



Riverton Collegiate principal Erin Furgala with graduate Sonja Johnson. See complete grad coverage beginning on page 11.

EXPRESS PHOTO BY PATRICIA BARRETT

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Riverton water plant could spur economic development

By Patricia Barrett

The proposed establishment of a public drinking water system in Riverton could spur on economic development and result in higher property values, but Rivertonians would have to shoulder the cost of the plant for a number of years.

The RM of Bifrost-Riverton and an engineer from the Manitoba Water

Services Board held a public meeting June 14 to share the results of a water study completed last year and to discuss the merits and costs of building a water treatment plant and installing fire hydrants, water meters and associated infrastructure.

"Generally speaking, a good public water system often results in positive community development and



EXPRESS PHOTO BY PATRICIA BARRETT

CAO Cindy Stansell, with engineer Travis Parsons and Reeve Harold Foster, explained the potential cost to ratepayers of building a water treatment plant in Riverton.

growth," said MWSB's Travis Parsons to about 30 people. "Often I hear — especially where they have a system with poor water quality — it increases the value of your property."

The MWSB helps municipalities develop water and wastewater works. It conducted a feasibility study and tested Riverton's drinking water, which is derived from private wells.

Based on a sample well that could later become part of the treatment plant, the town's water quality is currently "unacceptable for public use," said Parsons. "Hardness is 526 milligrams per litre. The guideline for Canadian drinking water quality ... says anything above 200 is poor."

Iron, however, was below guidelines. "It's important to note that iron and hardness aren't health issues," he said. "They're what we call aesthetic issues. They're nuisances."

The water also contains manganese (a black colour), which can stain household appliances and clothes, and arsenic.

"You do have some arsenic in your water [4.19 mg/L]," said Parsons. "The guideline under Heath Canada is 10, but they also say they would like to see zero for arsenic."

The proposal would see a reverse osmosis water treatment system designed for a future population of 609 people (there are currently 538 people).

It would be built in a central location in order to be in close proximity to the Icelandic River.

Between 15 and 30 per cent of the water has to be discharged into the river, said Parsons, and the RM would have to apply for an Environment Act license through Sustainable Development.

"It takes all those dissolved minerals, the calcium, iron and manganese, and it's in a concentrate form so we have to dispose of that. Sending that to the (wastewater) lagoon is not an option because it would overwhelm your lagoon."

Parsons said the discharge would not affect the health of Lake Winnipeg because it's just mineralised groundwater.

The treatment plant would soften and disinfect (using chlorine) groundwater.

"We eliminate all those esthetic issues such as hardness ... and it meets all the health standards," said Parsons. "Currently you don't have any health standards with your private wells, but you could have bacteriological things that you don't know about if you don't test your well regularly."



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Wetlands house world's rarest plants



By Maggie Wysocki

Plant enthusiasts from around the world are travelling to the Brokenhead Wetland Ecological Reserve to catch a glimpse of the rare plants that call it home.

"I've given tours to people who are from Thailand, Germany, all over the

world ... this place is on their bucket list," said the Native Orchid Conservation Inc. tour guide Rose Kuzina.

The 1.5-kilometre self-guiding cedar boardwalk trail, located 45 kilometres north of Selkirk, is home to 350 species of plants, including 10 species of carnivorous plants and 23 other rare



EXPRESS PHOTOS BY MAGGIE WYSOCKI

ABOVE: The Moccasin flower is one of the 37 native orchid species found along the 1.5-kilometre trail through the Brokenhead Wetland Ecological Reserve. BELOW: Located 45 kilometres north of Selkirk, the Brokenhead Wetland Ecological Reserve is home to 350 species of plants, which the Native Orchid Conservation Inc. guides plant lovers to on regular tours.

plants.

Last Tuesday, Kuzina guided 15 people from the Victoria Beach area on a tour, searching for 28 of Manitoba's 37 native orchid species.

"It's pretty amazing to see these rare orchids. More pop up every three days too," Kuzina explained.

But what Kuzina thinks is even more amazing about the land is the unique agreement Brokenhead Ojibway Nation (BON) and the Province of Manitoba have made to protect it.

"Manitoba has lost 70 per cent of its wetlands since the '90s so protecting it

Continued on page 6

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Local officials urge businesses to join Lake Friendly program

Submitted

The South Basin Mayors and Reeves, leaders from nine communities on the shores of Lake Winnipeg, are challenging local businesses to do their part in protecting our fresh water by participating in the Lake Friendly for Business Certification Program.

The program was officially launched last Friday morning in Gimli.

"Businesses have an important role to play in water protection, and this program gives a set of clearly defined actions for participation," said Manitoba Chambers of Commerce president and CEO Chuck Davidson.

The program was created by a cross sector working group which included municipal officials, the International Institute for Sustainable Development (IISD), Manitoba Liquor and Lotteries (MBLL), conservation districts, landscape architects and environmental interests.

"If effectively implemented, this innovative certification program will simultaneously achieve at least five



EXPRESS PHOTO SUBMITTED

Local and area dignitaries gathered in Gimli last Friday to help launch the Lake Friendly for Business Certification Program.

important United Nations Sustainable Development Goals while allowing business to reduce their harmful impacts on water quality that if

unchecked will not only continue to damage fragile aquatic ecosystems but negatively impact the economy of Manitoba," said Robert Sandford, EPCOR chair for Water and Climate Security at the United Nations University Institute for Water, Environment and Health and Lake Friendly Ambassador.

"Businesses play an important role in protecting the health of our lakes.

Together, all of our individual choices and actions can go a long way in preserving this valuable natural resource," said Minister of Sustainable Development Cathy Cox.

For Manitobans, it's very hard to imagine not having enough exceptional quality water. We all know water is essential to our health and wellbeing, as it provides quality of life benefits and utility. Whether we are using water for generating electricity, raising crops, producing products or manufacturing consumer goods, the economic productivity of Manitoba is deeply connected to clean water.

Rick Gamble, chair of the South Basin Mayors and Reeves, says, "It is this understanding that has led municipal leaders to develop the certification programs and push for better practice by all to improve water management while exploring new ways to account for the value of our most precious resource ... water."

Lake Friendly is an initiative established from leaders from the shores of Lake Winnipeg to inspire action toward protecting our freshwater, our prosperity and our way of life in Manitoba.

To learn more, visit lakefriendly.ca.

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Public Notice

You're Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.7 per cent increase to Basic Autopac vehicle insurance rates and premiums, and changes to premiums charged under the Driver Safety Rating program effective on March 1, 2018.

Further details are available at the MPI website, www.mpi.mb.ca or the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed increases will be held on:

Monday, October 2, 2017 at 9:00 a.m.
Public Utilities Board Hearing Room
4th Floor, 330 Portage Avenue, Winnipeg, MB R3C 0C4

If you are interested in learning about these rate increases, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board secretary no later than **September 1, 2017** at 204-945-2638 or toll free 1-866-854-3698.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
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Annual Gimli Film Festival takes place July 26-30



Submitted

The 17th Annual Gimli Film Festival is delighted to share the creative theme for the 2017 Festival, as well as an exclusive sneak-peek at this year's programming.

The festival's new creative features a bold pop-art inspired design in a surreal series of three. Inspired by the bright colours of summer, it's a series as unique as this special beach festival. Collect and trade the three versions with other festival-goers in and around Gimli from July 26-30 at the 17th annual Gimli Film Festival.

This year's slate of films will showcase the latest and best works from promising newcomers and estab-

lished filmmakers, as well as treasured classics as part of the wildly popular RBC Sunset Screenings on the shores of Lake Winnipeg.

Over five days, the Gimli Film Festival will screen a diverse mix of features, shorts, documentaries and fictional cinema including the Circumpolar Film Series, Icelandic Film Series, Environmental Film Series, Indigenous Film Series, Social Justice Film Series and much, much more.

Manitoba-made features include *Lovesick*, the beautifully shot romantic comedy featuring Canadian talent Jessica Paré (*Mad Men*), Jay Baruchel (*This is the End*), Jacob Tierney (*Letterkenny*) and a standout performance

from Manitoba's own Ali Tataryn.

To celebrate Canada 150, the festival will screen a curated selection of classic Canadian films as part of the Great Canadian Film Series. This special series will highlight the rich film history of our province and country. Tickets

will be sold at a special reduced rate of \$5 per film.

The first of five straight nights of free RBC Sunset Screenings will kick off Wednesday, July 26.

Visit the Gimli Film Festival website and app for all festival news, schedules, ticket sales, volunteer registration, and merchandise. Passes are on sale now.

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Understand your Fuel Induction System

This week's article focuses on the importance of protecting your mass air flow sensor or MAF. Air and fuel are mixed together to be burned in your engine. The amount is controlled by how hard you press on the accelerator or by external factors like climbing hills or hauling loads. Based on how much air you need – and how much is available – your engine management computer tells your fuel injection system how much fuel to send to your engine. But what if the computer is getting the wrong information about how much air is coming into your engine? Well, it would send the wrong amount of fuel and your engine performance would suffer.

The Mass Air Flow (MAF) sensor measures the volume, temperature, and density of the air flowing into your engine. With that information, the computer calculates how much oxygen is available to burn and adjusts the amount of fuel it sends. A dirty or damaged MAF sensor can give the wrong readings, hurt your fuel economy, damage the catalytic converter, reduce engine performance, trigger the Check Engine Light, and, worst case, stop your engine.

Remember that you can drive your car if the Check Engine Light is on – unless it's flashing. If your CEL indicates a MAF problem, your Interlake Auto Service Provider recommends that you take action before you damage your catalytic converter. How does an MAF sensor get damaged? Well, let's look at this process again. As air comes into your engine, it first passes through the engine air filter. Dust, road grime, pollen, and other contaminants are, hopefully, trapped in the filter. If the engine air filter becomes clogged, some of the pollutants can pass through and hit the MAF sensor. Thus, a clean engine air filter protects your MAF sensor. Reason number 47 to replace your engine air filter as recommended.

Now if your MAF sensor is contaminated, you may be able to clean it with an fuel induction cleaning service at your Auto Service Provider in the Interlake. This service also cleans your throttle body and other fuel system components. In those circumstances where the MAF sensor is not only contaminated but actually damaged, it will need to be replaced. (And it costs a whole lot more than an engine air filter.)

Your Auto Service Provider can quickly inspect your engine air filter to see if you need a new one. A caution: low-line air filters may actually contribute to MAF sensor failure as filter material can come loose and contaminate the sensitive sensor elements – filter material is just as harmful as outside gunk. When your friendly and knowledgeable Independent Auto Service Provider recommends you replace your engine air filter, it's a good idea to heed their advice. After all, how much is riding on that inexpensive but extremely important part?



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Arborg Fire Hall to become a fire extinguisher depot

By Patricia Barrett

The Arborg-Bifrost Fire & Emergency Department will become a depot where people can purchase a fire extinguisher or bring their own fire extinguishers for servicing and refills.

The fire department used to offer the service and is set to revive it once it receives a number of extinguishers that people can borrow while their own is being serviced.

"We had to ship them away and you had to wait a month for it," said deputy chief Andy Barylski. "This way, we'll

have loaners when people come in."

The firefighters are "extinguishing" experts, helping people understand what size and type of extinguisher is useful for different types of fires. Very small extinguishers, for example, will run dry very quickly and may not be suitable for home use.

People will have to pay for servicing or refills. Further details will be announced shortly.

For more information, contact the fire department at 204-376-FIRE or by email at chief@arborgfire.com.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Firefighters Kristin Bartsch (left) and Leroy Loewen taught Aleah how to operate a fire extinguisher during the fire hall's open house in May. The fire hall will become an official fire extinguisher depot for people looking to purchase, refill or repair them.

> WETLANDS, FROM PG. 3

is just so necessary," she said.

The Ojibway people have used the wetland area for more than 300 years, collecting plants for medicinal and ceremonial purposes as well as hunting and fishing.

In 2005, the provincial government began studying the land and desig-

nated it as an ecological reserve. But the land is part of Treaty Land Entitlement and conservationists expressed concerns that this might prevent the area from receiving ecological reserve status.

According to the Native Orchid Conservation Inc. (NOCI) website, a

NOCI member who is a lawyer began researching the issue and discovered the land could entertain both statuses.

With that, an agreement was made to "raise public awareness of the historic cultural connection between BON and the Brokenhead Wetlands."

In 2007, BON, Manitoba Model Forest and NOCI came together to develop the interpretative trail, calling their

non-profit organization Debwendon Inc.

In 2012, construction began and by the winter of 2014, NOCI members began laying the boardwalk for the trail.

The Brokenhead Wetland Ecological Reserve officially opened on June 22, 2016, and plant lovers have been enjoying it ever since.



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Ashern Chicken Chef under new ownership

By Jeff Ward

Longtime owners of the Ashern based Chicken Chef Edith and Ken Peterson officially retired and sold the business to a new couple who plan to continue the restaurant's long history of good service and quality food.

The Petersons sold the business on June 10 after 22 years of ownership. Edith Peterson said they are excited for retirement and it's been on their minds for a while. She added that they needed to find the right person to take over the business and keep it going for years to come.

That happened recently when they got in contact with Carl Pottinger, who was born and raised in Ashern but had been working in Winnipeg for a few years.

Edith Peterson said that even though the job of running a restaurant was difficult, it was very rewarding. Celebrating birthdays, anniversaries, reunions and daily chats between coffee friends made working there fun. Peterson said it's nice to know that they helped be a place where friends and family could gather, share a meal and enjoy each others company.

"When we took over, we had a tremendous amount to learn, and it is a very demanding industry to work in," said Edith Peterson. "Nothing is really difficult, but there's so much to learn



EXPRESS PHOTO BY JEFF WARD

Edith and Ken Peterson, left, recently sold their business, Ashern Chicken Chef, to Carl Pottinger and his wife Bella Iomdina. The new owners are excited to be taking over and are looking forward to making the business their own. The Petersons will be enjoying retirement after 22 years of owning the restaurant.

and it can become overwhelming. The job is something that requires you to handle pressure well. We're open seven days a week, 14 hours a day, so there's not a lot of time to breathe."

Pottinger said the Petersons have been a great resource of knowledge as he and his wife Bella Iomdina are getting acclimated to their new work-

ing environment. He said he's spending approximately 16 hours a day in the restaurant learning everything he can and he's having a lot of fun being back in Ashern.

Pottinger's background is in social work, being the program manager of MacDonald Youth Services in Winnipeg. That work has honed his people

skills, and he said it directly translates into the service industry and makes him a compassionate business owner that wants to make sure his customers are always comfortable.

"It's an exciting career change for me and I'm really enjoying it so far. It's long hours and hard work, but the majority of the staff here are veteran staff and it's made the transition and learning process really easy for me," said Pottinger.

The new owners will be making some changes over the next little while as they plan to install new digital menu boards and a hard ice cream freezer at the front entrance. They also plan to modernize the restaurant a bit more as well as complete some renovations in the future.

"My primary focus right now is just making sure the customers know they can expect the same level of quality they had before," said Pottinger.

Edith Peterson said that she and her husband are looking forward to spending more time with their family and to do some travelling with their new found free time.

"When we first started talking about selling, we knew it would take some time and effort to find the right person. We both really enjoyed this business but it's time for us to move on now," said Edith Peterson.

Grahamdale MEC holds open house to discuss emergency preparedness

By Jeff Ward

An information session on emergency preparedness hosted by the RM of Grahamdale municipal emergency co-ordinator (MEC) last week gave residents an opportunity to better understand the responsibilities and how to be ready in emergency situations.

The event took place at Moosehorn Hall last Wednesday and was hosted by MEC Nyla Klatt. Klatt said the meeting was to inform residents on what her job entails and to give them important information on how to be prepared for an emergency with a 72-hour kit.

The event was attended by 13 residents and had guest speakers from the Red Cross and Napier Emergency Consulting (NEC). Shelly Napier of NEC is currently contracted by the RM to help with updating emergency procedures to fit new provincial and federal regulations. She also stressed the importance of shoring up volunteer support for emergency situations.

"Our volunteers are very important to us," said Klatt.

"We know that in a time of crisis, our community pulls together very well, and we've had quite a bit of practise in that in recent years. We wanted this

event to be informative for them, so we went over things like the difference between a first aid kit and a to-go bag."

Klatt said that short questionnaires were handed out following the open house and that the feedback was very positive. She said that attendees indicated that they learned a lot, found speakers prepared and knowledgeable and wanted more community meetings on this subject.

Klatt said that there will be future events like this but currently she doesn't know when they will take place.

A big part of the job is thinking about worst-case scenarios and understanding what would need to be in place for a community to react properly and safely.

"I have to think about, what happens if there's a bit forest fire or a tornado or we have a power outage that last several days. It is necessary to have someone in this position to think about and plan for these situations," said Klatt.

Klatt hopes to never have to use the plans she draws up, but if something were to happen the community will be ready to face it.

RCMP respond to fatal collision over the weekend

Submitted

On June 25, at approximately 12:43 p.m., Stonewall RCMP were dispatched to the scene of a single motor vehicle collision on Highway 7, north of Teulon.

The initial investigation has determined that a pickup truck left the road and struck a telephone

pole. The driver and lone occupant of the vehicle, an 81-year-old man from the RM of Armstrong, was transported to hospital in serious condition. The driver later succumbed to his injuries in hospital.

The investigation into the cause of this collision is ongoing.

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> ARNIE WEIDL **Local fisherman catches a black cat in Lockport**

Hello again, friends.

As I have done many times before when seeking fishing stories for us on the east side of Lake Winnipeg's south basin, I stopped at the South Beach Casino last Tuesday for lunch. As I turned into the casino, I noticed that Wonder Shows had moved into the community grounds across the road.

I didn't think much about it until I was sitting in the restaurant and saw a guy a few tables away talking with others about the shows.

Well, you know me. I put down my fork, got up and walked over to a tanned, well-conditioned fellow whose thick, long, brown hair was pushed back from his affable face. I handed him my card as he in turn gave his name as Jeff Johnson from Winnipeg. I asked that since he probably travelled a lot, did he know of any unusual fishing stories. Almost before I could join him in his booth, he began telling of a time in New Zealand when he went swimming in Taupo Lake. There were so many fish they would jump up out of the water after bumping his arms as he swam.

Later in the week, between rain squalls, I wandered up and down the Red visiting with our hardy anglers. A bit downstream of Selkirk, I met Arlie Edel of Winnipeg, a very outgoing, thin, long-haired guy who had a habit of ending each remark with a hearty laugh. He remembered last summer when he and a friend were shore fishing on the Whitemouth River and were about to leave a string of caught fish in the water at the river's edge to go for lunch. Arlie, in his gravelly



EXPRESS PHOTO SUBMITTED

Left to right: Tony Guillas, Robert LeGall and Alfred Bretecher from St. Rose fishing at Hecla.

voice, said, "We better not leave them in there the turtles will get them."

"Na," said his friend and off they went. When they came back, all that was left of their fish were heads swinging in the flowing water. Beside them, the likely culprit, a small turtle lay innocently sunning itself. Arlie's buddy gave the turtle a shove with his foot then the little guy was on the move.

Later that day, I was driving home when I was flagged down by a guy I knew, Kurt Witt. He came back to my turned down car window and with a big smile said, "I've got something to show you, something you've never seen before Arnie." He pulled out his cell phone and brought up a picture of an absolutely solid black catfish he had caught the other day while boat fishing by the Lockport locks.

Let's see now, we learned about albino trout and catfish a few weeks

ago, and now Kurt came up with a black catfish. What's next!

I had to lean into the cool wind walking to the end of the Hecla village pier last Wednesday where I met three men about to leave. They had caught enough fish for a meal and were making for the fish cleaning station by the commercial fishers' shack.

I walked back with them. The chap holding the fish said his name as Tony Guillas. At the station his buddy Robert LeGall began filleting while his other friend Alfred Bretecher began giving a winter fishing story.

They have fished Lake Dauphin year round all their lives. Alfred said they were ice fishing there a couple of years ago when a whiteout overtook them. They stopped the truck to wait it out but it kept getting worse and darker, so slowly they moved in the direction they thought was the shore line. Crawling along, they saw the half drifted in tracks of another truck. They followed them until suddenly their lights struck the back of a dark truck stuck in a snowdrift.

Since you never leave someone in trouble on the ice, the boys stopped, met the guy in his cab, and in the dark using only their headlights got out their rope (they always carried one) and pulled the truck out. As the rescued chap thanked Tony, Robert and Alfred for helping him, he said he had GPS and suggested they follow him. So steering around snowdrifts in the blowing snow, following their new friend, they eventually came to land exactly at their jump off spot!

Well, I hope you come by next week. See you then.

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Flags of Remembrance

Project a proud display in Beausejour

By Mark T. Buss

National and North Eastman pride are on display in Beausejour as the Royal Canadian Air Cadets Squadron 249's Operation 128K Flags of Remembrance project was raised to full staff earlier this month.

On June 9, all 128 memorial flags were raised in unison along Purple Martin Lane in conjunction with a moving one-hour ceremony of remembrance involving dignitaries, members of Canada's Armed Forces, cadets and the region at large, complete with a three-plane flyover led by a North American Harvard.

"After almost 18 months of work, we are elated how the dedication ceremony for the Flags of Remembrance went," said Lieut. Myles Drynan. "Seeing those 128 flags all go up together was quite emotional, and we have certainly gotten very positive feedback from our sponsors and the community."

Each of Operation 128K Flags of Remembrance's flags represent 1,000 of the roughly 128,000 Canadian soldiers killed and missing in action from the Boer War to the present.

The flags also represent the 234 officers with the RCMP and its predecessor the Northwest Mounted Police, who died in the line of duty.

Each flag is accompanied by a sponsored plaque that recognizes personal heroes or a dedication to the men and women who serve. This is a tribute from family, friends and other caring people.

"This project has brought together friends, families and communities," said RCACS 249 Beausejour Commanding Officer Capt. Cindy Buss.

The concept was founded by Allan Cameron, executive director of Veterans Voice of Canada, who began setting up flags along the highway in Sylvan Lake, Alta., to pay tribute to the men and women of our Armed Forces and veterans in a visually stunning display of patriotism.

Similar Flags of Remembrance projects have been occurring across the country since 2014.

With 2017 marking both the 50th anniversary of RCACS 249 Beausejour and Canada's 150th anniversary, the Flags of Remembrance celebration was set up for this summer's cadet reunion and national milestone.

"What has been especially gratifying is seeing the numbers of people pulling off the road to come and view the memorial in the days following the ceremony, which is why it was established," Drynan said. "We believe that each person walking down the line of flags and reading the inscriptions on the plaques is performing an act of remembrance and honoring those who have sacrificed for their nation."

The flags will remain standing until Nov. 12. Sponsors will be presented with their flag, hardware and marker and will be able to display it wherever they please following that date.

RCACS 249 Beausejour's Operation 128K Flags of Remembrance is the only one of its kind in Manitoba this



PHOTOS BY MARK T. BUSS/CLIPPER WEEKLY

The 128 Canadian flags in Beausejour each represent 1,000 of the roughly 128,000 Canadian soldiers killed and missing in action from the Boer War to present.

year and just one of 17 similar events from Antigonish, N.S., to Vernon, B.C. occurring coast to coast in Canada,

Riverton's Chase the Ace pot at \$76,649 and growing

Submitted

If you play your cards right, you could be going home with a large sum of money on July 8 as the winner of the Riverton & District Friendship Centre cumulative Chase the Ace contest.

And with only four cards left, excitement is mounting among the players. Last week the take home cash prize grew substantially to \$76,649.

And if you think you want to try your luck, then you better get your tickets early.

Admittance is by wristband and the Riverton Motor Inn doors open at 10 a.m.

People need to arrive early to secure a spot at the Riverton Motor Inn. Tickets are on sale from 5 until 9 p.m.

The Chase The Ace Draw will take

place at 9:15 p.m. and will be streamed Facebook Live.

There will be new seating in the Beer Gardens and Patio accommodating an additional 205.

Once the Riverton Motor Inn has reached capacity, people will be directed to the Riverton Fellowship Circle.

If the Ace of Spades is not picked, the pot continues to accumulate for the next week's draw. Every week the pot accumulates by adding 50 per cent of the evening's sales to the cumulative total.

There is a consolation prize if the Ace of Spades does not get picked so if you do have the lucky tickets you at least go home with something - 5 per cent of that evening's sales.

Last week, June 24, the consolation prize was \$1,025.

The Riverton & District Friendship Centre would like to thank everyone who supports the fundraiser.

Your generosity has enabled RDFC to contribute to worthy Community projects like REMS Breakfast program, RCI Breakfast program, Riverton Library, REMS Fitness Trail, Veterans Memorial Site, Riverton and Area Food Bank, and numerous children, youth, seniors programs, and Community events where all are welcome to attend.

(Lottery license #584)

For more information contact Tanis at the Riverton & District Friendship Centre at 204-378-2800.



Changes patients, visitors can expect at new Selkirk hospital

Submitted

Selkirk and District General Hospital patients moved into their new beds in the Selkirk Regional Health Centre on Sunday. Many of the processes and procedures in place at the former hospital will be carried over into the new facility; however, there are a few areas where you can expect change:

- The main entrance doors are open between 6 a.m. and 10 p.m. seven days per week. Day procedures, outpatient visits, diagnostic tests and visitors are to use these doors during open hours. After 10 p.m., all patients and visitors must report to the emergency department entrance at the northeast side of the building. Obstetrical patients are to report to the emergency department at all times.

- The new emergency department allows for improved patient privacy and increased patient flow into the main treatment area. After triage, patients waiting to see a doctor will be streamed into an internal waiting room away from the public emergency entrance. A decentralized design separates the central nursing desk into four patient care stations to bring a patient closer to their doctor and direct care nurse's work are; improving safety and communication.

- The new grounds feature 332 parking stalls for staff, on-call staff and visitors in a well-lit, fully paved parking lot. Visitor parking is conveniently



EXPRESS FILE PHOTO BY MAGGIE WYSOCKI

Selkirk and District General Hospital patients moved into their new beds in the Selkirk Regional Health Centre on Sunday.

located just in front of the main entrance. Provincial health-care funding is invested in direct delivery of health care services and not subsidiary costs such as parking lot maintenance. To offset the cost of parking lot maintenance such as snow removal, surveillance, concrete cleaning and repairs minimal parking fees are in place for visitor parking. Fees are \$1 per hour during the daytime with a \$6 daily maximum (6 a.m. to 6 p.m.) and \$2 evening flat rate (6 p.m. to 6 a.m.). The new facility has a drop off and pick up zone for patients at the front entrance, is on a bus route, features bike

racks and is connected to a community walking trail system that makes it very accessible for all.

- A separate parking lot located near the emergency department doors provides 30-minute free parking for family and friends who are assisting patients into the emergency department. Those who use this parking lot need to move their vehicle into visitor parking once the patient has made it safely into the hospital.

- The new facility has a spiritual health centre so patients can honour their faith tradition. This area has

ventilation to accommodate smudging. The room is equipped with MB-Telehealth so patients and families from across the region can participate in the ceremony.

- Signage throughout the facility makes it relatively easy for patients and visitors to find their way throughout the hospital with open space and architectural features like a large staircase and central atrium to help with orientation. A receptionist is present at the main entrance and can help patients and visitors find their way.

- The audiology program will remain at 100 Easton Dr. (the former Selkirk and District General Hospital).

Other program and department changes are being communicated directly to patients.

The new health centre offers more specialized acute and out-patient services to Interlake-Eastern RHA residents. It will provide the region's first MRI, a family birthing unit, outpatient centre and improved/expanded facilities for emergency department, surgery, dialysis and chemotherapy.

The new health centre is located at 120 Easton Dr. between the current hospital and the Selkirk Recreation Complex.

For more information, visit ierha.ca, select "Care in Your Hospital" and click on "New Regional Health Centre in Selkirk."

> RIVERTON WATER PLANT, FROM PG. 2

Other advantages to a plant include lower insurance rates (though the presence of fire hydrants) and the elimination of in-home water softeners and the salt associated with them that eventually makes its way into the lagoon.

The RM would take out a loan and users would be able to pay their share of the cost on an annual basis or through a lump-sum payment.

The estimated cost of the water treatment plant is \$3.6 million, the water distribution system (water mains) is \$2.8 million, and service connection to the property line is \$1.2 million.

In total, the project could cost \$7.6 million.

CAO Cindy Stansell said the RM could receive external funding to help offset the cost.

From the Water Services Board, the RM would be eligible for 50 per cent of the treatment plant and 30 per cent of the distribution system.

"Potentially, we could receive \$3 million from the Water Services Board."

The Building Canada Fund, which has yet to be announced, could see

cost-sharing between the federal, provincial and municipal governments.

"We could have \$5 million covered by that grant," said Stansell.

She provided financing options — based on estimated costs and loan periods — for properties that are "able to hook up" to the proposed water plant (about 430 properties).

Over 10 years, the cost would be \$778.38 per property annually (\$64.87 per month). Over 15 years, the cost would be \$599.17 annually (\$49.93 per month). Over 20 years, the cost would be \$516.73 annually (\$43.06 per month).

The estimated cost for connecting the system to a dwelling would be \$2,796 per property. And users would also be paying a water bill, based on consumption.

The cost to run the plant each year would be about \$81,000, which includes the cost of replacing the membrane every five or so years.

Decreasing property taxes may help reduce the overall cost to ratepayers.

"Property taxes in Riverton will be decreasing [by 14.1 per cent] due to

amalgamation, making this an opportune time for this project," said Stansell.

Reeve Harold Foster said he and council would like to see at least half of Rivertonians in favour of the water plant before the RM proceeds.

"If it goes ahead, every property in the area gets charged," he said. "We would hope it would be better than 50 per cent."

Stansell added that the rules of the Municipal Act are such that if two thirds of the population were to object, the RM wouldn't be able to proceed and a similar proposal would have to wait for another two years.

"And if 10 per cent or 25 per cent of the greater of which were to object, we would have to have a Municipal Board hearing," she said.

Property owners who spoke during the hearing were

generally positive about the proposal.

"When can we start?" said builder Corey Palsen of Palstein Developments. He said residents should "do it for the kids who want to live in this community."

Another resident said perhaps more people would move back to Riverton if there was a water treatment system.

The RM has comment cards available on which residents can provide feedback. A second public hearing will take place if the RM can obtain a grant.

Contact the RM office at 204-376-2391 for more information.

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33 Main Street
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Phone: 1 204 645 4078
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Grad 2017



Fisher Branch Collegiate's graduates had a good run

By Patricia Barrett

Teachers, citizens, businesses and community organizations commended Fisher Branch Collegiate's 18 graduates for their scholastic success during a graduation ceremony held June 24 in the school's gym.

School trustee Ray Imlah spoke about the sadness of having to let the grads go off and find their place in the world.

"Today is an emotional day, for while in our hearts we share in their success, there are also tears for it seems that your school days have gone by so quickly," he said. "Parents and members of the community will miss attending your sports teams, musical recitals and even ... your parent-teacher interviews.

"We know that they are ready to journey into the world," he continued. "We know because we're confident that our teachers from our division have taught them well. Our graduates will become lifelong learners."

Teacher Brad Malcovich, who taught them for the last four years, warned them that the world out there is a little harder than school life and to take things as they come.

"My best advice for you is simply to be the best that you can be and if you are, true happiness and true knowledge and your worthwhile contribution to the world will be more than enough."

Continued on page 13



EXPRESS PHOTOS BY PATRICIA BARRETT

Fisher Branch's graduating class of 2017 at their ceremony last Saturday.



He also paid tribute to everyone Jaden Kochan brought greetings from Student Council.



Teacher Leanne Kochan presented a number of awards to Tristan Webb, who will be entering mechanical engineering at Red River College.



Fisher Branch principal Greg Thomas presented Kate Letexier with the Governor General's medal.



Ashton DesJardins earned a number of awards and will be entering the welding program at Red River College.



Kate Letexier excelled in mathematics and earned several awards. She'll be studying agriculture at the University of Manitoba.



Fisher Branch principal Greg Thomas moves the tassel from right to left on River Abas' cap to signify his graduate status.



Christian Heinrichs-Spence tied for first place in Grade 12 manufacturing and will be entering Red River College.



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The RM of Fisher
Reeve, council
and staff



FISHER BRANCH

GRADUATION 2017

Continued from page 12

who helped them succeed.

"You are here because others have worked for you," said Malcowich. "Not only your parents but also your teachers and your friends. And as you go through life, you're going to find that those individuals that have stood beside you are possibly the most worthwhile and the most rewarding."

Jaden Kochan, delivering a message from student council, said the grads made 2017 "extremely memorable" with all their shenanigans and hopes their lives are filled with adventure, purpose and joy.

The grads' guest speaker, Al Wiebe, who serenaded them to the stage at the start of the ceremony, had them

and the audience howling with laughter as he told a story of his own graduation night long, long ago when he accidentally drove into a ditch and through a field with a girl he hardly knew — and who never spoke to him again.

His parting advice to the grads included treating everyone with respect, taking pride in their work, following their own path, working hard and paying attention to detail because those things will get them noticed.

Before the presentation of awards began, the audience was treated to photos and short video clips of the grads as they journeyed through childhood and their teens.

Several grads earned awards for outstanding academic performance.

Kate Letexier earned the Lakeshore School Division's Proficiency Award and the Governor General's medal for best grade-point average in grades 11 and 12. Brooklynn Barteski earned the highest mark in Grade 12 English. And Christian Heinrichs-Spence tied for first place in Grade 12 manufacturing and will be entering Red River College.

The RM of Fisher, individuals and community sponsors — including the Fisher Branch Filipino Community, Minh's Restaurant, the Poplarfield Community Club, the King Buck Inn, Stocki Trucking, Ukrainian Farmers co-op and Dave and Joanne Smith — provided numerous awards to help the grads pay for post-secondary studies.

Letexier, who delivered the valedictory address, thanked parents, teaching staff and bus drivers for helping them succeed.

"There is no way we could be on this stage without all of you," she said. "And for that, we are extremely grateful. We had a good run. Now let's party!"

Fisher Branch Scholarships and Awards

ADAM TRUTHWAITE - Interlake Auto, Ukrainian Farmers Coop, Olga Grouch Memorial Award, Poplarfield Community Club, Fisher Game & Fish
ARIES DILLON - Broad Valley Catering, Joanne and David Smith, Willuan Zubatiuk Memorial Award, Most Improved
ASHTON DESJARDINS - FB Women's Institute, 2nd place graduate, Interlake Pollination Services, RM of Fisher, Smith's Autotech, Stocki Trucking, Ukrainian Farmers Coop, Noventis Credit union, Julie Stefanec, Patti & Sean Witzke
KATE LETEXIER - FB Women's Institute, 1st place graduate, RM of Fisher, Interlake Honey Producers, Ukrainian Farmers Coop, Olga Grouch Memorial Award, Michelle Smith, Noventis Credit union, Sylvan Genetics, Verna Wallack, Percy Moore Doctors, University of Manitoba
Chown Centennial Entrance Scholarship, Patti & Sean Witzke, Fisher Branch Filipino Community, Valedictorian, Governor General, Highest grade 11 & 12 marks, University of Manitoba, UM Queen Elizabeth II Entrance Scholarship, MB School Boards, Student Citizenship Award region 3, Government of Manitoba, Premier's Healthy Living Award for Youth, MB Women's Institute Provincial Scholarship, University of Manitoba, Ag & Food Science Centennial Entrance, MB Canola Growers, MB Canola Growers Scholarship, Lakeshore School Division Proficiency Award
RIVER GARSON-ABAS - Minh's Restaurant, Olga Grouch Memorial Award, Annette Holowka
RYAN GAUTHIER - Interlake Café, Olga Grouch Memorial Award, Anonymous, FB Health Centre, Leanne Kochan, Fit Chicks of Fisher Branch, Fisher Branch Filipino Community
TRISTAN WEBB - King Buck Inn, Lakeshore Teachers Association, Chaika Dance Club, Manitoba Aboriginal Sport & Rec Council, North American Indigenous Games Legacy



Tristan Webb shook hands with parents and friends after the ceremony.



Former Fisher Branch employee Al Wiebe played for the grads.



Teacher Leanne Kochan presented an award to Brooklynn Barteski. She earned the highest mark in Grade 12 English.



Ory Lywak received his diploma from Principal Greg Thomas.



LSD Superintendent Ray Imlah presented the LSD Proficiency Award to Kate Letexier.



Teacher Brad Malcowich presented Adam Truthwaite with a \$1,500 award from the MB Government Employees Union.



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Arborg Collegiate graduates toasted and roasted

By Patricia Barrett

Teachers and representatives from business and community organizations toasted the 21 graduates of Arborg Collegiate for their academic achievements, and the grads' valedictorians affectionately roasted them during a ceremony June 24 at the Arborg Hall.

Principal Randy Semenek told the graduates he was proud of far they've come, highlighting their diverse interests and accomplishments.

"What can I say about the class of 2017? It really was a special class," he said. "We had some amazing athletes ... and fantastic artists that won awards at the Interlake Juried Art Show. We had some students that followed their passion and skill and became apprentices in the community. We had social activists that took on issues to better our school and the world. We had some real leaders who showed us what it means to be part of the community and to want to give back."

Supt. Roza Gray congratulated the families who supported the grads, the staff who educated them and the grads themselves for successfully reaching one of life's milestones.

"By virtue of living in this great town," said Gray, "we've had the opportunity to watch these young people grow from children, who were excited to go to kindergarten and get on the school bus for the first time, to the poised young adults we see before us today."

The Town of Arborg, the municipality of Bifrost-Riverton, individuals and business and community organizations, such as Noventis Credit Union, Crop Production Services, Interlake Co-op, Arborg Family Dental and the Icelandic National League, presented awards and scholarships to several students.

Sarah Jensen earned the Duke of Edinburgh's Award, an internation-

ally recognized award in 143 countries around the world. It singles out students aged 14-24 who've worked consistently in community service, developed skills and participated in physical activities and adventurous expeditions.

Kaitlin Nichol was presented with the Governor General's medal for best overall academic grade-point average in grades 11 and 12.

During the valedictory address, Laura Kilbrei and Sarah Jensen fondly roasted each of their classmates in turn, noting hobbies and habits, some of which included thrice weekly car washes of a prized Toyota, daydreaming of Ukrainian dance performances, a penchant for 1970s floral dresses and habitually waking up late but always making it to class on time.

With regard to Jillian Sigurdson, Jensen said, "You'll either find Jill wrestling with Laura in French class or studying her brains out at lunch before chemistry. There's just no middle ground with this one. Let's just take a moment to praise Jill's strength. I dare you to play a game of Mercy against her. I strongly believe you will lose and be in tears."

"His unique personality can make anyone question the true meaning of life," said Kilbrei with reference to Cort Howell. "He has a gift for writing horror stories and finding the worse possible outcome in any situation. Thanks for keeping it real, Bud!"

Teacher Shelly Burak was the guest speaker, providing grads with sage advice. Drawing a parallel between life and sport, she said grads need to have a game plan and acquire the skills necessary to reach their goals.

"Never give up. Be persistent. If someone tells you, 'No,' try another door," she said. "The greatest achievements require the most time."



EXPRESS PHOTOS BY PATRICIA BARRETT

Laura Kilbrei (left) and Sarah Jensen delivered the valedictory address.



Sarah Jensen was named best all around student. She received a University of Manitoba Chown Centennial scholarship.



Principal Randy Semenek presented Kaitlin Nichol with the Governor General's medal.



Each grad was roasted by the valedictorians. It was Jillian Sigurdson's turn.



Kaitlyn Nichol earned a diploma with distinction and the Governor General's medal.



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ARBORG

GRADUATION 2017



Arborg Collegiate graduating class of 2017.



Arborg grads toss their caps.



Arborg Collegiate Awards and Scholarships

JOSH ANDOOL - Evergreen Teachers Association, Dr. Christopher Shieh
 COHEN BARYLSKI - Association for Community Living, CUPE Local 3164, U of M - Guertin Centennial
 AIDEN BATENCHUK - Town of Arborg
 BRYCE DUBEK - Apprentice Certificate - Motor Vehicle Body Repair
 BRITTNEY GALLICHON - Health Care Aide Certificate, Arborg Agricultural Society
 BRAYDON GISLASON - Apprentice Certificate - Automotive Service Technician
 EVA JENSEN - Evergreen School Division, Municipality of Bifrost-Evergreen, U of M - Hogg Centennial
 SARAH JENSEN - Arborg Agricultural Society, Crop Production Services, U of M - Guertin Centennial, U of M - Chown Centennial
 DREW JOHNSON - Apprentice Certificate - Agricultural Equipment Technician, Evergreen School Division
 LAURA KILBREI - Interlake Coop - Arborg, Royal Canadian Legion Branch 161, U of W Entrance Scholarship
 KAITLIN NICHOL - Governor General Medal, Margrét Bjarnason Memorial, Noventis Credit Union
 LEXI ORBANSKI - Apprentice Certificate - Cook, Arborg Legion Ladies Auxiliary
 ELLIE SEMCHYSHYN - Health Care Aide Certificate, Noventis Credit Union
 JILLIAN SIGURDSON - Arborg Family Dental, Arborg Legion Ladies Auxiliary, Association for Community Living
 LOGAN SIGVALDASON - Apprentice Certificate - Motor Vehicle Body Repair, Esjan Chapter of Icelandic National League, Royal Canadian Legion Branch 161

Congratulations 2017
GRADUATES



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Arborg Home hardware building centre

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*Congratulations
 to all our
 Communities Classes
 of 2017*



Lundar grads look ahead to promising futures

By Jeff Ward

It was a bittersweet moment for the 22 graduates of Lundar School last week as they stood before more than 400 family and friends to receive their diplomas.

High school graduation was an emotional affair for Lundar this year as principal Ryan Wallack detailed what he is going to miss about each of the students on the stage. He said he wanted to show his appreciation for all of the fun, inspiring and heartwarming moments the students had given him over the years as he watched them grow up.

Guest speaker and former principal Jane Dupre was also grateful for her time spent with the students at Lundar School and said that she loves each and every one of the students on the stage.

Ryan Marshall took home the Governor General's Bronze Medal for his high academic achievement in Grade 11 and 12. Ashley Sigfusson and Lane Holden were named the female and male athletes of the year.

Kierra St. Goddard-Bennett and Shayne Desjarlais, who each took time to look back on their years at Lundar School while also looking ahead to the opportunities in front of them, gave the valedictorian address.

"Not all classrooms have four walls and we will never stop learning," said Desjarlais.

"It's hard to believe that just four years ago we began high school and already that era of our lives has come to an end," said St. Goddard-Bennett, who went on to thank all of the teachers and staff at Lundar School who guided them to their graduation day.

Once the diplomas were handed out, students made their way into the au-



Ryan Marshall receives his diploma and also took home the Governor General's Bronze Medal Award for his academic performance.

dience for the rose ceremony. The students presented roses to the person they feel encouraged, contributed or helped them reach their graduation goal. Many students gave the flower to family and loved ones, but all students saved one rose to give to Dupre, who retired this year.

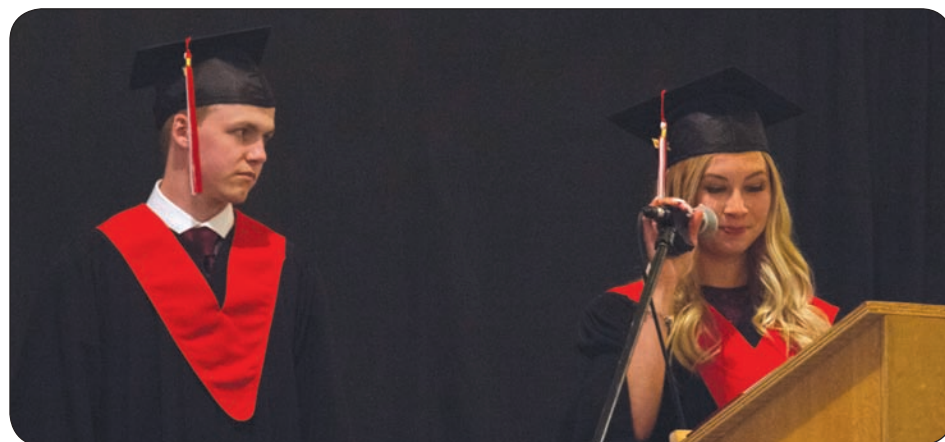
Now that the students have graduated, their paths are unwritten, their futures unclear. Lakeshore School Division Assistant Supt. Leanne Peters offered advice for that uncertainty, using the Robert Frost poem *The Road Not Taken*. Peters encouraged the students to go after their dreams and take the road less travelled.

"Two roads diverged in a wood and I took the one less travelled by, and that has made all the difference," said Peters.



EXPRESS PHOTOS BY JEFF WARD

There were 22 graduates from Lundar School this year.



Class valedictorians Shayne Desjarlais and Kierra St. Goddard-Bennett delivered optimistic speeches while thanking their teachers for their help in navigating high school.



From kindergarten to Grade 12, these four friends — Logan Christensen, Sydney Thorngilsson, Shayne Desjarlais and Ashley Sigfusson — have stuck together.



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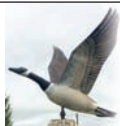
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LUNDAR

GRADUATION 2017



EXPRESS PHOTOS BY CARMANDY THORGILSSON
Lundar grad Logan Christensen escorts his sister



Garrit Bishop escorts his grandmother Edith Anderson to their table during the Lundar School graduation reception.



Former principal Jane Dupre gets a hug from a graduate.



Ryan Marshall links arms with his great grandmother Stella Brunet to their seat during the reception.



Sydney Thorgilsson and her grandfather Welland Thorgilsson make their way to their seats for the reception following her graduation ceremony.

"NOT ALL CLASSROOMS
HAVE FOUR WALLS AND
WE WILL NEVER STOP
LEARNING."



Jane Dupre was the guest speaker for the Lundar School graduation ceremony and reprised her role as Judge Jane one last time. The game is one she used to play with students during her time as principal. Dupre donned her robe and had her gavel handy as she rewarded random grads with cash prizes as a fun congratulations for graduating.

Lundar Collegiate Scholarships, Awards and Bursaries

TRAVIS BENNETT - David Sigfusson Memorial Scholarship, Raymond "Shady" Monkman Memorial Scholarship Award

KAITLYN CHRISTENSEN - Keith & Davilyn Awards

CARRIE GODFREY - Allan Forsyth Foundation Scholarship, Brendan Moman Memorial Scholarship, Eriksdale Legion Scholarship And Bursary, Eriksdale Manitoba Mestis Federation Local Scholarship In Memory Of Mary Pottinger, Lakeshore Teachers' Association Scholarship, Noventis Credit Union Scholarship

LANE HOLDEN - Male Athlete Of The Year

CAUY KINKEAD - Eriksdale Legion Scholarship And Bursary, Good Citizen Bursary, John Nicol Memorial Award

TAYLOR KINKEAD - Eriksdale Municipal Heritage Advisory Scholarship, Interlake Co-Op Scholarship

RYAN MARSHALL - Governor-General's Bronze Medal Award, Keith & Davilyn Awards

TOBY MISSYABIT - Ms. Willetts' "You Did It!" Award

DARON MONKMAN - Coldwell Lundar Community Foundation's Cal & Dorothy Bennett Memorial Scholarship, Lundar School Scholarship

ASHLEY SIGFUSSON - Female Athlete Of The Year, Grettir Co-Operative Amateur Athletic


Association Scholarship, Lundar School Scholarship, Noventis Credit Union Scholarship

KIERRA ST. GODDARD-BENNETT - Chown Centennial \$1000 Entrance Scholarship, CIBC Scholarship, Fjola Johnson Scholarship, Gudjon Johnson Memorial Scholarship, Keith & Davilyn Awards, Ladies Aid Scholarship, Little Ladies Scholarship, Lundar Elks Scholarship, Lundar Legion Scholarship, Taylor Joseph Christensen Memorial Scholarship, Step Up And Represent Award

THERESA STEVENSON - Keith & Davilyn Awards

SYDNY THORGILSSON - CIBC Scholarship, Coldwell Community Foundation Inc. Bursary, Ladies Aid Scholarship, Lundar Elks Scholarship, Lundar Legion Scholarship, Manitoba Mestis Federation Lundar Local Scholarship In Memory Of Simone Desjarlais

Highest Academic Mark In A 40 Level Course: Kaitlyn Christensen (Applied Math), Autumn Mclean (Band), Theresa Stevenson (Biology), Ryan Marshall (Chemistry), Sabrina Lyons (Current Topics First Nation, Metis And Inuit), Autumn Mclean (Drama), Kierra St. Goddard-Bennett (Ela Comprehensive), Ashley Sigfusson (Essential Math), Shelby Edwards (Home Economics), Kaylee Letandre (Law), Toby Missyabit Andgarrit Bishop (Metalwork), Justin Sherbeth (Woodwork).



**Congratulations
and Best Wishes
for a Successful
Future to
All of Our 2017
Graduates!**

Gimli Grad sizzles with enthusiasm and a moon of a different colour

By Patricia Barrett

Gimli High School graduates took to the stage at the Recreation Centre June 22 after a few hours of photo shoots, frolicking on a rainy, wind-swept beach and a taking part in an RCMP-led motor parade through town.

In contrast to the unbound enthusiasm the 71 graduates displayed on Gimli Beach — which included a heavenward burst of champagne corks — they were downright serious when teachers, local citizens, politicians and community and academic organizations lauded them over the course of three hours for their scholastic success and community service.

Evergreen School Division Supt. Roza Gray spoke of their school days as having passed too quickly.

"It doesn't seem so long ago that you were getting on that bus. Yet here we find ourselves today torn between joy and sadness, joy and pride for the fine young people these graduates are and will be, and sadness for the time that's passed too quickly," she said.

Principal Leona Groot praised her graduates and wished them well in their future endeavours.

"Life will not always be easy but our hope is that we have supported you in becoming educated enough to choose whatever career you are passionate about, resilient enough to deal with the adversities that life is sure to throw your way, and thoughtful enough to use your talents and skills to become the best person you can become," said Groot.

Cameron Lozinski scooped up several awards for outstanding community service, including a Humanitarian Award and accompanying \$14,000 scholarship from the Terry Fox Foundation.

Wearing moccasins his cousin made him for grad day, along with a corsage consisting of sweet grass and clover, Lozinski spoke to the *Express* before the ceremony got underway.

"It's pretty awesome to go forth into the world and do something great," said Lozinski, who later delivered part of the valedictory address in Cree. "I'm taking a double major in Indigenous Studies and Human Rights at the University of Winnipeg."

He said he's also going to carry on with his toque-making business in order to raise money for worthy causes



Gimli High School graduates gathered on the beach for a bit of celebration before their ceremony last Friday.



Jennifer Luperon Medina received a Larry & Helen Kristjanson Family Bursary for good community service.

and take part in future Habitat for Humanity trips.

Gimli Mayor Randy Woroniuk presented Lenni Finnbogason with a municipal award for community volunteerism and scholastic achievement, and Winnipeg Beach Mayor Tony Pimentel awarded Brina Erenberg with a Lakeside Lions award.

Erenberg also received the prestigious Governor General's medal for best overall academic performance in grades 11 and 12. She earned a 96.0 grade-point average.

Carley Matkowski won several awards for academic achievement and a Scholar Athlete Award from the Manitoba High Schools Athletic Association.

She delivered a fond and, at times, tearful farewell to her classmates and thanked all the teachers for their contribution in getting them to the graduation stage during a 20-minute valedictory address.

"One of my favourite teachers texted me yesterday and said, 'I'll see you on stage tomorrow,'" said Matkowski, failing to hold back her tears. "And I



Cameron Lozinski was awarded a \$14,000 Terry Fox Humanitarian scholarship award.



Sidney Horschig received an entrance scholarship to the University of Winnipeg.

realized we're done. We're done high school and there's no going back. Thirteen years we've been together and we'll be moving on ... it won't be the same."

Kevin Yablonski, who received a scholarship from St. Michael's Catholic Women's League, may have been the second-last grad to receive his diploma, but he will likely go down as one of the most memorable.



Principal Leona Groot presented the Governor General's medal to Brina Erenberg for the highest academic average of 96.0.



Carley Matkowski cried as she delivered the valedictory address with Cameron Lozinski.

Turning his back to the 400-plus audience, Yablonski flipped up his gown and bent over, revealing a pair of form-fitting black undershorts and the reason why he's a superb athlete.





EXPRESS PHOTOS BY PATRICIA BARRETT

In no particular order, Tyler Rudney, Jordan Woytowich, Colten Woytowich, Bryce Marks, Jack Elliott, Tristen Olivier, Keenan Kowalski, Dylan Licoppe, Alexander Anniuk, Nicholas Kozak, Blaze Senden, Noah Basarab, Cameron Lozinski, Kevin Yablonski, Braxton Genik.



Gimli grads toasted their success on the beach June 22.



Gimli grads held a parade down Centre Street.

2017 Scholarship Recipients

NOAH AUER - Royal Canadian Legion - Gimli Branch #182 Scholarship
ALEXIS BAHUAUD - Kiwanis Matching Post-Secondary Scholarship, Sigurbjorg Stefansson Memorial Scholarship, University of Manitoba - Entrance Scholarship
LOGAN BECKER - Hannes Kristjanson Memorial Scholarship, Richard (Dick) Cain Memorial Scholarship
MADISON BURKE - Canada Iceland Foundation - Margrét Bjarnson Memorial Scholarship, Jessica Brown Memorial Scholarship, R.M. of Armstrong, Ted Jeremy Memorial Scholarship, University of Winnipeg - Entrance Scholarship
BEE ERENBERG - Governor General's Medal, Harold A.C. Johnson Chemistry Award, Lakeside Lions Club of Winnipeg Beach - Academic Achievement Scholarship, Noventis Credit Union - Winnipeg Beach Scholarship, Royal Canadian Legion - Winnipeg Beach Branch #61 Scholarship, Skuli Johnson English Award, Skuli Johnson Mathematics Award, University of Manitoba - Entrance Scholarship, Gimli District Health Auxiliary Bursary, Wallace Thompson Memorial Scholarship
LENNI FINNBOGASON - CUPE Local #3164, Evan David John King Memorial Scholarship, Kristine Kristofferson Memorial Scholarship, Nicholas Melnychuk Scholastic Scholarship, R.M. of Gimli Award
NIKKI GOLKA - University of Winnipeg - Entrance Scholarship
DAWSON GREENE - University of Winnipeg - Entrance Scholarship
MACKENZY GROOT - Gimli Lutheran Centennial Scholarship, Nipissing University - Athletic Scholarship, R.M. of Gimli Award, University of Manitoba - Entrance Scholarship, University of Winnipeg - Entrance Scholarship
SIDNEY HORSCHIG - University of Winnipeg - Entrance Scholarship
LEXIE KOPP - Gimli Seniors Resource Council Scholarship, Kiwanis Matching Post-Secondary Scholarship, R.M. of St. Andrews Scholarship
KEENAN KOWALSKI - Evan David John King Memorial Scholarship, Royal Canadian Legion - Gimli Branch #182 Scholarship
CHASE KOZLOWSKI - B.P.P. Music Scholarship, Kinsmen Club of Gimli Scholarship, Royal Canadian Legion - Gimli Branch #182 Scholarship, University of Winnipeg - Entrance Scholarship
CAMERON LOZINSKI - Evergreen Basic Needs - Community Achievement Award, Evergreen School Division Award, Jeff Wharton Citizenship Scholarship, Kiwanis Matching Post-Secondary Scholarship, Rotary Club of Gimli - Citizenship Award, Rotary Club of Gimli Scholarship, Terry Fox Humanitarian Award, University of Winnipeg - Entrance Scholarship
JENNIFER LUPERON MEDINA - Larry & Helen Kristjanson Family Bursary
SAMUEL MAKOWSKY - B.P.P. Music Scholarship
CARLEY MATKOWSKI - Evan David John King Memorial Scholarship, Evergreen School Division Award, Evergreen School Division Student Council Award, Evergreen Teachers' Association Bursary, Kiwanis Mel Osborne Fellowship Scholarship, MHSAA Scholar Athlete Award, Noventis Credit Union - Winnipeg Beach Scholarship, Town of Winnipeg Beach Scholarship, University of Manitoba - Entrance Scholarship
KIRSTEN PETERSON - Royal Canadian Legion - Gimli Branch #182 Scholarship, University of Manitoba - Entrance Scholarship
TYLER RUDNEY - Chown Centennial Scholarship, Gimli District Health Auxiliary Bursary, R.M. of Gimli Award, University of Manitoba - Entrance Scholarship
DEBORAH RUZIC - Evergreen School Division
BRIANNA SAHAIDAK - Royal Canadian Legion - Winnipeg Beach Branch #61 Ladies Auxiliary Scholarship
KADRIANA SAHAIDAK - Gimli Knights of Columbus Scholarship, John Diachun Memorial Scholarship
AMY THORKELOSON - Eleanor Melsted Memorial Scholarship, Evan David John King Memorial Scholarship, Noventis Credit Union - Gimli Scholarship, Rotary Club of Gimli Scholarship, R.M. of Gimli Award, University of Winnipeg - Entrance Scholarship
WILLIAM WALKER - Albert Kristjanson Music Scholarship, Jessica Brown Memorial Scholarship
AUTUMN WITT - Peter Polak Memorial Scholarship
JORDAN WOYTOWICH - Automobile Services of Gimli - Power Mechanics Award, Gimli Car Club - Ed Sawa Memorial Scholarship
KEVIN YABLONSKI - Camp Morton Ladies Aid Scholarship, Interlake Communications Co-op Scholarship, Peter Froese Legacy Fund, St. Michael's Catholic Women's League Scholarship, University of Manitoba - Entrance Scholarship
EMMA ZDEBIAK - CUPE Local #1912 - Betel Home Foundation Scholarship, Evergreen School Division Award, Noventis Credit Union - Gimli Scholarship, Royal Canadian Legion - Gimli Branch #182 Scholarship, Ted Dunderdale Memorial Scholarship, University of Manitoba - Entrance Scholarship

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Ashern Central students celebrate graduation milestone

By Jeff Ward

As the 28 Ashern Central School (ACS) graduates made their way towards the stage, parents, extended family and friends proudly looked on with smiles and even a few tears.

Graduates were congratulated by their teachers and then heard from Lakeshore School Division school trustee Teresa Johnson about the importance of their education. Johnson said that one of the key factors in her father immigrating to Canada was the education here. She explained to the graduates that it is no small task what they've accomplished and to be confident in their futures.

ACS principal Darlene Willetts used her recent experience running a half marathon as an allegory for the difficulty of completing high school. With the run feeling like a mountain to climb, it has to taken one kilometre at a time — or one grade at a time.

Jillian Jones' outstanding academic performance earned her the Chown Centennial Scholarship, the UM Guertin Centennial Entrance Scholarship and the Governor General's Academic Bronze Medal.

Class valedictorians Shelby Webster and William Mantik were equally happy and sad about the prospect of leaving high school behind and pursuing new options.

"Four years ago, I remember sitting in the Elks Hall for Grade 9 orientation thinking what a bunch of weirdos. Turns out I was right," joked Mantik.

"Tables turn, bridges burn, you live and learn, and often times it's the journey that teaches you a lot about your destination. Whether that destination is university, college or even straight into the workforce, we have no doubt in our minds that all of us will be successful," said Webster.

Following the valedictorian address, a slideshow was played of photos of each graduating student as a baby and as an adult. For those students who wondered how their last four years had gone by so quickly, so to did their parents wonder where the last 18 years had gone.

As Willetts handed students their diplomas and moved each graduates tassel from one side to the other signifying their success, family members snapped pictures to immortalize the moment.

"Through many events this year and last year, I've taken some pictures and posted them on my Instagram account and I've often used the hashtag 'proud principal.' There's not a mo-



EXPRESS PHOTOS BY JEFF WARD

The graduating students throw their caps into the sky in celebration of their accomplishments.



Shelby Webster and William Mantik were class valedictorians and spoke about the ups and downs of their final years. They both shared fond memories of their last four years.



Jillian Jones took home the Chown Centennial Scholarship, the UM Guertin Centennial Entrance Scholarship and the Governor General's Academic Bronze Medal for her academic prowess.

ment I am more proud to be your principal than right now. Enjoy your celebration, brag about it and come

back and tell me about all of your accomplishments. Because I know that you guys have the potential to do any-

thing that you want to do and change this world," said Willetts.





Lakeshore School Division trustee Teresa Johnson spoke about the importance of the graduates earned education and how their accomplishments are to be celebrated.



ACS principal Darlene Willetts told her students how proud she was to see them graduate and that she knows they'll all be successful in whatever they do next.



Ashern Collegiate Scholarships, Awards and Bursaries

MATTHEW COTE - Deserving student
MIGUEL COTE - Deserving student
RILEY EIRIKSSON - Citizenship
COURTNY GRANBERG - Musical Achievement, Second Highest Academic, Post Secondary Plans - Noventis Credit Union
JILLIAN JONES - Governor General's Academic Medal, Chown Centennial Scholarship, UM Guertin Centennial Entrance Scholarship, Top Female Athlete, Lakeshore Proficiency Award, Community Activism & Volunteerism, Top Academic
EVAN KLYNE-GEISLER - Top Male Athlete, Automotive Technology-Top Contributor, Vocational Excellence
WILL MANTIK - Drug & Alcohol Abuse Awareness, Valedictorian, ACS Leader In Me Award, Post Secondary Plans Graymont Western Canada
LEAH MCDONALD - Deserving Auto Tech Student, Apprenticeship Excellence
BRAYDEN NOORDENBOS - Most Congenial

CASSIDY OTTO - Post Secondary Plans In memory of Linda Fletcher and Noventis Credit Union
KAITLIN SMITH - Special Entrance Scholarship, Drug & Alcohol Abuse Awareness, Post Secondary Plans - Lakeshore Teachers' Assoc.
JESSICA THORKESSON - Athletic/citizenship, Volleyball Achievement Award
SHELBY WEBSTER - Valedictorian, Post Secondary Plans - CIBC Ashern, MB High School Rodeo
General Recognition: Monetary recognition - Jewel Murdock, Top marks in grade 11
Jillian Jones, post secondary plans - Matthew Carmichael, Monetary recognition - Sienna Gould, Yes I Can award - Wyatt Stadnichuk
vACS Appreciation Award: Evan Klyne-Geisler (Applied Diagnostic Strategies), Jillian Jones (Biology, Music Band), Courtney Granberg (English and Essential Math), Jessica Thorkelsson (Essential Math), Michael Taylor (French), Carly-Jo Schultz (Physics, Pre Calculus Math), Cody Meisner (Visual Arts).



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CONGRATULATIONS 2017 GRADUATES

Riverton grads get sage advice from ESD's kindergarten students

By Patricia Barrett

If Riverton Collegiate's 20 graduates needed to know a thing or two about their forthcoming journey into the post-secondary or everyday world, the Evergreen School Division's kindergarten students had the answer.

During a graduation ceremony June 23 at the Riverton Hall, Supt. Roza Gray had some "pretty good stuff" to share with the grads after she held a series of meetings with the division's youngsters.

"Don't forget to play even if you don't get recess. Don't copy your friends: they might be wrong. Fun is good; carried away is bad. Be nice to people especially if they're not your friends; being kind is how you turn people into friends," said Gray. "Concentrate on your work. If it's challenging, concentrate more. Be gentle and careful with our earth — it's the only place we can live. Don't worry about other people not doing their job: you need to do yours. If you're scared to do something, get a hug before you try. Don't be afraid of adventure and pack a pocket snack. Listen to your boss: that's everybody!"

Riverton principal Erin Furgala congratulated the grads for their hard work and commitment over the past 12 years and for having achieved academic success.

"We all falter along the way, but what matters most is that you picked yourselves up, learned from your experience and became stronger individuals because of it," she said. "Never regret your past: rather, embrace it as the teacher it is, not to change, be undone or forgotten. Each of you has grown in a way you should be very proud of."

Teachers, local citizens, politicians and community and academic organizations praised the grads for their scholastic success and community service, providing scholarships and bursaries to several students.

Coun. Dennis Boulanger and elder Hilda Plett from Berens River

First Nation — which provide annual awards — presented the Berens River First Nation Award to Nicole Berens, Tristan Hudson and Jewel Semple. They also honoured a Riverton teaching assistant for her dedication to the students.

"God be with you wherever you go and whatever you choose to do in life," said Plett, commending the students for their achievements.

Mikayla Barkman earned the Governor General's award for the highest academic grade-point average in grades 11 and 12.

Gimli MLA Jeff Wharton presented the Jeff Wharton Citizenship Scholarship to Sonja Johnson for community service, leadership and high academic standing.

Other students, such as mature student Avere Williams-Hurdell, showed that it's never too late to pursue and complete a high school diploma.

Teacher Koren Bailes, whom the students chose as their guest speaker, paid tribute to the Riverton community for helping the grads achieve their goals.

"As you move through life, you will consider often your successes and failures. Already you have accomplished something great by getting up on that stage today. But true success will not be just the educational goals that you meet, the career that you achieve or the money that you make. It will be the impact you have on those around you," she said. "As you go out into the world, whether far afield or close to home, carry a part of this community — which made you who you are — with you in your heart and soul and start creating that same positive spirit as in those around you."

Jillyan Hokanson and Tyson Monkman provided the valedictory address, thanking their parents, teachers and RCI staff for their dedication to helping them graduate.



The Riverton class tossed their caps following the formal part of their graduation.



The graduates chose teacher Koren Bailes as their guest speaker.



Mikayla Barkman, with Principal Erin Furgala, earned the Governor General's award for highest academic grade point average.



Erica Timchishen from Noventis Credit Union presented Kacey Johnson with a Noventis award.



Principal Erin Furgala presented a student with her diploma.



Gimli MLA Jeff Wharton presented the Jeff Wharton Citizenship Scholarship to Sonja Johnson.



Dennis Boulanger and Hilda Plett presented the Berens River First Nation award to three graduates.



Mature student Avere Williams-Hurdell makes her way to the graduation stage.

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Lt.-Gov. Filmon gifts Manitoba-designed maple tree to Rideau Hall



Submitted

At the recent Annual Conference of the Governor General, Lieutenant Governors and Territorial Commissioners in Ottawa, the Honourable Janice C. Filmon, lieutenant-governor of Manitoba, participated in the ceremonial planting of a regal celebration maple tree on the grounds of Rideau Hall. The



EXPRESS PHOTOS SUBMITTED

The Honourable Janice C. Filmon, lieutenant-governor of Manitoba, participated in the ceremonial planting of a Regal Celebration Maple tree on the grounds of Rideau Hall to commemorate the 150th anniversary of Confederation.

tree was gifted to the people of Canada by Lt.-Gov. Filmon on behalf of all Manitobans to commemorate the 150th anniversary of Confederation.

"It is so exciting and such an honour to have this beautiful tree stand proudly on the grounds of Rideau Hall, in the very heart of this great country,"

said Filmon. "I am proud to have presented this living gift to all Canadians and my wish is that many will have opportunity to sit in the shade of its magnificent foliage for the next 150 years and beyond."

His Excellency the Right Honourable David Johnston, Governor General of Canada along with lieutenant-governors and territorial commissioners from across the country each placed soil from their home province or territory at the base of the tree as a symbol of the strength and unity of the nation.

Joined by these members of the viceregal community, representatives of the Algonquin nation, led by elder Claudette Commanda, conducted a traditional tobacco ceremony honouring the tree and dedicated it to prosperity, peace and harmony for all Canadians.

The Regal Celebration Maple was developed over 20 years by Jeffries Nurseries in Portage la Prairie. As part of The Lieutenant Governor's Tree Project, a legacy initiative of Filmon, these trees will be planted throughout Manitoba on an ongoing basis, as a sustainable way of recognizing outstanding contributions to the province by individuals, other than a traditional medal or gift. Funded in part by the Government of Canada, a minimum of 150 of these beautiful red-leaved trees will be planted in 2017 alone in celebration of Canada 150.

Spearhill drain to be rebuilt this summer in Grahamdale

By Jeff Ward

Another drainage project in the RM of Grahamdale will soon be in the works as the deadline for proposals passed last week for the Spearhill Drain.

The work consists of rebuilding a portion of the existing drain that Ward 5 Coun. Brad Stabner said wasn't ever built properly in the first place. Stabner said that the drain takes two

90-degree turns to avoid a quarter of land. When the drain was constructed, the land owner at the time didn't want the drain to cut through his property.

This has created a bottleneck that slows the water down significantly, and Stabner explained that it can't keep up with the inflows coming from the southeast. Stabner said that the land was sold recently and the new owners are OK with the drain cutting

through that quarter, so this summer it will be rebuilt to be a more efficient drain.

"We get a lot of water from down in the southeast and it comes through pretty fast, but the drain can't handle it," said Stabner.

"Hopefully, we can start work on this project in the next month or so and I don't expect it to be a big job, might take a week or a bit longer."

Stabner said that drain as it is now not only causes water to back up at the two elbow curves but also near Kiesman Road where the water originates from. He added that there are a few farmers in the area that see overland flooding because the Spearhill drain has never worked properly.

Those issues should be a thing of the past, Stabner said, once the rebuilding project is complete.

Helgi Jones Parkway honours longtime community proponent

Special section of PTH 8 designated in Hecla/Grindstone Provincial Park

Submitted

Helgi Jones Parkway will be the new official name of a section of PTH 8 leading through the Hecla/Grindstone Provincial Park to Gull Harbour Point, named in honour of a long-serving community activist and commercial fisher, Sustainable Development Minister Cathy Cox announced last week.

"We are pleased to establish the Helgi Jones Parkway through the wonderful Hecla/Grindstone Provincial Park in honour of a dedicated proponent of the area and beloved community member," said Cox. "We

congratulate the Jones family and join with them in celebrating the memory of Helgi Jones who was a commercial fisherman, entrepreneur and driving force for turning Hecla Island into the tourist destination it is today."

The official Helgi Jones Parkway signs will be posted along PTH 8 beginning at the end of Grimsi Grimsolmson Causeway and again on the way to Gull Harbour Point. The sign was unveiled today at a ceremony at Gull Harbour Point picnic area at the northern end of the parkway. Members of the Jones family travelled to Hecla Island for the unveiling.

"Many features within our parks proudly bear the name of prominent Manitobans who dedicated their lives to improving the province," added Cox. "It is a pleasure to share this honour with the relatives and descendants of Helgi Jones as he is now recognized for his dedication to the Hecla area."

"Our family is thrilled that our dad is being honoured in this way," said Patricia Bjornson and Marjorie Henry, daughters of Jones. "Over the years, many people have said to us there should be something at Hecla to honour him and their supportive comments have been overwhelming. Words like legend, pioneer, leader, achiever and passionate advocate were just some of what we heard. Our dad is remembered most for his posi-

tive attitude and perseverance, particularly regarding his efforts for the betterment of life on Hecla Island."

Jones was born in 1916 on Hecla Island and joined his father on Lake Winnipeg at an early age, where he spent the next 60 years as a commercial fisher. Driven by a passion for the region and an entrepreneurial spirit, he started a tourism business offering accommodations and concessions to visitors. Jones served on the school board, as a councillor with the Rural Municipality of Bifrost and was instrumental in seeing the island get electrical service, as well as road improvements and ferry services. In 1992, as recognition for community service, Jones received the 125th Anniversary of the Canadian Confederation Medal.

Local farmer frustrated by Lake Manitoba Emergency Channel

By Jeff Ward

Grahamdale farmer Brad Dreger is in a state of limbo while he waits for the provincial government's plan around the Lake Manitoba Emergency Channel.

Dreger said that he's confused by the government's plan to dig an emergency outlet channel to ease high water levels on Lake Manitoba as he's been getting conflicting reports from those involved in the project since Day 1. He said that in some plans he's seen, the channel could impact as many as 480 acres of his land through expropriation.

Dreger Farms Ltd produces 1,000 acres of alfalfa seed, 700 acres of soybeans and 500 acres of canola. He also uses his land to incubate bees. Dreger said that the direction of the proposed alignment, a 22.8-kilometre ditch that connects the northern part of Lake Manitoba at Watchorn Bay to the southern part of Lake St. Martin, has never been consistent. He said that he has had multiple meetings with Manitoba Infrastructure who say that once the alignment is confirmed, the government will buy his land to dig the ditch.

However, Dreger said there is nothing concrete yet and that it's all talk. In some conversations, Dreger said he's been told he'll lose approximately 150 acres and then other times it's nearly 500. Dreger said for him, it all comes to down which way Manitoba Infrastructure decide to reroute PR 239 that will decide how much land he'll lose. Dreger said that he wants to expand his operation and purchased land only a few months ago that he's been waiting for decades to buy in an effort to do that. The problem is that Dreger could lose much of that land, fragmenting his operation, which he said will cause him to rethink future plans.

"I bought my land because of the location, and if



EXPRESS PHOTO BY JEFF WARD

Brad Dreger could lose up to 480 acres of his farmland in the RM of Grahamdale if the current alignment for the proposed Lake Manitoba Emergency Channel goes through.

I lose that land, it makes everything harder," said Dreger.

"We all know the channel needs to be built, no one wants to see flooding in the Interlake. But those waters never affected us, and yet we have to pay the price. It just doesn't feel to me that this route they want to ditch to go is the path of least resistance."

The *Express* asked for updated figures on the proposed alignment on two separate occasions and were ignored by the Manitoba Government.

In a previous conversation with Manitoba Infrastructure regional operations director Mark Allard, he explained that the plan was undergoing small adjustments and that while it was close to complete it wasn't set in stone. That was back in April and it's that ambiguity that frustrates Dreger the most.

Dreger has made considerable investment in his land as part of his expansion plans. New silos, new equipment and new land have all been purchased and now Dreger has to wait and see how much land he has to work with.

RM of Grahamdale Ward 3 Coun. Dan Meisner said that this process by the government to forcibly expropriate land from farmers is going to discourage and damage that way of life for the area.

"I'm worried for the farmers who have worked hard to build lives here and who could have their land taken from them. Is there not another route that is shorter, will cost less and won't tear through farmland?" asked Meisner.

Dreger said that he wants his kids to take over the family farm and part of his expansion is to continue the modernization of the farm so that it can be a way of life for many more decades to come. But now with this current situation, Dreger isn't sure what to do because if the government expropriates his hands are tied.

Ward 5 Coun. Brad Stabner agreed with Meisner in that possible land expropriation could deter farmers from continuing to work within the RM.

"These farmers are not only losing land but what's left is broken up. It adds to travel time and some guys are going to leave farming here all together because of what this does to their operation," said Stabner.

Province launches Manitoba college education review

Staff

Manitoba is undertaking a comprehensive review of college education in an effort to identify opportunities to strengthen the system, improve outcomes for students and focus programming on skills needed in the province's labour market.

"With shifts in industry, labour market needs, emerging technologies and innovation, this review is timely in a rapidly evolving college landscape," Education and Training Minister Ian Wishart stated in a release earlier this month. "Improving co-ordination in the college education system will support institutions in adapting to this changing environment and building a high-skilled, job-ready labour force."

The Manitoba College Education Review will be completed in partnership with public post-secondary institutions that deliver college-level programming including Assiniboine Community College, Red River College (RRC), Manitoba Institute of Trades and Technology, University College of the North and Université de Saint-Boniface.

The last review of college education in Manitoba was conducted in 2007. Under subsection 9.5(1) of The Advanced Education Administration Act, the minister can direct a review and report on any matter connected with the management, administration or operation of a university or college.

"Red River College is in midst of a major expansion — led by plans for a new Innovation Centre in the Exchange District — that will create new programs and opportunities for students and industry," said Paul Vogt, RRC president and CEO. "As a key contributor to the province's innovation and economic growth strategy, we welcome the opportunity to continue to shape the future of college education and ensure we are agile and responsive to the needs of business and the labour market."

The minister said the review will focus on opportunities for enhancements at the institutional as well as the system level. The main pillars of the review will include:

- college system vision and partnerships;
- programming including relevance to labour

market need;

- student outcomes;
- financial management, governance, efficiency and effectiveness;
- student and client services including contract training, apprenticeship programs, adult learning centres and international education.

Higher Education Strategy Associated has been awarded the contract for the review, which will be based on existing data from Manitoba Education and Training and the colleges, literature reviews of best practices, in-depth interviews and consultation with key stakeholders.

A report to government is expected in late 2017, Wishart said, adding it will provide insights and recommendations for building on the strengths of Manitoba's college education system in order to improve outcomes for both students and the economy.

"We are working to ensure Manitoba has the best possible college education system in order to prepare our young people for good jobs and a bright future here in this province," said Wishart.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Senior Thunder season ends with semifinal loss

By Brian Bowman

The Interlake Thunder senior girls' football season is now over.

Interlake fell 46-25 to the North Winnipeg Nomads in a semifinal game last Thursday in Winnipeg.

"We came out and traded punches for the first quarter, the first couple of quarters," said Thunder head coach Joel McDonald. "And then we came up with more injury problems on offence. We lost a couple of running backs."

One of those top running backs that went down with an injury was Sara Reynolds. She was being counted on to provide a big boost to the running game after sitting out several games with an injury.

"I don't normally single out players but she was hurt all season," McDonald noted. "She came back for this game and probably wasn't quite healthy enough but it was her last game in the MGFA, so she wanted to come out and give it her best."

Reynolds, a talented veteran, pulled up lame in the first half, said McDonald, and sat out a couple of quarters before making a return to the game.

A big turning point in the game, said McDonald, was a punt return for a touchdown by North Winnipeg.

The Thunder head coach felt the Thunder had a good season despite some tough luck on the injury front.

"It was a challenging season all around," McDonald admitted. "We



Thunder running back Sara Reynolds of Stonewall looks to slip past a North Winnipeg defender during semifinal action last Thursday.

created some of our own challenges and, of course, had injuries but the girls battled. We had some warriors out there this season, there was no quit in them.

"Right to the final whistle, they

played hard...and there were no heads hanging (after the game)."

With the playoff win, North Winnipeg now advances to play the Sunrise Coyotes tonight in the championship game at Investors Group Field in



EXPRESS PHOTOS BY LANA MEIER
Interlake's Isabelle McDonald (24) returns a kick against North Winnipeg.

Winnipeg.

Kickoff is scheduled for 7:15 p.m.

The Coyotes earned a berth into the final after a 20-8 semifinal victory over the St. Vital Mustangs Red last week.

Junior Thunder advance to league final

By Brian Bowman

The Interlake Thunder junior girls' football team will be showing off their talents on a big stage this week.

Interlake punched its ticket to the championship game, which will be played at Investors Group Field, after an impressive 44-20 semifinal win over the East Side Eagles last Thursday evening.

"We managed to pull out a good win and it was a good game all around," said Thunder head coach John Montgomery. "All of our girls played very well. They all did their assignments

and they all picked up their blocking. They just played very, very well and they should all be very proud of themselves."

It was a great playoff win for the Thunder, which lost its two regular-season games to the Eagles this season. Interlake showed a marked improvement in the playoff contest compared to the regular-season losses.

"Half of our team had never played (football) before," Montgomery noted. "But they're now starting to believe in themselves and when that happens,

there are a lot of things that you can do."

Montgomery feels the Thunder are peaking at just the right time in their season. But they will have to upset a very tough North Winnipeg Nomads team tonight (6 p.m.) to claim the league championship.

North Winnipeg, which is undefeated this season, beat the Interlake twice early in the regular season.

"We're going into the final game with a good attitude and we're playing well," Montgomery said. "But we're also up against a very (skilled)

team, that's for sure. It will be a very good game."

Win or lose, the Thunder players and coaches will have a great experience playing in a CFL stadium.

"We're all quite happy about that," Montgomery said. "None of us on the coaching staff have ever stepped foot inside that stadium so it's a nice thing. It's really nice for the girls but, at the end of the day, it doesn't matter where we play. It's a football game and we all have to play as hard as we can."

Matkowski wins Credit Unions of Manitoba Scholar Athlete Award

By Brian Bowman

Gimli High School's Carley Matkowski was one of four winners of the 2016-2017 Credit Unions of Manitoba High School Scholar Athlete Awards.

The Manitoba High Schools Athletic Association, with support from Manitoba's Credit Unions, announced the winners last week.

The other three winners were Jessica Edel (Morris School), Georgia-Rae Maxwell (Elton Collegiate) and Cole Penner (Garden City Collegiate).

These \$1,000 scholarships were 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.

Matkowski was certainly deserving of this prestigious award. She holds a 95.6 per cent academic average while participating in soccer, golf, cross country, volleyball, basketball, badminton and track and field.

"I am extremely grateful and privileged to have participated in the athletic community throughout high school," Matkowski said. "Sports have provided opportunities for athletic, personal, and career development, but most significantly, shaped me into the person I am today."

Several of her sports teams participated at the provincials. Matkowski was named MVP at the volleyball and basketball provincials, won the basketball

"AA" provincials, was captain of her volleyball and basketball teams and has participated as a graduating all-star in basketball.

She is on Gimli's Honour Roll, has received the Science and Literature award, and was a finalist for the Loran Scholarship. She is president of the student council, is involved in the social justice club, environment club, drama, band and the yearbook committee as well as the student representative on the Evergreen School Division Board.

"Involvement in school sports teams and extracurricular fitness has taught the importance of teamwork and when faced with adversity, how to work with others respectfully and productively," Matkowski said. "I have established relationships and gained many diverse friendships through sports-related experiences. I have built another family along this journey."

Outside of school, Matkowski coaches boxing, is a personal trainer for Dream Fit, volunteers for Meals on Wheels, Minds in Motion and Community Fair Trade Committee and will be one of the torch bearers for the 2017 Canada Summer Games.

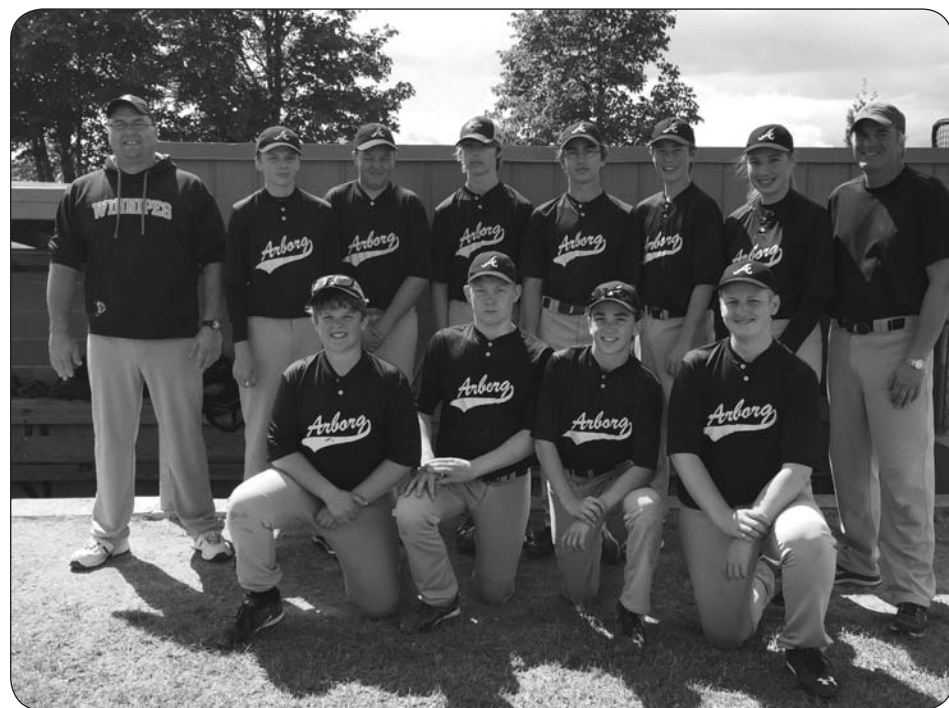
Thirty-four students were nominated for these four awards. Interlake athletes nominated included Sarah Jensen (Arborg Collegiate), Jake Ledochowski (Teulon Collegiate), Kailen Ledochowski (Teulon Collegiate), Carley Matkowski (Gimli), and Carson Ouellette (Stonewall Collegiate).



EXPRESS PHOTO SUBMITTED

Gimli's Carley Matkowski, far right, was one of four winners of the 2016-2017 Credit Unions of Manitoba High School Scholar Athlete Awards.

Arborg heading to 15U 'A' provincial championships



EXPRESS PHOTO BY JOANNE JOHNSON

Arborg will represent Interlake at the 15U 'A' provincials in Ile des Chenes July 7-9. Arborg finished second behind Stonewall at the Mervin Farmer Regionals last weekend to qualify for provincials. Pictured left to right, back row: Jeff Adair (coach), Noah Johnson, Brandon Prus-Olson, Matthew Bazilewich, Austin Adair, Zak Leochko, Jessica Monkman, Keith Johnson (coach); front row: Christopher Penner, Cadrick Dueck, Tyson Barylski, Nick Auer. Missing from the photo is Jacey Ledochowski.

Blue Jays lose double-header



EXPRESS PHOTO BY JO-ANNE PROCTER

The Grosse Isle Blue Jays' Riley Wirgau jumps high in the air to stop an errant throw. The Blue Jays lost a doubleheader to the league-leading South Winnipeg Warriors in Winnipeg 18U 'AA' midget action last Saturday. Grosse Isle are now preparing for the provincials in Brandon July 14-16.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ward excelling at IFAF World Women's Football Championship

By Brian Bowman

Canada had the start they were looking for at the IFAF World Women's Football Championship after a dominating 31-6 win Saturday over Australia in Langley, B.C.

Canada, whose 45-player roster includes Lundar's Breanne Ward, played Great Britain late Tuesday evening but no score was available at press time.

"(The win) was really, really nice," said Ward from B.C. Monday evening. "But we worked for it. We worked really hard. Our offence put points on the board and our defence played really well and held them."

Canada built a commanding 17-0 halftime lead and held Australia's offence to minus-two yards in the first half. Ward is a nose tackle on Canada's impressive defensive line.

"I thought it was a very good football game," said Canada head coach Jeff Yausie. "We really didn't know what to expect going into the game."

"We knew Australia would be well coached by the coaching staff. They play with a lot of heart and fire. For us as a team, we spread the ball around quite a bit. In the past, we've seen a lot of blowout games in the first round of the tournament and this was not a blowout."

As the host team in the tournament, Canada is feeding off the energy of the hometown crowd and the support of family and friends.

"There were a lot of people in for our last game," Ward, 25, said. "And my dad (flew) in early (Tuesday) morning to catch the (Great Britain) game. Other people's families have come in and it's nice to see people in the stands."

This year's IFAF tournament is the third edition of the world championship. Ward was proud to have the opportunity to compete against the best female tackle football players in the world.

"It's exciting but I was nervous at the start because it's a whole new team," she admitted. "We only had about a week to get it together and install a whole new playbook. It's been actually pretty crazy to think that I'm one of the top-eight (defensive) lineman in Canada and I'm going against the



Breanne Ward, who grew up in Lundar, is playing for Team Canada at the IFAF World Women's Football Championship in Langley, B.C. this week.

other top athletes."

Canada entered the 2017 tournament looking to build upon a pair of silver medals won at the 2010 and 2013 events in Sweden and Finland.

Canada, which returned 13 athletes from the 2013 tournament, expected a tough battle against Great Britain. The winner of that game advanced to the gold-medal contest.

"It will be a challenge," Ward said. "Every game is a tough game at the worlds. We've watched some film on them, so we kind of know what to expect."

Team USA, meanwhile, headed into the 2017 women's worlds looking to add a third gold medal. They are the favourites to win gold again this year.

"We're heading into this year's tournament looking to win gold," Yausie said confidently. "That's our goal and we know it's not going to be easy. It's going to be a wide-open Women's World Championship as three of the nations have never competed in this



EXPRESS PHOTO SUBMITTED

Ward, far left, is one of several Manitoba girls on Team Canada's roster.

tournament before."

Great Britain, Australia and Mexico are each making their tournament debuts.

Ward, meanwhile, made her tackle football debut in 2012 when she completed her first regular season in the WWCF and fell in love with the game. She has learned quite about football since that start.

"I remember being at my first practice and not really knowing what my position was," she recalled.

That same year, Ward represented Team Manitoba at the Women's National Challenge Cup in Montreal. She later gained an invitation to the identification camp for the 2013 national team.

Falling short of making Canada's 2013 national team, Ward joined the St. Vital Mustangs Major team, playing for a year with the club.

"I then focused the following four

years on developing my skills and knowledge as a defensive tackle with the Winnipeg Wolfpack in hopes of reaching my goal of joining the 2017 national team," Ward said.

Ward, who now lives in Winnipeg, would love to see young female football players follow her path in the sport.

"I'm more concerned about the awareness of women's football," she stressed. "I would really like to see people come out to WWCF games. Get your daughters into the game because they really are the future."

Ward will be a torchbearer at Winnipeg's Canada Summer Games next month. The Games will be held from July 28 - Aug. 13 featuring 16 sports and more than 250 events with over 4,000 athletes and coaches. It is the country's largest multi-sport event for young athletes.

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> GAMES

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	E	I	O	G	E	S	E	R	E	S	V	
S	E	M	V	N	E	R	S	E	T	E	G	N
L	T	S	S	E	I	T	V	A	V	C		V
R	E	S	V	R	I	V	R	S	V	R	I	T
O	W	E	W	N	E	D	V	R	H	O	R	V
L	O	L	D	V	R	H	V	D	I	V	W	
S	E	R	V	N								S
E	N	E	O	O	E				V	O	N	V
Q	I	C	W	E	R	N	E	D				D
V	W	V	N	D	E	L	V	S	S	E	O	D
R	V	T	V	W	D	E	W	N	E	S	R	I
I	T	N	V	T	I	R	V	W	V	S		R
L	E	N	O	R	V	R	E	L	O	D	V	T
W	E	H	I	N	V	S	W	V	R	D		

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Plays
7. Hymn
13. Larval frog
14. A member of the British order
16. Stomach muscle
17. Helper
19. East of NYC
20. Influential Norwegian playwright
22. School for healing
23. Of the cheekbone
25. Disco rockers The Bee _____
26. Gorged
28. Khoikhoi people
29. Payroll firm
30. A hiding place
31. Georgia rockers
33. Spanish soldier El _____
34. Deerlike water buffalo
36. Second epoch of the Tertiary period

CLUES DOWN

38. Frocks
40. Nostrils
41. Spoke
43. Information
44. Where wrestlers work
45. Dash
47. Cool!
48. Tiny child
51. People of northern Assam
53. Austrian spa town
55. Written reminder
56. Italian monetary units
58. Tell on
59. More abject
60. Farm state
61. Cleveland's hoopsters
64. Famed NY Giant's nickname
65. Los _____, big city
67. Rechristens
69. Shopping trips
70. Values self-interest
1. Pressed against lightly
2. Rural delivery

	1	2	3	4	5	6		7	8	9	10	11	12	
13									14					15
16			17					18					19	
20		21				22				23		24		
25					26				27		28			
29				30				31		32		33		
		34	35						36		37			
38	39									40				
41					42				43					
44				45		46		47				48	49	50
51			52		53		54				55			
56				57		58				59				
60			61		62				63				64	
65		66						67				68		
	69								70					

3. Semicircular recesses
4. Groan
5. Donation
6. Mariner
7. One who accepts
8. _____ King Cole, musician
9. Streetcar
10. Silk fabric
11. _____ route
12. Used to make plastics
13. Swampy coniferous forest
15. Angry speeches
18. A way to soak
21. One who divides
24. Deeply cuts
26. A very large body of water
27. "Raisin in the Sun" actress Ruby
30. Medicated
32. Single unit
35. Parasitic insect's egg
37. House pet

38. African nation
39. Saddle horses
42. Press lightly
43. One of 12 sons of Jacob
46. Cause to suffer
47. Hang 'em up
49. Breakfast dish
50. Wrongful acts
52. NASCAR driver
54. Indian dish
55. Type of giraffe
57. Selling at specially reduced prices
59. Czech city
62. "Orange is the New Black" character
63. Records electric currents
66. Country doctor
68. Chronic, progressive disease (abbr.)

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MUNICIPALITY OF BIFROST-RIVERTON

UNDER THE AUTHORITY OF THE PLANNING ACT

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

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



HEARING LOCATION:

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

DATE & TIME:

July 12, 2017
10:00 a.m.

GENERAL INTENT:

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

AREA AFFECTED

Lot 42-22-2E
9065 PTH 68

FOR INFORMATION CONTACT:

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

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

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



TOWN OF ARBORG Invitation to Tender

The Town of Arborg is accepting tenders for Sidewalk Construction including the construction of new Curb and Gutter and Asphalt tie-in between curb and existing paved street.

A detailed tender package is available for pick up at the Town Office, 337 River Road in Arborg, between the hours of 8:30 a.m. and 4:30 p.m., Monday - Friday. A site meeting will be held on Thursday, July 6th, 2017; Meet at the Town Office, 337 River Road, at 10 a.m.

Deadline for tender submission is Noon on Tuesday, July 11th, 2017.

The municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the project in the best interest of the municipality in its sole discretion.

Lorraine Bardarson, CMMMA, Chief Administrative Officer
Town of Arborg, 337 River Road, Box 159, Arborg, MB R0C 0A0
Ph: 204-376-2647; caoarb@mymts.net

BAR WASTE AUTHORITY CO-OP INC. ECO-CENTRE

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The Bar Waste Authority Co-operative Inc. is running a promotion to encourage residents to recycle their used oil, filters and containers, and antifreeze and containers.

USED OIL FOR NEW PROGRAM

Bring in your used oil and receive a coupon for use towards new oil at local businesses.

We will provide a coupon to individuals delivering used oil to Eco-Center as follows:

\$5 coupon for delivery of 5-24 litres of oil
\$25 in coupons for delivery of 25-99 litres of oil
\$45 in coupons for delivery of more than 100 litres of oil
Maximum coupon value per single delivery is \$45
This program runs from July 1st - August 31, 2017
To enter you must live in Bifrost, Arborg or Riverton.
Coupons expire December 31, 2017

BAR WASTE AUTHORITY CO-OP INC.
TELEPHONE 204-376-3431

The BAR Waste Site will be operating on **Summer Hours**
from April 1st to October 31st
OPEN: Daily from 9:00 a.m. - 5:00 p.m.
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BAR WASTE AUTHORITY CO-OP INC. NOW ACCEPTING HOUSEHOLD HAZARDOUS WASTE

Products that will be accepted include paint, corrosives, flammable liquids & gasoline, pesticides & toxics, and physically hazardous non-refillable fuel gas cylinders. Products that will NOT be accepted are commercial, industrial, or agricultural products, improperly sealed products, paint in glass containers, and brushes. For a complete list of products now being accepted please visit Bar Waste section of our website at www.rmbifrost.com.

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jason.carpenter@homehardware.ca

Deadline for applications is July 14.

ARBORG BIFROST PARKS AND RECREATION COMMISSION

Request For Tender

The Arborg Bifrost Parks and Recreation Commission is requesting tender submissions for minor drywall repairs and painting the interior of the Arborg Bifrost Community Centre.

For more information on the project,
please contact the Recreation Office at:
204-376-5576 or 204-376-2236

Please forward tender application with detailed
explanation of work to be performed by Friday,
July 14th to:

**Arborg Bifrost Parks
and Recreation Commission**
Box 555, Arborg, MB R0C 0A0
Attention: Chet Wyka
Or Email to: tom.abprc@mymts.net

Work to be completed by September 8th,
with consideration given to existing rentals.
Lowest or any tender submission may not be
accepted.

Announcements

THE **EXPRESS**
WEEKLY NEWS

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ANNOUNCEMENT

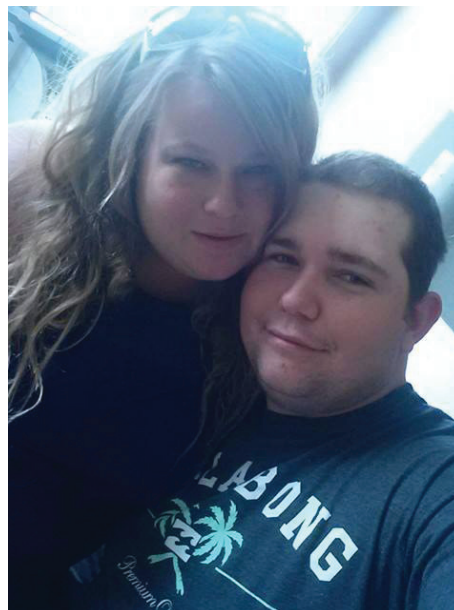


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EXPRESS
WEEKLY NEWS
204-467-5836
classifieds@expressweeklynews.ca

ANNOUNCEMENT



Neufeld - Dahlseide

Chris and Pearl Neufeld along with Gil and Shirley Dahlseide are pleased to announce the engagement of their children, Mike and Dani. A come and go, Jack and Jill Bridal Shower, will be held on Sunday, July 9th, 1-3 p.m. at 86 - 5th Ave. Gimli (Chris and Pearl's). Registered at "Walmart Wedding Registries" under the name Dani Dahlseide. Due to travel, gift cards and monetary gifts appreciated. A Social Evening will be held in their honour on Saturday, July 8th, 8 p.m. at the Gimli Park Pavilion.

ANNOUNCEMENT

IN MEMORIAM

Mattern
Philip and Ernest
In loving memory of
our dear brothers and uncles
Philip – June 27, 2007
Ernest – June 22, 1968

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

-Mina, Dody,
nieces and nephews

ANNOUNCEMENT

MEMORIAM SERVICE

John Stanowski

A memorial graveside service in memory of John Stanowski, who passed away on December 25, 2016, will be held on Saturday, July 8, 2017 at the Arborg Community Cemetery at 1:00 p.m.

Following the service, people are invited to visit with the family and share memories at the family residence. The family would ask that, if you are coming to the house, to please bring a lawn chair.

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

Or email: kfinnson_rph@outlook.com

Application Deadline: July 7, 2017

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

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Sunday July 9th @ 10:00 AM

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More than Listed!

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* Cockshutt 1655 Dsl Cab

3PH w FEL * Thomas 223

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* Int 5000 24' Chisel Plow *

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Skid Steer 7' Blade * Tools *

Construction Misc *

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> MEAL IDEAS

Gochujang-Glazed Chicken



Servings: 4
 Prep time: 10 minutes
 Cook time: 45 minutes
 4 tablespoons Nakano Seasoned Rice Vinegar – Roasted Garlic
 2 teaspoons gochujang (chile bean paste)
 6 tablespoons maple syrup
 4 teaspoons soy sauce
 2 tablespoons, plus 2 teaspoons, olive oil
 4 teaspoons Dijon mustard
 1/2 teaspoon salt
 1/2 teaspoon pepper
 8 chicken thighs
 4 cups fresh cauliflower, riced (use grater or food processor so cauliflower resembles rice)
 1 1/2 cups fresh scallions, sliced

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2 cups fresh sugar snap peas
 3 sprigs fresh cilantro, for garnish
 Heat oven or grill to 375 F.
 In large bowl, mix together vinegar, gochujang, maple syrup, soy sauce, olive oil, mustard, salt and pepper to form marinade. Dip chicken in marinade and toss lightly until coated.
 Lightly oil foil pouch and layer base of pouch with cauliflower. Add scallions and sugar snap peas then place chicken on top. Carefully pour remaining marinade over pouch contents (ensuring that liquid stays inside foil).
 Seal foil packet and bake or grill 30 minutes. Open foil to create 2-inch long vent then bake or grill another 15 minutes, or until completely cooked. Garnish with cilantro before serving.
 Chef's tip: For best results and added flavor, marinate chicken 30 minutes before preparing pouches.
 Substitutions: In place of gochujang, red pepper flake paste can be made by mixing 1 tablespoon red pepper flakes with a few dashes soy sauce and 1 dash sugar. Alternatively, substitute 2 teaspoons sriracha for gochujang.

Mediterranean Vegetables



Servings: 4
 Prep time: 10 minutes
 Cook time: 25 minutes
 3 tablespoons Nakano Organic Rice Vinegar – Seasoned
 1/4 cup olive oil
 1 teaspoon salt, plus extra, to taste
 1/2 teaspoon pepper, plus extra, to taste
 1 tablespoon, plus 1 1/2

teaspoons, fresh parsley, chopped
 1 1/2 teaspoons fresh garlic, minced
 1 cup fresh zucchini, sliced into 1 3/4-inch long, 1/4-inch thick planks
 1 cup fresh green pepper strips
 1 cup fresh red pepper strips
 8 fresh stalks asparagus, slicing off 1/4 inch from bottom of stalk
 1 fresh portobello mushroom, sliced into 1/2-inch squares
 1 cup fresh eggplant, diced into 1/2-inch squares
 Heat oven or grill to 375 F.
 In large bowl, mix together rice vinegar, olive oil, salt, pepper, parsley and garlic to create marinade.
 Clean vegetables then place them in marinade in small batches. Toss to coat then place in foil pouch. Pour remaining marinade over vegetables and seal pouch.
 Bake in oven or over indirect heat on grill 25 minutes. Add salt and pepper, to taste, after removing pouch from heat.
 Chef's tip: Open pouch after 20 minutes of cooking and allow vegetables to crisp slightly under direct heat for remaining 5 minutes.



Are you a pleaser? A pleaser is one who negates his or her own needs for fear of ever letting anyone else down. A pleaser is usually a genuinely nice person, but to a fault.
 On the one hand, there is a heart-felt desire to be helpful or facilitative, but on the other, there may be either a fear of disappointing others, or a strong desire to be seen as an amazingly good person.
 The pleaser runs into problems. First of all, it is impossible to please everyone all of the time. It is devastating for the pleaser to have someone upset with him or her. This is bound to happen once one is juggling the needs of several people.
 Secondly, the pleaser is often dishonest, externally expressing a keen desire to do what others want, but internally wishing there were a way to get out of it. This produces stress and anxiety in the individual, and even resentment towards the one being pleased.
 An additional complication occurs when those one has been pleasing come to expect the pleaser to continue to meet their needs. Once expectations are well established, it is even

People Pleasers

more difficult for the pleaser to say, "No". Gradually, there is less and less time for oneself, or for one's family, because the pleaser is too busy looking after everyone else.
 The first step in "recovery" is admitting that you are a pleaser. Then, either with introspection, or the help of a therapist, aim to discover how you got to be that way.
 Next, you need to learn about healthy boundaries, and how to set them for yourself.
 This is the challenging part, because you need to be honest with others. You have to be able to tell others that you have stretched yourself too thinly, and you need to begin taking better care of yourself if you are to be any good at all to anyone.
 It means communicating to others that you may not always be available, or be able to do, say or be what they want. Those who truly care about you will understand. Those who do not understand, and still expect you to put them first are not healthy for you. If they step out of your life because you are not constantly at their beck and call, maybe that is not such a bad thing!
 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.

Bartlett Pear and Oat Crisp



Servings: 4
 Prep time: 10 minutes
 Cook time: 30 minutes
 4 cups fresh pears, medium diced
 4 tablespoons Nakano Seasoned Rice Vinegar – Mango
 3/4 cup quick oats

2/3 cup brown sugar
 1/2 cup, plus 2 teaspoons, all-purpose flour
 1/2 teaspoon salt
 1 teaspoon cinnamon
 6 tablespoons butter, diced into 1/4-inch squares
 Heat oven to 375 F.
 Toss pears in rice vinegar and set into lightly greased foil pouch.
 Combine remaining ingredients in bowl and use two forks to combine ingredients until mixture becomes crumbly.
 Pour mixture evenly over pears, seal pouch and bake 20 minutes.
 Open top of foil and bake another 10 minutes, or until crisp and golden.
 Chef's tips: For crispier crust, refrigerate crumbly mixture 30 minutes before baking. Serve with scoop of vanilla bean ice cream.

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