respectively. Danny Van Der Veen of Interlake Trailblazers and his calf won the Champion Clover Bud Calf title and Carmen Thorgilsson of Lundar won the Reserve Clover Bud Calf title.

McConnell's champion steer weighed in at 1,430 pounds and sold to Terry Lavallee Construction for \$2.05/lb. Talyia Tober's reserve champion steer also weighed 1,430 pounds and was purchased by Sabados Industries for \$2/lb.

The Miss Interlake pageant had five fantastic contestants all vying for the title this year: Kaitlyn Christensen of Lundar, Emily Weatherburn of Eriksdale, Olivia Orbanski of Arborg, Caitlyn Marshall of Lundar Beach and Tiegan Smith of Teulon.

Contestants' points were tallied after being judged on their chosen talent, how they spoke during a personal interview and their modelling of formal and sportswear. Smith was crowned this year's Miss Interlake 2018 and was voted Miss Talent for her artwork. Orbanski and Marshall were first and second runners-up, and Orbanski was also voted Miss Congeniality.



EXPRESS PHOTOS BY JEFF WARD

The 2018 Miss Interlake Pageant featured the merits of five contestants representing Lundar, Lundar Beach, Teulon, Arborg and Eriksdale. Contestants wowed judged with their talents, poise during a detailed personal interview, and overall demeanour. From left: Kaitlyn Christensen, Emily Weatherburn, Olivia Orbanski, Caitlyn Marshall and Miss Interlake winner Tiegan Smith.



EXPRESS PHOTOS SUBMITTED

Tristian Kehler's 1,340-pound steer was purchased by Interlake Co-op for \$1.70/lb, which then sold it to Terry Lavallee Construction for \$1.90/lb and donated the money to the Lundar Agricultural Society. The money will be used to help pay for the new office space being built this summer behind the Lundar Arena. From left: Lundar Ag Society president Mike Kostyshyn, Tori Goodman from Interlake Co-op, Lundar Ag Society secretary-treasurer Cynthia Wirgau and Tristian Kehler.








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# Lundar RCMP members receive 20-year service medal

By Jeff Ward

Two careers spanning two decades each were awarded with their long service medals two weeks ago in Winnipeg.

The ceremony took place at Lower Fort Garry on May 30 and saw both Sgt. Richard Marshall and Const. Darryl Berube receive their 20-year service medals. Both members presently work out of the Lundar detachment and trained together at the beginning of their careers in Saskatchewan in November 1997.

Berube spent time working in the North West Territories and Saskatchewan before returning to Manitoba to work with Marshall.

Marshall explained that ever since a young age, he always had the desire to help make his community be a safer place and was driven towards law enforcement as a career. He went to university and studied criminology and worked for an armoured car company and a security company before he began RCMP training.

"When we went through training, it was a very different environment than it is now," said Marshall.

"Back then, we all lived in a large dorm with 32 beds in a room. We basically all lived together and did everything together. Now it's much more like university where everyone has their own rooms."

Marshall said that RCMP training was designed to be tough for a few reasons. It helped weed out candidates who weren't fully committed but it also fostered camaraderie among members. Marshall said their troupe became very close and made sure to help each other out when things got tough. Everyone in his troupe did make it through training and he said it was nice to see some of those faces at the ceremony back in May.

The job of an RCMP officer has changed drastically over the last 20 years. Technology, as it has in nearly every aspect of our daily lives, played a big role in that change.

"When I started, we were on the road all day and everything was written on paper. We had hard copies and there was very little on computer. We did our notes on paper on the road and then filed it away at the end. It's amazing how much computer technology has taken over," explained Marshall.

After 20 years, Marshall has seen just about everything the job could offer, good and bad. The job by its nature can be very dangerous and that's something that many RCMP officers learn quickly. The basics of the job are always the same, which is to be out in the public interacting with people one on one.

"Sometimes that happens in very volatile situations," he said.

"I think the most dangerous position I've ever been in was a long time ago now, but it was trying to locate someone who had started shooting at people in the community. This person had shot several people already and it was a high-pressure situation."

The advent of technology has also found its way into making the RCMP far more visible to the public than they've ever been before. Dashboard and body cameras make sure their actions are documented, but with nearly everyone having a high-definition camera in their pocket, officers are being watched now more than ever.

"I think, for the most part, that helps us because it shows the public we're out there doing our job. But it's still very new to the job, being watched all the time," he said.

Marshall has been in Lundar for seven years, and while he loves the community, he said that a change is in order. For RCMP officers in small communities, a changing of the guard is done often. Marshall said that it's tough to give tickets to people who might be your neighbours, and while most people understand it's his job, moving to another community and being a fresh face does make that inevitability much easier.

Marshall has no plans to move right away and will wait for his daughter to finish school next year.

"When I joined, I expected to move a lot and it's nice to be in a career that can take you anywhere."

The career of an RCMP officer might be what some students who are set to graduate in the next few weeks are looking at. Marshall had some advice for those thinking about this as a potential career.



EXPRESS PHOTO SUBMITTED BY RICHARD MARSHALL

Sgt. Richard Marshall and Const. Darryl Berube received their long service medals a few weeks ago for 20 years of service as an RCMP officer.

"If you're a strong person who wants to help their community, then you're the right person for the job. There are so many different adventures you can do, and you'll learn a lot about yourself," he said.

Marshall said that his career has been about as fruitful as he could've ever hoped and that the last 20 years have flown by. Where the next years will take him is unknown right now, but that's all part of the fun.



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## Expert advisory council named for Climate and Green Plan

Submitted

The Manitoba government has named the panel of experts who will advise government on implementing the Made-in-Manitoba Climate and Green Plan, Sustainable Development Minister Rochelle Squires announced Tuesday.

"I am pleased to introduce these highly qualified members of the Expert Advisory Council," said Squires. "Our goal is to become the cleanest, greenest and most climate-resilient province in all of Canada. This council will help us achieve that goal."

Continued on page 15



# Arborg-Bifrost fire department recognizes exemplary service

By Patricia Barrett

The Arborg-Bifrost fire department pulled out all the stops last Friday evening, serving up a smashing appreciation meal for 70 that would have left MasterChef judges speechless, as well as presenting service awards for outstanding achievement.

With financial support from the Town of Arborg and the RM of Bifrost-Riverton, the department's volunteer firefighters/paramedics fed and watered retired firefighters, town and municipal officials, Interlake MLA Derek Johnson and representatives from Arborg's emergency services and the Office of the Fire Commissioner (OFC).

Fire Chief George Chyzy was head chef while Deputy Chief Andy Barylski and Assistant Deputy Chief Dave Edge assisted. They spent two

days in the station's kitchen preparing teriyaki chicken, Italian meatballs, pork chops, cabbage rolls, summer vegetables and other delectable fare. Bifrost-Riverton CAO Cindy Stansell made a massive cake she topped with a fire engine, which featured fiery frosting licking its way up the side of the cake.

Before the feast got underway, the department honoured its own for exemplary dedication to the community and those beyond. Chyzy presented awards to eight firefighters and firefighter/paramedics.

He also presented Appreciation Awards to Jason Comeau (Riverton Fire Department), Lenore Olafson from Arborg EMS (Interlake-Eastern RHA), the Town of Arborg and the RM of Bifrost-Riverton.



Derek Johnson (right) supervised the raising of the new flag.

Keith Ellwood, who spoke on behalf of the OFC, said firefighters come together for the betterment of the community, risking their lives for neighbours and strangers alike.

"It's a calling," he said. "Volunteering [for the fire department] has an impact on our lives and our families. No other organization can come close. No other demands so much physically and emotionally. No other answers the calls at all hours or in the weather you do."

Retired firefighter/paramedic Wally Goldau, who got the department's ambulance service up and running in 1974 and served for 42 years, echoed that sentiment, saying, "There's nothing more rewarding than to help somebody in a motor vehicle accident or a house fire in a small community."

Bifrost-Riverton Coun. Morley Nordal called the department's achievements over the years remarkable. "They give so much and get so little in return. It's a thankless job and they go where we don't want to go. We appreciate you and we're thankful you're here."

Calling the department's presence "peace of mind," Johnson presented the station with a new flag as the old one was in a state of shambles. And after supper, he helped keep the ladder steady as firefighter Kristin Bartsch attached it to the pole.

The department was officially established in 1972. Chyzy, who received a Diamond Jubilee medal last year, an Exemplary Service Award and a 35-year bar from the Manitoba Association of Fire Chiefs, assumed the helm in 1985. He's served as a firefighter for 43 years, a feat the department recognized by presenting him with a bronze statue of a firefighter, a new chief's badge and a new wallet to replace one that was in tatters.

"The place would not be where it is today without George," said Administration Deputy Chief Jeff Pearce. "Sometimes we found him to be stubborn, but he always gets the job done and he has the best interests of the fire department at heart."

Chyzy said the success of the department comes down to how well everybody works together. "It's a team and that's how we've accomplished what we have."

Award recipients:

- Kristin Bartsch: 5-year Service Award; Top Incident Attendance Award
- Andy Barylski: 20-year Service Award; Exemplary Service Award
- Jason Comeau (Riverton Fire Department Mutual Aid Services): Appreciation Award
- Robert Hofer: Top Training Attendance Award
- Terrell Kerbrat: Going Above & Beyond Service Award; Achieved Level 2 firefighter training; Earned Captain stripes
- Richard Kozminski: 20-year Service Award; Exemplary Service Award
- Lenore Olafson (Interlake-Eastern RHA): Appreciation Award
- Jeff Pearce: Top Incident Attendance Award
- Kevin Petkau: 5-year Service Award
- RM of Bifrost-Riverton: Appreciation Award
- Town of Arborg: Appreciation Award



The department got Chyzy a new wallet and new Chief's badge to recognize his 43 years of dedicated service.



EXPRESS PHOTOS BY PATRICIA BARRETT

Richard Kozminski received recognition for 20 years' service. Derek Johnson and Keith Ellwood (left), Chief George Chyzy (right)



From left OFC's Keith Ellwood, Deputy Chief Andy Barylski with his Exemplary Service Award, Derek Johnson and Chief George Chyzy.



Retired firefighter and paramedic Wally Goldau (front left) was among the honoured guests.



# Gimli High School's jazz bands raise the roof at outdoor concert

By Patricia Barrett

Gimli High School's two jazz bands had the crowds at the harbour swinging during their annual Jazz on the Dock concert last Friday afternoon.

"Jazz on the Dock is one of our favourite traditions," said band director Rob Chrol. "It is such a treat to come together with our community to share some music and help with the fundraiser for our Key Club. I personally feel so lucky to get to work at Gimli High School and spend my days with these amazing people."

The Jazz Band took to the harbour bandstand for the first half of the show, covering standards such as Eddie Harris' Listen Here and Miles Davis' Freddie Freeloader, which featured improvised solos by students on the drums, flute, trumpet, trombone, tuba and clarinet.

"We are the living, breathing example of problem solving and perseverance in the moment," said Chrol before launching into Li'l Liza Jane, a traditional song that dates to the turn of the 20th century. The students sang, stomped and clapped their way through the swinging tune that featured drummer Presley Tarnowski on the washboard.

Vocalist Johannah Thordarson performed a pitch perfect rendition of Cuban-American singer Camila Cabello's Havana, which reached the Top 40 last year.

Taking to the stage after a brief intermission, the Jazz Orchestra had the birds singing when they gave a rip-roaring performance of Birdland, a classic jazz-fusion hit written in 1977 by Weather Report. The song featured a brand new member to the orchestra, Jack Goodman, who played bass.

"We're very grateful in this ensemble to have multi-talented, multi-instrumentalists," said Chrol.

During the show, the high school's Key Club members cooked up hotdogs and hamburgers for the crowds. The proceeds will go towards efforts to provide clean drinking water in Cape Town, South Africa.



The Jazz Orchestra trombonist's gutsy solo had clarinet player Thea Goodman revelling in the moment.



Presley Tarnowski played the washboard and drums on Li'l Liza Jane.



EXPRESS PHOTOS BY PATRICIA BARRETT

Vocalist Johannah Thordarson sang Top 40 hit Havana.



Students entertained lunch-hour crowds at the Gimli Harbour bandstand.



Jack Goodman played bass on Weather Report's Birdland.

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# Swim safely this summer with expert instruction through Red Cross

By Jeff Ward

As the temperature begins to heat up, many families will make their way to the beach for some open water fun, and it's a good idea to refresh water safety skills with an upcoming course.

The Long Point Water Safety Swim Program begins next month, and registration is open to all ages. The course is a week long, two classes a day, and has participants learning how to stay calm in emergency situations while getting one on one instruction.

Swimming can be a very fun experience, but open water presents many hazards that should be noted before heading out. Participants will learn from the Canadian Red Cross's Water Safety Instructors. The course costs

\$60 per student and will prepare participants for a safe summer of swimming. Long Point Beach is located at the end of Deer Horn Line approximately 29 kilometres north west of Lundar on Lake Manitoba.

Amie Whiteside and Melanie Spalding are the program co-ordinators and hope to see parents register their children for this important course.

"The program tries to hit any sort of dangerous situation that you might come in to and reinforce those skills you learn," said Whiteside.

"Open water is very different from a pool. You're dealing with wind, waves, current and not having a ledge to grab onto within 25 metres. Even just getting tangled in seaweed and being



EXPRESS PHOTO BY AMIE WHITESIDE

Swimmers learned valuable water safety skills at last year's Red Cross water safety program.

## Dry dock for the Namao vessel



EXPRESS PHOTO BY PATRICIA BARRETT

Lake Winnipeg Research vessel Namao at Hnausa dock.

By Patricia Barrett

The Lake Winnipeg Research Consortium's vessel Namao has pulled out of Gimli Harbour and settled temporarily at the Hnausa dock for a bit of maintenance.

The 327 ton, 33-metre vessel was built in 1975 by the Riverton Boat Works and originally served as a Canadian Coast Guard vessel for deploying and recovering navigational buoys.

In 1998 the LWRC entered into

an agreement with the federal department of Fisheries and Oceans to use the Namao as a research vessel after an abrupt increase in phosphorus loading in the mid-1990s led to the formation of large cyanobacterial blooms on the lake. The increase in phosphorus is attributed to population growth and intensive land use practices.

The Namao was moved to Gimli Harbour in 2000 from Selkirk, and the LWRC purchased it in 2005.

pulled under — we go over that."

The main goal of the program is to teach people to be safe in the water, around the water or on the water. Boat accidents are covered in the course as well as what you can do if you are thrown from a boat. Disoriented entry is the term used to describe what happens when you're unexpectedly thrown into the water.

Swimming is an activity that uses nearly every muscle in your body and treading water for long periods of time is exhausting. Whiteside explained that sculling is the process in which swimmers propel themselves through

the water with only their hands and forearms. It reduces the energy used but can help you get safely to shore.

"You're still keeping yourself above water but you're exerting the least amount of energy," she said.

This is an important lesson for swimmers who find themselves out farther than they realized as using too much energy in a more powerful swimming stroke could mean running out of gas in the middle of a lake.

If you're interested in registering for the program, call Amie Whiteside at 204-739-2818. The program starts on July 16.

## > MADE-IN-MANITOBA PLAN, FROM PG. 12

The expert advisors come from diverse backgrounds and bring a wide variety of expertise to the table, covering both the environment and the economy, the minister said. That expertise includes conservation, water management, recycling, biodiversity, climate change, resource development and local government.

The Expert Advisory Council's roles and responsibilities will include:

- providing advice and recommendations to the minister of sustainable development on programs, policies and measures to be included in the climate and green plan;
- providing advice and recommendations to the minister of sustainable development on greenhouse-gas emissions reduction goals;
- advising on a carbon savings account based on five-year greenhouse-gas emissions reduction goals; and

water issues previously undertaken by the Manitoba Water Council. The Expert Advisory Council will comprise the following members:

- Colleen Sklar, Lockport – chair;
- Andrew MacSkimming, Winnipeg – vice-chair;
- Dennis Anderson, Gimli;
- Jim Irwin, Lake Audy;
- Ian Gillies, Winnipeg;
- Karla Guyn, Lockport;
- Dimple Roy, Winnipeg; and
- Laurie Streich, Winnipeg.

David McLaughlin will serve as technical advisor to the Expert Advisory Council.

"We are moving ahead with implementing our Made-in-Manitoba Climate and Green Plan," Squires said. "Manitobans want to see meaningful action that gets results. This dedicated group will help guide the way."



# get inspired

> MEAL IDEAS



## Fried Bologna Cups

vegetable oil spray. Set skillet over medium heat and lay bologna slices in pan, as many as will fit in one layer. Let bologna fry until it cups. Transfer cups to serving plate and fry remaining bologna in same fashion.

To make Potato-Vegetable Filling: In small, microwave-safe bowl, stir together vegetables and potatoes; microwave until hot.

To make Apple Salad Filling: In small bowl, stir apple, celery, raisins, mayonnaise and yogurt.

Spoon desired filling into each cup. For cups with Potato-Vegetable Filling, top with grated cheese.

Recipe courtesy of The Beef Checkoff  
Yield: 8 bologna cups  
Vegetable oil spray  
8 slices beef bologna  
Potato-Vegetable Filling (enough for one bologna cup):

1/4 cup mixed vegetables  
1/4 cup mashed potatoes  
1 tablespoon grated cheddar cheese  
Apple Salad Filling (enough for one bologna cup):

3 tablespoons chopped apple  
2 teaspoons minced celery  
1 teaspoon golden raisins  
2 teaspoons light mayonnaise  
1 teaspoon plain, low-fat yogurt  
Spray large, nonstick skillet with



Funded by the Beef Checkoff.



## Jerky Trail Mix

1 cup mini unsalted pretzels  
1/2 cup unsalted, dry-roasted peanuts

1/2 cup beef jerky, broken or chopped into 1/4-inch bits  
1/2 cup golden raisins

In large bowl, stir kettle corn, pretzels, peanuts, beef jerky and raisins together. Seal in sandwich bags or serve in bowl.

Recipe courtesy of The Beef Checkoff  
Yield: 4 cups  
1 1/2 cups kettle corn with no added sugars



## Salami-Babs

16 small broccoli florets  
4 baby carrots, cut in half crosswise  
Thread pieces of meat onto skewers, alternating with cheese, broccoli and carrots. Arrange on plate and serve.

Note: To prevent choking, children should be seated while eating, especially when a recipe involves toothpicks; encouraged to take their time and thoroughly chew their food; and should be carefully supervised. When serving young children, cut any circular-shaped foods like grapes, carrots or hot dogs into thin, coin-shaped slices or long, thin strips.

Recipe courtesy of The Beef Checkoff  
Yield: 8 kebabs  
6 ounces beef salami or summer sausage, cut into 3/4-inch chunks  
8 bamboo skewers (8 inches long)  
4 ounces cheese (cheddar or swiss), cut into 1/2-inch chunks



## Exploring Dreams Can Go Beyond Wishful Thinking

true.

I met a man recently who spent the last year traveling around the world with his partner, as they ... where they would make their home. They weren't going where "the job" was, they were exploring the planet to find what for them would be the perfect spot. That sounded wonderful to me. I asked him if one need to be independently wealthy in order to do that.

He laughed and shook his head, explaining that it's a matter of simplifying your needs. You don't need a lot of "things" to enjoy life. He lived simply and saved most of his money. By releasing attachment to "stuff", he gave himself freedom. If maintaining a particular lifestyle is hindering you from living your dreams, perhaps it's time to begin redirecting your resources.

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

Fairytales teach us that dreams can come true. Life teaches that we can create our own dreams. A limiting belief that many hold is that you must be either very fortunate or lucky to get what you really want in life. If you ask most people to tell you what their dream is, they will likely describe something very lovely, even utopian, but will follow their description with a comment on how unlikely it is that they will ever experience their vision.

The phrase "in your dreams" is currently another way of saying "forget it". We live in a society that does not honor dreams. We pay lip service to dreams through lotteries where you are twice as likely to get struck by lightning than you are of winning the big one. If we define dreams as impossible, unlikely, or only wishful thinking, that is the reality that we create. And sure enough, our dreams won't come



## Green Bean Twists

Recipe courtesy of The Beef Checkoff  
Yield: 16 twists

8 ultra-thin slices roast beef, about 2 ounces, cut in half lengthwise  
16 green beans, trimmed, blanched and chilled

Wrap one slice roast beef around each bean, creating spiral, arrange on plate and serve.

## Beefy Lettuce Cups

Recipe courtesy of The Beef Checkoff  
Yield: 8 lettuce cups

8 ounces corned beef, chopped  
1/2 cup shredded carrots  
1/2 cup chopped water chestnuts  
2 tablespoons unsalted, dry-roasted cashew pieces

2 tablespoons teriyaki sauce  
8 butter lettuce leaves  
In medium bowl, stir together corned beef, carrots, water chestnuts, cashew pieces and teriyaki sauce. Spoon onto lettuce leaves and serve.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Blue Jays split pair of MJBL games

By Brian Bowman

The Interlake Blue Jays earned a split in a pair of Manitoba Junior Baseball League games last week.

Interlake lost 7-1 to the Elmwood Giants on June 6 and then defeated the Carillon Sultans 8-5 last Friday.

No box score was on the league website for the Carillon game at press time.

In the Elmwood loss, the Giants scored three runs in each of the second and fifth innings. They also added a run in the third.

Noah Cnockaert-Ducharme scored Interlake's lone run in the top of the sixth inning.

Derek Petrasko led the Blue Jays with two hits.

Both teams had six hits and committed two errors apiece.

Ben Anderson and Brett Goertzen shared the pitching duties for the Interlake.

Interlake was scheduled to host a doubleheader with the Brandon Marlins on Saturday but it was postponed.

Interlake (5-5) will host the Altona Bisons (2-13) on Wednesday (7 p.m.) and then will hit the road to take on the Pembina Valley Orioles (8-5) on Sunday.

Games begin at 1 p.m. and 4 p.m. Interlake was in fifth place in the eight-team league heading into this week's action.

The Blue Jays were six games back of the first-place St. Jammers A's (14-2).



EXPRESS PHOTO BY LANA MEIER

Blue Jays' third baseman Derek Petrasko makes the tag on a sliding Carillon Sultans' player during recent MJBL play.

## MJHL reducing number of registered 20-year-old players

Submitted by the MJHL

Keeping in alignment with its philosophy of developing young players, the Manitoba Junior Hockey League will limit the number of 20-year-olds a team can register to eight this upcoming season.

Moving forward, teams will be limited to seven and six 20-year-olds for the 2019-20 and 2020-21 seasons, respectively.

This was one of several items approved recently at the league's annual board of governors meeting.

Other notable items passed include:

The league board of governors approved a motion that requires all clubs to broadcast their home games in HD quality on the Hockey TV broadcast service that is available for all league games.

Teams will each play a 60-game schedule (30 home, 30 away) with each team playing each other six times over the course of the season.

The regular season will begin Sept. 21 and the playoffs will start on March 8.

The board of governors approved a motion appointing Darren Russell of Killarney as chair of the board and Dale Deschouwer of Portage la Prairie as vice chair of the board.

The board of governors approved a motion that will see the league's annual award presented to the top goaltender be renamed the Ed Belfour Top Goaltender Trophy effective for the 2018-19 season.

The MJHL will, once again, participate in the SJHL/MJHL Showcase at the Co-operators Centre in Regina

from Jan. 13 to 15.

The MJHL announced that its annual Prospects Development Camp will be held at Seven Oaks Rec Centre in Winnipeg on July 26-29.

The MJHL also announced that the 15th-annual Old Dutch Player Showcase will be held Dec. 9-12 at the Seven Oaks Rec Centre. The schedule for the Showcase will be released when the regular-season schedule is posted later in June.

## Athletes honoured at Volleyball Manitoba Awards

Submitted by Volleyball Manitoba

The 2018 Volleyball Manitoba Awards and Hall of Fame banquet was held last Sunday evening at the Canad Inns Destination Centre Polo Park.

It was a celebration recognizing some of the outstanding athletes, coaches, volunteers and officials in Manitoba.

At the banquet, Volleyball Manitoba recognized all provincial champions from this past year, all-stars and MVP's, national medalists, the age-class players of the year from each age category as well as the Cheryl Cable, Mark Tennant, Wezer Bridle Golden Whistle and Mary Jean Eng-

land Coach Awards.

The evening was capped off with the Volleyball Manitoba Hall of Fame inductions, which included Andrew Zurawsky (athlete), Fred Klesnik (builder), Taras Ilkiw (builder) and the 1997-2000 River East Kodiaks girls' teams (team category).

Here are the major award winners:

2018 Volleyball Manitoba Age Class Players of the Year:

15U Girls Player of the Year Andi Almonte - SHOCK

15U Boys Player of the Year Simon Hildebrandt - WinMan Krush

16U Girls Player of the Year Devon Borody - Cobras 16U,

16U Boys Player of the Year

Justin Cross - 204 16U Gold

17U Girls Player of the Year Erika Vermette - Jr Bison

17U Boys Player of the Year Isaiah Olfert - Jr Wesmen

18U Girls Player of the Year Jayda Nault - Cobras 18U,

18U Boys Player of the Year Nigel Nielsen - WinMan Clutch

Mark Tennant and Cheryl Cable Awards for the Junior (20U) Players of the Year:

Cheryl Cable Memorial Award Winner - Kearley Abbott, University of Manitoba

Mark Tennant Award Winner - Eric Loeppky, Trinity Western University Spartans

Mary Jean England Awards - Elite and Developmental Coach of the Year:

Developmental Coach of the Year - Lorriann Ludwig of the WinMan Titans 14U Boys

Elite Coach of the Year - Rob Olfert of the Jr Wesmen 17U Boys

Wezer Bridle Golden Whistle Award - Referee of the Year

Lindsey Barnett Volleyball Manitoba Volunteers of the Year:

Catherine-Grace Peters - Chair of the 2017 Canada Games Beach Volleyball Event

Nikki Redekop Memorial Scholarship Recipients

Kelysian Warmington - Lord Selkirk Royals

Special Recognition Award 2017 Canada Games Indoor Women's Team - Gold Med-

alists

Canad Inns Teams of the Year

Anna Maidment & Erika Vermette - 2017 16U Beach National Champions

Jr. Bison 17U Gold - 2018 17U National Champions

Volleyball Manitoba also recognize all 195 teams that competed in this year's provincial championships, as well as all those teams that competed in the Volleyball Canada Nationals in Edmonton.

In total, there were over 120 teams participating in the national championships from Manitoba, which included 864 teams across the country.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Kodiaks battle hard at MHSAA baseball provincials

By Brian Bowman

The Lundar School Kodiaks capped off a tremendous season with a pair of tough losses at the MHSAA baseball provincials in Plumas/Neepawa.

Lundar failed to make the playoffs after losing to Boissevain (11-1) and Major Pratt (14-4) in pool play.

"I think a little bit of it was our guys haven't seen that level of competition yet," said Kodiaks' head coach Rory Tycoles, who has done a tremendous job with Lundar's baseball program.

"Once they saw how good other teams were, I think they got the deer-in-the-headlights (look) a little."

Against Boissevain, Lundar gave up eight runs in the first two innings while the Kodiaks' surrendered four runs in the first inning against Major Pratt.

It's hard to win when a team gets off to a slow start in a seven-inning game.

"Once we figured we could kind of hang, we got going," Rycotes noted. "But it was a little too late."

Lundar played much better after those slow starts and looked like they somewhat belonged against the top teams in the province.

The Portage Collegiate Trojans won this year's high school provincial

championship after downing Steinbach Regional 5-4 in the championship game.

Despite the early exit at provincials, this Kodiaks' team should hold their heads high after winning the Zone 5 championship.

"They were pretty proud of themselves and I was really proud of them," Tycoles said. "How they stuck with it, and that's something you don't see often in today's society, when teenagers lose bad they seem to give up now-days."

"But they stuck with it right through Grade 12 and they finally got the job

done.

"I'm very proud of those guys and I'll always remember them for how hard they worked and the time they put in."

Tycoles appreciated the dedication the players put into the Kodiaks' program.

"It made it fun for me," Tycoles said. "So, I hope they enjoyed their time. If (players) are willing to put the effort in, then it's a possibility of a zone championship coming back to Lundar again someday."

## Thunder senior girls battling for a playoff spot

By Brian Bowman

It wasn't the way they wanted to win a football game, but the victory was a big one nonetheless.

The Interlake Thunder senior girls' football team saw its record improve to 2-3 after Transcona forfeited the victory last Thursday.

The official score was 30-0.

"We were looking to have a big rebound game against them but it's unfortunate that they couldn't make

it work," said Thunder head coach Mitch Obach. "I assume it was related to their player numbers but I don't exactly know why."

With the win, Interlake is now tied with the St. James Rods for fourth place and the final playoff spot in the seven-team league. Those two teams will hook up Thursday at 7:15 p.m. in Stonewall in the regular-season finale between two evenly-matched teams.

Interlake has lost a couple of players for the season due to injury in recent games. But the girls are continuing to improve and they gave the Sunrise Coyotes a pretty good battle in a loss two weeks ago.

"We really felt good with how things were going on our end," Obach said. "And we were looking forward to carrying that over (against Transcona)."

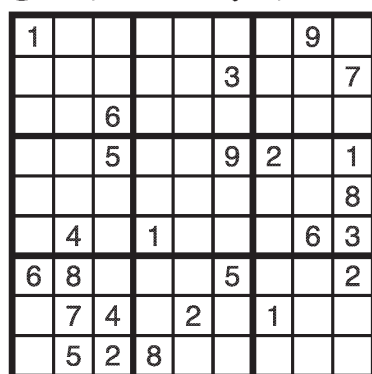
Meanwhile, in junior girls' football action, the Thunder dropped an exciting 54-50 decision to the North Winnipeg Nomads last Thursday.

Interlake, currently in third place in the four-team league, will host North Winnipeg this Thursday at 6 p.m. to wrap up its regular season.

## take a break

> GAMES

### SUDOKU



Fun By The Numbers

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

#### Here's How It Works:

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

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

Sudoku Answer

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| H | O | V | E | C | E | N | E | A |
| I | N | V | E | S | N | O | D |   |
| B | E | I | R | O | H | S | N | I |
| H | I | N | E | A | B | S | N | V |
| S | E | V | E | I | E | T | V | E |
| S | E | V | E | S | O | S | N | S |
| V | K | O |   |   |   |   |   |   |
| O | E | C | E | V | E | S | E | S |
| E | T | V | E | I | O | D | O | V |
| O | D | T | V | N | O | H | E | I |
| E | M | O | N | V | O |   |   |   |
| I | S | O | V | N | V | I | O | S |

Crossword Answer

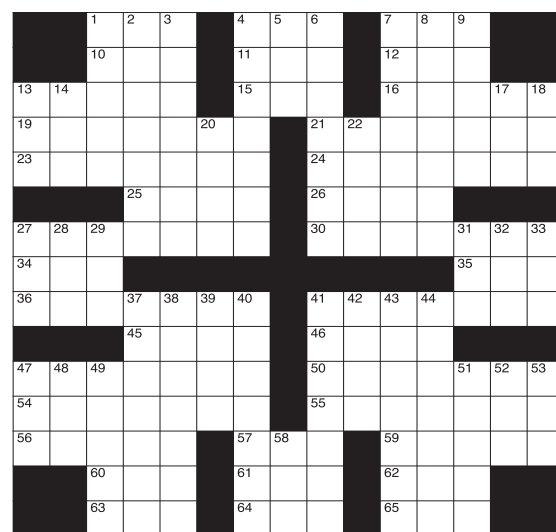
### CLUES ACROSS

1. \_\_ fi (slang)
4. Anecdotes about a person
7. Central Standard Time
10. Beverage receptacle
11. Football's Newton
12. Be in debt
13. Tattles
15. Musician \_\_ Lo
16. Arrange again
19. A binary compound of carbon with a metal
21. Brazilian futbol great
23. Feared
24. Annoy
25. Unit of heredity
26. Small freshwater fish
27. Muscular weaknesses
30. Fined
34. One-time EU currency
35. Egyptian unit of weight
36. Winged horse
41. Increments
45. Abnormal rattling sound
46. Middle Eastern country
47. A type of greeter
50. \_\_ inning stretch
54. Reaches
55. More gray
56. Football term
57. Swiss river
59. Ninth day before the ides
60. Grow old
61. Don't know when yet
62. College hoops tournament
63. Japanese monetary unit
64. Medical device
65. Antidiuretic hormone

### CLUES DOWN

1. Put fear into

## CROSSWORD



2. Partner to corned beef
3. Interiors
4. Agrees to a demand
5. No (Scottish)
6. \_\_ Hess Corp.
7. Ornamental molding
8. Garment
9. Electric car company
13. Decimal digits in binary (abbr.)
14. Gibbon
17. Sun up in New York
18. \_\_ the line
20. A vale
22. Old Irish alphabet
27. A type of band
28. A team's best pitcher
29. Floor covering
31. A \_\_ in the machine
32. Supplement with difficulty
33. Prosecutors
37. Place in order
38. Japanese lute
39. Mongolian city \_\_ Bator
40. Perceived
41. A cloth for washing dishes
42. Chocolate cookie with white cream filling
43. Grassy plain
44. Barometer
47. Father
48. Of the ear
49. Thomas \_\_, British dramatist 1652-85
51. After eighth
52. Where golfers begin
53. Time units (abbr.)
58. Basics

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HOTLINE cook req'd. Seeking part time breakfast, lunch & dinner cook. Must have some kitchen experience. Call CRAVINGS RESTAURANT 204-467-9078 or [cravingrestaurant@hotmail.com](mailto:cravingrestaurant@hotmail.com)

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Deadline June 25/2018

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Please submit cover letter and resume along with references to:  
Arborg Play Group Inc.  
Box 805 Arborg, MB ROC OAO  
or email: [hloweapg@mymts.net](mailto:hloweapg@mymts.net)

## Help Wanted - 3 Positions Available

In association with the Manitoba Metis Federation, Evergreen Basic Needs has IMMEDIATE openings for the following positions:

**General Laborer** - Under the direction of the Lead Hand, the successful applicant will assist with maintenance, cleaning and pickup and delivery of donated items. Must be able to lift 50 pounds. Driver's license would be an asset, but not required. Minimum of 30 hours a week guaranteed

**Store Clerk** - Summer Student - Under the direction of the Store Manager, the successful applicant will perform duties including customer service, stock rotation, taking cash at the till and other duties as assigned. Minimum of 30 hours a week guaranteed. Applicant must be a full time high school or university student who is returning to school in the fall.

**Applicants for both positions must be Metis, Inuit or Non-Status Aboriginal individuals. Applicants are encouraged to self-identify their status.**

**Short Order Cook** - EBN is looking for a Part-Time Cook. Must be available Friday and Saturday 9:00 - 3:00.

For all positions, please send your application to  
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Attention: Elaine Gibbs  
[ebnprograms@mymts.net](mailto:ebnprograms@mymts.net) or [ebnoffice@mymts.net](mailto:ebnoffice@mymts.net)

Mail or drop off at Box 89, 71 4th Ave Gimli, MB ROC 1B0

For more information please call 204 642 9736

## RURAL MUNICIPALITY OF GIMLI 2018 SIDEWALK TENDER

CLOSE DATE:  
JUNE 21, 2018 AT NOON



The Rural Municipality of Gimli is accepting tenders for the following:

Concrete sidewalk renewal, uni-stone renewal and curb restoration at various locations within the Urban Centre (former town area), including removal of existing concrete where necessary and landscaping with top soil and seed to pre-construction condition.

Detailed Tender packages are available to interested bidders on the RM of Gimli website at [www.gimli.ca](http://www.gimli.ca) or at the Municipal Office between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "Sidewalk Renewal, submitted by \_\_\_\_\_" will be received by the undersigned at the address below until **NOON, Thursday, June 21, 2018**. Late submissions will not be accepted.

**Submit to:**  
Rural Municipality of Gimli  
62 - 2nd Avenue, PO Box 1246  
Gimli, MB ROC 1B0  
Attn: Kelly Cosgrove, ACAO

**Questions or concerns in respect to the tender can be directed to:**  
Darcy Hjelmeland  
Manager of Public Works & Utility Operations  
Phone: (204) 642-6688

*The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Council may consider a 10% price variance for local bidders. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.*



The Selkirk & District Curling Club requires an experienced ice maker for the upcoming season.

For more information call:  
Tom Want 204-485-4759  
Orest Byblow 204-482-7326  
Garry Dola 204-771-1439

**Deadline for application:  
July 16, 2018**

## SUMMER EMPLOYMENT OPPORTUNITY

**Maintenance Assistants in various facilities for various locations within the IERHA:**

Locations: Arborg, Eriksdale, Fisher Branch, Lunder, Teulon, Selkirk & Stonewall  
Competition number: IERHA 716/18

Please refer to complete job posting in Careers at [www.ierha.ca](http://www.ierha.ca)

Please apply on-line at [www.ierha.ca](http://www.ierha.ca) or fax (204) 785-4736, stating competition number and location. Deadline for submissions is Tuesday, June 19, 2018 at 4:00 pm.



Interlake-Eastern  
Regional Health Authority

## ARBORG PLAY GROUP INC. Requires a CHILD CARE ASSISTANT Summer Student Position

Join our fun-loving creative staff in an energetic respectful work environment; share the joy with infant & preschool children as they learn through play & exploring the world around them, have fun working in the outdoors - walking field trips/excursions.  
Monday to Friday 8:30 AM - 4:30 PM

**Duties:** Assist ECEs in the care and guidance of children ages 12 months to 8 years of age. Assist ECEs in leading children in a variety of activities i.e., arts & crafts, music, reading, songs, games and outdoor play, to stimulate and develop their intellectual, physical and emotional growth.

**Employment start date: June 25/18**  
**Hours: 40 hrs/wk**

**Qualifications:** Must have grade 12, be 18 yrs of age, must enjoy working with children, possess initiative/motivation, flexibility and be enthusiastic.

Applicant must have been registered as a full time student during the preceding academic year & intend to return to a post-secondary program in the fall.

If you have any questions please contact Heather at 204-376-5109  
Please submit resume to:  
[hloweapg@mymts.net](mailto:hloweapg@mymts.net)



# Classifieds

THE **EXPRESS**  
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## Tender Tenders are now being accepted for the REMOVAL OF MANURE

### From the Ashern Auction Mart

The contractor of the successful tender will be responsible for the removal of manure, hauling and piling of manure at a location of our choosing approx. 2 1/2 miles from the auction mart.

Tenders to be received by June 20th, 2018 (4 p.m.)

Removal of manure to be done by July 31, 2018

For more info call Kirk @768-0019

Interlake Cattlemen's Co-op Assoc.

Box 599, Ashern, MB. R0C 0E0

Fax: 204-768-3690

License # 1128



## INTERLAKE CO-OPERATIVE CAREERS

We are always looking for outgoing, energetic and reliable individuals who can consistently create welcoming, positive and memorable experiences for customers, members and fellow employees. Our employees are our success.

Interlake Co-op is currently recruiting for the following positions:

### Meat Clerk @ Arborg

Interlake Co-op has an exciting opportunity for a permanent Meat Clerk position. The ideal candidate will be well organized and confident in dealing with customers.

Shifts will include one evening per week and two weekends per month.

Competencies and Skills:

- Well organized and be able to multitask
- Physically able to lift 50 pounds
- Must work effectively with other team members, supervisors and customers
- Bring a friendly, co-operative attitude to the workplace daily and a willingness to accept duties as assigned
- Attention to detail

Please submit resume and cover letter to:

Interlake Co-op

Attn: Fresh Department Manager

Box 40 Arborg, MB R0C 0A0

OR

Phone: 204-376-5271

Fax: 204-376-5018

Email: [meat@interlakecoop.com](mailto:meat@interlakecoop.com)

Deadline for applications: Friday, June 22, 2018

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

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail [stonewalldranch@hotmail.com](mailto:stonewalldranch@hotmail.com)

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

204-467-5836



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



## Interlake Cattlemen's Co-op Association Ltd.

## Annual General Meeting

Monday June 18, 2018

8:00 P.M.

## ASHERN AUCTION MART

Auditors Financial Report

Election of Directors

Manager's Report

Dainties and coffee will be served.

## RURAL MUNICIPALITY OF GIMLI UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter(s):

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. 18-0011

Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

### HEARING LOCATION:

RM of Gimli Council Chambers  
62 - 2nd Avenue, Gimli, MB

### DATE & TIME:

June 27, 2018, 7:00 pm

### AFFECTED AREA:

Pt. of SW 1/4 33-18-04 EPM  
Pt. Roll 104850

### GENERAL INTENT:

To rezone an area in the RM of Gimli from "AL" Agricultural Limited Zone to "SRR" Residential Resort Zone as part of a residential subdivision (RMG-18-02S).

### FOR INFORMATION CONTACT:

Nancy Thom,  
CAO/Development Officer  
Eastern Interlake  
Planning District  
62 - 2nd Avenue,  
Box 1758 Gimli, MB R0C 1B0  
Ph: 204-642-5478  
Fax: 204-642-4061  
Email: [eipd@mymts.net](mailto:eipd@mymts.net)  
web: [www.interlakeplanning.com](http://www.interlakeplanning.com)



A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.

## MISCELLANEOUS

For sale: white kitchen appliances: Frigidaire 30" stove and Broan range hood- 30", GE microwave oven- 1100 watts, Kelvinator Fridge - H-64", W-30", Frigidaire dishwasher - quiet clean. All in very good condition, asking \$500 for all or will sell individually. Great for cottage or extra set in basement. Buyer must pickup and remove. Contact: 204-482-7142.

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

## MISCELLANEOUS

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

## FARM MACHINERY

Approx. 1950's Massey Harris 44 diesel, running condition. Excellent project tractor for tractor pull. Asking \$2000. Ph 204-641-0603 or 204-376-2495.

Everything you need to promote your business



Call Today!  
467-5836

## EMPLOYMENT OPPORTUNITY



**INTERLAKE WOMEN'S RESOURCE CENTRE**  
PO Box 1991 87-5th Avenue Gimli, Manitoba R0C  
1B0 (204)642-8264 [iwrc@mymts.net](mailto:iwrc@mymts.net)

### 1.0 EFT Women's Counsellor

#### Responsibilities:

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

**Qualifications:** Social work degree and/or equivalent training and experience will be considered

#### Additional qualifications:

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

#### APPLICATION DEADLINE:

JUNE 29, 2018 @ 4:00pm

Please submit resume to the Interlake Women's Resource Centre, via mail, email, or drop off.

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

**Classified booking deadline is Monday  
at 4 p.m. prior to Thursday's publication.**

**Call 467-5836**



# Classifieds

THE **EXPRESS**  
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## McSherry Auction

12 Patterson Dr.  
Stonewall, MB  
**Estate & Moving**  
Wed June 20 4:00 PM  
Yard \* Recreation \*  
Antiques \* Furniture \*  
Glassware \* Household  
**Estate of Jack Mulvena**  
Wed June 27 4:00 PM  
Over 400 Oil Cans \*  
50 Signs \* Farm Rustic  
Antiques \* Go To Web!  
(204) 467-1858 or  
(204) 886-7027  
www.mcsherryauction.com

## Hip or knee replacement?

Problems walking or getting dressed? The Canadian Government may owe you a:  
**\$2,500**  
Yearly Credit  
**\$20,000**  
Lump Sum Refund  
The Disability Credit Service. Lowest rate in the industry.  
**For reliable expert service CALL**  
**204-453-5372**

## NOTICE OF HEARING

### UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, June 26, 2018 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg MB R3E 3H4 Phone: (204) 945-8912.

### PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 2/009/066/AB/18 - GARAGE MASTERS O/B/O LYLE & GWEN PHILPOTT

Application for Garage and Legalize Dwelling adjacent to and Legalize Access Driveway (Residential) onto P.T.H. No. 9, Parcel C, Plan 6906, S. 1/2 21-18-4E, R.M. of Gimli.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the Secretary prior to or at the hearing.

200 - 301 Weston Street Michelle Slotin, Board Secretary  
Winnipeg, MB R3E 3H4 THE HIGHWAY  
Phone: (204) 945-8912 TRAFFIC BOARD

**Manitoba**

## EMPLOYMENT OPPORTUNITY

**TDM SPORTS**  
is currently seeking

## 1 FULL-TIME POSITION

Responsibilities include retail sales of sporting goods and MTS services

Duties include scheduling, daily cashouts, inventories, ordering and paperwork for MTS Services

Must be energetic, self-motivated, an effective problem solver & have good communication skills

Send resume to:  
Box 38, Arborg, MB R0C 0A0  
Fax to: 204-376-5836 or  
Email to: tdmssports@hotmail.com or  
Apply in person at 279 Main St., Arborg

## READY FOR DELIVERY

1584 sqft. showhome.  
Only \$199,000. 9 ft walls,  
3 bedroom, 2.5 baths.  
Maple kitchen with island  
& walk-in pantry.

Covered veranda.  
Tripane windows & fir  
plywood construction and  
James Hardie siding.

For more information visit  
wgiesbrechthomes.ca  
or 204-346-3231

## Meyers Auction

for the Estate of David  
Johnson  
11 am Saturday June  
23, 2018

Mountain Road, MB  
2 miles West of  
Mountain Road, then  
1 mile South - SIGNS  
& FLAGS POSTED  
AUCTION DAY.

Case 970, 3PTH Leon 690  
Loader \*

IHC 986, 3PTH Allied 580  
Loader \*

White Field Boss 2-105,  
Dual Hyd, \*

Case IH 8465 Round  
Baler \* New Holland 195

Manure Spreader, 410  
BU \* 1998 MacDon 5000

Mower Conditioner \*  
Round Bale Feeders

\* Free Standing Corral  
Panels \*

Shop Tools \* Household \*

ANTIQUES &  
COLLECTABLES \*

Bradley Meyers  
Auctioneer

Arden, MB

204-476-6262 sell

www.meyersauctions.com

## McSherry Auction Service Ltd

### CONSTRUCTION AUCTION LINDA BULLMAN (LATE DAVID)

Saturday June 16th 10:00 am

Beausejour, MB

1 1/2 Miles West on Hwy

215 Then North 1/3 Mile

on Oak Hill Rd #70

Contact # (204) 268-3465

Equip 2016 Bobcat T650

Enclosed Cab Selectable

Joystick w Bucket, 190 Hours

\* Fordson Major Dsl PS \* JCB

530B Dsl 8000LB Telehandler

2224 Hrs \* Genie Z-34/22 \*

Skid Steer Attach \* Trailer

\*96 Interstate 16' Enclosed

BH Tandem \* 13' B H Tandem

Flat Deck Trailer \* Tools \* Air

Comp \* Husq Power Cut Off

Saw \* Air Nailers \* Power, Air

& Hand Tools \* Shop Supply \*

Misc \* 20' Truck Box (Storage

Shed) \* 16' Work Platform

w Rails \* Jobsite Service \*

Jobsite Lighting \* Safety

Harness \* Ladders \* Material

\* Doors \* Windows \* New

Elec Boiler \* Air Nails \* Cases

Nails & Screws \* Fence Posts

\* 12" x 16" Beam \* Insulation

\* Guns \* More Items Than

Listed! Go To Web!

Stuart McSherry Stonewall, Manitoba

(204) 467-1858 or (204) 886-7027

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business



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Or submit an online application

@ www.renaissancetrans.ca

## McSherry Auction Service Ltd

### AUCTION SALE STAN SHEWCHUK

Sunday June 24th 11:00 am

Arnes, MB

North of Gimli On Hwy 8 10 Miles Then

2 Miles West On Arnes Rd #16144

Contact By Texting to: (204) 642-3551

Equip \* MH 44 Gas Tractor w Saw Mandrel \* 2)

Versatile 400 15' Swather 1) Crimper \* Wilrich

28' Cult \* Allied 7" x 50' PTO Auger \* MF 560

RD Baler \* Int 46 Square Baler \* 4 Wheel

Hay Wagon \* Inland 56' Diamond Harrows \*

Horse & Horse Equip \* Quarter Horse/Cross

9 year Old Gelding - Harness & Saddle Broke

\* 4 Wheel Chuck Wagon \* Double Seat Horse

Wagon \* Single Seat Horse Cart \* 2 Seater

Buggy \* HD Bob Sleights \* 15) Corral Panels

\* 3) RD Bale Feeders \* Pleasure Set Heavy

Harness \* Single Buggy Harness \* 2) Western

Saddle \* Spread Rings \* Brass Bells \* Vehicles

& Recreation \* 92 Fleetwood Terry Resort 26'

5th Wheel Camper, Full Bath A/C \* 93 Dodge

Ram Ext Cab, Cummins Dsl 301,000 KM \*

83 Yamaha 200 4 Wheeler \* 1970 Arctic Cat

Cheetah 500 (Runs) \* Snowmobile \* 8 Guns

\* Tools \* Miller AC/DC Welder \* Husq Chain

Saw \* Acetylene Torches \* Table Saw \* Bench

Grinder \* Drill Press \* Metal Cut Off Saw \*

Power Tools \* Hand Tools \* 3/4" Socket Sets

\* Hyd Press \* Welding Material \* Fuel Tank \*

Treated Boards \* Butcher Equip \* 1 HP Meat

Grinder \* Hobart Meat Band Saw \* Knives \*

Meat Hooks \* Butcher Block Table \* Antiques

\* Sickle Mower \* Rake \* Anvil \* Wood Heater

\* Barrels \* Trunk \* Cupboards \* Cream Cans \*

**Stuart McSherry - Stonewall, MB**

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**www.mcsherryauction.com**

## GENERATING BRIGHT FUTURES



## JOIN THE POWER LINE TECHNICIAN TRAINING PROGRAM

Power Line Technicians build and maintain electrical transmission and distribution systems. This four-year apprenticeship program includes on-the-job training and 10 weeks of trade schools. Requirements: high school diploma, Mathematics 40S (Applied or Pre-Calculus), Physics 30S and English 40.

## INDIGENOUS LINE TRADES PRE-PLACEMENT TRAINING PROGRAM

Indigenous candidates who do not meet the qualifications can apply for a six month Indigenous Line Trades Pre-placement Training Program to receive training and academic upgrading to meet the requirements needed to apply for the Power Line Technician Training Program. Requirements: Proof of Indigenous Ancestry, high school diploma with at least one of the credits above.

Deadline: **June 20, 2018**

Apply online at  
**hydro.mb.ca/careers**  
1-800-565-5200

Available in accessible formats upon request.



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# Announcements

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## ANNOUNCEMENT

### SHOWER ANNOUNCEMENT

Please join us  
for a Come-and-Go Bridal Shower  
for Tabby Luprypa  
(bride-elect of Nathan Robinson  
of Winnipeg)  
on Sunday, June 24th  
from 2 - 4 p.m.  
at Minerva Hall  
(1 miles S. of Gimli on Hwy. #8)

## ANNOUNCEMENT

### SHOWER ANNOUNCEMENT



**Nickerson-Kostuik**  
A Come & Go Bridal Shower in honour of  
Chelsea Nickerson  
Bride-elect of Joel Kostuik  
will be held on Thursday, June 28, 2018  
from 6 - 8 p.m. at Minerva Hall.  
Chelsea and Joel are registered at  
Bed Bath and Beyond; Hudson's Bay Home  
(Home Outfitters);  
Pampered Chef; [www.myregistry.com](http://www.myregistry.com);  
gift cards or monetary gifts  
greatly appreciated

A Bridal Shower in honour of  
Selena Stoyanowski  
Bride-elect of Clinton Goodman  
Saturday, June 23, 2018  
at 1 p.m. at the Arborg Christian Fellowship  
Church  
on River Road (across from the fire hall).  
The couple is registered at  
Bed, Bath and Beyond, and at Arborg Home  
Hardware.  
Monetary donations may be left at  
Arborg Co-op or Home Hardware

## ANNOUNCEMENT

### SHOWER ANNOUNCEMENT



Please Join us for a Bridal Shower  
in the honour of the bride Sarah Husluk  
Saturday, June 30th from 1-4 p.m.  
Minerva Hall #8Hwy.  
The couple is asking for Home Depot cards  
or monetary gifts and  
bring a cleaning supply instead of a card.  
RSVP Angie 1-204-886-2939

## ANNOUNCEMENT

### SHOWER ANNOUNCEMENT



**Nickerson-Kostuik**  
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(Home Outfitters);  
Pampered Chef; [www.myregistry.com](http://www.myregistry.com);  
gift cards or monetary gifts  
greatly appreciated

## ANNOUNCEMENT

### GRADUATION



**Sarah Dankochik, B.Env. D.**  
Congratulations on your graduation from  
the University of Manitoba with a Bachelor  
or Environmental Design (Architecture) after  
years of hard work! We are so proud of you!  
Good luck as you pursue your Masters of  
Architecture beginning in September.  
- Love from Mom and Dad  
and the whole family

**Classified booking deadline  
is Monday at 4 p.m. prior to  
Thursday's publication.**

**Call 467-5836**

## OBITUARY

**Diane Margaret Stefanson (Kleinfelder)**  
June 22, 1941 – May 31, 2018

With deep sorrow, we announce Diane's sudden passing on May 31st, 2018 at St. Boniface Hospital.

Diane, aged 76, had been married to Tom Stefanson for 55 years. Diane is survived by Tom, and their two loving children, Jason Stefanson (Heather) and Colleen Gurba (Brent). Diane loved spending time with family and friends and will always be thought of and missed by her four grandchildren: Victoria Stefanson, Tommy Stefanson, Haley Gurba and Blake Gurba.

Diane is predeceased by her parents Jack and Anne Kleinfelder (Wittman) and sisters, Nora Missler (Joe) and Viola Pawluk (Mike), and in-laws Eric Stefanson, Sigrun Stefanson, Dennis Stefanson, and Kristjan Stefanson. Her life will be forever cherished by her brother Al Kleinfelder (Astrid) and in-laws Eric L. Stefanson (Myrna) and Claire Stefanson. Also surviving are her extended group of nieces and nephews: Amber McQueen (Cam), Angie Kleinfelder, Bob Missler (Sandy), Donna Pawulski (Wayne), Carol McTavish (Bill), Debbie Gray (Chuck), Doug Pawluk (Carol), Kristen Stefanson, Eric G. Stefanson, Cheryl Washington (George), Brent Stefanson (Lynne), Grant Stefanson (Shannon).

Diane was born in Winnipeg, MB and graduated from St. Mary's Academy in 1958. She was an excellent student and always spoke fondly of her time at St. Mary's and the lifelong friends she made there. She attended St Paul's College at the University of Manitoba and graduated with an Arts degree in 1963. She subsequently spent several years working with Children's Aid as a Social Worker.

Diane went on to be a very caring mother who made a fun, loving, and secure home for her children and their friends. She loved her family first and foremost. She always found a way to ensure that both Jason and Colleen were active in their youth and supported all of their extra-curricular activities. Diane was actively involved and volunteered at Manitoba Theatre Centre, Sunday School at St John XXIII Catholic Church, local Community Centres and canvassed for Heart and Stroke.

In addition to many weekends and summer breaks at the family cottage in Gimli, (that included her beloved dog, Sadie), Diane also cherished her friendship and trips with the group of ladies who often traveled to Florida for a week of tennis and golf. She also enjoyed her travels to Kelowna, BC including celebrating her brother's 70th birthday last August.

Diane and Tom spent many winters in Southern Florida in Deerfield Beach and later Boca Raton. Many good friends from both Canada and the United States were made playing bridge, golf and tennis. Recently both Tom and Diane took several extended family vacations with Jason and Colleen's families to Mexico and the Turks and Caicos. Diane loved to see the joy and happiness with the whole family and especially her grandchildren on these trips.

Diane was very active with tennis in Winnipeg and in her later years she took up golf and was an active member at St. Charles Country Club. She also enjoyed her leagues at the Taylor Club and Deer Lodge. She was always willing to take the grandchildren out to hit a few balls. She cherished her time at the various churches she attended, including St John XXIII, St Paul The Apostle, St. John Brebeuf, and St. Ambroise in Deerfield Beach.

Diane will be remembered as a generous caring individual that always put her family first. Special thanks to Dr. Schroeder who has provided a lot of help and attention over the past number of years.

Mass of Christian Burial will be celebrated at St. John Brebeuf Church at 1707 John Brebeuf Place on Friday, June 15th at 10:30 am.

In lieu of flowers, donations may be made to either: The Community of St. John Brebeuf (c/o 1707 John Brebeuf Place, Winnipeg, MB R3N 2A2) or Manitoba Theatre Centre.

Diane's family would like to thank family and friends for their kindness and support during this difficult time.



**NEIL BARDAL**  
FUNERAL CENTRE  
204-949-2200  
[neilbardalinc.com](http://neilbardalinc.com)

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## EMPLOYMENT OPPORTUNITY

**Sawmill Workers required immediately.**

**Must be reliable and follow directions well.**

**Must be a team player.**

**Spruce Wood Loggers** is looking for an energetic person who is physically able, punctual, promotable, trainable and can work with others. Must be at least 18 years of age have a class 5 drivers license and dependable transportation.

We are located approx. 18 miles north of Arborg.

**Email resume to: [swl@lakenet.ca](mailto:swl@lakenet.ca) or  
call 204-378-2997 References required.**





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William R. Muenchow

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18 Main St., Lundar

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**Interlake Glass** 365 Main St. Arborg, Mb  
**204.376.5177**  
intglass@mymts.net

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Gimli, MB  
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