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WEEKLY NEWS

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EXPRESS PHOTO BY RALPH TANCHAK

The candy scramble was one of the highlights for the children during the Fisher Branch Homecoming weekend July 3-5. Gavin Feculak (left) and Gabriel Vieira scrambled to get as many sweets as they could, even using their boots as a holder. See page 3 for more coverage.

Squall flips catamaran

By Patricia Barrett

With little warning, apart from a few distant rumbles of thunder, a violent storm hit Laurentia Beach Saturday afternoon and tossed a catamaran and its sailor under the waves about a half-mile (0.8 kilometres) from shore.

Two cottagers had been out for a beachside stroll but ran for cover when the rain came bucketing down. They said they saw a redhulled catamaran with brightly coloured sails dashed down into the water.

"The wind was too strong," said Grant Link, one of the cottagers who witnessed the incident, "and he flipped." Link's family has owned a cottage at Laurentia Beach for about 44 years.

In a matter of seconds, the tempest from the southwest shrouded the lake, and the boat disappeared from sight. Concerned for the fate of the sailor, Link's friend called 911 while he got out his binoculars and trained them on the spot where the boat capsized.

After several minutes of intense

Continued on page 2

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



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Smoke before the storm: Lake Manitoba squall flips catamaran

Continued from page 1

wind and rain, and hail the size of almonds, the squall passed and visibility on the lake improved somewhat.

Link said he saw a motorboat carrying three passengers quite some distance south of the catamaran. It looked as though it was heading towards the downed boat.

By that time, the pilot could be seen in the water clinging to the catamaran.

Heavy smoke from forest fires in northwestern Manitoba and Saskatchewan hovered over the lake all weekend, making it virtually impossible for boaters to anticipate (by sight and smell) an approaching storm.

Manitoba has imposed a fire ban, according to a July 3 update from Manitoba Conservation.

One of Link's neighbours said she didn't see the catamaran capsize, but she saw it lying in the water before the storm intensified.

"A wall of water came through," said the cottager, who preferred not to give her name, "and we lost sight of it." She said when the rain let up, she and her husband saw people walking along a spit at the south end of the bay. They waded into the lake and walked in the direction of the capsized boat.

The motorboat beat them to it.

Tristan Rakowski, whose family has a cottage at Laurentia Beach, said he and his family left Twin Lakes Beach when they heard the first thunderclap. Ten minutes later, they were whipped by rain, "bothered" by lightning and battling waves a metre and a half high. As they approached the south end of Laurentia, they saw the overturned catamaran and headed to the rescue.

"He was sitting on the pontoon, looking a little discouraged," said Rakowski, who is vice-president of Rakowski Cartage & Wrecking, a Winnipeg-based company that demolishes buildings across the country and recycles the materials.

Rakowski said they asked the man whether he was hurt and offered to help him get the vessel upright. He tried to swing the mast into the wind.

From shore, Link said he could see the man standing on one pontoon, attempting to right the catamaran.

A few seconds before St. Laurent's volunteer firefighters and first aid responders arrived at the main public beach, which is cordoned off from

the shoreline by geotubes (textile sleeves filled with sand) and massive sandbags used for flood control, the catamaran was buoyant.

It looked as though the man was unharmed, but St. Laurent's deputy fire chief wasn't taking any chances. He sent two vol-

unteers into the lake.

"THE WIND WAS

TOO STRONG."

"We don't have a boat to effect a rescue," said Roger Leclerc, "but we have the jurisdiction to commandeer one from a cottager."

The two volunteers stripped off protective gear and heavy boots and waded into the water. Laurentia Beach has long stretches of relatively shallow water close to shore. Although the flood of 2011, which devastated cottages in St. Laurent and Twin Lakes Beach, has raised the level of the lake and stolen beachfront, it's still possible to walk out about a kilometre and a half — with water at neck level — before the lakebed takes a serious dip.

Leclerc said if the fire department had to grab a cottager's boat, it would reimburse the owner. "It's like renting a boat," he said.

EXPRESS PHOTOS BY PATRICIA BARRETT

St. Laurent volunteer firefighters watched from the shore after a catamaran flipped a half-mile out at Laurentia Beach last Saturday. The catamaran was buoyant and the sailor was rescued safely.

And depending on how the situation unfolded, Leclerc said the fire department would call for backup from the Lundar RCMP detachment, which has a rescue boat.

In chest-deep water, the two firefighters waved the man ashore, but he apparently did not see them. He landed at the south end of Laurentia Beach, close to the spit.

"I went down, but I was OK," said the man, who was surrounded by several people. He was removing the jib, which looked as though it had suffered tearing. He did not wish to comment any further or provide his name.

Leclerc said the fire chief went to speak with him to assess his condition.

Within an hour of the storm, there was barely a ripple on the water. But it was hard to tell what the clouds were getting up to behind the smoke.



The beached catamaran after the storm July 4.



A weekend of fun for Fisher Branch Homecoming

By Jeff ward and Ralph Tanchak

After years of hard work, the Fisher Branch Monument Committee was finally able to cut the ribbon on the 25foot wagon wheel.

The community landmark,"The Hub of the Interlake," is an image of a wagon wheel reflecting the major mode of transportation that brought many pioneers into what became Fisher Branch, the hub and the various districts that surround it, like the spokes of that wheel. Unlike the wooden wagon wheels of yesteryear that were shoed with a metal "tyre," this one is constructed of steel used in bridges which will rust naturally and give the wheel its rustic charm.

The ribbon cutting was attended by nearly 100 people during Fisher Branch's annual homecoming celebration. A speech was given by Reeve Shannon Pyziak, who spoke about the more than 100-year history of the town. Interlake MLA and Minister of Conservation and Water Stewardship Tom Nevakshonoff was also on hand and gave a congratulations to everyone involved.

The ribbon was cut by a very special guest, Rosie Barrett, who was the one who drew the sketch for the cover of the history book A Place of Our Own published in 1982, which was the inspiration for the monuments design.

"I was very honoured to be a part of the celebration and to cut the ribbon," said Barrett, who also mentioned she was surprised they wanted her to do

Even today, 33 years later, Barrett still remembers the day that the idea for the cover of the book was brought

"There were 12 of us ladies who and we all were making the book, and we all met at Mrs. Dion's house to work on it. She had a placemat on her table that showed a wagon wheel and some farm buildings and one of the ladies thought we should use that. I was given the job because I draw a little bit. I'm not the greatest but I try," explained Barrett.

Flash-forward three decades to July 3 and Barrett was cutting the ribbon as the massive wheel towered over her. It was a very special moment, not just for Barrett but for the whole RM of Fisher Branch.

"It actually felt like a relief to finally cut the ribbon," said Lori Smith, a member of the Monument Commit-

"We'll take a little time off for now, but we'll get together for another meeting soon and discuss the planning for the commemorative bricks



Ralph Tanchak (left) and high school friend Derek Chudyk reminisce and have some fun with the Ukrainian mural.

for the walkway."

Engraved commemorative bricks are available to anyone interested in being recognized for their donation towards the town's landmark. These are to be placed in a pathway leading to and around this monument. The Monument Committee thanked the community for its support, noting that funding and donations for the project were received from the Noventis Credit Union, Homecoming Committee, Fisher Branch Chamber of Commerce, Fisher Branch Women's Institute, 2014 Graduating Class, fundraising events and personal donations.

People will come and go from Fisher Branch, but that monument will last

Friday's activities started in the evening with a wine and cheese meetand-greet. Saturday's activities included a hard ball tournament, slow pitch tournament, wagon rides and a variety of children's activities. Although Saturday afternoon had seen a downpour with a lot of loud thunder, it didn't dampen anyone's good spirits.

This was a chance for many to meet with not only friends, family and neighbours from the community, but to connect locally from greater distances such as Summerland, B.C., Tampa Bay and California, bringing everyone together full circle like the wagon wheel that represents the town of Fisher Branch.

And, of course, to everyone's delight, there was the food. At noon on Saturday, in celebration of 95 years since the inception of the Ukrainian National Home (hall), a free dinner with a huge variety of courses was served to a very hungry line of visitors.

This was followed in the evening by a steak'n rib supper sponsored by the Barley Brothers & Fisher Branch Hospitality. Live music was provided by Highway 6 in the community hall and







EXPRESS PHOTOS BY RALPH TANCHAK

Nearly 100 people gathered around the wagon wheel monument for the ribbon-cutting ceremony during Fisher Branch's homecoming weekend. Pictured from top, left to right; John Plett, Darcy Plett, Tannis Chudy, Lori Smith, Wayne Smith, Rosie Barrett (cutting the ribbon), Tannis Yuzwa, Interlake MLA Tom Nevakshonoff, Shannon Pyziak and Stacey Gard. Ed Bernier of E Bar C Ranch and his team of horses provided wagon rides throughout the weekend, and Mike Stadnyk was the keeper of lucky duck #68, who was the first to cross the finish line in the duck race.

featured DJ Tribal Sound in the Fisher breakfast and ended with a duck race. Branch Community Rink.

Sunday started out with a pancake

Interlake family celebrates Canada Day as Canadian citizens

By Jeff Ward

For many of us, Canada Day is a day of celebrating the country's birthday by spending time with family and friends, but for one Interlake family, it means so much more.

Dmitrij Klassen immigrated to Canada in late 2009 from Germany with his wife, Natalia, and their son Miguel. Dmitrij didn't speak a word of English, but that didn't stop him from finding work.

"We moved in with my wife's parents, who live in Arborg," said Klassen, who now speaks, reads and writes English like he's been doing it his whole life.

"Those first eight months were tough for us. Not speaking the language made things difficult, but the community took us in, was very nice to us and gave me a shot working. I started working with different guys in Gimli and eventually here at [Protac Roofing], and was given the chance to succeed."

That chance was something that Klassen had seen when visiting Canada with his wife years before they moved. See-

ing the opportunities for young people, Klassen knew that all he had to do was work hard and that would be enough.

Klassen mentioned that communication was hard but not impossible. Using his hands and miming out what he wanted to say, he was able to work well with his co-workers. Coming home at the end of each day of work, Klassen would read the paper.

"Well, I would try to read it. It was obviously very hard in the beginning, but I would force my way through it, saying the words out loud. I did my best and started slowly learning the language. I also started writing a bit so I could learn spelling as well."

Klassen didn't go to school to learn English; he just gutted it out on his own. Try picking up a German newspaper and see if you can make sense of it.

Klassen would eventually build his own home in Gimli, where he now lives, and just last year bought out the owner of the roofing company. In just five years, the 28-year-old was able to learn English, get a job, build a home and become a business owner — an impressive feat for someone who

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LIFE."

came to Canada with no money and almost no way of communicating.

Klassen and his wife officially became Canadian citizens a year ago, and this Canada Day was his first as a citizen. He remembers the day as being full of joy and that it just flew by. To Klassen, Canada Day is about the opportunity this country represents.

"When we kept visiting before moving here full-time, all I

could see was how great this country is. I came here with no money and couldn't speak English, but everyone welcomed me with open hands. This is how I see Canada. This has been a big journey for me and my family these past five years, but it was the best decision we could ever make," Klassen said proudly.

The differences between Gimli and Minden, the town in Germany where Klassen spent the majority of his life, are numerous. But one of the things Klassen noticed the most was the pace of life.



EXPRESS PHOTO SUBMITTED

Dmitrij (left) and his wife, Natalia, celebrated Canada Day with their children, Miguel, Sabrina and baby Zoe. The family took in the Gimli parade and then spent the rest of the day at Gimli Park watching the shows.

In Germany, the working life is extremely fast-paced, according to Klassen. There are more than 80 million people living in a country that is half the size of our province. However, when Klassen moved into the Interlake, he noticed a big change in that pace of life.

"It's completely different here. In Germany, everything needs to be done yesterday, but here people understand if something can't be done until tomorrow. As soon as I moved here, my quality of life improved. I'm able to relax and live life."

Klassen said that when he visits his family in Germany, he tries to convince them to move here.

"They came here to visit once during the winter and decided that it just wasn't for them," joked Klassen.

Bifrost-Riverton to install permanent diking at Pebble Beach

By Marney Blunt

In flooding prevention efforts, the Rural Municipality of Bifrost-Riverton will be putting in a permanent dike at Pebble Beach on Lake Winnipeg.

The Province of Manitoba is funding approximately \$300,000 towards putting in a clay dike at Pebble Beach, which is located along Colonization Road. The RM will be paying for 10 per cent of the project, or around \$30,000, Reeve Harold Foster says.

"We'll be putting a tender out in the next couple weeks," said Foster.

Last year, the RM installed a tempo-

rary sandbag dike at the location in efforts to prevent flooding and damages to properties along Lake Winnipeg.

"Some of the landowners are removing some of it themselves, and we'll just bill it in for the contract to remove the rest," said Foster, adding that some of the sandbags could be incorporated into the permanent dike as well. "We want to separate the dikes from the sand. We don't want the sand or the dikes to go into the lakes or even close to the lakeshore."

Foster says the diking was put in last October to fight back high winds and high water levels.

"The diking was put in at the beginning of October last year, and the reason for that is the lake at that time was at 716.6 (feet above sea level.) And three times, we had forecasts with northwest winds up, on top of 716.6, would put about two feet of water into Pebble Beach," explained the reeve.

"We were trying to prevent that. And we thought that prevention was less expensive than doing it after the fact.

"It's all about protection, and we looked at what was happening along

Lake Manitoba and we didn't want that to happen here, so that's why we put the sandbags in and I think it was a good move."

The RM of Bifrost-Riverton council will be discussing the tender during their July 8 meeting.

"We have to award the tender and then hopefully we'll start soon after that," said Foster. "We want it in place for the October storms, even though at the moment the lake is kind of low, so it may not be as a serious problem this year, but last year we believed that it was a serious problem."

Viking Park planning committee making progress

By Marney Blunt

The board members of the Icelandic Festival of Manitoba are making progress with the plans for the Viking Park that will surround the Viking Statue as part of the festival's 125 Legacy Project.

The board recently hired a landscape architect for the project and has a community information session planned for Aug. 1 to get feedback and input from the community and stakeholders. The park has yet to be officially named.

"We've been working with the RM of Gimli and the Betel Home Foundation just on the initial plans for the park," said Kathy Neal, a board member for the Icelandic Festival of Manitoba.

The festival has hired HGSC Planning & Design for project, the same company that did the current waterfront area in Gimli and the Healing Garden at the Gimli Community Health Centre.

"They know the area really well," said Neal. "We met with the architects and we sort of told them our wish list for the area. We want to do things like really enable the universally accessible journey for everyone to take together, something for Betel residents and for people of all abilities so that they an access the statue and just sort of enjoy the natural beauty of the area, and something that is going to create a great understanding of the cultural history of Gimli and the natural history of Lake Winnipeg."

The community information session will be held on Aug. 1 at 1 p.m. in the Johnson Hall at the Waterfront Centre. Neal encourages all members of the public and stakeholders to attend to find out what the plans are, provide input and find out how they can get involved.

"It's such a treasured community space. We want

to make sure that residents, festival-goers, donors and everyone involved is really engaged in creating the space, so that's the goal of the information session," said Neal.

"We feel that after the community really understands the plans for the area and has a chance to say how the area is going to be developed. We feel that people are going to be as excited as we are to create something great in that space."

The 125 Legacy Project was launched in 2014 to celebrate the Icelandic Festival of Manitoba's 125th anniversary and to continue to give back to Gimli, the festival's host community.

Neal says they have some plans for park but are hoping for a lot of community input at the Aug. 1 meeting.

"It's such a beautiful green space, so really for us, we're thinking less is more," she said. "So we're planning a butterfly garden, putting in some universally accessible walking paths, maybe having a rain garden where we would plant some moistureloving plants to soak up some of the rain in the area. Nothing to obscure the view of the lake but only things that will enhance the area's natural beauty."

So far, the campaign has raised approximately \$200,000 in pledges. Tentatively, the festival's goal is to raise \$500,000 for the 125 Project, subject to change. Part of the funds raised will go to the Viking Park and part of the funds will support the festival. For each donation of \$125 and up, the donor's name will be recognized in the park. Donations can be made at icelandicfestival.com.

"We just think it's something people will enjoy beginning in 2016 and for generations to come," said



EXPRESS FILE PHOTO BY MARNEY BLUNT Although it doesn't have an official name, the Viking Park will surround the iconic Viking Statue, a landmark for the Rural Municipality of Gimli.

Bezan encourages families to apply for child-care benefits



JAMES BEZAN

Staff

An estimated 7,700 families with 14,400 children in Manitoba are eligible to receive money under the government's proposed enhanced Universal Child Care Benefit, but they still need to apply.

Member of Parliament for Selkirk-Interlake James Bezan is encouraging families to apply for the benefit.

"We want to ensure that every family with children receives the enhanced Universal Child Care Benefit. If you've got kids under 18, you qualify," Bezan said in a June 30 press release. "It doesn't matter how much you make or the type of child care you choose. Apply now so you can receive the money that is owed to you."

The majority of families with children, approximately 3.8 million, are known and will automatically receive the enhanced UCCB or be contacted by the government to confirm their information. However, many eligible families are not currently captured by the government's UCCB system and may miss out on receiving money that

is owed to them unless they apply. In 2015 alone, this represents potentially millions of dollars in unclaimed benefits.

Under the proposed enhancements to the UCCB, families would receive almost \$2,000 per year for each child under six and \$720 per year for each child aged six through 17. The new benefit amounts would be retroactive to Jan. 1, 2015, and be reflected in monthly payments to families in July 2015. The proposed enhancements to the UCCB are expected to more than double the number of families that benefit from 1.6 million to more than

If your family is not currently receiving the UCCB, has never received the UCCB, or has never applied for the Canada Child Tax Benefit and you still have children under 18 in your

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> ARNIE WEIDL Weather and fishing heating up in the Interlake

Hi gang. Well, the kids are out of school and they, along with family members, are now flocking to our waterways, casting hooked and baited or lured lines into the depths, hoping to catch that special fish.

I went back to Grand Marais this last week because as I was fueling up at the Co-op in Selkirk, I heard two guys beside me talking about the vigorous fishing culture that thrived there in years gone by. I've always found its long bay shoreline fascinating with the cliff-like beachfront to the north and low rocky beach to the south. I parked my car at the end of a southfacing lane along the shore and made for some anglers I could just see far down the water's edge through the smoky haze from the northwest forest fires that have been plaguing us lately. Getting closer to them, I could see two of the men using extra long poles catching catfish, measuring and releasing them. My first impression was that these guys were dedicated anglers and I wasn't far wrong.

Tournament anglers Roy Jones, a fit grey-haired chap, and his buddy Craig McGrath, a true outdoorsmen in athletic shape, were trying to catch master angler-sized catfish. Close by, Roy's brother Dean Jones with his two sons had finished fishing for the day, and as luck would have it told me they have been summer residents here for 50 years, so I asked what fishing was like many years ago. They were more than willing to enlighten us.

It seems the narrow rocky beach we were standing on used to be a wide road before the Lake Winnipeg water levels were raised. They told of a time



EXPRESS PHOTO BY ARNIE WEIDL Michael De Bera with some perch and pickerel he caught at the Hnausa pier.

when you could drive along here, stopping at outlets to buy fish from commercial fishers who had processing plants. You could also picnic and fish off their wonderful pier, now gone. I could almost see the hustle and bustle of a bygone era that Roy and Dean described and I felt a touch of sadness as I left them and headed back to Selkirk.

I stopped at the town's pier and met angling gal Pat Calder of Selkirk sitting in a lawn chair wearing the greatest looking bright yellow T-shirt bearing the Brokenhead Ojibway Nation logo. She was a robust, soft-featured, tanned lady with dark straight hair and a quick way of talking, always finding humour in everything. It showed as she noted that she works with fish all day at the Freshwater Fish Marketing Corporation and when she's off, what does she do — she goes fishing.

She laughed as she remembered that a few days ago, she and her sister were fishing here. When her sister pulled up a catfish, it had a turtle hanging on to the fish's belly.

During the weekend, I made it up to the Lake Manitoba Narrows. As I drove up to the harbour, off to my left folks were playing on the new beach and ahead of me I saw a pontoon boat coming in. After it docked, I went over and introduced myself to a Clancy Solomon from Winnipeg, who was here for the weekend with his family. Clancy, it turned out, was a totally committed angler who fishes all over Manitoba and belongs to many angling organizations.

During our conversations, Tracy MacDonald from the group told how she had just been bitten on the finger by a large garter snake that had somehow managed to get on the boat.

Later, on my way back south, I stopped at the Hnausa pier where, as usual, folks were fishing shoulder to shoulder. In the hazy, warm late afternoon I visited with many of the anglers and eventually came across Michael De Bera from Winnipeg, who had caught a nice mess of fish. He said that he caught the fishing bug a few years ago and his favourite fishing spots were here and Hecla.

Well, with the weather and fishing activity heating up, it promises to be a great summer. See you soon, my friends.

Tribune







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Father drops bullying lawsuit against Gimli school division

By Austin Grabish

A disgruntled father has dropped a lawsuit against the Evergreen School Division after alleging school officials ignored years of bullying and harassment his teenage son endured at two Gimli schools, the *Express* has learned.

Court records show the March statement of claim, which was seeking an undisclosed amount of damages from the school division, was dropped on May 4.

The lawsuit made headlines earlier this year after the father alleged school administrators "made little effort" to address years of harassment and bullying his now 16-year-old son endured during his time at two Gimli schools.

The *Express* is not naming the father to protect the teenager's identity. He now attends class at another school in the Interlake.

Supt. Paul Cuthbert, three school administrators, as well as the school division and its board of trustees were all named in the lawsuit.

The suit is in relation to alleged bullying that began in 2011 at the Dr. George Johnson Middle School in Gimli as well as the town's high school.



LEE MORLEY/FLICKR PHOTO

A father has dropped a bullying lawsuit against the Evergreen School Division. Court records show the March statement of claim was seeking damages from the school division but was later dropped on May 4.

The lawsuit stated the abuse against the boy happened in class and online and was "deleterious" to the boy's learning.

"He was subjected to a renewed pattern of harassment, which included

verbal assaults, damage to his property, and physical violence," according to court documents.

The lawsuit claimed despite numerous complaints made to school administrators, the abuse continued, became more frequent, more harassing, and escalated in violence.

At one point, RCMP became involved in the case, and the boy's father alleged school administrators failed to co-operate with Mounties and even interfered with the investigation.

It was also alleged the former principal of Gimli High School told the boy's parents he should "work it out."

"Moreover insinuations and statements attributed fault and responsibility to (the boy)," the lawsuit said.

Evergreen staffers were accused of breaching their duty to prevent bullying from happening under the Public Schools Act as well as the Safe Schools Charter.

A week after the suit was filed, a Riverton family told Winnipeg radio station CJOB they were contemplating their own lawsuit against the division over treatment their autistic boy

No statement of defence from the school division was ever filed with the court and none of the allegations were

The school staffers and the division are still presumed innocent.

Gov't spends nearly \$1M on Steady Growth ads, signs in 2014

By Austin Grabish

Manitoba taxpayers are on the hook for the almost \$1 million the Manitoba government spent on signs and advertisements for its Steady Growth, Good Jobs campaign.

The Canadian Press reported last month \$665,474 was spent on radio, TV and newspaper ads in the last fiscal year that ended March 31.

The information was obtained by the news agency through a freedom of information request.

The province also spent \$327,261 on a program that sees signs displaying the words "Steady Growth" and "Good Jobs" installed at road construction sites, public housing renovations and other locations where infrastructure work has occurred.

There are several of the signs throughout the Interlake, including Selkirk at the construction site of the city's new hospital.

The province's signs are similar to ones erected by the federal government, which promote the Harper government's economic action plan.

Opposition leader Brian Pallister wants the auditor general to investigate the provincial government's



EXPRESS PHOTO BY AUSTIN GRABISH

This sign outside the site of Selkirk's new hospital is one of hundreds that have sprung up across the province as part of the Manitoba government's Good Jobs, Good Growth Campaign, which has cost taxpayers nearly \$1 million.

campaign for any partisan messaging. He said the Steady Growth, Good Jobs campaign is a misuse of taxpayer money.

Government spokeswoman Rachel Morgan dismissed Pallister's call and said the province is proud of the cam-

"We're providing good jobs for Manitobans and critical investments to our aging infrastructure," Morgan told the *Express* via email.

Morgan said Manitobans want to know how their tax dollars are being spent and the government is focused on letting citizens know about the projects in "every corner" of the province that are part of the Steady Growth, Good Jobs initiative.

She said every single government, of all political stripes and at all levels, advertises programs and services supported by their individual budgets.

Morgan added it was the NDP who brought in the Elections Financing Act, which places an advertising blackout 90 days before an election to create what she called an even playing field for all parties prior to voters going to the polls.

The provincial law left an information chill across the province earlier this year when a byelection in The Pas was called.

At the time, government officials refused to respond to a wide range of media inquires, including ones made by the Record regarding Selkirk's new

The Steady Growth, Good Jobs Campaign was launched in 2013 after the province raised the provincial sales tax by one per cent.

It is meant to show taxpayers that money from the hike is being used on infrastructure projects.

Gimli hoists Blue Flag

RM hosts Blue Flag unveiling ceremony

By Marney Blunt

Last Thursday, Mayor Randy Woroniuk hoisted the Blue Flag at Gimli Beach against a hazy Lake Winnipeg skyline, recognizing Gimli Beach as an environmentally friendly, clean and safe beach.

The beach received the prestigious Blue Flag designation in May and last week held a ceremony to unveil the flag to the public. The Blue Flag is an

international eco-label that was been awarded to 4,000 beaches and marinas in 49 countries across the world.

"On behalf of Gimli council, we'd like to express how proud we are of the efforts of achieving the Blue Flag status. With your continued support, we will move forward and work hard to retain

the designation and provide a clean and safe environment for all users to enjoy," said the mayor.

"The flag is a symbol of pride and excellence."

The Blue Flag is awarded to beaches and marinas that meet different criteria covering environment education and information, water quality, safety and services and environmental management, according to the Blue Flag website. The Blue Flag is awarded by the Foundation for Environmental Education, a non-profit organization

that promotes environmental sustainability and education. Gimli Beach is the third beach on Lake Winnipeg to receive the Blue Flag, following Winnipeg Beach and Grand Beach.

The Rural Municipality of Gimli has been working with the Province of Manitoba, the East Interlake Conservation District and the Gimli Environmental Advisory Committee since 2008 to obtain the Blue Flag status.

"Just because we have this flag it doesn't stop; there's even more emphasis on us to work together to keep this beach and keep this designation," said Woroniuk, who also thanked everyone involved in achieving the Blue Flag, including the past councils of Tammy Axelsson and

Lynn Greenberg.

"THIS FLAG IS

A SYMBOL OF

EXCELLENCE."

PRIDE AND

Now that Gimli has the Blue Flag, the RM has a plan to implement a variety of standards to maintain the ecocertification. Some of those standards include installing additional lifesaving stations, cleaning the beach sand on a weekly basis, renovating and constructing more washroom facilities, using environmentally friendly cleaning products, implementing the dog ban from the sand portion of the beach, partnering with the Gimli Environmental Advisory Committee for



EXPRESS PHOTO BY MARNEY BLUNT

Gimli Mayor Randy Woroniuk hoists the Blue Flag over Gimli Beach.

various programs, routinely test and post water quality results and daily UV index and more.

For more information on the Blue Flag, visit blueflag.org.

Ashern residents form charitable foundation

By Jeff Ward

In an effort to unite all sports and recreation clubs, a small group of Ashern residents have banded together to create a new charitable foundation.

The foundation, which doesn't have a name or a complete board yet, is made up of 10 Ashern residents who met for the first time as a group on May 25 to consider the formation of something similar to the recreation commission that was dissolved by RM council three years ago. The commission served to spearhead decisions about how to prioritize support for sports and recreation. That support can come in many different forms, whether it's putting a new roof on the arena or just regular upkeep and

maintenance for the facilities in town.

"When we had the commission back then, it was very successful and helped provide more support to any cause in the area," said Donna Moman, one of the members of this new foundation.

"We want to bring that support back. Once we get registered, we can issue receipts for donations, which will likely encourage more donations to come through."

Moman explained that during the talent show Grub and Giggles this past February, the arena board was given some large donations and they weren't able to issue any tax receipts. With the help of a registered charitable foundation, however, those people

who donated would be able to claim that on their taxes.

The main goal of this new foundation would be to help raise money for whatever cause is the most deserving. Priority cases would be decided upon by the board, which Moman is hoping will be made up of members of others boards in the area.

"Ideally we would have a board member who's also a part of the hospital guild and one from the arena board and so on. That way, we can get a good idea of what those groups are doing and what their priorities are. At this phase, when we're so early into the process of creating this foundation, the most important thing for us are the ideas the community brings forward," said Moman.

As the board gets off the ground, the focus will be on sports and recreation but will expand to include museums, hospitals, parks and whatever needs supporting in the community. Further down the line, it won't just be about Ashern, either. Moman would like to see Eriksdale and Moosehorn pulled into the mix once the board has been established and is running smoothly.

Moman believes that the more these communities work together, the more support each cause gains.

If you would like to share your ideas, Moman is hoping to arrange a town hall meeting to do just that. If you're interested, you're encouraged to call her before July 17 at 204-768-3281.

Annual Gimli Model Fest set to take flight

Submitted by Randy Bohemier

It had a humble beginning, just an idea, actually. Could a few remote control model enthusiasts be interested in putting on a model airplane display? The grass could be cut on a small field off Highway 231 for the purpose of a runway and have some parking for spectators. This was the catalyst for the formation of the Interlake Radio Control Model Club. Now numbering just under 30 members, this club facilitates one of Canada's premier Model R.C. Air Shows. The Model Club had to move to its new location in its fifth year as the Model Air Show out grew the small field. Now located about one and a half miles west of Highway 8 on Minerva Road, it now boasts to be the premier model airfield in the province. With its large runways measuring 600' x 600', it is capable of handling all manner of winged aircraft including model jets running on kerosine fuel. Some aircraft measure in at 1/4 scale of the planes they duplicate. This year's show will showcase all manner of flight, warbirds, aerobatic, drones, free flight, jets and much more.

The pilots who put the air show on come from across Canada and the United States. They are all volunteers and are here to entertain only.

This Air Show is for fun and is not a competition and no prize money or trophies are given out. That said, bragging rights will be earned. Who can go faster, lower, higher, all help to shape the upcoming event. Arriving in motor homes, fifth wheels, campers and tents, some will be arriving a week in advance to take advantage of the field and what Gimli has to offer. Always a fun time, a small hamlet will take shape. Pilots will be testing and tuning their aircraft for the upcoming

The first official day of the Gimli Model Fest is Friday, Aug. 14, free admission to the general public all day. Pilots will have no set routine and will just fly whenever the fancy strikes. Saturday becomes more serious with gates opening at 10 a.m. Planes will be set out for display, practice will be taking place for the actual air show to be held on Sunday from 1 to 3 p.m. Admission on Saturday and Sunday is \$5 for adults, while children 12 and under are free. Gates open at 10 a.m.

As in past years, the Kiwanis will be on hand to man the food concessions, serving hotdogs, hamburgers, chips

As always, pilots will be walking around, mingling with the crowd, al-



EXPRESS PHOTO SUBMITTED

A pilot works to get his P51 Mustang ready for a test flight.

ways happy to talk about their sport. This is a family event with a scheduled candy drop for the kids which is always a hit.

This is an action-filled high speed event that is sure to please. We are located just off Highway 8 down Minerva Road. Don't forget to mark this

date on your calendar: Air Show, Sunday Aug. 16, 1-3 p.m. Bring your own lawn chairs and blankets to set up in the spectator viewing area. Free parking is available. For more information, visit www.gimlimodelfest.com.

Interlake barrel racer to compete in Arborg Fair & Rodeo

By Marney Blunt

When Teri Dewald started horseback riding lessons in Teulon at age six, she never thought she would grow up to become a competitive barrel racer.

"I got into it after watching the Calgary Stampede as a kid," reminisced the 24-year-old barrel racer, who hails from the Komarno area and now lives in Stonewall.

"I didn't think at all that I would go into barrel racing or rodeo. At the time, I was just riding for pleasure," she said.

At 17, Dewald's interest in barrel racing peaked and eventually the perfect barrel racing horse came along.

"When I was about 17 or 18, I was boarding my other horse out in Winnipeg Beach, and I was starting to think that maybe I wanted to get into barrel racing, but the horse that I had at the time was going to be a few years yet," said Dewald.

"At the boarding stable, they had a horse that they mentioned would be great for barrels. She has lots of speed, and then she ended up coming for sale, so I decided to buy her and then from there, we started working on the

barrels and started barrel racing."

Now Dewald rides Lucky, her 14-year-old purebred quarter horse, practically every day and has been racing in the Heartland Rodeo Association's barrel racing circuit and jackpot races as well.

"I love the adrenaline," said Dewald. "And also just all the other barrel racers help each other out and it's just fun. Everybody is there to cheer each other on."

Dewald does approximately seven rodeos a year, travelling to Portage la Prairie, Minnedosa, Richer, Eriksdale, Souris, Arborg and Teulon. Dewald says her goal is to qualify for the Heartland Finals in Carman at the beginning of September.

"If you win up to sixth place, you get points, and at the end of the year, the Top 10 points go into finals," explained Dewald.

Later this month, Dewald and Lucky will be competing at one of her favourite races: the Arborg Fair & Rodeo. This will be the third time Dewald has competed in barrel racing at the Arborg Fair & Rodeo.

"I love the new grounds. It's great



EXPRESS PHOTO COURTESY OF COUNTRY MONKEY PHOTOGRAPHY Teri Dewald and her horse Lucky will be speeding around the barrels at the Arborg agricultural grounds during the Arborg Fair & Rodeo, July 17-19.

and there's just so much going on there," said Dewald.

The Arborg Fair & Rodeo is so much more than just barrel racing, Dewald says. This year, the fair and rodeo, which is hosted by the Arborg Agricultural Society, will feature a rodeo, horse show, parade, quilt show, live music, craft vendors and much more.

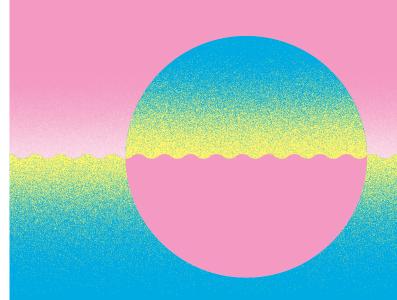
"The Arborg Fair is just a great fam-

ily event. Last year was the first year I went since the new grounds, and I had a blast the whole weekend," added Dewald.

The Arborg Fair & Rodeo is scheduled for July 17-19 this year at the Arborg agricultural grounds. For more information on the Arborg Fair & Rodeo, visit agsociety.net.

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Grahamdale CDC encouraged by community feedback

By Jeff Ward

More than 60 residents from the RM of Grahamdale came out to share ideas of what they would like to see done in their community, and the people behind the new CDC (community development corporation) were very excited by the turnout.

The AGM (annual general meeting) was held at the RM office in Moosehorn on June 17 and was attended by the council, reeve and the CDC. Ten area residents were nominated to the board, which only had eight available spots, so a vote was held to determine who would be elected to a board position

"Definitely a big step for us was having no empty seats on the board," said current chair Brad Stabner.

"We were also very happy with the turnout. We had figured we would get 30-40, so for us to double that was nice to see. The more people we have giving out their ideas, the better sense we have of what the community feels is a priority, and that's what we want to know."

The ideas brought forth by the com-

munity were varied. Some residents from Steep Rock want to see the continued development of that area. The cell tower booster is also a big concern for members of the community. Another idea was helping create awareness for the newly reopened Watchhorn Provincial Park. The Park was flooded out in 2011 and reopened the last two weeks of the 2014 summer season. The park is now open today, but very few people are aware of that. The CDC will look into creating new signage to let people know that the park is open for business.

One of the big priorities for the CDC going forward is the development of Wayside Park in Moosehorn. Public washrooms and the potential for an RV park are just a few of the items on the list.

"Many residents would like to see that area become something other than just a patch of grass. We'd like it to be a tourist spot where you can spend a few nights — picnic tables and benches, maybe a pavilion, who knows? But that's certainly something we're working towards," explained

Stabner.



This influx of ideas is exactly what the CDC wanted and goes a long to way to identifying their With priorities. a full board and plenty of interest from the community, RM residents should start to see improvements and new developments popping up over the next few



Arborg celebrates Canada's 148th birthday

Celebrating Canada Day with a variety of performances at the Arborg & District Multicultural Heritage Village



Sage Stoyanowksi sang Gemma Orbanski and played her ukelele showed off her for the audience.



moves



Bryn Anderson fiddled a few different tunes. keeping it Canadian with her version of "The Log Roller."



EXPRESS PHOTOS BY MARNEY BLUNT

The senior Reechka Ukrainian Dancers performed by the caboose at the Arborg & District Multicultural Heritage Village during the Canada Day celebrations held in Arborg July 1.

How well do you know your town?

The Arborg Bifrost Parks and Recreation Commission is having a fun contest that will run weekly for the months of July and August.

Each week, a pool pass will be hidden in a public place in the Town of

Arborg and a different clue will be posted on Twitter and Facebook each day starting every Monday until the pass is found. Clues can be found on Twitter @townofarborg or @tom-

chwaliboga or on

Arborg Bifrost Parks and Recreation-Commission page.

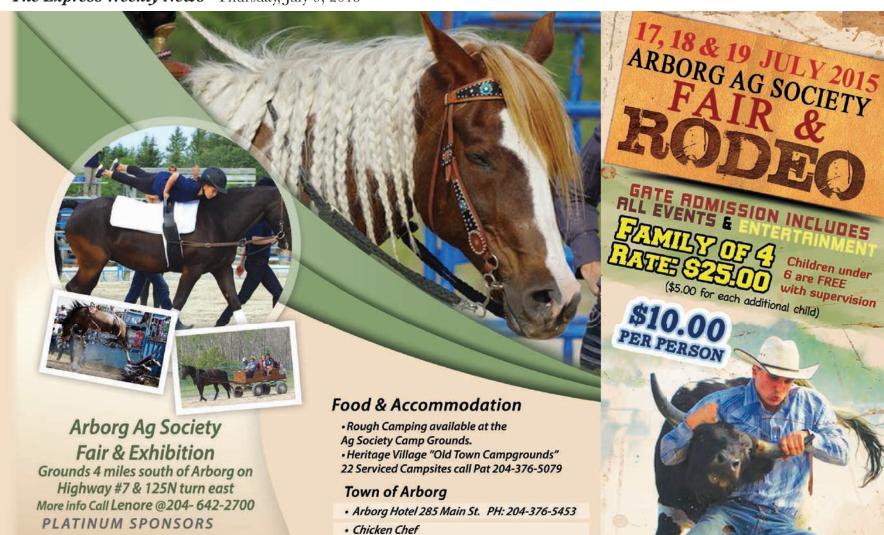
The contest will highlight how well people know the Town of Arborg and all the great public places the community has to offer.

Also new this year in the town is a nine-hole mini-golf course at the

Credit Union Aquatic Centre. The mini-golf course is located in the parking lot, so passersby will play and will provide additional entertainment to visitors to the aquatic centre. Keeping with the theme of affordable family fun, mini-golf is priced at only \$2 per person.







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Highway 68 east of 7 PH: 204-376-5261

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Interlake riders take over Teulon show grounds









EXPRESS PHOTOS BY STEFANIE LASUIK

Pictured from left, Alyssa-Lynn Procter of Woodlands guides Miss BNE Smooth Cash through the Intermediate English Pleasure class on her way to winning gold. Second from left, Katie Ostertag of Riverton takes Chancey for a spin while Cade Helmstrom of Winnipeg Beach takes the Pee-Wee Showmanship class with his horse Winken at Fame. Far right, Fraserwood's Jessica Greene gets her horse, Michael, to giddy up.

By Stefanie Lasuik

Riders and their horses trotted their stuff on Saturday at the Teulon Show Grounds. The Interlake Riding Club saw over 50 riders compete in 43 classes throughout the day.

The annual show, now in Teulon for its third year, saw its smallest participation but spirited riders nonetheless. Families and individuals partook

in classes such as showmanship, English and Western.

The show was one of seven, a part of the North Interlake Show Circuit (NISC), which aimed to provide families with a positive experience while allowing beginner riders and horses to exhibit their horses in a productive and fun atmosphere. Teulon was NISC's third location of the year.

The high point awards for each division have yet to be released, but new to this year's show was a 4-H category for those members of the club. The winners will receive payouts from the show as well as the North American Equine Ranching Information Coun-

The NISC now looks forward to hosting in Arborg on July 17 and 18. More information can be found by emailing agsociety.net.

Youth job centre in Ashern off to a great start

Kathy Prystupa



Rebecca Mund Support Staff



Myles Willis



Emily Sobering



Ashely Rechik



Hannah Cruikshank



Linda Louttit



Annette O'Dea

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By Jeff Ward

A summertime staple, youth job centres help provide communitybased employment to youth in the rural Manitoba, and the centre based in Ashern is firing on all cylinders.

Not only do youth ages 12 to 29 gain working experience but they also are given information on career development and employment-related skills.

"This is my first year as a job co-ordinator and I'm really loving it so far," said Jennifer Jermey, job co-ordinator for the centre based in Ashern.

"I took part in some of the day camps back in 2006 but never needed a job during the summer because I worked for my mom and dad on the farm. But I remember the camps being a lot of fun and I really wanted to be a part of the centre, so I applied right away." Jermey grew up in Ashern and

knows the community like the back of her hand. She mentions that she's been able to deal with many of the local businesses easily, as they all know her quite well. Getting her foot in the door hasn't been a challenge and neither has forming the relationships with those businesses and finding the right person to fill the role they need.

One of the bigger challenges Jer-



EXPRESS PHOTO BY JENNIFER JERMEY Jarred Waddell is a part of the Odd Job Squad and is selling cookbooks around Ashern. This is Waddell's first year being a part of the team.

mey's has is recruiting a wider array of ages. Most of the youth in her centre are of a younger age, and while that's great for the future, it does make it challenging for some employers' requests.



Apple Soy Chai Latte



Ingredients

- 1 individually wrapped chai tea bag
- 1/2 cup hot water
- 1 cup light vanilla soy milk
- 1/2 cup apple cider
- 2 tablespoons honey
- 1 teaspoon ground cinnamon
- 1 cinnamon stick, optional garnish

Preparation

In coffee mug, add tea bag and hot water. Steep for 5 to 10 minutes until water turns dark amber. Remove tea bag. Set aside. In small saucepan heat soy milk, apple cider, honey and cinnamon over medium heat, stirring frequently, until frothy (about 10 minutes). Add steeped chai to sauce pan and mix. Serve in a large mug. Garnish with cinnamon stick, if desired.

Makes two 8-ounce servings

Sautéed Cinnamon Apples and Bananas

Quick and easy this fruity goodness is warm and full of cinnamon flavour. Perfect to enjoy with some yogurt or on it's own. You could sprinkle on some low fat granola for added crunch if you like.

Ingredients

- 2 large apples, cored and sliced 60 mL (1/4 cup) pure apple cider or unsweetened apple juice
- 2 bananas
- 10 mL (2 tsp) soft non hydrogenated margarine
- 7 mL (1 1/2 tsp) ground cinnamon 175 mL (3/4 cup) plain, low-fat yogurt (optional)



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Directions In large nonstick skillet, bring apples and apple cider to simmer over medium high heat; cook for 3 minutes, Stir gently; cover and remove from heat and let stand for 5 minutes.



Meanwhile, cut bananas into 8 pieces each. In small bowl, stir together margarine and cinnamon.

Uncover apples and return to medium high heat. Stir in margarine mixture and bananas until margarine is melted and combined. Cook for 1 minute to warm banana through.

Serve with yogurt, if desired.

Preparation time: 5 minutes Cook time: 10 minutes Yield: 1 L (4 cups) Makes 8 servings

Recipes developed by Emily Richards, PH Ec. ©The Heart and Stroke Foundation 2011





Building Purpose into your Fitness Time!



Begin by proving to yourself that you are committed to and determined to get fit. You will probably want to rid your mind and attitude of all those nasty and pesky

excuses which are clamouring about inside your head and are up to no good! This may take a while depending upon how stubbornly your excuses are clinging to you. Just keep taking steps in your life towards a healthier you and your ongoing efforts are bound to be rewarded!

Support and encouragement from others can be beneficial (whether or not they choose to exercise along with you) but ultimately your progress will be dependant upon you and upon how diligent you are in following through with your fitness plans.

Whatever assortment of physical activities you choose to do, you might find it helpful to pick a particular time of day in which to do them. Having a routine to follow tends to lead to success. Maybe first thing in the morning (ie. before your day begins with other members of your household), at lunchtime (even 20 minutes of walking or working out at a nearby gym) or in the evening (either at home

or at one of the great aerobics, boot camp, Yoga or Pilates classes offered throughout the Interlake over the summer). The weekend can be a great time to schedule a session or two as well as being an excellent way to reenergize yourself or to wind down from your week. You will want to incorporate each of the following into your weekly fitness schedule: cardio (such as aerobics, tennis, Beach volleyball, or baseball), flexibility (such as Yoga or dance), and toning and/or muscle building

In "The Skinny on Fat" section towards the front of "The Hollywood Vegetarian Cookbook" by Francia Ruppen, it is stated that "a conscientiously applied workout regimen will increase your metabolism so that you burn fat faster." It is also stated that "something as simple as a twenty minute walk three times a week can up your metabolic rate." Before embarking upon any new exercise program though it is always a good idea to check in with your qualified health practitioner.

Getting fit is an endeavor which feels at times like it takes all the time and energy you can muster but it is a challenge well worth the undertaking!

Irene Shaw

Apple Cinnamon Jelly

Ingredients

- 3 cups apple juice
- 5 cups sugar
- 2 tablespoons lemon juice
- 2 teaspoons ground cinnamon
- 1 package (1.75 ounces) fruit pectin 3/4 cup water

Preparation

Wash and dry 1- or 2-cup glass jars or decorative containers to accommodate 5 to 6 cups liquid. Set aside.

Combine all ingredients except pectin in large bowl. Stir several minutes until sugar dissolves.

Combine pectin with water in small saucepan. Stir over medium heat until mixture comes to boil; boil 1 minute. Stir pectin mixture into apple juice mixture, stirring until thoroughly blended.

Ladle mixture into prepared containers and cover. Let sit at room temperature 24 hours until set. Store in refrigerator up to 3 months or freezer up to 1 year.

Makes about 6 cups

Ingredients

5 cups peeled apple slices

- 1/2 cup firmly packed light brown sugar, divided
- 1 tablespoon lemon juice
- 1 tablespoon tapioca
- 1/4 teaspoon ground cinnamon
- 1 1/2 cups Post Original Shredded Wheat Spoon Size Cereal, finely crushed

1/4 cup (1/2 stick) margarine, melted

Apple Crisp

Preparation

Preheat oven to 350°F.

Mix apples, 1/4 cup sugar, lemon juice, tapioca and cinnamon in large bowl. Let

To make topping, stir crushed cereal, remaining 1/4 cup sugar and margarine in medium bowl until well blended.

Spread apple mixture in ungreased 1 1/2-quart baking dish. Sprinkle evenly with cereal topping.

Bake for 45 minutes or until topping is browned and apples are tender when pierced with fork.

Total Time: 65 minutes Makes 6 servings

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Steep Rock Campground celebrates Canada Day

Plans are underway for Canada's 150th in 2017

By Jeff Ward

Canada Day celebrations at Steep Rock Campground are made up of three things: Canadian pride, good food and great company.

The annual celebration of the birth of our great country on July 1, 1867, has been something every Canadian looks forward to, and the staff and volunteers at the campground are always working to make it something not soon forgotten.

"We're always trying to put on a great show first and foremost, but at the same time, we're always improving on the year before," said Lana Iwanchuk, the manager of Steep Rock campground.

"This year was very similar to last year in terms of our activities because everyone really loved them last year. We had a beautifully hot day, which made it even better, and our steak dinner was a big hit," she said.

Campground staff served 216 steak dinners during their celebration, on June 27. One of the new activities for kids was a treasure hunt on the beach, which had kids digging up painted stones in the sand. The colour of the stone matched the prize pail where a prize was waiting to be claimed. A flea market was set up during the day as well and will continue every Saturday throughout the summer.

There was also a special performance from Past the Perimeter, a country rock band from Stonewall that played for a crowd of more than 500 until the fireworks show capped off the evening.

This was Canada's 148th birthday, and last year marked the 25th anniversary of the campground. Both celebrations were large scale, but just two years from now, there will be a Canada Day like no other at the campground.

"Last year, we focused on our 25th anniversary, and this year was more about Canada Day. Right now, we're already working on 2017, which will be Canada's 150th. Nothing is set in stone yet, but it's going to be huge," explained Iwanchuk.

The Canada Day celebrations at Steep Rock Campground couldn't be possible without all of the staff and volunteers working hard. Iwanchuk mentioned that it's all hands on deck during the day, but the feedback from attendees makes it all worthwhile.













EXPRESS PHOTOS BY LANA IWANCHUK

More than 500 people came out to Steep Rock Campground during the Canada Day celebrations to take part in live music, good food, face painting, treasure hunts and a fireworks show to cap off the day.

Canada Day fun at Winnipeg Beach



Children had fun bouncing around in the bouncy castles on the Winnipeg Beach waterfront.



Creating artwork on the street for Canada Day.

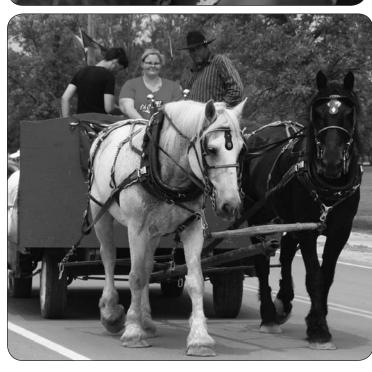


Stevie, 3, and Kruz, 7, show off their face paint.











EXPRESS PHOTOS BY MARNEY BLUNT Horse-drawn wagon rides took tourists through Winnipeg Beach on Canada Day.

Gimli residents want answers from health minister on dialysis unit

By Marney Blunt

Several family members of residents in the Gimli area have been driving their loved ones from Gimli to Seven Oaks Hospital for dialysis treatments three times a week with no end in sight.

It's a task that averages around 10 hours a day and, for some, involves booking time off work.

With a new dialysis unit in Gimli that isn't operating at capacity, a group of Gimli residents and their families want to see a change.

"One of my sisters wrote a letter to the local MLA in Gimli, and we also sent it off to the Minister of Health, and we weren't really getting any response," said Loretta Martin, a Winnipeg resident who has been taking turns with her siblings to drive her father from Gimli to Seven Oaks Hospital for dialysis treatments since the beginning of May.

"The responses we were getting were them saying it's very complex and no answers essentially. Nothing satisfactory."

The Gimli Community Health Centre has six beds for dialysis, and currently they are only operating three of them.

"Gimli has this \$5-million brand new dialysis unit that they are only utilizing three beds out of that unit," said Blair Chudd, who has also been driving his father from Gimli to Seven Oaks Hospital for dialysis since

"It's a very big strain on all the

families; taking time off work, the miles that we put on, it's hard on our parents. That's just something that shouldn't be happening when (my father) has a facility within a mile of his house."

Last month, members of three impacted families, including Martin and Chudd, met at the Manitoba Legislature with Lakeside MLA Ralph Eichler, Gimli PC candidate Jeff Wharton and PC health critic Myrna Driedger, who asked questions during question period on behalf of the families.

"Basically, they say that it's a staffing issue and they can't transfer money from one health authority to another one in order to facilitate bringing more staff to Gimli and bringing more equipment to Gimli," explained Chudd. "So they say that it will have to go into the next budget. We're looking at another year before anything gets done."

After the third question to the Sharon Blady, the Minister of Health, Healthy Living and Seniors, Blady recommended that she meet with the families to further discuss the issue. The families will be meeting with Blady on July 6 and are hoping to have some of their questions answered.

"We've asked her to have answers for some specific questions. One of the major questions is why is the dialysis unit at the Gimli hospital not operating to its capacity when there are people on the waiting list because we've received various responses to that question," said Martin.



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Gimli residents are tired of driving into Seven Oaks Hospital for dialysis treatments when the dialysis unit at the Gimli Community Health Centre isn't operating at capacity.

"(One of them is) that we can't get staff to come there, but we've personally have spoke to nurses who would be happy to work in the Gimli dialysis unit. So we don't feel that is accurate."

Another question the group wants answered is why there is so much focus on opening dialysis units in Selkirk

"That, to us, doesn't make a lot of sense given that the Selkirk Hospital is 20 minutes away from the Seven Oaks dialysis unit. Why are they opening all the beds so close together when people still have to travel? For my dad to go to Selkirk instead of Seven Oaks, there's minimal difference," said Martin. "Who did the analysis and decided that all the beds should be opening in Selkirk and not fully staffing the Gimli one?"

Martin and Chudd are both frustrated by the lack of transparent information available to the impacted families.

"It's really, really hard to get in-

formation, whether it's information about financial assistance to help with the travel costs. But overall, there's not really a one-stop shop where you can phone and try to get information," said Martin.

Chudd says he found out that you can claim travel and meal expenses, but he had to do some major digging around before he could find that information.

"I believe that as soon as you're in the situation where you have to come in out of town to do this, there should be somebody that explains to you that this is what you qualify for and this is how we can help you offset your cost, but nobody ever does that," he said.

Martin hopes to see some movement after Monday's meeting with the health minister.

"We certainly hope that there's going to be quicker action because we can't imagine driving through the winter. That would just be a nightmare, I think," said Martin.



RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE

The Council of the Rural Municipality of Gimli gives notice that they will be proceeding with a project to construct a new Fire Hall. The new Fire Hall will be located at the existing site at 66 – 2nd Avenue, Gimli. Demolition of the existing structure will take place by the end of July 2015. The new building is scheduled to be fully operational by February 2016. The project has been successfully awarded to Crane Steel Structures from Headingly, Manitoba, through an open request for proposal and quotations.

The interim Fire Hall will be located at the Public Works Shop on Autumnwood Drive, where the Eastern Interlake Handi-Van is currently located. These arrangements will remain throughout the construction of the new building.

The construction of a new Fire Hall is in the best interest of the residents and visitors of Gimli and surrounding communities and will positively enhance the Fire Department operations. The major issues to address are the aging infrastructure and lack for space for emergency response equipment which requires either major renovations or replacement of the building. Council has determined through years of investigation that the best solution is to replace the existing fire hall with a newly constructed building that will facilitate all of the Fire Departments emergency needs.

Dated in Gimli, Manitoba, on the 6th day of July, 2015

Joann King, CMMA Chief Administrative Officer Rural Municipality of Gimli

> YOUTH JOB CENTRE, FROM PG. 14

"The age barrier is a bit frustrating and I'm working on recruiting more older kids for those jobs. The casual jobs are easy to fill with the younger kids, but the more maintenance-based jobs require experience that these kids don't have."

Jermey explains that by the end of the summer, they will have that experience and that going forward, she'd like to see older teens join up.

To do that, she's banking on two things. The first is that the age ranges will even out through the normal recruitment process. The second is envy. The universal constant for teenagers is cash, and Jermey believes that once friends of those enrolled in the job centre realize they can have some money in their pocket, they'll start to sign up.

"I think that once we've finished our first big event, I'll have some more people wanting to join. The event will not only gain us some awareness and word of mouth, but it should put a good amount of money into their pockets. Also, I think that once they see how much fun their friends are having, they'll want to take part," explained Jermey.

The event is a cookbook sale. Jermey and her crew have been gathering recipes from the community to be compiled into a cookbook since July 6.

Jermey is also hoping to do a barbecue later this year but that will depend on the availability of her recruits. She hopes to continue to do smaller community-focused events throughout the summer.

The Ashern job centre is located at Shaprtail Park and is open from 8:30 a.m. to 4:30 p.m.

Employment opportunities can be arranged with Jennifer Jermey at 204-768-3405.

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Brothers shoot off for top spot in Junior Championship

It would be the difference of one shot that separated the winner from the loser during the Manitoba Junior Shotgun Association Junior Championships held in Lundar June 28.

It would come down to a shootout between two brothers during the annual competition that pits trap shooters from all over the province against each other. The Junior Championship was held at the Lundar Trap Club this year and saw one of the closest competitions in recent memory.

"It's never fun when you lose," said Dori Jones, who's 15 years old and hit 24 of 25 targets to ultimately fall to his brother, Tiger, who shot a perfect 25.

"I still have one more year of shooting with him so, yeah, I'll beat him next time and rub his face in it."

Both Dori and his older brother Tiger have been shooting for the last five years and have become quite adept at it over that span.

The championship has shooters aiming at 100 targets over the day, 50 in the

morning and 50 in the afternoon. The targets are shot at 70km/h and are usually hit at a distance around 40 yards. It's a difficult sport that requires concentration and near perfect

accuracy. "It's not easy, that's for sure," explains Lorne Ross, one of the main organizers of the provincials and the

"Some of these kids have never shot



Manitoba Junior Shotgun Association Provincial Boys' Champion Tiger Jones (left) of Lundar shot 96 out of 100.

ning and even when they're older, safety is what we preach. I've found that kids that leave our program are much more mature because there's no room for messing around when you have a gun."

Ross was impressed by the level of competition at this year's championship and mentioned that this finish was one of the most exciting he's ever seen.

Dori and brother both competed in the Canadian Trapshooting

Championship July 1-5.

The Brandon Gun Club hosted the Canadian Trapshooting Championships July 1-5. Results were unavailable at press time.

The next competition for these young shooters will be July 17-19 in Winnipeg for the Provincial Trap Shooting Championship.

> 2015 Manitoba Junior Shotgun Assoc. winners

Boys Champion - Tiger Jones (96) Lundar

Ladies Champion - Tessa Burt (88) Brandon

Event Winners:

Age 12-13: Novice Champ – Robbie Commberbach (83) Winnipeg; 2nd -Logan Unger (80) Pembina; 3rd – Zach Halldorson (80) Lundar.

*Shoot off - Logan (22) and Zach (21) Open Champ - Bryan Glover (83) Pembina; 2nd - Alex Wolf (76) Pembina; 3rd – Cam Duncan (67) Pembina.

Age 14-15: Novice Champ - Connor Peters (84) Pembina; 2nd – Shane McDonald (83) Lundar; 3rd - Brady Doerksen (72) Portage.

Open Champ - Dori Jones (95) Lundar; 2nd – Keven Leost (94) Winnipeg; 3rd - Ethan Clark (85) Pembina.



Ladies' Champion Tessa Burt (left) of Brandon. Burt **EXPRESS PHOTOS BY GARNIE ROSS** scored an 88.

Age 16-18: Novice Champ – Joshua Peters (62) Pembina

Open Champ – Matt Gordon (91) Brandon; 2nd – Branden Leost (89) Winnipeg; 3rd – Tyler Brown (88) Pem-

Lady Novice Champion - MacKenzie Johnston (62) Winnipeg; 2nd - Aubrey Widmer (51) Pembina.

Ladies Open Champion - Samantha Turner (87) Portage; 2nd - Torrie Adriannsen (69) Brandon; 3rd - Kate Thompson (64) Winnipeg

Top Team – Lundar – Highest score in each age group: Tiger Jones (96), Dori Jones (95), Zachary Hallderson (80). Total 271.

Provincial Team – 5 Highest Scores: Tiger Jones (96) Lundar; Dori Jones (95) Lundar; Keven Leost (94) Winnipeg; Matt Gordon (91) Brandon; Branden Leost (89) Winnipeg

Raffle winners: 1st prize - \$1,000, Lori-Ann Vandewoestyne, Brandon; 2nd prize - \$250, Jim Hildebrandt,

HIM SO, YEAH, I'LL BEAT both HIM NEXT TIME."

"I STILL HAVE ONE MORE

YEAR OF SHOOTING WITH

manager of the Winnipeg Trap and Skeet club.

a gun before, but after a while, they become quite accurate. In the begin-

Impact wins ninth straight game to start the season

By Brian Bowman

The winning continued for the Interlake Impact on Sunday evening with a solid 3-1 win over Les Bleus in Manitoba Major Soccer League 7th Division action at the Winnipeg Soccer Complex.

The victory improved Interlake's record to a perfect 9-0 on the season. The first-place Impact now has an eight-point cushion over the North Winnipeg United (6-1-1).

On June 28, the Impact scratched

out a hard-fought 3-2 win over North Winnipeg. Kyle Dueck, Andrew Harder, and Benny Wiens scored for the

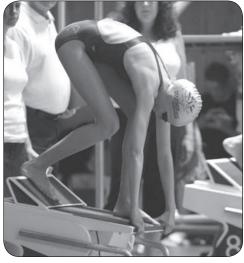
On June 23, the Impact collared Wolverines FC 3-1 in north Winnipeg.

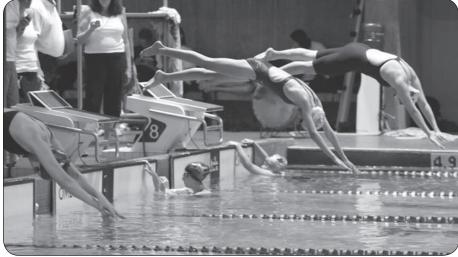
Wiens, Harder, and Eric Plett scored for the Interlake.

The Impact will be looking to make it 10 wins in a row Friday when they battle Landmark FC at Shaughnessy Park. Game time is 9 p.m.

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

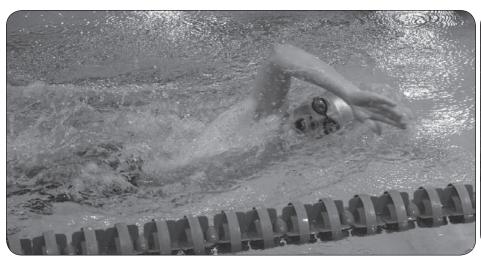
The Dolphins swim team has surfaced







Pictured, left to right, top row, Arborg's Jillian Friesen takes her mark before competing in the Preliminary girls 13-14 100 metre freestyle at the 2015 ManSask Championships at the Pan Am Pool this past weekend.



Max Cockerill of Arborg finished 11th with a time of 10:24 in the Boys



and under 50 metre breastroke.



EXPRESS PHOTOS BY LANA MEIER Sophia Paunovic races to the Sinead Gibbs of Gimli prepares for finish in the Preliminary girls 12 the Preliminary girls 13-14 200 metre backstroke.

Submitted

The Selkirk Dolphins swim team worked hard this year to recapture Small Club of Manitoba at the long course provincials in Winnipeg on June 19-21.

14-15 800 metre freestyle finals.

Their plan came together as 10 swimmers raced to the finish. The six female swimmers, aged 11 to 15, earned 91 points while the four male swimmers earned 139 points.

The Dolphins' point total was 230.5, placing them fifth among 12 teams from across Manitoba and first in the small club category (15 swimmers or less).

The Cockerill brothers — Riley, 11, and Max, 14, from Arborg — combined to win three bronze, five silver and four gold medals.

Max started the competition by winning silver in the 200 IM with the nailbiter race of the weekend in the 1500 freestyle, cutting off 2:30 while getting touched out by .50 seconds.

It was his first of many Mansask qualifying times. Riley and Max were also on the relay team with Cody Brown, 12, and Mats Hanson, 15, finishing third in the 14-15 age category.

Hanson won three gold medals and two silver in two session of competition in preparation for Mansask.

Meanwhile, Sinead Gibbs, 14, of Gimli worked hard this year, keeping competition stress under control. This paid off in time for her to win a silver and bronze while finishing fourth in four other races.

New to the Dolphins this year were Sasha McPherson, 12, and Sophia Paunovic, 11. Both raced well all year with training peaking for provincials. Paunovic finished fourth in two events and qualified for Mansask.

This is often difficult to do in the first year of training and competition.

Chantal Human, 14, struggled all year with taking off time and race performance but put it all together at the right time - winning two gold medals, a silver, and a bronze. She also had four more top-eight finishes while swimming at 100 per cent improve-

Dolphins' coach Michelle Stamm was extremely pleased with the performances and team spirit by captain, Tiana Arnason, 16, currently on injury list, this year.

The Dolphins are very excited to be finishing the year at Mansask. This dedicated group has shown strength and determination as individuals and teammates.

Most have set goals for next year to make the Interlake Swim Team, Junior Provincial team for Canada Games, as well as qualify for Age Group Nation-

Arborg's Jillian Friesen, 13 joined six teammates for some year-end fierce competition at the Pan Am Pool in Winnipeg at the 2015 Mansask Championships last weekend.

SPOPES OUTSIDE

Provincial 'A' bound

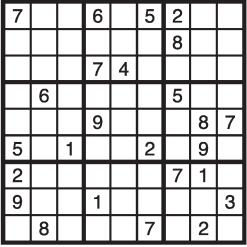
EXPRESS PHOTO BY LANA MEIER

The Arborg PeeWee team is heading to Dauphin for the Baseball Manitoba Provincial 'A' Championships July 10-12. Arborg was defeated by Stonewall in the final game Sunday at the Mervin Farmer Regional Championships held in Balmoral. Pictured back row, left to right, Keith Johnson (coach), Christopher Penner, Brandon Prus-Olson, Austin Adair, Michael Craves, Brenna Barylski, Jeff Adair (coach); front row. Noah Johnson, Tyson Barylski, Zak Leochko, Logan Pearce. Missing from the photo are Cadrick Dueck and Gracyn Melsted.



take a break > GAMES

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9	7	6	L	9	3	abla	8	Ļ
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Sudoku Answer



Crossword Answer

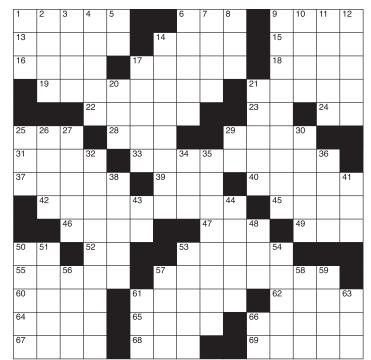
ROSSWORD

CLUES ACROSS

- 1. Islamic prayer leaders
- 6. Waterproof raincoat
- 9. Millisecond
- 13. Popular pie nut
- 14. A field of mowed grass
- 15. RCO organic group
- 16. Pomace brandy
- 17. The innermost parts
- 18. Gull suborder
- 19. Became more intense 21. Sound absorption unit
- 22. Rattling breaths
- 23. Indicates doctor
- 24. For instance
- 25. A doctrine or system
- 28. Foot (Latin)
- 29. Dirt shoulder
- 31. Horn sound
- 33. Mumbai film industry
- 37. Disturbance
- 39. Zedong or Tse-tung
- 40. Cibin River city
- 42. Kate's sister Pippa
- 45. Twitches
- 46. Formal close (music)
- 47. A baglike structure
- 49. Lease
- 50. Typographical space
- 52. Pa's partner
- 53. King mackerels
- 55. Ceremonial staffs
- 57. About money
- 60. Spoiled child
- 61. Infants
- 62. Semitic fertility god
- 64. Frank's diary
- 65. Reimbursed
- 66. English pennies
- 67. 365 days
- 68. G. Gershwin's brother
- 69. Stopping device

CLUES DOWN

- 1. Inches per minute (abbr.)
- 2. Medieval honey drink



- 3. Land area unit
- 4. One who carries #55 across
- 5. Tin
- 6. Adult female horses
- 7. Overwhelmed with wonder
- 8. Brain and spinal cord (abbr.)
- 9. Inept
- 10. One who replaces a striker
- 11. Any habitation at a high altitude
- 12. Hold fast to
- 14. Sad from being alone
- 17. Slang for famous person

- 20. Soft infant food
- 21. Small mergansers
- 25. Big Blue 26. Appear to be
- 27. Greek verse intended to be suna
- 29. Next to
- 30. Flying Pegasus corp.

- 32. Records walking steps
- 34. Broad back muscle
- 35. Teased apart
- 36. Cut into small cubes
- 38. Icelandic poems
- 41. American time
- 43. City of Angels
- 44. Nostrils
- 48. Narrow canvas bed
- 50. Force into a bay
- 51. Sept. 1914 battle
- 53. Sergeant fish
- 54. Cavalry-sword
- 56. Town of Jesus' 1st miracle
- 57. Picasso's mistress Dora
- 58. Frog genus
- 59. Talk tiresomely
- 61. Characters in one inch of tape
- 63. Side sheltered from the wind
- 66. Lead



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Competencies and Skills:

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- Strong communication skills
- Ordering &receiving
- Organized
- Staff management/Employee engagement
- Demonstrated proficiency with Microsoft Office applications.
- · Proficient in the use of CICS, & ISS45.

This position requires the candidate to work some evenings and weekends.

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- Ordering &receiving
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- Strong communication skills
- Organized
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- Staff management/Employee engagement
 Demonstrated proficiency with Microsoft Office applications.
- Proficient in the use of CICS & BRIC is an asset

This position requires the candidate to hold a valid class 3 driver's license with air brakes, TDG certificate, Whmis.

Please submit resume and cover letter indicating position of interest to:

Lynette Oliver (Meat Manager Position)

General Manager (Petroleum Manager Position) Fax: 204-376-5018

Email: h.lingel@interlakecoop.com

Deadline for applications Friday July 25, 2015.

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

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