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Time to celebrate

EXPRESS PHOTO BY STEFANIE LASUIK

Gimli grads, from left, Meghan Gallagher, Alyssa Leochko, Monique Ellison and Zoe Davies cooled off in Lake Winnipeg shortly before walking across the stage to receive their high school diplomas.

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

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# Gimli grad displays artwork at heritage museum

Anthony Nelson’s art will be on display for July and August

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**EXPRESS PHOTOS SUBMITTED**  
Artwork by Anthony Nelson will be on display at the New Iceland Heritage Museum for July and August.

**By Jennifer McFee**  
Local artist Anthony Nelson is sure to draw crowds with his elaborate illustrations on display at the New Iceland Heritage Museum.

The Gimli High School graduate will have about 40 works on display throughout July and August at the museum, located at 108-94 1<sup>st</sup> Ave. in Gimli. The exhibit will feature pieces from *Awaykin*, his recently published adult colouring book.

“This is the third time we’ll have his art here. The very first time he exhibited, he was still in high school as part of the art show,” said Tammy Axelsson, executive director of the New Iceland Heritage Museum.

“We’re very excited. I’m personally quite a fan of his art-work, and it’s been really interesting to follow along as he’s grown and progressed in his art.”

Nelson’s colouring books are for sale at the New Iceland Heritage Museum as well as at the Canadian Museum for Human Rights.

The New Iceland Heritage Museum is open daily from 10 a.m. to 4 p.m. until the September long weekend. Admission is \$7 for adults, \$6 for seniors and students, and \$15 for families.

On Canada Day, admission will be free, so visitors can enjoy the opportunity to see Nelson’s exhibit along with all of the permanent exhibits at the museum.

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ALONG  
AS HE’S  
GROWN AND  
PROGRESSED  
IN HIS ART.”





# Blackleg and clubroot headline first-ever CanolaPALOOZA

By Stefanie Lasuik

Manitoba's first-ever CanolaPALOOZA taught farmers everything they need to know about growing healthy crops.

The event, which took place June 21 in Portage la Prairie, had 11 different stations set up to answer any questions canola growers had.

One focus of the event was educating canola farmers about possible harm to their crops. Headlining that focus was blackleg, characterized by off-white lesions that can cause significant yield losses.

This summer's wet, humid conditions have been conducive for the disease, said Paula Halabicki, a service specialist with BSAF who lives in Teulon. Although the opportunity to apply fungicide has passed, canola farmers can still prevent affected soil areas from getting even worse by rotating their crops, she said.

Even those who don't currently have blackleg should be checking for it throughout the season, explained Halabicki.

Pratisara Bajracharya of Manitoba Agriculture is encouraging people to take water samples at the entrance of fields and near water run-offs. Farmers can also perform a visual test by pulling the canola stem up, cutting it at the soil surface and looking for black spores inside the stem.

Even resistant varieties of canola may not be what they claim to be.

"We're not sure if the resistance that is built into those varieties is actually lining up with the strains that we have in our soils," said Halabicki.

Agricultural researchers in Manitoba are going to start labelling what strain the resistant crops are resistant to.

Halabicki and Bajracharya also reminded farmers to keep an eye out for clubroot.

Nearly every field in Edmonton has a level of infection, said Halabicki. She hopes Manitoban farmers will clean equipment between fields and wear covered boots to prevent the infection from becoming a problem in Manitoba.

Farmers can dig up canola and look for galls on canola roots or get their fields tested by the Pest Surveillance Initiative, a project of the Manitoba Canola Growers Association.

Canola growers should also be on the lookout for pests in their crops. Diamondback moths may be a problem this year, but researchers won't know until later in the season. The moths leave a white membrane or small holes in the leaves. While these holes won't cause a lot of economic



Blackleg is characterized by off-white lesions on the leaves of canola but can also be seen as tiny black spots on the stubble.

damage, the plant can't compensate for feeding on the canola's buds, said John Gavloski of Manitoba Agriculture. He said extreme populations might be worth spraying.

The good news for canola growers is the bertha armyworm population is currently low due to parasitic wasps and flies. Farmers should still keep an eye out for them, said Gavloski. They can be hard to identify because they can be green, brown or black. If growers find them on their crops, Gavloski



EXPRESS PHOTOS BY STEFANIE LASUIK

Pratisara Bajracharya, left, and Paula Halabicki answered canola growers' questions about canola diseases while displaying examples of blackleg.

recommends to look for small holes on their backs under the heads. These holes indicate the presence of the par-

asitic wasp, which will help naturally keep the bertha armyworm population down.

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# Greenhouse and potting shed ready for learning



The Ashern Central School gardening club helped the school's staff start their gardens by planting vegetables and flowers. Pictured back row: Nicholas M., Kiara S., Savonnah K., Jasmine M., Mrs. C. Lowry Front Row: Aiden W., George T., Shylah P., Illeanna N., Samantha R., Rae R. Missing from the photo is Emily S.

By Stefanie Lasuik

Ashern Central School's learning garden is officially open. After nearly four years of work on a greenhouse, potting shed and landscaping, the building is ready to host hands-on learning.

Two of the school's teachers, Chelsea Lowry and Blaine Waldner, originally set out to build a greenhouse for classes to work in, but the 10-by-12-foot structure was too small. It became the domain of the gardening club while Randy Chartrand's shops class and Waldner took on the project of building an addition. The potting shed is large enough for the school's teachers to have science and foods classes in next year. The school's shops class also built a large table beside the potting shed's whiteboard to create a better learning environment.

This year, the 11 members of the school's gardening club have enjoyed using the greenhouse and the shed in a partnership program with the teachers. The students each worked with a teacher to learn about and grow vegetables and flowers.

"That was the highlight for the

them," said Lowry. The project was funded by Brandon University and is a part of Lakeshore's Reimagine process, a program that tries to address each school's challenges with innovative solutions. The university wanted to see if the student-teacher partnerships made students more excited to come to school and learn. Lowry believes it has.

The gardening club students also enjoyed reaping the fruits of their labours.

"For me, the best part about gardening club was seeing the plants come up and watching them grow and develop. It felt like a great accomplishment to grow all these plants," said a



EXPRESS PHOTOS SUBMITTED

Brett Eckstein, left, of Tire Stewardship Manitoba, Ken Fosty of Tree Canada, Emily S., Samantha R. and teacher Chelsea Lowry, far right, dig in to plant another fruit tree around the learning garden at Ashern Central School.

Grade 5 member of the club, Emily S.

Next year, Lowry hopes the club will focus on teaching sustainability, something the garden itself exemplifies.

The spongy path that runs outside the shed was made of recycled tires. The cedar mulch in the flower beds against the shed's base becomes soil over time. Teacher Shannon Keeley, who has also gotten involved with the learning garden project, has been working to establish a school-wide composting program.

"It's kind of exciting to see it all develop over and time and bring more students out to learn about gardening and sustainability," said Lowry, who led the project's fundraising.

Lowry hopes to add an outdoor classroom and raised garden beds to the learning garden sometime in the future.

She said it's important to bring something different to the school that'll make students excited come to class. She also said its important to teach students to grow their own food.

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# Years of service recognized

EXPRESS PHOTO BY PATRICIA BARRETT

The Association of Manitoba Municipalities recognized Gimli's mayor and councillors for their years of community service at a District Meeting hosted by the Town of Winnipeg Beach June 14. Pictured left to right: Deputy Mayor Peter Peiluck, 5 years; Coun. Richard Petrowski, 5 years; Mayor Randy Woroniuk, 5 years. Missing: Coun. Danny Luprypa, 20 years.



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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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# Lundar screams for ice cream

Four places in the small town now offer a variety of ice cream treats



**EXPRESS PHOTO SUBMITTED**  
Marnie Holm makes specialty ice cream dishes at At The Goose, like the bucket of dirt.

By Stefanie Lasuik

It appears a friendly ice cream war has broken out in Lundar. With four local shops now selling different varieties of the summer treat, local residents won't have unsatisfied cravings this summer.

The first place to sell ice cream in Lundar was Fundar's, owned and operated by Christa Eyolfson. Fundar's serves hard ice cream, soft ice cream, sundaes, twisters, milkshakes and ice cream cakes. A large cone costs \$2.50. Fundar's even has a healthier option: frozen yogurt. The restaurant is now also offering flavour bursts, which add grape, banana and more flavours to the soft ice cream.

Eyolfson maintains a family-oriented environment. She offers free soft serve to customers' dogs.

"They love the little ice creams," she said.



**EXPRESS PHOTO BY STEFANIE LASUIK**  
Loralei Bourgeois fills a dish with gelato at Fas Gas.

As the owner of longest-standing ice cream shop, Eyolfson has gotten to know most of the kids in town and has watched them grow. They haven't outgrown ice cream.

Chicken Chef started selling ice cream in May. They offer chocolate, vanilla, strawberry and caramel soft serve cones for \$3.11. They can also do sundaes, twisters and floats.

The restaurant has a tub of prepackaged ice cream favourites, like Magnum and Klondike bars.

"I eat ice cream every day," said Chicken Chef manager-in-training Eric Hou.

Loralei and Nathan Bourgeois had plans to serve gelato in their business when they took over Fas Gas in January. At the end of May, their machine was up and running and it now makes vanilla gelato. Customers can buy it in a dish or large cone for \$3.25. They can also add sauces to it or make it into a float.

The recipe itself comes from Italy and uses whole milk instead of cream.



**EXPRESS PHOTO SUBMITTED**  
Delany Chartrand makes a customer's vanilla soft serve with the restaurant's new machine.

"It has half the calories," said Nathan.

"Holy smokes, is that ever smooth," said a passing first-time customer, Steven Obelnicki.

The couple's dog, who greets customers in the store, loves the gelato too.

"Max won't eat anybody else's ice cream," said Nathan, laughing. Max may be more loyal to Fas Gas gelato than the owners themselves, who say they enjoy eating the ice cream at the other shops in the community. The competition is nothing but friendly.

Marnie Holm opened At The Goose in Lundar when she heard Fundar's was thinking about closing. Now that they haven't, she has established Lundar's fourth



**EXPRESS PHOTO SUBMITTED**  
Harley Turenne Anderson, Eyolfson's granddaughter, enjoys a rainbow ice cream cone at Fundar's.

ice cream shop.

"I have everything imaginable," said Holm.

Holm offers the soft serve, twisters, milkshakes and sundaes, too. But she also makes specialty dishes, such as the bucket of dirt, which is made of ice cream, caramel and hot fudge sauce, Oreo crumble, and gummy worms. A large cone costs \$3.75.

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EDITORIAL > VIEWPOINTS > LETTERS

BY KEN HOWARD

## Icelanders' odyssey to Lake Winnipeg

### Part One

On Sept. 21, 1875, about 250 impoverished, weary Icelanders, after an unsuccessful, harrowing attempt at colonization at Kinmount, Ont., packed up their limited personal belongings and headed west to establish a new Icelandic community in the Canadian Northwest at the northern perimeter of the newly formed "postage stamp province" of Manitoba, today's Boundary Creek in Winnipeg Beach.

The number increased considerably as other Icelanders from Ontario and Wisconsin joined them on the way.

They travelled, not through the 600 miles of ill-fated all-Canadian Dawson Route, where in 1870, 37-year-old Colonel Grant Wolseley and his 1,600 soldiers had traversed in their 96-day overland journey over a patchwork of lakes between Lake Superior and Lake of the Woods, en route to quelling the Red River Uprising.

Instead, the settlers went by rail to Sarnia, then by steamer to Duluth, a four-day trip, and next, on freshly laid track, by rail to Moorhead on the American section of the Red River.

There, the Hudson's Bay Company's steamboat S.S. International, met the party. Other passengers had already booked passage, permitting little accommodation for later arrivals. Most of the the Icelanders were placed on unsheltered flat-boats in tow in the steamship's wake.

Flat-bottomed, the creaky 137-foot steamer had difficulty managing the Red River's hairpin turns and ran aground when the water level fell below two feet.

On arrival in Winnipeg on Oct. 11, 1875, they stayed in an area known as the Hudson Bay Flats, living in second-hand and some badly torn tents, procured in advance from the Hudson's Bay Company. They were shocked that no arrangements had been made for their stay in New Iceland — no haying had been done so they could not take cattle. Many single people opted to remain in Winnipeg. Most hastened to proceed to "New Iceland."



PHOTO COURTESY OF MANITOBA ARCHIVES

This 1910 photo shows a transportation York boat under sail.

On the 16th, they embarked on a current-driven ride down the Red River, with six flat-boats and a York boat, and drifted over the Lister Rapids (now Lockport). After four days and nights of travel, on Oct. 21, 1875, at 4:30 p.m., at the mouth of the Red River, about a kilometre south of the present Gimli harbour, the S.S. Colville took the fleet of flatboats into tow. At about 5 p.m., sensing a threatening storm, the captain cast anchor off Willow Point and released the frail craft. Eight York boat oarsmen completed the task, pulling the audacious mini fleet into shore.

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# Mid-term with Gimli's mayor

By Patricia Barrett

As Gimli's mayor heads towards his mid-term anniversary, the *Express* sat down with him a few weeks ago to get a peek behind the scenes of the municipality's top job and to measure the municipal pulse.

Since becoming mayor in 2014, Randy Woroniuk is always "on," despite what he calls a "flexible 24-7 job."

Attending to municipal duties is a lot easier by not being tied to a 9-to-5 job, he said. Grocery shopping, on the other hand, has become somewhat of a challenge.

"When I was working as a conservation officer, I could be out of Sobeys in five minutes with a quart of milk [because no one wanted to talk to me]," said Woroniuk. "I go to Sobeys now, and it takes half an hour."

But engaging with citizens is something he said he loves.

"My time is the municipality's time. People talk to me and I invite that," he said, "That's a real plus."

Woroniuk was encouraged to run for office after serving as mayor of Bissett, where he worked as conservation officer for the province.

"One reason I wanted to be mayor [of Gimli] was to try to make the community a better place," said Woroniuk, who took a break from his duties as Hospodar at Ukrainian Park Camp to chat. "I think I've made a difference with this council, and we are making things better."

Some of those things aren't always so obvious.

Take, for example, simple fixes to infrastructure that may not garner press attention but which make a sizable difference to some people.

Woroniuk said he took a walk with a woman in a wheelchair and got "a totally different perspective" on how difficult it was to move around town.

"I looked at it from her perspective," said the mayor, referring to a sidewalk near the beach. "There were big roots sticking out everywhere."

Woroniuk's good nature and willingness to talk to people about municipal issues can't help but set the leadership "tone." And judging by council meetings alone, the tone is amiable.

The mayor said he doesn't see himself as a "my way or the highway" kind of leader.

"We have our differences," he said, referring to council. "But we're able to work together because I don't have a huge ego. I'm more of a conciliator. When I was a [conservation] supervisor, I worked with a lot of people. Let's listen and find a solution."

One thing that marks this council is

its willingness to take the initiative. The mayor said he doesn't believe in "what ifs" and would rather move forward than hold things up unnecessarily.

"For years, things were talked about," he said. "People were scared to make a decision. Peter [Peiluck] said, 'Let's pull the trigger and get it done.'"

One of the better known initiatives council got off the ground is a proposed Wellness Centre to replace the Recreation Centre, an aging structure in need of repair and additional space for programming.

Of course, you can't lead a community of about 2,000 people without coming under fire for some of the decisions you make.

Council took a fair bit of flak for excluding an indoor pool as part of the

new centre's design, as had previous councils before them.

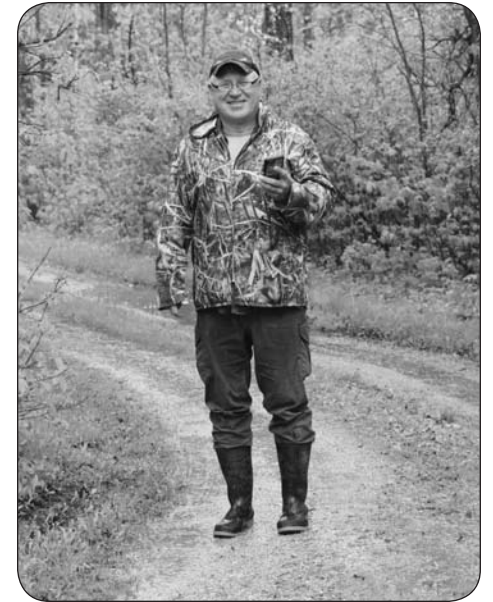
Gimli can't afford an indoor facility, according to financial analyses carried out by Stantec, a consulting and engineering company. It would cost between \$12 million and \$30 million to build, and it would run an operating deficit of between \$500,000 and \$800,000 every year, based on Gimli's current tax base.

Those who opposed the centre cited the tax implications of an indoor pool.

Attempting to find a compromise, council proposed constructing an outdoor pool.

"I don't believe we should be burdening the taxpayer with an indoor pool," said Woroniuk. "Steinbach is

Continued on page 12



EXPRESS PHOTO BY PATRICIA BARRETT

Mayor Randy Woroniuk takes a call to deal with some municipal business while working his part-time gig as Hospodar at Ukrainian Park Camp north of Gimli.



## Notice of Public Hearing and Pre-Hearing Conference

### Applicant: Manitoba Public Insurance Corporation

#### HEARING:

The Public Utilities Board (Board) anticipates holding a public hearing of an application from Manitoba Public Insurance Corporation (MPI) for approval of rates and premiums for compulsory vehicle and driver insurance as of March 1, 2017. The hearing would take place at the Board's Hearing Room, 4<sup>th</sup> Floor, 330 Portage Avenue, Winnipeg, MB (commencing at 9:00 a.m.) on October 13, 2016. A Pre-Hearing Conference is to be convened by the Board in its offices at 9:00 a.m. on June 30, 2016.

#### RATE IMPACT:

The Corporation is requesting approval for Basic Autopac vehicle and drivers licence insurance rates and premiums effective March 1, 2017, which, if approved, will result in 2% overall change in MPI's Basic premium revenue (excluding the impact of vehicle upgrades and an increased overall driver and vehicle population). The Corporation is also requesting an Interest Rate Forecast Risk Factor, also effective March 1, 2017, to be developed collaboratively through the General Rate Application process.

Actual vehicle and driver premiums would vary depending on claim and driving experience, insurance use, territory and vehicle rate group. Full particulars, including the rate impact and application, can be found on the Manitoba Public Insurance website [www.mpi.mb.ca](http://www.mpi.mb.ca).

#### PRE-HEARING CONFERENCE:

Those seeking Intervener status should notify the Board of their intention by applying to the Board Secretary before the now scheduled Pre-Hearing Conference of June 30, 2016. Interveners may be entitled to financial assistance, and the Board's Rules of Practice and Procedure (Rules) provide the related guidelines, which can be seen at the Board's website [www.pub.gov.mb.ca](http://www.pub.gov.mb.ca) or obtained on request to the Board, by either emailing ([publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)), writing or calling the Board Secretary (204-945-2638 or 1-866-854-3698, toll free). Parties wishing to submit a brief or to express comments at the hearing should also contact the Board Secretary.

#### GENERAL INFORMATION:

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, or as to MPI's Driver and Vehicle Licensing operation.

Persons seeking further information as to MPI's application, or with respect to the Board's process, and/or wishing to address the public hearing in French should notify the Board Secretary by August 26, 2016. As well, interested parties may examine MPI's application and supporting materials, either at the offices of the Corporation or on its website, or the Board's office.

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

#### CONTACT INFORMATION:

The Public Utilities Board  
400 - 330 Portage Avenue  
Winnipeg, MB R3C 0C4  
Website: [www.pub.gov.mb.ca](http://www.pub.gov.mb.ca)

Telephone: 204-945-2638  
Toll-Free: 1-866-854-3698  
Email: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)

DATED this 17<sup>th</sup> day of June, 2016

Jennifer Dubois, CPA, CMA  
Assistant Associate Secretary  
The Public Utilities Board



Five days notice required.



Wheelchair access is available.

**Manitoba**



# Mountains out of molehills? Camp Rusalka under the microscope (Pt. 2)

By Patricia Barrett

In a previous edition of the *Express*, the volunteer camp manager of the Rusalka trailer park north of Gimli told his side of the story with regard to some of the objections the camp had received to its rezoning request of Parcel B.

In Part 2, Dave Garrity discusses cabanas, maintenance, use of the beach on Lake Winnipeg and waste management.

A bordering property owner, who opposed the rezoning request, maintains that some of the camp's cabanas are unpleasant to the eye.

"The camp has built make-shift building structures with no regard to building codes of which some are an eye sore, thus reducing private property values," wrote the property owner, whose letter was obtained by a FIPPA request.

During the first visit to the camp June 4, Garrity showed the *Express* trailers and cabanas. Many trailers have structures attached to them, some admittedly odd-looking but others quite well done.

Parcel A, developed in the 1960s near the lakeshore, has some older trailers and buildings, but nothing that could be called unappealing. Lawns were trimmed — some even nicely landscaped. This section of the camp is situated in a small forest, giving it a cottage-like feel.

At issue are the cabanas in Parcel B, some of which were built without permits when the camp was under previous management.

Garrity doesn't dispute that.

When he took over management of the camp last year, and established a camp operations committee composed of trailer owners, he drew up new leases prohibiting structures being built without the committee's consultation. And if approved, owners have to apply for building permits.

"Nobody thought of permits ... 25 years ago," said Garrity, referring to rules that had not yet come into effect.

The RM could ask to have some of cabanas re-built, especially those without a proper egress or built with unsound materials, he said.

The objecting property owner who mentioned "eyesore" cabanas also cited gravel trucks coming into the camp to build a "cul-de-sac within the camp expansion area."

She wrote, "It would appear the camp is continuing with their expansion plans."

Garrity said the camp had gravelled an oval in front of existing trailers in Parcel B about four years ago to improve the condition of the road and

the overall appearance of the area.

He himself re-paved the road leading into the camp, which UNF owns up to PR 222, making it a lot smoother.

"This road was a piece of [rubbish] two years ago, where it was two-inch stone all over the place," he said. "I put down the three-quarter. It's not 100 per cent, but it was a start."

The road provides access to cottage properties bordering the camp.

"It didn't cost them a dime, yet they use the road," Garrity said.

The RM used to maintain the road "years ago," he said, but it's now the camp's responsibility. Some cottagers occasionally come out in the winter, and Garrity said the camp does plow.

He said he had asked the cottagers whether they'd be willing to donate about \$50 to the camp so that he could put more gravel down. They declined.

The "eyesore" property owner also noted her displeasure with trees cut down a few years ago "presumably by Manitoba Hydro" and a need to "establish a strong visual barrier between the two zones."

Garrity said the camp had nothing to do with cutting down those trees. Manitoba Hydro had removed them to make way for a Ready-To-Move dwelling that was placed beside the camp a few years ago. Furthermore, the trees were on the RTM owner's property, not on camp property, he said.

He does, however, cut up and remove sick or dead trees on camp property, or trees on other's property that pose a problem to the camp — but he asks first.

Gimli Bible Camp was one the neighbours he had approached about cutting down a problematic tree, and he did obtain its permission.

GBC had been one of the objectors to the camp's rezoning request but withdrew its objection after the first hearing at Gimli council.

Garrity said he had addressed GBC's concern over trailer owners using the beach in front of its camp, which it had purchased in 1928. At that time, owners were allowed to own the beach. In 1956, the law changed. Cottagers and trailer owners have a right to use the public beach beside GBC.

Even though the bordering beach is public, trailer owners have to be "mindful" of their activities. A recent late-night party on the beach in front of the cottages earned some campers an eviction warning.

The camp has a central green in Parcel A where it holds community celebrations, such as fireworks displays. And ATVs are not permitted on camp property.



EXPRESS PHOTOS BY PATRICIA BARRETT

A cabana and deck next to one of the trailer owners in Parcel B. The structure is well built and maintained.

As witnessed during the rezoning hearings, Garrity doesn't skirt controversial issues.

Case in point: buckets of human excrement that had found their way onto a neighbouring property owner's field.

"Like the [unnamed property owners] mentioned ... we had guys stay out here in the winter," said Garrity. "I found out later on ... just before I became manager ... they were dumping five-gallon pails in his field."

Garrity said he had evicted three men from the trailer park.

"I stipulated [dumping] at today's meeting," said Garrity, referring to a meeting with his campers. "If you're caught illegally dumping, you face automatic eviction."

Issues with how the camp has managed its waste is another concern that came up during the hearings.

Rules pertaining to how grey and black water is to be disposed of by campgrounds and trailer parks is not unique to Camp Rusalka, said Garrity. All recreational camps across the province are now subject to new government guidelines.

Some of Rusalka's trailers are equipped with totes into which waste is funnelled; some have holding tanks.

The province has given the camp until September to install a central dumping station and to ensure all the trailers have either in-ground or above-ground holding tanks or totes.

Garrity has hired local contractor Joe Grabowski to build a dumping station in the middle of Parcel B, and he himself will be obtaining holding tanks for those without.

Coun. Richard Petrowski, in whose ward Rusalka falls, is scheduled to



A tote for wastewater collection is connected by a hose from one of the trailers.

visit at the end of June.

The Eastern Interlake Planning District has the final word as to whether Rusalka's request for rezoning will be granted. That hearing is tentatively scheduled for July 7 in council chambers.

The hearing is open to the public. Call the RM office at 204-642-6650 to verify the date and time.

## Correction

In the June 23 edition of the *Express Weekly News* on page 15 of the Gimli Canada Day celebrations, we incorrectly published that Adam T Elvis would be playing At The Hop from 7:30 to 10:30 p.m. and fireworks will be at 11 p.m. on July 30. In actual fact, those events will take place on Thursday, June 30th.



## IMPORTANT NOTICE – GOVERNMENT MAIL

# How to obtain your Manitoba cheque

To prepare for a possible postal service disruption, the Manitoba government has arranged for government cheques and other essential mail to be available for pick-up at the locations listed below. If you currently receive your payments or benefits by direct deposit, you will not be affected by a postal disruption.

### Cheque pick-up information

All offices are open **Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.** unless otherwise indicated.

Please call **1-866-626-4862** or visit **Manitoba.ca** before going to pick up your cheque and you will be provided with a number to call to ensure your cheque is ready.

**Please bring proper identification with you when you pick up your cheque.**

If you are not sure which location has your cheque, please call **1-866-626-4862** or visit **Manitoba.ca**.

### A. Outside Winnipeg

#### Cheques available at locations outside Winnipeg:

- Trade Vendor/Landlord • Provincial Superannuation
- DFA
- Refunds • Manitoba Housing • Employee Paycheques/ Pay Advices
- Health (ex: Pharmacare, travel subsidy, out-of-province medical claims, insured benefits, doctor payments)
- Prenatal Benefit cheque pickup/application drop off

Note: For Employment and Income Assistance cheques, please see section D below.

Payments to the following programs can also be dropped off at these locations: Provincial Taxation, Manitoba housing, Provincial Fines, Maintenance Enforcement (MEP).

#### Ashern

Manitoba Infrastructure  
43 Railway Avenue

#### Beausejour

Manitoba Families  
Beausejour Provincial  
Building  
20 – 1st Street S.

#### Brandon

Manitoba Finance  
Brandon Provincial Building  
340 – 9th Street

#### Carman

Manitoba Agriculture  
Carman GO Office  
65 – 3rd Avenue N.E.

#### Carberry

Manitoba Agriculture  
Carberry GO Centre  
Hwy #5, North of Hwy #1

#### Churchill

Manitoba Families  
31 Hudson Square

#### Dauphin

Manitoba Families  
Dauphin Provincial Building  
27 – 2nd Avenue S.W.

#### Flin Flon

Manitoba Families  
Provincial Building  
102-143 Main Street

#### Gimli

Manitoba Indigenous and  
Municipal Relations  
2nd Floor,  
62 – 2nd Avenue

#### Killarney

Manitoba Families  
203 South Railway  
Street E.

#### Lac du Bonnet

Manitoba Sustainable  
Development  
4 - Hwy #502

#### Minnedosa

Manitoba Agriculture  
Minnedosa GO Office  
36 Armitage Avenue

#### Morden

Manitoba Families  
290 North Railway Street

#### Morris

Manitoba Agriculture  
229 Main Street S.

#### Neepawa

Manitoba Sustainable  
Development  
123 Main Street

#### Portage la Prairie

Manitoba Finance  
Portage Provincial Building  
25 Tupper Street N.

#### Russell

Manitoba Education  
and Training  
402 Main Street N.

#### Selkirk

Manitoba Families  
Selkirk Provincial Bldg.  
101-446 Main Street

#### Souris

Manitoba Learning and  
Resource Centre  
130 – 1st Avenue W.

#### Steinbach

Manitoba Families  
316 – 323 Main Street

#### Swan River

Manitoba Families  
Provincial Building  
201 – Fourth Street S.

#### The Pas

Manitoba Families  
79 – 3rd Street W.

#### Thompson

Manitoba Families  
Thompson Provincial  
59 Elizabeth Drive

#### Virden

Manitoba Agriculture  
Virden GO Centre  
247 Wellington Street W.

#### Winkler

Manitoba Education  
and Training  
Distance Learning Unit  
555 Main Street

### B. In Winnipeg

#### Cheques available at the Norquay Building – Basement Level 401 York Avenue

**Monday – Friday  
(8:30 a.m. – 4:30 p.m.)**

- Trade Vendor/Landlord • Provincial Superannuation • Refunds • Income Supplement (Provincial Services) • Prenatal Benefit cheque pickup/application drop off • Pharmacare • Disaster Financial Assistance (DFA) • Essential Mail

Note: For Family Services and Employment Income Assistance cheques please see section C below.

Payments for the following programs can also be dropped off at this location: Provincial Taxation, Manitoba housing, Provincial Fines and MEP.

Manitoba housing cheques (including STAT55 and Portable Housing Benefit) are to be picked up at 200-352 Donald Street.

#### Manitoba Health

New and replacement Manitoba Health Cards and Temporary Out-of-Province Certificates can be picked up on the main floor of 300 Carlton Street.

### C. Employment and Income Assistance Recipients in Winnipeg

All Employment and Income Assistance cheques can be picked up at your local community area office.

**ACCESS River East**  
2nd floor, 975 Henderson  
Highway

**ACCESS Transcona**  
845 Regent Avenue West

**ACCESS Downtown  
East (R3A / R3B)**  
2 – 640 Main Street

**Downtown West**  
755 Portage Avenue

**ACCESS  
St. Boniface  
(Bilingual)**  
3rd floor, 170 Goulet Street

**Seven Oaks**  
Unit 3 – 1050  
Leila Avenue

**River Heights/  
Fort Garry**  
Unit 6 – 677  
Stafford Street

**Point Douglas/  
Centralized Services**  
128 Market Avenue

**Downtown Main**  
896 Main Street

**ACCESS NorWest**  
785 Keewatin Street

**ACCESS Winnipeg  
West**  
2nd floor, 280 Booth Drive

The hours for cheque pick-up for all locations are:

Monday – Friday  
8:30 a.m. – 4:30 p.m.

Please contact your EIA worker if you have any questions or concerns about mail arrangements.

### D. Employment and Income Assistance Recipients outside Winnipeg

Pick up your cheque at the following regional office locations.

**Morden  
Regional Office**  
290 North Railway Street

**Dauphin  
Regional Office**  
309 – 27 2nd Avenue S.W.

**The Pas  
Regional Office**  
3rd St. and Ross Avenue

**Beausejour  
Regional Office**  
20 – First Street S.

**Portage La Prairie  
Area Office**  
106-25 Tupper Street N.

**Swan River  
Area Office**  
201 – 4th Avenue S.

**Flin Flon Area Office**  
102 – 143 Main Street

**Steinbach  
Area Office**  
242 – 323 Main Street

**Brandon  
Regional Office**  
2nd Floor,  
340 – 9th Street

**Selkirk  
District Office**  
101 – 446 Main Street

**Thompson  
Area Office**  
107 – 59  
Elizabeth Drive

The hours for cheque pick-up are:

Monday – Friday  
8:30 a.m. – 4:30 p.m.

If you have a problem with picking up your cheque, please contact your EIA worker.

#### Employment Manitoba

For information about your Employment Manitoba cheque and where you can pick it up please call 204-945-0575 in Winnipeg, or toll-free in Manitoba 1-866-332-5077.

#### Disaster Financial Assistance (DFA)

For information about your DFA cheque and where you can pick it up please call 204-945-3030 in Winnipeg, or toll-free in Manitoba 1-888-267-8298.

#### Workers Compensation Board (WCB)

For information about your WCB cheque and where you can pick it up please call 204-954-4321 in Winnipeg, or toll-free in Manitoba 1-855-954-4321.

#### Public Trustee

If you regularly receive cheques by mail from The Public Guardian and Trustee, please phone your Adult Services Administrator directly to make alternate arrangements.

#### Maintenance Enforcement Program (MEP)

For information on how and where to obtain your family support payment, please call 204-945-1761 or email the program at [ManitobaMEPInquiries@gov.mb.ca](mailto:ManitobaMEPInquiries@gov.mb.ca)

#### Provincial Taxation

Tax return due dates remain unchanged.  
Visit [www.gov.mb.ca/finance/taxation](http://www.gov.mb.ca/finance/taxation) for more info.

For more information visit:

**Manitoba.ca**

or call **1-866-MANITOBA** (1-866-626-4862)

TTY: 204-945-4796

**Manitoba** 



# Provincial drainage project in Winnipeg Beach delayed

By Patricia Barrett

A provincial government Highway 9 drainage project through a section of Winnipeg Beach that was supposed to start this spring has been delayed.

Winnipeg Beach council has been trying for years to cajole the province into installing drains on the west side of the highway between Epsilon and Kernstead avenues in order to relieve the backup of water onto residential properties.

Council expressed its concern with the delay at its regular meeting June 22 after receiving a letter from the province stating the project is still in the "design phase" with regard to the size of drains.

The letter from Manitoba Infrastructure advised council that the department "can't say" whether it will do the work.

"This is six years now," said Coun. Ryan Reykdal.

He said the department's reply that it is busy is not "a good enough excuse" for him; departments are always busy.

The province is responsible for installing and maintaining highway culverts. The new culverts would send water south to Kernstead Avenue then east up the road to the lake.

"It's been more than six years," said Coun. Daryl Carry.

He added that if council did not put pressure on the department, the work won't get done.

Mayor Tony Pimentel said he would like to set up a face-to-face meeting with the province to "get things done."

CAO Kerry Lawless said he will send a letter to the department.

Other council briefs:

Council would like to investigate the feasibility of installing a crosswalk across Highway 9 at Ash Avenue, just north of the Domo gas station.

"We need it on weekends," said the mayor, referring to the high volume of tourists in town as well as local residents flocking to the beach.

The maximum speed limit at the intersection is 50 mph summer and winter.

Council passed a resolution to pursue the crosswalk proposal and will be forwarding the request to Manitoba Infrastructure.

Council received notification from the Town of Dunnottar that it will be charging landfill users \$25 for each piece of furniture delivered to the dump.

"I was surprised this came up out of the blue," said Pimentel. "We could have worked together towards a solution."

The Town of Winnipeg Beach leases landfill space from Dunnottar. New regulations prohibit the burning of various household items, such as mattresses and box springs. Dunnottar has to deliver furnishings to Winnipeg's Brady Road Landfill site.

"You'll start to see beds on the side of the road and in ditches," said Reykdal. "If it's \$50 to throw a bed away, people will push it off the side of the road."

"You'll see bonfires with crazy things in them," added Carry.



EXPRESS PHOTOS BY PATRICIA BARRETT

Winnipeg Beach Mayor Tony Pimentel and councillors Daryl Carry and Ryan Reykdal were awarded for their years of community service by the Association of Manitoba Municipalities at its District Meeting, which the town hosted June 14.



Council will be investigating the feasibility of installing a crosswalk across Highway 9 just north of the Domo gas station at Ash Avenue.

Council wondered whether a dining room set would be considered one item or five and called for a clear defi-

nition of the new rules.

Continued on page 30

## > GIMLI'S MAYOR, FROM PG. 9

struggling with a huge operating deficit every year."

An outdoor facility would see money flowing into the municipal kitty rather than draining it, according to Stantec.

The mayor said any initiative that's perceived as a benefit to the municipality is one he'll consider supporting.

"You can't make everyone happy," he said, "but every decision [we make] is for the good of the community."

The tendency to overlook the positive is something the manager of Gimli's Lakeview Resort said is easy to do.

"As human beings, we notice the negative more than we notice the positive," said Michael Lazer. "You have to re-train yourself to look at all the things that are getting done right."

As an employer, Lazer said it's important to point out what his staff does right.

"And they do a million things right

every day. But then something happens, we miss something ... and a guest gets upset. They make noise about it, as they have the right to, and that's all everybody remembers."

The analogy can be applied to council.

Lazer said he thinks council is willing to listen to people's concerns and work towards a solution.

"When we had the issue of the dogs not being allowed on the boardwalk, the community came together and they spoke with council," he said. "And both sides stepped up and came to a compromise, and dogs are allowed on the boardwalk, not on the beach. ... So council is willing to listen to things."

Having lived in the community for seven years, Lazer said he has noticed some changes around town.

He cited the positive impact of the newly formed Chamber of Commerce, which the mayor helped get underway.

"Dialogues are opening up all over the place," he said. "Businesses talk to each other. ... I see lots of positive changes."

Considering the costs of infrastructure and other projects needed in the community, Lazer said council has to "balance what they're going to spend money on."

"It's the same thing at the hotel: I have a limited budget," he said. "What do I fix this year? What's the priority? It's the same type of thing, only on a larger scale. And trying to satisfy all the people in the neighbourhood is almost an impossibility."

One thing Lazer said Gimli needs is rental housing in order to attract more people to the area and spur on business development.

That's something the mayor said he wants too.

"Private contractors say they can't make money off it," said Woroniuk, "but we need more private sector investment. We're open to suggestions; council will work with a commercial

developer to see what we can get done."

Even though council can only do so much with the revenues it receives from taxes and government funding, the mayor still likes to dream big.

"I'd like to see a bullet train between Winnipeg and Gimli," he said. "Can you imagine the growth we'd get here? Boy, that's pie in the sky."

He would, of course, consult with council before moving on that.

"I seek advice rather than make a bad decision," said Woroniuk, who pointed out the strengths of all his councillors and two CAOs. "Retreat is the better part of valour."

But retreat is the furthest thing from his mind at that moment. He said he intends to have another crack at the mayor's chair when election time rolls around.

"I really do like meeting people," he said. "Occasionally, you get a nice letter or call. People say there's a change in Gimli. That's not just my work — that's council's."



# Congratulations to all the 2016 grads across the Interlake!

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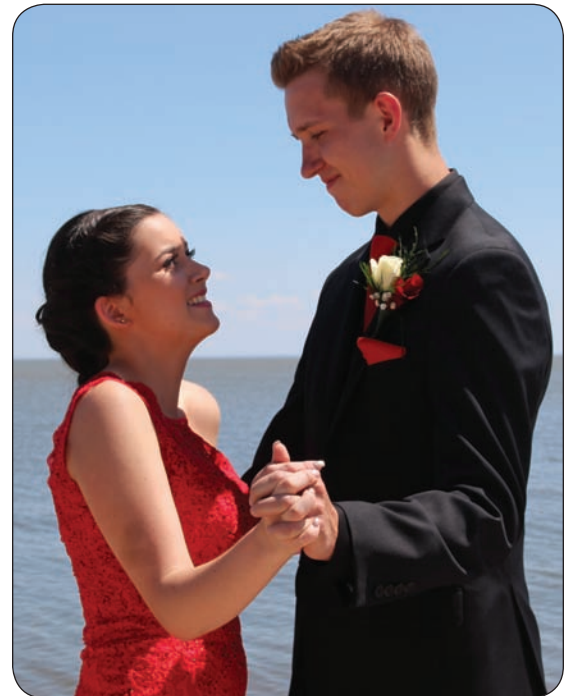
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## Grad 2016



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# It's "time to go" for Fisher Branch Collegiate graduates

By Patricia Barrett

Fisher Branch Collegiate's 16 graduates were honoured by the community for scholastic excellence and leadership during their graduation ceremony held June 25 in the school's gym.

A glitch with the recording of *O Canada* to start off the proceedings had the entire assembly at odds for a few moments until one of the graduates started singing the national anthem without the music.

School trustee Ray Imlah, who was first to pay tribute to the students' achievements, called that a "prime example of leadership."

Besides scholastic achievements and the acquisition of practical skills such as carpentry and mechanics, Imlah noted their teamwork, compassion for others and willingness to volunteer at the personal care home and at breakfast programs.

He congratulated teachers, parents, grandparents, coaches and community members for contributing to the success of the grads and to the skills they acquired and will use later in life.

"Our students have learned goal-setting, the importance of punctuality, getting projects done in a timely manner ... these are just a few examples of how our students have been educated not only by the school system, but by our community at large," said Imlah.

Imlah also singled out mature student Brian Truthwaite for having the courage and determination to come back to school to earn credits towards his diploma.

"Brian, as an older student, is a prime example of anybody that can learn ... if they're willing to study and try," said Imlah. "And I give Brian a lot of credit to come back to school because it's not easy, believe me."

Amanda Bouchard, who brought greetings from the collegiate, fondly recalled her time as some of grads' Grade 8 teacher and the adventures they had shared, including her having to turn the lights off and on to get their attention, their book club and a field trip to Camp Arnes.

"I have special memories of each and every one of you from that year that will go on and on forever," said Bouchard.

She encouraged them to find something about which they could be passionate.

"It's time for you all to head out into the world and search for your passion," she said. "Don't let any opportunity pass you by. Take risks. Make mistakes. Learn from those mistakes ... continue to learn and be curious about the world around you."

Bouchard thanked them for reminding her that "teaching students such as yourselves is my true passion."

The audience was treated to two special video presentations: photographs of each grad when they were children and a video made by grad Chantel Dandeneau highlighting some of their shenanigans in the classroom and hallway, tours around town and car hijackings.

Principal Shaun Lindal reassured the audience that the students shown in the video had permission to drive just before she shared her own memories of them.



EXPRESS PHOTOS BY PATRICIA BARRETT

Fisher Branch's graduating class of 2016.



Amanda Bouchard from Fisher Branch Collegiate spoke about her memories of each student.



Lakeshore School Division trustee Ray Imlah paid tribute to the grads.



Tyler Huff was awarded the Governor General's Award (Bronze) for academic excellence.

"You as well as I have watched them evolve into the young people they are today," she said.

Lindal said she sought the wisdom of others to inspire her farewell speech to the grads "because we've already provided them with words of wisdom and lectures about life."

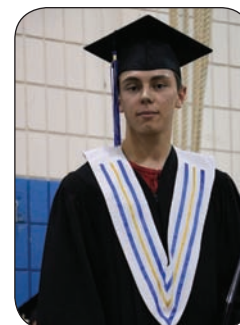
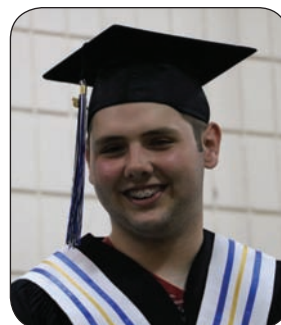
She couldn't find anything she was looking for, so she asked her grandson what she should say to the grads.

"And in his three years of infinite wisdom, he said, 'Amma, tell them it's time to go,'" said Lindal.

"Regardless of what your future plans are," she said, "it really is time to go, time to go out on your own, make your way and move on with whatever your life has in store for you."

Lindal and master of ceremonies Donna Gislasen helped hand out diplomas and numerous

Continued on page 15



Jamal Abas sponsored a Young Historian Award worth \$500. He presented it to Chantel Dandeneau for her essay on Canadian history; Dawson Wallach will be entering the workforce next year. He received \$100 from One Stop Gas and Groceries for graduating; Cameron Prus received a Manitoba Technology Education diploma in addition to his high school diploma; Brandon Barkley received a medal for obtaining the highest mark in Grade 12 construction technology.



## FISHER BRANCH

## GRADUATION 2016

Continued from page 14

awards from community and individual sponsors, such as Noventis Credit Union, the King Buck Inn, Fisher Branch Women's Institute, Ukrainian Farmers Co-op, Smith's Autotech and Jamal Abas.

The valedictory address was given by Emily Malcovich, who thanked parents and teachers for everything they had done to encourage them over the years.

"If it wasn't for your guidance, we would not be on this stage today."

She also thanked her fellow grads, saying, "There's no words to describe the gratitude I feel to have been blessed to share this time with all of you."

### Fisher Branch Scholarships and Awards

Emily Malcovich	Noventis Credit Union
Tyler Huff	Noventis Credit Union
Chantal Dandeneau	Ukrainian Farmers Co-op
Morgan Lappage/ Tyler Huff	Ukrainian Farmers Co-op
Emily Malcovich	Walter Wochuk Memorial
Emily Malcovich	Karen Abas
Chantal Dandeneau	Olga Grouch Memorial Fund
David Kon	Olga Grouch Memorial Fund
No one	Olga Grouch Memorial Fund
Emily Malcovich	Lakeshore Teachers Association
Emily Malcovich	FBWI
Tyler Huff	FBWI
Cameron Prus	Smiths Autotec
Tyler Huff	King Buck Inn
Morgan Lappage	International Pollination Systems
Chantal Dandeneau	Minh's Restaurant
Nikey Dillon	Interlake Auto and Tractor Parts
Morgan Lappage	Stocki Trucking
Emily Malcovich	One Stop
Dawson Wallach	One Stop
Nickey Dillon	One Stop
Brandon Barkley	One Stop
David Kon	One Stop
Cameron Prus	Fisher Repair
Morgan Lappage/ Chantal Dandeneau	Anonymous
David Kon	FB Middle Years Student Council
Cameron Prus	Robbie Johnson Memorial
Cameron Prus	Agrium
Cameron Prus	RM of Fisher
Emily Malcovich	RM of Fisher
Cameron Prus	Broad Valley Catering
David Kon	Interlake Café
Emily Malcovich	Lakeshore School Division
Chantal Dandeneau	Jamal Abas
Arik Lindal	Neil McNeil Award
Cheyenne Hudson	Zubatiuk Memorial
Cameron Prus	Julie Stefanac
Tyler Huff	Michelle Smith
Brandon Bartley	Verna Wallach
David Kon	Leanne Kochan
Tyler Huff	Annette Holowka
David Kon	Patti Witzke
Chantal Dandeneau	Percy E Moore Hospital Staff
Cameron Prus	Sylvan Genetics
Chantal Dandeneau	University of Winnipeg
David Kon	University of Winnipeg
Emily Malcovich	University of Winnipeg



Arik Lindal receives his diploma from Amanda Bouchard.



Fisher Branch Collegiate Principal Shaun Lindal got some farewell speech advice from her grandson who said tell them it's time to go.



Cheyenne Hudson

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**Best Wishes 2016 Graduates!**



Brian Truthwaite earned his mature high school diploma.



Dominic Favell received his diploma. He will be entering the workforce next year.



Fisher Branch grad makes her way to the podium.

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# Arborg graduates celebrate 13 years of education in three acts

By Patricia Barrett

Arborg Collegiate's 21 graduates celebrated 13 long years of educational achievement during a ceremony held June 25 at the Arborg Hall.

Assistant Supt. Scott Hill brought greetings from the Evergreen School Division and its board of trustees, thanking the students' families and friends and teaching staff for their support, care and guidance along the way.

Hill provided an amusing summary, in three acts, of the 13 years of education students had to undergo in order to reach this defining moment.

Kindergarten, he said, is essentially where they learned all they needed to know to get by in life.

"A few items on the list include: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush," he said, making the graduates and a crowd of about 400 people laugh.

In the second act, he said students are kept in school for another 12 years so that they could make mistakes with respect to the aforementioned list "in



The Arborg Collegiate graduating class of 2016.

a safe place" surrounded by people who would "love you while you made these mistakes and forgive you for them, to sometimes laugh with you about them, sometimes cry with you about them."

The third act of education, said Hill, will be each student's own making, but that it comes with a proviso: keep the people who care about you close by.

"When you go out in the world, hold hands and stick together," he said.

Principal Randy Semenek delivered a fond farewell to the 2016 grads, calling their journey a long road that had been smooth for some but bumpy for others.

"But every one of you has earned the right to be on this stage today," he said.

Semenek offered the students only one piece of advice "because I know you listen to all the advice your teachers give you! When you figure out what your passion is, what you want,

go get it and don't let anything hold you back."

A number of students were presented with awards and scholarships for outstanding academic and sporting achievement.

Various community groups, such as the Arborg Agriculture Society, Interlake Co-op, the Arborg Chamber of Commerce, the Royal Canadian Legion Branch 161, Noventis Credit Union and the Evergreen Teach-

Continued on page 17



Pictured left to right: Evergreen board chair Ruth Ann Furgala presents Brenna Klym with the ESD Student Council Award; Caroline Yaremus received the Royal Canadian Legion Branch 161 Award; Jordan Kristjanson received a \$500 Noventis Credit Union Award; Bifrost-Riverton CAO Cindy Stansell presents Jodey Eastman with the Municipality of Bifrost-Riverton Award; and Arborg Collegiate principal Randy Semenek awards Julien Sorin with his ESD Diploma.

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## ARBORG

## GRADUATION 2016

Continued from page 16

ers Association, presented awards to Kelsey Benson, Brenna Klym, Kayla Weik, Caroline Yaremus, Teagan Troyan-Sigurdson and Griffin Chwaliboga, among many others.

After the awards and diplomas were distributed, Brenna Klym and Griffin Chwaliboga gave an upbeat and cheeky valedictory address.

"We are finally done. Grade 12 went by faster than any of us expected and for that we are extremely grateful," said Klym, causing the audience to erupt into laughter.

Chwaliboga referred to a past valedictory speech that called school an "awful prison" parents sent their kids to between 9 a.m. and 3:30 p.m.

"But as we got older, we realised that it doesn't have to be that way," said Chwaliboga. "So we dropped a few courses and that prison opened up at 2:05 p.m."

The pair had fun characterising a few of their teachers but in the end thanked them for their support.

"As much as we like to poke fun at

our teachers," said Chwaliboga, "we'd like to thank them for managing to keep their patience with us over the past years and keeping us all on the right track to the graduation station."



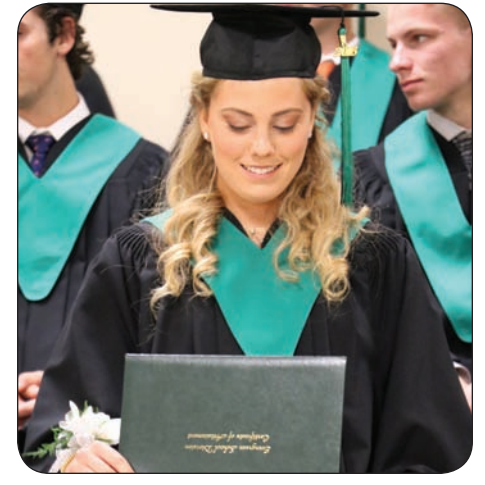
Assistant Supt. Scott Hill brought greetings from Evergreen School Division.



Caroline Yaremus and Cassidy Cimarno clap for fellow grads.



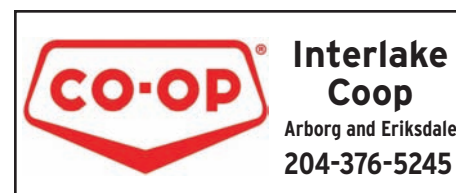
ACI grads



Kayla Weik checks out her diploma.



ACI grad Jodey Eastman (centre) claps for fellow grads.



### Arborg Collegiate Awards and Scholarships

Kelsey Benson  
ESD Diploma  
Arborg Legion Ladies Auxiliary Award  
CUPE Local 3164 Award  
Noventis Credit Union Award  
Evergreen School Division Award

Simon Bowman  
Griffin Chwaliboga  
ESD Diploma  
Town of Arborg Award

Cassidy Cimarno  
Shaylynne Crackle

Cassandra Doerksen  
ESD Diploma

Craig Dueck  
ESD Diploma

Jodey Eastman  
ESD Diploma  
Municipality of Bifrost-Riverton Award

Carter Jacobson  
ESD Diploma

Brenna Klym  
ESD Diploma with Distinction  
Arborg Chamber of Commerce Award  
Interlake Co-op Award  
Margret Bjarnason Memorial Scholarship  
Royal Canadian Legion Branch 161 Award  
Association for Community Living Award  
Evergreen School Division Student Council Award

Benjamin Kraus

Jordan Kristjanson  
ESD Diploma  
Apprenticeship certificate in carpentry with 8 credits  
Noventis Credit Union Award

Jonathan Pull  
ESD Diploma

Ethan Smolinski  
ESD Diploma  
Apprentice Certificate in Agriculture Equipment Technician with 6 credits  
Crop production Services Award

Kayla Weik  
ESD Diploma with Distinction  
Arborg Chamber of Commerce Award  
Arborg Legion Ladies Auxiliary Award  
U of M Entrance Scholarship – Guertin Centennial Award & Chown Centennial Award  
Association for Community Living Award  
Evergreen School Division Award

Kendrick Wiebe  
ESD Diploma

Caroline Yaremus  
ESD Diploma  
Royal Canadian Legion Branch 161 Award  
Cadet – 182 Squadron Scholarship  
Evergreen Teachers Association Award

Syleena Pereira  
In absentia

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# Lundar graduates say goodbye to extended family

"IF YOU SHOULD EVER NEED TO BE REMINDED OF WHAT A GREAT PERSON YOU ARE, MY DOOR IS ALWAYS OPEN FOR YOU."

By Stefanie Lasuik

As the 27 graduates of Lundar Collegiate sat next to each other on stage June 24, they seemed less like classmates than a family. Principal Jane Dupre gave each graduate a hug or hand squeeze before they took the stage and was one of many to tear up during the ceremony.

"I can't help the feeling of family," said Dupre after the celebration.

The class's valedictorian, Jordhan Lynch, agreed.

"We've grown together since Grade 1 and now we're moving on but we'll always be a family," she said in her address. Lynch acknowledged that the grads are leaving the only life they've known but expressed excitement and confidence in their futures.

"Anything could happen, but I do know for sure that no matter what happens, we are all going to succeed," she said.

Lakeshore School Division trustee Kris Vigfusson gave the grads some advice on how to pursue that success.

"Set goals but learn to be flexible enough to go with the flow," he said. He told the grads that they alone know what they want and need but that they are still not too old to listen to wise words from others.

Darlene Willetts, the students' guest speaker, supplied some advice.

"One tree can start a forest, one smile can begin a friendship, one hand can save a soul, one word frame the goal, one candle can wipe out darkness. ...



EXPRESS PHOTOS BY STEFANIE LASUIK

Lundar's class of 2016 was all smiles as they celebrated their accomplishments and friendships.



Kaylee Weatherburn receives her Governor General's Award for attaining the highest academic average in grades 11 and 12.

Be that one today," said Willetts, who taught many of the grads since they were in Grade 7.

Willetts was excited that the class that seemed both kind and mischievous made it to their graduation day.

"We had a tea for the senior citizens of our town to celebrate them, but we also had a kid who tried to ride

a school desk down the stairs," said Lynch, laughing.

The class had good athletes and strong students among them. Kaylee Weatherburn won the Governor General's Award for the best academic average in grades 11 and 12. Weatherburn plans to attend the University of



Valedictorian Jordhan Lynch made people both laugh and cry with her address.

Manitoba for engineering next year. But she, too, had a family-like connection to her school.

"Over the past two years, she basically just made (her classroom) her home," said teacher Amy Tycoles.

Dakota Holden earned the Varsity Athlete of the Year Award. Holden participated in basketball, soccer, cross-country, and track and field.

Continued on page 19



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## LUNDAR

## GRADUATION 2016

Continued from page 18

His efforts in the long-distance races helped Lundar Collegiate win its first track and field banner in 37 years.

The graduates closed the ceremony by giving roses to the people in their lives who helped them walk across the stage.

Dupre let the graduates know that the day didn't mark the end of their friendship.

"If you should ever need to be reminded of what a great person you are, my door is always open for you," said Dupre to the graduates.



Austin Nikkel presented Darlene Willetts with flowers and a message of appreciation for all the students' long-time teacher has helped them with.



Teacher Rory Tycoles presented Dakota Holden with the Varsity Male Athlete of the Year award.



Branden Lussier gets low so Lakeshore School Division trustee Kris Vigfusson can move his tassel to signify his graduation.



Stefanie Lamoureux and principal Jane Dupre share a moment before Lamoureux made her entrance with her fellow graduates.



Lundar graduates cracked up over the jokes and memories in their guest speaker's speech.

### Lundar Central School 2016 Awards and Scholarships

Taylor Gabriel	Subject Award Medal
Allan Forsyth Foundation Scholarship	Construction
Interlake Co-Op Scholarship	Dayna Chartrand
Lundar School Scholarship	Fjola Johnson Memorial Scholarship
Noventis Credit Union Scholarship	Ladies Aid Scholarship
Stefanie Lamoureux	Lundar Elks Scholarship
John Nicol Memorial Award	Manitoba Metis Federation Lundar Local Scholarship
Subject Award Medals	in memory of Simone Desjarlais
Current Topics in First Nation Metis Inuit Studies	Evan Chrisp
Drama	Lundar Legion Scholarship
Austin Nikkel	Thomas Johannson
Raymond "Shady" Monkman Memorial Scholarship	Subject Award Medal
Kaylee Weatherburn	Essential Math
Chown Centennial Entrance Scholarship – University of Manitoba	Dakota Holden
Eriksdale Legion Scholarship	Athlete of the Year
Governor-General's Bronze Medal	Kiana Lucier
Gudjon Johnson Memorial Scholarship	Lundar School Scholarship
Keith & Davilyn Awards	Subject Award Medal
ELA Comprehensive	Art
Pre-Calculus Math	Jordhan Lynch
Physics	CIBC Scholarship
Noventis Credit Union Scholarship	Coldwell Community Foundation Inc. Bursary
Subject Award Medals	Grettit Co-operative Amateur Athletic Association
ELA Comprehensive	Scholarship
ELA Transactional	Irene Guttormson Memorial Scholarship
Physics	Little Ladies Scholarship
Pre-Calculus Math	Lundar Elks Scholarship
University of Manitoba Guertin Centennial Entrance Scholarship	Lundar Legion Scholarship
Nathan Bishop	Proficiency Award
Brendan Moman Memorial Scholarship	Taylor Joseph Christensen Memorial Scholarship
Eriksdale Legion Scholarship	Subject Award Medal
Lakeshore Teachers' Association Scholarship	Psychology
Nicholas Foidart-Watson	Jacob McKinnon
Eriksdale Local Manitoba Metis Federation	Good Citizen Bursary
Scholarship in memory of Mary Pottinger	Subject Award Medal
Eriksdale Municipal Heritage Advisory Award	Law
	Marissa Maytwayashing-Mousseau
	Ms. Willetts "You Did It!" Award

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# Gimli grads encouraged to be respectful and responsible

By Stefanie Lasuik

There was shouting through the streets of Gimli on June 23 as graduates dressed in sharp suits and gowns waved goodbye to their high school careers. They paraded down Centre Street before meeting at the Gimli Recreation Hall to celebrate their accomplishments and friendships.

In total, 61 students earned their high school diplomas in front of friends and family.

But before they did, principal Tyler Moran asked the graduates to enter their new lives not only as educated members of society but as good people.

"Being good at math or being skilled at metal work, that stuff's important, don't get me wrong. But being known as someone who's responsible, respectful, open-minded and engaged really matters too," said Moran.

Supt. Roza Gray taught the graduates their last lesson as high school students.

"You are responsible for creating your own happiness," she said. This task is hard work, she explained, but can be influenced by people choose to think.

"Researchers tell us that only 10 per cent of anyone's long-term happiness can be predicted by their external world ... the remaining 90 per cent is how people think about their circumstances," she said.



EXPRESS PHOTOS BY STEFANIE LASUIK

Gimli's graduating class went to the beach for some last pictures as one class.

As the graduates sat on stage with each other, it seemed they already were.

"Even those beach kids, west of seveners and Transconians became friends within minutes of meeting each other. ... We are a wolfpack and we embrace that," said one of the valedictorians, Lauren LeBleu.

Graduate Isabelle Ruzic echoed her sentiment.

"We started it all together and now we get to end like a giant family," she



Graduate Kael Sauerborn sang O Canada to open the graduation ceremony on June 23.



Principal Tyler Goran presented Clayton Minarik with the prestigious Governor General's Award for the highest academic average in grades 11 and 12. Minarik held a 92.5 per cent average over those two years.

ner. Minarik earned an average of 92.5 per cent over his last two years at high school. He plans on attending the University of Manitoba next year

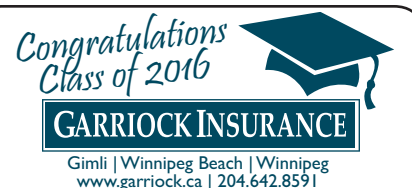
Continued on page 21



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Back, left to right: Lauren MacVicar, Sarah Dickson, Isabelle Ruzic; front, Danielle Dryburgh and Frances Dyck strike a pose prior to their graduation ceremony on June 23.



Tanner Schroder and Devun Groot tried out their dress shoes on the sand before using them to walk over their graduating stage.

Continued from page 20

with the goal of becoming a civil engineer.

Minarik had an understanding older than himself, said teacher Manfred Hildebrandt.

Tanner Schroder also took home a big award. He earned the University of Manitoba Chown Centennial \$1,000 scholarship awarded to the best all-around graduate with an average of 85 per cent or more.

Following the formality of the awards, the tassels moved from left to right, and Ruzic acknowledged the weight of graduating.

"It's the only life that we all know and we're all leaving it," Ruzic said but explained the graduates can now look forward to starting new lives while staying connected to old friends.



Clayton Minarik, Lauren LeBleu, and Matt Dahl make their entrance into their winter wonderland-themed graduation ceremony.



**AWAYKIN...**  
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By artist and former GHS grad Anthony Nelson [Anawason]

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The RM, CDC, mayor, council and staff offer congratulations and best wishes to the graduates of 2016!

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## 2016 Scholarship Recipients

Bobrovich	Sarah	Eleanor Melsted Memorial Scholarship Ted Dunderdale Scholarship
Bochurka	Davyn	Gimli Car Club—Ed Sawa Memorial Scholarship
Dahl	Matt	Kinsmen Club of Gimli Scholarship
Dalzatto	Jon	BBP Music Scholarship
Dickson	Sarah	Kiwanis Post-Secondary Scholarship Kristine Kristofferson Memorial Scholarship
Dryburgh	Danielle	Noventis Credit Union—Gimli Scholarship
Dyck	Frances	Royal Canadian Legion—Winnipeg Branch #61 Scholarship R.M. of St. Andrews Scholarship Town of Winnipeg Beach Scholarship
Ellison	Monique	Interlake Communications Coop Scholarship
Groot	Devun	Noventis Credit Union—Winnipeg Beach Scholarship Peter Polak Memorial Scholarship
Johnson	Dawson	Automobile Services of Gimli—Power Mechanics Award Richard (Dick) Cain Memorial Scholarship
Johnson	Lindis	Kinsmen Club of Gimli Scholarship R.M. of Gimli Scholarship
Korolyk	Riley	Royal Canadian Legion—Winnipeg Branch #61 Ladies Auxiliary Scholarship
Leath	Erin	Evergreen School Division Evergreen Teachers' Association Gimli Seniors Resource Council Scholarship Larry & Helen Kristjanson Family Bursary University of Winnipeg—Entrance Scholarship
LeBleu	Lauren	Canada Iceland Foundation—Margrét Bjarnason Memorial Scholarship CUPE Local #1912—Betel Home Foundation Evergreen School Division Jeff Wharton Scholarship Kinsmen Club of Gimli Scholarship Noventis Credit Union—Gimli Scholarship Royal Canadian Legion—Gimli Branch #182 Scholarship University of Manitoba—Entrance Scholarship
Leochko	Alyssa	Evan David John King Memorial Scholarship
MacVicar	Lauren	Royal Canadian Legion—Gimli Branch #182 Scholarship Kiwanis Post-Secondary Scholarship Royal Canadian Legion—Gimli Branch #182 Scholarship Rotary Club of Gimli Scholarship R.M. of Gimli Scholarship University of Manitoba—Entrance Scholarship University of Winnipeg—Entrance Scholarship
Minarik	Clayton	Evergreen School Division Harold A.C. Johnson Chemistry Award Nicholas Melnychuk Scholastic Scholarship Sigurbjorg Stefansson Memorial Scholarship Ted Jeremy Memorial Scholarship University of Manitoba—Entrance Scholarship
Potten	Presley	Noventis Credit Union—Winnipeg Beach Scholarship Wallace Thompson Memorial Scholarship
Ruzic	Isabelle	Camp Morton Ladies Aid Gimli Knights of Columbus Hannes Kristjanson Memorial Scholarship Rotary Club of Gimli—Citizenship Award
Sauerborn	Kael	Albert Kristjanson Music Scholarship Evergreen School Division Gimli District Health Auxiliary Bursary John Diachun Memorial Scholarship R.M. of Gimli Scholarship St. Michael's Catholic Women's League Scholarship University of Winnipeg—Entrance Scholarship
Schroder	Tanner	Chown Centennial Scholarship Jessica Brown Memorial Scholarship Kinsmen Club of Gimli Scholarship Skuli Johnson English Award Skuli Johnson Mathematics Award University of Manitoba—Entrance Scholarship
Smith	Leah	Gimli Lutheran Centennial Scholarship Kinsmen Club of Gimli Scholarship Kiwanis Mel Osborne Scholarship CUPE Local #3164
Van Dorp	Nikko	Evan David John King Memorial Scholarship Gimli District Health Auxiliary Bursary Royal Canadian Legion—Gimli Branch #182 Scholarship Rotary Club of Gimli Scholarship R.M. of Gimli Scholarship University of Manitoba—Entrance Scholarship Winnipeg Beach Lakeside Lions Scholarship
Vezina	Riley	Paul Andrew Davidson Special Achievement Award
White	Veronica	Jessica Brown Memorial Scholarship Governor General's Award

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# Ashern's stars walk down the red carpet

Twenty-two graduates embark on the next chapter of their lives

By Stefanie Lasuik

Ashern's high school graduates walked down the red carpet to the next chapter of their lives on June 25. They were the stars of the day, but they were stars throughout the year too, according to principal Darlene Willetts.

"They're very dedicated to their studies and sports," said Willetts.

Their dedication showed in the 50 awards Ashern's 22 graduates earned.

Riley Shannon won the Governor General's Award for the top academic average through grades 11 and 12. He was followed closely by Suzanne Schultz and Chris Jerney, who won the first and second place graduate awards for having the highest averages in five Grade 12 subjects. The three students will enter the University of Manitoba in the fall, where Shannon will pursue pharmacy, Jerney will study agriculture and Schultz will go into engineering.

The class also earned six banners and seven trips to provincials in their time at Ashern Central School.

Colton Pashe earned the Top Male Athlete award for his coaching on the school's junior volleyball team and participation on the basketball team.

"He was our lead scorer, lead rebounder, team captain, all-around extraordinaire," said teacher Larissa Rempel.

Sara Meisner won Top Female Athlete and will take her volleyball skills



Ashern's class of 2016 graduated in celebration.

EXPRESS PHOTOS BY STEFANIE LASUIK

to the Red River Rebels team in the fall.

Not all the grads were athletes or top academics, however, but their differences taught them valuable lessons and created lasting friendships.

Despite the various hometowns, opinions and interests within the class, the students were able to learn respect and come together, said valedictorians Riley Shannon and Sara Meisner.

"The most important thing that we've learned over the last four years is how to respect each others' differences," said Shannon.

Willetts commended the grads for their accomplishments and gave them advice for the future.

"You are at the start of all your choices in your life. It is time to make it your own and live that life that will fulfill you and enrich the lives of those around you," said Willetts.

Willetts gave the grads some advice on how to make those choices.



Valedictorians Riley Shannon and Sara Meisner deliver a funny and heartfelt speech.

"Never rule out paths that are laid before you," said Willetts. She proceeded to reference her own life as an example. Willetts never dreamed about teaching high school or becoming a principal until her friends encouraged her to. She called her choice to come to Ashern's high school a year ago the best decision she's made since she became a teacher.

"Trust yourself that you can do it and have a really good support system



Suzanne Schultz gets emotional as she receives her diploma and eight awards, including the Top Graduate Award and the University of Manitoba Chown Centennial scholarship for best all-around student.

that will either help you into those leaps or push you into those leaps," said Willetts.



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**GRADUATION 2016**



Principal Darlene Willetts presents Riley Shannon with the Governor General's Award for attaining the best average through grades 11 and 12.



Principal Darlene Willetts presents Colton Pashe with the Male Athlete of the Year award.



Leah Woodhouse and Logan Sinclair laugh as they watch a slideshow of pictures from their childhoods.



Rylee Geisler, Tamara Kehler and Kyle McCosh looked excited just ahead of their graduation ceremony at Ashern Hall.



Kirsten Traverse officially becomes a high school graduate as her principal moves her tassel from right to left.



Marni Russell smiled as she walked through the Hollywood-style entrance into her grad.

## Ashern Grad 2016 Awards/Scholarships

### Chris Jermey

- Lakeshore Proficiency Award
- Applied Math 40S award
- Second Highest Academic Graduate award
- Fur Council Award
- Entering college/university award
- University of Manitoba Hogg Centennial Scholarship

### Riley Shannon

- Biology 40S award
- University of Manitoba Hogg Centennial Scholarship
- Governor General's Academic Medal
- Entering college/university award

### Brooke Bezemer

- Essential Math 40S award

### Austin Kinhead

- Vehicle Systems 40S Part 1 award
- Vehicle Systems 40S Part 2 award
- Automotive Technology Top Contributor award
- Vocational Excellence award by Vocational Teachers' Association
- Vocational Excellence award by International Brotherhood of Boilermakers

### Suzanne Schultz

- English 40S award
- Chemistry 40S award
- Music: Band 40S award
- Drug & Alcohol Abuse Awareness award
- Top Academic Graduate award
- Volleyball achievement award
- University of Manitoba Chown Centennial Scholarship
- University of Manitoba Guertin Centennial Scholarship

### Sara Meisner

- Top Female Athlete award
- Volleyball achievement award
- Entering college/university award

### Colton Pashe

- Top Male Athlete award
- ACS Leader in Me award

### Marni Russell

- Musical Achievement award
- Most congenial award
- Entering helping profession award

### Tara Brass

- Deserving student award
- Shanley Kippen
- Arts achievement award

### Riki Kerbrat

- Athletic/citizenship award
- Volleyball achievement award
- Entering college/university award
- University of Manitoba Hogg Centennial Scholarship

### Kaelyn Dreger

- Citizenship award
- Volleyball achievement award

### Allyson Grenon

- Deserving student award

### Rylee Geisler

- Most Improved Auto Tech Graduate award

### Tamara Kehler

- Apprenticeship Excellence award

### Taylor Kiesman


- Volleyball achievement award
- Entering college/university award

### Kyle McCosh


- Fur Council award
- Involvement with agriculture award

# CELEBRATING THE CLASS OF 2016

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# Poetry, passion and excellence mark Riverton's graduation ceremony

By Patricia Barrett

Twenty-six students from Riverton Collegiate were recognized for their academic achievements during a graduation ceremony held June 24 at the Riverton Hall.

Dressed in royal blue caps and gowns, Grade 12 students filed one by one into the hall and took their seat on the podium as family, friends, teachers and trustees cheered.

Outgoing principal Thomas Kowalchuk delivered a poignant and poetic speech about school life and the startling quiet of the halls as students move on to a new chapter in their lives.

"Walk down the hallway when class is in session and you'll hear students talking and laughing. You'll hear abbreviated choruses of harmony emanating from the music room," he said.

"You'll hear the crisp crack of the floor hockey sticks off the gym floor, the squeak of a locker door followed by the thud of books being tossed inside. A humming microwave over here, a churning photocopier over there. And above it all, you will hear the elevated teaching voices that inexplicably rise above everything else as they challenge students to solve an equation or to respond to a short story."

Finding himself at loose ends in silent, empty hallways after the last bell rang, Kowalchuk said decades of memories came flooding back.

"I paused and I closed my eyes and let my imagination recreate all the activity that was heard there. I pictured



EXPRESS PHOTO BY NATASHA CAMILLE

Riverton 2016 graduates include, in no specific order: Katrina Barkman, Mason Berens, Skye Bonkowski, Lindsey Brandt, Jade Campbell, Karson Collins, Curtis Dyck, Halley Einarson, Mycailah Einarson, Dylan Furgala, Grimolfur Grimolfson, Kurtis Janzen, Bryden Johnson, Terran Johnson, Brooklyn Kovacs, Ainsley Kroeker, Kayla Malcowich, Sara Melsted, Brandon Rozecki, Jenna Selkirk, Devin Sigurdson, Kaitlyn Sigurdson, Tyra Swain, Bryan Tebbetts, Drew Thomsen and Syd Zagozewski.

the hundreds of people who walked those halls over the 55 years that building has been in existence. And I swear that just for a moment, I felt myself standing there amongst every one of them."

He encouraged the students to cherish the memories of their school days upon which they may someday call when sitting in a quiet room, "and the excitement and emotion associated with high school graduation has faded away."

Sandra Davies, vice-chair of the Evergreen School Division, brought greetings from the staff. She said the high standards the division adheres to has instilled leadership and a determination for scholastic excellence in its students.

"We have seen excellent examples of ... leadership that demonstrate our

students' abilities, vision and compassion to be future leaders in our communities," she said. "I sincerely believe that when we hold our kids to high standards, they will do great things."

Evergreen School Division Supt. Roza Gray spoke passionately about the students' future journey, emphasizing the importance of creating a life full of happiness.

"Class of 2016, here's the one idea that I hope influences you," said Gray. "You are responsible for creating your own happiness. This may sound obvious or naïve, but it isn't. It's really hard work, something that people struggle with every day. I struggled with it. Your parents, friends and relatives have struggled with it. And you'll struggle with it, too."

Gray said happiness isn't about get-

ting what you want or acquiring prestige or money. Nor does it come with achievements or reaching milestones.

"Too often we hear, 'When I get this or do that, I'll be happy.' Don't believe that," said Gray. "Happiness doesn't magically come later. You need to work at it in the only moment you have — the one you're in right now."

After the inspiring speeches, 16 students were presented with scholarships and bursaries from a number of organizations and individuals, such as Noventis Credit Union, the Riverton Elks #530, Riverton Co-op, Berens River First Nation, the Margret Bjarnason Memorial Scholarship and a Citizen Scholarship sponsored by Gimli MLA Jeff Wharton.

The valedictory address was given by Halley Einarson and Bryden Johnson.



Michelle Swain received the Scott Johansson Memorial Scholarship; Cindy Stansell presented Kaitlyn Sigurdson with the Municipality of Bifrost-Riverton Award; Dylan Furgala received the Margret Bjarnason Memorial Scholarship from Elva Simundsson; Gimli MLA Jeff Wharton presented Jade Campbell with the Jeff Wharton Citizenship Scholarship; Incoming principal Erin Furgala presents the Jared Gislason Award for Sustainable Community Development to Curtis Dyck.

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RIVERTON GRADUATION 2016



EXPRESS PHOTOS BY PATRICIA BARRETT  
Jade Campbell, Mason Berens and Michelle Swain each received the Berens River First Nation Award.



Riverton grads listen to an inspiring speech by Supt. Roza Gray.



Riverton grads listen to principal Thomas Kowalchuk's poetic farewell.



Supt. Roza Gray gave Riverton's grads an inspiring send-off.



One grad did a spot of babysitting before entering the hall.



Riverton graduates



Skye Bonkowski received the Riverton Elks #530 Bursary from Exalted Ruler David Fontaine.



Sara Melsted received the Eleanor Melsted Memorial Award from Kelvin Melsted and his daughter Tristan.

Riverton Collegiate Awards 2016

- Curtis Dyck  
Jared Gislason Award for Sustainable Community Development  
(Erosion Control Blanket – First time award)  
Jenna Selkirk  
C.U.P.E. 3164 Scholarship  
Riverton Co-op Bursary  
Lindsey Brandt  
Noventis Credit Union Scholarship Award  
Katrina Barkman  
Noventis Credit Union Scholarship  
Terran Johnson  
Municipality of Bifrost-Riverton  
Kaitlyn Sigurdson  
Municipality of Brifrost-Riverton  
Mycailah Einarson  
Arborg Royal Canadian Legion #161  
Sophie Hurdal Memorial Bursary (The Winnipeg Foundation)  
Brooklyn Kovacs  
Crop Production Services Bursary (Agrium)

- Sara Melsted  
Eleanor Melsted Memorial Award  
Chown Centennial Scholarship  
Skye Bonkowski  
Riverton Elks #530 Bursary  
Dylan Furgala  
Margret Bjarnason Memorial Scholarship  
(The Canada Iceland Foundation)  
Jade Campbell  
Jeff Wharton Citizen Scholarship  
Berens River First Nation Award  
Mason Berens  
Berens River First Nation Award  
Michelle Swain  
Scott Johannson Memorial Scholarship  
Berens River First Nation Award  
Halley Einarson  
Stefan V. and Runa Sigurdson Award (The Winnipeg Foundation)  
Evergreen Teachers Association  
Carol Einarson Memorial Scholarship  
Evergreen School Division Award  
Ainsley Kroecker  
Evergreen School Division Award  
Katelyn Friesen Memorial Scholarship  
Governor Generals Academic Medal



# New approach to plastic bag use proposed for Gimli

By Patricia Barrett

Members of the Gimli Environmental Advisory Committee spoke with Gimli council at its regular meeting June 22 to bring attention to the issue of plastic bag pollution in town.

GEAC secretary Audrey Swift and president Cam Bellingham provided council with a well-researched presentation showing the harmful effects of plastic bags on the environment and their deadly effect on wildlife.

"Plastic bags are one of the most visible signs of pollution across the planet," said Swift, who is a professor at the University of Manitoba's Faculty of Medicine. "It's rare to walk down a road or a riverbank or by the lake-shore and not see a plastic bag."

Besides the unappealing sight of bags lying in the gutter or tangled up in trees, they are "really bad for fish, wildlife and humans," she said.

Animals and fish will often mistake the bags for food items. Bags accumulate in their digestive tracts and kill them.

"They also die from suffocating on the bags and from getting entangled in them," said Swift.

She cited statistics showing up to one million sea birds and 100,000 marine mammals dying each year, either through ingesting plastic or becoming tangled in it.

Plastic bags clog waterways and sewers, contaminate compost and hinder recycling efforts by getting tangled in machines.

"They've caused so much trouble in recycling plants that only ... five per cent of them end up getting recycled," said Swift.

Plastic bags — even the ones that are touted as biodegradable — take about 1,000 years to break down. Canadians use 9-15 billion bags a year, according to GEAC's research, and that's enough to "circle the earth more than

55 times."

Bags that are called biodegradable break down into little pieces and get distributed into the environment, harming wildlife and fish. Bags also contain PCBs, known cancer-causing chemicals, which can affect human health.

"Next time you eat pickerel, just think about that," said Swift.

In nine bags, there is enough petroleum to drive one kilometre, said Swift, and substantial production costs are passed onto Canadians.

Although awareness of the harmful environmental and biological effects of plastic bags may be growing, the use of them hasn't significantly abated.

Swift showed a colour-coded map of regions that have instituted plastic bag bans, those that charge for plastic bags and places in which bans have failed.

Based on research, the trend in Canada has not been to ban plastic bags but to keep using them. A number of strategies are, however, used to discourage their use, including the Reduce, Reuse, Recycle admonitions, charging consumers for bags and promoting the use of reusable cloth bags.

"What's needed is collaborative, voluntary and non-legislated approaches with private sector involvement," said Swift.

She cited a number of centres in Manitoba with bag bans. Those include Eriksdale, Thompson and Leaf Rapids. Ashern is considering it.

Calling Gimli the "Hawaii of Manitoba," Swift said there are a number of things the town can do to encourage the reduction of plastic bag use.

She said there could be a potential customer backlash to an outright ban, as has been seen in other provinces, but council could allow GEAC to do the following:



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
GEAC members Cam Bellingham, left, and Audrey Swift met with Gimli Mayor Randy Woroniuk and council June 22.

- Approach all businesses in Gimli that use plastic bags and encourage them to switch from one-use and biodegradable bags to compostable plastic bags which break down in three to five years;

- Encourage local businesses to charge five cents per bag in order to get consumers to carry reusable ones and also ask them to consider selling cotton bags at checkouts rather than the artificial fibre bags they now sell;

- Provide GEAC space in the RM's newsletter, website and Facebook page so that it can publish weekly or biweekly tips on the multitude of plastic-bags "Gimlites" have stored in their closets. They can be used for insulation, paint can sealers, gardening knee pads or costumes.

"There's plenty of room for a precedent to be set potentially by the town of Gimli," said Swift.

Coun. Thora Palson suggested GEAC

approach the Chamber of Commerce and present their findings.

"That may be a way to reach out to business owners," she said.

Mayor Randy Woroniuk said he appreciated the group's approach to reducing plastic bags.

"You've given people options," he said. "Like you said, an outright ban might not be popular, but here are some options. Let's work together."

CAO Joann King said another option could entail consumers taking it upon themselves to refuse a bag when offered. Many stores will ask whether a bag is needed.

"If it's one little thing, why do I need a bag?" she said.

Council said it has no problem with GEAC approaching businesses with its recommendations.



## Lunch on Noventis

**EXPRESS PHOTO BY ROBIN CHESTNUT**

Noventis kicked off summer with another round of successful Member Appreciation days. Noventis held 11 Member Appreciation Days around the Interlake including their two new locations in Starbuck and Headingley. Thousands of members came out for the community events, which included a delicious barbecue lunch and great conversation with staff and other community members.



# Prince Edward honours local youth for achievements

## Earl of Essex hands out Duke of Edinburgh Gold Awards

By Dave Baxter

Royalty touched down in Manitoba last week, and a prince took time to honour local young people that are doing great things.

Last Wednesday saw Prince Edward, Earl of Essex, and his wife Sophie, Countess of Essex, land in Winnipeg for a quick three-hour visit.

On Wednesday afternoon, Prince Edward took part in The Duke of Edinburgh Gold Award Ceremony at the Royal Aviation Museum of Western Canada, handing out Gold Awards to young people between the ages of 14 and 24.

The awards are a special honour that recognizes youth who have fulfilled a minimum time requirement in five different areas of community service: skill, adventurous journey, physical recreation and a residential project.

Kelly Leask, Samantha Shulha and Nicole Webster of St. Andrews, as well as Luke Thorne of Selkirk, were

all presented with Gold Awards last Wednesday by Prince Edward.

Max Van Dorp, Teegan Walker and Kiara Walker, all of Gimli, also received Gold Awards, as well as Jacqueline LeBlanc and Nikita Van Damme, both of Miami.

"This is about recognizing individual achievement, but this is also a team effort," Prince Edward said to the crowd that gathered at the ceremony. "There are a great number of people involved in encouraging and inspiring."

"I hope that there are not just a few parents and friends and family, but also there are some leaders and mentors here, and I thank you and hope you can share in the pride of these young people that are coming up and collecting their awards today."

Prince Edward also wanted those young people that were awarded last Wednesday to enjoy the moment.

"Today, this is your day, and if it wasn't for you, we wouldn't be here,"



EXPRESS PHOTO BY DAVE BAXTER

Prince Edward, Earl of Essex, spoke to the crowd that gathered in Winnipeg at the Royal Aviation Museum of Western Canada last Wednesday for The Duke of Edinburgh Gold Award Ceremony.

he said to the gold medal winners at the ceremony. "I hope that you will enjoy this moment."

"And when you walk out of this hangar later, just walk a few inches taller."

In total, 51 Manitoba youth between

the ages of 14 and 24 were honoured with Duke of Edinburgh Gold Awards last Wednesday in Winnipeg.

# Gimli Film Festival releases 2016 lineup

By Jennifer McFee

Whether you're a film lover, a film maker or a first-time attendee, Gimli Film Festival offers a show-stopping lineup of flicks for the 16<sup>th</sup> annual event.

From July 20 to 24, Gimli Film Festival will feature more than 100 films shown at six different venues — including the popular 35-foot outdoor beach screen.

Beginning at sunset every night, the RBC Sunset Screenings offer an ideal setting to view six free film screenings: *Borealis*, *Eternal Sunshine of the Spotless Mind*, *Raiders of the Lost Ark*, *Raiders! The Story of the Greatest Fan Film Ever Made*, *David Bowie and Prince Sing-A-Long*, *Nuts!* and *The Goonies*.

This year's film festival is making waves with several new additions, including a series that focuses on Canada's Ukrainian heritage as well as a series of films that experiment within the documentary genre. Other new offerings include an Indigenous film series as well as the Reel Pride Series with a selection of LGBTTQ\* films.

The five-day festival will also feature



Rick Kemp, executive director of the Gimli Film Festival, spoke about this year's highlights.

a circumpolar series with films from the north, as well as other film series such as Icelandic, French, environmental, social justice, children's and seniors' films.

Zeroing in on the local talent, Gimli



EXPRESS PHOTOS BY JENNIFER MCFEE

Artistic director Aaron Zehgers spoke about the 2016 Gimli Film Festival last week at a press conference at Manitoba Theatre for Young People.

Film Festival will also play a selection of Manitoba short films. As well, the event features film competitions, a kids' camp and workshops.

For a full listing of the 2016 lineup or to buy film passes, visit [www.gimli-](http://www.gimli-film.com)

[film.com](http://www.gimli-film.com). Film passes are also available by calling 204-642-8846 or by visiting the Gimli Film Festival box office at 41 Centre St. Tuesday to Saturday from 11 a.m. to 7 p.m.



# Healing teepee to allow people to connect to their inner source

## Ignite Associates pitches crowd-funded teepee and hosts first event

By Stefanie Lasuik

On June 24, Tracy and Maurice Thibodeau and friends pitched a 24-foot teepee. The healing tipi, which stands in an open meadow of Saskatoon bushes, wild grasses and flowers, will now be a space for people to heal and connect with nature.

The Thibodeaus got the idea to build a tipi when a friend suggested they build something more natural than the dome they thought about erecting on their land southwest of Teulon. After a successful Kickstarter campaign earlier this year, the couple raised \$5,725, enough to build the structure and flooring.

Now that it's up, the teepee will host sessions and experiences run by the couple through their personal coaching company, Ignite Associates. It will also be open to artists who want to be inspired by nature and individuals looking to unplug from technology. Two days after the teepee went up, Tracy led seven mothers and daughters through a Girls Change the World Workshop. She taught them how to use mindfulness to rid anxiety and raise self-esteem. The mothers and daughters went away with a shared language to navigate the challenges of growing up as a girl.

The teepee's atmosphere suited the first-ever event it hosted.

"It was a perfect space," said Tracy. Tracy let the girls take in the natural sounds of the area as part of their exercises.

"You feel so amazing when you step into it. I don't know what it is about being inside that type of structure, but it's just so serene," said Tracy.

But before the Thibodeaus hosted any events, they had Wanbdi Wakita, chief of the Sioux Valley Dakota Nation, bless the teepee.

"It was just a beautiful experience," said Tracy.



Left on ground, Maurice Thibodeau, Wanbdi Wakita, Ron Suzuki from Winnipeg Beach, and Colin Hudon from Warren work together to get the teepee's poles in the ground.

The Thibodeaus now look forward to hosting the inaugural I Am Festival on their 80-acre land on Aug. 20. With their partner, Keith McPherson, the Thibodeaus will welcome festival-goers to a day of yoga, music and inspirational talks. The goal is to allow people to connect to their inner source.



EXPRESS PHOTOS SUBMITTED

Sherri Scouten and Nicole Thorkelson from the Teulon area admire the teepee after helping the Thibodeaus pitch it.

For more information on the events or Ignite Associates' services, visit [www.igniteretreats.com](http://www.igniteretreats.com).



## 'Dog'gone confusing

EXPRESS PHOTO BY PATRICIA BARRETT

To clear up some of the confusion that arose from the June 16 edition's photo of a woman and a dog on Gimli Beach, the *Express* humbly offers this photo of the No Dogs Allowed on Beach Sand sign, one of several posted along the boardwalk.

The arrow in the photo refers to vehicular traffic flow, not a restricted dog/sand area. The arrow could, theoretically, cause a misunderstanding of where dogs are allowed. Dogs can enjoy only the boardwalk, not the sand.

At its June 22 meeting, Gimli council advised that the beach patrols currently working on weekends will be patrolling every day of the week starting in early July between the hours of 8 a.m. and 10 p.m. Patrols help keep visitors safe and inform people about town bylaws, one of which pertains to dogs.



# Gimli Wellness Centre public consultations planned for fall completion

By Patricia Barrett

The RM Gimli's public consultations for the proposed Wellness Centre will be continuing over the summer and the process should be wrapped up by fall.

The Wellness Centre will replace the current Recreation Centre and provide more space for programming. It will also reduce the operating costs necessary to run the ageing facility.

Chris Hornby, manager of parks and recreation services for the RM, began consultations with Recreation Centre users and local sports associations shortly after council hosted a public forum March 19 to get feedback on the design of the new centre.

"I'm still working with the service clubs — Rotary, Kiwanis — to find out where they see themselves fitting in," said Hornby.

Hornby said consultations are necessary to ensure everyone's needs are considered and that the space can accommodate a number of different activities.

"We're gathering the feedback to make sure we're not missing anything in the design phase," he said. "For example, we want to make sure the studio rooms are big enough to have a Zumba class."

A replacement for the Recreation Centre has been years in the making. Recreation in Gimli has been "well studied," said Hornby, with previous and current councils undertaking numerous studies.

In 2007, Gimli's council hired Proac-

tive Information Services to conduct a needs assessment of recreation services in the community.

The company conducted a survey of permanent and seasonal residents about their activity preferences, keeping cost in mind. It conducted web-based surveys, spoke with beach-goers and consulted with "key" people in the community.

The survey found 83 per cent of permanent residents indicating a need for new indoor facilities.

Hornby said he and council have had a "good response" to the latest surveys.

"It seems the community as a whole wants to see something done," he said.

The latest iteration of council took a significant step forward after previous councils studied the need for a new centre but did not come a resolution.

A questionnaire council distributed at its March public consultation showed the majority of respondents in favour of the project, according to the RM's CAO Joann King.

"The feedback we received at our community consultation/public meeting in March indicated support for the wellness facility," said King.

The proposed centre will include a gymnasium with retractable seating that can accommodate dozens of recreational activities, as well as sporting, social or musical events, a second-storey, two-lane indoor walking/running track that is wheelchair accessible, revamped dressing rooms and an outdoor pool.



EXPRESS PHOTO BY PATRICIA BARRETT

The Gimli Recreation Centre is an aging structure in need of replacement.

The cost of the proposed centre, excluding the pool, is about \$12 million, which would be shared equally by the municipality and the provincial and federal governments. To date, the federal government has not committed to the project, and the province, under the Conservative government, has not yet indicated its commitment.

This month, council accepted a bid from pool company Western Recreation to build the outdoor pool. Members of council had attended an Association of Manitoba Municipalities Trade Show, where they learned about the company's pool products.

Council had received two bids for the outdoor pool. One was forwarded days after the bidding had closed. In the end, Western Recreation's was the lowest bid, according to King.

Council is currently considering allocating space in the facility to Gimli's daycare, which is at capacity, as well as space for wellness professionals.

Some people in the community are, however, not in favour of the centre, said Hornby.

"People are really excited to see something new," he said, "but some are against it."

The design for the new facility is not yet set in stone, and the public consultations will help guide planners to the final draft.

"Whatever our new centre looks like, I want to make sure it's busy every day of the week," said Hornby.

Anyone who wishes to contribute their ideas to the proposed facility can contact Hornby at 204-642-6670.

# Gimli Film Festival seeks volunteers for 16th annual event

By Lindsey Enns

As organizers gear up for the 16th annual Gimli Film Festival, they are hoping to add a few more willing volunteers to their roster.

Lil Goosen, the festival's volunteer co-ordinator, said they are looking for volunteers to help in the box office, at the venues and during the beach screenings.

They also have some special events they need volunteers for, including a pancake breakfast.

"In the past, we have had about 100 volunteers and they are a super vibrant group of people," Goossen told the Express via email. "They are a big part of what makes this festival so special and we couldn't do it without them."

Celebrating 16 years, this year's Gimli Film Festival (GFF) will take place along the lakeshore community of Gimli from July 20 to 24.



EXPRESS FILE PHOTO

The Gimli Film Festival is hoping to recruit a few more volunteers for their upcoming 16th annual event on July 20 to 24.

Making their debut at this year's festival are several first-time series including a Ukrainian film series which delves into Canada's vibrant Ukrainian heritage entitled "Next Wave

Docs" as well as boundary-pushing films that experiment with documentary tradition, in collaboration with Winnipeg Underground Film Festival, an Indigenous series called "Coming

Home: Indigenous films from around the world" as well as the "Reel Pride Series," a series of LGBTQ\* films in collaboration with Reel Pride Film Festival.

This year will mark the opening of the sixth film venue at GFF, a new lineup of stylish clothing and merchandise based on a 2016 GFF design created by talented U.K. children's book illustrator Gillian Johnson. A new executive director, Rick Kemp, is also heading up this year's festival.

"The Gimli Film Festival is fuelled by our sponsors' passion for film, culture and heritage," he said in a release. "Their generous support not only provides a stage for Manitoba's filmmakers to showcase their talents, but a chance for all Manitobans to view otherwise inaccessible works of art."

For more information or to purchase festival passes, visit gimlifilm.com or call 204-642-8846.



# Journey of Hope gaining international attention

By Natasha Tersigni

After seeing an article about Tracie Léost's Journey of Hope, a four-day 115-kilometre run to bring awareness for missing and murdered aboriginal women in Canada, director Rachael Cassells knew that she had found the star of her next music video.

"When I read an interview with Tracie, I was really inspired by her strength, will and leadership.

"There was one quote I read online that gave me goosebumps and I thought I would love to challenge myself to capture the essence of what she said somehow visually," said Cassells.

"The quote from Tracie was 'I felt and knew that I wasn't alone. I felt like I had the spirits and hearts of these women linked within mine and, for the first time this entire journey my voice was louder than it ever had been. It was being heard the exact way it needed to be, from coast to coast and throughout the entire country.'"

Last week, Léost returned to the marathon route with Cassells, on Highway 6 from Oak Point to Winnipeg to film scenes that will be featured in American singer-songwriter Cass McCombs' music video for his song Run Sister Run. "The song highlights the importance of women, respecting women and the lyrics also reference a misogynistic justice system.

"For this video, Cass felt it was important to have a woman take over and direct it and was very open to me doing whatever inspired me after listening to the song," said Cassells, who added that the final music video will feature clips of Léost running interwoven with a female dancer for the video.

"After hearing the song, I thought it would be great to cast Tracie as the central character, the hero of the video — playing herself and referencing her

Journey of Hope Last year and we discussed via email filming her along the same route as her Journey of Hope."

With the two-day shoot on the run route over, which included stops at Léost's grandparents in Oak Point where she started the run and at The Forks at sunrise where she ended the run, the music video is now in post-production and it is expected to be released in August by Los Angeles-based music label ANTI Records.

For Léost, who has garnered international attention for her run and continues to advocate for missing and murdered indigenous women and girls, the video is another means for her message to be heard — and hopefully listened to.

"Exactly 10 months ago, I completed my 115-kilometre marathon, and I was amazed and proud that almost a year could pass and the Journey of Hope and my mission to bring awareness to missing and murdered indigenous women and girls is still going strong. Myself and others are still fighting for these women, and to have someone from California reach out and want to share my story for the world was amazing," said Léost, who added she enjoyed the filming process in the video and was excited to get back on her marathon route.

"I loved getting back on the highway, and although it wasn't for 115 kilometres again, it was fun to get in front of the camera and show people what the journey was like and why this awareness is so important. It was a phenomenal experience, to say the least, but I learned to never doubt myself. Ten months ago, it was just me and two bikes on the side of the highway fighting for a cause, and here we are today filming the run for the world to see. People care and that makes me happy."



EXPRESS PHOTOS SUBMITTED

Tracie Léost, pictured right, is continuing to use her Journey of Hope run to advocate for missing and murdered aboriginal women in Canada. Last week, she returned to the route she ran with music video director Rachael Cassells, pictured left, to film scenes for a music video that promotes the importance of respecting women in society.



Léost returned to the Journey of Hope run route last week to film scenes that will be featured in American singer/songwriter Cass McCombs newest music video "Run Sister Run."

## > PROVINCIAL DRAINAGE PROJECT DELAYED, FROM PG. 12

Lawless said he will send a letter to Dunnottar council advising them of their concerns. He will also ask whether they can meet with council.

"Our citizens think this is our rule," said Carry.

"People will be very upset," said Coun. Darlene Shkawritko.

Council advised there will be food vendors on hand for the town's upcoming Boardwalk Days summer festival, July 15-17. The mayor said that in the past, the influx of visitors to the event has caused delays getting into

local restaurants.

"We had vendors several years ago," said Coun. Carry.

They will not be competing with local establishments because they will be offering a different selection of food.

The festival will feature a midway, craft market, parade and fireworks, among other activities.

Council will asking the province to install lighting on the new boardwalk for safety and enjoyment. The old boardwalk had been lit, but the town

had to remove the lighting to facilitate the province's reconstruction of the seawall.

Council will send a letter to Sustainable Development (formerly Conservation and Water Stewardship) and to Gimli MLA Jeff Wharton requesting the province provide lighting.

"We have a \$5 million seawall and it's dark," said Coun. Carry.

The Association of Manitoba Municipalities recognized the mayor and councillors Carry and Reykdal for their years of municipal service at its

District Meeting the town hosted June 14.

Coun. Carry was recognised for 15 years of service, Coun. Reykdal for 5, and Mayor Pimentel for 5. Coun. Shkawritko will be receiving her service pin soon.

"I want to thank Kerry [Lawless] and the staff for making the AMM meeting one of the better organized meetings," said Mayor Pimentel.

Council agreed to provide Winnipeg Beach School's choir program with \$100 to recognise four students who provided sign language during the singing of the anthem at the meeting.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder Junior girls advance to league final

By Brian Bowman

The Interlake Thunder Junior girls' football team is headed to their league final.

Interlake earned a berth into tonight's championship game against the North Winnipeg Nomads after an impressive 33-13 semifinal victory over the St. Vital Mustangs last Thursday in Stonewall.

"We were a little nervous and didn't start as well as I would have liked," admitted Thunder head coach Derek Charison. "But our defence made stops early on that gave our offence a chance to get some momentum going, which was great."

The Thunder's defence was fantastic all game against a much-improved St. Vital team from the previous week (also a Thunder win). The Mustangs kept the game close until midway in the first half but the Thunder eventually wore down their opponent.

"The girls played hard and well again," Charison said.

Interlake will have to be at its best, however, tonight when it battles North Winnipeg at Investors Group Field for the league title. Kickoff is at 6:30 p.m.

The Thunder are very excited to be playing for a championship in a CFL stadium.

"It's going to be fantastic," Charison predicted. "They're all aware of it and it's certainly not lost on them. They know that they have already accomplished something pretty good and they are prepared to give the Nomads a (heck of) a game."

In other Thunder news, the Interlake is still in need of some players for its Atom team (nine- and 10-year-olds). Last week, the Thunder was just shy of the number that they need to field a team and were actively looking for players.

Charison said interested parents can contact him via email at [development@interlakethunder.org](mailto:development@interlakethunder.org) and he would direct them in the appropriate direction.

"We will take people right up until the first game," Charison said, noting the season will begin in August. "We will always take kids right up until we can."

Meanwhile, the Thunder recently announced the appointment of head coaches to their Cruncher and



EXPRESS PHOTOS BY LANA MEIER

Matlock's Alexis Rulen (50) does a great job blocking a St. Vital players during semifinal action last Thursday.

Atom football teams.

Chad Thoresby has been named head coach of the Cruncher team for the 2016 season.

A graduate of the Thunder Midget program, Thoresby, a Stonewall native, has had a distinguished playing career which includes numerous honours and awards. He was named a two-time Offensive Lineman of the Year, two-time Midget league all star and Interlake Thunder Midget Offensive MOP.

John Montgomery, meanwhile, returns to the Thunder as head coach of the Atom team.

Montgomery brings a wealth of experience — both as a player and coach — to the position. His playing career includes high school, junior, and three years with the University of Saskatchewan Huskies.

His coaching resume includes over four years as an assistant at Pee wee, Bantam and Midget age groups. He spent two years with the Thunder Bantam team as special teams coordinator/offensive



The Thunder's Bailey Prystupa brings down a Mustangs' players.

assistant and head coach of the Interlake Midget team in 2011.

A member of the RCMP, Montgomery resides in Stonewall.

## MHSAA scholarship winners announced

Staff

The Manitoba High Schools Athletic Association, with support from Credit Unions of Manitoba, announced the winners of the 2016 Credit Unions of Manitoba High School Scholar Athlete Awards.

These \$1,000 scholarships are awarded to four graduating high school student-athletes who maintained a minimum 85 per cent average and

competed in at least two interscholastic sports.

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

This year's winners feature Ciara Zarn of Killarney Collegiate, Danielle Hanke of Neepawa Area Collegiate, Lana Mackic of Miles Macdonell Collegiate, and Matthew Klassen of Glenboro School.

Forty students were nominated this year, including Arborg Collegiate's Kayla Morgan Weik.



# Moosehorn girl wins 15U Manitoba Half Marathon

By Stefanie Lasuik

Sarah Brown finished the Manitoba Half Marathon with the exhausted type of joy that comes from running 13.1 miles. The 15-year-old from Moosehorn was happy to have met her goal of finishing in under two hours. Little did Brown know her time of 1:54:38 put her atop of every participant in her age category.

"I was excited and surprised," said Brown, who hadn't found out until later in the day because the different age categories run the marathon together.

Brown beat 27 runners the female 15 and under race. Her time also put her in the top 11 per cent of all female runners. But winning hadn't been a goal of hers going into the race. Brown likes running for the adrenaline it produces.

"I moreso enjoy the feeling that running gives me," said Brown.

Brown also likes the sensation of crossing the finish line.

"It's a great feeling," she said.

Brown runs nearly every day in accordance

with a schedule she and her dad drew up. She goes different distances and speeds each day but averages four to five miles. Brown runs 12 miles on the weekends. If it's raining, Brown isn't deterred. She simply hops on her treadmill to stay on schedule.

This was Brown's second time participating in the Manitoba Marathon. She finished sixth in the 14 and under category last year. In May 2016, Brown's running took her down to Fargo where the 15-year-old placed 17th in the girls' 19 and under category.

She began running because her dad, Craig, took part in half marathons. She ran the Manitoba Marathon last year but had to sit out this year due to a foot injury.

"I was extremely proud of her," said Craig.

Outside of the training she does on her own, Brown participates in cross-country at her school, Ashern Central.

Brown plans on running more half marathons in the future, beginning with the Winnipeg Fire Paramedic Half Marathon on Oct. 16.



EXPRESS PHOTO SUBMITTED

Sarah Brown, 15, from the Moosehorn area, won the female 15 and under category of the Manitoba Half Marathon on June 19.

## Orioles working hard in preparation for Bantam qualifier

By Brian Bowman

The Interlake Orioles "AAA" Bantam baseball team has had a couple of challenges already this season.

And none of them have come on the baseball diamond.

A lack of players interested in playing "AAA" baseball this season has been one of those challenges. Just 10 players on the team are from the Interlake while the Orioles have added a couple of players from Carillon.

"We picked up two guys south of (Winnipeg)," said Orioles' coach Ryan Fines last Friday. "They're good kids, hard workers. They were good pickups for us because you can't do this with 10 kids."

Interlake has played a couple of exhibition games and competed at a St. James tournament earlier this month. The Orioles did very well at that tourney, reaching the semifinals but were rained out on the final day of competition.

"It was a heck of a lot of fun at that St. James tour-

namment," Fines said. "We were supposed to be in the semifinals against Pembina Hills but never got to play it because we got washed out."

Interlake, which boasts a young team of 11 first-year players, did not join the Winnipeg Amateur Baseball Association this season because they were scrambling to find enough players.

"We couldn't commit to that WABA league," Fines said. "We've been practicing and went into the St. James tournament and have been doing some exhibition games."

The Orioles have been hard at work preparing for the qualifiers, which will take place in Blumenort from July 22-24. In past years, there have been six teams vying for five spots available to advance to the "AAA" provincials.

Those provincials will take place the following weekend in Altona.

"I think we have a pretty decent team," Fines said.

"We have a dedicated group of 2002 kids that works

hard and likes their ball and understands the game. And that's a pretty good start, in my opinion."

The Orioles should have a very good chance of advancing to the provincials. The lack of games, however, may hamper the development of the Interlake players somewhat as they won't have a lot of opportunities to face live pitching and compete against elite competition.

Still, getting a lot of practice in this summer could be turned into a positive.

"Sure, we're not playing a lot of games and, unfortunately, that was the situation we got put in and it's nobody's fault," Fines said. "There just wasn't enough kids interested to put the work in to do it, so we were scrounging for weeks and weeks."

"And the weather hasn't been that great with rain-outs, but we have had a lot of practices — and that's important."



## Bantams provincial bound

EXPRESS PHOTO BY JOANNE JOHNSON

The Arborg Bantam team will be representing the Interlake at Baseball Manitoba's 'A' provincials in Ile des Chenes from July 8 to 10. Arborg lost to Warren 12-10 in the finals. During the round robin, Arborg defeated Lundar 11-0, lost to Stonewall 11-1 and then beat Lundar 7-2 in the semifinals. Pictured back row, left to right: Keith Johnson (coach) Tim Johnson, Liwell Delos Trinos, Matthew Bazilewich, Austin Adair, Jessica Monkman, Cadrick Dueck, Norm Huta (coach), Joe Stogrin (coach); front row: Chris Stogrin, Tyson Barylski, Jamie Johnson, Noah Johnson, Jasper Leochko, Bret Huta and Zak Leochko. Missing from the photo is Jared Sweetland.



# get inspired

> MEAL IDEAS

## Strawberry and pomegranate pannacotta



Makes 6 servings

Pannacotta is a traditional Italian dessert usually made with heavy cream. This lighter version is sure to impress your guests. Make it a day ahead for best results.

Ingredients

1 cup (250 mL) 2% milk

½ cup (125 mL) 1% buttermilk  
½ cup (125 mL) fresh pomegranate juice

¼ cup (50 mL) sugar-free, seedless strawberry jam

1 envelope plain gelatin (enough to set 2 cups / 500 mL)

3 cups (750 mL) fresh strawberries, sliced

Fresh pomegranate seeds (optional)

Directions

In a medium bowl, combine milk, buttermilk, juice and jam.

Make gelatin according to package instructions. Whisk into the milk mixture.

Pour into six ramekins and let set in the fridge for at least 3 hours or overnight.

To remove the pannacotta from the ramekins, place the ramekin into very hot water for 1 minute. Run a sharp knife along the inside edge of the ramekin and invert onto the individual serving plate.

Garnish with fresh strawberries and pomegranate seeds (if using).

## Whole-Wheat Spinach Ricotta Calzones



Serves 7

For the dough:

1½ cups warm water (105 F to 110 F)

1 ¾-ounce envelope quick-acting dry yeast

2 cups unbleached white whole-wheat flour, plus additional for dusting

2 cups unbleached bread flour  
¼ cup extra-virgin olive oil, divided

1½ teaspoons salt

1½ teaspoons Italian herb seasoning

Olive oil spray

For the filling:

1 tablespoon extra-virgin olive oil  
1 8-ounce package crimini (baby bella) mushrooms, finely chopped

4 cups lightly packed baby spinach, finely chopped

2 teaspoons minced garlic

½ cup soft goat cheese

1 cup whole milk ricotta cheese

¼ cup grated Parmesan cheese

½ cup basil leaves, chopped small

¼ cup drained sun-dried tomatoes in oil, chopped

1 tablespoon flaxseed meal

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

For serving:

1½ cups marinara sauce

To make the dough:

Pour the water into the bowl of a stand mixer fitted with a dough hook, sprinkle in the yeast, and let it sit for 5 minutes. Add the flours, 3 tablespoons of oil, and salt and seasoning; mix for 10 minutes on medium-low speed until the dough is elastic in consistency. Cover the bowl tightly with plastic wrap and place it in a warm area until the dough doubles in size, about 90 minutes. If you don't have a warm area in your kitchen, heat the oven to 200 F.

## Busy Lifestyle Leaves Little Time for Tranquility

It's amazing to consider the lengths we can go to avoid solitude. We keep our lives so busy, that a few moments of peace and stillness is a rare commodity. I cannot help but think that early civilizations had no need to practice relaxation techniques, or to learn meditation in order to still the mind.

The meditative spirit comes naturally to humans. A more accurate statement would be that the meditative state comes naturally to humans when they are in nature. Walking through the woods, watching the ocean or gazing at the stars tends to make us slip into a reflective state. The sights, sounds, smells and textures draw our attention right into the present moment.

So much of modern life unfolds within our heads, disconnected from the world around us. We think a lot, processing the events of the day, or worrying about the next one. Lost in thoughts, we lose touch with the world around us: the real world.

When we are in nature, there is so much to experience, that our attention is distracted from our inner world. Our attention may be drawn to something right next to our feet or millions of light years away. We realize that we are a small part of a much larger whole, and at the same time, the centre of our universe.

In nature, everything is in its place. When we put ourselves in nature, we experience that sense of being a part of it all, and there is a harmony in that knowing. It is a harmony that resonates at every level of our being. To experience that in silence, to just be in that space without commenting or analyzing it, brings us into intimate contact with our own soul.

Going off into nature means that we are away from the office, the yardwork, and the television. It allows us to experience our "being" rather than our "doing". This is very healing and soothing.

The problem is that like the workaholic who must work even while on vacation, the human mind has a hard time just being quiet. It is possible to be in the most beautiful place in the world, and not really see it. It is also possible to experience paradise in your own backyard.

Truly noticing the leaf buds emerging, or the distant tapping of the woodpecker reminds us of the magnificence of our world. Worrying about the meeting at work, the child's report card, or how our taxes are being spent is manmade "stuff". Sure, it must be dealt with, but it is not the stuff of life. We must keep it in its place.

You will also notice that when you have connected your soul with the natural world, time seems to stand still, or at least slow down. Your day seems longer when your heart is attuned to the rhythms of the cosmos, than it does when your mind is synchronized with the clock. Breathe deeply of this life. It is precious.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)

Turn off the oven and wait 5 minutes before placing the dough in the oven to proof.

Once the dough has risen, punch down. Coat a large sheet pan (or 2 medium sheets) with olive oil spray, shape the dough into 7 equal balls, cover, and let rest for 15 minutes.

To make the filling:

Heat a large frying pan over medium heat and add oil. When the oil begins to shimmer, add mushrooms and sauté for 3 minutes; add spinach and garlic and cook until water releases and evaporates. Remove pan from heat and stir in the goat cheese. Add ricotta, Parmesan cheese, basil, tomatoes, flaxseed meal, salt, and pepper and stir. Transfer to a container and chill.

To assemble a calzone:

Preheat oven to 500 F. Dust the counter, rolling pin, and a dough ball

with flour. Flatten the dough into a 5-inch circle, rotating after every few rolls. Place ⅓ cup of filling on the front half of the dough, leaving ½ inch around the border. Fold the dough over until the edges meet, forming a half-moon. Fold over ½ inch. Press the edges with your fingers to seal and score lightly with a fork. Gently, but quickly, transfer the calzone back to the sheet pan. Repeat this process with the remaining dough and filling. Brush the calzones with 1 tablespoon of oil and using the kitchen shears, cut four ½-inch slits into the tops of each. Bake on the middle rack until lightly golden on top and bottom, 15 to 18 minutes.

Complement with warm marinara sauce when serving.

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## GARAGE SALES

Moving sale – 9 Chudd Cres., Loni Beach, Gimli. Saturday, July 2 & Sunday, July 3. 9 a.m. – 4 p.m. Alternate rain date is Sat., July 9 & Sunday, July 10, 9 a.m. – 4 p.m. Antiques, furnishings, household items, tools & more.

## GARAGE SALES

Huge Multi Family Yard sale on Thurs June 30 4 - 8 p.m.; Fri & Sat., July 1 & 2, 9 - 5 p.m. On PR #229 only 5 1/2 miles west of Hwy #8 or 3 1/2 miles east of Hwy #7 (between Komarno & Wpg Beach). Antiques, large variety of household items, indoor & outdoor furniture, sporting goods, brand new & used doors and windows, etc.

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Jocelyn & Co. SALE #2 - Fabric, Quilts and Collectibles on Saturday, July 9. 44 4th Avenue, Gimli. Bags, aprons, pillows, quilts, baskets, potholders, fabrics, buttons, embroidery floss, and much more!! Debit & credit cards accepted. Rain date: Sunday, July 10.

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# take a break

> GAMES

## SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



## CROSSWORD

### CLUES ACROSS

1. Acquired knowledge of
7. Brief appearances
13. Owns a ranch
14. Goes by
16. Potato state
17. Inappropriate
19. Millihenry
20. Treasures
22. Crony
23. Norse god
25. Accidentally lose
26. Allied H.Q.
28. Shiva's first wife
29. Earth System Model
30. Sandy island
31. Cam Newton's dance
33. Nigerian people
34. A ridge on nematodes
36. \_\_\_ Creed: profession of faith
38. Gulf of, in the Aegean
40. Expresses anger
41. Emerges
43. WWII battle
44. Wrestlers work here
45. Not happy
47. Measure of speed
48. A way to communicate (abbr.)
51. Gemstone
53. Metric weight unit
55. Region
56. Guides projectile's motion
58. Not involved with
59. Cosmetics giant
60. Exclamation of surprise
61. No fighting
64. Tantalum
65. Optimistic
67. Herbs
69. Categorized
70. A famous street

### CLUES DOWN

1. Madames
2. Printing measurement
3. Being in a position
4. Genus
5. Post-deduction amount
6. Champs get this
7. Single-\_\_\_ organisms
8. Greatest boxer ever
9. Buddhist concept
10. Fencing swords
11. Operating system
12. Musical interval
13. Soldier's tool
15. Places of worship
18. Supervises flying
21. Offers help
24. Precaution
26. Car mechanics group
27. Devotee of sports
30. Detectives get these
32. Coming into existence
35. Loss of signal (abbr.)
37. Feline
38. Decorative tea urn
39. Native Americans from Colorado
42. Resembles a pouch
43. Type of home (abbr.)
46. Cut a rug
47. Devil rays
49. Simmer
50. Veranda
52. Outcast
54. Famed aircraft engineer
55. Realm
57. Chair
59. Music awards show (abbr.)
62. Did not starve
63. Was once liquid
66. Former Cardinal Taguchi
68. Trademark

	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						



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## ANNOUNCEMENTS

### CARD OF THANKS

A big thank you to the staff and students of Riverton E.M. School for hosting a retirement tea for me, Debbie Hnatiuk. I have taught in this school for 36 years and have enjoyed every one of them. Thanks a lot.

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## RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE TO ALL PROPERTY OWNERS

**PUBLIC NOTICE IS HEREBY GIVEN THAT ALL 2016 PROPERTY TAX STATEMENTS HAVE BEEN MAILED.**

Any property owner who has not yet received a tax statement should contact the Municipal Office at 62 2nd Avenue, or telephone 642-6650.

New property owners are reminded that they are responsible for payment of the 2016 taxes, whether or not they receive a tax notice in their name.

2016 property taxes are due and payable on or before August 31st, 2016.

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

Joann King  
 Chief Administrative Officer  
 Rural Municipality of Gimli

**McSherry Auction Service Ltd**

## AUCTION SALE RM OF GIMLI

Saturday, July 9th, 2016 @ 11:00 a.m.

Gimli, MB

Jct Hwy#8 & Hwy#231, 1 Mile West on Hwy#231 Then South into the Industrial Park 1 Block on Municipal Drive Then 2 Blocks West On Dunlop Then North to 178 Anson

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## BRIAN FOSTER

**Sunday, July 10th @ 10:00 am**

Arborg, MB

North on Main St 1/2 Mile then 1 1/2 Mile West on Rd 130 Then North 1/2 Mile on Rd 10 E  
 Contact (204) 376-5001

Tractors Steiger Bearcat ST 225 4 Wheel Drive Quad Hyd 4862 Hrs. \* Coop D 130 06 Cab Duals w Allied 795 FEL 6457 Hrs \* Deutz D 6005 Hyd. 540 PTO NR \* Deutz D8005 Dual w FEL NR \* 49 Coop E3 3PH \* Fen Shou 25 HP MFWA 3PH \* Equip A C Gleaner N6 Combine \* Vers. 400 Swather \* Bourgalt 3438 36' Air Seeder w Chinnock 1203 Tank \* Inland 70' Spring Tine Harrows \* Coop 16' Tandem Disc \* 2) Coop 200 27' Cult \* Coop 204 25' Deep Tiller \* Wilrich 7B Plow \* Coop 720 20' Press Drill \* 5 Ton Tandem Fertilizer Spreader w S.S. Hopper \* NH 55 Side Del Rake \* Buhler 600 3PH 6' Snowblower \* Buhler 72' Finishing Mower \* Graineries & Augers Westeel Rosco 1850 Bushel on Hopper \* Hopper for 1650 Bushel \* 14) Westeel Rosco 1650 Bushel Bins \* 2) 3300 Bushel Bins \* Westfield MK 10" 61' Auger \* Farm King 8" 41' Auger w 20 HP Trucks 77 Mack 10 Spd w Wet Kit 356,000 Miles Safetied \* 65 Dodge 700 w 18' B & H \* 60 GMC 3 Ton w 14' B & H \* 96 Ford F250 7.3 Dsl 4x4 \* 86 GMC 2500 6.2 Dsl \* 52 Buick 4 D Sedan \* Along w More Equip \* Farm Misc \* Tools \* Some Antiques \* Cockshutt Horse Sickle Mower \*

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