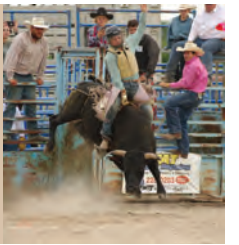




Arborg Fair & Rodeo its going to be a wild ride call to book your advertisement and help promote this community event. Call 204-641-4104 or email ads@expressweeklynews.ca



THE EXPRESS

VOLUME 6 EDITION 25 THURSDAY, JUNE 20, 2019

WEEKLY NEWS

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

**Stihl MSA120
C-BQ Chainsaw**
Battery Operated **\$399⁹⁵**
36 V Battery



**BG50 Gas
Blower**



STIHL \$189⁰⁰

**Stihl MS170
Chainsaw**
30 c.c. 16" bar **\$199⁰⁰**
1 year warranty



**Stihl MS291
Chainsaw**
56 c.c.
16" bar **\$499⁹⁵**
1 year warranty



**SHACHTAY
SALES & SERVICE**
Arborg, MB
204-376-5233



Winnipeg Beach firefighters led the survivors on their victory lap at the 2019 Interlake Relay for Life's annual fundraiser on June 15 for the Canadian Cancer Society.

EXPRESS PHOTO BY PATRICIA BARRETT

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

**Countryside
Home**
building centre

Lot 1, Hwy 17 S, Fisher Branch, MB
204-372-8501



***For all your
building
material
needs***



Interlake Relay a ‘force for life’ in the battle against cancer

By Patricia Barrett

Hundreds of people turned out for the 2019 Interlake Relay for Life’s annual fundraiser on June 15 raising approximately \$58,000 for the Canadian Cancer Society.

Eleven teams took part in the relay, which is held in Winnipeg Beach each year. The funds raised from the event enables the CCS to carry out research, provide support services to cancer patients and their families and advocate for patients at the political level.

“We know our vision to create a world where no Canadian fears cancer is only achievable if we work collectively with people united by the same goals,” said Interlake relay chair Betty Loewen. “With the help of hundreds of thousands of people that CCS brings together — including all of you today — we are a force for life in the face of cancer.”

Loewen said almost 90 per cent of CCS funding comes from everyday Canadians.

Interlake Relay committee member Darlene Shkawritko said investments made in prevention, early detection and treatment have increased the overall cancer survival rate from about 25 per cent in the 1940s to about 60 per cent today.

“We are close to turning some cancers into manageable diseases,” said Shkawritko. “Make cancer something you live with, not die from.”

Guest speaker Whitney Zelenitsky, who battled cancer 11 years ago, paid her respects to those battling the disease and those who passed on. Thanking those who supported her in her battle, she said cancer has its highs and lows.

“Cancer takes a lot away from you: your health, your physical capabilities and your life stability,” she said. “Yet at the same time, cancer gives back to you — a new outlook on life, an appreciation for the smaller things, and love and support from others.”

Zelenitsky said when she’s asked why she takes part in relays, she replies, “for those who can’t” or for those who’ve lost their battle.



Guest speaker Whitney Zelenitsky paid tribute to community members battling cancer and those who passed on.

Local teams, such as Sandy Hook’s Campers for the Cure, and teams from away took part in the 12-hour relay. Members of the Angels in Combat team came from as far as Winnipeg, Pinawa, Seven Sisters Falls and Lac du Bonnet.

Winnipeg Beach Mayor Tony Pimentel said it’s important we support those suffering from cancer and stay positive for them.

“I truly believe by being positive you have a good fighting chance to beat cancer,” said the mayor. “And I’m hoping one day in my lifetime we will beat cancer.”

Gimli MLA Jeff Wharton, who lives in Winnipeg Beach, took to the bandstand stage during opening remarks to bless participants and volunteers.

“It’s a terrible disease. And certainly for the survivors here today, God bless,” said Wharton, who lost his father to cancer. “This is an awful disease. I know there are people here today who’ve survived cancer for 30 years and are cancer-free so congratulations on that.”

Accompanied by Winnipeg Beach firefighters and a piping band, survivors were cheered as they set off on a victory lap around the track, which extended from the bandstand and along Lake Winnipeg.

At dusk, hundreds of luminaries lining the track were lit in remembrance of those who passed on and those still battling the disease.



EXPRESS PHOTOS BY PATRICIA BARRETT
Survivors walk along Lake Winnipeg for the 2019 Interlake Relay for Life annual fundraiser in Winnipeg Beach last Saturday.



Interlake Relay for Life committee chair Betty Loewen.



The Angels in Combat team came from Pinawa, Lac du Bonnet, Seven Sisters Falls and Winnipeg. This is their 7th Interlake Relay.



Gimli MLA Jeff Wharton



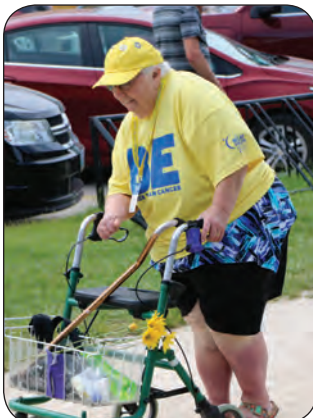
Campers for the Cure from the Sandy Hook R.V. Resort took part in the 2019 relay.



Cindy Genik (right) and another cancer survivor set out on the victory lap.



Cancer survivors set out on the victory lap to kick off the annual Relay for Life cancer fundraiser.



Winnipeg Beach mayor Tony Pimentel.

Arborg Home Hardware launches rental business

By Evan Matthews

A longtime staple in the Arborg business community has expanded to meet the needs of its customers.

Home Hardware recently acquired the property immediately south of the main store, and co-owner Ray Reimer said the ownership group has converted the former tire shop into a rental centre.

"About a year ago, this building became available," said Reimer.

"We figured, we might as well grab it, as we had some ideas in our mind. We didn't open anything right away because we wanted to find the right (products and) people to run with our dreams."

The store's main building has been open for 10 years, according to Reimer, who said the store's inventory and business strategy has always centered on whatever the community's current needs.

The ownership group is made up of four Arborg men including Reimer, with Milton and Stan Loewen and Sid Dueck.

Though the store had always done rentals, the community's need for rentals was very prevalent, according to Reimer.

With cost and effectiveness in mind, Reimer and the rest of the ownership group decided to pair with Husqvarna to provide a top-of-the-line gardening and lawn care equipment rental business.

"I've had some history with Husqvarna. ... We talked about it and, really, it's good quality at a good price," said Reimer.

"It has the assortment we wanted to have all under one name."

The new shop carries products like riding mowers, self-propelled lawnmowers (that can cut up to an acre), garden tractors, chainsaws, trimmers, compaction and concrete equipment, paint sprayers, generators, even a



Reimer and Loewen show they aren't strictly business owners but also master chefs and barbecuers.

mini-excavator and skid steer.

Much of the equipment is available as battery powered rather than "plug-in." The battery technology has come a long way since the time it was first introduced, Reimer said.

"We had always been renting ... hand tools and things like that. But it was always a unique thing that needed better tools, more tools," said Reimer.

"We saw some opportunity. ... A few other (rental) places had shut down, and we jumped on it."

The store employs 30 staff and has recently added a service tech to staff the shop. While the shop is currently carrying only Husqvarna products — Reimer said that could change in the future to carry more lines but the new tech can service any standard lawn and gardening equipment.

"We're open to whatever the community needs," said Reimer.

"We're zeroed in making this (store) better, and profitable, doing whatever we have to. We want to support the people working in this building."



EXPRESS PHOTOS BY EVAN MATTHEWS

Ray Reimer, Stan Loewen and Milton Loewen said they're excited to meet the community's needs with the new rental shop. Stan sits atop a Husqvarna riding lawn mower.



Milton Loewen explains to a customer how a self-propelled mower works and that it can cut up to an acre completely on its own.



DOWNLOAD THE CO-OP CRS MOBILE APP, available for Apple, Android, Windows & Blackberry

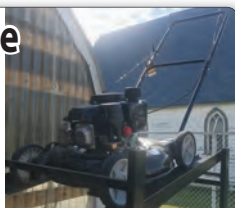
Lawn Tree Line Trimmer

Sale \$349⁹⁹



Yard Machine 132 CC Push Mower

Sale \$199⁹⁹



Deck and Balcony Tile

Sale \$24⁹⁷



Assorted Bikes

15% off



Lawn Sweeper

Sale \$259⁹⁷



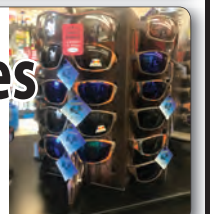
Interlake

Sale Dates June 20-26, 2019



Sunglasses

25% off



ERIKSDALE HARDWARE 204-739-2634

Roger Champagne returns home; movie to be shot in Fisher Branch

By Evan Matthews

A local Fisher Branch man returned home to give back and inspire the youth of his community while paying homage to his roots.

Last Friday, Roger Champagne returned home. A graduate of Fisher Branch Collegiate in 1984, Champagne returned to the school to give a presentation to its students all about working hard and following their dreams.

"My parents and I lived on a farm about 15 miles from here, and I'd come right here to this gym and dream about things I wanted to do in the future," said Champagne.

"What would you do if all your dreams came true? What would you do if you got to work with famous people, people you had looked up to your entire life? What would you do if you were in a place of influence and could change peoples' lives?"

"What would you do?" Champagne asked the students.

Champagne, co-owner and operator of the Los Angeles-based company Hit Song Productions, said the reason he came back was to give back to his roots.

Champagne announced to the students that he and his company will be shooting a movie called *Gift Exchange*, locally in Fisher Branch. The movie is set to release in fall 2021.

"The movie is based on dreams, dreams that start right here," said



Roger Champagne

Champagne.

In addition to the movie shoot, Champagne had another announcement to make.

Hit Song Productions will play host to an international friendly soccer match between rivals Argentina and Chile on Sept. 5, 2019, which will be played at the L.A. Memorial Coliseum.

In the name of giving back, Champagne said he'd be flying out two Fisher Branch community members to the event.

The two community members, who are yet to be named, will be flying out to L.A. on a scholarship, in the name of Champagne's late friend.

"A good friend of mine, Richard McLaughlin, died shortly after graduation. It was devastating for our class.



EXPRESS PHOTOS BY EVAN MATTHEWS

Roger Champagne presents to Fisher Branch Collegiate students. The students had many questions, most of which pertained to Champagne's annual salary and the types of cars in his garage.

You just don't know how much time you have. He was a good man. He stood up for the kid nobody seemed to like. I miss him sometimes," said Champagne.

"I told myself at a young age, if I was ever in a place where my dreams have come true and I have an opportunity to thank the people who helped me along the way, I'm going to do that."

Keeping true to his young self, Champagne announced the "Courage to Compete Award" in honour of the Class of 1984 and of Richard McLaughlin.

He is encouraging Fisher Branch students or recent graduates to visit Hit Song Productions' website and address a letter to Champagne stating

why the person wants to go to L.A., with two references.

Champagne said he'd choose someone based on those applications, and he'd fly the person and their guardian to L.A. for the soccer match, including their airfare, hotel and tickets to the match.

This year will mark the first time Champagne has put on such an event, but he said there would be five more events happening annually. The Courage to Compete Award, he said, will happen for each and every event.

Champagne said, too, Hit Song Productions is working with Netflix to produce a documentary about the production of the Sept. 5 match.

Kiwanis Club of Gimli and District flag program

Submitted by Wilma Parker

Kiwanis is a global volunteer organization that annually raises more than \$100 million and dedicates more than 18.5 million service hours to strengthen communities and help children.

We offer opportunities for people of all ages and abilities to serve, and club members sponsor more than 150,000

community service projects each year. One such great initiative of the Kiwanis Club of Gimli and District is the flag program.

Our flag program is celebrating its 10th anniversary this year. Our town is a tourist town, and seeing Canadian flags flying on businesses add to the festivities for Gimli. It shows our pa-

triotism to the world, while bringing special recognition to the businesses. It shows goodwill of our community. It shows co-operation among the businesses. The flags are put on businesses from Victoria Day, staying up all summer until Thanksgiving Day weekend. The Kiwanis Club of Gimli and District hoists the flags and works

hard to keep them running smoothly.

The only responsibility the businesses have is to contact our club at 204-389-4742 when there is a problem or concern with the flags.

They can also contact us via email to the co-ordinator and committee chair Wilma Palmer at wepalmer33@gmail.com.

THANKS FOR 100 GREAT YEARS!

The MCNA would like to thank the Sponsors and Community Partners who helped make the 100th Annual Better Newspapers Competition a Century of Success!



ASSOCIATION OF MANITOBA MUNICIPALITIES • BEAUSEJOUR THE CLIPPER WEEKLY • BRANDON - WESTMAN JOURNAL • BRANDON WESTMAN THIS WEEK
CANSTAR COMMUNITY NEWS • CELEBRATIONS DINNER THEATRE • CORNER POCKET PUBLISHING • DAUPHIN HERALD • DERKSEN PRINTERS
DUCKS UNLIMITED CANADA • FARMERY ESTATE BREWERY • FLIN FLON REMINDER • KEYSTONE AGRICULTURAL PRODUCERS • MANITOBA ARTS NETWORK
MANITOBA CHAMBERS OF COMMERCE • MANITOBA EGG FARMERS • MANITOBA HYDRO • MANITOBA PUBLIC INSURANCE • MANITOBA TEACHERS' SOCIETY
MINNEDOSA TRIBUNE • NEWS MEDIA CANADA • PILOT MOUND SENTINEL COURIER • STEINBACH CARILLON • VIRDEN EMPIRE-ADVANCE • WINNIPEG FREE PRESS

Armstrong residents raise concerns about gravel-filled ditches

By Patricia Barrett

Residents in the RM of Armstrong say gravel has been pushed into their ditches for about a decade now by municipal grading and snowplowing operations, and they're calling on council to put an end to the practice.

The issue had been raised a number of times in the past, according to a delegation of six to seven residents who took time off work to attend council's regular meeting June 11.

They presented council with photos of gravel-filled ditches and roads that have become wider because of the steady accumulation.

"We have pictures of ditches with two or three inches thick with gravel, with crushed limestone," said delegation member Wayne Spakowski, who spoke with the *Express* after the meeting. "They [the RM] put gravel on every year, and every year they take it off. That's just crazy."

The delegation said the grader operator creates windrows — long lines of gravel heaped up along the sides of roads — in the summertime.

"The grader takes the gravel from one side to the other side of the road in summer," said Spakowski. "The only thing is they're supposed to leave it on the road and feather it out so when you drive on the gravel, you pack it down."

In the winter, the snowplough operator pushes those heaps of gravel into

the ditches.

Spakowski and the delegation say this has been going on for roughly 10 years and "it's getting worse, not better."

The loss of gravels from the roads comes at a cost of "thousands and thousands and thousands of dollars" to ratepayers, said Spakowski. "Usually you [apply] gravel once every three years. Now you get gravel every year because it's gone. I have pictures from every year, and every year [council's] got different excuses."

Sometimes the RM claims it was too wet in the fall and the operator couldn't grade the roads properly, he said, or it was too dry and the gravel didn't pack properly.

Spakowski said he and other residents have taken photos in various Interlake municipalities — Rockwood, Gimli, Ashern, St. Andrews — and could not find piles of gravel in their ditches.

"Our delegation recommended that [council's] operator actually take a grading course," said Spakowski. "Contractors should have an accredited training course. Everybody is self-taught and everybody has bad habits."

Gravel in ditches also has the potential to impact the ability of ditches to handle run-off and may possibly lead to overland flooding and road washouts during deluges.

"You're filling the ditches up with



EXPRESS PHOTO SUBMITTED

Armstrong residents are concerned by the amount of gravel being graded into the ditches annually.

gravel and the roads are getting wider and wider. The ditches are getting smaller and smaller," said Spakowski. "It will impede drainage if they keep doing this every year."

Spakowski said council agreed that this shouldn't be happening and promised the delegation it would pass a resolution banning the practice.

Armstrong Reeve Susan Smerchanski told the *Express* council had indeed passed a resolution during its June 11 meeting to "ensure windrows do not

remain on the roads after Sept. 1."

Weather conditions always affect the work, said the reeve. Nevertheless, the council member overseeing roads in the municipality will be networking and consulting with neighbouring municipalities regarding road maintenance and best practices.

"We appreciate concerns being brought forward and move forward to an acceptable [resolution]," said Smerchanski.

Addictions services expand for youth

By Jennifer McFee

Young people seeking addictions services will soon have more options, thanks to a provincial government initiative to embed counsellors within Winnipeg-based agencies.

Youth counsellors from Addictions Foundation of Manitoba (AFM) will now be available for clients at nine agencies: Access Fort Garry, Aikins Street Community Health Centre, Centre de Santé Sainte-Boniface, Eagle Urban Transition, Macdonald Youth Services, Ma Mawi Wi Chi Itata Centre, New Directions, Ndinawemaaganag Endaawaad and the StreetReach Program.

Following a three-month consultation and planning process, counsellors will now be located in these agencies. Under the same roof, youth can also access other supports, such as primary health, mental health services, housing and employment.

"Mental health and substance use problems arising at earlier stages of development can have significant long-term impacts for youth without adequate support and services," said Ben Fry, chief executive officer of the AFM, in a press release. "These changes will enhance pathways to referrals and improve access for youth, including those with complex needs."

At the same time, these partnerships will allow the AFM to broaden its scope of service, he added.

The embedded counsellors will help to streamline the referral process for youth services and treatment at the

AFM. Between April 2018 and March 2019, there were 478 youth admissions to ARM community-based youth services in Winnipeg.

This initiative addresses a VIRGO report recommendation to improve the access and co-ordination of mental health and addiction services in Manitoba.

Stonewall resident Doug Gaudry said the announcement is "fantastic news."

In 2015, Gaudry and his wife Kelli lost their youngest son Cole at the age of 19 to fentanyl poisoning.

"When my son passed away, I think there wasn't that much availability of any of those service. It could have made a difference if he could have reached out to talk to someone — or if we had the ability to reach out for him,"

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

KEN LOEHMER
FUNERAL SERVICES

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

Continued on page 9

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

FRI-THURS JUNE 21-27
CLOSED TUESDAY
MEN IN BLACK: INTERNATIONAL
at 8:00 pm Each Night

Violence; Coarse Language **PG**

FRI-THURS JUNE 28-JULY 4
CLOSED TUESDAY
ALADDIN
at 8:00 pm Each Night

May Frighten Young Children; Violence **PG**

THE EXPRESS
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Evan Matthews



ADMINISTRATION
Corrie Sargent



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Debbie Strauss



DISTRIBUTION
Christy Brown



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Allana Sawatzky



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS

Stonewall Teulon
Tribune
Selkirk Record
The Winkler • Morden
Voice

getheard

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

> Got news?

Call Evan Matthews at 204-990-9871
evan@expressweeklynews.ca



Healthy can be holistic

By Evan Matthews

General health, while a common topic of discussion, is often overlooked in most of our day-to-day lives.

On Saturday, Aug. 24, the Canadian Liver Foundation hosts its annual Stroll for Liver, a fundraiser for liver research and education. We hear about so many of these types of walks, whether it be for liver disease, cancer, heart and stroke.

Jay Adam is a local Interlake man working as a dietician and is living with Primary Sclerosing Cholangitis (PSC), a form of liver disease.

Much of what Adam said about liver disease — mitigating its effects once diagnosed or proactively avoiding the disease all together — was actually not so specific to liver disease.

He spoke a lot about healthy eating and exercise or, in a word, wellness.

Of course, he was speaking specifically about liver disease, but so much of what he said sounded like a healthy way of living for anyone and everyone.

For many, the thought of giving up certain habits — drinking and smoking, eating food that isn't good for you, or replacing TV time with exercise — can be a daunting thought,

scary, in fact.

Personally, I've been in both really great shape and really terrible shape. I tend to be an "all or nothing" kind of person, so it can be easy to get down on yourself when things aren't going well or you deviate from a workout regimen or diet.

What I've started to realize, and started to implement, is a more neutral and conservative approach to healthy living.

This is something Adam spoke about, too.

If you want to become a healthier person, it won't happen overnight. But by taking a realistic and holistic approach, in time, simple choices will make you a healthier human being in the long run.

If you don't want to give up fast food, just cut down on it. Still enjoy a pizza every so often, but make sure you have healthy foods within your reach at home, too.

If you don't want to quit drinking, limit your drinks to the weekend. A glass of wine in the evening is nice, but maybe see if you're the type of person who enjoys sparkling water.

If you don't want to give up your TV

time, try a stationary bike or a treadmill while you watch.

But any amount of exercise is important. Nobody is saying you have to work out every day, but if you work out once a week, it's better than not working out at all. Two days is better than one. Three days is better than two.

But it's all about what you can do and making an effort.

James Clear, author of the New York Times bestseller *Atomic Habits*, has a great quote on this topic.

"Every action you take is a vote for the type of person you wish to become."

"No single instance will transform your beliefs, but as the votes build up, so does the evidence of your identity."

"This is why habits are crucial. They cast repeated votes for being a type of person."

What type of person you want to be is, obviously, up to you.

But by casting the right votes for yourself as an individual, you can choose a healthy and prosperous life with (seemingly) small choices.

A healthier society is something we all benefit from.

letter to the editor

Marshland surviving because of Siglavik

I am a retired school teacher living in Siglavik and have read the articles that interviewed Mr. J. Smith in the *Express Weekly News*. In the last issue dated June 13, Smith said, "Had we realized what had gone into producing this area, we probably wouldn't

have bought here as much as it's the idyllic place." I find it strange that someone would buy property on the waterfront without knowing the details of how it originated. This comment did upset me greatly, and after speaking to several Siglavik resi-

dents, I am writing this letter.

I would like to mention that the Rutz and Smith property are not part of Siglavik. Smith is not part of the Siglavik Condo Corporation and I urge him to stop mentioning Siglavik

Continued on page 7

ADVERTISING OR PRINT CONTACT INFORMATION

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

PHONE 204-467-5836

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca

Patricia Barrett - Reporter/photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igrphic@mymts.net

PAPER DELIVERY OR FLYER CONCERNS

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

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. 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 connect people through stories to build stronger communities.

Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication
View the Express Weekly News online at
www.expressweeklynews.ca



getinformed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

Province invests in Reading Apprenticeship program

By the Manitoba government

The Manitoba government is investing over \$400,000 to support middle and senior years teachers through a renewal of the Reading Apprenticeship program, Education and Training Minister Kelvin Goertzen announced June 5.

"The program provides teachers with new resources to support their students' growth in reading and thinking skills," said Goertzen. "Improving literacy and enhancing classroom instruction across the curriculum is a priority for our government. We want to invest in resources that advance

professional development for teachers and enrich students' learning."

The Reading Apprenticeship program provides training to teachers so they can help students improve literary engagement, fluency and comprehension. The program also offers teachers guidance to support students become motivated, strategic and critical readers, thinkers and writers.

The three-year program engages teachers in various facilitated learning sessions where they explore their own reading and thinking processes in a variety of curriculum texts. This process helps them develop new

strategies to apprentice students in different ways of reading, thinking and learning.

"We believe literacy is one of the foundations of all learning," said Kelly Barkman, superintendent/CEO, River East Transcona School Division. "The Reading Apprenticeship program has had a tremendously positive impact for both teachers and students in our division, and we would like to thank the Manitoba government for its continued support."

The minister noted that studies show the program produces significant improvements in reading comprehension,

engagement and achievement across subject areas. Program findings show significant growth in teacher and leader confidence and capacity, and greater collaboration and communication related to literacy for staff across the school community.

The Manitoba government will provide \$140,000 annually over the next three years for the Reading Apprenticeship program. September 2018 numbers show 600 teachers in 100 French and English schools across 25 school divisions have participated in the Reading Apprenticeship program training.

> LETTER, FROM PG. 6

without including names of the residents who support him.

I met Willie Arnason in 1960 when I began my teaching career. We both taught at St. John's High School in Winnipeg. On several occasions, he was my paddling companion on canoe trips we took. He loved nature and wildlife. When I heard of Willie's dream about Siglavik, I did not know much about the Gimli area.

Arnason began developing Siglavik in the early '80s. He had many obstacles to overcome and financially it was impossible for one person to handle. Along came the Corti family from Switzerland, who fell in love with Gimli and Willie's dream. They helped Willie by purchasing the land east of the now Siglavik development.

In the early years, this land was hay. Willie constructed a dyke around the property and placed a windmill to drain excess water during the occasional flood. The rest of the property to the highway lay waste without a single tree. There were some marsh areas close to Willow Creek with bull rushes but the rest of the property did not grow any vegetation to support any kind of wildlife to my knowledge. Now it is a thriving marsh along with trees planted by the Arnasons and other residents.

Willie had to quit teaching to work full time on his project in the '80s. I am told by some older residents that more earth was moved here than was moved to build the St. Lawrence Seaway (Willie's words). I make this comment to give the enormity of this proj-

ect's undertaking by one man.

When the project was completed and a few houses were constructed, tree planting followed. The mature trees existing today were planted by Willie, his wife Donna Mae and a few residents at the time. One couple who did not want their name mentioned planted every evergreen tree and hauled hundreds of pails of water by car to water all the young trees in the community. Willie and his children planted bull rush seeds along the front of their property. I planted the seeds in front of my property, which serve as spawning areas for the fish.

Some of the families who are concerned about the marsh being destroyed by the Rutz family on the property (north of Smith's property) don't have reeds growing in front of their properties. These reeds are very essential for preserving our marsh area. Too much time has been spent on the Rutz family being the "destroyers" of the marsh. In reality it is the phosphorous from the runoffs from the fields and sewage spills from the city of Winnipeg that are a concern. People who want to save the marsh and the lake should have listened to Winnipeg biologist Eva Pip 50 years ago, who warned the so-called environmentalists of the pollution hazard to Lake Winnipeg.

As I sat writing this article, I could hear the fish splashing in the water as they were spawning. I watched young kids playing in the water, pontoon boats leisurely passing by, adults and children casting for several species of fish that abound in our bays and the sound of song birds was at

times overwhelming. And yes, many people have seen turtles and all other animals, including deer in this area. Before Siglavik, none of the wild life existed on this property. I remember when Willie rushed into town to purchase a bag of grain when he found the first goose couple to grace our bays. Sometimes when I walk on my beach, I wish that he hadn't been so eager.

Smith enjoys his backyard, the prime property close to Siglavik. They were able to obtain this prime lot and now they are standing in the way of another family who wants to build a house (in the name of "Save the Marsh"). The Rutz family loves Gimli and wants to spend their time in this wonderful place that they have visited for many years and actually own a house in Siglavik.

In 2005 the property in question was negatively affected when many truck loads of soil were dumped at the entrance to Siglavik to prevent possible flooding. Plugging the channel entrance was futile, but nonetheless, the damage to Rutz property was substantial. To compensate the Rutz family, permission was granted to restore the property to its original state and a permit granted to erect a one family dwelling on the site.

Rutz believed putting a dock along the waterfront would create a water hazard for boats coming and leaving the Siglavik bays. Therefore, they dug a small bay on their property to contain their water crafts, creating a safe harbour for fish and, yes, a nesting place for turtles. The "Smith Group" are protesting and want to prevent

the Rutz family from opening a small channel to connect the pond to the river. This opening will only enhance the marsh by bringing wildlife into the bay.

Now that the Smiths are aware of how this development came into existence, it would not be fair to ask them to fill in their beautiful man-made harbour at the back of their property to contribute to the "save the marsh" cause.

I would also like to say that kayaking in the marsh was very difficult before Siglavik was developed. Today we have many areas for kayaking, boating and fishing for nature lovers because of the dream and efforts of one man, Willie Arnason. If it was up to me, a modest statue should be erected to commemorate this visionary man's achievements. Siglavik is a great community and we should all unite to give the Rutz family a chance to enjoy our unique part of the world. Willie, through his efforts, created a healthy marsh from a land that had no wildlife and now everyone is able to enjoy nature.

For years, Siglavik has been a very cohesive community. It is indeed unfortunate that this matter has created some divisiveness among our neighbours.

- Rowena and Larry Burdeny

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address and phone number for confirmation purposes.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net



Catching chairs instead of fish

Hi fellow fishers.

The water lapped gently on the sand bar between the Balsam pier and the northern rock berm. I had come to this fishing mecca in the middle of last week hoping to find an angler with an interesting story we might enjoy. Standing on the pier's new wide concrete lane, enjoying the serenity of the endless grey waves of Lake Winnipeg whipped up by the wind, my straw hat shaded me from the brilliant sun.

There was no one in sight, but suddenly the back of the head of an angler popped up above the rock berm.

"Did you catch anything?" I shouted over the gusting wind.

"Yeah, a couple of nice big walleye," a guy yelled back.

"How about holding them up and we'll put you and your catch in the papers?" I called out.

"OK, hang on. I'll go get them. They're in the water against the rocks," he hollered, disappearing.

I waited. Not a sign of him.

A lady with him waved, smiling and saying, "Hi, I'm Julia Douglas."

I waved back, returning the smile and shifting my stance against the wind and away from the sun.

Suddenly, his head popped up again from the rocks. "They're snagged! Be with you in a minute," he said as he ducked out of sight once more.

I shook my head, smiling to myself, reflecting on the many unusual oc-

currences I have experienced when getting a fishing story. Then his whole body came into view slumped over, springing from one huge boulder to another he grabbed his long rod and handled it in a way that looked like he meant to use it as a tool. He turned his head my way and flashed a wide, gleaming grin as if to say "I'm going to get those fish" and abruptly disappeared again.

On the pier, looking for a way to kill time, I found some little stones and began kicking them around. Suddenly the end of our yet-unnamed friend's rod showed over the rocks, whipping and quivering with great ferocity. Shouts of frustration came my way carried on the gusting wind. Then came the sound of a rattling stringer chain and up from the far side of the rocky berm sprang our beaming angler holding two good-sized walleye. Proudly smiling he presented his catch he had rescued from the rocks.

"The waves pushed the fish and the stringer amongst the rocks trapping them and I wasn't about to abandon those creatures to an inhumane end," he shouted.

"Who are you?" I called across the expanse between the pier and rocks.

"I'm Ken Turin from Winnipeg," he responded.

"Well Ken," I chuckled, "it was fun watching you pop up and down on the other side of those rocks. Hang on

while I take a picture of you and your catch for the papers."

It's not often I find 30 women fishing off the Selkirk pier and not a man in sight. There before me, last Thursday, a bunch of ladies from the Community Schools of David Livingstone, Shaughnessy and Wellington were on a free fishing day courtesy of the City of Winnipeg and Wildlife and Fisheries. These girls have been coming here for years. When I asked the head lady, grey-haired and hardy Julie Halcro, if they had ever experienced anything funny, she threw her head back laughing. A few years ago, it was very windy on the pier and a big gust picked up two of their folding chairs and dropped them into the river water. Immediately, a game ensued.

The ladies began casting out onto the river trying to snag the chairs but the current was taking them downstream. They began walking along the pier, following the escaping chairs, casting at them. After 20 or 30 tries they actually hooked and landed them!

Late last week I met a chap by the name of Mike Horbow from Winnipeg fishing off the Hnaua pier. He was a thin fellow who spoke fluidly and intensely in a good-natured way. Dressed in casual shorts and T-shirt with sunglasses strung around his neck, he told me of his many fishing outings. He related how he loved going to East Shoal Lake and stand-



EXPRESS PHOTO SUBMITTED

Ken Terin with his rescued catch from the Balsam Bay rock berm.

ing over one of the big culverts of the drainage ditches would toss bait into the clear water so that he could see what suckers and jackfish were available. They would dart out from the cover of the culvert and grab the bait then quickly slip back into the darkness of the tunnel. Once he saw a fish he liked, he would bait a hook and drop it in front of it. In his view, getting a fish for supper was never so easy!

Till next week, my friends. Bye for now.

Raising funds and awareness

EXPRESS PHOTO BY KAREN ABAS

The sun was shining last Thursday for a group of approximately 40 Fisher Branch community members who gathered to raise well over \$500 for the Alzheimer's Society. A barbecue was held prior to the walk with all the supplies donated by the Ukrainian Farmers Co-op. Earlier in the day, the Fisher Branch Early Years students and staff, with a few parents, walked to the Fisher Personal Care Home to raise awareness about Alzheimer's.



Young philanthropist to build school in Nicaragua

By Evan Matthews

A 12-year-old Arborg girl is helping others in a way many people will never attempt.

Alliana Rempel, a Grade 7 student at Arborg Early Middle School, has raised enough funds to build a school in Nicaragua. With the recent donation from RW Bobby Bend students in Stonewall, Rempel now has enough funds to begin construction.

On June 11, the early years students donated \$550 to Rempel, pushing her past her \$10,000 goal.

"I'm an average kid, probably no different than you," said Rempel, as she addressed the 50 Grade 4 and 5 students in attendance.

"But even though I am young and from a small town, I believe I can make a big difference," she said.

Rempel wrote a book titled *One*, with all the proceeds of her book sales going to her fundraising efforts. During the donation presentation, Rempel read her book to the Stonewall students.

One tells the story of Azmia a young girl living in a war-torn country. When terrorists close down her elementary school, she is devastated that she can no longer continue her education.

Luckily, some unlikely heroes — many of Azmia's school supplies — come up with a plan to save the day.

"It took me quite a while to get the story and illustrations just right, but when I did, it was Mrs. Harding who encouraged me to try and get the story published," said Rempel.

"She has encouraged me each step of the way, and I wouldn't be here without the influence of an amazing teacher.

"It's why I'm so passionate about asking others to help me help other kids get the kind of education I have had," she said.

Azmia — in addition to being the book's main character — is an Arabic word meaning strong, determined and courageous.

Rempel said she believes an educated child is more likely to have the tools to stay healthy, save money, build a business, empower their community, lift their country and change the world.

In order to build the school, Rempel said she's paired with WE Charity.

WE Charity, according to its website, carries the power of WE globally, empowering communities to lift themselves out of poverty through the holistic, sustainable international development model, WE Villages. The organization aims to educate and empower young people.

"I have chosen to build my school in Nicaragua because although it is the



EXPRESS PHOTO BY EVAN MATTHEWS

Alliana Rempel, 12, author of the children's book *One*, has raised over \$10,000 from the proceeds of the book to build a school in Nicaragua. Rempel accepts a cheque from RW Bobby Bend students Mackenzie A., middle, and Myles M.

largest country in Central America. ... It is also the second poorest country in the Western Hemisphere," said Rempel.

"The country struggles with poor access to education, employment, clean water and health services. Around one quarter of the people there live on less than \$2 a day," she said.

Rempel cited statistics outlining the fact that average Nicaraguans have less than five years of education, leaving nearly 25 per cent of the population unable to read, as well as 15 per cent of the country's population between the ages of five and 15 years old having been forced into child labour.

"Alliana, you are truly making a difference in this world. You're inspiring children both near and far," said Ol-

ivia, a Stonewall student.

"It is amazing, the work you've completed in your young life, and you so clearly illustrate it all starts with just 'one.'"

Wreckless driving



EXPRESS PHOTO SUBMITTED

A woman near Eriksdale took speeding to an extreme, with her penalty following suit.

RCMP made a Facebook post Monday, citing details of a 22-year-old woman who had been caught travelling 178 km/h in a 100 km/h construction zone on Hwy. 6 just north of Eriksdale.

The woman was fined \$2,092 and issued a "serious offence notice," which results in a license review with Manitoba Public Insurance, according to RCMP.

For Sale in Arborg, MB

286 St. Peters Street - \$69,900

3 beds, 1 bath, 980 sf,
built in 1974, 'as-is'

For more info or to make an offer,
please contact:

Trevor Jaworski,
Manitoba Housing
204-451-3960 or 1-855-201-4624

Manitoba

A-Spire Players Inc.
Interlake Manitoba's Community Theatre

STAGE SET FOR SUMMER SEASON

Gimli's A-Spire Players will present 10 plays over eight weekends during the 14th summer season of a community theatre group entertaining audiences since 1992.

The season - featuring plays by the A-Spire and other Manitoba theatre companies - will open on the June 28-30 weekend with Time Boom's production of "Oh Fudge", a comedy of murder, mayhem and unrequited love set in Gimli in earlier times. It will close on the Aug. 30-Sept. 1 weekend with the A-Spire's interpretation of "Halfway There" by leading Canadian comedy playwright Norm Foster.

Variety will spice a season that also includes the return of perennial Gimli favourite Shoestring Players and a tribute to Johnny Cash by the Interlake Players. Further details of the program may be obtained from the A-Spire's facebook page. Reservations and inquiries can be made by phoning 204-642-8079 and tickets will be available at Tergesens a week before each show.

Community and colleagues bid farewell to Lakeshore superintendent

By Evan Matthews

A household name within the Lakeshore School Division is calling it a career after over 30 years of service.

Janet Martell, Lakeshore School Division's superintendent for the last 10 years, will retire on July 1. Including her time as superintendent, Martell spent 34 years in education as a teacher, vice-principal and principal.

"Initially, I wanted to work with children. That's why I got into education. I wanted to see them grow, see improvement in their learning. ... The end goal has always been to support the children and their families in their learning," she said.

"Then I got to be a vice-principal and principal, working with teachers to support them, and then moving on to superintendent and consulting.

"I'm also looking forward to doing other things in my life and scaling back my work a little bit."

Though Martell is retiring from her current role, the long-time educator will not completely move away from her lifelong passion. Martell said she will work with the Manitoba Rural Learning Consortium in a consulting role, as she'll spearhead a numeracy project.

The project will entail working with



EXPRESS PHOTO SUBMITTED
Janet Martell is retiring from her position as Lakeshore superintendent on July 1.

26 rural school divisions, as Martell said she will be supporting their staff as they place emphasis on numeracy. Martell is the right person for the role, according to her colleagues, as she's always placed emphasis on literacy and numeracy throughout her career.

But Martell said it is others who deserve the credit.

"I've had the ability to work with

schools and teachers that really took risks on behalf of children. They've tried things, assessed whether or not those things have worked, and proceed accordingly," said Martell.

"(Every teacher) seems to know every student really well in terms of their abilities in numeracy and literacy, so I'm pretty confident every teacher knows where students are at and has plans for each student's next step," she said.

Don Nikkel and Darlene Willetts will take over Martell's role, reconfiguring some of the roles responsibilities between the two of them. The duos official titles will see Nikkel as the superintendent of HR, policy and public relations, and Darlene Willetts as superintendent and CAO.

As the division restructures the roles a little bit, Nikkel said an important point is the division's continued focus on a hands-on and connected approach with its schools.

"It gives us some grounding in terms of the day-to-day practices going on in our buildings," said Nikkel.

"This year I'm co-leading a canoe trip with students. In the fall, I'll be co-leading a hiking trip. I'm still working with classes in other ways, too.

"We have to wear a number of dif-

ferent hats and keep our boots on the ground."

With the pair transitioning into their new roles, Nikkel and Willetts agree that Martell will be missed.

Not only did Martell focus on literacy and numeracy, but Nikkel said she inspired so many teachers to take more innovative approaches in the classroom. Nikkel said he and Willetts have some big shoes to fill, but they are left with many memories.

"I was the carpentry teacher in Lundar way back, and one of the things we did with the students was an outdoor timber frame classroom. We had a grand open and community celebration that Janet came too," said Nikkel.

"We held a contest, which involved cutting a two-by-four with a handsaw, then nailing part of the two-by-four to another piece of wood. It was a timed event.

"A number of students came forward. ... Out of the back of the crowd comes Janet Martell, superintendent. She was wearing a dress and heels, and she went for it.

"She came pretty darn close to winning."

Bev Braga retires from ESD after long teaching career

By Becca Myskiw

Bev Braga is retiring from Winnipeg Beach School this year after 43 years of teaching in the province.

Braga was born in Portugal. Her family came to Canada for a better life when she was 12 and raised her in Winnipeg where she got her first teaching job in 1976 after graduating from Brandon University with a bachelor of teaching.

Braga was the first female Portuguese teacher to have a degree in the Winnipeg community at the time but didn't realize it until she graduated.

"I was just like, 'Oh, wow, there aren't any in the system,'" she said.

Braga's bachelor of teaching put her in class three on the pay scale, so she went back to school while still working full time and raising a newborn baby to get her bachelor of education at the University of Winnipeg. She

graduated and moved up to Class 4 on the pay scale.

Braga taught at John M. King School for 13 years until she went to École Stanley Knowles School where she taught until 2009. She retired for the first time in 2009 and moved to Gimli but found she was bored and missed the school environment.

"Once I got [to Gimli] it's like, 'OK, what do I do with myself now?'" said Braga.

She applied to be a substitute teacher in the Evergreen School Division and was soon offered a term position. She started part-time at Riverton Early Middle School for one year.

Braga started at Winnipeg Beach School six years ago teaching math to Grades 4 and 6, then went to kindergarten the following year where she's stayed. She said kindergarten is her

favourite to teach and has been the highlight of her career.

Teaching five-year-olds is rewarding. They start out innocent in September, and then leave as independent students at the end of the school year and she gets to see it every year.

Now that Braga is retiring for the second (and final) time, she plans to take it easy. Her family has a home in Portugal where she plans to spend lengthy amounts of time and wants to spend more time with her granddaughter in Calgary.

Teaching has been Braga's life and she said the transition will take getting used to, but this time she's ready to retire. It's been the most rewarding job and she has loved every day of teaching.

"You're always teaching," said Braga. "But you're always learning."



EXPRESS PHOTO SUBMITTED
Bev Braga begins a new chapter after a 43-year teaching career.

> ADDICTIONS, FROM PG. 5

he said. "This is something that we've been lobbying for to help youth."

To help make a difference for other families, an annual motorcycle ride raises funds for Two Ten Recovery,

which provides a clean and sober environment for people in recovery from drug or alcohol addiction. This year's ride took place on June 1.

"It continues to grow every year," he

said. "Right now, we've raised a total of more than \$57,000 and we donate all those funds to Two Ten Recovery."

The event also features guest speakers, including graduates of the recovery program.

"I do a speech as well on the most

devastating aspect of what drugs can do — and that's losing a child over one pill of fentanyl," Gaudry said.

"Everybody gets a little more awareness and insight into the situation that's happening not only in Winnipeg but throughout all of Canada."

Hockey great turned motivational speaker receives honorary degree

Submitted

With a Stanley Cup ring on his finger and a Philadelphia Flyers-coloured orange shirt under his ceremonial graduation robe, the Riverton Rifle was awarded an honorary doctorate from Brock University on June 10.

But it was as much for what he has done for Indigenous youth since retiring from his record-setting hockey career that earned Reggie Leach the honorary degree from Brock.

Leach, who is of Ojibwe descent and a member of Berens River First Nation in Manitoba, now lives on Manitoulin Island where he has become friends with Brock Chancellor Shirley Cheechoo. It was an emotional Cheechoo who awarded Leach with the doctor of laws degree.

"He has worked so hard," she said. "When a person starts at a very young age like he did, it's overwhelming to know that a child can progress like that. It will help me in my work to know that these kids I work with have so much potential. He represents that."

Saying he feels like the "luckiest guy in the world," Leach said it was a huge honour to receive the doctorate.

"It makes my heart happy because I'm being recognized for the work that I love to do," he said. "This means even more to me now because I've seen these young people graduating and I see the atmosphere."

As a member of the dominant Philadelphia Flyers squad in the late 1970s, Leach was a potent goal

scorer and earned the Riverton Rifle moniker for having one of the hardest shots in the history of the National Hockey League.

He helped the Flyers win their second-straight Stanley Cup title in 1975 and earned the playoff MVP honour a year later when he set Philadelphia's all-time single-season scoring record of 61 goals, a mark that still remains today.

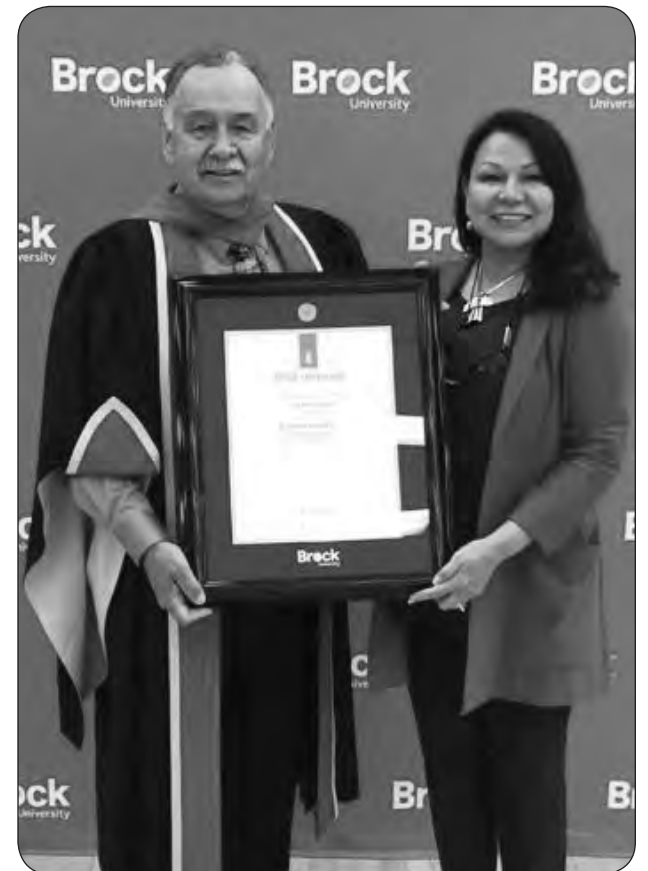
Leach now works with Indigenous youth, encouraging them to make wise life decisions and take responsibility for their actions. It was a message he also conveyed to the graduating Brock students Monday during his convocation address.

"My goal in life is that I want every young person to be successful," said Leach, who was named to the Order of Manitoba in 2016. "Your life is just starting. It's up to you to decide what you want your life to be. Whatever choices you make, you own those choices, good or bad."

Throughout his career, and even today, Leach has never forgotten the support he got from the 500-resident community of Riverton. He encouraged the graduates to do the same.

"Never forget who supported you to get to university," he said. "I grew up in a First Nations family among a community of people from all different nations, but they all supported me. I still support the town today because of what they did for me when I was 10, 11 and 12 years old. You never forget that."

Leach's address came during the first of nine spring convocations taking place at Brock's Ian Beddis Gymnasium.



EXPRESS PHOTO SUBMITTED

Reggie Leach was awarded an honorary doctorate from Brock University on June 10. Pictured with Leach is his wife Dawn Mahdabee-Leach.

Healthy liver is healthy living for local man

By Evan Matthews

When Jay Adam was diagnosed with liver disease 10 years ago, he wasn't sure what to expect. But so far, he's been lucky.

Adam, a Winnipeg Beach resident, said liver disease has a wide spectrum. Adam is living with Primary Sclerosing Cholangitis (PSC). The disease, he said, leads to degeneration of the liver, ultimately liver failure, and can cause death.

It often involves organ transplant at its worst.

"I've met people who are off work permanently, but my most common side effect on a day-to-day basis is fatigue. PSC takes a lot of energy out of you," said Adam.

"In all likelihood, it'll be more and more fatigue for me, and I think within my life it will become debilitating. I don't know when."

But in order to proactively avoid the debilitating effects of the disease, Adam takes daily measures.

Most people living with PSC take medications to help with the autoimmune part of the disease, he said, but there are a variety of medical thera-

pies that can slow the disease's progression to make the natural liver last longer.

"In my full-time job, I deal with chronic diseases, and a wide variety of them. One thing about whatever you're living with — whether it be heart disease of multiple sclerosis — if you take care of your overall health by eating healthy and getting some exercise, proper sleep, minimizing alcohol and tobacco, etc., you are much better off," said Adam.

"There are better outcomes in generally healthier people for just about every chronic disease."

But raising awareness, both in people who are living with liver disease and in people who are not, is absolutely critical, according to Adam.

Being diagnosed can help people on an emotional and personal level to understand the disease they are living with, he said. Many people know they're sick but not necessarily what they're sick with.

"Once you understand the disease you're living with, you have more con-



EXPRESS PHOTO BY EVAN MATTHEWS

Jay Adam sits in his office at the Stonewall and District Health Centre.

Continued on page 19

Lundar's curling rink overloads with cuteness at annual baby contest



Kylie Neepin won first place in the girls' category for six- to 12-month-olds.



Wyatt Burdett won the 12- to 18-month-old boys' category.



Scarlett Zanewich came in first in the 12- to 18-month-old girls' category.



Jaxon Dohan-Deverdenne won the boys aged six to 12 months contest.

By Gabrielle Piché

Eleven babies and their parents gathered in Lundar's curling rink on Saturday morning for the town's annual baby contest.

One by one, parents came to a central table with their child and presented them to a panel of judges. Girls aged six to 12 months were judged first, then boys of the same age. Next, judges met 12- to 18-month-old girls, followed by 12- to 18-month-old boys.

Winners and runners-up of the four categories took home trophies. After the competition, all participants were invited to ride on Lundar Agricultural Society's float in the town parade.

Angel Rhyner and Dalton Zanewich took their daughter Scarlett on the

float. The junior Zanewich came in first place in the girls' 12- to 18-month category. Her parents said they'd enrolled her for fun.

"We weren't looking at it as a winning or losing kind of thing," the senior Zanewich said.

The parents had never put their daughter in a baby contest before. They'd heard about Lundar's event through family and Facebook.

"I was doing it strictly just for dressing her up," Rhyner said.

Melissa Dohan put her son in the event because she wanted to get involved in Lundar's community.

"We're not from the community. We just have a cottage," Dohan said.

Continued on page 14



**A Rotating Electric
Specialty Supplier
OEM or Aftermarket**

Starters • Alternators • Electric Motors • Batteries • Components

Also Including:

- Beacons • Powersport Fans • Blower Motors • Powersport Stators • Capacitors
- Pulleys - decoupler or clutch • Powersport Control Motors • Regulators • Distributors
- Solenoids • Fuel Pumps • Switches • Gauges • Tilt/Trim Motors • Horns • Turbo Chargers
- Ignition Coils • Voltage Converters • Ignition Modules • Winch Motors • Isolators
- Window Lift Motors • Oxygen Sensors • Window Regulators



**Now selling after
market tractor parts**

Field tractors and Garden tractors

COMPARE OUR PRICES

We offer wholesale pricing to the public



311 Main Street, Arborg allelec@mts.net 376-5003

50°37'44"N 97°02'38"W

Gimli Glider

EXHIBIT Fundraising Gala

**THIS IS ONE
DINNER
YOU DO NOT
WANT
TO MISS!**

**TUESDAY
JULY 23rd 2019**

6PM MEET & GREET
7PM DINNER
LAKEVIEW RESORT & CONFERENCE CENTRE
10 Centre Street
Gimli, Manitoba

♦ ENTERTAINING
♦ INFORMATIVE
♦ THOUGHT PROVOKING

KEYNOTE SPEAKER:
RICK BRAUN, B747 CHIEF TECHNICAL PILOT, RET.

SPECIAL GUEST
CAPT. BOB PEARSON, PILOT GIMLI GLIDER




DRESS IS SUMMER SMART CASUAL




TICKETS \$100
*Tax Receipt Issued
LIMITED SEATING
CORPORATE TABLES AVAILABLE

☎ 204-642-5577 | @gimliglider.com
✉ gimligliderinfo@gmail.com
#TheGimliGliderExhibit

604 C-GAUN



With the best satellite TV service, watch all your favourites right here.



The most On Demand movies and shows with an Internet connection¹



Access to CraveTM and Netflix directly from your TV service²



An app that lets you enjoy your shows anywhere³



The ability to record all your favourites

Get satellite TV today for:

\$24 95/mo.⁴
Professional installation included with a 2-yr. contract.⁵

Call 204 225-5687 • Visit a Bell MTS store

BellMTS

cottage life
just got
better

Current as of April 9, 2019. Offer ends June 30, 2019. Available to new residential customers in Manitoba where access, line of sight and technology permit. Subject to change without notice; not combinable with other offers. Taxes and other conditions apply. (1) Satellite TV On Demand requires subscription to an Internet package with a minimum of 2 Mbps download speeds. On Demand content viewing will count towards your monthly data usage. (2) A separate subscription to Netflix and Crave services is required to view content. Viewing content on Netflix will count towards your monthly Internet data usage. (3) With select compatible devices. Select live and On Demand channels/content from your Satellite TV subscription are available for viewing. More channels/content are available over Wi-Fi at your home with a Bell Internet connection vs. with a third-party Internet connection or outside your home. Content viewed over Wi-Fi at home will count towards your monthly Internet data usage (if applicable). Mobile data charges may apply. Channels/content subject to change without notice and blackout periods may apply. Viewing on the Fibe TV app is available up to HD and picture quality may vary based on Internet speeds. Other conditions apply. (4) Price is subject to increase during your subscription. Pricing is based on continued subscription to: Satellite TV Starter package and an HD PVR, 0\$/mo. HD PVR rental based on \$15/mo. less \$15/mo. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver. Receivers may be new or refurbished at Bell's choice. Any change made to services may affect the price and/or result in the loss of credits or promotions, as the case may be, as eligibility conditions may vary. (5) \$209.95 installation fees apply with no term contract or installation included with a 2-year term on TV (early cancellation charges equivalent to waived portion of installation fee apply). Covers basic installation of up to 3 receivers. \$50 installation fee for each additional receiver. Includes satellite installation, receiver setup and connection to your TV; see bell.ca/installationincluded. Crave and all associated logos are trademarks of Bell Media Inc. All rights reserved.

Annual Madeline Armstrong Jamboree growing by the year

By Becca Myskiw

The 11th Madeline Armstrong Annual Jamboree brought jiggers to Teulon last Saturday.

The fundraiser moved to Teulon Rockwood Centennial Centre this year to accommodate its growing number of guests. Chair of the Madeline Armstrong Métis Local Shannon Dupont said the event jumped by 250 people this year, hosting nearly 600.

The jamboree is the Madeline Armstrong Métis Local's biggest fundraiser of the year.

"Our Métis Local has been able to contribute over half a million dollars back into the community by doing this event over the 10 years," said Dupont.

The fundraiser is named after Madeline Sanderson, a strong Métis woman who always fought for Métis rights and the Madeline Armstrong Métis Local is from the municipality of Armstrong.

This year the group partnered with Pleasant Home Cemetery and Stonewall and District Métis Local to put the event on. Each of the three groups use the funds for their own causes, but the cemetery partnered specifically to

raise money for the pioneer plaque that was stolen two years ago.

The fundraiser was a dinner dance with the renowned Mark Morisseau band playing for guests all evening. The Norman Chief Memorial Dancers also entertained at the event and showcased their talent.

The Norman Chief Memorial Dancers perform at numerous fundraising events in Aboriginal communities throughout the province to promote Métis culture.

Chair of the Stonewall Area and Métis Local Desiree Gillespie said the fundraiser takes about six months to plan and always ends up being worth it. She brings her kids to the event every year so they can learn about Métis culture and see its importance.

"I think [the event is] a great opportunity to showcase Métis culture and have our youth take care of our elders and participate in our community. It brings our Métis community together."

The fundraiser had nearly everyone off their feet at some point to jig and ended with a dinner.



EXPRESS PHOTOS BY BECCA MYSKIW

Zabrina, 9, left, and her brother Darrick Papunen, 11, showed off their moves on the dance floor.



The Norman Chief Memorial Dancers led a jig around the hall.



Sue Brunelle and Art Shimeonek danced together around the floor.



Shannon Dupont gave every speaker including Lakeside MLA Ralph Eichler a tray as part of Métis tradition.

TEULON CENTENNIAL GOLF TOURNAMENT

June 28th tee times available from 1pm to 4pm.

Cost \$70 a player
Includes golf, shared cart & Dinner!

Competition is 2 person best ball

Flights of Men, Mixed, Women

Call the proshop to book your tee time!

Located 35 Minutes north on HWY #7
Call 886-4653 to book your tee time today!

> BABY CONTEST, FROM PG. 12

"We're trying to find ways to be a part of Lunder."

Her son Jaxon Dohan-Deverdenne ended up winning the contest for boys aged six to 12 months.

"I think every mom expects that their baby is the cutest and of course would win," Dohan said.

She said she'll bring Dohan-Deverdenne's trophy to the cottage or

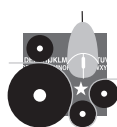
put it in his room at home.

"Every baby here was adorable," Dohan said. "It's really fun."

She said her son will be able to tell his kids he won a competition at 11 months old.

Kylie Neepin came in first place for girls aged six to 12 months, and Wyatt Burdett won the 12- to 18-month-old boys' category.

Everything you need to promote your business



Interlake Graphics
For all your printing and publishing needs

Call Today!
467-5836

FLYERS
BROCHURES
BUSINESS
CARDS
STICKERS
WINDOW
DECALS

SOCIAL
TICKETS
DOOR
HANGERS
LETTERHEAD
ENVELOPES
INVOICES

ESTIMATE
SHEETS
POSTERS
MEMO PADS
POST CARDS

CIRQUE DU SOLEIL®

Amaluna™

PRESENTED BY



OPENS SEPT 14

UNDER THE BIG TOP
STERLING LYON PARKWAY
& KENASTON BLVD

CIRQUEDUSOLEIL.COM/AMALUNA

OFFICIAL PARTNERS



CHAMPAGNE
Nicolas Feuillatte
FRANCE

Agricultural society's annual fair lights up Lundar

By Gabrielle Piché

From fireworks to fair rides, the town of Lundar was busy this weekend.

On Friday and Saturday, the Lundar Agricultural Society held its 66th annual fair.

The festivities began at 8 a.m. on Friday with a breakfast. People who spent the day in Lundar could watch horse shows and buy cattle. Past the Perimeter belted country songs to fairgoers in the beer gardens.

At dusk, Lundar's sky exploded with fireworks.

Saturday was a day of contests. People cooed over infants at the town's annual baby contest. Tractors roared as they pulled heavy weights to win the tractor pull, and girls strutted on stage as they vied for Miss Interlake.

Lundar Fair continued its many traditions. The midway opened on both days of the festival, as did the home living exhibits. Cars and tractors rumbled through town on Saturday in the parade.

Several fair headliners made appearances on parade floats. Miss Interlake participants waved to the crowds. Babies from the morning's baby contest watched people on the sidelines as they were driven through the parade.

Lundar Agricultural Society held its raffle draw Saturday evening, but fairgoers could mingle in the beer gardens late into the night.



EXPRESS PHOTOS BY GABRIELLE PICHE

Horses, cars, tractors, politicians and floats made their way through Lundar for the annual parade on Saturday.



Sienna Goodman rides in a toy tank at Lundar Fair's midway on June 15.



Joey Desjarlais, left, stands with his brother Wyatt and a newly won fair prize.



Kids spent their Saturday afternoon on rides at Lundar Fair's midway.



Zoe Malcolm, 6, stands by a wall showcasing several pieces of her work. She won a court of honour ribbon for a paper on which she'd neatly written the letters of the alphabet.



The tractor pull drew a crowd Friday and Saturday.

Miss Stonewall becomes Miss Interlake in 2019 pageant

By Gabrielle Piché

Abigail Georgison entered Lundar Fair as Miss Stonewall and left as Miss Interlake and Miss talent.

Georgison spent last Saturday participating in different aspects of the pageant with five other girls. The competitors came from various corners of the Interlake.

Taylor Kauppila represented Eriksdale, Wynter Petersen wore the Miss Warren sash and Sidney Priemski was Miss Lundar. Brynn Arksey hailed from Woodlands, and Emma Walc came from Teulon.

The winner of Miss Interlake receives \$1,000 for future schooling, while the first runner-up receives \$500, and the second runner-up \$250. This year, Miss Teulon was crowned the first runner up and Miss Eriksdale the second runner-up.

Contestants were judged in four categories: talent, impromptu speeches, personal interviews and pageantry.

The girls began with the talent competition, which is worth 20 per cent of their final score. Some girls sang, some acted and some gave speeches. They displayed their talents in Lundar's arena.

The personality portion of the contest is worth 40 per cent — the largest factor in contestants' overall scores. During this event, judges ask the girls questions to learn more about their personalities and future plans.

In the afternoon, the contestants came back to Lundar's arena to show off sportswear and formal wear. The girls wore clothes representing sports they enjoyed, like archery and badminton, before rushing to change into their formal dresses.

While in their dresses, the girls gave speeches based on questions they'd been asked earlier in the day. Judges marked the girls out of 30 for their presentation in the sportswear and dresses. They gave a mark out of 10 for the impromptu speeches.

Amanda Russell, Gail McDonald and Kristi Meek judged the competition.

Following the speeches, MC Jamie Christensen announced Miss Stonewall as the winner of the talent competition. Georgison took the stage with her guitar and sang to the audience.

The six contestants cast a secret ballot for Miss Congeniality and chose Miss Warren Wynter Petersen.

Tiegan Smith won Miss Interlake in 2018. She spent the day with the new contestants and prepared them for the day's events.

Smith said participating in Miss Interlake helped her become more



Miss Stonewall Abigail Georgison was crowned Miss Interlake 2019.

confident, and she'd recommend it to other girls.

"You definitely learn a lot of communication skills and people skills, how to interact with people that you don't know," Smith said.

Smith crowned Georgison as Miss Interlake on Saturday.

"It's such a cool event, meeting all the girls," Smith said.

Girls wanting to participate in Miss Interlake must be between 16 and 21 years old. Smith said she hopes more people join in the future.



EXPRESS PHOTOS BY GABRIELLE PICHE

Miss Interlake 2019 contestants, left to right, Miss Woodlands Brynn Arksey, Miss Warren Wynter Petersen, Miss Stonewall Abigail Georgison, Miss Teulon Emma Walc, Miss Lundar Sidney Priemski and Miss Eriksdale Taylor Kauppila.



EXPRESS PHOTO BY LAURA HAYWARD

Teulon's Emma Walc, left, was named the first runner-up, Stonewall's Abigail Georgison was crowned Miss Interlake and Eriksdale's Taylor Kauppila was the second runner-up.

Rotary Club of Gimli is pleased to present...

Lobsterfest 2019

Steak or Lobster

Music by... The 2 Man Band 8PM - 12PM

Date: Saturday, July 6, 2019
Place: Gimli Rec Centre
Time: Cocktails 6:00PM - Dinner 7:00PM
Tickets: \$55 Per Person

For Tickets contact: Ricki 204 642-9473 or www.gimlirotary.org

Gimli Lobsterfest to happen in July

By Gabrielle Piché

The Rotary Club of Gimli will host its annual Lobsterfest on Saturday, July 6 at Gimli's Recreational Centre.

This year, guests can dance to live music from The 2 Man Band after their dinner of steak and/or lobster. Cocktails start at 6 p.m., and the dinner begins at 7 p.m.

For \$55, guests will dine on their choice of steak or lobster, along with side dishes and cake. People who want to have lobster and steak can do so for an extra \$20.

Money from Lobsterfest will go to the Rotary Club of Gimli, who will then donate it to other organizations. The club supports schools in Gimli and Winnipeg Beach, and it gives scholarships annually.

The club has a 50-50 draw during Lobsterfest to help raise money. Last year, they auctioned off a giant lobster.

Though Lobsterfest has had 500 guests in one night, the club tries to keep attendance to 350 people per event.

People wanting to buy a ticket can contact Ricki Syrota-Hatherly at 204-642-9473.

Saddle bronc rider ready to tackle Arborg's rodeo

By Gabrielle Piché

The adrenaline rush of saddle bronc riding is worth the risk of injury, according to Austin Kemp.

Pilot Mound's Kemp, 25, has been competing in saddle bronc competitions since he was 17. He finished first in Arborg's rodeo three times, and he said he plans on coming back to the show this July.

"I've really enjoyed Arborg, so it's kind of hard for me not to go back," Kemp said.

But at one point, going to any rodeo was unthinkable for Kemp.

Saddle bronc riders must mount and stay on a bucking horse. The goal is to stay on for eight seconds. After riders have reached eight seconds — or fallen off — a panel of judges will give them a score. The person with the highest score wins the competition.

Kemp had ridden his horse for eight seconds at Teulon's rodeo in 2016. Then, it happened — Kemp's horse bucked him off, sending him flying into a gatepost.

Eight months later, Kemp was still feeling the effects of his concussion.

"It wasn't until about nine, 10 months where I felt that I had overcome the headaches," Kemp said.

He'd been kept in the Health Sciences Centre for a week after the accident. When he got home, he was put into full-time recovery mode.

"They called it a 30-day loop," Kemp

said. "For almost 30 days, I asked the same three questions over and over and over again."

Kemp asked what happened, how his ride went and what his score was. He'd gotten second in the competition.

For the next year, Kemp stayed away from rodeos. He wanted to get healthy before trying again.

Kemp got back in the saddle at a rodeo in Portage la Prairie in 2018.

"I was very, very nervous. There were points before my ride that I wanted to throw up," said Kemp.

Even so, he got on the horse. He almost lasted the full eight seconds.

"I've been doing it ever since," Kemp said.

This year, Kemp joined the Manitoba Rodeo Cowboys Association and Canadian Cowboys Association. He said he wanted to push himself past his comfort zone.

"You can't just worry about getting hurt," Kemp said. "You've got to live a bit, second by second, that's all you can do."

Compared to the rodeos he's now attending, Arborg is relatively close. In June, he competed near the Alberta border.

"I like an adrenaline rush," Kemp said.

The rush is what fuels his love of the sport. Kemp's family members have participated in rodeos, but he's the



EXPRESS PHOTO SUBMITTED

Austin Kemp rides at Moose Jaw Exhibition Roughstock School in 2016.

first to compete in saddle bronc riding.

Kemp will join other saddle bronc riders in Arborg this summer. Arborg

Fair & Rodeo runs from Friday, July 19 to Sunday, July 21.

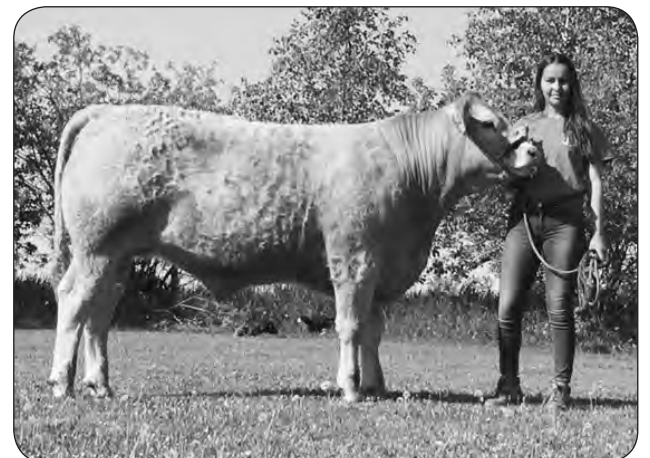
Strong showing at annual 4-H beef cattle sale



Joely Halldorson with her Grand champion and buyer Darren Cook from Triple C Charolais.



Keira Duguid, left, and her Simmental steer Blackie won Reserve Champion.



EXPRESS PHOTOS SUBMITTED

Keyra Johnson had the high selling steer which sold for \$4.60/lb.

Submitted by Cynthia Wirgau

The Interclub 4-H Show was held at the Lunder Fair this past Friday and was another success with 24 steers sold.

The Grand Champion steer weighing 1,460 pounds as shown by Joely Halldorson and sold to Triple C Charolais for \$2.20/pound.

Eleven-year-old Keira Duguid and her Simmental

steer Blackie, weighing 1,380 pounds won Reserve Champion. Duguid is a member of the Lunder Beef Club and is from Arnes. The buyers Arnason Funeral Home, Eriksdale Freight Line and Diane's Driving School purchased the steer for \$2.275/pound.

The high selling steer owned by Keyra Johnson sold to Leo's Sales & Service for \$4.60/pound.

This year 12 steers will be going to Oak Ridge Meats to participate in a carcass competition. The buyer of the steer winning champion carcass will receive \$200 from Terry Lavalley Construction and the buyer of the steer winning reserve carcass will receive \$100 from Law's Manure Spreading and Excavator Service.

> HEALTHY LIVER, FROM PG. 11

fidence to deal with it. It makes life a little more livable," said Adam.

"They can get their plans together."

In addition, the Interlake has one of the highest obesity rates in the country, according to the Canadian Health Measures Survey (CHMS), which Adam said is often a precursor to liver disease.

"People (often) assume IV drug use and alcohol. Those factors exist, but it's not just those factors (that lead to liver disease)," said Adam.

"Fatty liver disease is very preventable. Eating healthy makes a big difference. It's not easy, but there is always something people can do to eat a little better."

Having participated in a number of Stroll for Liver walks over the years, which raises funds for the Canadian Liver Foundation and liver disease re-

search, Adam said the stroll is a great way to raise awareness.

Ashlee Hodge-Hirschfield is from Stony Mountain but now lives in Lac du Bonnet. Hodge-Hirschfield is working as a fundraising coordinator with the Canadian Liver Foundation (Manitoba) through an eight-week government grant program.

Though the Canadian Liver Foundation is hosting a Stroll for Liver in Winnipeg on Aug. 24, Hodge-Hirschfield is going to fundraise locally in honour of her grandfather.

Hodge-Hirschfield's grandfather was diagnosed with liver cancer and beat the illness but passed away last summer due to other complications.

On Aug. 17, Hodge-Hirschfield, in partnership with the Canadian Liver Foundation, will host a Stroll for Liver walk in Lac du Bonnet.

The route has not yet been finalized and does not have a specified distance, as it is up to the participant Hodge-Hirschfield said. What has been confirmed is that the walk will end at the town dock for a barbecue, she said.

"We're really just looking to spread awareness and raise funds," said Hodge-Hirschfield.

"Liver disease isn't widely talked about. It's often overlooked. It ranges from liver cancer to fatty liver disease, and everyone is at risk.

"It's all about your lifestyle, but liver disease can be avoided. It's important for everyone to know everyone is at risk, but it's preventable."

For more information on the Lac du Bonnet stroll, email Hodge-Hirschfield at manitoba@liver.ca.

For a comprehensive list of liver diseases, to donate or to find information about the Winnipeg stroll, visit the Canadian Liver Foundation's website at liver.ca.

Everything you need to promote your business



Call Today!
467-5836

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

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

- CLUES ACROSS
- 1. Drains
 - 5. Cleveland baseball team
 - 10. Leans in for apples
 - 14. Language spoken in India
 - 15. Norwegian parish
 - 16. Wings
 - 17. "Family City, USA"
 - 18. Prague
 - 19. Tottenham footballer Alli
 - 20. Cakes
 - 22. A way to save for retirement
 - 23. Good gosh!
 - 24. HBO Dust Bowl series
 - 27. ELO drummer Bevan
 - 30. Kids' game
 - 31. Computer giant
 - 32. Luxury automaker
 - 35. Made disappear
 - 37. Mandela's party
 - 38. Greek personification of Earth
 - 39. Semitic lords
 - 40. Where to put groceries
 - 41. Healthy lunch
 - 42. Greek mountain
 - 43. Disfigure
 - 44. Ramble on
 - 45. Partner to carrot
 - 46. Figure
 - 47. Mock
 - 48. Former CIA
 - 49. Salts
 - 52. Bleated
 - 55. Never sleeps
 - 56. Cavalry sword
 - 60. Scottish island
 - 61. Cyprinid fishes
 - 63. Italian seaport
 - 64. Fruit tree
 - 65. Old World lizard
 - 66. U. of Miami mascot
 - 67. Gentlemen
 - 68. Cover with drops, as with dew
 - 69. Don't stick it out
- CLUES DOWN
- 1. Broken branch

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31			32	33	34	
35			36			37				38				
39					40				41					
42					43				44					
45				46				47				48		
			49					50			51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- 2. A distinctive quality surrounding someone
- 3. Commoner
- 4. It can be poisonous
- 5. Recipe measurement
- 6. Eager
- 7. City in Finland
- 8. Acting appropriately
- 9. Pitching stat
- 10. Cops wear one
- 11. Evergreen genus
- 12. Lacking hair
- 13. Witnesses
- 21. Supplies to excess
- 23. This street produces nightmares
- 25. Cool!
- 26. Basics
- 27. Type of jazz
- 28. Remove
- 29. Seaport in Finland
- 32. Large formation of aircraft
- 33. You should eat three every day
- 34. Dips feet into
- 36. Patti Hearst's captors
- 37. Swiss river
- 38. Talk
- 40. Humorous conversation
- 41. Gurus
- 43. Actress Gretchen
- 44. Hitters need one
- 46. Offer
- 47. Flower cluster
- 49. The Navy has them
- 50. Palmlike plant
- 51. Vaccine developer
- 52. Guys (slang)
- 53. Jai __, sport
- 54. Assert
- 57. Beloved movie pig
- 58. __ Clapton, musician
- 59. Gamble
- 61. Hit lightly
- 62. Carpenter's tool

Road talk and drainage rehab with Bifrost-Riverton Reeve Brian Johnson

By Patricia Barrett

Bifrost-Riverton Reeve Brian Johnson took the *Express* on a road trip up PR 326 a few weeks ago to showcase the diversity of industry flourishing in the municipality and improvements underway to spur on economic development.

The soft-spoken Reeve, who's helped turn his family-run seed company, Johnson Seeds, into a marketer of speciality crops including canola, canary seed and flax, was elected in October 2018, and he's on a mission to educate people about the municipality's potential for growth.

Some of that growth is expected to come from the agricultural sector now that the RM has faced its drainage problem head-on and entered rehab with support from the provincial and federal governments.

Specialized industries such as the multi-million-dollar-earning metal fabrication shops (Vidur Machine, Diemo, Romafa and Swivel) have already caught the eye of companies around the globe and continue to act as a force for economic growth.

"One of the things I realized when I took on the reeve position was how important diversification is for our area because we all feed off each other," said Johnson. "The more businesses we have, the more taxes we generate. And as we expand our tax base, we can offer even better services."

The lynchpin is PR 326, a provincially owned highway that has needed more than a facelift for decades.

Arguably, it's most important road in the Bifrost half of the municipality. It's the major north-south corridor between Arborg and Bifrost's agricultural and industrial heartland. The provincial Conservative government

announced in May it will upgrade and pave 19.7 kilometres of it.

As it now stands, the highway is half paved and half gravel. It wasn't built to withstand fully loaded semitrailers carrying in raw materials to farms and machine shops and carrying out finished products destined for world markets.

When the road is dry, dust is a major problem. Despite protective tarping used to swaddle trucks, the dust finds its way in and coats products. When the road is wet, trucks get stuck and covered with mud.

"We've had [transport companies] wanting to haul less weight because when they hit the scale on Highway 7, they don't want to be overloaded with a thousand pounds of mud," said Johnson.

In some spots, 326 is spewing up its rocky base, causing a lot of wear and tear on vehicles.

"The rocks are starting to come up to the top of the surface here," said Johnson as we headed north for a visit with Diemo. "It's not bad now, but you can imagine when this is wet."

Previous provincial governments had argued for decades that there's simply not enough traffic on 326 to warrant its upgrading to a highway able

to withstand semitrailers and heavy farm equipment year round.

But Johnson says traffic studies focused solely on 326 and didn't take into account the fact that trucks avoid the highway for a few months in the spring when the surface is too soft and mucky and weight restrictions are imposed. They take municipal roads instead.

The upgrade will be a boon to area manufacturers and farmers and will



EXPRESS PHOTOS BY PATRICIA BARRETT

This formerly antiquated drain at roads 134 and 9E was once full of cattails but was rehabilitated by the RM.

also improve safety for employees going to work.

"I think it will also help the emergency services vehicles tremendously," said Johnson. "They won't be sliding all over the road trying to get to a call."

The RM has 650 miles of roads to maintain. Some need more attention than others, and Johnson said council will be prioritizing improvements.

And in farm country, you can't have roads without drains. Many drains were built decades ago and degraded to the point where they're unable to handle heavy rainfall and large volumes of water coming from neighbouring municipalities to the south and west of Bifrost.

"We're sort of a lake-bottom area here," said Johnson, referring to Bifrost's elevation. With federal and provincial funding, the RM and a farmers' organization called the Bifrost Agricultural Sustainability Initiative Cooperative undertook LiDAR (aerial topography) surveys a few years ago, mapping nearly the entire RM to determine how water flows.

With that data the RM has started its

drainage rehabilitation project. It has already carried out upgrades to some of the region's main tributaries.

June used to be a "killer month" for crops because drains couldn't handle deluges, said Johnson. Water would just sit in the fields and drown crops. It also caused nitrates to rise to the surface and leach into tributaries.

"Now when you get a heavy rain in June, there's access for the water to flow. So farmers lose a minimal amount," he said. "It's all about moving the water in the most efficient manner with the least amount of environmental impact."

The new drains are designed to be environmentally friendly. Rocks, for example, are strategically placed along slopes to prevent soil from running off fields. The slopes will also be seeded.

"We still have a lot of work to do," said Johnson. "This is a continuous process because it all costs money."

But he said he's focused on finding ways to removing impediments to economic expansion. And to do that, "you don't focus on the problems, but on the solutions."

"THE MORE BUSINESSES WE HAVE, THE MORE TAXES WE GENERATE. AND AS WE EXPAND OUR TAX BASE, WE CAN OFFER EVEN BETTER SERVICES."



Dust on PR 326.



Rocks are placed at regular intervals along drains to prevent soil erosion



Rocks beneath PR 326 have surfaced.

get inspired

> MEAL IDEAS



Sweet Potato and Black Bean Chili

Prep time: 30 minutes
Cook time: 60 minutes
Servings: 6
Circulon Symmetry Chocolate 5.5-Quart Casserole
6 slices thick-cut smoked bacon, chopped
1 pound sweet potatoes, peeled and diced into 3/4-inch pieces
2 medium onions, chopped
1 jalapeno pepper, seeded and finely chopped
5 garlic cloves, minced
2 tablespoons chili powder
2 teaspoons ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon ground chipotle pepper
2 cups chicken broth
1 can (14 1/2 ounces) no-salt-added fire-roasted diced tomatoes
1 can (15 ounces) no-salt-added black beans

1/2 cup quick-cooking barley
1/2 teaspoon salt
Heat casserole over medium heat. Add bacon and cook until browned and crisp, about 7-8 minutes. Using slotted spoon, transfer bacon to paper towel-covered plate.
Reduce bacon fat in casserole to 2 tablespoons and return to stove over medium-high heat. Add sweet potatoes, onions and jalapeno pepper; cook, stirring occasionally, until onion is slightly softened, about 5 minutes. Add garlic and cook 1 minute. Stir in chili powder, cumin, oregano and ground chipotle; cook until fragrant, 15 seconds.
Pour in broth, tomatoes, beans and barley; reduce heat to medium-low, cover and simmer until sweet potatoes are tender and barley is cooked through, about 20 minutes. Remove from heat and stir in bacon and salt; let stand 15 minutes before serving.



Honey-Pumpkin Cornbread

1 tablespoon grated orange zest

Heat oven to 400 F. Lightly butter baking pan.

In bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt.
In separate bowl, whisk pumpkin puree, eggs, butter, honey, buttermilk and orange zest. Stir flour mixture into pumpkin mixture until moistened; transfer to prepared baking pan.
Bake until cornbread pulls away from sides of pan and toothpick inserted into center comes out clean, 20-22 minutes. Cool in pan 5 minutes. Remove from pan and cool on wire rack at least 10 minutes before cutting.

Prep time: 20 minutes
Cook time: 20 minutes
Servings: 12-16
Circulon Nonstick 9-Inch Square Baking Pan
1 1/2 cups all-purpose flour
1 1/4 cups yellow cornmeal
3 tablespoons sugar
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon sea salt
1 cup canned pumpkin puree
2 large eggs, at room temperature
5 tablespoons unsalted butter, melted
4 tablespoons honey
1/3 cup buttermilk



*Courage to Live Your Truth
'Nobody can give you wiser advice than yourself.'*

Cicero

When we have confusion in life about what path to take, it is generally not because we do not know what we want. Somewhere deep inside we know what we really want.

Confusion often comes within our minds once we start thinking about how others will feel about our choice. We often have two impulses: one is to please ourselves, the other is to please friends and family. If the choice we are making pleases everyone, then there is no problem.

Sometimes what we know is right and true for us brings us into conflict with the desires of others. Whether it is how we are raising our children, a decision to go back to school, who our

Deep Inside We All Know What We Really Want

friends are, a decision to enter or leave a marriage - we may face opposition.

Advice may be offered from many sources, but still, we may feel stressed or unsettled because we know if we follow our truth, someone will be upset with us. This is where courage comes in.

If you know in your heart what is right for you, then you must release the need to receive approval from others, and the need to have them understand. Sometimes you just have to do what you have to do.

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.



Roasted Banana Coffee Cake

dust with the granulated sugar and tip out any excess.

Place the bananas on a small rimmed baking sheet and roast for 15 minutes. Remove and set aside to cool.

In a small bowl, combine the pecans, brown sugar and cinnamon. Set aside. Sift the flour, baking soda, baking powder, and nutmeg through a fine-mesh strainer into a medium bowl.

In the bowl of a stand mixer fitted with the paddle attachment, beat together the butter and sugar on low speed until light and fluffy, 2 to 3 minutes. Add the eggs one at a time, mixing well after each addition. Scrape down the sides of the bowl with a spatula, then add the roasted bananas, sour cream and vanilla. Beat until incorporated. With the mixer running on low speed, spoon in the flour mixture and mix until just combined.

Pour the batter into the prepared pan and smooth the top with a spatula. Sprinkle evenly with the pecan topping. Bake for 40 to 45 minutes, or until a toothpick inserted into the center comes out clean with a few crumbs attached.

Let cool for 10 minutes before slicing and serving.

Serves 8
8 tablespoons (1 stick) unsalted butter, melted and cooled, plus 1 tablespoon at room temperature for the pan
2 tablespoons granulated sugar
2 bananas
3/4 cup chopped pecans
3 tablespoons dark brown sugar
1 teaspoon ground cinnamon
1 1/2 cups unbleached all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon freshly grated nutmeg
1 cup granulated sugar
2 large eggs, lightly beaten
1/4 cup sour cream
1 teaspoon pure vanilla extract

Preheat the oven to 350 F. Butter a 9-inch round cake pan with the 1 tablespoon room temperature butter and



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

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

Manitoba Theatre Projects earns award for Interlake tour

By Jennifer McFee

Artistic achievements are taking centre stage for Theatre Projects Manitoba, which has earned a Manitoba Arts Council award.

At an event on Tuesday, June 18 at The Forks, Manitoba Arts Council awarded its Prizes in the Arts to four recipients: Theatre Projects Manitoba for the Creating Creative Communities Award, Helga Jakobson for the Emerging Excellence award, Marie-Josée Dandeneau for the Indigenous Full Circle award, and Flin Flon Arts Council for the Rural Recognition Award.

Ardith Boxall, artistic director for Theatre Projects Manitoba, explained that their project involved a month-long tour through the Interlake where they lived in four different communities for a week at a time.

During Week 1 of the Interlake Chautauqua Tour, they spent time in Steep Rock, Ashern, Pinaymootang First Nation, Gypsumville and Moosehorn. After that, Week 2 was in Eriksdale and Lundar.

Week 3 took them to Arborg, Riverton and Peguis First Nation. To wrap up, Week 4 brought the group to Teulon, Gimli, Winnipeg Beach, Gunton and Stonewall.

"We travelled with 12 artists from different artistic disciplines — musicians, writers, actors, drama teachers, poets. We did a varied program throughout the week, so we taught in schools, we did story telling, we did poetry, we did music," Boxall said.

"One part of each week was the production of Mary's Wedding. We toured with the show, but we also did arts workshops with all ages in the community, right up to personal care



EXPRESS FILE PHOTO BY LANA MEIER

One part of each week was the production of Mary's wedding.

homes and seniors."

Along the way, the artists stayed in each community and became fully immersed in the local life.

"We lived with members of the community in their homes. We taught the kids and we worked with the older folks and everything in between," she said.

"Each week was designed with each different community, based on what they thought their community members would like. So we didn't just bring work to the community — we designed arts workshops with members of the community."

Each community gathered a team of local people who were responsible for finding places for the artists to live. At the same time, they made connections with schools and teachers, as well as local artists and musicians.

"The community cohorts in each region know their community better than we do so we built the program

with them," Boxall said.

"For example, in Arborg at the legion, we had a giant kitchen party. So all the musicians from Arborg and the surrounding areas had a big evening of playing music together with our musicians."

The tour took place last October after a lengthy planning period.

"We had been visiting the communities to get to know them and to make these plans for 18 months before we actually went on the tour," Boxall said.

"We're a very hyper-locally focused arts organization, so our mandate and our mission is to create work for Manitobans and with Manitobans."

The award also comes with a \$10,000 prize, which will go towards future projects.

"It's very rare and special to be honoured with that kind of reward. We weren't expecting that, of course. We're a not-for-profit arts organization, so we will be trying to figure out

how best to use that award in the service of more work in the community," Boxall said.

"It was a pilot project. We've never done anything like this before. We felt that our work has been predominantly in the city, but we're not really serving all the citizens of Manitoba when the art is just being created in Winnipeg. So we hope that this prize money will help us continue to build the rural component of our work."

Merle and Patsy Klyne wrote the nomination for Theatre Projects Manitoba because they saw such high value in their mandate to take the arts to rural Manitoba through the Interlake Chautauqua Tour.

As the nominators, they felt that many aspects of the tour were important.

"It reached many Interlakers and included First Nations schools and communities. It provided for a broad mixture of arts from song to drama to workshops, story writing, theatre presentations and community choir work and many other elements. It fostered community connections, reflected the communities' stories back to them, crossed a variety of age groups and enlisted community members in celebrating their own rich heritage and culture," they said in an email.

"It was a very positive experience for the artists and participants and we hope to follow up with future endeavours. The folks at Theatre Projects Manitoba worked very hard to bring about a successful conclusion for all concerned and we are proud to be associated with them. They are very deserving of the Connecting Creative Communities award from the Manitoba Arts Council."

Drivers are reminded to proceed with caution near mounted horses

By Jennifer McFee

Head's up!

Local horseback riders are urging drivers to maintain safe behaviours when sharing the road with equestrian travellers.

Karen MacLean, district commissioner of the Quarry Ridge Pony Club, said the group has been discussing respectful practices on the road — for both riders and drivers.

"With the coming of spring and the talk of riding outside and on the road, we teach safety through our Pony Club program. We always teach the kids the proper way to ride and cross the street. Then the discussion came about how I wish people would respect us on the gravel roads and on the highway," she said.

"I believe in turning negatives into

positives, so I asked the kids how can we help to educate community members about road safety when coming across mounted horses."

The Pony Club kids, who range in age from seven to 14, came up with the idea of spreading the word through an article in the Tribune.

For MacLean and many others, they often hold their breath when they're riding on the road.

"I live north of Argyle on 40 acres with gravel road. Some people are polite, but some people just zip past you at 90 kilometres an hour," she said.

"The gravel flies. When you're riding a 1,200-pound horse, it might spook or riders could be dismounted and fall off. There's lots of dangers."

MacLean recommends that drivers approach mounted horses the same

way they would approach a cyclist or someone pushing a stroller along the side of the road. She also suggests not honking your horn since that might spook the horse.

"Basically passing a horse and rider that's riding on the shoulder would be no different than passing somebody pushing a stroller or pedestrians walking on the shoulder. Most people tend to slow down for pedestrians, but lots of people don't think to do that when horses and riders are out and about," she said.

"If you hit a horse, it would be like hitting a moose. People would move over for a moose, but a lot of people don't give the equestrian group the same respect. Over and above the comfort of the horse and rider, what happens if there's an accident that

involves a car and injures the people inside? The safety rules are for common sense."

When sharing the road with horses, the best practice is to pass slow and wide. Motorists should also remember that horse riders and drivers of horse-drawn carriages have the same right to use the road and must follow the same rules, according to Manitoba's Highway Traffic Act.

"We're just looking to educate the general public and say 'Head's up,' which is a term we use in the horse community," MacLean said.

"Horses will be out and about on the road, and young and old are riding these horses. A little bit of respect would mean a lot for safety."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

King named to Team Manitoba's U16 male roster

Staff

Warren's Karson King was named to Team Manitoba's male U16 roster last week which operates as part of the Program of Excellence for 2019.

King played last season for the Interlake Lightning Bantam team.

All three Team Manitoba rosters (male U16, male U18, and female U16) were selected following the Program of Excellence Top-40 Camps which took place in Portage la Prairie May 9-14.

Athletes took part in practices, team building activities, and inter-squad exhibition games which were evaluated by the program coaching staffs helping lead to the final roster selections.

The next step in the U-16 Program of Excellence will be the U-16 August Prep Camp Aug. 9-11 in Winnipeg.

Team Manitoba U16 males will then compete at the WHL Cup which takes place in Calgary in late October.

Interlake plays to 3-3 draw with Stonewall

By Brian Bowman

Heading into last Thursday's game with the Stonewall United, the first-place Interlake Impact had given up just three goals in six games.

But Stonewall broke through that stifling defence to score three goals in a 3-3 draw in Manitoba Major Soccer League Division 5 action.

"That was a very interesting game," said the Impact's Benny Wiens. "They scored five minutes into the game. We seemed to start slow in the game and then we went up 2-1 by halftime and then they scored two unanswered goals to go up 3-2."

Ryan Raflant scored two of Stonewall's goals while Nicholas Dale also tallied.

Wiens, Eric Plett and Chris Cho replied for the Impact.

Plett's goal was off a penalty kick with about five minutes remaining in the game.

The Impact doesn't surrender three goals in a game too often.

"I don't think they surprised us," Wiens said. "Stonewall always brings their best game against us. I think it's an Interlake thing, they want to beat us. It was just a slow game for us and we couldn't quite get control of it."

With the tie, Interlake is now 5-0-2 and has 17 points to lead the 10-team division. The Impact is four points ahead of second-place North Winnipeg United (4-1-1).

"It's been a very good start to the season for us," Wiens said. "It helps that we have some younger guys that have come in and joined the club this



EXPRESS PHOTO BY LANA MEIER

The Interlake Impact's Benny Wiens races down a Stonewall United player during MMSL action last Thursday. Wiens scored a goal in his team's 3-3 draw with Stonewall.

year. We have had a couple of injuries recently so hopefully we get those guys back."

Interlake has outscored its opponents by an impressive 19-6 margin. The Impact has played a really good structural game this year and has found a nice scoring touch to go with that strong defensive play.

"This year, we don't have anyone standing out scoring goals but we have four or five goals with two to four goals so it's very diversified," Wiens said. "That is a very good look for us."

If the Impact stays healthy they have a very good chance of finishing

among the top two teams and earning a promotion to the MMSL's 4th Division next season.

"We're pushing very hard to make it to Division 4 and, with the team that we have currently, I totally think that's possible," Wiens said. "Especially, with the goalkeeper (Nathan Friesen) we have this year, he has been unreal. If it wasn't for him, the goals against would definitely be much higher."

Interlake will play the SC Riot on Sunday at 4 p.m. in Winkler and then will take on Les Bleus next Wednesday at the Ralph Cantafio Soccer Complex. Game time is 6 p.m.

Interlake Orioles 18U 'AAA' team playing well

By Brian Bowman

The Interlake Orioles gave the St. James A's a real good battle on Sunday.

But the local squad couldn't give their dads another Father's Day gift as they lost 4-3 in 18U AAA baseball action.

"I was really happy with it, especially with the first time that we played them, they kind of took it to us pretty good," said Orioles' head coach Eric Swanson. "It was good. We were right in it until the last inning."

St. James took a quick 4-0 lead but the Interlake came back to score a few

runs off two A's relief pitchers.

On Saturday, Interlake played a doubleheader with Team Manitoba U16 in Stonewall. The Orioles lost Game 1 by a 17-1 score but battled back to win the next one 5-1.

"(Team Manitoba) is really good," Swanson noted. "They're a deep team and they don't have any easy outs in the lineup. All of their guys can throw hard and throw strikes."

Last Wednesday, Interlake defeated the Carillon Sultans 6-4 in Stonewall. It was nice to see the Orioles' offence plate some runs as they have scored just 36 times this season.

"We hit the ball that night and things were kind of working for us," Swanson said. "Our biggest (Achilles' heel) is not scoring enough runs."

Interlake, now 2-9, hosted the Carillon Sultans this past Tuesday but no score was available at press time. The Elmwood Giants will then visit Quarry Park on Thursday. First pitch is 7 p.m.

On Monday at 7 p.m., Interlake will play the North Winnipeg Pirates at Koskie Field.

It's a busy stretch of games in the middle of June.

"I'm looking forward to it, person-

ally," Swanson said. "Getting a lot of games in a row will help us assimilate how we're going to use our pitchers for provincials and stuff because of the pitch count."

"We're playing a couple of really good teams but I think they are also winnable games, too, which will be nice for us going into the end of the year."

"Obviously, we had a tougher start (to the season) but I think we're playing a lot better now."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

St. Boniface stops Stonewall in an extra inning

By Brian Bowman

The Stonewall Blue Jays gave the first-place St. Boniface Legionaires a real good battle for seven innings on Sunday.

But things really unravelled in the eighth and extra inning.

St. Boniface snapped a 5-5 tie to score seven runs in the top of the eighth for a 12-5 win in Winnipeg Senior Baseball League action.

"They were hitting the ball and everything fell in the hole," said the Blue Jays' Adam Kirk. "Everything that went through on the ground went through the 5-6 hole or it was just out of somebody's reach and then we made a couple of errors."

The Legionaires scored a pair of runs in the top of the seventh to take a 5-2 lead. But the Blue Jays answered with three runs in the bottom of the inning to force the extra frame.

"We battled all game long but, unfortunately, in the final inning they got a bunch of hits," Kirk said. "We got three in the seventh, so we never say die."

St. Boniface also scored a run in the second and added a pair in the fifth. Stonewall plated their other two runs in the third.

Last Wednesday, the Blue Jays blitzed the Boni-vital Brewers 12-0 in

a five-inning game in Stonewall.

"Our bats lit up their pitching," Kirk recalled. "We had a pretty good game."

Stonewall scored five runs in the first inning, added one in the second, and then scored three in both the third and fifth innings.

Blue Jays' pitcher Eric Swanson threw a no hitter and was just a single walk away from a perfect game

Boni-vital committed five errors in the lopsided loss.

No statistics for the Blue Jays from either game were posted on the league website at press time.

On June 10, the Blue Jays were doubled 4-2 at home by the Elmwood Giants.

Stonewall scored a run in the fourth inning to take a 1-0 lead by Elmwood came back by plating a pair of runs in both the top of the sixth and seventh.

Stonewall scored its other run in the sixth.

Rory Tycoles had three of the Blue Jays' seven hits and also scored a run.

Kirk, who scored the Blue Jays' other run, said there is quite a bit of parity amongst teams in the league this season. He feels the Blue Jays have the talent to compete with anyone on a nightly basis.

"I honestly think any team has a chance to win it and we've added Ca-



EXPRESS PHOTO BY LANA MEIER

The Blue Jays' Orrin Hogue attempts to put the tag on a St. Boniface Legionaires player during Winnipeg Senior Baseball League action Sunday evening in Stonewall.

leb Smith back to our pitching staff," Kirk said. "He's come back after a few years being absent and he's been such a huge addition so far. He's thrown real well and he definitely adds that third starter to our pitching staff and he makes us deeper that way."

"If we get anybody in a five-game (playoff) series, I think we have a defi-

nite chance to win, there's no doubt."

Stonewall, now 5-4, will host the St. James A's (3-3) on Wednesday (7:30 p.m.) and then will battle the North Winnipeg Pirates the following day at 7 p.m. at the Vince Leah Community Centre.

Interlake splits doubleheader with St. Boniface

By Brian Bowman

The Interlake Blue Jays had a pretty good day at the ballpark on Sunday, splitting a doubleheader with the St. Boniface Legionaires at Quarry Park.

Interlake outslugged St. Boniface 16-9 (after being down 9-3) in Game 1 but was then edged 7-6 in Game 2.

"We got off to a rough start, handed them some runs, made some errors," said Blue Jays' head coach Adam Kirk. "But I kept telling the boys it's a long game, a seven-inning game, and then our bats came along and they made a couple of errors."

That impressive comeback win by the Interlake was an important one.

"It was nice to see the offence bail out the pitching and the defence," Kirk said. "It would be nice to see the defence bail out the pitching sometimes but we're getting there. It was

a good start and I thought we should have done more with the second game after winning the first game with so many hits."

The Legionaires took a 7-2 lead in Game 2 but the Blue Jays battled back to make it a one-run game. Interlake then had runners on second in both the sixth and seventh innings but could not get that key hit when they needed it.

With the split, Interlake is now 4-10 and remains in last place in the seven-team league. The Blue Jays are currently 7.5 games back of the first-place Elmwood Giants (10-1).

Scoring hasn't really been a problem for the Interlake as the Blue Jays have scored 88 runs. The problem, however, has been their defensive play as they have surrendered a league-worst 106 runs - an average of 7.57 a game.

It's tough to win ball games when a team is giving up that many runs.

"Pitchers have pitched good and the defence has kind of let them down," Kirk admitted. "There's times when it doesn't get put down as an error because nobody touched (the ball) so they end up being hits. But it's starting to sort itself out and we're getting there. We played really well (Sunday)."

Interlake will be busy this week with three home games. It's an important week for the club.

"We're starting to get past mid-season here so we have to start turning it around and figuring it out to make sure we were playing better ball because the playoffs are coming," Kirk said.

The Blue Jays will host the Altona Bisons on Wednesday (7:30 p.m.), the Pembina Valley Orioles Friday (7:30 p.m.), and the Giants on Sunday.

Correction

Staff

In last week's edition of the *Express Weekly News*, it was erroneously reported that two local players were selected in the MJHL Bantam Draft.

In fact, there were four.

Besides Karson King being picked by the OCN Blizzard and Austin Lourenco selected by the Selkirk Steelers, two other Interlake Lightning players were chosen.

Matlock's Brayden Stevenson was taken in the second round, 16th overall by the Dauphin Kings while Stonewall's Alexander Kaczorowski was picked by the Swan Valley Stampeders in the fourth round, 43rd overall.

The *Express* deeply apologizes for these two omissions from last week's article.

Classifieds

THE EXPRESS
WEEKLY NEWS

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

SCRAP METAL

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.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

APARTMENT FOR RENT

For rent in Winnipeg Beach - 2nd storey suite overlooking Lake Winnipeg. 1 bdrm., 1 bath, kitchen, LR with balcony, shared laundry, private entry off shared foyer, 1 car parking. No smoking, no pets. 1 year lease at \$800/mo. utilities included. Ph 204-791-7881.

CONDO FOR RENT

For rent - 2 bedroom condo, Shorepoint Village, includes one parking stall, fridge, stove. Laundry onsite. \$850 per month plus utilities. Call Rick 204-250-8139.

PETS

Dog Walker. Retired gentleman loves dogs, always had dogs, willing to provide dog care, feeding, walks, and loving care for your pet in Gimli, Mb. Ph 204-642-4186.

MISCELLANEOUS

Local grown cold pressed Canola Oil. Available at Grassroots Shift, Wpg. Beach Mall. Also cleaned black oil Sunflower Birdseed available at Reykdal Farms. Ph. 1-204-641-1245 or 1-204-642-2092.

MISCELLANEOUS

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

MISCELLANEOUS

You found us! Let other people find your information! Reach over 400,000 Manitoba readers weekly by advertising with the Manitoba Community Newspaper Association. Catch them looking at your material in our 48 Weekly Community Newspapers. Call us at 204-467-5836.

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. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

MACHINERY

Retiring sale - farm machinery. Tractors, combines, trucks, seeding equipment, cultivators, etc. Ph 204-334-6946, evgs. or cell. 204-770-1872.

SEED

Certified Number 1 Algonquin alfalfa seed for sale, 99.9% pure seed, high germination, 50 lb. bags, \$2.50/lb. Ph 204-372-6490 or 204-298-4099.

LIVESTOCK

Reykdal Farms has semen tested yearling and 2 yr. old bulls for sale. Ph. 1-204-641-1245 or 1-204-642-2092.

Everything you need to promote your business



For all your printing and publishing needs

Call Today!
467-5836



Need Cash?

- We Loan
- Easy application
- Approval with collateral
- Title Loans
- No Credit Check
- We service ALL of Manitoba

Call Dan Devloo
(204) 526-7093

CAI Financial
Unit K - 2151 Portage Ave.
Winnipeg MB
www.caifinancial.ca



Rural Municipality of FISHER

RURAL MUNICIPALITY OF FISHER PUBLIC HEARING NOTICE REGARDING THE 2019 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of Fisher intends to present its Financial Plan for the fiscal year 2019 at a Public Hearing in the Council Chambers of the R.M. of Fisher on **Thursday June 27th, 2019 at 7:00 p.m.**

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan as provided.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact Kelly Marykuca, CAO at 372-6393 or via email at fishercao@mymts.net.

Copies of the 2019 Financial Plan will be available for pickup and review on June 14, 2019 at the Municipal Office.

Dated this 12th day of June, 2019.

Kelly Marykuca, CAO
RM of Fisher



RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE TO ALL PROPERTY OWNERS

PUBLIC NOTICE IS HEREBY GIVEN THAT ALL 2019 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 2019 taxes, whether or not they receive a tax notice in their name.

2019 property taxes are due and payable on or before August 30st, 2019.

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

Joann Murphy
Chief Administrative Officer
Rural Municipality of Gimli



Rural Municipality of FISHER

THE RURAL MUNICIPALITY OF FISHER EMPLOYMENT GRAVEL CHECKER

The Rural Municipality of Fisher invites applications for the position of Part-Time Gravel Checker for the 2019 Graveling Program.

Applications will be received by the undersigned until 4:00 p.m., June 27, 2019.

Applicants must be 18 years or age and hold a valid driver's license. Previous experience in related duties preferred.

Salary is set out in the CUPE Local 4348 Collective Agreement. Mileage for private vehicle, when necessary, is \$0.43 per kilometre.

For further information regarding this position, please contact the Municipal Office at (204) 372-6393.

Kelly Marykuca
Chief Administrative Officer
Rural Municipality of Fisher
PO Box 280
Fisher Branch, Manitoba R0C0Z0
Email: fishercao@mymts.net



Rural Municipality of FISHER

EMPLOYMENT OPPORTUNITY SEASONAL TRACTOR OPERATOR/LABOURER

Tractor operator required to mow grass and/or brush. The applicant will assist Public Works with other duties as assigned. The position requires a self-motivated person who can work with little supervision. The successful applicant will be mechanically inclined with the ability to perform maintenance and light repairs.

Requirements for this position are:

- Valid drivers licence
- Class III with Air Brake Endorsement

Salary is set out in the CUPE Local 4348 Collective Agreement.

Commencement of duties - Immediately.

Please forward your application by 4:00 p.m., June 27, 2019.

For further information regarding this position, please contact the Rural Municipality of Fisher Office at 372-6393.

Kelly Marykuca
Chief Administrative Officer
Rural Municipality of Fisher
Box 280
Fisher Branch, Manitoba R0C 0Z0
fishercao@mymts.net



Farm Auction for Ethel Campbell

Saturday, June 29, 2019 10 am Argyle, MB

Directions: From the corner of Hwy #6 and #236 (Stonewall), travel West on #67 to #322 then drive North 5.5 miles. OR from town of Argyle, drive 3/4 mile East to Rd 1E then 1.5 miles North. Watch for signs.

TRACTORS Case IH 495, 3ph/W/Canopy, 540 pto, 2946 Hrs, 16.9-24 Rubber, clean tractor* IH 1486, duals, 9059 hrs, runs good* JD 4010, W/4020 pistons & sleeves, std shift, runs good* IH Farmall M, Diesel, runs good* IH TD 9 W/ dozer blade, (not running)* Farm built tractor w/fel, made from combine chassis with a Minnibota Cab, one of a kind* **VEHICLES** 1974 Ford F 100 half ton, runs good, 2 tone paint, true survivor, ready for a classic restoration* 2001 Kia Sedona Ex Minivan, 127,000 orig kms, minty loaded ride, tow pkg, extra clean, safetied* 1987 Ford F-800, Grain Truck, box & hoist, gas* 1964 Ford F100 half ton, 6 cyl, 3 spd trans, showing 128,000 miles* Ford F600 Grain Truck, V8 330, 5 spd, 2 spd axel W/ box & hoist* 1952 Ford F-5, 3ton W/box & hoist* 1949 GMC 1433, 1 ton, 6 cyl* Ford Fairmont, 6 cyl for parts* 1990 Suzuki Swift* 1973 Ford F-150 for parts* 1972 Dodge Custom 300, 1 ton, 318, 4spd, steel box & hoist, 56,812 miles showing* 2) 1967 Ford Meteors, 2 door hardtop, for parts* 1968 Pontiac Parisienne, 2 door hardtop, for parts* Ford Model A, some parts* 1940 Chevrolet 12-11, for parts* 1940's Plymouth Cranbrook, for parts* 1950 Chevy Deluxe, for parts* 1969 Snowjet snowmobile* 1970's JD 400 snowmobile* 2 Wheel Trailer* 1950 Chevy Deluxe, parts* **EQUIPMENT** Schulte RW 1400 Rock Rake, premium condition* IH 5500 30' Chisel Plow, W/mulchers* IH 4500 Vibra Shank, 35', W/mulchers* Flexi Coil 45' Harrow Bar* Versatile 4400 Swather, 15' header, pickup reel* Versatile 400 Swather W/cab 15' header* MF self propelled Swather* Case pull type Swather* MF 850 Combine* MF 510 Combine* Case manure spreader* JD 14 T square baler* Versatile sprayer* MH 9 run seed discer* JD 16' press drills* CCIL seed discer* Rock-O-Matic rock picker* Rock-Eze rock picker* JD 10' tandem disc* Crow Foot packer* NH 1033 bale wagon* Farm King 7" Pto auger* Co-op 8' deep tiller* Co-op cultivator* Cockshutt New Steel #8 double disc* Seed drill* Homemade 3ph snowblower* Basket hay rake* 3 bottom plow* Tandem trailer* Hay rack* **MISC.** Very large piles of assorted scrap* Dismantled machinery* Car parts* Steel* Minneapolis Moline combine grain hopper* Lawn tractors* **ANTIQUITY FURNITURE** see website

Please view www.lamportanddowler.com for listing and photos!

John Lamport 204-841-4136 Tim Dowler 204-803-6915

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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

ANNIVERSARY



You are invited to a
Come and Go
50th Wedding Anniversary
for

Peter and Lois Karish
on Sunday, July 7, 2019
from 1-4 p.m.

at Fraserwood Hall

No gifts please, bring your dancing shoes.
RSVP please to 204-886-7075
or 204-641-1603

ANNIVERSARY



Happy 50th Anniversary
Diane and Don
May you have many more
healthy and happy years!

-Love Pat and Lorne

OBITUARY

Ovide Joseph Ouellette
(Frenchie)

March 9, 1954 - June 6, 2019

Surrounded by the love of his family, we announce the passing of Ovide Joseph Ouellette on June 6, 2019.

Frenchie was a loving husband, Dad, brother, uncle and a friend to all.

Frenchie is survived by his loving wife, Lori, of 41 years; daughter Nicole; and son Harley. He is also survived by his brothers, Jean-Guy, Bertrand, and Joel and sisters Fernand, Gertrude, Monette, Madeline and their families in Grand Falls, New Brunswick. Frenchie

will be missed by his in-laws, Walter and Betty Stevens and Joan and Morris Kustiak, many nieces and nephews, and lots of really great friends. Frenchie was a special godfather to Rylee, Chelsea, Jesse and Tyson.

Frenchie was predeceased by his loving mother Eveline, and his father, Arthur.

Frenchie had a strong work ethic that began at a young age and was present throughout his working life. He was a self taught jack-of-all trades and was always willing to lend a helping hand. Frenchie loved life, his family, camping, semis, cars and trucks (the older the better)! Frenchie and Lori enjoyed their trips to Sturgis, Mexico, and Hawaii. He also took many trips with his "Harley" brothers including a chicken run to Moosomin for the week-end, Beartooth Mountain in Montana, and his all time favorite to Seattle, Washington. He made many memories with friends and loved ones over the years and we will keep these memories tucked within our hearts.

After two neurosurgeries in nine months, weeks of radiation, months of chemotherapy and finally a clinical trial, Frenchie succumbed to the vicious Glioblastoma that he had valiantly battled.

On Frenchie's behalf, Lori would like to thank the caring and compassionate staff of the Gimli Hospital for the End of Life Comfort Care that was provided to Frenchie throughout his final days. The family also wishes to thank everyone for their love and support throughout Frenchie's illness including Dr. C. Kazina (HSC); Dr. Kakamanu and Dr. C. Harlos (Cancer Care); and Dr. A. Adegbesan, Dr. S. Turner (Gimli).

As per Frenchie's wishes, cremation has taken place and a private family gathering will be held at a later date.

In lieu of flowers, donations may be made in Frenchie's name to the Wheels of Hope, Canadian Cancer Society, 193 Sherbrook, Wpg. R3C 2B7

And now, my love, it is time to take your last ride. Route 66 is waiting for you on the other side.

"Goda Nott Elskan"



IN MEMORIAM

IN MEMORIAM
In Loving Memory
of

Axel Helgason
husband, father, grandfather
and great-grandfather
June 20, 2014

A daily thought, a silent tear,
A secret wish, that you were here.
No longer in our lives to share,
But in our hearts you're always there.

-Always remembered,
Muriel and families

EXPERIENCED ICE MAKER WANTED

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

For more information call:
Tom Want 204-485-4759
Garry Dola 204-771-1439
Deadline for application:
July 16, 2019

Everything you
need to promote
your business



Call
Today!
467-5836

Remember Your Loved Ones
with an Announcement in the

THE **EXPRESS**
WEEKLY NEWS

Call 467-5836 or
classifieds@expressweeklynews.ca



Class 1 company drivers
wanted to haul bulk liquid
products throughout MB, SK,
AB and the US.

Competitive pay structure,
Dedicated dispatch, Well
maintained equipment,
Comprehensive benefits
package. One year
of Commercial driving
experience required.

Contact us or submit your
resume:

Phone: 204.571.0187

Email: recruiting@renaissancetrans.ca

Fax: 204.727.6651

Or submit an online
application @

www.renaissancetrans.ca



**VOLUNTEER
WITH THE
CANADIAN
RED CROSS
TODAY!**

**CALL:
1-844-818-2155**

**EMAIL:
VOLUNTEER@
REDCROSS.CA**

POST FRAME BUILDINGS

that stand the
test of time.

Barns

Shops

Riding Arenas

Machine Sheds

and more

[craig.c@
integritybuilt.com](mailto:craig.c@integritybuilt.com)

1-204-596-8620

[www.
integritybuilt.com](http://www.integritybuilt.com)

McSherry Auction

12 Patterson Dr.
Stonewall, MB

Estate & Moving
Wed June 26th 4 PM

Consignment Auction
Wed July 3rd 4 PM

Antique Tractor & Tools!

Estate & Moving
Wed July 10th 4 PM

Yard * Recreation * Tools *

Antiques * Furniture * Misc *

Household *

Consignments Welcome!

(204) 467-1858 or

(204) 886-7027

www.mcsherryauction.com

FARM EQUIPMENT AUCTION FOR EVA HARMS AND ESTATE OF LATE JIM HARMS

Saturday, June 29 • 10am

Dominion City, Manitoba, 2 miles north on PR
200. Partial listing MF 860 low houred combine,
JD 7720 combine, Versatile 850, 3pth low hrs,
IHC 1466, 1256, WD9, 730 Case
and other older tractors, trucks, tillage etc.

Cliff Harms 204-427-2926

See website www.billklassen.com for more photos.



Ph: (204) 325-4433

Cell: (204) 325-6230

Fax: (204) 325-4484

Are you an AUTOMOTIVE TECHNICIAN Driving to work in the city?

Would you like
to make the
same wage to
work in Selkirk?

Selkirk Tire and Auto are looking for
an experienced **Automotive Tech.**
Make the same wage as the Big City
Shops and Dealers without the drive
to Winnipeg.



Drop resume in person to 38 Main Street or email Selktire@mts.net

McSherry Auction Service Ltd

**FARM AUCTION
ALLAN &
MARLENE RACH**

Sat June 22 10 AM

Beausejour, MB
North 21 Miles on Hwy 12
Then West 1/2 Mile on RD 93
Contact # (204)635-2466
Online Bidding

NH 9282 Vers 4WD * Kubota
M-110 MFWA FEL * Ford
6610 Cab. * Case IH 4694 4WD
* Universal * JD 9400 Combine
* Equipment * Graineries *
Farm Misc * Tools & Antiques *

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



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 26th, 2019 (4 p.m.)**

**Removal of manure to be done by
August 3, 2019**

For more info call Kirk @768-0019
Interlake Cattleman's Co-op Assoc.

Box 599 Ashern, MB. R0C 0E0

Fax: 204-768-3690

License # 1128

Classifieds

THE EXPRESS
WEEKLY NEWS

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

EMPLOYMENT OPPORTUNITIES

**IN ALL DEPARTMENTS
BAKER EXPERIENCE IS AN ASSET
CASHIER & FRONT COUNTER STAFF**

*Required immediately. Join the Upper Crust Team
in our growing customer base environment.
Very attractive wages for the right candidates.*

Drop resume in person, or email to:
uppercrustbakery@mymts.net



315 Manitoba Ave. Selkirk 785-8619

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

204-467-5836

THE EXPRESS
WEEKLY NEWS

classifieds@expressweeklynews.ca

Everything you need to
promote your business

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



Call Today! 467-5836



**Power Builder
Advertising
WORKS!**

- GET SEEN by over 400,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 48 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper
NOW or MCNA at
204.947.1691 or email
classified@mcna.com

www.mcna.com



EF MOON is a second generation Heavy Construction Company founded in 1962 and located in Portage La Prairie Manitoba.

We are currently seeking experienced, goal oriented individuals for immediate employment in a number of areas: **Class 1 drivers, Foremen, skilled laborers, sewer & water personnel, excavator, dozer, grader, rock truck, loader and packer operators.**

We offer competitive wages, comprehensive benefits plan, Safety training and a safe work environment.

Requirements are: minimum class 5 driver's license, positive work attitude, able to work well with others or alone, safety oriented, work extensive summer hours including some week-ends, work away from home, pass a drug and alcohol test.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, MB to fill out an application, apply online at www.efmoon.ca, or email a resume to todd@efmoon.ca

Steve's Custom Bin Moving

Stephen Van De Spiegle 204-723-5022
Treherne, MB Text/Call for estimate

River Motors Sales & Service

Now Servicing:
• ATVs • Motorcycles
• UTVs • Snowmobiles
• Lawnmowers
• Trimmers
... and anything else with a small engine

Small Engine Repair

Contact us now, to get your offroad vehicle or lawn equipment ready for SUMMER!
Arborg - Call or Text Lyndon Dueck @ (204) 378-0291

GIMLI VETERINARY SERVICES

70 Centre Street Gimli, MB R0C 1B0
204-642-8398 lmvtvet@mts.net

**TO ADVERTISE IN THE BIZ CARDS
PLEASE Call 204-641-4104**

Biz Cards

Call 204-641-4104

pampered chef

INDEPENDENT CONSULTANT

- Cooking Shows • Meal Prep Solutions
- Fundraisers • Individual Orders

204-485-4272 call or text
stoneware444@gmail.com
www.pamperedchef.biz/michellebalharry

INTERLAKE INSULATORS

BALMORAL, MANITOBA
• Spray Foam
• Blow In
FREE ESTIMATES

Brent Meyers
204-461-4669
interlake_insulators@hotmail.com

SPRAY FOAM SPECIALISTS

NEW VALLEY ROOFING & RENOVATIONS
Serving The Interlake

Henry Reimer 204-642-2551
henry.reimer@newvalleyroofing.com
BP & IKO Certified Roofer
newvalleyroofing.com

CONVENIENCE

Grocery • Drinks • Snacks
• Coffee to Go • Ice • Firewood
• Fireworks • ATM • Greeting Cards
• Newspapers • Books • Pet Food
• Toys & more

SNACKS 20088 First Ave, Sandy Hook
FIRST AVENUE

OPEN YEAR ROUND 10AM - 6PM 7 DAYS A WEEK

PharmaChoice LUNDAR

You have QUESTIONS, We have ANSWERS!

- Prescriptions • Liquor Store
- Home Health Care Aids
- Snacks and more!

Advice for Life

LUNDAR PHARMACY 204-762-5431
18 Main St., Lundar

Glass Specialists Construction

- Sealed Units
- Flat Glass
- Mirrors
- Laminated
- Tempered
- Plexi/Lexan
- Windows & Doors
- Siding
- Custom Cladding
- Decks
- Construction/Renovations

Interlake Glass 365 Main St. Arborg, Mb 204.376.5177
intglass@mymts.net
WINDOWS, DOORS & MORE

WE DO IT ALL!

- Window Coverings by HunterDouglas
- Floor Coverings • Countertops
- Cabinetry by Kitchen Craft

THE Home STORE
Mon-Fri 9am-5pm, Sat 9am-1pm
Hwy #9 & Colville Dr., Gimli
(204) 642-8585
www.thehomestoregimli.com

CITADEL EXTERIORS

(204) 668-7663
www.citadelexteriors.ca

- PAVING
- ROOFING
- STUCCO
- EAVES
- SOFFIT
- FASCIA

WARREN LAHAIE PARTS & SERVICE

WARREN@GIMLIFORD.COM
16-7TH AVE., GIMLI, MB
204-642-5137

GIMLI Ford EST. 1977

ALICE ROOFING LTD
Complete Roofing Services
• Residential • Agricultural
Licensed and Insured

204-757-9092
www.aliceroofing.ca

POWER EVENT

Make everyday life easier

EP2500 Generator

2500 watt
Dual Plug
3 year warranty

\$799⁰⁰



HONDA
Power
Equipment

EU2000

ITC Invertor

2200 watts Quiet
3 year warranty

\$1299⁰⁰



HONDA
Power
Equipment

EG5000

5000 watts
3 year warranty

\$1799⁰⁰



HONDA
Power
Equipment

F220K Tiller

21"
Light Weight
3 year warranty

\$899⁰⁰



HONDA
Power
Equipment

F501 Tiller

36/24/12"
3 year
warranty

\$1579⁰⁰



HONDA
Power
Equipment

FG110

Tiller
9" Easy Start
3 year warranty

\$449⁰⁰

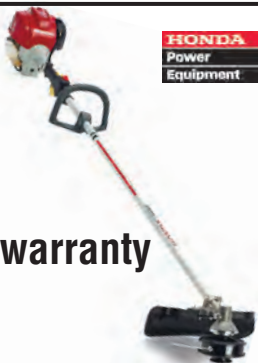


HONDA
Power
Equipment

HHT25SLTC Trimmer

Straight Shaft
4 stroke 3 year warranty

\$389⁰⁰



HONDA
Power
Equipment

HRS2160 Mower

21" Easy Start
Side/Mulcher
3 year warranty

\$399⁰⁰



HONDA
Power
Equipment

WB20XT Water Pump

2" Easy Start
3 year warranty

\$429⁰⁰



HONDA
Power
Equipment

HRR21610VKL

PushMower bag/mulch/side
Self propelled
3 year warranty

\$639⁰⁰



HONDA
Power
Equipment

W30XT Water Pump

3" Easy Start
3 year warranty

\$699⁰⁰



HONDA
Power
Equipment

WX10TC Water Pump

1" Easy Start
Light Weight
3 year warranty

\$429⁰⁰



HONDA
Power
Equipment

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233

Arborg, Manitoba
Family Owned

Servicing the Interlake for 53 Years!