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VOLUME 4 EDITION 27 THURSDAY, JULY 6, 2017

WEEKLY NEWS

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True North strong and free

EXPRESS PHOTO BY LANA MEIER

Arborg Early Middle Years students Gemma Orbanski, Maya Friesen and Reece Votour were anxiously awaiting the beginning of the Canada 150 parade last Friday. See pg. 4 for more photos.

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

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Lundar celebrates Canada 150 with street party

By Jeff Ward

A three-block section of Main Street in Lundar was closed off for Canada Day street party celebrations last weekend so residents and visitors could enjoy dozens of fun activities.

Canada 150 also happens to mark Lundar 130, and in honour of that milestone, cardboard history signs were placed all over the street. The signs educated people on the history of Lundar.

The sign near the Lundar Museum showed old clippings and photos of when the railway ran through town and the sign near the Lundar Medi-

cal Clinic displayed a brief history of Lundar doctors. These signs helped ground the Canada Day celebrations in the history that makes Lundar what it is today.

All of the usual street party fare was available from the community barbecue including burgers and hotdogs and Canada 150 cupcakes for those with a sweet tooth.

The activities to help kids burn off all that sugar energy were plentiful with bouncy castles, an inflatable wrestling ring and a huge sand pile to dig and play in.

A horse-drawn wagon chauffeured

people around the street before a free outdoor movie and fireworks show finished out the day.

The Lundar Golf and Country Club

also offered free green fees all day for those looking to get in nine holes on what was a great summer day.



As most little boys, Kwintyn Monkman was drawn to the big sand pile.



Ayla Sweetland is all decked out in her Canada 150 gear.



EXPRESS PHOTOS BY JEFF WARD

Street partiers were treated to horse-drawn wagon rides.



A large inflatable wrestling ring kept children entertained for hours.



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Connecting community: walking bridges over the Icelandic officially launched

By Patricia Barrett

The Town of Arborg threw a party June 30 to officially launch two new sparkly footbridges spanning the Icelandic River.

Swivel Storage Solutions, a local company that specializes workbenches, storage units and other products, built the aluminum footbridges with funding from the town and \$31,000 in federal grant money through the Canada 150 Community Infrastructure Program to replace the former wooden bridges.

"It's a pleasure to be able to open this beautiful bridge," said Arborg Mayor Randy Sigurdson, who was joined by councillors, Marvin Penner from Swivel, MP James Bezan and students from the middle school at the bridge on the west side of town. "This was a joint [partnership] of the federal government and the town."

The two bridges started carrying foot traffic across the Icelandic this spring. The east-side bridge connects the Arborg Multicultural Heritage Village and the huge sundial on River Road, and the west-side bridge connects the RCMP detachment and the hospital.

Sigurdson, delivering a message from Navdeep Bains, federal Liberal minister of Innovation, Science and Economic Development, said the Infrastructure Program "supports projects that enhance community development, celebrates our heritage and improves the way of life of all Canadians."

"By investing in safe and accessible community infrastructure, the Government of Canada is demonstrating its commitment to increasing prosperity and enhancing the well-being of communities across Canada," said Sigurdson, quoting from the minister's letter. "Through the installation of the walking bridge upgrades over



Lachlin checks out the view from above.



Arborg Mayor Randy Sigurdson, with grandson Lachlin, brought greetings from federal minister Navdeep Bains.

the Icelandic River in Arborg, community amenities will be enhanced ... for years to come."

The former wooden bridges were in



EXPRESS PHOTOS BY PATRICIA BARRETT

From left: Lachlin, Swivel's Martin Penner, Mayor Randy Sigurdson and MP James Bezan cut the ribbon on the west side bridge over the Icelandic River.

"rough shape" and needed replacing, said the mayor.

Marvin Penner from Swivel said he and his staff really enjoyed designing and building the bridges, a first for his company.

"We're very, very grateful to the town and the federal government for allowing us to build these bridges," he said. "It couldn't have come at a bet-

Continued on page 5



Aleah (foreground) and her classmates from Arborg's middle school joined the bridge-launching festivities.

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Arborg students celebrate Canada's 150 birthday

By Lana Meier

Arborg Early Middle Years students celebrated Canada's 150th birthday with friends, family and the community with a flag parade and a musical presentation last Friday.

The 250 students dressed in their favourite Canada clothing and followed principal Brad Harding from the school to the bandstand on Main Street displaying the provincial flags.

Students began the afternoon with the singing of *O Canada* led by Mrs. Kilbrei and the Grade 3 and 4 students.

Arborg's mayor Randy Sigurdson, a former teacher at the school, welcomed the students and was happy to see people milling around to celebrate the country's 150 birthday.

"It's a great reason to celebrate and thank you to the students for taking the initiative for the celebration," said Sigurdson.



Principal Brad Harding carried the Canada flag and led the students through town to Main Street.



EXPRESS PHOTOS BY LANA MEIER

The Jarkas family received a donation in the amount of \$890.60 from the Grade 3 and 4 Arborg Early Middle School students.



Arborg Early Middle Years students sang O'Canada to kick off Canada's 150 birthday celebration last Friday.

School board trustee Gladys Kohler brought greetings on behalf of Evergreen School Division.

"It is a very special day for students and what a wonderful way to mark this historical day. This is

Continued on page 8

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Gimli Film Festival ready to light up the lake with acclaimed films

Film festival to hit the screens July 26-30

By Jeff Ward

This year, 134 films will be seen at the 2017 Gimli Film Festival from July 26 to 30, making for an event that will delight film buffs and casual fans alike.

The five-day film event will see 23 Manitoba premieres, nine Canadian premieres and five world premieres.

Gimli Film Festival board member Terry MacLeod said during a media event last week at the Manitoba Theatre Centre for Young People that this year's diverse list of films is the largest program listing to date. Not only do the films showcase great Canadian and Manitoban talent, but they also showcase the talents of filmmakers from around the world.

Of the 134 films playing this year, 104 of them are Canadian-based films.

A special screening of the acclaimed Canadian film *Dina*, which won the Grand Jury Prize at the 2017 Sundance Film Festival, is just one of the many exciting features playing.

"We're also very happy to be bringing back RBC Beach Screenings with six feature films this year," said Aaron Zeghers, artistic director for the festival.

Movies on the beach is a very unique

experience that has a floating projection screen out in the water with movie lovers sitting on the beach. It creates a movie-going experience that is like no other, and Zeghers said people should arrive early to claim a spot in the sand.

Beach screenings this year are *The Fantastic Mr. Fox*, *American Graffiti*, *Twister*, *The Birds*, *Footloose* and *The Neverending Story*. Beach screenings, as well as other events like the Manitoba-Made Virtual Reality Showcase and a directing and acting workshop by Winnipeg filmmaker Sean Garrity, are all free events.

The festival will also celebrate Canada 150 by holding a Great Canadian Film Series, which is a full day dedicated to screenings of some of the most beloved Manitoban and Canadian films of all time.

"We're also proud to announce that Attiyah Khan will be a featured guest this year for the screening of her film *A Better Man*," said Zeghers.

A Better Man is a groundbreaking documentary that follows Khan in her emotional journey to speak with a former partner and understand a period of two years of domestic abuse she

"WE'RE ALSO VERY HAPPY TO BE BRINGING BACK RBC BEACH SCREENINGS WITH SIX FEATURE FILMS."



EXPRESS PHOTO BY JEFF WARD

Gimli Film Festival board member Terry MacLeod said that he's excited for the wide range of Canadian films playing at this year's festival. More than 100 Canadian films will be shown.

endured at the hands of her partner.

There will be something for everyone this year at the 2017 Gimli Film Festival from heavy emotional drama to comedy, animation, action and experimental films.

Tickets are on sale now. Individual

film tickets are \$10 each and a film pass is \$75, which grants filmgoers access to all films. (Only 150 film passes are available.) Tickets can be purchased online at Eventbrite, by calling 204-642-8846 or at the box office at 41 Centre St. Gimli.

> WALKING BRIDGES, FROM PG. 3

ter time for us as we were ... looking for work. It employed our people and kept people employed in this town, which we're very happy about."

Penner said Swivel has already had inquiries from other towns for a custom-made bridge and is hoping their bridge-building venture will bring more work to Arborg and generate additional tax dollars and economic spinoffs for the town.

Selkirk-Interlake-Eastman MP

James Bezan, who was making the rounds of various Interlake communities to celebrate 150 years since the start of Confederation, said the new bridges are intended to keep both sides of town connected.

"The Town of Arborg grew up along the Icelandic River, so it's important that we have these pedestrian bridges to allow traffic to move back and forth on each side of the river to ensure that everyone has access to services, has

the opportunity to enjoy the beauty along the river and the wildlife that occurs on it, and even to go fishing."

Citing the federal Conservatives initiative in creating the funding program, Bezan said it's important to invest in infrastructure programs that will be "remembered not just for this year — Canada 150 — but remembered down the road."

The mayor, Penner and Bezan cut the ribbon on the bridge and the crowd headed down to the town's adminis-

trative office for refreshments.

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Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Patricia Barrett



SALES
Branden Meier



REPORTER/PHOTOGRAPHER
Jeff Ward



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



SPORTS EDITOR
Brian Bowman



ADMINISTRATION
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> ARNIE WEIDL Alligators and jack fish have something in common

Hi. Thanks for coming by.

Last week I had the distinct pleasure of meeting a most delightful sport-fishing gentleman, Karl Wegert, by Breezy Point. He was backing his trailer into the water to load his boat after a day of fishing when I pulled up to the landing area. With his trailer submerged, he jumped out of his truck, strode to his beached boat, got in and maneuvered it onto the trailer on the first try. He was the picture of a man who did everything right the first time.

That perception was soon shaken when our new friend, having his rig on dry land, graciously gave us a funny, if not embarrassing, story.

With bright enthusiasm, he told of a day last summer when he couldn't wait to go fishing. He rushed to Cooks Creek East Selkirk boat launching site, backed his rig into the water, launched his boat, moored it and went to park the truck. It was a fair distance back to his boat, and as he approached it, he saw the automatic bilge pumping water out.

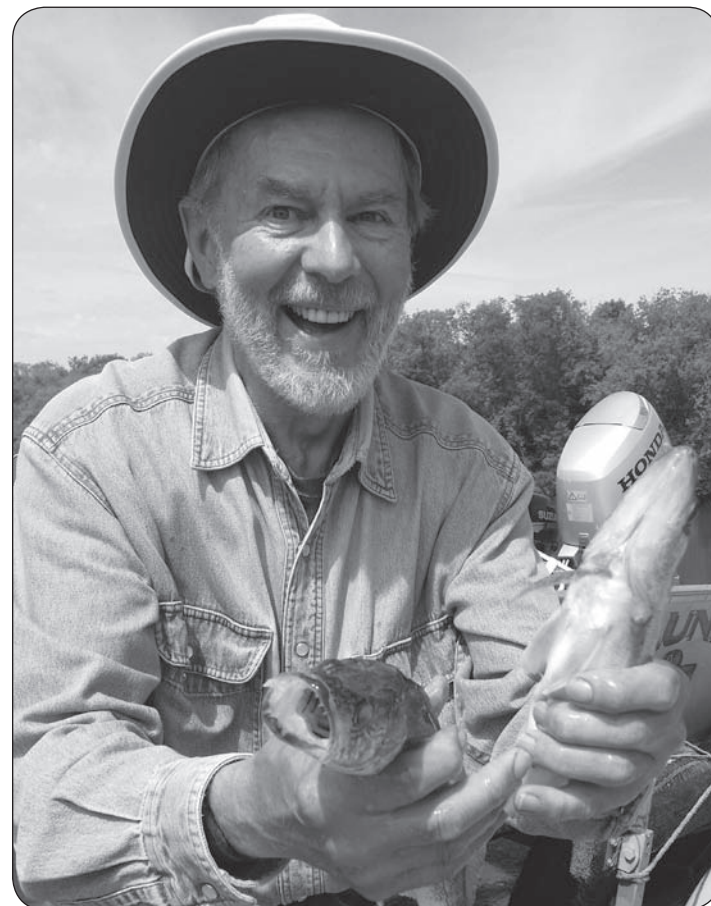
"Well, that shouldn't be happening," he uttered to himself. Then as he got closer, he was dismayed to see it was half filled with water. He had been in such a rush to get fishing, he had forgotten that one cardinal rule: if you want to go fishing in a boat that floats, don't forget to put the drain plug in.

Quickly, he climbed into the half-submerged craft and, with plug in hand, leaned over the transom's end, putting it in. Later, soaking wet, as he steered his favourite toy for the "cut" on the Red, he was glad none of his friends had witnessed his lapse of attention to that all important detail.

The day after I met Karl, I ran into a young, casual, high-spirited guy, Ron McTavish, with a three-day-old brown beard. He had a story from his time in Gillam.

He's moving back to his family's roots in Ashern now, but about 10 years ago, he was fishing with his sister, Gloria, at the Long Spruce Dam. She was just a little kid then, and in the sunny mid-afternoon, she was fishing and playing around with her brother and uncle Cecil when suddenly a four-foot-long jackfish took her baited hook and came flying out of the water.

Poor Gloria was terrified. She dropped her rod screaming "alligator, alligator, and ran to Ron for protection hid-



EXPRESS PHOTO SUBMITTED

Karl Wegert with some of his catch he caught on the Red River by Breezy Point.

ing behind him clutching his shirt for security.

Uncle Cecil, on the other hand, was the kind of guy who, having been around for a while, was tough and not easily fazed by much. He stripped down to his shorts and waded into the icy water after her rod and jackfish. All that showed of him moments later were his beefy shoulders as he grabbed the floating handle of Gloria's rod. He turned and with the rod over his shoulder waded powerfully to shore with the giant fish struggling as it was be-

Continued on page 8

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OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

View the Express Weekly News online at
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Lundar Lobsterfest sold out for ninth annual

By Rozanne Nevakshonoff

Lundar's 9th Annual Lobsterfest, sportsplex fundraiser, held at the arena, was another great success.

Six hundred were served their choice of steak, lobster or both, with either caesar salad or coleslaw, a baked potato with all the trimmings and a selection of cakes for dessert.

The steaks were cooked to perfection and the lobster was sweet and delicious. The consensus of attendees was that the meal was amazing and everyone enjoyed the sounds of East Coast music playing in the background.

As the evening progressed, spokesperson Grant Sigfusson explained that numbers were lower this year due to the dismantling of the building over the past couple of months in preparation for the next stage of building.

"The committee capped the number this year to 600 due to the seating capacity. Next year we will probably sell more. It's a huge effort. I'd like to thank the great volunteer base that makes this possible," said Sigfusson.

The event ran like a well-oiled machine with volunteers stepping up to complete a vast array of tasks including cooking and serving the lobster and steak, running the bar, tickets sales, decorating, cleanup and everything else that is required to host a community event.

Coun. Greg Brown, who was mingling with the crowd, expounded, "What an excellent gathering this is as a fundraiser for the new arena. People from all over attend this event, with many coming back year after year."



Stacey Gard, left, Jennifer Miller, middle, and Tanya Thorgilsson were in charge of ticket sales.



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF
The 2ManBand Luke and Noel of Winnipeg provided live music at Lundar's 9th annual Lobsterfest last Friday.



Susan Dearlove, left, was looking forward to her East Coast lobster dinner.



Kent Kostyshyn (front) and Kevin Halldorson were in charge of cooking the lobster.

The arena was decked out in Canada 150 regalia. The 2ManBand of Luke and Noel played for the partygoers a variety of music and Marlo the Magi-

cian worked his magic in card tricks as he threaded his way through the tables. This all added to the ambiance and enjoyment of the event and had

people saying they were looking forward to 2018.

Long Point Water Safety Course to begin this month

By Jeff Ward

An intensive two-week swimming safety course begins in just over a week and will teach youth and some adults proper swimming techniques in open water to help keep them safe this summer.

The Long Point Water Safety Swim Program takes place at Long Point Beach and is facilitated by the Inter-lake Swim Association with swimming instructors from Red Cross. The instructors give swimming lessons to youth of all ages and skill levels that help them become stronger swimmers while also allowing them to experience emergency scenarios in a controlled environment.

Disoriented entry is one of the les-

sons instructors teach students, giving them the chance to simulate what it would be like to unexpectedly end up in the water. The course is being offered July 17-28 and costs \$55 per student for 10 lessons.

"We want people to be safe on the lake, and this program helps us get swimmers ready to handle it," said Amie Whiteside, one of the community co-ordinators for the program.

"So a big goal of the swim association is to make it as affordable as possible because we want every family to be able to enrol their kids in the program. It's very important to us that everyone is safe on the lake."

The temperature of the water and wind conditions can all wreak havoc

on your stamina in the lake. It is important to know how to swim, but the safety course goes a step beyond that and gives training in situations that could be life threatening. Being tossed out of a boat or misjudging the distance of a swim could find swimmers in trouble, but with this training, they will be better equipped to handle emergency situations.

Swimming is a fun and popular summer activity, and the course isn't designed to scare people out of the water. It's designed so that if someone finds himself or herself in a situation that is dangerous, he or she have the skills to get out unharmed.

Whiteside hopes that this program will foster a love of swimming in its

students and that they will pursue certification as swimming instructors who will return to the program as teachers one day.

"We want to make it sustainable and the swimming association wants to have former students come back as instructors one day. And we do have a local instructor this year, Morrigan Miller from Eriksdale. But we'd love to see more over the next few years," said Whiteside.

Those interested in registering for the program are asked to call Amie Whiteside as soon as possible at 204-739-2818.

West Shores COPP will be watching you drive this July

By Patricia Barrett

Armed with portable radios, mobiles and speed boards, volunteer members of the West Shores Citizens on Patrol Program (COPP) will be out in full force on area roads and highways this month reminding motorists to slow down and pay attention to their driving.

"We would like to remind all drivers to keep the roads safe for all of us and mind their speeds," said Barry Watson, West Shore's co-ordinator. "Slowing down saves lives."

Volunteers will have speed reader boards set up along Highway 9 near Winnipeg Beach, Sandy Hook and Gimli, as well as surrounding communities to raise awareness of speeding and distracted driving behaviours such as texting.

Watson is also concerned about drivers on off-road vehicles and the potential for accidents. He said he and other COPP volunteers have often spotted children driving dirt bikes and ATVs on roads where they're not supposed to be.

"People don't seem to know the laws about where you can ride ... off-road motorized vehicles," he said. "We have heard complaints from those who don't like them ripping all over."

Manitoba Public Insurance, which provides Manitoba's 57 registered COPP groups with training and equipment, issued a news release last week highlighting the need for reduced speed and the consequences of speeding and distracted driving.

"Findings from a recent speed awareness campaign reported 25 per cent of monitored vehicles (9,400 vehicles) were exceeding the posted speed limit," states the news release. "In total, nearly 38,000 vehicles were monitored during the Citizens on Patrol Program 'Spotlight on Speed' week held in 29 communities from May 1-6."

According to MPI data, speeding claims about 21 lives every year and has resulted in injuries to 600 people in speed-related crashes.

"The results of the 'Spotlight on Speed' week confirm that many drivers still do not understand the dangers associated with speeding," said MPI's CAO Ward Keith in the news release. "Speeding is a high-risk driving behaviour that can have tragic consequences. Last year was the deadliest year on Manitoba highways in a decade, and some of those crashes were speed related. The goal for 2017 is to make our roadways safer for everyone."

COPP volunteers are "instrumental" in preventing crime and assisting local police forces, states the release.

Manitobans interested in joining or learning more about the Citizens on Patrol Program can call the provincial co-ordinator at 204-985-8849 or toll-free at 1-866-326-7792.

For more information about Manitoba's COPP groups, visit citizensonpatrol.mb.ca.



EXPRESS PHOTO COURTESY OF WEST SHORES COPP

West Shores COPP volunteers set up a display at the Gimli Canada Day celebration to remind motorists to slow down and to encourage drivers of off-road vehicles to stick to authorized trails.



EXPRESS PHOTO BY PATRICIA BARRETT

A motorist on PR 222 swerves to avoid geese and their young trying to cross the highway.

> GET FISHING, FROM PG. 6

ing towed. Cecil didn't stop. The line quivered in the air, whipping from side to side as he hauled rig and fish to the bank. Then just at the water's edge — snap! — the jack contorted in the air whipping the water into foam slipping the hook and disappeared beneath the rushing dam waters.

Now, whenever Ron and Gloria are together and the word "alligator" comes up, they simply look at each other, throw their heads back and laugh.

On the weekend, I happened to meet Jonathan Borkowski, a young athletic chap with light hair and beard, along with his friend Kail McCluskey. John told of a time when he and his

kid brother Nicholas were fishing on the Brokenhead River south of Stead near their home. Their dad and some friends came by telling them they weren't going to catch any fish in that part of the river. No sooner had they said that when both boys began catching bass and jackfish. That changed the older men's tune as they rushed back home for their rods and joined John and Nicholas in catching enough fish for supper. In late afternoon, they all walked home with their fish joking about their good luck. At home, they broke out the barbecue and a family party got going well into the night.

Till next week. See you.

> ARBORG STUDENTS, FROM PG. 4

such a great learning opportunity for the students," said Kohler.

She asked the students what it meant to them to be Canadian?

"For me, being Canadian means that I am probably living in the one of the safest places in the world, and for that I'm proud. I'm proud of our national anthem, *O Canada*, which was first written in 1880 and is sung in our schools today. The flag of Canada, often referred to as the maple leaf, was first inaugurated on Feb. 15, 1965, and since then Feb. 15 has been commemorated as National Flag Day. Red and white are the official colours of Canada.

This is just a little bit about Canada and there is so much to know and learn about Canada," said Kohler.

The Grade 3 and 4 students made a special presentation to the Jarkas family of the Interlake Refugee Committee. The students held a number of events including a bake sale, hat day and tattoo sale and presented Mrs. Jarkas with a check in the amount of \$890.60 on behalf of the school.

The afternoon assembly closed with the singing of *This Land is Your Land*, *Canada Is*, *We are Canadians*, *God Save the Queen* and *Happy Birthday to Canada*.



Don't forget to send your special wishes to your friends and family.

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EXPRESS
WEEKLY NEWS

Young writers recognized by local Kiwanis club

Staff

The Gimli & District Kiwanis Club recently wound up the Brian Kahler Young Writers' Competition for a second year. The literacy competition is in memory of Kiwanian Brian Kahler and is a legacy to Brian's community service and his appreciation of good writing.

The competition is open to all school-age children from the region. Prizes were presented at a special assembly on June 27.

First prize this year was presented to SSES student to Olivia Harapiak for her story "The Boy and the Hot Air Balloon." Olivia was awarded a cash prize of \$100 and the Brian Kahler trophy with her name engraved thereon. Her school will

keep the trophy for one year.

Amanda Grawberger and Rhiannon Roberts, of Winnipeg Beach School, tied for second place. Amanda wrote "What Am I?" and Rhiannon's story was called "Under the Rug."

Each student received congratulations and a cash prize of \$50 at the year-end Awards Assembly at WBS on June 29.

The pursuit of literary excellence among school children is a goal which Kiwanis endorses heartily.

The Kiwanis Club hopes to see more entries next year for the third annual Brian Kahler Young Writers' Competition.



EXPRESS PHOTO SUBMITTED

Olivia Harapiak received \$100 and will have her name engraved on the Brian Kahler Young Writers' Competition trophy.

Orphaned puppy from northern Manitoba fighting for survival

Submitted

A seven-day-old puppy named Giga is battling to survive after being found near death and infested with maggots in a remote Manitoba community. She is now in the care of Manitoba Underdogs Rescue.

Giga was found by a community member alongside her mother, who is believed to have died shortly after giving birth. Sadly her brother Mega, who was also brought into care, was too ill and the rescue group was forced to make the difficult decision to euthanize him.

"When they were found, both puppies were severely infested with maggots and in unbelievable amounts of pain. They were suffering from urine scalding due to a lack of care and had

temperatures so low they didn't even register on a thermometer," says Jessica Hansen, Manitoba Underdogs Rescue's executive director. "It was one of the most disturbing cases I've ever seen."

Though improving, Giga is still terribly ill and in an uphill battle for her young life. "We are hopeful that Giga is slowly improving," says Hansen. "She had to be tube fed initially but now she's getting used to being bottle fed. She's getting stronger but it's still day by day to see how she does."

Manitoba Underdogs Rescue is asking the public for donations to help fund Giga's care. Donations are now being accepted on the Manitoba Underdogs website at www.manitobaundogs.org/donate.



EXPRESS PHOTO SUBMITTED

Manitoba Underdogs Rescue is asking for donations to help save a seven-day-old puppy named Giga.

Interlake to gain new paramedics and EMS station

By Jeff Ward

New full-time EMS staff and a new EMS station will be coming to the Interlake following an announcement last week by provincial Minister of Health, Seniors and Active Living, Kelvin Goertzen.

The Manitoba government will make a \$1.7 million investment to the province's rural emergency medical services. This investment, Goertzen said, will enhance staff resources and ensure Manitobans will be able to access health-care services when needed.

The investments in this area were recommendations from a 2013 provincial EMS review by Reg Towes, a recognized leader in the health-care system. There will be 29 full-time

equivalent, primary care paramedic positions added to the province, which will be located in Arborg, Ashern, Glenboro, Waterhen, Gladstone/Konosota, Carman and Morris. Four of those positions have already been filled. The Lundar EMS station will be closing to make way for a new Eriksdale based centre that will help cover the region with the assistance of St. Laurent's station, which opened last year.

Interlake MLA Derek Johnson said that the region will see better coverage with these changes and that while he is pleased his region is getting attention, these changes are about rural Manitoba as a whole.

"These changes will bring better services for all Manitobans, not just the

Interlake," said Johnson.

"These new stations will all be staffed 24-7 and that's the goal moving forward. So let's say St. Laurent is out on an ambulance call, the ambulance from Eriksdale will move halfway between Eriksdale and St. Laurent, which is Lundar. When one is away, the other broadens their coverage area to fill in the gap."

The plan would work similarly if the Ashern-based ambulance is out on a call, the new staff at the Eriksdale station would broaden their service range to accommodate.

"It's less about where the stations are and more about where ambulances are," said Goertzen.

Currently, Manitoba has 92 EMS stations, and after the change, that num-

ber will be 74 — a reduction of 18 stations.

Johnson added that some of the new EMS positions might even catch the eye of local firefighters who will grow their skills with new education and take on that role. With many residents in the area already doing that kind of work, it could be a natural evolution for some.

"There might be someone in the area capable of filling that position," said Johnson.

Goertzen didn't provide a detailed timeline on when the new positions would be filled, when the new stations would be built or when old stations, like Lundar, would be closed. He explained that it could take as long as 10 years to fully implement the changes.

Rivertonians throw huge Canada Day bash

By Patricia Barrett

Riverton got down to some serious partying last weekend to mark the 150th anniversary of the start of Canada's Confederation in 1867.

Townies and visitors from away took part in the three-day Reunion Days festivities that included musical and dance performances, parades on land and river, tours of historic sites, feasting and fireworks.

The town hosted a multicultural event Friday night at the Riverton Hall that drew about 300 people. Trio Bembe, an award-winning Winnipeg-based band, had the hall tapping and swaying to Latin American and Spanish jazz rhythms.

The Métis Club Traditional Dancers thrilled the audience with their infectious jigging and blinding footwork, and flamenco dance group Sol de Espana from the Spanish Club of Winnipeg provided colourful performances replete with castanets, evoking various regions of Spain. Dancers from the McConnell School of Irish Dance rivalled Riverdance with their spot-on timing and high-flying leaps.

On-again, off-again rain showers on Saturday failed to faze celebrants who lined Main Street to cheer on a huge parade of colourful floats, dancers, Buzz and Boomer, classic cars, tractors, tall men and a green alien.

Centennial Park was a hub of non-stop fun with a talent show featuring singers and dancers, Zumba dancers, inflatables and semi-heavy games.

Serena Bjornson, who's possibly the strongest woman in the Interlake and is known for rescuing stranded motorists, hoisted a mega-ton log as though it were a drinking straw.

Bjornson and her sister Tammy Einarson, who teaches at Riverton Collegiate, took up a two-handed crosscut saw in a bid to become the fastest sawyers in town. Chamber of Commerce president Mark Myrowich had to jump in and hold the log steady



PHOTOS BY PATRICIA BARRETT Spanish dancers performed at the multicultural event Friday night while Métis dancers thrilled the 300-plus audience with their jigs.

with two other men as the women sawed their way through it without breaking a sweat.

"We need stronger men holding it," joked Einarson.

Garret, who was visiting from Winnipeg, demonstrated his carpentry prowess by hammering three-inch nails into a plank in no time flat while teachers, conservation officers and local business owners sacrificed themselves to the dunk tank.

During the festivities, some people offered their thoughts on what direction they'd like to see Canada going over the course of the next 150 years.

"We still have to move forward with Truth and Reconciliation," said Ruth Ann Furgala, who spent months helping organize the Reunion Days cele-



bration with a committee of dedicated volunteers. "We still have to [address] poverty among our youth, and we have to be more concerned about the environment and global warming."

Gimli MLA Jeff Wharton, who was in Riverton to help unveil a commemorative plaque to Fridrika Bjornsdottir, one of the area's original settlers and possible royal princess, said he's pin-

ning his hopes on the country's youth to build upon the accomplishments of their forebears.

"The next generation coming, like our grandkids, will hopefully set the course for the next 150 years and where we're going as a country," he said. "We'll continue to grow and con-

Continued on page 11



Serena Bjornson (right), possibly the strongest woman in the Interlake, and her sister Tammy Einarson made short work of this log.



Garret, visiting from Winnipeg, drove three-inch nails into a plank in no time flat.



Gimli MLA Jeff Wharton helped unveil a commemorative plaque to Fridrika Bjornsdottir, who may be an Icelandic princess.

> RIVERTONIANS, FROM PG. 10



Reunion Days committee members Tanis Grimolfson and Tyanna Mytz.



Tall man from Braden Interiors.



Riverton conservation officer Warren Toderan took the plunge.



This young man drove a mini Ford in the parade.

tinue to enjoy the fruits of the labours of parents, grandparents and the first settlers in Canada. Our youth will carry the ball."

Towards evening, people queued for supper on Riverton's walking bridge

over the Icelandic River. Members of the Djorfung Ladies Aid, including Reunion Days committee member Vickie Johnson, had made-to-order steaks and hotdogs sizzling on the barbecue.



Members of the Firman, DiNicola and Johnson clans enjoyed supper over the Icelandic River.

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Ray St. Germain (Canadian Country Legend)
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Travelin' Band (CCR Tribute)
Paul Stanleys (KISS Tribute)
B-Side Champs (Rhythm & Blues)
Turn Back Time (Cher Tribute)
Golden Road (Keith Urban Tribute)
Bed of Roses (Bon Jovi Tribute)

FREE EVENING ENTERTAINMENT:
Friday, July 14
6:30 pm Ray St. Germain
7:30 pm Golden Road (Keith Urban Tribute)
8:30 pm Traveling Band (CCR Tribute)
9:30 pm Free Ride (The Beatles)
10:30 pm Bed of Roses (Bon Jovi Tribute)

FREE EVENING ENTERTAINMENT:
Saturday, July 15
6:30 pm B-Side Champs (Rhythm and Blues)
7:30 pm Turn Back Time (Cher Tribute)
8:30 pm Soul Train (Disco and The 70's)
9:30 pm Whole Lotta Angus (AC/DC Tribute)
10:30 pm Paul Stanley (KISS Tribute)

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Partners in Time dance troupe destined for Disney this month

By Patricia Barrett

The Partners in Time Dance Club will be entertaining international audiences at Florida's Disney World this week after having been invited to take part in the Disney Performing Arts OnStage program for young performers.

The multi-talented dancers and gymnasts from Arborg and Riverton will be performing at the Epcot Center theme park on July 7 and will also be taking part in a huge Disney parade on July 6.

To help raise money for their specially made multi-colour Disney costumes, the dancers and their parents held a chili and bannock fundraiser June 30 at the Arborg Legion.

Instructors/choreographers Averie Johannesson and Haley Fisher said the troupe is excited to be performing for thousands of people.

Johannesson had sent an application package to Disney, and much to her delight, the club was chosen to perform.

"It will probably be our largest audience ever," said Fisher. "And to top it all off, there's a big gala event — a dinner with all the Disney characters — on July 9. It's kind of an awards show."

The dancers have been practising in earnest for the past five weeks on an ET (extra-terrestrial) Dance, which they performed during the legion fundraiser and which they'll perform at Disney.

"There are alien themes in the dance and we all have silver costumes," said Johannesson, who will be performing alongside her dancers. "We're doing space buns and purple lipstick for the

Continued on page 20



EXPRESS PHOTOS BY PATRICIA BARRETT

The Partners in Time Dance Club performed an extra-terrestrial dance at a fundraiser for their Disney tour.



The Arborg dance group has been invited to perform at Disney World.

'It's too late'

War against zebra mussels in Lake Winnipeg is hopeless, fisherman says

By Maggie Wysocki

It was 25 years ago when commercial fisherman, Robert T. Kristjanson says he first warned people about zebra mussels coming to Lake Winnipeg.

"People looked at me like I had two heads when I first started talking about them," the 83-year-old told the *Express* during an interview at his home in Gimli. "Everybody said 'oh they're not going to come here.'"

In the '80s and '90s, Kristjanson spent his winters travelling the Great Lake system, selling commercial fishing nets. When zebra mussels were found in Lake Erie in 1986, Kristjanson said he knew it wouldn't be long before they started popping up in Manitoba. So when the species was discovered in Lake Winnipeg in 2013, Kristjanson said he was disappointed nobody listened to his pleas earlier.

"This destruction could have been stopped before it began. Now, it's too late."

According to the Lake Winnipeg Foundation, zebra mussels are an invasive species that attach themselves to hard surfaces, like boats, motors, docks and pipes. Experts believe they arrived in Lake Winnipeg from North Dakota via the Red River.

The concern is that zebra mussels will impact lake's ecosystems, con-

tribute to algae problems and species destruction.

There's no hope for stopping their breeding in Lake Winnipeg, Kristjanson believes, but there's still time to prevent zebra mussels from invading other lakes in the province.

"It's the weekend boaters who need to be aware about this. People need to wake up and think about what they're doing when travelling with their boats everywhere," he said.

Though the government has set up highway inspection stations and decontamination areas throughout Manitoba, Kristjanson says something more needs to be done.

"They can live in motors and pipes for 12 days where you don't see them. There needs to be a law about bringing your boat from lake to lake."

Until Kristjanson's requests are heard, boaters should inspect, clean and dry their boat for at least five days before transporting it to a different body of water.

"We can try and slow down the species in Lake Winnipeg but, good God, don't pollute every lake in Manitoba," Kristjanson begs boaters.

For more information about zebra mussels and prevention measures, visit gov.mb.ca/stopias.



EXPRESS PHOTO BY MAGGIE WYSOCKI

Commercial fisherman Robert T. Kristjanson has been working on Lake Winnipeg for decades and says he's been warning people about zebra mussels for years but nobody listened until it was too late.



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FOLLOWING EVENTS BEGIN AT NOON

Merchant Mall	Antique Tractor Pull Competition @ 2pm
Old Time Dance (Hall) 1-5 The Gem Stars	Crazy Jumpers Agility Dog Show 2:30pm
Pie & Coffee	Equestrian Vaulting Demo 3:30
Zumba Party 1pm	Wine Tasting
Huge Kid Zone (until 8pm)	Canada 150 Celebration
Petting Zoo	Heartland Rodeo 5pm
Pony / Wagon Rides	BBQ Supper 5:30 pm Melissa & Mike
Photo Contest	Evening Entertainment with Dave Greene
Pioneer Life Demo	
Cowboy Polo	
Beer Garden	
Stage Show	

STARTING AT NOON

- Merchant Mall
- Photography Display
- Kids Zone, Petting Zoo 11-4pm

AFTERNOON MAIN STAGE LINE UP

- Jeanine Guyot
- Singing Cowboy & Dawn
- Partners In Time Dance Troup
- Daniel Desorcy
- Antique Tractor Pull Finals 1pm
- Heartland Rodeo Finals 2pm
- Cowboy Polo Finals
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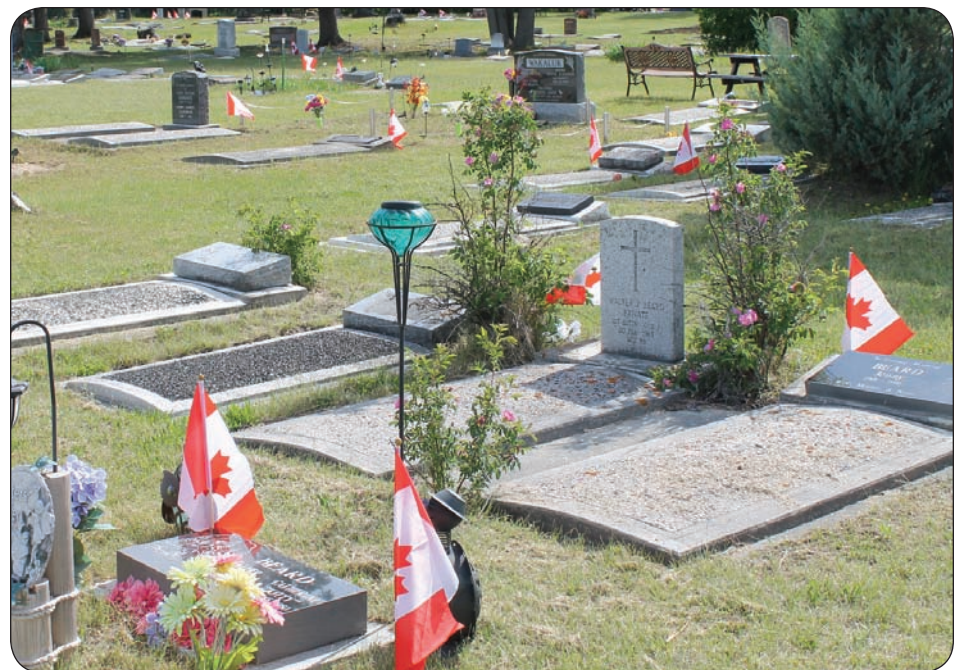
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EXPRESS PHOTO SUBMITTED

The Fisherton Cemetery would like to send a big bouquet to the awesome soul or souls who put Canada flags at the headstones of every veteran in the cemetery. We are very touched and thankful for the gesture.

- Eileen Stapleton

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Summer pit stops in the Interlake



ERIKSDALE

Blue Moon Natural Products celebrates its 2nd Year in business!

Blue Moon Natural Products is a growing company in Eriksdale, Manitoba that creates and manufactures **Chemical free, Vegan and Gluten Free** body care products. We create everything from 'your nose to your toes, naturally' says co-owner Jason Anderson. Anderson and his partner, Lisa Sobry own and operate Blue Moon together. Anderson oversees sales and maintenance while Sobry looks after the daily operations and marketing.

Their product line consists of hair, face, body, foot, and baby care lines with over 400 products available in various scents and flavors. Sobry found many of the body products used daily have chemicals to preserve them, coagulate oils and make them taste better – she decided it was time to make something more natural. "It's shocking when you start reading a product label and find SLS as your second ingredient and alcohol as the third. It's no wonder cancer rates have risen so much over the past five years', says Sobry.

Sobry is a certified Aromatherapist who enjoys creating new products that entice the senses and help heal the mind, body, and spirit. Her new chakra and smudge lines do just that. The essential oil combinations are created to heal energy centres as well as literally clean the body. Her charcoal toothpaste has proven results and is the rage all over facebook!

It takes a great deal of commitment and time to be successful entrepreneurs, especially in a small town. The couple can be found attending markets and trade shows through-out the Interlake and in Winnipeg promoting their product line. For more information on Blue Moon Natural Products, Sales Reps and Retail Locations please visit www.bluemoonnaturalproducts.com, phone (204) 280-0906 or facebook.



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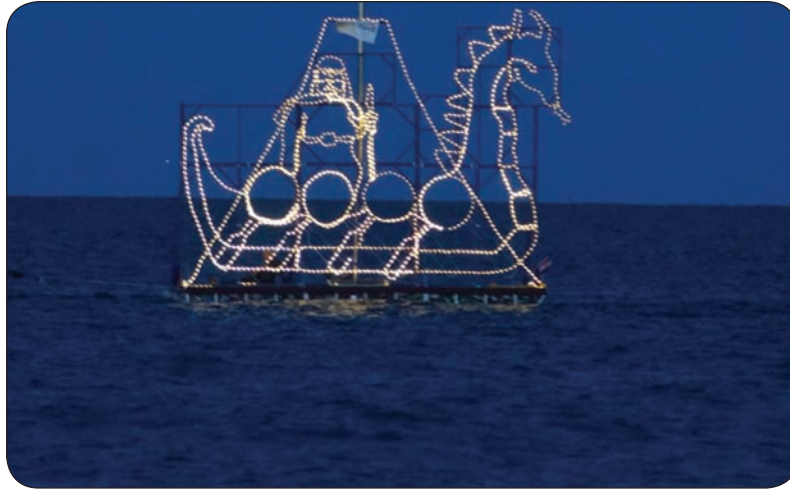
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Gimli celebrates Canada 150 festivities on the harbour



EXPRESS PHOTOS BY EMILY CAUMARTIN
 Canada 150 activities kicked off Friday night with Adam T. Elvis taking the stage for an evening concert at the harbour. The following morning guests were treated to a pancake breakfast by the Kiwanis Club of Gimli before the Canada 150 parade made its way down Centre Street to First Avenue. Red and white were definitely the colours of the day. Pictured from top left, clockwise: fireworks lit up the sky and could be seen from Gimli Beach; the Viking ship was part of the boat parade; Lachlyn Mackie shows off her clay art; Karen Caumartin received a glow stick before the fireworks; Ava Levreault enjoys a few treats from parade; flags decorated the fence at Gimli Children's Centre and parade-goers anxiously await the start.

Celebrating the nation's 150th birthday in Fisher Branch



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF
 The Fisher Branch Golf and Country Club hosted an afternoon of food and games for the community to celebrate our nation's 150th birthday. Children participated in various events including sack races, an obstacle course, a putting contest and a bike parade while the adults enjoyed a few games of armchair baseball and visiting with neighbours. Left photo: Mikayla Synderham and Wyatt Synderham show off their red and white decorated bicycles. Middle photo: Dori Eberhard, left, arrived in Canada in 1981 and celebrated Canada's birthday with Bernice Enstrom. Right photo: Alyssa Malenchak, Liberty Thickfoot-Thomas and Kianna Lafreniere participated in the potato sack race.

Massive Canada 150 celebration at Steep Rock

By Jeff Ward

Visitors flocked to Steep Rock Beach Park last Saturday for a jam-packed day of fun activities, contests, live music and more.

Campground manager Lana Iwanchuk said that approximately 1,000 people congregated on the campground on Canada Day to take in the day long celebration.

The day kicked off with a flea market and pancake breakfast, which sold out 140 meals within 20 minutes because of overwhelming popularity. Due to rough waters from high winds, the boat parade was cancelled but many other activities filled the void. Face painting, bouncers, a bike and golf cart decorating contest, live music from Five More Miles and a fireworks show were just some of the days activities. A baked ham meal, catered by Steep Rock Café, fed 200 guests.

Campground staff and volunteers

worked hard to keep the event running smoothly.

"It's always an exhausting day, but it's always worth it," said Iwanchuk.

"We've already got lots of great comments from people and this is always our biggest celebration of the year. In the final two hours of the day, the whole grassy area in front of the stage was filled with people."

Iwanchuk said that even with the increased events and hundreds of guests, this Canada Day was one of the easier ones to plan. She credits enthusiastic volunteers and catering by the Steep Rock Café with taking much of the pressure off of her and Trevor Gabbs, her partner and co-manager.

"Now that we've done this for a few years we understand how much help we need and when things need to be planned. We have great help here and it showed yesterday," said Iwanchuk.



EXPRESS PHOTOS BY JEFF WARD AND SKYE SPRINGER

Alex, Tanya and their daughter Emiliya celebrate Canada Day by taking a trip to Steep Rock Beach Park. The family from Ukraine is still working towards getting their full Canadian Citizenship.



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Wow. Is that "check engine" light on again? Didn't you just have that looked at? Come to think of it, your car is approaching that age, isn't it? A bit more grumble in the engine, a touch more sway in the suspension -- you hate to admit it, but every time you take old faithful into the shop, the same thought tickles the back of your brain: Is it time for a replacement?

How much is too much to spend on repairs? It's a question we've all had to ask at one point or another. Perhaps it would help to have a basic sense of what auto maintenance typically costs over time.

The average Canadian household owns 1.9 vehicles and spends around 1.5 percent of its annual income on auto repairs [source: Statistics Canada]. In 2015, the standard family unit earned \$76,000, which means they laid out around \$1140 annually on repairs, or \$570 per vehicle. That number does not include the 3.7 percent spent on gasoline and motor oil or the 2.2 percent shelled out for insurance [source: Statistics Canada.]

Is that a lot? It depends on how you look at it. Like all complex machines, cars and their components have projected operational lifespan. Manufacturers anticipate that some components will fail often and that you'll replace them as part of routine maintenance, while others will last longer. The long-life components will generally be more costly to replace, but even those might not be so bad if you think of the cost spread over the lifetime of your car -- spending \$600 to \$800 to replace an alternator stings a little less if it's already kept you humming along for 120,701 to 160,934 kilometers.

If you own your car long enough, you'll have to replace or rebuild an awful lot of it, but that doesn't mean it's necessarily a bad idea. After all, new cars are expensive. They also depreciate an average of 45 percent over the first three years of ownership -- between 48.3 and 79.3 percent over the first five years.

Spending more than \$500 annually on maintenance and repairs may sound like a lot, but it's nothing compared to the added expense of buying a new car, especially if your current car is paid off. In fact, by some estimates, every five years you drive your car after paying it off saves you the monetary equivalent of a new car.

To understand how, let's compare a new car to a paid-off car with standard maintenance. To make it interesting, let's stack the deck in the new car's favor by saying that you drive 36,000 kilometers, which is double the national average. In five years, that adds up to 193,121 kilometers under your wheels, which translates to 35 to 40 oil changes. At \$40 apiece, you're looking at \$1,400 to \$1,600 -- let's call it \$1,500. Figure in another \$2,200 for miscellaneous service costs (filters, hoses, tire rotations and so on) and another \$1,500 for a few major items like a timing belt replacement, new brakes and shock absorbers. Tally that up and you get \$5,200, or around \$1,040 per year.

Now let's compare that to a new car. According to the National Automobile Dealers Association (NADA), the average price of a new car sold in Canada in 2015 was \$27,563, but we'll lowball it and say you found a good deal at \$24,000 and financed \$20,000 at 7 percent interest for 48 months. That comes out to a monthly payment of just under \$479, which tallies to \$5,747 per year.

In other words, for the cost of owning a new car for one year, you could own a paid-off car for five years, and still have money left over for tolls.

According to Consumer Reports, the average life expectancy of a new vehicle is around eight years or 150,000 miles. A well-maintained car in some cases can stay on the road for more than 400,000 km and that also means a safer trip for you and your loved ones. And who can put a price on that?

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(Fisher Branch)

Peguis celebrates its graduate leaders of today and tomorrow

By Patricia Barrett

Peguis Central School graduates were honoured by their families, community elders, teachers, chief and council during a ceremony June 27 in the school's gym.

Family members and friends, who helped them don their graduation gowns before they took centre stage, accompanied most of the 31 graduates up the aisle.

Peguis Chief Glenn Hudson spoke of embracing the spirit of reconciliation and holding fast to their own future goals and dreams.

"I know looking back over our history, there has been a lot of changes over the last 200 years in terms of our being and who we are. That's something we need to embrace today as far as that spirit of reconciliation [is concerned] and as we work with different members of society and also work with the outside," he said.

"This is what our graduates are going to be embracing and encountering as far as their transition. I know that working with society out there, we have to promote that spirit of change and spirit of reconciliation to allow for healing."

Hudson also encouraged the grads to pursue post-secondary education in order to help bring economic development and prosperity to the community.

"I would encourage you to continue on. Don't take that break," he said. "Life is too short. Go after those dreams and what it is you want to be."

Elder Margaret Fiddler advised the grads to stay in touch with loved ones as they venture into the world.

"I know you're going to experience culture shock, and there's a lot of things that will take a lot of getting used to," said Fiddler. "I know that you'll also experience loneliness, and I know that having a smartphone doesn't really cut the loneliness. You have to have human contact. So don't be afraid to reach out and be with the ones that will love and support you on your journey."

School principal Fay Stevenson spoke to the challenges that inevitably lie ahead for



EXPRESS PHOTOS BY PATRICIA BARRETT

Peguis Central School graduates celebrate the end of high school.



Director of Education Carrie Sutherland



NDP MLA Nahanni Fontaine congratulated the grads on a huge accomplishment.



Valedictorian Nolan Favel thanked those who supported the grads on their journey to adulthood.

each grad.

"As you move forward in life learning and growing towards your life's goals, you will gain strength and determination," she said. "I hope you view any challenges ahead as an [opportunity] to learn and gain new insights and not necessarily as stumbling blocks because that's where there's failure — giving up. Have faith in yourself at all times. You all have wonderful unique gifts and abilities."

On behalf of the grads, valedictorian Nolan Favel thanked those who supported them on their journey to adulthood.

"There have been so many people who helped in some way to get us here today," he said. "I know it's not possible to individually thank everyone, but I'd like to thank our parents, grandparents and friends for their support, encouragement and for pushing to get us to complete our education."

He also thanked their teachers, cafeteria staff, custodians and bus drivers for the role they played in their educational experience and for creating "special memories" of



Elder Margaret Fiddler

high school.

He encouraged his classmates to take on new challenges and learn from whatever life throws their way.

"The message I want to pass on to my fellow graduates as you leave high school and move into adulthood is never be afraid to take on a challenge and step outside your comfort zone," said Favel. "Never be afraid to ask for help when you need it. We never know what lies at the end of the challenges we take on."

NDP MLA for St. Johns Nahanni Fontaine spoke from the heart of the struggles she faced growing up as an Indigenous woman, bereft of cultural contact with her own First Nation, Sagkeeng. With determination and with guid-



A. J. Wastasecoot will be entering university in B.C. for a degree in zoology.

ance from an elder, she said she overcame many obstacles, going on to earn university degrees, landing a teaching position in a university and becoming an advocate for murdered and missing Indigenous women and girls.

Citing residential schools, loss of land and resources, the '60s scoop and the ongoing "epidemic" of violence against Indigenous females, Fontaine said Canada's Aboriginal peoples were "not meant to be here" but Peguis' graduates represent a "huge accomplishment."

"Not only did we survive,

we thrived," said Fontaine, whose youngest son is from Peguis. "And you all are an illustration of that. Here you are graduating, sitting on the stage, being honoured by your whole community and your family."

Fontaine said the graduates are destined to become the leaders of tomorrow.

"I honour each and every one of you," she said. "I honour you for the strengths you have, the gifts you have and the leadership that you're going to be giving not only to Peguis but to all of Canada."

Ashern hosts Canada 150 slo-pitch tournament

By Jeff Ward

Thousands of dollars in cash prizes were up for grabs last Saturday at the second annual Canada Day Baseball Classic in Ashern.

The 16-team tournament, with a \$2,000 grand prize, was held at the Ashern Sports Grounds.

This year, The Relief Pitchers took home the top spot. Organizer Tyler Geisler said that the champions placed second last year and were able to redeem themselves this year.

The Dirty Birdz slugged their way to a second place finish and \$1,500. Donny Malcolm was crowned the home run derby king for his ability to hit the longest ball after a sudden death playoff with Quinton Dreger.



The Relief Pitchers won the 2nd annual Canada Day Baseball Classic, taking home the \$2,000 grand prize.

Also on hand were a number of side activities such as bouncy castles for the kids, live music by Sonny & The



Donny Malcolm won the home run derby contest.

Hurricanes, a casino and a big fireworks show finished the day with a bang.

Last year, this event raised

over \$12,000 and Geisler reported that this year they raised \$10,000. Money raised from the event will benefit



EXRESS PHOTOS BY JEFF WARD AND TYLER GEISLER Gamblers take a chance at the black jack table.

the future retrofit of the old Ashern Curling Rink into a wellness centre.

Coldwell residents to see slight increase on mill rate this year

By Jeff Ward

Following the RM of Coldwell's financial plan meeting on June 16, residents can expect to see their taxes rise a bit to cover what Reeve Brian Sigfusson describes as the increased cost in doing municipal business.

Sigfusson explained that he would've liked to see the mill rate be increased more but said he understood the consensus on council was to make sure not to overburden ratepayers. As it stands, Coldwell residents who live rurally will see an increase of 1.04 in their mill rate, which means that on a residence of a \$100,000 assessed value taxes will rise to \$1,711.80 up from \$1,661.40 in 2016.

Residents living in the LUD of Lundar will see a small increase of .04 of a mill and on the same property value an increase to \$1,632.60 up from \$1,630.80 from the year before. The RM budgeted revenues of \$2,673,907.61 and expenditures of that same amount for a balanced 2017 budget.

Sigfusson explained that he wants the community to move ahead and that the increased costs of doing business means taxes have to come up.

"If we're not moving forward we're really stepping backwards," said Sigfusson.

"I don't see anything really challenging for our RM this year, which is good. I'd like to work on bringing

in more investment into our area. We have some roads and drainage to do this year and some gravelling, but the arena is the big thing right now."

The new Lundar arena is set to cost the RM \$3.5 million but currently no tax dollars are being spent on the project until Municipal Board approval is obtained. Once the RM has approval, they will move ahead with a borrowing agreement.

The arena is not the only capital project for 2017 since there are improvements to the municipal office and equipment upgrades that have been budgeted at \$5,000. The fire department will be purchasing new equipment and protective clothing

to the tune of \$10,000, a grader upgrade is needed which is budgeted at \$100,000 and the Coldwell Eriksdale Waste Disposal Grounds will get another \$5,000 for future upgrades as an annual contribution.

"All of these things are necessary for our community to move forward and I'd like to do more. If we don't do enough, we could be in for more next year and then things get backed up. I do think we should've raised the mill rate a bit more, but that's just my opinion and we have to find common ground on council," said Sigfusson.

Riverton Collegiate Awards and Scholarships

NICOLE BERENS - Berens River First Nation Gift
 TRISTAN HUDSON - Berens River First Nation Gift
 JEWEL SEMPLE - Berens River First Nation Gift
 ARIEL ARCHIE - Jared Gislason Award for Sustainable Community, Development (ECB Verdyol)
 SONJA JOHNSON - Jeff Wharton Citizen Scholarship
 KACEE JOHNSON - Sophie Hurdal Memorial Bursary (Wpg. Foundation), Noventis Credit Union Scholarship, Riverton Community Music Alliance Post Secondary Scholarship, Riverton Co-op Bursary, C.U.P.E. 3164 Scholarship, Katelyn Friesen Memorial Scholarship
 MIKAYLA BARKMAN - Noventis Credit Union Scholarship, U of M Entrance Scholarship, Canada Iceland Foundation, Margrét Bjarnason Memorial Scholarship, Riverton Community Music Alliance Post Secondary Scholarship

TANNER SIGURDSON - Crop Production Services (Agrium)
 JILLYAN HOKANSON - Municipality of Bifrost-Riverton
 TYSON MONKMAN - Municipality of Bifrost-Riverton, Riverton Elks #530 Bursary, Arborg Royal Canadian Legion #161
 AMBER BJORNSON - Governor General's Academic Medal, U of M Chown Centennial Scholarship, Evergreen School Division Award, U of M Entrance Scholarship, Arborg Royal Canadian Legion #161, Riverton Elks #530, Scott Johannson Memorial Scholarship, Evergreen Teachers' Association Scholarship, Eleanor Melsted Memorial Award
 CHELSEA BARKMAN - Evergreen School Division Award, SBC Pastor's Matching Scholarship
 SAMANTHA JOHNSON - Stefan V. and Runa Sigurdson (Wpg. Foundation)

> PARTNERS IN TIME, FROM PG. 12

[Disney] show."

They began learning the dance in September when regular classes at the club commenced but they've been fine-tuning it and adding new elements.

"They're learning new jumps," said Fisher, who will be accompanying the troupe to Disneyland, but won't be performing because of an age restriction (22) on performers.

Many of the dancers participate in gymnastics, and they incorporate jaw-dropping flips and leaps into their routines. They also include elements of ballet, tap, hip hop and jazz.

Disney's stage will be a little larger than the stages they typically perform on in the Interlake.

"They're really good at adapting to a space," said Johannesson. "Their spa-

tial awareness is excellent. A lot of the stages we dance on in the summer are really small, so they get used to it."

The troupe adds colour and excitement to various Interlake parades (Arborg, Riverton, Gimli), performs at festivals such as the Evergreen Festival of the Arts, the Arborg Street Festival and the Arborg Ag Society Fair and Rodeo, and showcases their talents at year-end recitals. They recently competed at the Manitoba Dance Festival. Dancers aged 4-17 (including boys) are welcome to join the club.

For more information about how to contribute to the Disney costume fundraiser, or for information on dance lessons, contact the club by email: partnersintimedance@hotmail.com or at 204-378-0310. The club is also on Facebook.

Freedom Worship Centre to construct church in Arborg

By Patricia Barrett

The Freedom Worship Centre recently laid the foundation of what will be its church on PR 326 near the Arborg fire hall.

The centre purchased a parcel of property some years ago for the 11,500-square-foot building that's scheduled for completion early next year.

The church has held services every Sunday morning in the Arborg hall since 2004 and also has an office in the mall on Sunset Boulevard.

"One of the reasons we're building is because we're starting to feel cramped in the Community Hall," said Abe Wiebe, lead pastor of the non-denominational church that has currently has about 240 attendees.

The church's objective is to introduce Jesus to newcomers, build mature believers, strengthen families, worship God and help meet the needs of the community, according to its website. It is an autonomous church affiliated with LifeLinks International, a network of like-minded churches.

"We have a statement of faith and beliefs," said Wiebe. "We believe what Scripture teaches. We also believe church should be open for anybody. It's up to each person to decide whether they share our beliefs and values, but everyone is welcome to come and worship Jesus with us. We believe that we're all called to make a difference in humanity."

The church's Sunday morning service begins at 10:30 a.m. and consists of a general worship service, as well as a kids' church that runs at the same time. In addition to its regular service,

the church holds various other events such as Momentum Youth evenings for children aged 12 to 17, Connect nights for young adults, and other special events and services. It also organizes a kids' carnival every year, which draws people from across the Interlake and beyond.

Surrounded by lush farmland, the church will be built on a base of rock elevated in accordance to current Manitoba Sustainable Development flood guidelines.

Church elders (the leadership team) looked around town for a large piece of land before finding the semi-rural parcel not far from the Arborg Christian Fellowship Centre.

"It was hard to find something of a decent size so we would have room to expand," said Wiebe. "Right in town there were no big lots for sale at the time."

The size of the church will be comparable to the hall but will be laid out more efficiently to meet its particular needs.

"The sanctuary, which is where we have the service, will be a multipurpose room so it will allow us to set up for banquets or presentations," said Wiebe. "We don't have solid pews in there. We've got chairs that we can move around and rearrange the room as needed."

The centre may have to undertake some fundraising initiatives to help pay for construction since not all the money has been raised yet.

"Buildings like this don't come cheap," said Wiebe. "It seems the cost of buildings just keep going up every year."

tion drug costs. Criteria that limited coverage for Suboxone have now been removed, making it easier for eligible patients to access coverage for the drug. Suboxone is used to decrease cravings and relieve withdrawal symptoms for people recovering from opioid addictions.

The minister made the announcement at the Addiction Foundation of Manitoba's (AFM) River Point Centre, which is also the site of a 30-suite, abstinence-based apartment complex. The minister noted the apartment complex has recently been named the River Point Apartments following community stakeholder consultation. As a result of provincial investments, three new permanent staff have been hired to help operate River Point Apartments.

"Recovery is a process and support



EXPRESS PHOTO BY PATRICIA BARRETT

The Freedom Worship Centre of Arborg will be constructing a church on this piece of property along PR 326 near the fire hall.



EXPRESS PHOTO COURTESY OF ABE WIEBE

The road and foundation of the church has been completed. The church is expected to be built by early next year.

The church has hired a company from Steinbach to oversee the bids and construction, but there may be some local involvement depending on bidding and the availability of workers.

The centre will be holding a grand

opening celebration in the new year to officially launch the church.

"We'd love to show the community what we have going on," said Wiebe.

For more information on the Freedom Worship Centre, visit www.freedomworshipcentre.ca.

Province to help addicts pay for opioid replacement Suboxone

Submitted

Manitobans recovering from opioid addictions will receive new support with the removal of coverage criteria for Suboxone to the Manitoba Pharmacare Program, Health, Seniors and Active Living Minister Kelvin Goertzen announced on Monday.

"We know opioids like fentanyl are affecting our communities and families, which is why we are enhancing access to Suboxone," said Goertzen. "Today's announcement means more Manitobans will be able to access coverage for this opioid replacement option if they need it. This will help Manitobans with opioid addictions recover and lead healthier lives."

Pharmacare is a drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescrip-

tion drug costs. Criteria that limited coverage for Suboxone have now been removed, making it easier for eligible patients to access coverage for the drug. Suboxone is used to decrease cravings and relieve withdrawal symptoms for people recovering from opioid addictions.

is often required for some time," said Ben Fry, chief executive officer of AFM. "The longer support can be provided, the better the outcomes. The AFM continues to see strong demands for opiate replacement therapy and supportive housing for people along their journey to healing and recovery."

Recognizing Suboxone and methadone are now used in opiate replacement therapy, Fry added the former Methadone Intervention and Needle Exchange program has been renamed Manitoba Opioid Support and Treatment (MOST) program. The MOST program is available in Winnipeg and Brandon.

"Like all areas of health care, opioid addiction treatment continues to be an evolving process. We know that while methadone continues to be an effective medication for many patients,

people are different and have different needs. Suboxone, with its overall safer medical profile, can provide a great alternative for many patients. Importantly, with the increased accessibility of these two opiate agonist treatments, we not only increase the chances of success for patients but we also improve health and social outcomes on both the individual and at the population level," said Dr. Ginette Poulin, medical director for AFM. "As a physician, I see the positive effects the MOST program has on Manitobans every day, in terms of building healthier lives for themselves and their families."

For more information on fentanyl and other opioids in Manitoba, visit gov.mb.ca/fentanyl/index.html.

Steep Rock Café opens new lounge for Canada Day

By Jeff Ward

After months of hard work, a new lounge for the Steep Rock Café was opened to excited patrons last weekend, just in time for Canada Day.

The café opened May long weekend but the lounge just opened for the Canada 150 festivities. An occasional permit for selling alcohol services the lounge currently, but manager Marion Grogan said the lounge is waiting for their full licence in the next few weeks.

The lounge is just another part of the massive changes happening this year at Steep Rock Beach Park, where campsites, washrooms and common areas have seen improvements. Grogan said that she is especially proud of her staff and the support she's received from campground staff and managers Lana Iwanchuk and Trevor Gabbs.

Over the past few months, Grogan

and her team have created a completely new atmosphere at the café.

"We've turned it into a lounge atmosphere where people can come, grab some food or cocktails and relax with an incredible view," said Grogan.

"People can still do takeout orders, but we now have a seated dining area where our wait staff will serve you your meals and drinks. It's very relaxing and I really think people are going to enjoy spending time here."

Grogan said that almost everything on the menu is made in house. Hand-pressed burgers, fresh-baked buns, mac and cheese, shepherd's pie and

even pizza baked on naan bread are all made by kitchen staff. While there are still those great fast food options, there are other items that balance out the menu to cater to a wide variety of tastes.

The café is also open for breakfast

"WE'VE TURNED IT INTO A LOUNGE ATMOSPHERE WHERE PEOPLE CAN COME, GRAB SOME FOOD OR COCKTAILS AND RELAX WITH AN INCREDIBLE VIEW."



EXPRESS PHOTO BY LANA IWANCHUK

These ladies are only some of the hardworking staff at the Steep Rock Cafe who will be serving customers plenty of great food at the beach this summer. From left, Alexa Baryliuk, Barb Fillion, Chelsea Wall, Marion Grogan and Barb Beaudry.

on Saturday and Sunday. Grogan said the only thing better than watching the sunset with a cocktail in your hand, is watching it come up the next morning with a coffee and a giant cinnamon bun.

Another proud moment, Grogan said, is that the café has several staff that are working their first ever job.

"Our café is their first job and I think that's awesome. This can be a tough job sometimes and they've been great employees. We're very proud to have them on our team," said Grogan.

The café and lounge will remain open from Wednesday to Sunday each week until the end of the season.

Poll finds Canadians believe pesticide exposure most important threat to bees

Submitted

Most Canadians (89 per cent) believe "pesticides" are the most important threat to bees according to a poll conducted on behalf of Friends of the Earth Canada in May by Oracle Poll Research. Almost eight out of 10 believe the loss of suitable floral resources was important (79 per cent).

More than six out of 10 also cited other threats as important: habitat loss, 68 per cent; disease, 67 per cent; climate change, 66 per cent; and modern intensive agriculture, 65 per cent. Friends of the Earth believes that all these threats to bees are very important and are cause for urgent action by all concerned.

In total, 68 per cent of all Canadians surveyed said that they were concerned or very concerned, compared to only 11 per cent not or not at all concerned, while 20 per cent had a neutral opinion (neither concerned nor unconcerned) and two per cent were unsure. Total concern was highest in Quebec (76 per cent) and B.C. (75 per cent), followed by Ontario (66

per cent), Manitoba/Saskatchewan (65 per cent), while lowest in Alberta (60 per cent) and the Maritimes (59 per cent).

"We are impressed with the depth of concern for bees from Canadians across all ages and backgrounds and that people in urban and rural settings share the same levels of concern for bees. But we do need to help Canadians better understand the importance of wild, native bees," said Beatrice Olivastri, CEO of Friends of the Earth Canada. Almost seven out of 10 Canadians don't know that the pollinating role of wild, native bees cannot be replaced by honey bees.

Despite high public concern, Environment Canada has not acted to protect six wild, native species recommended for protection by the scientists working as the Committee on the Status of Endangered Wildlife in Canada (COSEWIC).

"In fact, our poll demonstrates more than enough public concern and support for the federal government to act comprehensively to protect all



EXPRESS PHOTO SUBMITTED

Most Canadians believe pesticides are the most important threat to bees, according to a poll conducted on behalf of Friends of the Earth Canada in May by Oracle Poll Research.

wild, native pollinators. We need to invest in science, policy and practical measures to protect Canada's over 855 species of wild, native bees from pesticides, habitat loss and other big

threats," says Olivastri. Other countries like the United States and the United Kingdom have national pollinator policies designed to protect bees. Canada does not.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Junior Thunder knock off Nomads in league final

By Brian Bowman

One would be hard-pressed to find a more exciting football game than the one played between the Interlake Thunder and North Winnipeg Nomads last Thursday evening at the Investors Group Field.

With a league title at stake, the Thunder won the junior girls' football championship after a thrilling 71-63 overtime victory.

The two clubs were tied at 55-55 after regulation time in the back-and-forth affair and then played two five-minute overtime halves. Zoe Oughton scored both of the Interlake's touchdowns in OT.

"It was probably the most exciting football game that I have ever been involved in," said Thunder head coach John Montgomery. "And I've been involved in quite a few. It was unreal. The girls played their hearts out and every player on my team played their best possible game at the best possible time.

"But win or lose, that was the most exciting game."

Oughton, meanwhile, was sensational the entire game. The speedy quarterback from St. Laurent scored all, but one, of the Interlake's touchdowns in the game (Caralyn Safiniuk had the other).

Oughton was deservedly named the game's most valuable offensive player. The Thunder changed their offence for the championship game, trying to utilize Oughton's talents as best they could.

"She is probably the most determined athlete that I have ever coached," Montgomery said. "She is an unreal competitor and also one of the nicest persons you'll ever meet.

"She's also easily the fastest person in the league."

Safiniuk and Aurora Remillard did a great job blocking for Oughton, said Montgomery. They also played a huge role in the Thunder's offensive success.

The league championship was the second in as many seasons for the Interlake junior girls' program. In both seasons, the Thunder peaked at just the right time.

In fact, Interlake was just 1-4-1 during its regular season this year and the win over the Nomads in the final was considered a pretty big upset.

"But when we looked at our film, you could tell that we were progressing remarkably," Montgomery said of his team's improvement. "Everyone peaked at the right time."

Skylar Funk was one of those Thunder players that had a great performance in the final. The outside linebacker from St. Andrews was named the defensive game MVP.

"She stopped quite a few people," Montgomery noted. "And she recovered a crucial fumble at just a crucial time. We also used her on kickoff return and we focused her on the other team's better players. She was absolutely deserving of that award but everybody on that defence (was very good)."

Montgomery said the Thunder players and coaches immensely enjoyed playing at the home of the CFL's Winnipeg Blue Bombers.

"It was pretty cool," he stressed. "How many nine and 10-year-old girls get to run onto the stadium



EXPRESS PHOTOS BY LANA MEIER

Interlake Thunder league champions. Left to right, back row: John Montgomery (coach), Roberta Finnie (manager), Paul See (trainer), Phoenix Remillard (assistant coach), Greg Safiniuk (assistant coach); middle row, Danika Jakabek, Skylar Funk, Aurora Remillard, Jessica Jakabek, Alexis Rulen, Caralyn Safiniuk, Zoey Oughton, Natalie Bruce, Elizabeth Monkman; front row: Lexi Weddall, Melody Debreuil, Carly Safiniuk, Kayla Monkman, Kira Hooper and Abby Oughton.



The Thunder's Zoe Oughton of St. Laurent was named the game's offensive MVP.



The Thunder's Caralyn Safiniuk (32) blocks for quarterback Zoe Oughton.

and they call your name and they run out. That was pretty cool and they really enjoyed that."

Montgomery also wanted to thank his coaching staff for the tremendous job that they did this past season. Both Greg Safiniuk and Phoenix Remillard played a big role in the Thunder's success this season.

"They were outstanding all year," said the Thunder head coach. "They were crucial. I'm an offensive person, that's my background, and Greg took over the defence and Phoenix helped out on both sides.

"If Greg wasn't there, I would say that we would not have won a championship."

Ward wins silver at worlds with Team Canada



Breanne Ward

Staff

Team Canada had to settle for a silver medal after losing 41-16 to Team USA in the championship game at the 2017 IFAF Women's World Championship last Friday in Langley, B.C.

The U.S. became gold medalists for the third-straight tournament. Canada, whose roster includes Lundar's Breanne Ward, reached the gold-medal game after defeating Australia and Great Britain.

"It's disappointing to lose any football game (but) I'm very happy with our players and how hard they played," said Canada head coach Jeff Yausie. "The U.S. is a formidable opponent and we knew we'd have our hands full."

"We were happy to make a few plays ... we made a couple of turnovers and were able to score a few points which has been rare in the past against the U.S. I'm just really proud of our team and how hard we fought in the game. (The U.S.) is talented and they're deep."

"Any team that plays them has their hands full."

Mexico took home the bronze from this year's worlds after beating Great Britain.

MJHL making players pay to play this season

By Brian Bowman

Athletes looking to play in the Manitoba Junior Hockey League this upcoming season will have to open up their wallets.

A league source confirmed last week that the MJHL has implemented a "pay to play" model. A \$500 fee will be paid to the league for every registered player.

The money – which is estimated to be in the neighbourhood of around \$11,000 per team and \$121,000 in total – will go to the league and not individual teams.

Other junior teams in Manitoba, including ones in the Keystone Junior Hockey League and Manitoba Major Junior Hockey League, are charging players to play to cover league costs.

Junior leagues in Ontario also charge players to play.

But this is a first for junior "A" hockey in Manitoba. And the MJHL is not yet

ready to publicly talk about it.

MJHL commissioner Kim Davis was apparently on vacation and would be "back in the office July 24" when contacted via text last Friday and was unavailable for comment.

Meanwhile, Kevin Saurette, the MJHL's director of operations, said he was travelling on holidays last week and suggested any questions be relayed to commissioner Davis.

Saurette did offer, however, that he would talk with Davis early this week and make sure he is aware of the *Express Weekly News's* interview request.

But as of Tuesday afternoon, no contact had been made between the *Express Weekly News* and Davis.

The MJHL, like every other hockey league in Canada, has to come to grips with the current economic times. But how is this new money going to be

used?

No one, besides the league's higher ups, would know that answer.

But the MJHL should now be concerned that some of their players may opt to play in other leagues across Canada and, possibly, in the U.S.

Saskatchewan Junior Hockey League president Bill Chow confirmed Monday morning that their league will not be going to a "pay to play" model this season. He admitted the topic has come up but their league has no plans to implement a system charging players to play in the SJHL.

BCHL commissioner John Grisdale, AJHL commissioner Ryan Bartoshyk, NOJHL commissioner Rob Mazzuca and SIJHL present Bryce Graham could not be reached for comment via phone earlier this week.

Thunder football in need of more Cruncher players

By Brian Bowman

The Interlake Thunder are in need of players in the Cruncher Division (ages seven and eight) to meet their roster minimum by July 15 for this upcoming season.

As of Monday morning, the Thunder still needed five more players to register to meet that minimum requirement.

"We are now preparing for what we anticipate will be a very exciting MMFA season, having declared teams in Atom, PeeWee and Bantam divisions," said a message on the organization's website. "At Cruncher, we are five athletes shy of declaring a roster. We would like to call upon the entire club to help get our Crunchers over the top."

"Please reach out to friends, family, neighbours to help ensure that our youngest members have the opportunity to participate in the ultimate team sport."

The Thunder have met the minimums for other minor teams Atom

(nine to 10), PeeWee (11-12) and Bantam (13-14) but will be accepting registrations throughout the summer.

"While we have achieved the roster minimums for our Atom, PeeWee and Bantam entries, we still have roster spots available and would encourage our membership to help boost numbers for all of our minor teams," continued the message.

The Crunchers practise twice a week during the season while the other age levels work out two or three times. Games begin mid-August.

For more information on registration, those interested can contact the Thunder's director of registration Michelle Kymanick at registration@interlakethunder.org.

Meanwhile, the Thunder will be hosting their fourth-annual pre-season minor football jamboree July 16.

The morning session will run from 10:30 a.m. to noon with a half-hour lunch break. The afternoon session will begin at 12:30 and continue until 2 p.m.

The jamboree is an excellent opportunity for new Thunder athletes to get comfortable in their equipment and receive some pre-training camp instruction on football fundamentals.

For returning players, it is a chance to reunite with teammates they have not seen in nine months and shake the rust off before jumping into training camp.

Along with the Thunder's minor coaches, members of their Midget and Senior girls' team and coaching staffs will be out to help instruct the young athletes.

Players participating in the jamboree will receive a ticket for a free hot dog, chips and drink on behalf of the Thunder and their new canteen supplier Tropical Thunder.

Tropical Thunder will be on hand throughout the day with food and refreshments including hot dogs, hamburgers, ice cream and cotton candy for friends and family who would like to purchase.

MJHL 2017-18 pre-season schedule announced

Staff

Pre-season action in the MJHL kicks off Sept. 4 with the Swan Valley Stampers taking on the Dauphin Kings.

The Selkirk Steelers will begin their pre-season Sept. 6 when they play the Pistons in Steinbach. Selkirk will host the Winnipeg Blues Sept. 8 and then the two teams will hook up the next evening at the Bell MTS Iceplex.

The Steelers will then get a taste of U.S. competition when they travel south on Sept. 10 to battle the Thief River Falls Norskies at the Ralph Engelstead Arena.

Selkirk will host Thief River Falls (Sept. 13) and Steinbach (Sept. 15) before wrapping up their pre-season in Steinbach on Sept. 16.

The Steelers will begin their regular season Sept. 22 in Steinbach. Selkirk will then host the Pistons the following evening in their home opener.

The complete pre-season schedule can be found on the MJHL website.

In other MJHL news, the league will be conducting its first-ever Prospect Development Camp from July 27-30 at the Seven Oaks Arena.

The camp will feature list play-

ers born in 2000 and 2001 from each MJHL club and will focus on preparing the players for a successful junior hockey career while helping them transition from minor hockey to elite junior hockey in the MJHL and beyond.

Another highlight this coming season will be the Old Dutch Player Showcase, scheduled Dec. 11-13 at the Bell MTS Iceplex in Winnipeg.

The event, now in its 15th year, is highly popular and attracts scouts from the NHL, NCAA, WHL and CIS.

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Moving sale - Fri., July 7, 12-8 p.m.; Sat., July 8, 8 a.m. - 2 p.m.; bargain day is Sun., July 9, 10 a.m. - 2 p.m. Antiques, crocks, spinning wheel, cream separators, tools, garage is full! 309 4th St. West, Stonewall. Rain or shine!

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For details contact Robbie Miller at 739-2101 ext 1241.



ARBORG BIFROST PARKS AND RECREATION COMMISSION

Request For Tender

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

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

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

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

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

EMPLOYMENT NOTICE



Lakeshore School Division is accepting applications for a Permanent School Bus Driver in the Lundar area (Route L-02) commencing September 6, 2017

Qualifications:

1. Must hold a valid minimum Class 2 Manitoba Drivers License
2. Must hold a valid School Bus Operators Certificate
3. Must meet medical standards for a school bus operator
4. Must enjoy working with children

Interested candidates may forward their application to:

Mr. Robbie Miller
Transportation Supervisor
Box 100, Eriksdale, MB, R0C 0W0
Phone: (204) 739-2101 Fax: (204) 739-2145
Email: millerr@lakeshoresd.mb.ca

Deadline for applications: Wednesday, July 12, 2017 at 12:00 p.m.

For more information please contact Robbie Miller @ 204-739-2101 Ext 1241

Spare School Bus Drivers are required in all areas.

Training to obtain the required licensing is provided at no charge by Lakeshore School Division periodically through the year. Incentive paid for successful completion of training.

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

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

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If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, Mb. to fill out an application, apply online at www.efmoon.ca, or email a resume to info@efmoon.ca

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FOR LORAIN & GREG HEINRICHS**

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ALTONA, MB

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FARM AUCTION SALE

**For Real Meilleur - Fisher Branch, MB
Mnday, July 10, 2017, at 11:00 a.m.**

Sale site: From Fisher Branch - 1/2 mi. North on Hwy #17

Tractors & Equipment: 2005 McCormick MTX 150 Tractor w/shuttle shift (Ser 32T50AB4JJE33362210); 1997 CIH 9350 Tractor w/Tocon auto steer, 7044 hrs (Ser #18038 - on engine); IHC 4166D Tractor, 6600 hrs, engine new; 1996 Bourgault 8810 Air Seeder 35' w/440 lbs trip shank (Ser #35853AS-33); 1999 Bourgault 3225 Air Cart; 2012 Bourgault 6000 90ft Mid Harrow (Ser #41102MH-06); Airmaster 100,000 BTU Grain Bin heater; 1998 Case-IH 5420 Square Baler; 1979 IHC 1460 Combine, new engine, 380 hrs (Ser #1700213V006284); 1982 IHC 4000 Swather w/19.5ft pickup reel (Ser #1310083-000-7394); 1998 CIH 2388 Combine, 2200 hrs, w/pick-up, axle flow, rear-wheel assist, new engine (200 hrs) (Ser #2HSCBAHR12C011186); IHC 810 20' Header w/bat & pickup reels; Allied Auger w/motor 7x41; (2) Westfield 606-31 Augers; NH 1033 Bale wagon; Pelloquin 16ft Land leveller (Ser #16-1150), like new; Reyden 8ft Swath Roller; Rock-a-matic #57 Stonepicker (Ser #0H79084); Rock-a-Matic TM12 12ft Stonerake (Ser #JM632); IHC #50 15ft Chisel Plow; IHC #55 22ft Chisel Plow; IHC 760 20' Offset Disc; CIH 5600 Chisel Plow 41' w/mulchers; 2008 Honey Bee 94C 30' Header w/2388 adapter (Ser #30GB081301); Grain Trailer w/gravity box, 150 bu.; ATV Sprayer; ATV 25 gal sprayer w/10' boom; C836 Farm King 8' x 36' Auger w/13 hp Honda motor; Farm King 10x60 Auger; Farm King 8ft Snowblower; FEL Rock rooster; Fillrite FR311L Fuel pump and meter; GPI P-200H Chemical transfer pump; Haul All Drill Fill; Kendron Auger 8x46; Labtronics 919 Moisture meter w/case; Leica Rugby 260SG Laser level; Watermaster floating pump w/Tecumseh motor **Trucks & Offroad:** 2009 Int. ProStar Eagle semi truck, 1,026,040 km (Ser 32HSCUAPRO9C069635); 2002 International 9100 Truck w/Neustar Grain box, 8 1/2 x 20, 64 high, 862,391 km, safetied; 1968 GMC 7500 Tandem Truck w/19.5ft Grain box, Box & hoist g/c, 8 1/2 x 19 (Ser #JM76701D410815); 2004 Bombardier Outlander XT ATV **Miscellaneous:** 3200 gal Water tank; 500 litre Slip tank w/pump; 5000 litre Diesel fuel tank; Briggs & Stratton 3.5 hp Motor w/2" water pump; Fill-Rite SD602 Gas fuel pump; (6) new unused 15ft x 60ft Hay tarps

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

Lorne (Buddy) Bergner, Auctioneer

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Sunday July 9th @ 10:00 AM

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223 Skid Steer * Vehicles*
Recreation & Yard * 94
GMC 1 Ton w 10' B & H *
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& Trailer * Banyo 3000 cc
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Chipper * 2) Snow Blowers
* 48" Rotoator * 5' Tandem
Disc * 2B Plow * 6' Cult * 6'
Blade * 8" Harrows * 5' Rotary
Mower * 6' Box Scraper *
Equipment * NH 499 12' Hay
Bine * NH 323 Square Baler
* Int 1100 9' Sickle Mower *
34' Hay Trailer * JD 556 Rd
Baler * Int 5000 24' Chisel
Plow * NH 1033 Auto Bale
Wagon * Hyd. Post Hole
Auger * Skid Steer 6' Snow
Blower * Skid Steer 7' Blade
* Peerless Grain Roller * Tools
* 8800 Lb Two Post Hoist *
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Bench * 15 Drawer SS Work
Bench * Tire Changer * Wheel
Balancer * Pressure Washer
* Pipe Bender * Upright Air
Compressor * King 20" Planer
* Power Tools * Hand Tools *
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Steer Hyd Trencher * Skid
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x 15' 20'x 30' x 12' * 10'
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**FARM LAND AUCTION
DENISE PASIECZKA (LATE BILL)**

Saturday July 29th @ 10:00 AM

Domain, MB 4 Miles South
on Hwy 330 Then West 1 3/4
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Denise (204) 793-1891 Or
Brian (204) 880-1742

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Sheds, 2 With Cement Floors,
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Well Sheltered Yard Site.
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Josh would like to thank all of his customers for helping him reach top achiever for May. Josh takes great honour in providing the community with the utmost level of satisfaction when purchasing their new or used vehicle. Come visit him at Selkirk GM today! 1010 Manitoba Ave., Selkirk MB. Call 204-482-1010 or email josh.i@selkirkgm.ca

ANNOUNCEMENT



**George Kowalchuk
May 5, 1917 - July 8, 2003**

Those we love remain with us
For love itself lives on,
And cherished memories never fade
Because a loved one is gone.
Those we love can never be
More than a thought apart,
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> MEAL IDEAS



Bold Honey Barbecue Burger

8 frozen onion rings
4 slices tomato
fresh lettuce

Combine ground beef, green onions, garlic powder and cayenne pepper; form into four patties. Sprinkle both sides of each patty with steak seasoning. Cover and chill. (Patties can be made several hours in advance.)

Brush buns with melted butter; set aside. In small bowl, mix barbecue sauce with honey; set aside.

Heat grill to medium-high heat.

Grill burgers to internal temperature of 160 F, about 4-6 minutes per side.

Two minutes before burgers are finished, grill buns, butter-side down, until golden brown. Place cheese slices on burgers to melt.

Serve each burger on buttered bun topped with two slices bacon, two onion rings, honey barbecue sauce, lettuce and tomato.

Total time: 35 minutes

Servings: 4

1 pound ground beef
1/2 cup chopped green onions
1/2 teaspoon garlic powder
1/2 teaspoon cayenne pepper
3-4 tablespoons steak seasoning
4 hamburger buns
1/2 stick melted butter
3/4 cup barbecue sauce
1 tablespoon honey
4 slices Borden Cheese American Singles
8 slices thick bacon, cooked until crispy

Grilled Hawaiian Chicken and Tropical Coleslaw



1 cup diced pineapple
1/2 cup slivered almonds
1/2 cup Litehouse Coleslaw dressing
In mixing bowl, whisk together ketchup, brown sugar, soy sauce, pineapple juice, 2 tablespoons olive oil, rice vinegar, garlic, ginger and sesame oil. Stir in pepper and season with salt, if desired.

Place chicken in gallon-sized resealable bag. Reserve 1/2 cup marinade in refrigerator then pour remaining marinade over chicken. Seal bag and refrigerate 1-2 hours. Soak 10 wooden skewer sticks in water 1 hour.

While chicken marinates, prepare coleslaw. In medium bowl, toss together coleslaw mix, red pepper, pineapple, almonds and coleslaw dressing. Refrigerate until ready to serve.

Heat grill to 400 F.

Drizzle remaining olive oil over red onion, bell pepper and pineapple; toss. Season red onion and bell pepper with salt and pepper then thread red onion, bell pepper, pineapple and chicken onto skewers until all chicken is used.

Brush grill grates with olive oil then place skewers on grill. Grill 5 minutes then brush along tops with 1/4 cup marinade. Rotate to opposite side and brush remaining marinade on opposite side; grill about 4 minutes, or until chicken registers 165 F in center on instant read thermometer.

Serve skewers warm with coleslaw.

Total time: 1 hour, 25 minutes

Serves: 6

1/3 cup ketchup
1/3 cup packed dark brown sugar
1/3 cup low-sodium soy sauce
1/4 cup pineapple juice
4 tablespoons olive oil, divided, plus additional for brushing grill
1 1/2 tablespoons rice vinegar
4 teaspoons Litehouse Instantly Fresh Garlic
1 tablespoon Litehouse Instantly Fresh Ginger
1/2 teaspoon sesame oil
3/4 teaspoon freshly ground black pepper, plus additional, to taste salt, to taste
1 3/4 pounds boneless, skinless chicken breast, chopped into 1 1/4-inch cubes
1 large red onion, diced into 1 1/4-inch pieces
1 1/2 large green peppers, diced into 1 1/4-inch pieces
3 cups fresh cubed pineapple
Coleslaw:
1 package (14 ounces) coleslaw mix
1 cup diced red pepper

Transitions: Children Leaving Home



However painful the process of leaving home, for parents and for children, the really frightening thing for both would be the prospect of the child never leaving home.

Robert Neelly Bellah

When our children are young, it seems that raising them will last a lifetime. Before we know it, however, they are adults and ready to venture out on their own.

One of our major life tasks and preoccupations is pretty much complete and we may well have half of our life still ahead of us.

For some, this can be a difficult transition, particularly for Moms who have stayed at home to raise their children. They may feel a loss of purpose or even value now that they are no longer needed in the same way.

Couples who have been very involved in the lives of their children may have lost their connection as friends and lovers. They may well have to learn how to be a couple

again, instead of just Mom and Dad.

If you still have children at home, it is important to maintain some of your own interests, activities and hobbies. Then when the children grow up and leave you can look forward to having more time to do the things you love.

It is also important for couples to take time to do things together through the years, and even to get away without the children from time to time. Maintaining the connection will prevent the feeling that, when it is just the two of you again, you are not living with a stranger.

If you did not do these things, and find yourself floundering as a result of this transition with your family, do not despair. You will adjust eventually. Think of this next stage of life as an opportunity to do things you have always wanted to do, or to create new experiences for yourself, individually and as a couple.

Make the most of this time while you are still relatively young and able. Time passes quickly and later years may bring limitations. You have raised your children, so now take some time for you, and enjoy!

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

Honey Baked Beans



Recipe courtesy of the National Honey Board

Servings: 4-6

4 slices bacon, diced
1/2 cup chopped onion
4 1/2 cups cooked navy beans (or 3 cans, 15 ounces each)
1/2 cup honey
1/2 cup ketchup
1 tablespoon prepared mustard
1 tablespoon Worcestershire sauce
Heat oven to 350 F.

Saute bacon and onion until onion is tender; combine with remaining ingredients in shallow 2-quart, oven-safe baking dish. Cover with lid or aluminum foil and bake 30 minutes. Uncover and bake 45 minutes longer.

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