

**CASH WASH GIFT CARD
FOR FATHER'S DAY**
Purchase a \$25 gift card
for \$20 (June 15-18)



Interlake

ERIKSDALE LOCATIONS • Grocery • Hardware

• Card Lock

ARBORG LOCATIONS • Food Store

• Gas Bar • Card Lock

BULK PETROLEUM 204-376-5201 or 204-376-5245



THE EXPRESS

VOLUME 4 EDITION 24 THURSDAY, JUNE 15, 2017

WEEKLY NEWS

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD



Celebrating the farm

EXPRESS PHOTO BY JEFF WARD

Attendees of the 65th Annual Lundar Fair were all smiles last weekend while participating in dozens of family-friendly activities including live music, carnival rides and games, a parade and even a petting zoo. The fair brings hundreds of travellers in from all over the Interlake to celebrate exceptional agricultural producers and provide some top-notch entertainment.

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

RONA

BUILDING CENTRE GIMLI

www.rona.ca



100% Natural Cedar Mulch
Available in brown, black or red 56.6L bags.
Improves soil aeration, drainage and moisture retention, while helping to prevent weeds.

Reg. \$6.99 **On Sale For \$3.99**



1-877-770-7662

HOURS: OPEN 7 DAYS A WEEK MON-SAT 8 am - 6 pm • SUN 10 - 5 pm

Gimli High School jazz musicians swing by the harbour

By Patricia Barrett

The Gimli High School Jazz Band and Jazz Orchestra swung by the bandstand at Gimli harbour last Friday afternoon for their annual one-hour Jazz at the Dock concert.

Led by band instructors Rob Chrol and Lindsey Collins, the students performed a number of standard and contemporary jazz numbers.

“Not as crazy as yesterday,” Collins said to the Jazz Band before they launched into a superb performance of Sing, Sing, Sing.

About 200 people, including students from the early and middle years schools, attended the performance and BBQ organized by the high school’s Key Club, which was raising money to help eliminate maternal and neonatal tetanus in the Global South.

“These folks are not just athletes, academics and jobs-on-the-side,” said Chrol, paying respect to his musicians. “I’m so honoured to have so many incredible students.”

Vocalist Jasmine Henry really “cooked it” on Duke Ellington’s Rocks in My Bed then performed a trumpet solo.

Many students did double duty on different instruments. Hannah Jonker performed an alto sax and clarinet solo, and Braden Yablonski played trumpet and piano, performing a “wicked keyboard slide” on Cold Duck Time.

Chrol gave the orchestra a short break before winding up.

“If you’re a wind instrument person, you know trombone and trumpet players have to produce sound by buzzing the lips like this,” said Chrol, demonstrating the technique. “Your lips eventually explode.”

The musicians got two thumbs up from one early school student.

“Did a good job,” he yelled after the Jazz Orchestra performed Song of the Rainforest.



Cameron Lozinski of the school’s Key Club helped raise money to eliminate tetanus in the Global South.



Jasmine Henry sings Duke Ellington’s Rocks in My Bed.



EXPRESS PHOTOS BY PATRICIA BARRETT
The Gimli High School Jazz Band and Jazz Orchestra performed at the Gimli harbour last Friday.



Hannah Jonker performed an alto sax and clarinet solo performing Cold Duck Time.

Lower Fort Garry to host 146 - Pathways to Treaty Relations

Staff

An upcoming event at Lower Fort Garry is inviting community and area members to learn about how treaty

relations can breathe new life into our relationships with one another and the world around us.

The event, entitled “146 – Pathways to Treaty Relations” will take place on Saturday, June 25 at the historic site located off Highway 9. Workshops will be held from 1 to 4 p.m.

Treaty 1, which was signed 146 years ago at Lower Fort Garry, is an invitation to share the land for the benefit of all living things.

Workshop presenters will include:

- Jennifer Preston – In 2015, Canada’s Truth and Reconciliation Commission (TRC) released their Final Report and 94 Calls to Action, related to the legacy of Indian Residential Schools. The TRC called the United Nations Declaration on the Rights of Indigenous

Peoples “the framework for reconciliation.” This presentation will provide an opportunity for people of faith to find their place in understanding both the TRC and the UN declaration and the role of settlers in the journey of reconciliation.

- Allen Sutherland – Focusing on the oral tradition of Treaty 1 and its spiritual foundations, this presentation will utilize a historical timeline to draw connections between historical events and present-day issues that affect our understanding of treaty, social and legal issues, and ultimately our relationships.

For more information, visit treatypathways.com or email treatypathways@gmail.com.



FURNITURE · MATTRESSES · APPLIANCES · HOME ACCENTS

CUSTOMER APPRECIATION DAYS

25% Off

All regular priced
FURNITURE AND HOME ACCENTS

THIS WEEKEND ONLY! 374 Eveline St, Selkirk

CHECK FOR OUR FLYER IN NEXT WEEK'S EXPRESS WEEKLY NEWS!*

*Select areas only, visit dufresne.ca to view flyer online.

Quilters pay homage to area schools in Canada 150 quilt

By Jeff Ward

At the Lunder Fair last weekend, a hard-working group of quilters unveiled their creation that pays tribute to many of the smaller schoolhouses that helped form Eriksdale School.

The quilt features 29 small rural schools that were moved into Eriksdale School upon their closure. The top of the quilt is adorned with the Union Jack and Canadian flags as well as the Manitoba Coat of Arms and the Canada 150 logo.

Amongst the schoolhouses are small details that only the most discerning eyes will find like maple leaves and other fine details.

Donna Murphy came up with the idea after Sandra McDougal of LIFE (Living Independence for Elders) in

Ashern approached her with the opportunity for a grant. Murphy said the idea came to her almost immediately and she went to work assembling a team of quilters to get the job done. There were eight quilters that directly helped in creating the piece and dozens more who indirectly assisted in the project that took more than three months to complete.

"I wanted to make a piece that captured Canada 150 and spoke about the history of Eriksdale's schools," said Murphy.

"It turned out far better than I imagined and I'm really proud of all the work everyone has done here. There was a lot of discussion about how the layout and everything would work and what material to use. There are actually a few schools we didn't have space for."

The designs of the schools on the quilt are not replicas of the way they

looked in real life but rather they are generic templates. The name of each school is below.

Murphy said that much of the research into the older schools came from talking with former students. Murphy searched through local history books to find as much information as possible on where the schools were located before the labour-intensive job of quilting even began.

The quilt is an eye-catching history lesson, and Murphy said that many people who've seen it didn't realize how many different schools there were back in the day. One of the more fascinating things about this process for her was getting a better understanding of the local history and its relationship to what Eriksdale is like today.

"It was very interesting to find out about all of this history while we were putting it together. We did so much talking about where people went to school and that's where much of the info came from. Not all of the students who were in these smaller schools went to Eriksdale. Their parents had the choice if they wanted them to go to Eriksdale or Ashern," said Murphy.

To see the quilt in person, Murphy explained that the Eriksdale Museum may try to frame it and place it within their building. Murphy hopes this quilt will inspire other communities to create their own history quilts. She would love to help them get started on the process and share the tips of how her team created theirs.

"I think every community should do something like this because it's such a great way to visualize the past," said Murphy.

"I WANTED TO MAKE A PIECE THAT CAPTURED CANADA 150 AND SPOKE ABOUT THE HISTORY OF ERIKSDALE'S SCHOOLS."



EXPRESS PHOTO BY JEFF WARD

Donna Murphy stands next to her completed quilt that showcases many of the former schools that were consolidated into Eriksdale School. It is a celebration of Canada 150 and of the history of Eriksdale.



Arborg Family Dental



invisalign

The Clear Alternative to Braces



We Now Offer Invisalign!

Get \$500 Off Invisalign Treatment

Clear aligners are virtually invisible
Smooth comfortable plastic aligners
Aligners are removable for easy cleaning
Eat whatever you want



Flexible payment plans available

Feel free to contact us to schedule an initial consultation appointment to discuss your dental needs and have all of your questions answered.

www.arborgfamilydental.com
145 Sunset Blvd, Arborg, MB
204 376 2624

DO IT FOR YOU



CAITLIN TRAKALO
PHYSIOTHERAPY



- Custom orthotics assessment/prescription
- Joint replacement and post surgical rehabilitation
- MPI and WCB claims
- Children joint and muscle strength
- Joint and spinal manipulation
- Pain management
- Repetitive strain injuries
- Spinal disorders
- Sports Injury
- Proactive treatment for your everyday aches and pains

Book your appointment now!

11 Main Street, Ashern, MB
PO Box 509 ROC OEO

204-314-0316

ctrakphysio@gmail.com

204-739-2613

Sowing seeds for Ashern Museum Threshing Day

By Jeff Ward

For the first time ever, Ashern Pioneer Museum staff have planted oats that will be used for the 25th Annual Threshing Day on the grounds of the museum.

Historically, a board member's farm has been used to plant the grain used in the annual summer celebration, but a process began last year to clear space at the museum in Ashern.

Museum board member Priscilla Ebbers said that last summer they worked hard to clear trees and brush out from behind museum buildings and broke ground for the grain to be planted. Their goal was to do the entire process at the museum so that visitors could see it in action.

Threshing Day takes place Sept. 30 and is one of the many ways the museum offers a look into the past.

The grain was planted on June 2 with the help of Dennis Skoropata, Buddy Bergner, Randy Budge and their horses.

"We were really happy to finally see it go in the ground here because we've been wanting to do this for a while," said Ebbers. "The idea is that it makes it easier to do everything right here on site, but also this allows people to come by and see the grain planted and grow. Not everyone has the opportunity to see that in action, and certainly not the way they used to do it back in the day."

The grain is basically left to its own devices with no manual watering or fertilization, similar to how it was grown



EXPRESS PHOTO SUBMITTED BY KRISTEN STONEHAM

Buddy Bergner and Dennis Skoropata were integral in helping to plant the grain at the Ashern Pioneer Museum for Threshing Day.

in the past. The board wants it to be as authentic as possible, and in that vein, it's up to Mother Nature to help take care of it. The board has grain in storage from last year, so even though they're growing some now, they will thresh what they have in storage and what is grown this year will be used in 2018.

Ebbers said she is proud to see the grain grow

on their own property and she's hoping that it will attract new people to the museum over the summer.

"We can already see some sprouting up which is a good sign. I think this is going to be a great summer for the museum and we're really looking forward to harvesting later this year," said Ebbers.

St. Laurent students make stop motion films with clay

By Jeff Ward

St. Laurent School Grade 3 and 4 students received a crash course in stop motion filmmaking last week with a new project that had them writing, shooting and editing their own short films.

The project was organized by French teacher Michelle Monkman who enlisted the help of Freeze Frame Manitoba to take her students through a claymation workshop. The students had to write the story, create characters and

backgrounds, shoot and edit their films in the span of one day — and the result was something really special, Monkman said.

Students were able to write their scripts and dialogue in English, but when it came time to record their lines, they had to be done in French. Each film was approximately 20 seconds, and while that doesn't sound like a lot, stop motion is extremely time consuming. Every second

Continued on page 17

Opening June 25, 2017

Selkirk Regional Health Centre at 120 Easton Drive



On June 25, Selkirk & District General Hospital staff and patients will be moving into the new Selkirk Regional Health Centre at 120 Easton Drive, located between Selkirk & District General Hospital and Selkirk Recreation Complex.

Patients are encouraged to avoid the ER during 6 a.m. and 12 noon, if possible, as there will be some disruption in service during the patient move. Phone 1-866-267-5818 to find an alternate emergency department.

This new centre will provide the entire region with more specialized services such as the region's first MRI, a family birthing unit, outpatient centre and a larger emergency department, surgery, dialysis, Cancer Care, food services, and more.

Reception is located just inside the main entrance and staff there can help direct patients and visitors. Visiting hours remain the same (10:00 a.m. to 8:00 p.m.)

The hospital main phone number is the same: (204) 482-5800 and departments and services will retain their current numbers with the move.

For contact information and to view maps and videos of the new health centre, visit www.ierha.ca, select **Care in Your Hospital** and click on **New Regional Health Centre in Selkirk**. The EMS station and the community audiology program will continue to operate in the old hospital in the interim.

A grand opening with public tours is planned for fall this year. More information will be provided.

We look forward to caring for you in our new regional health centre!



Interlake-Eastern
Regional Health Authority

Manitoba



51st ANNUAL MANITOBA HIGHLAND GATHERING

Ceud Mille Failte - (100,000 welcomes)

JUNE 24 & 25 | 2017

LEGACY PARK EAST SELKIRK
HWY 59 & PR 212 (KITTSOON RD)

Gates Open at 8:30am
Rain or Shine
BRING A CHAIR

2016 TOP 100 EVENT

TICKETS ALSO AVAILABLE ONLINE
Early bird Pricing

Logos for sponsors: Travel Manitoba, R.R.N., Sons of Scotland, St. Clements, The Grand Forks, MacDon, Noventis, Selkirk, Lawson's, C.O.P.P., Selkirk, Manitoba Multiculturalism and Literacy, and others.

manitobahighlandgathering.org

Federal gov't investing \$4M to fight Lyme disease

By Teresa Carey

The federal government plans to spend \$4 million to establish a Lyme disease research network with hopes of improving diagnosis and treatment.

Health Minister Jane Philpott recently announced the long-awaited federal framework for Lyme disease.

The goal of the framework is to generate new knowledge which will improve diagnosis, treatment and management of Lyme disease. New guidelines on prevention, identification and treatment will be established, with better surveillance through a national medical surveillance program and the sharing of best practices all being a part of the overall plan.

"This is an emerging disease and we don't have all of the answers. As we move forward collectively, it is critical that we come together with an evidence-based approach and address knowledge gaps through further research," said Dr. Theresa Tam, interim chief public health officer at the Public Health Agency of Canada.

According to the federal government's plan, the risk of Lyme disease in some regions is expanding due to

climate change and other factors such as the movement of migratory birds and other animals.

It is estimated that, by the year 2020, 80 per cent of Canada is going to have a deer tick population, the species of tick responsible for the transmission of Lyme disease.

The number of confirmed human cases of Lyme disease in Canada has been growing steadily since it became nationally notifiable in 2009. Government statistics show that in 1994, fewer than 100 cases were reported, whereas in 2016, just under 900 cases were confirmed. However, these numbers are widely acknowledged to be well below the actual incidence.

The federal government hopes that by emphasizing prevention of Lyme disease through educating the public the incidence of Lyme disease can be curtailed. Part of the education and awareness component of the government's plan will be the creation and distribution of standardized educational materials about Lyme disease, which will be designed to increase national awareness about the disease and help to prevent, identify, treat and manage it.

Representatives from Manitoba Lyme and Tick-borne Illnesses, an advocacy group comprised of about 200 people, say the new framework is better than what existed previously but still doesn't address some key issues.

"The federal framework is still relying on lab test results and is not covering all of the bacterium which can be transmitted by a tick bite (Anaplasmosis, Babesiosis and Lyme Disease)," said Marnie La Page, one of Manitoba Lyme's organizers.

However, La Page said that the Province of Manitoba is ahead of the game in one regard.

"Our province is the only one in Canada in which the three tick-borne illnesses are all reportable. That is one step further than the framework," she said.

La Page pointed out that people may be infected with multiple bacterium from a single tick bite, while others may contract only Lyme disease. This creates problems in diagnosis and treatment and is further complicated by the fact that there are no clear cut answers on the treatment because each person who contracts a tick-borne illness reacts differently.



EXPRESS PHOTO SUBMITTED

It is estimated that by the year 2020, 80 per cent of Canada is going to have a deer tick population, the species of tick responsible for the transmission of Lyme disease.

La Page emphasizes that access to treatment, speed of delivery and length of treatment all need to be more effectively addressed in the federal framework on Lyme disease, which will not be up for review for another five years.

Steep Rock campers form committee to improve campground

By Jeff Ward

A group of campers from Steep Rock Beach Park recently formed a committee to help management and staff improve the area they love.

Donna Fissel came up with the idea last month and approached campground management Lana Iwanchuk and Trevor Gabbs. Both thought it was a great idea. Once Fissel had the green light from the board, she went ahead with organizing a group to get a committee started. The plan, Fissel said, is to meet once a month and come up with ideas on how they can help accomplish the goals around the campground.

The committee had their first monthly meeting on June 3, and 19 people attended with at least one rep-

resentative from each bay. Fissel was nominated as the chair of the committee and Lisa Taylor and Amanda Masi were nominated co-chair and secretary respectively.

The committee's first action is to build 12 picnic tables for the park in a fun event taking place at 9 a.m. on Saturday, June 16. The campground is supplying the materials and committee members will be constructing them.

"I figured that we all want the same thing and that's what's best for the park," said Fissel.

"Lana and Trevor and the rest of the staff do so much to make our stay enjoyable, but it's a community out there and we want to be a part of making it work. I figure that if we can help them

reach their goals, then we benefit directly from that success."

Iwanchuk said she and Gabbs were invited to sit in on the meetings, and with the campground getting bigger and more popular all the time, the extra support is welcomed with open arms.

"It helps with our budget and we know we have dedicated people who will volunteer when we ask," said Iwanchuk.

Fissel said the committee is also planning a perogy and garlic sausage dinner fundraiser later this summer. There are new ideas coming in every day from committee members, who want to be part of this new initiative.

"Last year, some of the campers adopted a flower pot in the park and

were responsible for it all year. It saved the park staff from having to worry about them and they could focus on other more important things. We want to continue things like that but add more," said Fissel.

Splendors of Niagara Falls
"One of the Seven Natural Wonders of the World!"
September 10-18
Falls Boat Ride, Niagara on the Lake,
Jackson Triggs Winery Tour, Niagara Falls
Revolving Restaurant Dinner & More!

Southern Caribbean Cruise
Group Departure on Holland America's
Newest Ship the ms Koningsdam
January 23 - February 4
Ports of Call: Bahamas, Porto Rico, Antigua, Barbados,
Guadelope, U.S.V.I., Dominican Republic, Turks & Caicos

EMBASSY TOURS 757-9383
www.embassytours.ca 1-800-723-8051

Nashville, Branson, Pigeon Forge
Oct 21-Nov. 3
The Great Smoky Mountains, Graceland,
Dollywood, Grand Ole Opry, Country Music
Hall of Fame, Live Music Shows, Guided Tours,
Breathtaking Scenery and so much more!

Branson and the Ozarks
November 5-13
Unique Sightseeing, 7 Top-Rated Music Shows
& Attractions Including Daniel O'Donnell &
Silver Dollar City, Scenic Drive,
Christmas Lights & More!

Take care of details so they don't have to. *Just ask Ken.*

kl
KEN LOEHMER
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

THE Flicks CINEMA
319 First Street E., Stonewall, MB
SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary
204-467-8401
PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

THE MUMMY
FRI TO THURS JUNE 16-22
CLOSED TUESDAY
Fri & Sat at 7:30 & 9:30 pm
Sun-Mon, Wed-Thurs at 8:30 pm

Adult Accompaniment under 14;
Frightening Scenes **14A**

"CAPTAIN UNDERPANTS: THE FIRST EPIC MOVIE"
FRI TO THURS JUNE 23-29
CLOSED TUESDAY
Fri & Sat at 7:30 & 9:30 pm
Sun-Mon, Wed-Thurs at 7:30 pm

Animated **G**

THE EXPRESS
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Patricia Barrett



SALES
Branden Meier



REPORTER/PHOTOGRAPHER
Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS EDITOR
Brian Bowman



ADMINISTRATION
Corrie Sargent



DISTRIBUTION
Christy Brown



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Tracy Farmer



SALES
Stephanie Oland Duncan



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Fishing career ends with trophy fish

Hi. Thanks for dropping by.

With the coming of summer, the urge to travel far and wide in search of new fishing waters captures our imagination. It was no surprise that when I visited with folks around Lake Winnipeg's south basin last week, their unusual stories took us to unfamiliar places.

On a perfect sunny Tuesday morning on the Selkirk pier, I met Dan Carlson from Winnipeg. He seemed a man totally comfortable with his time and place in life. Relaxing in his fishing chair, cap over greying hair, his soft-featured face showed enjoyment as he told a heartwarming story of his brother-in-law, John, who caught just one fish, a master, in his whole life.

It happened that Dan and John were boat fishing on Granite Lake, Ont., and John, who had never fished before, was having no luck. When it was time to go back to camp, Dan told him to leave his line in the water to troll and maybe he'd get a bite. Minutes later, John's rod bent over hard. Dan stopped the boat, watching John's rod snapping, quivering and darting from side to side. The line twanged in strained tension as a monster jackfish ripped from the water, sending a spray high in the air. John, being a man of average size and not familiar with this kind of furious action, asked Dan to take over.

"Come on, Johnnie. You can do it. Hang in there," his brother-in-law urged.

Determined, John's hands clamped on his rod, his shoulders stiffened, he braced his feet against the side of the boat, hauling and reeling in. The jack set a pattern, being still then tearing away. Water skiers and boaters stopped to witness the hour-long battle. In time, though, the man conquered the fish and John brought the four-foot-long



EXPRESS PHOTO BY ARNIE WEIDL
Nelson Ferreira of Sandy Hook with a pickerel he caught at Winnipeg Beach.

beast to the boat. The fight, however, had ended the pike. Later that night when they were in camp, Dan couldn't help having a little fun at John's expense. John had left the jackfish outside on the deck planning to get it stuffed and mounted. Dan and the men in camp kidded him, saying the bears would get it, so he dragged it in and placed his treasure in the freezer. John never fished again, but for years, every once in a while, he could be seen sitting in his living room, a satisfied smile on his face, raising his coffee cup to his fish on the wall.

Not long ago I met dad John Trueman and son James of Winnipeg. Both were

slim, grey-haired men with matter-of-fact natures who liked to observe people and things around them. They also liked to fish in Wallace Lake east of Bissett, which is known for its gigantic jackfish and from time to time would witness a spectacle that they had seen there before. They would watch as a mother duck would swim across the lake followed by its ducklings. All of a sudden, the huge teeth-laden jaw of a jack would appear under the duck and then both would disappear in a split second. Not long after, smaller jack fish would emerge and the ducklings would disappear. Such is the harsh reality of life in the wilds.

I was on my way over to Gimli last weekend and decided to make a quick stop at the Winnipeg Beach Marina Complex. On the north beach, I met Nelson Ferreira from Sandy Hook. He had caught a pickerel shore fishing there, which was kind of unusual because that beach is known mostly for bass fishing.

Later in Gimli, I met local Randy Dann, a tall, well-built chap with short light hair who spoke with warm intelligence as he gave us a story. He had spent a fair amount of time working and angling in northern Manitoba, and as we know you get spoiled with the unbelievable fishing up there. It seems he was working with a pilot and chopper years ago and they set down on a flat rock face with foot-deep spring water trickling over it by Island Lake near Waasagomach. Countless pickerel, he said, were swimming between their legs, so instead of catching their supper fish with rod and reel, they literally slapped their legs together, stunning them, and then tossed a few onto the floor of the chopper!

Till next week. So-long, my friends.

> CONTACT US

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



Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication



Stonewall Teulon
Tribune

The Selkirk Record

The Winkler Morden
Voice

> CONTACT US

By phone: 204-467-5836
fax: 204-467-2679

Find us: 74 Patterson Dr.,
Stonewall, MB R0C 2Z0
Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Branden Meier 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

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

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

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

View the Express Weekly News online at
www.expressweeklynews.ca

TROUBLE WITH PAPER DELIVERY?

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

The Express Weekly News is published Thursdays and distributed through Canada Post to 13,183 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we will connect our people through stories in the paper to build stronger communities.

Fisher River Cree Nation spirit of caring extends to Winnipeg

By Patricia Barrett

Staff from the Fisher River Cree Nation Health Services centre brought food, compassion and a glimmer to hope to people in one of Winnipeg's oldest neighbourhoods a few weeks ago.

After meetings with staff to plan and organize the visit, 28 of the health centre's 45 staff set out for Point Douglas June 2 to help address food insecurity in the economically challenged neighbourhood.

"For some of our staff, it has touched home and heart," said Dolly Cochrane, human resource manager at the health centre. "We're aware of their needs out there, and we just wanted to help through our staff. Some of us have family members out there and who have been out there in the past. We know their struggles just through our personal experiences."

Health staff set up tables outside the Winnipeg Christian Holiness Mission near Jarvis and Main and distributed about 250 sandwiches, 300 juice boxes, water, snack bars and fresh fruit to passersby.

One of the health centre's nurses has contacts with the people who run the non-profit mission.

"Before we started serving the food, they shared some gospel hymns," said Cochrane. "And there was a gentleman there playing his accordion. It was really nice."

Health centre staff also chipped in to provide the mission with a monetary donation and took the remaining food to Thunderbird House, a non-profit Indigenous cultural centre.

Despite perceptions to the contrary, the neighbourhood's residents participate to a large extent in the labour force. The Winnipeg Regional Health Authority's 2015 Point Douglas Community Area Profile indicates 61 per cent of the population is employed in some form or another.

However, 46 per cent of the population earns under \$19,000 annually.

"Overall, 33 per cent of Point Douglas residents are in low income status," states the report. And they face "important challenges to health and wellbeing including a lack of affordable housing and food insecurity."

Job opportunities are limited and EIA [education, employment and income] administration is "very humiliating," the report states. "While there are some great food security programs in the area, access to affordable and healthy food continues to be a challenge...."

This marks the first time that FRCN Health Services staff have travelled to Winnipeg as a group, but Cochrane



EXPRESS PHOTO COURTESY OF COLLEEN AMOS

Staff from the Health Services centre in Fisher River Cree Nation travelled to Winnipeg June 2 to spend the day distributing food to people in the Point Douglas neighbourhood.

said she and a couple of the centre's nurses have — as personal initiatives — contributed to the wellbeing of area residents and donated to various local charities, such as Siloam Mission, which served over 500,000 meals last year and provided about 8,000 bagged lunches to the hungry.

"I've done that for myself," said Cochrane. "My husband and my sons helped me collect warm mitts, socks and tuques, and I've taken that to Siloam Mission."

The Health Services centre is currently planning another visit to Winnipeg in the fall to deliver warm winter clothes.

"In our workplace, we're used to planning and organizing because

that's a part of our everyday work. Each of our departments promote health and wellness by hosting numerous events for our community," said Cochrane. "We work with elders and youth. We have an addiction program, pre- and post-natal events, youth innovations, home and community care, community health and, most recently, we have the Jordan's Principle Child-First health initiative [equal access to health services for Aboriginal children], which is very new in the First Nations across Canada."

The Northern Health Region provides a visiting physician and nurse practitioner to FRCN, and the Inter-lake-Eastern Regional Health Author-

ity is a collaborative partner.

Cochrane said in some way "we're all connected," and that it's important to share good fortune with those experiencing deprivation.

"We recognize that there are a lot of low-income families out there who just need that extra boost in their life or a glimpse of hope that there are people out there who do care and that are willing to help," she said.

A/C Special \$49⁹⁵

Oil Change \$44.95 up to 5 Litres
Syn Oil Change \$84.95 up to 5 Litres
Computer Diagnostic \$35.00

– Tune Ups – Suspensions – Tires Sales & Repairs
 – Brakes – Exhaust – Electrical Diag/Repair

2 Technicians with over 40 years of combined experience
Hours Monday - Friday 8am-5pm
27 Center Street, Gimli 204-651-1625

GIMLI FARMER'S MARKET

OPENING THIS SATURDAY JUNE 17th, 2017
AND EVERY SATURDAY UNTIL MID SEPTEMBER.
9:30 am - 3:30 pm
AT THE GIMLI HARBOUR

Come and shop for fresh locally grown produce, fresh bread and baking, honey, preserves, frozen meats and handmade craft items.

FOR INFORMATION CONTACT DIANE FJELD AT 204-642-1365

Fisher Branch Collegiate says goodbye to its principal

By Jeff Ward

After nearly 40 years of teaching and administration work, Shaun Lindal is retiring at the end of this school year, and the decision to do so wasn't an easy one.

Lindal began her educational career in 1980, and other than a short stint working in Selkirk and the last year at Marble Ridge and Broad Valley Colony Schools, she has spent her entire career working with Fisher Branch Collegiate (FBC) students. In that time span, Lindal has taught the grandchildren of students she taught in her first few years. She has seen how the educational system has grown and changed over those years.

Her career in education wasn't planned and she was actually looking at the fields of law and accounting before her accounting professor told her she would be a great teacher. Lindal said that it sparked a curiosity in education and she decided to run with it and has never looked back.

"I never planned on this as a career, but it was the best choice I've ever made," said Lindal, looking back on her 37 years.

"I think the biggest thing for me is that I love kids. I love working with them. I have so many stories about all of the funny things or kind things they do. To think back on how things have changed over the years is interesting, just to see how far we've come in the field."

Technology has really changed and advanced over the years. Lindal said she remembers having 25 manual typewriters and that it was a luxury to have the few electric typewriters — and even more of a luxury when her class was the first to receive computers, TRS80s from Radio

Shack that ran off of cassette tapes.

"We called them trash 80s. They were never very good," joked Lindal.

A few years later, her class received Apple II computers to use, and ever since then, she's seen technology leapfrog itself from a fairly unique perspective. Many of us view technology today as a convenience or as a device used for pleasure. But for Lindal and many educators, they need to look at each piece of emerging technology as an opportunity and a tool to help students grow.

This is not always easy, Lindal explained, because there isn't always an appropriate time and place to use a computer or an iPad. One of the current challenges of being a teacher, she said, is trying to understand how something can be used to benefit a student without them becoming reliant on it.

"These days, we're not teaching students how to use technology. They know how to do that. My grandchild picks up my phone and flips through it with no problem. So what we do as educators is understand how to get students to use that as a bridge to more knowledge and not just the answer for everything," said Lindal.

Lindal became the principal of FBC in 1999, but the move wasn't something she was hunting for. She said that at the end of that school year when the principal announced he was leaving, she wondered to herself who they would get as a replacement. It wasn't until a few of her colleagues approached her and asked her if she was going to apply that she started thinking about it.

"My concerns were that it might be weird to become the boss of my colleagues, that it might change our relationship. But people were supportive and it felt like they really wanted to me to go after it. When I got the job, I gathered everyone for a presentation to let them know who I was as an administrator and what I believed about education," said Lindal.

Changing roles meant giving up a close relationship with her students but gaining a new relationship with her school. It also meant becoming a stronger ally to her fellow teachers and being able to support them in ways she couldn't before. Lindal said that a school is only as strong as the teachers and staff within it, and she's very proud of her team.

Education runs in the family, it seems, as three of Lindal's four children are now also teaching, and two of them teach in Lakeshore School Division. Lindal's daughter Amanda Garton started teaching in Ashern and now works at FBC while her other daughter Lau-



EXPRESS PHOTO BY JEFF WARD

Shaun Lindal is set to retire at the end of this school year after working for 37 years, nearly all of which at Fisher Branch Collegiate.

ren Paslawsky is currently working a literacy support role at Lundar School. Her oldest son Josh Lindal is an adjunct professor of anthropology at the U of W. Her youngest son Arik graduated from FBC last year and is pursuing an agriculture diploma at the U of M.

After her retirement, Lindal will work part-time as principal but said her duties are only a few days a week.

"It was hard to come to the decision to retire, and when I handed Janet [Martell, Lakeshore School Division superintendent] my letter, it was hard to let it go. The reality for me is that both me and my husband want to do things with our lives and we just can't do that if we're still working. It's tough to walk away because I love it so much, but at the same time, it's the right move," said Lindal.

Lindal's career is especially unique because it was almost entirely confined to the halls of FBC. Not only has she seen the building, educational system and students change, but she's seen herself change as well. She grew into a leadership role and enjoyed tackling challenges as they came.

Lindal may have never thought she would be a teacher in her early life, but it's clear that over the last 37 years, she became one of the most dedicated FBC has ever had.

"THESE DAYS
WE'RE NOT
TEACHING
STUDENTS
HOW TO USE
TECHNOLOGY.
THEY KNOW
HOW TO DO
THAT."

OPEN HOUSE

Share Your Views

concerning the proposed construction plans of the Lake Manitoba and Lake St. Martin outlet channels

You are invited to share your views at an Open House hosted by Manitoba Infrastructure and representatives from the consulting engineers of Kontzamanis Graumann Smith MacMillan Inc. These representatives will present the province's proposed plans for the construction of the Lake Manitoba and Lake St. Martin outlet channels.

Topics discussed will include the preliminary details on the channel, environmental considerations and the next steps in delivering this major flood infrastructure project.

The open house will be held in the Moosehorn, MB community hall on:

Date: Thursday, June 29, 2017

Time: 11:00 a.m. – 8:00 p.m.

Location: Moosehorn Community Hall
Railway Avenue
Rural Municipality of Grahamdale

For more information please contact: Mark Allard at 204-622-2261 or Mark.Allard@gov.mb.ca



Interlake artist drawing portraits of immigrants for Canada's 150th

By Scott Billeck

One Winnipeg Beach resident is using two big anniversaries and her artistic abilities to bring life to the stories of immigrants who have landed in Canada.

Julia Penny has been an artist ever since she can remember her mother getting fed up with her drawing on the walls in their home.

"Ever since I could work a pencil," she said.

Her penchant for drawing portraits, and her own story of immigrating to Canada, has inspired her to celebrate Canada's 150th anniversary and her own anniversary of coming to Canada in 1967 with a unique look at immigrants who have settled in the nearby area, past and present.

Penny is planning on doing 150 portraits of local immigrants, sharing their stories with her art.

"Our ship, the Carmania, docked in Montreal in July, 1967," Penny said. "This was a brand new start, and even as a child, it felt like Canada was saving my life. I am highlighting other immigrants and their stories in gratitude to this amazing country."

"We all have a reason for why, when and how we came here. We homesteaded. We escaped oppression. We came to find a better life for our family. We were sent here alone as children. We were young newlyweds looking to build a new future. We were from every part of the globe."

Penny has roughly 50 names at the

moment and has completed 25 pieces, which were on display for the June Interlake Artists' Studio Tour last weekend at The Black Dog Art Studio, located on 320 Alder Ave. in Winnipeg Beach. Admission is free.

"I got one man right now, he's passed away now, but his dad was a chimney sweeper and came over (to Canada) as an orphan and has 300 relatives in her wake," Penny said. "I have another lady who homesteaded a farm and raised her grandchildren in a log cabin. I think they all have some really interesting stories. I wanted to draw portraits of my fellow immigrants."

Penny was born in England but was raised in East Africa. Her parents, she says, were somewhat of a nomadic couple. In 1966, her father moved to Canada to find work. A year later, with a job in hand, the rest of the family followed suit.

Penny has been asking around looking for people who have lived in the area for lengthy periods of time and has asked for photographs. Others, she says, includes people of all colours and ethnic backgrounds.

Each portrait is done on 10x10 inch panels, which are sanded down, painted white and then varnished once she is done. Each portrait will have the person's first name and story, with lengths of each story depending on what is provided to Penny.

"I've got a lady from British Guiana. I've got Icelanders, Ukrainians, English and Scottish," she said. "I'm trying



Ellen was born in 1877 and immigrated to Canada from Brighton, Sussex, England. She is pictured here with a baby wearing a christening gown that has now been worn by seven generations of her family.

EXPRESS PHOTO SUBMITTED

Winnipeg Beach artist Julia Penny is hoping to bring 150 Canadian immigrants stories to life with her portraits.

to include everybody. Everybody has a good story to tell."

formation can be found on her website, juliapenny.com.

Each portrait is for sale. Penny said she is still looking for more faces and biographies of immigrants. More in-

Steep Rock campers reminded to lock up picnic baskets

By Jeff Ward

Several black bear sightings at Steep Rock Beach Park have prompted campground management to remind campers about bear safety and how they can do their part in discouraging dangerous visitors.

Campground manager Lana Iwanchuk said that bear sightings are not uncommon and typically there are a few a year. This year, one particular bear seems unfazed by loud noises or people, which can be a bit more dangerous for campers.

Iwanchuk said there are many things campers can do to help keep bears away. Cleaning up garbage and barbecues and securing food go a long way in making a campsite unattractive to bears.

"We also encourage people to carry a whistle with them. People know that when you hear an airhorn at the park that a bear has been spotted," said Iwanchuk.

"Thankfully, we've never had a serious incident with a bear and actually most stories about them are funny more than anything. We had one climb into a woman's camper who had gone for a walk last year and eat her popcorn."

Iwanchuk explained that the park is in contact with conservation officers often to notify them of encroaching animals. Most calls are about skunks, raccoons and coyotes. The park is safe, but Iwanchuk wants campers to be aware of recent sightings and to be vigilant.



EXPRESS PHOTO TAKEN BY ELLEN FRANK

A black bear has been spotted recently at Steep Rock beach and seems unfazed by loud noises and people. Campground staff advise campers to be vigilant.

Lundar celebrates a century for the agricultural society

By Jeff Ward

Last weekend, hundreds made the journey to Lundar where the 65th Lundar Fair hosted a variety of fun activities and marked several important milestones.

The fair held this past weekend marked 100 years of the Lundar Agricultural Society as well as 50 years of the Miss Interlake Pageant, 60 years of the Lundar 4-H club and 120 years for Lundar as a town. All of these took place in the year of the nationwide milestone of Canada 150 made for a highly anticipated event.

The typical fair activities, including the parade, midway rides, petting zoo, beef show, 4-H show and live entertainment, were all front and centre last weekend. The home living section inside of the Lundar Curling Rink provided a great look at the surrounding communities talents with art, baking, photography, crafts and more.

Mother Nature took her foot off the gas on Saturday with rain stopping just before the parade. The skies cleared to a beautiful sunny day that had hundreds walking around and having fun.

The Miss Interlake pageant had four strong contestants who represented their hometowns admirably but only one could be crowned Miss Interlake

2017. Miss Teulon Christine Kilpatrick was named this year's winner with Miss Lundar Kierra St.Goddard-Bennett named the first princess and Miss Woodlands Selena Peixoto the second princess. Kilpatrick also won the talent component with her performance of the song Castle on the Hill. St.Goddard-Bennett was named Miss Congeniality.

Selkirk-Interlake-Eastman MP James Bezan spoke during the opening ceremonies and called the country fair a "dying breed." He commended the people of Lundar and the Ag Society for continuing to do the hard work of organizing the fair. He said that he himself has a 30-year history with the fair as a beef judge and that he's always been amazed at how organizers continue to add activities to keep the event fresh.

Lundar 4-H winners: Grand Champion steer: Taylor Thorgilsson from the Lundar Beef Club (1,395 lbs) sold for \$2.45/lb to Sigfusson Northern; Reserve Champion steer: Joeley Halldorson from Dolly Bay Beef Club (1,500 lbs) sold for \$1.95/lb to D.A.M Livestock; Grand Champion heifer: Brooklyn Wigau of Lundar Beef Club; Reserve Grand Champion heifer: Shanley Sigfusson of Dolly Bay Beef Club.



EXPRESS PHOTOS BY JEFF WARD



Evergreen School Division to launch high school diploma program

By Patricia Barrett

The Evergreen School Division will be launching a mature students program this fall for people who want to complete their high school diploma or upgrade their courses.

ESD's career development consultant Gail Kreutzer said she became aware of the need for a service closer to home after speaking with a consultant at the Training and Employment Services Centre in Gimli.

"It's a real need here because the Interlake is so big geographically," said Kreutzer. "The two places people can go to get a high school diploma is Selkirk or Ashern [Fieldstone Ventures]. For people who are looking for upgrading, that's a barrier right there."

A Grade 12 diploma has a number of benefits. People can apply to colleges or universities, compete for employment opportunities in which Grade 12 is mandatory, and carry out day-to-day tasks that require English, communications skills and math. A diploma is also necessary to enter the health-care aide program in Arborg.

"Let's say they [Gimli employment centre] have a client who wants to go into the health-care program but didn't finish their English," said Kreutzer. "This is a great opportunity

for them to come to the [ESD] centre and get their English credit in the first semester, then take the health-care aide program that's offered in Arborg in the second semester. This way, they can be funded through that program to take this course."

One of the advantages of the upcoming high school program is its flexible scheduling, which will allow participants to work or pursue other interests.

"It will be a continuous intake, and it will be flexible so students can work at their own pace," said Kreutzer. "We'll be available full days Tuesdays from 9 a.m. to 3:30 p.m., and half day Wednesdays from 9 a.m. to noon. And the rest of the time, the modules will be designed so that they can work on outside classwork at home."

Kreutzer, who also teaches at River-ton Collegiate, will be the course instructor.

"I've taught adults for about 10 years," she said, "and they come back to school because they want to achieve a goal. They're there because they chose to be there. I see people voluntarily registering for this program, so they'll want to succeed at it."

Students have to be 19 years of age or older and out of high school for



EXPRESS PHOTO BY PATRICIA BARRETT

The ESD will be offering high school courses this fall at the Evergreen Technology and Education Centre at 234 Tudor Lane in the Gimli Industrial Park.

at least six months in order to take the mature program. To earn a high school diploma, they have to complete 30 credits.

"I'm anticipating that a lot of the students that are going to come to us maybe just need one or two credits, being a math and an English."

She said she'll be working with students who require a little extra help in some areas.

"Maybe some students need more work in the grammar area, maybe some need more work in basic math or in fractions, for example. So we would focus training on those needs.

We'd look at it on an individual basis." Depending on demand, Kreutzer said ESD may expand the program.

"We're going to start this in small steps, and if the data is there, based on what we're hearing about the need, then we'll look at expanding it in the upcoming years."

There is a \$40 one-time annual registration fee for the program, which starts in the fall. People can register over the summer.

For more information on the program and to register, contact Gail Kreutzer at 204-396-0720 or email Gail.Kreutzer@esd.ca.

111 Commerce Drive **Steinbach** 391 Main Street **Stonewall** 309 Bond Street **Transcona**

ON SALE NOW!

NEW Colour
NEW Environmental
Certifications
NEW Technology

Treated Wood

The LumberZone is pleased to be Manitoba's premier dealer of MicroPro Sienna Brown for the 5th year in a row. MicroPro Sienna Brown is innovative color technology for treated wood. Ready to install in a rich, natural-looking wood tone, it's an ideal alternative for decks, fences, landscaping, railings, and other outdoor projects.

SALE ENDS
JUNE 16TH

SCS-EPP-01699b

GreenApprovedProducts.com

Children & Schools
GREENGUARD
Indoor Air Quality Certified

VALIDATED
VOC CONTENT LEVELS IN OSMOSE MICROPRO TECHNOLOGY ARE BELOW THE LIMIT SET BY SCAQMD RULE 1113

1-888-346-1633 info@thelumberzone.ca www.thelumberzone.ca

Riding the waves with the Westshore Singers

By Patricia Barrett

When the Westshore Singers took to the chancel at the Gimli Lutheran Church June 5, they showed the 200 or so people packed into the nave exactly how the roll of the sea sounds.

In addition to the sea, the talented 46-member choir celebrated whiskey, rivers, wind, waltzing by candlelight and rattling on stovepipes as they paid homage to Canada's 150th birthday during their annual June concert titled *This Land of Ours*.

Decked out in festive maple leaf scarves, the choir delighted the audience with their renditions of Canadian standards such as *Away from the Roll of the Sea*, *Canadian Railroad Trilogy*, *All the Little Rivers* and *Hal-lelujah*.

At times, director Muriel Smith pushed them to the limits with an index finger that just wouldn't drop as they hit a high note and were forced to hold it for several bars.

"Being a bit unpredictable is fun," said Smith.

The two-hour concert included performances from special guests.

Soprano Victoria Stiglmayr from the Camp Morton area hit the heights with Puccini's famous aria *O mio babbino caro* (Oh my beloved father) from the opera *Gianni Schicchi*.

"What it's about is basically a young girl is telling her dad, 'You better let me go. I want to see my lover. I'm going to get my wedding ring and if you don't let me go, I'm going to jump in the river and die,'" said Stiglmayr, introducing the song before she dazzled the audience with her pitch-perfect voice.

She then changed musical gears with Edith Piaf's *La Vie en Rose*.

"It made her famous in the 1940s," said Stiglmayr, who has been training with Smith for about six months. "I know this song in three different languages and I love the French one



Pianist Ginny Parent accompanied the choir.

the best."

Music teacher Heather Clarke from Dr. George Johnson Middle School brought a student quartet to sing Bobby Gimby's *Canada Song* and *This Land is Your Land*.

Choir member Cindy Blicq thanked the audience for their support and encouragement.

"Without you, we would not have had a reason to come together for the last 12 weeks to learn all these amazing songs and ... come together tonight to sing them for you," she said.

"It feels so Canadian to gather with friends, family and neighbours to celebrate the music of this great country."

The Westshore Singers is made up of musicians from Gimli, Winnipeg Beach, Arborg, Riverton and Matlock, to name a few. They perform two series of concert each year in June and December. Each show includes a mix of traditional, sacred, popular or Broadway songs.



EXPRESS PHOTOS BY PATRICIA BARRETT

Victoria Stiglmayr performed Puccini and Piaf without taking a breath.



Music director Muriel Smith prompted the audience to sing along to *All the Little Rivers*.



Music teacher Heather Clarke and a quartet from the middle school sang *This Land is Your Land* and the *Canada* song.



Alto Ruby Tretiak.



Arborg Coun. Larry Speiss sings Bass.

Loosening hog and manure legislation could put water at risk

By Patricia Barrett

In last week's edition of the *Express*, Interlake resident Peter Marykuca spoke out against the provincial government's proposal to allow hog barn expansion and change manure spreading legislation through Bill 24.

In Part 2, the Lake Winnipeg Foundation and the opposition NDP call for careful consideration of the proposal to remove Section 40.1 (manure storage facilities and numbers of pigs), Section 40.2 (banning winter spreading of manure) and the Schedule of the Environment Act.

An increase in manure production could pose a threat to provincial waterways, according to the LWF, which advocates for the health of the lake in partnership with industry, government, researchers and the public.

"I think we need regulations around manure application and how we use manure as agricultural fertilizer," said executive director Alexis Kanu. "If we start producing more manure than is useful as a fertilizer, then we're in a situation where we're just trying to get rid of the manure and we're putting our water at risk."

Data on how hog operations currently impact the environment is "absolutely necessary" before making legislative changes, she said.

In 2007, Manitoba's Clean Environment Commission recommended a review of hog operations, but to the best of Kanu's knowledge, that review has not been undertaken and/or published.

"We need to understand where we're at and what has changed in the last 10 years," she said. "Have things gotten better? Have they gotten worse? Are the sources of phosphorus still the same as what we understood them to be from the 2007 data?"

It's no secret that water quality in Lake Winnipeg has been on the downswing for years.

And agriculture is a primary contributor to its decline, states a 2016 federal government publication titled *Nutrients in Lake Winnipeg*.

"With the opening up of the West [after European settlement], livestock and crop production began contributing phosphorus and nitrogen from manure and fertilizer to the drainage basin."

In addition to opposing the removal of the winter manure spreading ban,

Kanu said current manure-spreading practices need to be scrutinized in order to understand how, where and when they should be used.

"How many metres do you have to be from a stream bank to begin applying manure to a field? There needs to be some research behind those decisions," she said. "What are the factors? Is it just distance? Does it have to do with soil saturation? Does it have to do with vegetation cover? Does it have to do with slope or soil type?"

Studies conducted on winter manure spreading have demonstrated a need to ban it.

"From research that has been done in Canada and the U.S., it is best practice to not spread manure on soil that is frozen, snow-covered or saturated — and that science is there," Kanu said. "We have data that supports keeping the winter ban in place."

Manure can't penetrate frozen or wet soil and gets flushed into ditches and waterways during spring melt or flooding.

"We've heard repeatedly this government

say both in its election campaign and throughout the intervening year it will make decisions based on data," said Kanu. "And there is data to support the importance of a winter-spreading ban."

A Sustainable Development spokesperson said the removal of the winter ban was misunderstood by the media. The government wants to remove Section 40.2 of the act because it's redundant. But its affiliated regulation will remain intact.

"There's a lot of misunderstanding, but it probably didn't roll out as clearly as it could have either," said the spokesperson. "It's removing one section that talks about manure spreading in winter ... because it's in there twice. So they're cleaning up the language — [that's] all it's doing."

NDP environment critic and Wolsley MLA Rob Altemeyer, who called for Bill 24's delay this spring, said the proposal "makes absolutely no sense."

"To be fair, the government's position on winter spreading has been that they're going to keep that ban in place — but only under regulation," he said. "They're going to remove it from legislation, which is really weird because either you believe in the ban or you don't. And if you believe in the

"THE PROBLEM IS WHEN YOU PUT TOO MUCH OF IT ON A FIELD THAT CAN'T HANDLE IT, THE MANURE ENDS UP IN THE WATER."



EXPRESS PHOTOS BY PATRICIA BARRETT

Water from a ditch along Fifth Avenue North in Gimli flows into Lake Winnipeg on April 18.



Pumps for manure.

ban, then you leave it in legislation."

Altemeyer, who completed a master's thesis on large-scale food waste composting programs, said there are other ways to help farmers solve the problem of what to do with their manure.

"Manure is an incredibly valuable resource," he said. "The problem is when you put too much of it on a field that can't handle it, the manure ends up in the water. You end up reducing the cost to the farmer, but everybody downstream ends up paying way more than that."

Composting is a viable and cheaper alternative to storing manure in massive lagoons.

"If you mix the liquids in with straw or sawdust or woodchips, you manage to reduce odours and you reduce methane that escapes from a manure lagoon," he said. "Compost will bring a whole bunch of additional benefits to soil health compared to just raw manure. Compost increases your biological diversity ... it's just great stuff. People have used it for centuries. This is not a new technology we're talking about."

Like Kanu, Altemeyer wants the backing of scientific data before any changes are made to hog and manure production.

"If they [the government] have a new approach they want to pursue, let's have it reviewed by scientists," he said. "Let's send it to the Clean Environment Commission ... and [they] can report back and say, 'This makes sense; that doesn't work.' And we can all go forward feeling much more certain water is going to be protected and nutrients are going to be returned to the land to be used by crops as it should be."

Kanu said she'll be attending committee hearings on Bill 24 in the fall (dates to be announced) in order to speak to the government's proposed changes.

Individuals or organizations with concerns about the hog industry and/or water protection can register to speak at the hearings by calling the clerk's office at the legislature. The number is 204-945-3636.

Agriculture

Rail shutdown a big blow for Churchill

By Harry Siemens

OmniTRAX announced an indefinite suspension of all rail service due to severe flooding and washout conditions in northern Manitoba.

The Hudson Bay rail line near Gillingham has been impassable since May 23.

A preliminary assessment shows washouts in 19 locations. Five bridges have visible damage, and another 30 bridges and 6,000 culverts will need to be further assessed for structural integrity.

It's a further blow with the Port of Churchill having received little to no use since the end of the Canadian Wheat Board. One ship is expected to go to Churchill later this year to haul out the remaining grain stored in the terminal.

Merv Tweed, president of Omni-

TRAX Canada, said the conditions now are a 1-in-100 year flood.

Tweed said it's a big problem for Churchill and First Nations communities served by Hudson Bay Rail.

"You've got communities all along that rail line that need service, that need food and need ways to get in and out, he said. "Right now, that just isn't happening for them other than by air, which most will say is just far too expensive."

Water levels are beginning to recede, but it will be several weeks before a final damage report is prepared.

"We have been out and surveyed it several times. We've taken some private engineers up to look at it and to give us some advice," said Tweed.

"Right now we're basically in a holding pattern, hoping that the water will recede to a point where we can actually get on the ground and find out

exactly what needs to be done, but people in the area are telling us they haven't seen this in their lifetime," said Tweed.

"Some of them are referring to it as a one in a hundred year flood. We just have areas where there's probably 10 to 15 feet of water laying on top of it. So it is severe. I really don't think people understand or appreciate how bad it is and how bad it could become until the water recedes."

The OmniTRAX Canadian president said a lot of it is overland flooding, and the rivers are at maximum capacity.

"The Churchill River peaked, I think, June 4 and it's the highest that they've seen on the record, so I think it's just a culmination of real heavy snowfall, real hard snow pack.

"We still have parts of the track on the northernmost part that aren't thawed out yet, so we still believe that

there's some more water to come."

Tweed is uncertain what impact this may have in relation to the pending sale agreement.

"Once we get the engineer's report and a cost analysis, then decisions have to be made, but we believe that the track is imperative to the north," he said.

The Town of Churchill relies on the rail line for its supplies.

"We train it all up from Thompson as a rule and that, since the flood, just hasn't happened," he concluded.

"It is dire, and I think the communities are looking at alternative plans right now to find ways to bring food and supplies in, and hopefully they are still standing when the flood recedes, and we can get on with business."

Lundar Garage
(204) 762-5321

St. Martin Garage
(204) 659-5250

Hilbre Auto Service
(204) 449-2243

R&B Auto
(204) 739-5458
(Eriksdale)

#6 Quality Repair
(204) 762-5716
(Deerhorn)

**To advertise here
please call
204-641-4104**

Your Local Independent Automotive Service Provider reserves the best vehicle care for you, their neighbour.

Air conditioning maintenance; what you need to know about temperature control

Most vehicle owners don't service their air conditioning until after it fails, which can be an expensive proposition. Maintaining your air conditioning system means that you always have enough refrigerant to properly do the job. Small leaks in the air conditioning system allow the refrigerant - a gas in the system, to escape and the system can't cool the air as well, leaving you in the hot seat with your spouse, literally. Along with the refrigerant, a special oil circulates in the system. The oil lubricates air conditioning components, and keeps the seals resilient. Low refrigerant and lubricating oil means that the air conditioning parts will wear out prematurely, and we all know that air conditioning repairs can be costly.

Air conditioning service at your local auto service provider in the Interlake starts with a visual inspection of the components for signs of damage or leaks. In fact, in some jurisdictions the law requires an inspection before adding refrigerant. Some provinces do not allow topping off a leaking system. Not only is it bad for your vehicle, it's bad for the environment.

The A/C compressor is driven by a belt from the engine, most often the serpentine belt, so it's inspected for cracks or wear. A **worn serpentine belt** leads to belt slippage which puts additional strain on the compressor. Replacing your serpentine belt and belt tensioner on schedule will extend the life of your A/C compressor and other belt driven accessories.

The air conditioning compressor and other components are checked for proper operation by your service advisor. Then comes the leak test. If a leak is detected, often in a hose or connection, it's repaired and the vehicle system is retested. Your local service technician will also perform a temperature drop test, another revealing diagnostic test.

A potential problem for Interlake auto owners is **contamination**. Over time the inside of the rubber hoses can deteriorate and little bits of rubber can clog up various filters and other parts of the vehicle A/C system, preventing proper circulation of the refrigerant. And a component could also be worn or broken.

YOUR LOCAL SERVICE PROVIDER ...
• is more convenient
• offers better value
• ensures all services are warranty approved.
• knows you and your car!
KEEP LOCAL BUSINESS LOCAL!

Get great gas mileage, shop local!



Napa Autoparts Lundar
(204) 762-5321

Fisher Repair
(204) 372-6648
(Fisher Branch)

Fisher Napa
(204) 372-6648
(Fisher Branch)

Interlake Auto & Tractor Parts
(204) 376-2667
(Arborg)

**To advertise here
please call
204-641-4104**

**Roy's Ashern
Tire & Quicklube**
(204) 768-3068 (Ashern)
GOODYEAR

Lakeside Lions Club supports community projects

By Patricia Barrett

A posse of Lakeside Lions, made up of members from Winnipeg Beach and Dunnottar, stormed the pitch of the Winnipeg Beach Soccer Club last week to deliver a cheque for \$717.92 for new nets.

It's not the first time this group of community-minded citizens — identifiable by their biker-like vests replete with rockers and badges — have helped youth soccer in the Beach.

"We have supported them in the past," said Lions secretary Marielle Wharton, who was joined by her husband, Jeff (Gimli MLA), Winnipeg Beach Coun. Pat Green and Assistant CAO Kathy Magnusson, as well as other Lions members at the pitch on Spruce Avenue. "We bought them uniforms, replaced the goal posts, and this year they wanted assistance in replacing the nets."

Their fundraising efforts will enable the soccer club to purchase five sets of nets.

The Lions club has raised money for a number of causes and is heavily involved in community events.

It has fundraised for home renovations for physically challenged children, a diabetic pump and accessories, Winnipeg Beach School's breakfast program and new play structures, a blanket warmer for Betel Home, Gimli's Evergreen Basic Needs and the Interlake Women's Resource Centre. And it has committed to donating money for the purchase of an ultrasound machine for the Gimli hospital.

It also helps fund the purchase of hearing aids.

"Lions Club International is the largest service group in the world, and through the foundation, we can do different things," said current membership chair Ed Winiarz. "We will pay for half of [the cost of] hearing aids an older person needs. We give it to whoever can't afford to get hearing aids themselves. It enriches their lives."

Winiarz said the Lakeside club was formed as the first co-ed Lions Club in Canada in 1987, and this October will mark its 30th year.



EXPRESS PHOTOS BY PATRICIA BARRETT

The Lakeside Lions presented a cheque to Jay Adam, coach of the Winnipeg Beach Soccer Club, for the purchase of new nets.

All the money it raises contributes to the comfort of people in Winnipeg Beach, Dunnottar, Gimli and neighbouring communities such as Petersfield.

"We do a lot of good in the community," said Magnusson, "and we have a lot of fun. It's about building friendships with people we've met through the club."

The Lions will soon be embarking on a project to finish refurbishing the caboose located on Stitt Street in the Beach.

The Canadian Pacific Railway ended rail service in 1961 after 50 or so years of "Moonlight Specials" that would shuttle Winnipeggers to and from the popular lakeside town. CPR donated the caboose to the town in the late '80s after receiving a request from the Boundary Creek Development Corporation.

"I took part in [refurbishing] the exterior," said Jeff Wharton, referring to the project the Lions com-

Continued on page 17

Eriksdale Chamber members plant flowers with Canada 150 colours

By Jeff Ward

Eriksdale is looking a little brighter after Chamber of Commerce members spent an evening planting flowers to help beautify the community.

The project is done annually and chamber member Dolly Lindell said that this year they've chosen flowers that have a more patriotic colour scheme because of Canada 150.

Red and white flowers will be quite

eye-catching this summer, said Lindell.

A dozen people helped clean and fill two dozen planters last Wednesday, June 7 with flowers from Sabados Greenhouse in Clarkleigh.

Lindell said the Sabados' helped to draw out arrangements for more visual flair, and over the next few weeks, the flowers should bloom nicely.



EXPRESS PHOTOS BY JEFF WARD

Wandis Day is all smiles while planting beautiful new flowers for Eriksdale last week.

Dishing the dirt on soil delivery

By Jennifer McFee

A local business is dishing the dirt on how to make your landscaping tasks a little easier.

Lach Sod Farms, located near Balmoral, has become Manitoba's first and only licensee of the Big Yellow Bag Black Garden Soil company.

When Big Yellow Bag got its start in Ontario, the business approached sod farms in the area to get involved. Since then, the company has spread to locations across Western Canada and the United States.

Bethany Jongstra has been busy fielding calls about the new service during her workday in the office for Lach Sod Farms, owned by John and Catherine Tollenaar.

"The current owner bought it four years ago," she said. "He's a grain farmer but he took on the sod, and this is the next new project."

So far, their first season with Big Yellow Bag is already great success.

"It's definitely new for us," Jongstra said. "We've been really busy."

The simple approach of Big Yellow

Bag is proving to be a popular option for anyone needing some soil for yard work or other projects.

"The concept is that rather than getting a truckload of soil dumped on your lawn, you get a bag with one cubic yard of our black garden soil. It's made of peat, loam and compost, so it's a really good mixture as far as nutrients are concerned," Jongstra said.

"It has a tarp that covers and protects it, so it can sit out. It doesn't have to be used up right away and it leaves no mess."

Even the delivery method is straightforward for the orders, which span as far as Winnipeg and beyond.

"We tell people to mark an X on their driveway. Then the driver comes and puts the bag right down on the X," Jongstra said. "No one has to be home. It's exactly where they want."

For more information about Big Yellow Bag Black Garden Soil at Lach Sod farms, call 1-855-843-4222. More information about the business is also available online at www.bigyellow-bag.com.



EXPRESS PHOTO SUBMITTED

Bethany Jongstra and Nathan Tollenaar showcase a one-cubic-yard bag of their black garden soil, available through their Big Yellow Bag business at Lach Sod Farms.

East Selkirk gearing up to host 51st annual Highland Gathering



EXPRESS FILE PHOTO BY LINDSEY ENNS

A living history display will be amongst the long list of events and attractions at the 51st annual Highland Gathering in East Selkirk's Legacy Park on June 24 and 25.

By Lindsey Enns

Organizers behind this year's Manitoba Highland Gathering are gearing up to celebrate the area's Scottish heritage with hundreds of visitors and

area residents next weekend.

East Selkirk's Legacy Park will once again play host the popular annual two-day event on Saturday, June 24 and Sunday, June 25.

One of the organizers behind the 51st annual Manitoba Highland Gathering said the event will once again be packed full of activities for families.

"We have a petting farm for the kids, we have face painting, we have games," said Joyce Neyedly. "We'll also have sheep shearing ... we have our highland dance competition, we have our piping and drumming ... and we have our heavy games."

For the first time, the gathering will also feature roughly nine tables of Scottish merchandise for visitors to explore.

"It is one of the biggest Scottish shops in Western Canada and I think it's the only one that travels exclusively to Scottish festivals and highland gatherings," she said, adding some of the merchandise will include Scottish candy and clothing. "Here in Manitoba, we have very few retail shops available for people to go and get

their Scottish merchandise. So this is really exciting."

Neyedly said she's been involved with the Highland Gathering in some capacity for decades, adding that it's a great way to celebrate the area's Scottish heritage.

"It's run exclusively by volunteers of all ages," she said. "We try to promote, preserve, enhance, share and educate about our Scottish heritage and culture, arts, sports and animals."

"The whole St. Clements and St. Andrews and Selkirk region is absolutely rich in Scottish heritage."

The event will also include the 26th annual Manitoba Canoe and

Kayak Marathon Championships, an all-British car show and shine, a Manitoba living history area and a Red River North Regional Heritage Group display just to name a few.

For more information, an events schedule and a full list of events, visit manitobahighlandgathering.org.

"WE TRY TO PROMOTE, PRESERVE, ENHANCE, SHARE AND EDUCATE ABOUT OUR SCOTTISH HERITAGE AND CULTURE, ARTS, SPORTS AND ANIMALS."

Federal funds help fuel renos at Lower Fort Garry

Historic site reopened to the public on May 8

By Maggie Wysocki

As snow banks shrank and grass peaked through the slush, some Selkirk residents say the excitement of spending time outside at Manitoba's national parks is starting to set in.

"Each summer there seems to be something new or renovated at a park, which is exciting," said Amy Clarkson, a fifth and sixth grade teacher at Daerwood School.

To Clarkson's luck, the park that is seeing some big changes is the one closest to home for herself and other Selkirk residents — Lower Fort Garry National Historic Site.

Construction at the site, which is located along Highway 9 about 5.9 kilometres from Selkirk, is well underway thanks to the \$3 billion Parks Canada received from the federal government in 2015 to fund a five-year infrastructure rehabilitation project.

"We're so fortunate to have all this money from the government," said Parks Canada asset manager Elvis Riou. "We've been working on these projects for quite some time and most are pretty well completed."

The funding is being used to back three major projects that are currently underway at the site, Riou said.

Currently, construction is taking place on a new waste and water system, restorations to the historic stone wall, more accessible entrances for visitors with disabilities, and new



EXPRESS PHOTOS BY MAGGIE WYSOCKI

ABOVE LEFT: Project manager Niaz Ullah stands in front of the Big House heritage building undergoing restorations, which he says will be finished before Lower Fort Garry reopens to the public on May 8. Crews are also almost finished repairing the site's historic stone wall perimeter as well as installing an elevator inside one of the buildings to better accommodate visitors with disabilities. ABOVE RIGHT: Inside the site's Fur Loft heritage building, construction workers are installing new plumbing and electricity.

plumbing and heating to some of the heritage buildings, he said.

One of the restoration goals is to eliminate the moisture around the foundations of the historic buildings, which Riou says will help preserve them for as long as possible.

"There's always ongoing work to maintain any building of any sort. Whenever we're given the opportunity to get more funding, we take it."

Another ongoing project at Lower Fort Garry is increasing Indigenous programming, he added.

This will include a flag raising ceremony on Aug. 3 to commemorate the signing of Treaty No. 1, which happened on the site in 1871.

Over the two years Riou has worked for Parks Canada, he said the emphasis on reconciliation has grown and finding new ways to honour Indigenous history is a continuous effort.

"We want our programming to continue improving so that it welcomes all types of visitors," he said.

In addition to the \$3 billion Lower Fort Garry has to work with, the feds funded the site an additional \$4.4 million for further restorations last spring. But Riou said that backing won't see light for another year or two.

"Right now we're focusing on the Canada 150 celebration instead and we don't want to have the site under construction during this busy time,"

he said.

As to when further restorations will begin is still being decided, but Riou says future projects may include exterior updates to the heritage buildings, repairs to the site's drainage system and an expansion of the water treatment plant.

Riou said he also hopes tourism at Lower Fort Garry brings new visitors and more business to Selkirk.

"I think the community will benefit in the long run too."

Lower Fort Garry National Historic Site will reopen to the public on May 8.

> LAKESIDE LIONS, FROM PG. 15

pleted a few years ago. "We actually boarded the whole caboose with new strapping and plywood and painted it. And a couple of other Lions painted the undercarriage in black. It went on for about a month."

"My hair was black for a couple days," laughed Marielle.

The interior refurbishment is part of the town's Canada 150 project.

"The Lions are going to continue a partnership with the town and refurbish the interior so that it becomes a Welcome/Information Centre," said Green. "We're going to have some historic pictures and brochures — somewhere people can drop in for information. And the grounds will be re-done."

The club will also be building a wheelchair-accessible platform

outside the caboose and providing a seating area.

"We hope to man the caboose on weekends with volunteers, perhaps by some of the seniors who have a lot of knowledge and history of the community," said Green. "And some students, we're hoping, can volunteer and be there to answer questions."

The Lions will provide the free labour and the town will pay for the materials and the landscaping.

The estimated cost of the project will be between \$10,000 and \$15,000.

The Lions are always looking for new members, including youth. The club meets on the third Wednesday of each month (except July and August) at St. Bartholomew's Church in Winnipeg Beach.

> ST. LAURENT, FROM PG. 4

of edited video contains 10 separate photos that are stitched together to create motion.

"It was wonderful to watch how engaged the students were with this," said Monkman.

"They worked all morning and then went out for a break, came back and were right back to it. I didn't have to say anything. They were so focused. It was fun to incorporate technology into a language course like this and they really enjoyed it."

Monkman explained that the width of a pinky finger is the difference in movement and position between one frame and another. Students have to be diligent to ensure their positioning doesn't go too far or the movement will look like a teleportation.

Stop motion is one of the oldest forms of movie magic and is one of the biggest reasons older films like *King Kong*, *Clash of the Titans* and *Jason and the Argonauts* are still revered today.

Stop motion isn't antiquated, either, as the concepts students learned in the process are key to understanding how modern cameras capture video and what their frame rates mean.

This little stop motion project is a creative endeavour, but it is also rooted in literacy and numeracy. For Monkman, seeing her students so focused on the task really has inspired her to continue looking for new opportunities like this and she would love to have Freeze Frame Manitoba come back next year for another course.

"I think if we do it again, I'd like it to be two days — one day where they can make their backdrops and scripts and the second day can be filming and editing. It was a great exercise and I even had some students tell me they were going to go home and make a movie on their iPad. It was a great learning experience for them and me," said Monkman.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Orioles compete at weekend PeeWee tournament

By Brian Bowmam

The Interlake Orioles were winless at a St. James PeeWee baseball tournament last weekend in Winnipeg.

Interlake started play Friday and trailed by 10 runs in the third inning when rain, fortunately, wiped out the game.

"We didn't fare so well in the win/loss column against basically 'AAA' teams from Winnipeg," admitted Interlake coach Gord Leduchowski.

On Saturday, the Orioles played a very good game against Bonivital for about four innings. After that, errors cost the Interlake, enabling Bonivital to score a bunch of runs.

The Orioles also lost to St. James and Carillon.

Leduchowski said the first-year PeeWees have had to make some adjustments on the field.

"It's a new game for them with lead-offs and holding runners on base, which is a weak part of our game right now," he explained. "We don't have too many second-year PeeWees."

Interlake plays an exhibition schedule against teams in the Winnipeg Amateur Baseball Association. So far, Interlake has played against the top



Brody Kopys of Stonewall delivers a pitch for the Interlake Orioles during PeeWee tournament action last weekend.

three teams in the league and has an 0-6 record.

The Orioles will be looking to get into the win column this weekend when they host a pair of doublehead-



EXPRESS PHOTOS BY LANA MEIER
The Interlake Orioles Mitchell Bourque narrowly misses the out at third against the St. James A's last Saturday.

ers. Interlake will play St. James on Saturday (1 p.m. and 4 p.m.) and then the Winnipeg South Chiefs will visit Stonewall on Sunday (1 p.m. and 4 p.m.).

"It will be a good test for our boys," Leduchowski said. "They will be going into a rural tournament July 21-23 and we'll see how much depth we have and what they have to work on."

Bantam Orioles reach final of St. James tourney

By Brian Bowmam

The first inning was costly for the Interlake Orioles in the championship game of a St. James tournament last Sunday.

Interlake gave up six first-inning runs on their way to a 9-6 loss to the North Winnipeg Pirates.

"It wasn't the best first inning that we've ever had," said Interlake coach Ryan Fines. "But we've had worse innings against them. But I was proud of the boys. They battled back after that (poor first inning)."

The Orioles did a real good job battling back from that early deficit to make it a close game against a very good North Winnipeg team.

Devon Cassan was outstanding on

the mound after the first inning and basically shut down the Pirates. He also helped his own cause at the plate, belting a pair of home runs.

Interlake didn't play Friday but they were real busy with three games on Saturday. The Orioles nipped South Central 6-5, lost 18-1 to North Winnipeg (giving up 10 first-inning runs), and then crushed the Outlaws 13-1.

On Sunday morning in a must-win game, Interlake defeated Carillon 7-4.

The Orioles played Carillon again in the semifinals, winning a nail-biter 1-0. Hunter Olson was fantastic on the hill for the Orioles in earning the complete-game shutout.

"That (win) was right up there with one of his best (pitching performanc-

es), I thought," Fines noted. "He's thrown a heck of a lot of good games for us but that was pretty impressive."

Interlake, as a team, was quite impressive the entire weekend. They served notice to the rest of the "AAA" clubs in the province that they are right there with them in terms of talent.

The Orioles' roster is made up of 10 players from the Interlake, and another from both south Winnipeg and Portage la Prairie.

Interlake plays a half-schedule against teams in the Winnipeg Amateur Baseball Association. The Orioles' next WABA action is this Sunday when they host the Pirates in a doubleheader (1 and 4 p.m.) at Fines Field

in Stonewall.

The Orioles will also add some exhibition games before the 10-team provincials.

Fines expects his club to be competitive at the provincials.

"We can absolutely compete," he said. "It's just a matter of base running and if we have the defence that we had (last Sunday). We are going to be the favourite going in there as far as I'm concerned."

"We've got a pretty deep lineup full of kids that can hit baseballs hard and we have the best pitching, I think, but maybe I'm biased."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake athletes compete at track and field provincials



EXPRESS PHOTOS BY JO-ANNE PROCTER, LANA MEIER AND MONA ASHAM

A number of Interlake athletes competed at the MHSAA track and field provincials at the University of Manitoba last week with several landing on the podium. Left photo, Brayden Grouette of Fisher Branch Collegiate placed third in varsity boys' shot put with his throw of 13.38 metres. Middle photo, Gimli's Jillian Henry placed third in the varsity girls outdoor pentathlon with a total of 2264 points while Peguis's Joshua Cameron, right photo, placed first in junior varsity boys javelin with a throw of 42.71m.

Blue Jays beat Bisons in Game 2 of doubleheader

By Brian Bowman

The Interlake Blue Jays salvaged a split in their doubleheader with Altona on Sunday by defeating the Bisons 10-8 in Game 2.

Letting an early 8-3 lead slip away, Interlake scored twice in the bottom of the sixth inning for the victory.

Emerson Klimpke and Derek Petrasko led the Blue Jays offensively with two hits and two runs scored apiece.

Jason Peltz also had two hits in the Interlake's 10-hit attack. He also

scored a run.

In Game 1 of the twinbill, Altona beat the Blue Jays 5-1. Klimpke, Petrasko, Baily Proctor and Tanner Good each had hits for the Interlake in the loss. Petrasko scored Interlake's lone run.

Last Friday, Interlake was blanked 11-0 at home by the Elmwood Giants.

Elmwood led 3-0 after three innings and then broke the game open with five runs in the fifth. The Giants then added a run in the sixth and two more in the seventh.

Lane Holden, Petrasko and Proctor each had one of the three Blue Jays' hits in the game.

The Blue Jays had another evening that they would love to forget June 7 after a tough 17-0 home loss to the Carillon Sultans.

Carillon scored three times in both the second and third innings before adding five in the fourth and six more runs in the fifth.

The Sultans, who outhit the Blue Jays 10-2, took advantage of six Interlake errors.

Topolnitsky and Peltz had Interlake's hits.

Interlake, now 4-8 and four games back of the first-place Brandon Marlin in the eight-team MJBL, hosted Carillon last night but no score was available at press time.

The Blue Jays will visit the Pembina Valley Orioles Friday (7 p.m.) and then will battle the St. Boniface Legionaires in a doubleheader on Sunday (1 p.m. and 4 p.m.).

Golf champions decided early in season

Submitted by Golf Manitoba

The 2017 competitive season is well under way with champions determined in the men's, women's and senior men's Match Play Championships.

The qualifying for the Match Play Championships took place May 27-28 at the Minnewasta Golf & Country Club in Morden.

In the amateur men's division, Pine Ridge's Travis Fredborg of Selkirk was the medalist in a field of 51 competitors with a 36-hole score of 143 (-1).

Southwood's Veronica Vetesnik was the medalist in the women's division with a score of 148 (+2) while Breezy Bend's Garth Collings of Matlock was the low senior male with a score of 149 (+5).

The men's and women's championship matches were contested over 36

holes on June 10 and the senior men's over 18 holes on June 8 at the Niakwa Country Club.

Jenna Roadley of the Southwood Golf & Country Club won the women's match play championship for the second year in a row with a 3 & 2 victory over Rebecca Kuik of the Niakwa Country Club.

On the men's side, first-time winner Colwyn Abgrall of the Golf Manitoba Public Player Club defeated Jay Doyle of the Niakwa Country Club with a 4 & 2 victory.

The senior men's match play championship was won by Collings. He defeated Alan Ediger of the St. Boniface Golf Club 5 & 4.

For complete results of all championships, please visit the Golf Manitoba website at www.golfmanitoba.mb.ca.

The Golf Manitoba championship schedule continues this month with the Women's Alternate Shot Championship benefitting "Golf Fore the Cure" being conducted at the Pine Ridge Golf Club next Monday.

Also in June will be the qualifying for the Nott Autocorp Men's Amateur Championship. The two qualifiers will take place at the Warren Golf & Country Club (June 22nd) and the Shilo Country Club (June 24th).

The number of spots available for the provincial amateur championship will be based on the field size (120 players) minus the number of exempt players who accept their spot in this year's event.

The entry deadline for this event is next Monday.

Closing out June will be the Women's City & District Championship

at the Larters @ St Andrews Golf & Country Club from June 24-25 (entry deadline is next Monday).

Recent past champions of this event include Bri-ann Tokariwski (2014 and 2016), Jenna Roadley (2015), Mindy Lichtman (2011 and 2013), Faye Zachedniak (2012), Kathryn MacKenzie (2009 and 2010) and Jill Hardy (2007 and 2008).

To register for Golf Manitoba events, please visit our website (www.golfmanitoba.mb.ca) and click on Tournament Registration.

A Mastercard or Visa will be required to register on-line. Competitors can also mail in entries or drop them off at the Golf Manitoba office (145 Pacific Ave).

Locals selected to POE U18 female prep camp

Staff

Several Interlake athletes have been selected by Hockey Manitoba to be part of their 2017 Female U18 Program of Excellence.

The Female POE July Prep Camps will be held from July 5-9. This is the third phase of the female POE which leads towards the selection of U18 Team Manitoba.

Team Manitoba U18 will participate in the 2017 Women's National Championship in Quebec City this November.

The Interlake athletes include Stony Mountain defenceman Ashlee

Hodge-Hirschfield (Balmoral Hall Prep) and St. Andrews' blueliner Hailley Karbonik (St. Mary's Academy Prep).

The forwards feature Stonewall's Annaliese Meier (Norman Wild) and Stonewall's Olivia Cvar (Balmoral Hall Prep), Berens River First Nation's twin sisters Keyanna and Keyara Lea (Balmoral Hall Prep).

The Female POE July Prep Camps are designed to provide players with the opportunity to work on advanced individual skill development and team building. The camp combines

individual skills, work with guest skills coaches, as well as team technical and tactical work.

This year's U18 July Camp roster includes three returning players from the 2016 U18 Team Manitoba (Ashley McFadden, Sarah Dennehy and Cvar).

Also included are two goaltenders that have been selected to attend the Team Canada U18 Strength and Conditioning Camp (Logan Angers and Halle Oswald).

Meanwhile, after a very successful inaugural Top-40 camp, the Female U16 July Prep Camp roster includes

16 players from the rural "AAA" programs and nine players from the various Winnipeg "AA" teams and schools.

No Interlake players were invited to the U16 camp.

The Female POE is designed to provide high performance female players with the opportunity to develop advanced skills as well as an introduction to the concepts needed to play at an elite level.

Players from the Program of Excellence often go on to play at the USPORTS, NCAA and International levels.

MJHL reduces limit on 20-year-old players

Staff

The Manitoba Junior Hockey League has decreased the number of 20-year-old players that can play in a game from nine to eight.

"This motion was approved by the board of governors at our recent AGM," explained MJHL commissioner Kim Davis in a media release. "This reduced limit will be reviewed annually, with the ultimate intention of having the limit to six per team."

Other news coming out of the MJHL's recent annual general meeting:

Prospect Development Camp

The MJHL will be conducting its first-ever Prospect Development Camp from July 27 to 30 at the Seven Oaks Community Centre. The camp, which will feature list players born in 2000 and 2001 from each MJHL club, will focus on preparing the players for a successful junior hockey career while helping them transition from minor hockey to elite junior hockey in the MJHL and beyond.

Old Dutch Player Showcase

This year's Showcase, now in its 15th year, will take place Dec. 11-13 at the

Bell MTS Iceplex in Winnipeg. The popular event attracts scouts from many levels of hockey: NHL, NCAA, WHL and CIS.

League website

The MJHL will be designing a new website and each of the 11-member clubs will also have a new website. The websites are scheduled to launch around mid-August under the direction of Hockey Tech.

New statistics system

The MJHL will be launching a new statistics system to coincide with the start of next season. The new stats sys-

tem is called League Stat and is powered by Hockey Tech.

Player registry

The league will be launching several RinkNet software platforms powered by Hockey Tech beginning next season. The RinkNet program will allow the MJHL to manage its central registry of players more effectively, including trades, protected lists and other league administrative tools.

All member teams in the league will have full access to RinkNet Scouting software programs to be utilized by their coaches and scouting staffs.

Classifieds

THE EXPRESS
WEEKLY NEWS

Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

RECYCLING

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

HOUSES FOR SALE

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

PROPERTY FOR SALE

9 parcels of wooded land in the RM of Lac du Bonnet, from 25.53 acres to 159.11 acres in size. Available immediately. Serious offers considered. brun@mymts.net Phone Louis 204-345-2944.

STEEL BUILDINGS

Steel building sale ... "Mega madness sale!" 20X23 \$5,780. 25X25 \$6,312.30X31 \$8,175. 33X35 \$9,407. One end wall included. Check out www.pioneersteel.ca for more prices. Pioneer Steel 1-855-212-7036

Everything you need to promote your business

FLYERS
BROCHURES
BUSINESS CARDS
STICKERS
WINDOW DECALS
SOCIAL TICKETS
DOOR HANGERS
LETTERHEAD
ENVELOPES
INVOICES
ESTIMATE SHEETS
POSTERS
MEMO PADS
POST CARDS

Interlake Graphics
For all your printing and publishing needs
Call Today!
467-5836

FARMER'S MARKET

Wild West Ranch Farmers Market - Grand Opening Saturday, June 24. Open Saturdays and Sundays 10 a.m. - 4 p.m. Vendors, Tea House, antiques, wagon rides, fresh vegetables and handmade items. Vendors wanted: hand made/homemade products only. 732 Clandeboye Road, Clandeboye, MB. 204-738-2113.

LANDSCAPING

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

HELP WANTED

Part-time casual server required for restaurant at Rockwood Motor Inn, Stonewall. Experience preferred. Part-time evening housekeeper and part-time evening cook required. Call Sheri at 204-467-2354.

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

HELP WANTED

Barn Manager. Life-long horse experience mandatory. Will be working independently to provide full care for a herd of 40 horses. Located in Winnipeg. Call Meadow Green Stables at 1-204-471-6404.

Dream job. Live in caregiver/housekeeper in Winnipeg and Florida! (204) 997-4629

MISCELLANEOUS

For sale, Hyosung Prima Scooter 49 c.c. Like new only 534 km. Includes helmet and scooter cover. \$1,500. Call 204-389-2675.

Moving Sale - Everything Must Go! Equipment to run a small honey business; snow fence; tools; garden equip.; etc., etc. Ph 204-322-5398 for details.

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

EXPRESS
WEEKLY NEWS
204-467-5836

MISCELLANEOUS

Need help with your kitchen design and layout? Want real value? We serve most rural Manitoba communities with 30 years experience. Fehr's Cabinet Warehouse. 1-800-758-6924 office@fehrs cabinets.com

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

HEALTH

Canada Benefit Group - Attention Manitoba residents: Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or <http://start.canada.benefit.ca/manitoba>

McSherry Auction

Estate & Moving Auction
Wed, June 21 @ 4:00 pm

Yard * Recreation *
Tools * Misc * Antiques *
Household *
Go To Web!

Stonewall, MB
#12 Patterson Drive

Stuart McSherry
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

HEALTH

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



Meyers Property and Moving Auction for Enid Wright of Dauphin, MB

10:00 a.m. Sunday
June 25, 2017
#106110 Lake Rd, Hwy 20,
Dauphin MB

1.75 ACRE PROPERTY
BY AUCTION
Sheds, Appliances,
Tools, Much More

Meyers Auctions & Appraisals
Bradley Meyers
Auctioneer
204-476-6262 cell
www.meyersauctions.com



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

ANNUAL GENERAL MEETING

Monday June 19, 2017 8:00 P.M.

ASHERN AUCTION MART

Auditors Financial Report
Election of Directors
Manager's Report

Dainties and coffee will be served.

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 21th, 2017 (4 p.m.)
Removal of manure to be done by July 31, 2017

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

classifieds@expressweeklynews.ca



You're at home here.

**Now Hiring at Eriksdale
Food & Hardware Store**

**Permanent Part Time
& Student Positions**

*Drop of applications at
food and hardware store.*

Email to: foodstoremgr@interlakecoop.com
OR Fax to: 204-376-5018
Deadline June 29, 2017

Student Incentive:

Interlake Co-op pays \$0.50 per hour worked back to students when they graduate from high school to go towards your secondary education.

Benefits:

Flexible Scheduling
5% Employee Rebate on purchases with membership
Bonus Incentive
Tuition Reimbursement, if you are looking to take courses to further a career within the co-op retailing system.

There is opportunity for advancement within the co-op. Co-op offers a number of programs to provide employees with the skills and knowledge they need to succeed.



RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

TO ALL PROPERTY OWNERS

**PUBLIC NOTICE IS HEREBY GIVEN THAT ALL 2017
PROPERTY TAX STATEMENTS HAVE BEEN MAILED.**

Any property owner who has not yet received a tax statement should contact the Municipal Office at 62 2nd Avenue, or telephone 642-6650.

New property owners are reminded that they are responsible for payment of the 2017 taxes, whether or not they receive a tax notice in their name.

2017 property taxes are due and payable on or before August 31st, 2017.

In the event of a Postal disruption, please contact the Municipal Office regarding correspondence and Utility Bills sent out of this office.

Joann King
Chief Administrative Officer
Rural Municipality of Gimli

Classifieds

THE **EXPRESS**
WEEKLY NEWS

Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

ANNOUNCEMENT

CARD OF THANKS

We would like to thank the community of Inwood and surrounding areas for the benefit social that was put on for us on June 3, 2017. Thank you to all our family, friends, neighbours and sponsors and to all the volunteers for their hard work and time spent organizing the social. To everyone who bought tickets but couldn't attend as well as those who made donations, thanks for your support. Thank you to the staff and students at the Inwood school for the fundraising and support. We will never forget the kindness and generosity that was bestowed upon us after our house was lost to fire.

-Thank you,
Peter Monkman and family

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

EXPRESS
WEEKLY NEWS

204-467-5836

classifieds@expressweeklynews.ca

ANNOUNCEMENT

IN MEMORIAM



David Sigfusson

Nothing can ever take away,
The love a heart holds dear;
Fond memories linger every day,
Remembrance keeps him near.

-Lovingly remembered and missed by Pat,
sons Warren, Wade and Jen,
grandchildren Hayley, Abbey, Leif
and Colby

take a break
> GAMES

SUDOKU

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

Level: Intermediate

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!

McSherry Auction Service Ltd

RETIREMENT FARM / ANTIQUE AUCTION SALE RICHARD & EDNA MROZ

Saturday June 24th @ 10 am

Beausejour, MB

North 10 Miles on Hwy 12 Then 1 Mile East
On Rd 82 Then North 1 1/8 Mile on Rd 43 #83303
Contact # (204) 265-3423

Internet Bidding go to: www.bidpsotter.com

Tractors & Crawler JD 4240 Dsl Cab A/C Quad Range 540/1000 Dual Hyd. 18.4 38 Factory Duals 5000 Hrs.
* Case 930 * Case 830 * Case 730 w FEL * Case 500B Gas Hydraulic Triple Range 540 PTO Pulley * Case SC Eagle Hitch * Case LA * Case L All Steel * Int TD 6 Dsl Crawler w Dozer * Combines, Swather & Trucks JD 7720 Turbo Std Tran 2500 Hrs * JD 24' Flax Header * NH 985 Combine * Case 1060 Combine * Case M2 Combine * 75 Chev C 65 366 w 14' B&H 54,000 Miles Sft * 63 Dodge 400 318 w 12' B&H 65,000 Miles * 46 Chev 2 Ton w 10' B&H Solid * 80's GMC Suburban 4x4 * Int 175 Gas 16.5' Swather * Int 70 21' Pull Type Swather * Vers 15' Pull Type Swather * 7' Swath Roller * Haying & Misc Equip Case IH 8450 Rd Baler * NH 489 9' Haybine * NH 276 Square Baler * NH 1002 Auto Square Bale Wagon * NH Side Delv Rake * NH Mdl 45-47, 7' Sickle Mower * 24' Square Bale Elevator * Cyclone Broadcaster * NH 353 Mix Mill * Ford PTO Manure Spreader * Kendon Gravity Wagon * 2 Hay Wagons * Grain Equipment Int 620 16' Press Drill GA * 18' Drill Carrier * Case 15' Discer Seeder * MF 520 14' Tandem Disc * Int 45 18.5' Cult * Case 12' Deep Tiller * Allied 15 Sec Harrows * Case 5 B Plow * M. M 4 B Plow * JD 4 B Plow * Vers. 580 68' Sprayer * Westfield 8" 51' PTO Auger * Int Duplex 3 Row 16' Cult * Mayrate 24' Firewood Elevator * Trailer Hyd Wood Splitter * Tools * Along w More Equip * Yard Items * Farm Misc * Tools * Older Snowmobiles * Antiques * 50's Pontiac Car * 60 Chev 4 D Car * Int Stationary Engine * Saulky Plow *

Stuart McSherry - Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

FARM EQUIPMENT AUCTION

SATURDAY JUNE 17, 10 AM

MACHINERY BEGINS SELLING AT 11 - 11:30 AM
FROM BEAUSEJOUR, 4 MILES EAST ON #44
AND 2 MILES NORTH ON 46E

KEVIN SCHEWE OWNER 204 268 3132 CELL 5588



CIH 9370 4X4 4610 hrs showing, CIH 140 Max FWA loader 1100 hrs, JD 1120 Tractor nice, 2008 JD 9860 STS Combine 649 sep hrs, Flex head JD 630, 2000 Macdon 4940 swather 25 ft, 2004 NH SF110 high crop sprayer 90 ft, 1994 Kenworth grain truck safetied, other trucks, Concord 4010 air seeder.

See www.billklassen.com for internet registration and photos.

See www.billklassen.com for more information.

Bill Klassen Auctions Ltd.

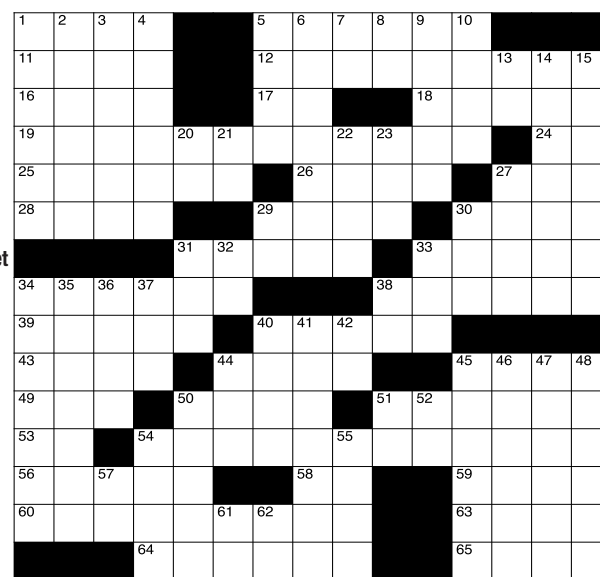
Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

CROSSWORD

CLUES ACROSS

1. Monetary unit of Iran
5. Soared the seas
11. Ornamental box
12. Involuntary
16. German term for Prague
17. Lethal dose
18. Where rockers play
19. Quality of being based on one's own feelings
24. 12th letter of the Greek alphabet
25. People of Asia
26. Uttered
27. Unhappy
28. British pop duo
29. The Muse of history
30. Greek cheese
31. Semi-aquatic fish-eating mammal
33. Horse racing list
34. Add as an attachment
38. Thinly scattered
39. Northeastern American state
40. Decorative design
43. Sea eagle
44. European river
45. Ancient kingdom near Dead Sea
49. Pick on
50. Easily manageable
51. Ingratiating insincerely
53. Commercial
54. Combining radio waves
56. Political divisions
58. Football's biggest event (abbr.)
59. Genus of true owls
60. One to whom something is mailed
63. It can sometimes be full
64. Bird of prey
65. Diarist Frank

5. Pepper's partner
6. Perceptible by the ear
7. Stephen King's clown tale
8. ___ and behold
9. Related on the mother's side
10. A fish worth finding
13. Of I
14. Convicts
15. Having a tail
20. ___ masse
21. Culinary specialist
22. Kind of fur
23. What couples say
27. One with unusual powers of foresight
29. Connecticut
30. Fed'l Housing Administration
31. Smallest whole number
32. Touchdown
33. Sunscreen rating
34. Old Hess Corp.'s name
35. Marched through
36. A sharp high-pitched metallic sound
37. Between northeast and east
38. Sports magazine
40. Female horse
41. A way to supervise
42. Tantalum
44. Was in session
45. Bahrain capital
46. Prayer
47. Membranes
48. Belong to an earlier time
50. Affirmatives
51. South Dakota
52. Sinatra hit "___ Way"
54. Villain's enemy
55. A way to conform
57. Doctor of Medicine
61. Starting price
62. Junior's father



get inspired

> MEAL IDEAS

Watermelon Raspberry Lemonade



This lemonade is accompanied by raspberries and of course a refreshing twist of watermelon. Serve this up during summer time or year round for a refreshing thirst quencher.

FAMILY FOODS
From our family to yours
Phone 467-5553

Recipe from

<http://www.watermelon.org>

Ingredients

6 cups watermelon chunks (seeds removed)

1/4 cup raspberries

1 cup water

1/3 cup sugar

1/2 cup lemon juice

Instructions

Place watermelon, raspberries and water in container of electric blender, cover and blend until smooth. Strain through fine mesh strainer into pitcher. Stir in sugar and lemon juice until sugar dissolves. Refrigerate until chilled, about 1 hour.

Servings

Makes 4 servings.



THE CLEAREST WAY INTO THE UNIVERSE IS THROUGH A FOREST WILDERNESS - JOHN MUIR

Recently I spent a week in the Pacific Northwest, alternating between hikes along the ocean, and through the rainforests. As it was the first week of September with everyone heading back to school, it was quite secluded.

My accommodation was a rustic cabin with a woodstove-no television, no telephone (not even cell phone reception) and no internet access. The only sound was the gentle crashing of the waves upon the shore.

As there were often no people in sight, the experience, at times, felt surreal.

Walking along the beach in the morning mist, the vast sea on one side, and towering spruce trees on the other, I imagined what it must have been like for the earliest people who settled there.

It was not surprising, I mused, that the native Indians were so spiritual.

Wisdom in the Wilderness

This kind of land is infused with spirit. One cannot help but feel immense awe, regardless of which direction the eyes are cast. Breathing in the clear, moist air feels like breathing in the spirit of the earth.

Entering the rainforest was like entering a sacred realm. It was so quiet. The tall trees, hundreds of years old, reached up to the sky. The sunlight filtered through, illuminating the forest floor, which was a world unto itself. Green life sprouted everywhere, be it mosses, ferns, or new little trees, often growing out of nurse logs-huge trees that had fallen to the ground. These massive trunks, even in death, provided nurturance for new life. The forest continually renews itself.

It also renews those who venture there, for it is the original natural habitat of humans. I also believe it speaks to us, infusing us with deep wisdom. I shall look forward, in the weeks and months ahead, to decoding its messages. And, of course, I shall return.

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

Pork and Watermelon Kebobs



Recipe from

<http://www.watermelon.org>

Ingredients

6 tablespoons brown sugar

6 tablespoons soy sauce

6 tablespoons diced red onion

3 garlic cloves, minced

3 tablespoons lemon juice

1 tablespoon olive oil

1/4 teaspoon ground thyme

dash pepper to taste

1 pound Boned, lean pork chop, cut into 1" cubes (approximately 38 to 40 pieces)

32 (1 inch) cubes watermelon

16 - 24 (1/2 inch) zucchini rounds

16 (1 inch) pineapple chunks, fresh or canned

24 (1 inch) yellow and/or orange peppers

1 bottle cooking spray

Instructions

1. Combine sugar, soy sauce, onion, garlic, lemon juice, olive oil, thyme, and pepper in a mixing bowl. Pour into a zip-lock bag and add pork pieces. Seal bag, mix thoroughly, and refrigerate for at least 1 hour, turning bag on occasion.

2. Remove pork from bag and reserve marinade. Thread 5 pork pieces, 4 watermelon cubes, 2 to 3 zucchini rounds, 2 pineapple chunks, and 3 peppers on each of 8 skewers, alternating the order.

3. Heat the grill to medium high.

4. Spray cooking surface and place kebobs on grill. Grill for 12 to 15 minutes, depending on grill heat, or until done, turning and basting frequently with reserved marinade. Garnish with sesame seeds and chunks of watermelon.

Servings: Makes 8 kebobs.

Nutrition

Serving size: 1 kebob

Calories per serving: 234

Fat per serving: 8.9g

Saturated fat per serving: 2.5g

Folate per serving: 21mcg

Fiber per serving: 1.8g

Vitamin C per serving: 49mg

Calcium per serving: 35mg

Iron per serving: 1.5mg

Magnesium per serving: 47mg

Potassium per serving: 563mg

Sodium per serving: 488mg

Watermelon Greek Salad



Recipe from

<http://www.watermelon.org>

Ingredients

3 cups kale, chopped fine

2 cups diced watermelon, seeded

2 cups peeled and diced English cucumber

1/2 cup diced red onion

1/2 cup Kalamata olives, cut in halves

4 tablespoons extra-virgin olive oil

2 tablespoons balsamic vinegar

1 teaspoon minced garlic

1 tablespoon chopped fresh mint

serving grated pepper

1/2 cup crumbled feta cheese

Instructions

1. In a large bowl, add kale, watermelon, cucumber, onion and olives.

2. In a small bowl, whisk oil, vinegar, garlic, mint and pepper.

3. Pour dressing over salad and toss thoroughly. Top with feta cheese. Serve.

Servings

Makes 6 one-cup servings.

Nutrition

Serving size: 1 cup

Calories per serving: 193

Fat per serving: 14.4g

Saturated fat per serving: 4.5g

Cholesterol per serving: 18mg

Fiber per serving: 3.2g

Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant
cleanwithwater15@gmail.com

ISAGENIX
Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
allana333@hotmail.com

Janice Gulay
jkaraim@mymts.net (c) 1-204-648-3836

Rose Sawatzky
isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com