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Walking for cancer



EXPRESS PHOTO BY PATRICIA BARRETT

The Interlake Relay for Life began with a survivors' lap around Winnipeg Beach Provincial Park. Participants raised nearly \$47,000 last Saturday. See full story on pg. 12.

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Peguis and Pinaymootang First Nations' emergency coordinators earn awards

By Patricia Barrett

Emergency coordinators from two Interlake First Nation communities earned an Emergency Coordinator of the Year Award for their dedication to saving lives and properties during disasters.

William Sutherland from Peguis First Nation and Tammy Woodhouse from Pinaymootang First Nation (Fairford) picked up their awards during a Disaster Management Conference earlier this month.

Emergency coordinators are responsible for developing and maintaining an emergency program for their communities. They formulate plans that meet mandated requirements set out by the province's Emergency Measures Organization, develop training and education programs for elected officials, first responders and volunteers, and implement emergency plans, according to EMO website.

Sutherland and Woodhouse spoke at the conference on June 1, outlining several challenges First Nation communities face when dealing with yearly events.

"I highlighted governmental limitations when a community is hit with multiple events," said Sutherland, who oversees Peguis' Emergency Operation Centre, coordinating responses to disasters to prevent property losses and environmental damage, ensuring resident safety and restoring essential services.

Peguis' major disaster challenge is overland flooding and wet weather events. Historical data from 1963 to the present underscores the prevalence of flooding and either partial or complete evacuations of residents which typically follow.

Sutherland pulled out a map showing a drastic land elevation drop from the neighbouring RM of Fisher and areas to the south. Peguis is prone to



EXPRESS PHOTO SUBMITTED

William Sutherland and Tammy Woodhouse earned the Emergency Coordinator of the Year Award at the 2017 Manitoba Disaster Management Conference.

flooding because it receives runoff from the south via the Fisher River and basically sits in a bowl. In addition to major floods, it experiences "smaller" flooding events such as weather bombs and heavy rainfall.

"Peguis is experiencing multiple losses due to smaller, more frequent intermediate events causing overland flooding," said Sutherland. "Here's where the problem is: it's a localized event; there's no provincial funding. When these events hit, they're not

to the point where the actual losses are justified to open up a disaster financial assistance program."

Whenever high water threatens the community, Sutherland and his team spring into action, which naturally entails a cost.

It has taken a number of year for Peguis to receive financial assistance for major flooding events. Part of the problem – which he highlighted at the conference – is communication between the First Nation and the province.

Disaster Financial Assistance is a federal program administered by the province. When the federal government receives flood-related doc-



EXPRESS PHOTO BY PATRICIA BARRETT

Sutherland holds a map showing a drastic decline in land elevation to Peguis First Nation.

umentation from a community, it turns it over to the province to assess and administer.

"In the past they've flipped that documentation to the province, and their flood experts oversee it," said Sutherland. "But once that happens, there's no consultation between the emergency management team of the affected community and the province."

That has led to misunderstandings about what financial assistance has actually been provided.

"Of all these multiple events hitting Peguis, there are a few DFAs on the timeline," said Sutherland. "Because there's no communication, they're [the province] assuming the DFAs have already been paid out."

He said he's not "throwing the province under the bus," but thinks better communication would help resolve misunderstandings.

While the process for outstanding claims continues, Sutherland has been busy undertaking proactive measures to mitigate flood damage.

His brother Wescott Sutherland created a unique diverter system that can be hooked up to a newer-model sump pump and prevent basements from flooding. The invention proved its worth this spring when it saved about 30 houses from flooding.

Indigenous and Northern Affairs Canada (INAC) liked the system and agreed to contribute funding for more diverters and pumps.

Continued on page 4

Correction

In the June 15 edition of the *Express Weekly News*, we published the article "Sowing seeds for Ashern Museum

Threshing Day" and reported that Threshing Day will take place Sept. 30. However, we published the incorrect date. The event actually takes place on Sept. 3.

The *Express* apologizes for any confusion this may have caused.

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Plaque honouring Chief Peguis unveiled in East Selkirk

By Lindsey Enns

Chief Peguis was a skilled hunter and diplomat who worked to protest the rights and interests of the Anishinaabe of Red River.

He acted as a mediator during the fur trade conflict between the Hudson's Bay Company and the North West Company, stepping in to save lives when animosities threatened the Selkirk Settlement.

To honour and commemorate Chief Peguis as a person of national historic significance, Kildonan-St. Paul MP MaryAnn Mihychuk, along with members of the Historic Sites and Monuments Board of Canada and Peguis First Nation, unveiled a plaque during a special ceremony at St. Peter Dynevor Anglican Church in East Selkirk last Sunday afternoon.

"We're acknowledging our original chief, Chief Peguis," said Peguis First Nation Chief Glenn Hudson.

During her address to the crowd, Mihychuk referred to Chief Peguis as "a very significant person" who helped pave the way for Canadians 200 years ago.

"It's an important moment that we recognize the importance of a leader, a dignitary, a diplomat ... a person who



EXPRESS PHOTO BY LINDSEY ENNS

Selkirk-Interlake-Eastman MP James Bezan, far left, Kildonan-St. Paul MP MaryAnn Mihychuk, third from left, along with Peguis First Nation Chief Glenn Hudson, second from right, help unveil a plaque to honour and commemorate Chief Peguis as a person of national historic significance during a ceremony in East Selkirk last Sunday.

could see a vision of Canada that went beyond the local into a national scope where he could see signing a modern treaty well before Confederation was the way forward to find peace," she said. "Canadians need to accept it and understand that we are here because

of the generosity of our First Peoples that welcomed us, helped us survive, made us thrive and, in fact, we have never honoured our treaties.

"We have to do many forms of reconciliation and we are just starting that process."

Selkirk-Interlake-Eastman MP James Bezan said celebrating Chief Peguis, "one of the true fathers of Manitoba," was long overdue.

"Peguis was an amazing man," Bezan told the crowd. "Here was a man of compassion, of love, a true leader.

"If it wasn't for Chief Peguis, I don't think the Selkirk Settlers would have ever survived. Modern-day Manitoba wouldn't exist as it does today."

Chief Peguis was born near Sault Ste. Marie, Ont., but settled in Netley Creek, near Lake Winnipeg in Manitoba.

In 1817, Chief Peguis became one of five negotiators of the Selkirk Treaty, the first agreement allowing limited farmland access to settlers in western Canada.

Faced with diminishing food resources such as fish, buffalo, and beaver, Chief Peguis co-founded a farming community which, in the face of poverty and starvation, assured the survival of his people.

Premier Brian Pallister's three-day bike tour from Selkirk to Peguis First Nation to commemorate the 200th anniversary of the signing of the Selkirk Treaty also kicked off last Friday.

Co-op celebrates Canada's 150th with \$30K for Arborg Arena project

Submitted

In 2017, Canadians will celebrate the places and people that bring communities together — and Co-op is joining the party.

And the Arborg Bifrost Parks and Recreation Commission is one group celebrating after receiving \$30,000 for the Arborg Arena Project.

Donations totalling \$2 million from the Co-op Community Spaces Program will support 27 community-based recreation, conservation and urban agriculture projects across British Columbia, Alberta, Saskatchewan and Manitoba.

"With increased funding in 2017, Co-op Community Spaces will reach more organizations and communities in a single year than ever before," said Vic Huard, executive vice-president of strategy with Federated Co-operatives Limited, which administers the program on behalf of the more than 190 independent retail co-operatives that form the Co-operative Retailing System in Western Canada.

"For generations, Co-op has invest-

ed in Western Canadian communities and we're proud to continue that tradition through this innovative program, which is empowering local organizations, fostering community and enriching the places we call home."

Local results

Since launching in 2015, Co-op Community Spaces has provided \$4.5 million to more than 60 projects, including parks, community gardens and sports fields. Each is operated by a registered non-profit, charity or community service co-operative.

The 2017 Co-op Community Spaces projects include a waterfront park in Port Alberni, B.C.; an outdoor athletic facility in Grande Prairie, Alta.; a winter recreation hill in Saskatoon, Sask.; and an educational farm in Brandon, Man.

Complete details about all of this year's recipients are available at communityspaces.ca.

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Selkirk hospital staff gearing up to move into new facility

By Lindsey Enns

Selkirk and District General Hospital staff are gearing up for the long-awaited move into the city's new hospital.

Ron Janzen, Interlake-Eastern Regional Health Authority (IERHA) vice-president of corporate services, says they are aiming to officially move into the new Selkirk Regional Health Centre located at 120 Eaton Dr. on Sunday, June 25.

"The pressure is really on," Janzen said. "But we're feeling quite confident that we're moving towards that day ... so there's great excitement about it."

Patients are being encouraged to avoid the ER from 6 a.m. to noon that day if possible as there will be some disruption in service during the switch over. Those in need of an emergency room during those hours, can call 1-866-267-5818 to find an alternate location.

"We have, of course, conducted mock moves already and those went really well so we're fairly confident in our plan and we think things are going to go really well," Janzen said.



EXPRESS FILE PHOTO

Selkirk hospital staff are gearing up to move into the city's new hospital located along Eaton Drive, pictured above, which is slated to officially open on Sunday, June 25.

"It's a long slow process ... so we have a big team of people who have been engaged with planning all the details of their specific departments and we actually have a specified move team for that particular date."

He added a large team will also be involved with helping transport about 30 to 45 patients from the old hospital to the new one on Sunday morning.

"We had hoped to reduce our occupancy at the old site before we moved ... but we're finding that difficult just due to the demand on the hospital."

Although they plan to have the new hospital officially up and running by Sunday afternoon, Janzen said they are still in the process of trying to recruit staff.

"We still have positions to fill so there is some anticipation that's going to be difficult for a few months until we're able to fully staff up to where we want to be," he said.

Qualified nurses for the hospital's surgical, ER and operating units are among the positions they are hoping to fill as soon as possible, he said.

"Those are particular specialty roles, they require a fair bit of orientation and training ... and that is turning out to be a challenge for us," he said. "We are looking forward to filling all of those positions in due time, as fast as we can."

Selkirk's new roughly \$120 million hospital houses an expanded emergency department, CancerCare

program, a family birthing unit, outpatient centre, food services and the region's first MRI machine.

The new 180,750-square-foot Selkirk Regional Health Centre also includes:

- 65 acute care beds including 45 medical, eight surgical, eight family planning and four ICU/SCU beds.
- An emergency department service in excess of 29,000 (projected) patients per year with two trauma rooms, 13 exam and treatment rooms, one isolation room and four minor treatment rooms.
- Three operating theatres, each with at 600 square feet, and two endoscopy suites.
- A full diagnostic imaging department with digital imaging for CT, fluoroscopy, ultrasound, mammography, general radiology and MRI diagnostic scanning.

• An eight-bed hemodialysis unit adjacent to a nine-stretcher CancerCare chemotherapy unit.

The hospital's main phone number, 204-482-5800, will remain the same. A grand opening of the new facility, which will include public tours, is being scheduled for sometime this fall.

IERHA CEO Ron Van Denakker said they are currently working on setting up a clinical teaching unit at the new hospital. Once established, it would also be a great recruiting tool for the region, he added.

"Every other region has a residency program and we know that for the most part most of those residents stay in those areas," Van Denakker said.

"We do have medical students here but we get them as out placements from other programs so we don't get a lot of time with them and then when they graduate they tend not to come here they tend to go where they have a lot of familiarity."

OPEN HOUSE

Share Your Views

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

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

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

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

Date: Thursday, June 29, 2017

Time: 11:00 a.m. – 8:00 p.m.

Location: Moosehorn Community Hall

Railway Avenue

Rural Municipality of Grahamdale

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



> EMERGENCY COORDINATOR AWARDS, FROM PG. 2

"It's a minimal investment for maximum protection," said Sutherland. "We have 200 diverter systems that we got funding for. It was a [funding] combination of the Peguis Trust and INAC. Going into the spring of 2018, I'm going to be a heck of a lot happier."

There are about 850 more homes (excluding apartments and trailers) on Peguis to equip with the new diverter system. Sutherland will be requesting funding through INAC's First Nation Adapt Program, which addresses climate change impacts below the 60th parallel.

The diverter system (including labour wages, transportation etc.) would cost about \$403 each. In all, it would cost about \$343,000, which would, in the long run, be lower than flood damage claims to homes and the cost of evacuation and hotels.

Part of the criteria for the Emergency Coordinator of the Year Award is forward-thinking and proactive steps to help mitigate the effects of disasters.

Attempts to reach Tammy Woodhouse regarding her award were unsuccessful.

"Tammy has worked hard in Pinay and she's been overlooked," said Sutherland. "She's got no support, but she's got the experience and she's got the training."

Sutherland thinks she'd be the ideal person with whom to operate a "flood hub" in the Interlake.

"Why not have two areas in the Interlake, one on Peguis and one on Pinay?" he said. "There'd be a quicker response time in that area. And they could help other areas along Highway 6."

Fisher Branch student wins Healthy Living Award

By Jeff Ward

Fisher Branch Collegiate (FBC) Grade 12 student Kate Letexier was one of 10 recipients to receive the 2017 Premier's Healthy Living Award for Youth (PHLAY) during a ceremony at the Legislature last Wednesday.

The award, presented by Premier Brian Pallister and Manitoba Minister for Health, Seniors and Active Living Kelvin Goertzen, recognized outstanding contributions to healthy living in the recipients schools and communities. Letexier was recognized for spreading her knowledge about the importance of healthy eating, active living and mental health. She explained that since the beginning of last year she has been on her own personal journey to improve those aspects of her life, losing weight, becoming more mindful of others and trying to live a more balanced life. It's taken a lot of hard work but Letexier said that she's been successful in making those changes and that it's been a daily commitment to small changes that add up over the long haul.

"It's been a complete 180 for me personally," said Letexier.

"I was quite surprised that I was chosen because it was the whole province that was eligible, but I was happy to be included. When I heard about the call for application, I saw that this was something that I've been living for the last year. I've recently done a workshop at my school to help promote mental wellness to other girls as well."

There were 38 nominations from schools all over the province. During the ceremony, Pallister said that he was very proud to see "so many young Manitobans from across the province engaged in mak-



EXPRESS PHOTO SUBMITTED

Kate Letexier, third from the left, was presented with the Premier's Healthy Living Award for Youth last week during a ceremony at the legislature.

ing their schools and communities healthier environments for everyone."

Each PHLAY recipient was presented with a congratulatory letter from the premier, a medal and a \$500 bursary.

Letexier said that winning the award has encouraged her to continue her own personal journey of wellness while also continuing to reach out to fellow students or whoever else is looking for help to

make a similar change.

"It took me all of last year to make these changes for myself, but it was small steps every day. I think we all have that ability to change inside of us and it is hard, but sometimes we need help. A lot of it is being aware of what you're doing and the impact it has on your in the future. Once I started to realize that for myself, it was easier to make the change I wanted to," said Letexier.

Moosehorn Fire Department to get new Jaws of Life devices

By Jeff Ward

The Moosehorn Fire Department will be receiving three new pieces of rescue equipment later this summer after council approved the purchase of new hydraulic rescue tools.

The tools, commonly referred to as the Jaws of Life, are three separate pieces that will aid firefighters in prying open car doors, hoods or even doors of buildings or homes.

Fire chief Keegan Russell said that the tools, which cost \$35,000, are set to arrive in Moosehorn in mid-August and are replacing the outgoing tools

that weren't used very often because they were too cumbersome and took time to set up.

Russell explained that not only is the new set very simple to operate, but the tools are spread across three separate devices instead of having a combo unit like before.

"We had a combo spreader and cutter, but with newer vehicles, it simply didn't have the power to cut through that metal," said Russell.

"These new ones have the hydraulic pump built in, so they're a little heavier, but you just press a button and go.

You don't have to set anything up so we can use them much faster. It definitely saves us time and this is a job where seconds count."

Russell added that these tools would be used in situations where firefighters would otherwise use a pry bar or an axe and it'll save wear and tear on their bodies.

Training on the new tools will be coming later this summer and Russell said that he is likely to extend the training to two days.

"We have a few newer members with us this year and they've never

used this kind of equipment before. So I figured it's a good idea for us to get a refresher and for them to get the basics done," said Russell.

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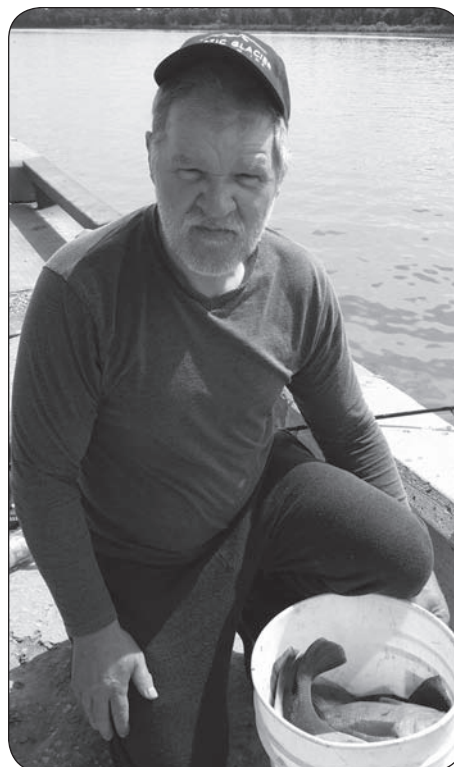
Welcome, my friends.

The persistent cold east breeze troubled the Winnipeg River waters into fleeting tiny waves around the Pine Falls dock last Tuesday. On it, heavily clad anglers in chairs reeled in eating-sized pickerel with pleasing regularity. To one side, a slight fellow sat slumped in his chair wearing a too-thin blue jacket, working his rod. His straight grey hair sprang out from under his faded cap. Tears constantly rolled down his thin face from behind his glasses in response to the bracing wind. I walked over to him, mindful of the heaving dock and introduced myself asking if he had caught anything.

"Let's find out," he interjected in a surprisingly strong voice as a hooked pickerel on his rod twisted free. Everyone cried out in sympathy at his loss.

His name was Ed Sanders, from "all over," he joked. Living in Winnipeg now, he used to be a gold miner north of Yellowknife. As he fondly reminisced about the north, he told of a unique way he shoreline fished during the short three week August summer in the Arctic. He would cast out across the water to the receding ice 30 feet out and land his weight on it and then slowly reel in until the weight and baited hook fell into the water. He had learned that the char and grayling swim right where the ice stops and, sure enough, he would catch one after another. A brotherly kinship grew between us as we traded fishing stories and then something startling happened when I went to shake his hand in farewell. My eyes fell upon a big, strong, vigorous hand obviously developed from decades of handling mining tools. Gosh, he must have been some kind of miner in his time.

By the Red River last Wednesday, I met



EXPRESS PHOTO BY ARNIE WEIDL
Ray Grenier with a mess of bass he caught by Selkirk.

a lively gal. Around 40-something, her short curly brown hair framed a fun-loving beaming face. Joann Droux was her name and when asked, she gave a marvelous story about her brother Rob fishing on Shuswap Lake by Salmon Arm, B.C.

Apparently, he had everything to fish with from his canoe except a rod, so he set up a line with baited hook and weight, tied the line to his big toe and tossed the rig into the water. Then he leaned back and fell asleep.

Soon he was abruptly awakened finding himself being pulled out of the canoe as it was being dragged sideways. He tried to raise himself, which was

unfortunate, because at the same time, whatever was on the other end of his line pulled with frightening strength, tumbling him into the water. He broke surface, toe high in the air, which became the leading pointer for the direction he was being carried away. He lost it. Bending forward, he grabbed the line, trying to undo it. Thankfully, it broke. Scrambling, scared silly, he regained the safety of his canoe. Now, years later, when he thinks of that ordeal, he shakes his head as he rubs his big toe.

A short distance from Joann, I met Ray Grenier who had caught a nice mess of bass and had a funny story for us.

Years ago, he was guiding on Long-legged Lake just across the Ontario border east of Bissett. Some anglers and a buddy were in the boat with him when suddenly his friend's seat broke. He fell forward into the water, his top half submerged while his arms clamped onto the side of the boat, preventing him from falling all the way in. Slowly he straightened up out of the water looking like a drowned rat, and in an effort to preserve his dignity, he proclaimed, "We can go. I looked around down there and there's no fish."

On the weekend, I wandered over to Hnaua where I met two great guys, dad and son Shaffar and Kerry Ali from Winnipeg. Both men were tall and robust with easy-going natures. Shaffar said they liked to fish at Lynch's Point by Lake Manitoba's delta. Unlike Shoal, where the jacks have devastated the trophy perch, Lynch's Point is full of them. As we talked, Kerry remembered a time when they were fishing while vacationing in Tobago, by Shaffar's homeland of Trinidad. Flying fish schools, he said, would fly right into their boat when disturbed. Till next time. So-long.

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Arctic Blue Holding purchases land at Gimli airport for fish plant

By Patricia Barrett

Chinese company Arctic Blue Holding Ltd. has purchased a piece of land at the airport from the RM of Gimli and will be setting up a fish plant.

Mayor Randy Woroniuk said the RM is “pleased” to welcome another fish plant to town.

“The intent of Arctic Blue is to buy all the opportunity fish [rough fish], and it’s going to be shipped overseas to China,” he said. “It’s going to be processed, flash-frozen and shipped to China, and the waste products will be turned into a protein-based product.”

He said the company wants all species of fish except pickerel.

“I think Arctic Blue stands to win because they’re targeting fish that nobody else wants,” said Woroniuk. “I’ve been sitting down with these guys since last fall, and when you talk to them about the number of fish they’re harvesting all over the world just to feed their people, it’s quite significant.”

The land purchase was put on the agenda at council’s regular meeting June 14.

Arctic Blue was registered in B.C. in 2016. Its owners purchased a former Maple Leaf Foods plant in North Battleford, Sask., in May 2017 with the intent of buying fish from Saskatchewan fishers.

Its Manitoba plant is slated to open in October.

Arctic Blue will be shipping a modular building from China and erecting it on the airport tarmac across the road from a parcel of land purchased by former Freshwater Fish Marketing Corporation president Donald Salkeld, who intends to build a fish plant.

The RM sold the 42 x 97 metre prop-

erty to Arctic Blue for \$30,000, said CAO Joann King. The building itself will be 15,000 square feet and employ five managers and 29 production workers per shift.

King said there are a number of conditions by which Arctic Blue must abide. Those include constructing the plant within one year, meeting all Manitoba building code requirements, and refraining from selling the property until the mobile plant has been constructed.

Water and sewer modifications will also be Arctic Blue’s responsibility.

“Any resizing of the existing sewer services on the property required to operate the mobile freshwater fish processing plant is the responsibility of the purchaser,” states the agreement. “Water for the fish processing facility will be provided by the purchaser contracting to drill a well on the property. The vendor will assist in completing the application for a Water Rights Licence for the well.”

The mayor said the RM is concerned about fish plant waste entering the town’s sewer system and council has included specific terms in the agreement to address it.

“They’ve assured us it will be minimal, but they will work with us to put whatever needs to be put in place for the heads and guts,” he said.

The agreement contains a clause stating that Arctic Blue will have to, if necessary, treat any sewage generated by its plant and install an equalization system “to pace the sewage flows to the treatment plant if required by the municipal engineer.”

“Testing results of the sewage from the processing facility are to be completed by the purchaser as required by the vendor,” states the agreement, “and if the results indicate that onsite



EXPRESS PHOTO BY PATRICIA BARRETT

Arctic Blue Holding purchased this piece of RM-owned land at the Gimli Airport and will be erecting a modular fish plant slated to open in October.

pre-treatment of sewage/fish waste to reduce the BOD [biochemical oxygen demand] levels in the sewage/fish waste is required by provincial or federal regulations, then a pre-treatment solution will be designed and constructed at the cost of the purchaser.”

The agreement says the RM will help the company obtain temporary work permits for its staff and approval from the Canadian Food Inspection Agency.

Woroniuk said the plant will generate tax revenue and create economic spinoffs.

“If they bring a plane in — we don’t have landing fees — but they’ll have to buy fuel,” he said, referring to the company’s plan to fly the fish to a western airport then on to China. “Their long-term goal, when I looked at their business plan, is to employ 50 to 100 people.”

Gimli MLA Jeff Wharton said there’s

“lots of opportunity for growth in the Interlake.”

He said he and the province are working with Arctic Blue to ensure a smooth transition.

“The province is working with them ... to get some temporary foreign workers here to set up their plant,” said Wharton. “They’d be coming in to set up the plant and train [staff] and train local folks.”

He said Arctic Blue’s intent is to create economic growth in the area.

“It’s exciting times in Gimli,” he said.

Bill 23, which will remove Manitoba from the Freshwater Fish Marketing Act and create an open market, will be heading to committee hearings sometime this fall. The NDP delayed passage of the bill in the spring citing opposition from a majority of fishers and a lack of consultation with Aboriginal fishers.

Pharmacists Manitoba support new policies regarding blood glucose test strips

Submitted

Pharmacists Manitoba is collaborating with the Department of Health, Seniors and Active Living to support the introduction of a new policy regarding changes to Pharmacare and Employment & Income Assistance (EIA) Drug Programs benefit coverage for blood glucose test strips in Manitoba.

The strips are used by patients to check their blood glucose (blood sugar) levels and are a common tool in the management of diabetes. The strips are covered as a benefit under the Pharmacare Program and EIA Program. The new policy coming into effect last Friday will lower the number of strips that will be covered an-

nually for eligible patients who used oral medication or lifestyle changes to control their diabetes. The maximum number of strips covered in a benefit year is based on various treatment regimens.

“Testing blood glucose levels is a critical aspect of the successful management of diabetes, and Manitobans coping with this condition count on their local pharmacy to provide them with the test strips they need in order to carry out these tests,” said Barret Procyshyn, president of the board of directors for Pharmacists Manitoba.

“The changes coming into effect today will lower the annual number of test strips, which can be covered for certain patients, but they are gen-

erally aligned with Diabetes Canada guidelines and consistent with changes already in effect elsewhere in Canada. Although these changes will create additional tasks for community pharmacists, we want to work with all stakeholders to ensure this change happens as smoothly as possible.”

Procyshyn noted that patients visiting their pharmacists to refill their test strips may notice the changes in coverage or amount of strips supplied. Information is being provided to pharmacies throughout Manitoba regarding the changes. Manitobans can also visit Manitoba Health Seniors and Active Living website at www.gov.mb.ca/health/pharmacare/changes.html for more information.

Pharmacists will do their best to provide Manitoba patients with the information they need to make effective use of their blood glucose strips as part of their management of diabetes.

“Pharmacists Manitoba will continue to work as closely as possible with Manitoba Health, Seniors and Active living to ensure that patients receive the information they need,” said Procyshyn. “As the most accessible health-care professionals in the public health-care system, your pharmacist can help ensure the most effective use of your blood glucose test strips and connect patients and their families with further information and resources so they can manage their diabetes.”

Community Futures West Interlake share successes at AGM

By Jeff Ward

West Interlake council, chambers of commerce and CDC members heard about the Community Future West Interlake (CFWI) successes, finances and future direction at the AGM last week.

The meeting was held at the newly opened Moosehorn Hotel and had approximately 30 people in attendance.

CFWI general manager Lana Cowling-Mason, who trumpeted the organization's goal of assisting communities and businesses within the Interlake to grow and survive, moderated the AGM.

Cowling-Mason pointed to the Elevate Program that helps reduce barriers for entrepreneurs with disabilities to succeed in business and the West Interlake Regional Plan and Strategy as two of their big successes this past year. These projects, along with many others, show the CFWI's commitment to bolstering the Interlake community, finding new ways to access funding while shining light on great ideas.

There were two special presenters, director of regional operations for Manitoba Infrastructure Mark Allard and Moosehorn hotel owner Roy Sveistrup. Allard detailed the strategy

for the Lake Manitoba Emergency Channel and Sveistrup shared his story of rebuilding his business after fire destroyed it a few years ago.

"I am very excited about some of the new initiatives undertaken and I am equally proud of the corporation's delivery of our core services. We continue to put our clients and communities first, helping to move the business or community project forward," said Cowling-Mason.

CFWI business analyst Henry Sikora said that in the 2016-17 year CFWI distributed 10 loans in the region totalling \$326,174. That investment created or maintained 12 region jobs. Sikora added that CFWI conducted 213 in-depth services for individuals requiring technical and advisory services and that the CFWI is working on two to three business plans every month.

"Not all of them we approve. They have to be good ideas. We also don't approve ideas that won't make money. You have to be able to make a living at it. This isn't a hobby," said Sikora.

Currently the CFWI has 31 active loans in the region totalling \$1.8 million with the largest sector in accommodations and food services. Sikora



EXPRESS PHOTO BY JEFF WARD

Thirty people were in attendance at the Community Future West Interlake AGM to hear about the organization's successes this past year.

explained that given the region, those businesses are more likely to thrive than a retail outlet. However, there is quite a bit of diversity in the business area that loans are given out to.

The board of directors for 2017-18

include Ila Buchanan, Rudy Reimer, Monte Carrier, Tiffany Desjarlais, Marnie Mills-Holm, Amanda Stevenson, Carroll Hull, Diane Bottrell, Randy Sigurdson and Linda Schroedter.

Community event to celebrate Rondeau School history

Camp-over, picnic lunch and Country Pride planned for July 7 and 8

Submitted by Freida Jorheim

French settlers started to arrive in the Interlake of Manitoba in the late 1800s.

In 1901, a group settled in the area around sections 28 and 33, T18-1W, five to seven miles north of which is now the town of Inwood.

In 1902, they build a log church on Senville's lands, who was one of the early settlers. Death was inevitable in those hard times, as many deadly diseases swept the country, so a cemetery was started close by.

In 1906, a post office was established in Ephram Rondeau's house and the little community became known as St. Adelard, Man. Many of the settlers had large families and a school was needed. In 1907, they built a school and named it after the postmaster, Rondeau.

The first teacher was the priest, who lived in the back room of the school. He was followed by Marie Lagimodiere, Amanda Trudal, Emilia Fortier,

Donalda Grandmont and many more.

By 1912, more Norwegian, German and English settlers had arrived and to accommodate these children, two hours of English was taught each day. Blanche LaPorte (Beaudoin) was the first teacher to teach English at the school.

On April 21, 1917, a meeting was held at the school to discuss moving the school to a more central location to accommodate more children. A vote was taken and the majority ruled. The school was moved with steam engines in 1917, a half-mile north to its present location, SW-33-18-1W.

The school was always the heart of the community. Everyone looked forward to the Christmas concerts when each child did his or her best at acting and singing. The annual picnic was also a highlight of the year with neighbours getting together. There was always a dance to follow when toddlers to grandparents all danced. Social events such as wedding recep-



Local band Country Pride will play Saturday night.

tions, showers and parties were also held there.

The school was open for 60 years and never closed during this time. There were 27 students attending the school in 1967 when consolidation of schools took place and the children were transported to Inwood School. Freida Jorheim was the last teacher at the school.

To celebrate the history of Rondeau School, the beginning of education in the Interlake and Canada's 150th

birthday, a celebration will be held on July 7 and 8. There will be a bonfire and camp-over on the Friday at 8 p.m. and a picnic potluck lunch on Saturday beginning at 1 p.m.

There will be a barbecue supper and entertainment throughout the evening by Country Pride Band. Everyone is welcome to attend to step back in history for a day to the one-room country school picnic. Check on Facebook for further details.

Lundar principal to retire after a lifetime devoted to education

By Jeff Ward

A medical issue is forcing Lundar School principal Jane Dupre into retirement a few years early, but as she reflects over her 30-year career, she remains immensely proud of the work she's done.

Dupre was recently diagnosed with macular telangiectasia, a rare form of retinal disease. The disease is painful and severely limits Dupre's ability to stare at a computer or focus on tasks like reading. The disease has forced her hand and pushed her into retirement early and although the decision was hard, Dupre said that it was the right one to make.

It began 30 years ago for Dupre, who went to the University of North Dakota on a field hockey scholarship shortly after finishing high school. Dupre said that she knew early on in her life she wanted to be a teacher based on her love of playing house with her younger sisters.

"Being the oldest, I would take on the teacher role when we played school," said Dupre.

"I remember it being fun and I thought it would be something I could do well. I've always enjoyed being a leader and being someone people could count on."

And so Dupre pursued a degree in education and completed a double major in science and phys-ed as well as a minor in special education. Her first teaching job was at Ruth Betts School in Flin Flon. She spent the majority of her career in the Flin Flon and Creighton school divisions. It was in Flin Flon that Dupre said that she felt like she was truly helping people and making a difference in their lives.

"It's all about mutual respect and instilling the confidence in themselves to succeed. Our students aren't going to respect you if you don't respect them, and it has to be honest. And for me, the way I've always done that is by building communities within my schools," said Dupre.

In terms of waking hours, many students spend more time within school walls than they do at home. And if that's the case, Dupre reasons that it should be a place they feel welcome, respected and safe.

Dupre eventually became the vice-principal at Ruth Betts School in 1996. In 1999, she was asked to take on the principalship at Many Faces Education Centre, an alternative learning high school that doubled as an adult education centre. It was there that Dupre said she did her finest and most important work.

"These were students that were deemed 'at risk' and for one reason or another weren't able to attend regular high school. When I came to that school, I treated everyone like equals, established relationships and challenged them," said Dupre.

In her first year, there were 20 students, and only five years later, the school's graduation and attendance rates were as high as the regular high school.

"In 2004, we had 56 students graduate and it was probably my proudest moment. This is just what happens when you empower and inspire students," said Dupre.

In 2014, Dupre was ready to make a change and



EXPRESS PHOTO BY LAWRENCE GRZENDA
Former Lundar student Stefanie Lamoureux, right, graduated last year but had to come and celebrate the retirement of her former principal Jane Dupre during a celebration last week.

noticed that Lundar School was looking to fill the principal position. Dupre appreciated the outside-the-box approach to education the Lakeshore School Division was taking and wanted to be a part of it. Dupre began the work of getting to know the students, the staff and the community. She says the Lundar community was very welcoming and both she and her husband Leonard felt at home almost right away.

"They really embraced my husband and I," said Dupre.

Dupre said that she asked staff and students what they wanted their school to be. For students, it was to feel welcome and know they belong, and for staff, it was improving attendance numbers so that they could do their job more effectively. Dupre set to work accomplishing both of those and creating an environment that had students excited about being there.

"A sense of community is how I've always described it. The school should be a welcoming environment and it should extend out into the community at large.

Students want to be treated with respect and teachers want to be able to try new things to help their students succeed," said Dupre.

The changes were little things, but they were changes the students asked for. Students were able to wear hats indoors because Dupre felt it's important for them to express their own identity through



EXPRESS PHOTO BY JEFF WARD
Lundar School principal Jane Dupre will retire at the end of this school year due to a medical issue. She said that although her career is coming to an end she is proud of her accomplishments over the last 30 years.

clothing. Teachers were able to explore new ways of educating their students through less traditional means. Courses based around the game of hockey, for instance, carried similar if not higher engagement numbers than their more traditional counterparts. These changes and others have brought attendance rates up, increased student engagement and brought school morale up to an all-time high.

While many students and staff credit Dupre with changing the school for the better, Dupre said that she actually did very little.

"This kind of success was in them the whole time. They were always capable of it. I think I get a lot of the credit because I helped them realize it. But the work of changing things for the better is a team job. It's something we all did," said a very proud Dupre.

Dupre said that she plans to spend her newfound time with her family, especially her new grandson, and to do everything she can to maintain her eyesight for as long as possible. And things have actually improved in terms of her symptoms since leaving the school last fall.

She said that she plans to volunteer with the division in some capacity but isn't sure yet how often or in what way.

While her career ended sooner than she had she hoped, Dupre said that she leaves the profession feeling great about her accomplishments and that the relationships she has spent a lifetime forming with staff and students still give her life today.

**"IN 2004,
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MOMENT."**

Tabula Rasa choir wows crowd with songs about togetherness

By Maggie Wysocki

The Tabula Rasa young adult choir impressed the audience at Selkirk United Church last Saturday night during their summer concert and season finale of the year.

The group of 15 singers from the Interlake area started off the evening with seven songs focused on a theme of togetherness.

"We sang about loneliness with sadder songs in the beginning and then transitioned into finding togetherness and friendship," said soprano singer Courtney Kuhl, 18.

The choir then took a break while the audience enjoyed a variety of desserts from Roxie's Uptown Café before taking the stage back to perform a few more pieces with solos from several singers.

The final tune of the night, "Don't Be Afraid," was a favourite for many of the singers, said Kuhl, because it resonated with them personally.

According to the event's program, Tabula Rasa is used to describe the belief that children are "blank slates," representing the idea that regardless of each singer's background, they are tied together by their love of music.

The group sings a variety of genres, ranging from pop to classical music and often sings pieces in different languages too.

"There's not a lot of singing options for young people so this is just great," said Brittney Taylor, who's been singing with the choir since 2015. "It's really lovely to make music with other people," she added.

The choir, which practices out of Little Britain United Church in Lockport, is conducted by Stonewall Collegiate music teacher Kendra Obach.

Though the singers will take a break from Tabula Rasa over the summer, auditions will start up again in September and Taylor says they are always looking for new faces to join



EXPRESS PHOTO BY MAGGIE WYSOCKI

The Tabula Rasa young adult choir performed their season finale that focused on the theme of togetherness at Selkirk United Church last Saturday.

their group.

Anyone with a musical background living in the Interlake area between

the ages of 18 and 25 is invited to email Obach for more details about auditioning at klobach@gmail.com.

Lakeshore completes five-year research term with BU

By Jeff Ward

Eriksdale School teachers and administration gathered with Brandon University professors to celebrate the end of their five-year partnership to improve education in the division.

The celebration took place on June 5, and according to Lakeshore School Division assistant Supt. Leanne Peters, it was a bittersweet event.

Peters explained that there have been 48 projects over the last five years and well over half of the division's 98 teachers have been involved in trying new approaches to education.

Brandon University provided support in the form of funding and the procurement of classroom technology like iPads. Both sides of the partnership were involved in the analysis of the data the projects collected.

The meeting at Eriksdale School featured five-minute presentations by each school detailing the projects they were involved in and the change it brought to the school. Four professors — Dr. Jackie Kirk, Dr. Mike Nantais, Dr. Heather Duncan and Dr. Karen Rempel — and a graduate student Davion Johnson represented Brandon University.

"It was a really nice celebration of all the hard work we've done over the last five years," said Peters.

"When we started this five years ago, we had to do a lot of work to figure out who we are. We had to look at our graduation rates, provincial data, school culture data and student engagement data. That told us where we were lacking and from there we gave teachers the licence to come up with

ways to eliminate those deficiencies.

"From an administration standpoint, the last five years have been freeing as the normal barriers of trying new things were almost entirely erased.

Peters said that teachers were encouraged to come up with new ideas that they felt would positively impact students.

Teachers created blogs, websites and shared documents that were all about brainstorming new ideas. "We wanted them to take risks. It was a culture of risk we created," said Peters.

Teachers who had only worked within Lakeshore School Division were sometimes sent out to other areas on fact finding missions, to gain better understanding of different educational approaches. A school in Michigan, for instance, showcased a flipped

classroom that had students doing lecture-based work via video at home, and when they come into class, they're given time to practise that work with the teacher. That never came to Lakeshore in a 1:1 representation, but the idea was to explore freely the world of education in traditional and non-traditional ways.

"And it worked too. That's the good part. All the little risks we took had a real positive impact on students and teachers. The folks from Brandon indicated to us that this partnership was very successful," said Peters.

While this particular term with Brandon University has ended, both parties are hoping to work together in some capacity soon.

Lower Fort Garry to host 146 - Pathways to Treaty Relations

Staff

An upcoming event at Lower Fort Garry is inviting community and area members to learn about how treaty relations can breathe new life into our relationships with one another and the world around us.

The event, entitled "146 - Pathways to Treaty Relations" will take place on Saturday, June 25 at the historic site located off Highway 9. Workshops will

be held from 1 p.m. to 4 p.m.

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

Workshop presenters will include:

- Jennifer Preston - In 2015 Canada's Truth and Reconciliation Commission (TRC) released their Final Report and 94 Calls to Action, related to the legacy of Indian Residential Schools. The

TRC called the United Nations Declaration on the Rights of Indigenous Peoples "the framework for reconciliation." This presentation will provide an opportunity for people of Faith to find their place in understanding both the TRC and the UN Declaration and the role of Settlers in the journey of reconciliation.

- Allen Sutherland - Focusing on the oral tradition of Treaty 1 and its

spiritual foundations, this presentation will utilize a historical timeline to draw connections between historical events and present day issues that affect our understanding of treaty, social and legal issues, and ultimately our relationships.

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

Moosehorn road closed for flood protection project

EXPRESS PHOTO BY JEFF WARD

A small stretch of Jensen Road from Highway 6 to Bonwick Road in Moosehorn will be closed for the foreseeable future due to the ongoing construction of the Moosehorn flood protection project. Construction began a few weeks ago to help divert water away from the east side of Government Road and will continue through the summer with the project completion date set for Sept. 15. Any residents who need to access the Moosehorn Waste Disposal Grounds will have to take a detour around Moosehorn until the construction is complete.



Canadians to scream for ice cream June 24

Gimli's Sobeys to celebrate Ice Cream Day

Submitted

As a proud Canadian company, Sobeys Inc. is celebrating Canada's 150th with a special fundraising campaign called Canada Screams for Ice Cream.

On Saturday, June 24, customers can visit their local Sobeys, Safeway or IGA store in Western Canada and make a \$2 donation in exchange for a tasty ice cream treat. One hundred per cent of funds raised will help provide healthy meals and snacks for more

than 100 local youth-based charities across Western Canada. Sobeys Inc. will match donations raised on June 24, to a total of \$100,000.

The Canada Screams for Ice Cream event will also mark the launch of Sobeys Inc.'s Kids Paying-it-Forward program, which will provide 150 kids from participating charities each with a \$500 gift card to donate to a community group that has helped their family, friends or neighbours. Through this initiative, a total of \$75,000 will be

donated, allowing Sobeys Inc. to help Canadian charities shape future leaders and continue its long-standing commitment to community giving.

"Sobeys Inc. has deep roots in Western Canada, and we can't think of a better way to celebrate our country's 150th birthday than with a fun ice cream event for our customers that will directly benefit the communities we proudly serve," said Renée Hopfner, director of community investment for Sobeys Inc. "We also have a unique opportunity to invest in future generations through the Kids Paying-It-Forward program and empower lo-

cal youth who are passionate about making better food possible."

Sobeys Inc. will be partnering with more than 100 charities across Western Canada to bring the Canada Screams for Ice Cream and Kids Paying-It-Forward program to life.

Donation presentations will be made in local communities throughout the summer.

More information about the Canada Screams for Ice Cream campaign, the Kids Paying-It-Forward program, and participating Sobeys, Safeway and IGA locations, can be found at sobeys.com, safeway.ca or west.iga.ca.

Interlake-Eastern RHA looking for local input to improve health care

Deadline for Local Health Involvement Group applicants is July 31

By Jeff Ward

Interlake-Eastern RHA is accepting applications for their Local Health Involvement Groups (LHIGS) and are looking for residents who are passionate about the health-care system.

The deadline to apply is July 31 and those who are chosen will be asked to share their experiences and opinions on the current health-care system in the region while being asked questions that will help form actionable plans going forward.

Interlake-Eastern RHA CEO Ron Van Dennaker said that over the last few years the LHIGS have been a benefit to the administration in guiding their decisions. He's looking forward to adding new members this year and

seeing these groups evolve. The only requirements for this opportunity is that the applicant must be a resident of the region for which they are applying and be someone who is passionate about improving health care in the region. Meetings take place four times a year, but more may be added and they typically last an entire day.

"We want to engage in meaningful discussions around those tables," said Van Dennaker about the future meetings.

"In many cases, we've turned things the LHIGS have brought to us into actionable plans. This year, we'll be streamlining our questions and I'd like to put an emphasis on our focus on those questions this year as well.

But we want to hear what communities have to say so we take this very seriously."

The questions, which will change this year, revolve around things the Interlake-Eastern RHA is looking to improve. Areas like patient engagement, the quality of customer service and how residents access health information were all discussed in previous meetings. Van Dennaker said that in regard to accessing health information, the topic actually resulted in some positive communication changes recently.

Van Dennaker said that residents were frustrated with the ambiguity of which hospital had ER services and when a physician was available. This led the Interlake-Eastern RHA to implement a communication campaign designed to give residents that information weeks in advance.

"We set up schedules on our web-

site and a 1-800 number so people can call or check online to see which ER is open. It's a bandaid solution and we're aware of that, but they appreciated that we're moving forward in trying to fix these issues," said Van Dennaker.

There is a gap between residents and the people at the top of the Interlake-Eastern RHA who are making the decisions. And that's why a program like the LHIGS is so important moving forward. It allows that gap to get smaller and for communication between those who want better health services and those who want to give better health services to become stronger.

Those interested in applying can get an application online at ierha.ca or have one mailed to them by calling 1-855-347-8500.

Cancer survivors and supporters raise close to \$47K

By Patricia Barrett

Cancer survivors and their families and friends from across the Interlake descended on Winnipeg Beach last Saturday for the Canadian Cancer Society's annual Interlake Relay for Life, raising nearly \$47,000.

The 12-hour community event celebrates life and raises funds for research and patient-support services.

First-time relay participant Randy Woroniuk, also known as Gimli's mayor, joined 41 other cancer survivors as they completed the aptly named Survivors' Walk around Winnipeg Beach Provincial Park. Behind them trailed about 104 registered participants.

Woroniuk survived two bouts of prostate cancer about 10 years ago. The first required a prostatectomy, and the second, about three years later, entailed radiation therapy to kill remaining cancer cells.

"The first diagnosis was like a punch in the head," said Woroniuk. "I'm only 50 years old and I've got my whole life ahead of me. Cancer scares you. Once you get the second diagnosis, that's when you're thinking, 'Holy shit, what's going on?'"

Woroniuk said he had no symptoms, but a yearly test picked up a high PSA (Prostate Specific Antigen), a protein in the blood produced by the prostate. Four months later he was on the operating table.

Like many cancer survivors, Woroniuk initially didn't want to talk about his experience.

"It's one of those things — you have cancer and you don't want to talk about it," he said. "But now I do. Now I'm an advocate. When I go to the gym, I say, 'Guys, you've got to get yourselves checked.'"

He said it's important to remain positive and see the humour in some situations.

When he had to drive to Winnipeg every day for six weeks of radiation therapy (which requires a full bladder), he dreaded traffic jams.

"I knew that as soon as I passed the Perimeter, I had to start chugging water," he laughed. "I thought, 'There better not be a traffic stoppage between here and CancerCare because I had it all worked out to the exact minute.'"

All the cancer survivors, including Cindy Genik (29-year survivor), June Isfeld (30-year survivor), Lilian Kustra (29-year survivor), Barbara Thom (38-



EXPRESS PHOTO BY PATRICIA BARRETT

Lil Kustra (far left holding banner) is a 29-year cancer survivor and Barb Thom (far right) is a 38-year cancer survivor.

year survivor), Ty Van Driel (30-year survivor), were an inspiration. They showed that cancer is not necessarily a death sentence.

The Survivors' Walk, which launches the relay, is a celebration of life in which participants are saluted with raised swords. They follow a path lined with luminaries (electric candles in white bags), expressing messages of love, encouragement and sorrow for lost loved ones.

Thirteen fundraising teams took part in this year's walk.

"All the green shirts are Campers for the Cure," said Richard Klassen, referring to his 24-member strong team from the Sandy Hook RV Resort. Some of the younger members of the team — Nolan Spence and Dylan Pereira — were selling 50/50 tickets to raise additional funds for the CCS.



The Campers for the Cure team from the Sandy Hook RV Park brought out a contingent of 24 people and also held a 50/50 draw.



Interlake Relay for Life committee members Betty Loewen (left) and Sharon Mulder helped organize the 2017 Interlake Relay for Life.



Twenty-nine-year cancer survivor Cindy Genik was saluted on the final stretch of the Survivors' Walk.



Gimli Mayor Randy Woroniuk, a 10-year cancer survivor, took part in the Survivors' Walk.



Jeff Wharton (right) MLA for Gimli completed a lap in the Relay for Life.

Gimli Coast Guard rescues children; feds announce funding

By Patricia Barrett

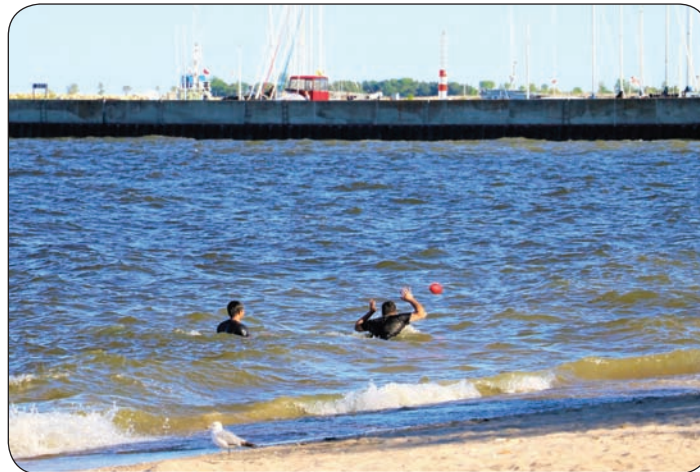
The necessity of having the coast guard's search and rescue service was brought home June 10 when high winds and a strong current pulled two children on a rubber dinghy away from Gimli beach and into Lake Winnipeg.

The coast guard rescued a girl, 10, and a boy, 7, neither of whom were wearing life-jackets and who were believed to be visiting for the day.

"With a 20-knot westerly wind, the children in the boat were unable to paddle and were drifting away from the shore," said Michelle Imbeau, communications advisor with the coast guard. "The on-duty coast guard crew responded, locating the children and the boat, returning all to the shore safely without incident."

What was a nice family day by the beach could have ended very badly, according to Tracy Martin, who was having coffee on her boat in Gimli harbour when she saw members of the coast guard whip past on their Zodiac rescue craft.

"This little rubber dinghy could have very easily capsized and those kids would have been goners," said Martin. "They were not wearing life-jackets.



Tourists have a ball in the lake on a relatively calm evening.



EXPRESS PHOTO BY PATRICIA BARRETT
Gimli Coast Guard Zodiac rescue boat.

They had no parent with them. They were just free floating. And the way the waves were that day, it was like a washing machine."

Martin, who grew up in Husavik and is a commercial fisher and musician, said boaters were confined to the harbour that day because of the high winds and that the lake is a veritable inland ocean with a current that pulls everything away from shore.

"My husband and I, on many, many occasions, have gone out at sunset

for a Sea-Doo ride and picked up floating devices that have started off on the beach and ended up in the centre of the lake — seven, eight, nine miles out," she said. "We're a huge lake and it's a very shallow lake, so when the wind picks up, the waves are out of control. The chop is crazy."

Within minutes of a call for help, she said the coast guard plucked the children from the lake and delivered them to shore — with much fanfare.

"There's always a wedding at the Lakeview on a Saturday," said Martin,

Continued on page 19



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MANITOBA LIQUOR & LOTTERIES

Province protects two islands on Lake Winnipegosis

By Jeff Ward

Goose Islands and Grand Island are now Manitoba's 91st and 92nd provincial parks following an announcement from Sustainable Development Minister Cathy Cox last week.

Cox said "these islands will be protected and will remain undeveloped, ensuring that Manitobans are able to enjoy our natural sites and Indigenous peoples have continued access to the area for hunting, trapping, fishing and other traditional pursuits."

She added that the provincial park designation will also protect important wildlife habitats and breeding grounds for a variety of bird species as well as moose, fox and white-tailed deer. Cox shared photos of some of those animals on her Twitter account following the announcement.

Goose Islands is 145 hectares and includes five islands near the eastern shore of Lake Winnipegosis while Grand Island is just over 1,000 hectares in size and includes two larger islands and several small ones off the western shore of Lake Winnipegosis.

Following the announcement, the Canadian Parks

and Wilderness Society (CPAWS) released their own statement praising the decision to protect these islands.

"It's a great day for Manitoba as these new provincial parks will conserve these spectacular islands for future generations of people and wildlife," said executive director of CPAWS Ron Thiessen.

"The islands are in Lake Winnipegosis, which is a significant ecological and economic resource for the region. Protecting these islands in their pristine state and maintaining the well-being of this lake will help prevent further disruption to the health of downstream ecosystems including Lake Winnipeg. Establishing them as Manitoba's 91st and 92nd provincial parks will maintain them as a healthy part of the boreal ecosystem, which is the basis for the fishing and tourism sectors in the region."

Cox said that protected areas are the most effective and economical way to protect wildlife populations, maintain natural cycles and safeguard pristine areas.



EXPRESS PHOTO SUBMITTED
Goose Islands and Grand Island in Lake Winnipegosis were named Manitoba's 91st and 92nd provincial park last week by Sustainable Development Minister Cathy Cox.



Summer pit stops in the Interlake



Gimli

Go check out the Gimli Film Festival starting July 26th till the 30th. There is no other film festival on earth that can boast the same ambiance as the Gimli Film Festival, featuring the best in Canadian and international film on an 11-metre, beach front screen rising out of Lake Winnipeg. The RBC Sunset Beach Screenings are always free, as are the added attractions of northern lights and spectacular stars (on the screen and in the sky)! The 5 indoor venues are within easy walking distance of each other, and showcase the absolute best in features, docs and shorts from Canada and around the world.



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BASIC goes the extra mile with erosion-control experiment

By Patricia Barrett

A farmers' organization in the RM of Bifrost-Riverton will be undertaking an erosion-control experiment in the upcoming weeks to identify grass that can best withstand chronically wet conditions and help prevent the loss of soil from fields.

The Bifrost Agricultural Sustainability Community Service Cooperative's (BASIC) Stewardship Committee has identified a suitable one-mile stretch of ditch along the Vidir Road (PR 233) that will serve as the test site.

Working in partnership with the East Interlake Conservation District, BASIC will be planting a number of grass varieties on the slope and bottom of the ditch in 400-metre plots along one side of the road. The site will also include plots using erosion-control blankets, rocks and culverts with traps.

"It will be seeded down and there will be four different sections," said Ernie Weik, who has a grain farm in the RM and is BASIC's Stewardship Chair. "It's more of a long-term project. We want to see which of the species survive the longest and establish themselves the best."

BASIC was formed a decade ago to address prolonged wet spells and widespread flooding that have resulted in agricultural losses in the multi-millions.

In addition to carrying out drainage rehabilitation, researching crop varieties best suited to flood-prone land and undertaking flood mitigation projects in the municipality, BASIC is looking at ways to prevent nutrients such as phosphorus and nitrogen from making their way into Lake Winnipeg.

Grass in ditches acts as a barrier to the movement of soil from farmers' fields.

Weik expects some of the test grass and grass blends may struggle to survive in wet environments.

"After a couple of years, you'll see some die out," he said.

BASIC's project manager Kyle Stadnek will be seeding the four plots, and the work should take only a few days to complete.

The organization is working with area seed producers and suppliers.



Left photo, Grassed runway before seeding. Right photo, Grassed runway after seeding.

"We've contacted a number of different seed companies and asked them what they thought might be the best option," said Weik. "We've had three different companies provide us with seed. MI [Manitoba Infrastructure] also uses a grass-mix blend, usually a native grass mix of some sort that is their standard, so we're going to include that in the trial to see how well it does."

Interlake Forage Seeds is one of the seed companies that has donated native grass seed to the EICD- BASIC partnership. Other donors include Brett-Young Seeds, North Star Seeds, Ministry of Infrastructure and ECBVerdyol (formerly Erosion Control Blanket).

It is thought that native species have an advantage over non-native grass species in flood-prone environments.

"Native grasses have extensive root systems," said Kevin Gulay, agronomist at Interlake Forage Seeds. "And they can hold the soil together better if there's severe flooding."

One of the grasses the company has provided is fowl bluegrass, advertised on its website as a "cool-season grass" that is found in meadows and along stream banks.

"That's a kind of flood-tolerant grass and it's good for putting in ditches," said Gulay.

Weik said native flora may be best, but they are somewhat pricier than non-native species.

"Native grasses are probably better suited as they've survived for hundreds of years in these lo-

cations," said Weik. "But they are generally more expensive to buy."

Given the growing demand, they may eventually drop in price, according to EICD manager Armand Bélanger.

"In the past [native grasses] have been more expensive because it's a supply and demand scenario," he said. "But now the Province of Manitoba and Manitoba Hydro have switched to using only native grass blends. The supply will get a little better and bring down the cost."

He said using native grasses is a sound management practice, and that seeding newly dug ditches on farmland has a number of environmental benefits.

"Once you make a new ditch, if you don't seed it down right away into vegetation such as native grasses, then it's more susceptible to having weeds growing in there, like [cattails]," said Bélanger. "But if you follow a good management practice, where you seed down the ditch right after digging it up, you reduce soil erosion, improve biodiversity and improve the habitat with beneficial bugs and pollinators."

Farmers can visit the Vidir test site to see how well each grass variety is holding up once established.

"We're going to have signage out so everybody will be able to tell what's seeded where," said Weik. "It will be pretty self-explanatory."

BASIC is funded in part by the Canada and Manitoba governments through Growing Forward 2, a federal-provincial-territorial initiative.

Bifrost-Riverton farmers take ditching into their own hands

By Patricia Barrett

With a wet cycle besetting the RM of Bifrost-Riverton for over a decade, drainage has become an overriding obsession for the municipality's farmers and local council.

Barry Magnusson, who grows grain and forage seeds, lost acres and acres over the years and began – with the blessing of the RM – to take drainage work into his own hands.

"Drainage is definitely a constant battle, there's no doubt about it," said Magnusson. "There's so much drainage work that has to be done in the municipality. They've only got a limited amount of funds and that's part of the reason why we decided to start doing some of our own drainage."

When the wet-weather cycle began, Magnusson and a fellow farmer pooled their resources, bought a backhoe for about \$25,000 and dug ditches on their farms.

"That's probably one of the better investments we've made on the farm," he said. "It's just saved us

a lot of cropland from excessive flooding."

They'll now be focusing on cleaning out municipal ditches this summer and fall.

"We have farmland with municipal ditches running by it, and often there's problems in these municipal ditches. By cleaning out this municipal ditch, we'll be taking care of water that's coming off our own farmland. Sometimes you create good drainage on your own farmland, and it gets to a municipal ditch where the issue is."

Magnusson's job will be a little easier thanks to help from BASIC and the RM.

"They do the surveying, and they'll draw up a design," said Magnusson. "And they look after all the licensing, so basically we do the digging and that's about it."

Although there could be a four-to-six-month wait once farmers submit an application and a bond to the RM, the work can be carried out in the fall right up until freeze-up. And BASIC provides laser equipment to keep them on track.

"You attach the laser to your farm scraper and it will keep you in a straight line when you're digging a ditch."

The EICD will also assist farmers with drainage or other land-management practices.

"The staff would come out to the farmer's land and do an assessment of the property," said manager Armand Bélanger. "We use LiDAR data to see where water flows on the land and where we can pinpoint places for conservation type projects to reduce erosion, increase habitat, reduce phosphorus runs and create wetlands."

Magnusson will be experimenting with an erosion-control method whereby rocks are placed in drains to prevent soil from slipping off the land.

"Some of the soil has left the fields and ended up in the municipal ditches," he said. "That's not good. That's something we're going to be working on this summer because they either want you to seed grass at the end of farm drains, or else line them with rocks to try to prevent soil from leaving the fields."

EICD floods property in Bifrost-Riverton for wetland development

By Patricia Barrett

The East Interlake Conservation District flooded a portion of farmland near Highway 8 and Road 125N in the RM of Bifrost-Riverton to create a wetland.

"It was a little difficult farming," said EICD manager Armand Bélanger. "We're looking for areas like that, areas that are a little difficult to farm where we can do a bit of enhancement and turn it into a great conservation project. The EICD sees the benefit of that."

The conservation district entered into a partnership with two neighbouring landowners.

"If they want a conservation-type project on their property for the short term or the long term, then we sign an easement, an agreement between the EICD and the landowner," he said. "And sometimes there's an incentive payment to go along as well."

Creating wetlands on farms has a number of benefits, he said. They include carbon sequestration, recharging the aquifer, habitat enhancement,

and erosion and phosphorus reduction.

"It will also be a benefit to landowners downstream," said Bélanger. "Instead of that water flushing off in the spring time, it's held back."

The EICD's incentive program is similar to a program called ALUS (alternative land use service), which the provincial government is considering implementing in Manitoba, whereby landowners will be financially com-

pensated for creating wetlands on their properties.

The Conservation District has been delivering an ALUS-type program for a number of years, said Bélanger. The EICD has been partnering with Manitoba Habitat and Heritage Corporation, a non-profit Crown corporation established in 1986 that works with landowners to maintain and enhance fish and wildlife habitat.



This section of farmland had been difficult to farm because of flooding. The EICD turned it into a conservation area.



EXPRESS PHOTOS BY PATRICIA BARRETT

The EICD put up a sign a few weeks ago marking the creation of a new wetland near Highway 8 and Road 125N.

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Trucks and larger SUV's are often primarily rear-wheel-drive. When the driver (or the vehicle's computer) selects 4WD, the transfer case also sends power to the front axle. The transfer case may also contain an additional gear set for off-roading.

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get inspired

> MEAL IDEAS

Shaved Brussels Sprouts and Kale Salad



Recipe courtesy of Ayesha Curry on behalf of Glad

Dressing:

- 3 tablespoons lemon juice
- 1 tablespoon whole-grain mustard
- 1 teaspoon maple syrup
- 1/2 cup extra-virgin olive oil
- small GladWare container
- kosher salt, to taste
- ground black pepper, to taste

Salad:

3/4 pound Brussels sprouts, ends trimmed, outer leaves removed and sliced thin

1 head Lacinato kale, tough ribs removed and sliced thin

3/4 cup coarsely chopped, roasted, salted almonds

1/2 cup dried cherries

sealable GladWare container

To make dressing: Place lemon juice, mustard, syrup and olive oil in small container or jar and shake vigorously. Season, to taste, with salt and pepper, and shake again.

To make salad: In mixing bowl, toss Brussels sprouts, kale, almonds and cherries together. Mix in dressing and toss to coat evenly. Serve immediately.

If making ahead, store dressed salad in sealed container for up to 24 hours.



Avoiding Stress

as unwelcome intrusions, then we stress ourselves more than the problems themselves might do. The reality is that things will go wrong, unanticipated events will occur, and people will not always behave or respond as we would like them to do.

What is it that makes life stressful? All of the demands, financial pressures, parenting, work issues, expectations of others undoubtedly contribute to stress. However, almost everyone has some of the above, yet not everyone is stressed.

The way to avoid being stressed is to decide to live in the moment, and to maintain an attitude of gratitude for all that is right in our world. If we remember to be thankful to be alive, we will realize that all of the things that go wrong are simply side effects of living.

What seems to make the difference is the way we think about what is happening in our lives. If we feel victimized, less fortunate, more put-upon, or have higher expectations for ourselves, we will be more stressed than the next person.

Certainly we can have goals and dreams, but the secret to a peaceful, happy life is to enjoy every day on the way to those dreams—to see each day on the way as totally perfect, and not to miss them by keeping our awareness focused so far down the road.

If we consciously, or unconsciously, feel we cannot be happy unless certain conditions are fulfilled—such as a certain income, partner, size or social status—then life is stressful until these conditions are met.

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.

Further, if we expect our lives to be seamless, and view problems

Six-Mile High Burger



Recipe courtesy of ALDI Test Kitchen

- 1 tablespoon Carlini Vegetable Oil
- 10 Baby Bella mushrooms, sliced
- 8 pieces Specially Selected Center Cut Bacon
- 8 Season's Choice Whole Onion Rings
- 4 All Natural 80 percent Lean Ground Beef Patties
- 8 slices Happy Farms Pepper Jack Cheese
- 1 cup Burman's Mayonnaise
- 1/4 cup Burman's Hot Sauce
- 1/2 cup Burman's Mustard

1/4 teaspoon Stonemill Iodized Salt

1/4 teaspoon Stonemill Ground Black Pepper

4 L'oven Fresh Hamburger Buns

1 tomato, sliced

2 romaine lettuce leaves, cut in half width-wise

Heat grill to medium-high.

In saute pan, heat vegetable oil and saute mushrooms 2-3 minutes. Set aside. Fry bacon to desired doneness, about 5 minutes on each side. Set aside. Bake onion rings according to packaging instructions. Set aside.

Grill burgers 5-7 minutes on each side until they reach desired doneness. Place two slices cheese on each burger and continue to grill until melted. Remove from heat.

Mix together mayonnaise, hot sauce, mustard, salt and pepper, and spread on both sides of buns, to taste.

To assemble burger: layer bottom bun with patty with cheese, tomato, lettuce, mushrooms, two onion rings, two pieces of bacon and top half of bun.

Honey Devil's Food Cake with Rich Chocolate Frosting



Recipe courtesy of the National Honey Board

- 1 1/2 cups all-purpose flour
- 1 1/2 cups unsweetened cocoa powder, divided
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 cups honey, divided
- 1/2 cup 2 percent low-fat milk
- 1/2 cup vegetable oil
- 2 eggs
- 3 teaspoons vanilla extract, divided
- 1 cup boiling water
- 1 cup heavy whipping cream

milk chocolate shavings, for garnish
To prepare cake: Heat oven to 350 F. Grease and flour two 9-inch cake pans.

In large bowl, combine flour, 1 cup cocoa powder, baking soda, baking powder and salt. Add 1 1/2 cups honey, milk, oil, eggs and 2 teaspoons vanilla; beat 2 minutes. Gradually beat in water.

Divide batter between pans. Bake 25-30 minutes, or until sides pull away slightly from pan and toothpick inserted in center comes out clean. Cool 10 minutes. Turn onto wire racks and cool completely.

To prepare frosting: In medium bowl, combine remaining cocoa powder, honey and vanilla, and cream. Beat until just thick and fluffy.

To assemble: Spread frosting evenly over sides and top of one cake layer. Place second cake layer on top. Spread remaining frosting evenly over sides and top.

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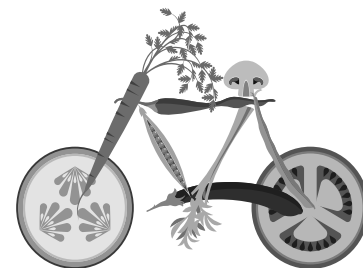
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Aboriginal film fest sparks conversations about reconciliation

By Maggie Wysocki

As Premier Brian Pallister set off on his reconciliation bike tour this past weekend, a group of Selkirk residents focused on the theme of reconciliation in a different way — through film and art.

Last Saturday and Sunday, The 4 Doors Aboriginal Art and Film Festival showcased four films at the Gaynor Family Regional Library all focused on bringing a better understanding of the Indigenous experience to the community.

Both days started with a smudge and drum circle led by Selkirk's Fire Heart Women's Traditional Drumming Group, which organizer, Jill Doolan, described as "just tremendous."

Despite being a free event, attendance was lower than Doolan had been hoping for, which she suspects

had to do with it falling on Father's Day weekend.

But the upside of the small turnout was it allowed for more intimate discussions about reconciliation, she said.

"I think people would have been nervous to speak up with lots of people. But they were engaged, interested and passionate so we feel it was a true success." She says the rawest discussions followed the screening of "We Were Children," a feature film that explores the residential school system through the eyes of two children.

Though the sexual and physical violence made it a tough film to watch, Doolan says in order to understand what exactly happened "we really have to go to those dark places."

The festival also displayed art work from students at East Selkirk Middle



EXPRESS PHOTO SUBMITTED

Members of Selkirk's Fire Heart Women's Traditional Drumming Group perform during The 4 Doors Aboriginal Art and Film Festival at the Gaynor Family Regional Library last weekend.

School, which reflected what they learnt about residential schools after watching "We Were Children" in class.

Whether the art and film festival will

return next year is still up in the air, says Doolan, though she hopes more community members will open their hearts to reconciliation.

War Amps service helps return lost keys to Manitobans

By Maggie Wysocki

Most people know the frustration of losing their keys, but the War Amps wants you to know that they're here to help.

Since the Key Tag Service started in 1946, The War Amps have returned more than 1.5 million sets of lost keys to their owners.

"It's a program we encourage everyone to use as replacing keys can be very, very expensive," said Manitoba

regional representative Merrill Loepky. Although the service has been around for over 50 years, Loepky says some Manitobans have forgotten about its convenience.

It's easy and free, says Loepky, adding all you have to do is contact The War Amps and they'll send you a key tag engraved with a personal identification number.

"The idea is that when their keys are returned, the owner makes a donation

to us," he said.

The service uses donations to fund a variety of programs, such as providing amputees with prosthetics and organizing support groups.

The Key Tag Service also employs Canadians with disabilities, giving them financial stability that can often be difficult to find in the workforce.

Loepky says there's two options for returning lost keys. The finder can either put them in any Canada

Post mailbox where they'll be organized and returned to the owner. Or the finder can simply call the toll-free number on the tag and return the keys themselves.

"Keys are expensive now-a-days with Command Start and different electronics ... so this is more useful than ever," he added.

For more information on The Key Tag Service, call The War Amps toll-free number 1-800-250-3030.

> COAST GUARD, FROM PG. 13

"and they all watched the boat come in with the kids and a big applause broke out."

Martin said she feels the coast guard is a vital safety net for swimmers, boaters and commercial fishers, and without them, there could be "more victims" if ordinary folks take it upon themselves to help someone in distress or search for someone who has vanished. The federal government came under fire a few weeks ago when it indicated coast guard services could be pulled from Gimli, Selkirk and Kenora.

But the government signalled its commitment June 13 to keep the service afloat while responding to a question from Selkirk-Interlake-Eastman MP James Bezan during question period in the House.

"Thousands of Canadians, including commercial fishers, recreational boaters, and children, rely on the coast guard on our inland waters," said Bezan. "Their safety depends on it. Will the Prime Minister put politics

aside and commit to keeping the coast guard stations in Gimli, Selkirk, and Kenora open and protect our families?"

DFO Minister Dominic LeBlanc said rather than cuts, the Liberals will be shoring up coast guard services.

"I can tell the House that, on inland waterways, where we are currently providing a search and rescue service, there will be no cuts," he said. "In fact, there will be increases in the capacity of the Canadian Coast Guard to provide these search and rescue services."

A communications advisor with DFO said the inland program had been under review, but the government decided that the safety of mariners and the interests of local communities and Indigenous groups are "top priorities."

"Under the program integrity exercise, two Coast Guard programs were identified for possible review," said Vance Chow by email. "However, we can now confirm that all DFO and Coast Guard services will be main-

tained. There will be no reduction to Coast Guard presence in inland waterways."

The Liberals are providing \$1.4 billion in new funding for the DFO and the coast guard, he said, and that's in addition to \$1.5 billion already earmarked for an Oceans Protection Plan.

"Over the next few years, search and rescue capacity will be increased, and DFO and the coast guard will staff upwards of 900 positions across Canada and on all three coasts," said Chow.

Bezan later issued a news release expressing relief that everyone who uses Lake Winnipeg, the Red River and Lake of the Woods will have access to the service.

"This is a huge victory for people of Ontario and Manitoba," he wrote. "It is absolutely essential that Canada's inland waters remain safe and secure under the protection of the Canadian Coast Guard."

Gimli MLA Jeff Wharton, who issued a joint news release with area MLAs, echoed those sentiments.

"This was a team effort from the RM, the province and the federal opposition Conservatives to ensure that the Liberals know how important the coast guard [is] to Lake Winnipeg and Manitoba," he said by phone later in the week.

Martin said the coast guard provides other services of which people may be unaware.

"The day after this rescue took place, they went out for a whole day and did all the buoys in the Manigotagan River," she said. "They went ... up north through the river system and put all the buoys on all the rocks and the dangerous areas so that boats can find safe passage through there."

She said without the coast guard, the two children in the dinghy would likely have perished.

"Very, very fortunate the Coasties were there that day because those kids wouldn't have lasted," said Martin. "No life-jackets and only one of them could swim a little bit, so it would have been a fatality for sure."

Annual jamboree recognizes community volunteer

By Natasha Tersigni

The Madeline Armstrong Métis local held their 9th annual Aboriginal Jamboree last Saturday to recognize and celebrate Aboriginal and Métis cultural in the Interlake. Guests packed into the Inwood Hall to watch two square dancing troops, Norman Chief Memorial Dancers and St. Laurent's Itty Bitty Tappers, show off their moves. Following the performances, guests danced into the evening with music by the County Pride Band.

This year during the event Madeline Armstrong Métis local chairperson Shannon Dupont was recognized for her dedication to the local. This past winter, Dupont was presented the Aboriginal Woman of the Year award by the Aboriginal Women's Council.

"We are so proud of Shannon, who was raised right here in Inwood to earn this fantastic recognition. She is so deserving of this award," said fellow board member Adele Chornoby.

"One person has done so much. Shannon selflessly dedicates herself to not only the Metis people but all the people of this community."

Selkirk-Interlake-Eastman Member of Parliament James Bezan also recognized Dupont's continued volunteer work within the community by presenting her with a commemorative Canada 150 coin. Throughout the year Bezan will hand out 150 challenge coins to deserving constituents for their community service in honour of Canada's 150th birthday.



TRIBUNE PICTURES BY NATASHA TERSIGNI

Photos clockwise from top left, First on the dance floor for the jamboree was Madeline Armstrong Métis local board members Mitch and Adele Chornoby, who are celebrating their 55th wedding anniversary this year; Chairperson Shannon Dupont, left, received a commemorative Canada 150 coin from Selkirk-Interlake-Eastman Member of Parliament James Bezan. The coin recognized Dupont's continued work in the community including with the group; the St. Laurent's Itty Bitty Tappers and the Norman Chief Memorial Dancers entertained the crowd.

"Every year this jamboree gets bigger and stronger and it is thanks to Shannon's leadership and the work of committed volunteers," said Bezan.

"Shannon's leadership was recognized through this award and really does speak to the work she does in this community. Over my 13 years as an MP we have had plenty of opportunity to work together and it is a

pleasure due to her tenacity and commitment."

Keeping with tradition, all proceeds raised from the jamboree were invested back into the community. This year's donations included \$1,000 to the 301 Alan McLeod VC Royal Canadian Air Cadet Squadron and \$750 donation to the local seniors group the Golden Gals.

IERHA staff members help donate \$2K to Camp Aurora

Submitted

Profits from the Interlake-Eastern Regional Health Authority's (IERHA) \$5 Club has allowed the IERHA Foundation to donate \$2,000 to Camp Aurora, a four-day subsidized summer camp for LGBTIQ youth managed by the Rainbow Resource Centre.

Every payday, IERHA staff who have signed into the club agree to have \$5 taken from their pay cheque and added to a bank account that grows all year.

At the end of the year, \$5 Club members submit recommendations on where the funds should go and the entire club votes on their top four to give recommendations for funding.

This year, Myles Drynan, IERHA staff member and \$5 Club member, recommended Camp Aurora.

Camp Aurora is located in Whiteshell Provincial Park and provides a safe, supportive and fun summer camp experience for LGBTIQ kids.

While at camp, kids feel accepted, appreciated and understand that they're not alone in their experience. Last year, 47 youth were welcomed at Camp Aurora.

The camp is self-funded by donations through the Rainbow Resource Centre in Winnipeg. Their goal is to keep costs as low as possible for the campers and they will even waive all costs for a teen unable to afford it.

Last year, the youth were asked what they learned about themselves at camp. Some of the responses included self-confidence, trust, that I belong, that I'm not alone, and how to love myself.



EXPRESS PHOTO SUBMITTED

Interlake-Eastern Regional Health Authority staff and members of health authority's \$5 Club present a \$2,000 donation to staff from the Rainbow Resource Centre on May 29.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake edges Stonewall in 5th Division play

By Brian Bowman

After a slow start to the season, the Interlake Impact is beginning to show that they very much belong in the MMSL's 5th Division.

Interlake remained unbeaten this month after a hard-fought 2-1 win Friday over Stonewall United.

"It was a fun game," said Impact player/coach Dean Dueck. "It was a very competitive game. They have a very small field...so it was a lot more controlled and a little bit slower pace with not a lot of room to move around."

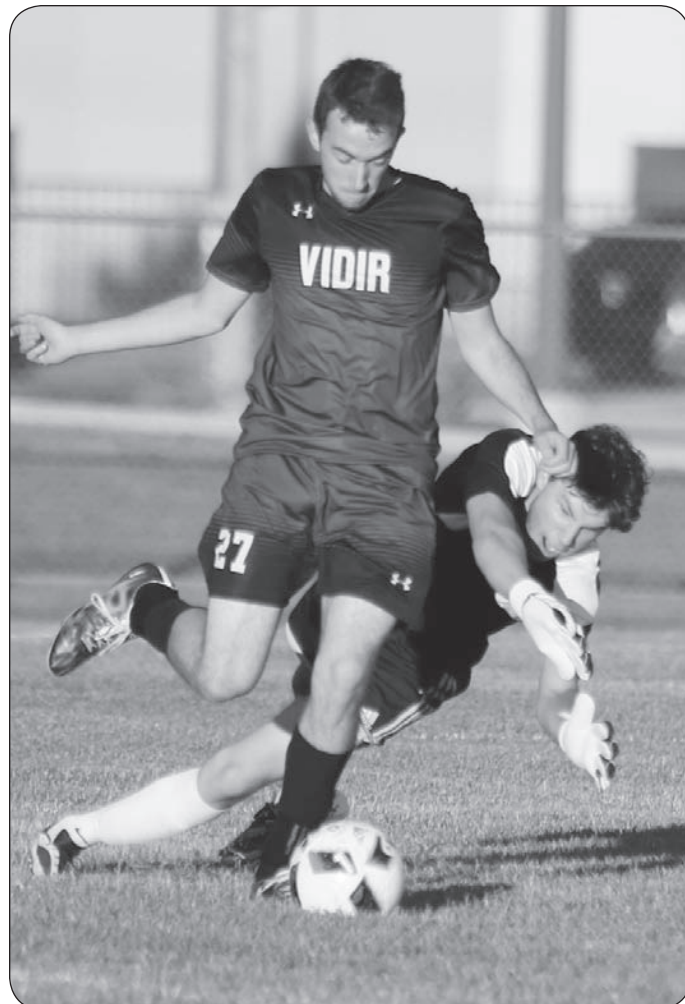
Nathan Friesen and Benny Wiens scored first-half goals for the Interlake. Stonewall cut that deficit in half with about 17 minutes remaining in the second half to make the game interesting.

"(Their goal) added some tension," Dueck admitted. "We sat back in the second half a fair bit more."

The Impact did a great job throughout the game keeping the United to the outside while limiting their scoring chances.

Interlake started this month with a dominating 6-0 win over Carmania FC on June 3 and then played to a 3-3 draw with Matix FC a week later.

Friesen, who has played very well so far this season, Eric Harder and Adam Schmidt scored for the Interlake (who let a 3-0 second-half lead slip away) against Matix FC.



The Interlake Impact's Nathan Friesen (27) scored a goal in his team's 2-1 triumph over Stonewall United during MMSL 5th Division action last Friday.



Interlake's Marcelo Peralta keeps the ball away from a Stonewall United player.

EXPRESS PHOTOS BY LANA MEIER

Matix FC tied the score at 3-3 on a penalty kick with less than a minute remaining in the game.

"We have played better soccer," Dueck admitted. "But we have been much better this month."

It has taken the Impact some

time to get used to new players on their roster. It also took some time for them to get adjusted to their move up to the 5th Division this season.

"It's definitely better competition," Dueck said of their new division. "Every team here kind of knows what

they're doing. It has been good competition but I'm still hopeful that we're going to advance this year."

Interlake (2-2-1) was in a three-way tie for fifth place heading into this week's action. The Impact will play Liberty FC Winnipeg Friday eve-

ning (8 p.m.) and then Portage Fusion FC on Sunday (4 p.m.).

Both games will be played at the Ralph Cantafio Soccer Complex in south Winnipeg.

Junior Blue Jays split with Legionnaires in doubleheader

By Brian Bowman

The Interlake Blue Jays had mixed results on the ball diamond on Father's Day.

After defeating the St. Boniface Legionnaires 5-4 in Game 1 of their doubleheader on Sunday, Interlake failed to get the sweep after a 13-0 loss.

No statistics from either game were posted on the league website as of Monday evening.

Interlake was scheduled to visit the Pembina Valley Orioles on Friday but no score was available.

The Blue Jays' next action will be Friday (7:30 p.m.) when they host the

Brandon Marlins. The two teams will resume a game started June 2 with the score tied at 2-2 after four innings.

They will then play a regularly-scheduled game after the conclusion of the rescheduled contest.

On Sunday, Interlake (5-9) will play a road doubleheader against the Al-

tona Bisons (6-5). Game 1 will begin at 1 p.m., followed by the second game at 4 p.m.

The Blue Jays' next home game will be July 5 (7:30 p.m.) when the Carillon Sultans (7-6) visit Stonewall. That game was scheduled to be played June 14.

Thunder girls reach football semifinals

By Brian Bowman

The Interlake Thunder senior girls' football team is going into tonight's semifinal game as healthy as they have been all season.

And that's bad news for the North Winnipeg Nomads.

Interlake (5-2) is looking to upset North Winnipeg (6-1) in their playoff matchup which begins at 7:15 p.m.

"We have some girls back (from Injuries) and our running back is going to be healthy for this game," said Thunder head coach Joel McDonald. "So we're pretty optimistic...we're going into this game as healthy as we have been all season."

In their previous league matchup June 1, North Winnipeg defeated the Interlake 26-6.

"We had a tough game against them," McDonald admitted. "We were riddled by injuries in that game."

McDonald said the Thunder has been giving up far too many big plays on defence this season. That simply can't happen in the playoffs if the Thunder wants to advance to the final.

"Nobody has really driven the ball on us (this season)," he noted. "But we have to clean up a couple of mistakes (on defence)."

On offence, Interlake is expected to run the ball, which they have done effectively most of the season. The Thunder have the potential to put together lengthy drives that chew tons of time off the clock.

Interlake finished its regular season in third place in the seven-team league, behind only North Winnipeg and the Sunrise Coyotes (6-1).

In the other semifinal senior game, Sunrise will battle the St. Vital Mustangs Red (4-3).

The top four teams advanced to the postseason.



The Thunders' Kaleigh Orr carries the ball during Interlake's 26-22 win against the St. Vital Mustangs last Thursday.

The Thunder wrapped up their regular season with a thrilling 26-22 comeback win last Thursday over the St. Vital Mustangs Black. Interlake trailed 22-13 early in the second half but grounded out the hard-fought win.

Interlake scored the game-winning touchdown with about four minutes remaining in the contest.

The Thunder's defence did a great job shutting down the Mustangs in



EXPRESS PHOTOS BY LANA MEIER
The Thunder's Arianna Seavers of Oak Point makes a tackle against St. Vital.

the second half.

"It was a good effort," McDonald said. "We put ourselves down behind the eight-ball but gutted out (the win). St. Vital is a good team but our girls stepped up when they needed to."

The difference in the second half, said McDonald, was the Thunder's ability to limit mistakes. If the Thunder wins tonight, they will advance to the league championship game next Thursday at Investors Group Field.

In junior football action, Interlake wrapped up its regular season after a solid 45-32 win over the St. Vital Mustangs. With the victory, the Thunder ended its regular season in third place in the four-team league with a 1-4-1 record.

Interlake will play the second-place East Side Eagles (3-2-1) in a semifinal game tonight at 6 p.m. In the other semifinal game, North Winnipeg (6-0) will battle St. Vital (1-5).

Midget Thunder ends spring training session

By Brian Bowman

After several weeks of practice, the Interlake Thunder Midget football team was eager to battle the Sunrise Coyotes for a scrimmage on Sunday.

But that scrimmage never took place.

The Coyotes elected to pull out of the scrimmage due to a lack of players. It was disappointing news to the Thunder, who were very eager to knock helmets with players wearing a different logo.

"I think our guys were excited to hit the field in more of a game-like setting," said Thunder head coach Mitch

Obach. "But I'm not too disappointed about it. It's unfortunate, but I don't feel like we needed the scrimmage to have a successful spring."

The Thunder had 15 practices during their spring session and attendance was really strong. Interlake began the camp in late April and recently wrapped practice.

"We made a lot of progress in May and June," Obach insisted. "They have been picking it up good (and) it's a fairly young group. We have 40 on the roster right now and, I think, only (a few) in their third year of eligibility.

It's a fairly young group and we have about eight or 10 (players) that are brand new to football."

But those new players have impressed the Thunder coaching staff with either their size or athleticism. And that has allowed those new players to acclimate themselves to the Thunder program extremely quickly.

"You wouldn't notice that that guy clearly hasn't played football before," Obach observed. "And that's a real nice pickup for us."

The Thunder will break for a month and then resume practice July 18. The

league schedule has not been released yet but teams expect to begin play in mid-August.

The Midget Football League of Manitoba, meanwhile, may have a different look this upcoming season. It has been rumoured that the Southwest Wolves will not be returning to the league this upcoming season.

If they do not return, and no other teams are added, the MFLM will be reduced to just four teams – Interlake, the Falcons Football Club, the St. Vital Mustangs, and Sunrise.

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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.

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3 bdrm. 1 1/2 storey. 10 miles east of Fisher Branch. Ph 204-364-2287.

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New 2017 manufactured homes starting under \$90,000 delivered! Best Buy Homes Winnipeg/Brandon/Grand Beach - www.bestbuyhousing.com - Canada's largest in-stock home selection, quick delivery, custom factory orders! Text/call 204-813-9023.

PROPERTY FOR SALE

Privately owned pasture, hayland and grainland available in small and large blocks in Saskatchewan. Please contact Doug at 306-716-2671 or saskfarms@shaw.ca for further details.

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

HELP WANTED

Direct Support Workers to provide assistance to adults living with a developmental disability in the community

We are looking to hire DSWs on a part-time or casual basis to work in our community residences - team players with a mature attitude, excellent judgment skills, caring disposition and a genuine interest in serving the exceptional people who live in our homes. Must be comfortable accompanying individuals on community outings and providing personal care such as bathing assistance. Other duties include household upkeep, daily cooking, and record keeping tasks.

We offer an interesting and rewarding work experience, group benefits and pension plans and a flexible schedule, including day, evening, night and weekend shifts. If hired you will be asked to pass criminal record and child/abuse registry checks. Valid driver's licence is required, basic cooking skills and experience working in a caregiving capacity an asset. Required training will be provided, covering First Aid/CPR, NVCI and the Vulnerable Persons Act.

Please apply in writing to: Executive Director
Riverdale Place Homes Inc.
Box 968, Arborg MB R0C 0A0

Or email: kfinnson_rph@outlook.com

Application Deadline: July 7, 2017

For more info contact: Kathy Finnson, Exec. Director 204-376-2940

LIQUOR LICENCE APPLICATION

PUBLIC NOTICE

GRAHAMDALE DEVELOPMENT CORPORATION
operating as **STEEP ROCK BEACH CAFE**
at **NW-2-29-10W R.M. OF GRAHAMDALE, MANITOBA**

has applied for **DINING ROOM LIQUOR SERVICE LICENCE PATIO AREA UNDER DINING ROOM LIQUOR SERVICE LICENCE**

to serve liquor from:
9:00 A.M. to 2:00 A.M. MONDAY TO SUNDAY,
1:00 P.M. to 2:00 A.M. REMEMBRANCE DAY

Citizen and community input is an important part of the application process.

If you have questions about this application, please call the Liquor and Gaming Authority of Manitoba at 204-474-5619.

If you have questions about zoning by-laws and requirements, please contact your municipality.

If you want to make a formal objection to this application, please send us your objection in writing by 4:00 p.m.

14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT.

You can email, mail or fax your objection. Please include your contact information.

Email: licinspect@LGAmanitoba.ca

Mail: Liquor and Gaming Authority of Manitoba,
P.O. Box 1023, Winnipeg, MB R3C 2X1

Fax: 204-453-5254.

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.

Riverdale Place Workshop Inc.

Requires a

Casual Worker Supervisor

to assist People with Disabilities with their activities and care. Hours 8:45 a.m. to 3:45 p.m. and 9:00 a.m. to 4:00 p.m. Monday to Friday when needed. A Criminal record check and Adult Abuse Check required. Job description available at workshop. First Aid and C.P.R. training provided.

Please drop off resume at the workshop or send to:

Alex Janower Manager
Riverdale Place Workshop Inc.
Box 609, Arborg, MA R0C 0A0
Tel. 1-204-376-5584
Fax 1-204-376-5584
Email riverdalew@mymts.net

SUMMER POSITION

WESTSHORE
MARINE & LEISURE

SHIPPER RECEIVER

July 4 - August 25

\$12.00/hr

Must have valid drivers licence
Must be returning to school in the fall
Please submit resume to
kim@vikingmotors.ca

or mail to

Box 340 Arborg, MB R0C0A0

Visible minorities and individuals with disabilities are encouraged to apply

This is a Canada Summer Jobs opportunity

SUMMER POSITION



LOT ATTENDANT

July 4 - August 25

\$12.00/hr

Must have valid drivers licence
Must be returning to school in the fall

Please submit resume to
boyd@vikingmotors.ca

or mail to

Box 340 Arborg, MB R0C0A0

Visible minorities and individuals with disabilities are encouraged to apply

This is a Canada Summer Jobs opportunity

RM OF GRAHAMDALE RESIDENTS

The Steep Rock Beach Park Board is currently seeking RM of Grahamdale residents who would be interested in serving on the Steep Rock Beach Board

There are two vacant positions available.

Deadline to apply for a position is **July 15, 2017**.

Please submit letters of interest to:

Steep Rock Beach Park Board,
Box 106, Moosehorn, MB,
R0C 2E0

Or email: board@steeprockbeach.ca

For more information, please contact the board@steeprockbeach.ca or pick up a complete information package from the RM of Grahamdale Office in Moosehorn.

MUNICIPALITY OF BIFROST-RIVERTON

UNDER THE AUTHORITY OF THE PLANNING ACT

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

The Municipality of Bifrost-Riverton By-Law No. 15-2017
Being an Amendment to the RM of Bifrost Zoning
By-Law No. 76/80



HEARING LOCATION: Municipality of Bifrost-Riverton
Council Chambers
329 River Road, Arborg, MB

DATE & TIME: July 12, 2017
10:00 a.m.

GENERAL INTENT: To rezone an area within the Municipality of Bifrost-Riverton from "AR" Agricultural Restricted Zone to "RR" Rural Residential Zone, as per condition of subdivision approval.

AREA AFFECTED Lot 42-22-2E
9065 PTH 68

FOR INFORMATION CONTACT: Nancy Thom, Chief Administrative Officer/Development Officer
Eastern Interlake Planning District
62 2nd Avenue, Box 1758 Gimli, MB R0C 1B0
Phone: (204) 642-5478 Fax: (204) 642-4061
Email: eipd@mts.net
Web: www.interlakeplanning.com

A copy of the proposal may be inspected at the location noted above during normal office hours, Monday to Friday, copies may be made and extracts taken therefrom, upon request.

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

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Now Hiring at Eriksdale Food & Hardware Store Permanent Part Time & Student Positions

Drop of applications at food and hardware store.

Email to: foodstoremgr@interlakecoop.com

OR Fax to: 204-376-5018

Deadline June 29, 2017

Student Incentive:

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

Benefits:

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

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

STEEL BUILDINGS

Steel Building Sale ... "Mega madness sale!" 20X23 \$5,780. 25X25 \$6,312. 30X31 \$8,175. 33X35 \$9,407. One end wall included. Check out www.pioneersteel.ca more prices. Pioneer Steel 1-855-212-7036.

FARMERS MARKET

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

LANDSCAPING

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

HELP WANTED

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

HELP WANTED

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

PROVINCE OF MANITOBA MANITOBA FINANCE REQUEST FOR QUOTATION ("RFQ")

Manitoba Finance, Accommodation Services Division (ASD) Request for Quotation Winnipeg, Manitoba

The Government of Manitoba, as represented by the Minister of Finance, Accommodation Services Division, seeks to select a qualified Contractor to provide building cleaning services (including all labour and equipment) within the:

PROVINCIAL OFFICES BUILDING, 315 RIVER ROAD, ARBORG, MANITOBA

**A Mandatory Site Walk-through is scheduled on June 29, 2017 at 10:00 AM.
Bidders are to meet at the Main Floor lobby of the building.**

INSTRUCTIONS

Bidders must submit one (1) hard copy of their Bid, addressed as follows and delivered to:

Manitoba Finance
Accommodation Services Division
**2nd Floor, 400 Ellice Avenue
Winnipeg MB R3B 3M3**
Attention: Contract Services

Bids submitted by facsimile transmission (fax) or electronic mail (e-mail) will not be accepted. Bids should be submitted in a sealed envelope and delivered personally, by mail or by courier to the above noted address. The envelope should be clearly marked with the **RFQ number, the Submission Deadline and the Bidder's name and return address.**

The RFQ documents can be obtained from the offices of ASD in Winnipeg at the address shown above, downloaded from MERX or a request by email to Maria Manuel (information provided below).

Proposals must be received no later than 2:00 pm, local Winnipeg time, on July 6, 2017

FOR FURTHER DETAILS CONTACT: MANITOBA FINANCE, ACCOMMODATIONS SERVICE DIVISION CONTRACT SERVICES

Maria Manuel, Contract Officer
Phone: (204) 945-7602
Email: Maria.Manuel@gov.mb.ca

The receipt or opening of any proposal is not acceptance; acceptance of any proposal may only be made in writing by ASD; and there is no obligation by ASD to accept the lowest or any proposal.

WINNIPEG, MANITOBA
June 12, 2017



OFFICE MANAGER Interlake and Peguis Fisher River Campus, Regional Services Full-Time Position Available

Position Located at the Interlake Campus/Selkirk, MB - 40km outside of Winnipeg

Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email

An eligibility list may be created for similar casual, part-time, full-time, and term positions

Red River College is a leader in applied learning and innovation. Our talented team of employees is passionate about education, innovation and student success. We offer competitive salaries, extensive benefits, and the opportunity for personal and professional growth in a rewarding career.

Duties:

The Interlake and Peguis Fisher River Office Manager plays a key role in ensuring the efficient functioning of the administrative operations for the Interlake and Peguis Fisher River Campuses. Serving as a critical resource to the Regional Campuses Manager, the Office Manager will supervise the activities of administrative staff, coordinating schedules and workloads and providing oversight of enrolment service functions including student information systems, program admission requirements, registration, payment and invoicing processes. The Office Manager will assist with preparation of yearly base and projection budget(s), monthly budget reports, monitoring of operating expenses in multiple budgets, as well as manage purchases. The Office Manager will oversee the Interlake and Peguis Fisher River Campuses facility security (keys, codes), safety and emergency incident reports, as well as, the management of office and classroom furniture, ensuring maintenance and repair needs are followed up on and assist staff with equipment troubleshooting.

Required Qualifications:

- Post-Secondary Certificate in Business, Administration or Management; an equivalent combination of relevant education and experience may be considered
- Experience in general office management and administrative operations
- Supervisory experience in a diverse work environment
- Extensive customer service experience
- Effective analytical and problem solving skills
- Ability to multi-task, work under pressure, and meet strict deadlines in an organized manner
- Experience working both independently and as part of a team
- Excellent leadership skills
- Excellent interpersonal skills
- Effective written communication skills (including reports and correspondence)
- Effective verbal communication skills
- Effective conflict resolution skills
- Extensive experience with Microsoft Office suite (Word, Excel, and Outlook)
- Values Diversity, Equity, and Inclusion
- Commitment to lifelong learning

Assets:

- Experience with student enrolment service functions at the post-secondary level
- Experience with RRC student information systems (Colleague and Recruiter)
- Experience with RRC purchasing, financial processes and reporting, including work with WebAdvisor and FSApp
- Experience supervising in a unionized environment

Conditions of Employment:

- Applicants must be legally entitled to work in Canada
- This position may be required to work evenings and weekends
- Candidates must be willing to travel and have access to a vehicle for travel with a valid drivers license

We seek diversity in our workplace. Aboriginal persons, women, visible minorities and individuals with disabilities are encouraged to apply.

Competition Number: 2017-066

Closing Date: June 26, 2017

Salary Range: \$51,576 - \$70,603 per annum

Apply to Red River College by email: humanresources@rrc.ca

We thank all applicants for their interest, but only those selected for an interview will be contacted. Red River College provides accommodations to applicants with disabilities throughout the hiring process. If an applicant requires accommodation during the application or selection process, Human Resource Services will work with the applicant to meet the accommodation needs.

For more information and other employment opportunities, visit blogs.rrc.ca/hr
2055 Notre Dame Ave., Winnipeg, Manitoba, Canada R3J 0J9

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HELP WANTED

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

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

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

MISCELLANEOUS

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

MISCELLANEOUS

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

MACHINERY


For sale - 22 ft. White cultivator; 5 ft. Woods mower; bale forks for front end loader; 12 ft. corral gates; 22 bushel Westeel grain bin. Ph 204-322-5614.

HEALTH

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

HEALTH

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



2017 PROPERTY TAX STATEMENTS HAVE BEEN MAILED

Any property owner who has not yet received a tax statement should contact the Town Office at 204-376-2647.

NEW PROPERTY OWNERS are reminded they may be responsible for payment of the 2017 taxes, *whether or not they receive a tax notice in their name.*

2017 property taxes are due and payable on or before **September 29th, 2017.**

Lorraine Bardarson, CMAA
Chief Administrative Officer

FARM AUCTION SALE

For Real Meilleur - Fisher Branch, MB
Mnday, July 10, 2017, at 11:00 a.m.
Sale site: From Fisher Branch - 1/2 mi. North on Hwy #17

Tractors & Equipment: 2005 McCormick MTX 150 Tractor w/shuttle shift (Ser 32T50AB4JJE33362210); 1997 CIH 9350 Tractor w/Tocon auto steer, 7044 hrs (Ser #18038 - on engine); IHC 4166D Tractor, 6600 hrs, engine new; 1996 Bourgault 8810 Air Seeder 35' w/440 lbs trip shank (Ser #35853AS-33); 1999 Bourgault 3225 Air Cart; 2012 Bourgault 6000 90ft Mid Harrow (Ser #41102MH-06); Airmaster 100,000 BTU Grain Bin heater; 1998 Case-IH 5420 Square Baler; 1979 IHC 1460 Combine, new engine, 380 hrs (Ser #1700213V006284); 1982 IHC 4000 Swather w/19.5ft pickup reel (Ser #1310083-000-7394); 1998 CIH 2388 Combine, 2200 hrs, w/pick-up, axle flow, rear-wheel assist, new engine (200 hrs) (Ser #2HSCBAHR12C011186); IHC 810 20' Header w/bat & pickup reels; Allied Auger w/motor 7x41; (2) Westfield 606-31 Augers; NH 1033 Bale wagon; Peloquin 16ft Land leveller (Ser #16-1150), like new; Reyden 8ft Swath Roller; Rock-a-matic #57 Stonepicker (Ser #0H79084); Rock-a-Matic TM12 12ft Stonerake (Ser #JM632); IHC #50 15ft Chisel Plow; IHC #55 22ft Chisel Plow; IHC 760 20' Offset Disc; CIH 5600 Chisel Plow 41' w/mulchers; 2008 Honey Bee 94C 30' Header w/2388 adapter (Ser #30GB081301); Grain Trailer w/gravity box, 150 bu.; ATV Spreader; ATV 25 gal sprayer w/10' boom; C836 Farm King 8" x 36' Auger w/13 hp Honda motor; Farm King 10x60 Auger; Farm King 8ft Snowblower; FEL Rock roofer; Fillrite FR311L Fuel pump and meter; GPI P-200H Chemical transfer pump; Haul All Drill Fill; Kendron Auger 8x46; Labtronics 919 Moisture meter w/case; Leica Rugby 260SG Laser level; Watermaster floating pump w/Tecumseh motor **Trucks & Offroad:** 2009 Int. ProStar Eagle semi truck, 1,026,040 km (Ser 32HSCUAPR09C069635); 2002 International 9100 Truck w/Neustar Grain box, 8 1/2 x 20, 64 high, 862,391 km, safetied; 1968 GMC 7500 Tandem Truck w/19.5ft Grain box, Box & hoist g/c, 8 1/2 x 19 (Ser #JM76701D410815); 2004 Bombardier Outlander XT ATV **Miscellaneous:** 3200 gal Water tank; 500 litre Slip tank w/pump; 5000 litre Diesel fuel tank; Briggs & Stratton 3.5 hp motor w/2" water pump; Fill-Rite SD602 Gas fuel pump; (6) new unused 15ft x 60ft Hay tarps

Auctioneer's Note: Please be on time - there is very little small items, no tools, just what is advertised. Viewing 1 week before the sale. Call Real for appointment (204) 280-0771

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Neither the Owner nor Auctioneer is responsible for errors in description or condition. Sale listing is subject to additions or deletions and any comments made the day of the sale with respect to sale items takes precedence over previously reported listing. We are not responsible for accidents. Items are sold "AS IS - WHERE IS"

McSherry Auction Service Ltd

AUCTION SALE KAZUK FARMS LTD. & KAZUK CONSTRUCTION LTD.

Tuesday July 11th @ 4:00 pm

473 Cloverdale Rd (Rd 79), Selkirk, MB
Contact # Brian (204) 482-7331
Allan (204) 482-7238
Email: mcsherry@mymts.net
Internet Bidding-Go to: www.bidspotter.com

Tractors & Equip 96 New Holland Versatile 9030 Bi Direct FEL Frt 3PH 540 PTO Dual Hyd & Hy Flow 2237 True Hours * JD 1630 Dsl HL 3PH Hyd.540 PTO 4000 Hrs. * Bush Hog 2615 R 15' Bat Wing Mower * Farm King 8" 51' PTO Auger * Deerborn 3 PH 2 B Plow * Work Saver 3PH 7' Blade * Buhler / Farm King 3PH 80" * Rotovator * Farm King 3PH 96" Snowblower * MF 3PH 7' Cult * 400 Gla Al. * **Construction Equip** 97 Bobcat 763 Dsl Skid Steer Exc Cond. 677 Hrs. * 85 Ditch Witch 4010 Complete w Backhoe, Blade, Trencher, Vibra Plow 1359 Hrs. * 2) Ditch Witch Push Bars * Honda GX35 Power Screed * Bartel 36" Power Trowel * Koehring Compactor * Mortar Mixer * Hilti TE 72 Electric Jack Hammer * **Trucks & Trailers** 2000 Int. 9200 CAT C10 10 Spd Tandem w 2010 New Star 16' Gravel Box 840,000 KM Sft * 99 Ford F 800 Series Cummins 5.9 L 6 Spd/Std w 18' Deck & Hoist 359,000 KM * 83 Chev 30 Deluxe 1 Ton Dually 350 Gas 4 Spd/Std w Deck 213,000 KM * 92 Sokal P.H. 18' Tri Axle Flat Deck w Beaver * Double Snowmobile Trailer * **Yard & Recreation** Misty River 16' Al Boat 40 HP Merc & EZ Loader Trailer * 73 JD 400 Snowmobile * 73 Johnson Golden Ghost 30 Snowmobile * Late 60's Arctic Cat Panther 399 * 09 Kubota ZD331 31 HP Dsl 72" R Mower 267 Hrs * JD X485 25 HP 54" Hyd R Mower w Bagger * Honda 501 Roto Tiller * Tools Ranger Mdl R23LT Tire Machine * Ranger Mdl DST 2420 Tire Balancer * Keiyoserki Mdl 1800 60" Metal Lathe * Drill Press * Miller -Miller Matic 250 Welder * General Mdl 30-125 16" Thickness Planer * General Mdl 50-500 12" Table Saw * King Belt / Disc Sander * Metal Band Saw * Miller 225 Welder * Freud Router Table * Inca Dove Tail Jig * Elec Impact * Power Tools * Air Tools * Hand Tools * Shop Supply * Misc Surveying Transit * Honda Pressure Washer * Tool Cabinet * * 4) New 16.9-28 Good Year Tires * 2) New 1100 R 22.5 Good Year Tires * 6,500 Gal Steel Fuel Tank * Fuel Slip Tank * Concrete Forms * Construction Scaffolding * 1,200 Poly Tank * Various Oils * New OH Garage Door Panels 12' x 14' * 5) Steel Street Light Posts * Farm Misc *

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

McSherry Auction Service Ltd

AUCTION SALE ESTATE OF RICHARD WRIGHT

Saturday July 8th @ 10:00 am

West St Paul, MB
#8 Hwy & 101 Perimeter Jct, Go North on #8 5 Miles Then West 3 Miles on Miller Rd. Then North 3/4 On Lawson Blvd. #137
Contact # (204) 488-1944

Truck, Tractors & Equipment
11 Ford Ranger Ext Cab V6 Auto Trans 14,800 KM Sft * MF 34A Ind Cab Dsl 3PH w FEL 2367 Hrs * JD 730 Dsl Power Steer Hyd 2300 Hrs * JD 60 Hyd * Case S * Ford Ferguson 8N * MH Pony Restored * Case 830 Row Crop 3PH * Yard & Recreation * 79 JD Spitfire Snowmobile Cub Cadet 18HP Hyd R Mower 107 Hrs * Simplicity 2010 w Mower, Tiller, Snow Blower, Sickle Mower Attach * Craftsman Snow Blower * Troy Built RT Tiller * More Yard Items * **Graineries & Storage Building** * Farm & Acreage Misc * Tools Air Comp * Drill Press * Acetylene Torches * Jointer / Planer * Power Tools * Shop Vac * Hand Tools * Antiques Int Potato Digger * Potato Hiller * Sickle Mower * Rake * Salky Plow * JD Plow * Planet JR Wheel Hoe * Anvil 400 Plus LB * Outboard * Tools * Cream Separator * Cast Boiler * Oil Cans * Antique Furniture * Coal Oil Lamps * Some Household * Partial List Go To Web!
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McSherry Auction Service Ltd

AUCTION SALE GORDON STRUSS

Thursday July 6th @ 4:00 pm

Beausejour, MB
North 10 Miles on Hwy 12 Then East 1 Mile On Rd 82 Then 1 1/2 Miles North on Rd 43 #83060 Contact # (204) 266-1275

Tractors & Grader Int 1086 Cab 18.4, 38 Duals w Int 2350 FEL 5961 Hrs. * Int 1066 7753 Hrs * Int 784 3PH w Int 2250 FEL 5579 Hrs. * 52 JD AR Styled * Farmall Super C Row Crop Restored * Farmall A New Paint * 46 Farmall M * Farmall Super M Row Crop * Int WD9 * 2) Int W6 * Int W4 * Champion 740 Grader Equip Bush Hog 3 PH 72" Rotary Mower * King Kutter 7' 3PH Blade * White 256 18' Tandem Disc * Wil-Rich 24' Cult * Allied 36' Diamond Harrows * Coop 18' Discer * White 5542 Combine * MF 36 Side Del Rake * Case IH 8460 Auto Tie Rd Baler * Sme Antique Equip * Car & Yard 81 Olds 98 Regency 2D Sunroof 140,000 KM * 96 Polaris 350cc 4x4 Quad * 42" Snow Blower Attach * Yard Tools * Tools & Misc Lincoln 250 AC/DC Welder * Honda Gas Port Air Comp * Drill Press * Table Saw * Power Tools * Air Tools * Hand Tools * Shop Supply * Honda 2200 Generator * Gas 8 HP Pressure Washer * 1000 Gal Fuel Tank w 110 Pump * 2) 24" Culverts *
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RICHARD & EDNA MROZ

Saturday June 24th @ 10 am

Beausejour, MB Contact # (204) 265-3423

9 Tractors * Grain & Haying Equip * Farm Misc * Tools * Antiques *
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McSherry Auction Service Ltd

CONSIGNMENT AUCTION

Sunday July 9th @ 10:00 am

#12 Patterson Dr., Stonewall, MB
Case 2090 Cab 540/1000 5222 Hrs * Yanmore Dsl MFWA Cab 3 PH FEL 450 Hrs * Cockshutt 1655 Cab 3PH FEL 4534 Hrs * Thomas 233 HD Skid Steer 922 Hrs * Skid Steer Snow Blower * NH 499 12' Hydra Swing Hay Bine * JD 556 Rd Baler * NH 1033 Auto Bale Wagon * 32' Hay Trailer * Int 5000 24' Chisel Plow * More Equip * Over 12 Pcs 3PH Equip * Tools * Vehicles * Farm Misc * Go To Web! *
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Announcements



ANNOUNCEMENT

BIRTHDAY



The family of Monica Sigurdson invite you to a celebration of her 100th Birthday between 2 p.m. and 4 p.m. at the Arborg Heritage Site on June 24, 2017. Bring your smiles and stories

ANNOUNCEMENT

ANNIVERSARY



Thirty-Fifth Anniversary
 Congratulations to Craig and Roxane (Ledochowski) Pawluk celebrating 35 years of marriage on June 26, 2017. They were married on June 26, 1982, at Holy Trinity Ukrainian Catholic Church in Komarno, Man. Craig and Roxane have five loving children: Kristen (Kirk), Jennifer, Wesley, Michelle, and Brayden.

OBITUARY



Frances Blahey

It is with great sadness that we share the news of the passing of our mother, grandmother and great-grandmother, Frances Blahey on June 14, 2017 at the age of 94 years.

Mom was born to Anastasia and Dmetro Yaremus in Skylake, MB. She attended Wheat Hill School during which time she also developed her skills in sports, sewing and cooking. She played baseball with the Chatfield girl's baseball team and continued her sewing while also enjoying her love of music, singing and dancing.

In 1946 she married Harry Blahey, which lead her down the path of becoming a farmer's wife and a mother to their four children; Bruce, Angie, Wayne and Glen. Her farm life and children did not slow her down from her community activities. She was a devoted member of St. Demetrius Ukrainian Catholic Church, embroidering many of the fine linens that adorned the church as well as acting as caretaker and being the last parish president and member of the church. She also was an active member of the Chatfield Women's Institute not only serving in various executive capacities but actively participating in catering and fundraising events for the Institute.

After dad's passing, mom chose to remain in their home, filling her days with working in her vegetable garden, and tending to her many beautiful flower beds. She cherished her visits from her grandchildren and great-grandchildren. She will be remembered for her kindness, warmth, generosity and compassion.

Mom is survived by her four children and their families. She is also survived by her brother Ken (Nicholas) and was predeceased by two brothers and four sisters.

Funeral services were held at the Chatfield Community Hall on Wednesday, June 21, 2017 at 2:00 p.m. with Rev. Peter Chorney officiating. Interment followed at the Chatfield Community Cemetery.

In lieu of flowers, donations may be made to a charity of your choice in mom's name. Rest in Peace, Vichnaya Pam'yat.

kl
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10:00 a.m. Sunday June 25, 2017
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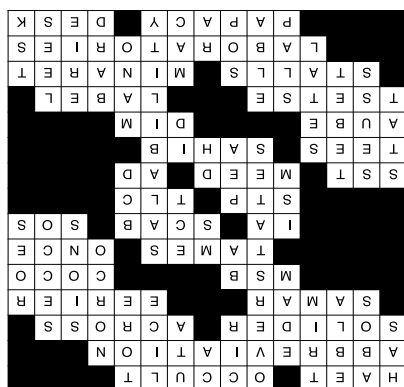
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Crossword Answer

take a break > GAMES

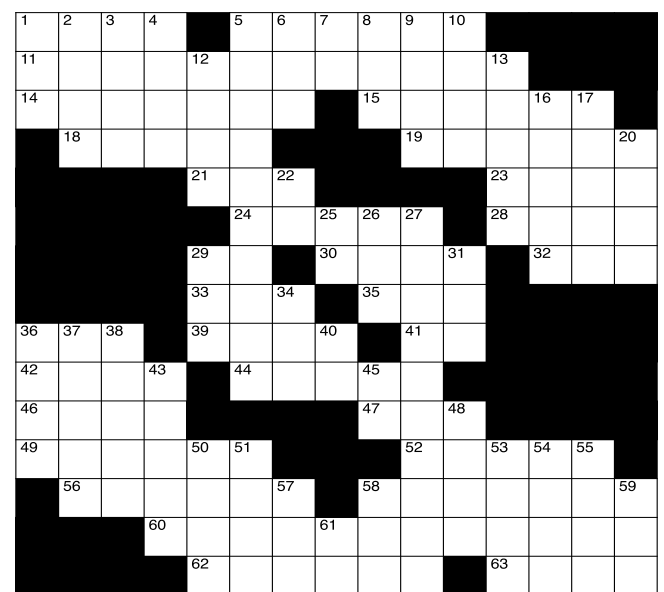
CROSSWORD

CLUES ACROSS

- A minute amount (Scott)
- Supernatural
- Shortening
- More firm
- Other side
- Philippine island
- More unnatural
- Microsoft Surface Book
- Ice T's wife
- Domesticates
- Only one time
- In absentia
- Crustlike surface of a healing skin lesion
- Distress signal
- Engine additive
- 1990s female R&B trio
- Very fast airplane
- A reward (archaic)
- Anno Domini
- Golf supplies
- Indian term of respect
- French river
- Turn down the lights
- Blood-sucking African fly
- Provides info
- Procrastinates
- Tower with balconies
- Where researchers work
- Religious office
- Must-have for office workers

CLUES DOWN

- In possession of
- Aborigines
- Early Syrian kingdom
- Clip
- Misleads
- Cosmetic Ingredient Review
- Calcium
- United Talent Agency



- Hair problem
- Took down
- Round Dutch cheese
- Bicycle manufacturer
- Suffix plural
- Painting technique
- Small Eurasian deer (pl.)
- Mr. T's character "___ Baracus"
- Progressive nerve disease
- Shock therapy
- Able to be sold
- Suffix
- Binary coded decimal
- Goes well with a carrot
- A way to measure performance
- Doctor ___, children's book author
- Jewish calendar month
- Designated hitter
- Polish village
- Part of the mind
- Hand (Spanish)
- Hit with the open hand
- Italian island
- Shakespeare was one
- Lake ___, one of the Great
- Oswald and Marvin were two
- Soak up using something absorbent
- Kids' dish ___ and cheese
- Expression of disappointment
- The ancient Egyptian sun god

NEWS TIPS

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Announcements

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MULTICULTURAL EVENT



FRIDAY JUNE 30²⁰¹⁷ 7PM

Riverton Hall

**FLAMENCO
DANCERS**
**TRIO BEMBE
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**M'CONNELL
SCHOOL OF
IRISH
DANCERS**
**SALSA
EXPLOSION**
**SQUARE
DANCERS**

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FREE EVENT



Chase The Ace

Saturday, June 24, Riverton Motor Inn
\$66,399.00 Plus 50% of the night's sales
5 CARDS LEFT
Ticket sales 5-9 pm
Come early! 204-378-2800

FREE Merchandise Canada Day

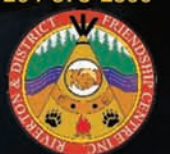
Bingo -License #584
Saturday, July 1 at 10am
doors open 9:30 am
at the Riverton Fellowship Circle
59 William Ave Riverton

Riverton's Amazing Race

Teams of 4 people - must have minimum 2 adults
Please register with Desarae or Dylan at 204-378-2800
Deadline is Wednesday June 28 NOON
FIRST PLACE is \$200.00
SECOND PLACE is \$100.00

FREE TICKETS

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204-378-2800



Canada


Erksdale

Saturday July 1st
 At Erksdale Sports Ground
 Overnight camping available at McEwen Park
FREE ADMISSION! Starts at 4:00 pm
 Kids activities, bounce houses, Kiddie train
 4:00 pm - Horse shoe tournament
 5:00-7:00 pm - Show of your musical talents at the open mic.
 7:00 pm - Beer Gardens & Music Entertainment
 DUSK - Fireworks
 *In case of rain, event will be held at the rink
 All proceeds go toward sports ground improvements


Winnipeg Beach

Saturday July 1st
 8:00am - noon Pancake breakfast fundraiser
 9:00-10:00am Community Centre Free Zumba with Jan
 1:00- 5:00pm on the Bandstand Free Inflatable Jumpers
 1:00- 4:00pm near the Bandstand Free Face Painting
 near the Bandstand Free Horse drawn wagon rides
 1:00 - 5:00pm Downtown Welcome from dignitaries
 7:00 pm- Free Ride Band
 7:30-11:00pm at the Bandstand Free Ride Band
 11:00 pm Fireworks
Sunday July 2nd
 4:00pm-7:00pm All events on or near the Bandstand Lions
 family fun on day 2
 4:00-6:00pm The Beach Has Talent Open Mic Fighting Hell-
 fish Band
 7-7:45pm These were the Days Fashion Show
 8:00pm Free Cupcakes

Rural Municipality of Gimli Council and Staff



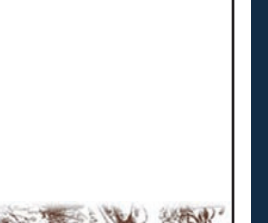
Rural Municipality of Coldwell - Council & Staff



RURAL MUNICIPALITY OF West Interlake Reeve, council and staff



The RM of Fisher Reeve, council and staff



Town of Arborg Mayor, Council and Staff



Municipality of Birtrost-Riverton Council and Staff



Lundar

Saturday July 1st
 4:30 pm - Opening Ceremony (Museum)
 5:00 pm - BBQ
 5:30 pm - Kids Games (Bouncy Castles)
 5:30 pm - Wagon Rides
 6:00 pm - Scavenger Hunt
 8:00 pm - Movie (Elks Hall)
 10:00 pm - Fireworks (@ racetrack)

Arborg

Sunday, July 2
 2:00 PM - 5:00 PM
 - Family Color Dance Parti
 Adult Admission(18+) \$10
 Youth Admission(2-17) \$5
 2 S. Under Free

Gimli

Friday June 30th
 7:00-10:00pm - Adam T. Elvis (Harbour Stage)
Saturday July 1st
 8:30 to 10:30 am - Kiwanis Club of Gimli & District Inc.
 Pancake Breakfast (Harbour Area)
 11:00 am - Canada Day Ceremonies (Harbour Stage)
 12:30 pm - Canada Day Ceremonies (Harbour Stage)
 2:00 - 5:00 pm - Love Our Lake Activities (Red Deck to Harbour Area)
 7:30 - 9:30 pm - The Great Canadian Song Stage (Harbour Stage)
 10:15 - 11:15 pm - Light up the Lake Activities: Boat Parade & Fireworks (Gimli Beach/Harbour Area) All Day - Scavenger Hunt (Harbour Master Office) Kiwanis Mini Donut Trailer

Steeple Rock

Friday June 30th
 4:00-7:00 pm 1st of the season Chase the Ace in the Pav
 7:00-11:00 pm Wings and Bevs at the Sand Bar Lounge
Saturday July 1st
 9:00 am kick-off- Flea Market, Pancake Breakfast
 11:00 am boat parade, sand volleyball tournament
 12 noon-4:00 pm crafts, bouncers, face painting, giant bubbles and old fashion races, bike and golf cart decorating contest and parade. Recycle Everywhere booth.
 3:00 pm Beer Gardens
 5:00 pm Supper in the Pav (baked Ham with Trimming \$15 each only 200 meal tickets available at the Park Office)
 7:00 pm-11 pm Fire More Miles
 11:00 pm Fireworks

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REUNION DAYS

RIVERTON

FRIDAY - JUNE 30, 2017	SUNDAY - JULY 2, 2017
8:00 - 11:00 Pancake Breakfast 9:00 - 12:00 Riverfront Elementary 11:30 - 1:30 Riverfront Elementary 12:00 - 4:00 Riverfront Elementary 2:00 - 4:00 Riverfront Elementary 4:00 Riverfront Elementary 7:00 - 9:00 Riverfront Elementary 9:00 - 11:00 Riverfront Elementary 11:30 - 1:30 Riverfront Elementary 1:30 - 3:30 Riverfront Elementary 3:30 - 5:30 Riverfront Elementary 5:30 - 8:00 Riverfront Elementary 8:00 - 11:15 Riverfront Elementary 10:45-11:15 Riverfront Elementary	9:00 - 11:00 Pancake Breakfast 10:30 - 12:00 Riverfront Elementary 12:00 - 1:30 Riverfront Elementary All Day Main Street 12:00 Highway #8 11:00 - 4:00 Riverfront Elementary 12:00 - 4:00 Riverfront Elementary 1:00 Riverfront Elementary Following the Canada 150 Parade of Boats: 9:00 - 11:00 Riverfront Elementary 10:30 - 12:00 Riverfront Elementary 12:00 - 4:00 Riverfront Elementary 1:00 Riverfront Elementary Following the Canada 150 Parade of Boats: 9:00 - 5:00 Riverfront Elementary 6:00 - 12:00 Riverfront Elementary 2:45 Riverfront Elementary 3:00 - 3:30 Riverfront Elementary 4:00 - 5:30 Riverfront Elementary 8:00 - 9:00 Riverfront Elementary 9:30 - 9:00 Riverfront Elementary 4:00 - 6:00 Riverfront Elementary 10:45-11:15 Riverfront Elementary

SATURDAY - JULY 1, 2017

FRIDAY - JUNE 30, 2017

BBQ
 Children's Activities
 Inflatables & Games
 Pick-up Volleyball
 Riverfront Library
 Riverfront Transportation & Heritage Centre
 with coffee & vinaterria
 Icelandic River Lounge with coffee & cake
 Riverfront Senior Centre
 Riverfront & District Friendship Centre
 Riverfront Birtrost Fire Hall
 RERHA Ambulance & Facilities
 RCMP Community Presence
 All Ages Ball Hockey
 BBQ
Canada 150 Multicultural Celebration
 presented by the Riverton & District Friendship Centre

SATURDAY - JULY 1, 2017

Pancake Breakfast
 BBQ
 Kids Fishing Derby (ages 15 years and under)
 Car & Motorcycle Show
 Food Vendors: Retail Kiosks
 Free BINGO
 BBQ
 Children's Activities - Inflatables & Games
 with vinaterria & coffee
 Children's Activities - Inflatables & Games
 Beer Gardens
 Dunk Tank
 Canada 150 Land Parade
 Riverfront's "Amazing Race"
 Icelandic River Lounge with silver tea
 Riverfront Senior Centre Open House
 Riverfront & District Friendship Centre
 Log Sawing & Nail Driving Contest
 Talent Show
 Canada Day Cake & Coffee- Westshore Community Foundation Canada 150 presentation
 The Florida Birtrost/Riverton Project Dedication & Unveiling
 The Florida Birtrost/Riverton Project Reception & Documentary Screening
 Historic Bus Tours
 BBQ Dinner on the Bridge
 Canada Day Fireworks

SATURDAY - JULY 1, 2017

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Happy Canada 150

This year we're celebrating our country IN A BIG WAY!

Come join the festivities in our communities

Celebrating Canada's 150th

Jeff WHARTON
 MLA - Gimli Constituency
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Celebrating Canada's 150th with Our Local History



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