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THE EXPRESS


VOLUME 5 EDITION 26 THURSDAY, JUNE 28, 2018


WEEKLY NEWS

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Gimli grads sizzling hot

EXPRESS PHOTO PATRICIA BARRETT

Graduates paraded through the streets of Gimli last Wednesday in unseasonably hot temperatures that recorded 33 degrees C.

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


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Fisher River graduates say farewell to Charles Sinclair

Staff

Congratulations to the Charles Sinclair School Grade 12 graduates of 2018!

This year's graduation included keynote speaker Verna J Kirkness, valedictorian Kierra Spence, undergraduate Phoebe Crate, Chief David Crate, Director of Education Davin Dumas, and Dorothy Crate.

This year's Grade 12 graduation will also mark the last Grade 12 graduation of Charles Sinclair School. Grade 7 to 12 students will be now be attending the new Fisher River High School this coming fall.

Last week the graduation took place for the Grade 12 Adult Education Class.



Kierra Spence gave the valedictorian address.



**EXPRESS PHOTOS
COURTESY OF FACEBOOK**
The 2018 graduating class of Charles Sinclair School was the last group of Grade 12s to walk across the stage to receive their high school diplomas. Fisher River High School will become home to next's years graduates.



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GIMLI, THURSDAY, JULY 5

to outfit you with the best possible bra for your body. Chapman said she will be seeing clients on a one-on-one basis, explaining the benefits of good bras and measuring their bodies properly.

"Most women just want to find a good-fitting bra that's not uncomfortable," Chapman said. "What they don't realize is that a good support bra is also important for blood circulation and enhanced lymph drainage."

Chapman has over 200 bra sizes available for ordering, ranging from 30AA to 52KK. It's likely that you'll fit somewhere between those sizes.

She offers these questions for women to ask themselves:

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- Do you overflow the cup of your bra?
- Do your bra straps dig into your shoulders leaving red and painful marks?
- Does your bra ride up in the back because you tighten the straps to give you added support?
- Have you ever begun an exercise class only to drop out because your breasts ached from lack of support while jumping or running?

If you answer yes to any of these you are in need of a new bra, and a custom one could be the way to go.

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HAPPY Canada day



Canada Day

If you're Canadian, on July 1st your mind is probably on BBQs, fireworks, and warm weather. Maybe a few of you are thinking about visiting relatives or have no plans at all. But if you think Canada Day is just about food, sparklers and a great big birthday party - think again. There's a lot more to it than that.

History

Canada Day has been called a few names in the past. It used to be known as Dominion Day, the First of July, Confederation Day and July the First.

Canada wasn't REALLY "born" on July 1st, but the holiday celebrates the events that took place on this day. On July 1, 1867, the British North America Act created the Canadian federal government. This act stated that Canada would become an "independent dominion" (territory) of England, which is why Canada Day was originally called Dominion Day. In 1982, Dominion Day changed to Canada Day after a vote in Parliament. Not everyone was happy about this change. Some people felt that a 115-year-old part of Canadian heritage was lost. But, the new name stuck and every July 1, Canadians celebrate Canada Day with parades, fireworks, picnics and food.

Interesting

Canadian Facts

- Canada was named from the Huron and Iroquois word *kanata*, which means village.
- Canada has approximately three million lakes across the country. More than 30,000 of those lakes are larger than three square kilometers!
- Princess Juliana of the Netherlands gave Ottawa 100,000 tulip bulbs as a thank-you gift in 1945 for keeping the Dutch Royal Family safe during World War II. The Netherlands was occupied by the Nazis until Canadian soldiers liberated the country in 1944-45.
- The Bank of Canada issued the last \$1 bill in 1989. It was replaced by the one-dollar coin, known as the loonie, which came out in 1987.

· The world's only flying saucer launching pad is in St. Paul, Alberta. It was built in 1967 for the country's 100th anniversary.

· In 2017, Canada celebrated its 150th anniversary of Confederation!

· More than 75 per cent of the world's maple syrup comes from Canada - and what's more, Canada keeps an emergency reserve of maple syrup for emergencies.

Canada Day Grillers

Fire up the BBQ for some Canada Day grilling recipes.

The day we celebrate the red and white, also known as Canada Day, is a day where grilled BBQ recipes should never be in short supply. Entertain your guests with this fine selection of grilled dishes that embody the relaxed and celebratory nature of Canada Day.

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Happy
Canada
Day!

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HAPPY Canada day

Canada Day Celebrations

Grilled Smoked Salmon Flatbreads with Crispy Capers and Bacon Bits

About this Recipe

Grilled pizza is one of the world's best ideas. And when it's covered in bacon bits and crispy capers, it's pretty much unbelievably good.

Ingredients

- 1 ball of pizza dough, homemade or purchased
- 1/2 cup Cream cheese
- 2 tbsp Fresh dill
- 1 Small package of smoked salmon, torn into bite sized bits
- 2 cups Baby kale
- 2 tbsp Oil, divided
- 2 tsp Lemon juice
- 2 tsp Maple syrup
- 3 tbsp Capers
- 4 Slices Maple Leaf Bacon
- Salt, to taste

Directions

1. Start by heating 1 tablespoon of the oil in a small pan at medium heat. Once hot, add the capers and cook until crispy, about 5-8 minutes. Let dry on a paper towel lined plate and dust with a bit of salt, if desired.
2. Next preheat your BBQ to medium heat. While your BBQ is preheating, cut dough into four equal sized pieces and roll or stretch into circles.
3. Place each piece of dough on the grill and close the lid for about 3-5 minutes. If you leave the dough alone, you will get nice grill marks and it will easily lift from the grill.
4. Flip the dough and let the other side cook for another 3-5 minutes.
5. When the dough is grilling, whisk together the dressing for your kale. Combine remaining oil, lemon juice, maple syrup, and a pinch of salt in a large bowl and whisk to combine. Add the kale and toss to coat.
6. Next stir together the cream cheese and dill to make a herby sauce for your flatbread and microwave your Maple Leaf Bacon for until it's crispy. When your bacon is cool enough to touch, chop it into bite sized bits.
7. When your dough comes off the grill, let it cool slightly and then load up your flatbreads. Smear on some herby cream cheese and top with handfuls of dressed baby kale, pieces of smoked salmon, bacon bits, and crispy capers.



Eriksdale

July 1st 4:30 pm – 11 pm

- 4:30 p.m. Kid's Games & Canteen & Beer Garden-open
- 5:00 p.m. Bed Races, Contact: Haylee 204-280-0440
Open Mic for Kids
- 5:30 p.m. Flea Market, FMI Contact: Mandy 204-739-3724
- 7:00 p.m. Live Entertainment, By Third Chins & Friends
- FIREWORKS @ DUSK.** Held at McEwen Park, Eriksdale Sports Ground (on #6 Highway). If raining, all events will be moved to the Eriksdale Recreation Centre.
- Sponsored by the Eriksdale Community Club.

Winnipeg Beach

July 1st 8:00 AM - 11:00 PM

- 8am – noon July 1st Pancake breakfast fundraiser
Community Centre
- 9 - 10am Free Zumba with Jan on the Bandstand
- 1- 5pm Free Inflatable Jumpers near the Bandstand
- 1- 4pm Free Face Painting near the Bandstand
- 1 – 5pm Free Horse drawn wagon rides
- 7pm Downtown Welcome from dignitaries
- 7:30 – 11pm at the Bandstand Free Ride Band
- 11pm **Fireworks**



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HAPPY Canada day



Canada Day Celebrations

Ashern

July 1st

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GIMLI CANADA DAY events

30 JUNE

SAVE THE LAKE & STREET PARTY
11 am In the morning head down to the Yacht Club for fun and learning during their Save the Lake Fundraiser & Fish Fry, and why not take a free ride in a sailboat, and learn from a scientist? You won't want to miss this event happening until 3pm!! Then Kick off the evening down by the Lake, @ 7:30 grab some Mini Donuts then make yourself at home by the Harbour Stage, tappin' your toes and swingin' your hips to Adam T. Elvis, and end it off with a bang @ 11 pm, admiring the Canada Day Fireworks set off over Lake Winnipeg.

PANCAKES & PARADE
Start the day with a hearty breakfast @ 8:30 down by the dock at the Kiwanis food trailer, once your belly is full stroll down 1st ave or Centre St. to grab a spot to watch the Canada day Parade @ 11. Then check out the Grand Opening and ribbon cutting for the Gimli Aquatic Centre @ 11:45! The harbour stage starts hopping again at 1pm with speeches from dignitaries followed by the sounds of the talented NELOER garage band. Don't leave too soon, Gimli Art Club will be cutting the FREE cake and serving it!

01 JULY

HULDUFOLK PICNIC
After you have shopped at the Lakewood Resort's 2nd annual Welcome To Summer Sale, head over to celebrate the 25th Anniversary of the Publication of The Story of the Gimli Huldufolk. We invite you to the former Gimli Public School (82 2nd ave) to partake in story telling, a scavenger hunt, musical entertainment, face painting, forgotten games, dancing - cake and Huldufolk Cookies. No fee to attend. This is about community spirit and celebration of the magical Gimli landscape and culture.

01 JULY

HERITAGE TOURS
Travel back in time to October 1875, when the first permanent Icelandic settlement in Canada was established in this district. Near here the first buildings were erected and a townscape was laid out and called Gimli, after the home of the gods in Norse mythology. Head to the Pavilion Park at 2 PM to join an authentic Gimli Heritage Tour thanks to the Gimli Heritage Committee. Don't forget to check out some garage sales throughout town before you leave.
For More info Call 1-204-642-6697 or email gimlicdc@rmgimli.com
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Steep Rock Celebrate Canada 2018 at the Beach

Friday, June 29, 2018

Social Club in the Pavilion
and Chase the A
Strolling Magician

Saturday, June 30, 2018

9 am Flea Market and
\$5 Pancake Breakfast
10 am Pancake Eating Contest
12 noon - 4 pm FREE kids activities
Old fashioned races
Bouncers
Photo Booth
Rock Painting - hide your rocks for
someone else to find
Face Painting
Cotton Candy
Giant Bubbles
1 pm Bike Decorating and Golf
Cart decorating contest and
parade
2-3 pm Magic Show
by Alex Jay Hamm
6 pm Supper in the Pavilion
7-11 pm Live music by Daisy Chain
11 pm Fireworks by Can Fire



Sunday, July 1, 2018

Dusk - outdoor movie in the
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Wishing Everyone a Happy Canada Day



Derek JOHNSON
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interlakemla@gmail.com



Jeff WHARTON
MLA for Gimli
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Kiddies Train



SCHEDULE OF EVENTS

Teulon Hall
8:30 - 10:00 a.m. Pancake Breakfast
10:30 - 11:30 a.m. Ecumenical Church Service

Green Acres Park
at the **SUNOVA Outdoor Stage** **Entrance FREE**

12:00 Noon Opening Ceremonies

12:30-5:00 p.m. Country Pride Band
Old Time Country Music
Dancing
Tons of Entertainment

50/50 Draws
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Under the Big Tent

Kids Entertainment

Concession

4:00 p.m. Kite Making
at Green Acres Art Centre
"Celebrating their 40th Anniversary"



Teulon Hall
5:30 p.m. Turkey Supper with all the trimmings

Green Acres Park
Dusk - Fireworks




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Air conditioning failure at Arborg Hospital has patients and staff roasting

By Patricia Barrett

Extremely high temperatures and a broken air conditioning system at the Arborg Hospital left patients and staff sweltering last week, but replacement units are scheduled to arrive in about a week.

The Interlake-Eastern Regional Health Authority said it had been waiting on funding from the province for new air conditioning units after it found problems with the system last fall and this spring.

"We identified operational issues with air conditioning at Arborg and District Hospital in the spring during equipment testing," said an IERHA spokesperson by email. "We have secured funding from Manitoba Health, Seniors and Active Living to replace two air conditioning units. The new units have been ordered and are expected to be delivered in the next seven to 10 days and will be installed immediately."

The RHA said it brought in small portable units to help cool the air, and is also "monitoring temperatures within the facility to ensure they do not exceed standards" to which it must adhere.

A hospital worker, who does not want to be identified for fear of losing his/her job, told the *Express* the air conditioning has been out since last October, and even when it did work, it didn't function properly, chilling elderly patients to the point where they had to use sweaters or warming blankets.

Staff are now sweating bullets.

But the RHA said that one of the two air conditioning units was repaired last fall and, at that time, the health authority submitted a "high priority" funding request to Manitoba Health for its replacement. Upon start-up of the units this spring, the RHA found the second unit unable to operate.

"We began the process of working with Manitoba Health for emergency funding to replace that unit as well, at the same time," said the spokesperson. "When purchasing equipment of this nature, we have to undertake a tendering process and secure a minimum of three quotes. The contract was awarded immediately upon approval of funding and the units were ordered."

The air conditioning issue has many in the community concerned about the well-being of both relatives in the hospital and staff.

Morley Nordal spoke to the *Express* as a business owner and lifelong citizen of the community (not as representative of the North Interlake Chamber of Commerce or as municipal councillor with the RM of Bifrost-Riverton), calling the lack of air conditioning "unacceptable because it's putting the health and comfort of patients in jeopardy and creates intolerable working conditions for the staff, who are already in a high stress job."

Nordal said he was told there had been issues with the air conditioning since last October, adding that any



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Temperatures in the high 20 and low 30 degrees C left Arborg Hospital patients and staff sweltering with no air conditioning last week.

business operation, regardless of its size, should have a means to deal with emergency situations. The IERHA would be no different – it must have an emergency fund that can be allocated to new air conditioning equipment or repairs.

"It's not anything to do with the Manitoba government's cuts," he said. "It's how that RHA is using their money."

In addition to the air conditioning failure, Nordal said there are other long-standing issues with the Arborg Hospital and the surrounding district as far as health service provision goes. Because of its unique location, Arborg could act a central health-care hub for other communities in the region.

"Arborg is centrally located in the Interlake, and we can service 55,000 people within 45 minutes. But the IERHA will not look at that credibly," he said. "The general public is fed up

with hallway medicine being replaced by highway medicine."

Nordal said he would like to see IERHA CEO Ron Van Denakker attend a town hall meeting in Arborg with the public to make them aware of what's going on with services in the area.

Town of Arborg council will be discussing the dysfunctional air conditioning at its meeting this Wednesday, said Coun. Susan Bauernhuber.

Interlake MLA Derek Johnson said he had spoken with Van Denakker about four weeks ago, right after a constituent contacted him about the air conditioning issue and told him it had broken down last fall.

"It's not acceptable for patients to go through the extra stress of extreme temperatures over and above their health issues," said Johnson Sunday morning. "I will continue to follow up with Mr. Van Denakker to ensure timelines are as tight as possible."

Film Festival announces film lineup with a focus on gender parity

By Caitlyn Gowriluk

This year's lineup for the 18th annual Gimli Film Festival includes something beyond just movies: of the 111 titles being screened at the summer festival, almost half are written or directed by women.

The festival also announced its first-ever The Future is Female mentorship program, which aims to involve more women-identified people in the filmmaking community.

"I hope that it sparks lively conversation that feels inspiring and empowering," said Gimli Film Festival board member Rebecca Gibson, who worked on creating the program in conjunction with the festival and non-profit gender parity film organization Women in View. "Because I think that a lot of us in the film industry work in isolation."

The mentorship program will provide up to 45 women and non-binary applicants with free transportation to the festival on a chartered bus for a day that will include women-directed



EXPRESS PHOTOS SUBMITTED FROM GIMLI FILM FESTIVAL

Gimli Film Festival board member Rebecca Gibson talks about the festival's first-ever The Future is Female mentorship program at a press conference on June 21.

film screenings, filmmaker Q&As, a production workshop, a panel hosted by Women in View and a networking reception.

Gibson — who is also an award-winning writer, director, producer and

actor, and co-creator and executive producer of the CBC/APTN television series *Taken* — said that over the course of over 20 years in the film industry, she has seen the potential of the kind of gender parity initiatives the festival is creating this year.

"When women get together, they are often very supportive of each other," said Gibson. "And then stuff just gets done."

Gibson said she also feels the festival is uniquely positioned to take advantage of a supportive filmmaking community.

"I feel like Manitoba is just packed with allies. It's packed with people who just naturally believe that parity is a good idea," said Gibson. "We see that all the time on our sets and in our casting rooms and across the board. We have a really cool community here."

This year's festival will include six world premieres, five Canadian premieres, 21 Manitoba premieres and 10 Western Canadian premieres, includ-

ing the Western Canadian premiere

Continued on page 11

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

CSBC wants to keep Canadian anglers safe on the water

Submitted

June 30 to July 8 marks National Fishing Week in Canada. The Canadian Safe Boating Council (CSBC) wants to remind anglers that wearing your life-jacket is even more important than wearing your "lucky fishing hat." But they do share one trait. They both have to be worn to be effective.

According to the Canadian Safe Boating Council and the Lifesaving Society, 80 per cent of recreational boaters who drown each and every year in Canada were not wearing a life-jacket or Personal Floatation Device (PFD). Most of these drownings occur in small, open power boats, accounting for 60 per cent of these preventable deaths. A majority of these victims were males between the ages of 19 and 35, out for a day of fishing.

"Even during shoreline fishing you should wear a life-jacket if you are not a confident swimmer," says Kevin Tor-diffe, Lifesaving Society – MB Branch acting CEO. "Falling into the water while fishing from shore is another common cause of drowning."

Many who don't wear their life-jackets or PFDs believe that, since they are good swimmers, having them on-board and within easy reach is good enough. But a life-jacket stored under a seat or up in the bow will be of no help when the unexpected happens, like falling overboard while trying to net the catch.

"National surveys clearly show that more than half the recreational boats sold in Canada are used for fishing on a regular basis," says John Gullick, chair of the Canadian Safe Boating Council. "During National Fishing Week, the Canadian Safe Boating

You've taught them all you know about fishing, including wearing their lifejackets.



Fishing is a wonderful sport; an activity you and the kids can enjoy. They look up to you for information and guidance on something you can share together. You've got them hooked on fishing. The Canadian Safe Boating Council thanks you for getting them 'Hooked on Lifejackets'.



Hooked on
LifeJackets

Transport Canada
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Made possible with a financial contribution from Transport Canada

EXPRESS PHOTO SUBMITTED

Canadian Safe Boating Council is reminding boaters to wear their life-jackets when they are fishing.

Council would like to remind all anglers not only to have their life-jacket onboard their boat but to wear it as if their life depended on it — because it just might!"

Many of today's anglers are delighted with the models that are designed especially to suit their needs. They're rugged, allow for full freedom of movement to cast and are constructed with lots of pockets for gear. Some even come equipped with an attachment from which to hang a landing net. When choosing their life-jacket, anglers should also check the label to make sure it is Transport Canada approved, is the correct size and fits snugly.

Today, many anglers choose to wear an inflatable life-jacket because they are cool, fully adjustable and provide for full arm motion. These are available in both manual and auto-inflate models, which make them extremely versatile. The law states that these must be worn to be legal, rather than just be kept in the boat. Also, they are only legal where the wearer is 16 years of age or older.

This initiative is made possible through support of Transport Canada's Office of Boating Safety.

For a 15- or 30-second radio PSA and additional information on boating safety, please visit www.csbc.ca.

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James Bezan reflects on session

By Jennifer McFee

The House has risen for the summer, but that doesn't mean that work is done for members of Parliament across the country.

Selkirk-Interlake-Eastman MP James Bezan paused for a moment to reflect on the end of the session.

"First and foremost, I know that a lot of people in our riding are very concerned about bill C-71, which is the Liberals' backdoor gun registry. It definitely doesn't play well in rural Canada and, again, it's trying to criminalize lawful legal firearms owners," he said.

"At the same time, what I find ridiculous is the contradiction of Bill C-71, which doesn't mention gun crime, doesn't mention gangs, doesn't mention gun-runners. It only goes after those that are already licensed firearms owners."

Meanwhile, Bill C-75 makes it less

penalizing to commit violent crimes, Bezan added.

"For things like robbery or committing a crime with a weapon, they've taken it from being indictable, or jail time, and switching it to summary conviction, which is a slap on the wrist," he said.

"They're doing that for sexual assault. They're doing that for child abduction. They're doing that for leaving Canada to join a terrorist organization. Those are now all summary convictions, really giving the judges that ability to give a slap on the wrist and send you home. To me, that is bad public policy that is going to greatly cause the public more danger and it makes no sense."

Many people are also concerned on what's going on with trade and NAFTA.

"As Opposition, we're disappointed that the government never brought

forward the legislations to ratify the Trans-Pacific Partnership. They tabled it but we never debated it, so we're not going to have a chance to do that until the fall," Bezan said.

"And, of course, with NAFTA up in the air with the circus surrounding the discussions with the United States, we need to make sure that we lock in these other trade agreements and do the best job we can to protect our economy."

Another issue affecting the riding is steel tariffs, he added.

"We need to continue to work with the United States to get those tariffs taken off," Bezan said. "There's no contingency plan in the budget."

He also noted his disappointment that there was no debate in the House of Commons about the UN mission in Mali.

"I've been asking for it since they announced the mission," he said. "Mali



Selkirk-Interlake-Eastman MP
James Bezan

is the most dangerous UN mission in the world. ... There's no peace to keep and we're not necessarily there in their national interest, so what are we doing there?"

Closer to home, Bezan is looking forward to spending the summer in the Interlake.

"It's going to be busy. Almost every weekend, there's country fairs and summer festivals that I'll be at. I'll be around the riding a lot and I love it," he said.

"Getting to be home and seeing everybody in the riding is what keeps me grounded. It keeps me posted on what's important to the people that I get to humbly represent."

letter to the editor

Letters to the Editor:

letters@expressweeklynews.ca

Provincial Government at War with Commercial Fishers

Commercial fishers in Manitoba are being attacked by natural resources/sustainable development and sports fishermen.

When sports fishermen, many from outside the province and indeed the country, realized fishers catch a lot of fish in Lake Winnipeg, they panicked. They envisioned the potential demise of their great sports fishery. They went to the provincial government with their concerns. At that time, the Province of Manitoba had two choices.

They could have told those concerned that the commercial fishing practices that have been going on for decades has created the very situation that has sports fishermen are travelling hundreds of miles to fish bountiful Lake Winnipeg. However, because of the continued animosity by Natural Resources/Sustainable Development towards commercial fishers which they see, erroneously, as enemies of the lake and themselves as protectors of the lake, they joined forces against their common enemy, the commercial fisher.

The provincial government, being lobbied by both sports fishermen and Natural Resources/Sustainable Development to push back at fishers, has now brought in new restrictions, lowered maximum mesh size, endless new paperwork, along with increases in fines and penalties, fish seizures, suspensions, etc.

Six fishers have been suspended for fishing for at least one year, mostly for over shipping. Natural Resources/Sustainable Development have now decided anyone over-shipping by 1,000 kilograms be suspended for one year. That means quota, the amount of fish a fisher is allowed to catch per year, his yearly income is gone. A suspended fisher cannot work on the lake, even for someone else, and cannot participate in the fishery in any way, shape or form.

One of these suspended fishers is a single dad with two boys. It's easy to accidentally over-ship. Fishermen are exhausted at the end of long days and can make clerical errors.

When a fisher ships fish to the Freshwater Fish Marketing Corpora-

tion (FFMC), calculations are sent to Natural Resources and any over shipment is immediately known. There is no attempt to deceive; in fact, it is impossible.

The fisher is then charged, fined \$1,000 to \$2,000, and then the amount of quota over-shipped is then taken off the next year's catch. So no harm is made to the fish stocks.

A fisher with 20,000 kilograms of quota and over shipping 1,000 kilograms is over by a mere five per cent. To suspend him for one year from his livelihood is ridiculous, immoral and amounts to legal bullying.

I myself am suspended for two years. Between 2009 and 2016, I had one conviction (used improperly marked gill-net). Two out of 16 of my net pegs were not marked properly in the winter of 2014. Then in 2016, I was selling smoked fish without doing the proper paperwork, resulting in six convictions. Total fines of \$3,400. No pickerel was involved in this situation and I claim smoked fish revenue on my tax return.

I ship 350,000 pounds of fish yearly

to FFMC between Lake Winnipeg and Great Slave Lake, and employ 9-10 people. I am suspended for two years for one incident not involving pickerel.

The province has decided it's cheaper to suspend commercial fishermen than to buy back quota to appease the sports fishermen. This is what happened in Alberta. Government and sports fishermen attacked commercial fishers until all commercial fishing was banned province-wide. The general public did nothing. Now they're sorry for not speaking up. No more fresh fish or fresh smoked fish in Alberta. If they want fish, it comes from outside the province.

If the public does not start reacting to this, it will be the same here. If any reader has friends or family in Alberta that used to enjoy fresh fish from a commercial fishermen, ask them, "How do you like it now?"

Then ask them "Do you wish you had spoken up for fishers?"

Brad Benson has been a commercial fisherman on Lake Winnipeg for 30 years.

Brad Benson
Winnipeg Beach

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Catching clams with minnows

Welcome, my good friends.

The end of the high school year and a day off work for other guys have happily resulted in this week's fishing stories coming from our younger angling brothers. At the low side of the Powerview Dam, as I eased my car down the steep grade of loose gravel to the Winnipeg River bank, I saw two young anglers stepping deftly as mountain goats on the sharp rocks lining the shore. The roar of the dam's frothing water escaping its spillway met me as I left my car.

I motioned them to me, calling out, "Have you caught anything yet?"

They smiled, waving their arms, the shorter one grabbing a pail as they skipped from one rock to another to me.

"Hi. Wow, you've got a nice pail full of fish," I exclaimed seeing the tail of a pickerel sticking out its top.

"Yeah," he said, "some are from McArthur Falls we caught there this morning."

"What's your names?" I asked.

The taller one, in a deeper, throaty voice, said, "I'm Jeremy Hrnjeki and he's Richard Barkerti."

We talked for a while and then Jeremy made a point of saying his dad, Jerry, used to be a fishing guide at the Cats on the Red years ago and had

taught him to fish but was and still is strict about taking their garbage home. Good for you, Jerry!

I guess it was last Monday I was driving in Selkirk past the Safeway parking lot and saw two young lads looking so carefree in old T-shirts and shorts strolling home with their fishing nets over their shoulders, rods in hand, like something out a Mark Twain story. My instincts came alive.

I wheeled through the parking lot stopping abruptly beside them. They looked surprised so I quickly rolled down my window, offering my card.

Relaxed now, Jaden Baker, a wiry kid with a tight energetic smile, gave his name as well as his buddy's, Braydon Storozinski, who was a bit bigger with an uninhibited generous smile.

They had just come from fishing the shallow, reed-filled "slough" downstream of town where he joked about a catfish catching him. He had landed a two-foot catfish, and in an effort to get his hook out, he used an old trick which was to squeeze the fish's flesh just behind the lower gills to keep its mouth open.

Well, fish are slippery and he lost his grip, causing the cat to clamp down hard on his hand, which by now was deep in the fish's mouth extracting the hook. Now cats don't have teeth but

they do have sharp bristles that hurt. Jaden kind of lost it! He began dancing around, shaking his arm wildly with the fish hanging on. Needless to say, Braydon was doubled over laughing at his buddy's predicament.

As I was about to leave them, Jaden showed me his hand, "See," he said, "just a few red marks!"

Farther down the Red from the slough a few days later, I could hear a guy talking before I could see him. Breaking through some willows, I saw a young, slight chap with finely defined facial features talking to a neighbouring angler.

"How's it going, guys?" I offered.

The "talker" was Paul Manik, who soon surprised me by saying, "I caught a clam once with a minnow!"

It seemed a little farfetched, so before I left, I asked him to send me a picture. A few days later I got an email showing a clam dangling in the air hanging onto Paul's baited hook! That wasn't all! Another email followed, showing him holding a giant stuffed catfish from inside one of the Selkirk Museum ships. Apparently he was determined to show me he had gotten a fish that day. What a character!

Last Friday, the heat on the Gimli pier was intolerable. Only the young were there including a tall, gangly lad



EXPRESS PHOTO BY ARNIE WEIDL

Jeremy Hrnjeki (left) and Richard Barkerti (right) of Winnipeg with some of their catch at the Winnipeg River by the Powerview Dam.

with short dark hair and a kind smile. Josh Porter from Winnipeg, free of school, was here for a day of fishing. As we sat on the pier's walkway, he told of how last summer while boat fishing with his dad Andy and sister Jasmine, they felt the wrath of a jackfish. They were well out on the Big Whiteshell Lake on a sunny, windy morning and his sister had her brand new rod resting on her lap with the lure hanging easily a foot out of the water. Suddenly a huge jackfish leapt from the water inches from her, seized the lure and disappeared with her rod. Jasmine froze in fear and began shaking. Josh moved over to his sister and calmed her down, but apparently she never forgot the sight of that jack coming out of the water.

Hope to see you on or by the water. Bye for now.

Gimli community to host fish fry fundraiser for LWF

The 'Save the Lake Fundraiser' will be held outside the Gimli Yacht Club on June 30

Submitted

The Gimli Yacht Club and the Kiwanis Club of Gimli & District are joining efforts to protect Lake Winnipeg.

The inaugural "Save the Lake Fundraiser" will take place outside the Gimli Yacht Club (Gimli Harbour) on June 30 from 11 a.m. to 3 p.m. All net proceeds will be donated to the Lake Winnipeg Foundation (LWF), an environmental charity that advocates for change and co-ordinates action to address the root causes of harmful algae blooms and improve the health of

Lake Winnipeg.

The family-friendly event will include:

- * a pickerel lunch for adults (with hotdogs for kids) at noon.

- * presentations on the health of the lake from 11 a.m. to 12 noon from Dr. Alexis Kanu, executive director of the Lake Winnipeg Foundation ("Citizen Science, Citizen Advocacy and Citizen Action") and Dr. Al Kristofferson, managing director of the Lake Winnipeg Research Consortium ("The Lake Winnipeg Research

Consortium's role in research on Lake Winnipeg")

- * Sailboat rides, kayak rides and motor boat rides from 11 a.m. to 3 p.m.

- * A raffle with the chance to win great prizes

- * Children's eco-demonstrations from community partners including the East Interlake Conservation District.

"Our club is located on the shores of Lake Winnipeg in the heart of Gimli. Our members have a deep love for this lake — they understand the need to protect it. We're excited to partner with the Kiwanis to raise awareness about our precious lake and raise funds for the Lake Winnipeg Founda-

tion," says Charlie Burns, commodore of the Gimli Yacht Club.

"Kiwanis care about kids and their future. We need to protect their inheritance. We want to become involved. All Canadians need to protect our watershed and this incredible lake," says Heather Ritchie, vice-president and president elect of the Gimli & District Kiwanis.

Special guests at this inaugural community event include Alex Martin, an 18-year-old paddler who is attempting a solo kayak trip around Lake Winnipeg this summer. Alex departs from Grand Beach Provincial Park on June 27 and will be making a special stop for the Save the Lake Fundraiser as part of his two-month journey.

For Manitoban presents co-parenting book at Gimli library

By Melissa McIvor

Those who are navigating the rough waters of co-parenting will find help in hand through a newly minted resource that has hit local and national bookshelves.

On Wednesday, June 13, author and former Manitoban Karen Kristjanson made a stop at the Evergreen Regional Library in Gimli to promote her recently published book *Co-parenting from the Inside Out: Voices of Moms and Dads*.

Kristjanson is the owner of Beyond Limits Coaching in White Rock, B.C., where she coaches managers, coaches-in-training and co-parenting individuals through difficult times of personal and professional change.

"Some people don't know the difference between coaching and counselling," she explained during a phone interview, "but basically I work with people who are stuck. And I work with them to find a way forward. I help them develop whatever skills they need that will help them get unstuck. Often we know when you reach a new position, whether it's as a new parent or a new manager, all of the sudden you're called upon to do things you haven't done before. And you don't necessarily have all of the skills or know what to pay attention to be successful in that."

Kristjanson has graduate degrees in social psychology and management in consulting and is a certified Integral Coach through Integral Coaching Canada. Before she began her career as a consultant and life coach, she worked as a school psychologist in Winnipeg and later as a trainer in leadership, management and communication skills. Her recent visit to the Gimli Library was one of many previous homecomings to the community.

"Gimli is my roots," she explained. "My dad and his family grew up there



Karen Kristjanson visited the Evergreen Regional Library to promote her recently published book *Co-parenting from the Inside Out: Voices of Moms and Dads*.

and so we still have a family cottage there. I'm here every June for about three weeks and I wanted to take advantage of the opportunity to talk about the book at the library."

For Kristjanson, the motivation to write this book had a deeply personal source.

"My sons were five and eight when their dad and I separated," she explained. "After a couple of years, I was keeping my head above water and co-parenting with their dad. And I knew it was hard and I wasn't surprised about that, but I didn't understand how lonely it would be."

It was during this time that inspiration for her book struck. She had been reading *The Dance: Moving To the Rhythms of Your True Self* by Oriah Mountain Dreamer, and while the book is not about co-parenting, one scene contained a powerful message

for Kristjanson.

"The author talked about her experience helping her grown sons get ready to take part in their dad's remarriage ceremony," she said. "And I was completely gobsmacked by how wonderful it felt to read her experience because they were such bitter-sweet and mixed feelings."

"It was so powerful and I thought, 'I want more stories like this.' I looked around and there were none so I thought, 'OK, I could do this.'"

Kristjanson spent close to nine years collecting testimonies from divorced co-parents across North America and learning how to write their stories, a skill she honed by joining numerous writers' groups.

"I wanted to capture the interior experience of people who were co-parenting; what they wondered about, how they made their decisions and what their experience was."

"There are 35 stories in the book, including mine," Kristjanson continued, and while some stories showcase collaborative co-parenting strategies, others shine a light on the ugliness of expensive, high-conflict separations.

Kristjanson also sought to bring diversity to her first book. "There's great variety in the circumstances," she explained. "There are straight parents, lesbian parents, parents with special needs children whose stories were so moving. There are parents who themselves have issues like addictions or depression."

"I tried to make it so that people would be able to find something like their own situation," she added. "Each chapter has a few stories of a particular nature and at the end I draw some observations and some lessons from them."

"The preponderance of research now says that children have better outcomes when both parents have

a lot of involvement with their lives. It's not just seen in their schoolwork but in their emotional development, how much connection they have with law-enforcement — it's really getting quite compelling."

Kristjanson hopes to offer some comfort to readers whose own experiences may resonate with those in the book.

"They can expect not to feel so alone, which is huge, and also to get some perspective on the situation which is very hard to get when you're in the middle of it," she said. "Also they'll find some ideas and some reassurance, I think, because for most people it does get better as you go along."

However, the author stressed that while the book is meant to support people who are co-parenting, co-parenting isn't always the best solution in cases of abuse or neglect.

"Divorce is not a happy time," she added. "There's a lot of pain that comes up in these stories. However, there was a big silver lining for most of the parents and that was their own growth. They talked about becoming more confident and more compassionate people and that growth also spilled over into what kind of parents they were able to be so that the children got benefits from their parent's growth."

Copies of *Co-parenting from the Inside Out: Voices of Moms and Dads* can be purchased through most major book retailers, at McNally Robinson Booksellers and Terjesens in Gimli. You can also follow the author on Facebook and Twitter.

For more information on Kristjanson's coaching services, which are available via telephone, or to arrange a free, no-obligation session, visit her contact page at <http://www.beyondlimitscoaching.com>.

> PARITY, FROM PG. 7

of the 2018 Sundance Grand Jury winner *The Miseducation of Cameron Post*.

The festival's popular RBC Sunset Screenings will also be continuing this year, with screenings happening every night at 10 p.m. on the Gimli Beach.

The festival will also be presenting six awards at this year's festival, including the Alda Award, which will be presented to Winnipeg filmmaker Guy Maddin.

The Gimli Film Festival begins on July 25 — with a double feature screening of two women-directed films: Sandi Tan's *Shirkers* and Karna

Siguroardóttir's *690 Vopnafjörður* — and continues until July 29. For more information or to buy tickets, visit gimlifilm.com.

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Happy
Canada Day!

Lemiez concrete sculpture exhibit to open Canada Day

By Jeff Ward

One of the Interlake's most unique and special exhibits will open on Canada Day thanks to the Grahamdale Community Development Corporation.

The CDC is holding a launch party to celebrate the opening of the incredible concrete sculpture exhibit of Armand Lemiez. The party takes place on Canada Day at the Lemiez homestead just north of Moosehorn off Highway 6 from 11 a.m. to 1 p.m. and will include a free hotdog lunch.

Armand Lemiez was a jack of all trades who moved to Canada from Belgium in 1912. His family took up a homestead just north of Moosehorn. Lemiez was a successful farmer and used the land to raise cattle, keep horses, maintained a series of experimental fish ponds and grew an apple orchard. However, his series of concrete sculptures are his legacy. Lemiez spent a decade creating 21 sculptures that speak to his creative soul.

The CDC worked hard last year to make a space where people can visit and appreciate his art. That hard work has culminated in new signage funded by a grant from the province. Each sign explains in detail what each sculpture is meant to represent.

Lana Cowling-Mason, who was the acting EDO for the RM of Grahamdale and liaison between CDC and council at the time, said the CDC is looking forward to debuting their hard work.

"It took a lot of people to come together to make this happen," Cowling-Mason said.

"There have been a few efforts over the years to try and do something with it but they never came together. There was thought of moving the statues to another location but how to do that without damaging or where to put them was never figured out. The CDC felt, and I agree, that keeping them there where the homestead used to be is part of telling that story."

The concrete statues have certainly seen better days and have been battered by the elements for decades. Aside from the panels that explain what each statue is, there is also a marker that explains more about Lemiez and his homestead, which was torn down as it was in rougher shape than the statues.

"Tracey Fillion championed this story for so many years and she did so much work in laying out the history. Ross Jerney owns the land and he and the RM worked out the kinks of how to allow people on the site. It took everyone coming together to make this happen," said Cowling-Mason.

The Lemiez sculptures are an incredible asset for tourism for the RM. Cowling-Mason said that they will be one of the attractions for the See the 6 campaign that all RM's along Highway 6 are working with CFWI on.



EXPRESS PHOTOS BY JEFF WARD

Armand Lemiez's concrete statues are some of the most intriguing pieces of artwork in the Interlake, and now they can be seen by all.

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A non-urgent walk-in medical clinic will be available
 10:00 a.m. to 6:00 p.m. on Saturdays, Sundays and statutory holidays.
 The clinic will be open to accept walk-in patients
starting May 19 until September 3, 2018

Interlake-Eastern
 Regional Health Authority

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

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



Grad 2018



Congratulations 2018 Graduates



Derek Johnson
MLA for Interlake
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Jeff Wharton
MLA for Gimli
gimlica@mymts.ca

Congratulations 2018 Graduates



THE EXPRESS
WEEKLY NEWS

Congratulations
TO THE
CLASS OF
2018



JAMES BEZAN MP

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Students reminded to follow their dreams at convocation

By Caitlyn Gowlruk

Students graduating this year from Fisher Branch Collegiate received over \$30,000 in awards across nearly 60 bursaries and scholarships at their convocation ceremony on June 23.

Class valedictorian Jaden Kochan — who received 12 awards at the ceremony, including the Governor General's Bronze Medal — delivered an address to the crowd that reminded his classmates to follow their dreams.

"We all have dreams, no matter how big or small they may be. To achieve a brighter future, everyone must start with a dream because dreams act as the foundation for our lives," said Kochan. "To accomplish what we want in life, we must dream big and aim high. To move forward in life, we need to have a plan of where we want to go and where we want to end up. You don't hit a bull's-eye unless you can see the target."

Kochan also told the crowd that failure and doubt can be important parts of achieving your dreams, even if it doesn't seem like it.

"You must truly believe that your dreams are achievable, even if other people don't support or believe in them.

Yes, there will be times when you doubt your dreams and even doubt yourself. We've all done it," said Kochan. "Failure allows you to grow and learn from your mistakes."

Kochan used historical examples of people failing before they became successful — Bill Gates dropping out of Harvard, Michael Jordan being cut from his high school basketball team, Walt Disney being fired for being unimaginative — to remind his classmates that failing doesn't mean you have to give up on your dreams.

"Successful people don't see failure as a wall blocking their path," said Kochan. "Even people who had amazing things in their futures have struggled, but they didn't let that stop them. They learned from their mistakes and worked harder."

Lakeshore School Division board member Ray Imlah also delivered an address, and told the graduating class that, even in high school, struggling and failing can be important learning opportunities.

"For some, it has been relatively easy. For others, it has been a more difficult path," said Imlah. "But nothing noteworthy comes easy in life."



EXPRESS PHOTOS BY CAITLYN GOWRLUK

Seventeen students graduated from Fisher Branch Collegiate on June 23.

Imlah congratulated the graduates on achieving this milestone and also addressed their families, and those who have watched them grow up.

"It seems like just a short little leap in time. They're getting on the bus to get to kindergarten. You're all worried about them," said Imlah. "Then, before you know it, they're grown up and move away."

The guest speaker at this

year's convocation was Clifford Skibinski. The ceremony also featured addresses from Leanne Kochan on behalf of the collegiate and Laine Vandersteens on behalf of the school's student council. This year, 17 students graduated from Fisher Branch Collegiate.



Fisher Branch Collegiate class valedictorian Jaden Kochan addresses the crowd and his classmates.



Nelson Wallach received this year's Lakeshore School Division Annual Proficiency Award at this year's Fisher Branch Collegiate convocation ceremony on June 23.



Jaden Kochan received the Governor General's Bronze Medal.



Ashton Leduchowski walks through a row of high fives after receiving his diploma.



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and staff



FISHER BRANCH

GRADUATION 2018



Cody Blahey, Kalyn Barrett, Kelsey Zarichney and Jessica Truthwaite chat at Fisher Branch Collegiate as they wait until it's time for their convocation ceremony to begin on June 23.



Taigen Novak, Cody Blahey, Shyanne Munroe and Hailey Dmyterko get ready to graduate on June 23 at Fisher Branch Collegiate.



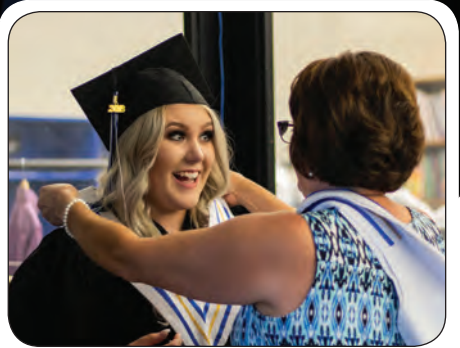
Fisher Branch Collegiate class valedictorian Jaden Kochan gets help with his graduation cap before the convocation ceremony begins.

Fisher Branch Scholarships

JESSICA TRUTHWAITE	Patti & Sean Witzke (In Memory of Urbain and Charlotte Chaput), Walter Wowchuck (Furthering Education), RM of Fisher (Skilled Trade/ Agriculture), Julie Stefanec (Skilled Trade), Joanne and David Smith (Furthering Education), Broad Valley Catering (Furthering Education in the trades), Chaika Dance Club (Member of Club), Fisher Game & Fish (Member of Club)
HAILEY STEVENSON	Holowka Family (Education/Child care), Interlake Café (Furthering Education), Lakeshore Teachers Association (furthering education/ working with kids)
KP JAVIER	University of Manitoba (UM Queen Elizabeth II Entrance Scholarship), Minh's Restaurant (Furthering Education), Noventis Credit union (Furthering Education), Fisher Branch Filipino Community (Furthering Education as chosen by group), Cupe (Parent Cupe member), Olga Grouch Memorial Award (University and Science)
KALYN BARRETT	Olga Grouch Memorial Award (University and Science), Northern Trailblazers (Volunteer and Community Involvement)
HAILEY DMYTERKO	One Stop (Employee)
CASSIDY WALLAHC	One Stop (Employee)
TAYLOR CALDWELL	Northern Trailblazers (Volunteer and Community Involvement), Olga Grouch Memorial Award (University and Science), Poplarfield Community Club (furthering education & financial difficulties)
ASHTON LEDUCHOWSKI	Patti & Sean Witzke (In Memory of Urbain and Charlotte Chaput), RM of Fisher (Furthering Education), International Pollination Systems (Canada) Inc. (Furthering Education), Verna Wallack (creativity, innovation, and positive attitude)
NELSON WALLACH	Lakeshore School Division (Proficiency Award), Stocki Trucking (Furthering Education/Skilled Trade), FB Women's Institute (2nd place graduate), Smith's Electric (Furthering Education), Smith's Autotech (Post Secondary in Trade average 70%), Patti & Sean Witzke (In Memory of Urbain and Charlotte Chaput), King Buck Inn (Furthering Education)
KARMYN HAMRLIK	Sylvan Genetics (Agriculture), Interlake Honey Producers (Agriculture/ Human Ecology), Crop Production Services - Agrium (Agriculture/Trades), Joanne and David Smith (Furthering Education), Paterson (Agriculture), Ukrainian Farmers Coop (Furthering Education)
JADEN KOCHAN	Governer General (Highest grade 11 & 12 marks), University of Manitoba (UM Queen Elizabeth II Entrance Scholarship), Fisher Branch Filipino Community (Valedictorian), Joanne and David Smith (Furthering Education), FB Women's Institute (1st place graduate), Leanne Kochan (French Frog Award), One Stop (Employee), Michelle Smith (In Memory of Nancy Sweenty), Noventis Credit union (Furthering Education), Olga Grouch Memorial Award (University and Science), University of Manitoba (Chown Centennial Entrance Scholarship), Patti & Sean Witzke (In Memory of Urbain and Charlotte Chaput)
TAIGEN NOVAK	Anonymous (Furthering Education and in Financial Need), Ukrainian Farmers Coop (Furthering Education), University of Manitoba (UM Guertin Centennial Entrance Scholarship)
MERRIN THOMAS	University of Manitoba (UM Guertin Centennial Entrance Scholarship), Olga Grouch Memorial Award (University and Science), Royal Canadian Legion Poppy Fund (Most Congenial Student)
KELSEY ZARICHNEY	William Zubatiuk Memorial Award (Most Improved)



A group of Fisher Branch graduates wait outside the gym before their convocation ceremony begins on June 23 at Fisher Branch Collegiate.



Taylor Caldwell gets help with her gown.



Karmyn Hamrlik, Hailey Stevenson, Jessica Truthwaite and Taylor Caldwell sit onstage at their convocation ceremony at Fisher Branch Collegiate on June 23.

Shenanigans and academic achievement go hand in hand for Arborg grads

By Patricia Barrett

Arborg Collegiate's graduating class of 2018 was fondly remembered by their teachers and principal for their mischievous ways and academic achievements during a ceremony June 23.

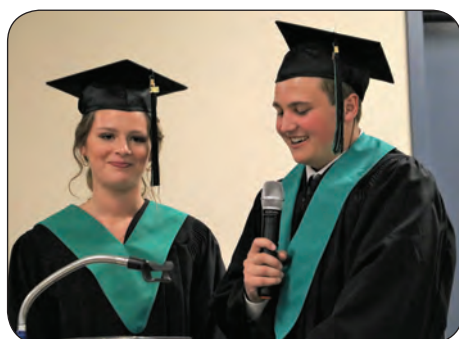
Principal Randy Semenek had polled the grads' teachers for a word or two to best describe them (some he said he couldn't share), regaling about 400 people who gathered at the Arborg Hall to mark their big day and wish them all the best in their future endeavours.

Teachers described the grads as playful, joyful, frustrating, disorganized, accepting of others and strategic. They know "exactly how to do just enough to pass and not one bit more," said Semenek, laughing.

But they passed with flying colours, many presented with scholarships and bursaries from local businesses and community groups, such as Crop Production Services, the Interlake Co-op, Arborg Family Dental, Noventis Credit Union and the Arborg Legion Ladies Auxiliary.



Teacher Krista Borgfjord was guest speaker, telling fond stories about each of the grads.



Dayna Pull and Kyle Benson provided the valedictory address.



EXPRESS PHOTOS BY PATRICIA BARRETT

Arborg Collegiate's graduating class of 28.



Nathan Harding received a \$2,000 scholarship from Ernest Rempel of Vidir Storage Solutions.

Jamie Johnson took home the prestigious Governor General's Medal for having the best overall academic grade-point average in grades 11 and 12.

And Nathan Harding was awarded \$2,000 from Vidir Vertical Storage Solutions, the company's first-ever scholarship that's intended to encourage the development of local talent and skill in the trades that helped Vi-



Jamie Johnson earned the Governor General's Award for academic achievement. Principal Randy Semenek presented her with the award.

dir become a worldwide success. "You have accomplished a very important milestone and are stepping into a wide-open future. But I want each one of you to set big goals and go

Continued on page 27

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ARBORG

GRADUATION 2018

Continued from page 16

out there and pursue it," said Vidir's Ernest Rempel. "It's easy to believe sometimes that because you're from a small town and because you're young, you're not able to make a big impact on the world. However, one of my favourite quotes is, 'If you think you are too small to be effective, you've never been in a closed room with a mosquito.'"

Teacher Krista Borgfjord, chosen by the grads as their guest speaker, told them they really drove her crazy

when she started teaching them in Grade 10, but she now considers them to be "all my kids."

She singled out each of the 21 grads, highlighting their unique characters, mischievous ways, athletic and artistic abilities, sense of responsibility, willingness to stand up for they believe in and cooking skills, which could sometimes take a smoky turn.

"I hope you know you can always come to me if you need help with anything — like not a loan of money — but help with a resumé, reference letter or someone to talk to," said

Borgfjord, cracking everybody up.

Graduates Dayna Pull and Kyle Benson, delivering the valedictory address, owned up to the fact that they could sometimes go off script.

"When we first started Grade 9, you could say that our work ethic was maybe just a little bit stronger than it was in Grade 12," said Benson. "This is may have been because we all started getting licences and started having huge pit parties. You can ask any teacher and they'd tell you that we were the only class in ACI that still used a seating plan; no teacher could

ever get us to shut up — it was a lost cause."

Pull said the grads are forever grateful for the love and guidance they received from their parents, along with hot suppers, and that they wouldn't have made it to this point in their lives without them.

"We all screwed up, where our parents would say we're smarter than that and we should know better," said Pull. "But they're just forgetting that to be old and wise, you have to be young and stupid first. And we sure nailed that!"



Katie Ostertag receives a \$1,000 scholarship from the Margret Bjarnason estate. Elva Simundsson presented it to a student at each ESD high school.



Carson Shott received an award from Scott Stadnek of Crop Production Services.



Ethan Chwaliboga receives a bursary from David Ostryzniuk of Legion Branch #161.



Braeden Floyd was presented with an Evergreen School Division award by trustees Gladys Kohler (left) and Penny Helgason.

Arborg Collegiate Awards and Scholarships

JAMIE JOHNSON	Governor General's Medal, Chown Centennial Scholarship, Guertin Centennial Entrance Scholarship, Evergreen School Division, Association for Community Living
NATHAN HARDING	Hogg Centennial Entrance Scholarship, Interlake Co-op, Vidir Solutions Inc. Scholarship, Manitoba Young Liberals Scholarship
KATIE OSTERTAG	Margret Bjarnason Memorial, Royal Canadian Legion Branch 161, Mark Dickof Memorial Scholarship
BRAEDEN FLOYD	Evergreen School Division, Crop Production Services, Noventis Credit Union
KRISTJAN GUDMUNDSON	Arborg Agricultural Society
MADISON SUMKA	Arborg Family Dental
DAWSON BLAHEY	Arborg Legion Ladies Auxiliary, Paterson Grain Scholarship
MORGAN MELNYCHUK	Arborg Legion Ladies Auxiliary, Evergreen Teachers' Association, Town of Arborg
CARSON SHOTT	Crop Production Services, CUPE Local 3164
KEEGAN STEFANSON	Noventis Credit Union, Municipality of Bifrost-Riverton
KYLE BENSON	Royal Canadian Legion Branch 161
ETHAN CHWALIBOGA	Royal Canadian Legion Branch 161
TAYLOR BARYLSKI	Royal Canadian Legion Branch 161



Kristjan Gudmundson receives an Arborg Agricultural Society Award from Jaci Platt.



Dawson Blahey receives a \$1,000 scholarship from Star Johnson of Paterson Grain.

Congratulations 2018 Graduates



Derek Johnson
MLA for Interlake
interlakemla@gmail.com

Jeff Wharton
MLA for Gimli
gimlica@mymts.ca

Arborg Home hardware building centre

451 Main Street, Arborg
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Congratulations to all our Grad Classes of 2018



Lundar grads look ahead to the future after celebrating the past

By Patricia Barrett

Over 200 family, friends and school staff celebrated the graduation of Lundar School's 19 seniors and wished them well as they look ahead to a bright, promising future.

Lundar School principal Ryan Wallack gave an emotional goodbye to his graduating class and spoke earnestly about his confidence in their ability to succeed. Graduations are always bitter-sweet and as teachers gave their words of inspiration and related their fond memories of the graduates the Lundar Curling Rink filled with the happy sobs of proud parents and family. Wallack said this graduating class of 2018 was a wonderful group of unique individuals and wished them a hearty congratulation.

"It is with tremendous pride and pleasure that I wish each member of the class of 2018 congratulations," said Wallack.

Their principal wasn't the only person to offer words of wisdom. Lakeshore School Division Assistant Superintendent Leanne Peters had one observation and one piece of advice for the grads. She explained that she realized that these grads are the first to have been born in the 21st century. These students who were once babies when the year 2000 came around are now adults.

"Here's the piece of advice I would like to give to you today. Be restless. Innovations are born to those who are restless and new ideas come to those who are restless. Be restless enough to resist the status quo, regards of the path that you take and what you choose to do, shake it up," said Peters.

Valedictorians Kaitlyn Christensen and Troy Godfrey.



Lundar graduates toss their caps into the air to celebrate the grand finale of their convocation on June 22.

frey took the stage to offer their perspective on their final year and high school careers in general. Their experiences were about personal growth, maturation and finding out what kinds of people they are and who they want to be.

"We've had many struggles and accomplishments along the way. We've had many teachers and principals come and go throughout our years and I'm sure we have all been impacted one way or another by all of them," said Christensen, who was also honoured with the Governor General's Award as well as a slew of other accolades.

Godfrey took the time to look ahead to the future in his address.

"Today isn't just about looking at the past; it's about looking ahead to our future. Our four years in Lundar was no walk in the park. We had to face many challenges and obstacles to overcome... after today we will be faced with a new obstacle called life," said Godfrey.



Governor General's Award winner Kaitlyn Christensen



Valedictorians Troy Godfrey and Kaitlyn Christensen



New graduates Jayson Christensen, left, and Rylan Magnusson, right, pose with friend Riley Wirgau.



Rachel Pilipchuk poses with Lundar School principal Ryan Wallack.

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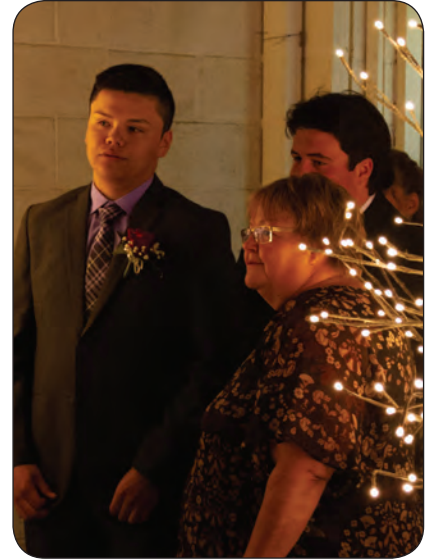
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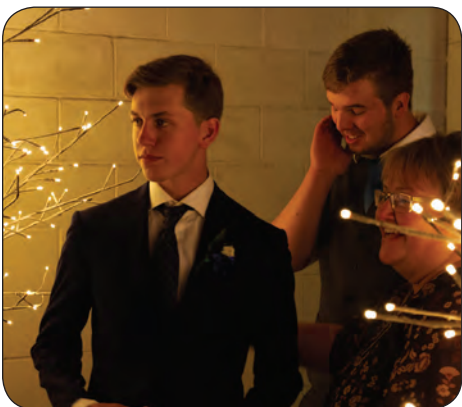
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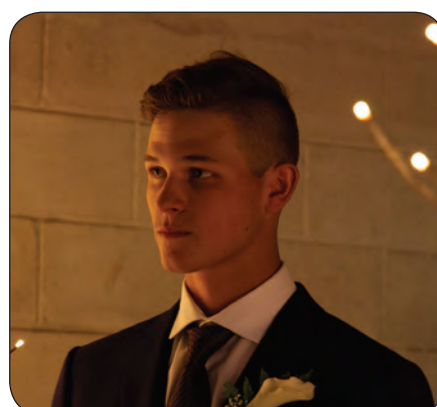
Graduate Colby Choken celebrates with his family.



Shelby Edwards' family is all smiles following her graduation from Lundar School.



Rylan Magnusson shares a quick moment with former Lundar School principal Jane Dupre before walking to accept his cap and gown.



Brent Johansson waits for his name to be called to receive his graduation cap and gown and take the stage with Lundar School's other grads.

Lundar Collegiate Scholarships, Awards and Bursaries

RYAN GLEICH

Allan Forsyth Foundation Scholarship, Noventis Credit Union Scholarship, Taylor Joseph Christensen Memorial Scholarship, Ladies Aid Bjork Scholarship, Male Athlete Of The Year, Canadian Union Of Public Employees Local 3206 Al Hummel Memorial Scholarship,

CALLIE FARTHING

Female Athlete Of The Year

SHELBY EDWARDS

Cibc Scholarship, Lundar School Scholarship

SHANE MCDONALD

Coldwell Community Foundation Inc. Bursary, Lundar Elks Scholarship, David Sigfusson Memorial Scholarship, Ladies Aid Bjork Scholarship

VIONNE AL-SHIMARI

Coldwell Lundar Community Foundation's Cal & Dorothy Bennett Memorial Scholarship, Lundar School Scholarship, Lakeshore Teachers' Association Scholarship

BROCK GLEICH

Eriksdale Municipal Heritage Advisory Scholarship

KAITLYN CHRISTENSEN

Grettir Co-Operative Governor-General's Bronze Medal Award, Fjola Johnson Scholarship, Noventis Credit Union Scholarship, Manitoba Mestis Feseration Lundar Local Scholarship In Memory Of Simone Desjarlais, Lundar Legion Scholarship, Little Lady's Scholarship, Keith & Davilyn Awards, Interlake Co-Op Scholarship, Amateur Athletic Association Scholarship

COLBY CHOKEN

Good Citizen Bursary

BRENT JOHANNSON

John Nicol Memorial Award

HALI MONKMAN


Keith & Davilyn Awards

CAITLYN MARSHALL

Keith & Davilyn Awards

AIDAN MARTTILA

Lundar Elks Scholarship, Lundar Legion Scholarship, Ms. Willetts' "You Did It!" Award, Raymond "Shady" Monkman Memorial Scholarship Award



***Congratulations
and Best Wishes
for a Successful
Future to
All of Our 2018
Graduates!***

Gimli High School graduates move on to the next adventure

By Patricia Barrett

After a sizzling hot photo shoot on the beach under 33-degree temperatures and a parade through town, Gimli High School's 70 graduates hit the stage at the Recreation Centre June 21 to celebrate their achievements and say goodbye to high school.

Over the course of three hours, the graduates were lauded by Evergreen School Division staff, community organizations, individuals and politicians for their scholastic successes and service to the community.

After thanking each grad for his/her contribution to the school and community, principal Leona Groot wished them well as they move forward to post-secondary studies and careers.

"After high school, life will not always be easy," she said. "But our hope is that we have supported you in becoming resilient enough to deal with the adversities life is sure to throw your way and thoughtful enough to use your talents and skills to be the best person you can become."

The grads earned a plethora of bursaries and scholarships that will help them pay for post-secondary education. Contributors included the Canada Iceland Foundation (Margret Bjarnason Memorial Scholarship), the Evan David King Memorial Scholarship, The Richard Cain Memorial Scholarship, the Gimli Car Club, Gimli District Health Auxiliary, Lakeside Lions, Legion Branch #182, Berens River First Nation, the Town of Winnipeg Beach and the RM of Gimli.

"This group has always been about business, whether in the classroom, on the court or in the band room," said Morris Finnbogason, who helped MC the event. "Performing to the highest level has always been key for them."

Emily Dann was awarded the Governor General's Medal for best overall academic performance in grades 11 and 12.

And J.J. Engel graduated with an in-



Gimli grads gathered on the beach to celebrate the end of high school.



J.J. Engel receives a senior's years program certificate from principal Leona Groot.

dividualized seniors years' program certificate.

"J.J. loves rock n' roll, and he will be remembered for his mischievous nature, beautiful smile and infectious laugh," said teacher Kristine Dubois as Groot presented J.J. with his certificate.

Supt. Roza Gray told about 500 attendees how amazed she was by the grads' talents.

"Like you, I'm deeply proud of this graduating class. Like you, I'm filled with hope for what lies ahead for them. And like you, I'm impressed not just with what they've accomplished but who they have become," she said.

"Today we celebrate these young adults not just for completing the



Principal Leona Groot presented Emily Dann with the Governor General's Medal for outstanding academic achievement.

requirements of high school, we celebrate them for the inspiring people that they are. We celebrate them for being capable learners and we also

celebrate them for being leaders, athletes, artists, musicians, volunteers and social activists."

2018 Scholarship Recipients

SINJIN JAYDA	BOCHURKA CAMPBELL	Evergreen Band Booster Scholarship Gimli District Health Auxiliary Bursary, Gimli Seniors Resource Council Scholarship, Rotary Club of Gimli Scholarship
KAITLYN RYAN EMILY	COUTU CRAVE DANN	Gimli District Health Auxiliary Bursary, University of Brandon, Larry & Helen Kristjanson Family Bursary ESD award, Royal Canadian Legion - Gimli #182, Noventis - Gimli Governor General's Medal, Camp Morton Ladies Aid, Gimli Lutheran Centennial, Kiwanis Mel Osborne Scholarship, Kristine Kristofferson, Peter Froese Memorial, RM of Gimli, Skuli Math Award, Westshore Foundation, U of M Entrance
KALLI MAKAYLA THEA	EINARSON ELLISON GOODMAN	Evan David John King Memorial Scholarship, Nicholas Melnychuk Scholastic Scholarship Berens River Community Bursary CUPE #3164, Gimli Knights of Columbus Scholarship, Jeff Wharton Scholarship, Noventis - Gimli, RCL Branch #182
ANIKI JILLIAN JAKOB THORIN HANNAH AUSTIN BEN ALYSSA STEVEN STEFAN BROOKE	HATHERLY HENRY HILL JOHANNESSON JONKER KLOCHKO KOROLYK LICOPPE LIM PEILUCK PETERSON	Kiwanis, Larry & Helen Kristjanson Eleanor Melsted Memorial, RCL Branch #182, RM of Gimli, Skuli English, U of M Entrance Lakeside Lions, Noventis - Wpg Beach, RCL Branch #61 Wpg Beach, Town of Wpg Beach Albert Kristjanson Music, BBP Scholarship Evergreen Band Boosters, ESD Award Gimli Car Club RM of St. Andrews ESD Award, Mark Dickof, Noventis - Wpg Beach, Westshore Scholarship Harold A.C. Johnson Chemistry, Sigurbjorg Stefansson memorial, U of M Entrance Gimli Lutheran, RM of Gimli Hannes Kristjanson, Jessica Brown Memorial Scholarship, University of Calgary Entrance Scholarship, U of M Entrance Scholarship
OWEN	ROBERTS	Chown Centennial, Interlake Communications Co-op Scholarship, Lifetouch Award, RM of Gimli, U of M Entrance, Westshore Foundation Gimli Art Club Award
SARAH DARREN ROCHELLE	SEABROOK SEWELL STEINMETZ	Jessica Brown Memorial Scholarship, Richard Cain, RCL Branch #182 Canada Iceland Foundation - Margrét Bjarnason Memorial Scholarship, Evan King, ESD award, ETA Award, Kiwanis, Rotary, RCL Branch #182, RM of Gimli RCL Branch #61 Ladies Auxiliary Ted Jeremy Memorial
BRENDAN BLAINE	WILLMOTT WISHNOWSKI	

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Grads make their way to the stage.



Graduates gathered on Gimli Beach for the last hurrah.



Winnipeg Beach Coun. Pat Green presented a \$740 Town of Winnipeg Beach Scholarship to Jakob Hill.



Grads paraded through the streets of Gimli.



Gimli Mayor Randy Woroniuk and Owen Roberts flex a little muscle. Roberts earned a \$500 RM award for being an outstanding graduate.



Kaitlyn Coutu was among two recipients to receive a Gimli District Health Auxiliary Bursary.



The boys of Gimli grad.



Gimli MLA Jeff Wharton presented Thea Goodman with a \$350 Jeff Wharton Citizen Scholarship for high academic standing and volunteer service.



Gimli RM CAO Joann King presented a \$1,500 Evan David King Memorial Scholarship to Kalli Einarson.

Congratulations 2018 grads!

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Congratulations 2018 Graduates

Derek Johnson
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interlakemla@gmail.com

Jeff Wharton
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Ashern grads say goodbye to their past, hello to their future

By Jeff Ward

Ashern Central School's newest graduates took the stage at the Ashern Centennial Hall Saturday to a roar of applause from parents, friends and Lakeshore School staff and administration.

The 27 graduates made ACS principal Darlene Willetts choke up as she made her address. Willetts fondly recalled memories between herself and the students. She said she would miss them all equally but that she was proud in that bitter-sweet moment to be seeing them off in the next phase of their lives. Willetts wrote three different versions of the speech she gave during the ceremony but none of them contained the essence she wanted to say to them.

"I realized that they were all full of those 'Ra Ra' comments about what you had to do in your life to live it to its fullest and what you need to do to reach your potential," said Willetts.

"But then it hit me. I don't need to tell you guys that. I don't need to tell you that you have to set your sights on your goal to hit it. I don't need to tell you that sometimes it takes a lot of hard work but it's worth it."

Willetts explained that her students have left an incredible mark on their community and the school. Those marks are ones of perseverance, friendship, hard work and commitment.

Class valedictorians Natasha Kippen and Bradley Nickel spoke about how time slipped away through high school. How four years could seem like an eternity at the beginning, but by the end, it felt like an instant caught between the snap of two fingers. Kippen said the class diversity is



Ashern students celebrate their graduation with the ceremonial cap tossing last Saturday.

what made them a special ensemble.

"We are truly a class of unique and diverse individuals. We have athletes, academics, writers, comedians, actors, farmers, artists and just about anything else you can think of."

Nickel had some lessons for the grads during his portion of the address.

"Kanye West once said, 'Recognize and embrace your flaws so you can learn from them. Sometimes it takes a little polish to bring out the shine,'" said Nickel.

ACS grads earned some prestigious accolades during the ceremony with both Carly-Jo Shultz and Michael Taylor earning the Queen Elizabeth II Entrance Scholarship from the University of Manitoba valued at \$3,000 each.



Principal Darlene Willetts presents the Governor General's Award to Carly Jo-Shultz.

Those scholarships are given to students with averages greater than or



Valedictorians Natasha Kippen and Bradley Nickel share words of wisdom to Ashern Central School's graduating class of 2018.

equal to 95 per cent. Carly-Jo Shultz was the winner of the Governor General's Award.



Lincoln Larson poses with some very proud family members after graduating high school.



ACS graduate Adam Swan wraps his arms around proud parents Dana, Crystal and sister Alayna.



New graduates Sarah Brown and Haley Jonsson pose for photos.



Teri Marsden, Tristan Woodhouse and Trish Marsden get their photos taken by family and friends.



Former ACS grad Saige Klyne-Geisler celebrates with her friend and new grad Trish Marsden.



Ashern Collegiate Scholarships, Awards and Bursaries

JERMEY, WILL
ANDERSON, CALEB
BROWN, SARAH
GARRIOCH, KIRT
JONSSON, HALEY
KIPPEN, NATASHA

Automotive Electrical Systems 40S, ACS Appreciation Award
Deserving Auto Technology Student
Entering helping profession, Entering university or college
Vehicle Systems 40S - Part 1
Entering college or university, Hogg Centennial Entrance Scholarship
Essential Math 40S, Musical Achievement, Valedictorian, Entering college or university
Visual Arts 40S
Deserving Student
Automotive Technology - Top Contributor, Vocational Excellence (2)
Entrance Scholarship
Citizenship, Valedictorian
Deserving Student
Biology 40S, ELA 40S, Chemistry 40S, Music: Band 40S, Musical Achievement, Drug & Alcohol Abuse Awareness, Top Academic Student, Book Award, University/college entry, Chown Centennial Scholarship, Queen Elizabeth II Entrance Scholarship, Governor General's Academic Medal

SZKLARUK, ETHAN
TAYLOR, MICHAEL

Vehicle Systems 40S - Part 1, Vehicle Systems 40S - Part 2
Biology 40S, Applied Math 40S, Current Topics in FNMI Studies 40S, Student Leadership, Deserving Student, ACS Schulich Award nominee, Second Highest Academic Student, Entering college or university, Queen Elizabeth II Entrance Scholarship
Volleyball Achievement Award, Top Athlete, Most Congenial Graduate
Music: Band 40S, Lakeshore Proficiency Award candidate, Entering college or university
Top Athlete

THORLACIUS, EMILY
TOBER, TALYIA

TRITTHART, KIRA


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Fond farewell to Riverton Collegiate's 2018 graduates

By Patricia Barrett

Riverton Collegiate's 18 graduates were bid a fond farewell and lauded for their academic achievements before more than 350 family members and friends at the Riverton Hall June 22.

Riverton principal Erin Furgala praised her graduates, calling them successful, confident, caring young adults and encouraging them to try the new and never be afraid of failure.

"I want you to wonder, ask questions, take risks, go on adventures, develop friendships and have the confidence to be your own person," she said. "I want you to trust, feel comfort, feel loved and experience failure, and know that you can get up and try again. Life is an opportunity to contribute to something that outlasts us and makes the world a better place."

Teacher Rob Jantz, who emceed the event, congratulated the grads for having met the outcomes for 30 or more high school courses and for withstanding a barrage of adult motivational myths, such as, "you ought to survive hell to get to happiness."

Community and academic organizations, including the Evergreen School Division, the University of Manitoba, the Riverton Friendship Centre, Riverton Co-op, Noventis Credit Union and the Riverton Community Music Alliance, provided scholarships and bursaries to several students.

Dennis Boulanger and educational staff from Berens River First Nation, some of whose students attended the

Collegiate, honoured Jasmine Green, Cailyn Hudson and Natalie Swain for outstanding scholastic achievement.

"We're very proud of our students and we want to say a big thank you to Riverton Collegiate for accepting our kids here. It's a big school and ... our young people come out to an environment and don't know at times how to adjust to it. Riverton Collegiate and the community have done a wonderful job of accepting [them]."

Other award recipients included Travis Lindstrom, who received a Jared Gislason Award for Sustainable Development.

"This is someone who values sustainability initiatives and community leadership," said Jantz while educational assistant Valerie Klym presented Lindstrom with the award. "And this award recognizes Travis' contribution to the Riverton and Bifrost recycling program through the Riverdale [Place] Workshop."

Brooklyn Toderan earned the Governor General's Medal for the highest academic grade-point average in grades 11 and 12.

Riverton Early Middle School teacher Megan Strachan, whom the grads chose as their guest speaker, fondly recalled the unique characteristics and strengths of each of her former students, adding that they will "always have a special place in my heart."

Graduates Kylee Vigfusson and Brooklyn Toderan gave the valedictory address, thanking parents, teachers and RCI staff for helping them



EXPRESS PHOTOS BY PATRICIA BARRETT AND ANDERS KUUSELKA
The 2018 graduating class of Riverton Collegiate in their formal wear.



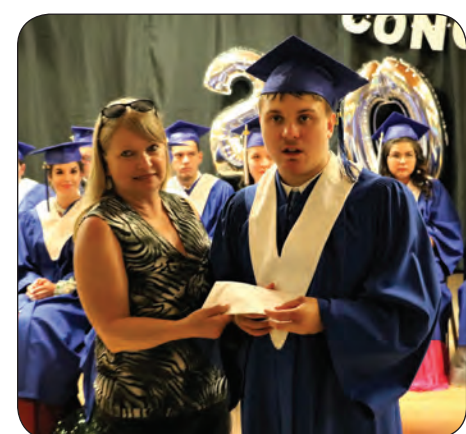
Principal Erin Furgala presents Brooklyn Toderan with the Governor General's Medal for outstanding academic achievement.



Brooklyn Toderan (left) and Kylee Vigfusson delivered the graduate toast.



Berens River Education Committee members present Jasmine Green with a graduation gift.



Valerie Klym presents Travis Lindstrom with a Jared Gislason Award for Sustainable Development.

Riverton Collegiate Scholarships, Awards and Bursaries

TRAVIS LINDSTROM	Jared Gislason Award for Sustainable Community, Development (ECB Verdyl)
VALENTINA PENA GARCIA	Erosion Control Sustainable Award, Evergreen School Division Award, Riverton Community Music Alliance post Secondary Scholarship, Municipality of Bifrost-Riverton Bursary, Margrét Bjarnason Memorial Scholarship
CAILYN HUDSON	Jeff Wharton Citizen Scholarship
KYLEE VIGFUSSON	Municipality of Bifrost-Riverton Bursary, Guertin Centennial Entrance Scholarship (UofM), Noventis Credit Union Scholarship, Katelyn Friesen Memorial Scholarship
GILDON OWENS	Merit Contractors Association of Manitoba Scholarship, Riverton & District Friendship Center Bursary
EMILY NORDAL	Riverton Co-op Bursary, Sophie Hurdal Memorial Bursary, Riverton Elks #530 Bursary
BROOKLYN TODERAN	Governor General's Academic Medal, Chown Centennial Scholarship, Queen Elizabeth II Entrance Scholarship (UofM), Winston Menard Scholarship, Eleanor Melsted Memorial Award, Westshore Community Foundation, Student Voice Representative, Riverton Elks #530 Bursary, Evergreen Teacher's Association Scholarship, Riverton Community Music Alliance Post Secondary Scholarship, Municipality of Bifrost-Riverton Bursary, Noventis Credit Union Scholarship
BRENDAN JOHNSON	Evergreen School Division Award
MACY JOHANNESSON	Stefan V. and Runa Sigurdson

succeed and their peers for making high school memorable.

"School was a little more enjoyable with the company of this class," said Vigfusson. "We are thankful for the memories we have provided each other and all the things we have learned from one another."

Supt. Roza Gray acknowledged the grads' successes and encouraged them to "find the right people to walk

the path with" to ensure they find happiness and make a life of their own choosing.

"Over the years we've had opportunity to see these young people show us their knowledge, efforts and attitudes in many ordinary moments," she said. "And it is in these ordinary moments that we have seen how extraordinary they really are."

Interlake-Eastern RHA CEO Van Denakker visits St. Laurent

By Jeff Ward

The CEO for the Interlake-Eastern RHA, Ron Van Denakker discussed temporary changes to health services in St. Laurent after the community's nurse practitioner, Tammy Hagyard-Wiebe, went on indefinite leave two weeks ago.

The gap will be filled, Van Denakker explained, by nurse practitioner Beryl Dziedzic in the community every Thursday and Dr. Thomas, who will provide physician services every Friday. Van Denakker added that Dr. Soliman in Eriksdale will extend his practice so that Dr. Thomas can provide service to St. Laurent. He said that Dr. Thomas is looking forward to providing care to St. Laurent residents.

Interlake-Eastern RHA can't comment on the circumstances around the indefinite leave due to employee confidentiality, but a spokesperson explained that the health authority hopes Hagyard-Wiebe will choose to return to the Interlake-Eastern RHA when her leave concludes.

The CEO also explained that this type of primary care is one the province's areas of investment that they hope will create a stable foundation for health care.

"The plan moving forward is to fur-

ther shore up primary care and connect the operation of clinics so that there is more flexibility to accommodate change by spreading patient care over a greater number of care providers. These teams of health care providers, called My Health Teams, would see clinics over broader geo-

graphic areas work more closely together as part of an agreement to share services and expertise with a broader scope of patients," Van Denakker said.

"Because they pool health-care providers, these teams of care providers are far more flexible and can maintain continuity of service in a way that we can't right now when a care provider leaves unexpectedly in the isolated practices we have across the region."

Van Denakker said that the new pilot project for limited lab services is now taking appointments and had its opening day last week on June 20. He explained that the intent of the project is to provide certain kinds of blood-work services to residents who have difficulty attending health-care appointments outside of the community.

The need for this service was brought to the RM of St. Laurent

"I LEFT THE CONVERSATION WITH A BETTER UNDERSTANDING OF EXPECTATIONS FOR THIS PLAN SO, TO ME, THIS WAS A VERY SUCCESSFUL REVIEW."



EXPRESS PHOTO SUBMITTED BY INTERLAKE-EASTERN RHA

Interlake-Eastern RHA CEO, Ron Van Denakker spoke with residents of St. Laurent two weeks ago about changes to their health services after former nurse practitioner, Tammy Hagyard-Wiebe took indefinite leave.

council's attention back in October of last year by Larry Wiebe. At the time, Wiebe had collected signatures from nearly everyone in Laurentian Lodge, St. Laurent's 55+ seniors home. Wiebe explained to council, who agreed, that the service was necessary.

The 10 residents who attended the meeting also heard from Karen Stevens-Chambers, the Interlake-Eastern RHA's vice-president of community services, about French language services.

"We had an excellent discussion with area residents who are very en-

gaged in their community and dedicated to ensuring the appropriate consideration be given to provision of French language services in health care delivery in our designated site of St. Laurent and surrounding communities," Stevens-Chambers said.

"I left the conversation with a better understanding of expectations for this plan so, to me, this was a very successful review."

There are two facilities in within the region designated as bilingual: St. Laurent Community Health Office and Pine Falls Health Complex.

Revamp underway for Manitoba's health-care system

Staff

Manitoba's health-care system is undergoing an overhaul with the goal of improving quality, accessibility and efficiency of services.

The Health System Transformation Program will act as a guide for the planning and implementation of the changes, which will occur over several phases.

More than 80 stakeholder groups and organizations contributed input towards the creation of this blueprint for change.

Ron Van Denakker, CEO of the Interlake-Eastern Regional Health Authority, explained that one of the main goals is to achieve sustainable health care since the cost of health care has been growing at a greater rate than the population and tax base.

"The concern, of course, is what do

we do to try to bend the cost curve and try to ensure that we have a sustainable system," he said during a conference call last week.

"Part of what's come out of the reviews is that we really have a very complicated health-care system. ... There's some role confusion between what the government's roles are, what's the role of the WRHA, what's the role of all of the other provincial health organizations."

He said that Manitoba's health-care system is more expensive per capita than other provinces, yet the health outcomes are not as good as in other parts of the country.

"Clearly, there are a lot of challenges here. This is the very first time where we are really looking at an overall provincial process to try to streamline the way things are done," Van Dena-

kker said.

"One of the key things that's important is that the government is really taking on more of an accountability role."

Over the next five years, changes will occur in three waves. To start, the first wave will focus on redefining the roles of health system organizations, implementing changes in Winnipeg in alignment with the broader provincial plan, restructuring bargaining units and developing a provincial clinical and preventive services plan. This plan will include recommendations for service changes in rural Manitoba based on demand.

The second phase will involve transferring the operations of the Selkirk Mental Health Centre and Cadham Provincial Laboratory to a service delivery organization or Shared Health,

which was recently created by the provincial government with the goal of improving patient care and providing co-ordinated support to the health system. Phase 2 will also focus on changes to emergency medical services, more negotiations with bargaining units and implementing the provincial clinical and preventive services plan.

To wrap up the transformation, the third wave will continue to implement the clinical and preventive services plan while also moving forward with workforce planning and negotiations. By simplifying the overall system and streamlining the roles, the level of care is expected to improve.

Project updates will be posted on an ongoing basis at <http://www.gov.mb.ca/health/hst/>.

GrowForce partners with Peguis to grow cannabis in Selkirk

By Lindsey Enns

Peguis First Nation has given a Canada-based cannabis company the green light to build a production and distribution facility on a piece of their land in Selkirk.

GrowForce Holdings Inc. and Peguis First Nation announced their joint venture to establish a partnership in a cross-Canada expansion during National Indigenous People's Day last Thursday.

The partnership will continue to evaluate opportunities in the cultivation, distribution and retail sale of cannabis products, according to a release.

"This is a fitting announcement reflective of the spirit of reconciliation inherent in National Indigenous Peoples Day and demonstrates the intent of the leadership of Peguis to capitalize on economic opportunities in the cannabis space," Peguis First Nations Chief Glenn Hudson stated in a release last week. "The joint venture is the culmination of seven months of intense effort by a dedicated team from the Chief Peguis Investment Corporation acting on the directives of Chief and Council with the support of the Peguis First Nation membership."

"This initiative will result in local investment, significant job creation and long-term economic development for our people and to the Selkirk area."

Hudson added before selecting GrowForce, they explored a number of potential joint venture partnerships but GrowForce "clearly has the most industry experience and the clearest vision for developing a nationwide seed to sale cannabis strategy that includes First Nations and Indigenous Peoples."

Officials say this partnership will



EXPRESS PHOTO SUBMITTED

GrowForce CEO Rishi Gautam, left, Peguis First Nation Chief Glenn Hudson, middle, and Bridging Finance CEO David Sharpe celebrate the signing of a new cannabis joint venture during National Indigenous People's Day last Thursday. The new venture is exploring cannabis cultivation and retail opportunities on Peguis owned land in Selkirk.

lead to "local investment, significant job creation and long-term economic development" for the First Nation and the Selkirk area. GrowForce says they are expecting to hire 75 to 150 people in the Selkirk region.

"I think this working together, having this partnership in our city, is a true sign of truth and reconciliation," Selkirk Mayor Larry Johansson said, adding he predicts Selkirk will be home to multiple cannabis storefronts in the future. "We deter the black market by having this here. This is a huge revenue source for the city, huge employment opportunity for the city, great partnership with Peguis. We just are really looking forward to it."

Although details surrounding the exact location of the facility is still being determined, the project is expected to include a \$33-million investment for a building that will be at

least 50,000 square feet. Construction is expected to begin in early 2019.

Last Thursday's official signing followed the passage of the federal government's legislation to legalize and regulate recreational marijuana. Prime Minister Justin Trudeau says marijuana will be legal in Canada as of Oct. 17.

GrowForce currently owns a majority interest in flagship cannabis facilities operated through Health Canada's Access to Cannabis for Medical Purposes Regulations, with the exclusive rights to MJardin's cannabis management services and intellectual property portfolio for use in Canada and other federally legal markets worldwide.

GrowForce also has significant project financing from Bridging Finance Inc., which is led by David Sharpe, CEO and a member of the Mohawks

of the Bay of Quinte (Tyendinaga) First Nation.

"We backed GrowForce financially because of their dynamic business plan and executive experience, but we also saw the company genuinely wanted to make a positive impact in Indigenous communities across the country," Sharpe stated in a release last week. "GrowForce has an experienced operating team through MJardin and an in-house training program that is second to none in the cannabis industry. Put that together with strong partners and an eager Indigenous workforce, and you have a great combination for both production and distribution of cannabis."

GrowForce's portfolio currently spans Manitoba, Ontario and Nova Scotia. The company is currently renovating a 120,000-square-foot facility in Winnipeg's St. Boniface area that will be used as their flagship cannabis cultivation facility.

"We continue to move swiftly to strategically build our capacity in Canada," said GrowForce chairman and CEO Rishi Gautam. "Partnering with First Nations and Indigenous peoples is a great fit for our company and overall vision. Our operating partner and executives bring the experience of more than nine consecutive years in legal cannabis and 100,000 kg of finished product, with innovative software and training through MJardin University. GrowForce has the substantive ability to invest in new operations while hiring and training local staff."

"The partnership with Peguis First Nation helps to achieve our goal of building Canada's leading cannabis company with our Indigenous partners."

For more information about GrowForce, growforce.ca.

Mandatory customer service training being offered

By Jeff Ward

The deadline for new mandatory customer service training for businesses and organizations to be compliant with the Provincial Accessibility for Manitobans Act is Nov. 1, and Community Futures West Interlake is urging Interlake organizations to prioritize it now.

The government and public sector became compliant with the first standard of the new law in 2016 and 2017 respectively, and now it's time for the private sector, small municipalities and non-profit organizations to do the same.

CFWI general manager Lana Cowling-Mason estimates more than 75

per cent of those organizations in our region aren't aware this training is required. CFWI, through the Society for Manitobans with Disabilities (SMD), has come up with a new 90-minute training course that costs \$20 per person that will get all customer service people up to speed on the new law.

"The requirement is that the training be completed by Nov. 1 of this year," said Cowling-Mason.

"This is a huge amount of people that need this training, including volunteers. Many people will do in-house training and that's fine, but in our region, there are many smaller organizations that might find that difficult, so we wanted to do something

for them."

The Act states that this first standard is focused on how people in customer service need to accommodate people with disabilities. This means meeting communication needs, mobility needs, welcoming and understanding support people who are there to assist and making sure accessibility is maintained. There are a variety of other components to this standard, which are all related to attendees at the training session.

Cowling-Mason wants people who need this training to be aware that there are other options and the CFWI isn't trying to make money off of this.

"What we want is to create an easy

way for people to get the knowledge they need and absorb it so their organizations can become compliant," she said.

SMD will issue a certificate to those who complete the training through the session and also maintain a database with organizations who have completed training.

It's important that organizations read up on what is expected of them now and in the future as the act has more than this one piece. The act in its entirety, as well as other resources, can be found online at www.accessibilitymb.ca For more information on the CFWI program, contact the CFWI office at 204-768-3351.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fortin inducted into Manitoba Baseball Hall of Fame

By Brian Bowman

The Manitoba Baseball Hall of Fame & Museum has inducted an abundance of outstanding ball players over the years.

And they added some more back on June 2 in Morden.

Troy Fortin, who grew up in Lundar, was one of those elite players that received the prestigious selection into the Hall of Fame.

"It's quite an honour," said Fortin, who now lives in Stonewall, last week. "I played against and with a lot of guys in (the Hall of Fame)."

Fortin always hoped he would get inducted into the Hall of Fame but his focus was simply about playing the great game of baseball.

"We went in as a family a few years ago, with my brother and dad, so that was another honour," he said. "We didn't play to get those accolades, but I guess at some point, the numbers stood out."

Fortin was named the Manitoba Baseball Association minor player of the year in 1990 and 1992.

He would often practice with his dad, Roy, and younger brother, Blaine, another great player and a Toronto Blue Jays' draft pick.

"We practiced a lot," Fortin remembered. "My dad threw batting practice to my brother and I for years and years. We didn't have to go practise in the city because it was an hour and 20 minutes. We didn't have to practice and the coaches were fine with that."

"We probably practised four or five times more than anyone else because

we were out there almost every night practicing hitting and fielding.

"It was a lot of hard work and a little bit of natural ability — good hand-eye co-ordination."

Fortin played one season in the Manitoba Junior Baseball League with the Legion 141 Veterans.

A major highlight for him, though, was getting drafted by the Minnesota Twins in 1993 as a catcher and playing in their minor league system with the likes of Torii Hunter, David Ortiz and Anola's Corey Koskie.

"A person always grows up thinking of playing in the NHL or Major League Baseball or whatever sport they're in," Fortin said. "To tell you the truth, hockey was always my No. 1 sport for many years but baseball kind of took over when I was good enough to get recognized."

He rose through the Twins' minor league system from the Rookie classification to "AA" ball from 1993-98.

In 1996, Fortin set an "A" league record by going 25 games — and a whopping 75 at-bats — without striking out.

"It was a great experience and a little humbling, for the most part, because when you come from Manitoba and see the best players from around here," he said. "And you get there and you're playing with Torii Hunter and David Ortiz through the years and these guys are future (Major League) Hall of Famers and you get to see the Alex Rodriguez's and guys like that, you kind of see where you line up against those guys."



EXPRESS PHOTO SUBMITTED

Troy Fortin, left, was inducted into the Baseball Hall of Fame in Morden on June 2.

"It was a lot of fun watching those guys growing up in the minor leagues."

Fortin asked for his release from the Twins to sign with the Winnipeg Goldeyes in 1998. He put up some great numbers — and was a fan favourite — until his retirement in 2000.

Fortin batted .332 with a .940 OPS while committing only five errors in almost three full seasons as a Gold-eye.

In 1999, he also played for Team Canada in the Pan Am Games in Winnipeg, winning a bronze medal.

After his Goldeyes' retirement, Fortin played for several Manitoba senior teams and at Canadian senior tournaments.

But now he is retired from the game. "My arm was never very good," Fortin admitted. "I hurt it as a young kid pretty bad and it never healed up properly. It actually bothered me for most of my career and now it's really bad."

"My playing days are done."

His playing days may be over but he can always proudly say he is a Manitoba Baseball Hall of Famer.

Stonewall Midget 'AA' playing well

By Brian Bowman

The Stonewall Blue Jays Midget "AA" baseball team is getting hot at just the right time.

Stonewall was on a nice three-game win streak heading into this past Monday's regular-season finale against St. James.

"Overall, it's been a pretty good year," said Blue Jays' head coach Scott Stephens. "Our biggest challenge throughout the year (is the fact) we have a roster of 12 and, at this age, we

have sort of struggled to (get enough players) for games and we have had to cancel games."

"The biggest challenge that we have had is just getting nine kids on the diamond."

Stonewall was a solid 8-6 heading into this past Monday's game, putting them in fourth place in the nine-team league.

"We've been coming along throughout the season," Stephens said. "The bats have come alive and we played

North Winnipeg last week and they are clearly the top team in the league and we beat them. We had pitching, solid defence without a bunch of errors, and the bats came alive."

"When we do those things well, we can compete with anybody in the province."

Errors have been a problem for the Blue Jays this season and the offence hasn't always been potent.

Stonewall has scored just 81 runs in its first 14 games, which is well short

of what kind of damage the top three teams in the league can do.

North Winnipeg (181 runs), Fort Garry (175) and Macdonald (163) can really produce offence this season.

"We have played all of those teams at least once and they definitely hit the ball," Stephens noted. "They make you field the ball well but if you can play decent defence and have decent pitching against them, it will be a pretty competitive game."

"That's the key, if you have an inning where you give them four or five outs, then they really make it hard on you."

Sport Manitoba and Partners Presented \$22,500 in Scholarships

Staff

At the Canada Games Sport for Life Centre on Monday, \$22,500 in academic scholarships were presented to 11 high school students, eight university students, and four Manitoba coaches.

The presentations included the Manitoba Foundation for Sport Scholarships, Bud Tinsley Sport Leadership Scholarship, Coaching Manitoba Bursaries, and Princess Royal Pan Am Scholarships.

This year, the Manitoba Foundation for Sports scholarships recognized the exceptional achievements of 18 student athletes. These athletes represented 10 towns/cities and 20 different sports.

Jamie Johnson of Arborg was one of the 11 high school students awarded a \$500 scholarship. Johnson participates in baseball, volleyball, cross country and badminton.

Bud Tinsley Sport Leadership Scholarship

This scholarship was created in 2012 in memory of Robert (Bud) Tinsley, by his family and friends. The \$500 scholarship recipient is selected from among the Manitoba Foundation for Sport scholarship recipients, based on the added criteria of leadership.

This year's recipient is Jayden Kyryluk of Winnipeg. Through hard work, dedication, and fortitude, Kyryluk's

Grade 12 average was 92 per cent. He is attending University of Manitoba this fall to pursue a Commerce Degree.

He was a member of Football Manitoba's U18 team that went to nationals last summer and was named as a Top 50 player by CFC Canada.

Coaching Manitoba Bursaries

One male and one female each from Winnipeg and Rural Manitoba received a \$500 bursary to be used toward their 2018-2019 tuition. The bursaries have been named after two special coaches in Manitoba: Silvio Sboto and Jeff Collins.

Silvio Sboto Memorial Rural Coach Award Female: Cynthia Cote from La Broquerie of Figure Skating attending Université de Saint-Boniface

Silvio Sboto Memorial Rural Coach Award Male: Joben Smith from Foxwarren of Hockey attending University of Manitoba

Jeff Collins Memorial Winnipeg Coach Award Female: Lauren Jackman from Winnipeg of Gymnastics attending University of Manitoba

Jeff Collins Memorial Winnipeg Coach Award Male: Gee-ef Nkwonta from Winnipeg of Optimist attending University of Manitoba

Princess Royal Pan Am Scholarships

One male and one female high performance athlete enrolled in a post-secondary institution in Manitoba each received \$3,000.

Recipients:

Female: Tegan Turner of Athletics attending University of Manitoba

Male: Arnish Patel of Badminton attending University of Manitoba

Also presented were the Manitoba Sportswriters and Sportscasters Association Jack Matheson Award which provides \$750 to post-secondary students who demonstrate an interest in a career in one or more of the following careers: sports writing, sports broadcasting, sports media production or sports public relations. The award is named in honour of the late Jack Matheson, a former Winnipeg Tribune sports editor and CJOB radio broadcaster. He was one of the first in Manitoba to hire graduates of post-secondary education programs for jobs in the sports journalism field.

There were two winners of this year's Jack Matheson award.

Taylor Allen is a Vince Leah intern for the Winnipeg Free Press, and he does freelance work in a weekly series termed Hall Call. He also has served as a Winnipeg Jets/Manitoba Moose Press Box intern on game days and he is the Manitoba Sports Hall of Fame host for its weekly podcast. Allen was nominated for the best Jour-



EXPRESS PHOTO BY PATRICIA BARRETT
Jamie Johnson received the Manitoba Foundation for Sports scholarship.

nalism story by a first-year student in the RRC Creative Communications Media Awards in 2017, and was the recipient of the Don Wittman Memorial Award.

Declan Schroeder has interned and produced web articles for TSN 1290 and worked on various audio features for the station. He is a sports columnist for the Projector newspaper at Red River College. Schroeder received an 'A' grade in Journalism in 2017 and also won the Eric and Jack Wells Excellence in Journalism award at RRC the same school year.

Interlake makes an Impact on El Condor FC

By Brian Bowman

There was no question as to who the better team was on the field between the Interlake Impact and El Condor FC on Saturday afternoon.

Interlake dominated most of the contest as they cruised to a convincing 4-0 victory in Manitoba Major Soccer League Division 5 action at the Buhler Recreation Park.

Dalen Penner, Eric Harder, Benny Wiens and Kyle Dueck scored for the Impact.

With the win, Interlake improved its record to an impressive 5-2 this season. The Impact has outscored

the opposition by a whopping 19-4 margin.

Interlake now has 15 points on the season and were tied with Sporting Club Mosaic with 15 points heading into this week's schedule of games.

Sporting Club Mosaic has played one less game than Interlake, however.

Jedinstvo leads the division with a 6-1 record.

Interlake is back in action Thursday when it visits fifth-place Carmania SC (2-1-1) in Carmania. Game time is 7:30 p.m.



EXPRESS PHOTO BY BRIAN BOWMAN

Interlake's Chris Cho works hard to get the ball away from an El Condor FC player during league play last Saturday. The Impact won the game 4-0.

Lundar headed to 11U 'A' baseball provincials

By Brian Bowman

Lundar has earned a spot in Baseball Manitoba's 11U "A" provincials in Hamiota next month.

Lundar lost 12-2 to Stonewall in the five-inning final last weekend. Stonewall, which now advances to the 11U "AA" provincials, scored four runs in the first two innings and never looked back.

Before the championship game, Lundar was playing some good baseball as they posted a perfect 2-0 record.

Lundar eked out a super thrilling 21-20 victory over Warren in a three-extra inning affair, which was played over two days.

"We had to finish our game Saturday morning from Friday night due to darkness," said Lundar coach Ryan Einarson.

This wild game had more ups and downs than a massive roller-coaster.

Lundar led 9-3 but Warren came back with six runs in the final inning to tie the score. Warren carried that momentum to later lead 17-9 but Lundar miraculously knotted the score at 17-17 (Warren walked in three runs with the bases loaded and two outs) before Lundar smacked a grand slam.

After Warren scored three more runs, Lundar then replied with four to secure the win.

"Whoever won that game was pretty much going to the final," Einarson admitted, noting they have five 9U players on their team.

Lundar then cruised to a convincing 17-7 win over Teulon to advance to the final.

Einarson said his club practised a lot over the summer and improved quite a bit over the course



EXPRESS PHOTO BY LANA MEIER

Lundar will represent the Interlake at the 11U 'A' provincials. Pictured back row, left to right, coaches Ryan Einarson and Randy Hortal; middle row, Breanne Windross, Gavin Sweetland, Kade Sweetland, Sigge Bjornson, Stathen Stuart, Torger Bjornson, Easton Einarson; bottom row, Erik Johnson, Riley Johnson, Broch St. Goddard, Carter Lindal and Griffin Lowry. Missing from the photo is Mason Bauch.

of the season.

"They're a good group of kids, for sure," he said.

Lundar, though, won't have much more time to practice as the provincials are being held July 6-8.

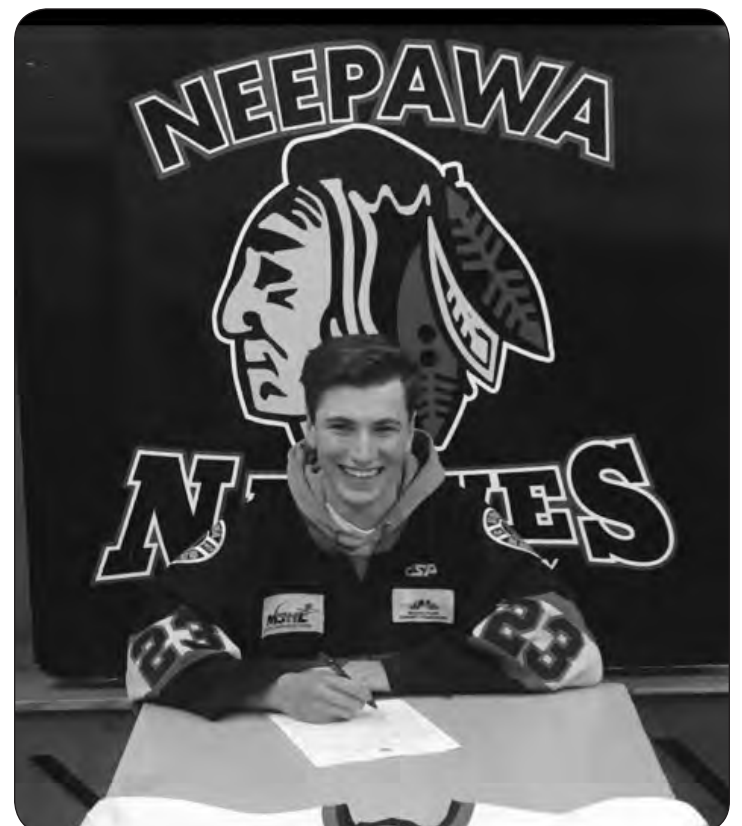
Provincial bound



EXPRESS PHOTO BY LANA MEIER

The Lundar Brewers earned a spot to represent the Interlake at the 15U 'A' provincials after qualifying at the Mervin Farmer Memorial Regional Baseball Championships in Stonewall this past Sunday. Pictured back row, left to right, Brad Drews (coach), Zac Halldorson, Lou Holm, Randal Johannson, Dawson Monkman, Zak Leochko, Tyson Barylski, Jamie Ryden (coach); front row, Dylan Weatherburn, Shyanne Chartrand, Derek Sigurdson, Alexander Ryden and Logan Gunther.

Neepawa signs Bremner



TRIBUNE PHOTO SUBMITTED

Interlake Lightning captain Rhys Bremner of Stonewall recently signed with the Neepawa Natives of the Manitoba Junior Hockey League.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Credit Unions of Manitoba Scholar Athlete Awards presented

Staff

The Manitoba High Schools Athletic Association, with support from Manitoba's Credit Unions, announced the four winners of the 2017-2018 Credit Unions of Manitoba High School Scholar Athlete Awards.

These \$1,000 scholarships are awarded to four graduating high school student athletes who maintained a minimum 85 per cent average and competed in at least two interscholastic sports.

Other criteria included school, community, volunteer, and citizenship activities.

Among the winners was the Selkirk Royals' Annika Loeppky.

She held an academic average of 99.5 per cent while participating in volleyball, basketball and track and field.

Loeppky was a co-captain, KPAC champion, provincial semifinalist and a graduating all-star. She also participated at the provincial basketball championships and was chosen as an all-star at the Kildonan East Basketball Tournament.

Loeppky is a recipient of the Dr. Dale Iwanoczko Scholarship, holds Honours with Distinction, Award of Excellence and the Government of Canada History Awards. She participated in the Human Rights Group, Ethics Bowl, grad liaison, senior choir, vocal jazz, best buddies and several other activities at her school. Annika is a volunteer ringette referee, volunteers at the Betel Personal Care Home, counsellor at summer camps as well as coaches Jr. NBA basketball camps and is active in her church as a volunteer.

"I strongly agree with the words of Kareem Abdul-Jabbar as he states that 'You can't win unless you learn how to lose,'" she said in a media release.

"Typically, in sports, success is measured in gold medals, shiny trophies and first-place ribbons, however, I believe there is success in losing as well. The most valuable lessons are learnt when you are knocked down and must pick yourself back up again.

"I believe that dedication and determination are the most essential ingredients to success in life, and those are two things that sports have taught me over the years. "High school athletics have ingrained that drive and perseverance within me to work my hardest and to never give up even when the going gets tough. They have also played an essential role in shaping me into the leader I am today. I believe that athletics have cultivated leadership abilities in me that I am able to use throughout my whole life, whether it be in the community, or on a global level. Therefore, sports have had a considerable impact on my four years in high school and have taught me many things that will allow me to succeed in university and beyond."

The other three winners were Lindsey Rutherford of Treherne Collegiate, Camryn McMillan of Car-



Braeden Floyd

berry Collegiate, and Nicholas Pasieczka of Sanford Collegiate

The presentation took place at a ceremony hosted by Her Honour, the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba at Government House. Awards were presented by the Lieutenant Governor Janice C. Filmon, MHSAA President Mr. Chris Gudziunas (Assistant Superintendent of Hanover School Division), and Mr. Tim Klassen (CEO of Sunrise Credit Union).

The 41 students nominated this year were:

Annika Loeppky – Lord Selkirk Regional Secondary School

Riley Barrett – Minnedosa Collegiate

Sara Boissonneault – Collège Louis-Riel

Rayna Bonchuk – Birtle Collegiate

Erik Buchsmann – Morden Collegiate

Jintana Chaengpaseutsak – Maples Collegiate

Alexander Clemis – Carman Collegiate

Alina Doerksen – Morris School

Rovelyn Domingo – West Kildonan Collegiate

Lauryn Dunning – McCreary School

Sydney Duquette – Glenlawn Collegiate

Ahmad El-Rennewi – R.D. Parker Collegiate

Brayden Ewasko – École Edward Schreyer School

Tyler Fedak – Portage Collegiate Braeden Floyd –

Arborg Collegiate

Vanessa Friesen – Green Valley School



Victoria Garson, left.

Mikayla Funk – Northlands Parkway Collegiate
Victoria Garson – Charles Sinclair School
Natasha Gregoire – Collège Béliveau
Mason Gurr – Hamiota Collegiate
Ty Hassel – Dauphin Regional Secondary School
Trina Langan – Cartwright School
Vanessa Lee – Vincent Massey Collegiate
Nicholas Lepage – Collège régional Gabrielle-Roy
Camryn McMillan – Carberry Collegiate
Luke McMillan – Miles Macdonell Collegiate
Lucas Meyer – Vincent Massey Collegiate
Kimberly Nicolajsen – Carman Collegiate
Nicholas Pasieczka – Sanford Collegiate
Natalya Reimer – Westgate Mennonite Collegiate
Lindsey Rutherford – Treherne Collegiate
Carly Shamray – Hamiota Collegiate
Matthew Tiede – Calvin Christian School
Melanie Truman – Collège régional Gabrielle-Roy
Kayla Wandowich – St. Boniface Diocesan High School
Kyle Wilfer – St. Paul's High School
Jared Wills – St. Boniface Diocesan High School
Cheyenne Winogradoff – Kelvin High School
Emily Woods – Collège Sturgeon Heights Collegiate
Scott Yeo – Stonewall Collegiate
Lyndon Zimmer – Major Pratt School

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> MEAL IDEAS



Triple Threat Burger

To make pulled pork: Rub pork roast with seasoning and place in 4-5-quart slow cooker. Pour beer and liquid smoke around sides. Cover and cook 8-10 hours on low or 4-5 hours on high.

Remove roast from slow cooker with tongs and place in large container. Using tongs or two forks, shred pork and set aside 2 cups. Cover and refrigerate.

To make sauce: In medium saucepan, combine raspberry jam, barbecue sauce, beer, mustard and chipotle powder; bring to boil over medium-high heat; boil 5 minutes, stirring constantly. Reduce heat and simmer 15 minutes. Stir 1/2 cup sauce into reserved pulled pork.

To make burgers: Heat charcoal or gas grill to medium. Combine ground pork, ground beef, beer and seasoning; form into six (1-inch thick) burger patties. Grill 5 minutes per side until internal temperature reaches 160 F. Top each burger with slice of cheese; let melt.

Place burgers on bottom buns; spoon about 1/3 cup pulled pork with barbecue sauce onto each burger. Top each with one slice bacon and one pickle plank then close with top bun.

- Prep time: 30 minutes
Cook time: 8 1/2 hours
Servings: 6
Pulled Pork:
1 Farmer John Boneless Fresh Pork Shoulder Roast
1/4 cup barbecue seasoning blend
3/4 cup pale lager beer
1 1/2 teaspoons liquid hickory smoke
Triple Threat Sauce:
1 jar (12 ounces) seedless raspberry jam
1 cup barbecue sauce
3/4 cup pale lager beer
1 teaspoon dry mustard
1/4 teaspoon chipotle powder
Burgers:
1 pound Farmer John Ground Pork
1 pound 80 percent lean ground beef
1/4 cup pale lager beer
2 tablespoons barbecue seasoning blend
6 slices cheddar cheese
6 sandwich buns, toasted
6 slices Farmer John Bacon, cooked crisp
6 dill pickle planks



Chipotle Glazed Spare Ribs

adobo sauce
1/2 cup barbecue sauce
2 limes, zest and juice only, plus additional lime juice
1/2 cup cilantro, chopped
Heat oven to 325 F. Season ribs with salt and pepper. Place on rimmed baking sheet and cover tightly with foil. Bake 1 1/2 hours until ribs reach internal temperature of 195 F. Let cool.

While ribs bake, blend garlic, honey, brown sugar, chipotle chilies, barbecue sauce and lime zest and juice. Blend until smooth. Set aside.

Heat charcoal or gas grill to medium-high. Place ribs on grill and baste with sauce mixture, turning frequently until well-coated with sauce and charred, about 10 minutes. Transfer to cutting board and let rest. Serve with remaining sauce mixture, additional lime juice and chopped cilantro.

- Prep time: 25 minutes
Cook time: 1 hour, 40 minutes
Servings: 6
2 racks Farmer John Pork Spareribs, membranes removed
4 tablespoons salt
4 tablespoons pepper
6 cloves chopped garlic
1 cup honey
brown sugar
1/2 can (7 ounces) chipotle chilies in



I often hear the concern from women that they seem to be the ones who work to keep their relationship going. They feel that the man just carries on day to day, without thinking too much about what is happening in the relationship. They wish that their partners were more proactive, rather than sitting back and only discussing the relationship when the woman brings up a concern. Even the, his response is often defensive, so that she feels like the "bad guy" even though she is trying to do something that she hopes would benefit both of them.

It helps to understand some basic differences between men and women, and how they perceive relationship. These are generalizations, and do not apply to everyone, but create some difficulties when they apply to your situation. For many women, their relationship is absolutely the most important thing in their life.

Job, friends and other interests are secondary. For many men, while their relationship is very important, it is not the major defining factor in their lives. They may see themselves first as an accountant, pilot, athlete, who also happens to be married. When they're at work, they focus on work. If there is a problem in the relationship, they are often able to put it on the back burner while they attend to other things. Women, on the other hand, may allow the relationship to serve as a kind of emotional barometer.

Men and Women Perceive Relationships Differently

If things are going well at home, they can be happy and productive in their job, with friends, or in mothering their children. When things are not going well with their partner, daily life can feel like a real struggle. If there's a fight in the morning, she'll brood about it all day. When he comes home, and she asks what he has to say about the morning's episode, he may reply that he really didn't have time to think about it. (Women can hardly believe this, and think he's being cool or distant, or totally uncaring, but truthfully, he may well switch into a different gear when he leaves the house.)

For a relationship to be healthy, both partners must feel as though their needs are being met, even if there has to be some compromise. If you need more communication, more sharing of feelings in order to feel satisfied, then work needs to be done in the relationship. If your partner is closed to the idea of talking about this or gets angry or defensive when you try to talk about feelings, and shows no willingness to read about it, or to seek counseling, then you have a dilemma. You need to decide if there is enough that is positive in being with this person that you can live without something that is important to you, and to assess the long-term impact on your health and well-being, of living with someone who will not communicate with you at a deeper level.

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



Prep time: 20 minutes
Servings: 4
5 cups cooked brown or white jasmine rice
2 packages (6 ounces each) extra-firm tofu, cubed
2 cups red California grapes, halved
1 avocado, pitted, peeled and thinly

Vegetarian Poke Bowl

sliced
1 large golden beet, peeled and shredded
1 large carrot, peeled and shredded
2 scallions, thinly sliced
sprinkle of toasted sesame seeds
6 ounces light Asian ginger-sesame salad dressing
Divide rice between four bowls and arrange tofu, grapes, avocado, beets and carrots on top. Sprinkle with scallions and sesame seeds; serve with dressing.

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HELP WANTED

Wanted: Cleaner, maintenance person, office/on-call person. Location: 40 Eveline Street, Selkirk, MB D-7 Property Management is looking for people to fill three positions in Selkirk, MB. A person to clean an apartment building on a daily basis (approx. 4 hrs. per day). The cleaning would include vacuuming the common area hallways, cleaning the glass and stainless steel in the windows and elevators, cleaning laundry rooms, stairwells, etc. The building includes one - six floor building and one - four floor building, a total of 95 suites. Cleaning of empty suites is paid on a "per job" basis. \$15 per hour. We also require a maintenance person, able to do regular and emergency maintenance repairs. The successful applicant must have knowledge of plumbing, painting, plastering, minor electrical, etc. and must have own tools and transportation. Salary dependent on qualifications. Also needed is an office person able to coordinate repair requests from tenants, collect rent, deliver notices, answer phones, check e-mails, post "for rent" ads, show suites to potential renters, etc. Office position is required four hours per day, Monday to Friday. This position also requires that you carry the emergency cell phone when not in the building. \$15 per hour for office time and a stipend for being the emergency on-call person. Please contact D-7 Property Management at 204-989-4210, 204-989-4211 or e-mail to jean@d7management.com

HELP WANTED

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

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HELP WANTED

FT morning cook req'd at Rockwood Motor Inn, above average wage, experience req'd; also PT/FT waitress req'd, experience preferred. Call Sheri at 204-467-2354.

Full time Pharmacy Assistant req'd at SDM Teulon. Competitive wage & full benefits. Email resume to asdm2516@shoppers-drugmart.ca

Dream Job! Live in caregiver/housekeeper. Summers in Winnipeg and winters in the tropics. Call 204-997-4629.

PASTURE FOR RENT

Approx. 15 acres between Inwood & Teulon, fenced. \$100/mo. Call Don at 204-467-7419.

APARTMENT FOR RENT

1 bedroom apartment for rent in the Town of Teulon. \$725 per month. Call or text Kirt 204-886-7717.

MISCELLANEOUS

Camper fridge for sale. Propane, electric & 12 volt. Good working condition. Asking \$450. Call 204-641-0603 or 204-376-2495.

Permanent Employment Opportunity

The Interlake-Eastern Regional Health Authority has the following Permanent .40 FTE position available in Fisher Branch:

Adult Day Program Coordinator: FB LTC 476/18 REPOST (Fisher Branch Chalet, Fisher Branch MB) Please refer to complete job posting in Careers at www.ierha.ca Please apply on-line at www.ierha.ca or fax (204) 785-4736, stating competition number.



Garage/Yard Sale FOR MEN 45-6th Ave., Gimli

Tools! Tools! Tools!

Table saw, band saw, drill/drill sets, wrenches, 12 drawer red Mastercraft toolchest, rototiller, 4x6 utility trailer. **Sat. June 30th & Sun. July 1st**
10 am - 4 pm each day

EMPLOYMENT OPPORTUNITY



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

1.0 EFT Women's Counsellor

Responsibilities:

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

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

Additional qualifications:

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

APPLICATION DEADLINE:

JUNE 29, 2018 @ 4:00pm

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

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



EMPLOYMENT NOTICE

Lakeshore School Division requires a Mechanic Foreman for its school bus garage located in Fisher Branch, Manitoba to supervise staff and perform regular maintenance on its fleet of school buses. This is a permanent full-time position commencing as soon as possible.

Applicants will be considered on the basis of experience in the automotive, heavy equipment, transport or other related industry. Journeyman status mechanic in truck transport with class 5 driver's license are mandatory qualifications. A school bus inspection certification and class 2 driver's license preferred.

SALARY and Benefits: As per collective agreement

STARTING DATE: As soon as possible

A complete job description is available on request.

Please direct any questions to Mark Parkes at 204-739-2101 or 204-280-0804.

Interested candidates may forward their application to:

Mark Parkes
Director of Operations & Infrastructure
Lakeshore School Division
Box 100, Eriksdale, MB, R0C 0W0
Phone: (204) 739-2101
Email: parkesm@lakeshoresd.mb.ca

Deadline for applications: Friday, July 6, 2018 at 2:00 p.m.

We thank all who applied for their interest, but only those selected for an interview will be contacted. Lakeshore School Division may contact former employers.

Successful candidates must complete a Criminal Record and Child Abuse Registry check prior to commencing employment.



Faroex, located in Gimli, Manitoba, is a manufacturer of plastic and composite products for the Agriculture, Alternative Energy, and Mass Transportation markets.

We are currently seeking full-time employees to fill the following position:

General Labourer & Finishing

Job Duties:

- Trim and package injection molded plastic parts
- Carry out finishing and assembly operations on composite products using industrial equipment and power tools (cutting, drilling, sanding, shaping)
- Inspect and measure products to meet quality criteria
- Handle and package composite products
- General cleaning and housekeeping
- Other miscellaneous manufacturing related duties

Job Qualifications:

- A Proven track record of excellent past job attendance and punctuality (**we need you to arrive at work on-time and put in a full 40 hours a week on a regular basis**)
- A reliable means of transportation to and from work (**this is critical to achieving an excellent attendance record**)
- Physically able to carry out manufacturing duties while working in an industrial plant, while being safety conscious at all times (**the job will require you to walk, reach, bend, twist, grasp, and comfortably lift up to 50 lbs. on a regular basis, and we want you to do so without getting injured**)
- Comfortable working in an industrial plant setting with potential exposure at times to heat, cold, and dust (**if you can't work in this type of environment, this job may not be right for you**)

Compensation includes:

- An excellent health benefits package after probation (100 days)
- Hourly Shift Premiums for evening and night shifts
- Opportunity for overtime work
- Opportunity for training and job advancement to other classifications

Faroex is a unionized workplace offering regular wage increases and benefits as per the current Collective Agreement.

Interested applicants can apply using one of the following methods (phone calls will not be accepted):

- In person at 123 Anson Street, Gimli Industrial Park
- E-mail to: apply@faroex.com
- Fax to (204)-642-6404

We thank all applicants for their interest, however, only those candidates selected for interviews will be contacted.

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Announcements

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MORTGAGE SALE

The building and land known as NW, SW & NE ¼ 20-32-8 WLT0, as described in Certificate of Title Nos. 1372418/1 and 1372419/1 will be sold at auction by a licensed Auctioneer on Wednesday, the 18th day of July, 2018 at 2:00 p.m. at 23 Government Road, Moosehorn, Manitoba, in the RM of Grahamdale.

To the best of the vendor's knowledge, there is situated on the mortgage property approximately 454 acres of farmland located approximately 2 miles east of Gypsumville on highway 513. At the subject property the main streams for drainage are the Mercer Creek and Birch Lake Creek.

Property taxes are paid in full to December 31, 2017. The property is sold subject to taxes and penalties accruing after that date.

TERMS: Deposit of \$34,000.00 in cash, certified cheque or bank draft payable to MLT Aikins LLP and the balance according to conditions to be announced at the sale.

Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale.

Further information may be obtained from:

MLT AIKINS LLP
Barristers & Solicitors
30th Floor, 360 Main Street, Winnipeg, MB R3C 4G1
Attn: Christine Becker (204) 957-4773
cbecker@mltaikins.com

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ANNOUNCEMENT

BIRTHDAY



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No gifts, please, just the pleasure of your company

RURAL MUNICIPALITY OF

West Interlake

RM of West Interlake

TENDER NOTICE

Ashern Wastewater Lagoon Expansion
Ashern, Manitoba

Description: Upgrade of the community's wastewater lagoon system with the construction of the new secondary containment cell. The new cell liner will be constructed of ~ 31,000 m3 compacted clay-till. Clay for lagoon and liner construction may be imported from a designated clay borrow area north of the lagoon site. Work also includes miscellaneous cell piping.

Tender Availability: June 18, 2018

Tender Close: July 6, 2018, 2:00 PM local time at the office of Associated Engineering, 203 - Five Donald Street, Winnipeg, MB, R3L 2T4 Contact: Associated Engineering, Ken Anderson, andersonk@ae.ca or (204) 942-6391

Hardcopy documents may be obtained from Associated Engineering's office (203 - Five Donald Street, Winnipeg) upon non-refundable payment of \$25. Cheques are to be made payable to "Associated Engineering (Sask) Ltd."

RURAL MUNICIPALITY OF

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RM of West Interlake

REQUEST FOR TENDER

For the construction of 522 ft. x 6 ft. x 4 in. of new sidewalk. Along the South side of Main Street from Second Ave. S to Ashern Early Years School. Tender to also include the removal and disposal of current sidewalk. Bid amount will be by the square foot. Expansion joints shall be placed every 5 feet and will be at least 1 inch deep.

Supply all materials necessary to complete removal and construction of sidewalk. Base material for new sidewalk will have to be approved by RM of West Interlake and compacted to the satisfaction of the RM of West Interlake.

For more information or to view the location, please contact: The RM of West Interlake Office (Ashern) at 204-768-2641.

Please forward all tenders to:
R.M. of West Interlake (Ashern office)
Box 370, #38 Main Street, Ashern, MB R0C 0E0
Fax: 204-768-2301
Email: info@rmofwestinterlake.com

Tender closing July 13, 2018 at 4:00 pm.

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