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VOLUME 2 EDITION 26 THURSDAY, JUNE 25, 2015

WEEKLY NEWS

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Interlake Relay for Life

By Marney Blunt

A rainy night on the beach last Frida wasn't enough to deter 10 dedicated teams from coming out to Winnipeg Beach for the 2015 Interlake Relay for Life to support those fighting against cancer, honour those who lost the battle to cancer and raise funds to help find for a cure.

The event, which was moved into the Winnipeg Beach Community Centre at the last minute due to a poor weather forecast, saw some familiar teams from last year's event walking around the community centre from 7 p.m. till midnight. At the start of the event, the teams had raised approximately \$14,000 for the Canadian Cancer Society.

"To raise \$14,000 for the amount of people we had is amazing, it's absolutely amazing," said Lisa O'Dell, the organizer of the event. O'Dell added that they will have final totals this weekend as people were still able to donate online for a week after the relay.

"It's amazing to see the kids running around and having a blast and the women dressed up with the pink stuff in their hair," said O'Dell. "And the young teenagers who came last year, they were here and they were running in the rain. It was pouring and they were still running. These people remind me of why I do

EXPRESS PHOTO BY MARNEY BLUNT

Three-year-old Nicolina Ammazzini and her mother, Pamela Ammazzini, participated in the Interlake Relay for Life last week for the second time. This year, Nicolina was walking as a cancer survivor. The young girl from Sandy Hook was diagnosed with kidney cancer in the fall of 2013, around her second birthday. Nicolina finished her treatments in July 2014 and was full of energy, running around the Winnipeg Beach Community Centre at the Interlake Relay for Life.

Continued on page 2

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Celebrating survivors, fighting cancer at Interlake Relay for Life

Continued from page 1

what I do."

One of those returning teams this year was the Pink Power Punch team from Winnipeg. Last year, they were walking to support Jerry Waskul and his battle against cancer. Sadly, this year, they were walking in memory of Waskul, who passed away on May 29, 2015, just three weeks before the Relay for Life. However, the team was there in his honour and remain determined in their fight against cancer.

"We are out there fighting for Jerry. I don't know how else to say it," said Waskul's sister, Genia Prociuk.

Prociuk added that the team has also participated in the Relay for Life in Winnipeg.

"We did the relay in Winnipeg, and I've been doing this since 2013 because I lost my husband, Paul, and I decided that I want to do something to kill cancer. I'm on a crusade against cancer," said Prociuk.

"We're out to get cancer and we're out to make a difference. In the past few years, (cancer has) taken 11 members of my family. I'm tired of it. I'm tired of losing these people."

Prociuk said the team hoped Waskul

would be walking with them at the Interlake Relay for Life this year; however, she knew he was still there in spirit.

"We hope we can make a difference," she said.

More help is needed to expand event, organizers say.

O'Dell says she was pleased with the success of the event; however, they could have used more volunteers on the planning committee since this year there was only three people on the committee including herself.

"The more people that come and join our committee, the less work there is to do and then it's not so overwhelming. Being on a committee doesn't mean that you're stuck doing something every single day; maybe once a month you'll have an hour or two to do something like make a phone call or send out some emails," said O'Dell.

"It's not as much work as people think, but it's a lot of work when we only have one or two people. We desperately need people on our committee to keep it going. It's an amazing event. We don't want to lose it in this area. We could really, really grow it. We just need some help."



EXPRESS PHOTOS BY MARNEY BLUNT

The Pink Power Punch team was back at the Interlake Relay for Life this year to honour Jerry Waskul, who passed away from cancer on May 29, 2015, just a few weeks before the event. Pictured (left to right) Randy Edwards, Genia Prociuk, Jean Berezowski, Joyce Fillion and Judy McCaugherty.



Cancer survivors (left to right) June Isfeld, Rose Marie Shess, Barbara Thom and Linda Krochenski at the 2015 Interlake Relay for Life.

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JULY 17, 18, 19

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Agricultural Society

Métis music, dancers help mark Aboriginal Day

By Lindsey Enns

Métis music and dancers were enough to make Blanche Harper travel to Selkirk to celebrate Canada's National Aboriginal Day.

Sitting inside a big white tent waiting for the opening ceremonies to begin, the 85-year-old from Baldur, MB said she's been a proud Manitoba Métis Federation member since 1967.

"I enjoy meeting people and seeing our music and our people get in places they never had the chance before," Harper said. "It's very important to have our Métis days once a year because it's something we have to look forward to."

"I love the good old Métis music and the square dancers."

Live entertainment and plenty of activities for families were available during the 10th annual Aboriginal Day celebration held in Selkirk Park last Sunday.

The event kicked off with a free pancake breakfast and later community members were treated to a range of Métis music and entertainment.

"This is a very large aboriginal community ... it brings everybody out together," Interlake Métis Association board of director member Jack Park said. "It's a good day to sit down and talk and enjoy the festivities and friendship."

Among those in attendance for the opening ceremonies were Selkirk Mayor Larry Johannson, Selkirk MLA Greg Dewar, Selkirk-Interlake MP James Bezan and MMF president David Chartrand.

Park said an important part of celebrating aborigi-



EXPRESS PHOTO BY LINDSEY ENNS

Musicians warm up before performing at the opening ceremonies of the 10th annual National Aboriginal Day in Selkirk Park last Sunday.

nal day is getting elders together to share their stories with the younger generation.

"We're differently supportive of what they went through," Park said referring to the residential school era and what's commonly known as the 60's scoop. "We're just hoping they can bring in some programs to help the elders deal with the emotional

stress they went through."

Generous donations from all three levels of government along with some local organizations helped make the event organized by the Selkirk Friendship Centre, Interlake Métis Association and the Selkirk Red River Métis Local a success, Park said.

Watch for the Pharmasave flyer in the Express starting on July 2nd!

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@ the Ball park starts
early morning
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Golf Tournament @ Golf Course
Contact 372-6855

Parade 11:00 a.m.
Contact Allan 364-2460
Starts at east end of town

Ukrainian Dinner FREE
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Ukrainian National Home
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peguichick@hotmail.com
12 noon @ Ball park

Beer Gardens
@ Ball Park

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by Homecoming Committee
Bounce Castle/Cotton Candy
12 noon @ Ball Park

@ The Museum & Antique Show
Colour Splash Artist
Ralph Tanchuk

Sunday, July 5, 2015

Free Pancake Breakfast
@ Ukrainian National Home
9:00-11:30 a.m.
Hosted by CIBC

Duck Race - sponsored by Fisher Branch Curling Club
BBQ

Wagon Rides by E Bar C Ranch
1:00 p.m. Weather permitting

Dinner \$15.00 sponsored by
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Fisher Branch Community Centre
5:00-7:00

Fisher branch Community Centre
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Dance \$10.00
Music By Highway 6
Cash Bar

Fisher Branch Community Rink
Dance \$10.00
9:00 p.m.-1:00 a.m.
DJ - Tribal Sound
Cash Bar

Author finds international success in Iceland

By Marney Blunt

A local author formerly of the Interlake has recently received international recognition after publishing her first book in Iceland.

Carol Gardarsson, who lived in the Interlake for 20 years and now lives in British Columbia, is the author of the *Brewing Evil* series, a historical fiction series featuring Icelandic pioneers. The first book of the series, *A Witch is Born*, was released at a book launch in Reykjavik, Iceland, on May 19 with nearly 50 people in attendance. The book was translated into Icelandic and published by Salka Publishing.

"It was absolutely thrilling, and especially because we got that grant from the Prime Minister of Iceland. He said that he had heard good things about the series when he was in Manitoba for the Icelandic Festival of Manitoba in Gimli," said Gardarsson. "It was just absolutely thrilling. We couldn't have been happier."

The *Brewing Evil* series consists of five books by Gardarsson: *A Witch is Born*, *Deadly Spells*, *Dark Forces*, *The Book of Petur* and *Witch Water*. The series is a tale of survival for Icelanders in the pioneering days of Canada.

Gardarsson says she was overwhelmed by the amount of positive feedback *A Witch is Born* received in Iceland.

"We met the minister of foreign affairs at another Icelandic festival and he was actually pretty enthusiastic about it as well," said Gardarsson.

"It seems like the Icelandic government and the Canadian government kind of want to build a cultural bridge between Manitoba and Iceland be-

cause Manitoba, of course, has the largest population of Icelanders outside of Iceland. So they really want to encourage more stories about the early Icelandic settlers."

A Witch is Born made the No. 1 Best-seller List in books for young people in Iceland, and Gardarsson says sales were so good that within five days of the launch, two bookstores were sold out and had to re-order the book. The author noted that the book also received extensive positive media coverage in Icelandic newspapers and radio stations.

"It was just so thrilling to get to Iceland and attend the book launch and see so many people that were really thrilled with the story, and to get all the press coverage that we did was just the icing on the cake," said Gardarsson.

"It was kind of funny because at the book launch, the fellow who did the translation for Salka Publishing came up to me and said, 'I can hardly wait to do the next book.' He was just so taken with the story."

Gardarsson hopes to have the rest of the *Brewing Evil* series published in Iceland as well.

"The publisher there wanted to get a sense of the response from people in Iceland to the first book. Once they get that response, they will get to work and start doing the next book and the next book," she said.

The *Brewing Evil* series is available at McNally Robinson Grant Park in Winnipeg, H.P. Tergesens & Sons in Gimli, Arborg Pharmacy, Lundar Pharmacy and at Mr. Greenbucks in Fisher Branch.



EXPRESS PHOTOS SUBMITTED BY CAROL GARDARSSON
Salka publisher Hildur Hermóðsdóttir, author Carol Gardarsson and the publisher's assistant Álfurún G. Guðrúnardóttir at the May 19 book launch of the translated version of *Brewing Evil: A Witch is Born*.



Salka publisher introduces and welcomes Carol Gardarsson.

Senator Janis Johnson says 'time to move forward'

By Austin Grabish

Manitoba Senator Janis Johnson has repaid almost \$23,000 in expenses deemed questionable by a much-anticipated probe into Senate spending released earlier this month but insists she did nothing wrong.

The long-serving upper house Tory made the announcement in a post on her website last week.

"I have decided to repay all of the amounts identified by the Auditor General in my case even though I remain firmly convinced they were all properly incurred and submitted," Johnson said.

Auditors deemed seven Senate-paid trips Johnson took from April 2011 to March 2013 questionable.

The trips, totalling \$22,706, were deemed unsuitable by auditor general Michael Ferguson, who alleged Johnson was travelling mainly for personal and not parliamentary reasons.

Auditors combed through years of expenses and flagged the trips after finding Johnson travelled frequently between Winnipeg and Vancouver on paid trips but only had one or two short appointments relating to Senate business.

Johnson is one of 30 senators found to have claimed incorrect expenses that Ferguson wants repaid.

Her case wasn't initially among the group of nine senators who had been referred to the RCMP, but *The Toronto Star* reported last week Mounties will

now investigate all 30 senators.

Police have yet to confirm a formal investigation and all are presumed innocent.

Johnson retained her stance that business can be mixed with pleasure on Senate-paid trips because nothing prohibits it, and government business was always at the crux of her trips with personal affairs coming second.

She has indicated she will be taking her case to the independent arbitrator who has been hired to handle disputes senators have with the auditor's findings.

"I am adamant that all of my expenses were properly incurred and were in complete compliance with Senate policies on travel," Johnson's latest online

post said.

Johnson said she paid back the expenses because it's in the best interest of the Senate, which has been tarnished in recent years.

"It is hoped that by doing so, it will in some small measure contribute to the process of restoring honour to the Senate," Johnson said.

Johnson is the longest serving Conservative member of Canada's upper chamber and is the chair of the Gimli Film Festival.

She has served in the Senate since 1990.

Requests for an interview with Johnson were not returned.

Lake St. Martin Chief breaks ground for new home



EXPRESS PHOTO BY JEFF WARD

Chief Adrian Sinclair (centre) breaks ground on the beginnings of a new community for 250 new homes and a school for Lake St. Martin residents.

By Jeff Ward

The first shovel-full of soil was moved signifying the birth of a new community for the residents of Lake St. Martin this past Monday at a groundbreaking ceremony.

Four years after being evacuated from their homes, construction will finally begin on rebuilding the community that was decimated by diverted floodwaters in 2011.

"We had some hard times, difficult times," said an emotional Lake St. Martin Chief Adrian Sinclair.

"But we managed and stayed and never gave up, the council and I, working for the people. That was our goal when we first got elected, to bring them back home to their national roots."

To rebuild those roots is going to cost \$300 million, which will provide 250 new homes and a new school. And although that is still a few years away Chief Sinclair is happy to see the project moving forward.

The agreement for this location, which is 255 km north of Winnipeg along provincial road 513, was made back in 2013, but as Chief Sinclair mentioned during his speech the negotiations have been complex.

The ceremony was held at the site of their new community and over the next few months the construction of new roads, ditching and piping for water and sewer will begin.

"I'm very excited and honoured to be a Chief to-

day, and although it's going to take some time we're on the right path," said Chief Sinclair.

The governments of Canada and Manitoba congratulated Lake St. Martin First Nation during the ceremony.

"We congratulate Lake St. Martin First Nation on the important milestone the community is celebrating today," said federal Aboriginal Affairs and Northern Development Minister Bernard Valcourt. "We are pleased to partner with the province in this investment in road construction, ditching and piping for water and sewer, which is an important step in rebuilding the community. We are committed to working with the leadership of Lake St. Martin and the province to return all evacuees home."

The Government of Canada and the Province of Manitoba are investing a total of \$19.7 million in this project, which is being cost-shared 50/50 between the two governments.

"This is an important moment for the residents of Lake St. Martin and I am optimistic that with this agreement and the tender process complete, we can move quickly to the construction phase and provide relief for the hundreds of evacuees who have lost their homes," Manitoba Aboriginal and Northern Affairs Minister Eric Robinson said. "These investments are an important step in rebuilding the Lake St. Martin community. We look forward to continuing our work with the chief and council of Lake St. Martin to return all evacuees home."

There were around 100 people present during the ceremony. Many arriving on large tour buses from Winnipeg where most Lake St. Martin residents currently live. There are around 1,000 people still evacuated and before the ceremony got underway Chief Sinclair called for a moment of silence for those who have died since being displaced. More than 60 Lake St. Martin residents have died since being evacuated in 2011 and nearly 20 of those were suicides.

Sinclair explained that he expects 33 of the 250 new homes to be complete by the spring of 2016.

Negotiations with the three remaining First Nations along Lake St. Martin affected by the flood of 2011 continue.

RM considering compromise for dog ban

By Marney Blunt

The Rural Municipality of Gimli council is considering a bylaw that would allowing dogs on the boardwalk from after the September long weekend until the May long weekend.

The bylaw will still define the Gimli Beach as the area from the main docks to Barney Thomas Drive, between Lake Winnipeg and the east boundary of the parking lot, including the sand, boardwalk and grass area.

Dogs would only be banned from the area during "bathing season," which the bylaw defines as from the Friday of the May long weekend until the Monday of the September long weekend. After then, dogs would be allowed on the boardwalk only, not the sand or the grass area.

Gimli council will be discussing the bylaw during their regular meeting on Wednesday, June 24.



RURAL MUNICIPALITY OF GIMLI

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Joann King
Chief Administrative Officer
Rural Municipality of Gimli

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Summertime and the fishing's easy

Welcome folks.

As I wandered about this week visiting our fellow anglers, I sensed the quickening pace of summer. RVs were cruising about, cabins were being opened and families were standing in check-out store lines, arms full of swimming toys. I must admit, I've got the bug too. Each day I can't wait to venture out, way out, to find unusual or funny stories from our friends.

I happened to see two guys fishing off the Red River bank in the park area between the Selkirk bridge and the Hydro steam plant the other day, and they seemed to be pulling in one fish after another. So, naturally, my car took a right at the first opportunity. Approaching them on a little bank beach, I watched them working their lines having realized they had hit a school of goldeye.

Introductions came easy as Jim Van Aardt of Selkirk and his longtime buddy Willie Boateng of Winnipeg explained they had just come off a night shift at Paxar and, as is their habit, came to fish a bit before going home. Lucky thing they did this morning. As they continued pulling in those little silvery fish, we all agreed that there was nothing tastier than smoked goldeye.

Finally, I said goodbye to these great pals and headed for Lac du Bonnet. There is this great beach, playground and pier right in town, and folks from the surrounding area like to use the pier to fish because it is so comfortable to use. When I got there, I saw anglers lounging in chairs in the still-warm and sunny late morning, their lines in the water, chit-chatting back and forth. I walked down along the



EXPRESS PHOTO BY ARNIE WEIDL
Jayden Buors of St. Laurent with a nice jackfish.

pier; the heavy smell of tar rose from the old-style preserved deck timbers.

I stopped by one chap, introducing myself, and he in turn said he was Erick Schmidt from Winnipeg who was vacationing in the Whiteshell. He mentioned that a few days ago, a team from Water Stewardship came to Lac du Bonnet and, with the help of the high school kids, netted and tagged some of the rapidly growing population of sturgeons.

The next day I ran over to Winnipeg Beach to see if anyone was still

shoreline bass fishing. Parking my car short of the sand and looking along the shore, I saw two people. I trudged through the sand to them, asking how the fishing was going. New angling friends Lorraine and dad Don Moscall from Komarno said they had just got there and hadn't caught anything yet. Lorraine was quite the live-wire. She said she had gotten her father interested in the sport and that he was a welcome and necessary companion because she refused to bait her hooks or touch fish. That's OK, Lorraine. You're still one of us.

Later in the day, I drove over to one of my favourite fishing spots: the big gravel road curve on Highway 229 at the top of North Shoal Lake west of Inwood. There the eye-blinding white gravel road contrasted sharply with the surrounding blue water in the glaring sun. I parked with all the other cars on the shoulder, got out and wandered about, passing the time with anglers.

Eventually I pulled out my gear and set up beside grandparents Eugene and Audrey Buors with grandson Jayden from St. Laurent. Jayden was such a great little guy, running around, talking to himself and getting perplexed when he got his hook snagged. A 16" jack took my yellow feathered spinner on my first cast, yet I was getting such a kick out of little Jayden, I asked him if he would hold it so I could take a picture of him with it. Audrey proved to be the champ of the day, though, as she landed two jacks in rapid succession.

So it goes my friends. You get a little fishing in. Life is good, isn't it? So-long till next time.

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TROUBLE WITH PAPER DELIVERY?

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letters

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To Honorable Kerri Irvin-Ross Minister of Family Services June 19, 2015

I'm hoping the following letter will enlighten our adoption legislators of the ethical obligation their laws should reflect in the dilemma of privacy verses the right to know.

I'll be referring to Margaret Summerville's view, at the McGill Center for Medicine, Ethics and Law in Montreal, written in the *National Post* on Sept. 25, 2007. In her article, Margaret believes that the "promised confidentiality was an ethical mistake." And that "when harm to one or the other person is unavoidable, all favour children's right of access to knowledge of their biological parents." Also that "breaching adults confidentiality is a lesser ethical wrong than intentionally depriving adoptees who want to know their biological origins from finding them." "Authorities are deliberately depriving people of knowledge that is central to their sense of self and well being."

Margaret states that ethical principles favour:

- the most vulnerable person
- the person who did not consent to the situation in which they find themselves in
- the person to whom the most harm will be done
- when harm to one or the other person is unfavourable, all favour children's rights of access to know of their biological parents

Mr. Michael Grand, a prominent adoption researcher at Guelph University states, "Adoption Information Disclosure Act would have profound impact on thousands of people who had longed for years, often decades, to know their roots or the names of their children" (Grand 2010).

"Some individuals in government and professionals in the adoption field, thought that the right to privacy trumped the right to know, due to disruption and embarrassment of the birth parent. Not opening up files at the request of adoptees can also mean lives are shattered."

"Children's human rights have largely been ignored."

The above is referenced from the book *Love, Loss & Longing* by Carol Bowyer Shipley, pages 269 and 270.

We need to eliminate the right to block information and contact. Acknowledgment of our grief is to acknowledge the unthinkable, so with continued disregard, people in authority of adoption legislation can

pretend it doesn't matter. Our legislators continue to disregard our truth and our experience with the force of unfounded laws and fines. I wonder is it their intent to keep us in a position of powerlessness and frustration?

Our laws allow our birthparents to blame us for their feelings of shame, guilt and pain — unaware that all their pain, shame and guilt we have had to live with all our lives, through the penalty of a force existence without roots, that were held in secrecy by shame. In eliminating the disclosure and contact veto, our authorities will be promoting wellness, health and healing from adoption. They will be allowing us equality in health care, allowing doctors to use our past family medical history as a diagnostic tool as is done for the non-adopted. It will also liberate us to heal from chronic grief that we have unjustly suffered.

Apparently the Laws in Manitoba affecting children are to uphold the United Nations Declaration of the Rights of Children ratified by Manitoba over 20 years ago, claimed and never honoured by our government for children affected by adoption.

This declaration states that the child shall enjoy special protection and shall be given opportunities and facilities, by law and by other means, to enable him to develop physically, mentally, morally, spiritually and socially in a healthy normal manner and in conditions of freedom and dignity. In the enactment of the laws for this purpose, the best interest of the child shall be paramount consideration.

I think one of the fallacies of those who disregard our grief is that it happened to us as infants and it should affect us. But we grow up knowing, we don't know. We grow up in fear of being given back, in fear of our se-

curity in the family, fear of rejection if we say anything, fear of rejection if we search. We grow not entitled to the same health care as people who are not adopted, our family health histories deliberately kept from us, knowing we are different but forced to pretend we are the same.

I started lobbying for adoption reform after I was reunited with my birthmother because my thoughts were "HOW CAN THEY DO THIS TO PEOPLE?" Again, the same words came out of my mouth after finishing my RN diploma. And today, 26 years later, I'm still saying, "HOW CAN THEY DO THIS TO PEOPLE?"

Yes, in 2015 in Manitoba and in Canada, adults are still suffering at the hands of the government regulation. Their original identities are kept from them, their need to know was and is still made illegal with very high fines (in Manitoba \$50,000) if they violate a veto that their birthparents put on their file.

In an article 73 adoptee: perspective on adoption – Identity is a basic human right. Secondary Rejection In Reunion: An Adoptee Perspective – Hearing the rejected adoptees pain. Claudia D'Arcy has written that adoptees who are rejected twice are not rejected for ourselves. We are rejected because our mothers simply can't handle being mothers. They were told to go on, to forget it (us), that their lives would "go back to normal." Some of them need to believe it so much that they must deny anything that threatens it.

THIS IS SO WRONG! HOW CAN WE DO THIS TO PEOPLE?

Yours truly,
Darcy Truthwaite

How does a Quick-Care Clinic help Gimli residents?

There is ever-increasing evidence that our provincial health-care system is failing us miserably.

There are chronic shortages of doctors in many rural areas.

The ultimate insult arrived in the mail recently from our MLA, Peter Bjornson. A pamphlet touting the virtues of new "QuickCare" clinics, designed "to give your family faster, more convenient care for minor health issues."

We are informed that the closest QuickCare clinic is in Selkirk.

How could this possibly be "faster and more convenient"?

The sign off is "Your NDP government is making sure every family gets the care they need."

What a bunch of propaganda claptrap.

They must think the rest of us are stupid!

Gil Strachan
Gimli

Letter policy

Please include your name, address and phone number so we can confirm your identity (address and phone number will not be printed, but your name will).

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Gimli Community Health Centre Non Urgent Walk-In Medical Clinic

A non-urgent walk-in medical clinic will be available 10:00 a.m. to 6:00 p.m. on Sat., Sun. and statutory holidays starting May 16 until September 1, 2015.

Appointments for the non-urgent medical clinic are not necessary.



Interlake-Eastern
Regional Health Authority

This clinic is in the physicians' offices in the Gimli Community Health Centre. Please use the 6th Avenue entrance (204-642-4595).

The emergency department will be available for urgent health concerns only.

A monumental change in Fisher Branch

By Jeff Ward

After five years of fundraising and planning, the Fisher Branch monument committee has finally completed their goal of building their wagon wheel monument.

In 1982, a history book was written for Fisher Branch called *A Place Of Our Own*, and on the cover was a drawing of a wagon wheel. That drawing, sketched by Fisher Branch resident Rosie Barrett, inspired talks of having a similar wheel designed as a town landmark.

The wagon wheel signified how Fisher Branch was the "Hub of the Interlake." The centre of the wheel represents Fisher Branch and the spokes represent the other surrounding communities coming together to a central location.

Those talks would turn into a few different committees but the project never got going. That is, until five years ago when a group of citizens banded together to give it one last shot, and this time they succeeded.

"A few of our board members were nearly brought to tears because this project has been talked about for so long and now it's finally complete," said Lori Smith, one of the committee members.

"There had been so many meetings and discussions about this over the years and it seemed like it would never happen. We got involved about

five years ago and many said that if it doesn't happen with us, it'll never happen. We're thrilled to finally have it settled and complete."

Monuments like this are not uncommon in the Interlake, with many towns having their own — the Canada Goose in Lundar, the Sharptail Grouse in Ashern — but these monuments don't spring up over night, nor are they built for a pocketful of change. The wagon wheel monument for Fisher Branch cost \$55,000 to bring it from an idea to a reality, and that money was one of the biggest barriers to overcome in getting the project completed.

"Raising this kind of money was difficult. Applying for grants and having donations come in steadily over the years kept the project alive. It took a long time, but our group was focused on our goal," explained a proud Smith.

The wheel is crafted from the same steel used to build bridges, so it will rust and age naturally and will require very little maintenance. In fact, it should look more distinguished with age. But the monument committee isn't done just yet.

The next project on their list is to finish out the surrounding area and create a park to go along with the wheel. Currently they're planning Phase 2, which will have residents buying commemorative bricks that can be engraved. Those bricks will be used as



EXPRESS PHOTO SUBMITTED

After years of planning, residents of Fisher Branch unveiled the real wheel. The wagon wheel, made by Diemo Manufacturing of Vidor, reflects how the people of the Interlake came together in their community. The monument is 25 ft. high, and weighs 6,200 lbs. or 2,800 kgs.

a pathway to the wheel.

"We'd also like to see more picnic benches and a pavilion as well to have it be more of a tourist attraction. We want to build this out into a destination spot," said Smith.

The official ribbon cutting for the new monument is on Friday, July 3 at 6 p.m. during the Fisher Branch Homecoming weekend.

Province re-opens mining licences for peatlands to be harvested

By Natasha Tersigni

The Manitoba chapter of Wilderness Committee is calling out the provincial government over the lack

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The BAR Waste Authority Co-op Inc. is continuing their annual promotion to encourage residents to recycle their used oil, filters and containers, and antifreeze and containers. Enter at the Bar Waste Landfill Site to win 15 Interlake Co-op gift cards valued at \$100.00 per card.

To enter you must live in Bifrost-Riverton or Arborg.
One entry per person, promotion runs July and August.

The BAR Waste Site will be operating on Summer Hours from April 1st to October 31st

OPEN: Daily from 10:00 a.m. – 6:00 p.m.

CLOSED: All Statutory Holidays

of protection that they are providing for Manitoba's peatlands that are vital to the province's delicate ecosystem and combating greenhouse gas emissions in the atmosphere. On June 16, Manitoba Conservation and Water Stewardship Minister Tom Nevakshonoff announced that Peatlands Stewardship Act (PSA) was proclaimed by the government. He said the act works to protect and regulate the peat harvesting in Manitoba's wetlands. Many of the peatlands are located in the Interlake region.

"We must ensure that peat harvesting is managed sustainably and for the long term in order to protect Manitoba's land and waterways," said Nevakshonoff in a press release.

"This legislation will significantly increase environmental responsibilities for the industry and promote responsible resource harvesting."



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While the PSA does state there are now bans for commercial peat development in provincial parks and wildlife management areas, the act also has re-opened the four-year-old moratorium on peat harvesting licences. This means that more companies can now apply to harvest peatlands.

"The problem is they have opened the flood gates on another batch of peatland mining applications. For four years, we had not had a single new piece of land made available for peat mining. No one was able to do exploration or apply for licences because (the province) was supposed to be thinking on to how protect peat," said Eric Reder, who is the Manitoba chapter Wilderness Committee campaign director.

"All they have done with this act is said we will go about and put these regulations in place eventually but for now go on and keep mining. It is astonishing that no one is realizing that we will now have another huge rush of peat mine applications in Manitoba."

Reder is concerned about the new regulations and the continuance of harvesting peatland in the province. For years, the Wilderness Committee has lobbied the government to ban peat harvesting and protect these vital lands that cover 30 per cent of Manitoba.

"Peatlands cover a huge amount of Manitoba, and peatlands are the greatest store house of carbon on the planet.

Continued on page 10

Gliding back to Gimli, piece by piece

By Marney Blunt

It's been 32 years since the Gimli Glider crash-landed at the Gimli Industrial Park Airport en route from Montreal to Edmonton, and now parts of the aircraft will be returning to Gimli to preserve some of that aviation history.

The Gimli Glider was an Air Canada Boeing 767 that got its nickname after it ran out of fuel and crash-landed in Gimli on July 23, 1983. The computer that calculates the amount of fuel needed for the flight was knocked out, and rather than cancelling the flight, the crew attempted to calculate how much fuel was needed.

However, things went wrong when the crew used imperial measurements rather than metric measurements, resulting in the plane running out of fuel while flying over Red Lake, Ont. Captain Robert Pearson was able to pull off a crash-landing in Gimli, avoiding what could have been a major aircraft disaster.

Air Canada retired the Gimli Glider in 2008, and since then, it has been in California's Mojave Desert. The owners have tried to auction it off for approximately \$2.5 million to \$3 million, but there were no takers.

"They tried to auction it off for a couple years for a reserve bid that was too high for people, so it just sat there while they decided what to do with it. It's just one of the largest aircrafts in history. It just became a laborious and expensive task to get it back," said Barb Gluck, who is working with the RM to get parts of the Gimli Glider

back. Anthony Walsh, a retired the retired Air Canada Manager of Airport Operations – Western North America & Pacific Rim, is the gentleman who has found and negotiated the package of parts significant to the now dismantled Glider.

The owners decided to dismantle the Gimli Glider, and that's when Gimli decided to jump on the opportunity to get some of the history back to the place where the Boeing 767 got its nickname.

"It came to our attention that these significant parts to the Glider, significant parts to operate it from inside," said Gluck. "So we had the opportunity to very quickly propose that it would be in our best interest to get some of the history back to Canada or it would be lost again."

With little time to spare, a fundraising drive was initiated to raise money to put a deposit on the pieces of the aircraft. While there are grants available, Gluck said they didn't have time to go through the application process.

"We started a drive to raise some of the funds to secure the parts, and as of late last week, we did get enough funds to do the first deposit on them, which was good. It was a very quick indication from the community that yes, they wanted to do this. They wanted to get it back for our history," said Gluck.

"So those parts were just a verbal promise to purchase and they have now gone to a deposit, which is securing that once we raise the balance of the funds, we will have it delivered



PHOTOS COURTESY WAYNE GLOWACKI/WINNIPEG FREE PRESS

The Air Canada Boeing 767 crashed landed in Gimli in July 23, 1983, getting its nickname the Gimli Glider. Now, parts of the aircraft will be returning to Gimli to preserve its history.



EXPRESS PHOTO SUPPLIED BY BARB GLUCK

At the Gimli Model Festival, (left to right) Jeff Esslinger and Todd Shulba sit with a model of the Air Canada Boeing 767 that crashed landed in Gimli in 1983, getting its nickname the Gimli Glider.

here shortly after."

The Gimli Model Festival, an annual model airshow, was a big supporter of bringing the aircraft back. Jeff Esslinger, the vice-president of the Gimli Model Festival, said that although they were disappointed to hear the aircraft was being dismantled, they were very pleased to hear that parts of its history will be preserved in Gimli.

"It's a great opportunity for the aviation community in Gimli," said Esslinger.

The Gimli Model Festival had even showcased a model of the Gimli Glider, which has the front-nose collapse in upon landing, just like the actual incident.

Parts of the Gimli Glider that will be returning to Gimli include the throttle, the yoke (steering wheel of an aircraft) and the fuel panel of the aircraft.

"The fuel panel we thought was significant to the history of the glider

and the fact that it ran out of gas, so that was kind of neat," noted Gluck. "We also got the fuel switch from inside the cockpit."

The parts cost approximately \$10,000, Gluck says.

Once the parts arrive in Gimli, the next step will be finding a place to display the memorabilia.

"The clear goal is to put up what we call an interpretive display," said Gluck. "We are hoping for it to be a bit more interactive than just walking around. So now that we secured these four parts, there is another part that is part of the outside skin of the plane. So we're working on finalizing our prices on that and we'll go forward on getting that together."

For more information on bringing the Gimli Glider back Gimli, email Barb Gluck at gimliglider2015@hotmail.com.

Protecting Interlake's precious peatlands

By Natasha Tersigni

With the proclamation of the Peatlands Stewardship Act (PSA) last week by the Manitoba government and the increasing interest private peat harvesting companies have in Manitoba's peatlands, the provincial government has asked the Manitoba Habitat Heritage Corporation (MHHC) to step in and find out just how much of this valuable peatland resource is in Manitoba. The MHHC is a non-profit Crown Corporation made up of public and private organizations and individual landowners that work to conserve, restore and enhance fish and wildlife habitat in Manitoba. This mapping project will work to protect Manitoba's peatlands by first finding out what exact lands in Manitoba need to be protected.

For many years, private mining companies have been taking advantage of the Crown lands in the Interlake, mining it for peat moss that is used in gardening products such as mixed soil and then exporting it to the U.S. and Mexico for major profits.

"The province has been giving out permits for mining companies to mine peat for a long time now, and we have decided it would probably be a good idea to get a handle on how much peat is actually out there before we keep giving it all away," said Scott Beaton, a habitat conservation specialist.

"The idea is to get an inventory on

how much is out there before we run out. They figure it takes 10,000 years for it to grow it back, so we don't want to run right out."

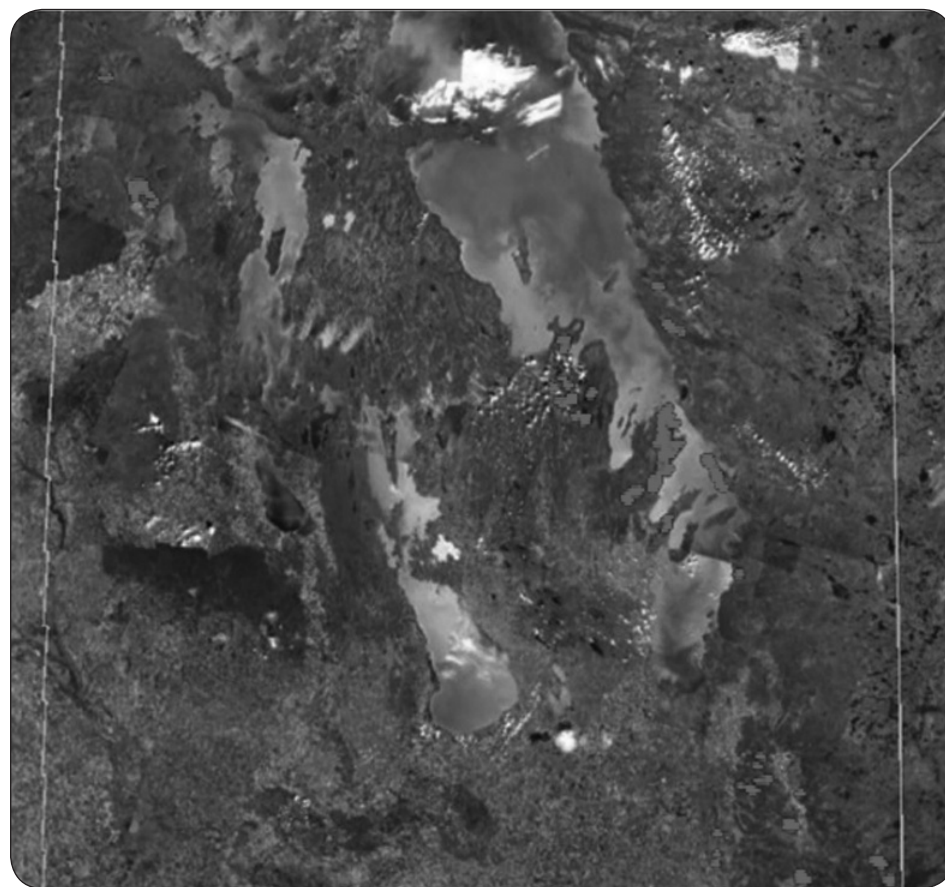
The perfect land for peatland is old wetlands that have dried out and been covered with moss. Canada has 113 million hectares of these types of land, with Manitoba making up 17 per cent of the peatland real estate, a majority of which is in the eastern part of the province.

"There is lot of small areas in the Interlake, and as you go further into eastern Manitoba and east of Lake Winnipeg, pretty sizable areas," said Beaton, who added he hopes the mapping project will reduce the number of licences the province issues to mining companies as well as help preserve the peatland that is an important part of Manitoba's fragile ecosystem.

In the PSA, there are regulations that ban commercial peat development in provincial parks and wildlife management areas. As well, the PSA creates the ability to designate Provincially Significant Peatlands that can be fully protected from all types of development, but first the government needs to determine what those areas are.

"This will likely restrict some mining developments. There are a number of companies that are getting wealthy from public resources," said Beaton.

"This is making it so there are areas that they shouldn't be accessing so that there is some peatland that is



EXPRESS PHOTO SUBMITTED

The above map show the licensed peat harvesting sites in Manitoba as of April 2015. Given the Interlake's rich wetlands, a majority of current and future sites are located in the area. A new mapping project by Manitoba Habitat Heritage Corporation is working to identify just how much peatland is located in Manitoba.

maintained. It does play a pretty big role in keeping water clean, so the idea of selling all of it to private com-

panies then losing that clean water at the same time doesn't make much sense."

> PEATLANDS, FROM PG. 8

Our world is trying to come to terms with the amount of carbon that is in the atmosphere and that we are continuing to put in the atmosphere, and in Manitoba, one of the ways we combat this destruction that we are causing in the atmosphere is that we ensure that peatlands aren't destroyed," said Reder.

"All peatlands are wetlands, and for them to harvest them, they have to drain them and that create a bunch of residue sediment that flows into rivers and lakes. Draining the wetlands also destroy streams that are walleye spawning grounds. There is a real reason to think about the impact of peat harvesting outside even the carbon aspect of things."

The PSA now puts peat harvesting under the Manitoba Conservation and Water Stewardship branch of the government which does not have an oversight system in place like the Manitoba Mining and Minerals branch does.

"When you put in a mining claim, it goes into the system and the public can look at it online and we will know where the mining claim is, how big it is and how long it will be there for. The digital infrastructure (government website) and public awareness does not exist for Manitoba Conservation. So now the public won't know about peat harvesting, where it is happening, how much land is involved, what company is responsible, and all of these companies will be acting in secret," said Reder.

Reder added that the best way to protect the peatland for future generations is to stop the harvesting of them entirely in the province. Much of the peat that is harvested is used for garden and landscape products such as for soil products and as well as commercial golf courses.

"If you walk into any garden store in Manitoba, you will see all these products, soils, pro-mix, sunshine soil that have a huge amount of peat in them,"



EXPRESS PHOTO SUBMITTED

Last week the provincial government announced that the new Peatlands Stewardship Act (PSA) was proclaimed. While the act was supposed to work to protect Manitoba's vital peatlands, in actuality, it has ended the four-year moratorium on peat harvesting licences and now companies can apply for licences to continue to harvest for peat in Manitoba, destroying the province's wetland.

said Reder, who added places such as the United Kingdom have launched successful campaigns, including "I don't dig peat," that see garden products no longer using peat moss.

"There is no way other way to mitigate the release of carbon and that is a big deal. That is why we say we need to protect the peatlands."

Car enthusiasts cruising to Gimli Beach

Gimli Car Club and Chase Auto Body Supplies hosting 'Cruisin' Gimli Beach' show and shine Sunday, July 12

By Marney Blunt

Centre Avenue and First Avenue in Gimli will be shining bright on Sunday, July 12, as the streets will be lined up with a variety of hot rods, rat rods, custom cars and sports cars for Gimli Car Club's "Cruisin' Gimli Beach" show and shine.

Organizers are expecting a lot of automobiles this year.

"Last year was horrible weather. I think it was the coldest day we had all summer, and we still had over 250 cars show up, so that was great. We're expecting somewhere between 450 and 550 this year," said John Hykawy, the president of the Gimli Car Club.

"We get anything from Model A's right up to Ferraris and everything in between. Mostly will be the muscle cars and the hot rods, but we have everything in between."

"WE GET ANYTHING FROM MODEL A'S RIGHT UP TO FERRARIS AND EVERYTHING IN BETWEEN."

The car show is open to anyone, and registration for the event will be at the Matlock Recreation Centre with a pancake breakfast at 9 a.m.

"They put on a beautiful pancake breakfast for us and then we have a 25-kilometre cruise, which takes you throughout cottage country and the lake front and there's a poker derby you can get involved in," said Hykawy.

The show and shine will go from 11 a.m. to 4 p.m. New this year will be a poker derby for the spectators in town.

"It's a walking poker derby so you just walk from different areas and we'll have a number of businesses set up and you just go and get your piece of paper stamped and then you get to come back and get your cards," explained Hykawy.



EXPRESS PHOTO SUBMITTED

Gimli Car Club and Chase Auto Body are expecting approximately 500 custom, classic and sports cars to line the streets for Cruisin' Gimli Beach on July 12.

The Gimli Car Club is also hosting mini-car shows in front of the Lakeview Resort every Wednesday night at 7 p.m. this summer.

"We tried this a couple years ago and it worked out really well. We'll just get as many members as we can out there just to show off their cars," said Hykawy. "We'll have about 10 or

12 cars outside the Lakeview Resort every Wednesday night for the summer."

Hykawy says the Gimli Car Club is still looking for volunteers for the car show to help with registration or to help with directing cars. If you're interested in volunteering, contact John Hykawy at 204-641-5444.

15th annual Gimli Film Festival seeking volunteers

By Lindsey Enns

The Gimli Film Festival is hoping to add a few more volunteers to their list willing to help out with their 15th annual event.

Organizers behind the popular summer film festival are once again gearing up to transform the lakeshore community of Gimli into a film lover's paradise for five days from July 22 to 26.

Although some volunteers have been signing up, they still need a few more to help make the event a success.

"We need lively volunteers to help make our festival a success," Emily Lair, the 2015 GFF logistics and volunteer co-ordinator said in a release last week. "Our volunteers will be involved at our box office, indoor screenings, free beach screenings and hospitality events."

Lair, who was also a former GFF volunteer, said being involved behind the scenes was a great experience for

"UNTIL YOU'VE SAT IN THE SAND AND WATCHED A MOVIE, YOU HAVEN'T EXPERIENCED GIMLI OR THE GFF."

her.

"Until you've sat in the sand and watched a movie, you haven't experienced Gimli or the GFF," she added.

This year the GFF has a new box office location at 77B First Avenue in Gimli, which will also double as the volunteer headquarters for the duration of the festival.

Those interested in volunteering can call the festival office at 204-642-8846 or visit gimlifilm.com.

Perks of being a volunteer include



EXPRESS FILE PHOTO

The Gimli Film Festival is hoping to recruit a few more volunteers for their upcoming 15th annual event from July 22 to 26.

flexible hours, access to films and festival events, a volunteer T-shirt and hospitality.

This year the GFF will be showcasing the best new films from Canada's

and Manitoba's most promising directors, along with a selection of features, documentaries and shorts from around the world.

Janice Filmon installed as Manitoba's new lieutenant governor

By Patricia Barrett

After she was sworn in as Manitoba's 25th lieutenant governor at the Manitoba Legislative Building, Janice Filmon spoke about milestones that shaped her life. She cited marriage, children, volunteer work — and even poetry.

"One of my favourite poems," she told family, friends, former lieutenant-governors and other dignitaries in the legislative assembly chamber, "is called *A Bag of Tools* by R. L. Sharpe."

Manitoba's second female lieutenant-governor recited the two-stanza poem, which alludes to life as a shapeless mass that can be fashioned into a stumbling block or a stepping stone.

Pearl McGonigle was Manitoba's first female lieutenant-governor. She served from 1981 to 1986.

"I choose to see life as a series of stepping stones," said Filmon, a recipient of the Order of Manitoba and of the Order Canada. "I am thankful for each one of them in my life." Each challenge she said she faced allowed her to "grow and learn and teach and walk alongside others."

Her role as the Queen's Manitoba representative is to provide assent to all legislation passed by the government. She also swears in ministers invited to form government and serves as patron to a number of non-profit organizations. She spoke of her five-year appointment as having a "broad focus."

She said she will support and encourage youth to set leadership examples in the community through organizations such as Manitoba A.L.I.V.E. (A Leadership Initiative in Voluntary Efforts) and Leadership Winnipeg.

She arrived at the legislature with little fanfare, accompanied by her husband Gary Filmon, former premier of Manitoba (1988 to 1999), and her aide-de-camp. Premier Greg Selinger was outside to greet her.

The formal installation ceremony last Friday caught visitors from America by surprise.

Tamara and Todd (who preferred not to give their last name), along with their three children Erica, Greta and Jacob, had taken shelter from the downpour on the legislature's north portico and watched as former lieutenant-governor Philip Lee and his wife Anita made their way up the stairs and entered the building.

"We heard about it when we arrived," said Tamara, who grew up in Fort Richmond and has been living in Oregon for 19 years.

"We wanted to get into the legislature to look around," said Todd, as the 15-gun salute from the canons on the west lawn came to a close. It's their children's first time in Manitoba, and family had planned to wander the halls of the Beaux-Arts style building, constructed with Tyndall stone from Garson and replete with Masonic imagery, hieroglyphs and a bust of Medusa.

The freedoms we enjoy in Canada did not go unnoticed by Tamara, who also lived in Winnipeg's Maples neighbourhood.

"It's amazing," she said. "I love the approachability — that we can just be standing here while they arrive."

Inside the legislative chamber, Filmon recited her oaths on a Bible she inherited from her family and



EXPRESS PHOTOS BY PATRICIA BARRETT

Janice and Gary Filmon were greeted upon their arrival at the legislature last Friday prior to Janice being sworn in as Manitoba's 25th lieutenant-governor.

told assembled guests how grateful she is for the trust and confidence placed in her.

"What a special feeling it was just moments ago," said Filmon, who sits on the board of the Cancer-Care Manitoba Foundation, "to swear the oath of allegiance and the oath of office on a family Bible dated 1895 that was brought from England and passed on to me by my maternal grandmother."

Shelly Glover, speaking on behalf of the Government of Canada, said the prime minister was especially proud to recommend Filmon for her "lifetime of service to Manitoba."

"The prime minister considers her a champion in very many ways," said Glover, MP for Saint Boniface and Minister of Canadian Heritage and Official Languages, "especially in health care and education here in Manitoba."

A few members of the Royal Canadian Air Force's 17 Wing watched Filmon's televised ceremony from a public area near the grand staircase. One of the band members explained

that the viceregal salute (which forms part of the official ceremony) is a combined musical arrangement of *God Save the Queen* and *O Canada*.

"We always play that when a new lieutenant-governor is appointed," said one band member.

Inside the chamber, Premier Greg Selinger offered his congratulations, first in French then in English.

"I think I speak for all of us," he said, "when I can say that Mrs. Filmon will do an excellent job representing Her Majesty as lieutenant-governor of our province."

Selinger also thanked former lieutenant-governor Philip Lee and his wife Anita for "leaving behind a wonderful legacy to build on."

A vocal group called Prodigy, made up of students from Miles Macdonnell Collegiate, sang from the visitor's gallery. "That was beautiful," said Filmon,



Outgoing lieutenant-governor Philip Lee received a 15-gun salute during a formal ceremony.

who is a former social worker. "Young voices, saying so much."

She spoke about the importance of family, thanking her husband for a marriage that "deepened and strengthened over our nearly 52 years" and her children who "gifted us with nine unique and wonderful baby grands."

Filmon, wearing an elegant navy blue skirt and blazer, emerged from the chamber and headed to the main floor to inspect the guard of honour, assembled at the foot of the grand staircase.

Afterwards, she and her husband climbed the stairs and mingled with hundreds of guests in the legislature's second-floor rotunda.

Visit the Lieutenant Governor of Manitoba's website at www.manitobalg.ca for a full list of duties, protocol and a calendar of upcoming events.

**"I CHOOSE
TO SEE LIFE
AS A SERIES
OF STEPPING
STONES."**



Mural painting

EXPRESS PHOTO SUBMITTED BY RACHEL ORBANSKI
Arborg Collegiate Institute student Brenna Klym brightens up hallways of the high school with her mural painting last week.



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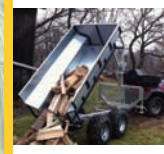
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JUNE 30th.
At the GIMLI HARBOR

Live Music
With Adam T Elvis
7:30 PM - 10:30 PM
Fireworks
11:00 PM
(Rain Date: July 1st.)



ENTER TO WIN!
1 of 2 Kids Bikes
* Must be 12 years
or under
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at the draw
* Draw at 3:00 PM
at the Park

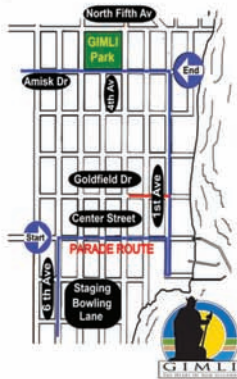
Canada Day Parade

July 1st
at
11:00 AM
to
11:45 AM

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Games
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Parade
Prizes and More!

JULY 1st.
At the GIMLI PARK

Kiwanis Pancake Breakfast
8:00 AM - 10:30 AM
Canada Day Ceremony
12:00 PM - 12:30 PM
Ukrainian Dancers
12:30 PM - 1:00 PM
Gimli's Got Talent Show
1:00 PM - 2:30 PM
The Rock Pickers
2:30 PM - 3:00 PM



Canada Day July 1st, 2015

Events at Centennial Park Rain Location Riverton Memorial Arena

Riverton Memeorial Arena Pancake Breakfast

8:30 - 11:00 am Riverton Clinic Parking Lot

Riverton Elks Kids Fishing Derby

9:00 am - 12:00 pm at the Government Dock! Prizes at Centennial Park!

Ralph Tanchuk Caricaturist

\$10.00 per Drawing 10 am - 4 pm

Emily Nordal Henna Tattoos & Face Painting

\$10 small or \$20 Large & Facing Painting \$45 10 am - 4 pm

Petting Zoo

The Other Place Parking Lot 10 am - 3 pm

RDRC BBQ 11 am - 3 pm Outside D&T's

Grad 2016 Road Hockey Tournament starts at 1 pm

1:00 pm Riverton Memorial Arena Contact Mikayla Einarson 204-641-0536

Dylan Furgala 204-378-0501 or Devin Sigurdson 204-378-0620

Children Games RBPRC Staff 10am-4 pm

10:00 am and again after Parade, RBPRC & RDRC Staff.

Zumba Demo by Desarae Bilinski!

Happy Canada Day Cake, Coffee and Drinks

12:00 Everyone Welcome!

Canada Day Parade

2:00 pm, starting at RCI, North of Main Street,
west on Reggie Leach Drive and ends at Centennial Parks!

Djorfung Ladies Aid Steak Barbeque

4:00 pm - 6 pm, who doesn't love a steak dinner?

Fireworks Display at Riverton Collegiate 10:30 pm

Sponsored by Riverton & District
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Battling bad with beauty to fund girls' education

Arborg student raises over \$2,000 for the Malala Fund

By Marney Blunt

At only eight years old, Alliana Rempel is already a young philanthropist working to make a difference in the world.

After six months of fundraising, Rempel has raised \$2,075 for the Malala Fund and is already planning out her next fundraising goal.

This fall, Rempel read Malala Yousafzai's book, *I Am Malala*, and it inspired her to do her part in supporting the cause. In January, she began raising money for the Malala Fund, a non-profit organization aims to help young girls go to school and make education more accessible to them.

Malala Yousafzai is a 17-year-old Pakistani girl who was shot by the Taliban in 2012 for standing up for women's education rights.

Rempel, a Grade 3 student at Arborg Early Middle School (AEMS), started a fundraising campaign called Battle the Bad with Beauty to raise money for the Malala Fund by selling art prints and stickers of a vibrant picture she drew of a butterfly.

"It's going to help girls be able to go to school," said Rempel.

Rempel set up shop at her family's garage sale, the AEMS garage sale, at church and sold some online through her website, battlebadwithbeauty.wix.com/battlebadwithbeauty.



EXPRESS PHOTO BY MARNEY BLUNT

Alliana Rempel, 8, with her art prints and stickers of her butterfly drawing which she sold to raise \$2,075 for the Malala Fund.

This project has been made possible by the Government of Canada. Ce projet a été rendu possible grâce au gouvernement du Canada.

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JULY 1ST, 2015

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[wix.com/battlebadwithbeauty](http://battlebadwithbeauty.wix.com/battlebadwithbeauty). Rempel's five-year-old brother, Elijah, also helped out by selling prints of his drawing of a forest with the word "hope" written in it.

Now that Rempel has exceeded her goal of raising \$2,000, she is already setting goals for her next philanthropic venture.

"I just know that by the end of next year, I want to raise at least \$2,400 more, which means that would send four girls to school for 12 years," said Rempel, who had done some research with her mother and figured out that it costs \$50 a year to send a girl to school.

Rempel will be continuing to fundraise over the summer.

"I'm going to continue selling the prints but I want to add more stuff and do it during the summer," she said. "We will probably print more butterfly pictures and then I might do some other stuff too. I thought I could sell lemonade or sell snacks or sell little things like maybe do face painting or nails."

Rempel also says that she want to collect school supplies over the summer and send them to children that need supplies.

For more information on the Malala Fund, visit malalafund.org.

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New Winnipeg Beach gallery rediscovers lost art

Bulrushes Gallery opened near Winnipeg Beach

By Marney Blunt

Tim Wall and Don Rogers have been collecting art for the past 20 years, always keeping in mind that they would one day like to own and run their own art gallery.

And on June 4, that goal became a reality as the couple opened Bulrushes Gallery at their home just outside of Winnipeg Beach.

Bulrushes Gallery features a collection of lost and forgotten art that has been rediscovered for people to enjoy.

The art gallery offers a variety of rediscovered paintings, drawings and prints that cover many different styles including modern, traditional, mid-century and contemporary.

"The collection is quite diverse. We try to have something for everyone, whether your taste is abstract and modern to something more traditional," said Wall.

While much of the art is by well-known Canadian artists, and a few American and European, some of the gallery also features work by local artists. The gallery also has jewelry by a local designer and an entire table filled with pottery by an artist from Amisk Lake, near Flin Flon.

"Part of the process she includes minerals from the lakeshores up there, which gives it sort of a sparkle. She's the new potter, and the rest of the pottery is a lot of West German and some local artists," said Rogers.

Rogers and Wall worked on changing their garage into an art gallery over the winter, and they also made sure that much of the gallery itself was also repurposed. They used repurposed lumber for the shelves, tables and counters and they used old lights from a warehouse.

"We're trying to give a bit of a rustic feel, a country feel. We want it to be relaxed, not like a stuffy uptight gallery," said Wall.

"Everything is, we hope, relaxed and country, and folks can come out here and just enjoy themselves," added Rogers.

In addition to giving the gallery a relaxed country feel, Wall and Rogers are ensuring the gallery is also affordable.

"Tim is the real expert on art. He researches every picture we get for artists and there's a story with them all," said Rogers. "Some of them have an estimated value on, and that's what they're selling for in other galleries and the price we're putting on is probably half of that. We want it to be affordable art."

As an example, one of the prints at the gallery is estimated at \$1,200. Bulrushes Gallery is selling it for \$550.

"We want to make art accessible. Most people can't go into a gallery and spend \$3,000 to \$5,000 on a painting," said Wall.

The art gallery is a retirement project for Wall and Rogers. After years of working in the government, Rogers retired as the national president for the Canada Employment and Immigration Union in September. Wall retired from working as the director of counselling at Clinic Community Health Centre at the end of March. Both say running Bulrushes Gallery will be a nice change of pace.

"This is so far from what we did as a career. Now it's time for fun. This is our retirement thing," said Rogers.

"This has been a labour of love. It really has been, and we're just really set to spend our time doing something we both really enjoy now and sharing



EXPRESS PHOTO BY MARNEY BLUNT

Tim Wall, co-owner, stands in the new Bulrushes Gallery near Winnipeg Beach. The art gallery offers rediscovered paintings, prints, drawings and more.

"WE TRY TO HAVE SOMETHING FOR EVERYONE, WHETHER YOUR TASTE IS ABSTRACT AND MODERN TO SOMETHING MORE TRADITIONAL."

it with people too."

Bulrushes Gallery is located at 801 Kernstead Rd. and is open Thursday to Saturday from noon to 5 p.m. For more information, visit bulrushesgallery.ca or send them an email at bulrushes@mymts.net.



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Light-moving sheep challenge stock dogs at the Red River Ex

By Patricia Barrett

They've got only four minutes to move three sheep between barrels, make a figure eight around the dog handler then take them through a long chute and into a pen.

And "light-moving" sheep can pose a real challenge to border collies — and their handlers — as far as time and points are concerned.

But on Day 2 of the three-day Annual Continental Stock Dog Championship at the Red River Exhibition, Kaelene Forsyth of Eriksdale was cool and collected. That's part of her competitive strategy.

Her dog Liz, on the other hand, was raring to go. She couldn't take her eyes off the other dogs and their handlers competing for the \$10,000 prize.

"They tend to know when you're frustrated," said Forsyth, in reference to the three border collies she brought to the third annual championship. "And they can read your body language."

The 26-year-old stock dog trainer said she uses a whistle to give commands because it doesn't betray emotion.

"Liz will pick up on your feelings," said Forsyth, who just graduated from Red River College in Winnipeg with a diploma in medical X-ray technology. "Then she'll take her time and won't run with heart."

Forsyth also uses voice commands. It was easy to tell by her tone that she has a lot of love and respect for her dogs.

"They're like my kids," said Forsyth, who won the open championship with Liz at the National Cattledog Association Finals in Steamboat Springs, Col., a few weeks ago. "I bottle-fed Liz." Liz's half-sister Lexi and her mother Gypsy also ran in Saturday's sheep competition.

Strategy can only take a handler so far. A lot depends on your dog and your sheep.

"You get good sheep, bad sheep," said Steven Rosvold, who had also competed in Steamboat Springs with his dog Belle and won the nursery (inexperi-



EXPRESS PHOTO BY PATRICIA BARRETT
Eriksdale's Kaelene Forsyth finished in the Top 10 with her dog Lexi at the Continental Stock Dog Championship during the Red River Exhibition last weekend.

enced dogs) championship. "Or your dog has a bad day."

It might not be obvious when a dog is having a bad sheep day, but their trainers can tell. "If she's twitching one ear," said Rosvold, who has a sheep and cattle ranch in Ethelbert, Man., "she'll go in fast and blow you off." Not today, though: Belle earned her master the maximum 21 points.

Herding dogs do more than compete — they're working animals. They help farmers move cattle and sheep between fields or field and barn. They use eye contact and body position to shift stock, which are considered humane ways of handling livestock.

The competitors are given sheep that aren't accustomed to dogs in order to test the dog's mastery, mettle and self-control.

"That makes it harder to steer them," said Wayne

Hadley-Roberts, who also travelled from Alberta and raises cattle and sheep. He drove 14 hours with his dogs Drift and Mick to compete at the Ex.

It took 100 sheep (they're used only once) to put the 32 dogs and their handlers through their paces. Most, if not all of them, were ewes (females).

Once the dogs herd the sheep around the barrels, they move them through an open-ended chute and back onto the field. It's then that the dog handler can move from the "handler's post" and open the pen gate, which marks the last stage of the trial. The object is to drive the sheep into the pen.

Like all competitive athletes, dogs need to cool their heels after a good run. The sheep seem barely out of breath, but the dogs — which zigzag this way and that, screech to a sudden halt then accelerate almost as fast as a Maserati — come off the course panting. They head straight for a blue plastic swimming pool filled with cold water that the handlers set up beside the viewing stands.

Because the temperature Saturday reached the mid-20s, Forsyth made sure her dogs got a thorough soaking.

I was born into it on the ranch," said Forsyth, referring to her passion for working with stock dogs. In 2013, she took home the \$10,000 grand prize at the 2013 World Stock Dog Championship at the Calgary Stampede.

On Sunday, Forsyth and her girls went "looking into the mouth of the pen," to borrow the announcer's turn of phrase.

She and Gypsy made it into the Top 10 then took the lead going into the finals. But they conceded first place to Jared Epp (Sask.) and his dog Bryn. Jimmy Walker and his dog Pippa (Texas) won reserve (second).

The Manitoba Stock Dog Association website at www.manitobastockdog.ca has a full list of the rules that apply to competitions.

A helping hand for the Healing Garden

By Marney Blunt

Three students from Dr. George Johnson Middle School have been selling bracelets to raise money for local initiatives, and they're doing it all on their own.

Grade 6 students Shayne Sveinson, Lexy Sorokowski and Signy Goodman learn about social justice in Pamela Einarson's social studies class, but the girls took it to the next level when they decided to start fundraising for local causes on their own time.

The three girls started making bright-coloured bracelets and selling them.

"We made lots of bracelets. We have our own bracelet club when it's cold outside," said Sorokowski.

The girls raised \$170 through selling their bracelets, some of which they donated to the Gimli Humane Society.

Last week, the girls presented a \$90 cheque for the Healing Garden at the Gimli Community Health Centre. The Healing Garden is a courtyard in the middle of the hospital where patients or visitors can go outside to sit in the sun or get a breath of fresh air.

"It's special and it'll help people a lot," said Sveinson when asked why they chose the Healing Garden as a cause to donate to.

Einarson says she couldn't have been more proud of her students for starting this initiative on their own time outside of the classroom.



EXPRESS PHOTO BY MARNEY BLUNT
Dr. George Johnson Middle school students present a cheque to the Gimli Healing Garden. Pictured, (left to right) Shayne Sveinson; Lexy Sorokowski; Alexis Synder of the Healing Garden; Pamela Einarson, teacher at Dr. George Johnson; and Signy Goodman.

Centennial celebration for Polson's Ukrainian descendants

By Patricia Barrett

It didn't matter that they found the Polson soil riddled with stones once they cleared the trees from the land. They settled in and made life good for their Canadian-born children.

And 100 years later, the descendants of Ukrainian settlers John Chrapchynski and Maria Oleksiw gathered in the small community to honour them.

"They worked their fingers to the bone," said Edward Chrapchynski, who is John and Maria's grandson. He acted as host for the 100-plus family gathering at the Polson Community Club two weeks ago.

In 1915 his grandparents bought 160 acres of land from the Canadian government for \$10. The government needed immigrant labour to clear heavily forested land and lay down farms in the Interlake.

"They wanted this country developed," said Edward, who grew up on the homestead about five kilometres from the club.

But rather than offer financial assistance or farm equipment to Canada's new cultivators, the government kept tabs on them, said Edward. They didn't want settlers "loafing around." The sight of an inspector trotting up the lane once a year was part of the homestead experience. If John and Maria hadn't built a house and cleared trees from at least five acres of land in their first year, they would have lost their new home.

They made that quota and later, with the help of their eight children, created more arable land. The excess wood kept Winnipeggers warm in winter.

"My dad [Nicholas] hauled it by horse and sleigh 10 miles to Komarno," said Edward, who now lives in St. Andrews. "He got \$1.50 a cord." The train from Komarno (the reputed mosquito capital of Canada) carried it to the city.

Edward's dad bought the farm in 1945, and John moved to a home nearby. But John visited the homestead two to three times a week. Edward said he would steal away to be with his grandfather, leaving his dad to work the fields or tend to the cattle.

"We just walked around the farm," said Edward, who was eight when his grandfather died in 1958.

As scores of descendants crowded the club's foyer to examine the photographic homage to John and Maria's defining moments in Polson — and others inside the hall eyed the banquet table piled high with coleslaw, cucumber salad, sausages and enough dainties to stock a bakery — Edward took to the stage to give thanks to his grandparents.

"What were they thinking about



Victoria Fedorowich (nee Chrapchynski), the last surviving child of original settlers John and Maria.

coming here?" he said. "When I drove out here, I was thinking, 'What were they doing on June 14, 1915? Were they having a party or chopping a tree?'"

He told them he still comes out to Polson to pick mushrooms. "Everything still looks the same. I know where the barn was and the milk house."

And he remembers the dirt road to Komarno that became a mudbath whenever it rained.

"I dropped my bike at the side of the road and walked the rest of the way," laughed Edward. He retrieved it a few days later when the road dried.

Victoria Fedorowich, Edward's 93-year-old aunt and only surviving child of John and Maria, remembers the long walk to school in winter and how her parents would sometimes take her and her siblings by horse and sleigh if the weather got too bad.

"I can't talk about the memories anymore," said Victoria, who worked at the Paulin-Chambers Biscuit Company in Winnipeg for 25 years and still lives in the city, "because all my brothers and sisters are gone."

She and her nephews took turns at the microphone, thanking John and Maria for making a good home for them, one they might not have had in Galicia (eastern Europe), which was experiencing economic and political upheaval.

"We should give thanks to the souls of the departed who came here to this land," said Victoria, who is the youngest of John and Maria's children.

Edward noted his grandparents' perseverance in an area not exactly conducive to easy living. "The land was swampy and there were a million mosquitoes," he said.

Conditions haven't changed much. There's a bit of a hag in the field be-



EXPRESS PHOTOS BY PATRICIA BARRETT
Alex (left) and Edward Chrapchynski in front of Polson Church.

side the community club. Mosquitoes buzz around, kept partially at bay by smoke from the barbecue on the patio.

Some family members wandered over to Exaltation of the Holy Cross, a dazzling white clap-board church next to the club, where a celebration is held once a year in autumn. The community blesses the graves and hosts a dinner. "This celebration is called Praznik. In the English language, Feast," said Edward's wife, Vivian.

Others walked a little farther down the gravel road to the Polson Cemetery where John and Maria and Edward's parents are buried.

Edward's elder brother sought the shade of a tree. "This brings back memories," said 78-year-old Alex Chrapchynski, who was 14 when he left the homestead for Winnipeg to find work. "You meet all the relatives. There's a younger group and a younger group, and you have to figure it out."

After working a number of different jobs, including one in a Point Douglas (Winnipeg) paper mill, Alex bought a farm in Teulon and raised cattle for auction. He now lives in Selkirk.

Angela Birt, John's great-granddaughter, researched the family tree, combing through homestead reports, cemetery transcripts and passenger lists.

"They got the scrub and the bush because the good land was taken in southern Manitoba," said Angela. "But they got the wood and made money off the land."

When John applied for naturalization in 1920, an RCMP officer was sent from the Hodgson detachment to "interview" him. "What was his attitude towards Bolsheviks? they asked," said Angela, who works for Agriculture Canada.

The historical record may be imperfect as far as revealing the minutiae of John and Maria's daily life, but their descendants hold in collective memory moments of joy punctuated by moments of sorrow.

Maria died at the age of 43 after falling from a chair and striking her head on the wood stove. Her daughter Victoria was six. Decades later, a fire razed the farmhouse.

That spelt the end of The Chrapchynski homestead, said Edward. His father sold the land to a neighbour.

The homestead is a grassy expanse now but alive with the sounds of new settlers — cattle. And every time Edward comes to Polson to pick mushrooms or cut the grass in the cemetery, he said memories of what his life was like when he was a little boy spring to life.

Another successful tour of WIWCD projects for board members

By Jeff Ward

Building off of the positive feedback from last year's tour, the West Interlake Watershed Conservation District (WIWCD) held another tour for its board members last week.

Ten board members toured 15 different project sites from Eriksdale to St. Martin with very positive feedback.

"The board members who came figured that every single member should be involved in these tours because of the value," said Linda Miller, Manager of the WIWCD.

"It was a long day but we had some good discussion and it's good for our members to see with their own eyes what we're doing out here. We all sit at these meetings and talk about these projects, but now that they've seen for themselves, it makes the job easier. And they see the value we're providing."

"WE ALL SIT AT THESE MEETINGS AND TALK ABOUT THESE PROJECTS, BUT NOW THAT THEY'VE SEEN FOR THEMSELVES, IT MAKES THE JOB EASIER."

The group visited sites that had projects like winter off-site watering, which assists landowners in relocating winter-feeding sites of livestock away from main water sources, and well sealing, which closes off old or contaminated wells and even forage seed assistance where the WIWCD will pay for all or a portion of the seed costs for forages sown on erosion-prone or previously flooded land.

The WIWCD is involved in some very important work that keeps the water system healthy in an area that's nearly 7,000 square kilometres. The way watersheds work is hierarchical, with other watersheds draining into WIWCD territory and that watershed draining into another. So while they maintain the health of their area, they



PICTURE SUPPLIED BY LINDA MILLER

WIWCD board members toured the district so they could see the projects they help create first hand. Pictured from left to right: Wayne Yule, George Hamilton, Brian Sigfusson, Bill Rudy, Neil Brandstrom, John Stefanson, Henry Rosing, Dan Meisner, Caron Clarke and Patrick Watson.

are also contributing to a healthier system overall.

The WIWCD will be introducing an exciting new program later this year that will help fund the replacement of trees lost on flooded land. The WIWCD will pay for the first 25 trees,

and all landowners have to do is plant within the boundaries of the district. The WIWCD will be partnering with Sabados Greenhouse in Lundar and applications for this new project will be available in August.

Learning centre offering tourism training course

By Austin Grabish

A new program at the Selkirk and District Community Learning Centre is giving workers the knowledge they need to be proper tourism ambassadors for the City of Selkirk and surrounding communities.

The centre launched its new tourism ambassador training program by offering the first of four classes on Tuesday.

The program will teach skills around tourism, customer service, hospitality and computers.

The program's manager Karen Keppler said their goal is to give employees the skills they need to be tourism ambassadors so when visitors roll through their workplaces, they can give directions and proper customer service.

"The whole idea is to have a real welcome feel," Keppler said. "The idea is that everyone in Selkirk pulls together as a team and in the Interlake as well."

Gas jockeys, retail employees and high school students are all being encouraged to sign up for the program.

Keppler said a pilot program that wrapped up last year at the Gaynor Family Regional Library showed the need for the program.

She said more tourists are visiting Manitoba due to new attractions like the Canadian Museum for Human Rights, and it's crucial for business that tourists are treated well when they venture outside the perimeter.

"The more tourists that come through, the more money gets left in whatever area they're going through," Keppler said.

The program has four three-hour modules with a cost of \$99 each, but students can pick and choose which classes they want to take or complete the whole program.

A tourism professional will teach the program and students will learn in small classes with a cap of six people, Keppler said.

Program supervisor Jasmine Paluk said it's exciting the course is finally being offered.

"It'll be great to see it actually take off and have people in the classroom," Paluk said.

Selkirk Biz executive director Sheri Skalesky said the course will help businesses enhance the service they give to tourists as well as current customers.

"That will go a long way in providing a great first impression to our community and also inspire those visitors to



EXPRESS PHOTO BY AUSTIN GRABISH

Karen Keppler (left) and Jasmine Paluk have designed a new tourism ambassador program that they hope will give workers and students the know-how they need to be good ambassadors of Selkirk and the surrounding areas.

share with others their great experience that they have here when they're visiting the area," Skalesky said.

The first class on customer service was taught on Tuesday and the plan is

to offer that and the other three classes once a month.

Anyone interested in registering can contact the learning centre by calling 204-482-2111.

Manitoba filmmaker shopping Interlake TV series in France

By Jeff Ward

Steve Payne is hoping to secure a production deal for his television series *Ice Wars* and create a 10-episode run about the fishing industry in St. Laurent.

Sunny Side of the Doc is an annual conference where delegates from every country meet and try to sell their series to potential producers and financiers in hopes to bring their vision to life.

"It's a very exciting time right now because I know we have a great concept and a great series, so this is our chance," said Payne, owner of Totem Studios and director of *Ice Wars*.

"I'm leaving for France later today and I'm really excited about the opportunity. I scheduled meetings with people for literally every minute I'm there."

Payne was elected to go by On Screen Manitoba and knows that the competition will be high during the four-day conference, which takes place in La Rochelle, France. *Ice Wars* is current-

ly being worked on in a pilot format with the principal filming finished in March of this year.

Payne explained that one of the biggest concerns potential producers have is financing. It's an expensive job to create a television series, and even a low-budget production like *Ice Wars* costs \$500,000 for 10 episodes. Payne has an advantage that not many other filmmakers have, though.

"WE CAN ACCOUNT FOR 30 TO 60 PER CENT OF OUR BUDGET BEFORE WE EVEN START SHOOTING BECAUSE OF THAT CREDIT."

"The Manitoba Film Tax Credit is still a huge advantage for us. We can account for 30 to 60 per cent of our budget before we even start shooting because of that credit. That credit is going to be something for us to lean on and I think it'll attract some attention."

Once the conference is finished, Payne and his partner Scott McKay will continue production on the pilot episode of *Ice Wars* and hopefully go to Toronto and Vancouver and meet with executives to make a deal.

Film and television are both a highly collaborative effort, and it's common to have two or more producers on one



EXPRESS FILE PHOTO

Steve Payne is hoping to secure a production deal for his television series *Ice Wars* and create a 10-episode run about the fishing industry on Lake Manitoba at the annual conference Sunny Side of the Doc.

project covering the costs.

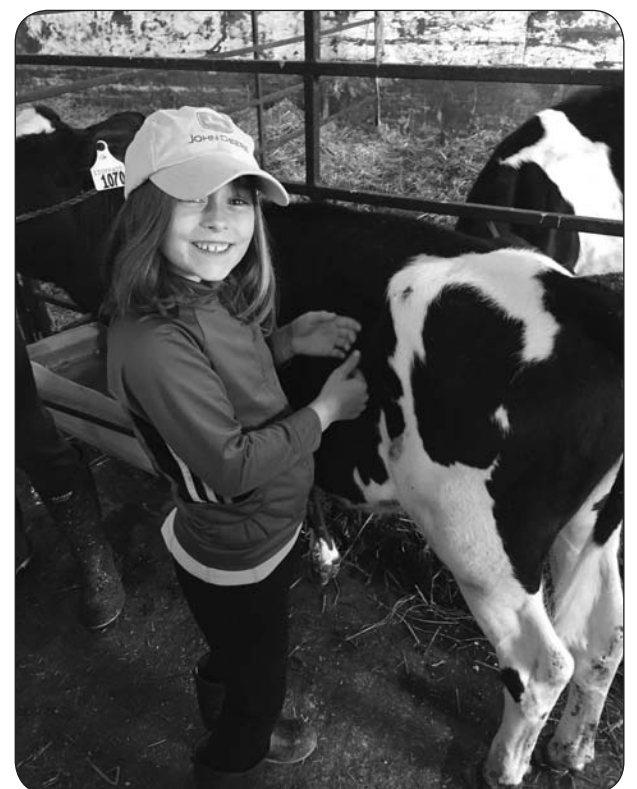
Payne is excited for the future of the series and hopes to be able to show off the Interlake community on the world stage and showcase the hardworking nature of its people. He also wants to show off the rich culture of the area of St. Laurent.

"I think that's one of the more inter-

esting aspects to the show is the culture and I want to show that off. It's been such a great experience working in that community. I just can't say enough good things about the St. Laurent community and the RM."

The conference takes place from June 22 to 25.

Gimli students take the classroom to the farm



EXPRESS PHOTOS SUBMITTED BY LISA MICHALUK

The Grade 1 and 2 classes at Sigurbjorg Stefansson Early School made their annual field trip to Mission Trail Farms last Thursday. The students toured the farm, petted the animals, learned about milking cows and enjoyed a treat of cookies and milk. This is the 10th year Sigurbjorg Stefansson students have visited the fifth-generation farm. Pictured right, Peyton Toomey visits with a calf on the dairy farm.

Weave your way through the Interlake Quilt Barn Trail

Interlake Tourism Association and Arborg Ag Society launch year-round tourism attraction

By Marney Blunt

Summertime is the perfect time to take a drive through the Interlake to enjoy the picturesque scenery of the region. And now, the Interlake Tourism Association (ITA) and the Arborg Ag Society have developed a new trail that you can follow while touring through the beautiful countryside.

The Arborg Ag Society and the ITA recently received a \$3,500 grant from Manitoba Tourism, Culture, Heritage, Sport and Consumer Protection for the Interlake Barn Quilt Trail, the latest year-round tourism attraction in the Interlake.

"That will cover some of the supplies. It will cover some of the advertising and the website and that sort of thing," said Janice Skene of the Arborg Ag Society. Skene is currently painting her own barn quilt that she will be putting up in her yard.

"Everybody that hears about it is pretty excited. It's going to be an attraction because people will come and they'll start seeing them and they'll follow them through (the Interlake)," said Skene, who added that there are already a few barn quilts up in Matlock and Ponemah.

Putting needle to fabric doesn't make a barn quilt but instead quilt blocks are painted onto pieces of wood and hung on barns or outdoor buildings. Now that the Interlake Barn Quilt Trail has received a government grant, a few barn quilts have already been painted in anticipation of the launch this summer.

"We're just starting it. Our launch will be probably sometime in July," said Skene, adding that they plan on

having several barn quilts on display at the annual Arborg Ag Society Rodeo & Fair July 17-14.

"We're hoping at least eight, maybe more, and then after that we'll mount the one on one of the big red barn and the Arborg & District Multicultural Heritage Village. It will be on the east side. That will sort of be our official launch."

Skene says she and Donna Kerns of the Interlake Artists WAVE Studio Tour got the inspiration to start a quilt barn trail after seeing them in the United States.

"Donna came back (from the States) and painted hers and we started talking about a barn quilt trail," said Skene. "Last we heard, there's 48 states and Manitoba is the sixth province to develop these trails. There are trails in PEI, Nova Scotia, Ontario, Alberta and B.C."

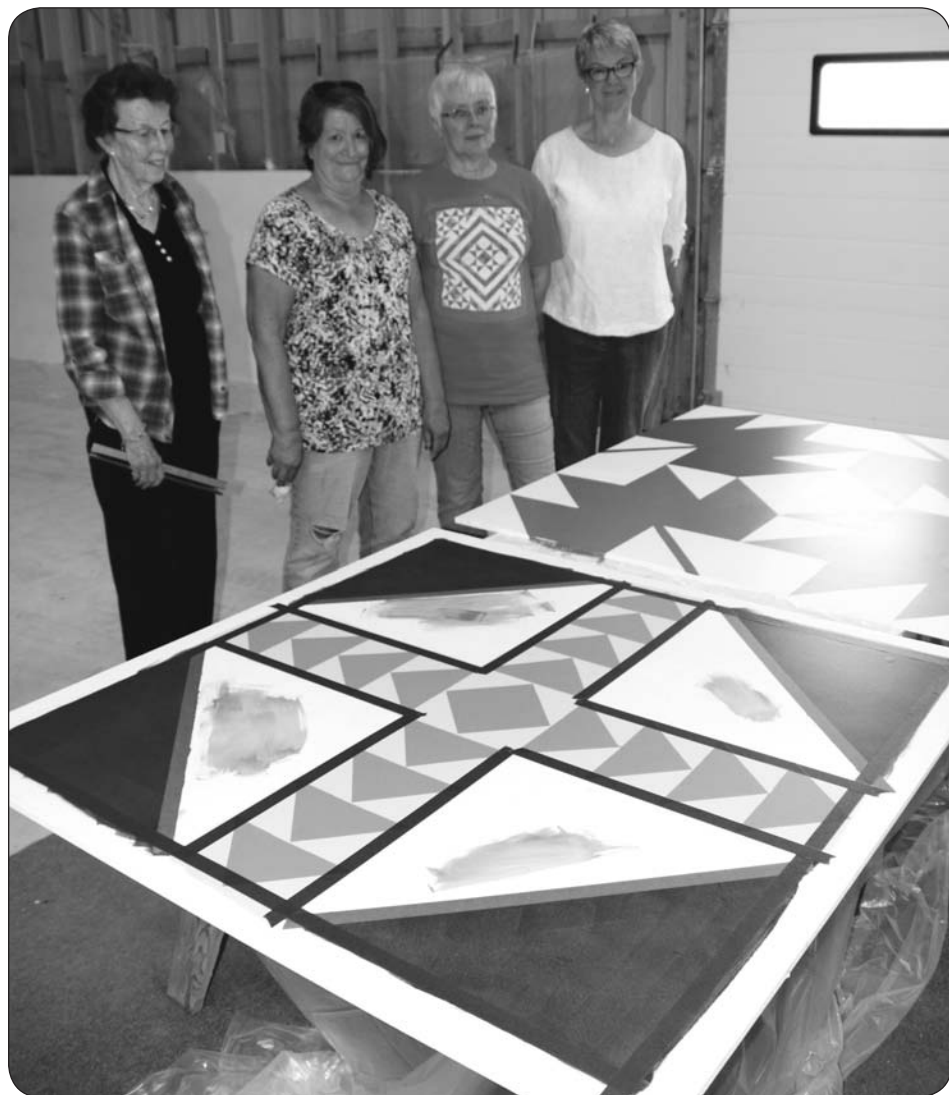
Skene added that you don't necessarily have to put the barn quilts on a barn, as she is putting hers up in her yard and Kerns is putting hers up on her shed. However, the barn quilts should be visible from the road.

"The colours you want to be quite vibrant," she added.

The quilt trail committee hopes to have about 15 barn quilts up by the time the snow flies. Once the trail is complete, the committee will publish a brochure to map out each of the barn quilts and give a little history on each piece.

"It's a tourism thing. It's meant to attract people that like to look at buildings and like to travel and looked at quilts," said Skene.

The quilt barn committee will be raffling off one of their barn quilts at the



EXPRESS PHOTO BY MARNEY BUNT

(Left to right) Isabel Napp, Bonnie Dykes, Janice Skene and Donna Kerns paint some of the barn quilts that will be part of the Interlake Barn Quilt Trail.

Lakeside Quilt Show in August. They will also be raffling off a fabric quilt, with pictures of quilt barns, at the Arborg Ag Society Rodeo & Fair.

If you're interested in getting involved with the Interlake Barn Quilt Trail or for more information, contact Gail McDonald at 204-322-5378,

204-641-0024 or at interlaketourism@mymts.net. You can also contact Janice Skene at 204-376-2649, jskene@mymts.net or info@interlakebarnquilts.com. The committee will also be launching the website, interlakebarnquilts.com, in the next few months.

Summer Market open for business in Lundar

By Jeff Ward

There will be a new opportunity for Interlake residents to buy and sell items in Lundar starting this weekend, and the people behind the idea are hoping it becomes very popular.

The Lundar Summer Markets is a bi-weekly flea market that begins Saturday, June 27, next to the goose monument in Lundar.

"Myself and Diane Malcolm were thinking of ways to bring lots of people into town but also to be able to raise money for different causes in our community," said Jamie Ennis, the vendor co-ordinator for the summer markets.

"She had pitched the idea of doing a flea market, and we've seen the success of those in other communities. We're hoping it'll be successful in ours as well, but what makes us different is that because we're non-profit, the money we take in from selling table space will go to places we think need it most."

Ennis explains that while there are many fundraising boards in Lundar — Grettir Coop Inc, the Lundar Legion, the Lundar Museum, etc. — there are also many places that get lost in the shuffle and could use some help as well. When the summer markets are finished for the year, September long

weekend, the board will decide where the money goes.

There is already lots of interest from area residents and there will likely be more than 10 tables set up for the first day of business, if Ennis' estimates are correct.

"We're very excited for the weekend. We did start a little bit later than we wanted to this year, but with it being a new venture, it took a little time to get everything rolling. But so far, things have gone well."

There will be many handcrafted items on display at the market: baby blankets, jewelry, moccasins, baked goods and maybe even a few choice

preserves. There will also be some home businesses for things like Tupperware, Scentsy and Melaleuca.

Ennis hopes that not only will the vendors see a return on their time but that buyers will come and have a good time browsing the wares.

"Any opportunity we have to get out and enjoy a Saturday and socialize seems like a good way to spend the day to me," explains Ennis.

Each table costs \$10 and can be booked through Ennis by calling 204-762-5656. The summer markets are every second Saturday from 10 a.m. until 3 p.m.

Interlake healthy living champions recognized

Submitted

The Interlake-Eastern Regional Health Authority recognized individuals and organizations that have contributed to making the region a healthier place to live for residents recently.

Health promotion recognition awards recognize groups and/or projects that are contributing to Connecting People and Communities to Excellent Health Services - Today & Tomorrow. Besides recognizing the people who put the program in place, this award recognizes excellence in health promotion. Awards were presented at an evening banquet held in conjunction with the Healthy Living - Power of Prevention conference hosted in May in Gimli by Interlake-Eastern RHA. The RHA's CEO, Ron Van Denakker announced winners. Chairman of the board for Interlake-Eastern RHA, Oral Johnston, presented winners with their awards.

Winners of the 2015 Health Promotion Recognition Awards were:

Elaine Cormier, a community volunteer in the Whitemouth area who works closely with the community wellness and chronic disease team volunteering with cooking classes and exercise classes. Cormier is a Get Better Together facilitator and a trained active living facilitator. She applies her training to engage communities in wellness activities like a weekly exercise group for adults aged 50 and over.

The Interlake Women's Resource Centre was nominated in recognition of the organization's work in the community that is often unrecognized due to concern for client privacy.

Women and their children in the areas of Inwood/Teulon, Arborg, Fisher Branch, Riverton, Gimli and Winnipeg Beach/Matlock who have experienced domestic violence can access services at the centre. With the centre's support, these women and children get help in planning and implementing ongoing and long-term changes toward personal growth and increased independence.

The Lac du Bonnet food bank serves a significant portion of the region, including the LGD of Pinawa, the RM and town of Lac du Bonnet, Sagkeeng First Nation, Powerview-Pine Falls, Stead, Seven Sisters, Hadashville and Whitemouth. Last year the food bank provided food to 1,247 adults and 1,551 children. Not only are they helping people get enough to eat, they are working with Interlake-eastern RHA

dietitians to teach people how to cook healthier meals with the food bank food.

Springfield Connections is a free weekly mental health and wellness group that provides a welcoming and non-judgmental environment where people living with mental health concerns can access social support, information, resources and recovery based programs. Activities include games, crafts, outings, potlucks and workshops for cooking, exercise and nutrition. Judy Dunn accepted the award on behalf of Springfield Connections.

Wendy O'Neill was recognized for her efforts to set up, fund and run a healthy snack program at Brant-Arsgyle School. The program strives to build a community of kids who make healthy food choices and have energy to run, play and enjoy their day.

Liz Hogue and the Reviving the Past Men's Group bring together men in the Springfield area to help identify and restore artifacts for display at the local museum. The restoration work requires some physical exertion and it becomes an opportunity for social engagement among the men, an audience that is typically difficult to reach with regular wellness programming.

For information on free healthy living classes in a community near you, visit www.ierha.ca, click on "Care in Your Community" and "Community Wellness & Chronic Disease Prevention."

The Interlake Municipal Recreation Association also presented their Heart of the Community Recreation Awards in recognition of those who create outstanding recreational opportunities in their communities. Winners were:

Jacques Bertrand — for 16 years, Bertrand has supported St. Laurent youth recreational activities and he has actively promoted culture and heritage and contributed to the development of students' self-confidence.

Tracey Bjornson-Collins — a dance teacher for 34 years, Bjornson-Collins has invested a career in training students and entertaining residents in Riverton, Arborg and beyond with the recitals she organizes, the choreography she develops and the costumes she sews.

Inland Oceans Arts Alliance — (IOAA) works actively to encourage community members along Highway 6 and those in communities on the shores of Lake Manitoba to share and showcase their talents.

Sharon Letandre — Pinaymootang First Nation — Letandre is committed to maintaining and improving current



EXPRESS PHOTOS SUBMITTED

Tracey Bjornson-Collins accepts her Heart of the Community Award from Rod Cameron from the Interlake Municipal Recreation Association. Bjornson-Collins has been a dance teacher in the Interlake for 34 years.



Judy Nichol accepts her Heart of the Community Award from Rod Cameron from the Interlake Municipal Recreation Association. Nichol has been active in recreation in the Arborg area for years.

levels of recreation and also to developing new activities, which help to engage and increase the community's participation in an active lifestyle.

Larry Moore — a founding members of the Winnipeg Beach Community Centre, Moore has been part of recreation in Winnipeg Beach for over 45 years. He has invested countless hours of manpower to help build and

maintain the centre.

Judy Nichol — active in recreation in the Arborg area for years. Nichol was instrumental in organizing a local committee to construct a new running track at the high school and enhance the infield area for school and community use for sports like soccer, football, etc.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Impact extends winning streak to six games

By Brian Bowman

After going two weeks without playing a league game, one would think that the Interlake Impact would show some signs of rust.

Not a chance.

The local senior men's soccer club looked every bit like a first-place team after a solid 3-1 victory over Grant Mill Rangers FC on Saturday afternoon in north Winnipeg.

Caleb Loewen, Kyle Dueck and Benny Wiens scored for the Interlake in the win. Wiens' goal came in the second half on a free kick.

Grant Mill Rangers FC's goal came on a bit of a fluke after a corner kick slipped through the hands of Interlake goalkeeper Alexander Reimer as he jumped high in the air.

The Impact looked pretty good in just their second game this month.

"It's a little bit difficult to play after two weeks (off)," said Impact player/coach Dean Dueck. "We didn't get as many touches as I would have liked in that period but it was good to get the win against a good team."

With last Saturday's victory, Interlake is now a perfect 6-0 and led the Manitoba Major Soccer League's 7th Division standings heading into this past Tuesday's game against Wolverines FC (no score was available at press time).

"We've played some really good teams but if it's a close game, it's usually because we're playing down (to their level) and they're playing up," Dueck said. "We've had a very good season so far – it's been fun."

At press time, Interlake had scored their division's most goals (26) and given up the fewest (5). The Impact expects to be at the top of the divisional standings by season's end.

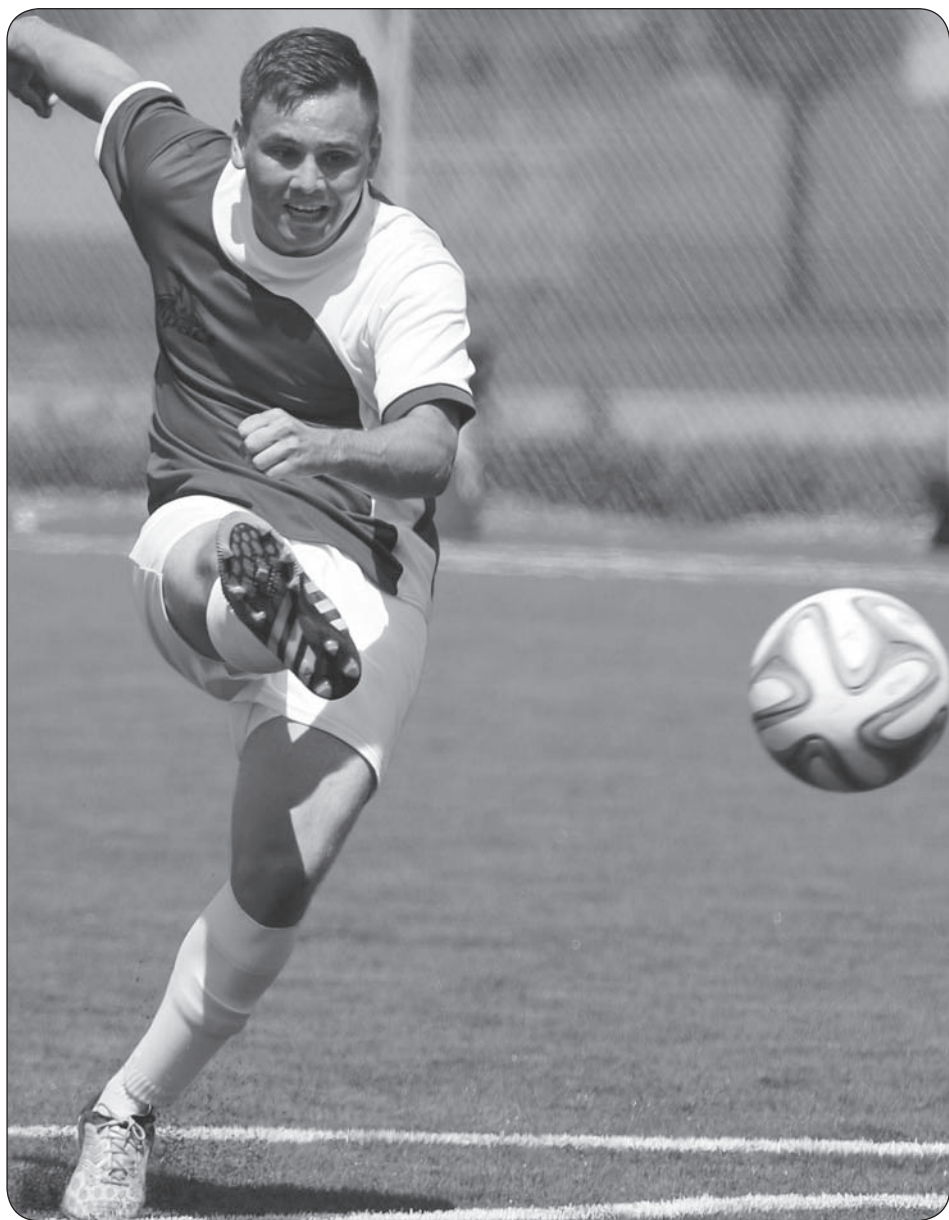
Traditionally a very good defensive team, the Impact has been showing their opposition a different aspect of their game this season. They have been scoring goals — and lots of them.

"We have a very solid defensive core and a very good goalie behind us," said Dueck. "But our offence is our biggest improvement over last year. We've pulled in a couple of new players and we have more leadership up front now than we did last year. Our striking ability has just skyrocketed, we're finishing a lot more and we're getting a lot more goals and a lot better looks."

Charles Howland, who has tremendous speed, leads the Impact with six goals, followed by Andrew Harder (five) and Wiens (five).

Interlake will play North Winnipeg United this Sunday at Shaughnessy Park. Game time is 6 p.m.

"WE HAVE A VERY SOLID DEFENSIVE CORE AND A VERY GOOD GOALIE BEHIND US."



EXPRESS PHOTO BY BRIAN BOWMAN

The Impact's Benny Wiens scored on this free kick during second-half action against Grant Mills Rangers FC Saturday in Winnipeg.

Arborg PeeWee team wins silver

EXPRESS PHOTO BY KAREN LEOCHKO

The Arborg PeeWee team captured silver at the Warren Ball tournament June 12 and 13. Arborg defeated Red River and Portage and lost to Stonewall during the round robin before losing 8-5 to Stonewall in the finals. Pictured back row, from left: Jeff Adair, Brandon Prus, Cadrack Dueck, Austin Adair, Zak Leochko, Tyson Baryliski, Keith Johnson; front row: Logan Pearce, Christopher Penner, Brenna Baryliski, Noah Johnson and Gracyn Melsted.



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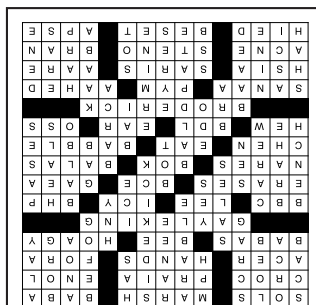
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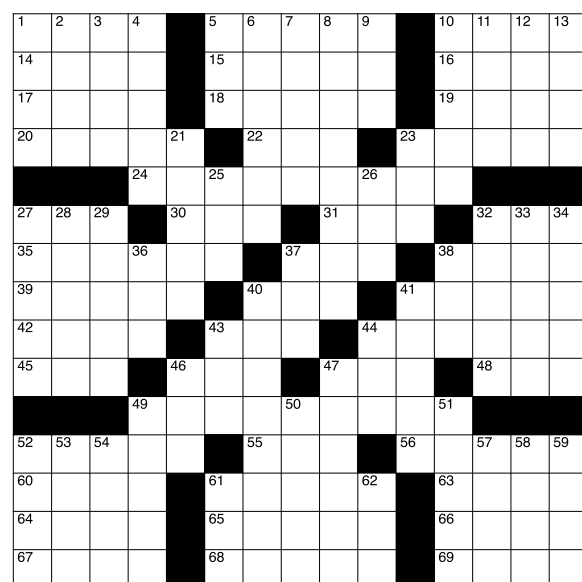


Crossword Answer

CROSSWORD

CLUES ACROSS

1. Suns
5. Bog
10. Woodcutter hero Ali
14. Aquatic reptile (abbr.)
15. Cape Verde capital
16. Chemical compounds
17. Maple genus
18. "All _____ on deck"
19. Roman public squares
20. Leavened rum cakes
22. Quilting gathering
23. Large hero sandwich
24. Oprah's BFF
27. London radio station
30. Downwind
31. Frosty
32. Brake horsepower
35. In a way, removes
37. Bridge-building degree
38. Mother of the Titans
39. Nostrils
40. _____ choy: Chinese cabbage
41. A.K.A. rose-red spinel
42. Blue goose genus
43. Take in solid food
44. Speak incoherently
45. Chop with an axe
46. Wrapped package (abbr.)
47. Auricle
48. Former CIA
49. Highway Patrol's Crawford
52. Yemen capital
55. John _____, Br. statesman (1584-1643)
56. Expressed pleasure
60. First Chinese dynasty
61. Indian dresses
63. Swiss river
64. Teen skin disease
65. Takes dictation
66. Husk of wheat
67. Went quickly
68. Stud with jewels
69. Recess



CLUES DOWN

1. Wound crust
2. Killer whale
3. Leopold & _____
4. Bony piece of meat
5. Speed measure (abbr.)
6. Productive land
7. Rajah's wife
8. Close companion
9. Possesses
10. Make less visible
11. Buffalo
12. Tennis player Bjorn
13. Mountain range in Kyrgyzstan
21. Gross revenue
23. Honey (abbr.)
25. Affirmative
26. Frozen water
27. Carpenter's work table
28. _____, Danish astronomer
29. 1977 AL MVP Rod
32. Italian Air Marshal Italo
33. Mends
34. Bullfighting maneuvers
36. 1/100 yen
37. Board of Trade
38. Idle talk
40. Hairless scalp
41. Hannibal's surname
43. Old Tokyo
44. Spoken in the Dali region
46. Women's undergarment
47. Weasel's winter fur
49. Blatted
50. Medieval circuit courts
51. Muslim shrine in Mecca
52. Former ruler of Iran
53. Fungal spore sacs
54. Baseball team #
57. Stringed instrument
58. Geological times
59. Sandy piece of seashore
61. Sino-Soviet block (abbr.)
62. Drunkard

Cottage Lots for Sale by SEALED Tender

The R.M. of Grahamdale invites SEALED tenders for the purchase of municipally owned cottage lots identified below. The lots are not occupied and the reserve bids are indicated below. Offers marked "TENDER" are to be submitted on or before **4:30 p.m. Friday, July 17, 2015** to the address noted below.

Legal Description	Civic Address	Location	Reserve Bid
15-1-49585	15 Little Steep Rock Road	Subdivision 3, Steep Rock, MB	\$29,400
4-3-49585	4 Lafarge Rd.	Subdivision 3, Steep Rock, MB	\$39,800
22-46115	22 Cottage Road North	Subdivision 2, Steep Rock, MB	\$32,000

The sale of property is subject to the following terms and conditions:

- New RTM vacation home installed or to have a vacation home substantially constructed on the lot within three years of the date of Purchase. Minimum main floor area shall be 1000 square feet in Subdivision 3 and 600 square feet in Subdivision 2. Substantially constructed means all of the following must be completed or installed: exterior walls, windows, doors, roof fully closed in, fresh water supply and minimum 1000 gallon CFA approved septic holding tank;
- Highest or any tender received may not necessarily be accepted;
- That possession and closing date shall be 10 days following acceptance by a resolution of Council of an offer;
- The cottage lots are sold "AS IS" and the "Municipality gives no warranty or representation concerning the presence or absence of contaminants, ground water, soil or subsurface type or condition, or as to the fitness of the land for any particular use or purpose";
- Only "Unconditional offers" will be considered;
- The purchaser is responsible for payment of GST which amount shall be calculated upon the amount of the offer to purchase;
- The purchaser shall be responsible for the current years property taxes as of the effective date of the sale;
- The purchaser is responsible for all costs associated with the transfer of the land, including but not limited to legal.

Deadline for SEALED offers will be Friday, July 17, 2015 at 4:30 p.m.

For further information or clarification of the above, please contact the following:

Shelly Schwitek, CMAA
Chief Administrative Officer
Rural Municipality of Grahamdale
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Applicants are to clearly identify the competition number and how they satisfy the listed qualifications in their written submissions.

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Duties: Reporting to the Manager for the Peguis-Fisher River Campus, the main responsibilities includes student support activities and administration to support the daily activities of the Campus and provision of prompt and professional customer service. Responsibilities include but are not limited to; Determining student needs and referring them to appropriate resources when necessary, Student support meetings, Student attendance, Preparation of learning plans, progress reports and documentation to enable student success. Providing information and responding to enquires from prospective students, existing students, staff and the general public to assist them in meeting their career and educational goals. Accurate collection of data, documentation, course registrations, and use of College forms and processes. Marketing activities include participation in Career fairs, Information sessions and Job fairs.

Qualifications:

Required:

- Experience working in a student support role, preferably in a post-secondary setting
- Certificate in office administration or an equivalent combination of education and experience
- Extensive experience and proficiency with MS Office Applications (e.g. MS-Word, Outlook, Excel, PowerPoint) and the ability to learn new software quickly and efficiently
- Extensive front line customer service experience with flexibility in adapting to the needs of a customer service driven environment, preferably in a post-secondary setting
- Experience working with confidential records and knowledge of FIPPA
- Experience providing prompt and courteous customer service to diverse groups
- Effective written and verbal communication
- Excellent interpersonal skills
- Excellent organizational and multi-tasking skills with the ability to work with vast amounts of information, policies and procedures to meet and interpret customer requests
- Demonstrated initiative and ability to work independently with little supervision
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Assets:

- Experience using the College's information systems (Colleague and Recruiter)

Conditions of Employment:

- This position may be required to work evenings
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Resumes will be screened in relation to the criteria outlined in the job posting. Only those candidates with the most relevant qualifications will be given consideration to proceed to the next phase in the recruitment process.

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

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Contact: (204) 643-5182 or (204) 206-0120

Tractors: J.D. 4020 Dsl Cab w J.D. FEL 8051 Hrs * J.D. 3010 Dsl 3PH w J.D. FEL 5104 Hrs * J.D. 301A Dsl w Allied 580 FEL 4536 Hrs * Ford 8 N 3PH * J.D. 3010 NR- * Equip: 2) N.H. 489 9' Haybine * New Idea 486 RD Baler Elec. * J.D. 38 7' Semi Mt. Mower * J.D. 37 9' Trailer Mower * J.D. 11 9' Trailer Mower * H.M. 28' Dump Rake * M.F. 124 Square Baler * 3PH 3 Wheel Rake * 1000 gal Water Trailer * 7 Ton 4 Wheel Trailer * J.D. 1000 16' Tandem Disc * Int 645 18' Cult * Case 7' Breaking Disc * 15' Crowfoot Packer * 3PH Rock Pull * MF 3PH 2B Plow * 3PH 7' Cult * 15' Oneway Discer * Livestock Equip: 87 W.W. B.H. 16' Stock Trailer * Farm King 85 Roller Mill * 25) 10' Metal Corral Panels * RD Bale Feeders * Creep Feeders * Calf Shelters * Chicken Plucker * Vehicles & Yard: Over 15 Vehicles * 83 GMC Sierra 1/2 Ton 68,000 * 94 Jimmy 4 x 4 * 50's Austin Camrian * 72 Boler 10' Camper Trailer * Crafts 11 HP 36" R. Mower * 85 Yamaha 350 Quad NR * Misc & Tools: Sheet Metal * Lumber * Saw Mandrel * Tractor & Implement Parts * 18.4 - 34 Duals * Metal Band Saw * Power Tools * Hand Tools * Antiques: McCormick Mower * Dump Rakes * Implement Seat * Brass Bells * Oil Tins * Anvils * Cream Cans * Coca Cola 4' Sign * Wood Barrels * Coffee Grinder * Cocks * Copper Street Light * Scales * Pop Bottles * 22 GUNS - 22 Cal * Rifles * Shot Guns * Hunting Accessories * Go to Web

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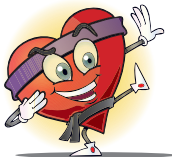
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ANNOUNCEMENTS

IN MEMORIAM

Mattern
Philip and Ernest
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our dear brothers and uncles
Philip - June 27, 2007
Ernest - June 22, 1968

Deep in our hearts,
A memory is kept;
For the ones we loved,
And will never forget.
Each of us in our own special way,
Remember them with love today.
Forever loved, never forgotten,
And sadly missed.

-Mina, Ed, Dody,
nieces and nephews

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in the

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WEEKLY NEWS

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AUCTION SALE JOAN WENSEL

Tuesday July 7 @ 4:00 pm

Petersfield, MB

North 6 Miles on Hwy #9
then West 1/2 Mile on Pike Rd
Contact: (204) 482-4312

Tractors & Equipment McCormick Farmll H Narrow Frt Row Crop * MH 101 w/ FEL * Ferg 9N 3PH FEL * AC WF Pulley * MF 124, 10' Deep Tiller * Int 10' Cult * NH 68 Square Baler w/ 2 Cyl Wisc * Vicon 4 Wheel Rake * JD 640 Side Deliv * 24' Bale Elevator * 7' Sickle Mower * 7 1/2" Blade for Truck * Saw Mandrel * Vehicles 96 Dodge Ram 300 Pleasureway Excel Travel Van 28,000 km Sft * 60s Jeep FC170 4x4 c/o Truck * 66 Chev 30 one ton w/ Deck * 54 Chev Belair 4D * 91 Ford Taurus Wagon - Running* 83 Cadillac 2D Coupe De Ville * 77 Dodge Aspen Wagon * Utility Trailer * Snowblower 10HP * Roto Tiller * Walk Behind Garden Tractor * 70s Snow Cruiser * 68 Ski Doo Super Olympic * 70 Snow Jet * 58 Johnson 35 HP Outboard Antiques Coca Cola UpRight Vendo 44 Machine * Wood Stove * China Cabinet * Buffet * Gateleg Table * Drop Leaf Table * Wash Stands * 2D Book Cabinets * Trunk * Wood Chairs * Piano Stool * Wood Telephone * Cast Bath Tub * Wash Tub * Galv Tubs, Pails * 2) French Doors Farm Antiques Corn Cult w/ Cast Seat * Hse Dump Rake * Potato Hiller * Fairbanks 2HP Stationary Engine * Anvil * Pedal Wet Stone * 4) Implement Seats * Carpenters Bench * Forge * Scale * Lanterns * Saws * Wrenches * Hand Water Pump * Pedal Bike * Tools & Misc 200 Amp Welder * 250 Amp Gas Welder * Sunnen Honing Machine * Drill Press * Com Foley ReToothier, Filing Machine * Air Comp * HM Hyd Press * Power Tools * Hand Tools * I Beams * Angle Iron * 3000 Furnance Lining Bricks * Fence Posts

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AUCTION SALE SILVIA AMMETER (LATE FROMHOLD)

Saturday July 4 10:00 am

Stonewall, MB

6 Miles East on Hwy 67 Then South 1 Mile
on Ammeter Rd Then 1/2 Mile West
Contact: Erik (204) 344-5948 or (204) 461-1970

Tractors: Kubota M110DT Cab MFWA 3 PH Dual Hyd. 540/1000 w FEL 5247 Hrs * J.D. 4450 Cab 540/1000 Dual Hyd. Factory 18.4 38 Duals 9006 Hrs. * A.C. WD45 2PH * Grain Equip: White 24' Tandem Disc * Coop 550 20' Swather N.R * 2) Int 914 P Type Combine * Int 403 Gas Combine * Coop 203 20' Chisel Plow * Crown Rotary Rock Picker * Int 645 20' Vibra Chisel * Herman 50' Spring Harrows * Int 100 24' Press Drill * Coop G 100 18' Discer * Int 10' Chisel Plow * M.M. 20' Oneway * 68' Sprayer * Haying & Misc Equip: Int 430 Square Baler * Int 9' Trailer Sickle Mower * N H 259 Side Deliv Rake * Al. 200 Gal Water Tank Trailers * 5) 4 Wheel Farm Wagons * V Blade For FEL * Augers & Grain: Buhler/ Farmking 1070 MK Auger * Westfield 7" 41' Auger 16 HP * Westfield 8" 51' PTO Auger * Allied 6" 30' Augers * Haul All 12' Tote Tank * Carter 245 Seeder Cleaner * Airtion Fan * 500 Bushels of Wheat * 800 Bushel of Oats * Vehicles & Yard: 09 Chrysler Van * 97 Ford XLT Ext Cab 4 x 4 185,000 Km * 85 Dodge 150 Pick Up * 79 Olds * 60 Chev 60 Viking w 12" B & H * Kubota B6200 Dsl 4WD 3PH 48" Mower 228 Hrs * Husq 650 RTT Tiller * 3PH Equip: Tilt It 60" Roto Vator * McKee 7' Snowblower * 8' Blade * Breaking Plow * 8' Cult * Tools: Drill Press * Forney 180 Welder * Acetylene Torches * Air Comp * Band Saw * Table Saw * Radial Arm Saw * Chain Saw * Power Tools * Hand Tools * 3/4" Socket Set * Anvil * Shop Supply * Misc: 350 Gal S S Bulk Milk Cooler * S.S. Milk Buckets * Water Trough * Bin Sweep * Hyd. Cylinder * Implement Parts * Welding Material * Plywood * Lumber * Gun Cabinet * Pool Table * Various Implements For Scrap * Antiques: Single Plow * Scuffler * Scythe * Saw * Blow Torch * License Plates *

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AUCTION SALE GARY URBANSKI

Sunday June 28 11:00 am

Gimli, MB

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On Rd 324 Camp Morton Rd #19121
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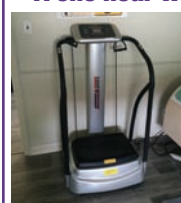
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I am Irene Shaw. My husband and I have proudly called the Interlake our home since December of 1997.

I am pleased to have the opportunity to submit the next six

articles to this section of the newspaper. I am writing as a health-oriented individual rather than as a qualified and certified health professional. I would therefore advise you, the reader to consult with your health practitioner before following any of the health advice or health suggestions I provide in any of the six articles.

That well-known marketing slogan of Nike Sportswear jogged through my mind shortly after the recent milestone of my 50th birthday. No surprise there. For the friends, classmates, and I, who all grew up together, Phys. Ed. class stretched outward beyond the walls of our gymnasiums and schoolyards to the communities in which we lived.

The Winnipeg neighborhood in which I grew up featured many kids and families, a giant playground called Assiniboine Park, a Tennis club with courts at which I practically lived each summer from about age 8 until the end of high school and trails for cycling and jogging which

wound their way gracefully along the Assiniboine River.

Swings and horses have provided many with enjoyment. I, on the other hand, have only ever enjoyed either of these, at a distance, with my feet firmly on the ground. I have never liked to climb trees either so it is interesting to note that in elementary school I decided to design and build my own tree house. This was probably after having read "The Secret World of Og" by Pierre Berton in which a tree house was a prominent piece of the story. My parents had brought back the book for me as a souvenir from one of their Heritage Canada conference trips out East. Pierre and Janet Berton were acquaintances of my parents. Together they shared in an avid interest of Canadian history. I situated my tree house in the backyard. In keeping with my dislike of tree climbing though I built it on the ground (in between two trees) rather than higher up among the trees.

As an adult, I have struggled to maintain a balance between physical activity and other areas of my life. It is about time I dropped my excuses and as Nike has conveyed so well to "Just do it!"

Irene Shaw



Chicken Broccoli Divan

Preparation

Put broccoli in 12- by 8-inch shallow baking dish. Top with chicken.

Stir soup and milk in bowl. Pour over chicken. Sprinkle with cheese. Mix bread crumbs with butter and sprinkle on top.

Bake at 350°F for 30 minutes or until chicken is cooked through.

Preparation Time: 10 minutes

Bake Time: 30 minutes

Makes 4 servings

Ingredients

- 4 cups fresh or frozen broccoli flowerets
- 4 skinless, boneless chicken breast halves
- 1 10 3/4-ounce can cream of chicken soup (regular or 98 %fat free)
- 1/2 cup milk
- 1/2 cup shredded Cheddar cheese
- 2 tablespoons dry bread crumbs
- 1 tablespoon melted butter

Pasta and Edamame Salad

Ingredients

- 3 cups (750 mL) frozen edamame or green peas, defrosted
- 3 cups (750 mL) cooked pasta, (e.g., orecchiette or mini-shell)
- 2 1/2 tbsp (37 mL) olive oil
- 1 tbsp (15 mL) white balsamic or white wine vinegar
- Zest of 1 lemon, finely grated
- 2 stalks of celery, diced finely
- 7 oz (200 g) cherry tomatoes, quartered
- 5 oz (150 g) lower fat Havarti cheese or medium Cheddar cheese, diced finely or 3 oz (90 g) regular Havarti cheese or medium Cheddar cheese, diced finely
- 1/3 cup (75 mL) fresh basil, sliced finely on the diagonal
- Chili powder, to taste (optional)



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Directions

In a large bowl, mix all ingredients together gently.

Prep time: 10 min | Cook time: 0 min

Makes: 8 servings

www.heartandstroke.mb.ca